

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 conference.

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 against 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 when playing against them you have to play hard."

UNB only has two new faces in the line up for the second half of the season. Newcomer Scott Cherrey is a 6'2", 210



lb. left winger who last played with Sarnia of the OHL. Cherrey was a second round draft pick of the Washington Capitals in 1994. He is a first year student studying in the Business certificate program.

Kelly stated "we felt we needed another power forward and he is big and strong. He can skate with the others (speed wise). So he will be a great asset to the team."

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 patrolling the blue line. He is back this year to finish off his CIAU eligibility at UNB and has already played here for four years. During his time here he has attended the AUSA 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 hard."

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 teams.

Body Bulletin Fitness

Fitness myths that could really hurt

Borrowing from an article in a health related publication "10 Myths That Really Hurt...what you don't know about exercise can ruin your workout":

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 few stretches;

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, not just the belly;

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 testosterone. 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 occur independently;

5. USING HAND WEIGHTS IS A

SAFE WAY TO MAKE YOUR AEROBIC WORKOUT MORE CHALLENGING. There is no research to suggest that it has any significant effect on calorie burning or cardiovascular con-



ditioning. And, carrying two, three- or four-pound dumbbells increases the risk injury to the shoulders and lower back;

6. IF YOU DON'T WORK OUT FOR AT LEAST 20 MINUTES STRAIGHT, YOU'RE WASTING YOUR TIME. Not true! Doing a couple of ten-minute

workouts over the course of the day can be just as beneficial. It's the total amount of time spent exercising that's important;

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 INDICATION OF HOW HARD YOU'RE EXERCISING. Arm movement increases blood flow (thus raising your heart rate), but it doesn't necessarily burn more calories;

9. LONG, LOW-INTENSITY WORKOUTS ARE BETTER THAN SHORTER, HARDER SESSIONS. For overall fat loss, the most important factor 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 same;

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 in sports drinks.

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!
Join Sharkey's team!
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
Phone 453-4983

Inaugural
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January 20, 1997
7pm
Science Building
Rm. 111

- Are you interested in Cross Country Ski Racing or Touring?
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- The UNB Cross Country Ski Club is having its first meeting ever on Monday, January 20. All skill levels (racers and beginners) are welcome.

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Taekwon-Do

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

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Up The Hill '97 YEARBOOK

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
- Harvey Studios 459-1155
- The Little Studio 459-2324
- 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