Reds unbeaten in three

Men's hockey, from Page 9

surprise back there.

Although there's much less of Dombkiewicz on the ice this year - 47 pounds to be exact - his contributions on the scoresheet have been much bigger. The blueliner is proud to say "I'm finally in the best shape of my hockey career," and can boast a three-game goal-scoring streak along with his newfound fitness after finding the net yet again on Saturday.

When Werner and Hegberg return, head coach Gardiner MacDougall may have some very tough lineup decisions on his hands. "That's what we wanna do as a D corps is make it tough on [the coaching staff] every night," said Dombkiewicz.

Reds shut out X on Friday night

by Tony von Richter

The UNB Varsity Reds shut out the nation's third ranked team, the St. Francis Xavier X-Men, by a score of 4-0 on Friday night at the Aitken Centre. As of October 28th the X-Men were ranked third in the country with a record of 3 wins and 1 loss, with the only loss coming due to a forfeit to the UPEI Panthers on October 25th. The Varsity Reds came into the game with a record of 3 wins, 1 tie, and an overtime loss.

The scoring started early as St. FX defenseman Mike Martone took a cross-checking penalty less then 30 seconds into the game that led to a power play goal by Kevin Young off an assist from Captain Ryan Lindsay. This was just a glimmer of things to come as the two teams maintained a quick pace throughout the game.

The second period saw the X-Men have a two-man advantage for nearly two minutes that they were unable to capitalize on thanks to the outstanding play of V-Reds goalie Reg Bourcier.

Five minutes into the second frame the X-Men's Collin Circelli took what proved to be a costly slashing penalty as it ended the St. FX power play and left the two teams with four skaters apiece. The four-on-four hockey seemed to appeal to the V-Reds as defensemen Michael Dombkiewicz took advantage of a rebound off of St. FX goalie Mike Mole to put UNB ahead 2-0 at 5:44 of the second period, assists were credited to Ryan Burgoyne and Ryan Lindsay.

Three minutes and five seconds later Kevin Young continued his phenomenal season by scoring his second goal of the game off of passes by Jason Hegberg and Matt Cusson.

UNB had the game locked up heading into the third period and with 1:32 remaining in the third Ryan Burgoyne put another insurance goal on the board by converting passes from Ryan Lindsay and Michael Domkiewicz.

The usual players contributed for UNB; Lindsay had three assists, Kevin Young chipped in two goals, and Ryan Burgoyne had a goal and an assist. Even with those players' offensive outputs the player of the game was UNB goaltender Reg Bourcier who stopped all 37 shots he faced, which included killing off a nearly two minute two-man advantage for St. FX in the second period, and forcing the X-Men to go 0-5 on the power play; the V-Reds went 1-3 on their power play chances.

All the talk after the game was about the outstanding play of Bourcier. "The majority of the momentum we got tonight came from Reg in net, just making big save after big save, and we just owed it to him to get the W for him." Said defensemen Kevin Young. "You're only as strong as your goaltender and ours was very good tonight." Were the words of UNB head coach Gardiner MacDougall when he was asked about his team's play.

UNB takes first battle of the hill 6-1

by Nathan White

The Reds started out their week on Wednesday when they took round one of the battle of the hill 6-1 at the LBR rink.

STU got into penalty trouble and UNB's power play took full advantage, bagging two goals with a two-man advantage in the first, and a total of five power play markers in a foggy affair that just got plain ridiculous at times.

With the score 4-1 early in the third and STU gaining momentum, Todd Kennedy leveled Reds forward Stacy Smallman with a hard but clean open-ice hit. Lindsay took exception and a hack at Kennedy, then Tommies forward Scott Page flew into the situation, jumping on Lindsay's back, then dropping his gloves only to back off when he realized UNB bruiser Craig Mahon was now the nearest red shirt.

Page, who head coach Mike Eagles calls "a tremendous competitor," managed to rack up 17 minutes in penalties for his display. "Obviously we were disappointed with that," said Eagles after the game. "[Page] is a leader on this team and he made a mistake, I feel, in that situation. I'd never question his desire to want to do the right thing but sometimes when you're trying to do the right thing you end up doing the wrong thing."

"It's part of the game," shrugged Lindsay after the fact. "It's one of those things that looks worse than it is. In major junior that would probably be a line brawl."

Rookie Tommies forward Brett Lutes of Riverview, NB was not smiling after the defeat, but also was not retracting his earlier comments that STU is a better team when on their game. "The rivalry's gonna be good. Obviously it's pretty intense," he understated.

The loss left STU in last place, and after splitting a pair of games in Nova Scotia over the weekend, they sit well back of the league leaders, just one point out of the league basement with a 2-4-0-1 record.

The mood around the STU dressing room was somber Wednesday, with the players holding a closed-door meeting after the emotional loss. "We just kind of let everything out," said forward Robin Boucher after the meeting. "We've got to do the little things right... just playing for each other every shift."

The next game for UNB is Friday, November 7th when they travel to Saint Mary's to take on the Huskies.

Reg Bourcier: hot, hot, hot!



Raija Lee McKenna/*The Brunswickan*

Bourcier stopped all but three of the 113 shots fired against him in the past three games, keeping the Reds undefeated in the AUS.

Quick and dirty facts on the men's hockey team

UNB was outshot 79-59 over the weekend. "That's something we're gonna have to address, because we can't give up those cough-ups," said Lindsay after Bourcier's stellar Saturday performance. "It's not fair to a teammate to leave him out to dry like that expecting him to make those saves, but we'll take it right now. He has bailed us out the last few games."

Reds players are sporting Chiarello's number 35 on their helmets in honour of their fallen teammate, who only just found out that his brain tumour was malignant, and will now have to undergo chemotherapy and radiation treatment.

The Reds are the only team without a loss in regulation time yet this season, and enjoy an early four-point lead on the AUS competition with a 5-0-1-1 record.

Bourcier is so hot he could replace the sun. Friday he logged his second shutout in only seven games, his goals against average for the year is just over 1, and he posted a .973 save percentage for the week.

Dieting not the long-term solution for weight loss

Nutrition, from Page 9

run, not just physically but mentally and emotionally.

Sam Arsenault, a third year student in Mechanical Engineering, regards being active and eating healthy as the only way to go, "We live in a world where mass media is everywhere, and many books, magazines, TV shows, and internet sites are recommending 'miracle diets' designed to reduce body fat, increase muscle, and improve health. Canada's Food Guide is applicable to every member of our population and I don't think it receives half the publicity or praise it deserves."

An Active Lifestyle is key

The next part to leading a healthy lifestyle is to get fit and stay in shape. Courtney Hendershot, a recent graduate from the Science-Kinesiology program and a personal trainer at Goodlife gym, located in the Atlantic Superstore downtown, says we were made to live an active lifestyle.

"Our bodies are made to be active. The more active we try to be, the more active we will become." A great way to get and stay fit is to join a gym. There are many gyms around and they will all meet different needs. When choosing a gym it is important to know what you want from the gym. You need to make sure that the gym you join has experienced and trained staff who can answer all your questions or refer you to someone who can. In addition the gym should be well ventilated, well maintained, and should have a wide array of programs to help you on your road to getting in shape.

A good idea is to get a personal trainer to help you out the first time you go. They can show you the equipment, how it works and set you up on a plan that will work for you to attain your fitness goals. You need to set out knowing what you want to achieve by going to the gym and understand that it takes time and work.

As Hendershot puts it, "Consistency is the key. You won't see results right away."

The last part of getting fit and nutritious is to want to. It's not going to happen if you don't want it to. Being motivated to get fit is the hardest part. You have to set goals and make plans to reach them. When you do, reward yourself. This way you will be more willing to get things done.

Another idea is to grab a friend with similar workout or eating habits as you. By doing this you can motivate each other and support each other. Track your progress. By doing this you will see how certain activities and eating habits affect how you feel and look.

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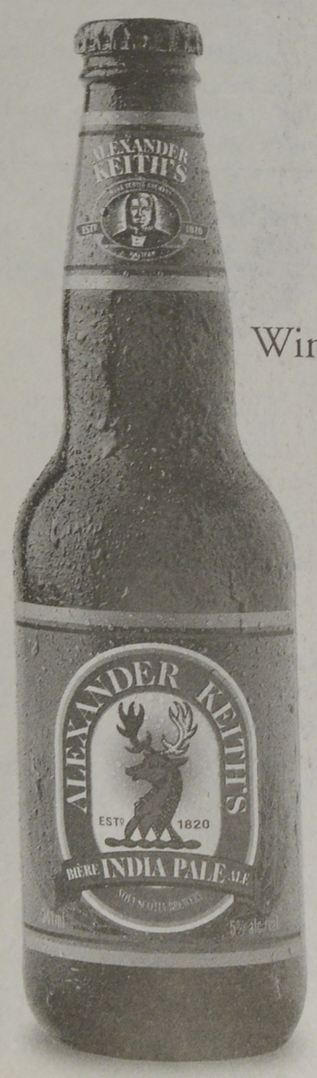

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