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The Five Stages of the Freshman Fifteen

BY LENA GOREN

Stage 1: Joking

You arrive on campus, bright-eyed and bushy-tailed. You step into the dining hall, surrounded by strangers. All you want is to fit in, so you pile your plate high with pizza, fries and a burger and head towards a table that looks vaguely friendly and very freshman. You introduce yourself, motioning at your food and cracking a joke about how you can feel the freshman fifteen already amirite? Your new best friends laugh, because everyone is so awkward, and you scarf down calories, pleased with how funny and clever you are.

Stage 2: Denial

Sure, you've been eating more, but back home you drove everywhere, and here you have to walk to class. You feel like you must be

burning all that Plexican off just getting from your dorm to Tech.

Stage 3: Nonchalance

Meanwhile, you overhear people in your dorm asking if anyone has a scale to no avail, and you realize that you would have to walk all the way to SPAC to weigh yourself. You decide that you couldn't possibly get there because you are too busy and have far too much homework, and you convince yourself that it has nothing to do with a growing sense of laziness. You start every meal with the phrase "fuck the freshman fifteen," or if you're one of those skinny guys, "I need to gain weight anyway."

Stage 4: The Salad Phase

You start to feel a little bit gross, so you decide to start adding vegetables to your diet. One day, you eat a salad for lunch, but when you're

hungry an hour later, you decide that just getting leaves is a waste of a precious swipe. In order to find a balance, you return to your usual diet, but augment each meal with some baby carrots, or, if you're feeling particularly ambitious, the cooked vegetable option, chasing it with Coke and fries to make it go down easier.

Stage 5: Acceptance

You use defense mechanisms like rationalization and the intellectualization that Northwestern students are famous for to convince yourself that it doesn't matter and you would have gained the weight anyway, because you're not a kid who can eat whatever you want anymore, and besides, alcohol slows down your metabolism anyway. You buy some bigger clothes to celebrate your new Zen outlook.

Top Headlines



Overexcited PA Still Trying to Make Group Sleepover Happen



Freshman Girl Starts Fashion Blog, Revolutionizes Journalism

A Eulogy for Buffalo W. Wings, Restaurant and Friend

BY LUCAS PETTINATO

EVANSTON — Thank you all for joining us here today, although I'm sure many of us wish we were gathering in celebration rather than in mourning. My name is Chili's, and I had the

honor of being a close friend of Buffalo Wild Wings.

I still remember the day that Buffalo, affectionately known as B-Dubs, arrived in Evanston. He had come all the way from Columbus, Ohio in the hopes of escaping a life that revolved around

cornfields, hipsters, and Buckeyes. Once in town, he instantly opened all of his doors, letting the public embrace him from Mon-Thurs: 11AM to 1AM, Fri-Sat: 11AM to 2AM, Sun: 11AM to 12AM. Not only was Buffalo such an open soul,

but he provided for people, and he was always there for any man whose wife had just kicked them out of the house.

And what a host Buffalo was. He was always up for having a good time. Every day he supplied the people with endless amounts of beer; a plethora of that golden, smooth elixir that can heal the woes of any patron for just \$7 per pint. And let us not forget the wings. Mr. Wings was the best wingman out there. For just \$11.29, you could get ten savory wings covered in sauces such as Tangy Thai, Cool Caribbean, Salty Saudi Arabia, and even Orgasmic Ohio, a tribute to his former home. Plus, on Tues-

days, Buffalo always did charity work; handing out his wings for only \$0.70 apiece. You could be as inebriated as Ke\$ha backstage before one of her concerts, and B-Dubs would still surround you with 53 flatscreen TVs to watch whatever sport you wanted, so long as it was football. However, I know that Buffalo W. Wings is in a better place now, a place where Buffalo wings are actually made from live buffalo.

Before concluding my speech, I would like to send my best wishes to Buffalo's family, especially his younger brother who is relocating to a place far worse than hell itself: Skokie, IL. Rest In Boneless Pieces, dearest Buffalo.



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Notre Dame Changes Religious Affiliation to "Agnostic"

BY ALLISON ORTEGA

SOUTH BEND, IN — After a hard fought loss to the Northwestern Wildcats, the University of Notre Dame has decided to change its religious affiliation from Catholic to Agnostic. The first of its kind, Notre Dame's newfound institutional agnosticism was predicated on the overwhelming sense of confusion, frustration, and spiritual suffering following the Fighting Irish's Saturday evening loss.

"After such a clear display of the lack of justice and righteousness on this earth, Notre Dame felt it was unconscionable to keep up false pretenses of religious faith," commented university President Rev. John I. Jenkins when asked about the motivation for the

sudden switch.

The university's policy change is also reflective of the student

"why, God, why?" One student was found frantically reciting catechisms under the student

hack saw while shouting "Deliver us from Brindza."

Despite the university's complete spiritual demise, Notre Dame officials felt Agnosticism was a more appropriate choice than Atheism as a replacement religious affiliation. "I don't know anything about anything anymore. Did you know they lost to Michigan and Northern Illinois? This godforsaken world doesn't make any damn sense" said university Vice President John Affleck-Graves.

Head Football Coach Brian Kelly could not be reached for comment concerning the change, so if students would like to know his position, they'll have to punt.

In related news, Northwestern University is excited to announce that the football team has a new sponsor, Jesus Christ.



body's lack of faith as a whole. Students were seen leaving Notre Dame Stadium in tears, looking up to the heavens and shouting

section bleachers. Stadium security apprehended another Notre Dame student attempting to bring down the goal post with a

Despite Win, Northwestern Football Team Disappointed in Lack of Post-Game Chick-Fil-A

BY BRIAN CAPELLA

WEST LAFAYETTE — As the Wildcats exited Ross-Ade Stadium following Northwestern's comfortable win over the Boilermakers of Purdue, the employees appeared sad and almost dejected upon seeing the Taco Bell post-game meal Purdue's Athletic Department had provided them.

Senior captain Brandon Vitale commented on the unfortunate situation. "I can't believe it. To come all this way only to find out it was all for nothing. We did not run through their waffle fry-esque defense for a Doritos Locos Taco."

Some Wildcats were seen searching through Ross-Ade Stadium for the elusive post-game Chick-Fil-A meal. Star freshman

running back Justin Jackson explained his disbelief. "This is absolutely unacceptable. I worked

horrible indigestion? No thank you, sir."

Coach Pat Fitzgerald was more



my ass off this week. And for what? Some factory-manufactured ground mystery-meat and

furious than disappointed. "At least Notre Dame had the dignity to feed us Chick-Fil-A following

their loss. I had my guys pumped up today. I told them 'set your sights on that homestyle with cheese and don't let anything or anyone get in your way. Trust the Fil-A.' Purdue showed a real lack of sportsmanship today with their post-game meal. I wouldn't be surprised if the NCAA imposes some serious sanctions on the boilermakers."

In other news, Northwestern Vice President for Athletics Jim Phillips was overheard saying, "The only post-season bowl game which we will accept a bid to is the Chick-Fil-A bowl."

UPDATE: Due to the Wildcat's offensive implosion against Illinois, Phillips revised his statement to include all bowl games. All of them. We only want one. Just one. Please.

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Flipside Profiles: Rick Santorum

BY BENJAMIN CONNELLY

EVANSTON — Northwestern University's College Republicans recently announced that former U.S. Senator Rick Santorum will be speaking in Fisk Hall on Wednesday, November 19. In lieu of this announcement, the Flipside previews on who exactly Mr. Santorum is, and what he believes in.

Name: Richard John Santorum

Birthplace: Winchester, VA

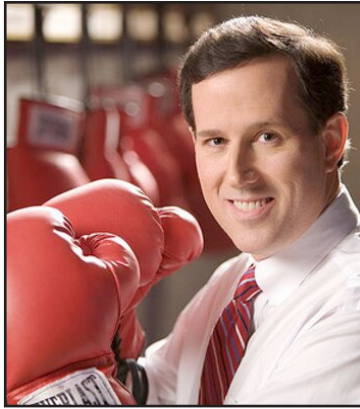
Political party: The straight one
Claim to fame: Finished second in the 2012 Republican primaries to the lead actor of Broadway's musical: "The Book of Mormon".

Notable political views: Anti same-sex marriage, pro-life, compared Obamacare to apartheid, wants to ban contraceptives, wants to ban pornography, plans to have a nun personally watch your genitals all hours of the day.

Why is he here? Because the banning of pornography and contraceptives are messages that are often received well on college campuses.

Should I look him up on Urban Dictionary? No (but I'm sure you will anyway)

What's he speaking on: National Security, which is the political equivalent of having MLK come talk about the economy.



Sexual Orientation: Not gay

Favorite drink: Santorum takes his liquor as straight as he can.

Dirtiest Fantasy: Consensual sex in the missionary position for the sole purpose of procreation.

Kids: Too fucking many

Favorite Actor: Heath Ledger in Brokeback Mountain

Could he be gay? Definitely not.

Things he's compared same-sex marriage to: Bestiality, slavery, pedophilia, Transformers 4.

Favorite Song: Macklemore's "Same Love"

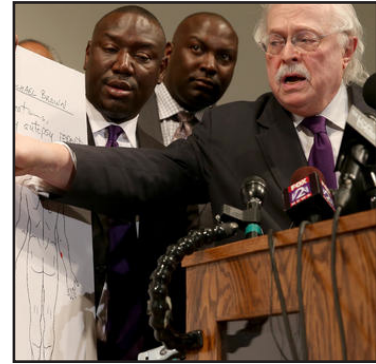
Racist Relative Named Ferguson Expert

BY ALYSSA MORVIS

STONE MOUNTAIN, GA — In a press conference held Sunday afternoon, representatives from the National Association of the Advancement of Colored People (NAACP) announced their official recognition of that one racist relative of yours, Robert Sanderson, as the premier expert on United States race relations.

Sanderson was honored for his recent work on a study of the shooting of an unarmed African American teenager by a white police officer in Ferguson, Missouri. The conclusions of this study were released to Sanderson's Facebook page, and included "Stop jumping to conclusions, this isn't about race", "Black on black crime occurs everyday: why isn't anyone talking about that?", and "If the cop was black and the kid was white you wouldn't care."

The NAACP praised Sanderson's insightful analysis of the Ferguson case as completely race-blind, as well as Sanderson's consideration of how the US criminal justice system's long history of targeting African Americans through pro-



filing, excessive use of force, or police brutality had absolutely no relation to the events that transpired in Ferguson. These actions confirmed Sanderson's ability to contextualize current events within America's history of systemic, institutional oppression of African Americans and helped to qualify him for the title of the United States race relations expert.

Sources confirmed that Sanderson spent an impressive total of two minutes analyzing grand jury evidence and zero years experiencing life in the United States as a young African American man before arriving at the conclusion that the Ferguson shooting and following lack of indictment of the officer responsible "isn't about race."

Obama Spotted at The Deuce Following Speech at Northwestern

BY CAROLINE PICARD

MARK II LOUNGE — President Barack Obama visited the perennial undergraduate hangout The Mark II Lounge this Thursday as a part of his tour addressing the American economy.

After speaking on campus earlier in the day, the President extended his time at Northwestern and experienced what American institutions of higher learning are really about. Using his motorcade

instead of an Uber, the leader of the free world saw no reason not to indulge in \$3 beers. Because Secret Service director Julia Pierson recently "resigned," the President was finally able to let loose and socialize with throngs of thirsty freshmen.

"The Deuce is one cornerstone of a foundation for growth, prosperity and generally sloppy behavior," Obama said. "If being American means anything, it means being incredibly hungover in Friday discussion section."



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Basic Girl's Guide to Winter at Northwestern

BY ALYSSA WISNIESKI

Whether your inner basic-ness is innate or acquired, we at The Northwestern Flipside are here to help you accentuate your basicity as much as possible in the coming winter months. Our top picks will have you at a pH of 15.

We know that you already have the basics of being basic down, so here are some extra tips for you pumpkin spice latte-loving, North Face and Uggs-wearing, Taylor Swift-singing bitches out there.

1.) Zumba at SPAC.

OMG a perfect reason to go out and purchase some brand new yoga pants! The Henry Crown Sports Pavilion and Aquatics Center offers Zumba classes all throughout the day. For the ultimate basic girl, we recommend spending literally hours talking about how you much you love and want to go to Zumba, and then proceeding to attend class at approximately never o'clock.

2.) #OOTD

Since everybody clearly wants

to see an awk mirror selfie of you every morning, daily Outfit of the Day posts are a necessity this winter. Don yourself in your best oversized sweater; throw your hair up in a messy bun; snap, filter, and Instagram a picture, and Voila! Basic status achieved.

3.) "Excuse me, it's called brunch."

In the land of basics, you don't refer to your midmorning meal as either breakfast or lunch, and you take extreme offense when others label it as such. Typically, you do this at a quaint non-chain cafe, because, duh, you "support local business." In Evanston, the Unicorn Cafe is a good option: food + mythical creatures>>>>.

4.) Hang Christmas lights in your living space.

Decorate your apartment or sorority house with festive lights for the coming holidays. Make sure to take plenty of pictures to show your basicness off to your friends and family. If you live in a dorm, you have the upper-hand here,

because you can put up lights but you can't turn them on due to university policy — a fact that you will continually whine to your friends about. You don't get much more basic than nonfunctional decorations and b*tching.

5.) Host a gingerbread house making party in your sorority.

Grab all your *fave* sisters and gather round the store-bought gingerbread kit you picked up from Target last week (we know; it was literally the best purchase of your life). If you really want to over-achieve, feast on warm apple cider and pumpkin muffins while you work. Not in a sorority? You said you wanted to be basic, right? Well, on a scale of one to Miley Cyrus, you are wrong. Reconsider your lifestyle choices and try again.

6.) PHOTO-OP!

If you have a phone or camera in your hands, you are basically a professional photographer. Take pics everywhere on campus and send them out into the vomit that is social



media. Snapped a pyramid pic with your friends by the lake fill? So #fun. Got a "candid" (it's a relative term...overposed totally counts here!) selfie? So totally #cute. Lots of pictures from the tailgates of the football game you didn't even attend last weekend? So totally #college. These are moments that practically demand to be shared with the world! (Or your 1,000 totally closest friends)

7.) Be a doll and share this article with all your friends to help enlighten them with tips about the pH of 7 or greater lifestyle. Orshare a bunch of BuzzFeed puppy articles. They both have the same effect.

Minimum Age to Go to Bathroom Unaccompanied Raised to 21

BY ADAM PECENA

EVANSTON – After raising the minimum age to buy cigarettes to 21, Evanston city council members embarked on another mission to protect local citizens from the dangers of adult life. The council unanimously passed a new ordinance today mandating that no individual under the age

of 21 may go to a publicly accessible restroom without parental supervision.

"We just felt the bright young people of Evanston will be much safer that way. Bright as they are, they don't always manage to wash their hands properly, and as we all know, research shows that second-hand urine is harmful to the health of others," said Zach-

ary McCready, spokesman for the highly-regarded Evanston Department of Public Health. McCready also promised all residents under 21 that their rights to more manageable activities such as voting, owning a gun, or joining the military, will not be affected.

"We strongly believe that all city residents are incredibly competent and

responsible people, but there are clear dangers in the bathroom that we want to protect our young people from."

McCready added, "The last thing to flesh out about this ordinance is whether the person under supervision is allowed to close their own zipper, and then this is ready to go."

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