

# Local man is ready to slay Dragons in their Den

By Eamonn Maher  
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Local resident Jamie Draves is scheduled to appear on next week's edition of the CBC-TV show Dragons' Den, looking to get a boost for his health food business venture.

Katan Kitchens is an innovative health food enterprise seeking to produce local high quality SuperFoods in Ontario in the "Food for Health" market.

Founded in 2011, Katan has emerged as a leader in the research and development of quinoa in Ontario over the past three years. Katan was formed by the 44-year-old Draves after a health crisis in 2007 that resulted in the loss of a third of his pancreas. This loss

forced him to follow a very limited diet consisting of high-quality, nutritious foods.

SuperFoods, in particular quinoa, were a key factor in regaining his health.

Katan Kitchens entered 'The Den' to seek funds for the development of a gluten-free processing facility in Northern Ontario in order to clean their quinoa varieties called Quinta quinoa for sale in North American and global markets.

With four years of industry-supported research, the company has developed quinoa varieties that are higher in nutritional quality, purity and taste than that of quinoa imported from South America.

The Katan Kitchens episode will appear Wednesday, March 11 at 8 p.m.



Local resident Jamie Draves, owner of Katan Kitchens, will appear on Dragon's Den to get a financial boost for his health food business. Submitted photo

# Acton woman hopes people will say 'Yes to the Dress' again to aid local girls

By Lisa Tallyn  
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The "Yes to the Dress" event is back in Acton again this year so local girls can choose from a selection of lightly-used dresses, shoes and accessories to wear to their prom or Grade 8 graduation.

This is the second year for the program, which was launched last year by Acton resident Laura Nunn. She came up with the idea after "hearing girls talk about how expensive prom can get, with tickets, dresses, hair, accessories, etc."

"For some families this makes prom either very difficult to af-

ford, or simply not an option for their children," she said.

The goal of the program is to "help ease the financial burden" by providing free, gently used dresses (both long and short), shoes and accessories— all of which Nunn said have "been very generously donated by the community."

The hall at Bethel Christian Reformed Church, located at 365 Queen St., Acton (across from Sobey's), will once again be transformed into an elegant shopping experience for the girls. Girls will be able to browse for their dresses at two shopping nights— Tuesday, March 17 from 7 p.m. to 8:30 p.m. and Wednesday, March

18 from 4 p.m. to 7 p.m.

All dresses and accessories are free, but Nunn said they will be collecting donations for the food bank if anyone wishes to give one.

Her husband Andrew, a youth pastor at Bethel Christian Reformed Church, has been helping her organize the event, and has been getting the word out.

If anyone would like to donate good condition, current styles in dresses, shoes or jewelry, they can be dropped off at Bethel Church or at Smooth Solutions Spa, 129 Mill St. E. More info can be found at [www.Facebook.com/yestothedresshaltonhills](http://www.Facebook.com/yestothedresshaltonhills), or the church, 519-853-2121.



Laura Nunn of Acton showed off some of the lightly-used formal dresses that came in for the "Yes to the Dress" program she organized last year.

File photo

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