

Teen 'Creature Feature' at library

Teens are invited to Halton Hills Public Library to see "Them!", the

first film in a free series of classic movies for teens. In "Them!", a horror horde of crawl-and-crush giants claw out of the earth from mile-deep catacombs! Join us on January 5 at 2 p.m.

at the Acton Branch on River Rd. The film is rated PG, is for teens 12 and up and is free. For more information call 519-853-0301 or visit www.library.hhpl.on.ca

OUTLOOK 2008: A KATE WARNE SUMMIT

Recent market turmoil may have made some investors wary. The value of the Canadian dollar, global oil prices and concern about the health of the U.S. housing market, have led some to worry about the effects on the economy and the markets.

Join us as Edward Jones Canadian Market Strategist Kate Warne addresses the outlook for 2008. She'll put the key issues and their potential impacts into perspective and help give you ideas on how to invest.

For free admission to this special broadcast presentation, call or visit today.

Date: 01/15/2008
Time: 11:30AM - 12:30 PM and 6:30 PM - 7:30PM
Place: Edward Jones 315 Queen St. East Acton, ON.

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Knox Presbyterian Church



44 Main St. N PO Box 342
Acton, Ontario L7J 2M4
(519)853-2360

In a world of change, come and worship the unchanging God.

Sunday 10:30 a.m.

Jan 6 : STRANGE WAY IN, NEW WAY OUT
Matthew 2:1-12
Jan 13: POWER IN THE NAME Exodus 3:13-15
Matthew 1:18-21, Acts 2:17-21
Jan 20: UNITY SERVICE - Royal Canadian Legion
Jan 27 LETTING GO OF OUR NETS Matthew 4:12-23

INDIAN RIVER DIRECT CITRUS TRUCKLOAD SALE

ACTON

TUES. DEC. 18, 12:30PM - 2:30PM
THE OLDE HIDE HOUSE PARKING LOT
(Eastern & Mill)

20 LB BOX OF FLORIDA
Seedless Navel Oranges **\$20.00**
or Ruby Red Grapefruit **PER BOX**

Massage therapy business located in the downtown

By Justina Pembleton

Acton has got its very own massage therapy business, owned and operated by Kasia Sitarz.

'Body Movement Therapeutics' celebrated its Grand Opening on Sun, Oct. 14 at X Marks the Fitness Spot in downtown Acton. Sitarz, a registered massage therapist, is offering a variety of services to the residents of and around Acton including specific treatments for lower back pain, deep tissue massage, stiff neck and headaches, Scoliosis, Bursitis/Tendonitis, Osteoporosis, pregnancy and much more. Each first time appointment includes a full assessment before your time begins and hydrotherapy (hot and cold) is also included with every treatment.

Massage therapy is the assessment and treatment of soft tissue and joint manipulations of the body. Massage is used to relieve pain, restore function and improve health. Specific techniques are used which affect the circulatory, musculoskeletal, nervous, digestive and respiratory systems.

Hydrotherapy, remedial exercises, postural correction and specialized massage techniques may also be used in treatment.

Sitarz has been working directly with X Marks the Spot for the last six years as a personal trainer and, after completing her schooling with the Canadian College of Massage and Hydrotherapy with honours, is looking forward to building a satisfied clientele with the residents of Acton.



BODY MOVEMENTS: 21-year-old Kasia Sitarz opens Body Movement Therapeutics', a massage therapy business, in X Marks the Fitness Spot in downtown Acton.

Sitarz grew up in a very sports oriented environment, participating in everything from volleyball, basketball and running, to badminton and tennis. She received the 'Tri-Achievement Award' while in high school which recognizes community, academic and athletic commitment, and hopes to one day sponsor the award.

Sitarz worked with the University of Guelph and Wilfred Laurier's football and running teams, breaking down scar tissue and putting injured athletes through rehab. She also helped prepare the University of Guelph's running team for Nationals.

Although Sitarz specializes

in Sports Therapy, she is fully qualified to offer services related to massage therapy and has worked with hospitalized and terminally ill patients.

"I want to build bigger and eventually turn this into a sports training facility," said Sitarz.

'Body Movement Therapeutics' holds an "open door" policy, meaning that when the door is open, feel free to stop in with any questions or concerns you have regarding massage therapy. Sitarz offers a take-home package that explains everything you need to know about massage therapy and the services offered at 'Body Movement Therapeutics.'

JANUARY SPECIAL!

SIGN UP NOW FOR A 3 MONTH FULL USE MEMBERSHIP

- get the 4th month FREE
- also receive a FREE 30 minute Nutritional Consultation with Naturopath, Dr Nicole Meier N.D.

regular price \$199 **NOW \$160+GST**

UPCOMING LECTURE SERIES

Weight Training
Create a Program for 2008
with
Local Female Fitness Competitor

Judith Kirkness

Saturday Jan. 12
10:00am - 12:00pm

staying *live*
FITNESS INC
11 Main Street North, Acton ON

Call for details
(519)853-2650

CARRIERS WANTED

**Needed for Downtown
Business Area
Also available:**

- St. Albans • River St.
- Willow St. (from River to Mill)
- John St., Elgin, Frederick,
• Wilbur, (from Bower to Mill)
- Cobblehill • Holmesway
• Victoria
- Church (from Victoria to Hwy 25)
- Ransom St. • Adams Crt

Main St. (From Cobblehill to Kingham - West side only)

No collecting!
Call Marie at 853-0051 days
or evenings at 853-1779

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