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MARKETPLACE NEWSLETTER®

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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.

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.



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.



EXCEPTIONAL PRODUCTS AND SERVICES IN YOUR NEIGHBOURHOOD

Shattered Mirror

There was a time that I was ashamed to look in the mirror of my life--- too many broken pieces. Many times I tried to fix these broken pieces but it always turned out worse. Jesus is the Master in fixing the cracked mirror and thirty-six years later, although there are still imperfections in the old mirror, many of the imperfections have disappeared.

So many in our world today, live with hurt, shame, and a broken spirit. The streets of our city become their home. Some are from our very own family. Definitely the answer to homelessness is safe housing with proper support and assistance to find a purpose for life and hope to face the day.

Recognizing the need for such a home, Jericho Road was born seventeen years ago. We



now have eight homes in Ottawa, operating with no government funding. We are supported entirely by those who believe in this work of grace.

One broken serving the broken,

Ray

To find out more about Jericho Road, check out our website www.jerichoroad.ca 613-567-5134



Bookkeeper and Sales People Needed

Are you a professional with 5 years current experience with Simply Accounting? If so, Marketplace Publishers Inc. is **PAYING TOP DOLLAR** for you. This is an incredible opportunity if you have the accounting experience. Start making the money you deserve and send your resume today to m@marketplacenewsletter.com.

Retired, semi-retired, or want to work part-time in a fun and challenging work environment? As the Marketplace Newsletter continues to expand into venues across the region, we are in need of both full-time and part-time salespeople to join our growing team. You must be experienced, self-motivated and driven to succeed. You can work one or more days a week and you require your own transportation.

The Marketplace Newsletter has a distribution network of 16 regions across the city; reaching an average of 7000 households per region each month. You'll join an active and interesting team in their



quest to give a voice to local entrepreneurs and small business owners. The Marketplace Newsletter offers good compensation and the pleasure of helping to raise awareness of services in our community to people who need them.

If this sounds like the opportunity you've been looking for, please forward your resume to us at m@marketplacenewsletter.com. Response to our job openings is always significant so apply as soon as possible. We thank everyone for their interest but only qualified applicants will be contacted. Bilingualism will be considered an asset.

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



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- Smoking
- Relationship issues
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- Motivation
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- Study and learning habits; exam anxiety
- Sexual issues
- ... and more

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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. 



Make your move...now!

Anna Stanke – Coldwell Banker

With a **brisk spring real estate market** approaching, it's time to act on those thoughts of selling your home. Real estate professional Anna Stanke can help.

According to the Ottawa Real Estate Board, January 2010 home values in Belair Park, Carlington and Whitehaven were all up significantly over the previous year. Interest rates are still low, homes are moving quickly and there are more interested buyers than there are houses for sale in west-end communities.


Many homes in your area are selling with multiple offers being entertained. You can trust Anna, who also lives just west of downtown, to help you navigate the process.

Whether you are interested in downsizing or upsizing your living quarters, Anna has the experience and expertise to guide and support you. She can help prepare properties



for sale (and enhance their features) in the least amount of time, for the least amount of hassle and for the best price.

Seeking the services of a Real Estate Agent to handle all of the details involved in selling your property just makes sense. Give Anna a call to see what she can do for you!

For more information, call Anna Stanke (Coldwell-Banker) at 613-558-2753, or visit her website: www.annasottawahomes.com. 



First Ottawa Realty, Brokerage

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Lose that weight in 2010!

Dr. Bishop Weight Management Clinic

What better time to embark on a healthy lifestyle journey than in the new year ahead? Are you are interested in learning more about how you can achieve a healthy lifestyle? Then **Dr. Bishop Weight Management Clinic** is here for you. Winter in Ottawa doesn't have to be about the "blah's"! Lack of activity and semi-hibernation means many of us become unmotivated and sedentary. And that can lead to feelings of frustration, guilt and sadness. However, you **CAN** make healthy lifestyle changes despite shorter days and colder weather.

Dr. Bishop knows that losing weight and keeping it off has nothing to do with yo-yo, fad or starvation diets. As a Doctor of Internal Medicine and Master Triathlete, he knows these fads don't work long-term. Frustrated with treating diseases caused by a poor lifestyle, Dr. Bishop decided to do something about it. He knew that in order to help people, he'd need more



than a quick chat at the end of a medical appointment about living a healthy lifestyle. He focused his research and goals on how to offer long-lasting help. The result is that Dr. Bishop and his team work with you on all aspects of your life - your sleeping habits, eating habits, exercise habits, as well as any medical conditions and life stresses you may have. These are all factors that have an impact on your ability to maintain a healthy weight.

Make it your New Years Resolution to start on the road to a healthier lifestyle today! Call 613-761-8015 or visit www.drbishop.ca for more information. **Dr. Bishop Weight Management Clinic** is located at 1335 Carling Ave (next to the Westgate Shopping Centre). 



**Dr. Doug Bishop
Weight Management
Clinic**

New Life for Old Furniture

10% Senior's Discount at JPW Furniture


Does your prized dining room table sport a nick? Is your antique sideboard in need of refinishing or touch-up? Don't let just anyone repair or refinish them. Perry and Wayne at JPW furniture repair and refinishing offer quality service, and over 40 years of combined experience. In addition, **seniors over the age of 65 save 10% on all services.**

Perry was trained by a European craftsman in the field of repairs touch-ups and finishing. Wayne has extensive experience in the field of staining, finishing and custom colormatching and repairs. They know their products and services, and will ensure the job is done properly. They accept both domestic and commercial clients; they can do minor touch-ups and repairs to office furniture as well as furniture in the home.

JPW has a fully equipped shop, located at 15-2584 Edinburg Place, in which they can do complete refinishing, repairs, reglueing, and antique restoration. All the stripping, sanding, and staining are done by hand. Additional services include kitchen cabinet refinishing and refacing, moving and insurance claims.



Contact them today at 613-745-6518 or by email at jpwfurniture@gmail.com for a **FREE ESTIMATE**. Visit www.jpwfurniture.ca for more information.

Perry and Wayne would like to wish everyone a safe and happy New Year. 

Style to go with your big screen Alteriors Contemporary Furniture

One of Ottawa's top furniture and lighting dealers now features a modern line to complement your home media centre.

Alteriors Contemporary Furniture recognizes that technology has brought high-end gadgets and the latest flat screen televisions into many local homes. As a result, they are pleased to be carrying the **OPEN System Collection** (from modern Italian furniture maker Jesse), which offers a contemporary platform for your flashy equipment.

The OPEN collection of modern TV wall units and media centres is all about incorporating contemporary designs with everyday function. Elegant designs, diverse texture and vibrant colours are used to transform the living room into a portal for the future.

One of the tricks of this type of design is to take away the obvious dominating presence of a large media display in a room by placing it in a low position. By positioning a display at around knee-to-waist height, the



media centre will be comfortably visible when you are seated. However, at a standing position it will disappear from view, which allows the rest of your home's decor to become the focus.

Alteriors owners Jacob Visutskie and Monika Durczak have a passion for design, which is evident when you visit their showroom in Ottawa's Wellington West neighbourhood.

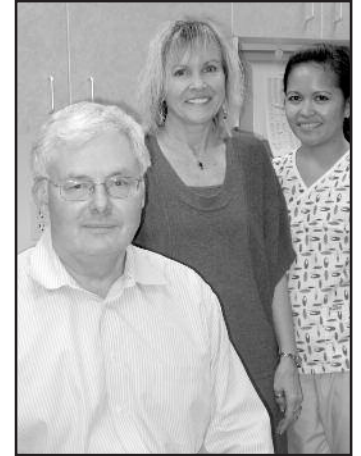
Alteriors Contemporary Furniture is located at **1304 Wellington Street**. For additional information, please call **613-722-1661** or visit www.alteriors.ca. 

A L T E R I O R S

Dreaming at the Dentists Office!

Do you dread going to the dentist? Did you have a bad experience and are now fearful of any dental procedure? **Dr. Robin Vollmer** can help. He can gently sedate you with a couple of pills – no iv injections – to perform any required dental work. Dr. Vollmer specializes in **sedation dentistry**. It's safe and it works. Years of dental problems can be corrected in one or two visits while you sleep comfortably. You will feel no pain and will have little or no memory of your visit to the dentist. Even though the sedating drug wears off quickly, you will need someone to accompany you to the office and take you home. With sedation dentistry your visit to Dr. Vollmer's office is actually relaxing and less stressful.

Looking for general dental care? Dr. Vollmer offers that too. From his pleasant and friendly office staff, to his highly trained assistants you'll feel welcomed the minute you walk through the door. Dr. Vollmer offers family dentistry, orthodontics, mercury free dentistry, laser dentistry and more. Dr. Vollmer also deals with jaw problems that can cause



debilitating headaches. Jaw problems from TMD can be left undiagnosed for years. Dr. Vollmer can give you an accurate diagnosis.

For kind and compassionate dental care in a friendly and comfortable environment, pay a visit to Dr. Vollmer's office. New patients are always welcome! The office is conveniently located at **1580 Merivale Road, Suite 300**. Call **613-225-5707** to make an appointment. www.vollmermerjaleel.com 

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

32nd Birthday Celebration! “Meals Made Easy” at Rainbow Foods

This month, Rainbow Foods is celebrating its **32nd birthday** and they would like to invite all customers – past, present and future – to stop by the store at **1487 Richmond Road** (in the Britannia Plaza) on March 12th and 13th and enjoy a taste of Rainbow's birthday cake!


Much has changed at Rainbow Foods over the last 32 years and this month marks the opening of Rainbow's newest section. The new environment-friendly marmoleum flooring and energy-saving lighting give the store an updated look and is the first phase of the eco-friendly renovation/expansion project.

March features many flyer specials as well as the “Meals Made Easy” promotion which runs from March 5th to 28th. Customers will receive healthy recipe sheets developed by Celebrity chef Nik Manojlovich – Gemini award-winning host, writer and co-creator



of Savoir Faire. The recipes will feature Eden Organic Beans, Eden Organic Diced Tomatoes and Imagine Foods Low Sodium Vegetable Broth. **There is also a draw for a FREE Crock-Pot®** (\$99 value), the original slow cooker. Visit the website at www.rainbowfoods.net for more sales flyer information.

Rainbow Foods will also be featured at the **Go Green Expo** at Lansdowne Park on March 20th and 21st. Now in its second year, this popular event features products and services for a green lifestyle. Check it out!

Live healthy, live well, live natural! Call Rainbow Foods today at **613-726-9200** for more information. 

rainbowfoods
natural foods

1487 Richmond Road in Britannia

Revive your look at RED Salon and Spa

Want to freshen up your look this spring? Take advantage of RED Salon and Spa's hair styling, image advice and full spa services.

Carolyn Goguen and her talented team of stylists can recommend the style and colours best suited to your face and skin tones, or formulate a colour that's perfect for you. They use high-grade, professional skin and hair products, as well as products that are organic and biodegradable.

Part of RED's specialization in hair colouring includes **colour correcting**. They can customize your colour through the use of foil highlighting techniques. In addition, the RED team offers **Keratin Complex Smoothing Therapy**, a hair straightening and relaxing method that completely eliminates frizz and actually improves the condition and shine of hair.



As wedding season nears, consider contacting RED to discuss



your wedding day needs. The salon offers the full-range of services, from camera-ready make-up to up-dos for the entire wedding party.

Experience the excellent hair and spa service at RED Salon and Spa this spring! Call **613-792-4488** today to schedule an appointment. RED Salon and Spa is located at **1369 Wellington Street West** (near Island Park Drive). 