

**WEEKEND QUIZ**

- 1) In the T.V show "The Simpsons" who is the next door neighbor to the Simpsons?
- 2) Who is Mario's Brother called in Super Mario Bros?
- 3) What gaming company made the game "Grand Theft Auto"?
- 4) What season does the big dipper come out in?
- 5) Where is the smallest bone in your body?
- 6) According to the Bible, Eve gave birth to a third son after Cain killed Abel – what was his name?
- 7) In the nursery rhyme 'Sing a Song of Sixpence', where was the Queen?
- 8) Complete the proverb; "A prophet is not recognised..."
- 9) The former 'Republic of Rhodesia' is now which country?
- 10) Which colour moves first in a game of chess?

**This week's answers are found on pg. 13**

## St. Marys Independent

advertising to fit any budget

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# BUSINESS OF THE WEEK

## KATHERINE BALLANTYNE REGISTERED MASSAGE THERAPIST

Starting August 5th, Registered Massage Therapist Katherine Ballantyne will be joining the professional, well-rounded team at Stonetown Chiropractic & Wellness, located at 19 Water Street South.

As a resident of St. Marys for the past 10 years and a mother of three, Katherine is "excited to stop commuting and be closer to her family, and very eager to join the talented wellness team at Stonetown Chiropractic & Wellness."

Katherine graduated from Brock University with a 4 year Honours Bachelor of Arts, Majoring in Health

Studies in 1998. After university she attended the Canadian College of Massage and Hydrotherapy and graduated with First Class Honours in 2000. Katherine has always been interested in health sciences and continues to challenge herself to learn more about the human body, how it functions normally and how to help fix the body when injury and dysfunction occurs.

With her caring nature and extensive experience, Katherine provides treatment oriented massage for acute and chronic injuries, post-surgery

scar care, lymphatic problems, headaches, and musculoskeletal complaints related to stress, work, and life in general. Katherine is trained in a number of massage techniques

release, trigger point therapy, therapeutic deep tissue, sports massage, pregnancy massage, and PNF stretching. Katherine loves a challenge, and aims to personalize



In the group shot, from left to right registered massage therapist Katherine Ballantyne, chiropractor Dr. Lindsay Drew, Holistic Nutritionist Cara Wicke, and Receptionist Megan Mitchell.

including Swedish massage, every session to the client's needs.

Swedish myofacial

Starting August 5th, Katherine and will be offering the following hours five days a week to try to best suit the needs of the community: Monday & Wednesday 2pm-8pm and Tuesday, Thursday, and Friday 9am-3pm.

Stonetown Chiropractic offers a variety of natural, safe and effective health care options for the community including Chiropractic, Acupuncture, Registered Massage Therapy, Holistic Nutrition & BioEnergetics Intolerance Elimination.



## STONETOWN CHIROPRACTIC & WELLNESS CENTRE

### Katherine Ballantyne, HBA, RMT REGISTERED MASSAGE THERAPIST

**19 Water Street South  
St. Marys, ON N4X 1A6  
226-661-0130**

**New Patients Always Welcome!  
Monday - Friday Appointments Available**

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

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### SUMMER HOURS:

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