2 Newcomers join the Reds

Hockey has tough home series

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THE BRUNSWICKAN

The UNB Varsity Reds hockey team will be hosting the St. FX X-men and the Université de Moncton Blue Eagles this week.

UNB currently leads the MacAdam Division with a 11-7-0 record and sits in second place behind Acadia in the

The X-men have a 10-6-1 record and Reds head coach Mike Kelly says "they have a good team and their coach has done a good job with them." St. FX currently sits in the second place in the division 5 points behind the conference leading Acadia Axemen.

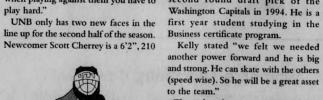
Kelly considers St. FX team the "darkhorse in the Kelly Division". He believes that playing aginst the X-men will be "a good test of our abilities" in the upcoming game.
The Reds will also host the 7-8-2 Blue

Eagles, who hold down third place in the MacAdam Division with 16 points.

The Blue Eagles have a number of newcomers to their hockey program. A number of their players are graduates

of the Tier II program. U de M is considered a "hard working team and Sarnia of the OHL. Cherrey was a when playing against them you have to second round draft pick of the

UNB only has two new faces in the line up for the second half of the season.



The only other new addition to the team this half is no stranger to Varsity Reds fans. Dan Shertenka, a MBA student, took the first semester off in order to get his academics in good order. He will be patroling the blue line. He is back this year to finish off his CIAU eligiblity at UNB and has already played here for four years. During his time here he has attended the AUAA All-Star Game. Shertenka hails from Alberta and played in the WHL.

As for other additions to the team Kelly stated "these are the only newcomers as of right now."

The teams goals for the second half of the season are to "continue to work

Coach Kelly doesn't believe the "team has reached its potential yet." And the only way the team will reach its potential is to practice hard as that is the team's "bread and butter."

The one thing the team is working towards is "consistent play," says Kelly. The Reds will host St. FX on Saturday, January, 18 at 7:30pm at the AUC. UNB will return on Wednesday, January, 22 to go head to head with U de M at 7:30pm at the AUC. This will be the last meeting UNB has with these two

related publication "10 Myths That Really Hurt...what you don't know Sarnia of the OHL. Cherrey was a bout exercise can ruin your workout":

Body Bulletin Fitness

1. THE BEST TIME TO STRETCH IS RIGHT BEFORE A WORKOUT. Actually, right after a workout is the best time to stretch-that's when your muscles are really pliant. However, one does need to warm up beforehand, with five to ten minutes of steady, rhythmic activity to raise the heart rate, then a

2. DOING LOTS OF SIT-UPS WILL BURN FAT FROM AROUND YOUR BELLY. You can't burn fat away selectively. The only way to fight flab is to expend more calories than you take in. But you'll lose fat from the entire body,

3.LIFTING HEAVY WEIGHTS WILL BUILD BULKY MUSCLES. Women don't develop bulky muscles in the same way as men, because most don't have a high enough level of testostrone. On the average, women who lift weights increase muscles girth by only 1/4 inch;

4. WHEN YOU STOP WORKING OUT, MUSCLE TURNS TO FAT. Untrue! Muscle and fat are two different types of tissue. When you stop exercising a muscle, the fibers atrophy; when you consume more calories than you burn (which easily happens when you stop working out), fat cells enlarge. Whether these two processes occur at the same time or not, they always oc-

5. USING HAND WEIGHTS IS A

Fitness myths that could really hurt

BIC WORKOUT MORE CHAL- can be just as benefical. It's the total LENGING. There is no research to suggest that it has any significant effect on

ditioning. And, carrying two, three- or

four-pound dumbells increases the risk

injury to the shoulders and lower back;

6.IFYOU DON'T WORK OUT FOR

AT LEAST 20 MINUTES STRAIGHT,

YOU'RE WASTING YOUR TIME.

Not true! Doing a couple of ten-

amount of time spent exercising that's 7. IN AN AEROBICS CLASS, REALLY FAST MUSIC MEANS A REALLY HARD WORKOUT. Trying to keep up with warp-speed music may actually mean expending less energy. One

doesn't have the time to extend arms

and legs completely, thus making little, hunched movements that don't demand

much of the muscles; 8. TAKING YOUR HEART RATE **DURING AN AEROBIC CLASS** GIVES YOU AN ACCURATE INDI-CATION OF HOW HARD YOU'RE EXERCISING. Arm movement increases blood flow (thus raising your heart rate), but it doesn't necessarily

9. LONG, LOW-INTENSITY WORK-OUTS ARE BETTER THAN SHORTER, HARDER SESSIONS. For overall fat loss, the most important fac-tor is the number of calories burned. So, whether you burn 300 calories during an hour of slow walking or 20 minutes of running, the results will be the

10. SPORTS DRINKS ARE ALWAYS A BETTER CHOICE THAN WATER DURING A WORKOUT. Water is all you need unless you're a competitive athlete. Only if one is exercising at a high intensity for more than 90 minutes will your muscles need the extra energy provided by the carbohydrates

CHSR-FM Hockey Broadcasts Follow the Tommies on 97.9 FM!

Sat. Jan. 18 7pm STU vs. Dal Sun. Jan. 19 2pm STU vs. Acadia Wed. Jan. 29 7:30pm STU vs. UNB Sun. Feb. 2 2pm UPEI vs. STU Sat. Feb. 8 2pm U de M vs. STU Wed. Feb. 12 7:30pm UNB vs. STU

UNB/STU Judo Club

- · Sport, Fitness, Competition
- · Black belt instruction
- Training Mon, Wed & Fri 7 9pm
- Train in UNB South Gym
- Try a couple of classes for free Contact Kevin @ 446-4209 or

Trevor @ 459-4470 for more information

Interested in **Sports Journalism?**

The Brunswickan will be having a Writing Workshop on Thursday, January 23th at 7:30pm Contact the Bruns for more information. SUB Room 35

Phone 453-4983

Don't be a benchwarmer!

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The Brunswickan Sports Dept. is looking for writers and photographers. No experience necessary. We train. Drop by the SUB Room 35 Meetings every Friday 12:30pm

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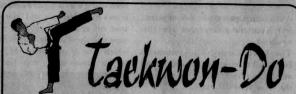
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Think you might be interested in Taekwon-Do? The UNB/STU Taekwon-Do Club is offering Free instruction for the spring 1997 term.

Now is the time to see if Taekwon-Do is for you.

Call Shane (457-2060). or Kevin (459-3442), or visit the Club in action: M/W 7:00 - 8:30 pm in the dance studio, LB Gym

Creating Healthy Lifestyles



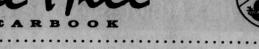
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Health Club

Up The Hill



ATTENTION GRADS

All Grad Photos must be submitted by February 7th 1997

If your grad picture was taken at any of the following studios, it will be submitted for you automatically.

> Gammon-Burke Photography 457-1717 The Little Studio459-2324 Portraits by Stanya 457-2262

If your Grad Photo was taken anywhere else, you must submit it yourself.

Write your name and faculty carefully on the back of the photo, stuff it in an envelope, and drop it off in Room 126 of the SUB by the due date -- February 7th, 1997!

Late photos will not be accepted!

Phone: 453-5197 -- E-mail: m2xp4@unb.ca