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SMILE AND BE HAPPY... IT COULD BE WORSE!

ISSUE 3

MAYBE FREE?

WEST END

# The ALTERNATIVE

## Preserve LIFE

PDF Created by David Crawford, www.the-crawfords.com

BAN The Council, start the UNION. etc

15 - The federal government decides to go ahead with plans to test the U.S. cruise missile in Alberta.

1 - Thousands of protesters in England form a human chain 22 kilometres across

13 - France... of heavily armed paratroopers to the front lines in Chad to aid ment troops.

MAKE 1984 A YEAR OF PEACE and love. P.L.A.F.

13 - The U.S. asks Canada for formal authority to test the cruise miss

### welcome

artillery is air to help the Thai Vietnamese at-

23 - Terrorists crash trucks packed with explosives a U.S. Marine headq French peacekeeping rut, killing 241 marines and French soldiers.

# 1984

29 - At least

blasts French Corsican

More than 80,000 Canadians in several cities demonstrate against the nuclear arms race and U.S. plans to test the cruise missile

15 - Britain's House of Commons votes against restoring the death penalty for murder.

23 - The Soviet Union withdraws out of talks in Geneva on limiting medium-range nuclear miss

Court Judge Alex... in favor of anti-... activists who were injunction to stop test-... missiles.

18 - A vehicle loaded with explosives demolishes part of the U.S. embassy in Beirut, killing 6 people.

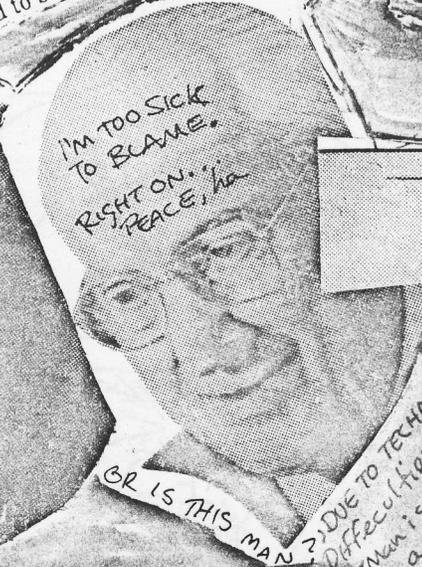
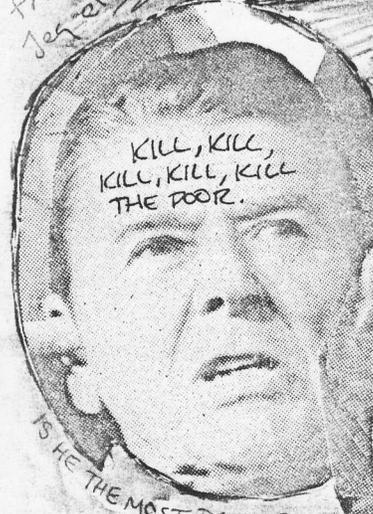
South Korean jetliner... passengers, including... is shot

days of... India's Ass... the bloodies... India's indepe

8 - An Israeli... Israeli Defence Minister Sharon bears personal responsibility for the 1982 massacre of Palestinians in Beirut refugee camps.

17 - A car bomb explodes outside Harrod's in London, killing six people. The Irish Republican Army is believed to be responsible.

### RELIGION



IS HE THE MOST DANGEROUS?

OR IS SHE?

OR IS THIS MAN?

DUE TO TECHNICAL difficulties. This man is no longer a threat. K.C.



COSEY

ORIGINALLY FOR  
WEST END ALTERNATIVE  
THE ALTERNATIVE

1/2/84. T. C. O'GORMAN

Thomas Cary O'Gorman

84  
COE/84



THE ALTERNATIVE

Editor - Steve Black  
Administrator - David Crawford  
Staff Advisor - Lydia Burrows  
Contributors - Cory Marshall

## EDITOR'S COMMENTS

You know West End Alternative is a great school. But it seems to me that every time we get new students in this school they try to change everything.

Now don't get me wrong; there is nothing wrong with changing things but it seems to me that we end up changing things every three weeks.

Let's see if we can go three weeks without having anybody trying to change something. Most of all, let's see if everybody in the school can get along with each other.

As all of you people know, we are having a dance on February 16/1984. This dance is going to be one heck of a dance; I hope that you will come to the dance and let's show Contact that West End really knows how to have a good time.

At West End we go on a lot more trips than any other school in the Toronto Board of Education. Some of the trips that we have gone on this year are to places such as Cold Creek Conservation area (twice), Albion Hills, Algonquin Park for a fall camp and some students went on a winter camping trip to Lake MacKenzie. On Monday February 13/1984 the winter sports class will be going to Horseshoe Valley for a day of downhill skiing. These are just some of the reasons we need to have dances and have to raise money because we have to pay for these trips. We have to pay for the gas in the cars that we take on these trips and if we don't have dances, then the students that go on these trips have to pay more. If we have dances that raise a lot of money then the cost of these trips go down.

EDITOR



THE ALTERNATIVE

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Thanks to all who sent messages to the people you care about and to Tim LeClair and Kathy Day for collecting them.

Special thanks to Mr. and Mrs. Crawford for allowing The Alternative staff to use their computers to prepare the newspaper. Many thanks for your gracious hospitality.

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## COMING TO A NEW SCHOOL

My first impression of West End Alternative was, I must admit, quite negative. However, the more I learned, the better it began to sound. The reasons that follow are why I like W.E.A. better than my former school in California. Firstly, it is on a one to one basis. For example, instead of Mr. Bill or Mrs. Hamburger, it is Sid or Barb. Secondly, there are only one hundred and thirty students, compared to 900 at California. You have room to breathe and it is not as congested. My last and final reason is, here your fellow students care about each other!

Daniel Hedgepeth

## DENTAL TIME

Well, it was an early Monday morning during winter. I woke up and started getting ready for school. I went down for breakfast and started making coffee. I couldn't control my sweet tooth, so I put a spoonful of sugar into my mouth.

There I was, sitting in the dentist's office, listening to the dentist's drill crunching away at somebody's molars. Next, I could almost sense the feeling that my name was to be called. the call came: "Helen, you're next."

## DENTAL TIME(cont.)

As I walked into the inner office, it seemed as if the dentist's instruments were looking me straight in the eye-ready to duel with me.

As the dentist approached me with the novocaine in the needle, I felt my heart sink to my seat. A cold sweat came upon me. I could feel my cheeks turning fiery red. I couldn't swallow for fear of making too much noise. As the razor point entered my gum I felt a sudden jab of pain in the back of my neck. I tried to suppress a scream, but unfortunately I'm not good at holding out on pain.

I felt the drill gnawing at my teeth. I could feel tears of pain starting to form in my eyes. Then, just like that, one, two, three tear drops were rolling down my cheek and cooling it for a split second. I saw the dentist as a enemy, a person you learn to hate.

Then, relief came my way as I heard the man in the white coat say, "that's all. We're all finished, scaredy pants."

Well, at that, I couldn't help but give the good doctor one of my better smiles, and he just sort of chuckled more to himself. In the future I plan to take better care of my teeth, so I will not have any experience like this again.

HELEN ILIODROMITIS

## VALENTINE'S DAY

Valentine's day. What is it? Is it the celebration of Al Capone's Massacre? Is it an excuse for a special day in the month of February? Or is it a time for lovers to get together under especially romantic conditions? What is it? A time for romance under the moonlight?

Well, my views on this are rather, shall we say PREVERTED!!! But that is only if you are to do things you wouldn't even dream of, even if it was your wedding night and someone spiked the punch with M.D.A. No, seriously, I respect the day and find it to be really nice and sweet and romantic and...DON'T LET ANYONE KNOW ABOUT THIS! (It makes me sound mushy) AND REALLY UPLIFTING.

But I suppose that it is rather nice to have a day set aside for a chance to show your affection for that special someone. But wait! Some people don't have someone to spend this time with. Yes, it is unfortunate and here are some suggestions for a possible better day.

## Valentine's Day(cont.)

You could lower yourself to phone "Together Dating Services" and hope your match isn't some 350 lb. St. Bernard with garlic breath. You could go downtown and pick someone up and hope you don't get the social disease of the month. Or, you do what I do half the time, stay home, get drunk, watch t.v. and forget all about it!

For those of you who do have someone, I wish the best of the day to you and.....!

Happy Valentine's Day!

Russ Trevurza

VALENTINE'S DAY GREETINGS

Happy Valentine's Day to my dearest and most obnoxious friend Melinda.

Helen Iliodromitis

TO ALL STUDENTS:  
Happy Valentine's Day.  
from  
The Student Council

Happy Valentine, To the one, the only, the unmistakable Denis.

Helen Idliodromitis

To Vira: You're the best friend anyone could have. Happy Valentine's Day.

Lisa.

Happy Valentine's Day Sandra Man!  
Kathy S.

Tim, have an amazing Valentine's!

Kathy S.

Hey Dudes Happy V.D.  
from The Breakdance Nut.  
Dave

Happy Valentine's to Sidney!  
lots of hugs  
Kathy S.

Happy V Day Suzanne Baby!  
Kathy S.

Happy Valentine's Day, Cory,  
love,  
Kathy S.

A Very special "Happy Valentine's Day" to  
Casey O'Gorman.

love,  
Kathy S.

Happy Valentine's Day to Sidney,  
lots of hugs,  
Kathy Schulz

A special Valentines to Suzanne.

HELLO MOM.  
C. Ryan

K.C. Be happy.

Happy Valentine's Day to Elaine C.  
James Lomoth

Love!  
Lisa  
Love!  
Lisa  
Happy Valentine's Day  
Happy Valentine's Day  
Happy Valentine's Day  
Love From Lady Dianne and  
Richard

Happy Valentine's Day Man!

Joan Rivers  
GIRL

Joan Rivers  
CAN WE TALK?

To My Dear Kym:  
Will you be my Valentine? "Ha-Ha."  
SECRET

Good luck in life, Chandra,  
Rick Collins  
"Meow, Meow!" said Buffy to her little friend Muffy.

Greg

pue p'is  
To Charlotte:

To My Dear Kym:

A WORD OF ADVICE FOR THIS VALENTINE'S HOLIDAY. BE CAREFUL WHO YOU KISS. HERPES KNOWS NO HOLIDAYS...BEWARE OF GUYS GOING AROUND WITH A MISTLE TOE WELDED TO THEIR HATS. AFTER ALL MISTLETOES ARE FOR CHRISTMAS ONLY, AND NOT VALENTINE'S DAY. WITH THESE WORDS OF WISDOM YOU SHOULD HAVE A SAFE AND PROSPEROUS VALENTINE'S DAY.

Signed,

A LONELY GUY WHO HAS NOTHING BETTER TO DO WITH HIS TIME BUT TO MAKE CUTE BUT STUPID HELPFUL HINTS.

Roses are red  
Violets are blue  
One is dead,  
and so are you.

Anonymous

To Aubrey,  
sweet person.  
love and roses.

Happy Valentine's Day Kathy and Valerie, I hope you make it in Orientation.

A special valentine to a  
May your day be filled with  
Kathy Day.

???

To Russell,  
Some days are happy, and some are sad. But as the world turns, so do we. Maybe now it is clearer to see what is really to be. Happy Valentine's. Your friend Always.

HAPPY VALENTINE'S DAY...to all the girls  
who waited in line for DURAN DURAN tickets.  
To You I have only one word...suckers!  
From a guy who looks like  
them but hates them )

To Metza: Happy Valentine's Day.

Love Always  
?????

Hey Mark, if you smash one more car,  
I'll kill you!  
Rick Collins  
Happy Valentine's Day  
from the guy with  
four-way hips,  
way legs.  
the girl with  
the three-

The Messengers of Cupid ought to be thoughts, which fly more swiftly than sunshine chases shadows from the slopes of windswept heights. That is why Venus' chariot is drawn by swift-winged doves, and that is why fleet young Cupid, who travels swiftly as the wind, has wings.  
To Bright Eyes  
From your little girl  
Luv U 4-ever.

To Cory, Let's get bombed! But before we do that, I must beat you in about 12 games of 21, O.K?  
S. Black

HPY VlnTin's Dy 2 a VRY Beutfl Gr1 wTh Grn I's Frm The Gy Wth The TAIL  
(Frm The Gy wth the TAIL WHO also wants to be a secretary )

TO RICK: HOPE Ya have a great Valentine's Day  
Lady Dianne  
FOAM, Foam, Foam, Foam.

TO DENNIS: HAVE A HIGH VALENTINE'S DAY  
love from Lady Dianne and

Some days are good, some days are not,  
but a smile from you Miss Day,  
Makes my day.  
Your secret Igmier

To MY SECOND LOVE KYM:  
Roses are red, violets are yellow  
If you ever need a valentine,  
Sweetheart, I'd be your fellow.  
My love always,  
A. XXX(Lo)

Have A Happy Valentine's Day "Dear" and may you have many more.  
Sandra

To Lisa D, smoke raised with the fume of in  
Love is a smoke raised with the fume of in  
sighs, being purged, a fire sparkling in  
lovers' eyes.  
love,  
Scott.

My love flows out to you, with no regrets.  
A lovely big-breasted young  
lass, that has kept me eternally satisfied.  
To my Nadia, a lovely big-breasted young  
lass, that flows out to you, with no regrets.

DAS LIEBSENTARTEN  
Cash for corpses.  
Happy Saint Valentine's Massacre  
Wulf

To Jim H.  
Roses are red, violets are green.  
Your face is funny  
But your body's obscene.  
Oh, Happy Valentine's Day, Sid. Will you  
be my big Valentine?  
Anonymous

Happy Valentine's, People, Friends  
Actually, WHAT FRIENDS!  
Signed,

HIPS/THE GIRL ON THE RIGHT

Happy Valentine's to all the kids in West  
End. And lots of V.D. to the teachers.  
PLA Rubbish.

To a warm, cuddly "Gr-r-rrr BEAR" I hope by  
this special day we will have settled things  
and agreed to really WORK on our relation.  
NO LAZINESS.  
LUV,  
Lamb.

You're the best, but who  
all the time?  
I don't believe  
I could tell with  
H Valentine's  
Day  
Zanne  
Ydeth

To Laura: seem long,  
Sad hours that which,  
Not having, makes them short.  
having, love,  
Scott.

TO ALL THE STAFF:  
Happy VD Day  
love,  
Kym

Lisa, s

To a real sweet person  
who cares a lot about her  
friends, and has made my  
days nicer, with your smile  
and friendship, thanx.

p.s. someday we, ll  
take Laddie and bear for  
a walk in the park.

Vira

To SANDRA MAN: To a very special friend  
whom I appreciate very much. P.S. Let's try  
to meet at the right time from now on.  
love,  
Kym

My heart is warm and true you, Fun on this  
So a happy Valentine's to have Tll  
and hope that you will love always,  
day. Sandra

TO SID:  
-----  
Fill in your own Valentine's Day message.  
-----  
C. J. Marshall

To:West End Students:

Happy Valentine's Day to one and all. I've enjoyed teaching you because you are " tuit sweet."

Joanne.

To Joanne:

Alas that love, whose view is muffled still,  
Should without eyes, see pathways to his will.

Love Denis

Roses are red, violets are yellow  
If you ever need a Valentine  
Sweetheart, I'd be your fellow.  
My love always,  
A. XXXXXXXXXXX

To My First Love, Kathy:  
Roses are red, violets are blue  
If I were a Valentine heart,  
I'd be beating for you!  
As Always, my love,  
A. XXXXXXXXXXX

To Jason:  
Happy Valentine's Day to a special friend.  
P.S. Happy Six month anniversary.  
love,  
Kym

To Lydia: Best of wishes for this special  
time. Happy Valentine's Day.  
love  
Cory.

TO ALL THE GIRLS AT WEST END:

In my deed for good will,  
I thought it would be appropriate for me to spread myself out and be fair to all of you. So, for the next three weeks, I will be taking phone calls from all takers who are interested in having a "good time." I stress again that I'm only doing this out of pity and the fact that I'm desperate means nothing.

Tim LeClair

Luff to PAD, J.P. Ab and the great frog of the universe.

C. Ryan

To Kathy: Happy Valentine's Day and a happier Valentine's night.  
I send you my love tonight.  
love,  
C.J.

Happy Valentine's Everyone!  
love,  
The One and Only,  
Jockey Joeann Pearson

To Helen:  
Roses are red, violets are blue,  
Give me enough time,  
and I'll get round to all of you.

Happy Valentine's Day  
Steve Black

To Jason:  
Happy Valentine's Day to a special friend.  
Happy Six month anniversary.  
love,  
Kym

Happy Valentine's Day,  
Aubrey Griffith.  
XX

TO ALL WEST END ALTERNATIVE ALTERNATES:  
Life is a bed of roses,  
but stay away from the pricks.  
from,  
Me to You.

Happy Valentine's Day to Dave, Jim, Dennis,  
Val.  
from Charlotte

Dave, have a Happy Valentine's Day and may  
you have many more with all my love.  
love always,  
Sandra

"Oh" have a Happy Valentine's Day "Dear"  
and may you have many more.  
Sandra

Steve Black  
still party at Cory's

to Kathy

HAPPY VALENTINE'S DAY... To all the virgins  
in the school...Thanks for nothing.  
( The School Stud )

Well, it's Valentine's Day again. This is  
the time of the year that everybody gets  
romantic and forgets all their problems.  
Gosh, oh gee. It kind of gets me right  
there, ey!  
Tim

HAPPY VALENTINE'S DAY, Harry.  
FROM A SECRET ADMIRER.

To Laura:  
Young men's love then lies  
Not truly in their hearts  
But in their eyes.  
How much salt water thrown away in waste!  
To season love, that of it doth not taste.  
love,  
Scott

TO THE REST OF MY FRIENDS AT WEST END:  
HAVE A HAPPY LOVE DAY  
love,  
Kym  
To Jimmy:  
Happy Valentine's Day to someone special.  
love,  
Kym

To James G.  
Happy Valentine's Day to a person who is  
more than just special to me .  
love always,  
Kym

ON MY WAY

Gently but firmly take my hand  
Guide me on my way.  
Show me what to do  
And tell me what to say  
As I travel on my way.

Through life's winding and  
narrow road,  
With its darkness and sorrow,  
Light, joy, hope and love  
I need you to show me the way.

As the days turn to years  
And I stumble along the way,  
Be there by my side  
Showing me the way.

I may be young or old  
Or somewhere in between.  
But when the time comes to go,  
Please, be there with me.

Kym Daigle

LOVE ME TODAY

Love me today:  
I won't ask for tomorrow  
'Cause promises being only  
Heartbreak and sorrow.

Love me today:  
Hold me close to you now.  
Who cares about a future?  
I don't ask for your vow.

Love me today:  
Let's live life while we can.  
Let's do what we want to  
And not bother to plan.

Love me today:  
For tomorrows aren't real.  
Why promise for a time  
When you don't know  
How you'll feel?

love,

Kym

ACCEPT ME AS I AM

Accept me as I am  
For that is what I want to be.  
I don't want your reality  
I want to be just me.

I've given up trying to please you  
Trying to be what you want me to be;  
I'm not at all like I seem,  
I'm scared but I'm free.

Freedom is not what I thought it would be  
But then again, neither is reality.  
I try really hard and do my best,  
But somehow I feel like all the rest.

I don't want to change you  
But I need room to breathe.  
So lighten up, live in what you call reality,  
But leave me be, because I want to be free  
Even though nothing is what it seems.

Terri Fowler

REMEMBERING IS TOO EASY

I sit in my room  
Silently pondering why.  
The tears roll gently down my face  
I taste the salt in my mouth.  
I want to know why.  
I remember the good times  
Try to forget the bad times.

My hunger is diminished,  
My energy is gone.  
I feel empty, hollow  
Now that you're not here.  
I feel sick.  
My head pounds,  
My hands are shaking.  
I reach for a cigarette,  
I remember your smile  
I remember your caring touch.  
I drown in my self pity  
Trying to forget is hard.  
Remembering is too easy.

Anonymous

## Lake MacKenzie

How we fitted 15 student, 2 1/2 teachers (Sid counts as 1 1/2) and all the cargo, including a weeks food, into one van and one car I will never know. You can fit a lot into a car trunk if you really try! We even had two people sitting on top of all the snowshoes !!

After a four hour drive (and a few unscheduled stops, eh Dave!) we finally arrived. But where were we? We had pulled off the highway and stopped, as our sideroad was blocked by snow.

Time to ski! After three kilometers, and three people taking a short excursion of another 3-4 km., we arrived at the lodge. Time for a bit of rest and some exploring.

Tuesday was the beginning of the great snow cave! It was also a ski trip to the lake, a well hung bear and some great food. In the evening we went for a night hike and did an hour of "homework".

Wednesday. Ice fishing and hiking all day. There was a snowshoe hike to a beaver pond that ended with a fireworks display on the lake. We lengthened the snowcave to almost 7 feet long today.

## Lake MacKenzie(cont.)

Thursday. IT'S A BOY !! Salamander that is. Winnifred the 2nd (the salamander) shall replace the late Winnifred the 1st. (the bear), may it rest in peace.

We did some more skiing with Sid and with Barb their was ice fishing.

We made a nice big fire to warm our selves while fishing. Do you think 5 trees is enough Bill?? The snowcave is about 30 feet long and will be slept in tonight. But first, we are missing four students. After fishing all day they were trapped on the other side of the lake when night fell (thier own fault. They didn't have a flashlight). Out went the search party and back came the students with some frostbite and a bit of panic but, in the end, they survived.

Now the four intrepid campers who were to sleep in the snowcave had shrunk to three. Somebody turned into a wimp and decided to sleep inside!

Friday. Steve, Bill and I slept out in our snowcave and were warmer than those who had slept inside (the fire went out in the cabin).

Lake MacKenzie(cont.)

We rose at dawn(8 am. if you want to be exact). After breakfast we packed, said goodbye and left. Out to the van and another four hour drive brought us back to the city. Civilization at last! In a little while we were home and it was all behind us.

It was a great trip with a lot of scrumptious meals. I would like to thank Sid and Barb and everyone else that contributed to this fantastic trip. I would also like to say a special thank you on behalf of the entire class to Jack, who put that extra special something into this trip.

p.s. Would whoever stole my army gear please contact me. If you know anything about it's disappearance, there is a REWARD.

DAVID CRAWFORD

## "THE FAB FIVE"

I figured out how much I like Duran Duran as I lined up to buy tickets. Not that much. When I got there at 12:30 p.m., I'd say there were around 150 people. I met a friend who had been there since 9:00 a.m. There were actually people there who had slept out. Oh God!

We met a lot of people who were from out of town too. We must have spent around \$5.00 on coffees alone. What can you expect, standing outside for six hours? Sometimes it was at the point when you couldn't feel your feet or hands.

Well, time went on and a lot more people were coming and the line started to get wider and longer. The tickets were supposed to go on sale at 5:30 p.m., but instead they changed it to 4 p.m. The reason they were going on sale so late is because one of the computers at BASS broke down. Computers,...good for nothing...

As soon as the tickets went on sale, everyone ran up to the front like a bunch of animals. All the little trendies with Duran buttons all down their jackets started screaming like little shits. One punch. That's all I wanted.

I'd say by about know there were 500 people, half of them screaming, since around 450 of them

## "FAB FIVE" (cont.)

were girls (ED. NOTE: HOW ARE YOU DOING IN MATH, MELINDA?) My friend and I were pushed right against this brick wall which lead into a glass window. Now you've got 450 or 500 screaming people and around 100 of them are pushing you against a glass window. Oh sure, there were police there, but what were they doing? Nothing. I mean, there were people near me fainting and crying because they were so squished. The police were still doing nothing.

I think everybody in that crowd must have been calling them "PIGS" and telling them to go to hell and every other word in the "Dirty, Wordy Dictionary." The cop was standing on top of this fire escape, so when I reached the bottom, I went up there and started telling him off and things he should be doing to calm those assholes down.

I don't think he really cared about what I was saying, but some television station did, because they filmed me standing up there and talking to him. I didn't really care about the stupid camera, since I was still gasping for air. Well, anyway, we asked this girl if she could buy us tickets and she did. We got pretty crummy seats, but they'll do.

"FAB FIVE" (cont.)

I've learned a few things about this. Like:

- #1. I'll never do this again, and if YOU do, bring something that will keep you warm, and were not talking coffee or tea-wise!
- #2. That cops are jerks!
- #3. Oh! And bring a baseball bat!

MELINDA DAVIS

CHRISTMAS PLAY REVIEW

The plays started off with Carole and her class. I thought their play was very good. After her performance, we were to go on with ours. The first play was pretty good. I thought the audience was very good. We were not like Romeo and Juliet but we tried!

The third play was with me and Dave. At first, when I stepped out in front of the audience, I started to turn all red and when I tried to say my lines they got all mixed up. Helen was behind the curtain telling me my lines. Dave was doing well. I thought he was going to get mixed up, but he did well. When we got to the play with Tim in the box, I thought it was really good. After we finished all the plays, we sat around and sang songs.

REVIEW (cont.)

I thought we were going to be a flop because it was such a rush job. Drama to me is a very hard thing to do; you must have a good way of being someone else and yourself at the same time. You must have a lot of patience, and you must have a lot of faith in yourself.

The reason I took drama is because I would like to get into acting because it is fun acting and learning how to do things with other people, and also being able to learn lines and so on. Well, all in all, everything turned out well for me and for a lot of others.

Sandra Polianskas

## SUPER SUNDAY

Although the Washington Redskins came out on the short end of the stick, in my own mind I still feel that the Washington Redskins are the best team in the National Football League. But it was just not to be on Super Bowl Sunday, when the N.F.C. Champion and defending Super Bowl Champion Washington Redskins went up against A.F.C. Champion Los Angeles Raiders for all of the marbles. On this day, it was the Raiders who came out with a 38-9 rout of the Redskins.

When all of the dust had cleared, the Raiders walked off with the Super Bowl and the main reason is Marcus Allen. He was just awesome, rushing for a Super Bowl record 191 yards. Allen was a pain in the Redskins' butt all day. Lylee Alzado was another Raider who gave the Redskins problems. But it was just not a two man show. The whole Raider team played a very good football game.

During the week leading up to the game, the Raiders were very outspoken and when you do what the Raiders did, you get the other team's mind off balance. This is a very tricky manoever. It is called intimidation and the Raiders did it very well. Of course, when you have a person like Lylee Alzado who says John Riggins and Joe Thiesmann are very good friends of his, but if he gets the chance, he's going to tear their heads off, you've got to stop and think: What are the Raiders up to?

This was also a match up of former Hiesmann trophy winner Jim Plunkett and the man he beat out, the runner-up for the Hiesmann trophy that year, Joe Thiesmann. So, the last two times Plunkett has come up big with the money on the line.

Joe Gibbs said it best when he said the Raiders played just the way they said they were going to play. When asked what he thought of the game, Tom Flores replied: " We played a great game." Al Davis, owner of the Raiders, said he would put this team in the same category as the best teams ever in football.

If you ask me, I would not say what Davis said, but I will say the Raiders are one of the best teams in the past five years. One should say that Marcus Allen was at his best and deserves to be named " Most Valuable Player " in the Super Bowl.

STEVE BLACK



## RECIPES

This is the first of a continuing series of feature recipes. Shirley has contributed some easy to prepare salad recipes. We hope to feature some of the best recipes from our lunch program (not including the mustard chicken, or tube steaks!) If anyone else has some favourite recipes, we hope you'll share them with us.

### CARROT AND MILK PUNCH

1 lb. grated carrots  
1 pint milk  
juice of 1/2 lime  
sugar to taste

#### METHOD

1. Wash, peel and grate carrots
2. Place grated carrots into a piece of muslin and squeeze to extract juice.
3. Mix lime juice with carrot juice and add milk and sugar.
4. Chill and serve with lots of rice.

### TOSSED RAW SALAD

1 small cucumber  
2 oz. cabbage shredded  
1/2 green pepper  
1 large onion cut in rings  
2 medium-sized carrots, shredded or grated  
1 bunch lettuce  
1 sprig parsley.

#### Tossing Mixture

Mix together in a bowl 1/2 tsp. mustard, 1 tsp. salt, 1/2 tsp white pepper, 4 tbsp. salad oil, 2 tbsp vinegar or lime juice.

#### Method

Prepare and wash all vegetables. Wash lettuce leaf by leaf, preferably under running water, and dry them in a tea towel.

Soak cabbage in salted water before shredding. Wash cucumber. Score it with a fork and slice thinly. Toss all the vegetables in the tossing mixture and serve in an attractive salad bowl.

PINEAPPLE SLAW

- 1 small cabbage, head shredded
- 2 tablespoons chopped green pepper
- 2 tablespoons vinegar
- 1 teaspoon sugar
- 6 slices fresh pineapple
- salt to taste

4 tablespoons grated carrot.

METHOD

Combine green peppers and shredded cabbages in a salad bowl. Mix salt, sugar and vinegar until the sugar is dissolved. Pour over cabbage mixture. Sprinkle with carrot and top with pineapple.

THREE FRUIT PUNCH

- |                       |                       |
|-----------------------|-----------------------|
| 2 oz. diced pineapple | 1 cup orange juice    |
| 2 glace cherries      | 1/2 cup lemonade      |
|                       | 1 cup pineapple juice |

METHOD

Put the pineapple and cherries in a bowl. Mix pineapple juice, orange juice and lemonade together. Serve with ice cubes

## SUPER SUNDAY

Although the Washington Redskins came out on the short end of the stick, in my own mind I still feel that the Washington Redskins are the best team in the National Football League. But it was just not to be on Super Bowl Sunday, when the N.F.C. Champion and defending Super Bowl Champion Washington Redskins went up against A.F.C. Champion Los Angeles Raiders for all of the marbles. On this day, it was the Raiders who came out with a 38-9 rout of the Redskins.

When all of the dust had cleared, the Raiders walked off with the Super Bowl and the main reason is Marcus Allen. He was just awesome, rushing for a Super Bowl record 191 yards. Allen was a pain in the Redskins' butt all day. Lylee Alzado was another Raider who gave the Redskins problems. But it was just not a two man show. The whole Raider team played a very good football game.

During the week leading up to the game, the Raiders were very outspoken and when you do what the Raiders did, you get the other team's mind off balance. This is a very tricky maneuver. It is called intimidation and the Raiders did it very well. Of course, when you have a person like Lylee Alzado who says John Riggins and Joe Thiesmann are very good friends of his, but if he gets the chance, he's going to tear their heads off, you've got to stop and think: What are the Raiders up to?

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### TRIVIA TIME

The Toronto Maple Leafs have only retired one number. Name the player who wore it and what number it was.

Ever since the New York Islanders broke into the N.H.L. in 1974, they have had four captains. Two of their captain's were Ed Westfall and Denis Potvin. Who were the other two?

Submit your answers to S. Black before the next paper comes out.

STEVE BLACK

LOVE ME TODAY

Love me today:  
I won't ask for tomorrow  
'Cause promises being only  
Heartbreak and sorrow.

Love me today:  
Hold me close to you now.  
Who cares about a future?  
I don't ask for your vow.

Love me today:  
Let's live life while we can.  
Let's do what we want to  
And not bother to plan.

Love me today:  
For tomorrows aren't real.  
Why promise for a time  
When you don't know  
How you'll feel?

love,

Kym

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STEVE BLACK

REMEMBERING IS TOO EASY

I sit in my room  
Silently pondering why.  
The tears roll gently down my face  
I taste the salt in my mouth.  
I want to know why.  
I remember the good times  
Try to forget the bad times.

My hunger is diminished,  
My energy is gone.  
I feel empty, hollow  
Now that you're not here.  
I feel sick.  
My head pounds,  
My hands are shaking.  
I reach for a cigarette,  
I remember your smile  
I remember your caring touch.  
I drown in my self pity  
Trying to forget is hard.  
Remembering is too easy.

Anonymous

ACCEPT ME AS I AM

Accept me as I am  
For that is what I want to be.  
I don't want your reality  
I want to be just me.

I've given up trying to please you.  
Trying to be what you want me to be;  
I'm not at all like I seem,  
I'm scared but I'm free.

Freedom is not what I thought it would be  
But then again, neither is reality.  
I try really hard and do my best,  
But somehow I feel like all the rest.

I don't want to change you  
But I need room to breathe.  
So lighten up, live in what you call reality,  
But leave me be, because I want to be free  
Even though nothing is what it seems.

Terri Fowler

# Brain Teasers

## 1. Letter Line:

The first twenty five letters of the alphabet are written out, as shown — with some letters above, the line and some letters below. Where should the Z go: Above or below the line, and why?

A EF HI KLMN T VWXY  
BCD G J OPQRSU

"Z goes above the line" comprised of straight lines go above & letters with curves below.

## 2. Spelling Test

What is the next letter in the following letters in the series?

O T T F F E S

the letters are the initials of the first seven numbers: one, two, three etc. the eighth letter is then E.

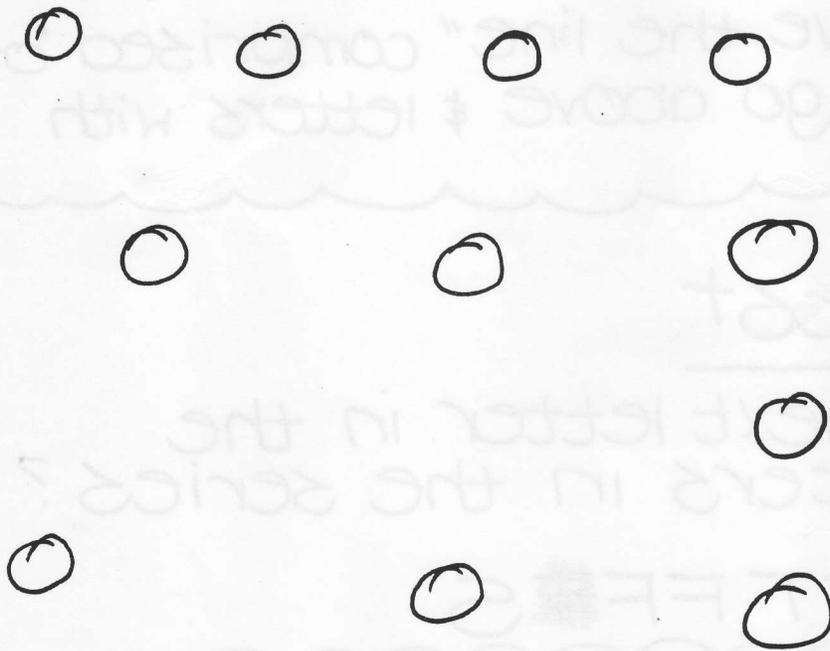
# Sequence

3. What is the pattern of this progression of numbers?

8 5 4 9 1 7 6 3 2 0

the numbers are in  
Alphabetical order.

## Dots And Lines



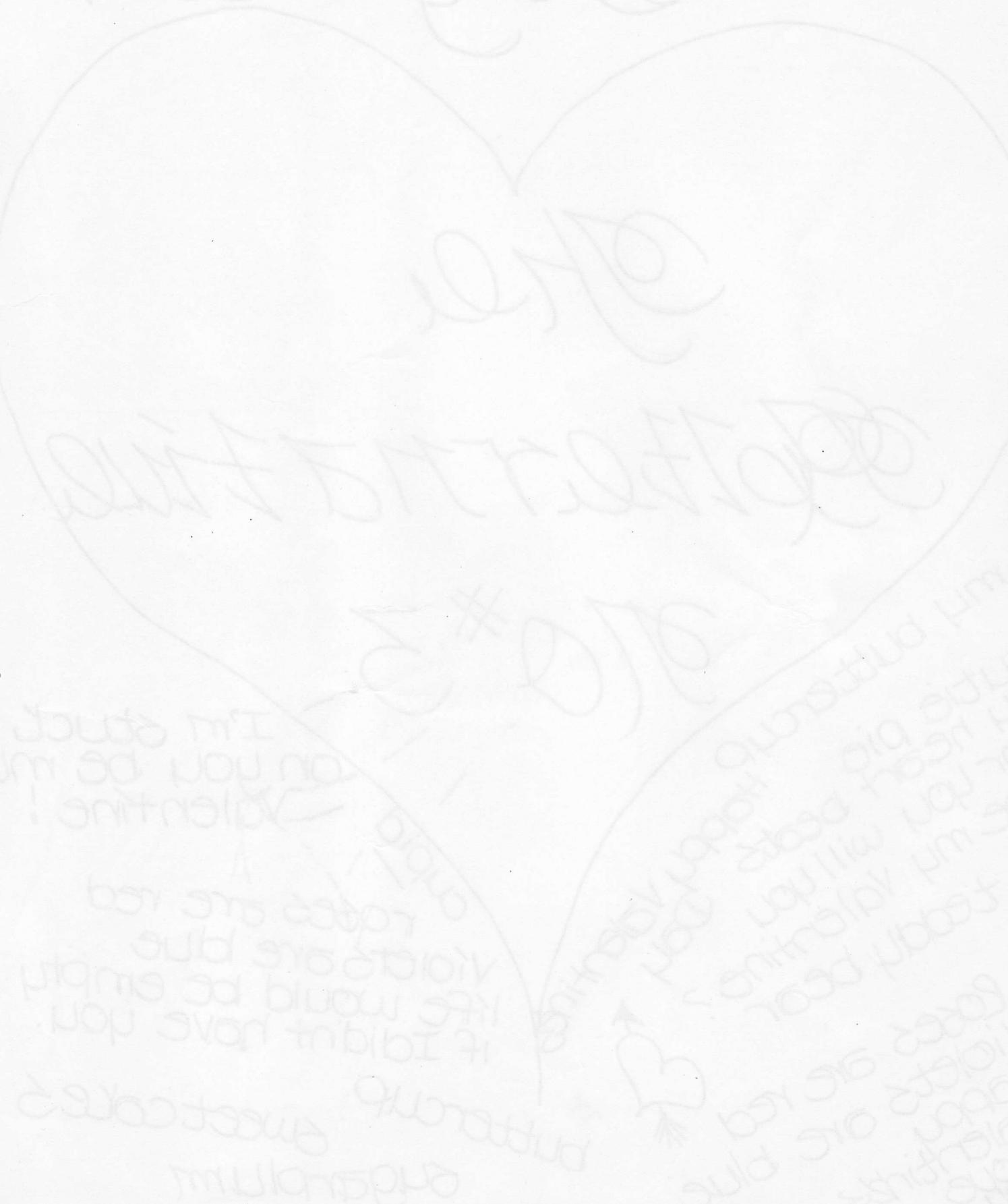
Draw four connecting straight lines through the ten dots without lifting your pen off the paper.

1. sand box
2. Man over board
3. I understand
4. Reading between the lines
5. cross roads
6. downtown
7. three degrees below zero
8. circles under the eyes
9. six feet underground
10. life after death
11. see-through blouse
12. just between you & me
13. All between us is over now
14. It's a small world after all
15. 7-up (seven-up)

# Word Idles

1. sand	2. Man Board	3. Stand I
4. reading	5. road	6. LOW
7. O M.D. P.H.D. B.S.	8. 11 000 00	9. Ground feet feet feet feet
10. Death/life	11. around	12. You + touch me
13. u Alls s NOW	14. All world	15. LOVES

Tough ones



if I didn't love you  
life would be empty  
violets are blue  
roses are red  
I'm stuck  
on you  
Valentine's  
day

hobby  
violets are blue  
roses are red  
I'm stuck  
on you  
Valentine's  
day

FEB 14, 2014

Happy Valentine's Day Feb 14, 84

The

Butterfly

No # 3

I'm stuck on you be my Valentine!

roses are red  
violets are blue  
life would be empty  
if I didn't have you.

buttercup  
sugarplum

my butterfly happy Valentines  
cutie pie heart beats  
for you will you be my Valentine?  
teddy bear



Roses are red  
violets are blue  
Happy Valentines  
I love you

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