

## Independent Shorts

### Online citizen self reporting

Perth County residents lead busy lives. With work, families, activities and social commitments, it can be difficult to add tasks or find more time.

As we enter a new year, the Perth County Ontario Provincial Police (OPP) is reminding the public to consider the use of OPP Citizen Self Reporting for non-emergency events. Specific incidents can be reported online at your convenience without attending a detachment or waiting to speak with a police officer.

Available since 2015, this internet reporting tool can be accessed using a computer or mobile device and information can be sent directly to the OPP anytime, anywhere. All reports must be made from a safe location, and never while operating a motor vehicle.

With a continual focus on the enhancement of local service delivery, this system allows members of the public to report specific crimes such as lost property, stolen licence plates and validation stickers, theft from vehicles, property damage and driving complaints. Provided that there are no suspects, no injuries, and the incident is not an emergency, an officer need not be dispatched to the scene.

Do not use this system for emergencies. Call 9-1-1. The online citizen self-reporting system is optional. If you prefer, you may still contact the Perth County OPP by phone to report a crime. The 24-hour OPP toll-free number is 1-888-310-1122.

## CUSTOMS HOUSE

### BANDS PLAYING THIS WEEKEND:

**Friday: Frank St. Germain on piano 7-9pm**

**Saturday: Contact Light**

### Try our Friday Steak Special

**\$10** from 3-6pm

17 Water St. South St. Marys ON  
519-284-3424

## Riannas Family Restaurant

Try our new  
Burger Menu!

**Eat fresh, Eat Good**

519-284-2400

7 am – 7 pm Wednesday, Thursday, Friday, Saturday  
7 am – 2 pm Monday, Tuesday, Sunday

## Business of the Week

### Foot Care Freedom Clinic

By Stewart Grant

Our Business of the Week is Foot Care Freedom Clinic, located at 102 Queen St. East in downtown St. Marys. Registered Chiropodist Sonya Such founded Foot Care Freedom Clinic in 2010. Following ten years working in both medical/surgical and public health settings as a Registered Nurse, Sonya decided to specialize in this interesting branch of health care. Sonya thus enrolled at Michener Institute's three-year program and graduated with a Diploma in Podiatric Medicine, having completed externships in Ottawa in the Wound Care Clinic and the Podiatry Clinic at Regina General Hospital in Saskatchewan.

Foot Care Freedom Clinic offers custom orthotics, wart therapy, wound care and management of various nail and skin disorders. Disorders such as fungus, ingrown and psoriatic nails, corn and callouses are treated at the clinic. "Our clinic helps with anything related to the foot," says Such. "I've treated children as young as two years old, and seniors into their 90's."

Individualized foot care solutions are offered to diabetics, rheumatoid arthritis patients and anyone with complex foot care needs. Alternative therapies to nail surgery are provided including nail bracing techniques. A selection of footwear, socks and foot devices are available to manage your



foot needs.

Feel secure in knowing that your care is in the hands of someone highly qualified and experienced. As their slogan, "With you every step of the way" indicates, the Foot Care Freedom Clinic is a warm and caring environment that builds its success on integrity and positive outcomes.

Bookings are by appointment, and no referral is necessary.

The clinic is open Tuesdays, Thursdays and Saturdays, from 9:00 a.m. to 5:00 p.m. To contact Foot Care Freedom Clinic, call 226-661-3338 (FEET) or email Sonya at ssuch1@hotmail.com.



By Rob Edney

## What does your world sound like?

with each day.

What color did you choose to paint the living room? Of course, your window treatments compliment the upholstery. The lamps and throw rug accent it all and tie everything together nicely. Now, what does it sound like?

If you aren't consciously choosing the sound of your surroundings, then who is? Or, is there no sound at all?

You have very good taste. Your house is decorated exquisitely. It is a reflection of who you are, and where you are right now. You've created a warm, inviting atmosphere in which your family and friends can feel welcome and share in all that is you.

The largest canvas in your life is your soundscape. Music, and or sound, reflects who you are and how you are feeling in the most immediate sense. If you wish to move from a happy dancing mood to a romantic mood, changing the playlist can achieve your desired results. Voila, you have just redecorated your house in less than 5 seconds and at little, to no expense.

I have an evolving playlist that I play first thing in the morning as I'm waking up. The coffee is steeping in the French press and Simply Red is singing "Sunrise." The 19 songs I've chosen for this compilation inspire the positive attitude I hope to walk out the door and greet the world

Dinners are always enhanced in our household by an appropriate selection of music. Sunday roasts are often accompanied by Oscar Peterson, Ella Fitzgerald or Diana Krall. Italian, Greek or Mediterranean dishes get the Andrea Bocelli or Gypsy Kings treatment.

There have been a multitude of studies to show that food actually tastes better when paired with the right music. We will explore this more in depth in future articles.

Certain albums/songs from different eras define where I've been, how I got where I am today, and where I see myself going. Those albums often find a healthy rotation throughout any given day. Just like the visual history of family portraits on my wall, they aurally invite my guests to understand the composition of my being in a way Benjamin Moore could never hope to express.

Take control of how your life sounds and you immediately raise the quality of everything you do. You wouldn't let a stranger landscape your yard or just let it grow over. Don't leave the soundtrack of your life unattended. Seize the opportunity to enhance and enrich every experience in your life with sound. You have more control than you are likely aware.

Rock On.