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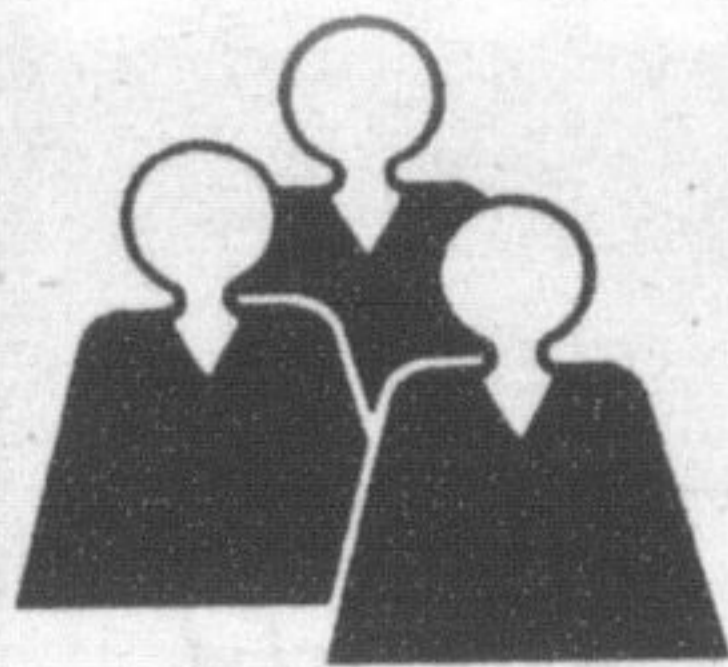
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## ZAK'S PHARMACY

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## A Day To Remember

Do you have courage? Well, then would you like to go on an all-expenses paid trip? It would be absolutely free? Yeah, all free, and it includes meals, accommodations, and entertainment! Wow! Under one condition, you will leave your wife or husband, your kids, your family and all friends behind. You will not be able to phone them, fax them, or email them. The only communication is a rare letter. Would you take this offer? Not many people would.

How would you feel if there were a war going on? Many people had to go to war and leave their families and the only communication was a rare letter. So, on November 11th, we should not take this day for granted let's think about the magnitude of that huge sacrifice, and all the courage that the soldiers and veterans had.

Two minutes of silence to think, and thank the soldiers and veterans for what they did for us. Is that really enough? Our world is so full of confusion! Two minutes is almost not long enough to get the last song we heard on the radio out of our head. Two minutes is a very short time to thank someone for all that our country enjoys today.

The closest to war that many of us will or have seen was on September 11. We all saw the planes hit the towers then collapse, and all the confusion. It is awful just to think and watch all children that have lost their parents, relatives and friends. So when I think of the soldiers who had to leave their wives or husbands, and didn't know if they would return or not, I wonder what their last words were. They might return, but they would never be the same as they left.

I was reading in a local newspaper and it stated that about seventy veterans are passing away each day. That helps us realize just how many people served in the World Wars. Canada had a larger army per capita than any allied country in World War 2, and about half of them were volunteers. That is a lot of families that were broken up.

The World Wars seem like long past history, and many of us forget about what the soldiers and veterans did for our country. On November 11th let's actually think of what they went through to fight for our freedoms that we all enjoy today. Let's make Remembrance Day a time to remember and say thank you for the many sacrifices that were made on our behalf. Talk about courage!

Cathy Wall

### Spirits Into Flowers by: Alana Ingle

"In Flanders Fields," they often say  
"The poppies always grow"  
But how did the flowers get there?  
I think that I might know.

So as they pushed towards the sky,  
To breathe fresh air once more,  
Flowers pushed on higher,  
And spirits began to soar.

When spirits left their bodies,  
They were trapped beneath the soil.  
Their hard work gone to waste,  
But their trouble worth their toil.

The spirits of the soldiers,  
Let out of their earthy grave,  
Were free again once more.  
It was worth their being brave.

As they pushed upwards, to the sky,  
A seed began to grow.  
And as they pushed on higher,  
Red petals began to show.

But once the soldiers left,  
Their poppies did not die.  
So the spirits, happy, parted,  
From their poppies, growing high.

Since the only colour they had seen,  
Was red, bright, strong and true,  
That was the colour they became.  
Their life begun, anew.

So if you, perchance, happen to see,  
In Flanders Fields, a poppy grow  
You won't have to wonder why they're there.  
'Cause now, I'm sure you know.



TIME TO  
REMEMBER

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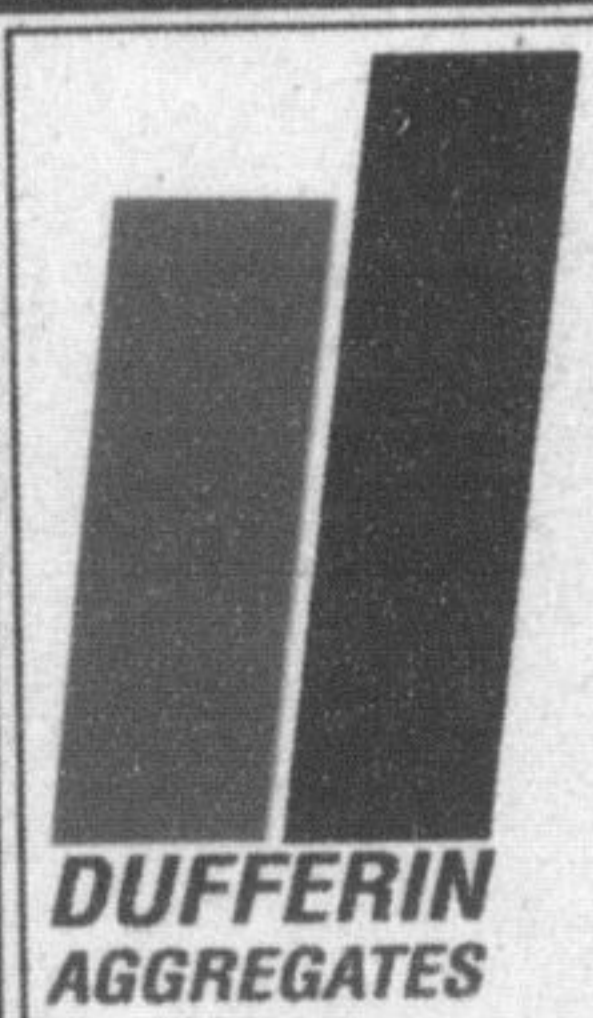


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