

# SPORTS

Sports Editor: Bruce Denis, Deadline: Tuesday Noon

## University honours athletes at banquet

The University's top athletes were honoured at the annual Athletic Awards Banquet last night. The following is a list of award winners. Winners of the Moosehead Female Rookie of the Year, Moosehead Male Rookie of the Year, Colin B. MacKay Shield, James Downey Shield and the Garnet Copeland Medal were not announced until the ceremony and will appear in next week's paper with photos.

### Men's Basketball

M.V.P. - Bryan Elliot; Most Improved Player - Mark Fleming; Rookie of the Year - Stanleigh Mitchell; AUAA Rookie of the Year - Stanleigh Mitchell; Letter Winners - Stanleigh Mitchell, Joey O'Brien; Trainer Awards - Trish Kull; Manager Award - Kevin Lamb.

### Women's Basketball

Most Valuable Player - Laura Swift; Most Improved Player - Erin Savage; Rookie of the Year - Ali Crandlemire; AUAA All Stars - Laura Swift, Jackie Fleiger; AUAA MVP - Laura Swift; Letter Winners - Ali Crandlemire, Bridget Gamble, Donna Retson, Erin Savage; Trainer Award - Kari Chase, Beth McCluskey; Manager Award - Susan White, Krista Perry.

### Cross Country

M.V.P. Male Runner - Keith Fahey, Brian Pollman; Most Valuable Runner of the Women's Team - Jennifer Phillips; Most Improved Runner - David Fraser; Rookie of the Year - Sarah Crooker; AUAA All Stars - Bryan Pollman, Keith Fahey; Letter Winners - Jennifer Phillips, Marnie Bray, Bryan Pollman.

### Men's Volleyball

Most Valuable Player - Chris Johnston; Most Improved Player - Stephane Chamberland; Rookie of the Year - Darcy Harris; AUAA Rookie of the Year - Darcy Harris; AUAA All Stars - Mark Coy, Chris Johnston, Jason Scott; Letter Winners - Stephane Chamberland, Darcy Harris, Mike Walsh.

### Women's Volleyball

MVP - Kerry Maher; Most Improved Player - Pam Stewart; Rookie of the Year - Pam Stewart; AUAA MVP - Carla Mason; AUAA All Stars - Chantale Martin, Carla Mason; Letter Winners - Lori Gorman, Sara Oulette.

### Hockey

Mark Jeffrey Memorial Trophy - Clyde Simmons; Most Valuable Player - Todd Sparks, Derek Cormier; Pete Violette Memorial Award (outstanding defenseman) - Kelly Reed; Most Improved Player - Scott Muscutt; Rookie of the Year - Derek Cormier; AUAA Rookie of the Year - Derek Cormier; AUAA All Star - Kelly Reed; Letter Awards - Toby Burkitt, Derek Cormier, Greg Reid, Alastair Still; Manager - Nathan McFadden; Trainer - Jason Shaw, Ron Savoie.

### Field Hockey

MVP - Josette Babineau; Most Improved Player - Jodi Leblanc; AUAA All Stars - Josette Babineau, Wendi Voutour, Kelly MacCormack, Tanya Whalen, Stacey Bean, Krista Thompson; AUAA MVP - Josette Babineau; Letter Winners - Stacey Bean, Krista Harris, Kim Richard; Trainer Award - Angie

Arsenault, Gina McNeill.

### Soccer

Cannon W.J. Clarke Award (top defenseman) - Steve Hickey; Cannon W.J. Clarke Award (top forward) - Gray Zurheide; AUAA All Star - Gray Zurheide; Letter Winners - Adenivi Adekoya, Chad Hallett, Benoit Leblanc, Donovan Walters, Darcy McCourt; Trainer Award - Todd Cormier.

### Swimming

Most Valuable Male Swimmer - Iain Tennent; Most Valuable Female Swimmer - Iona Allen; Most Improved Swimmer - Sue Galgaly; Male Rookie of the Year - Thom Giberson; Female Rookie of the Year - Michelle MacWhirter; AUAA Swimmer of the Year - Iona Allen; AUAA Rookie of the Year - Michelle MacWhirter; AUAA Champions - Stephane Leblanc, Jason Lukeman, Craig Selig, Iain Tennent, Brian Woods, Thom Giberson, Dave Pelkey, Jim McElman; Letter Winners of the Men's Team - Craig Selig, Thom Giberson, Jim McElman, Arend Terra, Robert Brander; AUAA Champions - Heather Palmateer, Paula Crutcher, Erika Cameron, Shelly Wyand, Sue Galgaly, Heather Smith, Michelle MacWhirter, Iona Allen; Letter Winners - Michelle MacWhirter, Erika Cameron, Sue Galgaly, Heather Smith.

### Wrestling

Most Valuable Wrestler - Terry Pomeroy; Most Improved Wrestler - Denis Gagnon; Rookie of the Year - Charlie Ashe; AUAA Winners - Terry Pomeroy, Denis Gagnon, Marcel Saulis,

Paul Crevatin; Letter Winners - Paul Crevatin, Denis Gagnon, Jason Pleasant-Sampson, Adam Simon, Sonny Urquart; Trainer Award - Mike Rushton.

### Distinctions

Monica Gaudet - volleyball; Carla Mason - volleyball; Keith Fahey - cross country; Stephen Hickey - soccer; Bonnie Hale - basketball; Laura Swift - basketball; Marcel Saullis - wrestling; Natasha Connell - field hockey.

### AUAA Coach of the Year

Pauline Lordon - basketball; Al McGarvie - volleyball; Don Ryan - wrestling.

### All-Canadian Awards

Gray Zurheide - soccer; Josette Babineau - field hockey; Wendi Voutour - field hockey; Tanya Whalen - field hockey; Stacey Bean - field hockey; Bryan Pollman - cross country; Carla Mason - volleyball; Laura Swift - basketball; Iona Allen - swimming; Jason Lukeman - swimming.

### CIAU MVP of Field Hockey

Josette Babineau

### Brunswick Academic Achievement Award

Duff Adams - basketball, Jacques Chamberland - swimming.

### Pepsi Cola Scholarship Award

Stephane Leblanc - swimming

## HEALTH

### Tips from the Wellness Coordinator "Why quit? The damage is done."

by Tim Randall

Unfortunately, this is the belief that many smokers have, but it could not be further from the truth. Scare tactics have long been the main tool of smoking cessation programs. Everyone has heard the risks associated with smoking, but rarely do we hear the positives. What will I gain from quitting?

In the next few lines I would like to provide you with some of the benefits of quitting smoking. One of the many immediate benefits that will be experienced is that you will have a healthier family. Quitting smoking removes harmful environmental tobacco smoke that pollutes non-smokers breathing space. Secondly your body will start to heal itself. The level of carbon monoxide and nicotine in your system will decline rapidly. Thirdly, you will have more money. It is surprising the money you will save by not smoking. At a conservative \$4.00 a day you save \$1460 per year. If you continued to save and invested this money at 10% compounded quarterly for 10 years, you would have \$24 871.54

The longer term benefits are even more surprising. After one year of quitting, excess risk of coronary heart disease has been reduced by 50%. After three years, the risk of heart attack is already declining to levels similar to persons who never smoked. In five years, the risks of oral cavity, esophagus and bladder cancers have dropped by 50%. The risk of stroke can return to non-smokers levels and the risk of cervical cancer is substantially reduced. After ten years of cessation, the risk of lung cancer drops between 50-70% and after 15 years of quitting the risk of coronary heart disease and the risk of dying is similar to persons who never smoked.

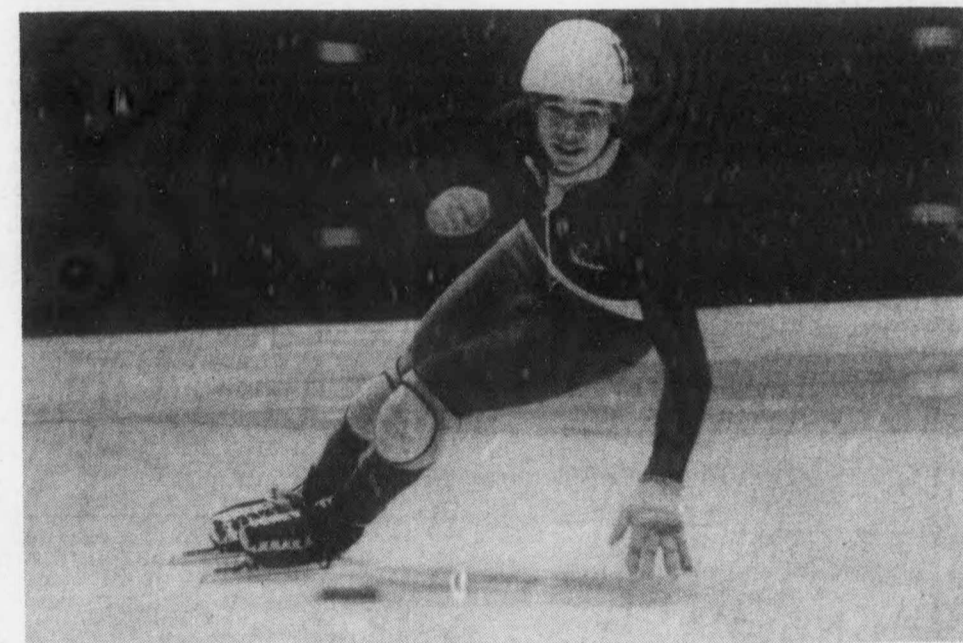
## CAMPUS RECREATION

Congratulations to the Explosive Reptiles for winning the CO-ED Ball Hockey Competitive Tournament. The Explosives beat the Green Giants (Maggie Jean) 13-9 in the final game. On their way to the final game Explosives got a bye in the quarter finals because of their #1 ranking and Beat Camila's 12-5 in the Semi-Finals.

The members of the Explosive Reptiles mainly consist of residents from both the Dunn and Jones. The players' names for the Explosive team consist of the following: Phillip Hall; Jason Whalen; Nancy Morrison; Jenny Armour; Kelly Long; Jason Veinot; Craig Hill; Phil Hall; Robert Apold; Dan MacKinnon; John Rocca; Lori McCarthy; Angela Arsenault and Mike Hamill.

## SPEED SKATING

### Fredericton hosts Short Track Nationals



Fredericton's Patrick Nussey makes the final turn enroute to the 1000 m. Juvenile National final.  
Photo Kevin G. Porter

by Ian Starcky

The Aitken University Centre played host to the National Age Class Short Track Speed Skating Championships last weekend. And despite the presence of every provincial team, the New Brunswick entry showed it will be a force to be reckoned with in the future.

Local favorite Patrick Nussey was the revelation of the championship. The 14-year-old claimed the gold medal in the 777 m, 333 m and the 1000 m events showing excellent versatility at such a tender age.

UNB student Dave Allardice won a silver medal in the senior men's 500 m event. A native of St. John, Allardice trains with the Fredericton Speed Skating Club during the winter.

The New Brunswick team managed a win in the men's 1500 m relay while the women's team notched a win in the 3000 m event.

After all was said and done Sunday night, the New Brunswick provincial team had amassed a total of 13 medals, 9 of them won by Fredericton residents. Quebec finished with the highest point total followed by Ontario and a strong third place finish by New Brunswick.