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Tutor Doctor offers one-on-one learning at home

Help your child achieve higher marks by the end of the school year by getting a tutor in March. The tutors at **Tutor Doctor** help students by using their homework as the core curriculum for helping them succeed in the classroom. One-on-one instruction provided by Tutor Doctor has been proven to be the best way to help children who are behind in their studies. The individualized instruction helps to boost your child's confidence and prepare them for exams.

Tutor Doctor comes to you. We provide students with professional, individualized tutoring



"We Make House Calls!"

services in the comfort of your own home. Parents greatly value the flexibility that Tutor Doctor provides as they are no longer limited to the times dictated by center-based tutoring companies. Lesson times can be arranged to fit into the family schedule.

Tutor Doctor's services cover all levels from kindergarten to university, and incorporate an understanding of different student learning styles. We even provide tutoring for adults. Each in-home tutoring program is custom-designed to meet the student's specific needs and interests while addressing the underlying foundations of concepts learned. The program fills in missing bricks of academic structure, consolidates that with current expectations, and then moves the student ahead to future requirements.



Sylvie Landriault, owner of Tutor Doctor Ottawa

Tutor Doctor was established 10 years ago in Toronto. It now has offices across the country, the United States as well as locations in England, Ireland and Scotland. For a free, no obligation consultation you may reach the Ottawa office at 613-266-1116.

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

New Executive Medical Clinic Raises The Bar

Personal, prompt and professional – ExecHealth's new medical clinic raises the bar for medical care.

Since 2005 ExecHealth has been providing comprehensive medical assessments to executives, diplomats, professionals and their families. These ½ day assessments, which include detailed diagnostic testing, go far beyond standard physical exams and are designed for the early detection and prevention of diseases such as cancer and heart disease. Health assessments are conducted in a single morning by an onsite team of medical doctors, nutritionists, nurses, physiotherapists and fitness experts. Clients are provided with a written health report and action plan to ensure appropriate lifestyle modifications are made.

ExecHealth is pleased to announce that it is now offering a personal physician service to a limited number of clients in its new state-of-the-art medical facility located on Albert St. By limiting the size of this practice, ExecHealth is able to ensure that each client receives the

highest level of care including punctual appointments – usually same-day or next-day – and as much time with your physician as is needed to ensure all health concerns are addressed.

The new clinic also boasts equipment not normally found in a typical family doctor's office. Onsite ECG, vision testing, lung function testing, and hearing tests eliminate the need for ExecHealth clients to make separate appointments with 3rd parties. An onsite blood collection lab, which operates via punctual appointment, also allows ExecHealth clients to effectively schedule this service.

When further testing is needed, ExecHealth clients benefit from a medical concierge service that expedites surgeries, imaging (such as MRIs) and specialist appointments. Clients are given the option of scheduling these appointments through private channels when public wait times are too long.

ExecHealth is currently enrolling clients in its new personal physician service. For more information about this service, please contact our offices at 613-216-EXEC (3932), or visit our web site www.exehealth.ca.



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And the foolish.
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And a flourish.

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Of the highest quality:
This is original art, rarely seen,
Meaningful work,
That bridges wide country big city.

The Green Door
Restaurant



The blue-collar, the white, the no collar at all:
They all eat here, across from St. Paul.
We start at 6:00, with the sun either risen or
resting,
To make fresh food daily, beautifully
interesting.

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The Green Door, 198 Main Street.
www.thegreendoor.ca
613-234-9597 info@thegreendoor.ca

Holistic Health through Chiropractic

Discover Chiropractic and re-discover the ByWard Market! **ByWard Chiropractic** opened its doors in July of 2009 and has made its home in the city's oldest and most exciting neighbourhood. Opened by the management team of Glebe Chiropractic, ByWard Chiropractic offers quality chiropractic and massage therapy services in a state-of-the-art facility. Dr. Ken Brough, who has owned Glebe Chiropractic for 16 years, saw the need in this flourishing community and launched **ByWard Chiropractic Clinic** and **ByWard Massage Therapy Centre** at 333 A Cumberland. Dr. Sasha Hamid, a long-time Chiropractor at the Glebe location, moved her practice to the ByWard Market.

The ByWard Market is the place for all your needs, including healthcare. ByWard Chiropractic's architecturally designed 3000 sq ft. facility caters to the individual's health care needs. They include care for low back pain, headache, neck pain, arm and leg pain. In addition

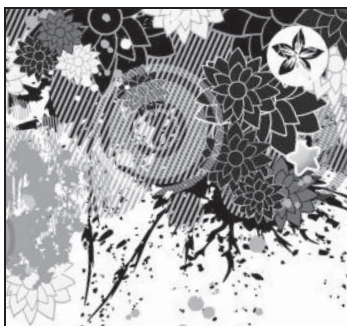


to Chiropractic, this modern space offers a clinical spa for Massage Therapy that has been designed with relaxation in mind. Soothing colors and soft lighting provides a calm atmosphere for all. Full sixty minute massages are offered by Registered Massage Therapists at reasonable rates with a "no tipping" policy.

The **ByWard Chiropractic Clinic** and **ByWard Massage Therapy Centre** is conveniently located at **333A Cumberland Street**. Next time you are out shopping or dining, stop by, as they are pleased to welcome new clients for chiropractic and massage therapy services. Visit www.bywardchiropractic.com or www.bywardmassage.com for more information. Call 613-860-8600 to book your appointment in the Market's source for your healthcare needs.



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



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Emerald Buffet – Food Choices Galore!

Family friendly and always busy **The Emerald Buffet** is well known for its ample 'fresh everyday' selection of over 100 buffet items. At the Emerald Buffet you can choose from delicious traditional Chinese dishes, to Vietnamese noodles, to Mongolian grill or even a slice of fine prime rib roast. There is a soup bar, a Sushi bar and any number of hot and spicy dishes. The Emerald Buffet has something for every taste and one buffet table is MSG free. The Dim Sum brunch on Saturdays, Sundays and holidays is hugely popular and offers an enormous selection of delectable dishes to choose from for only \$12.50.

Owners Ken and Sandy opened the Emerald Buffet where the former DuBarry's used to be. They had over twenty years in the restaurant business in Newfoundland but family drew them back to Ottawa and they opened the Emerald Buffet. The restaurant has a steady, loyal clientele – for the food, the service and the affordability. If you're looking for a



restaurant that's family friendly, has great food, a pleasant atmosphere and something for everyone's tastes then you have to try the Emerald Buffet. Lunch Monday to Friday is \$9.50, dinner Monday to Thursday is \$15.50. On Friday, Saturday and Sunday, dinner is \$16.50. Don't forget the fabulous Saturday, Sunday and holiday brunch! The restaurant is handicap accessible. If you can't make it in, then check out the impressive food selections on their a la carte take-out menu. The **Emerald Buffet** is conveniently located on **33 Selkirk Street** at the corner of Montreal Road and River Road and there is plenty of parking. Get there early, it's always busy! The Emerald Buffet - 613-749-2088.

Emerald Buffet

For Good, Better, Best... There's nothing better than Performance Auto Care

Get a head start on your car care with **Performance Auto Care's Early Spring Packages**. Their incredible **2+2 Package** includes: Exterior wash, chamois dry, interior vacuum – including floor mats and seats, dash wipe down, doorjamb cleaned and dried, wheels and tires cleaned and dressed, all interior glass, shampoo of drivers and passenger side carpeted area all for **ONLY \$59.95**. Trucks and vans for \$69.95!

If you're looking for superior sun protection window tinting for your car Performance Auto Care offers **LLumar** at price points to suit your budget. For **GOOD** protection Performance Auto Care offers **ATC-Charcoal**. This non-metalized, signal friendly premium dyed film is effective for reducing glare and 99% of UVA and UVB rays and if offered in a number of densities. For **BETTER**, go with **ATR-Charcoal** – a dyed metalized hybrid film. Still super glare reduction, protection from harmful



rays and a cooler interior but with a lighter High Performance type film. **ATR CH** is also available in a number of densities. But when you want the **BEST**, go for **ATX (LLumar aXcess)**. **ATX** utilizes nanoceramic technology to provide the highest level of solar heat rejection. It won't interfere with GPS, AM, and other electronic signals such as tire pressure monitoring systems, guaranteed! **ATX** is available in five different densities.

Performance Auto Care for window tinting that protects you and protects your car's interior. **Performance Auto Care** is conveniently located at **1477 Triole Street**, North of Belfast Road. Let Performance Auto Care take care of your car. Call **613-747-8668** to book an appointment or book on-line at www.performanceautocare.ca



Fine Dining with a French Flair

You don't have to travel to France to experience fine French-inspired dining. **Le Saint-O** nestled in Manor Park, on the edge of Rockcliffe, features superb cuisine, worthy of any restaurant of Southern France. While maitre'd **Natasha** greets you and seats you, **Chef Philippe Dupuy** works his gastronomic magic in the kitchen. **Philippe** acquired his cooking skills at an early age from his father, also a chef, in France. His excellent taste and skills were further honed while working in restaurants in Quebec City. Rack of veal, steak au poivre that melts in your mouth or sweetbreads in cream sauce and vermouth are all expertly prepared by **Chef Dupuy**. The sweetbreads are so spectacular that **Le Saint-O** has clients that travel from the United States for them. The fabulous desserts are home made, on-site. The superior quality of their food from



appetizers to dessert is extremely important to **Natasha** and **Philippe**. It's what brings clients back time and again to experience elegant food, expertly prepared.

Le Saint-O enhances your dining experience with its intimate décor. Rich burgundy walls, comfortable seating and impeccably set tables create an atmosphere that is warm, calm and inviting. From the superlative French wine list, to the magnificent French food, to the inspired French music – at **Le Saint-O** you'll feel like you've been dropped into an intimate restaurant in Southern France. **Le Saint-O** is located at **327 St. Laurent Blvd.** For reservations call **613-749-9703**. You can find their outstanding menu at www.lesainto.com.



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

DESJARDINS – Making your Mortgage Personal

What do you need to do? Buy a new home? Renew or transfer your mortgage? Renovate? Or maybe finance a project, using your home. **DESJARDINS** gets **money working for people**. Mortgage representative **Sylvain Joannette's** personalized service gets you the advice and products you need. As full service mortgage brokers, **Desjardins Caisse populaire Rideau d'Ottawa** offers exactly the same products as other banks, but many of their products aren't available anywhere else. Exclusively available at **Desjardins** is their closed '5 in 1' Yearly Rate resetter Mortgage. You can ask **Sylvain** how it might work for you.



Are you looking for an open mortgage or closed? Do you want your rate to be fixed or variable? Not sure? Check out www.desjardins.com/home and find the borrowing profile that fits you. **Desjardins** offers a wide range of mortgage products with really competitive rates. Starting **March 15** keep your eyes open for a highly attractive promotion you won't want to miss! You've chosen your new home with care; now make sure you choose your mortgage

wisely too. **Desjardins** can help you do that with their superior advice and support.

Let **Desjardins Caisse populaire Rideau d'Ottawa** get your money working for you. Whether it's a personalized mortgage for your dream home, loan or home insurance or a versatile line of credit – **Desjardins** starts you off on the right foot. Call **Sylvain Joannette** and discuss your mortgage options or other financial choices and find the perfect solution today. **DESJARDINS – Money working for people**. Reach **Sylvain** at **613-897-1972** or email sylvain.joannette@accord.com let him make it personal. **Rideau branch** located at **147 Rideau Street**.

Sunflower Café – Fresh food around the corner!

Situated on the Sunny corner of **Rideau Street** and **Coburg** is the delightful Moroccan/European... The **Sunflower Café's** food is prepared on the spot, to order and reflects the quality of homemade food prepared in small batches.

Balanced eating is a concern at the **Sunflower Café**. Under a new management **Nadia Berni (new owner)** has maintained the "made fresh, from scratch" philosophy and has added some very tasty Moroccan items to the menu: Moroccan **Tajine** with beef, lamb, chicken or simply veggie, **Pastilla** (phyllo-cinnamon-poultry delicacy) and **couscous** are certain to become a favorite with customers.

Another new addition to the menu is a superb quiche made with zero fat phyllo pastry. It's indescribably light and just flakes on your fork - delicious - ideal for lunch! Or try a **Sunflower Café** homemade soup with or a fresh-made sandwich.

We love seafood! This is why we've got the **Crabmeat Quiche** and the **Shrimp pil-pil**. To satisfy anyone's sweet tooth, **Nadia** has introduced **Gazelle Horns** - these exotic sounding almond cookies are scrumptious. She also has put on the menu melt-in-your mouth **baklava**.



If you're in a morning rush, **Sunflower Café** offers fresh coffee and muffins daily. The coffee is organic and they carry a great selection of fine teas too. Need it delivered? **Sunflower Café** will deliver to your door and they have an excellent catering service.

For a taste of North Africa, uncompromised freshness and cheerful bilingual service **Sunflower Café** is where the sun shines on **Rideau Street**. The **Sunflower Café** is located at **521 Rideau Street**, corner of **Coburg**. Call **613-288-2439** or email contact@sunflowercafe.ca. Find the catering menu at www.sunflowercafe.ca.

Present this ad and get a free coffee or sweet with your lunch!



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! 

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Experience a 'Divine' Brunch at Todrics!

Double-Chocolate French Toast, Cajun Chicken Poach, Breakfast Burrito, Baked-Eggs Casserole...thought that would get your attention! Without a doubt, **Todrics** serves one of the finest brunches in the city. **Chef Eric Patenaude** knows exactly how to tantalize even the most discriminating of palates with his creative culinary skills. Easter weekend is just around the corner. Take the opportunity to experience a delightful, heavenly brunch. Even the Easter Bunny approves of the free-range eggs! Chef Eric recommends reservations for most weekend brunches and suggests booking in advance for Easter weekend.

Lunch at Todrics is an experience on its own. If you need to impress business colleagues, or want to 'wow' visitors to the city with delectable cuisine, lunch at Todrics is the ideal place. Chef Eric prepares midday meals that are a gourmet's delight. You'll find it difficult to make a choice. Lunch is served daily from 11am to 4pm.



By mid-April Todrics will be open for full table service dining from Wednesday to Saturday. Make sure you check the website for details. When you can't dine-in Chef Eric offers mouth-watering entrées for take-out and the on-site boutique has a large selection of epicurean delights to enjoy at home. Party plans in the future? Let **Todrics Catering** take care of everything – the equipment rental, bar, staffing, flowers – even the entertainment. Consultation is FREE.

Breakfast, brunch, lunch or dinner – Todrics is all about great food. Executive Chef Eric Patenaude also offers simple and fun cooking classes. Visit www.todrics.com for more information, the Easter Brunch menu and Chef Eric's newsletter. Todrics Catering is located at 10 McArthur Avenue. Call them at 613-321-0252 or email info@todrics.com. 



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

Funky to Chic – Hair Styles and Color with Flair

At **Scissors Hair Studio** we care for your hair – and you. We specialize in the hottest, latest styles, as well as classic precision haircuts, colouring, styling and restorative treatments. As a client at Scissors you will be treated to service par excellence. Come and experience one of Scissors famous scalp massages after enjoying a cappuccino or a latté while your colour is applied by a professionally-trained colour technician; an ideal way to relax before your stylist completes your look. At Scissors your personal style and preferences are first and foremost with our hair care professionals. Our focus is you and your hair.

This fashion savvy hair studio continues to be one of the most influential and best-recognized salons in Ottawa and at their sister location in Kanata.

Refined service and premium



products are always available at our salons. Our professional stylists and colour technicians are available for free consultations and will suggest a new look and colour to suit you and your lifestyle. You are invited to come in and discuss a new look for Spring 2010 with our professional staff. We look forward to meeting you at Scissors downtown, which is conveniently located at 101 Murray Street - 613-241-4807 or, at Scissors Kanata, which is at 499 Terry Fox Drive (free parking) - 613-592-8107. Visit us on the Scissors Hair Studios website for a complete list of services www.scissorshairstudios.ca. 



Negotiating in today's active market

After a brief slowdown for a few months, the real estate market is roaring back in most of Canada's urban markets. The big question now for many homebuyers is -- *In today's market, will sellers be more or less open to negotiating their price?*

As with most aspects of real estate, there's no one right answer to that question. Every transaction is different. Sellers will tend to determine their negotiating position due to a number of factors, such as their financial goals, personal timelines, their own motivation to move and many other factors, including market conditions.

However, it goes without saying that in an active market with limited inventory, such as we're seeing now in most of Canada's major urban centers, sellers tend to have more options. It's easier to hold firm on your price if you think there are other buyers out there who will be prepared to meet it.

Of course, the seller is in an even stronger position when it comes to an all-out bidding war. Negotiating a price between one buyer and a seller tends to be a more measured process. When bidding wars come into the mix, emotions run high, timelines are tight and a greater sense of urgency exists. This is when the expertise of



your real estate professional really shows its worth. Buyers need to prepare their negotiating strategy with their sales representative in advance. They should know their limits going in, so they won't get caught up in the frenzied pace of a bidding war and make an impulsive decision.

Patrick and Diane can arm you with a wealth of information to help you plan your negotiating strategy. Information such as past sales, competition from other comparable listings currently on the market, and trends in the local marketplace can all be used in negotiations and help you to make an informed decision.

Want to know more about negotiating strategies? Contact **Patrick O. Smith and Diane Harras**, your Coldwell Banker® sales representatives to find out more. You'll be glad you called us first! www.patrickanddiane.ca email: OttawaRealtor@hotmail.com or call 613 222-4448. 

