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Polka band nominated for Grammy

By **STEVE LeBLANC**
Special to The Champion

Growing up in a big Polish family, Greg Winiarz heard all the old polka classics and all the accompanying tales surrounding his people's traditional music.

Now he's got his own tunes to play — and his own exciting story to tell.

The youngest of seven children, 28-year-old Mr. Winiarz is part of the polka band Gorale that was nominated for a Grammy award last Tuesday.

Band leader John Gora of Burlington had been invited to Chicago to read nominations for a jazz category — and was first to learn about Gorale's own nomination.

News quickly filtered through the Internet and came as a big surprise to Mr. Winiarz.

"It was like, 'Oh my God,'" the Miltonian described, of his initial reaction to the Grammy whammy. "I know a lot of the other bands in the field so I was just looking to see who had been nominated. I had no idea we (Gorale) were going to be on the list."

Newest member

Mr. Winiarz is the newest member of Gorale (Polish for Mountaineers), having joined four years ago when their original bassist parted company.

His older brother John — the drummer from Cambridge (formerly of Milton) — was already a full-fledged member.

He and his band mates were recognized for their 1997 CD, *Duty Free Polkas*, which was nominated for Best Polka Album.

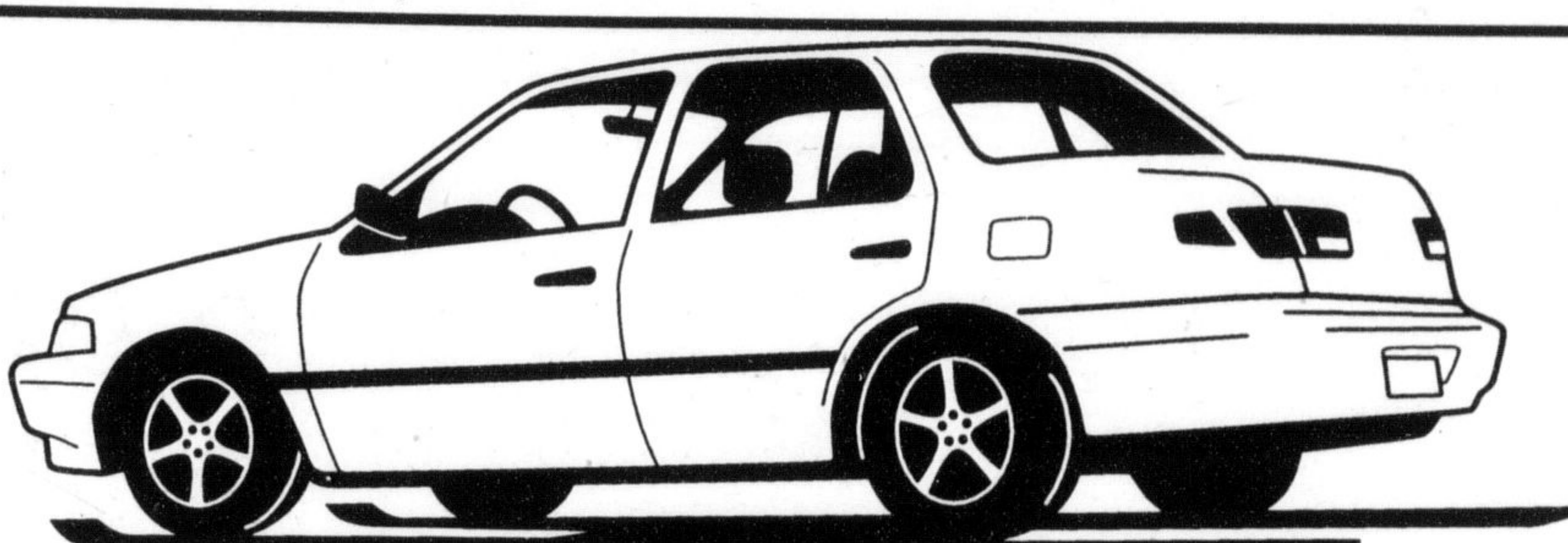
Gorale's bassist said they play more of a Chicago-style polka, adding that "it's not as quick as the polkas most people are familiar with. It's more of a brassy shuffle."

"The title of the album was my idea. We were kicking around names at dinner one night and it just stuck," he said.

Mr. Winiarz's love for polka music comes from his older brothers, Tony, Tim and John, as well as through Polish youth groups in Mississauga and Oakville.

He admits that it's an acquired taste — one that often never catches on with some people simply because of its persona.

• see **HOBBY** on page 3



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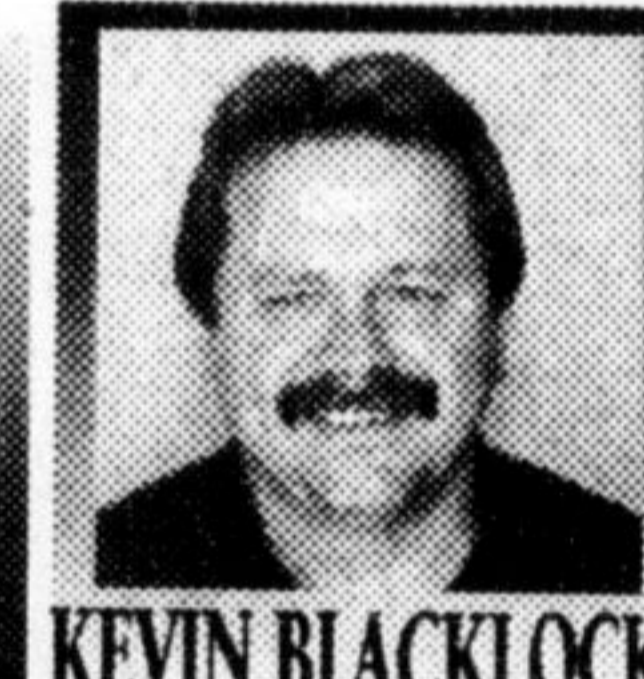
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Ask The Professionals

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

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Member of the Ontario Society of Chiropractors
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Q: What are flat feet?

A: The human foot is a complicated structure, consisting of 26 bones, numerous joints, ligaments, muscles and tendons. Each set of feet are unique, but may share certain basic structural qualities. Flat feet are low arched and fairly common. Closer examination of a weight-bearing foot reveals:

- turning out of the heel bone away from the centre of the body
- inward rotation of the leg
- bulging of the inner aspect of the ankle
- shifting of the forefoot outward from the heel

Flat feet may be a result of abnormality in the alignment of bones, excessive elasticity of the ligaments, muscle imbalance, or some combination of these. Flat feet alter the alignment of the foot, leg, knee, pelvis and lower back. Problems may develop at any level. Initially, symptoms are fatigue and strain — often described as tired feet. Long term consequences include: arthritis, bunions, heel spurs, neuromas and shin splints, to name a few.

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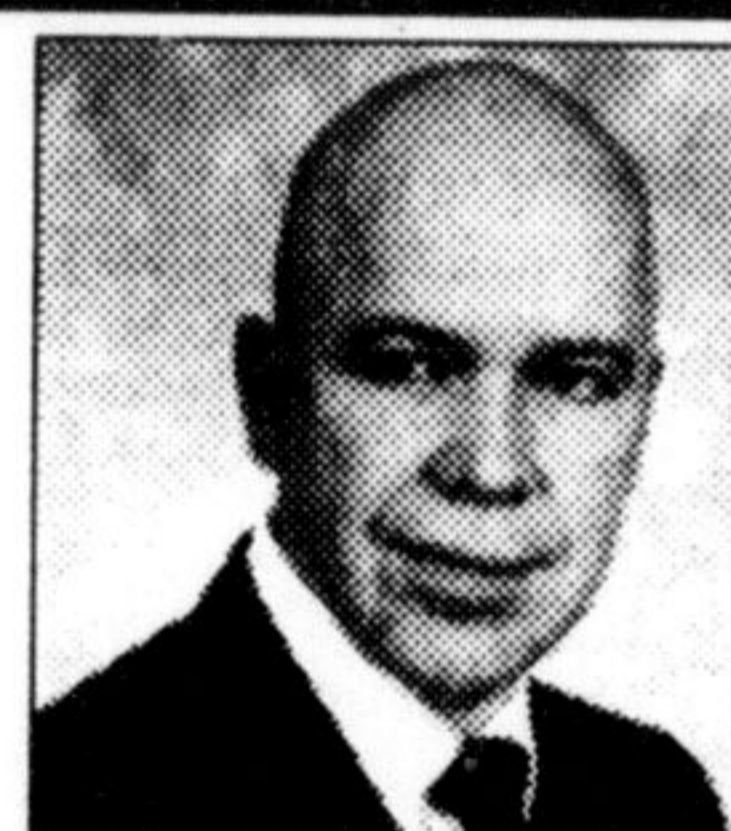
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Lou Mulligan CFP

Q: I make New Year's Resolutions but by March, I've lost the incentive. What should I do?

A: Set simple plans in motion that help you achieve your resolutions! (We hope that one goal is to improve control over your finances).

1. SET A GOAL: Resolutions are directed at improvement. If you have a goal, it's easier to make a plan to stay on track.
2. GET PROFESSIONAL ADVICE: Develop a team approach. Choosing the right tools to achieve your goals and the motivation to stay on track takes professional help. Find a financial planner you want to work with (ideally at Money Concepts) and use their skills to help achieve your goals.
3. CREATE A SUCCESS HABIT: When you put your plan in motion and make it automatic, it's easier to achieve your dreams. With a regular monthly investment program, you can take steps toward your financial goals as easily as you pay your cable TV bill.
4. REWARD YOURSELF: Reduce your taxes. If you don't have an RRSP, begin regular RRSP contributions. It's easy to do. You save for your future and you reduce the taxes you pay too.
5. FORGIVE YOURSELF: It took a long time to create the habits you want to change. If you make a mistake, forgive yourself and get back at it. DON'T GIVE UP! KEEP TRYING!

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Q: My daughter was thrilled to be accepted to university but even though she is living at home she seems to be very stressed. I am getting worried. Could you help her?

A: Many young people find themselves stressed in college or university, even though they have looked forward to it for years. There are many areas that I look at with students in her situation. One is long term goals. Some students enter a program that seems suitable and find that it is not for them. It is often hard for them to recognize and acknowledge this and re-evaluate their plans, particularly if it means losing an academic term. I also look for any root causes of stress. If the family has inadvertently put pressure on the student, for instance "this is the first person in our family to go to university", or "my child is going to be an engineer just like me", the student may have two problems. They may not be happy in their program and they may feel the pressure of disappointing their parents.

Many students need to learn stress management and time management techniques, both of which I would do with your daughter. Even though she is living at home, college or university is a big change and sometimes the stress can be overwhelming. Being away from old friends and environments, a long daily drive, living on their own for the first time, difficult school work, all add to this stress. Now that they are older, of legal drinking age, have more control over their time, increased freedom, and are without a parent's watchful eye, it is sometimes difficult for the student to balance studies with social life. Although they won't take advice from a parent, they will from me.

Self esteem is very important at any age and is always critical to success. Frequently the student's expectations of what life would be like after high school, how they would manage, what courses they would take and other such issues, do not come true, and this shatters their confidence and their self esteem.

These are just some issues that may affect your daughter. Some young adults cope well in spite of their concerns. However, some become despondent and even suicidal. No matter how old they get, they are still our children so keep the doors open and talk to your daughter! I can offer both of you an experienced, objective, private approach.

Elayne Tanner holds Bachelor and Masters level degrees in Psychology, Social Work and Social Administration. A Certified member of the College of Professional Social Workers, with many years of professional experience and training to work with individuals, families and couples. Her office is located in Milton in a private rural setting minutes from the downtown area. For any further questions please contact Elayne Tanner at (905) 854-0801.