THE CANNON

now a news magazine!

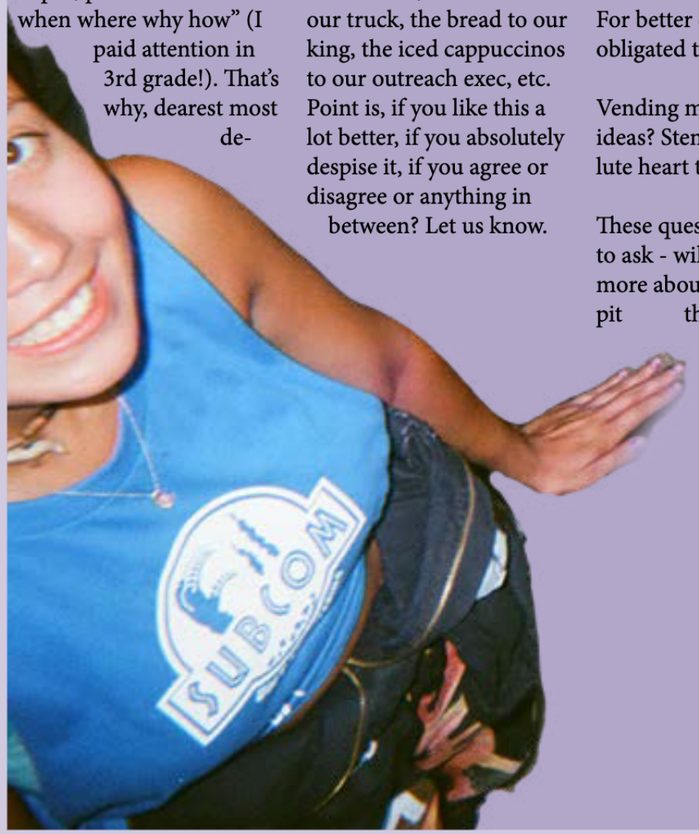
Skule™'s Magazine since 2022 cannon.skule.ca OCTOBER 2022 ISSUE

It's Not The Toike If It's True!

Editor-in-Chief's Rant

Last issue, I pondered the purpose of the Cannon.

I wondered, alongside my brilliant exec team, what the point of it was - what news there truly is to report in a community in which our governance aims to be transparent and student voices are heavily encouraged - coveted, really. Sure, there is stuff to report on, information to centralize. Yet, whatever there would be to report would be constricted by the format of a newspaper - shorter articles, less depth, pure "who what when where why how" (I paid attention in 3rd grade!). That's why, dearest most delightfullest readers, we're trying something new - the Cannon Magazine, Well, News Magazine! Think of the Time's, the Rolling Stone, The New Yorker, WIRED - these are all news mags, which go a little deeper into stuff, have a bit less quanitity, maybe, but up it in terms of the quality! That's the goal, kids. That's what we do be trying to, at least experimentally for now! As a student news publication though, your opinion matters; you are the entire point of us. The grenadine to our milk, the food to our truck, the bread to our king, the iced cappuccinos to our outreach exec, etc. Point is, if you like this a lot better, if you absolutely despise it, if you agree or disagree or anything in between? Let us know.



Email us, stop us on the hall or during **** as we throw back our heads to consume grilk (which, for the record, is a drink composed of grenadine and milk, and for some reason this is the most relevant fact you will learn in this edition)!

We wanna hear your thoughts!

Okay, that being said... this issue is uh, well it's uh, it's certainely something.

Mildly ridiculous, we focus on one thing that truly fuels students: food. Be it for clubs to bribe people into showing up to meetings, the thing that most reminds us of home, the entire point of going into engineering (because in this economy we need a solid stash of cash money to eat deliciously) - food is kind of a major part of the SkuleTM community. For better or worse, our delightful VP Finance is morally obligated to fund us out the butt for food.

Vending machines? Highly desirable. Innovative drink ideas? Stemming from unlikely places. Calcium? An absolute heart throb.

These questions - which you may never have even thought to ask - will be answered. within this issue. Learn so much more about the latest trends happening every Friday in the pit than you ever wanted. But hey, you needed it.

Someone grilk me up,

Nat E.M.
EIC 2T2-2T3

THE CANNON

Masthead

EXECUTIVE TEAM

EDITOR IN CHIEF	Nat Espinosa-Merlano
MANAGING EDITOR	Minha Khan
LAYOUT MANAGER	Kyla Tan
PHOTOGRAPHY/ GRAPHICS DIRECTORS	Tobin Zheng Erika Narimatsu
WEBMASTER	Kaija Mikes
SENIOR EDITORS	Jahnavi Upreti Rauha Ahmed
DISTRIBUTION MANAGERS	Nidaa Rabah Marqueauaueu Samardzija
OUTREACH	Emaan Fatima
HORROR-SCOPER	Stella Gregorski

CONTRIBUTORS

WRITERS	Rauha Ahmed Minha Khan Ben Gloade Emaan Fatima Farbod Mohammadzadeh Tobin Zheng Novera Ahmed Stella Gregorski Nidaa Rabah Aidan Castanheiro EngSoc Officers
SPECIAL THANKS	Skule Photography Inho Kim Cows and nuts **** Bobby Graydon APS Printing

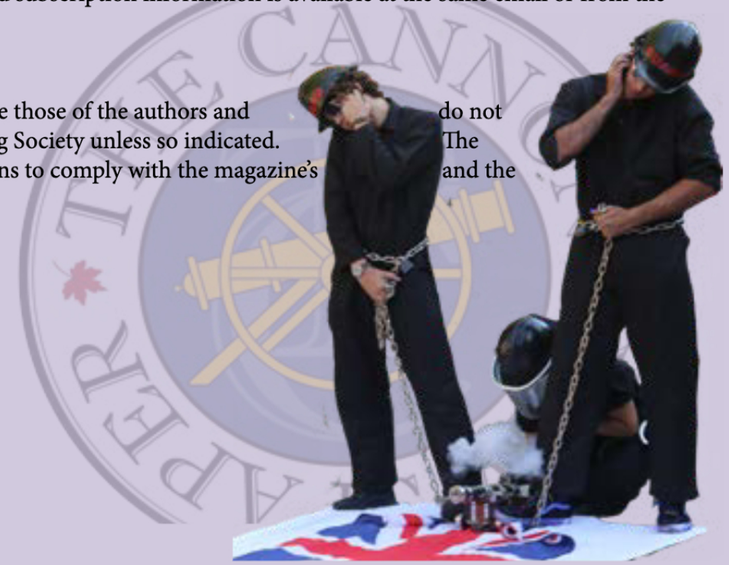
About

STATEMENT

The Cannon is the official (serious) magazine of the University of Toronto Engineering Society. Established in 1978, it serves the undergraduate students of the Faculty of Applied Science and Engineering. Submissions are welcome by email to cannon@skule.ca. Advertising and subscription information is available at the same email or from the Engineering Society at 416-978-2917.

DISCLAIMER

The views expressed in this newsmagazine are those of the authors and do not necessarily represent those of the Engineering Society unless so indicated. The editors reserve the right to modify submissions to comply with the magazine's and the Engineering Society's policies.



CONTACT

The Cannon Magazine
10 King's College Road
Sandford Fleming Building
Room B740
Toronto, ON
M5S 3G4

cannon@skule.ca
@cannon.news
cannon.skule.ca

Women, Life, Freedom.

MINHA KHAN
Cannon Managing Editor

Author's Note: This edition of the paper is more entertaining and lighthearted, however this article is on serious subject matter. We, at the Cannon Magazine, believe that staying up to date and speaking on global issues is important, so we hope you appreciate this piece too as you enjoy the others.

This is the slogan behind the revolution that is sweeping Iran right now, one that was lit ablaze on September 13, 2022. On that day, Mahsa Amini found herself detained by Iran's defacto religious policing force, Gasht-e Ershad. The twenty-two year old Kurdish Iranian had been wearing the hijab (Islamic headscarf) improperly by revealing a portion of her hair, according to the country's strict religious clothing observance laws. Three days later, on September 16th, Mahsa died in a hospital, while in police custody. The police say Mahsa died from a heart attack. Her family and the women of Iran say differently: Mahsa was punished for her hair, and this punishment led her to death.

The protests began quickly. With Iranian women at the forefront, Iranian citizens gathered in masses on the streets to decry what had happened to Mahsa and challenge the regime's laws surrounding the hijab. Women came together not only in solidarity for Mahsa but to fight for their right to choose. Protests are occurring in major cities and small villages alike across Iran and cropping up in high schools and universities. It is reported that 75 people have been killed and 1200 people arrested as police forces push back on those demonstrating. Economic stress has added volatility to the current uprisings.The pandemic and economic sanctions from the West has left little in the pockets of millions.

Iran is a nation that has undergone drastic changes in the last few decades, concocting the conditions for the chaos it is currently facing. Like many countries in the Middle East, competing interests and external powers have continuously undermined the peace of the state. The Islamic revolution of 1979 brought the Islamic republic into power, eliminating the previously ruling Shah Muhammed Reza Pahlevi. All women were made to dress according to Islamic rules, even though forcing religion onto someone is outside the rules of Islam itself. These were women who had previously been dressing and living liberally under the Shah. The Shah had ruled with a Western hand, making it illegal to wear religious veils and oppressing tribes to reach his goal; he envisioned an Iran that mimicked the Western way of life.

Now, in strong defiance, women are chanting, fighting back, removing their hijabs, standing up for their freedom to autonomy. People around the world are showing up on the streets in their own cities too, in solidarity with Iran. Whether it be under the Shah or under the Islamic republic, whether they don the hijab proudly or go confidently without, people are marching for the same reason, the right to choose. The history and politics of Iran may be complex but the issue is not. In fact, it takes just three words to know:

"Women, Life, Freedom."

THE GLUTTON KING, KING HENRY VIII

RAUHA AHMED
Cannon Senior Editor

King Henry VIII was notorious for his overconsumption of food, and the infamous treatment (and sometimes executions) of his six wives. But did you know that he was also once considered to be one of the most handsome princes in Europe? When he first ascended the throne in 1509, just shy of his 18th birthday, he was described as tall, handsome, and athletic, with a waist of 35 inches. However, in his later years and at the time of his death, he weighed 178kg and had a waist measuring 52 inches. What exactly caused such a drastic change in his physique? To answer this question, we turn our gaze away from his waistline, and towards his diet.

For starters, Henry VIII consumed approximately 5000 calories a day, which is twice the amount a man of his age requires by today's standards. He consumed too much alcohol, bread, and meat, and not enough fruits and vegetables. His food was prepared in a private kitchen under the direction of the Privy Master Cook, John Bricket. His residence in Hampton court had 200 kitchen staff and 18 kitchens, with around 50 small rooms to prepare fish, pastries, bottling, pickling, and roasting.

Royal meals consisted of citrus fruit, almonds and olive oil from the Mediterranean. Food was sweetened with sugar from Cyprus and seasoned with spices from China, Africa and India. Banquets were 14-course affairs, often featuring delicacies such as peacocks, herons, egrets, deer and swans. Additionally, large amounts of beer and wine were served with every meal. Historians approximate that 600,000 gallons of ale (enough to fill an Olympic-size swimming pool) and 75,000 gallons of wine (enough to fill 1,500 bathtubs) were consumed annually at Hampton Court.

Naturally, these lavish eating practices contributed to King Henry VIII's heavy weight and poor diet. Due to these factors and his lack of exercise, he also had poor circulation. To accommodate his size and lifestyle, his heart most likely grew large and needed to pump hard to circulate blood in his body. His liver would have become fatty, resulting in his probable high blood pressure and type two diabetes.

Along with his dietary choices, King Henry VIII might have suffered from Cushing's Syndrome, which is an endocrine abnormality. This condition causes increased weight around the torso and neck, weakening of the bones, and diabetes. In some rare cases, it can even cause mental issues such as paranoia and even impotence. However, this is not confirmed due to the fact that his remains were not tested.

EXCLUSIVE INTERVIEW WITH THE INVENTOR OF GRILK (NOT CLICKBAIT)

BEN GLOADE
Cannon Investigative Roommate

The rapid rise in popularity of grilk at ****, the University of Toronto's only undergraduate-run bar, leaves students with more than just a weird milky taste in their mouth.

This new milk sensation has students asking questions, namely "Why?", "Who did this?", "Where did grilk come from?", and "I now know there is no god, for why else would grilk exist?". Thankfully, the cannon is here to answer your grilky questions.

I myself have had the great displeasure of being aware of the concept of grilk for a full two years now because the celebrity inventor of this sweet milky beverage is my own dear roommate. I have been burdened with this knowledge for too long and I am ashamed to say I am thankful to no longer have to bear it alone (ok tbh she also told everyone who would listen about it but I love the drama).

Exclusively for Cannon readers, please enjoy this interview with the Grilk-Monger themself.

Interviewer: "How did you come up with the idea for grilk?"

Interviewee: "Because I'm better than you. Because it's good. When I was a kid I would make breakfast with my Dad on weekends and he would pull the grenadine out of the cupboard to make fancy milk or fancy orange juice. Children like sugar."

Be thankful, readers, that it was grilk that was brought forth to be witnessed at **** and not grorange juice.

Interviewer: "Why did you invent grilk?"

Interviewee: "Because I'm better than you."

Interviewer: "What does grilk taste like?"

Interviewee: "Really good. Milk but better. Gay milk, fruity milk. Milk but better, more gay. Just strawberry milk basically, tastes like strawberry milk. It looks like pepto bismol which makes it better. Pink."

At this point in the interview, I would like the reader to know that grenadine is made from pomegranates and has nothing to do with strawberries.

Interviewer: "Would you recommend grilk to everyone?"

Interviewee: "Yes, of course. Unless you are lactose intolerant. That's just sad though. Because it doesn't taste as good in other milks. But, I've only ever had it in dairy milk so I can't guarantee dairy alternatives are going to taste as good."

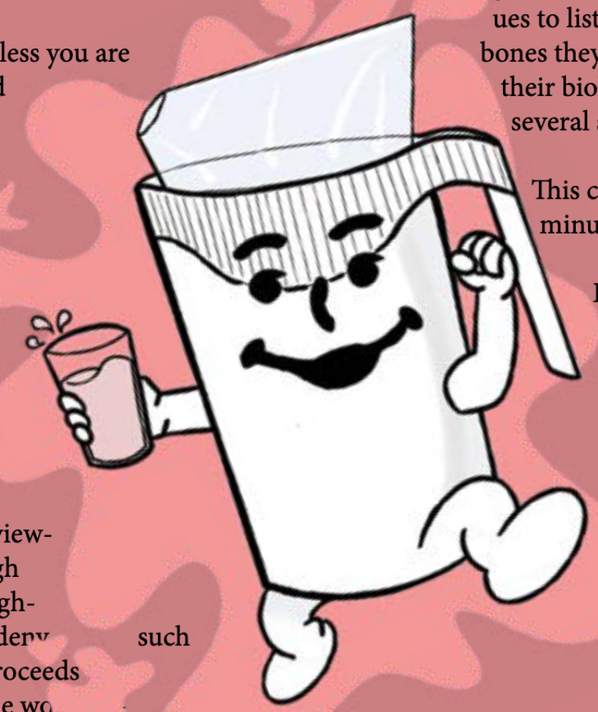
Interviewee proceeds to laugh in a manner that could only be described as evil. She then proceeds to try and steal my laptop while I am still interviewing her while continuing to laugh evilly. I then accuse them of laughing evilly and they vehemently deny such a thing. The interviewee then proceeds laugh at my pronunciation of the wo hement'. At this point in the interview, the interviewee threatens to put grenadine in our bagged milk in the fridge if I don't willingly try grilk. I fear that the grilk has affected their brain function. Over the next ten minutes, the interviewee proceeds to get distracted and list strange words from their biology textbook.

Perhaps this is an intimidation tactic.

Interviewee, upon realising she is still in an interview: "I have my dirty little artsci fingers all over your eng stuff."

Also Interviewee (sarcastically): "Oh, we're engineers, we're so much better than artscis."

The grilk-monger then continues to list all the names of bones they have learned in their biology course off of several sheets of paper.



This continues for 10 minutes.

End of interview.

Op Ed: Old Fashioned Timbits

NOVERA AHMED
photos.skule.ca

I need to address a controversial topic as a certain Toike Contibutor's opinions are biased and have no concrete evidence to support their claims regarding my one and only true love, Old Fashioned Timbits. Imagine going to the most beloved Canadian franchise there is to exist, Tim Hortons. Why do us Canadians go there other than to satiate our desires, given all that Tim Hortons (The hockey player and the franchise) has got to give?

A product of Canadian Nationalism, Timbits originated in April 1976, though the creation of the old-fashioned is unknown and rather mysterious. Sounds like a rather a debonair yet nonchalant protagonist to a murder-mystery novel… Does that not grow your intrigue towards this so-called old fashioned lad? The hate and dismay towards this timbit… has caused great agony, grief that wallows in it's sorrow, imparting upon it the non-sweetened biteable pastry status it holds today. You, alongside your fellow Canadian patriots, may wonder, why does this timbit exist if not to cause us pain and hardships with a lack of sugary serotonin? But the very question you pose is wrong, my friend. Let me tell you why it is indeed, contrary to your naive preconceptions, every James to your Bond. This one single timbit, not like the rest, gives you the power. Yes, you. It gives you the flexibility to consume it as it is or dip it into accompanying beverages. Think about this, once you indulge in one piece of sugary glooby globster whose names are too similar to one another to pronounce, your tongue will no longer be able to differentiate the rest. They all taste the same. There is no individuality in what your taste buds are sensing, physically overwhelmed and emotionally underwhelmed, all at once.. Is that not wrong? To treat your taste buds, which have been developed for over the course of an average of 20 years for the population here, to treat them like nothing as the glistened coating of every timbit covers the tongue, leaving it tingling?

On a more profound level, you can ask yourself: What do we lack in this society? Existence and uniqueness.

To provide evidence to my backing, let's say you have a first order linear differential equation (the range of timbits we have) where you can show that said function exists over the entire interval. How must we show that the old-fashioned timbit is the only unique solution to this ODE? This initial value problem must be solved by showing that only the old-fashioned timbit is continuous over this interval due to its existence throughout history. There is a discontinuity of other timbits because they may not be offered at other Tim Hortons branches, but one thing that will always remain constant is the existence of old-fashioned timbits. The sugary ones all share the same initial values, hence not allowing them to be unique. Therefore, through the timbit existence and uniqueness theorem, I have rigorously been able to demonstrate why in fact, the old-fashioned timbit is the only dominating timbit. When all else goes to dust and the world ends, there will only be one entity left and that will be said timbit. Old Fashioned in its true form as the lord and saviour.

Only then will you turn to the old-fashioned to save you...

I Miss The Old New College

FARBOD MOHAMMADZADEH
Cannon Writer and DJ

New College is, as you might have guessed, the newest college at University of Toronto and according to their website they are "… the largest with over 6,000 registered students". Established in 1962 it is host to 880 students who reside in 3 different buildings. Within New College resides Audrey Taylor Dining Hall which is the topic of discussion for this article. Commonly referred to as New College dinning hall it is one of the largest and more diverse cafeterias open to UofT students. It has multiple stations each with a dynamic range of options for each meal of the day that changes daily. However, as of the start of the 2022-2023 school year there has been a major and unavoidable decline in the quality of services offered at the dinning hall. This change can be categorized in two ways: administrative failures and the decline of food quality.

> **"This [decline in quality] can be categorized in two ways: administrative failures and the decline of food quality."**

Administrative Failures:

Coming into the current academic year New College had been in good standing with the student body. For those of us who wanted diverse food at a reasonable price and at a convenient location the New College dinning hall was the perfect place. This caused many students to prefer New College over other dinning halls and coming into this year all those students were excited to return to a familiar dinning experience. However, they were disappointed by long lines, an increase in prices, changes in ordering systems, and the removal of options. All signs of mismanagement of a great opportunity as the administration has decided to understaff and underutilize their resources to increase profits.

As an example, consider the system for ordering something from "the grill": it used to be that you could stand in line, order your food, wait till it was ready, and continue to pay for your items by showing them to the checkout staff. But now it is no longer that easy, you must now pick up a ticket and fill out which items you want, then place the ticket in a basket with no order and respect for who placed their ticket first, and now wait till the full stack of the previous tickets are dealt with by the understaffed grill attendants, now if you're lucky enough your ticket will be picked up and place on a table along with 4-5 other tickets as the grill attendant attempts to prepare all orders, finally you receive your order along with your ticket which now you have to show to the checkout staff, which after checking you out they will discard the ticket hopefully in the recycle bin but most likely a garbage can leading to significant waste of paper.

Furthermore, items are more expensive which is apparently a common theme across the board at UofT food services. Not only that but some systems have been changed from previously student friendly ways to a system that benefits the bottom line of the dinning halls. A good demonstration of this is the change from the large and small system for the salad bar to a per weight system that makes sure you pay for every piece of Quinoa and ever drop of sauce.

Food Quality Decline:

In addition, the quality of the food has been falling off from what it once was. Although these maybe subject qualities it is an opinion that I've heard from others dining with me at New College. The fries are close to inedible, the chicken tenders look like crispy toothpicks, the BBQ sauce is basically flavoured water, and the pizzas no longer have as much cheese. There are also options missing that used to be favorites, the cakes and cheesecakes have been removed and replaced with pudding and Jell-o.

At the end of the day, it is visible that the poor management from the administration has led the New College dinning hall to new lows. Which is honestly upsetting as ultimately all of this will work towards the disinterest of students from the dinning hall. Students have already started to give up as the lines seem to be getting smaller and the tables emptier day by day. This in turn will be more detrimental to their bottom line and profits. If only they invested towards the betterment of the dinning experience than actively hurting it, they would achieve the outcome that they wanted.

Super Exclusive Tips and Tricks to Save *Your* Money at Tim Hortons!

EMAAN FATIMA
Cannon Toike Mole

It's currently 12:47pm and as I sit here in a lecture that I obviously very meticulously followed (can't you tell??), my large iced coffee cup keeps me company, almost depleted of its sweet sensual fluids, begging to be replaced by another. However, aside from the fact that an influx of caffeine is bad for you (kids, pls get some sleep <3), I can't be out here paying big bucks for my uh…somewhat frequent trips to Tims. Tuition's pricey enough and we all know it.

Anyways, I've long thought about how I can be of use to our new and improved Cannon Magazine, as my problems are very first-world-oriented and my outlook on life is very "Toike", so I've asked myself what could I, a rather distinguishably unhinged individual, possibly write about that could be of any substance to the general public? I have not yet tried grilk because I find milk to be intolerable even though I'm not in the least bit lactose intolerant (I don't understand HOW just hOW you could like that nauseating abomination), and neither do I have anything to say about food that isn't a prospective (or so I've been allegedly told) crime. I mean I can't even hide behind a pseudonym on here, so I'm kind of obliged to at least try and access my potentially normal side whilst writing anything for this [magazine].

So here I am, trying to be useful however I can. I don't know how profitable you're going to find this article, but if you're somebody who drinks as much caffeine as me, you might as well save some money while you're at it. And if you're not, you might as well still save some money whenever you do end up going to Tims (whether it be for caffeine or not!). Face it, being an engineering student REQUIRES you to resort to this delectable power fuel at least every once in a while (unless you live off Monsters, which is a whole other issue please call 1-844-451-9700 at your earliest convenience), but being an engineering student also means that you're probably pretty broke. Issok, I gotchu.

Here are potential ways to save your money at Tims. Listen.
Editor's Disclaimer: The Cannon News-Mag is in no way sponsored by Tim Hortons. Though, quite frankly, we really should be, considering these absolute power hacks - wait no, I guess maybe they'd be pretty disappointed in Emaan's loophole-finding dexterity. She could use being banned from Tim's though.

Download the freaking app.

I don't care if you have crippling storage problems and are currently on 63.6 of 64GB and your phone might be on the literal brink of a total mental breakdown (wait, me too). Download. The. App. You'll get deals and stuff and that WILL save you money! Ezpz. You get 10 points every time you scan the QR code (in half hour intervals only and you're only allowed to use (1) deal per half hour as well…what? you thought there would be no catch?? smh, newbie.), and they accumulate. After you have enough of them, you can redeem them to get free stuff! Usually there's no limit on the size of whatever you're getting free, so hey, this is a delightful resource to have. How else do you think I accumulated 1385 points and will get a free large iced capp next time I go? :)

Get your friends and family to download the app.

Deals and offers are scanned by a QR code…so naturally you don't need an account yourself, just a screenshot of a QR code works! If you're able to get multiple people to download the app, they're all likely to get different deals and then you have plenty of options to utilize them. And vice-versa! Go group saving!

Ask for the transaction receipt afterwards.

This is mostly for the people who are into either Iced Coffee, French Vanilla, and/or Hot Chocolate. With the receipt you can get any size of any of those for just $1 plus tax. There is a catch though, since there's a satisfaction survey you're supposed to fill out before being able to use the receipt… but here's the exclusive material you've come here to read: they never check whether the code is real or not! So don't bother filling in that one minute, so very painful and unmotivating survey…just forge a code. BF12570 always works for me! Start with BF and then a combo of 5 digits and you should be good. (Author's note: The only time this has almost failed is this once where their survey website was down but I somehow had receipts with codes filled in anyways…I still got my iced coffee though! …just might've gotten the cashier a lil confused.)

Find somebody who works at Tims…

Be social and your best extroverted self! Take advantage of their employee discount!

Get into a relationship.

Everything's free then, isn't it?

Text me.

I can help. Honest. I have #1, 2, and 3 down on this list (not 5 ;) okay I'm sorry I'll stop, bye).

Okay clearly I'm out of ideas, but here's one last one that would REALLY save your money at Tims: don't overindulge in caffeine and get some sleep. Eat healthily and don't just continuously buy potato wedges from there and call it a meal. Take care of yourself kiddos, it honestly will save you a lot of money in the long run (Author's note to EIC: No, you're a hypocrite).

Also, I guarantee anything in this article has at least a 75% chance of working. If it doesn't work for you, no worries…just let me know, we'll workshop it (besides #5, that was a JOKE, it was HUMOR…we all know I'm incapable of writing anything that isn't at least remotely unhinged, please manifest normalcy for me I beg)! Well…this article ended up being a little more, uh, off the rails that I planned but hey, it isn't the Toike if it's true! And it is!

P.S: Please don't let this article fall in the hands of anybody who can uh, do anything to change Tims' policies and render me unable to take advantage of them and their cheap coffee loopholes…

P.P.S: If you have the psychopath gene and are out here drinking black coffee, none of these options are for you. I refuse to let you have easier means to access this problematic source of atrociousness -> please just seek help. I don't want to interfere with the way you are living life, but I just think that the quality of life that you are living is worth interfering with because you and your psychopathic coffee habits need to be fixed for the betterment of humanity. Fight me >:(

Milk Me Up At ****: A Conversation with Bobby

TOBIN ZHENG
Cannon Writer and Avid Milker

Tobin: I am here with Bobby Graydon: The man, the milk, the legend, who brought milk into **** as a drink. Do you have anything to say as an introduction?

Bobby: Milk is good.

T: All right, that's sufficient. Let's start from the beginning. What inspired you to choose milk as a **** drink?

B: I thought it would be pretty funny and I love milk. There's just the vision of going up to **** and just getting milk with nothing else in it.

T: This was for the charity auction for Godiva week, right?

B: This was.

T: How did you feel during that charity auction? Do you remember what it was like?

B: The cause of "Milk" was great, and there were actually a number of homies who contributed to Bobby's milk fund in order to make the milk happen. It's just a really exciting moment because there's so much alcohol at ****, but where's the milk? And now there's milk.

T: I'm glad that people were supportive of your initiative. So, skim, 1%, 2% or homo?

B: Absolutely homo, no question.

T: Homo is pretty good. How often do you consume milk yourself?

B: I consume milk multiple times a day. Sometimes I'll just buy a full carton. Like the large ones, you know? I'll just drink it in one sitting.

T: What's your preferred vessel for consumption? Are you a glass person? Milk just straight from the carton? Bag?

B: I feel like bagged milk is close to my heart because that's how I always had milk as a child. But at the same time, the carton is such a convenient format because you want to have a water bottle of milk with you at all times, but if you put milk in a water bottle, then it's kind of gross. You have to clean it later, whereas with a carton, you can seal it but then you don't have to clean it at the end because you just throw it out. So I feel like cartoned milk is probably the superior milk containment.

> **"I think I've always known that the Skule community has a deep carnal desire for milk, and I think that it's finally being satisfied. They want strong bones."**
> **- Bobby "The MilkMan" Graydon**

T: So you just drink it straight out of a carton, you don't pour it into any other vessel for consumption?
B: Unless it's a multi-person carton because then it would be unsanitary. Yeah, I think just drinking from the carton is the best way.

T: That is a fair point. How do you typically enjoy a carton of milk? Do you just have it on its own? Do you have it with a meal, or with cookies or anything?

B: I feel like it's not really like you have it to enjoy it with something. It's kind of like water, you know, you just drink water when you're thirsty.

T: Do you have a favourite use for milk besides drinking?

B: That's a good question. What else do you use milk for?
T: That is a good question. I don't know, bathing?

B: I can't say I've ever had a milk bath. I mean, a milk bath sounds pretty wasteful. But a milk shower, that could be good.

T: Would you want to experience a milk shower at some point in your lifetime?

B: I think I would have to hear the merits of it to consider if it's worth it. But I would consider it. T: I'm pretty sure back in the day, rich people used to bathe in milk because it was good for your skin or something like that.

B: So there's a purpose aside from just being able to say you've bathed in milk.

T: Yeah, I think so.

B: That's pretty fun.

T: Do you think chocolate milk comes from brown cows?

B: Yes.

T: Yeah, I think so too.

B: It's similar with strawberry milk from pink ones.

T: Yeah. So, various milk combinations have become a part of the **** menu, such as the Milk Me Ups and the Grilk. Which ones have you tried?

B: I have tried, I think all of them? I have had Milk Me Ups. And I would say that the Milk Me Up is not like the item itself because everyone makes a different Milk Me Up, and some of them are questionable. I think Erika* has the best Milk Me Up recipe. There's also the Grenadilk, which is a classic. And then the other day Ben Rubinoff† made, I think the worst one I've had yet, which was 75% boiling water and then the rest was milk with a bit of Grenadine and it tasted really watery and gross.

T: Well, you want your milk to have lots of those fat molecules, right? Because homo is the best milk.
B: Homo is the superior milk.

T: So watering that down really makes it worse.

B: Especially when it's hot and watered down.

T: You don't like hot milk?

B: I do not like hot milk that much. One thing that's not awful but not great is when something gets mixed and then it curdles the milk, because sometimes it's a gross consistency, but sometimes it's almost like a yogurt. So there are a lot of milk options.

T: How do you feel about the milk variants in comparison to pure milk on its own?

B: Personally, my favorite milk drink is just milk. But some of the mixed ones, they come close.

T: What do you think about the popularity of milk as a **** drink?

B: I think I've always known that the Skule community has a deep carnal desire for milk, and I think that it's finally being satisfied. They want strong bones.
T: They do. Do you think you've left an impact on the Skule community?

B: I would hope so. I would hope that milk remains as a **** drink for eternity. Just, they always have milk and maybe even one day, CBS stops letting them sell alcohol and they just sell milk.

T: Well we hope that won't happen, but now there's a backup. And it's always good to have a contingency plan.

B: It is.

T: What's your take on non-dairy milks? Are you a fan of nut milk?

B: Personally, I don't mind nut milk. So, almond

milk, I think that's a nut milk; I discovered that one glass of almond milk is good. One litre on your own in one sitting is terrible. So I think nut milks are good in moderation.

T: Do you think **** should stock more non-dairy milk options?

B: I think so, because every time that I'm there, I often try to convince people to get milk at **** and frequently people say that they would get milk if they had an alternate milk version because some people can't drink dairy. But I think **** does stock a lot of non dairy milks now.

T: They have oat and cashew now, yeah. Are there any non-dairy milks that you particularly enjoy?
B: I think OG milk is the best one. If it's an option, I will always go with dairy milk, but otherwise, it's pretty good.

T: Yeah. Do you have any opinions on carbonated milk?

B: I've tried it. It's not great, it's kind of gross.

T: It's a popular drink in some Asian countries.

B: Really?

T: Yeah. How do you feel about lactose intolerance? What would you do if an evil wizard cursed you with lactose intolerance?

B: I actually don't know at all what I'm talking about, but I'm assuming I could probably just ignore it and drink milk anyways, right?

T: Yeah, it just wouldn't be pleasant for an hour to several hours afterwards.

B: Yeah, that's fine.

T: You would sacrifice that for dairy milk.

B: You know what? I would not let lactose intolerance stop me from enjoying a good milk.

T: That's very noble. Are there any other dairy products you enjoy?

B: Cream is perhaps in some scenarios better than homo milk. I would say homo is better than 2% because it has more fat. So naturally cream is better than homo because it has even more fat.

So sometimes I will just drink cream but people really judge me for it, but it's delicious. It is absolutely amazing. Just on its own. So it's a great drink.

T: Cream is pretty good. It's now commonly known that the promotion of milk as a part of a healthy diet in North America is primarily due to propaganda from the dairy industry. Do you have any thoughts on this?
B: That's a good question. My anecdote would be that I have dranken an inhumane amount of milk throughout my life and I have never broken a bone. So, I feel as though, with this single data point being me, I feel like maybe big milk is actually right.

T: Maybe. I can give you a second data point; I'm lactose intolerant and I do occasionally consume milk because it is pretty good, but I generally avoid it. And I also have never broken a bone.

B: But you still consume milk.
T: I do still consume milk.

B: So I mean, really…

T: That is true. I wonder if there's a threshold.

B: You probably never hear about people who don't drink milk at all because they're just incapacitated in the hospital with broken bones.

T: Maybe. That's possible. I guess we'll wrap up soon. It was a very nice experience talking to you but I do have one final question. Are you excited for Milk ****?

B: I am ecstatic about Milk ****. I think I may be bringing outside cream into ****. Perhaps at least outside milk.

T: I don't know if we can publish you saying that. *laughs*

B: I am very excited. I think it's gonna perhaps be one of the best **** of the year. Skule's bones will never have been stronger.

Erika is one of our current ** managers.*
*Ben Rubinoff is a past **** manager.*

I Call Him My *Jaan*

MINHA KHAN
Cannon Managing Editor

I call him my jaan.
Brown curls, a smile so sweet.
My heart is so happy our paths were destined to meet.

I call him my jaan.
You see, I normally hate my words,
But he makes me want to rhyme love tinted worlds.

I call him my jaan.
I've lost myself in retreat,
But he promises he loves playing hide & seek.

I call him my jaan.
I'm scared by what I feel.
If I had one word, I'd say it feels real.

I call him my jaan.
His voice sounds like home.
I disappear into its comfort like my head hitting a pillow.

I call him my jaan.
I'd like us to find forever.
Maybe we could search for what life means together.

I call him my jaan.
It doesn't do him justice.
You can't paint blessings easily with language.

I call him my jaan.
He tells me I'm brave.
I thank him for his warmth, for making me feel safe.

He called me, his jaan,
I answer the phone, half-asleep.
In my sleepy stupor, he seems like a dream.

M.K.
2T3

"Jaan" literally translates to "life" in the Urdu language, but is used as a term of endearment for their loved ones by native speakers.

The Case of Coffee v. Personality

STELLA GREGORSKI
Cannon Horror-Scoper

Let me paint you a picture. I show up to the October Cannon Brainstorming Meeting. I eat a delicious Krispy Kreme Cinnamon Apple Filled Donut. It is the last donut, and I'm reeling through my ecstasy. I get up to leave after saying goodbye to ever-generous overlord EIC Nat as she leaves her own in-person meeting that she attended on a Zoom call, beelining for the glorious once-per-year spectacle that is the Knox College House Meeting. Right as I'm rounding the corner to walk towards the North doors, Emaan stops me. But this isn't to say just goodbye, this is to say "Stella can you write the article about how coffee affects your personality?" Suddenly flooded with crushing waves of guilt over my presence at the meeting solely consisting of eating their food and regaling the youth with tales of the good ole days of 5 years ago, I agree. I say "sure, why not" in the passively irritated voice of someone who just wants to listen to a talk about not purpling the showers.

So here I am, and here are some conclusions I've come to regarding what I'm calling the case of coffee v personality.

The scientific process followed here was quite simple. Personality isn't measured by coffee, so the two must be measured independently. As someone not skilled nor trained in designing psychiatric assessments, I turned to commonly used personality tests and metrics which the general populous would likely already have results from to analyze their personalities for me. Therefore, by asking people both how much coffee they drink and what their results are on 4 common personality tests, I can correlate the character traits associated with their test results to how much coffee they drink. Personality tests used included the Myers-Briggs 16 Personality scale, the Bolton & Bolton Working Style Survey, Zodiac Star Sign, and Pottermore. All real pinnacles of scientific achievement in the field of analytical neuropsychology. I also grouped the number of cups of coffee drunk per day into 4 categories, each with a descriptive tagline, to make the decision easier for users who may vary how much coffee they drink on a day-to-day basis to choose the category that best represented their relationship with the godly bean nectar.

Data was collected via a Google Form which asked users to input how many cups of coffee they consumed daily according to the aforementioned categories, in addition to asking for their results in the selected personality assessments. The form also gave users the option to add any commentary or quotes they would like to submit for potential use in this report, as well as for contact information in case follow up on said quotes were needed. The form was left open for 5 days, during which it was broadcast on two (2) Instagram stories and one (1) discord server, collecting a (very definitely totally statistically significant) total of thirty-six (36) responses. After analyzing this data, I very correctly very absolutely very scientifically drew three (3) legitimate conclusions and one (1) knee-slapper conclusion, which I will discuss in the following paragraphs.

1.0 Intellects Drink Less Coffee

When comparing the traits associated with various results across the four personality tests, there are categories in all four which dub their users as curious, intellectual, analytical, or logical. These include Ravenclaws from the Pot

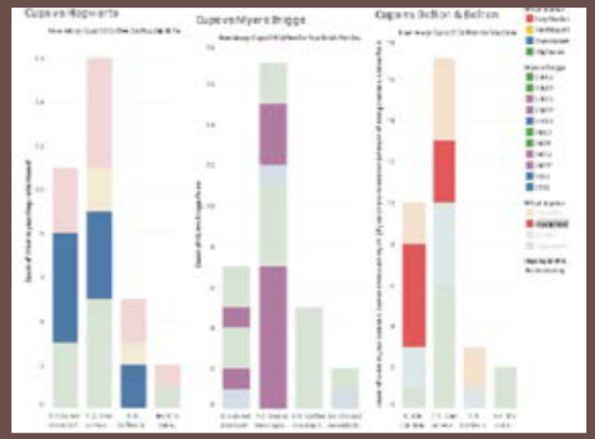


Figure 1: Results from Categories Denoting "Intellectual" Personality Traits Drink Less Coffee

termore test, Analyst Myers-Briggs types, and Analyticals on the Bolton & Bolton spectrum. Across all personality tests, 80% of responses in these intellectual categories said they drank fewer than three cups of coffee per day. While I for sure would've thought those who were inclined to curiosity and constant learning would drink more coffee to keep themselves awake on that knowledge grindset, maybe the real lesson is that the smartest among us know how to focus, manage their time, and go to bed early – circumventing the need for coffee altogether. Or that drinking less coffee will force these changes in our personalities, and force us to become more introspective.

2.0 Expressive People Get Their Personalities Not From Coffee

Similar to how each personality test has a specific result that indicates an individual has tendencies towards curiosity and academia, each personality test also was found to have a result that indicated the taker had an outgoing, carefree, honest, and passionate. These include Gryffindors from the Pottermore test, Diplomat Myers-Briggs types, and Expressives on the Bolton & Bolton spectrum. Looking at the coffee results for individuals who fell into these categories, as seen in the figure below, yielded few

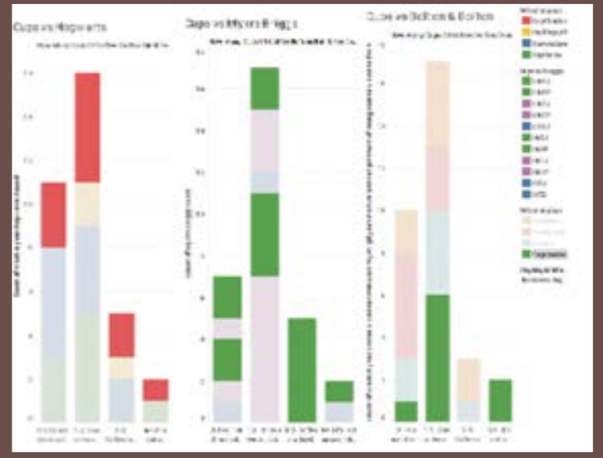


Figure 2: Results from Expressive Categories Showing Their Spread Across All Categories

results. Outgoing, empathetic types were scattered across all levels of coffee consumption, and the numbers of these expressive types in each coffee bucket was proportional to the number of total data points in each bucket.
This implies that individuals adhering to this personality type do not have their personalities correlate with their coffee intake – for them, it's just a method of staying awake. Their personalities are large and in-charge, which means a little bit of caffeine will either not impact their personality, or simply augment equally in all directions what was already there.

3.0 Intense and Calculating Individuals Drink Little Coffee, If Any At All

If I thought that an intellectual nature and thirst for knowledge were caused by drinking less coffee, that was

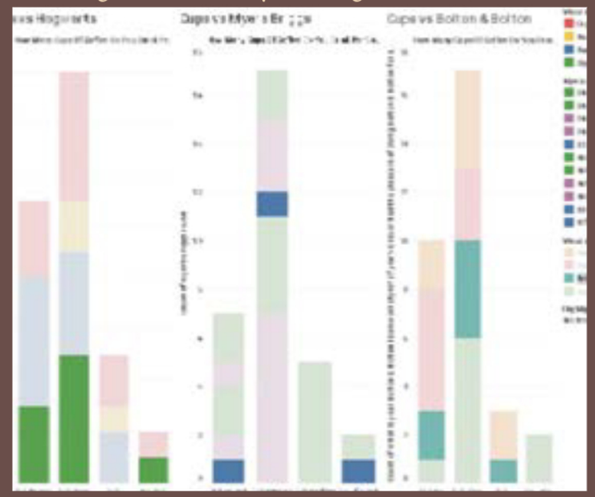


Figure 3: Rarer Cunning Types Are Necessitated by Lack of Coffee

before I repeated the same process used for conclusions 1 and 2 and once again began examining the various results from the four personality tests for similar descriptors from which to draw personality conclusions. This third category that I found includes intense and driven individuals, who value cunning and order. These include Drivers from the Bolton & Bolton survey, Slytherins from the Pottermore test, and Sentinel types from Myers-Briggs. These personality types are much rarer than intellectuals according to the data collected in this study, but the results are even more indicative in terms of how little coffee they drink. A very large percentage of these personality types indicated that they either did not drink coffee, or only had 1-2 cups per day. This indicates that coffee takes away from pure drive and focus, and leads to smaller-scale, personal goals. Those who drink no coffee rely on internal motivators to

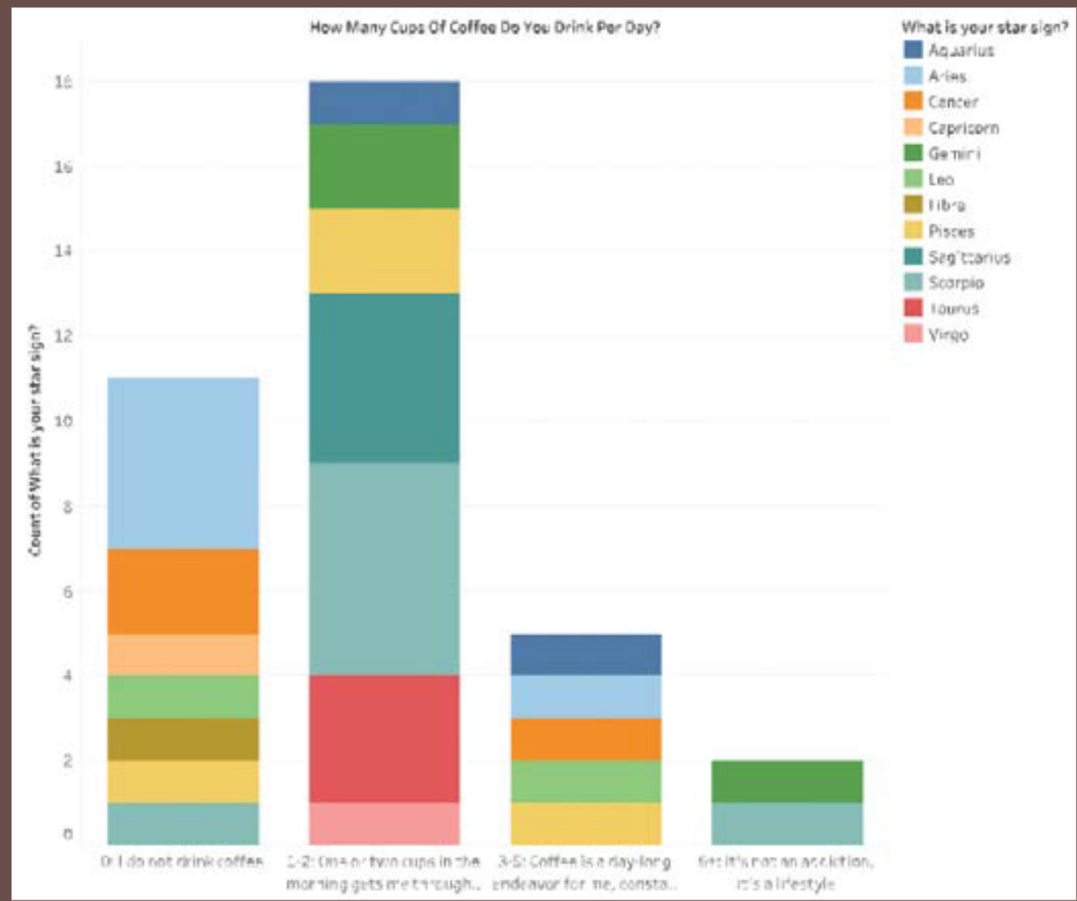


Figure 6.9: Breakdown of Coffee Drinkers by Their Zodiac Signs

drive their actions and achieve their goals, which likely makes them generally more motivated than most. Not drinking coffee seems to necessitate this.

6.9: Aries Don't Drink Coffee

One last side, bonus observation to seal the deal. I was seriously not expecting any useful data from collecting star signs, but 80% of Aries surveyed did not drink coffee. Granted, this was the only trend and the data WAS largely thrown out but still, that's one more trend than I was expecting to emerge from this overall process.

4.0 Conclusions

Uh, yeah, so this was a time. I actually got some semi-legit seeming conclusions, which is far more than I was expecting. I thought this was going to be a lecture on the importance of a statistically significant data set (and to be fair it kind of is, none of this is probably good enough), but some trends actually emerged. So that's pretty great, and overall you probably get louder and more chaotic the more coffee you drink, which makes sense. Join me next time for more bad data science so I can keep learning Tableau.

Food Trucks: If You're Looking for Somewhere _____:

AIDAN CASTANHEIRO
Cannon Foodie

Have you ever looked at the giant line up of food trucks on St. George street and thought "Wow, there's a lot of food trucks, how should I decide which one to go to?" Well if you have, hopefully this guide can help you!

If you're looking for somewhere…

Cheap

The "Mama's best" hotdog stand outside Sidney smith is surgically Mama's best. The food is of great quality and it is relatively cheap compared to other food trucks on campus, about $4.00 for a hot dog. It is also the only food truck that accepts E-transfer! (No credit or debit though).

Another great option is the brown food truck. Their cheapest items are in the $3-5 range and they are also great in quality!

The blue food truck is another option because the food there has a similar price range to the brown truck but not as good quality wise. However, something about the blue food truck that I never see people taking advantage of is their deal where you get $1.00 off a combo if you bring your own reusable container. This is a great way to save money and remain environmentally friendly by reducing waste!!

To Fill You Up

If you're looking for something to fill you up, I would definitely recommend either of the Chinese food trucks. They are the most expensive but they do give you a lot of food. In addition to being the most expensive, they also take the longest to get your food ready. The "Kee's fine food" truck has a 5-10 minute menu but from my experience it takes a bit longer. The other Chinese food truck (I don't have any other way to identify it) definitely had the longest wait time out of all of them. Also FYI they only take cash. To sum it up, they have great food and large portions, but only go to them if you have a lot of time to spare.

With the Best Tasting Food

If you're looking for the best tasting food, the best I can do is give you my professional (I am completely unqualified to give any opinions on food) insight into which food truck has the best of certain types of food. If you're looking for the best hot dog, I would definitely have to give it to Mama's best. If you're looking for the best burger, I would have to give it to the brown food truck for sure. If you're looking for the best shawarma, it gets a little more complicated. All I have heard from the people I've talked to is that the green truck has the best shawarma, but I would say this is only partially true. I would agree that the green truck shawarma has the best wrap and sauce, but when it comes to the meat, Grill n' Thrill (the one nearby with flames on it) has it beat. So really it depends on what part of the shawarma you consider to be the most important.

One last thing I'd like to add just in case anyone wasn't aware is that the food trucks charge extra if you use credit or debit, so try to make sure you have some cash on hand.

Alright, that just about does it for my guide so I hope it has provided you with at least some useful information, and I hope I don't receive any threats for not saying the green truck 100% has the best shawarma.

From Beers to Cheers: A Reflection

TOBIN ZHENG
Cannon Alcohol Enthusiast

Once upon a time, a cheer about drinking beer and hating ArtSies was taught to Frosh every F!rosh Week. Starting in F!rosh 1T9, however, the same cheer changed into one about doing cheers and simply irritating ArtSies. Many people opposed the change, and in the name of holding onto tradition, the old cheer was taught frequently over the next few F!rosh Weeks. As a 2T4 who had my own F!rosh Week during this transition period, I wanted to find out what the current student body thinks of the change. I surveyed a number of students across different years about which cheer they learned, and how they view drinking culture in engineering.

Most of the students I spoke with, both alcohol consumers and non-consumers, thought that the beer cheer was funny, and didn't think too much about its implications. Upper years in 2T3 or older primarily opposed the change, while those in 2T4 and below were largely ambivalent. I did also encounter a handful of students who thought that the change was a good thing. Those who support the new cheer mentioned that although most people remain unswayed by a cheer about beer, there must still be some who wonder if they're expected to drink in engineering. If changing the cheer can even benefit a small number of people, it would still result in a net positive.

Some remarks in favour of the original cheer include that the cheers are typically taught alongside a disclaimer about drinking culture in engineering, and a reminder to the Frosh that they should not feel pressured to consume alcohol if they aren't comfortable with it. However, we still have F!rosh week songs like Godiva's Hymn, where we sing about demolishing forty beers and drinking rum straight, so it seems like a double standard. To counter this, some students also brought up that having a variety of cheers to move away from beer fixation might also be a good thing.

> **"However, we still have F!rosh week songs like Godiva's Hymn, where we sing about demolishing forty beers and drinking rum straight, so it seems like a double standard."**

I spoke with a fourth year student who made a rather insightful statement regarding the change. They said that the original cheer was meant to be a sort of tongue-in-cheek, slightly extreme representation of engineering students. They noted that the line "Who do we irritate? Artsies!" used to be "Who do we hate? Artsies!" where it was clearly not meant to be serious and reflected the friendly rivalry between engineers and arts and science students. Similarly, the other lines in the cheer were never meant to be taken seriously. The change from "hate" to "irritate" made it less obvious that the cheer was meant to be a joke, and in combination with the complete overhaul of the beer drinking line, ends up making "Who do we love? Nurses!" seem out-of-place with its arguably sexist origins.

When surveying students about their opinions on drinking culture in engineering, most of them said that they did not think cheering about beer had any effect on drinking culture. Additionally, nearly all the people I spoke with believe that consuming alcohol is not any more prevalent in engineering nowadays in comparison to other programs, and that drinking culture is simply a part of university in general. Most students also agreed that students in the Skule community are very respectful of other people's personal choices in regards to drinking, and not honouring their choices is generally frowned upon.

There are reasonable arguments on both sides for whether or not changing the cheer was a good idea. With the responses laid out, I would encourage you to consider your own position on this change.

How Much Ramen Is Too Much Ramen?

NIDAA RABAH
Cannon Distributor Supreme

This article was supposed to be based on a personal experiment. I was supposed to eat nothing but ramen for two weeks and write about my experience. I thought it would be a very good idea, but after my first ramen lunch I was craving some chicken and so the experiment failed. Also, Emaan told me not to starve myself, so I listened to her wise words, but this article is well researched, source: trust me bro.

Instant ramen is a very popular meal among students, that is because it's very fast to prepare (faster than fast food) and super cheap, for the average price of 50 cents to $1 per pre-packaged store-bought ramen. It also tastes surprisingly good, with different seasoning options.

Such a meal sounds too good to be true, but it is true, so it must be too good to be healthy. Ramen noodles:

- Lack of key nutrients, like protein, fiber, calcium, magnesium, vitamin A, vitamin C…
- Pack in big amounts of calories without the nutrients that a balanced meal would contain.
- Are loaded with sodium: too much sodium from excess salt in a diet is linked to increased risks of stomach cancer, heart diseases and strokes. High-sodium intake can also raise blood pressure and negatively impact the heart and/or the kidney.
- Contain flavor enhancers and preservatives:
- Tertiary butylhydroquinone – a preservative used to extend shelf life and prevent spoilage of processed foods – while considered safe in small doses, may lead to neurological damage, increase the risk of lymphoma, and cause liver enlargement. Tertiary butylhydroquinone can also cause vision disturbances and damage the DNA.
- Monosodium glutamate – an additive used to enhance flavor of savory foods – has been linked to symptoms like headaches, nausea, high blood pressure, muscle tightness, weakness, and flushing of the skin.

So, to answer the main question, one pack of ramen per day is too much ramen. I guess craving the chicken was a blessing to make me stop my experiment, as I wouldn't be starving myself by eating nothing but ramen like Emaan thought I would, but killing myself a bit quicker than expected.

Nat's Best and Worst: The Digestive Edition

NAT ESPINOSA-MERLANO
Cannon Editor-in-Chief

Absolutely nothing gives me the authority to be writing any of this. But you see, my lovely, delightful, most treasured reader - there are three reasons I'm doing it anyway.

The first one is that I love you. Ironically, uttering such salacious words in person would make me go into full-out stroke mode (no offense to stroke-havers worldwide, yes yes it is a real tragedy that affects thousands of families worldwide, but we are coining the term because we believe in the value in being hyperbolicious). But I do - I love you, if you're reading this, you've decided to take a chance on this thicc, colorful, and dying little magazine, and I will pour my entire heart into proving how much you matter to us.

The second is that there comes a time in every Editor-in-Chief's life when the printing guy, let's call him, uh, Maeek, says "Nat, you absolute ignorant, any booklet, newspaper or magazine must be paginated in multiples of 4. You have 26 pages, you absolute cavewoman." Now, our actual printing guy said something way kinder and more polite and patient, but Maeek is the one that lives in my brain. So here we are, filling up 2 more pages. The real challenge here is not accidentally writing too much and doing 4 more pages, because then we'd need 2 more and I would cry.

The third reason is because I am, first and foremost, a narcissist. I miss having my face on the cover of every issue, but in my absolute growth and mature age, I understand how that could seem a little self-centered. My maturity, however, is exclusively to be taken in a performative fashion, and to satiate the greedy little gremlin that is my ego, here we are. Consuming space. Hey, it's like, feminist to take up space right? Go us!

That being said, here's my unsolicited, extremely biased opinion of the best and worst hits a la culinary experiences in my life - because that's what food is. It's love, narcissism, and memories. Food is, in a way, all of us. We are food. Not friends!

The Best: Takoyaki

The best thing Japan has created since maid cafes and Jojo's Bizarre Adventure(for your sake and mine, don't fact check the timeline), these warm, doughy balls of the most mouth-watering texture will fry your brain beyond salvation. I personally blame these bad boys for my performance in Econ' if they didn't consume 89% of my brain space at all time, I could have probably figured out how much money Brenda has to deposit to take a 4-month trip to Europe after she retires at the age of 56, with a compounded interest rate of 1.3%. Ehem. Point is, they're delicious, and, seriously, they take you on a journey. They're served to you straight out of the circular pan thing, and you stare at them in lus- uh, hunger, as the heat dissipates from their surface, carrying their warm and eager smell to you. The takoyaki sauce - a sweet, thick sauce, mixed with the Kewpie mayonnaise - both of which are topped by bonito flakes and thinly sliced green onion. Your mouth waters hell, your eyes waters as you feel yourself tear up from the desire and the want and the joy at something so perfect and delicious in front of you. You can't wait. Your tongue can deal; you take a bite. The outside crust is hard, but only makes up the thinnest layer imaginable, like a well-tensioned sheet of paper you punch through. The dough inside is creamy, impossibly soft and almost painfully hot - it's right on the cusp of cookedness - almost raw. Your teeth sink through as your tongue explores the explosion of flavours that hit you,and hit you, and keep hitting you. That's when you reach the rubbery center: octopus. You try to stifle a moan, because you know you're in public but holy takoyaki. In your eagerness and ecstasy, you swallow, and you feel the heat travel down your throat and through your esophagus, and you shudder at the feeling. You swallow again, because that's how overwhelming an experience you lived. Your eyes, watery and closed, flicker open and dart down to the plate of takoyaki.

You reach for another.

Listen, you need to live this. It's practically my civic duty to advertise this dish. And hey, you can get it at most sushi restaurants. One of the most romantic experiences in my life happened when a homie got me takoyaki, out of the blue, from none other than the pink food truck. So close! At my grasp! All these years! They sell out pretty quick, so he pre-ordered them, and my heart died a little when the food truck vendor handed them to me, free of cost to me. I fell in love - with takoyaki - all over again that day.

Another spot is Takoyaki the 6ix, a new store that opened up in Kensington market. A little pricier, these bad boys are thicc and delicious and I want to cry just thinking about them.

In a way, I am almost angry at these balls for making everything else in my life pale in comparison. God, I hope no one I've told I loved is reading this, because I don't think I am capable of love anymore. All that consumes my soul is desire. There are only two states of living: with takoyaki in my mouth, and attempting to acquire takoyaki to put in my mouth.

This IS a cry for help.

The Worst: *Tender is the Flesh*

My worst experience with food isn't even with food. How could it be, when food is the reason I am alive? Truly "living", as the kids say. God, writing this is making me real hungry.

Tender is the Flesh is an Argentinian novel translated into English in 2020. It's about how, either in some alternate reality or distant future, every single animal has succumbed to a mysterious virus which has made them highly toxic to humanity. To remedy the now lack of protein-intake that cannot be fulfilled by just becoming vegan, Humanity decided to start raising a sub-group of humans as consumable meat - "heads". They are bred, farmed, and sold just as cattle was previously. Most of society has adjusted to this change, and sees a very clear distinction between humans and "head". The book follows Marcos, a high-ranking employee at one of the production plants, as he goes about his day and grapples with being okay with this transition. We follow him as he sees gorey atrocities, as he navigates taking care of a female that was gifted to him, as he struggles with the death of his unborn child.

The book received critical acclaim, along with multiple prizes both on national and international scales.

When I finished reading it, all that was left in my mind was one question: "why?"

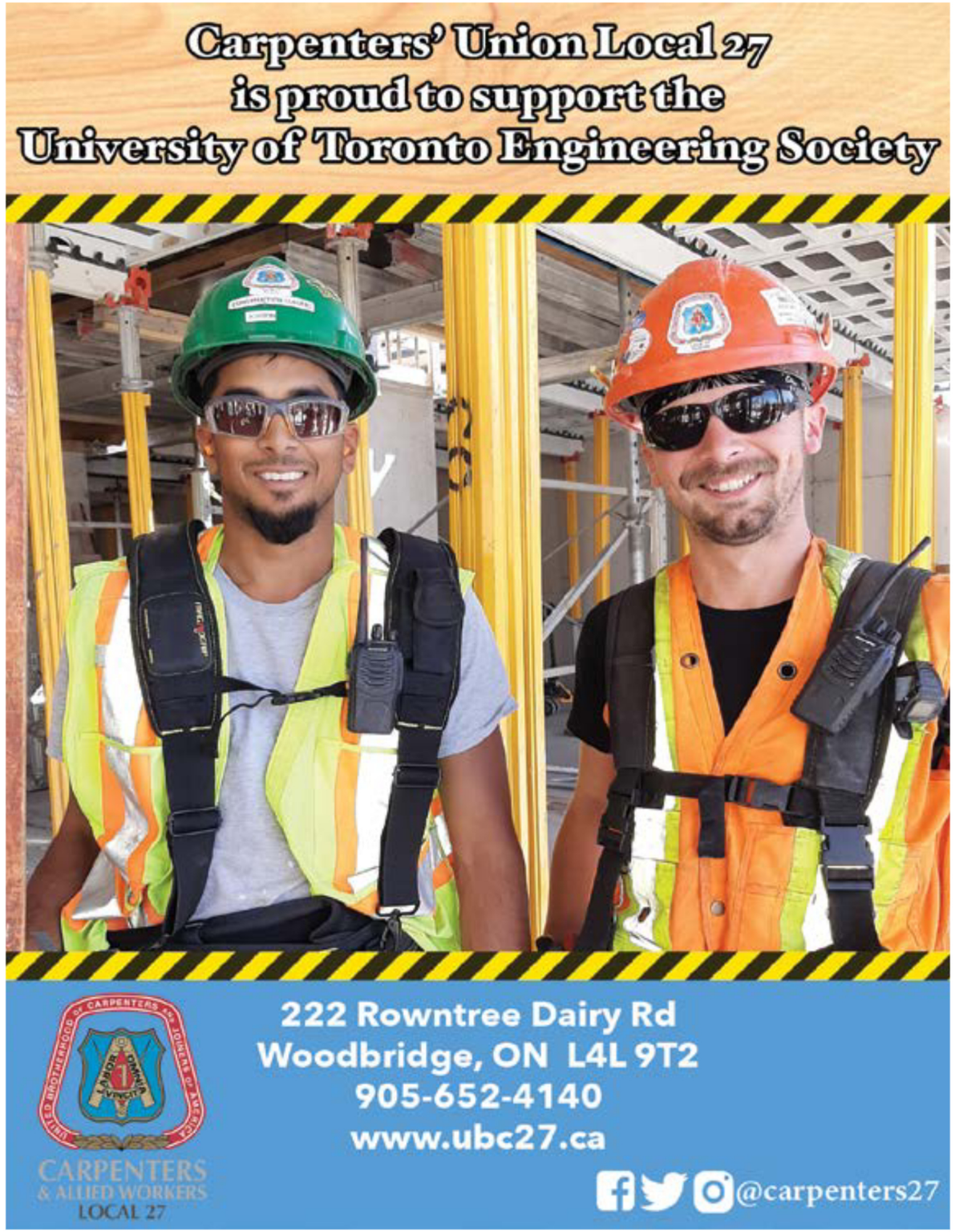
Why in all that is saintly and good and holy did what I consider to be fuel for the fire I need to cook takoyaki become so wildly loved? Okay, I can sort of see how the premise could be interesting, and how the twist in the end sort of hits you with a sense of despair. Valid. But in no way does any of this make up for the absolute dumpster fire that everything else is.

Maybe it's a translation thing (although my favourite book is also translated into English, so this is my attempt at being nice) but every sentence was, at most, 7 words. Do you know. How choppy. That would read. How boring. And annoyingly painful. 227 pages of that would be? Anyway, I can't really reveal how disgusting I thought it was without spoiling all of the fun, and really I do think you should read it so you can suffer alongside me! Please.

Hmu for full review and a free copy of the book (take it. From me. Now.)

Alrighty folks, that's all I got for you - thank you for joining me in this month's episode of Nat Needs To Fill Space, see you in November!

Join our Discord to Stay up-to-date on timelines and to become a contributor! Visit the link in bio, @cannon.news



Stella Explains Isengard to the Youth

STELLA GREGORSKI
Cannon Fossil

Alright listen here, youth. Isengard is a FANTASTIC event. The goal? To become a "wizard." How do you become a wizard? Great question, I'm so happy you asked!

Have you seen lord of the rings? Do you remember the big tower? Do you remember how all the wizards had these really big staffs? Yeah, it's basically that.

While historically dependent on alcohol, any canned beverage will do. One simply has to drink one's height in canned drinks, taping the bottom of the current beverage to the top of the previously finished one as one goes. All drinks must be consumed on the day of the event to maintain the spirit of the game. Once one has drunk enough canned beverages so that the taped length of empty cans is greater than or equal to one's height, it is considered a "staff," and one is now a "wizard." Excellent!

But the event goes even further. Remember how I mentioned the big tower at the beginning? I mentioned the staffs, and connected that to the Isengard event. But I definitely missed the tower. Where does the tower come in? Once again, you know me SO well and I'm so happy to answer!

Once the night is done, all the staffs are rounded up, and similar to the "wizarding" part of the event, the top of one staff is taped to the bottom of another. This happens, over and over, until all the staffs have been taped together into one obscenely long staff, which is, you guessed it, the tower. THE Isengard. And then it goes up in a building, and there is much rejoicing.

VPF Spotlight: Car of the Month

IRTEZA AHMED
Cannon ATM

The September Car of the Month is the Moo-stang Shelby GT500!

This 5.2L supercharged V8 is a milking beauty! It's the top of the line Moostang, and so gets
the 'Shelby" (moo)niker, which is shown through the legless-cow-of-the-ground badge on the car.

VPSL Spotlight: Album of the Month

NOAH GUERIN
Cannon Veritably Powerful SUDS Lover

This (moo)nth I got to learn more about grilk enthusiast and (moo)ney man supreme VPF Irteza and his music interests. Sipping the pink cream conspiratorially, he confided to me that his go-to for events is 2010s pop music - which is a great choice, brimming with good energy (not unlike that which a healthy dose of Calcium provides) for an event. Alas, despite him offering me the milk-bag-filled jug, I was not satiated. Thirsty for more, I wanted to dive deeper into his actual music taste - his taste in drinks made abundantly clear following his fourth glass of pink fluid. I promised to bribe **** into giving him Chocolate milk, and, eyes glittering, he licked his lips and confessed that he enjoys a lot of rap music - mostly modern.

Myself being a fan of milk, as well as classic gangster rap from the late 80s and 90s, asked him if he enjoys that kind of music too. To my great dismay, despite our mutual love for milk and milk-sources, I was devastated to learn that not all of his senses were as developed as that of taste - indeed, he had never heard the classics! It was as clear as diluted milk to me that I had to assign him some homework to listen to what I consider to be the most important albums of the era: Illmatic by Nas, Ready to Die by Notorious B.I.G, 2001 (The Chronic II) by Dr. Dre and Me Against the World by 2Pac.

Yet, I was not unscathed from our meeting. Emotional devastation from his ignorance aside, after I assigned him his tasks, I of course fell back into gangster rap in my own listening and thought it would be a great genre for album of the month. It's different from everything else I've discussed before and I keep hearing that my music taste is "like dad music" (which in turn, goes along rather well with my drink taste - also described as "dad taste" because of my adoration for motherly juice (milk. I like milk.) so I wanted to spice things up.

Out of Irteza's assigned listenings, I chose this record because I find that it has a lot of groovy tracks and is probably the easiest listen. 2Pac is also probably the (moo)st popular of the artists that I assigned to him. Personally, I find that Biggie is the best lyricist and I enjoy Dr. Dre's solo and N.W.A albums are (moo)re on average but I have come around to 2Pac over the past few years and he is definitely the most socially conscious of the group.

Me Against the World - 2Pac
Most Popular Song: Dear Mama
Most Gangsta: If I Die 2Nite
Best Chorus: Heavy in the Game (feat. Richie Rich)
Funkiest Beat: So Many Tears
He only released one more album before his death in 1996.

Feel free to give this a listen, let me know what you think! Feel free to send me more music (and milk bags) you think I should have flowing between my ears (or down my milk-eager throat), I am always looking for new tunes (and sources of lactase).

cannonscopes

Aries
Try to keep organized this month, Aries. Your chaotic nature will drive you to forget, skip, and stress this midterm season. Setting up some daily time to remind yourself of your tasks will set you up for success in the long term.

Taurus
Seek out green spaces this month where you can find them, Taurus. With the onset of fall and fiery colors, your green aura is being infringed upon. Keep your surroundings green and lively to keep your spirit high.

Gemini
Gemini, your impulsivity and unreliability can hurt those in your life as you get closer to the darker months of winter. Keep your loyalty in check, and pay extra attention to following through on the commitments to those who matter most to you.

Cancer
Cancer, the people around you might need some space in October. Don't be afraid to reach out if you need help, but the people around you may need space to deal with their own issues, as do you. Take some time for introspection and use this month to re-establish emotional equilibrium.

Leo
Leo, take extra time to listen this month. Fall is a quieter, more serene time than the Summer, where you thrive in the energy and excitement. You may want to take this energy with you into the Fall, but that will not be matched by your peers as chilly weather sets in. Listen, and learn, and you will find yourself far more fulfilled.

Virgo
Virgo, focus on finding a new hobby this month. You find immense joy in filling your life with order and fulfillment, so the change of seasons is the perfect time to make a change yourself and find more of that happiness in puzzles, or sidewalk chalk art.

Libra
This is your time, Libra. Make the most of the Fall months and your time in power to bring peace and calm to those around you in turmoil. Pay extra attention to the elders in your life, who need reassurance of your care for them and their place, despite your busy life.

Scorpio
Monitor your patience this month, Scorpio. Your fire and passion certainly match the changing leaves, but passion leads to jealously, which can lead to anger. Anger then leads to hate, and suffering, and a bitter October to say the least. Be patient with those around you, and let them reach out before assuming the worst.

Sagittarius
Sagittarius, don't let the dark nights destroy your keen optimism this month. Your kind and outgoing nature will help those around you as the days get busier and yet also colder, but only if you keep yourself afloat first. Focus on looking at every situation with a glass-half-full mentality and you'll be making the most of the month.

Pisces
Pisces, your trusting and empathetic nature makes you a kind and warm-hearted individual worth seeking out for care and advice. However, make sure that the stress of October doesn't turn your good heart into a doormat for those more strong-willed to walk over. You are your own person, so keep internal tabs on making sure you're working for you and no one else.

Aquarius
Your independent nature can be both a blessing and a curse in the later months of the year, Aquarius. Keep an internal temperature check on your ability to handle your workload, both academic and emotional, so you know when to override your tendency to do everything yourself and reach out for help.

Capricorn
Stay disciplined and on that grind this month, Capricorn. Your natural ambitious nature will be your lighthouse as your life gets busier, so don't shy away from it – let it guide you to new opportunities and experiences and be confident in your ability to make the most of them.

In this issue...

What's Happening in Iran - 4
The Glutton King, King Henry VIII - 5
Exclusive Interview with the Inventor of Grilk (NOT Clickbait) - 6, 7
Op-Ed: Old-Fashioned Timbits - 8
I Miss The Old New College - 9
Super Exclusive Tips and Tricks to Save *Your* Money at Tim Hortons! - 10, 11
Milk Me Up at ****: Conversation With Bobby Graydon - 12, 13, 14
I Call Him My Jaan - 15
The Case of Coffee v. Personality - 16, 17, 18
Food Trucks, If You're Looking For Somewhere:_____ - 19
From Beers to Cheers: A Reflection - 20
How Much Ramen is Too Much Ramen? - 21
Nat's Best and Worst- 22, 23
Stella Explains Isengard to the Youth - 25
Car of the Month - 25
Album of the Month - 26
Cannonscopes - 27