



Gerry (left) and Lori Kentner of Kentners

No occasion too small for gals at Kentner's

"No occasion is too small" is the standard of The Kentners Social Catering Ltd.

The Kentners have streamlined their catering service since they have been in business, allowing for less pressure on their staff and easier hours.

Constantly trying to increase their numbers of corporate clients, Kentners Social Catering employs five full-time staff and 25 part-time. The demand for catering services allows them to hire for such positions as prep staff, bartenders, waitresses, busboys, and cake decorators.

Both Gerry - Kentner, and daughter Lori enjoy their jobs. Gerry likes working with her family, and inventing new menus, while both she and her daughter enjoy handling charitable events, such as the Chamber of Commerce Charity Dinner and the "Y" Art Auction.

In the past year, the Kentners have expanded their facilities to better accommodate present customers and those in the future. The new addition to their original facility at 62 Mill St. in Georgetown, has enabled the business to expand. Expansion and streamlining have allowed for fewer "spontaneous emergencies"

that are sometimes a risk in catering.

The Kentners have a wide, varied repertoire of services they provide within their catering business. Some of these are corporate open houses, business luncheons, weddings, house parties, dances, company Christmas parties, seminars, stags and showers, cocktail parties, and even small dinner parties for two or more.

Special orders seem to be no problem for Kentners Social Catering either - Gerry was involved with the enormous ice cream sundae bar at the Georgetown Chamber of Commerce BIG celebration in June.

Georgetown Spa and Fitness Centre has the variety to make getting in shape a lot more fun.

Located at 12 Wesleyan St., with its entrance off James Street, the Georgetown Spa and Fitness Centre offers an indoor heated pool, a sauna, hot tubs, exercise equipment and weights.

The centre also offers exercise classes, floor and water classes, stress relief programs and an esthetics salon.

Manager Krystyna Woodward operates the centre and employs five full-time staff members. Antonette is the chief co-ordinator and esthetician, while Tina, Kippy, and Janet are instructors and Teresa instructs swimming for adults and the parent and tot classes.

A new exercise program has been initiated by Tina, running Monday, Wednesday, and Friday evenings.

The program is conducted in three parts, with the first involving floor stretching, the second part involving equipment workout, and the third consisting of aquatic exercise in the pool.

Expansion and renovations over the last several years have improved the facilities of Georgetown Spa and Fitness Centre greatly for its clients.

The goal of the centre is to help everyone "fight the battle of the bulge" while providing a warm and friendly atmosphere.

Another facet of the centre is that it provides programs for people who suffer from arthritis, multiple sclerosis, recurring accident injuries, and physical hand-

Battle of the bulge

Krys keeps fun in exercise

dicaps. Krys and the staff are there for the people who visit them to help with all of their exercise needs.

Experimenting with hair colour has its rewards

Each day, thousands of women across Canada decide that it's time to change the way they look, and their options are virtually unlimited. Some start with a new body by losing weight and firming up. Others look for the most fashionable clothes available and revise their entire wardrobe. But in terms of ease and expense, one of the most popular forms of makeover involves changing the appearance of the hair.

A hair makeover can be accomplished two ways; by altering the total hairstyle, and by changing the hair colour. A good hairdresser can recommend the right cut and style, as well as consult on the proper colour.

Since both a new hairstyle and a colour treatment are relatively permanent, it's extremely important to discuss the changes in advance with the hairdresser. A new cut, for example might look terrific in the stylist's mirror, but how easily can that great look be recreated at home several days later?

Colour treatments are long lasting too, so it's a good idea to take advan-

age of the stylist's experience and expertise in choosing the shade that's just right.

Ammonia

If the permanence of hair colour is discouraging, there is a special hair colour product available at the hairdressers that permits experimentation without the long lasting effects and it colours the hair without ammonia or peroxide. Since it doesn't lighten the hair before adding colour, the effects are only semi-permanent, lasting several shampoos before fading.

Users report particularly good results, especially in terms of the quality of the colour (different shades) can be inter-mixed for custom colours, and in terms of the soft and shiny condition of the hair following the treatment.

Playing with hair styles and hair colour can often be the most satisfying form of change, and the most easily accomplished. Be sure to consult with your hairdresser beforehand. It's his (or her) business to make you look good.

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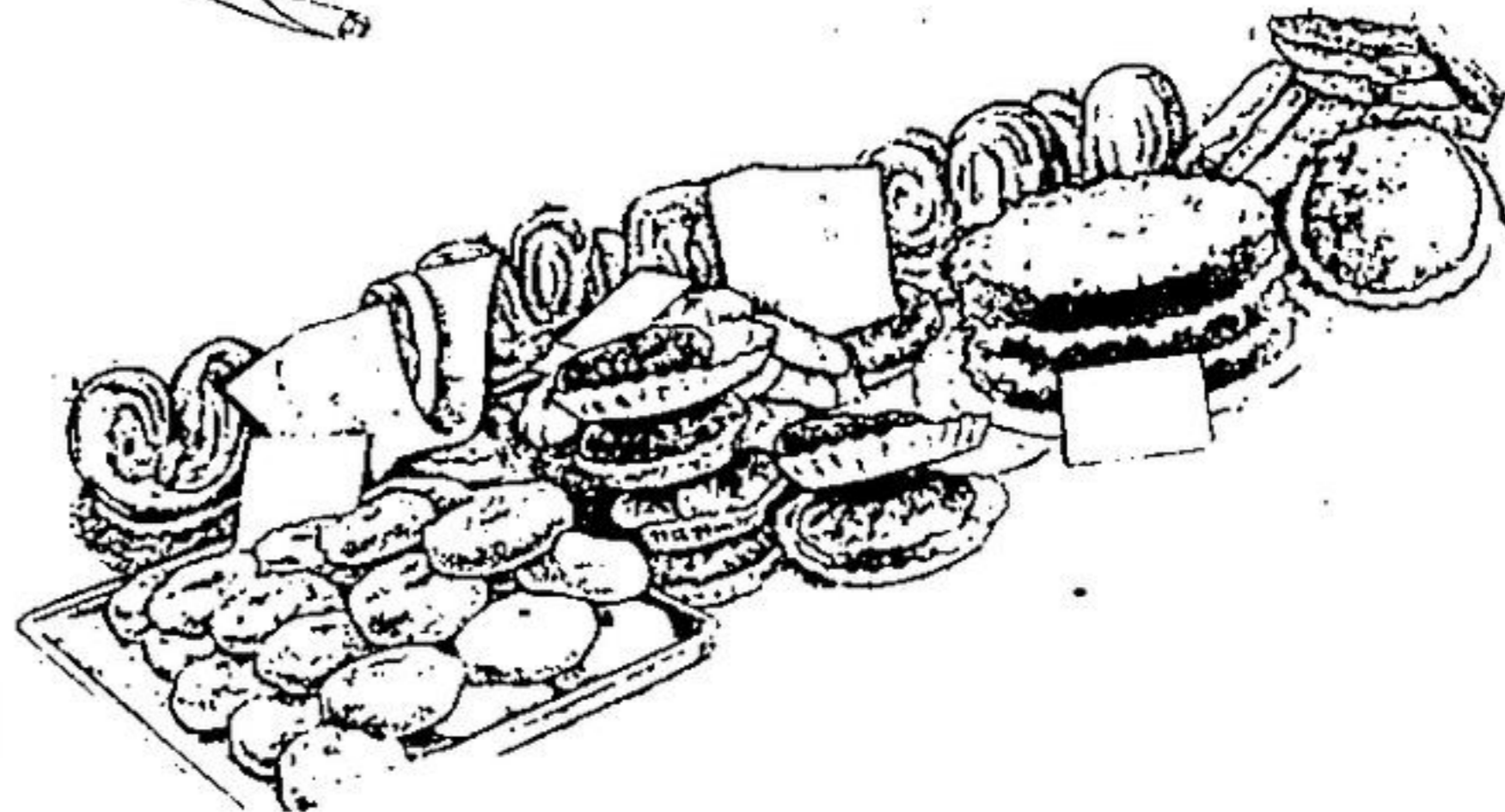
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