

# WHAT'S UP?



At Alexander Galt

Vol. 5 No.1 October 1990

25 cents

## ENVIRONMENT FRENZY

By: Angela R. Locke

With all the new hazards to our environment, one would think that everyone had finally come to and decided to fight for our beautiful Earth. Yet as difficult as it may be to understand, some people still litter, buy products that are harmful to the ozone layer and just plain, "do not care" at all. It is reassuring to know that our younger generation have become so involved in the efforts to "save the world."

Many small things can be done. As insignificant as they may seem, if enough people catch on, it will help. Even one person can make a difference.

### Household Tips

**ALL-PURPOSE CLEANER:** 3 tablespoons of washing soda mixed in 4 cups of water. Wash and rinse with clean water.

**DISINFECTANT:** 1/2 cup of Borax in 4 cups of water

**FURNITURE POLISH:** 2 tablespoons of olive oil; 1 table spoon of vinegar; 4 cups of water. Mix in a spray bottle. Spray furniture lightly, polish with a cloth.

Pass these helpful tips onto your parents, or a friend. The smallest everyday effort is a great help. Remember, recycling is also a major help. Everyone is getting into it. Make it a part of your household. Whether it is taking assorted garbage to the recycling bin in town or reusing different materials around the house.

One last thing, please keep in mind: all the students who shop with parents and/or friends, when mom picks up that aerosol can the is not ozone friendly, tell her to get something else; or if those non-biodegradable containers of food are on sale, explain that, in the long run, it'll be cheaper "not" buying them. The environment is everyone's problem. Let's all help in making it cleaner and nicer to live in, for ourselves and the generations to come.



## WELCOME

By: Angela R. Locke

Another school year has commenced at Alexander Galt. The halls are full with students bustling from class to class, chatting with new friends. Blue and green are being readjusted to suit homerooms and lockers for students due to the shut down of Red/Purple. We also welcome the new Technical Institute, level one students and the many new faces on the teaching staff.

A warm welcome is extended to Mr. McConnachie on his return from what we hope was a relaxing vacation!

I would like to take this time to introduce the Regional Students Council and extend our welcome as they serve the interests of the student body in 1990-91:

PRESIDENT: KATHY NAPIER

VICE-PRESIDENT: TIM SMITH

SECRETARY: JULIE HEATH

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PRESIDENT:  
Mark DeBoer

### TASMANIAN DEVILS

PRESIDENT: LUKE BURY

## WELCOME TO GALT

BY: K.M. Fahmy

On Monday September 4th Alexander Galt Regional High School opened it's doors to students for the 22nd time.

Old friends greeted each other and told stories of their vacations while nervous level ones rushed around trying to find their homerooms.

Time has brought change to Alexander Galt, this summer especially. One very major change was our loss of red and purple house. They have now become part of the Eastern Township's Technical Institute. Most of the classes are still used, mostly the labs and photolithography rooms. To make up for the space we welcomed back blue and green house. It was indeed a big job to get everything in order and for the teachers to haul all that junk on their desks somewhere else.

The level ones are an important part of our school. One day in the near future these kids will be our Senior soccer team, our student council president, our drama award recipients. Just imagine.... We welcome our new level ones (as well as our new students in higher levels) with open arms and hope that your years at Galt will be as weird and as interesting as ours have been.

We will miss our 1989-1990 class and hope that this year's level 5 will make our school proud.

Best wishes to all!

## SUPPORT OUR ADVERTISERS

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## AN UNSUSPECTING VICTIM HAS THE GRIM REAPER LEFT?

BY:K.M. Fahmy

Many of you may have read my article from last year "The Grim Reaper." I know that the article may have upset some people but I was only telling the facts.

The statistics are frightening, children continue to experiment with drugs causing more and more deaths, causing more and more broken families.

What I want to address in this article are the reasons for experimenting with drugs. Why do kids do it? Do they think they'll be popular if they do? These are questions all parents caught up in this tragedy ask. Answers are not always easy to find....

It doesn't even need to be pondered that there are kids who will pressure other kids into trying drugs. But these kids are few and if the person who was approached is smart enough to say no then the approacher should leave after only a little try at persuasion.

It's a tragic case when a teenager is in a group of friends who all use drugs. This kid will be suffering from fits of severe anxiety. He (or she) would be afraid to go against the group lest they be left out or excluded from then on. Peer pressure. That's what it is. But if the kid is smart enough he wouldn't socialize with the group when he discovered they used drugs.

The previous statement brings me to an important point. No teens would want to lose an entire group of friends because they do drugs. In their minds it's no big deal just as long as they don't do it.

So is it all right for a teenager to be in a group of drug-using friends? Most people would say no. "The child would constantly be tempted to try drugs!" Others say yes. If he or she sees how much trouble his or her friends' drug use is causing they will deal with it by going to someone in authority!"

What do you think?

Those students who are reading-- do you find that people you know who take drugs (if any) take it casually as if it's no big deal?

That is often the case. They ignore everything that they hear from the media and teachers and parents but sometimes they are the problems.

I refuse to lay the blame on any specific group but I wish that in early education, drugs would be an issue of deep discussion.

"But young children wouldn't understand!"

Not true. It is proven that things learned in early childhood are locked in the mind for decades. When a young child hears over and over again that drugs are stupid and wrong and hears of the consequences they can bring about from teachers, parents, etc. it gets fixed in their minds. Years later if they are approached these early teachings will flood back and they would most likely refuse.

Of course drug education should be continued throughout the child's scholastic years.

The first time I ever had drug education was in the 6th grade. If I hadn't already known from the media and other sources that drugs kill...who knows?

So that leaves us with the biggest and most complex problem of all. What can we do about drugs in our school? Should we have random drug testing of students? Well that's a whole article by itself. Or do we just continue from where we are hoping that the drug education we do have will get through to children and teach them not to try? Not even once!

Many futures have been and are yet to be destroyed by drugs-- the Grim Reaper.

We can not let it happen!

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### COUNCIL CORNER

BY KATHY NAPIER

September has been a very busy month for Council, and I'm certain it's only the first of many hectic weeks to come.

This year's Council is energetic, keen to begin work and full of new ideas for the year's activities. We had our first meeting on the fifth of the month, and since then we have had four meetings that all seemed too short for everything we wanted to discuss and plan.

The positions of Team Secretary-Treasurers was filled on our meeting of September seventh, as were the positions of Walk-ons. The choices were difficult, as there were many good candidates, and the voting was close, but we welcomed these eight new members with open arms and the knowledge that those who hold these positions will work very hard this year.

Our first activity was the second annual "Welcome to Galt" corn roast for Level Ones. This was a huge success and was enjoyed by all involved. Shortly another new member will join the council,

this being the new Cycle One President. We will be looking forward to the results of the election. Best of luck to all candidates!

There is never a dull moment during our meetings. Early in the month we worked with Mrs. Crook re-organizing the the Cycle Two Interhouse system. Due to lack of interest in the upper levels, Level Four and Five will have noon-hour sports organized on an individual sign up basis. Levels One to Three will have Interhouse as in the past.

Soon it will be time once again for Chocolate Bar Drive, and we would like to remind everyone that the money raised from this goes towards all activities run through the Student's Council, such as Carnival, the Cycle One Lounge, the Remembrance Day services, Friendship Week, sports parties and Dances.

Speaking of which, the first dance of the 1990/91 school year is now in the planning. Keep an eye on the Bulliten and an ear to the grapevine, because it's going to be a boomer. Promise.

Also, the Student Council has been in touch with UNICEF CANADA about the possibility of a representative visiting Galt to give us a presentation on UNICEF and the work that they do. For further developments, you all know where to turn, and Council members are always available to answer questions.

We are always open to suggestions for activities, so don't be shy.

HAVE A GOOD YEAR--AND MAKE IT ONE TO REMEMBER

### FLOWERS

Flowers are beautiful.  
they make you so joyful.  
When you are sad,  
you might see them and be glad.  
If you see flowers in spring,  
You might want to sing.  
If we had flowers every day,  
I'd be so happy I would want them to stay that way!

Lisa Newnham

"WHAT'S UP?"

### NEWSPAPER STAFF

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## PICK OF THE MONTH

Sinead O'Connor - I DO NOT  
WANT WHAT I HAVEN'T GOT

BY K. M. FAHMY

She's bald, she's Irish and she wears combat boots but that doesn't mean she can't sing. This young Irish talent has a lot to give to a lot of people willing to receive.

Sinead O'Connor came into the public eye about half a year ago. It began with a song written by none other than the infamous Prince called "Nothing Compares 2U". The success of this song could not be measured: #1 hits everywhere! Hordes of recognition and a video everyone talked about.

With the success of "Nothing Compares 2U", the success of the album, "I Do Not Want What I Haven't Got" skyrocketed. It was the number one seller in Canada for fifteen consecutive weeks!

Her video, during the viewing of which you get a good look at Sinead (she's about all you see) won her many awards at the recent MTV Video Music Awards, including best video of the year. She was up against such awesome videos as "Janie's Got a Gun" and "The End of the Innocence".

The success of "Nothing Compares 2U" gradually died down. It was many months until Sinead O'Connor finally released her next single entitled "The Emperor's New Clothes". Though not as great a hit as the previous single, "The Emperor's New Clothes" reached the Top Ten in the U.S.A. and Canada. You should check out the video.

Now we are in a state of waiting for the next Sinead single. Any song from her album could be a hit. She has a few songs with cool beats like "I Am Stretched on Your Grave" and "Jump in the River" and haunting slows like "Feel So Different" and "Three Babies".

I can't recommend this album to everyone because it really depends on your taste. Some of the lyrics are kind of bizarre; for example, from "Jump in the River" - "if you said jump in the river I would because it would probably be good".

If you like slow melodies or strange new-age styles, check out this album. If you're more into dancing, check out Paula Abdul. (In my opinion, she's the best.) The success of her old album, "The Lion and the Cobra", which produced such unrecognized hits as "Troy" and "I Want Your Hands on Me" cannot compare to Sinead O'Connor's "I Do Not Want What I Haven't Got" but if you're a real fan, you might like some of Paula's older hits.

Sinead is only starting. We can expect much from her in the near future.

CHOICE PICKS: "I Am Stretched On Your Grave", "Three Babies", "The Emperor's New Clothes", "Black Boys on Mopeds"

## The Best In Beverages by Christina Reynolds

Every day, teenagers have the opportunity to quench their thirsts in a variety of ways. Some must certainly consider the possibilities: Diet or regular? Skim or whole milk? Juice? Water? Which choice is healthiest?

Let's start with milk. As an important source of calcium, and vitamins, it is not something teenagers should be avoiding. It promotes both the wellbeing of skin, hair and nails, and strong teeth and bones. However, something you might want to consider is the percent of saturated fats in the milk you drink. Fortified skim milk contains as much vitamin A, vitamin D, and calcium as whole milk, but without the saturated fats and almost half the calories. Skim milk contains only 86 calories per 8 ounces as opposed to the 150 calories in whole milk.

Soft drinks fall into the category of sugar. They contain about 3 grams per ounce. These are empty calories; you will crave more food at other meals to make up for the lack of nourishment in the drink. Orange and rootbeer are the sweetest soft drinks - up to 198 calories per can.

Aside from water, pure juice is one of the healthiest things you can drink. Natural juices contain no excess sugar, artificial color, or caffeine found commonly found in soft drinks. In fact, some of the best food sources in vitamin C are found in grapefruit and orange juices. Since the latter is rich in potassium, it can also help you prepare yourself early to night

hypertension, by lowering your blood pressure. Although these juices contain approximately the same amount of calories as soft drinks, (110 cal per 8 oz), they are much healthier for you. Unlike soft drinks, juices contain the necessary B-vitamins that enable the body to turn sugar into energy.

Think over this information so that next time someone asks: "what will it be" you'll be ready to answer with the choice that you think is healthiest, for YOU.

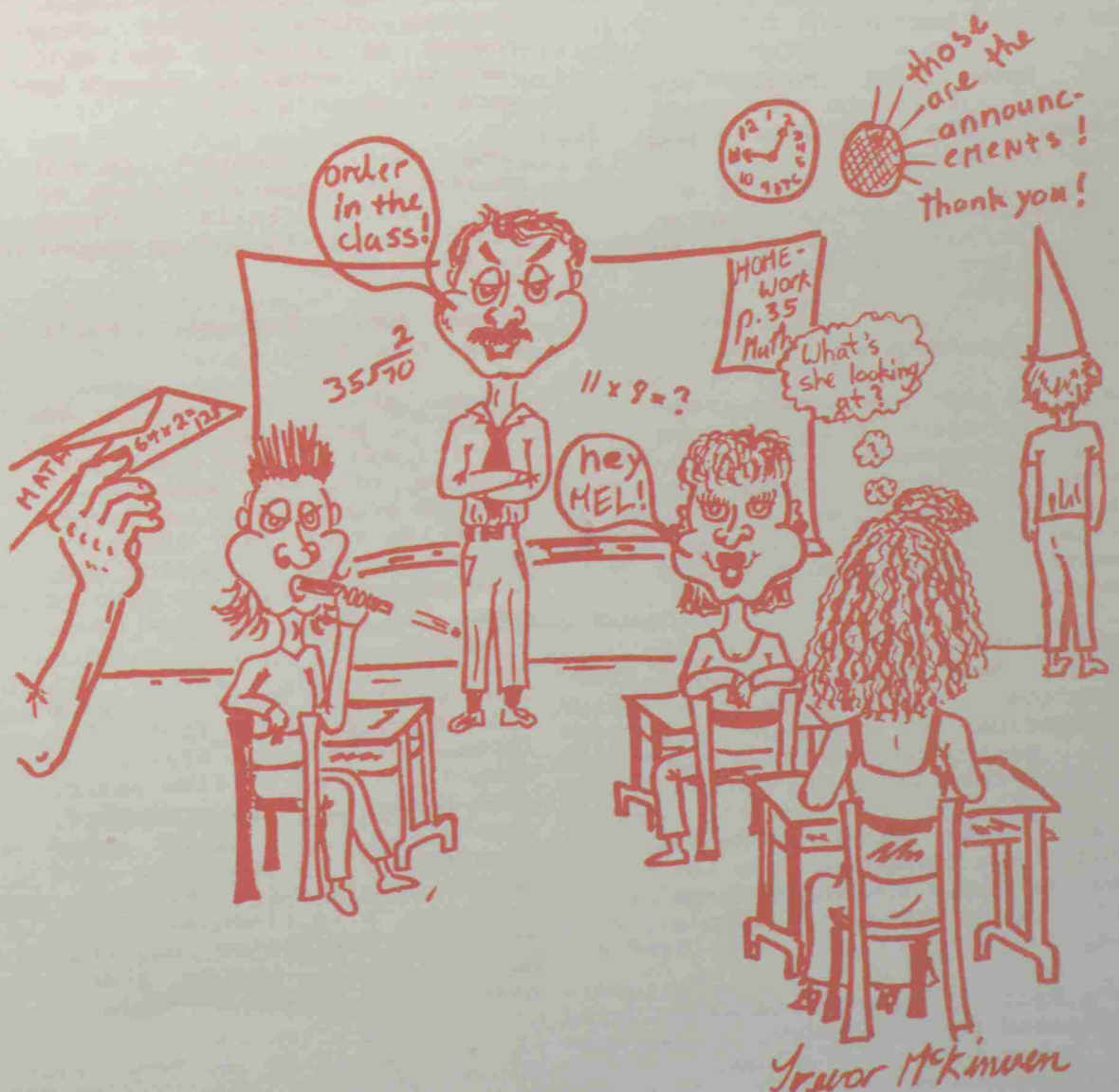
## CALLING ALL READERS

You are our most important asset. During the academic year 1990 - 1991 we hope to publish six or seven issues. Our aim is to concentrate on newsworthy items of interest to members of the Galt community. Our reporters and columnists gain practical experience in interviewing, taking notes and compiling articles. Cartoonists have a chance to publicize their views of ourselves.

Please let us know what you think of articles in the paper. Write letters to the Editor and leave them at Yellow or Blue Offices.

We also encourage you to place personal ads if you wish to sell articles of interest to readers. Our fee is 25 cents for ten words or less. A twenty-word ad would cost only 50 cents! Leave ads with your name, homeroom and the fee at Blue or Yellow offices.

Have a wonderful year. The more you put into your school year, the more meaningful your year will be.





## FRIENDS FOREVER

Pt.8

By: Angela R. Locke

Mojca sprang forward in her bed. A cold sweat covered her body as she gasped for air. Sunlight was penetrating through the curtains. She looked at her surroundings, relieved. It had all been a dream. A horrible, awful dream. Felicia wasn't dead, Renee hadn't been raped.

Slowly she got out of bed. Looking in the mirror, she smiled. It was her final year of high school.

Although it was still early, she got dressed and prepared for school. Excitement ran through her body as she ate. Having gone with her parents for the summer in CapeCod, she hadn't seen anyone since June.

At eight-thirty she left the house. Driving into the St. Francis High parking lot, she waved at the gang who were sitting at their favorite spot under the trees.

Smiling, she grabbed her bag and walked to her friends.

"Mojca! Did Daddy buy you a brand new Beemer?!" Arie Meldrum shouted surprised.

"Mojca! C'mon, sit here," Renee patted a place next to her on the bench. "We missed you this summer!"

"It was a long summer!" she answered, "I couldn't believe them dragging me along."

"Was it because of the accident?" Cassandra asked, curious.

"Partly. I guess they didn't trust me to stay alone for two and a half months."

"But they still bought you another car!" Arie repeated. "The second BMW in how long? Six months?!"

"You've got a nice tan!" Darren said laughing. "Wait, let me guess. Did you use a 39 sunblock?"

"40..." she giggled.

Everyone was the same. After that nightmare it was so good to see everyone alive, healthy and happy. The bell rang and they went to homeroom, catching up on all the old and recent news of who's with who and whom isn't.

Renee grasped Mojca's arm and pulled her into an empty classroom. She gave no explanation as she shut the door, making note that no one had seen them disappear.

"What's up? Renee?" Mojca asked. Renee turned to face her good friend and instantly burst into tears. "Renee! What's wrong?"

"It's Felix..." she pulled away and walked to the window.

"What?" Mojca asked.

"He's... he's started drinking, heavily."

"Are you sure?"

"Mojca, didn't you notice that he never said a word to you? Or, or his clothes," she looked away from the window. "His father left this summer. One morning Felix called me at seven o'clock, crying. His dad had left a note saying he didn't love them anymore. Mrs. Pineau went absolutely crazy, and Felix, he began to drink." she blew her nose and wiped her face before continuing. "At first it wasn't noticeable. A drink or two when we went out

Then it was ten or eleven drinks. From there it got worse. He'd break dates, never get together with anyone, not even Arie or Darren. One night Deon went over to see him and they got into a terrible fight over his drinking."

"Why didn't you tell me about this? You could have written it in a letter or told me over the phone."

"But what could you have done? You still never could have come back before yesterday." Renee searched Mojca's face. The second bell rang. The shuffling of feet and the murmur of voices broke the silence.

"We'll get through this, with the help of everyone. C'mon, we've gotta get to class," she reassured. "It'll be alright, really it will be." Unsure of herself, but wanting her friend to feel better, they walked arm in arm to class.

Darren Noall sat mesmerized by Mojca as she walked into the room. She had changed. She looked even more beautiful than she had in June. Her shoulder length black hair shone.

and those crystal blue eyes, sparkled. Turning towards Felix, his happiness faded. Wearing dirty clothes that reeked of alcohol the wide receiver looked as though he were on death's door.

"Hey, man! Pineau!" Darren snapped his fingers in front of the zombie, "Felix! Coach wants us to stay after school tonight, okay?"

"Yeah, sure. Tonight?" Felix said, coming to.

"Yeah, man. Tonight. Be there," he turned away from his friend's sorry state. Arie punched his arm, wanting to know the scoop. Just as Darren began to tell him about it, Mojca sat down in front of him. Arie watched as Darren drooled over his desk and sat back, laughing.

Captain of the Basketball team Arie Meldrum, at six foot-seven inches was the best player the school had, had in five years, when his brother had graduated, receiving a fully paid scholarship to play in the United States, for Michigan. Arie was also planning to go south as his brother did, but he was still unsure where, exactly, he wanted to go.

When the lunch bell finally rang, Mojca, Adrian and Renee took their lunches and went outside where the rest of their friends sat. When Felix saw Renee, he left the group. Walking around behind the building, he pulled the small bottle of vodka out from his jacket pocket. Searching the area for people he began to drink leisurely from it. Leaning against the warm brick he put his head back, letting the warmth soothe his body.

"Felix!" Mojca cried hitting the bottle from his hand. It crashed at his feet, wetting the grass.

"Get out of here," he said harshly at her face, "Before someone is hurt."

"Felix Pineau! How dare you try to threaten me. Just what do you think you're doing?" she looked hard into his green eyes. "Not only are you ruining your useless life, but you have put Renee and everyone else through the gutter."

"And who are you to tell me what I should and shouldn't do?" he pushed her away from him and began to walk away.

"Felix, we are your friends!" she yelled grabbing his arm. He turned quickly smashing his fist into her face. Falling against the wall of the school holding her face, he saw the blood gush from his cheek. Not able to stop, he ran off the school grounds into the wooded park and disappeared.

She sat on the grass for a moment trying to recollect the events of the day, but it was blank. Darren came slowly around the corner calling her name. She saw his face and heard him call the others, in a distance.

"Mojca! Mojca, are you all right?" he shook her limp body.

Pain pounded inside her head. She heard voices but they were

No one could hear her screams. Suddenly she was in a tunnel. Their voices bounced off the walls. It was cold and damp, but she continued to walk, to find them. Closer and closer to the end.

Walking faster, jogging then running to them. For a moment she felt as though she were walking on air, then fell into a deep, black pit. They called to her from a ledge on the other side but she wasn't able to get there.

Total blackness surrounded her. There seemed to be no bottom, so she let herself fall... fall... until... the pit ended...

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## X-COUNTRY RUNNING

BY: K.M. FAHMY

As most of you know the Cross Country Running program is well under way. Some returning students are Tamsin Mills, Rob Marcheterre, Jonathan Younker, and the two team members who represented us at the provincials last year, Jessica Mills and David Sudlow.

The team has shrunk somewhat but even so, many valuable runners have been added to the team (such as Glen Loney, Sean Marshall and others).

The coach, Mr. B. Heath, is pleased with the new faces and is confident that we will have good showings at the upcoming meets.

On Saturday, September 29 the team will run a 3 km race at B.C.S.

This meet will be followed by 6 other meets including the Galt Invitational, the Zones, and the ETIAC here at school.

We had a fair showing at Pittsburg, New Hampshire in a gruelling 6 km run as well as a strong showing at Salesien last Saturday.

Veteran runner Tamsin Mills is confident in this year's bantams, "We have many strong new bantam runners who will take us far."

"We're practising hard and I'm sure we can do well at the provincials. Our best bets are probably Julie Marquis, Rob Marcheterre, Jessica Mills, and David Sudlow," says Tamsin.

This season may be a great one for the X-Country team. With the help of Mr. Garneau in his last year at Galt the team should excel maybe all the way

to the provincials ....

## BANTAM SOCCER

BY: ERIC MORRISON

What's the sport kids like to play these days? Let me give you hints; it involves a ball and spikes. You guessed it, soccer!

The 13th of September I interviewed Mr. Haller our Bantam boy's soccer coach. He told me that his been coaching soccer for over ten years at Alexander Galt and he enjoyed every single minute of it. He says that boys and girls are really keen to play the sport. In his childhood, Mr. Haller played the sport himself, not with official teams, but he had fun playing with friends.

When I asked him this braintackling question, "Mr. Haller, when was soccer invented and where?" he complimented me saying, "that's a good question!" He only knew that it was a European sport.

# GALT SPORTS

The question I was dying to ask him was why they didn't have mixed teams, meaning boys and girls playing together. Mr. Haller answered "I suppose originally private schools played it by tradition, it was considered a boys sport because of the pushing and shoving, but perhaps in the future girls and boys will play together."

He stated that Galt has a fairly good team and always had a good chance to get to the finals.

MR. Haller coached many teams over the years. He says that

during those years his team won the playoffs four or five times, which means Galt had pretty good teams.

The first game played was against Stanstead and guess what? We won and were off to a good start. Hopefully the season will finish that way.

Unlike other years we have two teams; unfortunately we don't have names yet.

Mr. Haller's favorite sport isn't soccer; surprisingly, it's basketball. He coaches basketball, but he does enjoy soccer because it's an outdoor sport. Mr. Haller likes wood-working and has made lots of things for his children. He also makes house furniture. He usually builds items for his family.

I would like to thank Mr. Haller for his cooperation in helping me write my first story for our school newspaper.

## A NEW COACH FOR SENIOR GIRLS SOCCER

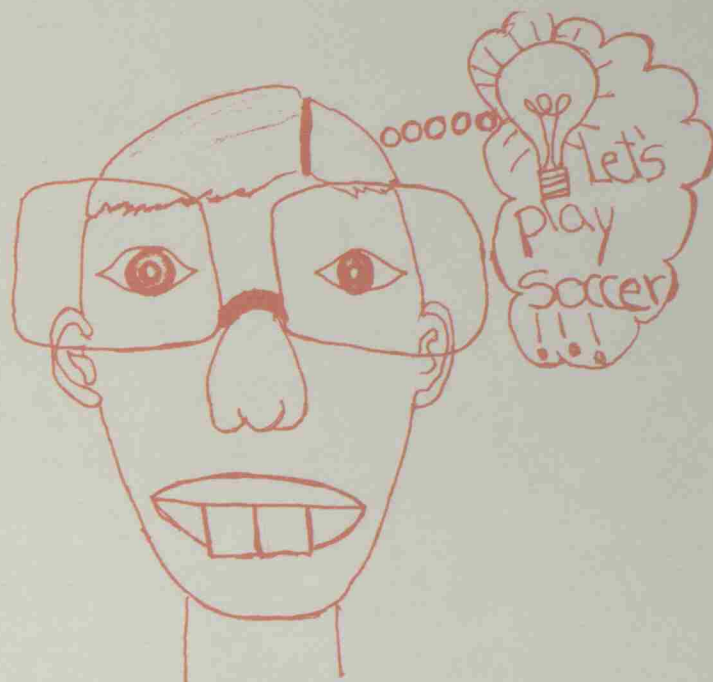
BY: SOPHIE PINARD

This year at Alexander Galt there is a new coach for senior girls soccer. He has been coaching the boys for eighteen years and has now changed to senior girls. As he said, "Making a change from boys soccer to girls is different!"

This season the team is expecting to play against Bishops, Richmond Regional, and Stanstead College. Their exhibition games will be played against Woodville, Colebrooke, and Seminaire Salesien.

The last game against Richmond was a tough one. Richmond scored in the first ten minutes and in the second half of the game the score was 1 to 0 for Richmond. Then our senior girls scored but the referee called an indirect. At that moment the girls were not sure what to do so Mr. Learned yelled out, "Kick the ball." The girls did, and they scored! When the game ended the score was tied 1 to 1.

Mr. Learned's intentions for the senior girls soccer team this year are to make the playoffs and be in the finals.



## SENIOR BOYS SOCCER

BY BRONWEN KYFFIN

Bob Halsall, the coach of our senior boys soccer team, was not at all disappointed by the team's loss of their first five games. Mr Halsall feels it is an excellent workout and a challenge for the players to play against American teams. The players on the team are keen and positive and are all working together. A very interesting feature of this year's season is the International Tournament of October 13th. Games will be held at Galt, BCS and Bishop's University. Mr Halsall is very optimistic when talking about how the team will do in the actual league and feels they have a very good chance of going to the finals.

The display of good leadership on the field by this year's captain, Scott Muth, strong goaltending by Odell Lassenba and the fact that each player is working really hard are all reasons for optimism. A big disappointment is the loss of Kevin Bennett's expertise. He pulled some ligaments in his ankle during the first game but hopes to return to the field by mid-October.

## TEAM MEMBERS ARE:

- G Odell Lassenba
- 1 Mark deBoer
- 2 Peter Roy
- 3 Matthew Daigle
- 4 Paul Connelly
- 5 Francois Bibeau
- 6 Alex Messett
- 7 Alex Ross
- 8 Christian Backstrom
- 9 John Graham
- 10 Jim Begbie
- 11 Jimmy Buzzell
- 13 Brian Wilson
- 14 Scott Muth (C)
- 15 Shawn Mackey
- 16 Tim Smith
- 17 Allan Roy
- 18 Marius Conway



## GALT'S FOOTBALL TEAM

BY: BILLY HOULE

On September 13th I interviewed a fascinating coach. He is one of the coaches of Galt's football team. Although the interview did not take a very long time Mr. Quinn was very cooperative, and answered all questions very thoroughly.

His intentions for the Galt football team are those that coaches for any team would want, to teach their players how to play proper football. Mr. Quinn says that if you don't like playing football you will never be good at it. He also wants to teach the players team unity.

The answer to my second question to Mr. Quinn came as a surprise to me. Do you know that Galt's football team has won 3 years in a row? And about fifteen years ago the team was almost unbeatable. As Mr. Quinn said, "Galt came on lame and strong."

He also wants to work on basics. Mr. Quinn wants to practise running the ball a lot and getting the blocking up to 100% sharp. To do that the players will have to push hard.

Mr. Quinn has been the coach of Galt's football team for three years. But he told me that one of the other coaches has been with the team for 15 years. This person's name is Mr. Shields.

Galt will be playing B.C.S. at their first game, scheduled for Saturday, September the 22 at 9:00 am. Mr. Quinn and the other coaches invite all students, friends, and relatives to come and encourage the young football players at their first game. Their second game will be played against Stanstead here at Galt at 3:30.

To get ready for these upcoming games, Mr. Quinn told me what kind of training he was planning for the players. "We are going to give intense training; this will sharpen their skills, and at this rate they are going to get better."

Mr. Quinn played for his high school football team, for Bishop's University, and for the Calgary Stampers. In all his experience, he thinks the one team that is going to give Galt a hard time is B.C.S.

## GALT'S GRIDIRON GO-GETTERS



"CAN YOU GET IT?"



"HAVE MERCY, BIG FELLA!"



"NOW HEAR THIS"

ESSAIM

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