



How Can Chiropractic Help With My Allergies?

Millions of people suffering from a wide variety of conditions, allergies included, have benefited from chiropractic care even though chiropractic is not an allergy treatment. Why? Because chiropractic is a method of health care that permits your body to function at its best. That is especially important if you suffer from allergies.

Your immune system is what recognizes and destroys anything that is not suppose to be in you: bacteria, viruses, pollutants, dust, pollen, drugs, tumors, dead pieces of your own cells, etc. A healthy immune system means high resistance to disease and infection, better ability to deal with stress, and greater health and wellbeing.

Your immune system is influenced by your nerves and hormones, by your diet and by emotional stress. If it is unhealthy, it may fail to recognize and remove abnormal cells; it may not overcome infection; it may overreact to foreign substances, become depressed or even attack itself!

With allergies, what occurs is that the immune system overreacts to an allergen (dust, pollen, milk, dog or cat dander, strawberries, etc.) and produces too many neutralizing chemicals (especially histamines) to counteract it.

By releasing stress on the nervous system chiropractic permits the immune system to function more effectively...something all allergy sufferers need. A healthy nervous system helps the immune system.

Chiropractors correct a basic cause of body malfunction to heal the immune system. A healthy body is capable of neutralizing these toxic substances and a body that has malfunctioning defense mechanisms cannot. The emphasis on allergies must be on building a healthy body, not on trying to use evasive tactics by eliminating all the allergens.

If you have any questions or wish to learn more, please visit us online at www.KimFamilyChiropractic.com or call us at 905-878-2333



Dr. John Kim, D.C.

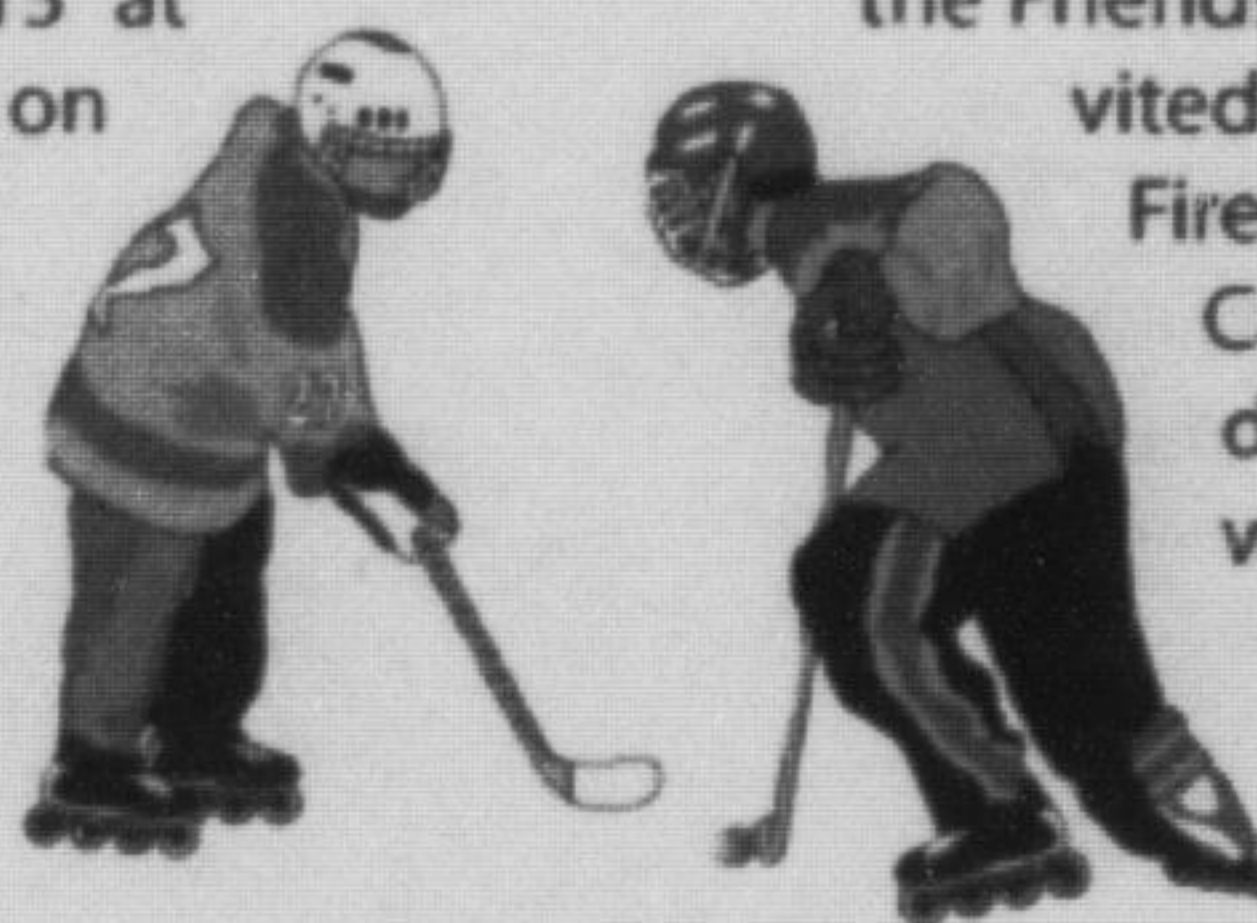
Kids ball hockey tournament coming to Milton

The Friends of Milton will hold its first annual charity kids ball hockey tournament Saturday, June 15 at the Home Depot plaza on Maple Avenue.

The tournament is geared towards children seven to 13 years of age, and costs \$10 per player. Parents must pre-register their children, and can do so at www.tinyurl.com/ctn2625.

Each player will receive a t-shirt and protective eyewear.

A volunteer group comprised of lo-



cal Rotarians, Optimists, Knights of Columbus and Italian Club members, the Friends of Milton have also invited members of the Milton Fire Department, as well as Canada's most talented drag racer, Tony Pontieri, who'll be bringing along his dragster.

A special hockey guest may also be on hand.

The tournament will be played under a four-on-four (with goalie) format, and will be divided into two age groups, with the seven to 10 year

olds playing from 8:30 a.m. to 1 p.m., and the older kids taking over from 1 to 4 p.m.

Teams will be picked by a lottery system.

Net proceeds will be to support Milton's ROCK (Reach Out Centre for Kids) program, a children's mental health group.

Organizers are looking for local businesses to sponsor teams and for an overall event title sponsor.

Those interested in sponsoring a team are asked to contact Angelo Posteraro at (647) 588-9466 or angelo@miltonorthoticwellness.com.

Youth sure not holding MD baseball team back

win, which lifted the Mustangs to 3-0 in Halton's Tier 2 ranks. They've outscored opponents 35-4 in those games.

Not too shabby for a team with five ninth graders, including standouts Nicholas Tiensovian and Andrew Pick-

ering. Captain Quinn Wilson — who's pitching a little when not playing first or third — leads an unbeaten team that went 2-0 yesterday to start the Alder-shot Tournament, with wins coming against Lester B. Pearson and St. Mi-

chaels. The latter half of the tournament was called due to rain today and will resume sometime next week.

MD was back in action yesterday afternoon at Milton Community Park (behind Milton Sports Centre) against cross-town rival Bishop Reding.

ASK THE PROFESSIONALS



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What is Bruxism?

Bruxism, commonly known as tooth grinding, is the clenching together of the bottom and upper jaw accompanied by the grinding of the lower set of teeth with the upper set.

Bruxism is a subconscious behavior so many people do not realize that they are doing it! Often it is the partner who tells them about the nighttime sounds that their bruxism produces. Although it can occur during the waking hours, bruxism most frequently occurs while we sleep. During sleep, the biting force can be up to six times greater than the pressure during waking hours.

Bruxism can lead to pain and cause damage to gums and other oral structures. This includes: sore facial muscles which can cause headaches, and earaches; wearing of teeth resulting in shortened teeth, sensitive teeth, fractured teeth and fillings; and lastly damage to the temporomandibular joint (TMJ) causing pain upon opening.

Tooth grinding is often seen in children. Children grind their teeth in response to the pain and discomfort of other ailments such as a colds or ear infections. Commonly, children grind their teeth to relieve the discomfort of allergies. Usually bruxism in children is a passing phenomena which they grow out of with no adverse effects to their teeth and does not require treatment.

If you suspect that you suffer from bruxism see your dentist. They can tell you if your symptoms are in fact due to bruxism. In most cases, they can create a custom bruxism mouth guard for you to wear while you sleep. The mouth guard takes the punishment that your teeth would normally endure during your bruxism. This will minimize the damage associated with bruxism.

Reducing alcohol intake is also advisable since alcohol has been shown to worsen bruxism. It is now well known that **stress and anxiety play the major role** in causing bruxism. If you suffer from bruxism try to more effectively manage the stress in your life. By carefully monitoring and controlling the stress you can often **dramatically reduce** bruxism.

**So please don't suffer in silence.
There's lots that we can do to help.**

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Lou Mulligan
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Question: What is a Notice of Assessment and why is it important?

Answer: Your Notice of Assessment (NOA) is how Revenue Canada communicates back to you about your tax return. You will receive your notice about 6 weeks after filing your tax return. When you get your notice, there are several steps which you should take:

1. Confirm that your tax refund was direct deposited or cash your refund cheque. You did get a refund right?
2. Compare your NOA to the tax return you submitted. If there are differences, contact your tax preparer and ask them to review it and explain the differences. Do not automatically assume you are in error. Sometimes facts are misunderstood or entered incorrectly. You will want to address differences promptly — ideally within Revenue Canada's 90-day period for filing a Notice of Objection.
3. Read all notes from Revenue Canada. If you do not understand them, ask your tax preparer or financial planner to explain. (ie First Time Home Buyer's or Life Long Learning RRSP repayment and outstanding loan details).
4. Look at the NOA's RRSP summary. This will tell you what unused RRSP carry forward you have and whether you have RRSP contributions which have not yet been claimed.
5. Make a copy and give it to your financial planner. Keep your original NOA with your tax return file.
6. Start your tax planning. Implement actions to reduce next year's projected taxes owing - such as using up more of your RRSP carry forward room or getting more of your tax refund sooner.

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Q. My partner and I are not married but have been living together for 10 years. He owns our house. Most of our savings are in his name. I have stayed home to look after our children. He has always supported me but now he says he wants to end our relationship. What am I entitled to?

A. Unmarried couples do not enjoy the same rights that married couples have. Many people believe that once they have lived with someone for 3 years it is the same as being married. This is not correct.

You do not have the same rights with respect to dividing property as married couples do. You have no right to any property not in your name so the house and any assets that your partner owns are his and you can't touch them. You may be able to make a claim to his assets based on your contribution to the asset but this is a difficult and costly process requiring the help of a lawyer.

You would be entitled to financial support, if you can establish that you are dependent on him. If you have not worked you likely would have a claim against him for support. The amount and for how long varies on your circumstances. Since you have children and if they end up living with you he would have to pay child support to you based on his gross yearly income.

Unmarried couples have no rights other than those provided for under a will. If your partner leaves nothing in his will to you, you have no claim against his estate. If your partner dies without a will, you would still not have any right to share in his estate.

Anyone in a common law relationship should know their legal rights and how best to protect themselves.