

What would we do without A.T.N.  
Watch the runs of tv again.  
Complain of heat stay out of rain  
More time spent without a gain.

I learned so much you don't expect under safe  
banner of respect.  
Take vague dreams and make them solid.  
The future brighter, becomes less horrid.

Qualifications stable you to a life with the better  
forward view.  
New good friends are made the whole world round.  
Whilst feet kept firmly on the ground.

Want something done?  
Ask the active not the lazy achieve the goals you  
once thought crazy.

By Nick Whitehead