

Intramurals

BADMINTON INTRAMURALS

If you were one of the unfortunate individuals who missed participating in last week's Intramural Badminton Tournament, you have just one more chance to join in the fun and get some great exercise in the process. On February 12th, the final Badminton Tournament of the year will be held at the L.B. Gym and everyone is welcome to attend.

Last week, Donnie McKinnon walked away with both the Singles and Doubles Title, defeating Mike Washburn in the Singles (21-19) and teaming with Tony Wheeler to capture the Doubles from Jim Lam and Joann Benwell (21-11). Paul Robertson was the consolation Singles winner while Phil Klevorick and his partner Michel Monnon joined forced to win the Doubles consolation.

The final badminton tournament for the year will be the *Winter Mixed Doubles Tournament* on Tuesday, February 12. Registration forms are available in the Recreation Office, Room 121, L.B. Gym between 10:00 a.m. and 2:00 p.m.. Post entries will be accepted on Tuesday evening.

All players should report to the West Gym by 8:15 p.m.

See you all again (and your friends) on February 12th at the L.B. Gym for a SMASHING GOOD TIME!

CO-ED BASKETBALL

Attention all Hoopsters. The Winter Co-Ed Basketball Tournament will be held on Saturday and Sunday, February 16 and 17 in the L.B. Gym. Get a group of your friends together and join the crowd for a fun-filled tournament. Registration Forms are available from the Recreation Office. Only the first 12 entries will be accepted so Register Now!

AQUATICS PROGRAM

To accommodate the A.U.A.A. Swimming Championships, Thursday, Friday and Saturday, February 14, 15 and 16, it will be necessary to make the following changes to the S.M.A. Pool Schedule.

THURSDAY, FEB. - x

Present Schedule
11:45 a.m.-1:15 p.m.
Casual Swim
4:30-5:30 p.m.
Casual Swim
7:30-10:00 p.m.
Adult Instruction

Changed to
12:15-1:15 p.m.
Casual Swim
4:30-5:00 p.m.
Casual Swim
8:00-10:00 p.m.
Adult Instruction

FRIDAY, FEB. 15

Present Schedule
9:00-11:00 a.m.
Public Schools
11:45 a.m.-1:15 p.m.
Casual Swim
4:30-5:30 p.m.
Casual Swim
7:30-9:00
Casual, Family, Public

Changed to
Cancelled

12:15-1:15 p.m.
Casual Swim
4:30-5:00 p.m.
Casual Swim
8:45-9:45 p.m.
Casual, Family, Public

SATURDAY, FEB. 16

Present Schedule
7:30 - 9:00 p.m.
Casual, Family, Public

Changed to
L.B. POOL

Athletes of the week

Robbie Forbes of the Red Devils and Suzanne Gauthier of the UNB Reds Volleyball team have been chosen at the Athletes of the Week. Robbie is a 20-year-old rookie hailing from Halifax, Nova Scotia. Suzanne comes from Calgary, Alberta and is a third year physics-ed student.

Robbie Forbes has been an outstanding rookie performer with the Red Devils this year.

In the game against St. Thomas he scored three goals and added three assists. This gives him 50 points so far this season.

Suzanne Gauthier provided offensive power for the volleyball Reds with 22 kills in the last two matches. She also set very well in both matches. Coach Sonny Phillips was quite pleased with her performance.

THE HEMLOCK CLUB

U.N.B.'s PHILOSOPHY SOCIETY

presents

A PANEL DISCUSSION ON THE SUBWAY VIGILANTE HERO OR OUTLAW?

TUESDAY, FEBRUARY 12, 7:30 P.M.

TILLEY HALL 5

PANELISTS:

CHARLES ACKERMAN, Anthropology Department

JACK IWANICKI, Philosophy Department

KEVIN MacDONALD, Law Student

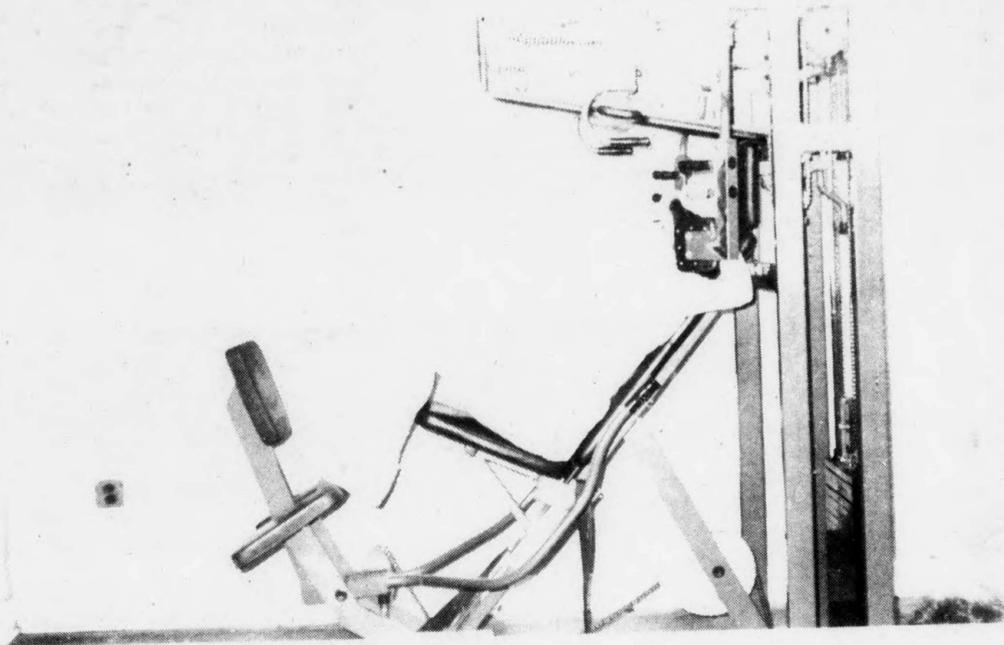
BRENT McKEOWN, Sociology Department

MODERATOR:

JEFFREY BAGGALEY, President of the Club

Refreshments will be served, including the ritual drinking of hemlock, following the discussion.

MEMBERS OF THE PUBLIC WELCOME



Why not try the weight room.

Photo by Stephen Young

Fitness for life

By STEPHEN YOUNG

This week's article is about the simplest of all activities and one which can be done by anyone of any age anywhere, anytime. The activity, if you haven't guessed it, walking.

Many people have walked their way into history. Alexander the Great's army walked to India and back with only sandals on. Al Jolson walked a million miles for one of his mammys smiles while Johnny Cash used to walk the line on a regular basis. They were all in good shape from walking, which leads us into walking as a life-time activity.

Children first learn to walk at about 12-16 months and continue until they are about 12. They need to be driven everywhere. Just ask Bill Cosby, he'll tell you. Kids don't tie their shoes up any more because they never walk anywhere.

After the age of 16, kids never walk, they drive. Then they go to University. Once there they have to walk everywhere. The people who design Universities put the buildings as far apart as possible and then you schedule all your classes at opposite ends of the campus. It's either walk or skip (classes that is!).

After university you buy a car and never walk again. Too bad. It's such an easy activity that costs nothing and can ac-

tually (now get this) be a fun exercise. Forget the old saying "no pain, no gain". Walking doesn't hurt if done properly (one foot in front of the other).

Aerobics, jogging, basketball, tennis, squash, volleyball, etc., all have specialized equipment in the way of footwear but not walking. A good comfortable pair of everyday shoes will suffice. No three stripes, reinforced sides, waffled soles with 14 layers of shock absorption.

When you begin walking, go easy. Work up to it. Maybe a 20 or 30 minute stroll is sufficient the first time. If you want to make the time go by then take your spouse or "friend" or both. Take your dog or wear a "walk" man. Enjoy the scenery.

Did you know that walking a mile and jogging a mile burn off the same amount of energy (calories). Walk at 3.0 miles per hour and you burn off approximately 7.0 cal/min. (watching T.V. is about 1.3 2 white, sleeping is 1.2 cal/min.) Walk for an hour with a friend and you've burned off about 400 calories. Do that a few times a week and you're on your way. The calories you burn off are fat calories rather than carbohydrates. You'll soon see the benefits., Walking can aid in rehabilitation of injuries, heart attacks and hangovers. Contact your doctor of us. Try walking, for life.