

People. Above all.

LILLIAN JEWER



Cosgrave finds Synergy good for a year

By **STEVEN HEYWOOD**
NEWS EDITOR

Give Rhiannon Cosgrave a pat on the back.

She opened the Natural Synergy Day Spa on Middleton Avenue in Parksville one year ago this week — and it has been the success

she had hoped.

Cosgrave opened her own spa amid questions and concerns that such an enterprise might not fly, but she said she stuck with her dreams.

“Our success today has exceeded my expectations,” she said.

At times, Cosgrave said, the business has been overwhelming. But with the help of great staff — from reception and estheticians to her massage therapists — Synergy has been able to thrive.

“She continues to

look at organic solutions,” said Synergy massage therapist Alex Middleton about her boss. “She looks at innovations and looks after the needs of the client and makes sure to take care of the environment.”

Cosgrave is not necessarily resting after one year of success. She recently returned from Mexico, where she received certification in yoga and plans to introduce programs to her customers next week.

“The focus of the spa is to make people

feel good, inside and out,” she said.

Natural Syn-

ergy Day Spa is at 154 Middleton Ave. and is open 10 a.m. to 6 p.m.

Monday to Saturday.

editor@pqbnews.com

CAPSULE COMMENTS

This is the time of the year when we warn users of decongestant nose drops to not get an addicted nose. Overuse of these drops can irritate the membranes of the nasal passages causing inflammation and a stuffiness that causes a need to use more drops. If this is happening to you, our pharmacists can help.

People who have Crohn's disease should take a good multivitamin supplement daily. Crohn's is a chronic inflammation of the lower part of the small intestine and often can affect the colon as well. The disease interferes with the absorption of nutrients so vitamin supplementation is essential.

Michael J. Fox, in his excellent memoir, Lucky

Man, about his journey with Parkinson's Disease (PD) cited one of the earliest signs of PD. It is micrographia which means “tiny writing”. This shrinking writing style over time could be an early warning sign of PD and is worth investigating.

It's good to be in tune with what's happening in your body. Make our pharmacists part of your healthcare team with you and your doctor. It's a job we really enjoy.

Memorial Compounding
Medicine Centre Pharmacy



Rich Pharmacist

Your local Medicine Centre Pharmacies are:

- | | | |
|---|--|---|
| Nanose
4 - 2451 Collins Crescent
Nanose Bay, BC
Phone (250) 468-9921 | Qualicum
2 - 219 Fern Road West
Qualicum Beach, BC
Phone (250) 752-9911 | Memorial Compounding
699 Memorial Avenue
Qualicum Beach, BC
Phone (250) 752-9976 |
|---|--|---|

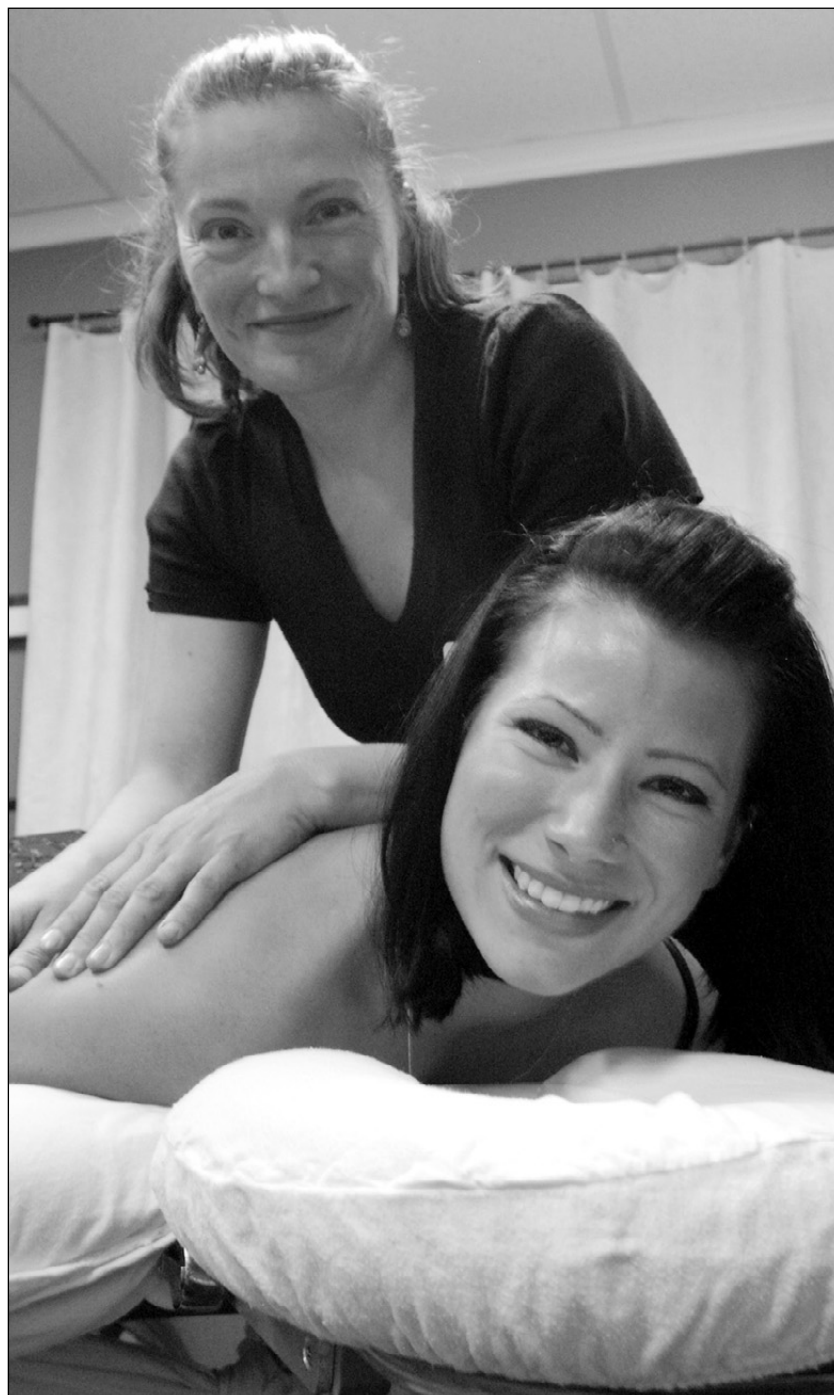
www.medicence.com



Specializing in Fresh European-style Sausage & Meats

NEW SPECIAL:
MEATLOAF \$1.09
Different Varieties 100g

3065 Van Horne Rd Qualicum Beach
(Hwy. 4 to Pt. Alberni) 250-752-2390
Store Hours: Mon.-Fri. 9-5pm; Sat. 9-4pm



Massage therapist Alex Middleton gives Natural Synergy Day Spa owner Rhiannon Cosgrave a pat on the back after a successful one year in business.

STEVEN HEYWOOD PHOTO



the Bay NANAIMO

Thanks everyone for all their support in making our “Holiday Girl Time Gala” a huge success.

Proceeds benefitted the
LOOK GOOD, FEEL BETTER! FOUNDATION.

Thank you to our special guests and contributors!

- Karen Dyck - Parfumer
- Sunwest DJ Service
- The Wine Works
- Atlas Chiropractic & Body Balance
- Nanaimo Art Gallery
- Vancouver Island Esthetics
- Starbuck's
- Maritime Travel @ The Bay
- Look Good Feel Better Nanaimo
- Nanaimo Clippers
- Tigh-Na-Mara Resort & Spa
- Core Essentials
- Grand Hotel - Tea for Two
- Island Expressions Photography

- Steve Marshall Ford
- Urban Beet
- XOACI Healthy Chocolate
- Tony Magdua - Clarins Makeup Artist



WOODGROVE CENTRE - NANAIMO
1-866-325-3061

HOURS: Mon.-Tues. 9:30 am-6 pm • Wed.-Fri. 9:30 am-9:00 pm
Saturday 9:30 am-6:00 pm • Sunday 11:00 am-6:00 pm



THE TOWN OF QUALICUM BEACH IS HOSTING A PUBLIC MEETING ABOUT THE SUSTAINABILITY PLAN & OFFICIAL COMMUNITY PLAN

Join Council, Staff and HB Lanarc Consulting:

Dates: Tuesday, December 1, 2009, and Tuesday, December 8, 2009
Time: 6:30 p.m.
Location: Qualicum Beach Civic Centre, 747 Jones Street, Qualicum Beach, BC

The Town of Qualicum Beach invites you to attend two public workshops to help create a sustainable vision for the Town. These two evenings are crucial in the development of the Sustainability Plan and the Official Community Plan. Each night the community will address four elements of a sustainable community:

- Tuesday, December 1, 2009**
- Healthy, Local Food Systems
 - Low Impact Transportation
 - Green Buildings
 - Multi-dimensional Landscapes

- Tuesday, December 8, 2009**
- Compact, Complete Community
 - Innovative Utility Infrastructure
 - Facilities/Programs for Social Health
 - Sustainable Economic Systems

These sessions are a key opportunity for you to help create a long term vision for a sustainable Qualicum Beach.

We hope you can join us!

For further information contact:
Town of Qualicum Beach
Planning Department

250.752.6921 or email: lsales@qualicumbeach.com