

**WEEKEND QUIZ**

1. Who wrote the 1898 book 'The War of the Worlds'?
2. In our solar system which is the 5th planet from the Sun?
3. Simon and Garfunkel's song Mrs Robinson featured in what 1967 film?
4. What was Smokey Robinson's most famous band called?
5. Cher's partner was Sonny ... who?
6. What is the US state capital of Florida?
7. What is the title of the Beatles first feature film, released in 1964?
8. What was the first name of the wife of US President George Washington?
9. In which direction can a bishop move on the board during a game of chess?
10. In which US city was Dr. Martin Luther King assassinated in 1968?

**This week's answers are found on pg. 21**

**ML McCOTTER  
LAW OFFICE**

**Stephen McCotter**  
Barrister, Solicitor & Notary Public

[www.mccotterlawoffice.com](http://www.mccotterlawoffice.com)

[stephen@mccotterlawoffice.com](mailto:stephen@mccotterlawoffice.com)

50 Water St. S., St. Marys

226-661-5297 519-284-2840

**BUSINESS OF THE WEEK****Cara Wicke, RHN, R.BIE**

Our Business of the Week this week belongs to Cara Wicke, a Registered Holistic Nutritionist and Registered BioEnergetics Practitioner who has worked out of the Stonetown Chiropractic and Wellness Centre since May. Wicke offers a range of services to improve wellness in her clients such as nutritional counseling, including nutrition for pre- and post-natal mothers, as well as pediatric and sports nutrition. She also provides weight management programs, detoxification programs, customized meal plans, grocery store tours, educational health talks and kitchen make overs. Besides graduating from the Canadian School of Natural Nutrition, Wicke also earned her designation as a Registered BioEnergetics Practitioner from the Institute of Natural Health Technologies.



She is excited to use her expertise in the natural, non-invasive and pain-free practice of BIE (Bioenergetic Intolerance Elimination) to help clients with issues ranging from food sensitivities to sleep disorders to menopause. "If you have an allergy or an intolerance of some sort, it's most likely because your body isn't recognizing that substance anymore," said Wicke, adding that BIE

is used to re-enter the frequencies of these substances back into the body so your body can recognize them and balance itself out, therefore alleviating suffering and symptoms" The most common food sensitivities she's been treating for people around St. Marys include dairy, gluten, meat, tomatoes and oranges. As it's non-invasive and pain free, the

treatment is ideal for pets and children, she said.

Wicke believes that nutrition and lifestyle choices can greatly impact all areas of your life and is excited to support and educate others in finding balance and a feeling of well being. She looks forward to offering her services to the St. Marys area and to assisting her clients in finding optimal health.

An initial consultation lasting between an hour-and-a-half and two hours with Wicke is \$150. Additional BioEnergetics appointments cost \$60. However, interested clients can book a free 15-minute consultation with Wicke at her office to find out more about her services. To book a consultation or appointment with Cara, call 226-661-0130 or email [info@stonetownchiro.com](mailto:info@stonetownchiro.com).

**IN TOWN & IN TOUCH**

**AL  
STRATHDEE**

*FOR MAYOR*

*Questions or Concerns?*  
**Contact AL  
ANYTIME!!!**

Tel: (H) 519-284-0139 or (B) 519-284-9999

Email: [alstrathdee@gmail.com](mailto:alstrathdee@gmail.com) / Web: [www.strathdeeformayor.ca](http://www.strathdeeformayor.ca)

Follow Al on facebook at: Strathdee for St. Marys

**SEE AL AT THE ST. MARYS FARMER'S MARKET SAT. SEPT. 20th**