

WHAT'S UP?



At Alexander Galt

Vol. 4 No. 4, February 1990

10 cents

OUR CHANGING SCHOOL

1990 brought with it many interesting changes to our school administration and staff.

Mr McConnachie is enjoying a well-earned period of six months away from his position of Principal. We trust that the time is rewarding and relaxing.

Mr Garneau assumes the position of Acting Principal in Mr McConnachie's absence. We hope that the position offers many interesting challenges and opportunities.

Mr Janidlo is replacing Mr Garneau as Acting Vice-Principal of Red-Purple Block. We wish Mr Janidlo a personally satisfying time in this administration.

Mr Brown, of Yellow House, is acting as Red-Purple Block Guidance Counsellor while retaining his MSD classes. We hope this return to Guidance duties is both welcome and timely as we all ready ourselves for course selection.

All of us are saddened to know that Mr Edwards will not be with us for some time because of a most unfortunate accident during the Christmas vacation. We wish him a satisfactory recovery, albeit a long period of convalescence and rehabilitation. We all miss Mr Edwards and trust all goes well.

We welcome to our staff Mme Jocelyne Blais, replacing M. Jean Flahaut in the French Department. As well we are happy to see Mr Pauw as he assumes Mr Edwards' duties while Mrs Retchless has taken over certain classes of Mr Brown.

Our former teacher, Mrs Echenberg, was a welcome special guest at our weekly newspaper meeting on January twenty-third; she founded "What's Up?" three years ago!

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GALT'S HOPES TO SAVE THE WORLD

Since the beginning of the year, half a dozen students have been consulting with GALT Chaplain Heather Thompson to find away to deal with some of the worries they have about the future of our planet. They have formed a group called Save The World.

Before the group got started they needed a plan of action. They read everything they could find about these problems and wrote to the following organizations: the Rainforest Alliance, Greenpeace, Amnesty International, People for the Ethical treatment of Animals, Earth First, Building Economic Alternatives and the Environmental Defence Fund.

Galt's Save the World club is divided up into three areas - human rights, animal rights and protection of the environment.

Members choose one of these groups to work with. For example: Someone joins Save the World and decides to join the Human rights section. Let's suppose that this person decided to write about Nelson Mandela, a black prisoner in racist South Africa. They would most likely write to a politician in South Africa and ask them to let Mr. Mandela out.

If someone was in the Animal rights area or the Environment area they would get people to sign petitions demanding people and government to stop polluting the earth or testing their products on animals.

Save the World welcomes anyone to join, so if you're interested in joining up, just

go to Blue 201 on Thursdays at noon. I recommend that you check the announcements for Save the World activities.

by: Jason Wells

Who is Samuel?

By: ANGELA LOCKE

Alexander Galt has been sponsoring a foster child for many years. His name is Samuel Ramirez Meza. He is seventeen years old and lives in Honduras.

Samuel lives with mother, father and brothers and sisters. His father, Francisco, works in the fields earning \$62.50 dollars a month, hardly enough for his wife and five children. His mother Felopa Meza, does domestic chores with help from Rosa Nida, 12; Wendy Isolina, 10 who also attend school and Israel, 8; and Francisco who is five years old.

Their house is a borrowed one. It has wooden walls, a tile roof and a dirt floor. They are fortunate enough to have running water and are able to cook their meals in a hearth because they do not have electricity. As for furniture, they have one table and two beds.

The family cultivate mangos, avocados and plums. For domestic animals they have hens.

Samuel, who is currently in good health, has just finished primary school. He enjoys playing football with his friends and running errands.

The Meza's future plans include the construction of their own house and also to aid in the construction of a health centre. They have also been able to participate in many projects due to support from Foster Parents Plan.

The school has many boxes in the cafeteria area for soft drink cans. The proceeds go to help Samuel and his family. Please make the effort. It's something so small but in it, holds the greatest significance.

WORDS
by Penny Forbes

Words
Never say
What we want them to.
Instead
They tangle
Like fine
Silk
Thread
Becoming more intertwined
With each
Attempt
At reparation

Why Don't My Parents Understand Me?

We all want to be understood by our parents and when misunderstandings come up it can be very frustrating.

One example of this is sixteen year old Robert. He feels that his father does not understand his choice of music. "All he does is scream and say 'Turn it off!'" said Robert. "So I turn it and him off." Many teenagers similarly withdraw into their own private world, being unable to communicate with their parents. In one extensive study of teens, 26% of them said, "I try to stay away from home most of the time." The result is a huge gap formed between teens and parents.

But it's important to realize that our parents are human too, in itself is a big step in helping to understand them. They may be afraid of the different peer pressures that we face at school. They may not complain about financial problems and on-the-job difficulties but these always exist. We must always try to give them the benefit of the doubt. After all we do not like other people judging us without a fair trial.

The best thing to do when disagreements come up is to talk about them CALMLY and whatever you're trying to convince your parents of, don't argue that "everybody does it." Try to sound mature. Even if your parents get upset, you yourself try to remain calm and they will eventually calm down and realize how unreasonable it is to get excited. This does not mean however, that your parents will always come to view things your way, but keep a grip on your emotions. At times your parents are bound to say no, but this does not mean they do not understand you. They may be simply trying to stop disaster before it happens. After all you are their "baby." We must remember though, that in order to have mutual understanding, a real effort is needed on the part of everyone involved.

by: Truth

How Can I Get My Parents to Give Me More Freedom?

You say you're old enough to stay out late on weekend. they say you have to be home early. You say you want to see that new movie that everybody is talking about. They say you can't see it. You say you've met some nice kids you'd like to go out with, they say they want to meet your friends first.

As a teenager we often feel as if our parents have a choke hold on our life. Say's fifteen year old Debbie:" My Dad always wants to know where I am and what time I'm going to be home. Most parents do that. Do they have to know everything? They should give me more freedom!"

Most of this parental worry is due to the "my baby" syndrome that seems to be instilled in all parents. Not only is it a shock to find their "children" practically adults but also faced with many pressures, they are not sure our reactions might be to them. Therefore it is good to prove to our parents that we are growing up. One way we can do this is by cooperating with rules and regulations. How we respond to your parents demands has a lot to do with how we will be treated. If you are asked to do chores for your parents and put them off or refuse, they certainly will not think you are mature. but by cooperating with them it might save another argument and it may also guarantee you "the car for Friday night."

One student, Jim, said: "I showed my folks I could handle responsibilities. They would send me to the bank, let me pay the bills, go to the

ket and shop. And when Mom said to go out and get a job, I even cooked the family meals." The result was much more freedom for Jim.

Another way to prove you are responsible is to get a parttime job. Maybe volunteer to make a donation for your room and board. This would impress your parents very much, so as to gain their respect.

You have taken a big step towards proving that you are becoming an adult, deserving of a measure of freedom. With hard work and understanding, your folks may very well begin to treat you like an adult.

By: Truth

SAVE THE WORLD

by Nancy Hodge and Cindy Rivett

Did you know that ten years from now our environment will be beyond repair? Did you know that there are solutions? We of "Save the World" are trying to put these solutions into action. We need YOUR help!

We are attempting to start a recycling program within the school. Your cooperation would be greatly appreciated. A separate box will be placed, we hope, in each room for any type of paper which you will be discarding.

As you well know, styrofoam is a major cause of present environmental problems. We would like to see all persons associated with our school actively attempting to discourage the use of this material. "Save the World" is looking for alternatives. If you have suggestions which could help solve this problem, let us know.

We are also hopeful that some of our Cycle One students will come to our meetings each Thursday in B-201 at noon hour.

CHIEF OF POLICE:

By: KATHY LOCKE

Title: Carrie

Author: Stephen King

The novel is about a girl, Carrie, who is possessed by a power so terrifying, that, when unleashed on a small town in New England, would cause death and destruction to anything or anyone in her path.

The book was rated:"...gory and horrifying..." by the Chicago Tribune.

"...eerie and haunting. Sheer horror." by the Publisher's Weekly.

These critics were most certainly right. A book, unable to put down, that will terrify you to the absolute extreme. You will want to examine your friends more closely to see if they are possessed by unknown powers.

This is one book for all the horror film lovers!

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"WHAT'S UP?"

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THE POLITICS OF IT ALL

By Kathy Napier

It's coming, and again this year most of us will be caught off guard. You'll be sitting in class one day and suddenly you'll hear it... a dull roar, like distant thunder, rolling through the halls of Galt. Teaching stops, kids are silent as they listen to the rumble fade into a chorus of shouts that are as unclear as the rumble itself. Then recognition will hit, and someone will speak the thought you had a moment before, "It's only Parliament".

Yes, the noise that brings visions of earthquakes and horror flicks to the mind will be almost deafening within the doors of Y-304/305, where students of Mrs. Angrave and Mr. Quinn's English/History class will soon begin a role-playing exercise that is a simulation of our Canadian Parliament. The noise they'll make expressing their enthusiasm and disgust will escape from "The House" and echo through the halls. This is an exercise that requires in depth study of the issues, weeks of research, speechwriting and study of the parties of which they'll be members, and the political system in which they'll play a part.

It is to this political forum, the House of Parliament, that the Canadian people elect representatives that they believe have the capability to aid in the management of the complex political machine that devises federal laws, creates foreign policies and governs inter-provincial affairs. In all this the Canadian electorate expects their member of parliament to represent their needs and safeguard their interests. They therefore chose candidates that hold the same moral standards, ethical beliefs and political convictions that they do. In Canada, the charter guarantees you the right, whether you are of voting age or not, to express your opinions as to the way society and its institutions should be organized. The various political parties that are represented in the provincial and federal forums across this country are proof that voters exercise this right. But do you?

Whether or not you are an adult, you are free to express your political opinions without penalty. This ranges from your opinion on the running of the country (and those who run it), to the expression of your beliefs relating to "the organization of the school either personally or through the student association". Whether you express your convictions verbally, in assignments or in the school newspaper, the COMMISSION DES DROITS DE LA PERSONNE DU QUEBEC guarantees you that this be free from any penalty, because the expression of "one's own political convictions" is protected by law. It is this freedom that allows for the existence of differing political groups within a community and a nation. It is the shift in a country's political orientation that allows it to grow and change over time. It is the formation and expression of the political beliefs of the young that lead to the difference in politics between one generation and another. The E/H class breeds political awareness in a small group each year, but by age

AN UNSUSPECTING VICTIM

WHAT YOU DON'T KNOW

BY:K. M. Fahmy

Before commencing this article I must explain the titles --

First, "An Unsuspecting Victim." I hope you understand who I am referring to. Earth, and the entire population of the world. We are all unsuspecting victims, for we are all killing ourselves slowly, softly. How? Drugs, alcohol, abuse, etcetera.

Second, "What you Don't Know." This title is misleading, the article is about racism.

"What you Don't Know" is only half the title. To make it complete we must add "can hurt you." If this is still not clear you will understand as you read the following paragraphs.

What is racism?

Webster's New World Dictionary says that racism is "the practice of racial discrimination, persecution, etc."

Still don't understand? Read on.

Are you black, Indian, Japanese? Have you ever been left out of a group because of your race?

Have you ever been called vile names or insulted in any way, shape, or form having to do with your race?

Well, newsflash, you've been racially discriminated against.

I can relate perfectly to this subject. Both my parents were born and raised in Egypt.

When people discovered the fact that I am Egyptian I was a little less accepted.

I was called names. But what these name-callers didn't know was that they were racially discriminating against me.

Did you know you could sue someone because of racial discrimination?

Racial discrimination gets much more dangerous. The more personal, the more deadly.

Deadly? Yes, deaths occur every day because of racial discrimination.

For some reason Jewish and colored people are the primary victims.

In the United States racism is a serious problem. There have been, and still are now, many clubs, cults, and organizations who's only goal is to tarnish and to kill ethnic groups. Synagogues have been bombed, cars, houses, stores run by Jews or blacks. People have actually been shot right in the middle of the street!

eighteen we all have a responsibility to know our convictions and act on them.

It's never too early to start. Best of luck to the E/H class during Parliament.

*Quotes have been taken from publications of the COMMISSION DES DROITS DE LA PERSONNE

If this is what people believe is right nowadays, in forty years, what will the world be like? Will people of color be extinct? Will all the Jews be gone, killed off by criminals of the worst kind, racist criminals.

Do not be misled; racism isn't only a problem in the States.

Canada, England, many countries, too many, are littered with racists.

Our school has its own ethnic groups. There are few colored people but many different nationalities, Indian, Chinese, Hungarian, Japanese, Egyptian, Irish, etc.

As well our school is composed of many different religious groups. The primary ones are Protestant and Catholic but there are also Buddhists, Muslims, and Jehovah Witnesses.

I had an interview with Frida Backstrom, a level one student who comes from Thailand. I asked her if she ever had any experience with racism.

According to her some people like to insult her because of her accent. She says no one at Galt does. I was happy to hear that.

I asked her what she would do if she was left out of a team because of her dark skin. "Why shouldn't I be allowed to be on a team? The color of your skin doesn't matter. We're all humans. The important thing is what's inside, not what's outside. That's what I feel," says Frida.

Many popular rock stars speak out, or should I say, sing out against racism and the troubles in our world today. Popular recording artists like Janet Jackson, Tracy Chapman, and Soul II Soul voice their views about racism through their music.

Did you know songs like Across the Lines and the hit song

Rhythm Nation are trying to tell people like us that the peoples of this world can live together in harmony.

Blacks, whites, Jews, Catholics, and Muslims can easily live together without fighting. It's not that easy, you say, well it can be. It only takes a little effort. All we have to do is try.

So far this series of articles has taught you a little bit more about drugs, abuse, and now racism. Problems continue to plague the world so continue reading "An Unsuspecting Victim" to learn a little more.

The more you know the more you can do.

(Happy Valentine's Day!)

New Faces

by: Justin

Did you know that there are over 110 new people here at Galt. Also that 48% of them are guys, 46% of them are girls, and only 6% of them are staff.

In the previous issues, I've interviewed all the staff and now I have started on the new students. I am sorry to say though, that only a portion of the students will be interviewed for this years issues, as there are too many people for the number of issues that, are yet to put out this year. The students I have chosen are in no particular order. I just interviewed the new people I knew and had met. So for more information, read on.

Owen Organ is 17 years old and has just moved here from La Tabatiere, Quebec. Though he is just in level five, he loves hockey and wants to play in the NHL. The part he likes best about Galt is the amount of Sports and the size of the school.

Here's a girl who loves to meet people. Trina Wellman is in level 4. This girl with brown hair, blue eyes and a friendly smile just moved from Old Fort Bay. Trina's favourite sports are Broomball and Baseball.

Wow! All the way from Sunshine Coast, BC. Can you guess who it is? The best thing he likes about Galt is the girls (there's no good looking girls in BC). He loves skiing, fondue, and Australia. This guy has brown hair, brown eyes, and he wants to be rich. Pascal Trudel is 15 years old and in level 4.

Claudette Lavallee is 15 years old also and she just moved here from Blanc Sablon. Her favourite food is Pizza and she wants to be a Doctor. If she could change on thing in the world, Claudette said, "I'd make the abortion law illegal all over the world." The place she'd love to be is Miami.

And here's a guy who was born in Miami but wants to return to Calgary, Alberta, where he just moved from. Eric Boulanger just turned 18 on December 16. He has brown hair and green eyes. When asked what one thing he would change in the whole world if he could, Eric replied, "I would like to see the communist Block countries be given their freedom, and the hungry fed." This guys favourite food is Pizza with extra cheese.

Then there's the girl with sandy blond hair, blue eyes and a distinct liking for apples. Michelle Borque, who's 17, just moved from Burlington, Ontario and is in level 5. She likes skiing and her main goal in life is to own her own business. If given the chance Michelle would make the whole world speak english. One day she hopes to go to Barbados.

Then there's the strange ones. Tilden McKinnon wants to live to be 100 years old and yet he wants to change the drinking age so he can drink legally. He's 17, has brown hair and brown eyes. Tilden was born in Blanc Sablon but

HOROSCOPES

BY

KIMBERLY

CAPRICORN: December 22-
January 20

This month, you have the inner power and luck to launch some of those projects you have been waiting to set free. If at first you don't succeed, try, try again. Your strong will, can help defend your opinion. Don't give up!

AQUARIUS: January 21-
February 19

Do not allow your natural shyness to limit your success. You must push on with everything in your life. Focus on the important events in the near future. They may have a lasting effect.

PISCES: February 20 - March 20

This month, you will be finding inner confidence you have been striving for. Combine your confidence and your new-found talent and make a name for yourself. Let yourself be known. But you must never forget your friends and family who support and love you.

TAURUS: April 21 - May 21

This month will be a very bumpy ride! As most months, this one will have its ups and downs. But don't take it too seriously; next month will come! Trust your instincts and do what that little voice inside says to do. You may find the answer to some of your problems by listening to that little voice!

GEMINI: May 22 - June 21

You are renewed for being a great listener. Your calm, soothing manner has a healing effect on others. Valentine's Day is approaching, and along with your skill that you have plus with a little help from Cupid, you may turn an acquaintance into a good friend.

just moved here from La Tabatiere, Quebec, to come to Galt. He loves hamburgers and playing volleyball.

Julie Boulanger was born January 17 1974 in Miami Florida. This brown hair green eyed level threeer likes cross country running and Pizza. Julie moved here from Calgary, Alberta and the thing she likes most about Galt, is all the new friends she's made. The biggest difference in changing schools, is that here its twice the size and the teachers are all right. Her wish is, "That peace be given to everyone."

And from Mutton Bay, we have 17 year old Michael Morency. He has black hair, brown eyes, and an indecisive mind as to whether he would like to go to Rome or Jamaica. Mike likes Pizza, and playing Broomball but he dislikes having to come here to go to school.

Have you ever heard of someone who has eaten whale and liked it? Now you have! Marie McKinnon likes raspberries, whale, sports but especially volleyball. She was born in St. Anthony, Newfoundland.

Well that's it for this issue. For more information on Galt's New Faces read my article in next months issue.

CANCER: June 22 July 23

Kindhearted, generous, and caring are only a handful of adjectives used to describe your mood during this month. Cupid's arrow made a Bull's eye! Spreading your cheer and love for life may be the biggest gift you can give a friend.

LEO: July 24 - August 23

You need your time to yourself. When you are alone you charge yourself up. But this month, you will find that your friends can charge you up more than any afternoon alone. You will find the most memorable times, will be spent with your friends.

VIRGO: August 24 - September 23

Your disarming warmth, coupled with an unyielding love of honesty, makes you a force to be reckoned with. Unlike the great majority, you can do anything you set your mind to.

LIBRA: September 24 -
October 23

Your extraordinary energetic attitude draws people to you. Your charm and high spirits make people want to be with you. You love laughter and see life as one great joke. Others may not notice, but your lack of confidence keeps you from reaching greater heights.

SCORPIO: October 24 -
November 22

You love excitement, being split in two pieces because you have been caught up in the fun. But now it is time to settle down. You must arrange your main priorities first. But never lose that fun side of your personality.

SAGITTARIUS: November 23
December 21

Your powerful and very in-control side of your personality, will be over-powered this month by an urge to cut loose, have some fun! That's okay! You deserve to have a good time. Sooner or later though, you will be back to normal and hard at work.

Y O U N G M.C.

by William Lee

My first record review for our school newspaper, "What's Up?" is about one of the fastest rap singers today. The new artist is Young M.C. and his debut album is titled Stone Cold Rhymin. With his hits, Bust a Move and Principal's Office, young M.C. has found super stardom. His other songs on the album have had mixed reviews from me. I believe young M.C. has a sensational tape. There are many good songs like "Know How", "My Name is Young", "I Let 'Em Know", "Roll With the Punches", and "Pick Up the Pace". My personal favorite on the tape is "I Come Off". This tape is slightly humorous but, like all rap songs, it also has very good background music with a very entertaining quality about it.

Overall, the tape is EXCELLENT! All of the songs are entertaining and the lyrics are great. This tape is a 'must' for all you rap fans and also for anyone who listens to music. Young M.C.'s "Stone Cold Rhymin" is jam-packed with soon-to-be hit

Friends Forever

By: ANGELA R. LOCKE

Pt. 4

Renee sat trembling in the chair. She hadn't seen Felix the rest of the summer, after that night. She knew he hadn't really meant to hurt her. Deep down she knew it had all been a big mistake, but try as she would, she couldn't shake the fear of getting close to him again. She wiped her face with her hands and blew her nose. Just as she was getting up to splash water on her face the phone rang. She froze, frightened. Then, realizing how silly she was being, answered the phone.

"Renee, I need to talk to you. Don't you think it has been long enough," his voice echoed through her mind, "Please just to talk..." the phone went dead as it crashed to the floor. Renee's body went into convulsions as she stood staring at the phone,

Suddenly the room began to spin wildly and she gripped her head, hoping to end the pain. She gasped for air and fell to the floor as her mind went blank.

Cassandra and Mojca were watching the movie in the theatre when Arie and Felicia walked in. Adrian rushed to her friends seats and sat down.

"Gosh, sorry I'm late. I've been waiting for Deon to call me, but I guess the guys have all gone out tonight," she smiled at the two, "Hey! Where's Renee?"

"She said she had other plans for the evening," Mojca said without feeling as the curtains opened.

"C'mon, maybe she couldn't break her plans," Cassandra whispered, sticking up for her.

"Sure, and I bet she's got guys knocking down her doors," Mojca replied sarcastically.

"Mojca! How dare you be so cruel?" Cassandra said loudly.

"Look you two," Adrian whispered, "If there's a

problem, leave; otherwise shut your mouths and watch the movie.

"Oh, great. You don't want to see the movie?!!" Mojca scowled. "Why you don't you both leave if..."

"SHH!!!" the people behind the girls said. The three girls eyes each other, a smile breaking across their lips, suppressing their giggles.

Deon pulled on his sneakers as he prepared for his morning jog. The air was chilly that January morning. George Marineau had said he had potential to go even further than the nationale this year if he trained harder this winter. George, the head coach of the track club had been pushing Deon hard, but he knew what was best, and Deon knew he would do the best for his coach.

Twenty minutes later, as he turned the last corner, heading towards his house, he slipped on a patch of ice, twisting his left knee as he crashed on top of the same leg. He cursed under his breath as he attempted to stand but sharp pains travelled from his knee to his head and he fell back onto the ground. The pain was so great he thought he was going to pass out. Finally, the mail courier saw him and escorted the feeble Deon to his house.

After a couple hours of lying in the bed, the pain subsided enough so he could hop to the phone when Nicolas phoned.

"Hey, Sullivan. What are you up to?" Deon asked his best friend.

"Nothing. I thought we could get together and work on that old clunker," he said referring to the jeep they were working on.

"I'd like to but when I was running this morning, I fell and twisted my knee and I can't find dad's crutches anywhere," Deon replied, annoyed.

"They're at my house, I'll run them over," he said cheerfully, "I'll get a movie for us to watch. See you in about thirty minutes."

Deon placed the receiver in the cradle just as it shrilled again.

"Hey, Deon. It's George. Are you ready for a workout?" he asked.

"I sort of have a problem," Deon explained to his coach what had happened, anticipating the groans from George, "Looks like I'll be out for at least a month or so. That's what the doctor told me."

"Man! There's a meet in two and a half weeks! You can't miss it if you want to make it to the nationals!" George thought for a moment, of his one certain cure, "Can you get down here tomorrow?"

"Sure. When?"

"Around noon. We'll start strengthening that knee. Don't worry, you will compete and you will win." He smiled over the phone at his brilliance, "I'll see you then."

At noon the next day, Deon wobbled unsteadily through the doors to the athletic rom. George was already preparing a special work out for the invalid.

"Hey! C'mon over here and have a seat. I want to explain this

routine to you."

He picked up a clipboard, "We'll have to start today. There is absolutely no time at all to waste. I want to see you at six o'clock every morning before school and promptly at three thirty every evening." He looked at the surprised expression on the kids face, "You want to win, don't you?"

For a moment Deon wasn't sure if it would be worth the pain, then, looking at his coach's face, he knew he wanted to triumph over everyone.

"Yes, I want to be the best," Deon stated.

They started with simple leg exercises but to Deon, the pain was excruciating. After only ten minutes, he knew it would be impossible to continue as he was only making it worse.

"I can't do it anymore," he said sadly, shaking his head. "What do you mean you can't do it?" George shouted, "Push it!"

"I can't!" Deon screamed. There was a long silence as the two stared at each other. Deon grabbed at his crutches and stood up hastily as he picked up his gym bag.

"Hold it," George said turning to face the young athlete. He could win that meet, he could become all that I never was..., "Stay. I've got some pain killers that will take all the pain away and help strengthen it, that is, if you want to." He looked at Deon, knowing the kid really wanted to win, that there was no way he could refuse.

"Okay," he said finally.

George led Deon into his office. As he approached the medicine cabinet, he heard his fathers voice, telling him not to chance the young man's life, that it wasn't worth it. George stood still for a moment, remembering the past, the thrill of victory and the agony of his defeats. The steroids had defeated him almost as soon as he had grown dependant on them. But this time was different. Deon needed them. Slowly George pulled out the liquid phenylbutazone. The strongest of corticosteroids, unfortunately related to anabolic steroids, it would act as a painkiller for Deon's knee and as a muscle strengthener. George knew it had to be done, in order for Deon to be the best, it had to be done.

Deon watched as his coach prepared a large needle with a yellowish liquid.

"What is that stuff?" Deon asked carefully.

"It's just a painkiller. Hey, don't worry," he said noting the worried expression on the athletes face, "Don't worry."

George felt around Deon's knee, then stuck the needle in just above the swollen area. For a brief moment the pain was unbelievable. When all the liquid had disappeared from the tube, George smiled.

"Have to let it kick in for a couple of hours. So, we can't do anything today," he placed the equipment back into the cabinet, locking the doors, "Go home and rest up, you'll need it!"

Deon left the gym in a daze. He felt a little pain in his knee but his head was spinning madly. What had George given him? He stopped as his head continued to race violently in circles. He felt terribly nauseated. Closing his eyes, he saw stars and bright lights. Suddenly his body could no longer withstand the massive injection of the corticosteroid and he fell to the ground in a convulsing heap unable to breathe.

GALT

Bantam Girls and Bantam Boys Basketball

By Sarah Heath

The Bantam Girls Basketball team has been doing very well in the last few weeks. Their record is 9 wins and 2 losses. Coach, Mrs. Brown says, "I feel that we've regressed instead of progressed. The team should be shooting every day down in the gym. We should also work more as a team rather than individual playing."

The Bantam Boys Basketball team (#1) has improved quite a bit. Their record is 2 wins and 4 losses since Christmas. Coach Mr. P. Scott says, "If you give the ball to Eddie, he'll put it in the basket!" This is true when you see Eddie Hansen scoring 39 points in their game against North Troy. Even with the help of Hansen they lost 86-74. Corey Grapes has a hard time trying to get through a game without getting 5 fouls...but is working on it.

Galt's other Bantam Boys Basketball team (#2) has been working hard and have a record of wins and losses. Coach Kimball Smith was pleased when they played against Richmond last Tuesday. Galt won by 50 points. In one of their last games, Todd Allen scored 31 points against Brighton. They won that game 79-64. Smith says, "I am happy to see that Aaron King and Darryl Lowe are improving. We need to work on our defence to make it more solid. Defence will win in the end."

A recent highlight was when these two teams met in a league

game. Mr. Scott's team won in over time against Mr. Smith's team by 1 point! What will happen next?



PIPERS UNDEFEATED IN 1990

by Mark Deboer

The Alexander Galt Pipers started the new decade on the right foot as they posted a 5 - 0 record in January.

On January 10th, Mr Heath's visiting Pipers crushed the Stanstead Spartans 7 - 2. The game did not start well as the Spartans' Chris Hurlburtscored the decade's first goal against Piper Odell Lassenba while Jeff Grapes served a minor penalty for hitting from behind. The Pipers struck back when Mark Deboer scored their first goal at 4:24 of the first period.

In the second period, Paul Johnson scored his first goal of a two-goal four-point night on a powerplay when Spartan, Dom Damouchel received a major match penalty and another three games for kicking Jeff Grapes. Steve McKell added another goal on the same power play. Other scorers were Grapes, John Graham and brother Mike. The other Spartan marker was Rob Werner.

In the second game, January 12th, Galt's Pipers beat Littleton 8 - 2 in Exhibition action. The Pipers were led by the two-goal scoring of Jeff Grapes, Mike Graham and Reynald Driscoll while singles were added by Mark Deboer and Tim Call. Littleton's scoring was done by Pat Angelias. Forty-three minutes of penalties were meted out by referee Wayne Lassenba.

On the fifteenth of January the Pipers were at it again, this time against the North Country Falcons, defeating them 5 - 2

in Exhibition action. Fans were entertained as five goals were scored in the first period by Mark Deboer, Robbie Fisk, Paul Johnson and Mike Graham. A Falcon goal was scored by Chris wing. Wing scored another goal in the second period. Falcons' coach Mike Gaudreau pulled his goalie in the dying seconds of the game but this plan backfired when John Graham scored into the empty net.

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On January 16th, the Pipers returned to league action, beating the BCS Crusaders in their miniature rink. With Bantam Piper Jason Morse as backup goaltender, the Pipers, led by the two-goal scoring of Paul Johnson, showed their stuff. Other goals were scored by John Graham and Remi Dijkstra.

Three days later, the Pipers, led by a hat-trick performance of Tim Call, beat the Stanstead Spartans 9 - 4. With only ten players dressed, the Spartans were tired by an eighteen-man Piper squad. Goals were scored by Steve McKell, Robbie Fisk for two, Remi Dijkstra, Steve Keeble and Reynald Driscoll. Left winger Remi Dijkstra pulled some ligaments in his left shoulder.

So far, so good!

#	NAME	G	A	PTS
3.	Jeff Grapes	11	31	42
7.	Tim Call	21	18	39
9.	Mike Graham	17	17	34
12.	Paul Johnson	15	13	28
19.	Robbie Fisk	6	21	27
25.	Steve Keeble	9	18	27
2.	Steve McKell	6	16	22
18.	Mark DeBoer	11	7	18
5.	Francois Bibeau	5	12	17
8.	Reynald Driscoll	9	8	17
16.	John Graham	5	12	17
14.	Paco Francoli	3	10	13
13.	Remi Dijkstra	6	6	12
27.	Owen Organ	0	6	6
6.	Ian Davey	0	2	2
33.	Sean Ride	0	1	1
1.	Odell Lassenba	0	0	0
35.	Steve Grey	0	0	0

Name	GP	MP	GA	GAA	Shots	Saves
Odell Lassenba	17	806	40	2.99	236	196
Steve Grey	11	379	15	2.38	87	72
Jason Morse	1	20	1	3.00	3	2

SPORTS

Another Year, Another Gear

By: Angela R. Locke

The Senior girls basketball wiz, Lori Gear, has definately showed herself to the world. The 15 - year old student, from Galt, led the way tthrough the fifth annual Lady Cougars tournament, Staturday the 6th and Sunday the 7th of January, 1990, with a whopping 61 points in four games.

In the final game, galt went head to head with the tough College Sacre Coeur. Yet, the opponents were of little challenge compared to the Piper's intense playing skills and amazing team co-operation; Galt walked away with the win, 49 - 43.

Gear who first began to take a real interest in basketball at the age of nine, has been attending the annual basketball camp held at Bishop's University, every year since. In grade 6, at Lennoxville Elementary, gear began to play competitively on the school team. Once at Galt, she played on CBS (Club de Basketball de Sherbrooke), a triple A league team, for two years.

Gear, a very good student intellectually, says it's not difficult to keep up her grades during the long, vigorous basketball season.

"Actually, it's better," commented Gear, "You know you'll have less time, so you do it."

As for the future, Gear is planning to attend a Quebec Cegep and then attend a University. Eventually, she would like to play on the Canadien Womens Basketball team at the Olympics.

"Nothing could've been done without my other team mates," gear said, smiling. "If we continue improving at the present rate we should be contenders at the provincials."

Good - luck to Lori Gear and the senoir Girls' basketball team.

Senior Boys Basketball: Advancing to Finals?

By: ANGELA LOCKE

With four wins tucked under their arms, the senior boys basketball team members are eagerly preparing for their trip cross Canada to British Columbia. Despite losing Lawrence Cheal to an injury, earlier in the season and Jack Davis to Champlain, which came to much of a surprise to head coach M. Quinn, the team has been able to play well together, improving all the time.

Jarrold Sharman is currently the top percentage shooter, both on the field and on the foul line. The 6ft 5in player, from North Hatley, has progressed a great deal this season, but still has a long way to go.

"Our biggest rival this year is S t a n s t e a d College," commented Quinn, "We've lost to them by only 8 or 9 points a game. We also owe Massey Vanier. They walked away with the win against the team earlier." But Quinn is convinced the Pipers can beat the Massey Vanier seniors.

Eric Trudel, a new student from British Columbia, is the last man on the team. While in his home province, Trudel played basketball at school. Although a graduating student this year, Trudel won't be back to play next year, but has nontheless contributed to the team.

"BCS has done well for its first year with a senior boys basket ball team," Quinn added, "They have a strong first string but seem to lack in depth."

Quinn also gave credit to the Crusaders' head coach, Wlly Heens, who has helped the team to improve somewhat during the season.

Lawrence Cheal, also a graduating student, is the only starter back from last year. He came back from an injury to play against Colebrook, January 23, 1990.

"I'm glad to be back," Cheal said smiling, "It feels good to be back playing with the guys!"

Quinn, who is very happy with the team this year and with their progress, said "they would play it by ear" as far as the provincials are concerned. Good luck to the team for a successful season.

Skiing Report

Due to the fact that there have been no ski races, meets, or tournaments, there is not much for a report. Mr. Guthrie is the team coach and there are about 12 members who show up regularly.

That's the report. A level one child was smart enough to suggest a poem on skiing; here it is.

Skiing

Flying lightly across the snow,
Wind is blowing lightly,
Sun shining brightly,
Trees passing by,
I could almost fly.

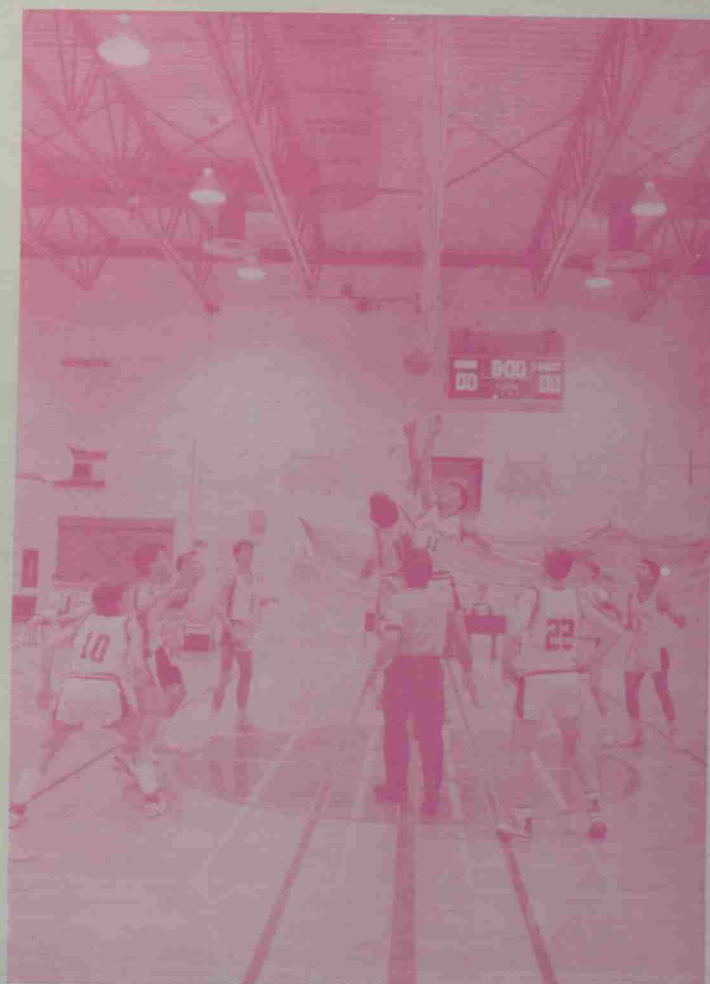
The skis hit the ground.
I'm still going fast.
How long will it last?
The scraping of snow,
I crouched down low.

Going faster and faster,
Racing down the hill,
Suddenly I stop still.
Snow flies off the ground,
Scattering all around.

The long climb is coming.
Half skiing, half walking,
Slipping and sliding.
Don't fall down now.
At the top again, Wow.

Mission now completed.
I'm at the top again.
Should I go? When?
Crouch down low,
I'm once again flying on snow.

by: Justin



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VALENTINE MESSAGES

Jamie: I love you. Susan

Cherie: Tu es la prunelle de mes yeux. K K T

Hi Toto! Don't worry. Soon we'll be feeding each other purple popsicles. I love you. X X O O. Dorothy

Dearest PC. I am a new person since you came into my life. Love always. JACY

Beloved. The sun rises and sets on you and today is a sunny day. Sunshine.

To Peaches - I want you for my Valentine too. Love Bird

To a certain someone in P-305

Hi! A riddle for you to solve: who's tall, handsome, involved, and smart? That's right! It's me. Roland! (Pen name) Ever since I wrote that "Roland *?" on a family studies class table. I have been determined to once again publically announce our secret love. So, certain someone. remember that your dear little Roland's eye is always upon you!

love. Roland (pen name)
P.S. It's not Susanne this time.

TO VINCENT - MY PRINCE

Though lovers be lost, love shall not and death shall have no dominion.

Forever. Catherine.

TO BUD:

Roses are red,
Violets are blue.
I don't know where I'd be
Without a friend like you.

Thank you for your love and understanding. Ours is a special friendship, strong and pure. (fun, too!)

Happy Valentine's Day

I love you,
Bro XOXO

PEACHES,

You are everything to me.
Meet me at our "orchard."
I want to tell you something important.
Don't let me down!
Love you...
ORANGES.

Cherie,
Je t'aime maintenant,
Je t'aimerai toujours!
Petit Chou.

L.
Roses are red,
Violets are blue,
Sugar is sweet,
And so are YOU!
Pouchie.

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by: Justin

FUN	PERFUME
GAMES	PINK
GIRLFRIENDS	PINS
GIVE	PRIZES
GREMLINS	RED
HEART	RIBBONS
HUG	RINGS
HUGS AND KISSES	ROMANTIC
IDEAS	ROSES
JEWELERY	RUNNING
JOYOUS	SCENTED
KISS	LETTERS
LEAPING	SCULPTURING
LEAP YEAR	SECRET LOVE
LIKE	LETTERS
LIZARDS	SHOW

SWEETHEARTS
SWEET TOOTH
SUPER
TASMANIAN
TEDDYBEARS
TUG OF WARS
WILD
WHEEL BARROW
RACES

LOVE
LOVESTUCK
NICE
ONLY

JANUARY
COLD
EXAMS
FIRE
HAND
HAT
HOT
ICE
MITTS
NEW SEMESTER
NEW YEAR
NINETEEN NINETY
PLACE
SCARF
SKATES
SNEEZE
SNOW
THAW
TOQUE
WARM

FEBRUARY
ANGEL
ARMADILLO
BALLOONS
BOW AND ARROWS
BOYFRIENDS
CANDIES
CANDLELIGHT
CARDS
CARNIVAL
CHOCOLATES
COMPETITION
CRAZY
CUPID
DATES
DEVILS
DINNERS
ENGAGE
FOURTEENTH
FRIENDSHIP WEEK

SWEETS
ST.VALENTINES
DAY

TEAMS
TOBOGGANING
VALENTINES
WINNERS
WHITE
YOU

SKIING
SLEDDING
SPORTS
SPRING



FRIENDS
BY
SANDI WESTMAN

I confide to you,
All my deep secrets.
Without a friend to share
these with,
It's like a letter sealed
without a kiss.

If you were gone,
It would be a sad song.
I'd live through my day,
Very slowly as I lay.

But since you are a friend to
me,
You can be sure I'll never
leave.
For you are a friend,
Till the very end.

