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This baby just saw Rem Murray's neck wobble.



This baby just saw Ross Prusakowski down three pints of beer as if they were shots.

GATEWAY SPORTS

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Ariss takes care of trash for Pandas

PAUL OWEN
Sports Editor

In her first two years in the Alberta Pandas basketball program, Trish Ariss had a hard time earning minutes as she bounced in and out of the lineup. This season, however, the third-year post has firmly entrenched herself in the starting five with vastly improved play.

"I had a lot of trouble in my first and second year with the mental part of my game, and over the summer I worked on it. [Now] when I'm shooting, I don't get frustrated as much," she says. "In my first year I used to get so nervous. Now I just go with the flow.

"It's mostly maturity; I've grown up a lot since my first year. The process of learning is what's helping me improve."

Ariss has earned her way into the starting lineup with her aggressive defence and physical rebounding. A position switch to playing in the post full-time has helped her make the most of her talents, according to Alberta head coach Scott Edwards.

"We moved her from the four to the five, and what it's done has allowed her to stay more around the rim, and she's a freaky rebounder within five feet of the rim. She's so strong, she just powers through people," he says.

The move has helped Ariss on both ends of the court. She's averaging career highs in points (12.5 per game) and rebounds (5.9) in only 20 minutes per game, and has led the team in both three times this season.

"I like [playing the five]. It's a chance for me to beat the bigger girls down the court—I get a lot of fast-break layups," the third-year from Calgary says of the position switch. "I feel that I'm quicker than a lot of the girls I play against, which is a big benefit to me because I can get around on defence and I can beat them down the floor. As for rebounding, all that is hard work."

Edwards attributes Ariss' improved offensive game to her skills as a rebounder, especially on the offensive glass, and her ability to get to the



ANDREW RURAK

TAKING HER LUMPS Trish Ariss fights off a fouling Calgary defender.

foul line.

"She's a banger inside. I know she's got a nice jump-shot and everyone sees that, but she does a better job rebounding for us and that's why she's been so successful," he says. "She's a garbage-point girl. When she gets to the rim, she's great."

While Ariss is leading the team in points per game, neither her nor her coach sees that as her primary objective when she's on the court.

"We need her to defend hard in the post. Her and [fellow post Kristin Jarock] have to defend hard for us and they've got to stay out of foul trouble, or we're in trouble. We're not very big, and they're so strong inside and move their feet so well. She's got to

continue to do that all the time and be a defensive stopper," Edwards says, noting that the team scores by committee and that if she's not the one making baskets, someone else will.

"My biggest goal is not to get beat on defence. Supporting my teammates is another goal of mine. I always want to work on staying positive with the girls when I'm frustrated with myself," Ariss adds.

While Edwards acknowledges Ariss does the little things well, he'd like to see her jump-shot become more reliable, but the notion draws a laugh out of Ariss.

"Scott tells me that I float and drift and fade back and everything else on my jumper, but if it goes in ..."



MIKE KENDRICK

THE PEP RALLY

Written by Paul Owen

Bears Hockey

The Golden Bears (10-2-2) took to the frozen field of battle and proceed to slaughter their opponents: the piddling Thunderbirds of UBC. Alberta took Friday's contest 5-1, before an eight-goal outburst for a 8-2 victory on Saturday, their largest this season.

Bears Volleyball

Alberta (8-0) continued to prove that they, and not Trinity Western (5-1), are the best team in the country with another weekend sweep, this time over the Saskatchewan Huskies, 3-0 and 3-1. It was only the second set the Bears have lost all season.

Pandas Volleyball

The ladies (8-0) were also successful in Saskatoon, where they maintained their

perfect record this season by downing the Huskies 3-0 and 3-2 this weekend. The pair of victories rounded out a perfect weekend for Alberta teams.

Vanier Cup

Saskatchewan just didn't have a good weekend at home. First their volleyball teams get swept by Alberta, then their football team chokes in their third straight Vanier Cup, losing to Laval 13-8. And if that weren't bad enough, they have to live in Saskatoon.