

# BiWay is closing

The BiWay will be closing its Main Street doors soon — but isn't likely to disappear from Milton's business sector.

District manager Ken Staley announced this past week that the department store will end its 20-plus year affiliation with 194 Main Street East on June 25.

"The building has been sold and our lease expires at the end of the month. We were unable to sub-lease it from the new owner," said Mr. Staley.

Local shoppers may not have to go without BiWay service for long however, as plans to relocate in town are underway. Mr. Staley is currently pursuing two specific sites and hopes to be moved into one by the end of the summer.

The store's 12 employees will be transferred to the Oakville franchise until that happens. "Our new store will go with the ultra-modern trend BiWay has recently established. We'll have bright new fixtures and a dynamic new sign," Mr. Staley added.

In the meantime, Main Street's BiWay will offer massive clearance sales over the next three-and-a-half weeks.

# Youth centre director

• from YOUTH on page 1

parents feel otherwise. "They've got a bad rap. Some people get the idea that it's just trouble, but they have such a good program."

Visitors play sports, video games, watch TV or talk with their friends and volunteers.

The centre was left without a full-time director in April last year after Chris Jarvis, a Milton Bible Church pastor who oversaw its opening two months earlier, moved on to set up a similar church-based facility elsewhere.

A director was hired for the summer of 1996, but the facility has primarily been run by volunteers, said Sid Jones, chair of the steering committee.

After a long search for a director "who could link with kids," Mr. Jones said, and be at the centre on an ongoing basis, Mr. Elkerton was hired.

The new director said the first things he did was clean, removing 25 bags of garbage,

and paint the place.

The addition of a weight and fitness room is next on his agenda and longer-term goals include provisions for high school drop-outs to take correspondence courses and students in crisis to receive counselling.

However, funding — currently provided primarily by area churches and service clubs — will play a large role in whether his visions turn into reality, he said. That means finding corporate sponsorship is another objective.

Mr. Elkerton, who spent his childhood in orphanages, foster homes and on the street after his parents were jailed, "has a real heart for the kids," said Ms Strode. The new director said his life turned around almost overnight at the age of 20 after, on the streets of Toronto, he spoke with a Salvation Army worker about religion. He's now an ordained First Nations Gospel pastor and focuses his work on helping street kids.

# Ask The Professionals

If you have any questions these professionals can answer, please write to:

"Ask The Professionals"  
c/o The Canadian Champion  
191 Main Street E.  
Milton, Ontario L9T 4N9  
or Fax to: 878-4943



Elayne M. Tanner

*Elayne M. Tanner*  
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(905) 854-0801

**Q:** I follow your column and know that you have extensive training in psychotherapy and counselling and that you see people of all ages, but I am still unsure of the range of suitable problems. Could you clarify this for me? Also, how does someone get referred to you?

**A:** There are as many reasons that people come to me as there are people. I will try to answer your question but no list can ever be completed. Individuals, including children and teens, often come for help with: depression; self esteem, panic attacks; anxiety; life fulfillment issues; sexual abuse; adoption issues; sexual dysfunction, eating disorders; divorce aftermath; attention deficit disorder in themselves or coping with it in someone in their family; post-traumatic stress disorder; post-partum depression; grief due to death, illness or job loss; physical illness such as headaches or cancer where relaxation may help cope with pain management; coping with crimes such as rape or a break in; suicidal thoughts or coping with someone else's suicide; addictions such as alcohol, drug, sex or pornography; inner child work to help deal with past pain; adult children of alcoholics; court ordered counselling; help with parenting and guidance on changing repetitive patterns.

Couples come for marriage counselling to help them deal with difficulties in: communication; extra-marital affairs; sexual differences; domestic violence; differences of opinion on matters regarding sex, child rearing, money management, religion or household roles; relationships with in-laws, ex-spouses and other family members.

Families come for issues such as managing defiant children; house rules; communication; step-parenting, divorce adjustment; and any other family problem that needs an objective third party. Families or couples often seek help in dealing with any of the individual issues listed above that one of their family members is going through.

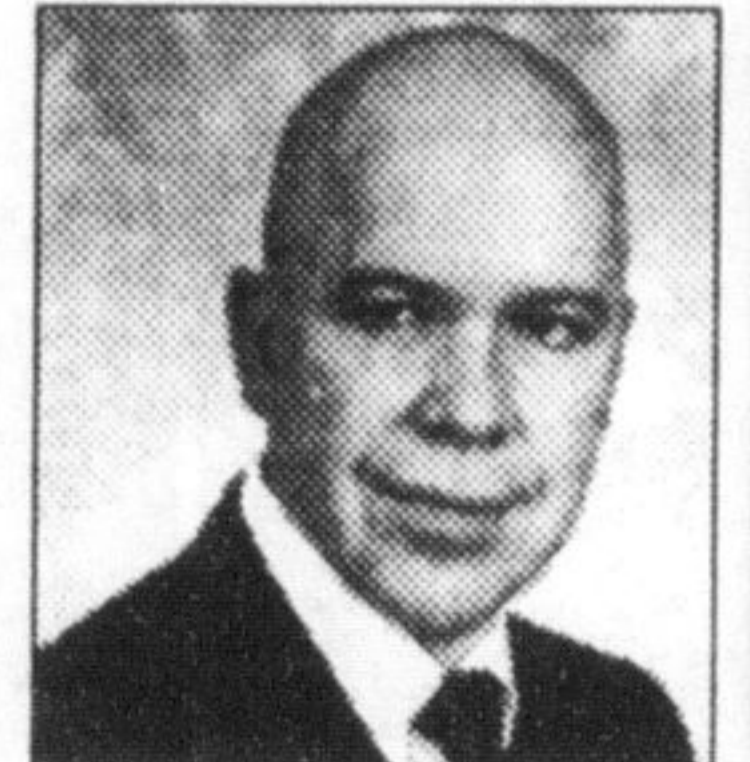
In answer to your second question, many are referred to me by their physician, psychiatrist, church, lawyer or friend. Many others make self-referrals, which means they call me directly.

*Elayne Tanner is a Certified Social Worker in a private practice in north Milton. If you have further questions or if you would like to arrange an appointment, please call (905) 854-0801. Confidentiality guaranteed.*

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Lou Mulligan CFP

**Q:** I received my income tax refund recently. What is the best use of this money?

**A:** The best use of your tax refund depends upon your personal needs. You deserve the best information for your decision making, so get a financial planner to review your situation.

Consider the following items:

- If you borrowed money for your RRSP, pay off your RRSP loan.
- Contribute to your current year's RRSP or spousal RRSP.
- Pay down the principal on your mortgage.
- Pay off high cost loans or credit cards.
- Invest the money in an "informal trust" for your child's future needs.
- Begin a "next car fund" by investing in mutual funds for diversified asset protection and capital gains.

Don't just put your refund in your bank account. In the bank, it blends with your pay check and will disappear over the next few months as extra pizza and videotape rentals, (or, is that fine wine and social evenings out?).

**Treat your tax refund as a gift to yourself. It's free money... a special bonus for your hard work. Keep it working hard for you!**

A financial plan starts by summarizing your financial resources and clarifying your long term goals and objectives. Call Money Concepts at 876-0940 for help.



Sheila Buck, B.Sc. O.T.(C)

## Therapy NOW!

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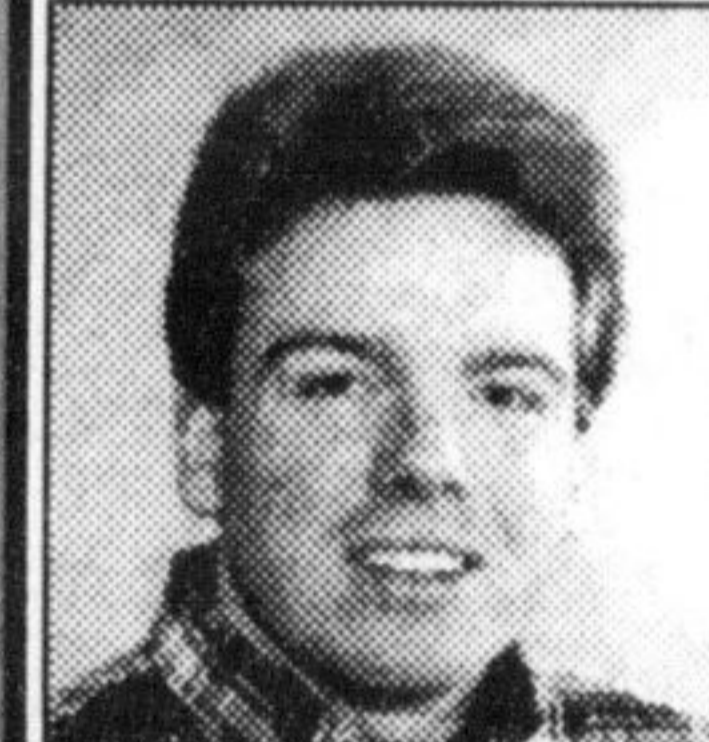
**Q:** My mother lives at home alone. I am afraid that she may fall in the bathroom. What can be done?

**A:** An Occupational Therapist can complete an in-home assessment to determine her risk for falling, areas of concern with regards to the home environment and then make recommendations for easier ways of doing daily activities which may include the use of assistive devices such as a bath bench, hand held shower and bath safety mat.

**Q:** I have back pain and find it difficult to sit for any length of time at work, or to do housework at home. What can I do?

**A:** There are many back supports available which can be used in chairs to increase support for the back when sitting. An Occupational Therapist can recommend the best support for you, as well as look at your work environment and recommend changes to heights, distances and methods of completing the job to reduce pain. Body mechanics and methods of completing activities are also looked at in order to determine easier, and less painful methods to do housework and, where required, recommend devices which may make the task easier.

*Sheila Buck is a certified occupational therapist. For further information or to arrange an in-home assessment, call 878-8381.*



Greg J. Lawrence, B.Sc., D. Ch.

## GREG J. LAWRENCE, B. Sc., D. Ch.

FOOT SPECIALIST / CHIROPODIST

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Member of the Ontario Society of Chiropractors  
and The Ontario College of Chiropractors

**Q:** What are orthotics?

**A:** Orthotics, or orthotic devices, are shoe inserts that are intended to correct an abnormal, or irregular walking pattern. Orthotics perform functions that make every day exercise more comfortable and efficient, by altering slightly the angles which the foot strikes the ground.

Foot specialists prescribe the use of orthotics as conservative approaches to many foot problems. Orthotics take many different forms and are constructed of various materials. There are three categories which orthotics can be classified under: rigid, semi-rigid, and soft. The density of the orthotic depends on the conditions, symptoms, age of patient, activity level, footwear, and the medical history of the patient. Most orthotics have a "shell" that starts under the heel and ends just before the ball of the foot. They should be placed in all shoes that fit your feet comfortably. We can now get custom made sandals with an orthotic footbed built into the design.

All orthotics and custom made footwear are concerned with improving foot function and minimizing stress forces that could ultimately cause foot deformities and pain. If your feet and legs are giving you any problem, give us a call for an assessment.

702-1611

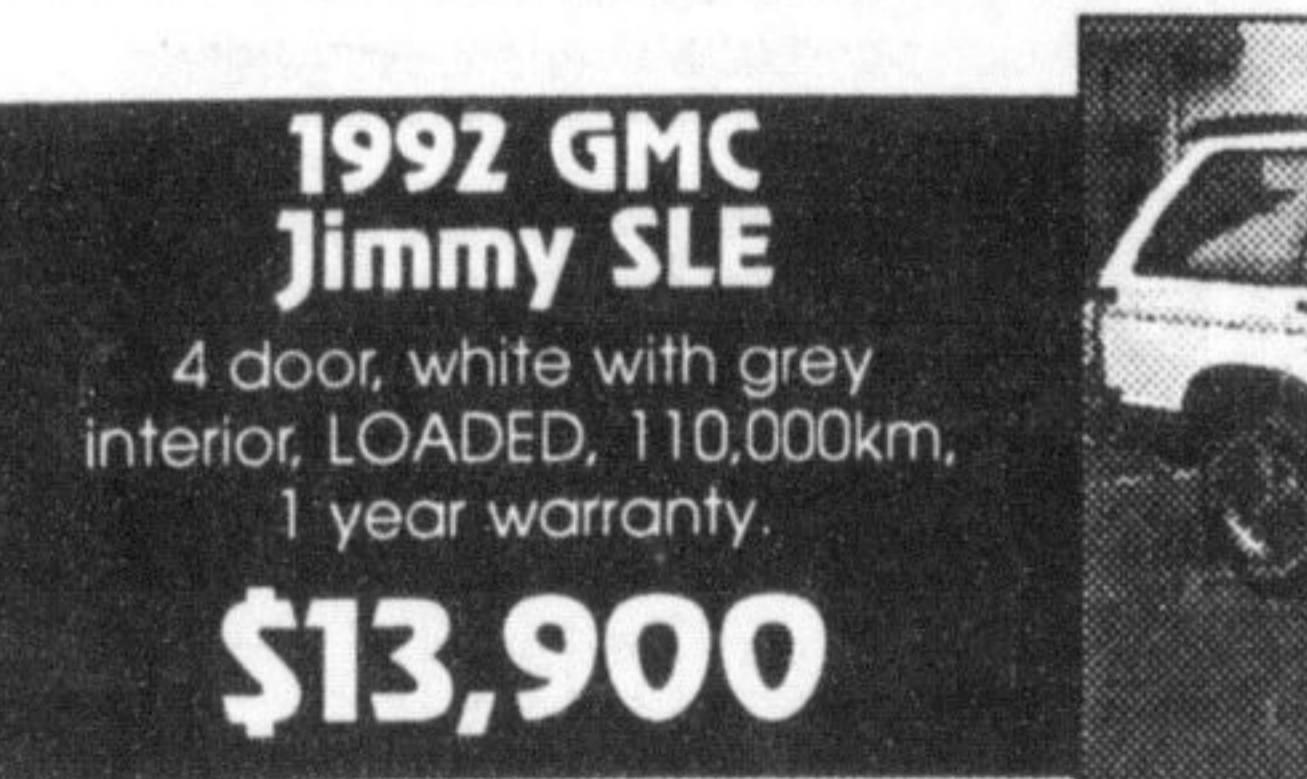
The clinic offers extended hours.  
No referral is necessary.  
Housecalls are also available.

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