

Roberta is at home in Robin's Nest

Roberta Holmes is an independent grandmother who serves a dual purpose in the Acton business community as the owner of The Robin's Nest, crafts and decorating accessory store, as well as manager of a Sears catalogue agency at the same address.

Mrs. Holmes' store and the Sears agency were started four years ago out of adversity - her husband Robert became ill, and she needed the security of a steady income for her three sons and two daughters. Since then, The Robin's Nest has become a successful business employing two store clerks, Carol

Prystazy, and Karen Lockwood. Both of Mrs. Holmes' businesses go hand in hand. Many times, she will find someone has ordered a whole room full of furniture, and is in need of the decorating accessories that The Robin's Nest has to offer.

Customers find themselves with many fashionable ideas for decorating as they pass through The Robin's Nest. Up to date with the latest styles, many of the crafts, wall hangings and decorations the store has to offer are manufactured by hand, by local artisans.

Working as a single parent for five years before her marriage to Robert, gave Mrs. Holmes the drive to open her own business in order to become self-sufficient. Mr. and Mrs. Holmes have been married for 12 years and have three grandchildren.

The Robin's Nest will never lack being up to date or out of fashion. Mrs. Holmes is always watching the current lines in home furnishings and how they change the trends in decorating.

The Robin's Nest is located at 11 Main St. South in Acton.



Roberta Holmes of Robin's Nest

Carol offers a little more

Carol Barrow is a hairstylist and beauty therapist, whose business, Carol's Beauty and Hair Salon offers a little something more to the woman who wants to feel beautiful in addition to looking good.

The salon has had recent renovations and expansion to its complete skin care, hair and make-up ser-

VICES. Included in this expansion are: massage therapy, aromal therapy, Shiatsu, reflexology, and electrical muscle stimulation. Plans for the future include becoming a "full service salon."

Mrs. Barrow has five employees on staff at the salon and all are experts in their areas: Jeanette Geisen, make-up artist; hair

stylists Alda Viveiros, Sylvia Ladoucer and Julie Toletzka; and massage therapist, David Dew.

Mrs. Barrow has three daughters, all married. Her husband is Rev. Peter Barrow of Georgetown. She has lived in Georgetown since emigrating from Scotland in 1972. Her main outside interest is flying and she has been a licensed pilot since 1982.

Carol's Beauty and Hair Salon features such name brand beauty products as Scruples, Joico, Wella and L'Oreal. Mrs. Barrow feels that the clients enjoy "coming to competent professionals, and a happy, relaxed atmosphere."

Both the staff and Carol feel they get a lot of satisfaction in seeing clients leave happy and contented with their services.

Carol's Beauty and Hair Salon is located at 65 Main St. South in Georgetown.

Tranquilizers—handle with care

"Women consistently receive twice as many prescriptions for tranquilizers as men," says Ruth Cooperstock, a scientist with the Addiction Research foundation of Ontario. "The elderly, the institutionalized and the unemployed also receive a large number of prescriptions."

Tranquilizers are the most commonly prescribed drugs in Canada, usually ordered by physicians to combat tension and anxiety. The most popular have trade names such as Valium, Vivol, Serax and Ativan. These drugs depress the central nervous system and slow down responses. They may produce drowsiness, confusion, irritability or poor coordination. They also interact with other prescription and non-prescription medication to produce potentially dangerous side effects.

With age, the body's ability to absorb and eliminate drugs decreases significantly so the elderly should receive smaller initial doses.

Tranquilizers should never be taken with alcohol since the combination can result in impaired coordination and even death.

Concerned health professionals, and women who have a history of tranquilizer use, often point to underlying causes of the "social pain" the drug may dull. These root causes may include concerns over employment, money, housing or daycare. And sometimes, tranquilizers are prescribed for women because of marital difficulties or family conflict.

But some women also find they can help themselves. Ms. Cooperstock says, "Alternatives vary from person to person. Exercise, medication, talking out problems with a good friend may help—anything that will break up the pattern of stress or feelings of helplessness. And if a woman, for whatever reason, takes tranquilizers—she should take them for only one or two weeks unless her doctor says there is a special reason to continue them longer."

EARLY WEEK SPECIAL

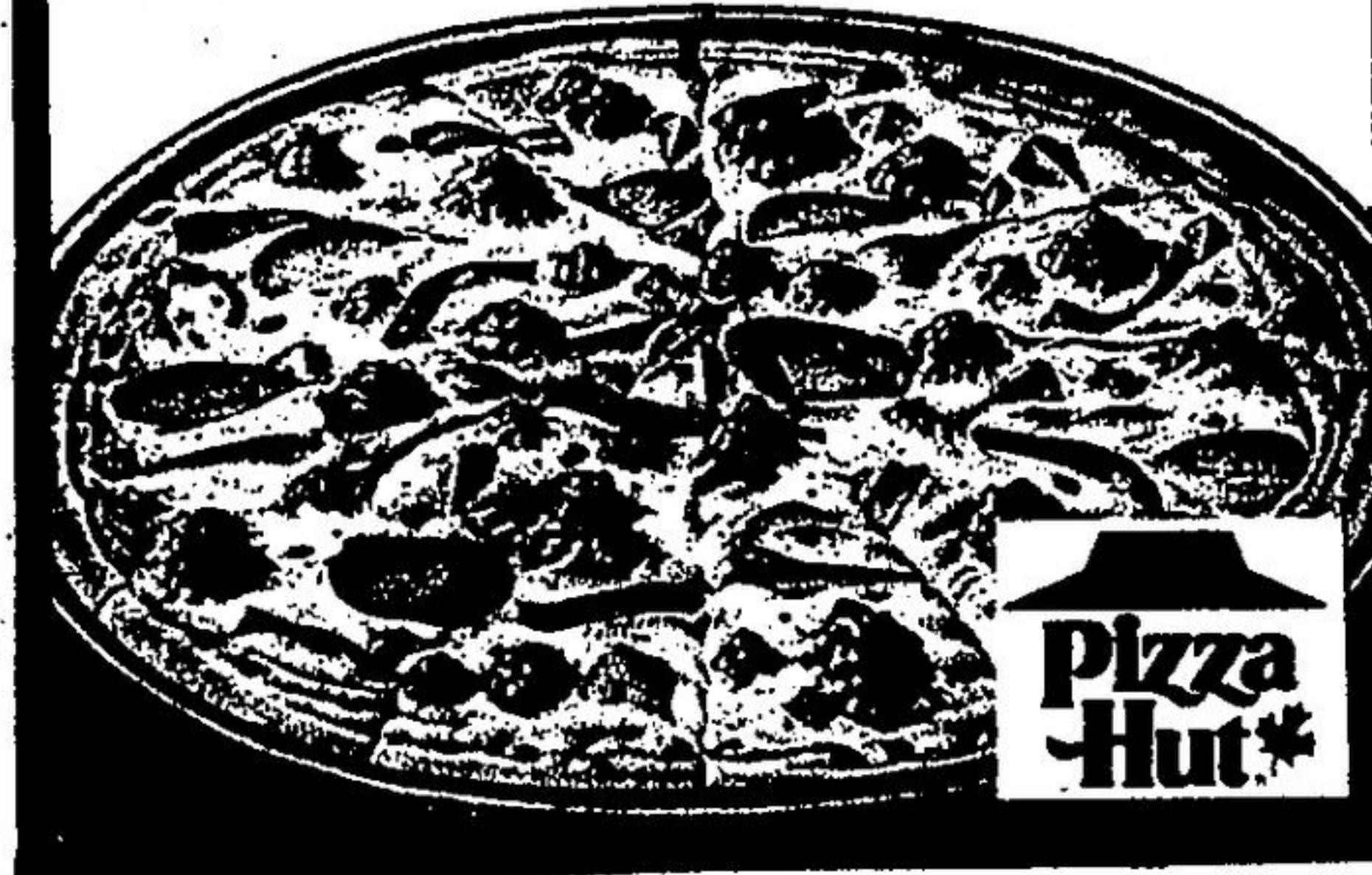
\$3.00 OFF LARGE
\$2.00 OFF MEDIUM
PAN PIZZA

AN EARLY WEEK SPECIAL AT PIZZA HUT ON MONDAY AND TUESDAY ONLY FROM 4:00 P.M. TO CLOSE APPLIES TO DINE-IN OR CARRY-OUT

Just imagine all those yummy toppings — from pepperoni to pineapple — smothered in hot, drippy cheese!

Not Valid In Combination With Any Other Pizza Hut Offer
Offer Expires March 28, 1989

Present This Ad When You Purchase Your Order



Pizza Hut

In Business

For Business

Free Delivery

Catalogue Sale Flyers

CHECK OUR COMPLETE LIST OF OFFICE SUPPLIES & SERVICES

- | | |
|---|--|
| <input checked="" type="checkbox"/> OFFICE SUPPLIES
• Full range of Office Products
• Computer & Fax Supplies
• Calculators & Typewriters | <input checked="" type="checkbox"/> WORD PROCESSING
• Reports & Resumes
• Mailing Lists
• All Typing Applications |
| <input checked="" type="checkbox"/> PAPER PRODUCTS
• Photocopy Paper
• Cash Register & Add Rolls
• Paper Shredders | <input checked="" type="checkbox"/> PHOTOCOPYING
• Letter, Legal, & 11 x 17
• Reduction & Enlargement
• Acetates for Overheads |
| <input checked="" type="checkbox"/> OFFICE FURNITURE
• Desks & Chairs
• Fireproof Cabinets & Safes
• Computer Workstations | <input checked="" type="checkbox"/> FAX SERVICE
• An instantaneous means to communicate anywhere in the World |
| <input checked="" type="checkbox"/> MISCELLANEOUS
• Printing & Rubber Stamps
• Wedding Invitations
• Drafting Supplies | <input checked="" type="checkbox"/> OTHER SERVICES
• Temporary Placements
• Answering Service
• Access to Courier Service |



G.S.S. OFFICE SUPPLIES & SECRETARIAL SERVICES

348 Guelph St. (Unit 4), Georgetown
877-2282 846-6947