



STUDENT-RUN CYCLING PROGRAM LOSING THEIR CURRENT SPACE

By Ronnie Cheng & Mashal Narsi

While UBCO alleges to support UBCycles and their growth as a student-run resource, UBCycles' future is unclear as the program is not confident they will be able to maintain the level of service they have been able to provide thus far.

A recent Change.org petition titled "Save UBCycles" was launched, asking for support from the university community.

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A Deep Dive Into the Bus Strike

By Aiisha Rishi

Why did the strike happen, and how can we avoid being 'Car-lowna', in the foreseeable future?

For most students, the beginning of the school year is the most stressful time. Though we are thankful that the bus strike is over, this situation came with many problems and concerns from students...

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CAMPUS LIFE

An Introvert's Guide to Socializing at University

By Ronnie Cheng

If a socially anxious introvert like myself can manage to find friends and community on campus, so can you.

Starting a new year of university is stressful, no matter what year you're in. You're worried about your new classes, perhaps about living in a new environment, about meeting new friends. Add to that the fact that you haven't been in consistent in-person classes for two years, so you don't really know anyone.

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OPINIONS

IS JUMP START REALLY WORTH IT?

By Noah Davis

When I started this article in August, I was expecting to answer my question with a definitive: "yes, Jumpstart is worth it," or "no, Jumpstart isn't worth it." Instead, I learned valuable lessons about accessibility and the teamwork and effort it takes to facilitate an event as big as Jumpstart.

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Photo by Conan Shing, 2022.

SPORTS



A BRIGHT Homecoming FOR THE HEAT

By Carlos J. Real Lopez

Photo by Aaron Rempel, 2022.

The purpose of varsity weekends is not necessarily reflected in the scoreboard, but in the impact outside of it. School pride is high, and it is in large part due to the valiant efforts of our student athletes.

A big contributor to the catharsis that is emitted in the form of school spirit is the varsity sports' home matches. A big contributor to the catharsis that is emitted in the form of school spirit is the varsity sports' home match-

es. There is not quite an atmosphere like what is experienced by hundreds of students reping the blue and gold (or UBCO hoodies) and bringing the heat with cheers and bell sounds, while the sizzling and tasty aroma of the bone-yard permeates the upper-level stands.

Fortunately for us, the students, UBCO's finest had quite the performances on Friday...

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Don't Stop Believing

BUT MAYBE BE A LITTLE WARY ABOUT THE FUTURE OF RENEWABLE ENERGY

By Aleyna Kirilmis

The difficulty of implementing renewable energy sources into a system founded on rapid consumption, cheered on by capitalism, has been exemplified by the energy crisis Europeans are facing, and it ought to serve as a lesson to us all.

For many of us growing up, renewable energy was seen as an integral part of the utopian future we all wanted to be a part of...

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HOW MUCH ARE WE WORTH, UBC?

By Ana Selgado

If students are paying a huge amount of money every single year, shouldn't they be getting quality services in return?

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Is he hot or is he just a white man who works out?

By Lois Chan

Love requires total appreciation and understanding of your partner, including their racial identity and experiences.

One of the most telling red flags of men that decide to (unfortunately) flirt with me is when they reveal themselves to be anime fans.

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A BRIGHT Homecoming FOR THE HEAT

WORDS BY CARLOS J. REAL LOPEZ

A big contributor to the catharsis that is emitted in the form of school spirit is the varsity sports' home matches. There is not quite an atmosphere like what is experienced by hundreds of students repping the blue and gold (or UBCO hoodies) and bringing the heat with cheers and bell sounds, while the sizzling and tasty aroma of the boneyard permeates the upper-level stands.

Fortunately for us, the students, UBCO's finest had quite the performances on Friday, which began with a simultaneous start to the women's softball and soccer games. While the games took place at different venues, because of a lack of softball facilities on the main campus, women's varsity had great showings in both soccer and softball.

High Noon Ballpark, here in Kelowna, is the home of the clinical pitching and dinger-smacking Heat softball team. The women's softball team tied 3-3 with the Victoria Vikes, which moved their season record to an impressive 11-5-2 (wins, losses, and ties respectively).

On Saturday and Sunday, they had two games per day against UVIC (the Vikes) and the Calgary Dinos. Saturday came with

a win against UVIC at an 8-4 score. And, the game against Calgary was a donut or surprised face tie (0-0). Sunday came with two ties: 7-7 vs UVIC and 4-4 against the Dinos. If you went through Math 100, then you'll know their record is now 12-5-5. Thus, Kelowna's finest softball team kept an undefeated streak throughout the weekend. Major props to them!

To keep up with the defending champ's schedule and more, follow their Instagram @ubcosoftball and check out the Heat website, which is the preeminent source for all the things someone following the team ought to know.

As for women's varsity soccer, their Friday was glorious; 5 pm was their time to shine. With their style of play resembling the brilliance of the catenaccio tactics that Italy made famous, they were able to withstand and overcome the torrential cascading press by UFV. Their patience eventually led Annika Gross to assist Amanda White in the 32nd minute for a brilliant strike and score. "GOOOOOOALLL!" screamed the stands.

For the rest of the game, it was a more fluid affair, with the ball traveling from side to side with velocity; if you squinted long enough, you might have confused it with tennis. In the end, though, there was one victor in this duel: THE HEAT!!

In their Saturday fixture, the women's varsity soccer team faced the Trinity Western Spartans, a game that was unfortunately a loss for the home team. The Spartans



Photo 2. Annika Gross on a breakthrough. Photo by Conan Shing, 2022.

combo of Tilly James and Sierra Halderson, scorer and assister respectively, amounted to one goal in each half. It was a very valiant effort for Heat keeper Molly Race, who had 3 saves throughout the game.

The Heat attack was stifled by the Spartans, but picking up three points in an exhausting weekend fixture that included 2 games in less than 24 hours showcases the fighting spirit of Kelowna's finest women's varsity soccer team. This makes the women's varsity record a 2-4-2, while the Spartans move on to a 6-1-1.

Friday evening was capped off by the always entertaining men's soccer matchup between the Mount Royal Cougars and our very own UBCO Heat. The Cougars were sporting an impressive 6 wins, an undefeated record thus far with one tie (6-0-1) prior to Friday's match. On the other hand, the Heat picked up their first win of the season the week before against the Mac-

Ewan Griffins, making their record 1-3-1. However, despite the record—as all sports enthusiasts know—the games still have to be played.

As the sky was starting to descend into the shadows, the bright lights of Nonis field set the stage for this showdown, for guts and glory, on Homecoming Friday.

The game kicked off at 7:30 PM after the ceremonial Canadian anthem was played and the lineups for each team were announced. With the starting whistle came an energetic clash of wills, which manifested itself through high-intensity physical soccer by both sides. Such a dynamic affair usually leads to plenty of chances for goals from both teams in a short span of time on all levels of the sport, and Friday night was no exception.

At merely the 8th minute, the Heat earned a penalty due to a chaotic through ball into the area that resulted in collisions abound. After a face-off reminiscent of an old west-



Photo 1. UBCO's Softball Team celebrating Friday's game. Photo by Aaron Rempel.

ern movie, Nicholas Lechelt scored on a penalty taken towards the right side of the goal. GOOOOAAAAL screamed the crowd. The rest of the first half continued as a torrid affair, with UBCO opting to play the counter with long passes and MRU trying to generate chances with off-crosses and by dribbling through the center.

Defensively, both teams were playing relatively high-offside lines, which again is usual when teams play at an accelerated pace. The only other controversial event in the first half, which ended at 8:10 pm, was a close call for the Heat because the ref could have called for a penalty against them after MRU's forward was stopped with an aggressive tackle at the 39th minute.

While there was no Eminem performance at halftime like in the Super Bowl, there was a raffle for a UBCO bookstore gift card that was won by a fan in attendance, which was a welcome surprise. The second half kicked off at

8:26 pm, and it resembled the first half in stylistic dynamics: a fast-paced, aggressive version of soccer resembling early 2000s German Bundesliga soccer.

While both sides continued having plenty of chances to score, the keepers held up impressively up until the 64th minute. At that mark, MRU was awarded a free kick on the right side of the field (otherwise known as the side opposite to the bleachers). Due to this, pretty much all their manpower crowded the area, and after a cross and shot that was saved by the keeper against the crossbar, the Cougars scored. The goal was scored by #16, Josh Flaksman.

For the rest of the game, both teams would not step off the accelerator but alas, neither could convert the winning goal. At 9:15 pm then, at the 90th minute of play, the final whistle echoed through Nonis field and a tie between the two squads was declared. With this result, UBCO gains a needed point at their 1-3-2 record, while MRU stays technically undefeated

at a 6-0-2 mark. It was a very impressive effort by the Heat nonetheless, for standing toe-to-toe to an adversary ranked 4th in Canada is a commendable feat.

On Sunday, the Heat faced off against the Lethbridge Pronghorns, which was a rout in the Heat's favor. The final score was 4-1, with Malachi Emerson scoring two goals for UBCO and Jordan Robillard and Hayden Johnson each contributing with a goal respectively. Lethbridge's goal was scored by Karim Bey.

Hypothetically speaking, if there were no keepers and all shots on goal were called, the game would have been tied. Fortunately, soccer is not played with such foolish rules, and the brilliant performance of the keeper, Ronan Woodroffe, who had 7 saves, was matched by a clinical Heat attack. With that, the yellow-white & blue record (UBCO) is now 2-3-2, while Lethbridge is now at 1-7-1.

The Heat rugby squad, for their part, had a double fixture on Saturday and Sunday respectively, in which they won both games against the University of Calgary Dinos and the MRU Cougars. Both fixtures were played at home (Nonis Field), with the first match ending 19-12 and the second 42-10. It was therefore a very impressive start for the rugby team. Hopefully, they can keep the momentum going into their next matches in October. To keep up with their news, schedule, and more information, check out goheat.ca or their Instagram, @ubcomrugby.

Overall then, it was a prodigious



Photo 3. Jacob York dribbling down the wing. Photo by Conan Shing, 2022.

weekend for the wider varsity-verse of the UBCO campus. The purpose of varsity weekends is not necessarily reflected in the scoreboard, but in the impact outside of it. School pride is high, and it is in large part due to the valiant efforts of our student athletes throughout the weekend. So if you see or know any Heat players, be sure to congratulate them for their effort during Homecoming weekend. As always, GO HEAT!

Special thanks to:
Jamie Howieson
Aaron Rempel
Conan Shing
Ubcomrugby Instagram
Ubcosoftball Instagram
Goheat.ca



Scan this code to access the UBC Okanagan Athletics website.



Photo 4. Calm prior to the scrum against MRU. Photo by Aaron Rempel.

A Deep Dive Into the Bus Strike

WORDS BY AIISHA RISHI

For most students, the beginning of the school year is the most stressful time. Though we are thankful that the bus strike is over, this situation came with many problems and concerns from students, as it is their main transport around the city. The strike started with workers not wearing uniforms, not taking wages, and not working overtime, but it escalated to a potentially full service stoppage.

Why did the strike happen?

Starting in September, transit workers were on strike due to an agreement not being reached with their contractor. Before a settlement was made, I spoke to Al Peressini, the Amalgamated Transit Union (ATU) Local 1722 president, who represents the transit workers. “The company did put a monetary offer on the table that would actually result in a wage loss for transit workers,” he said.

Peressini also mentioned that, though BC Transit oversees the transit system in Kelowna, the Kelowna transit system is run by First Transit.

“They’re here for profit. They aren’t here to provide a service. They’re here to make money. The last time we met, we were talking about wages, and we mentioned to the company, do you not want your employees to be happy? And they remarked that ‘a happy employee does not make me any more money.’”

First Transit is owned by a Swedish hedge fund company, EQT, whose annual income in 2021 was over \$3 billion. “Our tax dollars are going toward the transit system, which is heading overseas.”

Though other transit systems are

contracted out, many are solely run by BC Transit. “We want a fair contract. We’re probably making between \$5-\$10 an hour less than what drivers make [with BC Transit]. When we’re hired here, we’re hired as casual drivers. No guarantee of hours, no benefits, no pension. Whereas in Victoria or Vancouver, you get hired full-time, with guaranteed hours and benefits. We’re asking for someone to fund the system so that the company, or whoever, can attract and retain professional, qualified drivers. And in our minds, the simple answer would be for BC Transit to run the system. Cut out the middleman.”

When reaching out to First Transit before an agreement had been reached, they said, “We are disappointed that ATU leadership would choose to withdraw service from the residents of Kelowna rather than return to constructive negotiations at the bargaining table. First Transit has, in fact, reached out to ATU regarding their counteroffer, and we have been, and remain ready, to sit down and engage in constructive collective bargaining.”

Peressini claims that this statement is false, and the company had not reached out to them in 8 weeks, even though he had sent a counteroffer to them.

What were the concerns of the strike?

The Phoenix reached out to students to ask, “If gone into effect, how will the bus strike on October 5th affect you?” Here are some of the responses:

“Pretty substantially, but I don’t care if it means bus drivers get paid/treated fairly in the future.”

“Lowkey hoping they strike because my

prof said my midterm will be open book then.”

“I honestly don’t know how I’m gonna manage. I’m scared of taking a taxi/uber alone.”

“I have no way to get to school, work, or the gym. I live too far away to walk or bike. They told us to carpool, but I now have to share gas and parking, which I can’t afford.”

An online petition was even started by students in support of the transit workers. The petition urged First Transit and BC Transit to help resolve the situation, and a rally was planned for October 7th.

“We wanted to give people a way to connect with the transit workers and show their solidarity,” says Kirstin, one of the students and organizers of the rally. “This is a way to show the city that the staff, students, and workers at UBCO are with the transit union. This is also part of climate justice... A reliable transit service is all connected to having a sustainable future.”

Gord Lovegrove, a candidate for the Kelowna City Council, was also concerned about the dangers of more students driving on the road. He spoke to the thought of a potential strike and said, “Think about the traffic with so many more people driving. We’re probably going to have more crashes. There’s a serious safety risk. You’ve got folks going to early morning classes and students coming into midterm season. They’ll be sleepy, younger, less experienced drivers who are more likely to make a mistake.”

Why did the strike end?

Before the strike deadline of October 5th, an agreement was made between transit workers and First Transit. A statement from First Transit read,

“First Transit has agreed to binding arbitration with the Amalgamated Transit Union (ATU) Local 1722 regarding certain collective agreement matters. We expect to resume full service on Thursday,

October 6, 2022. We thank the residents of Kelowna for their patience and understanding, and join BC Transit in apologizing for the impacts caused by any loss of service today. We look forward to the resumption of normal operations tomorrow, and also to working together with the members of ATU Local 1722 to continue serving the citizens of Kelowna.”

What is next now that the strike is over?

Though the bus strike is over, Kelowna’s public transportation problems are not. Kelowna is one of the most car-dependent cities in Canada, with almost 80% of the population using a car for their daily commutes.

“The system is broken. We have to start thinking about system efficiency, carbon footprint, economic affordability, and equity for people who don’t drive or can’t drive or no longer want to,” said Lovegrove. He also believes that the bus strike is part of a larger systemic problem of not prioritizing the expansion of public transport.

“If we don’t work together, we aren’t going to get anywhere. So, we need local control. We need community-minded partners. We need more investment in public transport.”

Lovegrove believes that a solution would be to have the transit workers be more involved. For example, having “Al Peressini invited into the corporate boardroom as a full-fledged member of the Board of Directors. Because, at the core is a lack of trust on both sides. If you can have the president of the Transit Union on the board, you’re building relationships, trust, and working together.”

“We need reliable transit. We have to count on our leaders, our service providers, and our drivers. That’s the easy part. Drivers want to be there for us, but they can’t if they can’t afford to be.”



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STUDENT-RUN CYCLING PROGRAM LOSING THEIR CURRENT SPACE

WORDS BY RONNIE CHENG & MASHAL NARSI

IMAGES BY CONAN SHING

According to the petition, UBCycles is being asked by UBCO to surrender their current space for a different department, causing a detrimental hit to their services.

The petition was created after UBCycles received news from their supervisor that they would be losing their space during this term's reading break (November 6).

UBCycles is currently located at UNC 233, and acts as a "hub for all biking activities on UBC's Okanagan campus" for UBCO students, staff, and faculty. This means that not only can users rent out bikes, but they can also use the space to repair and maintain their bikes. Memberships with UBCycles allow access to bike/storage lockers and a variety of tools. Finally, UBCycles also organizes a variety of events and workshops to further foster a local biking community.

Members of UBCycles and supporters of the petition explain that UBCycles is a valuable resource to them.



With pricey parking passes that have long waitlists, and unreliable bus schedules, people have turned to cycling to school as a more sustainable and affordable form of transportation. They rely on UBCycles' services to continue commuting to school by bike.

The petition adds that the cost of being a student is high, and those hoping to reduce their expenses on transportation may also choose to bike to school. There are many factors that go into the UBCO community's choice to cycle to school, but one thing is clear: UBCycles supports a sizable portion of the UBCO community.

Other supporters of the petition expressed that while the university claims to value and prioritize sustainability, it adds barriers to living sustainably by negatively impacting the school's cycling community, and is therefore creating a disconnect between UBCO's words and their actions.

When asked about student concerns around UBCycles being shut down at the Okanagan Senate's September 29 meeting, Dr Lesley Cormac, Principal and Deputy Vice-Chancellor of UBCO, responded:

"This is a false rumour. What has happened is that they are being moved, and they are being moved over into the gym facilities so that they'll be closer to showers and places where they can actually be fixing the bicycles, so it will in the end, be a better option. So, it's movement rather than shutting down, but it was interesting that that's how it got presented... that's what Dale Mullings has told me. So we can certainly have him come and talk about it in more detail, but it's absolutely not shutting down. Absolutely not."

In response to these comments, Dale Mullings, Associate Vice President, Students provided The Phoenix with the following statement:



"I wanted to assure you that UBCycles is not being forced to close. UBCO values the program, and has loaned the existing space UBCycles operates at no cost to the group over several years, and has supported the group annually. We are currently in discussions with UBCycles to determine an appropriate alternative space to facilitate the program and complete bike repairs. UBCO is still exploring rental bike storage solutions to support the group's needs, and is open to exploring how to raise the profile and reach of UBCycles operations and services in the years to come."

While statements from authorities at UBCO emphasize that they are working with UBCycles to find an appropriate solution, UBCycles coordinators report that the only alternatives presented by the university will require them to reduce the scope of their services. UBCycles coordinators worry that the university does not have any other space available that would compare to the current bike shop. At least in the short run, UBCycles was told that this change meant they would have to "contract".

When asked about the importance of the program's current services, a UBCycles coordinator replied:



"The cycling community is really important to the school and to the greater community of Kelowna. The things that I've enjoyed the most about our program is breaking down barriers to getting into cycling, with the rental program especially. We are dealing mostly with people who have limited experience with bikes, and have no other financial means of getting into cycling or having access to a bike. And so I've had the pleasure of teaching many students how to ride a bike for the first time, which I think is an amazing thing. And, without this program, these experiences wouldn't be possible for students on campus."

When asked about UBCycles, The Students Union Okanagan (SUO) was initially unaware of it being operational post-COVID. SUO president Jakson Pashelka later explained that UBCycles will be relocated to an area that is more accessible for students, and declined to comment further since UBCycles does not directly partner with the SUO.

While UBCO alleges to support UBCycles and their growth as a student-run resource, UBCycles' future is unclear as the program is not confident they will be able to maintain the level of service they have been able to provide thus far.

An Introvert's Guide to Socializing at University

WORDS BY RONNIE CHENG

GRAPHICS BY DERIAN GUADARRAMA

Starting a new year of university is stressful, no matter what year you're in. You're worried about your new classes, perhaps about living in a new environment, about meeting new friends. Add to that the fact that you haven't been in consistent in-person classes for two years, so you don't really know anyone.

AND you're an introvert. The prospect of having to go to some event where you know absolutely no one sends shivers down your spine. The mere thought of having a room full of judgmental eyes on you makes you want to crawl into a hole in the ground. You dread having to leave your room, a sanctuary that you've had the excuse to hide in for the past couple of years.

Now, the expectation of having a thriving social life in university feels daunting, impossible even.

Don't fret, dear reader. If a socially anxious introvert like myself can manage to find friends and community on campus, so can you. Here are some ways that have worked for me that might help:

1. Get involved on campus

When I say "get involved," I don't just mean joining a club. Joining a club can definitely help you meet people with similar interests, but personally, I find myself not knowing what to do with myself at an event.

By actually getting involved on campus, you have more opportunities to interact with people through task-based interactions, which feels less awkward because you're there with a purpose.

This means getting an on-campus job, joining the executive team of a club you're interested in, volunteering at campus resource centres, and more! By deciding which club/organization/department to become involved with, you'll still get to meet people with mutual interests.

2. (Actively) participate in class

While doing online school, I hated any form of group work or interaction with other students. I remember mustering all the courage in my body to speak up in a breakout room, just to be met with a black screen full of turned-off cameras and complete silence. The trauma of that experience deterred me from further participation and group work at all costs.

But things are different now! Most classes are in-person, and it's harder for others to stay silent at what you say. At least you're able to see people's faces to gauge their reactions.

Your classes are a great way to meet people, because not only do you have a shared topic to talk about, but everyone wants a study buddy.

Striking a quick conversation about your assignments or the content of that class is relatively low-stress, and can help you start a potential friendship.

3. Get to know the people who live around you

I used to work in Residence Life, so I'm fully aware of how much time and effort goes into building a community within on-campus housing.

If you live on campus, it'd be wise to make use of this resource!

Regular events are available for you to socialize with people around you. And, by participating in these events, you get to know the people you see frequently.

As someone currently living off campus, I've found joy in getting to know my roommates.

Your roommates are arguably the ones who know the most about you, whether you like it or not.

They know what your sleep schedule is, how messy you are, what your preferred late-night snack is. They know what the most stripped-down version of you looks like — eyes groggy and heavy with sleep, in your tattered pajamas with bed head. It's a good idea to spend some time getting to know them, maybe through conversations in your shared kitchen, or through weekly movie nights.

4. Use Collegia spaces

Sometimes you might not have the energy to actively interact with other people, but it still feels nice to spend time around others. Collegia spaces are a great way to do that!

There are three collegia on campus: the Global Collegium (EME 0252), the First and Second Year Collegium (UNC 336), and the Upper Level Collegium (UNC 335). The couches and study areas are great for a more relaxing and comfortable study vibe. And, a kitchen with basic appliances is also available if you're a commuter and want to make lunch!



My experience in these collegia spaces is that while some people are there to make friends and hang out, I've never felt pressured to interact too much with other people and have enjoyed being able to complete my school work with company.

Remember, you just need to make ONE extroverted friend. They'll introduce you to all their friends, and finding a community will become much easier after that. You just need to get over that first hurdle. Good luck!

Is he hot or is he just a white man who works out?

WORDS BY LOIS CHAN

Content Warning: Mentions of racial violence.

One of the most telling red flags of men that decide to (unfortunately) flirt with me is when they reveal themselves to be anime fans. Don’t get me wrong, I think anime can be great—but I’m just not interested in becoming anyone’s ‘waifu.’ The point I’m trying to get at is that media influences our perceptions of race and attractiveness. There’s a big possibility that some viewers enjoy anime because of the over-sexualized, adolescent-looking, submissive girls on screen—and might be attracted to Asian women because of these stereotypes. As a member of the Asian diaspora myself, I can confidently maintain that not every Asian woman in the world embodies these characteristics.

Upon first encounter, no one wants to be seen just for their race. Yet race is an intrinsic part of everyone’s identity.

Your race can frame your worldview, your methods of communication, and your values—even what you might prefer to eat for dinner, or how you raise your children. All of these things influence your relationships, especially intimate relationships.

On UBCO’s campus, a place considered one of Kelowna’s most diverse hubs, dating is guaranteed to occur between students desperate for a way to forget the debilitating pain of exams and assignments. And, what greater soothing joy is there than finding love?

The only thing is, love requires total appreciation and understanding of your partner, including their racial identity and experiences.

So ask yourself this: does your perception of race affect your dating life?

‘It’s just My Personal Preference’

If you take a look around campus, chances are that one in four faces you see belong to a white individual.

Kelowna is heavily populated by a rough 91.7% of people identifying themselves as white, with the remaining 8.3% of the population comprised of white-passing or visible minority groups.

With the majority of Kelowna’s resident non-white population active on campus, individuals from racially homogenous communities find themselves with more options in the dating pool than before. Yet, on the opposite end of the spectrum, some out-of-towners or international students are faced with a less diverse dating pool than before, especially if they originate from other Canadian cities like Vancouver, Calgary, and Toronto—all famously known for their multicultural populations.

I happen to be one of those out-of-towners. Ever since arriving on campus, during conversations with friends at the getting-to-know-you stage, I’ve consistently encountered the question of “What’s your type?” And, after responding with “Really dumb guys, it seems,” more often than not the follow-up question slips out:

“But I mean like, which race are you most into?”

Before coming to Kelowna, I’d never had discussions about racial preferences with my friends. Growing up in a predominantly Asian community in Ontario, it just never crossed my mind.

However, looking back to my years in elementary school, it became apparent how the white kids in my class, though they numbered few, would always be the most popular and hottest clique around. The white boys were always the ones every girl had a crush on. And those white boys never dated outside their race.

Even in diverse communities, mass-produced media infiltrates our consciences. Hollywood and social media both cater to how certain races are put on pedestals as the standard for attractiveness.

In North America, Eurocentric beauty is plastered all over ads and T.V, while people of colour are treated as undesirable.

Just look at how South Asian men are unfairly portrayed as socially awkward nerds in sitcoms like Big Bang Theory! At the same time, there are fifty million Caucasian Chrises, with six-pack abs and baby blue eyes, leading the next superhero-action-thriller-comedy!

Yet media also oversexualizes women of certain races, to where they are viewed as objects that serve male pleasure.

This phenomenon, one more common than you think, is called fetishization.

Racism and Fetishization: Is There a Difference?

Fetishization is defined as “the act of making someone an object of sexual desire based on some aspect of their identity.”¹ Like I mentioned before, men with ‘yellow fever’ (the official term for fetishists of Asian women) is just one case of fetishization.

Though the intention to compliment is entirely apparent, generalising an entire group of people by their physical appearance and resulting worth is inherently racist.

While racism is defined by discriminatory attacks based on race, it doesn’t just encompass physical and verbal harm. Prejudiced notions of a racial group can psychologically affect the lives of those being discriminated against.

The hypersexualization of Black women is one example. A study conducted by the Georgetown Law Centre revealed that the surveyed adults assumed Black girls aged five to fourteen were more knowledgeable about sex, along with less deserving of support, protection, and nurturance.² The stereotypes associated with these perspectives, including the idea that Black women are emotionally aggressive and their bodies are built ‘promiscuously,’ force young Black girls to mature quickly in

order to function in society.

These attitudes are why we might rarely see Black women in relationships with non-Black men, compared to white women and Asian women. The former is considered the ‘ideal’ already, thanks to media and the established norm. The latter results from the misbelief that Asian women make submissive housewives.

The divide between ‘marriage material’ and ‘hookup material’ is stark and racially segregated.

But having said all this, interracial relationships are important. Some Canadians had to hide their interracial relationships in the 20th century to avoid being hunted by the Klu Klux Klan.³ But nowadays, when you critically think about the attitudes of white women hoping to marry coloured men to have cute ‘half-sie’ babies (yes, that is a word I legitimately heard a white YouTuber squeal!), mixed-race children begin to sound like accessories.

So, when I talk about fetishization, I don’t mean ‘never date outside your race.’ What I want is for you to think about how your behaviour in an interracial relationship may be a product of racist beliefs.

Acknowledging Race and Culture In a Relationship

Once an individual starts dating a person of a different racial background, they may have to adjust their behaviour in order to function better in the relationship.

For example, Asian, Latin-American, and Mediterranean cultures are notable for their strong family dynamics and filial piety.⁴ Therefore, dating someone from these backgrounds may necessitate building a strong connection with their parents. Yet, many couples of other backgrounds may separate their family and romantic lives into different spheres of interaction.

On the other hand, members of racial groups with histories of oppression and continuing experiences with discrimination may face a myriad of problems associated with their identity. It is the duty of committed romantic partners to emotionally and mentally support each other. As such, an educated understanding of your partner’s racial struggles can improve communication in the relationship.

For example, a white woman in a relationship with a Black man would need to be aware of the racist and patriarchal belief that men of colour are ‘dangerous predators’ seeking to violate the ‘purity’ of white women. It was this stereotype that led 14-year-old Emmett Till to be brutally murdered for ‘whistling’ at a white woman, who admitted –55 years after his death– that her accusations of sexual harassment were untrue.⁵

Today, a trivial argument in public could very well result in biased onlookers calling the cops on a ‘man of colour threatening a white woman.’ And, as is evident by the epidemic of Black men being killed by police in the past decades, it’s best to always be proactive in preventing a situation from escalating to a level where your partner may be in danger of racial violence.⁶

So, sometimes it may be easy to step into someone’s life as a romantic partner, a life that is heavily influenced and dictated by their cultural behaviour. But sometimes it isn’t.

Relationships are work. If your partner notices your lack of engagement in getting to know their relatives at a holiday get-together, they may find your behaviour disrespectful and an indication of how you might treat your potential children. If your partner feels like you brushed off their experience with a microaggression at the supermarket today, they may view your dismissive attitude as a sign of privilege and lack of emotional intelligence. Both situations indicate that the relationship is more likely to end doomed than successful.

Effort is required to get to know your partner inside out.

It’s possible to fall more in love with them when you get to experience every single part of what makes them who they are—including the beauty of their culture.

The Subjectivity of Beauty

In the end, beauty is subjective; it’s found in (air quotes) ‘the eye of the beholder.’ You might find yourself attracted to a certain race more than others, but common physical features found in one race can also be apparent in others. So, despite how Eurocentric beauty standards are unfortunately and unfairly prevalent, that doesn’t stop anyone else from being attractive, no matter their race.

More than that, personalities aren’t homogenous within a race. Each individual has so much to offer beyond their looks.

Physical appearance should never be the final deciding factor of why you date someone. It could still be held in some value, but it’s entirely possible to find beauty in personality and compatibility.

Our doctored idea of attractiveness may affect how we accordingly view other races. But, to be honest, reflecting on your personal racial preference can be proactive in your dating life. It’s not a terrible or close-minded question to ask.

So next time you go out on a date with your partner, swipe left on Tinder, or get pestered by your parents about whether or not you’ve found The One, consider this:

‘Would I be willing to learn my partner’s mother tongue and be actively interested in their cultural traditions if they came from a different background?’

‘Do I view people of certain races exclusively as sexual beings or as potential relationship material?’

And, ‘Is that guy hot, or is he just a white man that works out?’

All in all, it’s okay to have preferences, the same way it’s not wrong to like pineapple on pizza. No one has the right to stop you from ordering pineapple pizza every time you head to Pizza Hut. But, to assert that it’s better than every other type of pizza, or consider all other pizzas ‘inedible,’ or start jacking off every time you see pineapple pizza—yeah, that’s not super great.

Race undoubtedly pervades relationship dynamics, especially if the members of a relationship are from different backgrounds.

By breaking down our racial preconceptions, we can understand ourselves better and make the world a more equitable place.

¹ Janice Gassam Asare, “What is Fetishization And How Does It Contribute to Racism?”

² Rebecca Epstein, Jamila J. Blake, Thalia A. González. *Girlhood Interrupted: The Erasure of Black Girls’ Childhood*. Washington, Georgetown Law, 2017. <https://www.law.georgetown.edu/poverty-inequality-center/wp-content/uploads/sites/14/2017/08/girlhood-interrupted.pdf>

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⁴ James Georgas, “Family: Variations and Changes Across Cultures.”

⁵ Richard Pérez-Peña, “Woman Linked to 1955 Emmett Till Murder Tells Historian Her Claims Were False.”

⁶ David Fallis and Danielle Rindler. “1,049 people have been killed by police this year.”

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IS JUMP START REALLY WORTH IT?

WORDS BY NOAH DAVIS

Adjusting to life at university is something many university students struggle with in their first year. Whether you're a domestic or international student living on campus, or a commuter, all first year students struggle with adjusting to their new community. Luckily, UBC offers an orientation program open to all first year students called Jumpstart.

Jumpstart allows first years to move into residence one week before everyone else. The orientation also allows for commuters to adjust to campus one week before classes start. The purpose of the program is to facilitate connections with other students by offering a variety of workshops, and to help students get used to their new life at university.

In May 2022, I traveled to Kelowna to partake in destination UBC, where many administrators, advisors, and professors spoke very highly about the Jumpstart program. So, like any teenager about to spread their wings, I took to Google and asked, "is Jumpstart really worth it?" My main question was whether or not other students felt the Jumpstart experience was as beneficial to them as stated on the website and by the administrators. On the UBC forums of Reddit, there were many mixed reactions when it came to Jumpstart.

Many individuals wrote that the experience was mediocre and awkward, or the experience felt unfulfilling. Some said they wanted to go, but the cost was too much. Others on the forum stated that Jumpstart allowed them to make long-lasting friends and helped them build a sense of community.

Reddit may not be the most reliable source. So, I decided that I had to come to my own conclusion by signing up for the program myself.

The registration process was pretty easy: filling out a form with your information (whether you're a commuter or resident, your program of study, your name, pronouns, etc) and credit card information at the bottom. Indigenous students get to attend jumpstart for free by emailing jumpstart@ok.ubc.ca and receiving a discount code.

As soon as I registered and got the confirmation stating I should arrive by August 27th, I spent all of June, July, and most of August impatiently waiting for the day to arrive. Then I was on a flight to Kelowna and suddenly the week of Jumpstart disappeared before my eyes.

The program left me with valuable lessons and helped me navigate campus early on. The Academic Integrity workshop, which focused on teaching students how to manage their time and how to best succeed in university, and the Intro to Anti-racism Workshops, were the programming I found the most interesting and helpful.

Workshops on consent and about the SVPRO (a program on campus which helps students deal with sexual and gender-based violence) were eye opening and informative. Exposing students to UBC canvas early on, with the Jumpstart course, taught me how to navigate the online program before classes started. I even met one of my closest friends at Jumpstart, where we laughed about our matching leather jackets and bonded over Creative Writing.

Yet, there was still a lot to be desired from the program, and although my experience was positive, it didn't entirely answer the question I went into Jumpstart with. So, I reached out to other students to help answer the question:

"Is Jumpstart really worth it?"

As I interviewed students who attended Jumpstart and those who didn't, concerns regarding affordability, accessibility, and programming were brought to my attention.

A UBCO student who attended Jumpstart this year, who has requested to remain anonymous, sat down with me and discussed their concerns related to accessibility throughout their Jumpstart experience. This student uses a mobility aid to navigate campus, and had a difficult time getting around throughout their Jumpstart experience. I asked them whether they were able to participate fully during Jumpstart and what they felt was the most frustrating.

"The space where the first meetings...were like in the middle of the grass. Certain details like that are a little annoying. I can access them, but it is a little difficult. Also the bus [to the cruise] was not accessible. I'm able to walk, but I know a lot of people who wouldn't be able to do that and would have to take a taxi, I know a lot of people who couldn't have done that."

I asked them what Jumpstart coordinators can do to improve the program's accessibility in the future.

"I use a mobility aid and I clarified that I use a mobility aid. I also have anxiety and didn't want to pressure people into helping me. I would've preferred if someone tried to help me a little bit, especially during the tour. It was very hard for me to go around. I would've preferred if the Orientation Leaders offered to help a little more, maybe check-ups to ask 'what exactly do you need?' There were a lot of surveys that asked if I need any accessibility 'things'... I put 'yes I use a mobility aid,' and yet nobody asked exactly what I need help with. Nobody follows up on that."

Jumpstart helped this student connect with others and learn valuable life skills from workshops, but fell short when it came to accessibility.

I reached out to Stephanie Allen, manager of Orientation and Transition, and one of the primary coordinators of Jumpstart. She stated in an email:

"Orientation Leaders spend four full days with our team to train on all the aspects of Jump Start. Part of that training includes workshops with campus experts from offices such as UBCO's Equity and Inclusion Office and The Disability Resource Centre. We recognize that accessibility during Jump Start goes much deeper than just our Orientation Leader Training, though. Inclusivity and accessibility are considered at all levels of the planning process; from what questions we ask our Orientation Leaders during the interview process, to events and activities we offer, to what spaces we use and how they are equipped to serve diverse students, to what routes we map out for tours, and beyond. We always strive to make Jump Start accessible for all students; however, we always know there is more hard work to be done to make our programming more accessible and barrier-free. I think that can be said for many UBCO offerings even beyond Jump Start."

Additionally, affordability is one of the main reasons why students don't attend the orientation.

When asked about the cost of the programming, Stephanie Allen stated that the organizers aim to lower the price of Jumpstart as much as they can each year. She also clarified that Jumpstart is a "partial cost recovery program" and does not generate revenue. She goes further on to state that, compared to previous years, this year's Jumpstart was relatively affordable. And, they were able to assist many students in reducing those fees.

"UBCO is not in a place at this point in time to fully subsidize the program, but I can say with confidence that we are moving in the right direction in terms of getting the program costs as low as possible in a number of ways. For example, for some students in 2019, the Jump Start

program for residence students was \$714 not including housing fees – in comparison, in 2022, those same program fees were \$231."

The Jumpstart team is hopeful that the cost of Jumpstart will continue to reduce in the future.

When I talked more with students about the valuable lessons they learned and the connections they made, students lit up with smiles. Stories about how their current study group met at Jumpstart, and standing in lunch lines laughing and connecting, were what I was met with.

Jumpstart helped students navigate Canvas before classes, helped international students adjust to life in Canada, and inspired and motivated students to make valuable connections. This was the case for a former participant and current Orientation Events Coordinator, Aliyah, who attended Jumpstart in 2018, when the program cost twice as much as it did this year. She told me all about her experience with Jumpstart through Instagram and in an email.

"Coming out of high school, I was extremely shy and had no concept of how to actively make friends. But in spite of that, I was immediately welcomed by my Orientation Leaders and fellow participants, many of whom I am still in touch with four years later. It sounds a bit cheesy, but it's because of these friendships that I even had the confidence to apply to be an Orientation Leader in second year, and again in third year, which was definitely fun and helped me come out of my shell a lot. Being trusted and validated by the whole orientation team and my fellow Orientation Leaders is what inspired me to do my best, and now here I am!"

Stefanie Allen made it clear that Jumpstart's goal is to facilitate social and academic connections within a new community, and to help students acquire essential skills before classes start.

"How we decide what is overall going to be beneficial is based on a number of things, a few of which include:

1. The feedback we get from students each year after Jump Start – we truly do listen to the feedback, it's critical for our team.

2. The types of questions our students ask to various services throughout the transition process – this gives us an idea of what students need to know or are curious about.

3. Research – there is a significant amount of research about the needs of post-secondary students during the critical points in their transition to university. We refer to this research often."

Stefanie ends her email reminding me that, "New student orientation is not an event, it is a process," and encouraging students to reach out to jumpstart.ok@ubc.ca if they have any other feedback regarding Jumpstart programming, accessibility needs, or assistance in reducing the cost of fees.

So, is Jumpstart really worth it? It's complicated. With the fallbacks in accessibility, a program and registration fees many students feel can be reduced, and workshops some students felt were boring...one might say 'no'. However, the skills learned from various workshops, Jumpstart's goals to evolve each year, combined with activities meant to help students connect with other peers in their faculty, might just be enough to persuade students to attend the program next year.

When I started this article in August, I was expecting to answer my question with a definitive: "yes, Jumpstart is worth it," or "no, Jumpstart isn't worth it." Instead, I learned valuable lessons about accessibility and the teamwork and effort it takes to facilitate an event as big as Jumpstart.



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Don't Stop Believing BUT MAYBE BE A LITTLE WARY ABOUT THE FUTURE OF RENEWABLE ENERGY

WORDS BY ALEyna KIRILMIS

GRAPHIC BY DERIAN GUADARRAMA

For many of us growing up, renewable energy was seen as an integral part of the utopian future we all wanted to be a part of. Wind turbines would undo climate change and we would have no problems left whatsoever! It would be unfair to say that no progress has been made in the past decade, but it has indeed been slow.

The difficulty of implementing renewable energy sources into a system founded on rapid consumption, cheered on by capitalism, has been exemplified by the energy crisis Europeans are facing, and it ought to serve as a lesson to us all.

Seen as the leader in renewable energy, Europe has often been applauded and listened to when it comes to saving the environment. After all, it seems more natural to bike to work in Amsterdam than in Winnipeg, right? Germany, in particular, had been commended for taking serious steps in realizing its goal of phasing out all coal-generated electricity by 2038. If we could all just be a little more like Germany, the climate crisis surely wouldn't be so bad, right?

There is no doubt that using renewable energy is better for the environment and that non-renewable energy sources need to be dramatically reduced as soon as possible to avoid further environmental catastrophes.

However, the current capacity at which renewable energy sources can produce energy is limited and unstable, relative to non-renewable energy sources.

This wouldn't be an issue if we didn't have a high demand for energy, or if we could

store excess energy efficiently for the days in which we couldn't produce enough. However, demand for energy is at an all-time high as production begins to bounce back from the pandemic, and storing renewable energy is still a work in progress.

It is precisely these factors which have contributed to the energy crisis that Europe is going through at the moment. In the past, many European countries had established a balance between using renewable energy and supplementing the gap between the supply and demand of energy with non-renewable sources, such as Liquefied Natural Gas (LNG).

This arrangement seemed to provide a solid foundation for European countries to work towards a greener future and became a model many developing countries looked up to, until the beginning of this year.

Nearly all ties were cut between the European Union and Russia at the beginning of 2022 after Russia's invasion of Ukraine. Both sides placed sanctions on each other, but it seems like neither side has been able to emerge victorious yet. There are many factors to explore when it comes to both sides' reactions, however, one factor outshines the others: Europe's sudden shortage of



energy.

Combined with less sunshine and wind than expected in 2021 and the further rise in demand for energy, Europe has had to scramble to find sources of energy to keep up with the demand, leading to high prices for its citizens and to higher usage of the non-renewable energy sources it had been so determined to shun out of existence.

As a result, some nations have started using coal again to make up for this energy shortage. They have also started bidding in international markets for more LNG –which produces less harmful emissions for the environment– driving the prices of this resource up for other countries as they struggle to match the prices proposed by the wealthy states.

All of these hard doses of reality may make things seem bleak. But, in the long term, things aren't expected to look too bad, at least for Europe. In Germany, these measures are seen as a temporary solution while they come up with more permanent and sustainable alternatives to the high demand for energy in their country. So, maybe this will simply be a

cautionary tale to the rest of the world.

Can the same be said for Canada? The parliament has also taken steps to address the climate crisis with measures ranging from carbon taxes to implementing a cap on oil and gas emissions. These measures are necessary and are standard policies taken in the battle against climate change.

The question remains, however, of how ready we are to truly shift to renewable energy sources when our non-renewable energy sources alone come with many problems.

Canada's pipeline projects have generally been seen as failed attempts at best, and modern-day colonialism at worst, as Indigenous peoples' rights have often been disregarded in the interest of profits. So how ready are we really to stop using a system we've barely got a grip on?

The solution is not to disregard renewable energy sources as too big of a challenge, but rather to work on infrastructure in a way that keeps us from using coal when our solar panels don't get enough sunlight. Energy security is a tough topic that oftentimes does not lead to win-win situations. It becomes even more complicated for Canadians as the money made by extracting oils has contributed to the Canadian dollar's stability.

Grappling with concerns about protecting Indigenous peoples' rights, the environment, and the economy, Canada's path to a green future is not as clear as we dreamed it would be when we were children.

HOW MUCH ARE WE WORTH, UBC?

WORDS BY ANA SELGADO

GRAPHIC BY DERIAN GUADARRAMA

Oh, the Okanagan Valley! A beautiful place that drives students from across the world to study at UBC's Okanagan Campus. I myself remember going to the college fair at my high-school and talking to the UBC representatives. "Beautiful campus, and cheaper housing too," they said.

Cheaper housing? And at a beautiful location? What else could someone want for their university experience? Well, certainly not tuition increases every single year. And for what? Better food? More study spaces? Free parking? No, quite the contrary.

UBCO's student services have declined throughout the years. At least, that's what the students see. What we lack are enjoyable and diverse food options, quiet and comfortable places to study, and an accessible campus for all. These are things that should come as part of our university package. However, as student numbers and demand grow, services appear to be in decline.

Every year, tuition increases 2% for enrolled domestic students and between 2-5% for continuing international students. If students are paying more money every single year, shouldn't they be getting quality services in return?

Where is all our money going?

Food services keep shutting down across campus. There are fewer vegan/vegetarian options, less variety, and unreasonable opening/closing hours. Additionally, it is hard for all students to fit into Pritchard, which is the only "legitimate" dining hall on campus. Though many also consider Sunshine to be the other dining hall on campus, its size also does not make up for the amount

of students on campus every day. Plus, their closing hours force students to go to the buffet at Pritchard for dinner, which leaves many students out of options to grab food.

There are three coffee shops which are always packed with students. And, Starbucks, arguably the most popular one, is technically only available for students who have morning classes as they close quite early in the day.

With the closure of Green Bean and Subway this year (and that is without accounting for other shutdowns from the previous year at the UNC), there are simply not enough places to eat on campus that accommodate all of UBCO's students' needs.

Hey UBC! We are hungry!

However, food services are not the only thing in decline this year for students. Have you noticed there are not enough places to sit down or study on campus? At the moment, students are still taking advantage of the weather and finding sitting spaces outside. But what will happen once winter comes? Where will students find a decent place to study, do homework, and take advantage of the high quality (and expensive) education they are receiving?

With most classes back in person, and UBCO's biggest intake yet of incoming domestic and international students this year (around 3,330 incomers), finding a spot on campus has become an impossible task. Students are struggling.

And, compared to last year, students this year have found that their schedules seem to be an absolute disaster. There are not enough lecture halls for everyone, so many find themselves stranded on campus all day with classes starting at 8am and ending



Easy Chicken Pasta submitted by Chelsea Martin

When it came to starting my second year here at UBCO, I didn't feel the same jitters about moving to Kelowna, nor was I worried about finding my classes or buying my textbooks like I was before I started my first year. The thing that I was most worried about was the fact that I now have my own kitchen and won't be eating all my meals in the cafeteria.

Now, I am not entirely inept when it comes to cooking. I think I know as much as the average eighteen-year-old university student should. But I was privileged enough that dinner was handled by my amazing mom almost every night when I was growing up, and that during my first year I was on a meal plan. So, I've never had the experience of having to cook all three meals for myself every day.

After doing some talking with friends and family, I have come to find that this is not an entirely

ing at 9pm.

Oh! And let us not start talking about parking fees, one of students' biggest concerns over the years, which has probably reached its culmination point. Students living off campus pay at least \$600 dollars for the Winter term, and that is just for the cheapest option.

Despite having a parking pass, many students still struggle to find a parking spot due to the overwhelming number of students arriving to campus early and leaving late. How are we supposed to commute and take classes if we can't even find a parking spot?

"I live far from campus and it is impossible to find a parking space. I start at 8am and my last class ends at 9pm. I simply have to stay on campus all day with no place to sit down. And, if I leave, I might not find a parking spot again. Ridiculous right?" - Anonymous student

UBC students are struggling, and they've made that very clear to everyone. As advocates for students, we ask that the university accommodate students, not the other way around. It is important for students to feel like they are getting the most out of their education, considering the money they are investing it into.

Is this what a quality university life looks like? Should we just be grateful for our 10% discount on school supplies?

unique problem. Thus, I wanted to start this series of articles and recipes in order to share my experience of navigating the prospect of cooking as a full-time student for the first time, as many of us are.

The first big challenge that I came across when it comes to cooking, is chicken. It sounds so simple, and I eat chicken all the time. However, mostly when I was eating it, I was not the one preparing it. So, with a bit of anxiety, I froze the four pack of chicken breasts that were in my fridge and decided to avoid cooking it for fear of doing something wrong and making myself sick. Midway through my first week of classes, I decided this was ridiculous. Who is afraid of cooking chicken? So, I bravely took the chicken out of the freezer (after googling how to properly handle it, of course) and got cooking.

Firstly, some tips for handling chicken safely:

1. Wash hands thoroughly before and after handling chicken
2. Use a separate cutting board for cutting raw chicken
3. Never place cooked food or fresh produce on a plate, cutting board, or other surface that previously held raw chicken.
4. Wash cutting boards, utensils, dishes, and countertops with hot soapy water after preparing chicken and before you prepare the next item.
5. Use a food thermometer to ensure that chicken is cooked to a safe internal temperature (165 degrees F)
6. Refrigerate or freeze leftover chicken within two hours

Easy chicken pasta

Ingredients:

- One chicken breast
- 1 cup diced tomatoes
- 1 ½ cup pasta
- 1 clove of garlic
- 3 tsp olive oil
- 2 tbsp heavy cream (can substitute for most dairy/plant-based milks)
- Parmesan to taste
- Salt, pepper, basil, and oregano (dried) to taste

Instructions:

- Add olive oil and minced garlic in a medium pan, sauté on low-med heat until garlic is aromatic. At the same time, begin cooking pasta in a large pot. Be sure to salt the water generously.
- Add tomatoes to pan and cook them down. You can crush the tomatoes to create fewer chunks.
- Add cream/milk, as well as sliced chicken breast (bite-sized pieces). Sauté until sauce is thick (you can add pasta water and parmesan at this step if needed, to thicken sauce) and chicken is cooked all the way through.
- Add salt, pepper, dried basil, and oregano to taste.
- Combine pasta with sauce and chicken, add parmesan to taste, and enjoy.

5 Poems and 5 Photos for My Time in the Okanagan

WORDS & PHOTOS BY JONATHAN VAN ELSLANDER

Hello UBCO, here are five poems mostly composed while sitting on one of the sad, silly, little benches that the tyrants at the school collected in the drained pond in the middle of the courtyard. And also, five photos to go with them, all taken in my lost wanderings of Kelowna.



Alternative Definitions of Flat.

Over time, the hills mean less.

Summer comes and lays lifeless and you venture further into deeper valleys with steeper sides, and you develop your own, harsher, concept of what constitutes a summit.

And the valley in which town sits shrinks and rises.

When you arrived years ago from flatter lands, the town sat deep in a chasm. Its neighborhoods, enclosed at the top by peaks like walls from ancient Mediterranean cities, made you claustrophobic.

Where would we go if the town were to grow above the hills?
What could be up there, beyond the rim?

But over time, you piece together that up, out there, is where the highway goes, where the road escapes the rim of the valley on to the plateau, for the towns of this land are not surrounded by mountains, but sunken into the ground, sitting below where the land truly lies, up there, above the hills.

But then in the fall you wake one morning and the mountains are there over the town. They are green at the bottom but grade into white, and you must reevaluate your perceptions. They now feel barren at the top, Like true mountains.

Snow has come and clouded the trees for in the summer when they are forested to the summit, not mountains, just hills, without alpine. But then in the early winter, they rise a mile higher.

Now they don't sit but stand at the rim, marking the boundary between here and out there.

Now you sit, not in a hole in the world, but in a den of your making, and the world spins slowly.

The State of the Mountains – after Neil Young

Yes Neil,
they are doing fine, better than fine,
thriving even.
In fact, they'll be doing fine no matter what,
no matter how many times
we go back to Winnipeg or for how long,
no matter how many people
we leave waving melancholy standing in the opening
of the bow valley like parents
in the doorway as we go off to college.

In fact, for every cliff we climb or avalanche we avoid,
they will be fine for a million years.
Upon noticing you or I risking too much on some ridge in the name of heartbreak,
they will barely even raise a basalt
or granite eyebrow. For every drink we take with a lime,
a mile of limestone will reject a thousand overzealous
adventurers dead set on writing their names in a book at the top
of nothing or a check mark in a book called
"Valley Select" or "Climbs of the Rockies."

If we ever do go back one more time
and drive again over some meaningless hill named Crowsnest,
or Rogers, or Kicking Horse
by a nameless dead man,
there will more dew falling and ducks calling and parting guests waving
in the golden hour or the morning glory
than you or I could ever picture.

Upon Reading It Again

Do you think they'll call this a lost generation one day?

Not like lost as in died
or as in lost to someone else
but as in
just fucking lost,
lost in the woods, lost,
lost without any direction, lost,
lost and in need of search

[in time it will change]

In time it will change,
has changed,
is changed.

The trees that survived will bear no offspring and the trees
that died will hold woodpeckers and owls' nests
for only so long before they fall and turn to soil
for bunchgrass.

The land will become more walkable, more appetizing
to cowboys or suburb developers or badgers
while it dies in the heart of bryologists and loggers
and martens.

Less and less of it will be forest
and more and more of it will be "the Okanagan,"
more and more of it will be overrun with Starbucks and leather pants and Teslas
and less and less of it will allow
what I'd like to let run

really run. But even then,
when the trees are gone
and the desert comes,
at the very, very least,
it will still be beautiful.

Who is I

Okay,
look,

like just because you see it there, i, doesn't mean
that the i is me. does that make sense?
like i am not always the i. the i isn't necessarily
me. just because i'm me doesn't mean i'm i.
and you also need to remember that both the
i and me are not necessarily telling the truth.
no I will not give you a definition for truth, discussing semiotics is like thrift shopping, i have to be in the mood to wade through so much bullshit.
no i did not mean semantics i meant semiotics
but since you brought it up i am also not in the mood to discuss semantics with you which is actually what we are now doing.

okay, by truth i just meant you can't always assume that the i or the me is attempting to relay their personal interpretation of the world to you, they may be deliberately or accidentally misleading you as to what they know or are trying to say. and especially, you must remember that the i might be misleading you as to whether or not they're really me.

okay, what i mean by that is that the i indicates a self, though that self may be me or may not be me, may be a self separate from me.

and in fact could be a self separate from the i even.
and now that I say it, could be a self that is not necessarily singular. could be a we misleading you by presenting itself as i.

but, so, i is not me and me is not always i. and the i is not always the i it pertains to be!
but there are times when i am me and the i is me.
and through all of that, the i might also be just as lost in regard to who it is as you are or me is.
no of course i am not going to tell you which times it's me, that would be a waste of time. plus, i don't know.

oh the i could be anyone! so could the you! the i could be you and the you could be me and the we could be two separate people from both of us, okay?

what i am trying to say is stop assuming it's you i'm talking to when i say you because whether it's not or it is is completely irrelevant to the point.

okay,
i'll give you an answer but the answer is going to be as vague as possible because part of the answer is that there is no point so,
i have to mislead you in a way, but in the truest sense of the word the point is us.

and in need of rescue, lost?

Do you think one day we will get our energy back and start living like we did before
or will we just stay like this,
talking about our gone dreams
and looking out windows on rainy days?

And what if
we ever stop asking these questions.

12 Rules of Research

WORDS BY HIBATALLAH (HIBA) ALWAZANI

Research in graduate schools is an entirely different undertaking from undergraduate studies. Instead of being herded along in your studies, now you are in charge of your own understanding, in charge of your own schedule, and in charge of your own direction. This might seem overwhelming at first. But, if you manage research well, you can thrive and use all the points below to your advantage. These twelve axioms are some I try to live by after having finished a masters at UBCO back in 2021, and am currently embarking on the daunting journey of PhDs here at UBCO.

1. Understand core and fundamental concepts to their roots. Do not be shaky at the base of your understanding, otherwise it topples like a deck of cards as soon as you add one more piece of knowledge.

2. Organize papers you read, codes you create, or writings you begin with in different folders and name/date each file appropriately. Do not underestimate the power of being organized and clear. This will eliminate a lot of wasted time.

3. Choose a topic that you are passionate about. A topic that you understand to some degree. Do not jump headfirst into a research topic that you barely understand. To do research, you must keep one foot firmly on what you know and the other foot dipping its toes in the cold, unforgiving waves of unfamiliar material.

4. Ritualize and do Deep Work. Work on research with impeccable work ethic.

5. Reward yourself regularly with small breaks, so you do not burn out.

6. Do not fear the uncomfortable and suffocating feeling of not understanding. This is when you know you are on the right track.

7. Even if you are researching a very small point in a big field (most research works that way), find a perspective where what you do is noble and useful to humanity to propel you.

8. Be social and make precious connections. Do not let the years of research pass by with you staring at a black mirror pointedly avoiding small talk.

9. Read more into your field from a historical perspective and connect why things are heading in this direction. Always motivate your work. If you cannot stand behind it, no one will.

10. Do not circle around publishing because that is toxic. Only advance what is currently there, and ask yourself—and others—loaded and relevant questions, and then try to answer some of them. If your answer is strong and new, publishing it is a plausible step.

11. Finish a hypothesis completely even if there is no publishing aim. Never let things perish in mediocrity, or let things waver halfway.

12. Do not diverge! Find value in what you are currently doing and keep pursuing it until the end. Remember, people find value in making ultra-tiny masterpieces, or in making chocolate statues, or in doing a perfect cartwheel like Creed's resolution in The Office. Once you find that meaning, do not buckle under the experts' criticisms. Know that every expert is an expert in something because of inherent limitations.

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