



Inspiration from China

When acupuncturist Conny Duxbury worked in Hangzhou in China recently, she was inspired by the way the treatment is offered to patients there. Conny said: "Working in a national hospital in China was a real eye-opener. Over there, traditional medicine like acupuncture and Tui Na (Chinese therapeutic massage) is often the first choice of treatment."

"Patients come into the hospital and are referred straight to the acupuncture ward, with no waiting lists. It is amazing to see how acupuncture is available to everyone straight away."

The working visit has prompted her to offer a reduced cost service at her own clinic at the Active Chiropractic Centre here in East Finchley. Conny, who is also a lecturer at the London College of Traditional Acupuncture, is very aware of the challenges facing the health service in this country.

"As acupuncture is still a relatively new discipline in the West, it is very often used only as a last resort," she said. "Add to this long waiting times, and many people may only end up trying it after having suffered with a particular condition for months or even years. This is a shame, as the earlier a condition



Conny Duxbury

is treated, the better the chances of success."

The reduced cost service operates on Wednesdays at 98 High Road. Initial consultation and treatment is £35 with follow-ups priced at £30. Call 020 8444 0666 for appointments.

Hairdressing and the law

By Betti Blatman
Jo Sutherland may be unique among hairdressers. She is also the proud holder of a postgraduate diploma in law and is qualified as a barrister. It was something she studied for part-time while running her own hairdressing business. She says: "I did the law thing because it interests me and to prove that I could do it!"

Now Jo has opened Jo Sutherland Hair Studio at 119 East End Road. She lives locally and has set up business here because she likes the village atmosphere and the fact that there is plenty of parking space for her customers.

She says: "I am not in the business of running a run of the mill hairdressing services business. I aim to provide here what you normally find in the West End, Chelsea or Knightsbridge, but not at those kind of prices, of course." For an appointment or advice, contact Jo on 020 8444 9440 (Tuesday - Sunday).

To celebrate her new business, Jo is running a competition for any customer who presents a copy of THE ARCHER by 18 September and answers the following question: "In which country did the Brazilian Straightener originate?" The first person selected with the correct answer will receive a Brazilian Straightener treatment.



Brightening up a busy site. Photo by Diana Cormack

Guerilla gardeners make things look greener

By Diana Cormack

Earlier this year, after Barnet submitted it for Green Flag status, weeks of renovation work took place in Cherry Tree Wood. Passers by might think that the sprucing up near to the park entrance is also the work of Barnet Council, but they would be wrong. A couple who live nearby took matters into their own hands and decided to cultivate the small garden situated behind the wall bordering the High Road pavement.

They started by clearing up the litter. Being close to the bus stop opposite East Finchley tube station, there was plenty. However, with obvious pleasure they told THE ARCHER that since then the situation has improved with less litter to be seen. What can be seen however are the results of their work in the garden. Thanks to this community minded couple, who wish to remain anonymous, the area has been brightened

up as well as cleaned up. If you know of any similar activities, known as guerilla gardening, that do something to improve our local surroundings, please let THE ARCHER know. Our contact details are on page 2.

KALASHNIKOV KULTUR

By Ricky Savage, the voice of social irresponsibility

Shiver me timbers, it's the silly season

These are weird times and the only thing to do is to embrace the weird, surrender to madness and allow the insanity of the summer to sweep over you.

Where better to start than the strange tale of the toxic slime lurking in France and preparing to attack Diddy David Cameron. But is this real toxic slime or the Tory MEP who described the NHS as a big mistake or the closer-to-home version who claimed that MPs were being starved to death on rations of only £64,000 a year. Some toxicity there, folks.

Toxic is the only way to describe the strange world of Peter and Katie, their lives, their loves and their tabloid exclusives. As she cavorts with a man who fights cages and he claims chastity, you just know you are only a pay cheque away from another front page.

Real silliness is even closer to home as the real live version of Pirates of the Caribbean hits the English Channel. Yes, according to conspiracy theorists and a couple of tabloid hacks, there is a pirate ship cruising off shore. Well, shiver me timbers, here comes Captain Blood and his band of cut throats bearing down on some unsuspecting cross channel ferry and threatening to make 'one eyed Jack' walk the plank. Yo ho ho, and a bottle of duty free.

Sport is the best place to look for silly season madness and no where is stranger than the bizarre fixation with cricket that gripped the throat like an over tightened cravat. Yes, it was Ashes time and that meant the Aussies arrived, drank beer, played a bit of cricket and had a barbie. The Brits' contribution was 102 all out. Something they blamed on the weather, which was either too hot or too cold or just too much like weather.

But never mind, September beckons and madness will return to normal and I can return to the serious business of being weird.

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