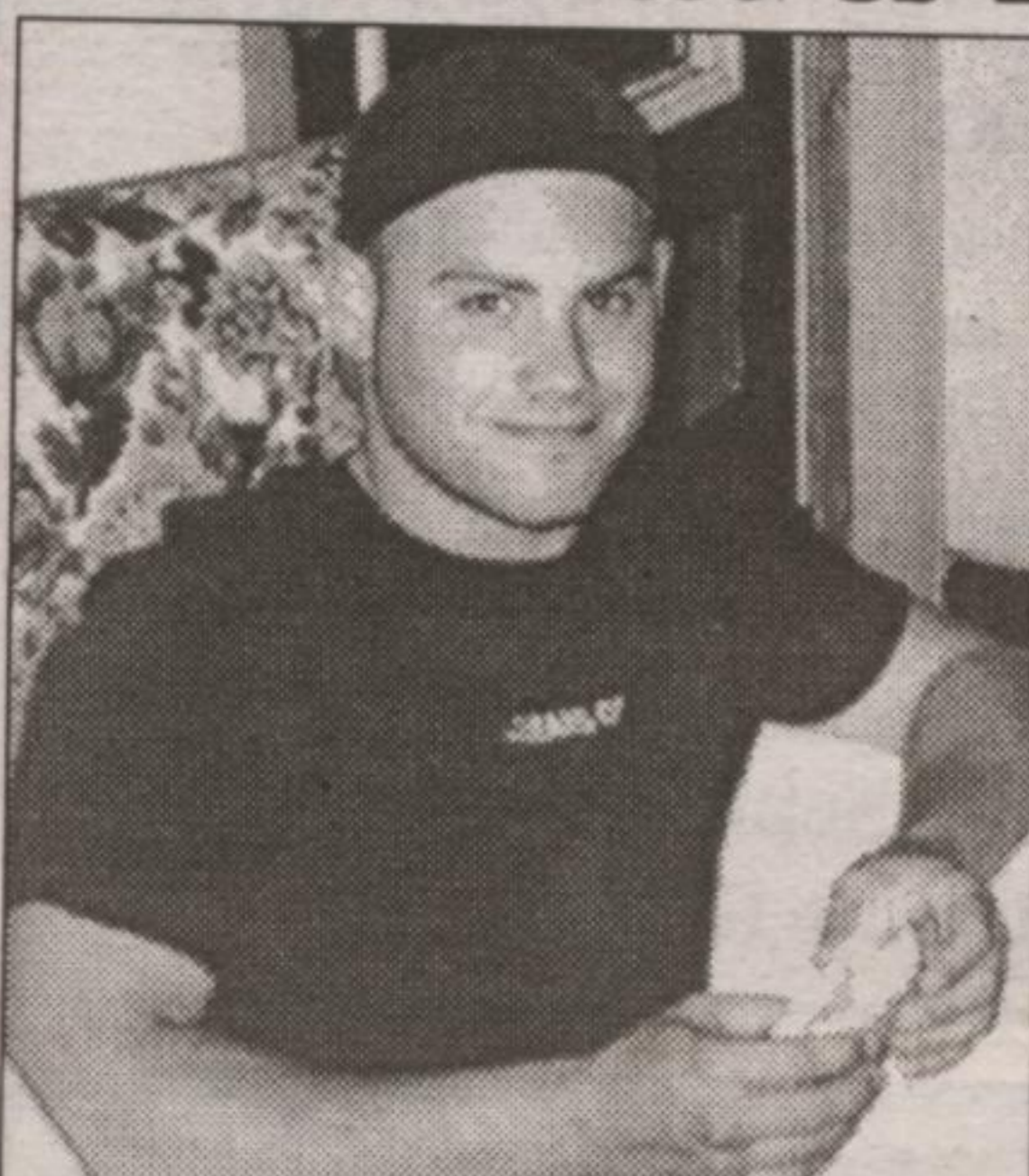


Acton Dance registration set for Saturday

Acton School of Dance fall registration will be held tomorrow (Saturday) 10 a.m. to noon at St. Alban's Parish Hall, 19 St. Alban's Dr., Acton. For information call Susanne Keith, 853-0390.


Look Who is 20 Now



HAPPY BIRTHDAY TREVOR

from Mom, Dad & Scott

Acton Agricultural Society presents
A HORSE TRAINING DEMONSTRATION
 by Greg Barrington
SUNDAY AFTERNOON September 17th
ACTON FALL FAIR
Greg uses motivational response training also known as HORSE WHISPERING
 The difficult horses Greg works with are brought to him by owners seeking his help. He has absolutely no contact with the horses he trains, prior to getting into the ring with them.
Come to Acton Fair and see this amazing demonstration
 Other shows, rides and entertainment run all weekend long
ACTON FALL FAIR
 September 15, 16 and 17



Where do we find all these great recipes?

Lori and I have long been "foodies"—people who have an avid interest in, fascination of and love any anything to do with food. This includes cooking, eating and reading about food.

We attend food shows, seminars, demonstrations, events, read many cookbooks and subscribe to several cooking magazines.

Through our business we receive publications on the latest food products and trends, which help keep us and you up to date on what's happening in the food industry.

Eating out in the simplest and finest restaurants is a favorite pastime and fills us with a lot of ideas to try and duplicate.

Lots of our recipes are long-time family favourites, mostly those old-fashioned comfort foods. Some recipes come from my grandmother, my mother and various other relatives, neighbours and friends who have passed on their treasured specialities over the years.

My interest in cooking was really fulfilled in the mid-60s when I got married and was able to cook to my heart's content in my own home.

The first recipes I ever made at my parents home were apple and lemon pies and fudge—a definite sweet tooth. I prepared and baked so much more than we could eat that the neighbours were always receiving offerings over the fence, where we, of course, swapped recipes.

Lori and I peruse many cookbooks and have our favourites. Picture cookbooks are a bonus, but

What's cookin'?

Lori and Gerry Kentner



strangely enough some of our favourites have no pictures.

At home I have boxes of clippings from food packages and magazines (I write them out while waiting in doctors' offices), as I am sure lots of foodies do.

Some of these clippings are 30 or

more years old and I look at them occasionally and try one out and have a laugh at the changes in food trends over the years.

All of our recipes are tried and true, be it once or 100 times. Two of my favourite personal theories about recipes are:

- Be sure to pass your favourites to your children. They will be most appreciative to have a part of your heritage stay with them.

- When you find a new recipe you want to try, keep it near you in your mind, buy the ingredients immediately and make it that week, or it too will be in the closet forever.

Have fun and keep cooking.

Tomato-Mozzarella-Basil Tower

Ingredients (tower):

- 1/2 lb. fresh mozzarella cheese (bocconcini)
- 2 large red tomatoes, sliced
- 1 large yellow tomato, sliced
- 1/2 tsp salt
- 1/2 cup fresh basil leaves
- 3 tbsp olive oil
- fresh ground black pepper
- fresh basil leaves for garnish

Ingredients (dressing):

- 2 tbsp pine nuts*
- 2 tbsp chopped fresh basil
- 1 tbsp garlic, minced
- 1/4 cup balsamic vinegar
- 1/2 tsp salt
- 1/2 tsp cracked black pepper
- *1/2 cup olive oil

Method:

1. Remove cheese from brine, and cut into 12 slices.
2. Sprinkle tomato slices evenly with salt.



3. Alternate tomato slices, 3 cheese slices and 3 basil leaves into a stack. Repeat with remaining tomato slices, cheese slices, and basil leaves.

4. Drizzle with olive oil.

5. Cover and chill 4 hours.

6. To make dressing, process pine nuts, basil, garlic, balsamic vinegar, salt and pepper in a food processor until smooth.

7. Stop and scrape down the sides.

8. Turn food processor back on and add the oil in a slow, steady stream.

9. Before serving, place tower on each guest's plate, sprinkle with fresh ground pepper and garnish with fresh basil leaves. Serve with dressing on the side.



CCAC HALTON

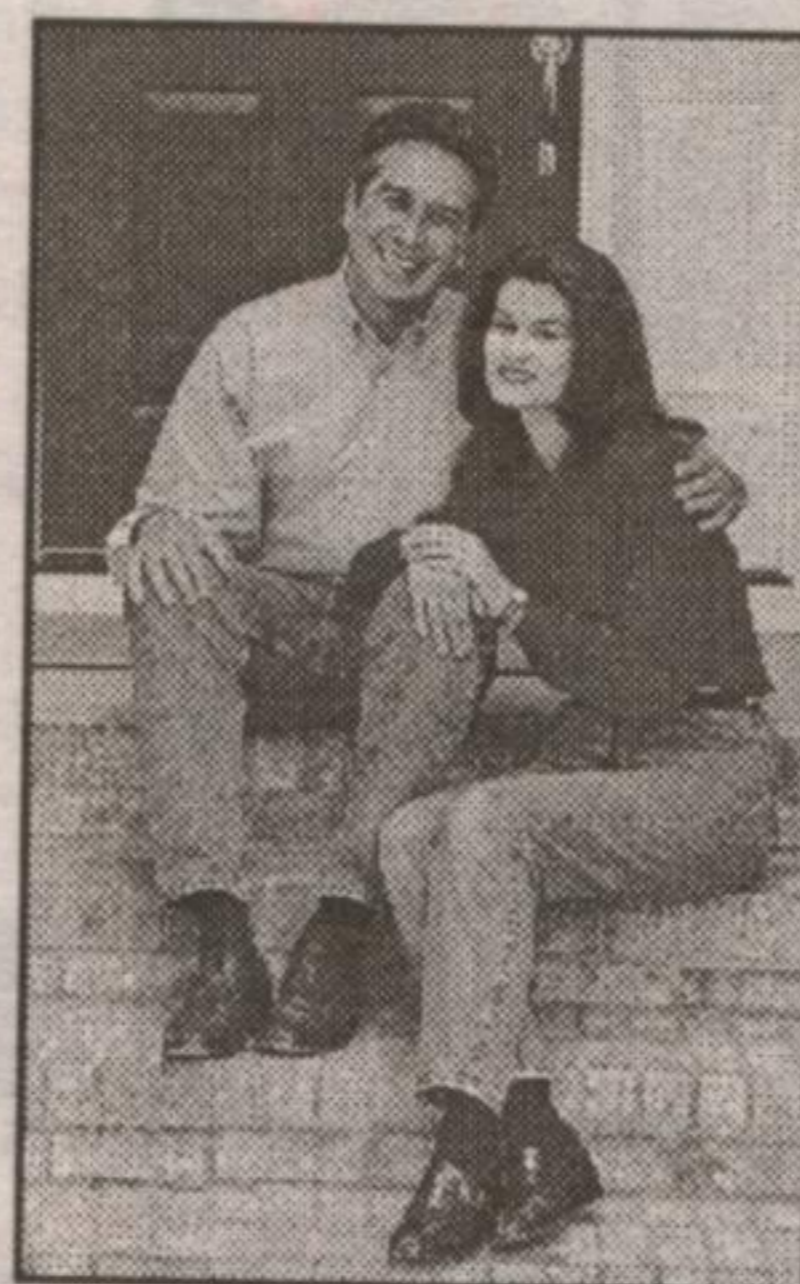
Getting to know the Community Care Access Centre (CCAC) of Halton

- The Community Care Access Centre of Halton provides quality services for home care, referrals to nursing homes and health information to Halton residents.
- The Community Care Access Centre of Halton helps the elderly, people with disabilities and those who are seriously ill to stay in the comfort of their own homes for as long as possible. We will also help you to find a home for your loved one when living independently is no longer a safe option.



- There are many community agencies in Halton to serve your needs. If you are looking for help and don't know where to turn, call the Community Care Access Centre of Halton and ask to speak with a member of our Information and Referral Team.

- The Community Care Access Centre of Halton is easy to contact. If you, a family member or friend needs home care services, personal support or placement into a nursing home, you can reach us 7 days a week, 8:30 a.m. to 10:00 p.m. by calling (905) 639-5228 or, toll free at 1-800-810-0000. There is no cost to the client for direct services provided by the CCAC. Services are funded through the Ministry of Health and Long-Term Care.



CLIP AND SAVE

CCAC of Halton Annual General Meeting

Wednesday, September 20, 2000
 Commencing at 7:00 p.m.

Halton Regional Centre, Auditorium
 1151 Bronte Road, Oakville

Speaker: Harry van Bommel
 Family Caregiver, Renowned Speaker and Author of:

- Caring for Loved Ones at Home
- Family Hospice Care – Pre-planning and Care Guide

Please R.S.V.P. to

Roberta Calderbank (905) 639-5228, ext. 8746
 or toll free 1-800-810-0000

Open Board Meeting Dates
 ~note new time!~

- ➔ October 18, 2000; 6:30 p.m.
 CCAC of Halton,
 440 Elizabeth Street, 4th Floor, Burlington
- ➔ November 15, 2000; 6:30 p.m.
 Milton Police Station,
 490 Childs Drive, Milton
- ➔ December 20, 2000; 6:30 p.m.
 CCAC of Halton,
 440 Elizabeth Street, 4th Floor, Burlington

For further information regarding Board meetings, please contact Linda Ferras at:
(905) 639-5228, ext. 8921
 or call toll free 1-800-810-0000

How to contact us:

Phone Numbers:
 (905) 639-5228
 or toll free:
 1-800-810-0000

440 Elizabeth St., 4th Floor, Burlington

Visit our website:
 www.ccac-halton.on.ca

Telephone Inquiries: 8:30 a.m. - 10:00 p.m. daily

Office Hours (open to the public):
 8:30 a.m. - 4:30 p.m. (Monday - Friday)