## **Teen 'Creature Feature' at library**

Halton Hills Public Library to see "Them!", the



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

Archie Braga **Financial Advisor** 315 Queen St. E. Unit #2 Acton, ON L7J 1R1 519-853-4694

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Edward Jones MAKING SENSE OF INVESTING



Teens are invited to first film in a free series of at the Acton Branch on River Rd. The film is rated In "Them!", a horror horde PG, is for teens 12 and of crawl-and-crush giants up and is free. For more information call 519-853mile-deep catacombs! Join 0301 or visit www.library.

## Tanner ads work Call Marie 519-853-0051

**Knox Presbyterian Church** 44 Main St. N PO Box 342

Acton, Ontario L7J 2M4 (519)853-2360 In a world of change, come and

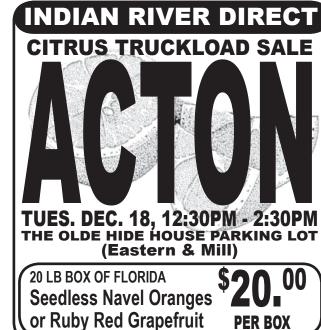
worship the unchanging God.

## 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







## **New Business 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.

Call for details

(519)853-2650



**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.<sup>3</sup>

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 Тне