```
Bolts.
                                                                                                                                    "Lightning"
                                                                  rnest
THE TRANSFORMATION
                                                                                                                                    I. Ghtning-
                                                        way, Liberator of Paris,
OF·A·STERN·NUTRITION
                                                                                                                                  Ingott L.
IST·INTO·A·COLLOSSAL·
                                                   The big two hear ted river of pu
                                                                                                                                 Major
ROMAN·LUNIC·TUNIC·
                                                   bescence, once referred to himself as
                                                                                                                                by a
                                                Ernie Hemorrhoid, the poor man's Pyle.
BRAINED·HOT·FUDGE·
                                                                                                                               run
                                             Ernie Pyle, the celebrated war correspondent,
SUNDAE:TRIUMPH:GATE
                                                                                                                             anal
                                         the rich man's hemorrhoid, once said in his book. The
                                                                                                                           dalc
                                     Story Of General Issue Joe, that the only time he was afraid
                                                                                                                          Gua
                                   of dying in the second world war was of food poisoning in a mess hall on
        I first read of this on the bulletin board outside the neo-Gothic wood arched and beamed high beeswax and polish
 timbered high lead pane windowed dining Hall of Judson Court, the dorm I lived in at the Univ ersi ity Of Chicago in 1950.
  I liked Major Ingott L.I.Ghtning "Lightning" Bolts. She was nutritionist of Burt-On-Judson Courts, two Oxfordish quadrangles
    comprised of Salivabury house, Thyn House and so many other English pretense fortresses of child mayhem. I always
          enjoyed putting four pats of butter on my food tray in the food line as my friend Ronny Moss, the only citizen of
          South Orange, New Jersey, man or dog, who ever smiled at me when I said hello, would laugh very hard when
          Major "Lightning" would invariably slap my hand when I reached for the fifth pat of butter and snap, "OK Four butters are too good for you, you over-complicated little Jew." "Lightning" Bolts introduced me to
                                                                                                                               introduced me to
                                                                                                                               with invisible secret
wonders to me when
                                                     ith roach bacon and staple syrup, ra zor thin can beef
            wonders of urine fritters w
                                                  rog feces on dead toast points. Th ese were unknown wonders to me who ning" Bolts would be in style today. She knew how to force people to believe
              gravy, and, of course, f
I was 15. Major "Light
                  that eating less than nothing with absolutely no pleasure was the height of an emotional-nutrition-
                    excellence. Major "Lightning" Bolts was perhaps the first nutri tionist to prepare Earth for the food famines of the 21st century and I believe it was the in estimable Charles Mason Jacobs,
                         the Brooklyn Odysseus, never at a loss for wine dark solu tions, who had told me, that on
                            March 21, David Padwa, The Bronx Hermes, filled the huge alu minum olde englishe
                              water pitchers on the huge oak dining tables with Moet et Chan don champagne.
                                He then told everyone after dinner that they had imbibed his urine and they believed it unto pubescence pukessence and then he said Major "Lightning"
                                (h a heavy water drinker, was seen running around the dinning hall w ith huge gobs of whipped heavy cream all over her hair and a giant jar of
                                     maraschino cherries self-poured over her white nutritionist uniform and globs of Bosco Chocolate Syrup all over that with brown sugar, honey, and walnuts o'er "Welcome sweet springtime." her face, a slender ice cream
                               be
                                au
                                        spoon stuck in her kisser, singing to Mendelsson's Spring Song, her delicate fingers flinging tiny silver pastry stars around the technicolor sweet fluttering springtime birds chirping the air above her head o'er the hall, "You dyed you r
                                was
                                a nu
                                 clear
                                physi
                                                   blonde, ivory pure, househead blue when you hi
shower head loaded with blue Rit, you all
                                c_{ist}
                                                         Hershey bars bit while you stood and
                                                              watched the sidewalked body
                                                                 of a student suicide groan
                                                                 and schvitz, but you ain't
                                                               goin' to get to me you little
civilian shits for, Yo! I am
                                                                 become spam to grits an
                                                                   invincible durable no
                                                                       nonsense utilit
                                                                                                                      T^{he}.
                                                                    arian stainless steel
                                                                   laurel wreath mobile
                                                                                                                 The. The
                                                                                                           Thee. The. The.
                                                                unit how sweet it fuit, hoc
                         tooughey gooey avec tout des fruits organic militaristic chained loin loonic pubic Appian
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Way tunic punic runic eunuch hot fudge sundae triumph brained with twinkle sprinkles on it."

Stars shine bright on shatter light. Martialis say to earn living as suspicious depriving kids of delicious inauspicious. That all Folks is.