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Athletic Conditioning Center Training Camp

Ottawa's #1 Training facility is launching our newest program for anyone who wants to get fit right now!

Starting in late in September 2010 the ACC has the program to get you off the couch or even step up your current fitness program. With free classes during our open house week, you have no excuse not to get to the ACC.

Classes such as Yoga, Hit

the Core, Metabolic Burn, and Training Camp will offer you much variety to choose from, additionally with classes in the morning, lunchtime and after work you have many options to fit your schedule. A free on-line nutrition tool is available for all registered participants.

Safety and success will be assured knowing that the program has been created by Ottawa's #1 Strength & Conditioning Coach Lorne Goldenberg, who recently coached the Montreal Canadiens to a conference final, and has

worked with some of the top athletes in the world through the ACC.

After participating in our camp, you will feel like an athlete, toned & fit! Our unique training format will keep you moving for the entire session. Each session will follow a similar structure including a dynamic warm-up, a circuit style weight training session focusing on upper/lower body, and core strength.

The program will offer a non-competitive atmosphere, allowing each participant to accomplish his



or her own personal goals of weight loss, fitness, improved mobility, and leaving everyone with a sense of success.

Call 613-225-2806 or come in and see us at the Dome in Ben Franklin Park, check us out at www.accottawa.com



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

Ottawa Windows & Doors Growing to Serve You Better

After winning the Consumers Choice Award as Ottawa's Best Door and Window Contractor for three consecutive years, **Ottawa Windows & Doors** is moving to accommodate the increased demand for their services. Relocating with their sister company, **Copperstone Kitchens**, to number 60 on Colonnade Road, the Grand Opening on **September 25, 2010** will showcase a larger showroom and an expanding product line.

In 2009, Ottawa Windows & Doors won the Better Business Bureau's Torch Award for Marketplace Ethics, with Copperstone Kitchens winning the Ottawa Business Achievement Award Gold Medal for New Business of the Year, demonstrating both companies dedication to a high level of service and quality.

Offering quality products to meet any of your needs for replacement doors or windows, with a visit to the showroom you can preview a wide selection of vinyl windows, skylights,



and door systems from Canada's best manufacturers. Taking the time to explain your options, including the pros and cons of various products, Ottawa Windows & Doors' experts are committed to installing the right product for your home, offering real value for your money. Their in-house installers and carpenters ensure correct installation and use top-quality materials for durability. Copperstone Kitchens will work closely with you to design a great kitchen, bringing that kitchen into reality, exceeding your expectations.

Join them for the grand opening at 60 Colonnade Road, call 613-225-8737, or visit www.ottawawindows.com or www.copperstonekitchens.ca



Rod Vanier, Municipal Election Candidate for Knoxdale-Merivale Ward 9

If you do not have the money, do not spend it!

Well-known Nepean lawyer and community activist, **Rod Vanier**, is running for **Knoxdale-Merivale Ward (9) City Councillor October 25th**. Rod has been practicing law in Nepean since May 1981, initially at 1580 Merivale Road and now at 90 Centrepointe Drive. He located his practice and raised his family in Nepean, considering it the perfect suburb for both purposes.

His community activism began as a sponsor, player, assistant coach, and coach for the Parkwood Hills Softball Association, where both his daughters played. Rod also became the involved with several other Nepean organizations such as the Nepean Symphony Orchestra Board of Directors, and for 10 years on the Nepean Chamber of Commerce Board of Directors. As Vice-Chair he spoke against the proposed Nepean-Ottawa merger, also serving as Chair in 2002-03. In 2003 he was elected to the Queensway Carleton Hospital Board of Directors, serving on several working committees. He served two years as the Board



Chair, 2006 - 08, with oversight responsibilities for their \$150,000,000 annual operating budget. Among other things, he learned to treat money with respect in a governmental setting without compromising patient services, a valuable lesson he can bring to Ottawa City Council. Rod has given much to his community, and now wants to represent it at the next level.

Rod offers a no-nonsense, tough fiscal approach to future civic spending-initiatives, in keeping with his campaign theme: "If you do not have the money, do not spend it!"

For more about Rod and his platform, visit www.ElectRod.ca or call 613-858-8683.



EXCEPTIONAL PRODUCTS AND SERVICES IN YOUR NEIGHBOURHOOD

MAXimize Your Health, Fitness and Power The Best Gym in Ottawa

GYM-MAX is what many gyms aspire to be but few achieve. The industry likes to call it "synergy"—one of those notions so intangible as to be pure fantasy—but at GYM-MAX it's real: a fusion of all things positively related to health and fitness. It's also remarkably spacious (22,500 sq ft), beautifully lit and ventilated, hyper-clean, ultra-modern and at the same time surprisingly intimate.

Among the many concepts that makes GYM-MAX unique is the fact that it features over 100 pieces of Magnum Equipment, 70 Cardio machines (with NO time limit) and a full Cardio-theatre TV system. There's a free KID-MAX training and play area (ages 3-14), a women-only section with circuit and free weights, group exercise room (with free Spinning, Yoga, Step and other classes), an Ideal Protein weight loss clinic, juice bar and more!



For your convenience, GYM-MAX also boasts spacious change rooms equipped with shower, sauna and locker facilities. And should you choose assistance and instruction by a top Certified Personal Trainers you will find those too!

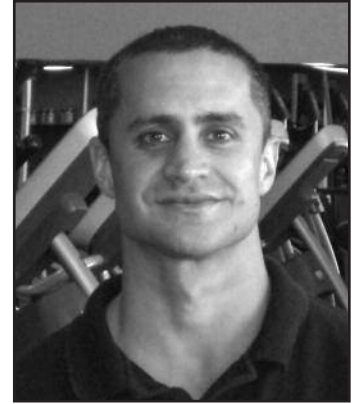
After more than 15 years in the Ottawa area, GYM-MAX has developed a solid reputation and very satisfied membership. Find out why, by contacting or visiting. We are located at 530 West Hunt Club Road off of Merivale Road. Our phone number is 613-727-0496, or check us out on-line at www.GYM-MAX.com.



Keep Your Body In Peak Condition

Are you ready to finally get fit, or would you like to take your physical health and conditioning to the next level? If so, then now is the time to contact **Kyle Paruch!** Kyle has been working as a Fitness Trainer for over 8 years and has been strength training on his own for 20 years. He is proud to be part of the Gym Max team which has been in business now for 15 years.

Besides being a Personal Fitness Trainer, Kyle also teaches Cross Fit, Boxing, Spinning, Plyometrics and more. His training sessions take place at the new **Gym Max** facility located at 530 Hunt Club Road off of Merivale. This beautiful ultra-modern gym opened its doors in April 2010 and boasts brand-new State of the Art equipment, climate control, a juice bar, and designated "Ladies Only" section.



Kyle's fitness philosophy is simple. In order to live a high-quality life, you have to look after your physical condition. A fit body not only means physical well-being, but also translates into emotional and mental health as well. Learning how to exercise properly and efficiently allows one to reach these goals in less time.

Kyle's rates for Personal Training are very reasonable and competitive. Give him a call today at 613-731-8188 (Voice) or 613-323-5515 (Cell and Text).



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



- > Professional music teachers have music degrees with years of teaching experience and professional achievements
- > Lessons designed individually to fit each student's needs
- > Private music studios with A/C and soundproof walls
- > Comfortable waiting area
- > One block from public library & Franklin Place
- > Walking distance to OC Baseline Transit Station
- > Plenty of free parking

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PRO TAXES CONSULTANCY

*Faheem Ali & Tarik Fizazi
Accredited Tax Advisors*

Income Tax Services

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& Accounting Services,
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Taxation for Individuals,
Self Employment and
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Monthly, Quarterly, Annual
Financial Statements;
HST/DAS/EHT/WSIB
Review Corporate Files
Payroll services
Objections, appeals and
litigation

575 West Hunt Club Ste. 201

613-697-2084

Email:

protaxconsultancy@gmail.com

REASONABLE RATES

Save Money with the co-operators!

Autumn is just around the corner and for many of us it is also time to renew our home insurance policy. Don't just settle for the protection that you may already have. Ensure that you get the best coverage for the best rate by calling **John Warmington of the co-operators** today.

Is your home underinsured? Most people only find out what their policy really covers when it's time to make a claim. If your coverage isn't as comprehensive as you thought, you could find yourself on the hook for a lot of money. The co-operators' home insurance plan gives you all of the coverage that you'll need to protect your property and your personal belongings for a great price.

Are you ready to save even more money? **By purchasing multiple lines of coverage from the co-operators, you will save money right away in premium discounts.**

John Warmington, a **Certified Financial Planner**, has been a



representative with the co-operators for the last 28 years. The co-operators is the largest Canadian-owned multi-line Insurance Company, offering peace of mind to more than a million Canadians.

Contact John Warmington today at 613-723-5550, or by email at john_warmington@cooperators.ca. The co-operators Centrepointe location is at 117 Centrepointe Drive in the Royal Bank plaza next to Centrepointe Theatre. Visit <http://www.cooperators.ca/> for more information.



Cityview Family Dental: Changing to Serve You Better

Cityview Family Dental Centre is pleased to announce the addition of Dr. Jennifer Johns and Dr. Matthew Mailloux to their team.

Dr. Johns was born and raised in Ottawa and completed her dentistry degree at McGill University, afterwards attending the State University of New York at Buffalo to complete her Advanced Education in General Dentistry. Her practice philosophy focuses on treating each individual, based on their specific needs. She believes that diagnosis and management of dental disease has an impact on overall body health, well-being and comfort.


Dr. Mailloux also received his dentistry degree from McGill University. He has worked for the University of Toronto in northern Ontario and has spent four years traveling in the north, providing dental care to the Inuit population of Baffin Island, Nunavut. While there,



Tracey, Dr. Mailloux, Dr. Johns, Oxana

Dr. Mailloux gained extensive experience working with children, and he enjoys making children feel comfortable at the dentist. His philosophy in dentistry emphasizes communication. He feels meeting with his patients, determining with them their oral-health needs, and working with them to achieve their goals, as fundamental to the practice of dentistry.

Kate, Nicole, Oxana, Tracey and Maria are all looking forward to introducing you to Dr. Johns and Dr. Mailloux on your next regular visit. They know you will be in good hands with them.

To book an appointment, please contact info@cityviewfamilydental.ca or phone 613-225-0500. For more information about the clinic, situated at 1580 Merivale Road, please visit <http://www.cityviewfamilydental.ca/> 




Nutrition House at Merivale Mall September Is Welcome-back Month

- Back from summer vacation
- Back from the cottage
- Back to school and routines

For the month of September, all students who show their student cards will receive 15% off regular-priced items or purchases at the Merivale Mall Nutrition House. At this time they would also like to remind you about their daily seniors' and gym-membership' discounts.

Stop by the store today at **1642 Merivale Road**, just south of Meadowlands Drive, or call **613-727-7522** for more information. The experienced staff members have a thorough understanding of the products they sell and they can advise you on natural health solutions to a variety of health problems. Nutrition House information is also available at <http://www.nutritionhouse.com/>



Nutrition House looks forward to seeing everybody at the Merivale Mall booth during the **National Women's Show at Lansdowne Park September 25th and 26th**, where there will be lots of give-aways and coupons. 



Creative by PS design group 613-838-7212 • Writer: Peggy Vice 613-596-9832 • Sales: Siggy Rajzman 613-769-3044

Canada's Largest Chronic Pain Clinics for Neck and Back Pain

Canadian Decompression & Pain Centers

Ottawa residents are fortunate to have two locations offering **Neuro-Oxygen Spinal Decompression** treatments. After a grand opening in May 2009, the **Canadian Decompression & Pain Centers™** (CDPC) Nepean location faced such an overwhelming demand that CDPC opened a second clinic in Orleans in November 2009.

Taking an eclectic approach to back and neck pain, the medical team at CDPC combines physiotherapy, chiropractic, and natural-medicine treatments. They are also one of the few centers with chiropractic doctors trained in the Graston technique® for soft-tissue injuries.

The treatments at CDPC follow a three-phase protocol: Spinal decompression, Oxygen Enhancement, and a unique Neuro Supplemental System. Spinal decompression is similar to the successful traction therapy, but using a

more advanced, specially designed table with an attached bio-feedback computer to raise the success rates. Following a consultation and assessment with one of the doctors, each patient is given a customized treatment plan. Specific parameters are used for each individual, taking into account the patient's age, weight and condition history. The computerized technology allows the table to apply distractive forces and decompress the spine in a region-focused way. For example, if there is problem at the L4 and L5 lumbar-spine region, then those two segments would be decompressed from each other allowing the intervertebral discs to regain its original shape and then increasing blood flow to this region.

As part of the second phase, while undergoing spinal decompression, eligible patients inhale high-grade oxygen, relieving muscle stiffness caused by lactic-acid build-up. The combination of decompression and breathing oxygen gives the patient a sense of calmness, relief, and relaxation.

The patient is then given a premium herbal pain reliever in the third phase,




providing superior anti-inflammatory benefits, especially during a patient's first few treatments. During the treatment program, the patient is also given a nutritional detoxification drink to expedite joint and disc healing.

The three phases combined create a unique treatment protocol that is integral to ensuring the patient's quick recovery and a successful and long-lasting result. The end result naturally eliminates pain more effectively than most treatments available today. Advice on post-treatment lifestyle changes for avoiding pain recurrence and future injuries is also provided.

In a recent study of 219 patients with herniated discs and degenerative-disc disease, 86 percent completing the therapy showed immediate improvement

Conditions Treated:
Disc Bulging or Herniation, Sciatica, Neck Pain, Pinched Nerve, Carpal-tunnel Syndrome, Osteoarthritis, Fibromyalgia, Degenerative Disc disease, and Scoliosis

and symptom resolution; 92 percent improved overall; two percent relapsed within 90 days of initial treatment.

The treatments are recognized by most extended health-care insurance plans. For your free assessment please call the Nepean clinic at 613-225-7246, or the Orleans clinic at 613-824-2372, or visit us online at www.cdpc.info 



Open The Doors And Buyers Shall Come – But Prepare First!

Diba Hughes says that an open house can be a great way to drive buyer traffic to your home, and the desire to physically come and see your home often starts with a picture on the Internet.

“Curb appeal starts on the Internet, so it’s very important to make the pictures of your home attractive,” says Diba

Once you entice buyers with an eye-catching picture, you have to keep up the good work. Everything from the floors to ceilings! Cleanliness counts!

Even changing the light bulbs helps. Energy-efficient light bulbs in a daylight finish are great for showing off homes.

To make perspective buyers feel comfortable in your home, don’t cook anything the night before that might leave a pungent odour. Open all of the blinds and curtains, and put away personal items.

People are always apprehensive when they are looking at houses, so if you’ve got a good sound system, then play



music. An easy-listening good sound track lifts spirits.

Invite your neighbours over for a preview because they might even know the perfect buyer.

So, open the doors and invite buyers into your home, not as guests but as potential homeowners and watch the offers roll in.

Diba and the Colleen Rushforth team will go to work for you.

Contact Diba at 613-236-5959 or on her cell 613-850-5669 or by email at dhughes@kwottawa.ca.

Visit www.colleenrushforth.com for more information
“Taking you Home Every Step of the Way”



Pablo C.A. Fernandez-Davila, J.D., LL.M A different way to divorce

The traditional adversarial approach to separation and divorce encourages confrontation and blame, escalating hurt and anger. Ottawa-area families are fortunate to have access to a panel of lawyers certified in Collaborative Family Law, a model focused on attaining resolution, developing effective relationships, solving problems jointly and preventing a court battle.

One practice offering the alternate dispute resolution method is the **Hunt Club Law Office**, where they:

- Listen carefully to your concerns and objectives
- Help you develop creative solutions tailored to your family’s specific needs and goals
- Provide guidance, advice and support, walking beside you through the emotionally difficult and challenging road to restructuring your family in a respectful, dignified and co-operative manner.
- Offer compassionate client services without allowing clients to be taken advantage of by their spouses.



The process involves an agreement between each party and their separate lawyers to avoid going to court and resolve issues in four-way meetings. Seeking a fair solution that is the result of your decisions usually gets better results than proceeding to litigation, generally at a much lower cost.

Pablo Fernandez-Davila has twenty years experience practicing law and, prior to becoming a lawyer he was a Certified Management Accountant (CMA). He is certified in Collaborative Family Law and offers a more humane method for resolving family disputes, a model also applicable to estate disputes. If you seek effective representation in divorce or family-law matters, call 613-565-8686 and schedule a free initial consultation at 215-35 Auriga, or visit <http://huntclublaw.com/> for details.



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

CentrepoinTE Laser Hair Removal Clinic

30% Off Your Initial Laser Treatment

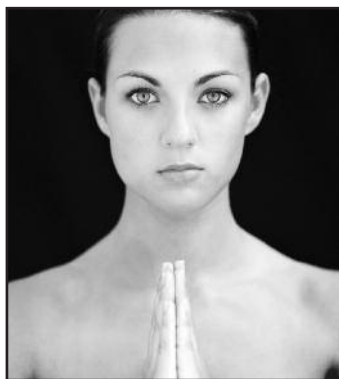
New Eyelash Extensions

CentrepoinTE Laser is passionate about helping people feel better and more confident about their appearance by offering them the best experience when removing unwanted hair.

CentrepoinTE Laser Hair Removal Clinic offers three types of hair removal: laser, electrolysis, and waxing. The clinic is equipped to deal with any type of hair removal, whether permanent or semi-permanent, and for all ages and body types. As a special promotion, you’ll get **30% off your initial laser treatment before October 31st 2010**.

Enter the calm and relaxing atmosphere at this clinic and you can sit back and relax, knowing that their facilities offer the very best treatment for you. This is the newest and most advanced hair-removal clinic in Ottawa, designed to offer you the best experience and results.

Margaret Hazel, the owner and founder of CentrepoinTE Laser Hair Removal Clinic, has more than 20 years experience in hair removal and is a



graduate of the Eleanor Roberts Institute in Boston. Her staff members are registered nurses or certified electrologists, all highly trained in hair removal. The clinic uses Comet elos technology, the first and ONLY technology that effectively removes hair of all colours and types. It is proven to be the safest, fastest, most-effective hair-removal solution for outstanding results.

Find out for yourself! Call them today at 613-727-0714 to book your appointment or to learn about their **new eyelash-extensions service**. Visit www.centrepoinTELaser.com for more information and other promotions.



CentrepoinTE Gabriel Drugs Advice for Life

Opened in 1993 by Ibrahim Gabriel, **CentrepoinTE Gabriel Drugs** has been serving Nepean residents for more than 17 years. Ibrahim’s daughters, Heidi and Sally, are carrying on the family tradition of offering the personalized care not available from the big-box drugstores, still offering a great variety of front shop needs such as health and beauty aids, gift items, lottery tickets, groceries, personal-care, and household items.

In addition to knowing you and your special needs, they offer the convenience of free prescription deliveries, direct billing to public-service and most insurance plans, and a **10-percent discount to seniors every day**. There are certified compression-stocking fitters and a Homeopathic Doctor available on site.

CentrepoinTE Gabriel Drugs offers the best of both worlds: expert up-to-date advice and health-care knowledge paired with attentive patient care. This relationship offers valuable resources, bringing you the best possible pharmacy care and comprehensive drug-store



services while retaining the personalized services of an independently owned and operated store.

CentrepoinTE Gabriel Drugs takes pride in providing you and your family with the personal care and attention you’ve come to expect from a community pharmacy. Their pharmacists are an integral part of their patients’ healthcare teams, and are ready to be your friend and advocate.

If you have submitted your prescriptions to another pharmacy and wish to switch to this family-run pharmacy, simply call 613-723-2366 or visit **117 CentrepoinTE Drive**. Give your name and the name of the dispensing pharmacy, and the pharmacist will make all the arrangements for transferring your current prescriptions.

CentrepoinTE Gabriel Drugs