

ATHLETES OF THE WEEK Week of November 15, 1982



SUSAN DUNCAN -- SWIMMING

Susan did extremely well on the weekend capturing 1st place in 5 events. She won the 50 free style, 800 free style, and 200 back stroke at UNB and the 200 free style and 100 back stroke at Mount Allison. Susan is from Dartmouth and is a freshman in the B.Commerce program. The Swimming Tigers captured two victories with team totals of 64-30 against UNB and 62-33 against Mount Allison.

OTHER NOMINEES: Angela Colley, Women's Basketball and Brenda Turner, Volleyball.

STEVE BANKS -- GYMNASTICS

Steve had a very successful weekend winning 5 of the 6 events in the men's division. He equalled the best ever total of 48 points and led the team to victory over UNB and the N.S. Winter Games Team. Steve is developing better consistency and will be a top contender for the CIAU championships this season. Steve is from Sherwood, PEI and is in the B.A. program.

OTHER NOMINEES: Andrew Cole, Swimming; Jamie Fraser, Volleyball and Neil Megannety, Hockey.

Swimming team comes up big in weekend meets

by John Hancock

Dalhousie's swim team are continuing to look impressive in AUAAs meets.

In the two dual swim meets held in New Brunswick over the weekend, the Tigers vanquished their opponents, first at UNB and later at Mount Allison.

In a short two hours on Friday night, the Dal women overcame the UNB team 64 to 30, winning eleven out of eleven events. The Dal men enjoyed equal success, soundly beating their opponents from UNB 71 to 23.

Saturday afternoon at Mount Allison proved to be a repeat of the previous evening. After initial gains in the first relay event, the Mounties' success was quickly arrested as the Dal women went on to win nine out of the next ten events, taking the meet by a score of 62 to 33. The Mounties men's team met a similar fate at the hands of the Tigers as the Dal men won the meet by 79 to 45.

Susan Duncan of the Tigers set the pace for the team, coming out a triple winner in the 50 freestyle, 800 freestyle, and 200 backstroke against UNB. A winning time of 2:17.4 in the 200 freestyle made Louise Deveau the 5th Dal swimmer to make the CIAU qualifying standard so far this year. For the fourth meet in a row Nancy Garapick of the Tigers was an outstanding performer. Her winning times of 2:19.45 in the 200 individual medley and 4:19.92 in the 400

freestyle were both AUAAs records; the latter beating the old mark set by Sue Mason of the Tigers in 1979 of 4:21.32.

The Dalhousie men's team also shared the limelight. In the taxing 1500 freestyle event, Tiger Andrew Cole managed to seize and maintain a body length over his UNB opponent in the last 500m., winning the race in a time of 17:55.04. After the race he said, "My arms felt tight." But this didn't preclude Cole winning the 200 breaststroke later that evening. The following day at Mount Allison, David Petrie was also a double winner, taking first the 800 freestyle then the 100 backstroke.

Before the competition, coach Nigel Kemp told the team he was strategically "juggling" the events, giving individuals an opportunity to enter races they would not otherwise have had a chance to swim. The results were more favourable; in a sport where consistency over the whole range of events is significant, versatile performers are vital.

After the competition Kemp commented that, "Both the men's and women's teams showed considerable depth." The next week will be spent preparing to ensure that the team is in shape when they travel to Ontario this weekend to compete in dual meets with the University of Toronto (women) and the University of Waterloo (men). Both teams also compete in the respective OUAA invitationals at University of Toronto, and McMaster.

Food 101: For Students Who Cook

MULTILINGUAL DELIGHT: FRENCH TOAST

The French call this English Toast; the English call it French Toast - but French Toast by any other name tastes just as sweet.

Preparation time: 5 minutes
Cooking time: 10 minutes
Serves two

Combine in a large bowl:
2 eggs
1/4 tsp. (1 mL) salt
1/4 tsp. (1 mL) pepper
1/4 cup (60 mL) milk
1/2 tsp. (2 mL) vanilla extract (optional)
Beat vigorously with a fork or whisk.

Dip into mixture:
4 slices bread

Heat in a frying pan over medium heat:
1 tsp. (5 mL) butter or margarine

Place dipped bread in frying pan.

Fry until brown, then turn and fry until other side is brown.



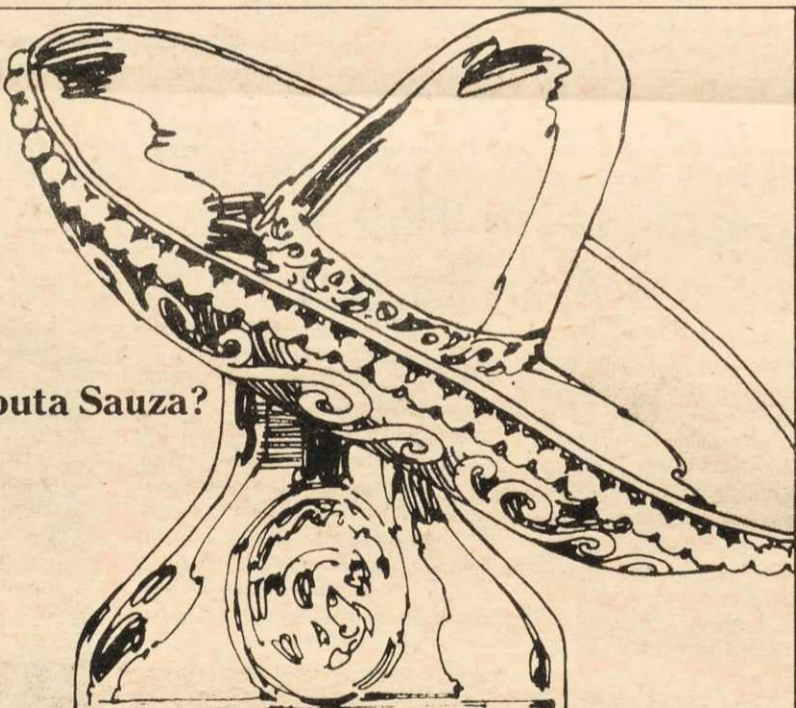
Don't Start Without:
frying pan
large bowl
fork
measuring spoons
measuring cup

Helpful Hints:
• Always cook French Toast on medium to low heat, since the eggs will burn if fried too quickly.
• Don't leave bread sitting in the mixture, since it tends to get soggy and fall apart.

Serving Ideas:
• French Toast can be topped with jam, maple syrup or corn syrup.

Recipe extracted from **FOOD 101: A STUDENT GUIDE TO QUICK AND EASY COOKING** by Cathy Smith, available at your bookstore or from The Canadian Student Book Club, 46 Harbord St, Toronto Ontario M5S 1G2 for only \$7.95

Howza 'bouta Sauza?



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700 ml

TEQUILA SAUZA

AGUARDIENTE DE AGAVE

TEQUILA

HECHO EN MEXICO

THE BOTTLED ROMANCE OF MEXICO

Numero uno in Mexico and in Canada.