

Caps and Voyageurs clash in junior league final

By Luke Peterson

The Devils and Tommies have hung up their skates for the 1992-93 hockey season, but another team of local university students is still going strong. The Fredericton Junior Capitals, whose roster is comprised mainly of UNB and STU students, are currently embroiled in a battle for New Brunswick junior hockey supremacy with their arch-rivals, the Tracadie Voyageurs. The league final got off to a roaring start last Tuesday evening at the York Arena. The Capitals prevailed as 11-5 winners in a rough and tumble affair which saw over 100 minutes in penalties meted out by referee Brady Moore. Plenty of scoring and checking, not to mention a couple of scraps, kept those fans in attendance happy.

Left Winger, Rob Stairs, led the Caps with a hat trick. Troy Small and Rob Lane each added a pair, with singles coming off the sticks of Scott Hachey, Brad McVicar, Tony Gilbert and Perry Lawrence. Lane netted five assists on the night and Sean Smith also chipped in with four helpers for the Caps.

UNB is well represented on the Fredericton squad, with the roster boasting eleven full time students: forwards Rob Lane, George Robinson, Steve Parent, Rob Martin, Brad McVicar, Tony Gilbert, Chris Kennedy, Troy

Small, Jason Wilson and The Fredericton entry later defencemen Eric Lajoie and Darren Steeves.

Approximately 300 fans turned out for Tuesday's contest with a first place finish with a 16-0-1 smattering of these being students. League President and former STU Tommies star defencemen Scott Tracadie, remained resolute in MacKenzie indicated he would like to attract a larger number of students for the remaining games of the league final: "Certainly, as setup. Eventually the Caps opted to abide by the league's decision, see the respective student and round robin games were populations of both UNB and STU staged to determine who would be represented at these games in face off in the league final. By greater numbers. The goal of the virtue of their dismal performance, New Brunswick Junior Hockey the St. Stephen Sabres were League has always been, first and ultimately mathematically foremost, to groom its players for eliminated, but not before the local university hockey Fredericton and Tracadie had programs. I welcome and forged a bitter rivalry marked by encourage the students to come on several brawls and some very intense and exciting hockey.

The 92-93 season has been a rollercoaster year for MacKenzie, who has taken on a two year mandate as the league leader. The Miramichi Devils pulled out of the junior B league in mid-January with a dismal 1-13 record. This move left the league with only three teams and placed the league's immediate future in doubt, however MacKenzie stepped forward and with the input of the remaining teams' management, drafted a playoff schedule acceptable to all parties involved.

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The stage thus set, the combatants take to the ice tonight in Tracadie and then return to the York Arena this Sunday for game three of the league final slated for a 2:30 pm face-off. Three dollars admission for students guarantees you some of the most exciting hockey around. Grab your friends this Sunday afternoon and don't forget to Dress Warm, because the York Arena ain't nowhere near the equator.

Fourth and long Sports commentary

by Jamie Colvin

It would be awfully easy to poke fun at CFL Commissioner, Larry Smith, in light of his most recent set-backs, but this is something that the beleaguered CFL needs no more of.

Smith, not less than a month ago, seemed to be the savior of the stagnant CFL as he boldly set out to charter new territories by expanding into the virgin American market with 'our-game' - or perhaps more descriptive 'our-version of their game'. Initially I felt it was a bad move, however the subsequent press conference and the surrounding Fanfare gave me some optimism for the upcoming year. I'm sure many felt curious how the Americans would take to the 'strange' CFL.

However not more than a month after Smith and his cronies had welcomed the seemingly safe franchises of San Antonio and Sacramento into the league - the worst case scenario happened. Without any warning the San Antonio team pulled out - not even trying to make a go of it. This was a black mark on a league already checkered at best.

What Smith should have most certainly considered, far earlier than U.S. expansion of the CFL is eastern expansion. There are two markets that beg for a team to truly make the league a "Canadian" one. Montreal must reinstitute their defunct franchise and find a way to make it work and Halifax must be given a chance. To build a decent field would not be the issue, for most CFL stadiums are not elaborate bowls or domes and one would think fan support would be tremendous. Halifax loves the SMU Huskies and there is no indications the same would not apply for a CFL franchise. This would unite the league from coast-to-coast and give it the needed injection of interest that it lacked!

This leads a person to conclude that Smith and his colleagues missed the boat in CFL expansion into the U.S. The Americans have no patriotic feelings about the CFL and any tradition that the CFL enjoyed was lost.

Can you believe that spring training has already started. Incredibly enough the pitchers and catchers have been at it all week and the remaining players are now beginning. I'm glad to see that baseball players holidays are being pared down considering the huge salaries that they are paid.

I can't see anyone seriously challenging the Jays in the AL East again this year. Milwaukee who provided last years opposition is a far more weaker squad than last year and won't factor. Boston - chances are slim and none and everyone knows that the mixture of New York, Steinbrenner and free agents spells disaster. Look for Cleveland to finish second. They have a lot of young talent and will get nothing but better and alas Detroit is in the rebuilding stage - again. Baltimore might be the dark horse in this division but I don't think anyone has the guns to stay with the Jays Repeat World Series - probably not.

Congratulations go out to the UNB Beavers and Black Bears for capturing their respective AUAA titles. Good work, guys and girls.

Detecting Anorexia Nervosa

(The following is part 2 of a four part series on topics dealing with nutrition. It is brought to you by Frank Denis, Sheldon Morris, Dave Hurry, and Mike Brennan UNB students currently enrolled in Edvo 3782 Applied Nutrition. Prior to publication all information has been approved by Professor Mary Breau, a professional dietitian.)

Jenny is a 19 year old girl. She constantly looks in the mirror at herself and hates the way her body is shaped and is unsatisfied with her weight. She has an extreme fear of gaining weight and in fact skips meals often. Even though she is very skinny she still thinks she is fat and wants to lose more weight. She is obsessed with weight loss and gets "high" from it. When Jenny does eat she often snacks and then feels guilty afterwards. It seems that she is always thinking about food. Jenny is rapidly losing weight and feels fatigued as a result.

The above example is a possible profile of someone with anorexia nervosa. Anorexia nervosa along with other food disorders is more prevalent in society today. Anorexia is a mental disorder and may be brought on by such factors as social beliefs, environmental factors, neurological problems, and emotional stresses caused by substance abuse or other addictions in the family. There is also some evidence that heredity can contribute to the disorder.

Anorexia can have very serious physiological implications such as cessation of growth in

adolescents, a weakened heart, low blood pressure, an impaired immune response, malnutrition, painful nerve endings, and in women amenorrhea.

This disease is very serious and if left untreated (or ignored) can lead to a hospital stay. In extreme cases the victim may be force fed and may find it difficult to achieve a complete physical and psychological recovery. Relapses are common and about 6% die as a result. This is why early detection is very important. If the problem is detected early the chances of recovery are much greater.

Often anorexics will deny any problem, so if you suspect a friend of having anorexia nervosa you may help most by organizing your thoughts clearly and

knowing why you suspect them. Compare your friend with Jenny at the beginning of the article and look for similarities and differences. If you find your concerns are justified, talk to people around her that are also concerned and obtain their opinions. When you are ready to talk with your friend, gently and caringly approach him/her and try to get help from a family doctor or a registered dietitian. At UNB help is available at the Health Centre either from a counsellor or physician. The phone number is 453-4837. Also in Fredericton the Bulimia self help group offers individual counselling for people with questions or problems concerning Anorexia Nervosa. The number is 453-2132.

Criteria for Anorexia nervosa

- 1) Refusal to maintain body weight over a minimal normal weight for age and weight e.g., weight loss leading to maintenance of body weight 15% below that expected; or failure to make expected weight gain during period of growth, leading to body weight 15% below that expected.
- 2) Intense fear of gaining weight or becoming fat, even though underweight.
- 3) Disturbance in the way in which one's body weight, size or shape is experienced, e.g. the person claims to 'feel fat' even when emaciated, believes that one area of the body is 'too fat' even when obviously underweight.
- 4) In females, absence of at least three consecutive menstrual cycle when otherwise expected to occur (primary or secondary amenorrhea).

New Brunswick Lifeguard Championships

Saturday, March 13, 1993

First Aid Competition 9:30 am-12:00 pm @ Brookside Mall	Emergency Pool Situations 1:10 -5:30 pm @ Fredericton Indoor Pool
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CYCLISTS!

The season is almost here! Two local cyclists are organizing a weekly training ride on Saturday mornings beginning March 27th. Rides are expected to leave from downtown Fredericton and will be between 3 and 4 hours in length.

Any serious cyclists who are interested should contact Bruce at 454-8095 in the evening.