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Red Sticks return victorious

By C. JOYCE LEONARD

The Red Sticks returned home with two wins under their belt after a weekend excursion to Moncton and PEI.

Despite bad field conditions Donna Philips managed to capture a hat-trick in the first half of the game against the University of Moncton. The final outcome of the game was UNB 4 - U de M 2. Carolyn Gammon scored the fourth goal for the Red Sticks with a handstop shot off a penalty corner. This victory permitted the Red Sticks to host the final playoffs.

In PEI the Red Sticks came out on top with a 3-0 victory. Marleigh

Moran made numerous saves to justify her shut out. UPEI played a tough game holding the Red Sticks back until the second half. Philips,

impressing her hometown fans, began the scoring with a penalty shoke goal. Laurie Lambert and Patty Sheppard both contributed one goal each to complete the scoring.

The Red Sticks next and final league game before play offs will be hosted at UNB against UPEI. It is this Saturday at 2:00 p.m. on Chapman Field (below Aitken

Centre). The playoffs will proceed the following weekend. Game times and teams participating will be posted at the gym and in next week's issue of the Bruns.



Photo by Kavanagh

Basketball Clinic

The York-Sunbury region of the New Brunswick Association of Approved Basketball Officials will hold the first of five officials' clinics, scheduled for the region in 1978, on Tuesday, October 24. The introductory clinic, which is intended primarily for prospective officials and rated officials with two years or less of experience, will be held from 7 to 9 p.m. in room 209, Lady Beaverbrook Gymnasium, University of New Brunswick.

The growth of basketball in the York-Sunbury region in the past few years has created a tremendous demand for qualified officials and the opportunities for growth and advancement as an official are limited only by an individual's desire and ability to improve himself. In addition, basketball officiating offers an excellent opportunity to stay or get in shape.

In order to become qualified as a basketball official, a new

candidate must pass both a written (theoretical) and practical (floor test) examination. Further written and practical tests must be passed in order to acquire higher ratings and qualify for provincial, national and international officiating assignments.

The need to service an increasing number of basketball teams playing in this area of the province provides successful new officials with an excellent opportunity to gain on-court experience immediately and, in particular, we would like to encourage university students to take up the rewarding avocation of basketball officiating. Rated officials from the York-Sunbury zone are able to transfer to other parts of the province or other provinces in Canada and retain their status through their membership in the NBAABO and the Canadian Association of Basketball Officials.

Details of subsequent clinics will be publicized prior to the scheduled dates of the clinics.

Aitken Center PUBLIC SKATE

Sunday, October 22	7:00 p.m. - 8:30 p.m.
Monday, October 24	7:30 p.m. - 8:30 p.m.
Saturday, October 28	2:30 p.m. - 3:30 p.m.
Sunday, October 29	7:30 p.m. - 8:30 p.m.
Tuesday, October 31	7:10 p.m. - 8:10 p.m.
Saturday, November 4	2:30 p.m. - 3:30 p.m.
Sunday, November 5	2:30 p.m. - 3:30 p.m.
Sunday, November 12	2:00 p.m. - 3:00 p.m.
Saturday, November 18	2:30 p.m. - 3:30 p.m.
Sunday, November 19	6:00 - 7:00 p.m.
Thursday, November 23	8:00 p.m. - 9:00 p.m.
Sunday, November 26	1:30 p.m. - 2:30 p.m.
Tuesday, November 28	7:10 p.m. - 8:10 p.m.

Admission - ALL SKATERS \$1.00

SKATE SHARPENING

Weekdays 3:00 p.m. - 5:00 p.m. All other skate events \$1.00 per pair.

Walking for exercise

Dr. Per-Olof Astrand, an eminent Swedish Exercise Physiologist, recently wrote, "The human body is built for action, not for rest". This was an historic necessity. The struggle for survival demanded good physical conditioning.

However, during the past century, people in highly industrialized countries have radically reshaped the environment in which they live. In our modern society, technical advances in the form of machines, of all kinds, have assumed an ever increasing share of the work elements which were formerly performed by muscular power alone. Thus our environment has come to be dominated by ever increasing amounts of time towards sitting, driving, and lying.

In the majority of cases these changes were for the better. But they have also created major problems. One significant problem, is that the individual originally designed for hard physical work must adapt to a world dominated by technical innovations. Thus, the natural and vital stimulation that our tissues and internal organs receive through physical work has largely disappeared.

Modern man must appreciate that regular physical activity is necessary if he is to function properly. Part of the ample spare time which we all enjoy, as compared to previous generations must be utilized for active recreation.

We Canadians are unfit. A recent Saskatoon study to determine the fitness of the average Canadian showed that we are not only below Scandinavian norms but even below norms set by the American Heart Association. Forty percent of men and 47 percent of women had fitness builds which could be classified as fair to low.

Also pointed out in this study, was that, unbelievable as it may seem, women are less fit than men, with teenage and 20-29 year-old women rated the lowest. Not only adults suffer effects of indolence; more Canadian children are also unfit. To quote a noted Canadian researcher in Physical Education, Dr. D. A. Bailey, "For the ordinary Canadian child physical fitness ... seems to be a decreasing function of age from the time we put him behind a desk in our schools."

Unfortunately in our society, we need only minimal amounts of physical activity to get us through the average working day. Even if we want to exercise, the temptations of inactivity are too great.

Yet, in the midst of this heartening trend is an exercise form so simple and basic to life that its importance has been all but forgotten.

Walking—plain, simple walking—is a good exercise. If for some reason you do not want to jog, or run, or swim, or ski, you can still achieve the same level of fitness by walking for exercise. Looking at its basis, "Walking is so simple, a child can do it." Yet as soon as he learns, he spends much of his time contriving ways to do less and less.

It is impossible to walk without increasing your total fitness because walking is work; it is simple work, economical, and it is stimulating, refreshing, rhythmic, and easy to do. The distance you go is far more important than the speed at which you travel. The beauty of walking is that you can do it any time, almost anywhere. "If you are looking for fitness you will be happy to know that you can walk there."

Assisting you to choose what is best for you is one of the many services offered by the Fitness

Class, promoted by the Faculty of Physical Education and Recreation, located in the Intramural and Recreation office, Lady Beaverbrook Gymnasium. Barry Roberts and student assistants have organized a diverse program providing opportunities for all those interested in fitness to achieve and improve his or her own fitness level. This program is one step in the direction of motivating young and old to become concerned about their lifestyles and to stimulate them to do something about it. We hope that, after taking part in these fitness classes, you will understand how exercise can improve your fitness, and that maintenance of an adequate fitness level is essential for positive health throughout life.

The program is offered to all members of the faculty and administrative staff, alumni and students and any other interested individuals at UNB. Sessions are offered for both men and women and will be conducted on Monday, Wednesday and Friday, from 12:30 noon to 1:30 p.m. commencing Sept. 29. Participants are eligible to enter the program at any time to receive progressive instruction.

Off Campus Hockey League

An organizational meeting will be held Monday, October 23 at 7:15 p.m. in Room 207 of the Lady Beaverbrook Gym.

All teams wishing to participate in Off-Campus Hockey must submit team lists plus an accompanying deposit of \$15.00 at this meeting.

No entries will be accepted AFTER THIS MEETING, so be there with team lists and deposits.