

Dal dumps X

They called it an upset in the media, but the Dalhousie Men's Basketball Tigers saw it as a coming of age as they travelled to Antigonish over the weekend and handed the Saint Francis Xavier X-Men an 86-80 loss.

Sophomore forward **Willem Verbeek**, a 6'4" Timmins, Ontario, native, led all scorers



with 29 points, while Andrew Merritt contributed 15 points and eight rebounds.

Dalhousie overcame a 52-42 halftime deficit to grab the win. The win put Dalhousie at 3-3, good for fourth place, while the X-Men dropped to 4-3.

The Tigers will host their crosstown rivals, the Saint Mary's Huskies, on Tuesday, January 26 at 8 p.m. at the Dalplex. A 52-63 loss to the SMU men at the Tower on January 12 should make the Tigers even hungrier for a win.

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NINTH ANNUAL DALHOUSIE Volleyball Classic

Jan. 22-24, 1988 □ Dalplex



Women's Division

1. Dalhousie University Tigers
2. University of New Brunswick
3. Carleton University
4. Universite de Moncton
5. Mount Allison University

Men's Division

6. Dalhousie University Tigers
7. Universite de Sherbrooke
8. Universite de Moncton
9. George Mason University
10. University of Toronto
11. University of New Brunswick
12. Memorial University
13. University of Waterloo

Schedule

January 22

- 2:30 p.m. 2-5, 6-7, 8-9
4:30 p.m. 1-4, 10-11, 12-13
7:00 p.m. 2-3, 4-5, 6-9, 7-8
9:00 p.m. 1-3, 10-12, 11, 13

January 23

- 9:00 a.m. 3-4
11:00 a.m. 1-2, 6-8, 7-9
1:00 p.m. 3-5, 10-13, 11-12
3:00 p.m. 1-5, 2-4, Consolation semi-finals (Men)
5:30 p.m. Consolation semi-finals (Women), Semi-finals (Men)

January 24

- 9:00 a.m. Bronze Medal Matches
11:30 a.m. Men's Final
1:00 p.m. Women's Final

Undefeated Dal women host classic

The Dalhousie women's volleyball Tigers kept their season-long winning streak intact with a pair of victories over the University of Prince Edward Island Panthers last weekend at the Studley Gymnasium.

On Saturday, the Tigers topped the Panthers 3-0 (15-5, 15-1, 15-8). Player of the Match Andrea Borysiuk led the Dal squad with 12 kills and three aces, while Colleen Doyle contributed 11 kills and five blocks.

On Sunday, it was again 3-0 for the Tigers as they defeated the Panthers with scores of 15-4, 15-4, 15-6.

Borysiuk and Doyle were once more the standouts, with Borysiuk recording eight kills and Doyle tallying seven kills, six aces and five blocks.

After a trip to Acadia on Wednesday, January 20, the Tiger women return home to host the Annual Dalhousie Volleyball Classic January 22-24 at the Dalplex. Five women's and eight men's teams will be featured in the tourney, which is considered to be among the best in the nation.



PHOTO: SEAN FORBES

Yuk-Yuks comedian and Dal student Mark Farrell entertained between periods at Sunday's hockey game between the Nova Scotia Oilers and the Fredericton Express.

So, who wants to work?

by Heather Reynolds

Finding it next to impossible to get back into the swing of things? Or maybe you find it just plain depressing to be back at classes, fighting line-ups at the registrar's office? Well, you are most certainly not alone!

Many of us have spent our holidays socializing into the wee hours of the morning, sleeping 'til noon, not even dressing until dinner. The effect of all this R&R is a change in our body clocks. Our bodies have adjusted to a new pattern of waking and sleeping over the vacation, resulting in a feeling of jet-lag when we are now trying to get back to work.

Why does this happen? When the body sleeps, there is a slight temperature drop, which slowly rises again just before our usual wake-up time. So, when sleeping habits change for any length of time, changes occur in the times these temperature changes occur, resulting in changes in the state of wakefulness.

What is the least painful way to make the adjustment to our new schedule? One really eye-opener is to start your day with a quick dash from the bed to the coffee pot. Not only does this satisfy the craving for a java fix, it also results in getting the blood circulating throughout the body much more quickly. You might want to refrain from gulping down 4 or 5 cups of coffee; 1 or 2 cups should result in the desired perk-you-up.

Still feeling a little foggy as you prepare for class? Put on your warmest, comfiest clothes, with big woolly socks and comfortable, dry shoes, and walk to work. This does not mean shuffling to the nearest bus shelter; it means briskly making your way to school. Stretching before you go will add to the energizing effect of this exercise. (You're on your own in class.)

Lunchtime, eating more does not necessarily mean having more energy. A light lunch consisting of high-fibre and -protein foods will be more energizing

than a carbohydrate-packed chocolate bar. Similarly, the less alcohol you drink, the better your chances of staying awake. It is also interesting to note that the brighter the atmosphere around you, the less likely you are to become drowsy. Not only is the lighting in the room important; the company is, too.

But what about all that homework? All you want is to have a short siesta (not a bad idea) and then later meet all your friends downtown. Unfortunately, you've already received readings and assignments for this week. The simplest solution is to compromise and do a little of everything. First prioritize your homework, nap a little, and then do the most important homework first. This does not mean do all of it, but set a short, manageable goal and make a deal that if you accomplish your goal, you may go out and socialize. With less to worry about, you lighten your mood and get more done. The satisfaction of success usually breeds motivation!