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**MANCHISI**

Stability Experience Relationships



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PRUDENTIAL TOWN CENTRE REALTY, INC. BROKERAGE

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11RE • CANADIAN CHAMPION Tuesday, February 16, 2010



**SOLD**  
**EXQUISITE FAMILY HOME**  
1303 Ellenton Cres – 4 Bedrooms, gorgeous family size kitchen, lrg principle rms, M/F Den, huge Mbed w/4 ps ensuite retreat.



**SOLD**  
**DESIRABLE AREA**  
871 Maxted Cres – 4 Bedrooms, Main Floor Family Room W/WO To Fully Fenced Yard, Finished Lower Level, Many Upgrades!



**SOLD**  
**2 KITCHENS!**  
227 Cresthaven Road – Detached Bungalow In Great Area, Great Home W/Many Upgrades, 4 Bedrooms, Finished Lower Level, Lots Of Parking.



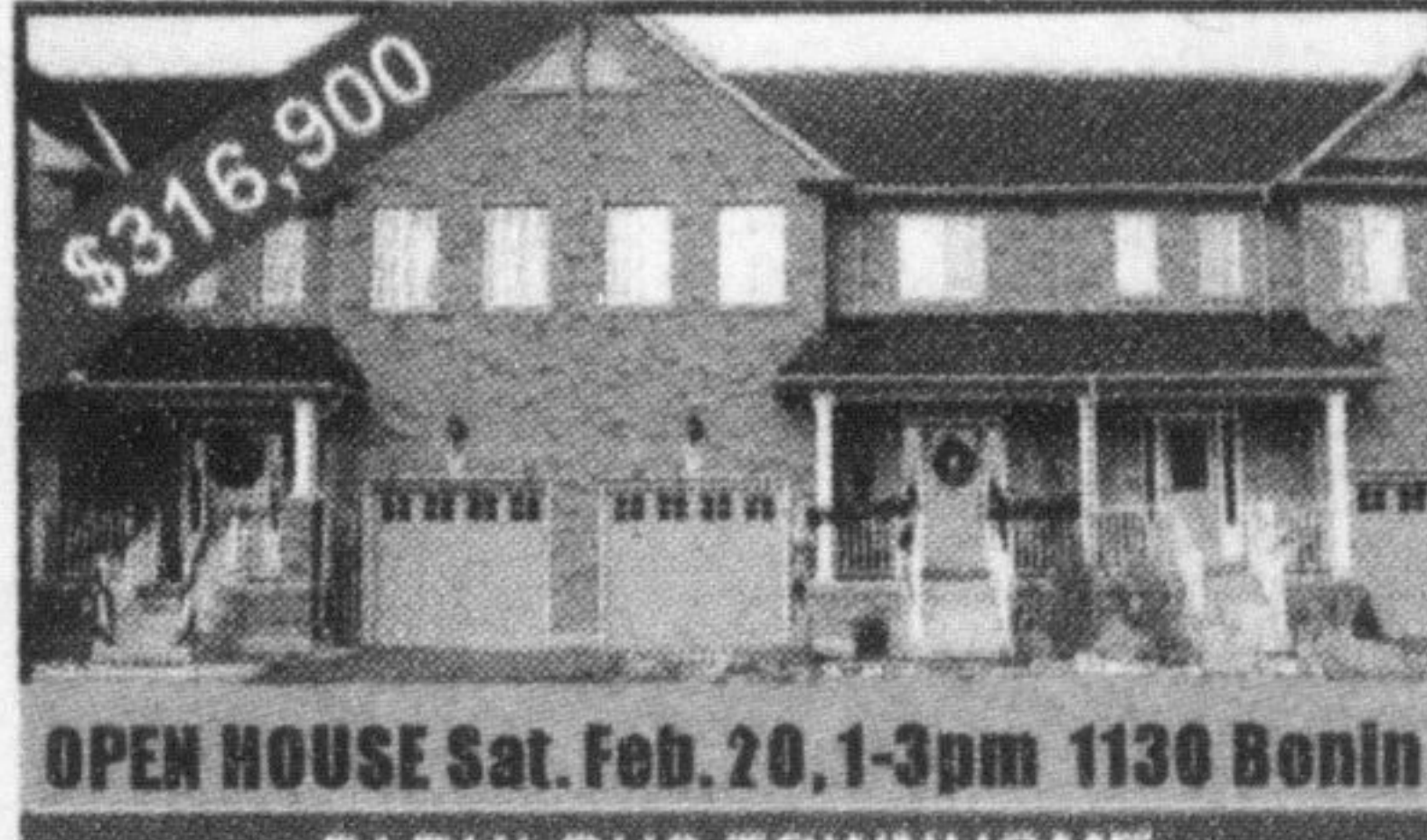
**\$298,500**  
**END UNIT TOWNHOME**  
620 Ferguson Dr #109 – Huge Bright Foyer, Second Level Open Concept, 3 Bedrooms, Gorgeous Eat-In Kitchen, Steps To Parks & School.



**NEW LISTING**  
**SPACIOUS SEMI-DETACHED**  
1589 Evans Terrace – Great home w/open concept main flr fam rm, eat-in kitch w/lo to deck & fenced yard, sep din rm, fin bsmt w/3pc bath, 4pc ensuite, parking for 2 cars and much more!



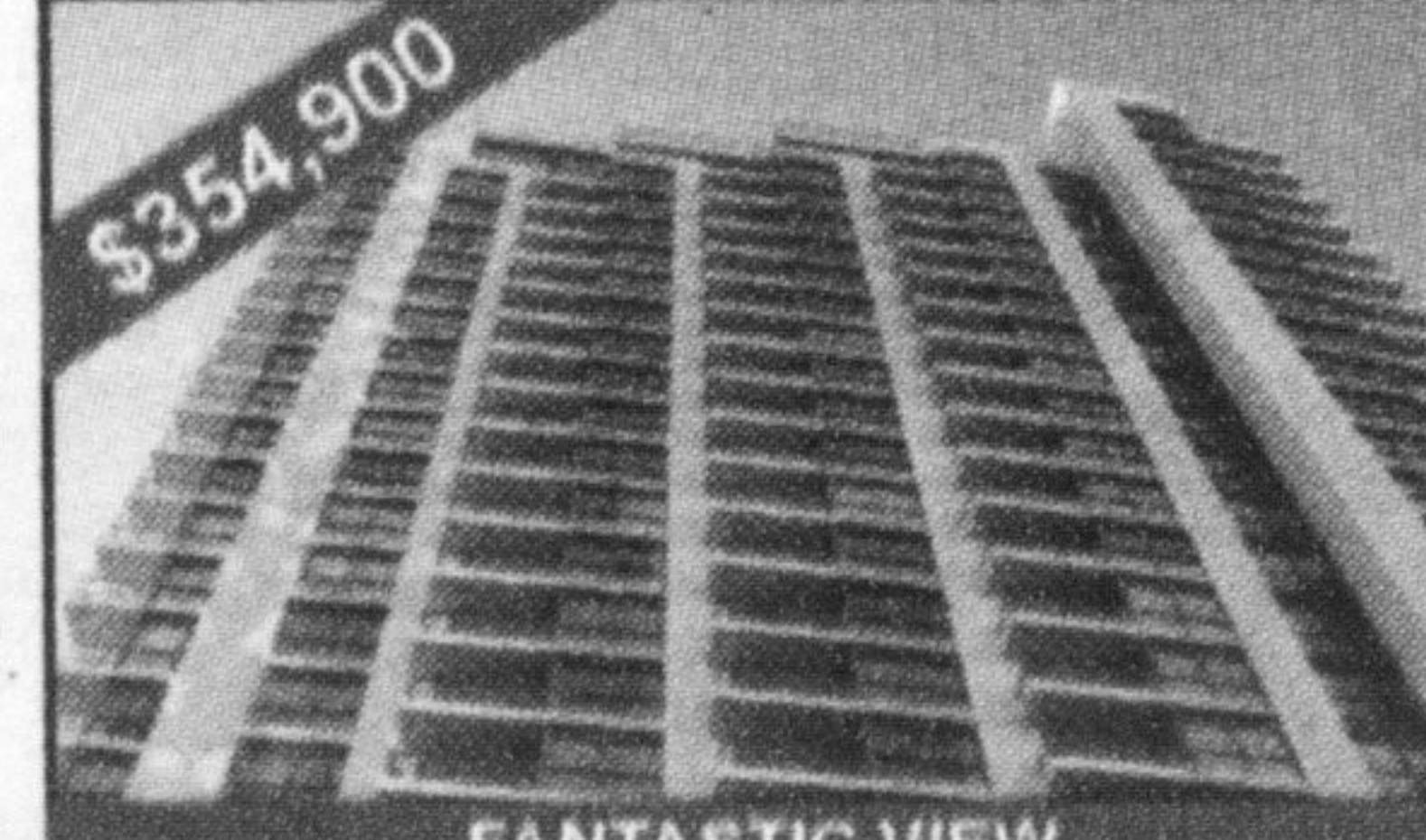
**SOLD**  
**SPACIOUS SEMI**  
1604 Gowling Terr – Spacious semi w/fin bsmt – open concept main flr w/Fam Rm & Eat-In Kitch, Fenced yard with deck, 3 bedroom, 2 car parking.



**\$316,900**  
**OPEN HOUSE Sat. Feb. 20, 1-3pm 1130 Bonin**  
**FABULOUS TOWNHOME**  
1130 Bonin Cres. – 3 Bedroom, 3 Bath, Open Concept Main Flr, Fully Fenced Yard & Finished Lower Level



**\$349,900**  
**GREAT LOT**  
206 Bell Street – Addition w/double garage, mature neighbourhood, close to downtown, lots of parking.



**\$354,900**  
**FANTASTIC VIEW**  
235 Sherway Gardens Rd #2303 – View Of Skyline & Lake Ontario, 2 Bedroom Condo, 9ft Ceilings, Hardwood Floors.



**SOLD**  
**MATTAMY "POWELL" MODEL**  
667 Bennett Blvd. – Eat-in kitchen, main floor family room, 2nd floor laundry, corner lot with fully fenced yard.

**Why list with us?**

- ✓ Guaranteed Home Selling Program
- ✓ Our Full Team of Support
- ✓ Internet Presence & Technologies
- ✓ Full Colour Ads
- ✓ Open Houses & Virtual Tours
- ✓ Professional Staging
- ✓ Daily Updates
- ✓ Access to Specialized Financing

**THE MANCHISI HOMESELLING TEAM**



Domenic Manchisi\* Jody Manchisi\* Mikey Galekovic\* Diane Carway\* Joy Paterson\* Kelly Smith\* Loren Gindl†



2.78% 3yr fixed/closed  
3.39% 5yr fixed/closed  
1.70% variable/closed

"#1 TEAM IN CANADA"

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\*\* Broker \* Sales Rep † Administration

**Weather the winter with heart-warming recipes**

One of the best things to look forward to in the cold winter months is to come home to a warm and comforting meal. But, some of the savoury and delicious "comfort" foods you crave this time of year may be high in sodium and sugar or loaded with calories. These types of food may contribute to severe health problems, not to mention depleting your energy levels. There are ways you can still enjoy the taste and warmth of comfort food with simple winter recipes that are good for your heart and that everyone will love.

Try preparing a meal such as Fresh Trout with Florida Grapefruit Segments. Show your family just how much you love them by creating a home-made dish that offers excellent nutritional value.

"This recipe contains all the nutrients your family needs in one meal," says Lydia Knorr, MHSc., a registered dietitian with the Florida Department of Citrus. "The protein in trout is essential in body processes such as nutrient transport and muscle contractions and provides a source of energy, while Floridagrapefruit is an excellent source of vitamin C, potassium and fibre to make for a well-balanced and nutrient-rich meal."

**Fresh Trout with Florida Grapefruit Segments**

- Ingredients**
- 2 fresh trout fillets (about 1 lb/500 g total weight)
  - 3 cloves garlic, minced
  - 1 1/2 teaspoon (7 mL) chopped fresh thyme
  - 1/4 teaspoon (1 mL) freshly ground black pepper
  - 2 Florida ruby red grapefruit (about 2 lbs/1 kg)
  - 8 oz (250 g) fresh green beans

**Preparation**

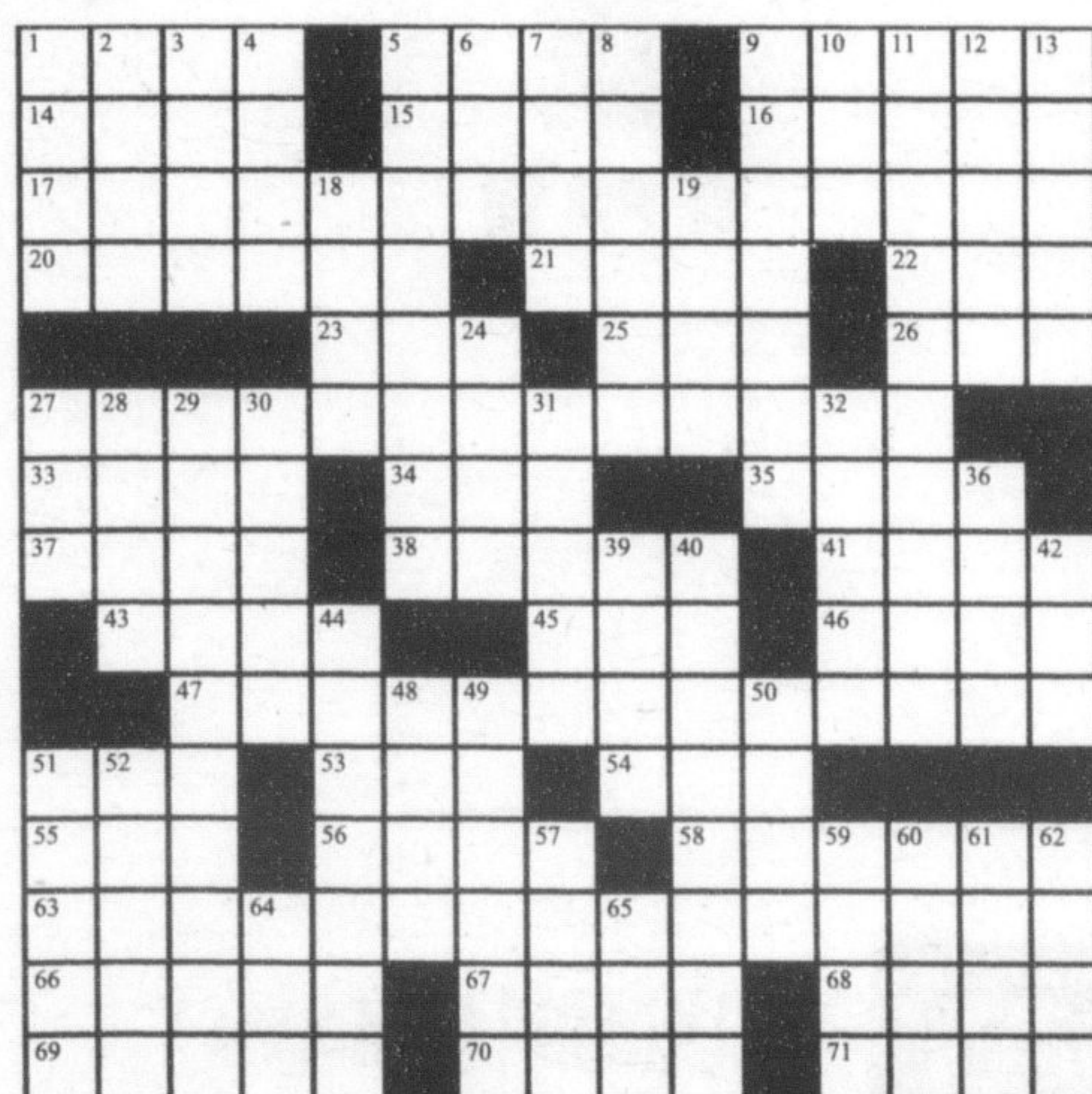
Place trout fillets onto parchment paper lined baking sheet. Sprinkle evenly with garlic, thyme and pepper.

Cut both ends off grapefruit. Using sawing motion, cut skin and white pith off and discard. Cut grapefruit between membranes into segments into large bowl. Squeeze remaining membrane of grapefruit over trout fillets.

Place trout in 425 F (220 C) oven for 10 minutes or until fish flakes easily with fork.

Meanwhile, in saucepan of boiling water, cook green beans for about 7 minutes or until tender crisp. Drain and add to grapefruit segments. Serve with trout.

Whether you're cooking for one, or for the entire family, grapefruit adds an extra flavour boost to meals without sacrificing nutritional content or taste. More delicious recipes to warm your heart this season are available online at [www.floridacitrus.ca](http://www.floridacitrus.ca).



**Across**

- Acquire
- Caroled
- Fractional units of Greek currency
- #1 spot
- Ticket info, maybe
- French romance
- Electronics boards
- Type of cabbage
- Bow
- "The Matrix" hero
- "... bad!"
- ... few rounds
- Clinton, e.g.: Abbr.
- Food source for babies
- Bang-up
- "... say!"
- Beanery sign
- The "A" of ABM
- Choppers, so to speak

**41. House**

- "Roots," e.g.
- "... Cried" (1962 hit)
- Cork's country
- Rude
- Newspaper div.
- Nod, maybe
- "... any drop to drink": Coleridge
- Branch
- One of the armed forces
- Snacks
- Not prone to wrinkles
- Door part
- Flight data, briefly
- Sunburn relief
- Banana oil, e.g.
- Bluster
- Canine cry

**Down**

- Absorbed
- Almond
- Gulf V.I.P.
- ... Station
- "Hurry up!"
- A hand
- Adam's apple spot
- Foreigner
- Produce milk
- Australian runner
- Christmas flower
- Student getting one-on-one help
- Bad lighting?
- South American monkey
- Carrot, e.g.
- Eye
- J.F.K. overseer
- A long, long time
- Inclusion of
- Condescend

**31. Grace word**

- ...guided
- Breed
- Dilute
- Person dedicated to pursuit of pleasure
- ... bit
- Plaintiff
- Yorkshire river
- Closer
- "Aeneid" figure
- Secret store
- Gold braid
- Greek cheese
- "Don't go!"
- Fit
- Carbon compound
- Increase, with "up"
- "Act your ...!"
- Gabriel, for one

