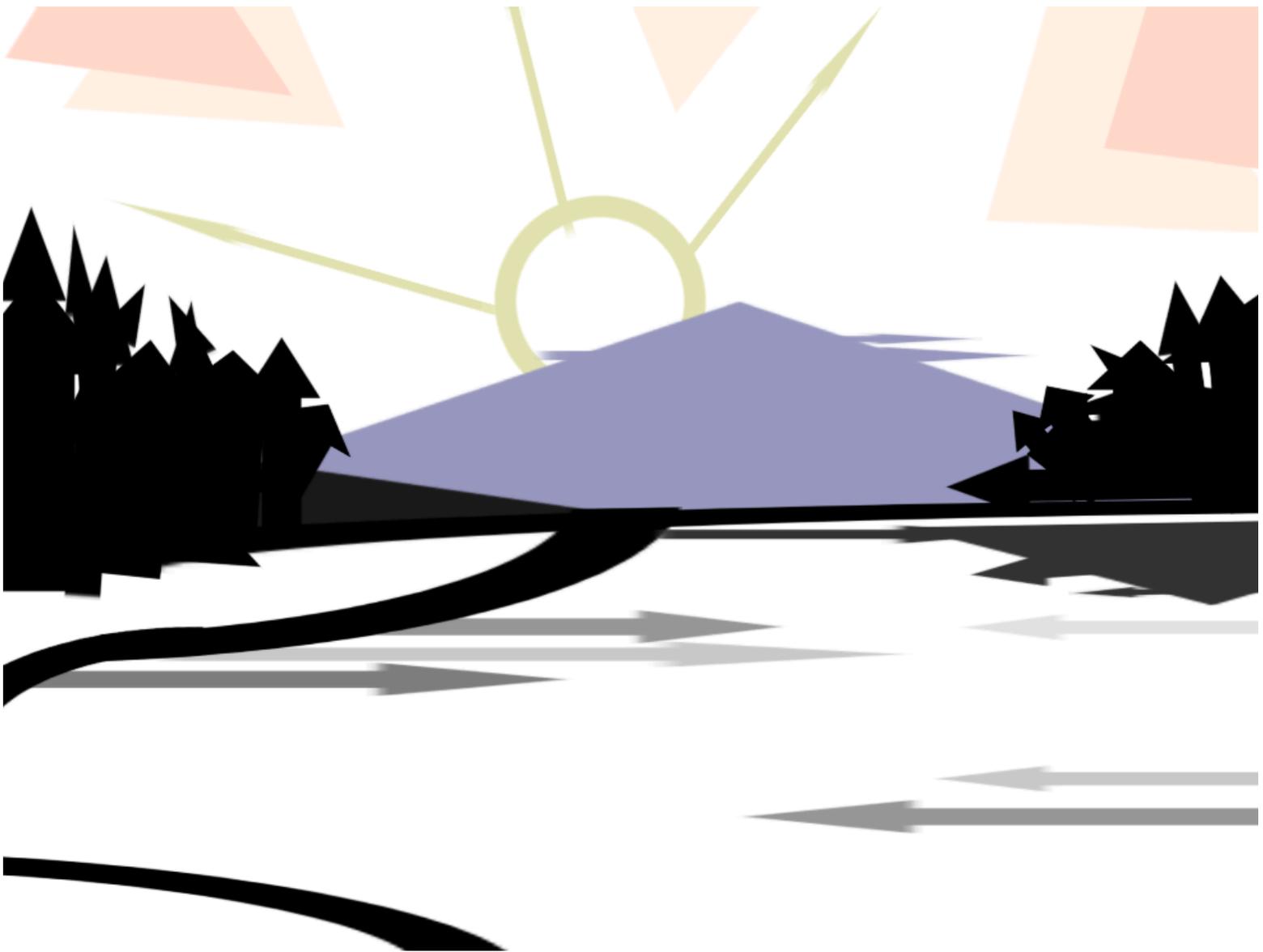


# The Newsletter of Loathing

Issue 1.

February 2026



By Gropasta and the combined work of all the community <3

Cover art : "Another Day, by soulesslife"; Museum's Art Submission.  
(At the museum, players can create unique works of art by using a modern picture frame and a handful of abstraction parts.)

A word :

Thanks to everyone who contributed! I hope this newsletter will continue for a long time, which is why I'm asking everyone to keep on submitting content.

The idea is not only to provide tips and tricks for newer players on everything KOL-related, but also to help more experienced KOL players thanks to advertisements for contests and more advanced analysis of farming or speed ascending.

I also hope we can go beyond the game and share fun content about life in general, so that KOLers can connect with each other through music, films, and whatever you can think of! If you enjoy this magazine feel free to make some donations which will be used to hire people to do what I cannot do (mainly formatting the Newsletter to make it look good and maybe cover art). More importantly, PLEASE submit anything interesting you have so that the newsletter can live on.

- Grospasta(#3777356)

Also a necessary disclaimer:

This magazine contains many **spoilers** so beware.

**Please fill out a very quick form [here](#) so that I can have some useful data (it's completely anonymous).**

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## KOL Content :

### Ascending & Farming:

#### **Here are some useful links :**

The Loathers.net website is extremely useful. Each month, they offer an in depth analysis of the speed run relevancy of the new iotm. You can also find reviews of standard paths as well as scripting-related articles. And as if they aren't already helpful enough they also provide multiple tools (notably the extremely useful mall-tracking Pricegun) :

<https://www.loathers.net/>

The Ascension Speed Society (ASS) discord, which is owned by the Loathers.net, is where you can interact with the KoL community and get help from experienced players:

<https://discord.gg/d2UE4KC3>

"Your Guide to KoL" is a small but very informative youtube channel that offers a "Should I buy it?" and review of new iotms. It also has content about events like Crimbo :

<https://www.youtube.com/@KoLGuide/videos>

The Diet Calculator is extremely useful if you want to have some ideas of what to consume to maximize adventures based on how much meat you make per turn. The prizes are not updated but remain somewhat coherent:

<https://www.lethe.xyz/kol/diets.php>

The Loathing Foundation is a great way to catch up on old iotms without spending billions. Each month, you may sign up for a raffle (free entry) and the winner gets to trade 1 Mr. A + 3 Uncle Bucks (OR 13 Uncle Bucks) for an old iotm.

<https://foundation.loathers.net/>

This month's draw: <https://github.com/orgs/TheLoathingFoundation/discussions/58>

#### **Interview with Quincunx (current 2nd fastest standard ascension with 2/300):**

**Q :** Hey Quincunx

**A :** Hi! I usually go by Forgotten Arbiter these days but my KoL character is named Quincunx.

**Q :** What first drew you to speedrunning this game?

**A :** I played KoL a bit back in high school, then decided to try it again last year on a whim and found that speedrunning was the most fun thing for me to do in-game.

**Q** : What is your motivation for doing speedruns?

**A** : I think it is a fun and interesting optimization problem to think about how to get the maximum turn savings out of each iotm and then do my best to put it into practice.

**Q** : Do you use any tools, spreadsheets, or scripts to track efficiency?

**A** : In terms of tracking efficiency, I mostly just make some notes about mistakes I made or things that went poorly/well in individual runs. Outside of tracking efficiency, the answer here depends on the path, though. For 11038 Leagues Under the Sea, I wrote a script that would complete about half of the path by itself, and tried to get a large volume of runs in to offset the high RNG factor. For standard, I have a script that will do turn 0 for me, but otherwise I play manually through KoLmafia, using Yorick and TourGuide (mafia relay scripts) as references to keep track of the resources I have available. I don't have any planning spreadsheets right now, but I make plenty of notes. For some finicky parts of runs it can be helpful to write myself step-by-step instructions or checklists so I don't forget any steps.

**Q** : Do you have any tips for beginners?

**A** : Just do runs and try to improve your personal bests. Join the Ascension Speedrunning Society server on Discord and ask questions. Read all the articles about iotms you own on [loathers.net](http://loathers.net) to get ideas about how to use them to save turns. In terms of in-run routing (assuming you have some relevant shinies), remember that delay is a resource and save delay zones like the Outskirts of Cobb's Knob or the Boss Bat Cave until late in the run so you always have delay to burn with free runs or other mechanics. Install a relay script like Yorick or TourGuide to remind you about resources available and help inform you about optimal ways to finish each quest.

**Q** : On what would you say that new records rely on currently since it's such an old game? are there new mechanics to discover to shave off turns? Or has it simply become a matter of RNG and waiting for broken iotms?

**A** : The game is basically pay-to-play, in the sense that if you want to compete at the top level in standard speed ascending, you will need most if not all of the legal iotms. For the most part, I think it is iotms that introduce new mechanics and make the game more interesting to play and speedrun. Each new addition can also unlock interactions with older existing mechanics and items. Most iotms since I've started playing have changed your speedrunning route in at least some small way.

RNG is always a factor in any path, but iotms tend to mitigate it a lot. In 11037/11038 Leagues Under the Sea it was a major factor since the path was so short and so optimized. In general, the more competitors willing to really optimize their runs, the more of a role RNG will play. Right now, there are very few people competing at the top level for speed ascending and most serious runs are done in the last 15 days of each path when the last relevant iotm is released.

**Q** : What are your thoughts on the heartstone for speedrunning purposes?

**A** : I don't like heartstone much, from the perspective of a speedrunner. The heartstone is an item that gets most of its power in standard by summoning out-of-standard combat items like

spooky VHS tapes, which feels like it helps break the "purity" of standard. Also, routing it can be miserable and cause your runs to take at least an extra hour by itself. Then, there's the RNG factor. Sure, there's the normal RNG of getting letters you want, but it gets worse. you want to form as many TAPE words as you can, but the best source of "T" is from bluehat hacker or greyhat hacker in the Cyber Realm (last year's lotY) so your entire run can depend on whether those monsters are seeded to show up at all on day 2 of your run (someone may have to crack the seeding on this to make runs more bearable). I think heartstone may be so annoying to play around that it may drive people away from seriously trying to speedrun at all this year. I would perhaps recommend that casual players simply treat it as a source of nice-to-have skills and maybe just get a couple words throughout the run. As for the devs, I hope they nerf it next year by removing the ability to use out-of-standard combat items in standard. That would take it from a 20+ turnsave mostly from VHS tapes to something like a 6+ turnsave that you don't have to feel like you need to minmax just to compete.

On a side note, shrunken head from last year is also very annoying to use in practice in basically every way and tends to make my speedrunning experience worse.

**Q** : What do you enjoy doing outside of speedruns in KOL?

**A** : I've been active in a number of other gaming communities over the years, most notably Mechabellum and Slay the Spire. Outside of video games, I like to sing, dance, go hiking, read, and solve puzzles.

## The Meat Report :

I'm no professional trader but I'll try to look every month at the Mall and see some interesting trends so that you may invest. My main tool is going to be the pricegun website (available at [loathers.net](http://loathers.net)).

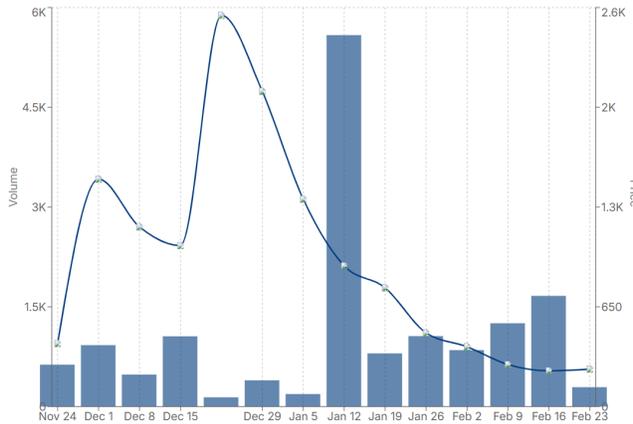
This month there has been a total amount of traded meat of **255.7 billion meat**(based on the top 10 spends on pricegun, I only started tracking the data recently so there is, for this month, an imprecision). So far I don't know if that's a lot or not but in later months we'll be able to compare values to see how well the economy is faring.

Average Mr.A price this month is **69 million meat**. I don't have precise data for earlier months but I'd say it's pretty low and it's probably a good time to buy. I would recommend buying when it hits 68 million meat which happens quite often. The average amount of Mr.A sold this month is **58**.

Now we'll look at some items who I think are higher or lower than usual.

Mmm-brr! brand mouthwash : The mouthwash is a Sept-Ember Censer (iotm) derivative which gives a scaling amount of stat based on cold resistance. It is extremely useful for leveling in standard and is thus in high demand. The price is currently quite low at 6000 meat, which means that it'd be a good time to buy a bunch either for future ascensions or simply for reselling.

Blood Cubic Zirconia consumables: The blood thinner, pheromone cocktail and spinal tapas are all produced by the blood cubic zirconia (iotm) and tend to sell quite well because they're pretty useful in standard. Somebody put a lot of them at min price so currently they're at a very low price. We'll look at the graph of the pheromone cocktail to see it more clearly but the three items pretty much exactly follow the same trend.

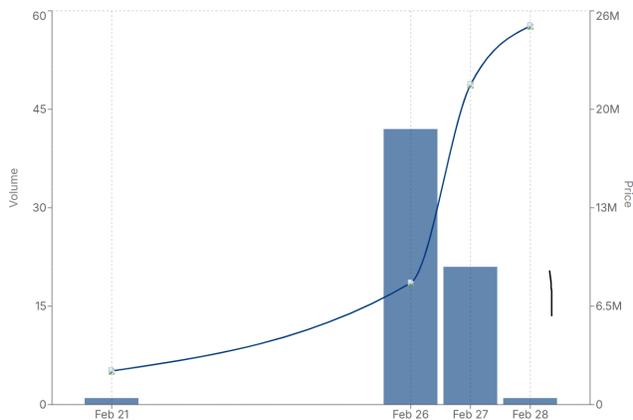


-Pheromone cocktail price evolution Nov 24 -

Feb. 23. Source : [Pricegun](#)

11-leaf clover: If you don't know what an 11-leaf clover is, be assured that we will make a small guide about it in later Newsletters. In this section however there's only one thing you should know about it : it's a staple of the game and henceforth sells very well. Currently it's only a little bit cheaper (25k) than usual but you can still buy it and wait a couple months and make a margin from 1k-3k which is decent especially since this item sells so well so you can invest in big volumes and be sure to sell.

Plastic Crimbo Reindeer: Thanks to the new update that makes it so that dwellings and furnitures do not disappear on ascension the price of Plastic Crimbo Reindeer and other such items has skyrocketed. In the long term it will go down since the demand will drop but currently you can sell some furnitures for a lot.



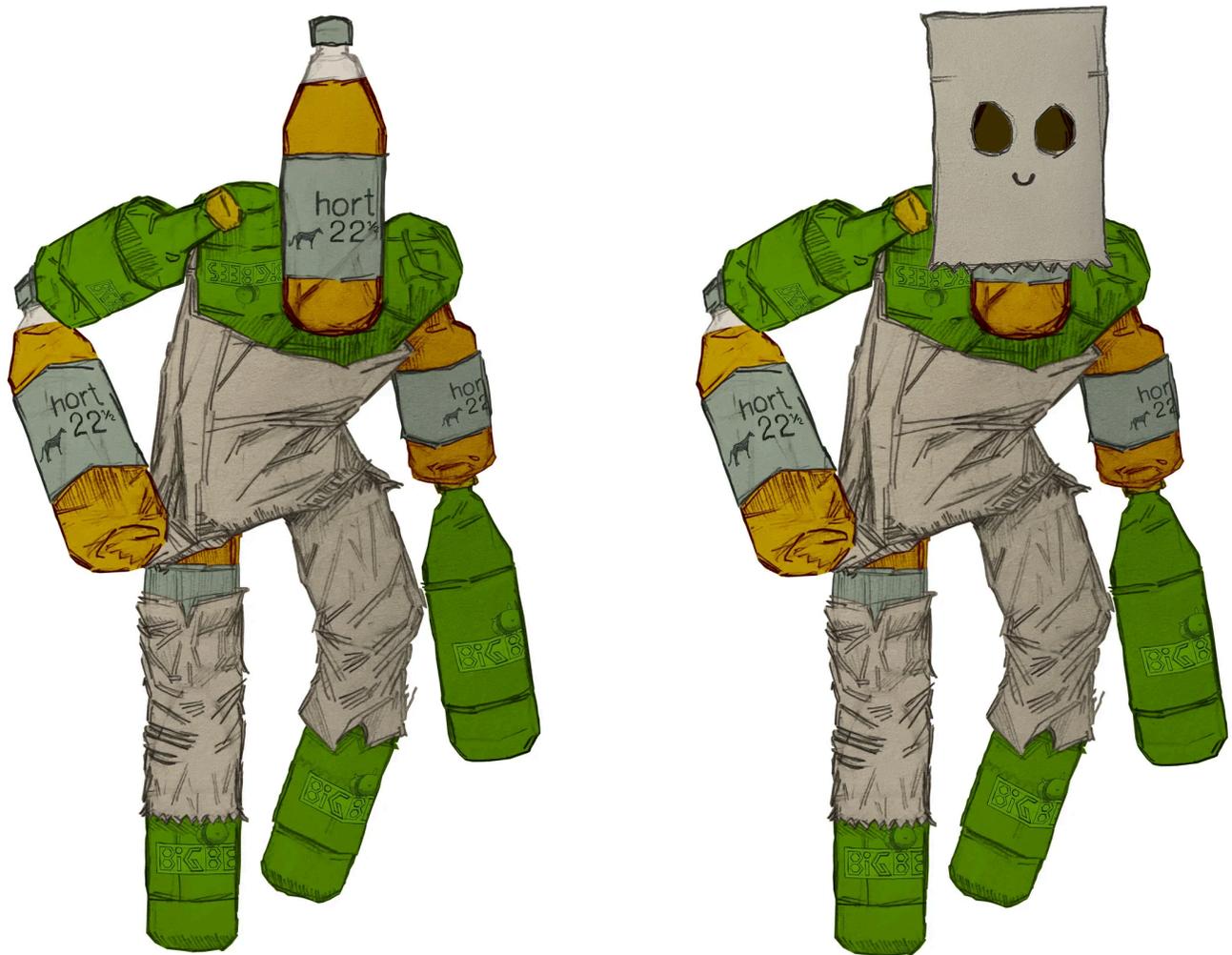
-Plastic Crimbo Reindeer price evolution -

Feb 21 - Feb. 28. Source : [Pricegun](#)

## Art from fellow KOLers:

Here's the Radio KoL 2025 Pilot playlist y'all have been waiting for. MerpKING(#3771389) made a Spotify playlist for the last several months of 2025 based on as much as could be gathered from /radio. He is also currently creating a 2026 playlist. Kmail him any Youtube links to songs you like!

[https:// open.spotify.com/ playlist/ 1w15mc6HM7fTrJyH7E8B\\_iG](https://open.spotify.com/playlist/1w15mc6HM7fTrJyH7E8B_iG)



- "Malt Liquor Golem" by Hlftw (new player send some love!)

## Non KOL-related:

### **A short review of Dofus by Grospasta :**

Dofus is a french MMORPG that could appeal to anyone that enjoys KoL. It has around 20 hours of free content and then you have to subscribe to get access to the rest but the subscription can be paid with in-game money (and it is not a crazy amount). When you have unlocked the full content it is absolutely huge with so much to discover. Its most interesting features are : a very nice market system, a huge amount of gear to wear and customize your outfits and yet unlike some other MMOs (*\*ahem\* Eve Online \*ahem\**) it is super simple to get into. Also it has a unique crafting system where every equipment that drops or is produced has specific attributes but the number that it gets for each attribute is random. Then, each equipment may be destroyed into runes corresponding to the attributes it has which may then be applied to other items to improve their stats in a very complex runecrafting system. The combat is turn-based with many, many fun dungeons to do. The humor is goofy, somewhat similar to KoL's. It also supports a multi accounting system where you can run teams of up to 8 characters.

[Dofus official website](#)