

Players of the Week



Trevor Dunphy



Ambyr Gallant

Trevor has been a soccer superstar for the men's soccer panthers this year. Although this Souris born prodigy has yet to score a goal in this his second season with the club, he remains optimistic that defence gets women. He has been a vital part of the panthers success since joining the team, and should be around for at least a few more seasons. This savvy psychology major / sensational striker should show us some sweet strikes in the post season.

So far this season Ambyr has collected five shutouts in eight games to prove to everyone in the CIS that she is not one to be overlooked. Last week she was able to hold the offensive minded St. Mary's Huskies to two goals in as many games. Look for Ambyr to be on the top of her game as this is her last season and wishes to make the best of it at the CIS Championships at the end of the month.

Are you ready to quit smoking? There is help out there for you.

Anyone who has quit smoking will tell you that it is quite an adventure, with roller coaster highs and lows that lead to a great feeling of accomplishment throughout the process. But, the important message is that quitting is possible and there is plenty of help available. By contacting the toll-free PEI Smokers' Helpline at 1-888-818-6300 you will find trained counsellors who provide callers with information or help: whether you are ready to quit; thinking about quitting; want information on the health consequences of tobacco use; enjoy smoking and don't want to quit; or you want to help someone quit..

The Smokers' Helpline

will react to a call from someone and they will also call people back who want to hear from them. This feature (proactive response) can provide that extra support and encouragement that many smokers need to succeed in their efforts to quit.

Why is the helpline successful? Because it offers an immediate connection to a live quit specialist; it is free; it is available when you want it; it is non-judgmental and supportive; you can call where you are, talk for as long as you need and as often as you want. The Smokers' Helpline provides the amount of support that you need-telephone counselling, self-help materials mailed to your door or referrals to Quit Care group programs at Addictions Services. The program promotes the use of skills power over that of will power. It gives

the callers the skills to help them successfully quit smoking.

This service has the potential to reach people who either have not been successful at quitting on their own or who are not interested in or are unable to attend a program. It will be an additional tool for PEI smokers to use. With the new legislation making PEI smoke-free many people will decide to kick the habit rather than go outside to smoke, especially with the colder weather on the way.

Give it a try and call 1-800-818-6300 today! The sooner you quit smoking the greater the health benefits will be.

Men's Soccer

Team	GP	W	L	T	PF	PA	PTS
<i>East</i>							
Saint Mary's	10	6	1	3	17	7	21
Dalhousie	9	6	1	2	23	7	20
StFX	10	3	4	3	9	11	12
Memorial	10	1	6	3	7	12	6
<i>West</i>							
UNB	10	7	2	1	15	11	22
UPEI	11	6	1	4	18	8	22
UCCB	10	3	6	1	11	20	10
Moncton	10	2	7	1	7	22	7
Mount Allison	10	1	7	2	6	15	5

Women's Soccer

Team	GP	W	L	T	PF	PA	PTS
<i>East</i>							
Dalhousie	12	8	1	3	29	6	27
Saint Mary's	12	5	3	4	21	10	19
Acadia	12	5	4	3	18	12	18
StFX	11	2	3	6	9	18	12
Memorial	10	0	7	3	12	33	3
<i>West</i>							
UCCB	11	8	0	3	35	7	27
UNB	12	4	6	2	13	25	14
Moncton	11	2	2	7	14	17	13
UPEI	10	3	4	3	12	20	12
Mount Allison	11	0	7	4	6	21	4

Field Hockey

Team	GPW	L	T	PF	PA	PTS
Saint Mary's	8	7	1	0	29	7
UPEI	8	5	3	0	15	8
UNB	8	0	8	0	1	30

Standings

Men's Soccer

1. Toronto (1)
2. Montreal (2)
3. Alberta (4)
4. Western (5)
5. UPEI (6)
6. Queen's (8)
7. Trinity Western (3)
8. Saint Mary's (7)
9. Brock (10)
10. Laval (-)

Field Hockey

1. UBC (1)
2. Victoria (2)
3. Toronto (3)
4. Calgary (4)
5. Queen's (6)
6. Western (5)
7. Alberta (7)
8. Saint Mary's (8)
9. Waterloo (9)
10. UPEI (NR)