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Dreaming at the Dentists Office!

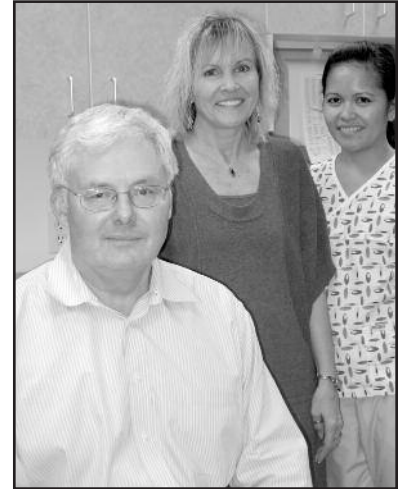
Do you dread going to the dentist? Did you have a bad experience and are now fearful of any dental procedure? **Dr. Robin Vollmer** can help. He can gently sedate you with a couple of pills – no injections – to perform any required dental work. Dr. Vollmer specializes in **sedation dentistry**. It's safe and it works. Years of dental problems can be corrected in one or two visits while you sleep comfortably. You will feel no pain and will have little or no memory of your visit to the dentist. Even though the sedating drug wears off quickly, you will need someone to accompany you to the office and take you home. With sedation dentistry your visit to Dr. Vollmer's office is actually relaxing and less stressful.

Looking for general dental care?

Dr. Vollmer offers that too. From his pleasant and friendly office staff, to his highly trained assistants you'll feel welcomed the minute you walk through the door. Dr. Vollmer offers family dentistry, orthodontics, mercury free dentistry, laser dentistry and more. Dr. Vollmer also deals with jaw problems that can cause debilitating headaches. Jaw problems from TMD can be left undiagnosed for years. Dr. Vollmer can give you an accurate diagnosis.

For kind and compassionate dental care in a friendly and comfortable environment, pay a visit to Dr. Vollmer's office. New patients are always welcome! The office is conveniently located at **1580 Merivale Road, Suite 300**. Call **613-225-5707** to make an appointment.

www.volmerjaleel.com



One of 16 community newsletters. Premium city wide circulation over 112,000.

Award-winning Service at Ottawa Doors and Windows

OTTAWA WINDOWS & DOORS has been awarded the BBB's Torch Award for Marketplace Ethics in 2009, and has also been selected as the 2008 and 2009 winner of the prestigious **Consumers Choice Award** as the Best Door and Window Contractor in Ottawa. A true indication of the type of company it is.

Whether you're replacing your windows or need a new doorway, OTTAWA WINDOWS & DOORS offers the quality products and services to meet your desires. You'll discover a wide selection of vinyl windows, skylights and door systems by some of Canada's **best manufacturers**. OTTAWA WINDOWS & DOORS is committed to ensuring you purchase the right product for your home. Their experts take the time to explain your options, as well as the pros and cons of various products and installation approaches. Their objective is to inform you, making you confident that you have obtained real value for your money.

When it comes to installations, their on-staff installers and licensed carpenters take the time to "do it right," using top



quality materials to ensure long-term enjoyment.

The vision of this company, and owner Mark Wardrop, is to be "The quality choice for Windows and Doors in Ottawa".

Next door is their sister company **Copperstone Kitchens**, dedicated to the same high level of service and quality, and winner of the **Gold Medal for New Business of the Year for 2009**. Copperstone Kitchens is a Design/Build firm which will work closely with you to design a great kitchen, and then bring that kitchen into reality in a way that exceeds your expectations. See them at www.copperstonekitchens.ca.

Visit OTTAWA WINDOWS AND DOORS at 80 Colonnade Road, or call 613-225-8737, and find out more information at www.ottawawindows.com.



Get Clean and Lean with a Metabolic Detox Program

What if you could lose fat, gain muscle and have lasting results? **Kilborn Naturopathic & Wellness Centre** can help you do just that. Their weight loss programs not only help you lose those extra pounds but they help you maintain your measurable results. The 2-step, **Metabolic Detox Program** helps you remove toxins from your cells. Your body will be prepared at a cellular level to burn fat and increase your muscle tone. Vivienne Guy N.D. and her staff supervise your progress, ensuring you are eliminating toxins from your cells, not reabsorbing and that you are losing fat, not muscle.

The 10 day detoxification program is followed by a two week program to decrease your body fat and increase your lean muscle mass. With dietary guidelines, professional medical grade supplements and Licensed Naturopathic Doctors to guide you – your health and well being is assured.



Eliminating toxins will not only help you to lose weight, but you'll feel better and have increased energy for the activities you want to do. You get an education in maintaining a healthy lifestyle from a team dedicated to helping you feel your best because you and your health are worth it. You don't need a referral and consultations are covered by most extended health care plans. Mention this ad and get a 10% discount on the supplements required for the program – a huge savings for you.

Contact **Kilborn Naturopathic & Wellness** today and make 2010 your year for being clean and lean! Kilborn Naturopathic & Wellness is located at **201-1385 Bank St.** Call **613-738-8000** and visit www.kilbornwellness.com for more information.



EXCEPTIONAL PRODUCTS AND SERVICES IN YOUR NEIGHBOURHOOD

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Are you a professional with 5 years current experience with Simply Accounting? If so, Marketplace Publishers Inc. is PAYING TOP DOLLAR for you. This is an incredible opportunity if you have the accounting experience and knowledge of Canada Post unaddressed ad mail delivery. Start making the money you deserve and send your resume today to m@marketplacenewsletter.com.

Retired, semi-retired, or want to work part-time in a fun and challenging work environment? As the Marketplace Newsletter continues to expand into venues across the region, we are in need of both full-time and part-time writers and salespeople to join our growing team. You must be experienced, self-motivated and driven to succeed. You can work one or more days a week and you require your own transportation.

The Marketplace Newsletter has a distribution network of 16 regions across the city; reaching an average of 7000 households per



region each month. You'll join an active and interesting team in their quest to give a voice to local entrepreneurs and small business owners. The Marketplace Newsletter offers good compensation and the pleasure of helping to raise awareness of services in our community to people who need them.

If this sounds like the opportunity you've been looking for, please forward your resume to us at m@marketplacenewsletter.com. Response to our job openings is always significant so apply as soon as possible. We thank everyone for their interest but only qualified applicants will be contacted. Bilingualism will be considered an asset.

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Attack Your New Year's Resolutions at Eastwind Budo Life Centre!

It's well known that karate, along with other forms of martial arts, can increase self-esteem and self-discipline in children. Eastwind Budo Life Centre helps build unique skills and develop confidence for students of all ages through their many fitness and self-defense programs. Eastwind Budo Life Centre promotes authentic and traditional martial arts for both children and adults. We strive to improve the quality of life of our members so they may do the same for others. We believe in setting a positive example and striving for a life of tolerance for others and their beliefs. There are many proven benefits to martial arts:

- Help to control ADD and ADHD
- Improve self-esteem, self-confidence and self-discipline
- Improve focus, attention and impulse control
- Improve our emotional well-being through the camaraderie of working with others on common goals
- Establish spiritual well being, which comes from the non-violent philosophy of



martial arts and the importance of a martial artist's duty to others.

Both children and adults are encouraged to do martial arts. Students who attend Eastwind Budo Life Centre are destined to succeed in life; we teach the importance of goals, self-esteem, discipline and persistence at every stage of life. These traits learned at Eastwind will pay off for the rest of our lives!

Stay on track with your New Year's resolutions. To find out more about the many programs offered at Eastwind Budo Life Centre, call (613) 878-6833 or go to www.eastwindbudo.org. We are located downstairs in Tudor Hall, at 3750 Bowesville Rd. North, off Uplands Drive and just behind IBM.



"Life is an adventure in forgiveness." Norman Cousins

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Golden Century Buffet Ottawa's Premier Chinese/Canadian Buffet

Are you looking for a delightful place to dine? With over 120 items available, Golden Century Buffet (formerly Royal Buffet) is our community's premier buffet specializing in Cantonese style and Canadian Szechuan style cooking!

From General Tso's Chicken and Shanghai Chow Mein, to tender Roast Beef and succulent King Crab Legs (available on weekends only), there's something for every appetite. The food quality is impeccable and the dishes are made fresh daily. The restaurant is fully licensed and offers a broad selection of beer and liquor. Experienced and attentive employees help to make every visit special.

Beginning in mid-February, Golden Century Buffet will be offering an authentic **Brazilian-style BBQ** to the menu. Enjoy your favourite meats cooked to perfection over an open fire on long sword-like skewers!



In addition to the very reasonable prices, every Monday for lunch and dinner, as well as every other day from 4pm to 5:30pm, **seniors receive 25% off their meal**. Every Tuesday, **children under the age of 10 eat for FREE** with the purchase of an adult buffet. (One free child buffet for each adult buffet purchased.)

Exceptional quality can be found at Golden Palace Buffet! Call 613-738-7878 today to make a reservation. Visit www.goldencenturybuffet.com for more information or to view the extensive take out menu. Golden Century Buffet is located at 2446 Bank Street (at Hunt Club Road) in the Towngate shopping center.



Lots of Winter Activity at Bethel Pentecostal Church

We are a church that values reaching out to people. On Sunday January 18, we took up an offering to help in Haiti and we raised \$11,000 in one offering. Our people will continue to give to provide assistance as time goes along. One of our members helps in a humanitarian mission in Haiti. He was unhurt in the earthquake, and worked to rescue people from collapsed buildings. In the process of rescuing the living, he found and removed many bodies. We are praying for him and those he works with, and for all who are suffering loss in this tragic event.

For three weekends in the winter beginning Jan. 30, a team from our church tightens skates at the canal for families with children who would like assistance in getting all of their children on to the ice. You may see them in action if you are planning to take advantage of the longest skating rink in the world.


Beginning February 14, we are beginning a 40 day program for couples called Love Dare. It will assist couples to develop their relationships by proposing



creative activities for couples. We are showing the film Fireproof at 6 PM February 14 which will provide inspiration for this 40 day program.

Our retirees will meet on Wednesday Feb 10 at noon for a Valentine's party. Our cook prepares great meals for our meetings. This month, he will be featuring his special Hungarian goulash. We will be talking with members about their favourite memories of dates they have enjoyed. There will also be a dating game, where spouses try to predict the answers to questions that will be asked to their partners.

We meet every Sunday morning at 10:30 AM. You are welcome to join us for worship.

For more information call 613-226-1383, visit our website www.bethel.ca or come to visit us at 500 Viewmount Dr. Nepean. 



QUIT SMOKING – THEN WHITEN YOUR TEETH!

Good for you! You've decided to quit smoking! **Omega Laser Therapy** can help you quit for good - in one treatment. You may have tried other methods – gum, medications, cold-turkey – but couldn't resist the craving and quickly found yourself smoking again. Smokers have higher levels of "endorphins" and they're triggered by cigarette smoke. Low Level Laser Therapy (L.L.L.T.) uses acupuncture points on your ears, hands and face. The laser's light pulse helps your body release endorphins helping you to decrease stress and increase energy. The endorphin release period lasts for 3 to 5 days after your treatment and continues to aid your body to alleviate the stress from giving up nicotine. It's that simple and it works.

Then, put on a dazzling Omega white smile! In less than an hour you can have a picture-perfect smile with **Omega Teeth Whitening**. It's



fast, effective, done in a relaxed environment and best of all its affordable. For only **\$149** you can have a bright, white smile! Your friends will be impressed and it will boost your confidence. Or boost the confidence of someone you know with a gift certificate.

Quit smoking! Use Omega Laser Therapy and get two free sessions within a year if you need follow up treatment. Then get your teeth pearly white with Omega Teeth Whitening! Results can last two years, but a 6 month follow up is recommended. Make an appointment today. Call **613-680-4931** or email quitsmoking@omegalaser.net. Omega Laser Therapy – **1581 Bank St. 2nd Floor**. Visit www.omegalaser.net. 



Creative by PS design group 613-838-7212 • Writer: Sheryl Bennett Wilson 613-730-6660


Surprise Your Valentine with a World of Spellbinding Beauty!

Buying a salt water aquarium system for your special Valentine, or just for you, costs less than you think! **Aqua Valley Aquarium Services** lets you step into a world that is mesmerizing and relaxing. Owner Ashique Aziz can make the perfect suggestions for your aquarium from any number of exotic creatures – waving anemones, to delicate shrimp, to miniscule crabs and tank-cleaning starfish. **Aqua Valley Aquarium Services** offers the best salt-water system in the city and carries all the supplies you'll need – like soft coral cutter scalpels, skimmers, wave makers, filters and UV sterilizers – to keep your tank in top-notch shape.

Ashique thinks of salt-water tanks as living pictures at an affordable price and says they are simpler to take care of than a regular aquarium. Just a 10% water change, once a month with a couple of clean-up helpers like snails or a star fish and the self-contained eco system in your tank will stay clean. Ashique does offer an



excellent maintenance service if you require it or for larger tanks. He also carries the best selection of salt-water fish, corals and invertebrates in the city. Aqua Valley's daily shipment of striking and colourful fish like delicate Angel fish, Leopard Puffers, Pixie Hawkfish or unusual anemones like Blue-line Angel tube anemones sell out quickly. And yes, you can even find Nemo here!

Create a beautiful, tranquil space for your special Valentine with an easy-maintenance salt-water aquarium. Drop by Aqua Valley and immerse yourself in a world of aquatic splendor. Check out the web site at www.aquavalley.ca for their daily shipments of exotic fish. **Aqua Valley Aquarium Services 1158 Oglivie Rd.** call 613-741-0665. 



Time to Change your Lenses? Spinnewyn Opticians

Did you know that 75% of progressive lens wearers complain about adaptation issues? Or that 46% of progressive lens wearers describe lack of clarity and narrow field of vision as the main problem related to progressive lenses? When it's time to change your prescription, let **Spinnewyn** and **Nikon Optical** offer you their ideal lens technology. Your Spinnewyn optician will determine exactly what you need judged on your past experiences with lenses and by finding out about your daily tasks and hobbies. The Spinnewyn opticians are familiar with the most advanced lens technologies available. You'll get the best lenses suited to meet your lifestyle and your expectations.

Nikon Optical is at the forefront of ophthalmic lens technologies. They offer the best quality progressive lenses to ensure the fastest adaptation period. Nikon research and development is unchallenged for its expertise in the optical field. They've created a new lens design approach which completely



eliminates distortion and adaptation problems. Each prescription is individually created by Nikon state-of-the-art digital technology. **Presio Power** is a new generation digital progressive lens. This specially engineered lens optimizes visual acuity, wearing comfort and virtually eliminates all your adaptation problems. **SeeMax Power** offers uncompromised design concepts and customization features. Every SeeMax Power progressive lens delivers the smoothest far to near vision transition with minimum distortion and blurriness.

Visit **Spinnewyn Opticians** today and find out what these new technological advances in lens technology can offer you! We are conveniently located at **2515 Bank Street** in the **Southgate Shopping Centre**. There is plenty of free parking. Call **613-733-2020** to book your appointment or e-mail spinnewynopticians@gmail.com. 



Quality Life Services for Quality of Life

No one wants to think about aging or getting older or losing control. But it's a fact of life that as we age, our bodies change and often one of those changes can be incontinence. **Quality Life Services** is in the business of helping not just institutions, but individuals in managing incontinence. For over twenty years they have been providing support to Canadians so they can deal with the problem of incontinence in a dignified and more economical way. Quality Life Services makes sure you have the right product, in the right size, just for you so you can enjoy life and not feel embarrassed by accidents.

Are you a care-giver or providing support for an aging parent or relative? Quality Life Services has a tremendous array of other products to make life easier for you and your loved one. Everything from compression stockings to custom hernia belts for ostomates and of



course their wide selection of incontinence products – Quality Life Services has the aides to enhance your quality of life.

When you need reassurance and products that give you back your self-confidence, talk to the experts at **Quality Life Services**. Their highly trained and experienced team will provide you with advice and guidance on dealing with any of the issues that arise with incontinence. You can find all of their superior product lines at www.qualitylifecares.com or visit their show room at 12-770 Industrial Avenue. Call 613-247-7554 and put the quality back in your life.



Social and Competitive Dancing at Gotta Dance Ballroom & Latin Studio

If you want to learn how to dance – Gotta Dance is the place to go. You can learn how to cha cha, rumba, jive, swing, waltz, tango, foxtrot and more. Our certified teachers are happy to help you learn how to move to the music.

Students benefit from the combined 35 years of dance teaching experience that Peter and Nancy have to offer. They can help you whether you wish to dance socially or competitively. No partner required.

Gotta Dance offers private and semi-private lessons that can be booked to accommodate your schedule - mornings, afternoons or evenings. Private lessons allow you to learn at your own pace on the dances that you wish to learn. Group classes are offered during some weekday evenings and Saturday afternoons. Children and teen classes are offered on Sundays. Find out more about our group class schedules and fees at www.gottadanceottawa.com.



Gift certificates are available. This is the perfect time to learn moves for weddings or travels south or abroad.

Wedding couples are welcome. We suggest booking lessons well in advance to prepare for your "first dance".

Need entertainment for a fundraiser, office party or corporate event? Peter and Nancy are available for dance demonstrations and shows...we look forward to entertaining you.

Call Gotta Dance today at 613-233-2623 or email info@gottadanceottawa.com to book your first lesson. We are located at 420 Bank Street, Ottawa (at Gladstone). Main entrance is in back of building.



"Give all to love; obey thy heart." Ralph Waldo Emerson

The Perfect Gift for your Valentine!

Le's Jewellery will BEAT any Price

Sunday February 14, 2010 is Valentine's Day and Le's Jewellery has the perfect gift for your special someone. Ladies, show the man in your life just how much you care with a **Seiko, Citizen or Pulsar** watch. Gentlemen, make it a night to remember with an SI-quality 1.00ct solitaire diamond 14k gold ring on-sale for \$6,500 (for a limited time) with FREE lifetime inspection, cleaning and polishing services!



This promotion is on a first come, first served basis. They have a fantastic selection of Canadian diamonds like Polar Ice, Canadian Rocks, Canada Goose and Arctic diamonds. All diamonds are from reputable sources and Le's Jewellery fully complies with the Canadian Diamond Code of Conduct.

In addition, police officers, firefighters, members of the

Canadian Forces and their families receive an **additional 5% OFF!** Qualified customers can now also enjoy **0% financing** with **no administrative fee** and you **don't have to pay for a full year!**

From custom work and on-site repair services, to fair market value for trade-in items, Le's Jewellery is your one-stop jewellery shop in Ottawa South. All custom jewellery comes with a lifetime warranty as well as FREE cleanings and FREE inspections. Plus, the first time you need it resized, it's also FREE!

Give the exquisite and unrivaled quality of Le's Jewellery this Valentine's Day! Stop by **2446 Bank Street** (at Hunt Club Road) or call **613-733-3888** for more information.



CARING HEALTH CLINIC TURNS 20

As the first walk-in clinic in Ottawa twenty years ago, **Medical Care Clinic** set the standard. They're still located at 1385 Bank Street, Suite 100 and they're still providing friendly, family health care services to the community. The clinic has added a new and important feature to their services – travel medicine. As more and more Canadians are taking sun destination vacations, the doctors at Medical Care Clinic realized the need for vaccinations. Traveling to Brazil, the Amazon? Then you should really be vaccinated for yellow fever and take a supply of malaria pills with you. Leaving on a spontaneous, last-minute trip to far reaches of the planet? Not to worry, just walk-in and a doctor will see you and discuss how to make sure you and your family is well protected from serious diseases. Medical Care Clinic is a designated yellow fever centre and all the vaccines are on site. Just remember, travel vaccines are not covered by OHIP.



Medical Care Clinic is committed to *medical care for real life*. Doctors at the clinic can talk to you about health issues, do your routine physical and provide solid lifestyle and health advice. All you have to do is walk in when you need urgent care and your own doctor is not available. Twenty years at the same location – **1385 Bank Street** at Kilborn, **Suite 100** – and the same friendly, community caring. Medical Care Clinic is open Monday, Wednesday and Thursday 9am to 8pm, Tuesday and Friday 9am to 5pm and Saturday 9am to 4pm. Call **613-523-7440** and visit www.medicalcareclinic.ca for their full list of services.

