

Intramural action continues

by Alison Lennon

As November draws to a close, all field sports in both the men's and women's leagues have been completed.

On the field the Law men's and women's teams proved to be unbeatable. The Law men captured the soccer crown by defeating a strong Oceanography team in the final game. Both teams had advanced to the final game with overtime playoff wins.

The Men's 'A' Flag Football title went to the Law team as well. In Residence League playoffs in Soccer, Henderson emerged victorious and in Flag Football, Cameron defeated Smith in the final.

Women's soccer play came to a close on November 17th after a rain-shortened season. The two top place league finishers met in the final game with Law defeating Shirreff hall by a score of 2-0. Congratulations are extended to the Law men and women for

their excellent performance on the field this year.

Volleyball and basketball in the men's, women's, and co-ed leagues began the second week of November. A large number of teams are entered in these sports, which ensures a season of fun and excitement. In the arena, the men's hockey and co-ed broomball seasons are well underway, with a record number of participants. Participants in hockey are reminded that as of January 1, 1988, face masks will be mandatory.

Congratulations are extended to the Intramural Badminton tournament winners, men's champion Francis Walsh of Physiotherapy and co-ed winners Tami Parks and Scott Libidia of SAHPER.

Upcoming entry dates of note are men's racquetball, January 11; co-ed 3-on-3 basketball, January 13; and co-ed innertube

water polo, women's badminton, and men's team handball, January 18. Teams and individuals are encouraged to enter early for these events.

The Intramural Staff would like to extend a wish for a happy and safe holiday season to everyone and good luck on exams. Intramural action will resume in the New Year on January 4.

Mood, food, and stress

by Heather Reynolds

Stress is the password of the '80s. But now you can literally manage your moods with exercise and food. Surprisingly small doses of foods can perk you up or calm you down. Similarly, exercise is also a mood changer and stress manager.

When the body experiences stress, it responds with increased heart rate, higher blood pressure, and rapid breathing, the same response it has to exercising. These changes are the result of the secretion of hormones which increase the adrenaline in the body, sharpen the mind, and deaden sensitivity to pain. The increased blood flow speeds up the body, carrying glucose to areas needing fuel and maintaining a "pushed" feeling. When this response is elicited in '80s, the body does not burn off this extra glucose through activity, as it would in previous years of life-threatening survival.

Some people thrive on this normal response to stress; finishing the paper in the last few hours before it is due will not be as strenuous for the regular exerciser who is comfortable with a racing heart and surging mind. The regular exerciser is also more aware of his or her bodily responses than the non-exerciser. Thus, when the body begins to react to stress, the exerciser will be able to relax the body more readily than the non-exerciser.

Other people may not manage this reaction as well; the increased adrenalin, coupled with stress and emotion, will create an even higher level of stress for this person. Individuals who experience this type of reaction can very easily learn to recognize their body tensing up, and learn to wind down by taking 10 or 15 minutes to relax and

stretch the areas of the body which are tight. A few stretches of the upper body, reaching for the sky, rolling your head around your neck, and pushing your hands as far out in front of you as possible should certainly help.

At this time it should be noted that substantial research has shown that regular exercisers tend to fall asleep more quickly and will sleep more soundly than non-exercisers. The sounder sleep also allows more time for body maintenance, resulting in a sounder body.

However, for students, short night sleeps are common and can result in a problem in getting out of bed in the morning, or even in the afternoon. To combat this, bouncing out of bed and being moderately active for 10 to 15 minutes will help to get you going without tiring you out. Can't jump out of bed? Well, there is another way.

Foods such as carbohydrates and proteins are another means of motivating yourself through the day. For an effective morning perk-up, a bit of protein is the answer. Protein will increase the

amount of adrenalin-producing hormones in the blood, helping you to get going and keep going. As you already know, caffeine is another means through which the body is perked up. You should be aware, however, that it takes surprisingly small amounts of these foods to motivate the limbs.

At the end of the day, the need for something to calm the nerves may be more in order. To maintain motivation yet temper the nerves, the solution is to combine a cup of coffee with a muffin or some other carbohydrate. Sweets and starches will steady those frazzled nerves if taken in small doses, but too much could wind you up by increasing the amount of serotonin, a relaxing hormone, in the bloodstream.

It is evident that for maximum effectiveness, regular exercise will improve mood and stress management. Food is another means of mood management, revving you up or calming you down while maintaining the sharpness of your mind. Great news for pre-exam jitters, but remember, too much of a good thing is no longer a good thing!

Dalhousie athletes of the week

Female Athlete of the Week
November 22-28

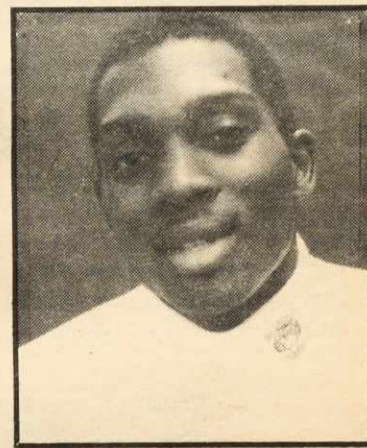


Colleen Doyle — Volleyball

Colleen has performed consistently in every Tiger match this season. Over the weekend, she collected 30 kills, 5 ace serves and 10 stuff blocks to lead her team in two victories over University of New Brunswick. Her defence was superb and she stunned the opposition's attackers time after time with her superior blocking.

Colleen is a third-year Arts student from Margaree Forks, N.S.

Male Athlete of the Week
November 22-28



Andrew Merritt — basketball

In the Tigers' first two league games of the season, Andrew led the team statistics. On Saturday, he recorded 28 points, sinking 12 for 16 from the floor and 4 for 6 from the line, helping his squad to a 91-68 victory over Mount Allison. In Sunday's match against University of New Brunswick, he scored 21 points and pulled down 10 rebounds in the Tigers' 104-82 win.

Andrew is a second-year Recreation student from Toronto, Ont.

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