

Truck inspections in village

By **ROBIN DOWNTON-POIRIER**
Special to *The Champion*

Committed to making our roads and highways safer, Halton Regional Police have planned truck inspections for this summer in a joint effort with the OPP Highway Rangers, Ministry of Transportation and Ministry of Environment.

"Right now it is a matter of coordinating everyone's schedules," said Const. Pat Martin of Halton police. "We are dealing with so many different agencies and it's difficult to get everyone together."

Although dates haven't been finalized, a temporary inspection station will be established at Mohawk Racetrack as well as a few other places in Milton. The

safety lanes will be put in place early in the morning and, throughout the day, Halton police and the OPP will pull trucks off Hwy. 401 and Guelph Line.

Trucks are inspected for any defects, improper licences, violations of log books, etc. When a vehicle is deemed unsafe, its licence plates are removed and it's towed.

"Sometimes there are small infractions and the driver will have their company come right to the inspection site to repair the vehicle," said Const. Martin.

"Most times, the drivers are very co-operative and are glad we've inspected them. They do not want to drive unsafe vehicles."

Const. Martin, who has been

involved with truck inspections for nearly six years, said the initiative has been extremely successful.

"When we held an inspection at Mohawk the last time, we took approximately 70 per cent of the trucks that we stopped off the road for infractions," he said.

"We try to stop a lot of the local truck traffic because they rarely get inspected on the highways. We can usually stop and inspect 40 to 50 trucks in a day but it depends on how many inspectors we have with us.

"We also have the Ministry of Environment with us just in case these trucks are leaking any substances. It protects everyone involved including the property that we're on."

Mountsberg goes to dogs

If you've ever wanted to watch working dogs in action, Mountsberg Wildlife Centre's upcoming Dog Days of Summer is designed with you in mind.

The event, which will be held July 25 from 11 a.m. to 4 p.m., is a great opportunity to celebrate man's best friend — especially ones trained to help humans with their daily work.

The event will showcase various groups that work side by side with working dogs including police dogs, which will demonstrate how they help officers apprehend criminals and aid in searches.

Also on hand will be dogs that assist the vision, hearing and mobility impaired, herding dogs and bernese mountain dogs ready to give young children cart rides.

There will also be a show by the

MegaMuts of Elmira, featuring their Agility and Obedience Trial Champion dogs.

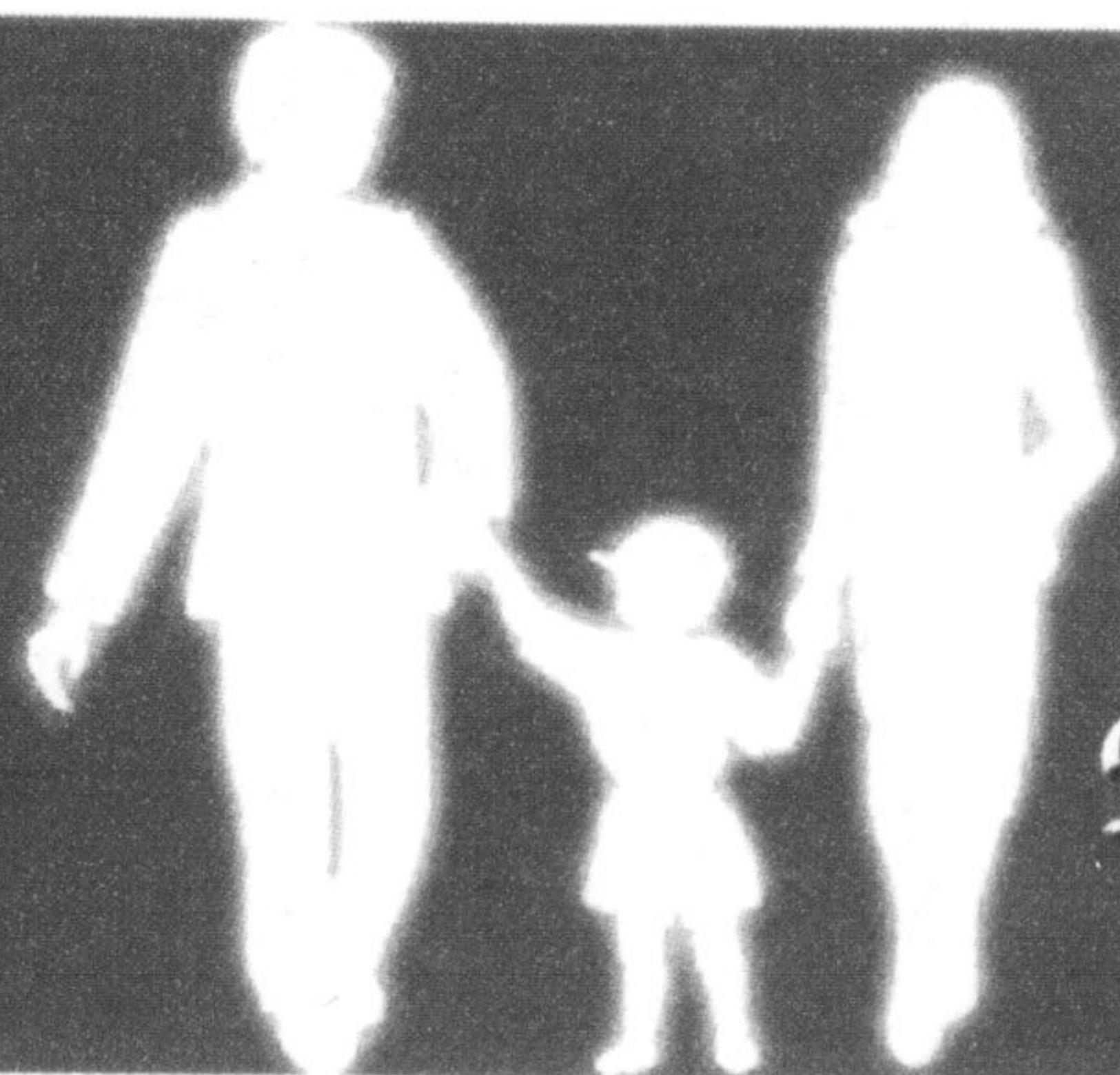
Demonstrations will take place throughout the day, as well as ongoing encounters with various dog groups that will explain their programs.

Storytellers will also be on hand, and visitors will be able to see farm animals at the historical Cameron Barn and the Birds of Prey exhibit at the Raptor Centre. The PlayBarn will also be a highlight for kids.

Admission costs \$7 for adults, \$5 for children aged 5 to 12 and seniors and is free for children four years old or younger.

For a map or for more information, visit the Conservation Halton Web site at www.conservationhalton.on.ca.

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Milton Welcomes Dr. John Kim

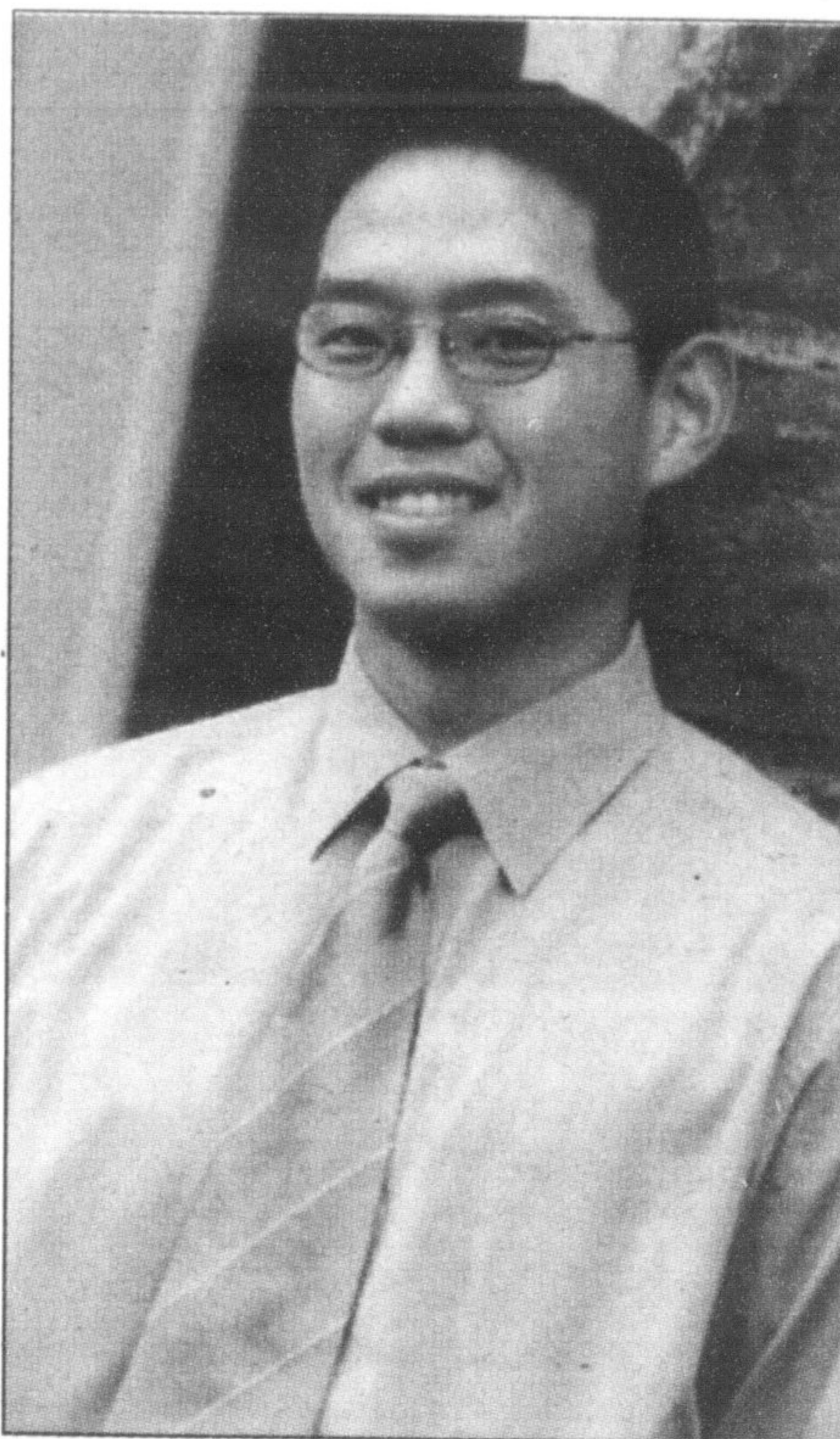
You never know how important your health is until it is gone. This is a harsh but true reality. Even though we have more information and knowledge about health and diseases than ever before in history, people are continuing to die young. Pollution, overuse of drugs, and stresses are just a few of the many problems contributing to the current state of health in our society. The purpose of this article is to provide you with key information to take responsibility of your own health.

I would like to take this opportunity to introduce myself. My name is Dr. John Kim. I am the new Chiropractor in town located on Wakefield Road just off of Ontario Street across the street from Milton Mall. I am working in the professional building, Wakefield Place. My mission in Milton is to help everyone achieve optimal health.

I attended high school at St. Michael's College School in Toronto. Later I attended McMaster University and received a Bachelor of Kinesiology, the scientific study of human movement, and a minor in Biochemistry. McMaster is where I started to develop my respect and passion for health and wellness, which helped to cultivate my eventual career and lifestyle choices.

I then chose to attend Chiropractic School because I had a deep desire to help people be as healthy as they can. Chiropractic would allow me to help others achieve optimal health and wellness *naturally*. I went to Palmer College of Chiropractic in Iowa, the first Chiropractic school ever.

I have been practicing in Naperville, Illinois, a suburb of Chicago, for the past two and a half years, in a high volume clinic where I cared for babies, pregnant mothers, fathers, children, seniors, and athletes. Much too often, people base their health on how they feel. Health has *nothing* to do with how you *feel*, but rather is, "A condition of wholeness in which the body is functioning at 100% all of the time." (Webster's Dictionary). Many of us were taught to believe that if we don't have any symptoms we are "healthy". Unfortunately though, this is a not always true. A cavity in a tooth develops while we are *feeling fine*; heart disease builds while *feeling great*; and cancer develops *without any indication*. This is why it is critical to maintain your health based on how you are functioning, not on how you feel.



In order to do this, it is important to understand how the body works. Every organ, tissue and cell in the body is controlled by your nervous system. The spinal cord and nerves are housed in the spine. Unfortunately, due to circumstances, including birth itself, childhood accidents, sickness, car accidents, surgeries and many other mental, chemical or physical stresses, the vertebrae in the spine can become misaligned. This results in pressure being put on the nerve, which causes

nerve interference, or a *subluxation*. A Chiropractor is the *only* doctor trained in detecting and correcting subluxations of the spine. When pressure is on a nerve, your body begins to dysfunction symptom free. A Chiropractor can locate the *cause* of the dysfunction and eliminate it, thus restoring the body to proper functioning.

Subluxations are detected in our office by using a computerized surface electromyograph, a digital biostructural exam, bilateral weight scales, static and motion palpation exams, range of motion testing, x-rays, and a handheld thermograph.

Chiropractic is a natural approach to allow the body to heal itself. In a world where antibiotics are over prescribed and yet new diseases and infections are continuously appearing, Chiropractic Care is a breath of fresh air. It is *simple, safe, effective and natural*. It gets to the root of the problem rather than masking it.

Many people believe that they should *only* see a chiropractor if they are experiencing back pain or headaches. This is not true. Chiropractic is also about preventative care. By correcting the subluxations in your back, it allows your nervous and immune systems to function optimally, therefore, eliminating or reducing the number of colds, infections, the flu and other sicknesses or illnesses.

I truly care about people. I want what's best for them. It is my goal, in writing this, to encourage each person to be as healthy as they can. From my extensive schooling and experience, I have found Chiropractic Care to be a natural and healthy choice. I am here to serve the people of Milton. Please contact me if you have any questions or would like to find out more about an evaluation of your health at (905) 878-2333.