



A word from the Sensei...

by Sensei Scott Hogarth

空手道

"Empty"

"Hand"

"Path or way"

The key to feeling good about oneself is expressed in one simple phrase,

"Give it your all!"

For when 100% effort is given in anything we do, even menial tasks will reward us with "positive" feelings, about ourselves!

Fighting Griffin Martial Arts

Karate Introductory Special \$9.99
Above Rogers Video
Call for appointment
878-8941

Lyall part of record-breaking swim team

Local swimmer Garrett Lyall recently completed an outstanding short course season with the Etobicoke Swim Club.

The highlight of the fall was when he and his teammates broke the Canadian record for the 4x100 metre medley relay by almost two seconds.

Within Canada, in the 12-and-under boys division, he ended the season ranked fifth in the 100m butterfly (first in Ontario), sixth in the 200m butterfly, seventh in the 200m individual medley and 50m freestyle and 14th in 100m freestyle.

Etobicoke's relay team is also ranked first in Canada by several seconds.

Lyall recently turned 13 and performed strongly as one of the youngest competitors in the 14-and-under boys group at the Ontario Junior Provincial Championships in Ottawa. He placed 11th in the 200m butterfly and helped the relay team to bronze-medal finishes in two events.

Local swimmers show strongly

Twelve-year-old Stephanie Fennell recently returned from the Junior Provincial Short Course Swimming Championships with four top eight finishes from seven events.

The Milton youth, who competes with the

Swim Notes



Etobicoke Swim Team, placed sixth in the 800-metre freestyle, seventh in both the 100m and 200m backstroke and eighth in 400m freestyle.

She is currently ranked among the top 25 national swimmers in all four of these events.

Fellow local swimmer and Etobicoke club member Garrett Lyall, 13, qualified for three events at the recent provincial showcase. He finished in the top 16 in his favorite event, the 200m butterfly.

The former Milton Marlin competitors are now looking forward to the long course swimming season, set to begin later this month.

Good day for Mellroy

Kristen Mellroy needed help bringing home all her medals from Scarborough recently, after a successful showing at the Cindy Nicholas Classic.

The 10-year-old Milton Marlin Swim Club member finished among the top three in every

event she entered. Highlighting her day was a gold medal performance in the 100-metre backstroke.

She also struck silver in the 50m backstroke, 50m freestyle and 100m individual medley and took bronze in the 50m butterfly.

Twelve-year-old David Wassenich was a force in the breaststroke events. He was third over 200m and fourth in the 100m, with provincial times in both races that earned him a spot in the Provincial Short Course Championship Meet in Nepean.

Other Marlins who earned berths in the finals in Scarborough were Michelle Claessens, George Dimitrov, Jennifer Porenta, Cassandra Sliemers and Lisa Trencs. David Mondoux, Vera Semenov, Yvonne Sliemers, Stephanie Sliemers and Ashleigh Snow improved personal records and placed well.

Football help wanted

Touch football officials are needed for youth and adult leagues in Milton and Burlington.

A clinic will be held Sunday, April 27 at the Halton Police Station in Burlington, located at 440 Locust Street. The clinic will begin at 9 a.m. Those interested in attending can contact Peter Moore at 335-5339 or 335-2626.

Reader's Selection Awards

The Milton Canadian Champion 1st Annual



Best Professional

- Radio Personality
- Newspaper Columnist
- Insurance Agent
- Chet
- Waiter/Waitress
- Bank Teller
- Financial Planner
- Accountant
- Artist
- Clown
- Chiropractor
- Dentist
- Doctor
- Teacher
- Police Officer
- Lawyer

- Camera Shop
- Golf Shop
- Computer Store
- Pet Shop
- Tire Shop
- New Car Dealership
- Used Car Dealership
- Camping Equipment
- Cellular Phone Shop
- Auto Parts
- Florist
- Book Store
- Office Supplies/Furniture Store
- Fabric Shop
- Musical Instrument Store
- Health Food
- Bakery
- Butcher
- Frozen food
- Fresh Produce

- Air Conditioning
- Lawn Care
- Photography Studio
- Brew Your Own Beer/Wine
- Transmission Shop
- Print Shop
- Shoe Repair
- Body Shop
- Muffler Shop
- Blanquet Facility
- Newspaper

Best Shopping

- Shopping Area
- Shopping Plaza
- Shopping Mall
- Department Store
- Men's Store
- Women's Store
- Children's Store
- Shoe Store
- Jewellery Store
- China/Gift Shop
- Grocery Store
- Drug Store
- Discount Store
- Furniture Shop
- Antique Store
- Gardening Centre
- Hardware Store
- Home Improvement Centre
- Craft Shop
- Picture Framing
- Toy Store
- Sporting Goods Store
- Bicycle Shop

Business Services

- Hotel/Motel
- Security Service
- Retirement Home
- Oil/Lube Change
- Pool Company
- Carpet/Floor Covering
- Day Care Centre
- Travel Agency
- Car Wash
- Investment Company
- Gas Station
- Bank/Trust Company
- Radio Station
- Massage Therapy
- Carpet/Upholstery Cleaner
- Hospital
- Dry Cleaner
- Fitness Club
- Insurance Company
- Landscaper/Lawn Service
- Hair Salon/Barber Shop

Best Entertainment/Sports

- Movie Theatre
- Bingo Hall
- Billiard/Pool Lounge
- Movie Rental
- Restaurant
- Bar
- English Pub
- Sports Bar
- Local Event
- Martial Arts Facility
- Dance Floor
- Live Entertainment
- Local Golf Course
- Mini Putt
- Local Sport Team
- Tourist Attraction
- Dance Studio

WHAT DID WE FORGET?

Best _____ in _____
 Best _____ in _____
 Name _____
 Address _____
 Phone _____

WIN GIFT CERTIFICATES FROM LOCAL BUSINESSES!

BALLOT TO BE RECEIVED BY MARCH 21
 For the month of March we are asking our readers to cast votes and pick the best that our community has to offer. Broken down into four categories: BEST PEOPLE, BEST SHOPPING, BEST BUSINESS/SERVICES, BEST ENTERTAINMENT/SPORTS. There are no nominees, just tell us who, what, where you think the best are!!! The results will be published on April 6, 1997. Thank you for participating.

Mail or drop off to:
 Readers Selection c/o The Milton Canadian Champion
 191 Main St. E., Milton L9T 4W9

WELCOME TO QUALITY!

Quality GREENS
fine foods

TUESDAY EDITION
 of the The Canadian Champion

We're not
 a swarm of bees but we're STILL buzzing.
St Clair
 the paint and paper people
 we're still at **475 Main St. E. 878-2629**

LATE SOCCER REGISTRATION

If you missed the soccer registration in February and you still wish to play soccer, please call us to register, before April 1, and you will be placed on a waiting list.



The membership fee is \$100 per player or \$210 per family (late fee applies). Please call:

- Soccer Hotline (leave name and phone #) 875-4072
- Joanne Berghammer (mini and boys competitive) 876-2518
- Willy Ceelen (girls competitive) 878-9545

MILTON SPRINGERS					
180 Nipissing Rd., Unit #5, Milton, Ont. L9T 1R5					
878-5030					
SESSION 3 = MARCH 21 TO JUNE 23					
PROGRAM	AGE/GRADE	DAY	TIME	SESSION 3A (6 WEEKS)	SESSION 3B (6 WEEKS)
Tumble Bunnies	2-1/2-3-1/2	Wed	9:40-10:20	\$52.00 or 2 payments of \$26.00	\$52.00 or 2 payments of \$26.00
Tumble Bunnies	2-1/2-3-1/2	Wed	10:30-11:15		
Tumble Bunnies	2-1/2-3-1/2	Thurs	9:30-10:15		
Tumble Bunnies	2-1/2-3-1/2	Thurs	10:30-11:15		
PROGRAM	AGE/GRADE	DAY	TIME	SESSION 3 (13 WEEKS)	REGISTRATION CONTINUES MARCH 24, 26 6-8 PM AT SPRINGERS GYM
Kindergym	3-1/2-6	Fri	6:30-7:30	\$120.00 or 2 payments of \$60.00	
Kindergym	3-1/2-6	Sat	10:15-11:15		
Kindergym	3-1/2-6	Tue	9:15-10:15		
Kindergym	3-1/2-6	Tue	10:20-11:20		
Kindergym	3-1/2-6	Tue	1:30-2:30		
Kindergym	3-1/2-6	Wed	1:30-2:30		
Kindergym	3-1/2-6	Thurs	1:30-2:30		