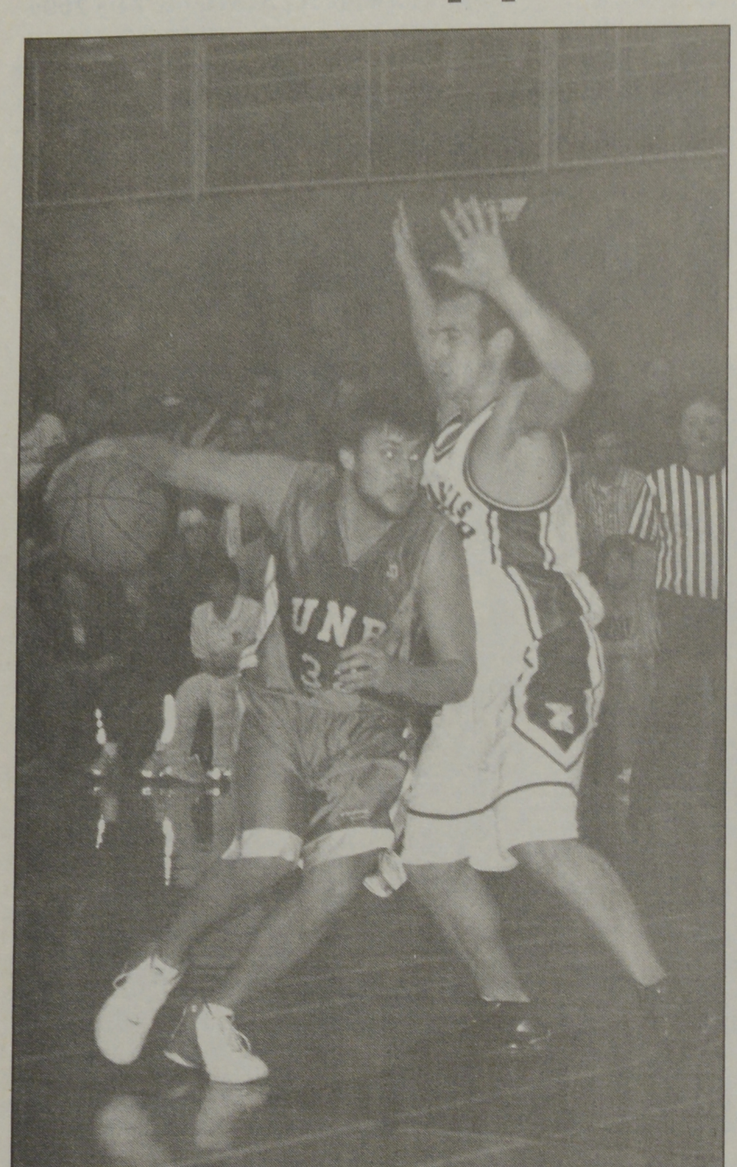
Reds disappoint in home openers

by Dan Clayden



Meg Folkins / *The Brunswickan*

Dan Goggin tries to drive past this St. FX player on Sunday afternoon. X would defeat the men by a 101-90 score, but fall to the UNB women 63-45.

The University of New Brunswick Varsity Reds were in action this weekend at the Lady Beaverbrook Gym as the men and women's basketball teams took on Saint Mary's University on Saturday and St. Francis Xavier on Sunday.

Coming off of a disappointing 80-65 defeat at the hands of SMU in which UNB rookie Kathleen Singh had 17 points and six rebounds, coach Joyce Slipp and the UNB women were looking for a win against St. FX and their coach of 17 years Doc Ryan.

Coach Ryan's team led by as many as 12 points early in the first half, and dictated the pace of the game through their hard work and inside presence. Despite this, UNB managed to battle back thanks to some timely shots by second year guard Joanna Fox.

Singh showed great composure at the end of the half as she layed the ball in among a crowd of St. FX players despite being fouled, and hit the free throw that followed to send the teams in to the half tied at 31 apiece.

In the second half UNB picked up where they left off going on a quick 6-0 run, forcing Ryan to call a timeout for St. FX, but to no avail. Ryan's team seemed to have tired after their first half efforts, and a continued strong shooting performance from Fox coupled with timely baskets from Elizabeth Marr and Jill Rowe was enough to see the UNB Women pick up the win by a final score of 63-45, with Fox earning player of the game honours for her 20 point and three rebound effort.

The UNB men were looking to rebound off of a tough 57-56 loss to SMU on Saturday as they took on St. FX on Sunday.

UNB guards Tom Spink and Dan Goggin came out strong, hitting numerous outside shots to counter the strong interior defense of St. FX. The hot hands of Goggin and Spink would cool off as the half progressed and the X-Men adjusted to the outside shooting that UNB seemed to be relying on too heavily, and Goggin earned a technical foul in disagreeing with one of a few calls that didn't go his way.

Doug Thompson of UNB was able to penetrate the interior defense of St. FX on a handful of occasions with his aggressive offensive play, and brought UNB within nine points as they went into the half down 43-34.

In the second half, UNB couldn't handle the strong inside play of St. FX. 6'10" center Neil MacDonald. He and 6'7" forward Edwin Reynolds were big presences at both ends of the court, with MacDonald blocking and forcing difficult shots through his sheer height. The Varsity Reds were able to keep it close, however, as Goggin and Spink never gave up on the game and provided hard nosed and dedicated play right to the end. Which the crowd noted as they gave Spink a rousing ovation as he left the floor after his fifth foul.

The end of the game would be characterized by stalling tactics from UNB coach Thom Gillespie and questionable calls by the referees. MacDonald was named player of the game with his 18-point performance, which ended with a score of 101-90 for St. FX.

Schools can stop growth of obesity

Kinesiology speaker series made debut Monday

by Nathan White

The Faculty of Kinesiology kicked off its Health, Wellness, and Sport Speaker Series on Monday at the Wu Conference Centre with a familiar face, some staggering statistics, and hope for the future.

Health scientist Dr. Mary L. McKenna is a UNB education professor on leave with the Adolescent and School Health Division of the U.S. Centers for Disease Control. Her presentation, Obesity: A Personal Matter or a Public Concern, brought to light some alarming trends regarding overweight adults, children, and adolescents in North America.

In eight Canadian provinces and every U.S state, 15 per cent or more of the adult popluation is overweight, a dubious distinction considering no state or province had such a high rate 15 years ago. And obesity rates in American children and adolescents have more than tripled since the 1960s, which contributes to the estimated $117 billion annual cost of obesity in the United States.

McKenna said much of the problem stems from poor eating habits, but "the good news is that many schools are making changes that make healthy choices the easy choice for students."

One of the main projects McKenna is working on, Making It Happen: School Nutrition Success Stories, deals with the phenomenon of food in schools, the benefits of healthy eating, and successful ways that schools have encouraged healthy food habits.

Many schools have been successful in replacing unhealthy food choices such as soda, french fries, and candy bars with more healthy snacks like pure fruit juice, vegetables, and yogurt. McKenna said that these initiatives can have positive effects on both health and academics. Some schools, including those in nearby Calais, Me., have even experienced increased revenue after removing the "empty calories."

However, McKenna said these initiatives are often spearheaded by individuals and in many cases have yet to be backed up by strong organization and public policies to ensure they continue. For example, the beverage industry's move towards "no sodas in Canada schools" by September 2004 was well-publicized, but has not yet been fully implemented in all Canadian schools.

Other times, effective marketing or positive attitudes toward healthy food are lacking. "Sometimes, nutritious food can be positioned as 'nutritious' and not much more," said McKenna. "Less attention will be paid to actually make it appealing and tasty as well."

She also pointed out that schools can't change food attitudes alone; they need help from families and communities to change attitudes towards healthy eating.

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Martial Arts club: UNB's best kept secret

Sensei Joe Fournier to visit for this weekend's seminars

by Bruns Staff

Have you ever found yourself in a situation where you felt threatened? Didn't know how to protect yourself? Many of us, at one time or another, have experienced that twinge of fear walking home at night or been in any number of unsafe situations.

Don't worry. The UNB Martial Arts club, one of the university's best kept secrets, can help.

On Saturday, November 27, the club is offering two seminars open to the public. Led by Sensei Joe Fournier (Fonthill, ON) and Sempai Bradley Corbett (Prince William, NB), the first seminar will focus on self-defense.

The first rule of self-defense is to get out of the way. Participants will learn practical ways to defend themselves in potentially dangerous situations. "We teach that self defense is basically about survival and the best way to survive a physical confrontation is to not be there," says Kris McGrath, a founding member of the club. The second seminar offered will focus on tonbo, or double stick, techniques.

Both seminars will be held in the O'Keefe Gymnasium at STU and cost $15 each to attend. The self-defense seminar will run from 10:30 a.m. to 12:00 p.m. and the tonbo seminar will run from 2:00 p.m. to 3:30 p.m.

The UNB Martial Arts club operates as a satellite dojo of Joe Fournier's Martial Arts Centre in Ontario. Training students in traditional Shorinji Ryu Karate and Brazilian Jiu Jitsu, the club was founded in the fall of 2001 by Sempai Bradley Corbett and a group of individuals interested in keeping active through the winter.

The martial arts are for everyone, offering training for both body and mind. Spectacular martial arts stunts are everywhere in the media, but there are many practical applications as well.

McGrath emphasizes this fact. "Some people think you must already be fit, or already be an athlete, and some people even think it's just for men. The simple fact of the matter is that the Martial Arts are for anyone who seeks to improve themselves; to be prepared should they ever have to defend themselves; or just want to meet new people."

There are many benefits to studying martial arts beyond the physical. Many members of the UNB Martial Arts club stress the camaraderie and friendship.

"The people here are so friendly and easy going. In other clubs you might feel like just another number but in this one everyone knows your name and you feel wanted and encouraged to keep coming out and practice," said club member Cheryl MacDonald.

"We are serious about our training, history, and traditions, but we still love a good joke and everyone is there for everyone else. It's more like an extended family, and that is what keeps me coming back," said McGrath.

And members train hard. Another element of the Sensei's visit to Fredericton will be a grading to their next belt rank for a number of members of the club.

"The most important aspects of studying martial arts are discipline, practice, and a positive attitude," said MacDonald. "One must eventually realise that becoming a black belt over night only happens in the movies. You can learn to punch or kick in a day but it can take years to refine and perfect it. There's always more to learn than meets the eye and our instructors are always willing to help."

Everyone is welcome to come and check out regular classes, which are held Tuesday and Thursday evenings from 6:00 p.m. to 7:00 p.m. in the SUB Ballroom, with alternate Tuesday classes in the d'Avery Hall drama studio and Saturday mornings from 11:00 a.m. to 12:00 p.m. in the d'Avery Hall drama studio.

For more information about seminars, classes or the club in general, email *shorinji@unb.ca* or visit the club website at *http://www.unbf.ca/clubs/martial-arts/*.

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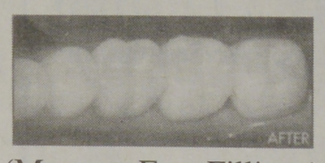

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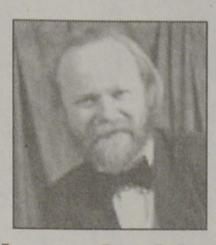


JAZZ IT UP!

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