

Sports editorial: F--cking racists

by Bruce Denis

Five years ago, I played hockey for Westmount High School, an inner-city Montreal public school. Because it sat on the border between a predominantly rich, white district and a poor, black district, the school was culturally diverse. However, we had all been together for a few years, so there was little inter-racial tension. Our team was made up of about 50% white students, 40% black students and 10% Asian students.

The black players were consistently the best on the team. However, towards the end of the season, three of them stopped showing up for games. With the playoffs approaching, I asked one of them why he had quit the team. He replied "I've had enough of being called a fucking nigger."

The Justin Johnson incident which occurred at a Bantam 'A' playoff game in Oxford, N.S. reminded me of this. Justin, a Micmac Indian, was playing with the Truro Bearcats when he was verbally abused by both fans and players of the Amherst Irving Oilers. The 14-year-old boy was called "dirty fucking Indian" and "wagon burner" among other things.

This kind of mindless racism is disgusting. Such a pathetic display of misdirected emotion is intolerable, particularly when it is aimed at an unsuspecting teenager. The racial degradation that took place at the Oxford Arena two weeks ago happens across the country on a fairly regular basis, only this time it seemed impossible to turn a blind eye to the situation.

Believe it or not, after the game referee Colin Martin was quoted in the Truro Bureau newspaper as saying "I don't know how you could classify (those terms) as racist. ...Who is going to say it's racist? It's a matter of opinion what a racist word is." Is this person for real? Anyone who does not recognize the aforementioned terms as racist is not in sound mind.

Much of the media has speculated about why this incident occurred. I'll tell you exactly why this event occurred; because a bunch of head-strong, redneck, bigots care more about the outcome of a Bantam 'A' hockey game than they do about the life of a 14-year-old boy. With racism like this, is there any wonder why there has been a rash of suicides on the Big Cove reserve here in New Brunswick?

Although it feels good to say "this is an outrage, all those involved should be prosecuted so we can put an end to this!" there will never be an end to racism, not in Oxford, not in the Maritimes and not in Canada. The problem is too global to be mended.

An investigation by the Human Rights Commission will shed some light on the problem and will probably lead to an increase in security at the Oxford Arena. However, it won't solve the problem on a national level or even a provincial level.

Everett Sanipass, a forward with the Halifax Citadels and a Micmac Indian from the Big Cove reserve, has taken Justin underneath his wing. Sanipass convinced him to keep playing hockey despite the incident. This makes me wonder how players such as Sanipass, Eddy Olczyk (both Indians), Grant Fuhr and Tony McKegney (both black) have endured the racist comments thrown at them for the better part of their careers. Sanipass himself, admitted that he has had to deal with the same kind of racist terrorism that Justin Johnson suffered in Oxford.

Racism is not something that should be tolerated. It tarnishes the image of the sport and the city and first and foremost it destroys human beings.

The Social Club Shooters closed the intramural hockey season with a 5-4 record thanks to a 4-2 win over the Hot Blades. They now head into the playoffs which begin after the March Break. The Shooters' offense has been sparked all season by part-time Red Devil Jelly Bean Parsons and former Ottawa Junior 'B' All-Star Ted Poulsen. Former UNBSJ lineman David Whitaker and UNB Pepsi Rep Paul Arsenault have spearheaded a stellar defense while Brad MacGee has provided solid goaltending throughout the season. Best of luck to the Shooters in the playoffs.

AUAA Championships Red Bloomers on CHSR 97.9 FM

Bloomers vs St. Francis Xavier
Saturday, Feb. 27, 3:00 pm

Championship final
Sunday, Feb. 28, 2:00 pm

UNBelievable!

Campus recreation

Co ed sports

Co ed volleyball: Captains and managers check the bulletin board outside the intramural office for dates and times of rescheduled games.

Notice

Noon hour skating at the Aitken Centre is cancelled March 1-5, March 11-12, March 18-19 and April 9.

Referees

Would the following referees drop by the intramural office to pick up their ball cap:
 John Fitzgerald Dean Moriarity Stephan Hachey
 Bruce Noble Jon Kenyon Tony Reccord
 Jason Lewis James Ryan Keith Taite
 Aaron Mason

Canada's new Food Guide

(The following is part 1 of a four part series on topics dealing with nutrition. It is brought to you by Frank Denis, Sheldon Morris, Dave Hurry, and Mike Brennan UNB students currently enrolled in Edvo 3782 Applied Nutrition. Prior to publication all information has been approved by Professor Mary Breau a professional dietitian.)

How often have people said to you "You drink too much milk." or "You should eat white meat and not just red meat." Then you ask them why and they say that the government of Canada says so. And you scoff and keep on eating.

Well believe it or not the government does say so. Last year an updated Food Guide to Healthy Eating was released. The new guide was needed for a number of reasons. Most importantly it is designed to provide consumers with practical and realistic guidance in selecting foods. Canadians have made changes in their eating patterns since the last food guide was released and the new guide takes into account these changes. Another reason is that it is hoped the guide will give consumers more detailed information on establishing healthy eating habits through the daily selection of food.

The guide breaks foods into four groups; Grains, Vegetables/ Fruit, Milk products, and Meat/Alternatives. Each food group then has a recommended number of servings associated with it as the diagram below shows. If you have the

recommended amounts each day you will receive the proper amounts of nutrients that your body requires to function properly. Nutrients are defined as 'components of food that help nourish the body.' They provide energy to the body much like gas provides energy for a car. The nutrients include carbohydrate, fat, protein, vitamins, minerals and water.

When you look at the food guide you might say to yourself "Well I only have on average three servings of grain products a day and the guide tells me I should have anywhere from 5 to 12. I'm not fat and feel healthy, so what's going on?" Well what's going on is that you probably are healthy, but there is a chance that you might not be. There is a difference between feeling healthy and actually being healthy. If you aren't receiving the recommended serving amounts then you should set as your goal to somehow achieve them. It's not that hard to do. As stated throughout, the guide is a set of recommendations. Everyone is different. Think of elite athletes who train up to six hours a day. Their food intake will exceed most of the recommended levels, but they have to if they are going to nourish their bodies properly. Again we'll go back to the car example. The further you drive, the more gas you need.

Which food group does a can of Pepsi, a chocolate bar or a beer fall into? They all fall under the group known quite simply as 'Other Foods'. These are foods that are not part of the four food

groups and are higher in fat or calories. There is no harm done if these foods are used in moderation as long as one meets the recommendations from the 4 groups.

The food guide also makes some directional statements. They are:

-Enjoy a variety of foods from each group every day. For example don't eat only carrots every day as your only vegetable. Give your vegetable diet some variety.

-Choose lower-fat foods more often. i.e. select lean cuts of meat because they contain less fat than regular cuts.

-Choose whole grain and enriched products more often. i.e. whole wheat bread as compared to white bread. Whole wheat bread contains more fibre and nutrients than white bread does.

-Choose dark green and orange vegetables and orange fruit more often. Orange and green pigments in food mean that the food contains adequate amounts of essential vitamins.

One should use the food guide when planning daily meals. If you follow it relatively closely you will be healthier, and feel better.

If you would like a copy of Canada's Food Guide to Healthy Eating as well as additional information you may do so by contacting Publications, Health and Welfare Canada, Ottawa, Ont. K1A 0K9, Tel. (613) 954-5995 or the local public health office at 453-2825.

Grain Products
5-12 SERVINGS PER DAY

1 Serving: 1 Slice, Cold Cereal 30g, Hot Cereal 175 mL / 3/4 cup, 1 Bagel, Pita or Bun

2 Servings: Pasta or Rice 250 mL / 1 cup

Vegetables & Fruit
5-10 SERVINGS PER DAY

1 Serving: 1 Medium Size Vegetable or Fruit, Fresh, Frozen or Canned Vegetables or Fruit 125 mL / 1/2 cup, Salad 250 mL / 1 cup, Juice 125 mL / 1/2 cup

Milk
2-3 SERVINGS PER DAY

1 Serving: 250 mL / 1 cup, Cheese 3"x1"x1" 50g, 2 Slices 50g, Yogurt 175g / 3/4 cup

Meat & Alternatives
2-3 SERVINGS PER DAY

1 Serving: Meat, Poultry or Fish 50-100g, 1/3-2/3 Can 50-100g, Fish 125-250 mL, Beans 100g / 1/3 cup, 1-2 Eggs, Peanut Butter 30 mL / 2 tbsps

Other Foods

Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Some of these foods are higher in fat or calories, so use these foods in moderation.