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 occured 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 occured. I'll tell you exactly why this event occured; 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.

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.

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

Referees

Aaron Mason

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

Canada's new Food Guide

nutrition. It is brought to you by Frank Denis, Sheldon Morris, 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 with it as the diagram below

(The following is part 1 of a four recommended amounts each day groups and are higher in fat or part series on topics dealing with you will receive the proper calories. There is no harm done if amounts of nutrients that your these foods are used in moderation body requires to function properly. as long as one meets the Dave Hurry, and Mike Brennan Nutrients are defined as recommendations from the 4 UNB students currently enrolled 'components of food that help groups. in Edvo 3782 Applied Nutrition. nourish the body.' They provide The food guide also makes Prior to publication all energy to the body much like gas some directional statements. They provides energy for a car. The are: nutrients include carbohydrate, fat, protein, vitamins, minerals and each group every day. For

> Well I only have on average three variety. servings of grain products a day not fat and feel healthy, so what's regular cuts. actually being healthy. If you than white bread does. guide is a set of recommendations. essential vitamins. exceed most of the recommended will be healthier, and feel better. drive, the more gas you need.

Meat/Alternatives. Each food Pepsi, a chocolate bar or a beer K1A OK9, Tel. (613) 954-5995 or group then has a recommended fall into? They all fall under the local public health office at number of servings associated group known quite simply as 453-2825. 'Other Foods'. These are foods

-Enjoy a variety of foods from example don't eat only carrots When you look at the food every day as your only vegetable. guide you might say to yourself Give your vegetable diet some

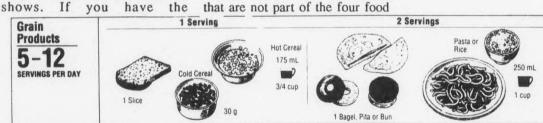
-Choose lower-fat foods more and the guide tells me I should often. i.e. select lean cuts of meat have anywhere from 5 to 12. I'm because they contain less fat than

going on?" Well what's going on -Choose whole grain and is that you probably are healthy, enriched products more often. i.e. but there is a chance that you whole wheat bread as compared to might not be. There is a difference white bread. Whole wheat bread between feeling healthy and contains more fibre and nutrients

aren't receiving the recommended -Choose dark green and orange serving amounts then you should vegetables and orange fruit more set as your goal to somehow often. Orange and green pigments achieve them It's not that hard to in food mean that the food do. As stated throughout, the contains adequate amounts of

Everyone is different. Think of One should use the food guide elite athletes who train up to six when planning daily meals. If you hours a day. Their food intake will follow it relatively closely you

going to nourish their bodies Canada's Food Guide to Healthy properly. Again we'll go back to Eating as well as additional the car example. The further you information you may do so by contacting Publications, Health Which food group does a can of and Welfare Canada, Ottawa, Ont.

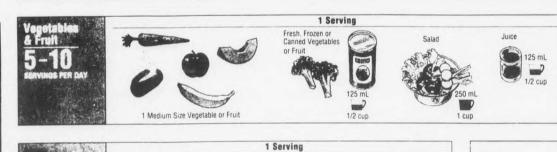


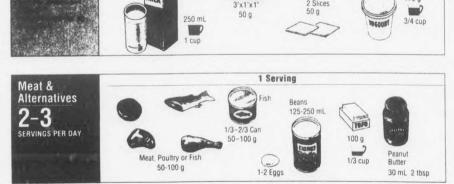
AUAA Championships **Red Bloomers CHSR 97.9 FM**

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

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

UNBelievable!





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.