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## Author chronicles Acton's history

Acton's history— from its beginning in 1823 with the arrival of saddlebag preacher Ezra Adams through to recent years— is featured in a book by a local historian.

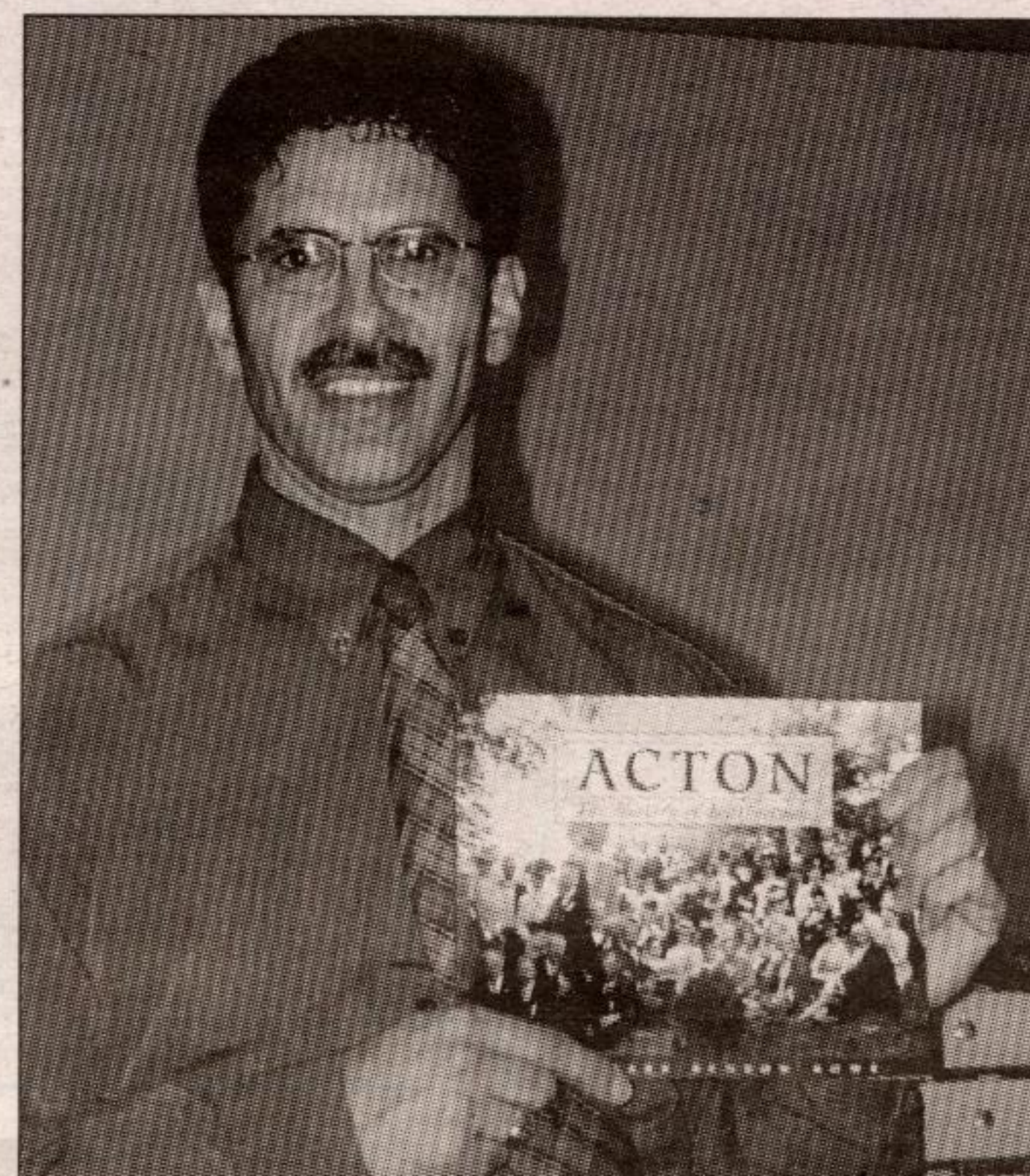
Author Mark Rowe, a member of the Esquesing Historical Society, who was raised in Acton, decided to write the book entitled *Acton The History of Leathertown* because there was no history of the town available.

The book is a project of the Esquesing Historical Society, which received funding from the Trillium Foundation for the book. All proceeds raised from the sale of the book goes to the society to improve the archives, which are open to everyone to use at Georgetown Library.

"I have always wanted to do one," said Rowe of the book. "As a historian I've been collecting information for years and years, it wasn't as if I was starting from scratch."

Rowe, who about 10 years ago published a book on Georgetown's history, said it took him several months to complete the book which features a history of Acton, interspersed with more than 80 historical photographs.

"I tried to look for themes in history I could group chapters around," said Rowe, who admits at times it was difficult not to delve further into various aspects of the town's history because it would not fit with the book which provides a survey history of Acton.



Local historian Mark Rowe has written a book entitled *Acton The History of Leathertown*. The book is project of the Esquesing Historical Society.

Photo by Lisa Tallyn

Chapters in the book include *The Early Years, Transportation: The Key to Prosperity, The Leather Industry: The Foundation Years, The March to Incorporation, Good Times and Bad Times and Leathertown.*

Scattered throughout the book are historical profiles of the town's many churches.

Rowe is pleased with how the project turned out and enjoyed the process.

"I really do enjoy it. I love writing history," said Rowe, a teacher at St. Brigid School in Georgetown.

He added that, while he loves doing research and writing, he wasn't a big fan of editing.

The book, which came out last June, has been selling well. He said to date approximately 1,000 copies have been sold.

The book, which sells for \$24.95, and is available in Acton at The Olde Book Store and Wetherby's, as well as The Freckled Lion and A Novel Escape in Georgetown.

—By Lisa Tallyn, staff writer

## Candida and Yeast Can Cause Serious Health Problems Many Canadians Have Candida And Do Not Know It

"When one thinks of Candida or yeast the first thing that comes to mind is a yeast infection. While this is often the case, Candida can lead to a wider range of health problems. Fatigue, allergies, migraines, insomnia, nausea, mild depression, and poor skin are some of the problems that a person may encounter. However, a more serious issue is how Candida can spread throughout the body and become the underlying cause of more serious health problems.

Brenda Watson, a noted health professional and expert on the topic states, "Candida is technically a digestive mold or yeast. When out of balance, Candida becomes parasitic, stealing nutrients from our body and depositing toxic waste into our body".

"Candidiasis is a medical condition that occurs when common digestive yeast (such as Candida) overgrows to the point that is has become a medical problem. If this overgrowth is not controlled, Candida can leave the digestive system, enter the blood stream and travel throughout the body. In this situation, Candida can spread to the vagina, urinary tract, skin, finger and toe nails, mouth, organs, and tissues. If left untreated, the toxins produced by Candida can overwhelm the immune system and lead to disease".

Candida affects both men and women. "Men should not be fooled into thinking that only women get Candida and yeast related problems" states Watson.

"There are two questions that I always receive regarding Candida. First, how can I tell if I have Candida? Second, what can I do to fix the problem?

"The easiest way to know that you may have a problem with Candida is to fill out a Candida Self Test Questionnaire. This test was developed by a medical doctor and has been used around the world to figure out if you have, or are at risk for, Candida problems".

"As far as correcting the Candida problem, this can be done using a 15 day cleansing program called CandiGONE". CandiGONE is a two-part program that contains a powerful herbal formulation that helps destroy Candida and yeast. The program is easy to

follow and very effective. In chronic cases, it may be necessary to complete the program twice to ensure that the Candida problem is dealt with" says Watson.

In addition to this 15 day cleansing program there are two support products that can be used with CandiGONE to enhance it effectiveness. These products are called CandiZYME and FibreSMART.

CandiZYME is a powerful enzyme based product that actually destroys the cell wall of Candida. "This is a revolutionary product for helping destroy Candida and yeast" states Watson. CandiZYME can be taken along with the CandiGONE 15 day program to enhance its success. It can also be taken after the program as a preventative for future problems.

FibreSMART is a flax-based fibre product that is 50% soluble fibre and 50% insoluble fibre. FibreSMART is works to 'pick up' and eliminate the Candida and yeast cells that have been destroyed by using CandiGONE and CandiZYME.

### Not Sure If You Have Candida? – Take this simple test

Answer 'YES' or 'NO' to the questions below. If you answered 'YES' to three or more questions, call or visit your local health food store and ask for your FREE copy of 'Candida is a Serious Health Concern' by Brenda Watson, C.T. and take the full version of the Candida Self Test Questionnaire.

1. Have you ever had a yeast infection?
2. Have you ever taken antibiotics?
3. Have you ever taken the Birth Control Pill?
4. Do you crave sugar or eat it daily?
5. Do you crave bread or eat it daily?
6. Do you crave alcoholic beverages or drink them regularly?
7. Do you have bloating, burping, or gas?
8. Are you fatigued or get tired easily?



To learn more about the 15 day Candida program call or visit

Nutrition House  
Georgetown Marketplace Mall  
280 Guelph Street  
905-702-8204

## Town takes over fund

The Town of Halton Hills will become the trustees of the Limehouse Presbyterian Church's Care and Maintenance Fund for its cemetery.

The church requested the town take over the \$11,000 fund after a revised Cemeteries Act was passed requiring the funds to be held by a trust company or credit union, or, if the total is under \$50,000, with the town.

## FUTURE SHOP CORRECTION NOTICE

• On page 16 of our weekly corporate flyer dated May 9th to May 15th we advertise the Hoover Wind Tunnel V2 Canister Vacuum (SKU #10026033) at the price of \$249.99. This is an incorrect price. The actual price for this vacuum is \$349.99.

We sincerely apologize for any inconvenience this may have caused our valued customers. Thank you