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MARKETPLACE NEWSLETTER®

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Ace Dry Cleaning
5 items
\$30⁰⁰
(Seamstress Onsite)
 471 Hazeldean Road
 (Next to Fabricland)
613-831-8642

Designing for Success! Orchid Design Studio

Are you a budding entrepreneur looking to spread your business message? Are you trying to find the perfect way to brand your company? Orchid Design Studio offers creative, innovative and professional graphic and web site design services to help you connect with your desired client base.

For over 15 years, Fran Swift has been on the cutting edge of graphic design. She studied graphic and web design at Algonquin College and has worked for many of Ottawa's high-tech companies. As



a mother of three children and a successful "mompreneur" herself, Fran understands the importance of customizing a business image. "Words and graphics must be tailored to tell your story," said Fran. "Only then will your image be working hard for you."

From a simple web page, logo or brochure, to a comprehensive web site, direct mail campaign or corporate identity package, Orchid Design Studio can highlight exactly what makes your business special and unique.

Orchid Design Studio can work on any single aspect of your company's graphic and web design project, or produce a full corporate image branding.



Allow prospective clients to connect with your company using a strong company brand. Contact Orchid Design Studio today at **613-808-6688**, or by email at info@orchiddesignstudio.com. Visit www.orchiddesignstudio.com for more information and click "Portfolio" to view samples of Orchid's creative design work.®

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

Take Advantage of Ottawa's Spring Market!

Make your Move with Anthony Johnston

With incredibly low interest rates and record breaking sales, the spring market in Ottawa is more active than ever. Thousand of buyers will flock to the market in search of their dream home. Will you be ready? If you are thinking of selling your home this spring, now may be the time to make your move!

Anthony Johnston of Coldwell Banker Sarazen Realty can ensure that your home becomes the **top choice for buyers!** His years of experience have provided him with the necessary tools to ensure that you get the best possible service and the fastest results. You'll receive a **FREE Home Evaluation** as well as tips to help you maximize your sale price. Anthony will then work with you to develop a customized marketing plan that meets your goals.



Contact Anthony today and put your plan into action! Anthony Johnston, Coldwell Banker Sarazen Realty, Brokerage can be reached at **613-552-5553** or by email at anthonyjohnston@rogers.com ®



Sarazen Realty, Brokerage
Independently owned and operated

Ecology Friendly Lawn Care! Nutri-Lawn's Vital Steps to a Healthier Lawn

You can feel it. Spring is right around the corner. Here are the tips you need to get the lawn you deserve. Call the professionals at NUTRI-LAWN for expanded information on these great tips:

- **NUTRIENTS:** Change the formulation of the nutrients every application. Different weather, different formulation.
- **CORE AERATION:** Aeration is a key factor to guarantee deep roots. Annual aeration = deep roots = great lawn.
- **OVERSEEDING:** Grass plants naturally die off and must be augmented annually. Use 'Ottawa Blend' seed, not just 'any' seed.
- **ORGANICS-PLUS TOP DRESSING:** "biology in a bag" enhances microbial activity in the soil which acts to break up thatch and debris while adding valuable micronutrients to the soil.
- **MOWING:** A dull blade or mowing too short allows damaging insects and diseases to move in. Sharpen that blade and cut every 5-7 days, but never under 2.5 inches.



- **WATERING:** Use it wisely! Water deeply (1 inch) and infrequently (every 5-7 days). This reduces water usage.
- **GRUB DAMAGE PREVENTION:** Flights of beetles in your neighbourhood in the spring are a sure sign of impending, expensive grub damage. Professional grade nematodes can prevent this damage.
- **PROFESSIONAL MONITORING:** Trained technicians minimize lawn damage with early detection and action on lawn problems.

Call Nutri-Lawn, your local experts in lawn care, for a **FREE Estimate** at **613-739-3399** or visit www.nutrilawn.ca for more information. Nutri-Lawn has an A+ rating with BBB and was a 2009 Top 3 Winner for Ottawa Chamber of Commerce Business Achievement Awards! ®



EXCEPTIONAL PRODUCTS AND SERVICES IN YOUR NEIGHBOURHOOD

Spring Rim and Tire Packages!

Kanata Rims & Tires

The days are getting longer and spring will be here before we know it. Is your car ready to perform? Kanata Rims & Tires is making it easier than ever to gear up for spring with incredible prices on rim and tire packages!

Spring Packages

17" rim and tire package:

\$749 (plus tax)

18" rim and tire package:

\$999 (plus tax)

20" rim and tire package:

\$1499 (plus tax)

These early spring prices on the best performing brands won't last forever. Stop by the showroom today for details.

Kanata Rims & Tires specializes in alloy mag wheels and specialty tires. Happy invites all of his customers to visit the newly renovated showroom at **25 Edgewater Street** (near the intersection of Terry Fox Drive and Hazeldean Road) in Kanata. It's the largest showroom of its kind in Ottawa



and there are over 100 different wheels on display. In addition, Kanata Rims & Tires does oil changes, alignments, brakes, mufflers, computer diagnostics and suspension work!

Gear up for spring today at Kanata Rims & Tires! Call **613-836-8688** or visit www.kanatarimsandtires.com for more information. The store is open Monday to Wednesday from 8am to 6pm, Thursday and Friday from 8am to 7pm, and Saturdays from 8am to 5pm.



New Life for Old Furniture

10% Senior's Discount at JPW Furniture

Does your prized dining room table sport a nick? Is your antique sideboard in need of refinishing or touch-up? Don't let just anyone repair or refinish them. Perry and Wayne at JPW furniture repair and refinishing offer quality service, and over 40 years of combined experience. In addition, **seniors over the age of 65 save 10% on all services.**

Perry was trained by a European craftsman in the field of repairs touch-ups and finishing. Wayne has extensive experience in the field of staining, finishing and custom colormatching and repairs. They know their products and services, and will ensure the job is done properly. They accept both domestic and commercial clients; they can do minor touch-ups and repairs to office furniture as well as furniture in the home.

JPW has a fully equipped shop, located at **15-2584 Edinburg Place**, in which they can do complete refinishing, repairs, reglueing, and antique restoration. All the stripping, sanding, and staining are done by hand. Additional services include kitchen cabinet refinishing and refacing, moving and insurance claims.



Contact them today at **613-745-6518** or by email at jpwfurniture@gmail.com for a **FREE ESTIMATE**. Visit www.jpwfurniture.ca for more information.

Perry and Wayne would like to wish everyone a safe and happy New Year.



"Sometimes your best investments are the ones you don't make." Donald Trump

From Floor to Ceiling, Meet All Your Home Decor Needs At Huntclub Flooring & Decor

Family-owned Huntclub Flooring & Decor makes it easy for you to update or redecorate your home. The showroom at 210 Colonnade Road (Unit 10) has an impressive display of hardwood, ceramic tile and laminate flooring available. There, our friendly and professional staff will help you choose from a wide selection of quality products, and arrange to have it installed in your home in one easy visit. Huntclub Flooring & Decor now carries Benjamin Moore paints! When you are finished selecting your new floors, plan to brighten your walls with any shade of the Benjamin Moore colour rainbow of paints. **From now through to April 15, get a 15% discount off your Benjamin Moore paint purchase when you mentioning Marketplace Newsletter.** While there, have a look at the extensive collection of wall décor, mirrors, lamps and other home furnishings that Huntclub Flooring & Decor imports from



Italy. No other company in Canada has distribution rights to these unique pieces. Your home will truly be one of a kind! Huntclub Flooring & Décor serves both commercial and residential clients, and is open Monday to Friday from 9:30 to 5:30 and Saturday from 10 a.m. to 4 p.m. Explore new options for your home today. Call Huntclub Flooring & Decor at (613) 225-9181 or visit the Web site: www.huntclubhardwood.com.



Bookkeeper and Sales People Needed

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. 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 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.



Registered Massage Therapy!

Kanata North Family Chiropractic

Do you suffer from chronic pain? Are you stressed or often tired? Have you recently been injured? Kanata North Family Chiropractic offers a variety of massage therapy techniques to help improve your lifestyle!

Registered Massage Therapists Marcy Gelinis and Mike Gray have over 16 years of combined experience. They offer one-on-one attention and will customize a treatment plan to ensure that you get the best results. Conditions that are effectively treated by massage therapy include back, leg and neck pain, muscle tension and spasms, tendinitis, sports injuries, whiplash, headaches and stress. Several treatment options are available including Swedish massage, deep tissue massage, pregnancy massage, and sports massage with facilitated stretching.

In addition to chiropractic and massage therapy services, Kanata North Family Chiropractic offers



Active Release Therapy with Dr. Laurie Spratt – who earned her Doctor of Chiropractic from Canadian Memorial Chiropractic College in 1996. For the last 13 years, she's helped countless people in our community live a more active and stress-free life.

Massage therapy treatments are available mornings and evenings from Monday to Friday. Call Kanata North Family Chiropractic today at 613-599-3898 to book an appointment or contact info@knfchiro.com for more information. Kanata North Family Chiropractic is located at 555 Legget Drive (near the Brookstreet Hotel).



**Kanata North Family
CHIROPRACTIC**

Reduce Your Monthly Payments!

Consolidate Your Debts and Save Money

5 Year Fixed Mortgage Rate: 3.79%*

Is your **DEBT LOAD** hurting your ability to save money and causing you stress? Would you like to reduce your monthly payments? **Frank Napolitano** of **MortgageBrokersOttawa.com** can help consolidate your debts and **SAVE YOU MONEY!**

Fact: Many Canadian home owners hold high interest debt on credit cards, personal loans and lines of credit. These debts can be easily consolidated into your mortgage and turned into **One Low Monthly Payment.** This reduced monthly payment will give you the ability to **SAVE MONEY** again for the future.

The 3.79%* rate can also be applied to **HOME PURCHASES** and **MORTGAGE RENEWALS.** If your mortgage is up for **RENEWAL BEFORE JUNE 2010,** please give Frank a call to book your appointment and ensure that you have the best rate. **Don't Auto Renew. This could cost you over \$300.00 per month!!**

Save Your Money! Contact Frank Napolitano of MortgageBrokersOttawa.com



today for a **FREE, no-obligation appointment** at 613-798-1973, or by email at frankn@mortgagebrokersottawa.com. **Don't delay – the best service and the best rates are just a phone call away!** Visit www.MortgageBrokersOttawa.com for more information. You can also listen to my expert mortgage advice every Saturday morning at 10:00 am live on 580 CFRA.

*Rates subject to change without notice.
On Approved Credit Only.

**MORTGAGEBROKERS
OTTAWA.COM**

Creative by PS design group 613-838-7212 • Writer: M.J. Mancini 613-222-4264

Beautiful Concrete Landscape Designs!

Save \$100 with Creative Hardscapes

Are you looking for a stylish and unique way to landscape your yard this spring? Unlike your average landscaper, Creative Hardscapes' Chris Doyle is an accomplished artisan and his canvas is concrete.

Born and raised in Ottawa, Chris has spent the last 15 years in the concrete business. From driveways and patios, to walkways and steps, Chris can create a customized and unique look for you to enjoy for years to come. Unlike traditional inter-lock stone designs, "stamped" concrete will never shift or become uneven because it contains rebar. The design possibilities are also endless because concrete can be stamped in any pattern and can be matched to any colour. Creative Hardscapes also offers "concrete coating" which is a cost effective way to dress up your old steps, walkways and patio.



Are you redesigning the interior of your home? Chris also crafts beautiful concrete counter tops, fireplace surrounds, bathroom vanities, and table tops.

The deadline for the Home Renovation Tax Credit has come and gone, but that doesn't mean that the savings are over. **Save \$100 this spring on any custom concrete work that's booked by March 31, 2010!**

Contact Creative Hardscapes today at 613-482-9414 or by email at chris@creativehardscapes.ca to arrange for your **FREE ESTIMATE.** Visit www.creativehardscapes.ca for more information.



The Absolute Ultimate Interior!

Fibermagic

Does the interior of your car, boat or RV look as good as when you bought it? Are the seats cracked, faded, stained or torn? Trust the experts at Fibermagic to make your car's interior beautiful again in time for the gorgeous spring weather!

From plastic and vinyl, to leather and cloth, Fibermagic will eliminate the toughest stains and repair cigarette burns, cuts or abrasions. They can even re-dye your couch material if it's looking a little dull. In fact, Fibermagic specializes in high performance dyes and fibers to enhance any leather, vinyl or plastic interior finish.

Fibermagic works for some of the largest companies in Ottawa including Leon's, The Brick, EQ3, Ford, GM, Toyota as well as several government agencies. Whether you are home or at the office, the



mobile service means that Fibermagic will come to you.

Boating season is just around the corner and Fibermagic has worked on some of the most luxurious yachts in the city. They will also re-dye or do general household upholstery to your couches, love seats and chairs.

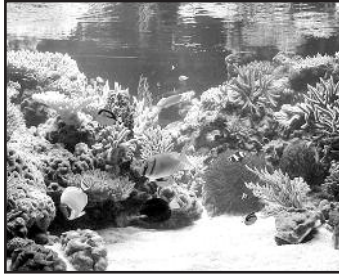
Enjoy a beautiful vehicle just in time for spring! Contact Fibermagic today at 613-295-2000, or by e-mail at fibermagic@magma.ca. Visit www.fibermagic.biz for more information.

FIBERMAGIC

Create a Sense of Tranquility in your Office!

Tranquil and beautiful - a salt water aquarium system is the ideal way for any doctor or dentist to create a soothing and relaxing office waiting room for their patients! Ashique Aziz, owner of **Aqua Valley Aquarium Services** specializes in the set-up and maintenance of these amazing self-contained eco systems and they cost less than you think.

Aqua Valley carries the best and the biggest selection of salt-water fish, corals and invertebrates in the city. Aqua Valley's knowledgeable staff can make the perfect suggestions on picking the right combo from waving anemones, to delicate shrimp and tank-cleaning starfish. Aqua Valley also offers an excellent set-up and maintenance service in Ottawa and Gatineau. If your office welcomes children then you can even put Nemo in your aquarium!



Let Aqua Valley create a world of aquatic splendor for your office waiting room with a stunning salt-water aquarium. Ask Ashique to drop by your office and explain the simplicity and low-maintenance of a salt-water aquarium. **Aqua Valley Aquarium Services** is located at 1158 Oglivie Rd. Call 613-741-0665. Visit www.aquavalley.ca.



10 Years of Exceptional Landscape! The Avant Gardeners

With winter finally coming to a close, it's time to start planning the outdoor space you've always wanted. This year, let The Avant Gardeners help make your dreams a reality!

The Avant Gardeners - a locally owned and operated company - excel at innovative residential designs and installations that are entirely tailored to your needs. They have the knowledge and experience to deliver an excellent product on time and on budget. They also offer quality maintenance services with a certified horticulturist on site. Let The Avant Gardeners ensure that your gardens are looking their best all season long. Maintenance packages include spring and fall clean-ups, one-time or ongoing visits set to accommodate your schedule and budget.

"I have nothing but good things to say about The Avant Gardeners. When the team started on my back gardens, they had to stop mid-way through the project when a heavy rainfall made it evident that my new home had major drainage problems. Donna and her team juggled their schedule to accommodate the



situation and the finished product is fabulous. I couldn't be happier! I would recommend them to anyone." - S. Sheffield, Kanata

Plan ahead and avoid the HST by booking your work by July 1! Contact The Avant Gardeners today at 613-724-9620 or by email at avantgardeners@sympatico.ca. Visit www.avantgardeners.com for more information. The Avant Gardeners are fully insured and have received an A+ rating from the Better Business Bureau. You can also see them at the 11th Annual Kanata Garden & Landscape Show at the Kanata Recreational Complex from April 23 to 25.



Landscaping projects qualify for home renovation tax credit!

"Do not protect yourself by a wall, but rather by your friends." Czech Proverb

Beat the HST Rush and Save! Mondeau Innovation Centre in Kanata

With the HST looming, now is the time to renovate or remodel. June 30 marks the end of tax free services for most building, renovating and trade services. So if you want to save money on your home renovation project, you need to start planning right away. You have to leave time for projects to be completed properly, so anyone who waits until the last minute is likely to be disappointed.

Kanata and Stittsville residents can get ideas and view products at the **Mondeau Innovation Centre** at 20 Edgewater Street. The 8,400 square foot showroom is full of the hottest bathroom and kitchen products for your home.

Mondeau's professionally trained Showroom Consultants are ready to help. Let them guide you through the wide selection in the showroom. See the entire American Standard luxury line of products, bathtubs and showers from the MAAX Collection, custom cabinets from Vanico-Maronyx, and the full line



of Delta, Brizo and Hansgrohe faucets and accessories.

Whether you have a specific renovation plan, or are just looking for ideas, a visit to the Innovation Centre is the perfect place to start. Once you have made your decisions, Mondeau's **Contractor Referral Program** will help you to find a reputable and qualified craftsman to handle any installation.

Save money by renovating before the HST! Call 613-831-6800 today or visit www.mondeau.ca to book an appointment.



"SEA" the Delicate Balance Dr. Claudia Courchesne, Family Dentistry

"SEA" is an acronym for saliva, enamel and acidity. Saliva plays many roles in the mouth such as helping with chewing and swallowing, but also and perhaps most importantly serves as a neutralizing agent against the acids from our diet.

The Enamel of our teeth is the hardest part of the whole body. It is an engineering marvel designed to last a lifetime. If the masticatory (chewing) system functions harmoniously, without interferences, enamel can withstand hundreds of chewing cycles every day of our life for decades on end. Acid erosion of the enamel happens when the amount of time Acidity is present in the mouth outweighs the neutralizing ability of the saliva. Today, an alarmingly large proportion of young people display signs of acid erosion in their mouth.

The culprits? Mostly sodas, juices and sports drinks. Thirty to forty years ago, people drank those beverages only on special occasions. Today, it is a daily occurrence for most. If the frequency of consumption is such that the saliva never



gets a chance to bring the PH of the mouth back to neutral, the teeth begin to suffer enamel losses. The premature loss of this extremely important outer layer of all teeth can have catastrophic outcomes that will lead to very costly dental expenses.

Give your teeth a break - to quench your thirst, drink water. During the day, there should be several periods of 2+ hours during which there is nothing but saliva in your mouth. Written by Dr. Marielle Pariseau.

Dr. Claudia Courchesne, Family Dentistry is located at 260 Hearst Way Suite 201 in Kanata Square. Call 613-271-6400 to book your appointment or visit www.gumsnteeth.com for more information.

