

## Devils knock off Acadia

By IAN SUTHERLAND  
Brunswickan Staff

The hockey Red Devils ended their season on an up note last Sunday at the Aitken Centre, knocking off Acadia Axemen 9-3 in Atlantic Universities Hockey Conference action.

The victory brought the Devils' final record to 10-14 on the season. The Devils also dropped a tough 10-9 decision to Dalhousie Tigers last Saturday.

The two games last weekend also propelled rookie Robbie Forbes to the AUHC scoring championship. Forbes garnered two goals and three assists in the loss against Acadia and found the range for four goals and one assist on Sunday against Acadia. The totals for Forbes on the season include 32 goals and 34 assists for 66 points, three better than Moncton's Claude Vilgrain. Linemates Mark Jeffrey and John LeBlanc also figured prominently in the league's scoring derby this season; with Jef-

frey finishing fourth and LeBlanc fifth.

Forbes has now won the scoring race as a rookie in the last five leagues he has played in; midget, high school, P.E.I. Junior and Nova Scotia Junior. And better news for Coach Don MacAdam and the Devils is that the entire line of Forbes, Jeffrey and LeBlanc are back again next year. In fact, the only players the Devils lose to graduation are goaltender Omer Fournier and forward/defenceman Al Lewis.

"The success of our offense has to be the highlight of our season," Coach MacAdam said. "I didn't expect that kind of production from Robbie - if he had scored half that number of points it would have been a great season. And our powerplay improved so much from the year before. It has to be one of the best in the league and it's certainly the best one I've ever had at UNB."

Individually, MacAdam knew what LeBlanc was capable of from his stint at

Mount Allison, but was impressed by his play on the right side for a left shot. "That added a unique dimension to the line. John has good solid hockey skills, I knew he could play at this level, but I didn't expect the stats that he finished with."

The third member of that line is also the heart of the Red Devils. "Mark Jeffrey is the player that makes the whole team go," MacAdam said. "He's the leader for the team."

The obvious weakness for the Red Devils this past season was defensive play, with their goals against soaring from a year ago. MacAdam said that will be the major emphasis of his recruiting for next year.

"I think next year you will see a return to the playoffs for us," MacAdam said. "If we have success in filling in our holes we should have a very strong team. It took us seven years to build up to the AUAA championship last year. It won't take that long this time around."

## Raiders lose two last weekend

By IAN SUTHERLAND  
Brunswickan Staff

Big games by Brent Baker and Kyle Gayle spelled the difference for St. Francis Xavier X-men last Friday and Saturday as they swept a pair of games from the Red Raiders in Atlantic Universities Men's Basketball Conference action in Antigonish.

The X-men took the first game of the set by an 84-69 margin while the second contest saw St. F.X. take a 91-72 decision.

Baker scored 18 points in each of the games for the X-men, while Gayle con-

tributed 17 points to each of the victories.

Monte Gallant added 16 more points for the X-men on Saturday, with Chris Sellitri also hooping 15 in that game.

Andy Hayward was the big man for UNB in Friday's game with 22 points while Dale McIsaac found the range for 19 more.

Saturday's contest saw Tom Gillespie of the Red Raiders the game's top scorer with 23 points while McIsaac had another big game for the Raiders with 20 points.

The Red Raiders conclude their regular season this weekend with a pair of games

in Halifax against Dalhousie Tigers on Saturday and Sunday.

## Athletes of the week

The male athletes for this week are Robbie Forbes and David Seabrook. UNB swimmer Debbie Judah has been named as the female athlete of the week.

Robbie Forbes capped off an outstanding season for the Red Devils last weekend. Against Dalhousie he scored two goals and added three assists. Then the high-flying Forbes scored four goals and one assist against Acadia. In the process, the 21 year old rookie performer won the AUAA scoring championship. The Halifax native had 66 points in 24 games. Coach MacAdam added that, "Robbie is likely the best offensive player in the Red Devils' history."

David Seabrook was

outstanding this weekend against a cast of competitive swimmers at the AUAA championships. In his efforts he finished with the fourth fastest time in the country. This qualifies him for the CIAU national championships. David is a 19 year-old, second-year Political Science student from Fredericton.

Debbie Judah was the most consistent and outstanding female swimmer for UNB. She placed first in the 400 individual relay and the 200 breaststroke. In her efforts she qualified for the CIAU championships. Debbie was also chosen as MVP of the female swimmers in the AUAA. She is a 19 year old, first year Science student from Fredericton.

## Fitness for Life

By STEPHEN YOUNG

"4 more, 3 more, 2 more, and take it to the left...etc." Sound familiar? It's the *20 Minute Workout*, the show that offers you more bounce to the ounce and less giggle to your wiggle. It'll slim you down, firm up the flabby spots and make you fit. Only if you live through it!

Like most aerobics courses, the *20 Minute Workout* is not designed for everyone. They know this, as their warnings point out, but the majority of people don't know this and go blindly into a class only to be disappointed with the lack of results. Aerobics classes burst onto the scene a few years ago claiming to be the answer to all your fitness and weight problems. I think joggers claimed the same thing in the mid 70's as everyone, but everyone, hit the streets. Just as fanatical joggers will expound the virtues of jogging, so will fanatical aerobicists (a new word) give you the run around.

The primary goal of aerobics classes is not to lose weight. Aerobics is "exercise that stimulates and strenghtens the heart and lungs...improving the body's utilization of oxygen." Losing weight is only a very desirable by-product of aerobics. Make sure you have your goals in line before you sign up for a class.

Aerobics classes are not for everyone. Constant movement is the key and is usually in the form of jumping, jogging or bounding. This puts a lot of stress on the ankle, knee and hip joints. If you are very much overweight or have a joint or foot problem, the results of an aerobics class can be very damaging. Consult an expert before joining up. Try to avoid courses where the instructor bounces a lot (You guys know what I mean!).

A good aerobics instructor will give an ample warm-up period as well as cool down period. There are set time rations for each of the 4 areas (warm up, aerobics, muscular endurance, and cool down) of an aerobics class. The rations can be altered depending on the fitness level, age and in a few cases, the sex of the participants).

Aerobics classes should be enjoyable. Variety of music and exercises is a must (all you would-be aerobics instructors take note) as it keeps the interest level high. Make sure you ask questions of your instructor as they should know, or know where to go the answers. Most important of all, stick with it. Aerobics is a great fitness activity, for life!

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