

Delivered by



NEPEAN • CRAIG HENRY • CENTREPOINTE • RYAN FARM • BRIAR GREEN • TANGLEWOOD • PINEGLEN WEST • ESTATES OF ARLINGTON WOODS ZONE A 310

email: info@marketplacenewsletter.com

MARKETPLACE NEWSLETTER®

No Charge Business Listings www.marketplacenewsletter.com • Marketplace Publishers Inc. • (613) 823-1772 • Volume IX Issue III

Premier DRY CLEANERS
ENVIRONMENTALLY RESPONSIBLE CLEANING
DRYCLEANING REPAIRS & ALTERATIONS SHOE REPAIR
BUSINESS SERVICES
FAX, PRINT & COPY MAILBOX RENTAL
9B, 250 Greenbank Rd. 613.321.2736
 2559 Baseline Rd. 613.829.8707

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!



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

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.



A Sound Decision! Free Hearing Test

Davidson Hearing Aid Centres

Since 1943, three generations of the Davidson family have been serving the needs of Ottawa's hard of hearing community. Located at **28 Thorncleft Place** in Bells Corners and at **1399 Bank Street** in Ottawa, this customer-centric practice offers the best service and the latest hearing aid brands and styles. Is your hearing where you want it to be? Visit a Davidson Hearing Aid Centre today for your **FREE Hearing Test!**



If you require a hearing aid, the Audiologist or Hearing Instrument Specialist will explain your results and help you to make a decision about which one meets your needs. Davidson Hearing Aid Centres stands behind every hearing aid that they fit and your satisfaction is guaranteed. There is a 60-day trial to ensure that your device is the best solution for your hearing needs.

Your hearing aid should be checked every six months to ensure

that it's providing you with the best possible sound. Unfortunately, many people delay having them looked at because of the cost. For this reason, Davidson Hearing Aid Centres will **check and clean your hearing aid for FREE**. In addition, Davidson Hearing Aid Centres offers an earwax removal service as well as house calls for people who are house-bound.

Improved hearing is just a phone call away! Call Davidson Hearing Aid Centres today at 613-721-8218 (Bells Corners) or at 613-233-4374 (Ottawa) to make an appointment. Visit www.davidsonhearingaids.com for more information. Hours of operation are Monday to Friday from 9am to 5pm.



EXCEPTIONAL PRODUCTS AND SERVICES IN YOUR NEIGHBOURHOOD

Free Consultation and Sample Treatment! Caress Electrolysis Ltd.

Spring is just around the corner and it won't be long before you're pulling back your hair in a carefree way, wearing sandals and the newest bathing suit trend. Don't let embarrassing, unwanted facial or body hair dictate your style. Caress Electrolysis offers the only permanent method of hair removal!


Are you having a hard time deciding whether electrolysis or some other method is right for you? Caress offers a **FREE consultation and sample treatment** with absolutely **no obligation**. It's the perfect way to try electrolysis and to know the pros and cons of all methods of hair removal. With a complete understanding of the electrolysis process and an estimate of how long it will take to treat your particular area, you'll be able to make an informed decision about which treatment option is best for you.

Owner Kathryn Hay is a **Certified Professional Electrolysis** with over **20 years of experience**. Effective electrolysis is determined primarily by the skill and precision of the electrologist performing the



procedure. For this reason, the staff members at Caress specialize in electrolysis treatments.

Located at 35 Larkin Drive (at Greenbank Road), Caress offers clients a private and relaxing atmosphere. The clinic uses state-of-the-art equipment – including Zeiss microscopes – to ensure a gentler, more accurate treatment with faster results. Sterilized disposable probes are used and strict sterilization procedures are followed.

Call Caress today at 613-825-2299 or visit www.caress-electrolysis.com for more information. For your convenience, Caress is open six days a week and five evenings. There is free parking at the door and the clinic is easily accessible by bus. 

Every Great City Has One Fabulous Car Wash ... Ottawa Has Tops!


A full service wash from Tops is the most thorough and convenient way to keep your car clean and looking its best. They have the most up-to-date car wash equipment available and can get all areas of your car clean, including your aluminum wheels!

The modern conveyor car wash has been proven to be the safest and most efficient way to clean your vehicle. Whether you need a full-service wash, an express detail service, express carpet cleaning, or just an exterior-only car wash, Tops Car Wash provides speedy and personal service to every vehicle that it cleans.

The exterior of your car is thoroughly rinsed and is then gently cleaned using Envirossoft Foam. It's a closed-cell foam material that doesn't absorb dirt or grit – ensuring that it doesn't damage the clear coat on your paint. The entire process is



completed with a powerful touchless drying system. The quality of the exterior wash and the convenience of the quick interior service can't be matched by any gas station wash. The best part is that the entire process takes less than 20 minutes!

Take pride in driving a clean car year-round! Regular cleaning and maintenance adds life to your car and adds value to your resale price. Visit Tops Car Wash today at 979 Richmond Road. Phone 613-728-4232 or visit www.topscarwash.com for more information. Gift certificates and discounted coupon books are also available. 

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



Hypnotherapy Works!

If you struggle with:

- IBS
- Fibromyalgia
- Anxiety, worry
- Low self-esteem & self-worth
- Anger or self-control
- Chronic frustration, poor sleep
- Focusing attention/procrastination
- Fears, phobias, public speaking
- Weight management
- Smoking
- Relationship issues
- Grief, sadness, depressive feelings
- Stress
- Motivation
- Pain
- Study and learning habits; exam anxiety
- Sexual issues
- ... and more

Contact us now!

info@graceplacewellness.com
www.graceplacewellness.com

613-422-7027

Grace Joubarne
Certified Clinical Hypnotherapist

OTTAWAKIOSK.COM

RED CARPET @ THE MOVIES

ENTER TO WIN

Limo ride with Robinson Limo
Dinner for 4 at Casey's
Movie Tickets at SilverCity

ROBINSON LIMOUSINE DINE & DISCOVER

SIGN-UP ONLINE AT
www.ottawakiosk.com/contest

Create Your Own Private Oasis! Turf's Up Landscaping and Property Maintenance Inc.

The warmer weather will be here before we know it and we're all going to want to spend more time outside. Let the Turf's Up award winning landscaping design and construction team show you how they can make your property meet its full potential!

Services Include:


- Professional landscape and garden design services;
- Exquisite gardens and seasonal plantings;
- Retaining walls, interlocking brick, flagstone and stone masonry;
- Unique decking and Pergolas;
- Décor and lighting;
- Property maintenance;
- Consultation.



The **Harmonized Sales Tax (HST)** comes into effect on July 01, 2010. Book your work before then and save!

Turf's Up is celebrating its **20th anniversary!** Call them today at 613-596-3127 to find out more about their landscaping design, construction and maintenance services.

Their sister company, The Urban Terrace, specializes in accessorizing your landscape.

We're located at 18 Northside Road, Bells Corners. Looking forward to serving you. 



Spring Activities Bethel Pentecostal Church

Snow is still on the ground but every day the sun gains more, auguring the coming of spring. At Bethel, we love to organize fun-filled activities for children. We are already beginning to anticipate welcoming children to our Spring Break Kids' Camp. Planning for this is already well under way and spring break will be here before we know it.



Spring Break Kids' Day Camp begins March 15 and runs to March 19. The cost is \$75/child for the first 20 children and \$99/per child for the remainder. The leaders of this camp are committed to making this week memorable for children, both in terms of the things they experience and the moral teaching they receive. Activities include things like: crafts, team building, moral lessons, fitness, and outdoor adventures. The camp day begins at 8:30 AM and concludes at 4:30 PM.

We are making preparation for this week. Why not plan to send your children to be with our volunteers during March break.

For those at the other end of the age spectrum, retired people, we are holding an excellent luncheon on March 10 at 12 PM. The afternoon will include a full lunch and a program geared for seniors. Bring a friend and enjoy one the best \$7 lunches in Ottawa.

For more information or to register for one of our programs, contact the church office, visit our web page or contact us by email. **Bethel Pentecostal Church, 500 Viewmount Dr., 613-226-1383, www.bethel.ca, info@bethel.ca**

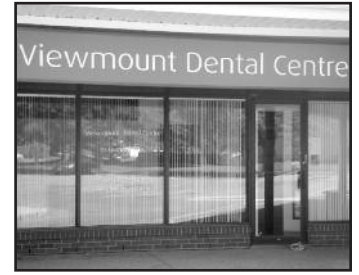


Jewelry for your Teeth! Viewmount Dental Centre

Would you like to add a little extra sparkle to your smile? Viewmount Dental Centre is now pleased to offer a popular style of jewelry for your teeth!

The jewelry isn't damaging or painful and it doesn't have to be permanent or obvious. No freezing is necessary during the procedure and the jewelry is applied on the surface of the tooth so that drilling isn't necessary. Best of all, the procedure takes just minutes. Stop by the office at **350 Viewmount Drive** to see examples as many of the staff have had it done.

Viewmount Dental Centre uses Decodent jewelry which can be made of glass crystals, white or yellow gold. It will give your smile that extra sparkle and can be placed on whichever tooth you choose. Visit http://www.decodent.us/teeth_jewelry.html for more information.



Viewmount Dental Centre is a well-situated dental office between Merivale and Fisher, with ample free parking, and close to many convenient amenities, where you can run your quick errands before or after your appointments. You are welcome to arrive a little early for your appointment to enjoy the cozy reception area while reading today's newspaper and sipping on a flavored coffee from the complimentary coffee and juice bar.

Viewmount Dental Centre is now accepting patients of all ages! Call them today at **613-727-9346** to book your appointment and ask about **direct billing your insurance company**.



Creative by PS design group 613-838-7212 • Writer: M.J. Mancini 613-222-4264 • Sales: Siggy Rajzman 613-769-3044

Fresh Spring Days – A Stylish New Look! Enhance your Vision at Pflug Optical

The countdown to spring is on and many of us are looking forward to the warmer days ahead. It's the perfect time to shake off our winter blues and revitalize our lives. Get ready for fresh spring days with a stylish new look from Pflug Optical!

Pflug Optical owner Janet Atkins is a fully **trained and licensed Optician** who is proud of her reputation for **incredible customer service**. Her extensive experience and her eye for balance make the process of choosing your new frames extremely simple.

"We carry an extensive selection of premium European frames in a variety of shades and designs," said Janet. "If you are looking to make a change, it's a great way to invigorate your look this spring."

Janet knows exactly which styles will suit a client's unique attributes and can match a frame to your face shape, skin tone, hairstyle,



and most frequently worn colours. In many cases, the frames that you walk out with are the very first pair that she recommended. This **personal approach** to your vision is a comforting experience and helps to brighten your vision and your day.

Enjoy a fresh new look this spring! Call Pflug Optical today at **613-723-2766** for more information. Pflug Optical is located at **1580 Merivale Road** (on the ground floor).



pflug optical ltd.

Preparing your Home for Sale The "Must Have" Features for your Home

Although buyers will generally have different ideas about what makes the perfect home, these features can help propel your home to the top of everyone's list!

- **A Stylish Kitchen** – It's hard to go wrong spending your renovation dollars in the kitchen. Granite countertops are all the rage for today's buyers.
- **Energy-Efficiency** – For many of us, going "green" is crucial. Appliances that aren't eco-friendly will have to be replaced sooner than later.
- **Outdoor Living Space** – More Canadians want to spend time outside when the weather is nice. A properly landscaped yard is a must.
- **A Deep Tub** – Nobody wants to feel cramped while taking a bath. A deeper tub will let you stretch out and unwind.
- **Stone/Brick Exterior** – Today's buyers are trending away from vinyl siding.
- **Two-Car Garages** – You can never have enough space in a garage. If it's not used for a car, it can be used as a work/storage area.



• **Ceiling Fans** – In addition to circulating air, there are energy benefits.

Diba Hughes is a Sales Representative with the Colleen Rushforth Team at Keller Williams Ottawa Realty Ltd, Brokerage. Diba has been selling homes for over 20 years and has a wealth of knowledge and expertise in both new construction and resale homes. Her mission includes a sincere commitment to providing quality service, results and total Client satisfaction.

Contact Diba Hughes today at **613-236-5959**, on her cell at **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"



Have you had chickenpox when you were younger?


Approximately 95% of Canadians have had chickenpox. If you had chickenpox (or the chickenpox vaccine) as a child, you're at risk of developing shingles later in life – and up to 20% of us will. The risk also increases as we get older.

Shingles, also known as zoster, is caused by the same virus that causes chickenpox. Once you've had chickenpox, the virus can remain inactive in nerve cells near the spinal cord and reactivate later as shingles. The problem is that the virus may be reactivated anytime without warning. Shingles is a painful condition; initially causing tingling and soreness, followed by a blistering rash (typically on one side of the body or face). The pain can be excruciating and can last for months/years after the rash has healed. If diagnosed early, shingles can sometimes be treated with antiviral drugs, steroids and pain medications.

Until recently, there was no vaccine to prevent shingles. The vaccine now helps to prevent



shingles in patients over 60 years old. Your doctor will decide if the vaccine is right for you. Due to the storage requirements of this vaccine, not all pharmacies are able to stock it. The Zostavax vaccine is available by prescription from your physician and is available at Centrepointe Gabriel Drugs.

If you have any questions regarding a health concern, do not hesitate to call 613-723-2366 and speak with one of the knowledgeable pharmacists at Centrepointe Gabriel Drugs. The pharmacy is located at 117 Centrepointe Drive (next to the Royal Bank). Hours of operation are Monday to Friday from 9am to 9pm, Saturday from 9am to 5pm, and Sunday from 10am to 3pm. 

Centrepointe Gabriel Drugs

30% Off Your Initial Treatment!

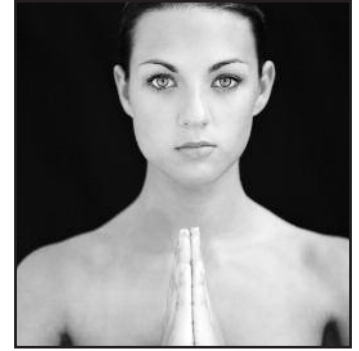
Centrepointe Laser Hair Removal Clinic New Eyelash Extensions

Centrepointe Laser is passionate about helping people feel better and more confident about themselves by giving them the best experience in removing their 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. And as a special promotion, you'll get **30% off your initial treatment before March 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.

The owner and founder of Centrepointe Laser Hair Removal



Clinic has over 20 years experience in hair removal and is a graduate of the Eleanor Roberts Institute in Boston. Her staff members are all registered nurses who are 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. Visit www.centrepoinTELaser.com for more information. 



**Centrepointe Laser
Hair Removal Clinic**

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

Renewing your Home Insurance this Spring? Save Money with the Co-operators!

Spring is just around the corner and for many of us it's 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 had 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 is a Certified Financial Planner and




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 and offers peace of mind to over 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 next to the Centrepointe Theatre. Visit www.cooperators.ca for more information. 

 **the co-operators**
A Better Place For You™

Spring Cleaning! Nutrition House Merivale Mall

Many of us tend to hibernate during the winter months – eating and drinking our winter blues away. Spring is just around the corner and it's time to get ready for the warmer weather. Whether you want to lose weight, stop smoking, or detox and cleanse your body, now is the time to act!

As a special promotion, you'll **SAVE \$5 off a \$30 purchase or \$10 off a \$60 purchase** when you bring in your copy of the Marketplace Newsletter before March 31, 2010. Come home to wellness at Nutrition House Merivale Mall! Call 613-727-7522 for more information. 




nutrition house
Better Health Lives Here