



UBC'S ACTION AGAINST INSTITUTIONAL RACISM

A Deep Dive into The Anti-Racism and Inclusion Excellence Task Force

by Ronnie Cheng & Ana Salgado

Only by understanding the work that was done, and holding the university accountable for implementing the recommendations, can we ensure that the time and energy that was spent does not go to waste.

The year 2020 was not only marked by the global COVID-19 pandemic, but by the Stop Asian Hate and Black Lives Matter campaigns that swarmed the streets of Canada and the United States. After George Floyd's murder in Minnesota, the Black Lives Matter Movement led uprisings that gave way to global social protests calling attention to systemic and institutional racism towards equity deserving groups...

TASK FORCE CONTINUED ON PAGE 5 FEATURES

NEWS

Let's Talk About Mental Health

by Anjali Desai

You may not always THRIVE and that's okay!

This month, we are celebrating the eleventh edition of THRIVE at UBC Okanagan, where we (yellow) highlight the crucial topic of mental health. THRIVE Month is a community-wide initiative involving scheduled activities for staff, faculty, and students.

THRIVE CONTINUED ON PAGE 6

SPORTS

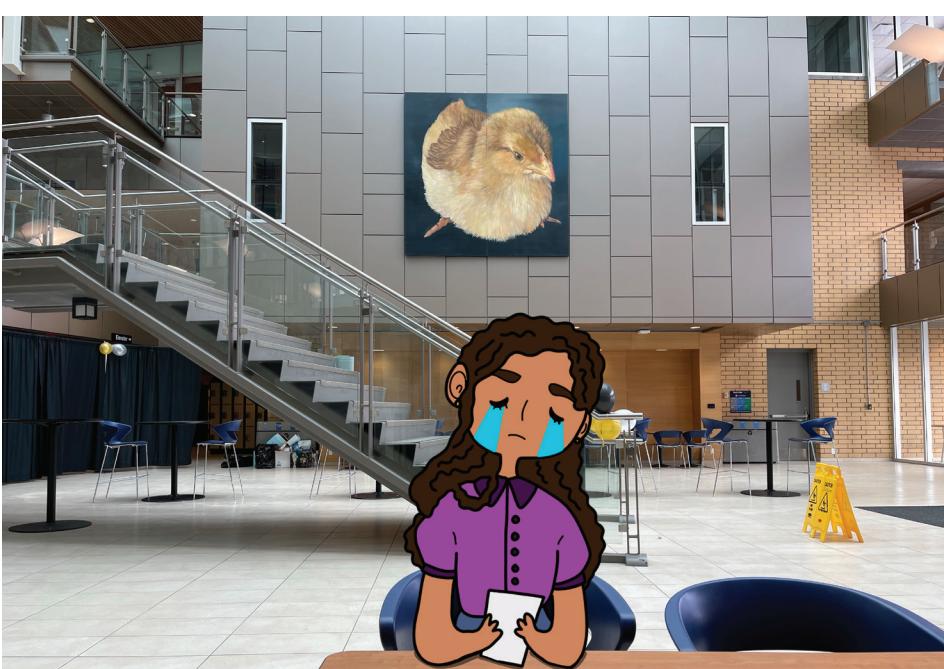
Varsity Roundup: Seasons End and Begin

by Carlos J. Real Lopez



Photo 1. Credit to goheat.ca, 2022.

ROUNDUP CONTINUED ON PAGE 8



Graphic by Derian Guadarrama, 2022.

SCIENCE & TECHNOLOGY

THIS TIKTOK SAYS I HAVE ADHD

A Look into the Self-Diagnosing of Mental Illnesses

by Aleyna Kirilmis

As digital culture has evolved, the topics that have become commonplace have evolved with it, and it appears that mental health is now a topic Gen-Z loves to talk about... for better or for worse.

If you've ever had the fortune – or misfortune for some – of scrolling through TikTok, you've likely stumbled upon a video or two about a topic that has only recently become a trend: mental health.

SELF-DIAGNOSING CONTINUED ON PAGE 7

OPINIONS

Reflecting on the Transgender Community at UBCO

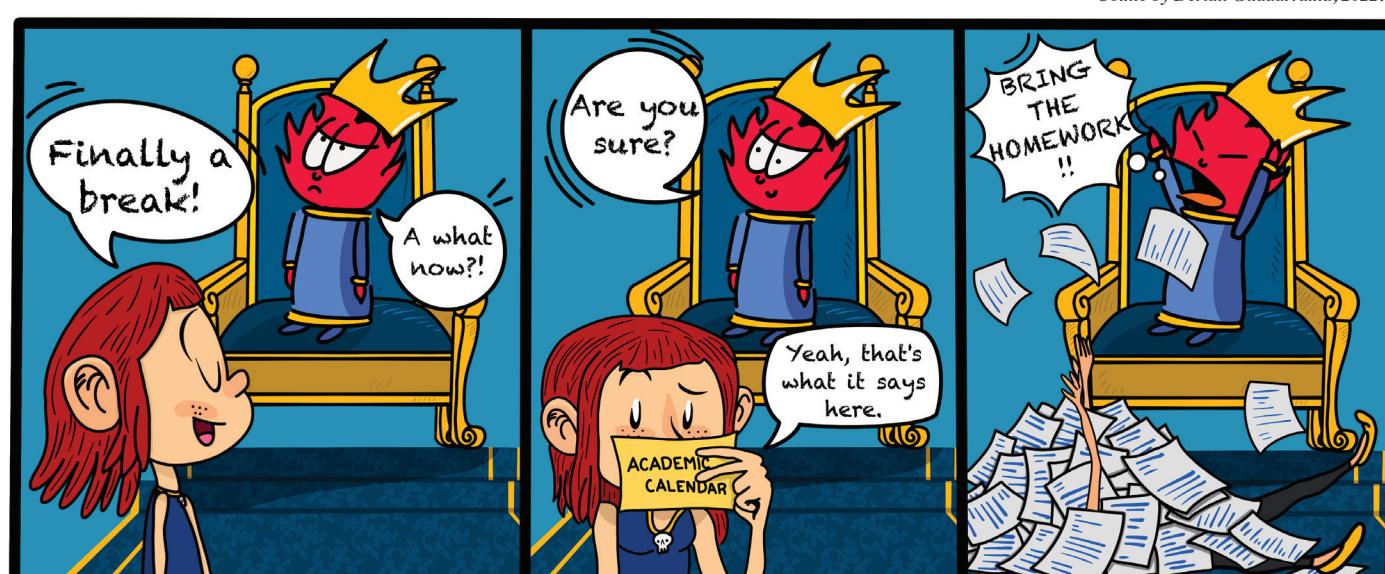
by Noah Davis

Despite the issue with gender-neutral bathrooms on campus, a lack of transgender-centered spaces, the Student Service Center's failures to address trans students by their preferred name, and a lack of broader education surrounding transgender identities, there is still a resilient transgender community at UBCO.

In the past, I've failed to see the resilience that our community has garnered during events such as Pride Picnic and Queer Orientation, but it was right in front of me this whole time.

TRANS COMMUNITY CONTINUED ON PAGE 3

Comic by Derian Guadarrama, 2022.



OPINIONS

Best Places to Cry on Campus

by Aiisha Rishi

Everyone needs a good cry from time to time. Plus, with exam season approaching, I can already feel the tears forming at the back of my eyes.

Maybe you feel lazy and don't want to move from the building you're in. Maybe you like to cry in public. If so, here are the top places I have found for crying on campus during both the summer and winter seasons.

CRY ON CAMPUS CONTINUED ON PAGE 2

ARTS & CULTURE

A Standing Ovation for the Stand-Up & Comedy Scene in Kelowna

by Lois Chan

"The idea of being delighted by the incongruous is at the heart of the best stand-up." – Sarah Cipes

STAND-UP CONTINUED ON PAGE 4



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Best Places to Cry on Campus

WORDS BY AIISHA RISHI

GRAPHICS BY DERIAN GUADARRAMA



Everyone needs a good cry from time to time. Plus, with exam season approaching, I can already feel the tears forming at the back of my eyes. Maybe you feel lazy and don't want to move from the building you're in. Maybe you like to cry in public. If so, here are the top places I have found for crying on campus during both the summer and winter seasons.

1. The Collegia

Best for a weep. The pillows will help absorb your tears, but it's too small to bawl.

One word: sofas. The collegia are perfect places to curl up into a ball and feel the tears roll down your face. The only problem is that people might see you crying. But there's an easy solution: bury your face into the couch; embrace the darkness.

2. Middle of Nonis Field

Perfect for an ugly cry.

The Nonis Field feels isolated from campus, and people won't notice your teary face as they walk by. Plus, you can scream your heart out. It has a perfect view of the Okanagan Valley, which can help you calm down once you open your eyes. However, make sure the field is empty. If you get hit in the head with a soccer ball, you'll be crying for a completely different reason.

3. Pond Behind the EME

Another open space that is perfect for a bawl.

Like the Nonis Field, the lake has the advantage of feeling isolated. You can catch your tears in a jar and pour them into the lake, disappear into the tall grass, be at one with

nature, and listen to the soft sound of crickets around you. However, I only recommend this for a quick cry release because there are often many bugs flying around. If you need to wail, the last thing you want is to catch a fly in your mouth.

4. Study Cubicles in the Arts Building

Best for a quiet cry, with only tears rolling down your face. No sobs because people are studying and they will hear you.

I like to cry here because it makes me feel like I'm in a private room. You can charge your phone, put on a light, set your head down on the table, and weep your eyes out. Most of my classes are in the Arts building, so I don't have to travel much to get to this spot. If people walk by, they will probably assume you are taking a nap. The only time this isn't possible is if someone decides to sit across from you. But who knows? They may be your new cry buddy.

5. Tables at Sunshine

An ideal location for a sob.

Since the tables at Sunshine are quite empty throughout the day, this is a great place to sob without being seen. Plus, once you've finished sobbing, you can grab a quick bite to eat to soothe yourself. It may not be the best place if you prefer a more cozy spot. However, if the staff notice your bloodshot eyes, they may check on you and see how you are doing. Shout out to the Sunshine staff, y'all are amazing people.



6. Forest next to Cassiar

Two words - Ugly. Cry.

This is your chance to be a troubled academia student. Bawl. Wail. Kick a tree. Listen to "All Too Well" (10-Minute Version). The best part about this forest is that you have a view of the entire campus. Everything that is causing you stress and pain is right in front of you to scream and curse at without judgment. You may, however, scare some people walking to their classes from Quail Ridge, so be wary of that. If the forest next to Cassiar is too much of a walk from campus, the one behind the EME is a suitable alternative, except you won't get a lovely view of the campus to scream at.

7. Stairwell in the Commons Building

Perfect for a bawl. Nobody ever comes here.

This place is nice because it is cold and feels like a prison. It helps to embrace the sadness you feel, and it can be nice to hear your wails echoing throughout the stairwell. For those who don't know how to get there: if you are exiting the Commons on the ground floor, instead of taking the right exit that leads to the bus exchange, take the door on the left.

8. Fipke Bathroom Behind Starbucks

Great for a moderately loud cry. It's small enough that you'll be the only one there, but the walls are thin, so people may hear you.

This bathroom is the perfect cry bathroom. It's small. It's clean. And, it has a mirror so you can look at yourself and feel worse about your crying face. Plus, it's behind Starbucks, so you can always get a warm coffee after you're done.

9. Sawchuk Family Theatre Near the Library

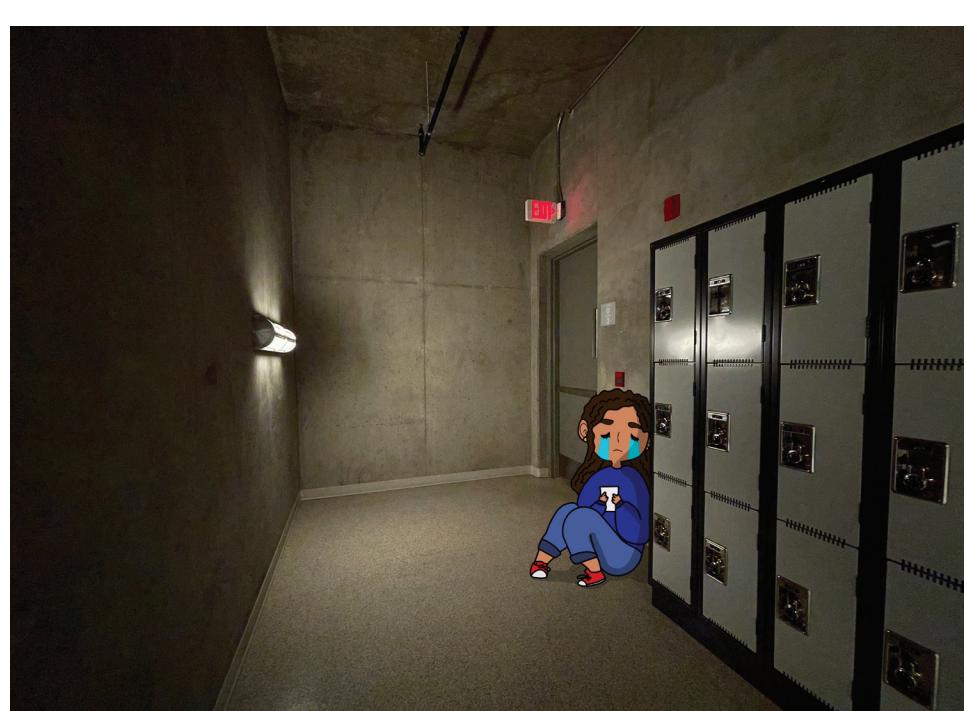
This place is for the most silent cry ever. Even if there is no one around, people always walk by.

I know what you're thinking, "How can I cry here? It's so public!" Very true. Counterpoint, there are TVs there. If you don't see something you like on one TV, you can always move your eyes to another. I find it a nice way to calm down, especially since sometimes SpongeBob Squarepants is playing. On an unfortunate note, campus tours come here to watch promo videos at odd times, which may lead to an awkward situation, and you could end up scaring off a prospective student. This cry spot would be the last resort, in my opinion.

10. Bonus - Worst Place to Cry: D. Ross Fitzpatrick Great Hall (aka the study hall in the Commons)

Do. Not. Cry. Here.

This is the most public place you can cry because it is NEVER empty, especially during midterm season. The walls echo, so everyone can hear your sobs. The study rooms are made of glass, so everyone can see you crying. The only benefit to crying here is that other people will probably feel like crying too, so you may find a little community there. You never know.



Reflecting on the Transgender Community at UBCO

WORDS BY NOAH DAVIS

I grew up in a part of Calgary well known for being ethnically and culturally diverse. Being gay and transgender was often mocked and looked down upon by many cultures in my high school community. I rarely fostered meaningful connections with other transgender students my age because we were never given the opportunity, and if we were, the concept of safe spaces for transgender students was often made fun of or would elicit comments like, “my religion says there are only two genders” and “my culture doesn’t agree with that, so I can’t support it.” I was known as the “one transgender kid” in high school, and my peers often harassed me for who I am.

Once I received my letter of admission to UBCO, I was excited to move into an inclusive community and get away from the transphobia I experienced in high school. I was also excited to connect with transgender students who experience transness the same way I do, and those whose experiences differ from mine.

After months of waiting, it was time to move in. I arrived on August 29th to participate in Jumpstart. I was expecting a community that embraced transness and respected who I am. So I laced up my trans flag Converse and left the place I had called home my whole life.

My first few days on campus didn’t exactly feel as gender-affirming as I had hoped. When I arrived, I was excited to be assigned to my dorm. I had to sign in at the Jumpstart desk in Nchako, and only when I told them my deadname did they find me on their list. And, my student card (not to my surprise) displayed my deadname, even after typing my preferred name into the Student Service Center and sending multiple emails before arriving. The emotional weight of being referred to by a name I hated – and associated with a part of my past that I didn’t identify with – added to the already stressful experience of moving to a different province. I went to the UNC a few days later to fix this issue in Student Records and Financial Services, and my card was corrected in seconds, which was appreciated. But nonetheless, this emotional turmoil was not affirming.

The Housing Office fulfilled my request to be placed with a roommate whose gender aligned with my own, and I met him a few days after moving in. Yet, I still received emails from Housing addressed to my deadname, and my roommate could view my deadname in our roommate agreement.

Even though the first few days of my university experience were distressing, I was still optimistic about finding a specific community I could connect with about transness. Thanks to Destination UBC, I already had three friends who were part of the LGBTQA+ community. Therefore, we were looking for queer events to partake in. Once we all moved in, we were informed of Queer Orientation hosted in the UNC Collegium. When arriving with my three friends, we were welcomed with snacks, board games, and a crafts table.

I made conversation with a few people whose hair – colored like mine – was worthy of compliments. I wanted to connect with other transgender people, but felt the setting was too overstimulating; it was very crowded,

and the events didn’t allow me to connect with people as much as I had hoped. However, I did develop friendships with people I met at Queer Orientation by connecting further on social media.

The orientation allowed us to form the basis of those connections and conversations I desired. However, we did not discuss transness until months later, not in a transgender-orientated group offered by UBCO, but on the floor of my dorm room at 2am.

Pride Picnic was similar, in the sense that inherently it was a safe space and I felt at home, this time with an established friend group. But again, it was overstimulating. There were many talented student performers I enjoyed watching, and those students deserved to be uplifted. Pride Picnic opened the start of a broader dialogue about how there are many different voices within the vast and resilient LGBTQA+ community, but I wanted to explore and discover transgender resilience in its own light as well.

As a writer who has written about transness in depth before, I immediately jumped at the opportunity to write this article. I invited my transgender friends I met at Queer Orientation and Pride Picnic to chat about being transgender over a coffee or a movie. This helped us dive deeper into our transgender experiences. We kept coming back to the idea that UBCO fails to facilitate conversations about being transgender. Even though they facilitate a broader conversation about being part of the LGBTQA+ community through queer events offered by the Pride Resource Centre, such as Pride Picnic and Queer Orientation, they fail to address the experiences that encompass gender and how vastly different and complex gender is from sexuality; which is not to say that sexuality is not vast and complex as well, but that’s an entirely separate article.

When I interviewed a nonbinary student on campus, they told me that being asked about gender preferences when assigning dorms is gender-affirming. They also told me that the option of choosing gender preferences for dorm mates, as well as asking students if they prefer to be grouped with other LGBTQA+ students, helps transgender and nonbinary people feel included and respected.

A transgender student named Theo Dhaliwal, who I have a close connection with, shared his experiences with transness at UBCO, starting with residence accommodations in which he told me was very gender-affirming for him. Theo stated,

“I remember tearing up when I read the email this summer asking whether I would prefer being housed with another non-cisgender person. I was given the chance to room (share a bathroom, really) with someone who understands my experiences.”

As for Theo’s overall experience on

campus, he told me that he feels respected, included, and valued. He also mentioned that he has a good group of trustworthy friends. He said he is grateful for the Pride Resource Center and the Equity and Inclusion Office, and the resources they offer for students under the transgender umbrella.

I spoke with another transgender student on campus, whom I consider a very close friend. When this article gave us a chance to discuss transness and our positive experiences in finding community, we didn’t miss the opportunity. We bonded over our mutual fear of living as a transgender in Calgary.

“I feel incredibly safe on campus in comparison to how I felt in Calgary, regardless of how I’m dressed or how I look. I mean...just being in an environment that feels much safer and more accepting as a whole, I’ve been able to connect with other trans people on campus a lot easier, and explore parts of being trans that used to make me uncomfortable. I wouldn’t have been able to have the type of discourse and strong relationships with other trans people that I do without the broader supportive atmosphere here at UBCO. The only serious issue I have with UBC regarding transness is the gender-neutral washroom issue. [There are not enough of them].”

A nonbinary student named Maven Gray Maraj told me that they were also able to meet a lot of transgender people on campus at Pride Picnic and Queer Orientation. These events helped him build a sense of community. They messaged me, stating:

“I am able to meet a lot of trans people on campus through events the university hosts, such as Pride Picnic. I am also aware of the trans mentorship program in the school, which was helpful in making me feel supported here at UBCO. I purposely surround myself with other queer people so I don’t often feel unsafe.”

As for my overall positive experience on campus? In comparison to how I felt in Calgary, I always feel safe expressing who I am, showing off my Converse with the transgender flag printed on the sole, and writing about being transgender as much as I can. I also greatly appreciate gender-neutral bathrooms on campus and forever hate the person who invented separate-gender bathrooms. Gender-neutral bathrooms on campus have been especially relieving for me, and other transgender students I know.

“The first time I walked into a fully stalled gender-neutral bathroom on campus, I felt safe and I felt like I didn’t have to conform anymore. As a transgender man, it’s really horrifying going into the men’s bathroom, but really humiliating and devastating going into a women’s bathroom. I feel more comfortable choosing the women’s bathroom if necessary, but because I identify as male, I feel as if I’m violating a space that is not mine, even if it could mean life or death.”

Theo told me that he was also relieved about the gender-neutral bathrooms in The Commons and Nchako because they re-

moved the pressure of having to choose.

“Walking into a universal bathroom instead of a designated gender-neutral one is a much appreciated weight off of my shoulders. A completely stalled washroom with no gender or sex distinction relieves both the burden of choice from our shoulders as well as the dangers of being ‘clocked’ or harassed. It’s so easy – I don’t feel shame, or pressure, or angst. It’s just me, using the bathroom like anyone else. I wonder if the campus can accommodate more spaces like this one.”

Maven also commented on the gender-affirming aspect of gender-neutral bathrooms, “I am someone who really needs gender-neutral bathrooms to feel comfortable in a space. So, I’m very glad that in most buildings I’ve been in, there are gender-neutral bathrooms. I appreciate that this exists in Pritchard, but it would be very helpful to have them in more buildings.”

In older buildings, we are stuck with having to decide which bathroom to go into. Theo described this dilemma perfectly:

“The idea of using a men’s washroom feels so incredibly overwhelming. The possibility is an exciting one. But, there is a deep apprehension about being ‘clocked’ and viewed as fully and completely ‘other.’ I’m not even sure how to articulate the dysphoria men’s washrooms cause. I would, of course, love to use them, but the ‘otherness’ I would feel from both internal and external forces is still too great to overcome. Using women’s bathrooms is horrifying. It feels like admitting defeat; it feels so shameful; it makes me want to hide. I desperately hope that everyone who has ever seen me duck into a women’s washroom has promptly erased it from their brains. It reduces me to my biology, and, on my worst days, makes me fully confront my body and all the things I am not. Gender-neutral bathrooms are necessary in every building on campus.”

Despite the issue with gender-neutral bathrooms on campus, a lack of transgender-centered spaces, the Student Service Center’s failures to address trans students by their preferred name, and a lack of broader education surrounding transgender identities, there is still a resilient transgender community at UBCO. In the past, I’ve failed to see the resilience that our community has garnered during events such as Pride Picnic and Queer Orientation, but it was right in front of me this whole time.

I’ve been able to find my community all on my own. I’ve felt the overwhelming pride of being part of such a flourishing transgender community here at UBCO. I’ve made lasting friendships within the transgender community on campus, friends who have been with me at my best and at my worst, and friends who have opened my eyes to all sorts of transgender experiences.

This article has reminded me that the transgender community here at UBCO is thriving, and will continue to thrive, with or without the university’s encouragement.



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A Standing Ovation for the Stand-Up & Comedy Scene in Kelowna

WORDS BY LOIS CHAN

I've been an avid consumer of stand-up comedy for the past few years, with the wonders of its easy access through YouTube, TikTok, and Spotify. If you don't know what stand-up is — when a comedian gets up on a stage to deliver a humorous 'speech' to a live audience — then you should definitely check it out. After all, how else might you pass the time as exam season (A.K.A. full blown suffering) is imminent in the coming weeks?

After attending the open mic at Kelowna's local comedy club, I had a chance to speak with the host, Dave Kopp, about stand-up comedy.

Kelowna Comedy is Dave's brand and company that operates out of the backroom of Dakoda's Sports Bar and Grill. They hold five shows a week: free-to-attend open mics on Thursdays at 7:00 p.m., where anyone can perform their own material, and pay-to-watch headliner shows on the weekend from 6:30 to 8:30 p.m., which includes a charity showcase on Friday and a wine-tasting on Saturday.

Lois Chan: Now let's get into comedy. Who can do it? Can anyone be funny?

Dave Kopp: It's just like playing an instrument. Can anyone play? Yeah. Is everyone gonna be a rockstar? No. Just like tonight [Thursday night], everyone got up for a few minutes. Some people were awesome because they've been doing it for years. For others, this is as far as they're going to go, but it's still a good time. You just get up there and try it — though the bar is high, in the sense that both experienced and inexperienced people are getting in front of the same crowd, trying to make them laugh. It's nerve wracking for that reason. Not everyone wants to try stand-up; there's no practice, but there's no other way to do it. But, once you get over that barrier of entry, you realize that the audience is just there to have a good time and won't be super judgy during open mics. Other comics that are performing are just worrying about their own jokes.

LC: What would you say comedy does for the community? After all, Open Mic helps with fundraising for the Central Okanagan Food Bank.

DK: Oh, that has nothing to do with comedy. I just care about the food bank, so we brought it together. But comedy does so much to remind us not to be serious about life by just talking about how it sucks, which people identify with! Life isn't about knock-knock jokes. American traditional stand-up is typically about bringing relatability to the stage; a well-crafted joke allows you to see yourself in a situation.

There are people that come up complaining about horrible stuff, things you could talk to a therapist about — but the audience can see themselves in the material and know they're not alone.

The beautiful thing I've heard others say is that stand-up is about saying the things you're not supposed to say.

LC: For those who want to get a better grasp of what stand-up is, how would you pitch it to them?

DK: The cool thing about stand-up is that there are people that are nineteen, and ones all the way up to their sixties. When people come here to perform, there's no hierarchy; no one gives a shit. Everyone is equal and everyone's trying to make people laugh. We've had great comics that are homeless, but also full-time doctors, on the same stage.

I want to say this too: I'm looking — specifically — for young comics. I used to teach high school; some of my best stand-ups

are old students that went to UBCO!

If you're reading this article and you're thinking, 'I wanna do this' — even if you're mildly interested — just trust me, it's so much fun. Come over to Dakoda's, let me know you're here for Open Mic, and you'll have your name on the list to perform. It could be a lifelong passion for you.

There have been comics that come home to Kelowna on Christmas, and they'll headline my shows then, but now they're full-time comedians. And they started right where you are.

For more information on shows or to contact Dave, check out his Facebook page, which can be found on kelownacomedy.ca.

I also had the chance to ask Sarah Cipes, a research assistant and student working towards her PhD in Digital Arts and Humanities at UBCO, about her experience with stand-up comedy. Sarah has been gracing stages across Kelowna for three years, and frequently performs at professional shows and open mics in spite of debilitating PhD work.

Lois Chan: How would you define comedy? Is it more than making people laugh or being funny?

Sarah Cipes: I consider comedy versatile in definition. Lately, my favourite definition has been the incongruity humour philosophy: the idea that we laugh when we encounter something that surprises us, and we are delighted by that surprise. This isn't specific to stand-up comedy, but I think the idea of being delighted by the incongruous is really at the heart of the best stand-up.

LC: How would you define your work and yourself as a comic? What forms does your comedy take?

SC: I am a queer, feminist comic (but a sneaky one). I use a lot of observational jokes to lull the audience into certain beliefs about my identity.

I do a lot of dark humour — jokes that incorporate morbid humour, usually from a feminist standpoint. While I do make gross body jokes when I'm on stage, I also want the audience to get past their own ideas about other uncomfortable topics. Like, if I'm joking about my grieving process or experiences with domestic violence, the audience often gets quiet even if they were just laughing at something absolutely disgusting I had just joked about.

The question I'm trying to raise on stage is whether or not our societal reaction of ignoring painful or serious things is actually helpful.

LC: How has Kelowna been as a stage for your comic work?

SC: The Kelowna comedy scene is so strong because it's small; there's a lot of stage time available for comics who are starting out. Do you get paid? Almost never. But, you have so much opportunity for access to stage time with an actual audience. The ones who care and who can survive bombing (nothing makes you question your value as a human more than bombing) can keep trying new jokes, and working and tweaking things until they figure themselves out.

It's been a difficult spot in some ways; I am a queer woman in academia, and shockingly, the audience at Dakoda's



Graphic by Derian Guadarrama, 2022.

doesn't always share my sense of humour. But that's what makes you good — doing comedy for a bunch of folks who you know would fundamentally disagree with you about most things, and still finding a way to make them laugh.

If I hadn't learned here, I may never have learned my subversive feminist comedy technique, where I sneak vague feminist commentary into otherwise generic humour to 'plant the seed' for audiences who might otherwise dislike feminism and feminist killjoys like myself (shout out to Sara Ahmed). After all, group laughter is often understood as a form of agreement.

Finally, I sat down with Erin Scott to discuss her alternative practice of comedy in the form of spoken word, which is the oral performance of poetry (basically, spoken poems that make you laugh instead of cry or swoon... or maybe all three.)

Erin is a writer of many genres and also my first ever Creative Writing professor at UBCO. I have wonderful memories of my first year Poetry and Nonfiction class, many of them punctuated by Erin's witty humour and dirty jokes. Nowadays, Erin is pursuing their PhD on campus while continuing to write, perform, and serve as a Board Member for Inspired Word Cafe, a non-profit literary programming organization.

Lois Chan: What are the differences between stand-up and comedic spoken word?

Erin Scott: Often, what separates the two is the arena of performance. Not many comedians would perform at poetry events or vice versa. But, the main difference is just in the title. Stand-up is performed with a variety of formal gestures or styles: whether it's absurdist comedy, physical comedy when you use your body, charged comedy when you invert humour from serious topics, or storytelling comedy where there aren't jokes but humour is still involved in the 'tale.' Spoken word that favours comedy uses the exact same conventions, but there is a conceit in mind through overarching narrative, themes, or an argument that's being made.

LC: When did comedic spoken word appear and when did you first learn about it?

ES: I was always a class clown growing up and a performer throughout high school. When I decided I wanted to write, a lot of the things I wrote were performative in nature and much better received when I took them beyond the page to the stage. Comedy naturally lent itself to my process of engaging with spoken word.

However, I think comedic spoken word has been around as long as the slam [competitive poetry events] scene, when it was first created in 1984 Chicago.

After all, when you take a look at slam winners, it's either intensely political or identity-based poems, or comedic poems that score well, because people like to laugh!

Technically, comedic spoken word hasn't been properly researched or theorized. But yes, it's been around for a long time before I came to it in the 2010s.

LC: How did you find your process in writing and performing comedic spoken word?

ES: This goes back to when I first started writing in my undergrad, when I took a Creative Writing class on theory. One of the things the professor had us do was write in similar styles to historical poets. So I worked on a beat poem, but added in jokes to make it sarcastic and catty. It was the first time I ever wrote anything comedic, but it went over well, and it became clear I could write jokes.

The next step was finding out how I could perform them; jokes are only as funny as their delivery. Sometimes when I'm reciting my work, I find that I have to reframe them because it ends up clunky. You have to pay attention to timing, like allowing pauses to let the audience process double-entendres or puns. So, for me, my process starts with writing but the refinement is done through rehearsal.

LC: I've noticed that stand-up comedians improvise frequently, or use point form notes during their performances. What do you think about using those techniques for comedic spoken word?

ES: It depends on the performer. I think there are a lot of stand-up comics that write out and recite jokes almost identically, night after night. That's one of the ways you perfect your art, by figuring out timing or how you want the audience to react. Improvisation could be finding the opportunity to incorporate a joke that's already been somewhat developed, and that happened to be relevant to the moment.

But there's also crowd work, which is designed to be spontaneous with direct audience participation. I can never anticipate what people will say, so I have to depend on my ability to read the room and come up with responses on the fly. That way, I'm creating spontaneous jokes that can't be replicated. In the same way, stand-ups may be able to ask different audiences the same questions, but they won't get the same responses.

Comedy as a whole requires listening. That's what makes you a good comic — being able to create a conversation with the audience.

You can find Erin's work on her website erinhscott.com or on her Instagram page @erin.h.scott.

Furthermore, if you want to read more about stand-up and about my experiences attending the Open Mic night at Dakoda's and Inspired Word Cafe's Open Mic and Poetry Slam event, scan the QR code that will lead you to an online article on thephoenixnews.com.



UBC'S ACTION AGAINST INSTITUTIONAL RACISM

A Deep Dive into The Anti-Racism and Inclusion Excellence Task Force

WORDS BY ANA SALGADO & RONNIE CHENG

Content Warning: mentions of racism and police brutality

The start of 2020 was not only marked by the global COVID-19 pandemic, but by the Stop Asian Hate and Black Lives Matter campaigns that swarmed the streets of Canada and the United States. After George Floyd's murder in Minnesota, the Black Lives Matter Movement led uprisings that gave way to global social protests calling attention to systemic and institutional racism towards equity deserving groups.

In response to ongoing racism and persistent demands for social change, colleges and universities in the United States and Canada were being called to account for the racial inequities that existed both inside and outside campuses. And so, former UBC President, Santa Ono, established UBC's Anti-Racism and Inclusion Excellence Task Force (ARIE TF) in March 2021.

Dr. Handel Kashope Wright, one of the Co-Chairs for the Task Force, noted that it was formed as a direct result of George Floyd's murder and police brutality. Adding to the sense of urgency for this anti-racist work, two months into the establishment of the Task Force, 215 unmarked graves at the previous Kamloops Indian Residential School were found.

Dr. Donna Kurtz, Chair of the Task Force's Indigenous Committee, explained:

"We had to pause to honour the 215 missing and found children around residential schools. As a result, the importance of the Task Force work became more meaningful for the Indigenous Committee."

The Task Force's implementation was driven in part by incidents on campus, as explained by Dr. Wright:

"Rising racism in Canada included incidents of blatant police discrimination at UBC. A Black male graduate student was stopped, questioned, and denied entry into his department building by UBC campus police who refused to believe a Black man with dreadlocks could possibly be a UBC student."

Dr. Wright went on to add:

"In the course of what was supposed to be a wellness check by Kelowna RCMP, a female Chinese student was handcuffed and dragged through the hallway of her dormitory at UBCO, part of that by her hair. And her head was stomped on by the officer."

But not every incident is as overt as these examples. Dr. Wright explained that:

"Racism at institutions of higher learning are much more likely to be very subtle. Institutional racism usually manifests more in the effect than the acts. It takes the form of Black students who never get to be taught by a Black professor; racialized staff members who somehow get passed over for promotion; job searches that somehow fail to yield any viable Indigenous candidate; a leadership that happens to be overwhelmingly white; or a departmental or even institutional atmosphere and culture that makes Indigenous and racialized folks feel they simply do not belong."



Graphic by Derian Guadarrama, 2022.

Dr. Wright provided more examples of institutional racism: how professors and students can be dismissed when they speak English with a non-Canadian accent; the way ability comes into play in the classroom; being Muslim at UBC and how accommodations are made (or not made) for one to pray five times a day; when acts of racism are dismissed on campus, and so on. He continued:

"It can be quite insidious because it is usually subtle. Students take methodology courses that have not even considered including Indigenous methodology, or philosophy courses that do not include African gnosis, and design courses that simply do not include non-Western ways of knowing. To give a concrete example, UBC has a Catch-22 about Blackness — we don't have Black studies supposedly because we do not have a lot of Black students (as if only Black students are interested in Black Studies), and we don't attract enough Black students in part because we don't have Black studies."

The Task Force's objective became clear: UBC needed to come to terms with and address historical and ongoing systemic racism. In order to do so, the Task Force created six individual committees, each representing equity deserving groups: The Indigenous Committee, The Blackness Committee, The People of Colour (POC) Committee, The Faculty Committee, The Staff Committee, and The Students Committee. According to Dr. Dana Solomon, who was a member of the Task Force, "each committee was tasked with creating recommendations to address the systematic racism and discrimination on UBC campuses through an integrative anti-racism framework."

A UBC Broadcast email called for nominations. Students, staff members, and faculty were all encouraged to nominate themselves to work on this ambitious yet necessary project. And so, each committee came up with their own recommendations (54 in total) that would then be given to the UBC administration so they could implement them. The ARIE TF final report was completed in January 2022.

According to the people who were involved, those in power at UBC were enthusiastic about the report's recommendations, and were committed to using them to make UBC "more closely an institution characterized by equity and inclusive excellence." When asked about the response President Santa Ono had to the recommendations, Dr. Wright responded, "The Task Force report and its recommendations were very well received by the President

ally have leadership on these plans that come from a strong anti-racist and anti-oppressive lens. And, it may be that historically, there hasn't been a perception that there has been a strong anti-racist lens. But with my new role, and the experience that I bring, and my deep commitment to anti-racism, I am renewing our office so that we're really positioned to be able to drive the recommendations that are coming out of the anti-racism report – in addition to all the other reports – and the Chairs are happy for that. So, the executive sponsors have delegated me and the Equity and Inclusion Office to actually move those recommendations forward. So, the way that the one recommendation was articulated may look different moving forward."

Dr. Al Shaibah continued:

"But having looked at most other recommendations, there aren't any others that I don't think can't be actioned in some form...Some of them are really detailed. There could be a need for consultation with particular people. For example, there's a comment on a particular program out of the Allard School of Law, another one that's specific to medicine. So, of course, we're going to have to consult with leaders in those areas, but the spirit of the recommendations are excellent, and they're lined with best practices."

However, some people are skeptical about whether the university will carry out the recommendations or not. Here is what Dr. Solomon had to say about it:

"The impression is that, you know, a lot of people at the university, particularly equity owed groups, don't trust in the university systems or their willingness to make the changes that are necessary. There is a long history of equity owed groups hearing all sorts of positive rhetoric with no follow through and action. Our impression is that people are very worried that the same is going to be true for the ARIE TF, and so they view the report with, I think, a little bit of hope and a lot of skepticism."

Last year's SUO president and member of the Task Force on the Indigenous Committee, Tashia Kootenayoo, gave us her opinion about the time constraints present during the creation of the Task Force:

"I think a barrier to its implementation was also the timeline in itself. I believe an institution in Ontario did a similar report [but] over a two year span of time. So two years, in my opinion, allows for a significant amount, or should allow for a significant amount of community engagement in the process. These came out of some listening sessions."

Dr. Gabrielle Legault, an Indigenous Studies professor and faculty member of the Indigenous Committee, spoke about the listening sessions that happened within the Task Force's timeline and the extensive community engagement that informed the recommendations of the Indigenous committee:

ARTICLE CONTINUED ON PAGE 6

"There were twenty two Listening and Witnessing sessions that Santa Ono did with equity-denied peoples across the two campuses, which included Indigenous staff, faculty, and students."

She says community engagement was an intensive process and foundational to their work. Dr. Legault goes on to explain the work involved in her participation and that a longer timeline would have been too draining:

"It was the most emotional labour I've ever done at this institution. Everybody who is a part of the Task Force recognizes the emotional labour because we talked about things that we had experienced, our experiences with the institution... and you can't just compartmentalize them."

The Task Force was a massive undertaking for all involved. Tashia notes:

"Some of us really wanted to push to make [the Task Force] what we thought it could be. And what turned out was beautiful."

So what can we expect to happen now?

From our conversation with Dr. Arig al Shaibah and Dr. Jannik Eikanaar, it appears that there is a strong team behind implementing the recommendations of the report. Despite it being a challenging task, the prospects for all recommendations being implemented are

promising. However, until the StEAR Framework is fully developed, it is difficult for anyone to definitively say how effective the implementation process is going to be. Those in the UBC community are encouraged to pay attention to email communications regarding the progress of the StEAR Framework and to provide feedback, if necessary.

Ultimately, everyone we spoke to agreed that the work of the Task Force was incredibly important. Regarding this, Dr. Dana Solomon said:

"Sometimes we don't agree with everything the organization does, but UBC wouldn't have put the time and the money and the effort and the resources into something like this if it wasn't urgently necessary. I don't even want to begin to tell you how many hours and nights and days on top of our workloads this was, for many of us. And that's on top of student workloads and exams and everything else that you guys are doing, because we had amazing students working on the task force – just incredible students. And we don't do that for something that's unnecessary. All of us have better things to do with our time than to do something that's just frivolous. This was urgent. This was necessary."

Despite valid concerns about the Task Force's implementation and its effectiveness, it acts as a foundation for ways UBC can move towards a more inclusive environment.

Many people we talked to highlighted that the work the Task Force did was not the end of the fight towards inclusivity. There were separate task forces – such as the Trans, Two-Spirit, and Gender Diversity Task Force – that worked on issues that were not the focus of the ARIE TF, and there are advocacy groups, such as the Disability Affinity Group, that are working off of the efforts by the ARIE TF.

The members of the Task Force urged those unfamiliar with the report to read it, or at the minimum, read the executive summary, which provides a brief overview of all the recommendations that were presented. Only by understanding the work that was done, and holding the university accountable for implementing the recommendations, can we ensure that the time and energy that was spent does not go to waste. We must support the university's efforts to move towards a more inclusive environment, and remain both encouraging and vigilant.

We would like to give a special thanks on behalf of The Phoenix News to Dr. Handel Kashope Wright, Dr. Dana Solomon, Tashia Kootenayoo, Dr. Gabrielle Legault, Dr. Donna Kurtz, Dr. Arig al Shaibah, and Dr. Jannik Haruo Eikanaar, for taking the time to speak with us at length to support the completion of this article. We also thank everyone on the ARIE TF who we did not have a chance to speak to but still provided us with valuable information.

**Quotes have been edited for clarity and length.*



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Access the document created by the Anti-Racism and Inclusion Excellence Task Force by scanning the QR code to the left.

Read an overview of the StEAR Framework and get updates by scanning the QR code to the right.



Let's Talk About Mental Health

WORDS BY ANJALI DESAI

offered on campus, and normalize seeking help when struggling with mental health. She says,

"You may not always THRIVE and that's okay!"

The underlying message of the November initiative is clearly brought about by the tag THRIVE 5:

1. Moving more: Research has shown that exercising reduces stress as it releases endorphins, which triggers a good feeling in our bodies. You can start with what you like – a basic stretch, a brisk walk, or an elaborate dance session.

2. Sleeping soundly: Prioritize your sleep schedule and the quality of sleep. It's best to shut down your electronic devices before bedtime and unwind.

3. Eating well: Incorporate an extra portion of nutritious foods into your diet, like fruits or vegetables.

4. Giving back: Showing kindness and doing good for the community can give us a sense of purpose and control, which in turn boosts our mood.

5. Saying hi: Being isolated can have a detrimental effect on a student's well-being, especially during stressful exam times. Engag-

ing in conversation with a friend or classmate can help foster a sense of community.

Incorporating these small steps can positively affect your daily mental state. While these serve as a good foundation, there are various other avenues you can take, like spirituality and music, which also promote mental health.

THRIVE month started off with events like "Kick off with coffee!," "Thrive Wellness Wednesdays," "Rest Cafes," and free fitness classes, along with various other in-person and virtual outreach events.

Danny, Manisha, and Nicole – Human Kinetics students at UBCO – volunteered at the Thrive Say Hi! Booth at the UNC (University Centre). In addition to a few icebreaker games, they were accompanied by a fluffy Husky. The activities at the booth promoted the importance of being socially active in the community.

Melissa further mentioned that "students think it is cheesy," and often ask, "what is saying Hi! going to do?" However, these small things can leave a significant impact on an individual's mood and mental state.

Remember to monitor the Thrive calendar throughout this month and engage with the UBCO community. Never be afraid to seek help and get connected with the UBCO Campus Wellness office so you can truly THRIVE.

“This TikTok Says I Have ADHD”

A Look into the Self-Diagnosing of Mental Illnesses

WORDS BY ALEYNA KIRILMIS

Content Warning: This article deals with themes of mental well-being, which includes mentions of various mental illnesses.

If you've ever had the fortune – or misfortune for some – of scrolling through TikTok, you've likely stumbled upon a video or two about a topic that has only recently become a trend: mental health. As digital culture has evolved, the topics that have become commonplace have evolved with it, and it appears that mental health is now a topic Gen-Z loves to talk about.. for better or for worse.

Most people's For-You-Page (FYP) will include a TikTok or two about mental health or well-being. However, if you're one of 1.5 million Canadians who have ADHD¹, for example, you may find it odd when content creators dance to trending songs as they list the symptoms. You may also know, even if you are not one of the 1.5 million people, that ADHD is about more than just walking into doors because you're clumsy. What is portrayed as a “quirky personality trait” is a condition that comes with comorbidities including anxiety, depression, and other diseases which can drastically reduce the quality of life of someone who is affected by it.¹

These kinds of TikToks are, of course, not the only ones about mental health. There are also a plethora of videos that give useful tips to people who are struggling with their mental well-being. It is clear that the emergence of this trend about mental health has led to mixed results.

While some people now find it easier to talk about their struggles with mental well-being, others find that showing symptoms of mental illnesses in a skit can trivialise their severity.

An outcome which is impossible to classify as “good” or “bad” has been the rise in people identifying with the symptoms so casually that it dismisses the severity of the mental illnesses. You've likely heard a friend complain that their attention span has become so short that they must have ADHD, or maybe you've heard someone say they have health anxiety because they don't enjoy visiting the doctors. On the other hand, you may know people who were able to recognise that the things they were struggling with were actually symptoms of a condition they have and were then able to receive help for it.

As with all things on the internet... it's complicated, but that doesn't mean it's not worth spending the time to understand why it's complicated.

As a relatively new phenomenon, the consequences of the rise in posts about mental health haven't received much scientific attention yet. However, the medical field is starting to explore how the popularization of some illnesses has led to an increase in patients identifying with its symptoms. One neurological disorder's increase in popularity, especially, has received international attention from doctors: Tourette Syndrome.

As defined by the National Institute of Neurological Disorders and Stroke, Tourette syndrome “is a neurological disorder characterized by sudden, repetitive, rapid, and unwanted

movements or vocal sounds called tics.”³ Diagnosed before the age of 5 in 95% of the cases, medical experts from Canada, the UK, the USA, and Australia started investigating the sudden rise of referrals for a diagnosis of Tourette's syndrome during the pandemic.²

The experts noted that the tics patients listed were uncommon in most people diagnosed with Tourette Syndrome, such as uncontrolled swearing. So, although they came in with the idea that they had Tourette's, it seemed highly unlikely that this was actually the case. A factor which added to the doctors' doubts was the observation that the tics the patients complained of seemed to overlap with the symptoms that influencers with Tourette syndrome on TikTok had too.

Dr. Olvera, a researcher who worked on the study, currently suggests that the rise in reports of tics may be due to Functional Neurological Disorder rather than Tourette syndrome.² Where Functional Neurological Disorder is due to a miscommunication between the body and the brain in moments of stress, Tourette syndrome is currently theorised to be due to abnormalities in certain parts of the brain.³ It may have been the case that Functional Neurological Disorder was expressed through examples of tics that the patients commonly saw in their social media feeds.

This doesn't mean that the patients with tic symptoms were “making it up” to imitate the influencers they followed on TikTok. Rather, the experts predicted that the stress and anxiety induced by the pandemic manifested themselves through tic-like behaviours.

Though it was concluded that more thorough research was needed to reach a final conclusion, the study provided scientific evidence that the online content people consume could have a concrete effect on one's own experience with their health.

It seems like young people, particularly, are becoming more aware of the mental illnesses that may be making their daily lives more difficult. Is it really so bad that people are seeking out diagnoses for them? It's never a bad idea to be proactive in the healthcare you receive, but using online sources to figure out why things aren't right may not be the best idea.

Though the vast amount of online content has made medical information more accessible, medical experts have raised several concerns about people using the information online to diagnose themselves with mental illnesses. As pointed out in an article in News Medical & Life Sciences, it can be hard to diagnose oneself with a mental illness when many symptoms of mental illnesses overlap with each other.⁴ Though one TikTok may say that trouble sleeping is a sign of depression, which isn't technically wrong, it's also a symptom of an onslaught of other illnesses, including physiological illnesses. When a viewer reaches the conclusion that they have a particular illness they saw explained on a TikTok, and delay seeking medical attention, their well-being could be at risk.

Another risk in taking the content of mental health videos on TikTok to heart is that it can mislead the healthcare you receive if you go into your appointment with a diagnosis already in mind.

Hannah Guy, a licensed clinical social worker, points out in an interview with Very Well Mind that mental health treatments can be influenced by the history the patient gives.⁵ As such, if a patient enters a session with the set idea that they have ADHD, the mental health professional may receive biased information from the patient. If you present only the symptoms that align with the ones you know are listed under ADHD, while leaving out other health concerns you may have, you are once again at risk of misleading both yourself and the professional who relies on you for the full picture of your mental health.

Some people may take an opposite route and believe that they don't have a mental illness because they don't check all the boxes listed on an infographic posted on Instagram, delaying their treatment and potentially harming their mental and physical health further.⁶ Others may seek out a diagnosis that seems “better” than the one they actually have because it's more socially accepted, or because its treatment is “easier” than another.⁸

Needless to say, diagnosing oneself comes with many risks, and potentially more stress, than a conversation with a therapist – as intimidating as it may seem.

However, this doesn't mean that the internet has no merit when it comes to aiding one's mental health journey. I said it was complicated, remember? There are certain aspects in which the internet can be a great tool in improving one's well-being.

It's important to acknowledge the huge steps that are being taken to open up conversations about mental wellness on social media.

Most people are no longer ashamed of admitting that they're dealing with depression, that they're receiving medications to deal with the symptoms of their illness, or that they've started talking to a therapist. In fact, if your friendship circle is anything like mine, they'll even celebrate the fact that you took the steps to better your mental well-being!

Medical experts themselves become more at ease when acknowledging the positive impact that an online community of people who experience the same symptoms as you has on your own well-being. Knowing that you are not alone – that you are not “weird” to feel the way you do – can be extremely validating, and if the internet is good at one thing, it's validation.⁵

In the same interview, Hannah Guy acknowledges the benefits that come with maintaining a “mindset of curiosity” when taking part in social media.⁵

It's never a bad idea to seek out knowledge. But it's just important to be able to contextualise the information you receive.

In the same way that psychology students often find – in their textbooks – symptoms of the mental illnesses they learn about in themselves, you may do the same when you read a WebMD article about Bipolar Disorder. Students who complete their studies in Psychology will, however, go on to learn much more about the intricacies of diagnosing patients, whereas the average person likely will not. It's important

to recognise the limits the average person will have when it comes to deciding if their mental health is “normal” or if it requires some support from a professional.

A vital issue often faced with acquiring health information online is also the accuracy of that information.⁵ Currently, there are very few measures in place to prevent people from posing as health experts.

Content creators often purport a credible image for themselves by using visual imagery, such as wearing a lab coat, and other tools to make their viewers think they are doctors despite having no licenses.

It's important to be able to distinguish inaccurate information, often given by holistic health influencers, from an expert's.

It's also important to acknowledge the issue of accessibility when it comes to mental healthcare in many parts of the world, including Canada. For example, a formal ADHD diagnosis can cost thousands of dollars without insurance, and it can take over a year if you take the free route. In the meantime, the symptoms may get progressively worse, which means the person will require more support to get back on their feet.

Another obstacle often faced by patients seeking mental health support can be negative experiences with the professionals themselves. For example, people who inquire about an Autism diagnosis in their adult lives frequently report being dismissed by professionals or even receiving criticism for seeking a diagnosis.⁷ The same experience has often been documented by people seeking out other diagnoses.

The internet can be vital during these moments as people who have had the same negative experiences can provide support to those turned away and can give them the motivation they may need to be able to pursue the support of another professional.

For people who do not have the privilege of seeing a medical professional as early as possible when they struggle with their mental health, the internet can at least help them manage their symptoms.

It's hard to find a balance between finding support online and misdiagnosing oneself, which is why it's important to seek out support through a professional when it is possible to do so.

It's not hard to see that the new conversations sparked about mental health through online trends have inspired shifts in our attitudes toward mental well-being. Though it comes with benefits, it's important to acknowledge the dangers that may happen when leaving out professionals on the journey towards well-being.

So, the next time you see a “therapist” dancing and listing what kind of childhood trauma you have according to your choice of words, think critically about if that really does apply to you.

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Varsity Roundup: Seasons End and Begin

WORDS BY CARLOS J. REAL LOPEZ

As a sports fan, there is perhaps not a more riveting month than October with regard to the diverse sports being played. That statement rings true not only in the big leagues but also for our very own UBCO varsity sports. After all, it was toward the beginning of the month when the softball team had their historic run, when the soccer seasons had reached critical moments, and when the seasons of winter sports, volleyball, and basketball were just getting underway.

Particularly in the last week of October, our sports teams had momentous matches ahead of them that were crucial to their seasons; even the cross-country program had quite the achievement that week.

Without further ado, let's get to providing the account of what occurred in the not so distant past.

Mens Soccer:

The last week of October was crucial for our Heat varsity soccer team, who had to win at least two matches out of the three last fixtures to qualify for playoffs. Given the frantic start of the season, it was thanks to the team's comeback, led by their blistering attack and solid back-line play, that they extended a point streak for as long as 4 games.

However, the Heat would face tough opponents in their final week; the playoff teams UBC Thunderbirds and UNBC Timberwolves, and the Victoria Vikes – despite their record – are always a tough opponent. Unfortunately for the Heat, they would lose all three games (1-4 vs UNBC, 0-7 vs UBC Vancouver, 1-3 vs UVIC) and be out of the “big dance.”



Photo 1. Credit to goheat.ca, 2022.

Nonetheless, it must be noted that it was quite a run of brilliance for the Heat with a 4-7-4 (W-L-D) record throughout the season, which included a stretch of 4-1-3 from September 25 (W vs Lethbridge) until October 16 (L vs UNBC). This placed them seventh in the Pacific division, which is impressive considering the relative youth of our team compared to the others, and the tough competition in the Pacific division from rivals like UBC, TRU, and UNBC and even other Canada West teams like Mount Royal and Alberta. Also, congratulations to Ronan Woodroffe - the Heat's Goalkeeper – who made the Canada West All-Rookie team. The award speaks volumes for his high save performance throughout the season (.779) and it goes without saying that the Heat will have a great keeper for a while. Even if the Heat did not participate in the playoffs this year, there is no doubt that something special is brewing on Nonis Field; high expectations will follow the continuously improving team next season, which they will no doubt strive to meet.

Comic by oceanic_otter on Instagram, 2022.



Women's Soccer

Just like their men counterparts, the women's varsity team playoff hopes & dreams would be decided in the last week of the season. After all, they were 3 points away from the final playoff spot because of their victory against Thompson Rivers University (2-1) on October 8th. For those unfamiliar with the fixture system in soccer, a win grants you 3 points, a tie 1, a loss 0.

Therefore, the Heat would have theoretically been required to win at least 1 of their final two games and not lose any. Or, if they lost, hope for other team results to go their way. It would not be an easy task, for those coveted playoff spots are fought tooth and nail, and the Heat's rivals were not easy pickings.

First, the Heat would face the Calgary Dinos on the 14th – a team that just needed a win themselves to clinch their spot – and then a tough opponent in UNBC on the 17th, who were also after that last playoff spot. Furthermore, both would be away games, which essentially means that at least half the crowd would be praying for the Heat's flame to extinguish. In their first match, the Heat unfortunately lost 0-4 against Calgary. It was a valiant effort by the Heat's defense and the keeper, Molly Race, who saved 9 shots throughout the match. Nonetheless, sometimes teams have bad days while their opponents wake up walking on sunshine; it happens to the best in sports, and on the 14th, the Heat were unfortunately outmatched.



Photo 2. Credit to goheat.ca, 2022

In their last game of the regular season though, the Heat shined with a splendor akin to a hot summer day. Led by Abigail Taneida's two assists and one goal, the Heat defeated the UNBC Timberwolves 4-2. While the score makes it seem like a lopsided affair, it was anything but: the game was tied 2-2 from the 56th to the 72nd minute of the second half (16 minutes). Contested as the game was, the Heat ultimately persevered with a late rally that still gave them hope to qualify for the playoffs if other results went their way, while also eliminating the Timberwolves from the “big dance.”

Ultimately, the other results did not favor Kelowna's best women's varsity soccer team; playoffs were out of reach. Nonetheless, winning the last match is an appropriate end to the season. Strangely enough, their record almost mirrored the men's team: women's varsity ended with a 4-7-3 and men's varsity with 4-7-4. Overall then, it was a season of great progress for the Heat. The momentum gained from the last win of the season will definitely be a great memory for the graduating seniors, which ended their career on a high note, while also serving as motivation for those continuing on the team. Like the men's team, women's varsity will have high expectations next sea-

son given their continuous improvement year in and year out. While there will be no more Heat goals or saves until next summer, the flames will continue to burn not only in those that competed but also in those, like myself, who bore witness to a team who fought tooth and nail to the bitter end. Congratulations to the players and staff!

Women's Volleyball

As the summer-fall sports end, the natural progression of time dictates that winter sports follow. With great glee to servers and spikers around Canada, varsity volleyball is starting; and with it, a promising season for both of our volleyball teams.

The first volleyball season to start was the women's, one which they would play away from home at the University of Regina. There, they would face the Regina Cougars, who were on the prowl for a victorious opener. However, they could not take the Heat: our very own varsity team won 3 sets to none (3-0) on both the 21st and 22nd of October, respectively. It was indeed a good start to the season, but one which would get complicated in their home opener.

Though complicated might not be the correct operational term...perhaps interesting or exciting. For the Heat faced the former bronze medal team of the Canada West conference, the Mount Royal Cougars. It is indeed quite a coincidence that both the home and away season openers for the Heat were against teams named Cougars. Coincidences aside, a tough task awaited the Heat on the Halloween weekend.

As The Furnace filled and the food truck burgers were getting grilled, the crowd started to get loud and ready for the long night, probably waiting for the Heat to get a match point spike. The Heat would win the first set of the weekend, but unfortunately, that would be the only set they would win. Even if they lost both games against MRU (1-3, 0-3), they still put up a valiant effort.



Photo 3. Credit to Conan Shing Photography, 2022

While I cannot predict the future like a fortune teller at an amusement park, I do know for sure that The Furnace will be a very loud place in the next couple of weekends, and that the volleyball team will hustle for every point. Win or lose, hopefully win, the Heat has our support: do your part by cheering them on so they can carry the momentum throughout their campaign.

Men's Volleyball

For their part, the men's varsity volleyball team also started their regular season campaign on the last weekend of October.

Akin to the women's team, the weekend games would be played at home, The Furnace, and against the same opponent both days. It was there where they would face the Mount Royal Cougars, a team that was undefeated heading into the fateful Halloween weekend in Kelowna. The first fixture would start on Friday evening (October 28), and it promised to be quite the battle between Cougars and Flames.

Friday's contest was a display of dominance, though unfortunately, it was the Cougars who came out victorious. The match started out blow-for-blow, point-for-point in the first set, until the Cougars started rallying to subsequently take the set. The other sets were similar. The Cougars went on early sprees while the Heat caught up only to then be unable to keep up with Mount Royal's game. Saturday's game was similar in nature, though the Heat were able to win their first set of the burgeoning season in the third set of the game; they still lost in 4 sets.



Photo 4. Credit to Conan Shing Photography, 2022

However, the Heat ought not to panic just yet. Evidently, the season is just starting, and they already faced one of the toughest competitors in the conference. It is just a matter of time until the Heat turn their fortunes around, given the resolve they showed against the Cougars.

Golf

It is also imperative to congratulate Justin Towill for his impressive dominant campaign throughout October. The golfer captured two prestigious individual titles during the month: the Canada West Championship and the UBC West Coast Collegiate. During said run, he even accrued the prestigious player of the week title granted by the Canada West Conference.



Photo 5. Credit to UBCO Golf Instagram page, 2022

The golf team as a whole had excellent finishes: 4th in the Canada West Championship and 2nd in the UBC West Coast Collegiate. For their part, the Women's team also finished second during the UBC West Coast Collegiate, led by Emily Cornwall, proving that both golfing squads are a force to be reckoned with. This marks a fall season ending up to par. Both teams did great throughout the fall and will return to the fairways come spring.

Closing

Over the next months, there will be plenty of competition for our Heat teams. Make sure to read The Phoenix (both print and online) and also browse the UBCO Heat Instagram and website to stay updated on all things university sports.

Special Thanks to
Conan Shing Photography
Goheat.ca
UBCO Golf Instagram page

