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**434 Richmond Rd.
Ottawa**

The Happy Spine – not your average chiropractor

Dr. Tony Sandorfi

Are you looking for a non-traditional chiropractor? If so, consider stopping by The Happy Spine in Westboro, where **Dr. Tony Sandorfi** is on the leading edge of mind-body healing.

In his 13 years of chiropractic practice, Dr. Sandorfi has seen the life-changing results when patients

are supported to go beyond resolving physical symptoms to identifying the initial or fundamental cause of their pain or injury.

Combining classic chiropractic methods with his expertise in Network Spinal Analysis (in which the use of a light touch releases significant amounts of spinal tension), Dr. Sandorfi can enable the desired physical changes that allow patients to unearth related health issues such as stress management, challenging relationships and work-life balance.

Dr. Sandorfi believes that when people gain insight and resolution regarding fundamental life challenges,

they gain not only improved physical health, but they also gain strength and wisdom. In this authentic state of wellness, there emerges a sense of community, peace, wisdom and well-being. There is often a deepening of an individual's ability to perceive their environment, a new ability to adapt to life's stresses and a stronger sense of self.

It's this commitment to the mind-body connection that sets The Happy Spine apart from conventional chiropractors, and helps patients find long-lasting health solutions.

For a postural assessment or initial chiropractic session, contact



Dr. Sandorfi and team at The Happy Spine, located at 351 Churchill Ave. North. Call 613-216-8661, email at info@thehappyspine.ca or visit online at www.thehappyspine.ca

The Happy Spine
Wise body studio



www.thehappyspine.ca

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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.



ExecHealth+

EXCEPTIONAL PRODUCTS AND SERVICES IN YOUR NEIGHBOURHOOD

Award-winning Service at Ottawa Doors and Windows

OTTAWA WINDOWS & DOORS has been awarded the BBB's Torch Award for Marketplace Ethics in 2009, and has also been selected as the 2008 and 2009 winner of the prestigious Consumers Choice Award as the Best Door and Window Contractor in Ottawa. A true indication of the type of company it is.

Whether you're replacing your windows or need a new doorway, OTTAWA WINDOWS & DOORS offers the quality products and services to meet your desires. You'll discover a wide selection of vinyl windows, skylights and door systems by some of Canada's best manufacturers. OTTAWA WINDOWS & DOORS is committed to ensuring you purchase the right product for your home. Their experts take the time to explain your options, as well as the pros and cons of various products and installation approaches. Their objective is to inform you, making you confident that you have obtained real value for your money.

When it comes to installations, their on-staff installers and licensed carpenters take the time to "do it right," using top



quality materials to ensure long-term enjoyment.

The vision of this company, and owner Mark Wardrop, is to be "The quality choice for Windows and Doors in Ottawa".

Next door is their sister company Copperstone Kitchens, dedicated to the same high level of service and quality, and winner of the Gold Medal for New Business of the Year for 2009. Copperstone Kitchens is a Design/Build firm which will work closely with you to design a great kitchen, and then bring that kitchen into reality in a way that exceeds your expectations. See them at www.copperstonekitchens.ca.

Visit OTTAWA WINDOWS AND DOORS at 80 Colonnade Road, or call 613-225-8737, and find out more information at www.ottawawindows.com.



Visit stylish new salon: Wellington West Studio 76

Check out Studio 76 – Wellington's new urban salon.

This modern salon provides the complete range of hair care services for both men and women. The Studio 76 team has created a relaxing and fashionable environment staffed with friendly and skilled hair care professionals. Their number-one priority is excellent client service. Studio 76 uses only top quality Shwarzkopf and A.G. hair products.

Make an appointment at Studio 76 as part of your Valentine's Day pampering, or work it into a great day in the city's trendy west end. Shopping, art galleries, lunch, and a new look at Studio 76, all within a few blocks!

If you want an upscale hair care experience from serious professionals in a relaxed and welcoming atmosphere, then Studio 76 is for you. Studio 76 is located at 76 Holland Avenue, in the west-end neighbourhood of Wellington. Call Studio 76 today at 613-729-5555.



"Life is an adventure in forgiveness." Norman Cousins

Home improvement season starts now! Paint & Trim Contracting

It's a great time to plan a home improvement! Call on the experienced community contractors at Paint & Trim Contracting for your home repairs, renovations and redecoration.

Mike Oki and Ralph Mask have been providing dependable, quality workmanship to local homeowners for many years. They have the expertise to handle your interior and exterior improvement projects, including painting, repair work and renovations.

Paint & Trim have earned a reputation for professional and quality service in Ottawa. Many homeowners in our community have come to rely on this friendly and trusted team for their home improvement needs. The regular referrals that Mike and Ralph receive are a testament to their honesty, dedication and skill.

Are you tired of looking at those same old wall colours or unsightly cracks and dents? Would you like to add a



closet or dress up your windows, baseboards and doorways with beautifully crafted woodwork? Don't let your home improvement projects overwhelm you. Get help from the experts! Regardless of the size of the project, you can count on Paint & Trim to treat every job with the same care and attention that they would for their own home.

If you're thinking of selling your home, they can discuss prioritizing a list of essential repairs and improvements to get you the most value for the least cost.

Whether you need woodwork, painting, plastering, repairs or installations, Paint & Trim Contracting would be happy to help! If you want the job done right, on time and on budget, call Paint & Trim at 613-850-5559.



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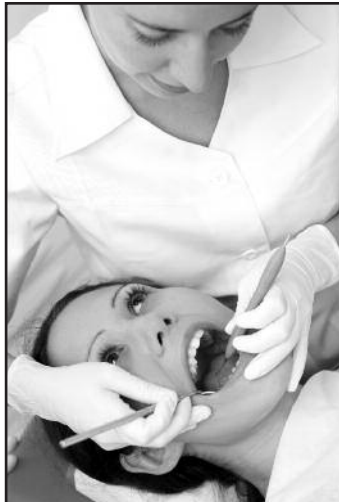
Dr. Belgin Günay, Westboro Dental Centre Dental Health for Life

The Westboro Dental Centre has been providing quality dentistry to families in the Westboro community for more than 50 years.

From age one to 100; from Baby Boomers to sports enthusiasts to new parents, every lifestyle presents its own oral health challenges. For modern, health-conscious individuals, integrating dental health with a busy lifestyle can sometimes require a checklist.

Our goal is to help our patients optimize their dental health and keep it for life. We are happy to offer many different dental services in order to achieve this goal.

Please accept our invitation to call and learn more about us, and share your questions and



concerns about preventive, restorative and cosmetic dentistry.

Visit us online at www.westborodentalcentre.com or call Kim at 613-722-4855 to book an appointment. Westboro Dental Centre is conveniently located at 566 Byron Avenue near Churchill Avenue. Free parking is available. 

Westboro
Dental Centre
613-722-4855

Environmentally-friendly dry cleaning in Westboro Monson Deluxe Cleaners

Monson Deluxe Cleaners is making history again by opening its first depot in Westboro. Monson's city-wide reputation for high-quality cleaning, specialization in women's and men's fine apparel, and excellent customer service will now be available in your neighbourhood.

This business' roots in the community are deep, having served the Ottawa area since 1928. Monson's clients have included Prime Ministers, Governors General, ambassadors, celebrities, and professional athletes.

Monson's goal is to be the greenest local dry cleaner. Their green plan consists of:

- Introducing a new wet cleaning technology to Eastern Ontario;

- Using biodegradable plastic bags;
- Using reusable cloth bags; and
- Using energy from renewable energy sources.

Monson is proud to be the first cleaning business in Ottawa to introduce a **wet cleaning technology** imported from Germany and currently used throughout Europe. This wet cleaning process uses water to clean clothes, thereby eliminating the use of harmful chemicals. It produces the same high-quality cleaning results but is safer for the garments, the people using them and the environment in general.

Monson Deluxe Cleaners' new location is at **434 Richmond Road** in Westboro Village (at Golden Avenue). Stop in and pick up a free reusable laundry bag. Go online for more information at www.monsondeluxe.com. 

Monson Deluxe
Cleaners • Nettoyeurs

Creative by PS design group 613-838-7212 • Writer: Christa Delaney 613-825-9766 • Sales: Siggie Rajzman 613-769-3044

Furniture that defines your style! February 10% off everything!

Clean lines, understated elegance, unique pieces – when you want furniture to reflect your distinctive style **Alteriors Contemporary Furniture** is the place to go. Know the style you want, but need help pulling your look together? Jacob Visutskie and Monika Durczak and their staff are well-versed in interior design, architectural design and creative elements so you get not just the 'wow' factor, but function as well. Alteriors furniture comes from around the world, is eco-friendly and Jacob is always on the lookout for superior contemporary Canadian products. Right now Alteriors has an exceptional selection of visually stunning walnut pieces from Edmonton, by IZM, www.izm.ca.

Don't see quite the style you want in the store? Then visit Alteriors' website www.alteriors.ca for sofa's, lighting and accessories from manufacturers like Perez, Bocci, Jesse and Magis. Jacob and Monika are committed to bringing contemporary pieces into Ottawa



that people usually see in Montreal or Toronto. They have also dedicated some of the wall space at Alteriors to local contemporary artists. It provides excellent exposure for local artists and they is always looking for new art.

If this year includes re-decorating to a contemporary style then you absolutely must visit **Alteriors Contemporary Furniture**. February will be a Birthday Month for Jacob and Monika so everything in the store and custom orders will be **10% off** – their gift to you! Alteriors Contemporary Furniture is conveniently located in Westboro at 1304 Wellington Street, call 613-722-1661 or email info@alteriors.ca. 

ALTERIORS

SUSAN
Chell
SEIZE THE DAY

Ottawa real estate sales continue to break records

Despite a slow start, 2009 was a banner year for resale home sales in Ottawa.

According to the Ottawa Real Estate Board, Members sold 689 residential properties in December 2009 through the Board's Multiple Listing Service® system compared with 467 in December 2008, an increase of 47.5 per cent.

There was an annual increase of 7.4 per cent in the total number of residential properties sold in 2009 over 2008, setting a new record. The average price for all of 2009 was \$303,888, an increase of 4.9 per cent over the prior year.

Ottawa's housing market bounced back very strongly following the global financial crisis last winter. All of this is good news for potential home buyers and home sellers in 2010. It means that residential real estate in our community continues to be an excellent investment.



Our team has been very busy over the past year, and our success with sellers and buyers alike is exceptional. We welcome the opportunity to assist you with your real estate undertaking.

The **Susan Chell team at RE/MAX Metro-City Realty Ltd., Brokerage** has helped countless sellers maximize their sale price by ensuring prospective buyers have a good first impression! Contact Susan Chell, Broker today at 613-563-1155, or by email at susan@susanchell.com. Visit www.susanchell.com for more information. 

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A Perfect Space for your Next Function West End Station Bistro

Are you looking for the perfect place to hold your next business function or social get-together? From special occasions such as Valentine's Day, anniversaries, birthdays, and small weddings, to retirements, corporate banquets and business lunches, West End Station Bistro offers casual elegance and professional service!

Located at **3659 Richmond Road** in the Bells Corners Winners Plaza, West End Station Bistro isn't your typical "mall" restaurant. It's extremely popular as a business destination and they can accommodate groups of up to 75 people. The restaurant is also equipped to facilitate corporate presentations and seminars.

For over 20 years, West End Station Bistro has been our community's best kept fine dining secret. Whether your preference is rack of lamb, prime fillet mignon, duck confit, wild game or fresh seafood, award winning executive chef Jordan Forester will tantalize even the most refined taste buds. Enjoy home made soup and bread as well as daily table d'hote specials. There's also an



extensive wine list to choose from.

Continuing in February, Jordan will be offering Wine Tasting Dinners. Enjoy an evening of gourmet cuisine with a wine tasting menu for each course, and learn the secrets of wine and food pairings from a professional sommelier.

Enjoy the casual elegance of dining in one of our community's best kept fine dining secrets! Call **613-721-9639** to make reservations or visit www.westendstation.ca for menus, wine lists, and today's scrumptious table d'hôte menu. West End Station Bistro is located at 3659 Richmond Road in the Bells Corners Winners Plaza. 



Win your love's heart with Funky Fashions from BGGO Boutique! Winter Sale Now On. Up to 40% OFF!

Looking for that 'wow' factor for your Valentine Sweetheart? Look no further than **BGGO Boutique** with the latest stylish and chic fashions from South Asia. Owner **Bobby Gurung** scours markets in Nepal, Thailand and Hong Kong three times a year for distinctive fashions with panache. She has a fabulous selection of casual and elegant dresses, soft knit sweaters, funky hats and brilliantly coloured shawls. These exquisite designer shawls from India and Nepal are crafted from the finest Pashmina and 100% pure Merino wool. Many are hand-beaded and embroidered – warm, yet positively elegant. BGGO Boutique carries an array of ultra-trendy handbags and a selection of shoes Imelda Marcos would envy! Add to that her superb selection of one-of-a-kind sterling silver jewelry from Nepal or some exquisite fresh-water pearls from Hong Kong and you can pull together a completely stunning, unique ensemble. Bobby often brings in only a few of the same items, so when they are gone, they're gone.



BGGO Boutique is also a firm supporter of Fair Trade Practices. Bobby actively supports small businesses and suppliers in these countries, suppliers she has visited personally. Improving the quality of life for these skilled craftspeople is important to her business philosophy.

Charm your Valentine with a trendy, chic and elegantly unique outfit from BGGO Boutique - your fashion answer for Valentine's Day! **BGGO Boutique** is conveniently located at **1A Springfield Road** (just above the Second Cup). Call **613-680-1500**. Visit www.bggo.ca and find out how to become a VIP customer. 




"Give all to love; obey thy heart." Ralph Waldo Emerson

Your Profile. Your RRSP. Caisse populaire Vision

What's your retirement dream? A house in the country? A fabulous trip? By wisely investing your money today, your RRSP can help make your retirement dreams a reality tomorrow. Caisse Populaire Vision makes it personal. Your RRSP, for your situation so you get a winning investment strategy. It's never too early to think about your RRSPs. **Caisse Populaire Vision** will help you personalize your investment strategies so you make the most of your retirement finances. They'll also help you properly plan this year's RRSP contribution, so you maximize your return.

From your first one-on-one meeting with a Caisse populaire Vision **Personal Finance Advisor** you'll realize that your retirement plan will be tailored to suit you and your needs. Your Personal Finance Advisor will thoroughly discuss the essentials of an investment strategy that works for you. Caisse populaire Vision offers a wide range of investing options including Guaranteed Investment Certificates,

Mutual Funds and Market-linked guaranteed investments. Through their subsidiaries Caisse populaire Vision has access to stocks, bonds and private management. Everything you need to help build a personal, tailored RRSP portfolio is at your **Personal Finance Advisor's** fingertips.

Make your wise investments today, work to make your retirement dreams come true tomorrow. Call **613-745-0071** today and make an appointment with a Personal Finance Advisor. **Caisse populaire Vision** is conveniently located at **1212 Wellington Street**. Visit www.desjardins.com/caissevision for more information on Caisse populaire Vision. 



MY PROFILE.
MY RRSP.

Give a Massage this Valentine's Day! Kneaded Touch Massage Therapy

Are you often tired? Does fluid limit your mobility? Are you tired of living with chronic pain? Don't let these conditions prevent you from living the lifestyle that you want. Experience a healthier 2010 by calling **Kneaded Touch Massage Therapy** today at **613-725-0988!**

Kneaded Touch is a professional clinic that offers a friendly and relaxing atmosphere. You always get one-on-one attention as well as an individualized treatment plan to ensure that you get the best results. Several massage treatment options are available, including Relaxation and Swedish massage, Hot Stone Therapy, Pregnancy Massage and Doula Services, CranioSacral Therapy, Passive Stretch Massage, TMJ and sports massage.

The Kneaded Touch Westboro clinic, located at **389 Danforth Ave** (near Mountain Equipment Co-op in Westboro), opened in October 2009



and talented therapists Stephanie Bergeron, Samantha Sturdy, Carly McCooye, Jonathan Alcombrack, Karyn Hughes and Toni Lanouette are all accepting new clients. You can visit www.kneadedtouch.ca for more information or to book an appointment online.

Sunday February 14, 2010 is Valentine's Day and **gift certificates** for any of the services at Kneaded Touch Massage Therapy are the perfect gift. Stop by the clinic today or make your purchase online.

Improved health is just a "Kneaded Touch" away! Contact Kneaded Touch Massage Therapy today at **613-725-0988** or visit www.kneadedtouch.ca. The Kneaded Touch Merivale clinic is located at 104-1900 Merivale Road (two blocks South of Hunt Club). 

