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# Marketplace

NEWSLETTER

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## One-on-One Real Estate Advice

When you want your real estate dreams to come true and need your interests protected, then **Anthony Johnston, Coldwell Banker Sarazen Realty** should be your first call. Your home is likely the largest invest you will ever make. Make sure you have the right Real Estate Professional to guide you. Anthony will personally work with you every step of the way. He has years of experience and knows the business, inside and out. You get the best possible service and fast results.



Sarazen Realty, Brokerage  
Independently owned and operated

Searching for your dream home? Anthony has access to all the latest listings. Give him your requirements and he'll find you the right home at the right price. Planning on putting your home on the market? Anthony provides a **FREE Home Evaluation** with excellent tips on 'how to make a great first impression' - a guaranteed way to impress potential buyers. His tips can **maximize your sale price and minimize your sale time**. Anthony can also recommend first-rate financial advisors, building inspectors and lawyers for your purchase or sale. He'll also provide you with pertinent advice on every step of the process.

Make finding your dream home or selling your present home an enjoyable experience. Let Anthony Johnston protect your interests, help guide you through the process and take the stress out of your purchase or sale. For experience and



fast results, call **Anthony Johnston, Coldwell Banker Sarazen Realty** at 613-552-5553 or email [anthonyjohnston@rogers.com](mailto:anthonyjohnston@rogers.com). Visit [www.anthonyjohnston.ca](http://www.anthonyjohnston.ca) for more information.

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

## Quality you can trust... Guaranteed! Airzone HVAC Services

As summers warmth gives way to fall's cooler temperatures, our focus shifts from air-conditioning to heating. Trust the experts at Airzone HVAC Services to ensure that your furnace is ready for the cold winter months ahead!

Airzone HVAC Services is a locally-owned and operated full-service heating, cooling and air quality company. Owners Brent Lewis and Steve Teskey are committed to providing high-efficiency ENERGY STAR® products and quality service and they offer an incredible **100% satisfaction guarantee**. Airzone HVAC Services specializes in air quality products that enhance your home's comfort level and help to control contaminants by eliminating them at the source. Have you had your ducts cleaned lately? Before you close your home for the winter, ensure that you are breathing clean air by having your ducts cleaned and deodorized.

Airzone HVAC Services also offers competitive maintenance packages. Ask about their "Club"



memberships and receive discounts just for joining. With guaranteed priority service appointments, FREE diagnostic and repairs, and a FREE precision tune-up, you'll save money by becoming an elite club member!

**Government and manufactures rebates are still available of up to \$2040.00 on a system. Purchase the brand names you can trust. Lennox, Bryant and Whirlpool.**

Congratulations to Airzone HVAC Services for having won the **Kanata Courier Standard 2009 Reader's Choice Diamond Award** for Heating, Air-Conditioning and Duct Cleaning!

Save money and live comfortably! Call Airzone HVAC Services today at 613-592-5770 or visit [www.airzonehvacservices.ca](http://www.airzonehvacservices.ca) for more information.

## Be Cool—Wear Shades! Shoppers Drapes and Blinds

If there is one vein of fashion that **Shoppers Drapes and Blinds** can claim leadership status, it's shades! Of course not the designer sunglasses that swallow most celebrity faces, but premium designer shades nonetheless. Sun shades are a unique style of window coverings that block glaring sunlight without blocking your beautiful view outdoors.

This innovative technology softens sunlight to create an even and calming glow throughout your home. By blocking the direct rays of the sun, sun shades can prevent damaging UV rays from fading room furnishings so your couches and carpets will retain a fresh appearance. With these revolutionary shades you will also escape summer heat waves without having to adjust your thermostat. The weave is designed to help cool temperatures in your home without banishing all traces of natural light.

Shoppers Drapes and Blinds offers a collection of sun shades with varying weave densities, from 1% to 24% open



weave, in an assortment of fabrics and colours to suit any interior décor. Enjoy day time privacy with the one-way visibility that allows you too see out your windows without anyone being able to peek inside.

Visit Shoppers Drapes and Blinds showroom at **462 Hazeldean Road**, or call **613-831-6420** for more information. When you call, mention Marketplace Newsletter and Shoppers Drapes and Blinds will arrange a free Shop-at-Home consultation for you. Also, come see us at the **Home and Design Show, October 1 to 3** at Lansdowne Park.

**SHOPPERS**  
DRAPES & BLINDS

EXCEPTIONAL PRODUCTS AND SERVICES IN YOUR NEIGHBOURHOOD

# Concrete Landscape Designs from Creative Hardscapes

Last call for Fall!


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 past 15 years in the concrete business.



From driveways and patios to walkways and steps, Chris can create a customized, 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. Dedicated to providing high-quality craftsmanship, Creative Hardscapes also offers "concrete coating" 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.**

Contact Creative Hardscapes today at 613-482-9414 or by email at [chris@creativehardscapes.ca](mailto:chris@creativehardscapes.ca) to arrange for your free estimate. Visit [www.creativehardscapes.ca](http://www.creativehardscapes.ca) for more information. 




# Jericho Road Christian Ministries

Your generosity will make a difference!

*I was born into dysfunction, abuse and rejection; then adopted at age 3 by loving Christian parents. I grew up around God, but I never knew God. I wanted to be loved, accepted and valued, but didn't know how to receive these things. I discovered that alcohol, girls and drugs gave me immediate relief. In these things I felt accepted. But I found myself 15 years later addicted to drugs, with 2 children, no job, living a life of violence. I was faced with my options: death, jail, a mental hospital or surrendering and getting help. I decided to get help. I entered a six month rehabilitation program, and that was only the beginning. It wasn't easy giving my life and my WILL over to God, but He has restored me. My family is reunited and I am grateful to have a job at Jericho Road Christian Ministries. I spent a year supervising a home for men struggling with mental illness. I now supervise two second-stage recovery homes and facilitate a discipleship program for men committed to their recovery and seeking a deeper relationship with Jesus Christ. The lives of these men are being transformed as they surrender to their higher power,*



*Jesus Christ. I am grateful to be a witness and I know this job helps me more than it helps them.* Jon Ruby

We are a non profit ministry who is gratefully supported by our local church family and local businesses. To grow with the needs that are in front of us, we would like to raise an extra \$71,000 per year. Please pray about how you could partner with Jericho Road to commit to a monthly donation this year. [www.jerichoroad.ca/donations](http://www.jerichoroad.ca/donations) 613-567-5134 



"The miracle is this – the more we share, the more we have." Leonard Nimoy

## Designing for Success

Professional Graphic Design Services

- Web Sites
- Logos
- Advertising
- Brochures
- Kitfolders
- Books
- Flyers

Get a **FREE** brochure design and layout with every web site design.



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## Ace Dry Cleaning

5 items  
**\$30<sup>00</sup>**

(Seamstress Onsite)

471 Hazeldean Road  
(Next to Fabricland)  
**613-831-8642**



## The Crist Family

IN CONCERT

also appearing  
THE BRIDGE BUILDERS  
THE PROVERBS

SATURDAY  
OCT. 23<sup>RD</sup> 2010  
7 PM

**3 HOURS**

THE METROPOLITAN BIBLE CHURCH  
2176 PRINCE OF WALES DRIVE  
OTTAWA, ONTARIO

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ONLINE: [WWW.CCAUTHORITY.COM](http://WWW.CCAUTHORITY.COM)  
A PRESENTATION OF GOSPEL SINGS CANADA  
[WWW.GOSPELSINGSCANADA.COM](http://WWW.GOSPELSINGSCANADA.COM)

## Healing Touch Massage offers Low Intensity Laser Therapy and more...

Low Intensity Laser Therapy (LILT) Available in Kanata

This completely safe and painless non-invasive medical technique, only now emerging in North America, has been used in Asia and Europe for over 25 years. Studies have shown that specific wavelengths of light at low intensities can encourage tissue regeneration, reduce inflammation, boost your immune system, and relieve pain! **Mayela Lameda-Lyver, RMT**, holds several certifications, including **Certified Laser Therapist**, and uses LILT to treat chronic pain, soft-tissue injuries, sports injuries, whiplash and wounds. This unique therapy has helped patients with a variety of conditions such as **arthritis, fibromyalgia, tendinitis, bursitis, knee replacement, carpal tunnel syndrome and TMJ disorders**. Book an appointment to determine if Laser Therapy is right for you.

### Other Treatments available

**Healing Touch Massage** also offers a wide variety of other treatments, including:

- **Pregnancy Massage** – Relieves the discomforts associated with pregnancy



HEALING TOUCH  
123 Strathcarron Cres.



- **Myofascial Release** - Releases tensions and tissue restrictions
- **Manual Lymph Drainage**- Eliminates swelling and boosts the immune system
- **Hot Stone Therapy** – Great for chronic muscle tension or deep relaxation
- **Sports Massage** – The ideal complement to athletic conditioning or sports injury recovery

### Insurance Benefits

Extended health plans often provide benefits for various massage treatments. Contact your insurance plan administrator to determine your yearly coverage.

Improved health is just a "Healing Touch" away! Contact Healing Touch Massage Therapy today at 613-595-0002, or by email at [info@healingtouchmassage.ca](mailto:info@healingtouchmassage.ca).

You can also visit us at [www.healingtouchmassage.ca](http://www.healingtouchmassage.ca) for more information or to book an appointment online.



## Fuel your Body with Breakfast from Rainbow Foods

Start your day feeling energized by making breakfast a part of your daily routine.

A healthy breakfast gives you energy, strength, and helps control your weight.

To learn more about the health benefits of breakfast, join Maria Connell, nutritionist, for *Fuel Your Body: Start the Day with Breakfast* on Tuesday, September 28th at Rainbow Foods from 11 a.m. to 4 p.m.

If you are unable to eat gluten, finding popular foods such as breads, cookies, muffins and cereal that are made without wheat, and still taste great, can be challenging. On Saturday, September 18th, Rainbow Foods will be hosting a *Gluten-free* day from 10:30 a.m. to 4:30 p.m. Stop by for some health tips, recipe ideas and delicious samples.

For great deals on items such as cereals, juices, snack foods and other back-to-school staples, as well as a large selection of vitamins and bodycare



1487 Richmond Road in Britannia



items, pick up a copy of Rainbow Foods' new flyer, coming out September 3rd, or visit [www.rainbowfoods.net](http://www.rainbowfoods.net).

Rainbow Foods carries a wide selection of natural and organic products including vegetarian/vegan, gluten-free and raw foods. New products are always arriving and renovations are currently ongoing to make more space. For more information, call 613-726-9200, or visit Rainbow Foods at 1487 Richmond Rd. at Carling Ave.



Creative by PS design group 613-838-7212 • Writer: Susan Griffin

## Take Charge of Your Health with Far Infrared Technology

Backed by medical research and health professionals, heat therapy is recognized as an easy and affordable way to ease the discomfort caused by such common health issues as **fibromyalgia, osteoarthritis, and rheumatoid arthritis**. Northern Lights Saunas is a local distributor of California-based West Coast Saunas, a manufacturer of fine wood far infrared saunas. Far infrared is a form of radiant heat, and is the safest and most beneficial type of light emitted by the sun.

Apart from sheer relaxation and stress relief, Northern Lights Saunas also allow you to **eliminate harmful toxins** from the body, reduce weight by ridding the body of cellulite, improve cardiovascular conditioning, and improve the **tone, texture, and elasticity of your skin**. One 30-minute session can burn up to 900 calories, and drastically reduce muscle aches and pains associated with lactic acid that builds up during physical exercise.



Right now get our new upgraded 2010 sauna models at 2009 prices! All our models come with chromotherapy lights, a Pioneer AM/FM CD/MP3 player, cup holder, towel rack and ionizer to remove toxins from the air. Our Malibu Hemlock CD 2-person model can be plugged into a 15 amp outlet, making it ideal for an apartment or home, or you can go for deluxe with our 5-person model.

Northern Lights saunas start at \$2195 and include free shipping. Take charge of your health with Far Infrared Technology. [www.northernlightssaunas.com](http://www.northernlightssaunas.com), 613-878-9199



## Ottawa Hot Tub Rentals

Imagine relaxing in your own soothing spa. Warm bubbling water caressing you from head to toe...

Ottawa Hot Tub Rentals is pleased to offer you a full Hot Tub and Spa Rental Service. We cater to any hot tub occasion, you provide the reason and we provide the fun! A Hot Tub Spa makes a great addition to any birthday party, bachelor/ette party, romantic evening, family get-together, backyard bash with friends, on a boat, down by the shore. Or how about surprising that special someone with an evening of stress relief and relaxation. An Ottawa Hot Tub Rental is guaranteed to make any occasion memorable. All you have to do is sit back and relax in a hot tub.

Ottawa Hot Tub Rentals has been in business for eight years and is a Family run business based in Kanata.

Our hot tubs are all Canadian made and have seats, lights and hydrotherapy jets. Weighing as little as 80 lbs. (empty) these hot tubs set up in minutes and simply plug into a 110V



outlet; no special wiring or plumbing is required.

Our full-featured hot tubs pamper you with hot water fun, hydrotherapy, and relaxation, and are unlike any other hot tub in the world! These hot tubs are comfortable, with no hard surfaces. The spacious interior provides soothing, luxurious comfort with open, barrier-free seating to allow unlimited positioning for serene relaxation or stimulating massage. Enjoy relaxing in your Hot Tub spa and soothe away the stress of everyday life.

Call John at 613 878-9573 to reserve your hot tub, or email [hottubs@ottawahottubrentals.com](mailto:hottubs@ottawahottubrentals.com). For more information, visit our website [www.ottawahottubrentals.com](http://www.ottawahottubrentals.com).



## Back to School Backpack Safety Kanata North Family Chiropractic

It's back to school time and students are loading up their backpacks with their new school supplies. At this time it is important for parents to help their children use their backpacks properly. Carrying a heavy load that is unevenly or improperly distributed can result in muscle strain, headaches, back, neck and arm pain, and even nerve damage.

Dr. Laurie Spratt and the team at Kanata North Family Chiropractic offer these pointers to help your school age children carry their load comfortably and safely.

Choose a pack that has two wide, adjustable, padded shoulder straps, along with a hip or waist strap, padded back and plenty of pockets. Make sure the pack fits properly and that its size is proportionate to the wearer's body.

Make sure your children's packs contain only what is needed for that day, and that the weight is



distributed evenly. The total weight of the filled pack should be no more than 10 to 15 per cent of the wearer's own body weight.

Slip the backpack on one shoulder at a time. Adjust the straps to fit comfortably so that the pack fits snugly to the body. Both shoulder straps and the waist strap should be used. Backpacks should never be worn over just one shoulder.

If your child does complain of back pain, numbness or weakness in his or her arms and legs, get help to prevent future problems. Call Kanata North Family Chiropractic today at 613-599-3898 to book an appointment or contact [info@knfchiro.com](mailto: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 JANUARY 2011,** 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](http://MortgageBrokersOttawa.com)



today for a **FREE, no-obligation appointment** at 613-798-1973, or by email at [frankn@mortgagebrokersottawa.com](mailto:frankn@mortgagebrokersottawa.com). **Don't delay – the best service and the best rates are just a phone call away!** Visit [www.MortgageBrokersOttawa.com](http://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. 

**mortgage  
brokers ottawa**  **.com**

“Heaven is under our feet as well as over our heads.” Henry David Thoreau

## Register NOW for Self-Defense & Fitness Classes At Patenaude Kung-Fu




The summer is over and it's time to think about fall activities to help you and your children lead an active and healthy lifestyle. If you are looking to try something different, why not try Kung-Fu? Today Kung-Fu is a mainstream sport and is a very popular martial art for several reasons: it contributes to increased fitness; gives you simple self-defence techniques to help keep you safe; and fosters a deep respect for oneself and others. What more could you ask for!

**Patenaude Kung-Fu** is currently accepting registrations for its fall classes. Owner Stephane Patenaude and his business partner Mike Klassen, offer the **highest quality instruction to adults and kids age 4 and up.** The kids program is 45 minutes twice a week and the sessions are 24 weeks long. It is proven that discipline instilled in the children during their Kung-Fu class is carried over into their school and home life. The kids are **developing self-respect, respect for others and confidence.** Adults who practice Kung-Fu find that it helps them be more focused, more



patient and driven to succeed in their life goals. Practising martial arts contributes to both mental and physical wellness and is a great stress reliever. Lunch time and evening **yoga classes** and **women's fitness bootcamp** are also available at the school.

If you would like to try some of the classes at Patenaude Kung-Fu in Kanata, there is a **one week introductory pass for \$19.95 that gives you access to all programs.** To buy your pass or for more information call 613-591-9111 or email [Kanata@fangshendo.com](mailto:Kanata@fangshendo.com) or visit [www.fangshendo.com](http://www.fangshendo.com). The school is conveniently located at 329 March Rd. (second floor). 

## Ensure a great lawn next Spring with care this Fall

Top Dress and Overseed your lawn this fall and get a great lawn next spring! **Nutri-Lawn** uses their patented soil amendment – a revolutionary new compost product - to Top Dress your lawn so you get lush, green growth – usually within 30 days. The Top Dressing also helps your lawn retain moisture, adds important nutrients to your lawn, helps prevent turf diseases and speeds thatch decomposition. With **Nutri-Lawn's Organics Plus Top Dressing** you get amazing results! This Top Dressing also helps when you Overseed to thicken your existing turf. The trained Nutri-Lawn technicians apply the seed above manufacturer's specifications. Your lawn gets a core aeration, with professional equipment, first to loosen the soil allowing air, water and nutrients in. Good core aeration also allows better seed-soil contact and Fall is a good time for germination. All you have to do is



add water! But remember – **if it dries, it dies.** Keep your overseeded lawn well-watered daily for three weeks and you should have grass starting to germinate in a week.

Top Dressing and Overseeding right now will give you good growth to enjoy in the next few weeks. Taking care of your lawn this fall will also ensure a spectacular lush lawn next spring. Call **Nutri-Lawn** and get them to apply **Organics Plus Top Dressing** and then Overseed for fabulous lawn results! Prices start at only \$199.00 (plus taxes) for lawns up to 2,000 sq.ft. Talk to Thom Bourne and his **Nutri-Lawn** team at 613-739-3399. Nutri-Lawn is located at 1038 Belfast Road. 

**nutri-lawn™**  
ecology friendly lawn care  
inground sprinkler systems