

**HOMEOPATH:** Richard Quinn has finally moved his practice from his home office into his new office behind his house in Rockwood. - Maggie Petrushevsky photo

## Wellington parking rules set out by the OPP

Over the next few weeks, Wellington OPP will be informing the public about parking regulations throughout the County of Wellington.

Some parking infractions require that signs be posted to inform the driver of a motor vehicle that he/she is not allowed to park in a particular location. Other offences do not require any notice, as it would be impractical to post signs at each and every location for a particular offence.

A violation of a parking by-law may result in a ticket being issued where the penalty is a monetary fine. If you fail to pay the fine, it is then added to the cost of renewing your validation sticker for the permit of your motor vehicle.

Police also have the authority to tow any motor vehicle violating a parking by-law and impound it. The cost of the towing and storage becomes the responsibility of

the driver/owner of the motor vehicle.

It is an offence to:

- Park in a designated fire route. Fine \$85.
- Park within 3 meters of fire hydrant. Fine \$85.
- Park in disabled parking space. Fine \$85.
- Set fines are \$125.00.
- Park on a bridge. Fine \$20.

- Park - interfere with snow removal. Fine \$20.
- Park in order to repair or wash vehicle. Fine \$20.
- Stop/Park in school bus loading zone. Fine \$20.
- Stop on no stopping zone. Fine \$20.
- Stop - roadway side of parked vehicle. Fine \$20.

- Set fines are \$30 for the last five fines.

Parking regulations were created to help keep the flow of traffic moving on roadways and keep them safe for pedestrians and other traffic. Police said in a media release.

# The Rockwood MULLER



## New businesses locate in Rockwood

By MAGGIE  
PETRUSHEVSKY  
The New Tanner

Rockwood seems to be picking up mixed signals from the current economy by attracting three new businesses in as many months while its business association has gone on hiatus.

Doris Bozelli, a longtime merchant and active member of the business community, expressed pleasure at seeing new businesses coming to the village.

"We wish them the best," she said. "Rockwood has tremendous potential and I hope we are seeing an upswing. There are about 50 retail and service oriented businesses in the village."

At the same time, the village's unofficial business association, of which Bozelli is a member, has temporarily suspended operation due to a need for more active community participation.

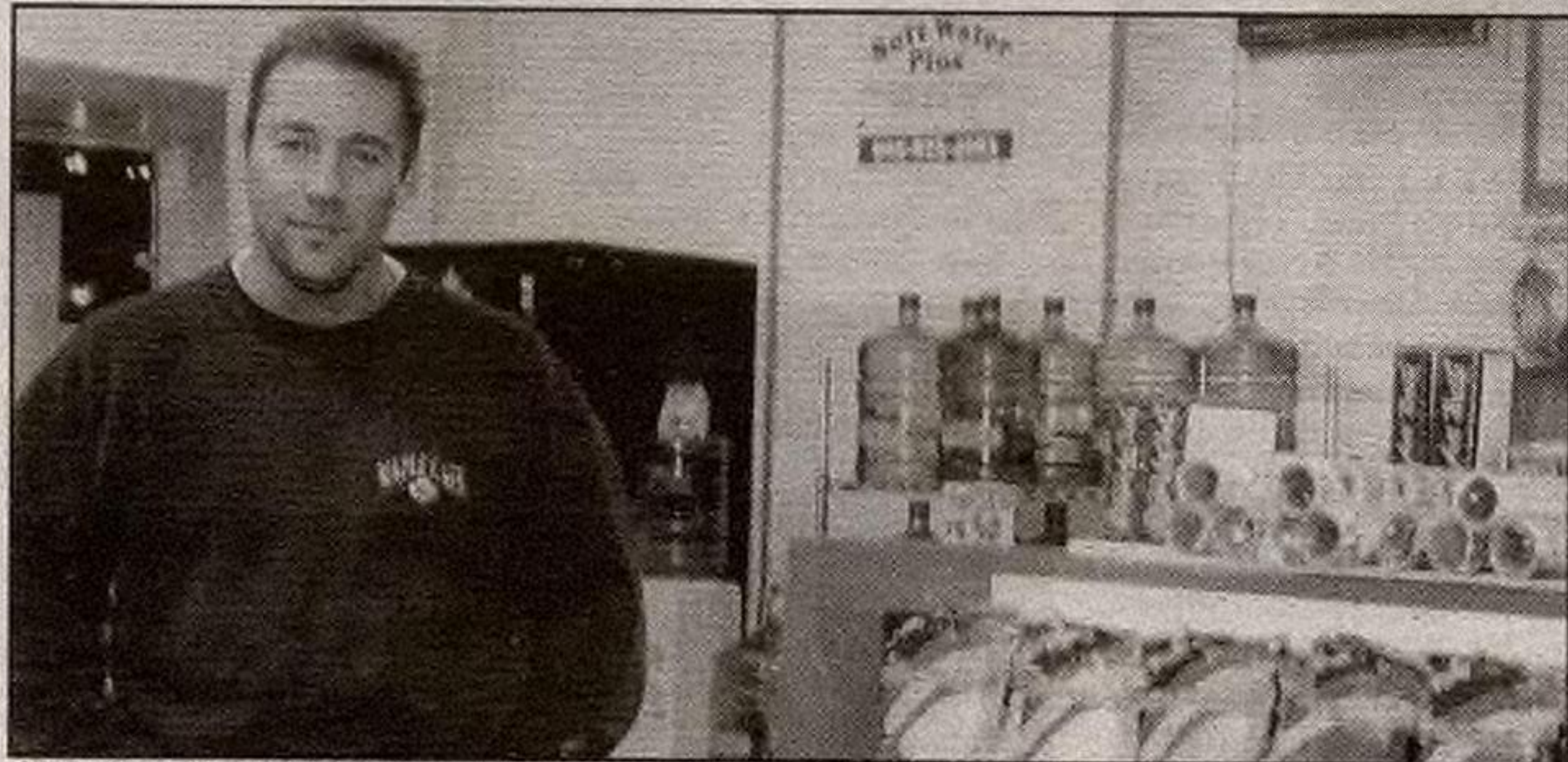
"We all have businesses to run," she said, referring to the group's active members, "and we just wore out, especially with Christmas coming on. We need more people to get out and get involved instead of leaving it all to a few."

The Eramosa River Café opened its doors in mid October. Doug Turner began operating a "dollar store" on Main Street in December and homeopath Richard Quinn officially opened his office on Thatcher Street earlier this month.

A Georgetown resident with long experience owning Sammy's Ice Cream, Turner came to Rockwood to try an entrepreneurial venture not tied to the season. The village has the small community atmosphere he likes and he plans to expand his merchandise to meet the community's needs.

He buys from leading "dollar store" wholesalers and will happily seek new suppliers if customers ask for a product line he is not currently carrying.

Right now he has housewares, "teeny bopper" makeup, candles and incense, water, toys, paper products, cards, gift bags, craft and mending supplies, novelty items and party favours. Naturally, he had a supply of Christmas items earlier in the season and figures he may get calls for



**ODDS AND ENDS:** Doug Turner carries an assortment of merchandise in his recently opened "dollar store." - Maggie Petrushevsky photo

some different types of home care products as his customer base increases.

Although he was working with a friend in construction, he tries to keep the store open from 10 a.m. to 8 p.m. daily.

"The community has been so kind and generous," he said. "I've had a wonderful reception."

Residents' comments to The Tanner about the store and its operator indicate something of a mutual admiration society. The residents seem to think having Turner's merchandise available in the community is very positive and his attitude to suggestions is even more beneficial.

When homeopath Richard Quinn settled in Rockwood with his wife, he was working as a laboratory technologist with the William Osler Health Care Centre in Brampton. His training in biochemistry, haematology and microbiology made a good base for his studies at Toronto's Homeopathic College of Canada and his work offered him plenty of opportunity to observe the attitudes and practices in current conventional medicine.

Upon graduation he began

working with a chiropractic clinic in Ingersoll and decided to establish a practice at home. Earlier this month he moved his office to a building in his backyard and expects to be working in Rockwood full time before too many more months.

Quinn said homeopathy sees no separation of mind and body and requires practitioners to take a holistic approach when looking at how the body's stressed and out of balance "vital force" is presenting the signs and symptoms referred to as disease.

While conventional medicine deals only with the symptom and how to correct it, that won't necessarily solve the underlying problem. Eczema, for instance, may be the body's way of trying to warn you of a problem in elimination. Creams may take care of the skin rash but if the elimination problem remains, the body often expresses its ongoing imbalance by developing asthma at a later date, Quinn said.

While a homeopathic remedy might work just as quickly as conventional medication for an acute problem such as a sore throat, chronic illnesses take time to reverse. Homeopathy

uses a "like cures like" approach, offering remedies that mimic the disease manifestation, sort of the way vaccination works, he said.

Quinn is quick to point out that homeopathy has limitations in certain situations. When you suffer from serious illness or accident, the conventional doctor's emergency room should be your first destination. But when you have an on-going condition that just doesn't seem to be responding to conventional medications, homeopathy might be another avenue of treatment.

Homeopathy offers alternative, gentle, non-invasive therapies aimed at helping the body to heal itself. Treatments are safe for people of all ages. While practitioners are not covered by OHIP, some medical insurances will cover homeopathy, Quinn said.

He also points out that homeopathy is an unregulated field and advises those interested in homeopathic treatments to check with the Ontario Homeopathic Association to be sure they are seeing a fully trained homeopath. They can be contacted at (416) 222-2995.

## To set the record straight



To the editor:

For the information of the valued readers of The Tanner, be aware (and educated) when you seek help and guidance where your health is concerned.

Know that health care practitioners and professionals (ie. Chiropractic, massage therapy, nutrition, homeopathy, fitness, etc) take pride in their work and

maintain a professional and responsible profile in the community which they serve. There are designations/degrees/diplomas/certifications that such healthcare professionals and practitioners will proudly and prominently display in their clinics, medical offices, studios, etc. This provides proof to the public that these individuals have undergone the education, training and (written and practical) examinations by their specific College or governing body to go into practice in their given field.

For example, there are REGISTERED massage therapists, REGISTERED physiotherapists, and REGISTERED dietitians, but there is no such thing as a REGISTERED personal trainer (see the Classified ads, in recent Tanner issues; personal fitness

trainers in Canada are certified by either the Canadian Personal Trainers' Network or the American College of Exercise). As the old saying went, "Look for the union label."

Also, be wary of 'get better quick' schemes. For example, the University of Guelph's Sports Performance Centre nutrition professionals promote that a safe amount of weight to lose is two pounds a week, combined with a sound diet (based on in part by Canada's Food Guide) and exercise. Performance - enhancing supplements are a quick fix, but the long term results are questionable.

Getting the shape you may be striving for takes time and effort, but the satisfaction of having done it for yourself safely, is worth all of that.

The Rockwood Health and Wellness Group.

## CLASSIC KARATE



Nathan Penney

We are pleased to announce the award of **Little Dragon of the Month** to Nathan Penney. This award is given in recognition of diligent study, positive attitude, and progress in the art of Karate-do.

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