

emphasize this, children sign a contract that outlines their responsibilities and are given a 'credit card' where they can receive points for each successful visit. The clinic relies on advanced software to show the unique progress of each person and consequently, illustrates to patients the effects of investing in their own self-care and the maintenance of their treatments. If young children aren't emotionally prepared for treatment, they can be monitored until they are ready to begin.

Dr. Adams graduated first in his class from Tufts University, Boston, with a Diploma in Orthodontics; he has also worked in general dentistry. He was motivated to enter the profession after witnessing his mother have teeth removed and replaced with dentures, which left a lasting impression. Both he and Joselyn say they receive much fulfillment from seeing young children arrive for treatment and leave as young adults with beautiful smiles and a sense of confidence. "It is a wonderful product . . . producing a wonderful service for people. Smiles are success tools for people," says Dr. Adams.

For more information, visit www.adamsorthodontics.com or call 613-748-1252 to book an appointment.

A trip of a lifetime: The Baffin Island Jewel of the Arctic Expedition

For the last 10 years, independent travel consultant Carole Gobeil has been travelling to the Arctic and Antarctica and will share her experiences during two, upcoming evening events. On February 16, Carole will discuss her travels to the Arctic and on February 23, she will share stories and observations from her trip to Antarctica in early 2015. Both events

will take place at 7 p.m. at the NECTAR Centre at 255 Mackay St. in New Edinburgh.

The free events are also an opportunity to learn more about the upcoming expedition that Carole is planning to the Canadian Arctic from July 31 to August 13, 2016. From Iqaluit to Frobisher Bay, travellers will be escorted by Carole and her local partners up the east coast of Baffin Island where deep fjords, mountains and glaciers will be explored, in addition to a variety of plants, animals and marine life. Travellers will also visit former Hudson's Bay Company locations and RCMP outposts. A highlight of the journey will be a visit to Beechey Island, the final resting place for some of the men of the ill-fated Franklin Expedition of 1845-46. The trip is both accessible and comfortable for all types of travellers who will likely experience average seasonal temperatures ranging from 4 to 14 degrees Celsius, with 18 to 20 hours of daylight. A point that Carole emphasizes is that travellers should always be prepared for the possibility of unexpected changes to the itinerary, due to weather conditions and other uncontrollable circumstances. Nonetheless, the trip will be an unparalleled opportunity to discover one of the most remote and untouched places on earth for "anyone who wants [to experience] some of the most breathtaking scenery anyone has seen," says Carole who, during her last trip, saw significantly more whales than usual, including narwhals, humpbacks and orcas.

Carole is also inviting people to visit her booth at the upcoming Northern Lights Conference taking place at the Shaw Centre from January 27 to 30. The event will showcase north and Arctic business and

culture and development opportunities. For the Northern Lights Conference, visit www.northernlights.events.

For information on Carole's NECTAR event, visit www.carolegobeil.ca; facebook.com/nectarcentre; or call 613-745-2742.

Rowat Insurance has you covered

Just like a good real-estate agent, Rowat Insurance (266 Beechwood Ave.) will find the right insurance that fits your needs, says Paul Boudreau, an Insurance Broker and member of the family-owned company. Licensed to service clients throughout Ontario and Quebec, Rowat Insurance represents a long list of insurance companies and will take the leg work out of finding the best coverage to meet a client's individualized needs.

A registered insurance broker is not affiliated with insurance companies or financial institutions and is qualified to provide independent, non-biased advice, while being well-versed in the fine-print associated with all types of insurance coverage. They also represent your best interests when negotiating a contract with an insurance provider and, by virtue of their licensing in Ontario and Quebec, Rowat Insurance can compete for the best insurance across both provinces.

Above all, says Paul, whose grandfather-in-law established the company, Rowat Insurance emphasizes customer service and a pro-active approach to ensure outstanding issues are solved quickly and matters such as insurance renewals do not fall by the wayside. "We get to know our clients, rather than having them call a 1-800 [number]." Rowat Insurance can also offer competitive prices and quick, infor-