

FREEDS

FALL/WINTER 2025
ISSUE TWENTY EIGHT

IMAGE

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MICHAEL PICCIONI

The CanAm Currency Exchange
CEO combines entrepreneurship,
education, and family values to
reshape how Canadians invest
and protect their wealth.



Choosing the Right Body Shop After an Accident: Insurance-Approved vs. OEM-Certified Independent

After an automobile accident, one of the most important decisions a driver faces is where to have the vehicle repaired. The choice largely depends on priorities such as repair quality, convenience, and how much involvement the driver wants in managing the insurance process. While insurers often suggest “preferred” shops, drivers are never required to use them—they have the legal right to select any repair facility they trust.

INSURANCE-APPROVED SHOPS

Insurance-approved, or “preferred,” shops are part of an insurer’s network because they’ve agreed to specific pricing and streamlined claims processes. This often makes repairs quicker and less stressful:

- **Faster claims handling** – The shop manages much of the paperwork directly with the insurer.
- **Convenience** – Repairs and payments typically move more smoothly.
- **Guarantees** – Many of these shops back their work with warranties.

However, there are trade-offs. Because of cost-saving agreements, some insurer-preferred shops may use aftermarket (non-OEM) parts or emphasize speed over meticulous repair standards. While this keeps costs down, it could affect your vehicle’s long-term safety, performance, and resale value.

OEM-CERTIFIED INDEPENDENT SHOPS

On the other hand, OEM-certified independent shops focus on restoring vehicles to factory specifications. These facilities invest in specialized training and use manufacturer-approved repair procedures and original parts. Their advantages include:

- **Factory-standard repairs** – Ideal for maintaining advanced safety systems in newer vehicles.
- **Higher repair quality** – OEM parts and methods help preserve performance and resale value.
- **Personalized service** – Independent shops often provide more one-on-one attention.

The main drawback is that insurance claims may take longer since these shops are usually “out-of-network.” This means the driver may need to handle more communication and coordination with their insurer.



KEY CONSIDERATIONS

When choosing between the two options, keep in mind:

- **Your Right to Choose** – You are never obligated to use your insurer’s preferred shop.
- **Convenience vs. Quality** – Insurance-preferred shops offer speed and ease, but may compromise on OEM standards.
- **Long-Term Value** – OEM-certified shops are best for drivers prioritizing safety, warranty alignment, and resale value.

Insurance Coverage – Both options are generally covered, but out-of-network shops may require more effort during the claims process.



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Welcome to the Fall edition of FREEDS Magazine, a vibrant tribute to the core values that shape our identity: outstanding fashion, strong community roots, and a deep bond with those we serve. This issue celebrates the creativity, passion, and commitment that make our community truly unique, and we're excited to share these inspiring stories with you.

We're honoured to highlight a diverse range of fashion brands, with a special emphasis on Canadian designers. In this issue, we feature the inspiring Michael Piccioni, the Windsor-based CEO of CanAm Currency Exchange, who stands out as both a strategist and a community voice. As the founder and CEO of CanAm Currency Exchange, a company specializing in foreign currency exchange and precious metals trading. We also dive into the artistry of tailored elegance with our custom Freeds Made-to-Measure Experience, which elevates fall and winter fashions with timeless sophistication and personalized precision. Complementing this, Autumn Layers: Coppley's Fall 2025 Collection showcases effortless elegance, blending warmth, style, and versatility for the season. Additionally, our FREEDS Fall Fashion feature highlights the latest trends and curated looks, offering inspiration to elevate your wardrobe with bold, seasonal style. Rounding out the season's delights, we spotlight some of Windsor's finest local restaurants.

To our cherished FREEDS family—whether you've been with us for years or are just beginning to explore our story—we are profoundly thankful for your support. Your presence fuels our commitment to championing quality fashion, local connections, and the relationships that unite us. Thank you for being part of this remarkable journey.

Warmly,

Ari Freed, Derek Freed, Evan Freed & Dan Orman

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LOYAL FRIENDS OF FREEDS -
NED AND ROBERT PICCININI



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THE FANCSY FAMILY HOSPITAL

HONOURING THE LEGACY OF JOHN THOMAS FANCSY



This extraordinary act of philanthropy is a testament to John's vision for the community he loved so deeply.



– Ashley Weeres, Interim Executive Director of Windsor Regional Hospital Foundation



To recognize and celebrate a transformational gift of approximately \$40 million from the late John Thomas Fancsy, the New Windsor/Essex Acute Care Hospital will be named The Fancsy Family Hospital.

John Fancsy was a lifelong resident of Windsor-Essex who cared deeply about his community. He was a brilliant engineer with family roots in the automotive sector, and he was instrumental in growing the local wine industry as the co-founder of Viewpointe Estate Winery.

In a remarkable act of generosity, John chose to leave a very generous donation to the new hospital in his will: a lasting gift to the community he loved.

John's gift marks a milestone in the realization of our new hospital and is a powerful demonstration of the impact of planned giving. John's visionary legacy will help ensure the health and wellbeing of Windsor-Essex for generations to come.

Windsor Regional Hospital Foundation will be forever grateful to John Fancsy for his incredible generosity and vision.



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MICHAEL PICCIONI

The Windsor-based CEO
of CanAm Currency

The CanAm Currency Exchange CEO combines entrepreneurship, education, and family values to reshape how Canadians invest and protect their wealth.

In Windsor-Essex's financial and business circles, Michael Piccioni stands out as both a strategist and a community voice. He is the founder and CEO of CanAm Currency Exchange, a company specializing in foreign currency exchange and precious metals trading. His work extends beyond the exchange market, reflecting his commitment to providing financial education and solutions that safeguard the well-being of Canadian families.

Whether through personalized consultations, producing and participating in podcasts, or creating online educational content, Michael works hard to reinforce his mission of making investments accessible, safe, and strategic. But no matter how demanding his career becomes, his most significant commitment has always been to his family. For him, being a successful entrepreneur cannot come at the expense of his presence as a husband and father. "You can definitely be all," he adds. "I've been doing it for a while; it's not an easy task. You may have to stay up a little later sometimes or get up a little earlier in the morning, but at the end of the day, my family is the most important thing in my life."

Michael was born and raised in Windsor and built his life in LaSalle, maintaining strong ties to the local community. From an early age, he demonstrated an interest in finance, which led him to pursue a solid academic foundation. He earned his undergraduate degree in Business Administration at the University of Windsor and later completed his MBA at Wayne State University in the United States.

His professional career spans over 20 years in the North American financial sector. During this time, Michael gained strategic expertise in investments, risk management, and client service, developing a broad perspective on market dynamics and the importance of portfolio diversification. In February 2017, he decided to transform his expertise into a business of his own and founded CanAm Currency Exchange.

From Local Startup to National Player

Since its founding, CanAm has grown from a small local operation to a national presence, serving more than 100,000 clients and processing transactions exceeding \$1 billion. Under Michael's leadership, the firm has expanded consistently by 20–30% annually, reaching milestones such as serving 500 clients per day.

Today, the company employs 14 staff members who ensure fast, efficient, and personalized service, both in person and online. "I think our service is really what separates us," he says. "We answer all of our phone calls promptly and respond to all customer inquiries right away. Our staff and customer service are what separate us from the rest of the competition."



"I think there's never been a more important time in the history of our lives to own precious metals than right now."



“Over the next five years, silver could increase 10 to 20 times in value. This is an opportunity of a generation.”

Another advantage of CanAm is they're offering currency exchange rates that are up to 3% better than those of banks, providing a significant saving for clients exchanging larger sums. "Our exchange rates are the best in Canada. For example, when you are going on vacation, if you buy US\$5,000, you are going to save \$150 by exchanging with us versus the banks," he explains. "It gets better for people who work in the US. If you are making US\$100,000 a year and saving 3%, that is \$3,000 that you are going to save every year, and then over the course of your career, that can really add up."

CanAm's mission goes beyond currency exchange. The firm also offers fast, secure, and cost-effective solutions for individuals and businesses involved in international transactions. All services are available online. "Our platform allows customers to view rates, book trades, and set rate alerts. We have an app for the foreign exchange and now we are also launching an app exclusively for precious metals," he said.

Precious Metals as a Strategic Focus

Precious metals trading has become one of the company's main areas of focus, and in recent years, Michael has steered part of its growth toward this market. Gold, silver, and platinum have stood the test of time as enduring symbols of security and value.

During periods of economic instability, they regain prominence among investors seeking protection and stability.

"I think there's never been a more important time in the history of our lives to own precious metals than right now," said the business leader. "Unlike cash, which loses value over time, they maintain value and can safeguard entire portfolios. Everyone should own them; it's an insurance against all financial risks."

Michael points to growing reasons for investors to consider precious metals, especially given the potential for a global crisis. "I think the economy is going to go through a really difficult time. I also believe we're going to go through a recession, maybe a depression, and inflation is going to continue to get worse," he explained. "But if you invest in precious metals, they should go up significantly, which will allow you to be able to absorb some of those additional increasing costs because your investment has performed well."

As tangible and durable assets, precious metals have maintained their value across centuries, unaffected by political shifts, crises, or market volatility. Experts also highlight the liquidity of gold and silver, which can be traded easily anywhere

in the world, providing investors with the flexibility to convert them into cash quickly when needed. Beyond investment purposes, these metals are widely used in technology, medicine, and industry, ensuring steady demand. Additionally, they serve as a reliable means of preserving family wealth, as precious metals can be passed down as a stable inheritance.

Historically, gold has proven its long-term reliability, having increased in value over 100 times since 1970. Michael sees silver as particularly promising, calling it an unprecedented investment opportunity. "Over the next 5 years silver could increase 10 to 20 times your investment. This is an opportunity of a generation. If somebody is just sitting on \$10,000 in their bank and you put that in silver, you could potentially make 10 to 20 times your investment. The value grows to \$100,000 - \$200,000 and you're able to save yourself from what's coming."

For those who might be hesitant to take the first step, the entrepreneur's advice is straightforward: "Do your research, watch videos, listen to podcasts and learn about precious metals. Once you understand, you'll see why it's essential to own them."



Sport Coat: 7 Downiew St.
Shirt: 7 Downiew St.



Sport Coat: Fradi
Sweater: Gran Sasso Knit
Shirt: Elite
Jeans: Paige

Commitment to Family Life

Outside the corporate environment, Michael also has much to celebrate. He is married and is the father of two children, ages 13 and 10. When he is not focused on finances, he devotes most of his time to family, leisure, and exercise. For him, balancing career and family life is essential. "I always choose family first," he says. "When I leave work at 5 o'clock, my work stays at work". He actively participates in his children's sports activities, coaching their basketball teams and traveling with them to competitions.

With a solid structure and well-trained staff, he effectively delegates responsibilities, ensuring the business grows while not compromising on personal and family moments. "As long as you train your staff properly, your business should thrive", he commented. "Your family life shouldn't have to be sacrificed for your company to succeed."

In addition to supporting his children's sports and education, Michael also teaches them financial literacy from an early age, encouraging them to invest in silver and track its performance. "They've been investing in silver for over 5 years now. So when they get Birthday or Christmas gifts, they're buying silver," he shares. "We look at the prices together so they know how their investments are doing. And now that they see the prices are going higher, they are really happy that they invested. They want to invest more."

Purpose and education

Michael's mission to spread financial literacy extends beyond his family. He invests heavily in education, creating content for social media and producing educational videos. He also hosts a podcast called The Gold Awakening, with more than 20,000 subscribers. His goal is to raise awareness about the importance of investing in safe assets, such as precious metals, and to help people understand the broader economic landscape, enabling them to make informed decisions. "I think we are living during very unique and difficult times for most people, financially speaking," he added. "That's why information and education are so important."

Recently, Michael's successful work was formally recognized with the Business Excellence Award in the Entrepreneur of the Year category, promoted by the Windsor-Essex Chamber of Commerce. He views this achievement as a reflection of his team's dedication, celebrating the award as a testament to their consistent growth and high-quality service. "It is always nice to be recognized in your community as a leader and it is a direct reflection of the success of the company. But it is an award that I share with my entire staff because, in my opinion, it's a team award. It's a very proud moment and I'm lucky that we can celebrate this."

Personalized consultations are available at CanAm to answer questions, provide guidance, and build investor confidence, making it easier for new clients to take their first steps. "Reach out to us, have a consult, sit down with me. We'll talk to you, answer all your questions, and make you feel more comfortable about your investment." You can book a consultation by phone, through the website, or at the CanAm headquarters located at 3234 Dougall Ave.



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“Everything is available here. Whatever he envisions, we can make it,”

FREEDS

The Art of a Perfect Fit: Made-to-Measure Experience

In a fast-paced world overflowing with information, presenting yourself with polish is a quiet but powerful advantage. For Dan Orman, co-owner of FREEDS, a well-tailored and high-quality suit guarantees the best impression in any situation, whether a job interview, a wedding, or a social event.

“You only have one chance to make a first impression,” he says. To him, a sharp and custom outfit is a personal statement. “It shows that the person cares about details. Before he even opens his mouth, the clothes tell you a lot about that individual.”

And that’s exactly what FREEDS has been doing for decades on the Made to Measure program: crafting stunning and exclusive suits for its clients. In an age of fast fashion, a suit created entirely for one individual stands apart. “The whole beauty of a custom-made suit by us is the fact that it’s made specifically for someone, fitting his body exactly”, affirms Dan. “Nobody else in the world can have the same piece,” he explains.

The process starts the moment an idea walks through the door. “The gentleman brings a vision, we look at that and make the product for him,” he explains. Next comes the cloth selection, an experience as exciting as the design itself. From timeless blacks and understated plaids, to crisp whites and bold patterns, the choices are virtually endless. “Everything is available here. Whatever he envisions, we can make it.” After the perfect fabric is chosen, precise measurements ensure a flawless fit.

Creating your own suit allows you to personalize everything, such as the type of cufflinks, buttons, and linings. There's even the option of fully customized linings with embroidered initials, a photo of a beloved pet, or a favorite team logo (although this process requires a longer lead time).

Choosing FREEDS is also about investing in locally made excellence. “You can buy suits anywhere, but our value and what we provide is the best around the area. This is a Canadian-made product, not something imported.” The garments are produced locally, mainly in Cambridge (by Coppley Apparel) or, in some cases, in Montreal (by Jack Victor), ensuring quality, efficiency, and speed above industry standards.

Beyond its exclusivity, the service is impressively quick, with minimal waiting time. The average turnaround is about 13 to 14 business days, less than a month for a finished piece, including fitting and final adjustments. The whole step-by-step is handled by professionals who understand precisely what each customer is looking for. “We continue to innovate and pivot to make the process better. The program is truly a way of making something your own.”





Dan points out a common misconception: that a tailor-made suit is financially out of reach. He notes that the team works to find options within different price ranges, making the investment worthwhile for special occasions. “Nothing stops us until the customer is completely satisfied. They will never leave the store until they are ecstatic with the way it fits, but also know that they got the best value he could for that product,” he emphasizes. FREEDS also hosts “Made to Measure” events twice a year, offering special prices.

What sets FREEDS apart isn’t just craftsmanship, but philosophy. “The most important thing is to understand what the consumer wants”. Despite its enormous size, FREEDS maintains a personal touch. “We’re a big store with a boutique mentality. Whether you’re buying a school uniform, a prom suit, or a shirt for Saturday night, we’re here to serve you, to give what you need, not just sell things to you.”

For the entrepreneur, the mission is to listen carefully, understand each person’s style and budget, and offer a product that truly meets those needs. “Our difference is the ability to listen and then get exactly what they want.”

For those inspired to experience the FREEDS Made to Measure program, booking an appointment, or simply visiting the store in person is easy. The team is ready to guide you through every step of creating a suit that is truly your own. Visit at 1526 Ottawa St, Windsor, or call (519) 258-6532 to schedule your consultation.



“We don’t stop until the customer is completely satisfied. They will never leave the store until they are ecstatic with the way it fits, but also know that they got the best value he could for that product.”



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FALL 2025

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FASHION

FREEDOM FALL WINTER '15

Brienna Tiessen
Heart Throb Ivory/Black Sweater: John + Jenn
Black Leather Skirt: 7 for all mankind
Black Leather Boot: Cole Haan

FREEDS FALL / WINTER 25

Laurick Matoubela
Suit: Coppley
Shirt: Tiger of Sweden
Tie: Dion
Puff: Serica
Belt: Bench Craft
Loafers: Mezlan Burgundy

FREEDS FALL / WINTER 25

Brienna Tiessen
Leather Jacket: Maurtue, Mocha
Blouse: Elan
Jean: DL1961
Burnished Leather Boot: Michael Kors
Sunglasses: Z Supply

FREEDS FALL / WINTER 25

Laurick Matoubela
Blue Corduroy Jacket: Blue Industry
Turtleneck Sweater: Horst
Brown Jean: Maui
Suede Belt: Anderson's Brown
Snuff: J&M



FREEDS FALL / WINTER 25

Brienna Tiessen
Sculpted Jacket: DL1961 Denim
Bridget Boot Jean: DL1961 Denim
Black Belt: Brave,
Bracelets: Accentrix
Black Boot: Cole Haan



FREEDS

FREEDS FALL / WINTER 25

Laurick Matoubela
Coat: Fradi
Turtleneck Sweater: Horst
Brown Jean: Mavi,
Boot: Bugatti

FREEDS FALL / WINTER 25



Laurick Matoubela
Pastel Blue Hoodie Sweatshirt: Boss
Navy Zip Jacket: Danini
Jean: Boss
Shoe: Cole Haan



Brienna Tiessen
Black Amour Sweater: John + Jenn
Black Slim Flare Pant: Vuori
Black/White Running Shoes: New Balance



FREEDS FALL / WINTER 25

FREEDS FALL / WINTER 25

Brienna Tiessen
Black Leather Coat: Mackage
Heart T-Shirt: Designed
Jean: Mother
Black Belt: Brave
Black Leather Boot: Cole Haan



FREEDS FALL / WINTER 25

Laurick Matoubela
Beige Corduroy Jacket: 7 Downie Street
Shirt: 7 Downie Street
Smoke Jean: Mavi
Belt: Anderson's
Messenger Bag: Boss
Brown Shoe: Robert Barakett

FREEDS FALL / WINTER 25

FASHION

Shoes: Capelli Rossi
(Made in Brazil)

FREEDS FALL / WINTER 25

Shoes: Boss



WHY SUPPORTING YOUR LOCAL HOSPITAL FOUNDATION MATTERS

By Andrew DeBoer

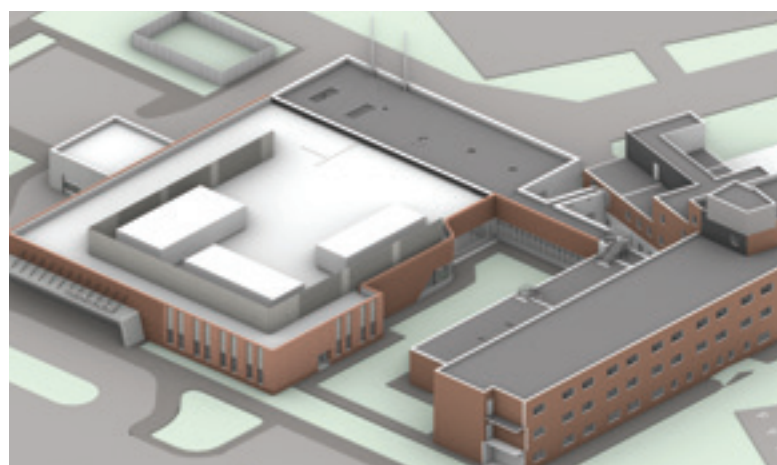
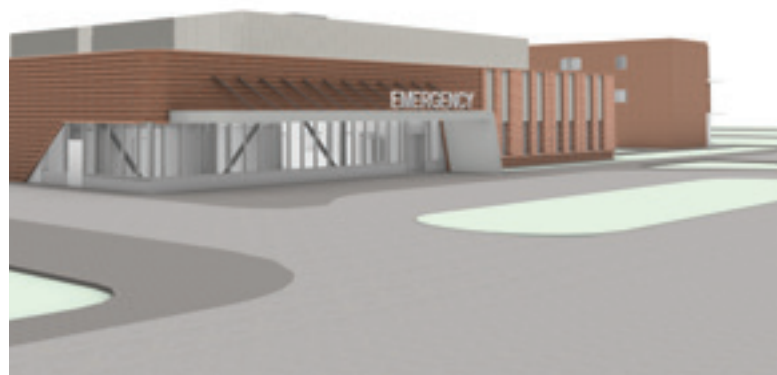
HOW COMMUNITY GENEROSITY POWERS EXCEPTIONAL CARE AT CKHA.

When most people think about how hospitals are funded, they assume that everything—buildings, staff, and equipment—is fully covered by the provincial government. After all, healthcare in Ontario is publicly funded, right? While that is true, what many do not realize is that government funding typically only covers operating costs such as salaries, utilities, and day-to-day expenses. When it comes to purchasing life-saving equipment, upgrading facilities, or investing in program innovation, it is up to hospital foundations like the Chatham-Kent Health Alliance Foundation (CKHAF) to bridge the gap.

And that gap is significant. On average, hospital foundations are responsible for raising roughly 10 percent of a hospital's annual operating budget. When major capital projects such as new buildings, redevelopments, or major expansions are required, that local share climbs closer to 30 percent, covering 10 percent of all construction costs, and 100 percent of new equipment costs. In Chatham-Kent, that means our community carries a big responsibility but also has an incredible opportunity to shape the future of healthcare for generations to come.

What Does This Really Mean?

Take the Wallaceburg Site Redevelopment Project as an example. This \$42+ million project will deliver a modern, 20,000-square-foot facility designed to meet the evolving needs of rural healthcare. It will feature larger patient rooms, state-of-the-art equipment, and a safer, more accessible environment for patients and families. The local share of this project is more than \$9 million, and CKHAF is tasked with raising every dollar through donations, pledges, sponsorships, and community events.



The same principle applies to equipment across both CKHA hospital sites. While some hospital equipment is funded by the province, a large portion—including much of the specialized and replacement equipment that frontline teams rely on every day—must be funded locally. Without the generosity of donors, sponsors, and event participants, many of the tools physicians and nurses count on would not be available when they are needed most.

TURNING GENEROSITY INTO IMPACT

CKHAF's newly released 2024-25 Impact Report offers a clear picture of what this support makes possible. From April 1, 2024 to March 31, 2025, the Foundation committed an impressive \$1,412,722 to Chatham-Kent Health Alliance, funding both critical equipment and innovative programs.

These investments touched nearly every corner of the hospital. In Cardiac Care, funds supported the purchase of a new MUSE Cardiology Information System, giving clinicians faster and more reliable access to vital patient data. In Diagnostic Imaging, CKHAF funded cutting-edge Rapid AI automated stroke imaging software, and two new ECG stress testing systems, helping doctors detect and treat life-threatening conditions sooner.

Support for the Oncology Clinic provided nine new IV pumps, along with a comfortable recliner chair for patients undergoing treatment. The Operating Room received three video laryngoscope kits, improving safety during anesthesia and intubation procedures. In the Women & Children's Program, donor support helped purchase two NICU chairs and breastfeeding room furnishings to provide a more family-friendly experience for parents and newborns. A new bladder scanner was added to Urology, helping to deliver more accurate diagnoses, while a brand-new fluoroscopy machine and procedural stretcher will benefit patients across multiple departments.



CKHAF's commitment did not stop at equipment. Funding also supported programs that improve patient experiences and outcomes, including CKHA's ER Dynamic Simulation Program, which trains care teams to respond to real-life emergency scenarios. The Foundation also supported CKHA's Patient Assistance Fund, helping patients who face financial hardship during their care journey.

Each of these investments represents a moment where community generosity was transformed into something tangible: a better diagnosis, a safer procedure, or a more comfortable experience for a patient in need.

WHY YOUR SUPPORT IS CRITICAL

Hospital needs are ongoing and ever-changing. Equipment wears out, technology evolves, and new standards of care emerge. Without strong, reliable funding from the community, CKHA risks falling behind. This can mean longer wait times, older equipment, and fewer opportunities for innovation.

Supporting CKHAF means investing directly in the quality of healthcare available in Chatham-Kent. It means ensuring that when you, your family, or your neighbours need care, whether for something routine or something life-threatening, you can trust that the hospital is equipped with the latest tools and technology to provide exceptional care close to home.



HOW YOU CAN MAKE A DIFFERENCE

There are many ways to get involved. You can make a one-time gift, commit to a monthly donation, pledge your support to the Wallaceburg Redevelopment Campaign, or attend one of CKHAF's signature fundraising events. Whether you are swinging a club at the annual Charity Golf Tournament or donning your finest attire for the Parade of Chefs Gala, every dollar you contribute has a direct and lasting impact on patient care.

Healthcare touches everyone. By coming together as a community to support CKHAF, we can ensure that exceptional care is not just something we hope for, but something we can count on now and for generations to come.

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34 Heritage

34heritage.com





Location: Spago's
Address: 690 Erie St E, Windsor, ON
www.spago.ca



Location: Spago's
Address: 690 Erie St E, Windsor, ON
www.spago.ca

Zak Lane
Jacket: Tiger of Sweden
Charcoal Pants: Sunwill
Shirt: Serica Elite
Sweater: Bruun & Stengade

Brieanna Tiessen
Chocolate Blouse: Simkhai
Pants: Cambio Chocolate
Burnished Leather Pump: Michael Kors
Brown Handbag: Michael Kors

Nico Pelle
Greensuit: Tiger of Sweden
Shirt: Tiger of Sweden
Puff: Dion
Craft Brown Belt: Bench
Brown Boot: Mezlan



Location: Spago's
Address: 690 Erie St E,
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Location: Jose's Bar and Grill
Address: 2731 Howard Ave,
Windsor, ON
www.josesbarandgrill.com

Location: Jose's Bar and Grill
Address: 2731 Howard Ave,
Windsor, ON
www.josesbarandgrill.com

Emily Tousignant
Denim Dress: DL1961
Leather Jacket: Mauritius
Leather Pump: Michael Kors Burnished
Empire Handbag: Michael Kors

Kiana Dobson
Black/Cream Leather/Knit Jacket: Cinq à Sept
Farrow Skinny Jean: DL1961
Black over the Knee Boot: Taxi

Victoria O'Beid
Dark Olive/ Multi Jacket: Cinq à Sept
Black Turtleneck: Patrick Assaraf
Black Denim: Mother
Black Patent Leather Flex Sling Shoes: Michael Kors



Location: Jose's Bar and Grill
Address: 2731 Howard Ave,
Windsor, ON
www.josesbarandgrill.com







Location: River Room
Address: 277 Riverside Dr W,
Windsor, ON
www.river-room.com

T.L. Rycroft
Black Blazer: Desigual
Pink/Black Blouse: Joseph Ribkoff
Black Jean: Mother, Style: The Weekender
Black Shoes: Michael Kors

Steve Rycroft
Grey Jacket: 7 Downie St.
Grey Shirt: 7 Downie St.
Pants: Marco Charcoal
Belt: Bench Craft
Grey Shoe: Magnanni, Style: Sona II





Location: River Room
Address: 277 Riverside Dr W,
Windsor, ON
www.river-room.com



Cindy Marchand
 Multi Colour Top: Joseph Ribkoff
 Black Jacket: Joseph Ribkoff
 Black Pants: Joseph Ribkoff
 Black Shoes: Michael Kors
 Michael Kors Black Handbag: Style, Piper

Buck Marchand
 Black Jacket: Danini
 Black Jean: Tramarossa
 Shirt: 7 Downie St.
 Black Boot: Mezlan

Location: River Room
 Address: 277 Riverside Dr W,
 Windsor, ON
www.river-room.com

A man with short brown hair and sunglasses is standing outdoors. He is wearing a dark brown, textured blazer over a navy blue turtleneck sweater and dark navy trousers. He is leaning against a light-colored stone wall with a black metal fence to his left. His right hand is in his pocket, and he is looking down and to the left.

PATRICK ASSARAF

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TRISTAN J. MILLER AMY JOHNSON



Tristan Is Wearing
Made to Measure Coppley Blazer
Pants: Coppley
Shirt: Eton
Shoes: Hugo Boss

Amy Is Wearing
Satin Top: Joseph Ribbkoff
Pants: Joseph Ribbkoff
Shoes: Jewel, by Badgley Mischka

Profile by Paula Just | Photo by Pat Scandale

Johnson Miller Family Lawyers is a firm specializing in family law, dedicated to supporting families in times of crisis. With 25 years of experience, the company is today led by partners and lawyers Amy Johnson and Tristan J. Miller, supported by one associate and six staff. The firm has appeared in every level of court in Ontario, gaining extensive experience across the province's judicial system.

"We've handled family law matters at every level, addressing a wide range of issues that intersect with the practice," explained Amy Johnson. "Sometimes people think family law is only about divorce and deciding where the children will live. Of course, that's part of it. But we also deal with complex and often emotional issues like questions of teenage autonomy as well as intricate financial matters involving trusts, inheritances and situations where one or both parties own corporations or hold shares."

In addition to being lawyers, they act as advisors. "As a firm, we are deeply committed to delivering quality service to our clients," says Tristan. "Our role goes beyond advocacy—we are trusted advisors. We present clients with clear options, explain the implications, and guide them toward the best path forward, especially when they are facing complex and challenging issues."

Despite their strong presence in court, their work extends beyond litigation and the courtroom. "Much of the actions happen behind the scenes in offices or boardrooms, through study, research, negotiation, and strategy," explains Amy.

Amy, a mother of six, has turned her past traumatic divorce into a career helping families. She graduated from Windsor Law, founded a charity supporting children in the city, and frequently returns to the law school for speaking engagements, moot judging, and mentoring. Tristan also attended Windsor Law and distinguished himself with multiple academic awards throughout his legal education. Beyond his practice, he is deeply involved in the community, serving on boards, teaching and mentoring law students, all while raising his young children.

Together, Johnson Miller Family Lawyers reflects this shared commitment to advocacy, mentorship, and service. They actively support the next generation of lawyers through its ongoing involvement with Windsor Law's student externship program, while remaining focused on guiding clients with compassion, strategy, and strength.

Their personal experiences, both as parents and through their own divorces, together with their community involvement, shape the client-centered approach. The company stands out for its personalized service, tailoring strategies to deliver fast and fair resolution. "Nobody wants to be paying a lawyer for five or ten years," says Amy. "Most clients want to move on with their lives because this process is uncomfortable for them. Our role is to find tailored solutions to their specific circumstances."

"For the coming years, the firm's vision is to expand its team while maintaining the high standards of service that define its practice. "We see ourselves continuing to grow and establishing Johnson Miller as the marquee provider of family law services in this region," Tristan concludes. Johnson Miller Family Lawyers is located at 420 Devonshire Road in Windsor, Ontario. To schedule a meeting, call 519.973.1500.

JM
JOHNSON MILLER
FAMILY LAWYERS

JUNE MUIR

Profile by Paula Just | Photo by Pat Scandale

For more than 25 years, June Muir has been a driving force behind Windsor-Essex's most comprehensive not-for-profit organization: the UHC – Hub of Opportunities. In the institution, June has already worked as an assistant to the Executive Director as well as the supervisor of the Food Bank. Now, as CEO, she has helped expand the UHC from an employment agency into a community powerhouse offering 26 programs and services.

As CEO for the past 15 years, June oversees a wide range of initiatives that meet basic human needs while empowering residents to reach their long-term goals. "Every decision we make keeps people's dignity at the centre," she says. "We want families to feel supported as they work toward stability and success."

Mena Rimac, UHC's Communications Manager, describes June's leadership as both hands-on and deeply trusting. "June places the right people in the right positions and encourages them to do their best," she explains. "She's always supportive and remains closely involved in daily operations, a rare quality in a CEO."

Founded in 1977 as the Unemployed Help Centre, the UHC has evolved into a true "Hub of Opportunities," providing basic human needs, education and training, newcomer programs, and employment services all under one roof. This wrap-around model allows residents to address immediate needs, such as groceries, heating costs, or a warm winter coat, while pursuing education and career goals.

Windsor, like many cities worldwide, has been facing steep economic challenges as the cost of living rises, leaving many families to live paycheck to paycheck. According to June, food insecurity can hit anyone at any time and the UHC relies heavily on community support. Its basic human needs services, including the food bank, run mostly on donations. Last year, the Windsor Essex Food Bank Association recorded over 235,000 visits to its member food banks. Among them, 30% were children. Heartbreakingly, the West End of Windsor has the highest amount of child poverty in Canada.

"The need is urgent, and now more than ever, we're calling on our community to step up and give back to support those who need it most," June states. To help, residents can donate funds or food, or volunteer to pack and distribute meals. People can also join events like the annual UHC Golf Tournament or Pastabilities Luncheon.

UHC invites you to see the food bank, community kitchen and community garden to learn firsthand what they do. Learn more or get involved at www.uhc.ca or visit the UHC – Hub of Opportunities at 6955 Cantelon Dr., Windsor.



June Is Wearing
Top & Pants: Joseph Ribkoff
Shoes: Michael Kors

RYAN
WAKEMAN

PAUL
DUFOUR

JOHN
VANDEREERDEN

GERALD
FINNERTY

Story by Jessie Gurniak | Photo by Pat Scandale

At Breadth Consulting, we believe wealth management is deeply personal. We look past the raw numbers to focus entirely on you, your family, and what it truly takes to build a secure future. When you meet with one of our advisors, you're sitting down with someone who genuinely cares about your financial life and wants to see you feel comfortable and stable.

As President and Founder, Paul Dufour says, "Financial freedom isn't something that just happens—it's a strategy." This belief is strengthened by his years of specialized experience, including co-founding our sister company, The Benefits Centre.

"We proactively contact our clients several times a year to make sure that the plans we put in place for them are meeting their needs and desires," says John Vandereerden, Chartered Life Underwriter and Chartered Financial Consultant.

Whether it's corporate finances or your personal wealth, our advisors skillfully tailor security plans to your unique needs, always valuing the real human connection we build along the way. We're simply grateful to spend our careers helping people by giving them solid financial advice.

"We strive to enhance and protect our client's wealth so they can live at ease and enjoy their lives," adds Ryan Wakeman, Certified Financial Planner.

We also know that we serve our clients best when we're happy in our own jobs. That's why we intentionally create a positive workplace culture—because we understand the value of a dollar, but we also understand the value of our people.

"We have like-minded advisors who put their clients' interest first," says Gerald Finnerty, Financial Advisor. "And to love what you do is so rewarding."

If you're looking to take control of your future and feel confident about your finances, trust the dedicated team at Breadth Consulting. Call us at 519-966-4400 to get started.



Ryan Is Wearing
Blazer: Fish Named Fred
Shirt: Trend
Pants: Mavi

Paul Is Wearing
Blazer: Caneli
Shirt: Xacus
Pants: Tramrossa
Shoes: Magnanni

John Is Wearing
Blazer: Coppley
Shirt: Prolifroni Blu
Pants: River
Shoes: Johnson Murphy

Gerald Is Wearing
Blazer: Fish Named Fred
Shirt: Elite
Pants: 34 Heritage Jeans
Shoes: Ecco

SHAWN LAPORTE

SCOTT MCINTOSH



Shawn Is Wearing
Shirt: Polo Ralph Lauren
Pants: Paige Jeans
Boots: Blundstone

Scott Is Wearing
Shirt: Polo Ralph Lauren
Pants: 34 Heritage Jeans
Boots: Blundstone

Profile by Paula Just | Photo by Pat Scandale

With over 35 years of experience in the market, Matrix Landscaping has established itself as one of the most prominent landscaping companies in the county. The company's professionals turn outdoor spaces into personal sanctuaries, blending design with expert care.

Founded by Rene and Brandy Laporte, the business has recently flourished under the leadership of their son, Shawn, who serves as Project Manager and heads the company, steering its daily progress. Supporting him is Scott McIntosh, Director of Operations, a seasoned professional with over 25 years of experience, who guides the company forward.

Whether it's a custom patio, a refreshed garden, or seasonal maintenance, the crew approaches every project with purpose and precision. Each member is fully trained and dedicated to delivering high-end results without cutting corners.

The team's process is also straightforward and client-focused. From the first meeting to the final walkthrough, they listen carefully, adapt when needed and communicate every step of the way. "We treat your time as valuable as our own," Shawn Laporte adds. "No guesswork, no surprises. Just reliable and thoughtful service."

Over the years, Matrix Landscaping has built a reputation not only for technical excellence but also for cultivating lasting relationships with clients. Many return for new projects or recommend the company to friends and neighbours, a testament to the quality and trust the team consistently delivers. "Success in this industry isn't just about numbers; it's about people, service, and consistency", concluded Scott.

With a mission to create purposeful and lasting landscapes, Matrix Landscaping continues to elevate the standard, one yard at a time. To transform your outdoor space, visit their website or give them a call at (519) 800-5565.



AMIE SARGENT

Profile by Jessie Gurniak | Photo by Pat Scandale

Amie Sargent has been helping individuals and families make sense of their finances for more than 20 years. She understands that financial planning can be overwhelming, but with the right guidance and trust, she thinks that everyone can become financially confident. In fact, she believes that financial advice should be unique, tailored to the needs of each individual person.

Amie's approach is rooted in that belief. Instead of offering quick, one-time solutions, she focuses on long-term relationships and becoming a trusted partner for life's biggest decisions. A love for helping people paired with a natural skill with numbers and problem-solving is what makes being a financial advisor a perfect fit for her.

"At the heart of my practice is a simple philosophy: financial advice should be as personal as the lives it touches," says Amie. "That's why I'm here to be your sounding board for long-term decisions, not just transactions."

Whether clients are brand new to managing their finances, planning for retirement, or anywhere in between, Amie creates strategies that help protect and grow their wealth while supporting the life they want to build.

Outside of work, she enjoys an active lifestyle with her husband and their blended family of five. Whether they are biking on weekends or embracing the joyful chaos of a busy household, she understands firsthand the importance of thoughtful planning—so her clients can spend more time enjoying the moments that matter most.

Amie Sargent, CFP®, PFP®, CIM®
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Brad Is Wearing
Blazer: Lief Horsens
Shirt: Downie Street
Shoes: Florsheim

BRAD HOTCHKISS

Profile by Paula Just | Photo by Pat Scandale

Born and raised in Windsor, Brad Hotchkiss spent part of his career in Toronto, where he gained experience in the hot tub and sauna industry. He first joined Jacuzzi, one of the most recognized names in the business, before deciding to return to his hometown. The main reason was family and his kids.

Back in the city, Brad saw an opportunity to bring his knowledge and experience to the local community. He started small, opening a satellite store inside Devonshire Mall, more as a test than a full commitment. "I started just kind of like a science experiment, just to see if the city needed a hot tub store", he says. "And then when my phone wouldn't stop ringing, I realized they needed a hot tub store."

The demand was immediate, and before long, Windsor Hot Tub & Sauna Store grew into a full showroom on Walker Road, offering new and used hot tubs, saunas, and swim spas. They also provide a range of services for hot tubs, like removals, purchasing used units, and moving.

For the entrepreneur, success has always come down to service. "Our whole business is about customer service. It's all we do. We live, eat, breathe, everything customer service." This philosophy extends beyond new customers. His team also helps long-time hot tub owners in the county who have struggled to find proper support.

The store offers leading brands like DreamMaker and Maple Spas, known for their durability and comfort. Combined with competitive prices and personalized support, Brad believes this formula explains their rapid growth. "Our work ethic, our service, our prices, our product, and our commitment to excellence" are, in his words, the company's key strengths.

Looking ahead, he is already planning to expand to nearby cities such as Kingsville, Belle River, Chatham, and Sarnia. Yet one of his proudest achievements remains close to home. "My proudest thing is how well my son did, and how much he helped me grow the business," he said, recalling how his teenage son became one of the top salespeople before heading to university.

Brad defines himself as "the hardest working individual in the room, with passion second to nobody." Above all, he credits Windsor's community, his family, and close friends for making this journey possible. "I'd like to thank Windsor for the opportunity to be here, the number one hot tub store in this area. And we will continue every day to fight for that," he finished.

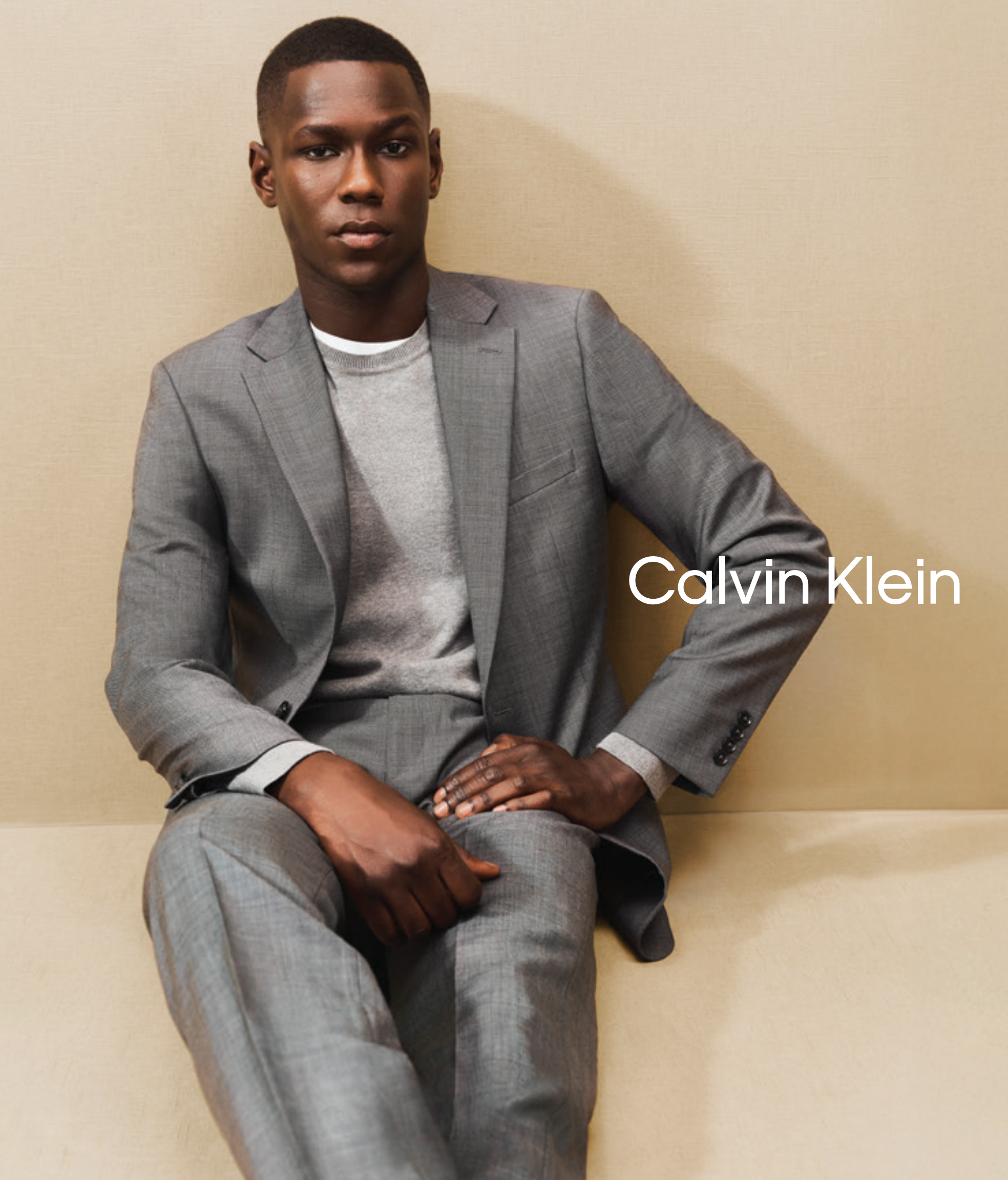
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Calvin Klein



Miss Universe Canada 2025: A Stage for Dreams and Impact

*Jaime Vandenberg takes the crown with Sonny Borrelli
bringing a fresh vision as the new National Director of the contest.*



Article by Paula Just

The Chrysler Theatre in Windsor became the stage for one of the most memorable nights in Canadian pageantry. In the presence of a sold-out crowd, Jaime Vandenberg of Lethbridge, Alberta was crowned Miss Universe Canada 2025. The 28-year-old international model and actress accepted the title from her predecessor, marking the beginning of a new chapter in her journey.

"This year's event was one of our most successful yet," said Sonny Borrelli, Windsor businessman, master of ceremonies and newly elected National Director of the event. "Not only because of the incredible group of women who competed, but also because of the energy and support we felt from the audience and our community." When Borrelli stepped onto the theatre this time, he wasn't just the charismatic host audiences have grown to love over the last years. For the first time, he was also wearing a new hat: National Director of Miss Universe Canada. The dual role was no small feat, but for him, it was the culmination of years of dedication to a purpose he believes has the power to transform lives.

"I've been hosting the pageant since 2011," he explains. "But this was my first year as National Director, and that changes everything. Directing means you're responsible for every detail: from recruiting the contestants to training them, organizing the hotel, ordering the sashes and gowns, and even designing the stage. It's a whirlwind from start to finish. But with an incredible team behind me, we put together what I believe was the best pageant in Miss Universe Canada history."

The months of preparation and effort were worth it. "The best moment was looking at people's faces when they walked into the theatre," he recalls. "The production level we achieved had people saying, 'I can't believe this is just Windsor. It looks like the Miss Universe itself.' That was exactly the reaction I was hoping for." From thunderous applause as the contestants first stepped onto the stage to the electrifying atmosphere that filled the theatre, the evening was a milestone not only for the organization but also for Windsor itself.

What impressed Borrelli most about this year's contestants wasn't just their poise or presence, but their depth. "The contestants scored very highly in their interviews and their humanitarian work," he says. "We always want our winner to be well rounded, not only beautiful and articulate but also to have a heart and be able to help people who need."

The winner fit this profile well. Jaime Vandenberg co-founded Canadian Herstory, a non-profit dedicated to addressing gender inequality and sustainability, and has been honoured with both the Queen Elizabeth II Platinum Jubilee Medal and the International Diana Award. She holds a Bachelor's degree in philosophy with a concentration in legal reasoning and will now represent Canada at the Miss Universe 2025 in Bangkok, Thailand, in November.

The humanitarian aspect is truly one of the contest's main goals. One of the new features this year was the partnership with the Canadian Mental Health Association. Contestants collectively raised \$110,000 for charity this year and Borrelli envisions that number only growing. "My goal is to make more," he says firmly.

Though Borrelli is known today as a fixture in Canadian pageantry, his story began much earlier. Born and raised in Windsor, the 50-year-old entrepreneur co-owns Borrelli Cellars, a family wine business founded by his grandfather. Outside of business, he's a proud father of three.

His introduction to Miss Universe Canada came when he was asked to host the local contest. "After that, I realised these women aren't just here to look pretty on stage," he reflects. "They have stories, ambitions, strengths. Pageants give them a platform to share that with the world. That's what keeps me going, empowering them to use this space to make a difference."

Borrelli is keenly aware of the criticisms often leveled at pageants, but he sees them differently. "Some people think we're judging the girls on superficial things, but that's not what Miss Universe is about," he insists. "We're putting someone on stage who has a story and a vision for change. It's about giving women back the power that, for so long, was taken from them."

That commitment to empowerment is also evident in the recent global evolution of the event rules. The age limit has been lifted and for the first time, women who are married, mothers, or even pregnant can enjoy. These changes not only break down outdated barriers but also send a powerful message: beauty and the ability to inspire are not confined to a single age or status. "I completely support that," he says. "If a woman is confident and proud to showcase herself, then she belongs on this stage, no matter her age, background, or life situation. Miss Universe Canada is open to everyone and that's something I'm very proud of."

As National Director, Borrelli's vision for the following editions is clear: to continue raising the bar in production quality, to expand the pageant's role as a charitable force and to keep creating opportunities for women across Canada. His message to future contestants is simple but powerful: "Don't give up on your dream. Whoever you are and whatever your story is, you have a place in this contest if you're ready to share it with the world."



Sonny Borrelli, Miss Universe National Director, & Jaime Vandenberg, Miss Universe Canada 2025



Jaime Vandenberg - Miss Universe Canada 2025



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The advertisement for Spago Italy features a central image of a plate of spaghetti with meat sauce and a fresh basil leaf. The word 'ITALY' is written in large, bold, red letters behind the plate. Above the word 'ITALY' is the 'Spago' logo in a cursive script. To the left and right of the logo are two circular red seals that read 'Best Pasta House 2025' and 'Best Date Night 2025'. Below the word 'ITALY' is a small Italian flag. At the bottom of the image, the phrase 'is closer than you think' is written in a cursive script. The background is a light-colored wall with a wooden table in the foreground. A red banner at the bottom contains the text: 'BOOK RESERVATIONS ONLINE SPAGO.CA' and 'LITTLE ITALY | SOUTH WINDSOR | CAESARS WINDSOR'.

Faces of FREEDS



Thanh Is Wearing
Top: Simkhai, Alice One Shoulder Top in Midnight
Bottom: Carolina Utility Pant in Midnight

FREEDS is thrilled to welcome Thanh Tran as the new Women's Manager and Buyer, bringing with her a fresh perspective, a vibrant personality, and a signature style that is already energizing the women's department. Though born and raised in Windsor, Thanh has lived and travelled across the globe. These experiences have shaped her worldly approach to fashion and inspired the vision she brings back home to FREEDS.

Thanh's story is rooted in resilience and family values. As the daughter of refugee parents with Chinese, Vietnamese, and Laotian roots, she grew up watching the sacrifice, hard work, and determination of her grandparents and parents. "My inspiration and work ethic definitely come from my grandparents and my parents," she explains. "Seeing them come over to Canada as refugees, sponsor an entire family, and provide for them has always motivated and encouraged me." These lessons in strength and perseverance remain at the heart of everything she does.

Her introduction to the fashion world began in her teenage years, working as a model on projects across North America and Australia. She recalls how agencies would hire her and other young women to showcase the latest designs at shows, long before the rise of influencers. "At that time, we were called the 'It Girls,'" she says with a smile. It was her first glimpse into the fashion industry, and she fell in love. However, Thanh's career path would not always remain in fashion. After earning a Bachelor of Business from Griffith University in Australia, she returned to Windsor to complete both a Bachelor's and a Master's in Education at the University of Windsor.

Her passion for education took her around the world once again, as she taught in China, the United States, and Canada, while also contributing to the On Track to Success program at United Way Centraide Windsor-Essex Chatham Kent. Though no longer in the classroom, Thanh has carried forward her teaching skills, now applying them to retail by educating those around her on trends, style, and the confidence that fashion can bring.

When the opportunity arose to step into the Women's Manager role at FREEDS, Thanh immediately knew it was the perfect fit. She had fond memories of bringing her students to FREEDS for uniforms and always being impressed by the warmth and professionalism of the staff. "The staff here are so genuine and personal with every client," she reflects. "Whether you're buying a \$50 top or a \$500 jacket, you get the same level of care and luxury experience." That dedication to customer service is something Thanh admires deeply, and it is something she brings to every part of her role. From greeting customers on the floor to curating new collections for the racks, she approaches every decision with the customer in mind.

Dan Orman, Co-owner of FREEDS notes "What's special is the passion that Thanh brings to our store everyday. She is a breath of fresh air, with her beautiful smile and extremely accommodating personality. We are lucky to have her."

As Buyer and Manager, Thanh's responsibilities include selecting collections, evaluating brands, and ensuring FREEDS offers the latest women's trends. Her overarching goal is simple yet powerful: she wants women to feel comfortable, confident, and stylish in whatever they wear, whether they're travelling abroad, heading to the grocery store, or going out with friends.

Already, she and her team are preparing for Spring 2026, attending showrooms in Toronto and New York to scout what's ahead. Without giving away all her secrets, Thanh hints that customers can look forward to bold colour palettes and striking silhouettes.

When it comes to her own fashion philosophy, Thanh describes her personal style as a balance of feminine and masculine, classic and contemporary. "I love gender fluidity, a boxy, oversized blazer with denim shorts and a chic blouse is one of my go-tos. Loose and flowy clothing paired with tailored, form-fitting cuts are where you'll usually find me." Inspired by both Italian and French design, she counts Audrey Hepburn and Dakota Johnson among her style icons.

Beyond fashion, Thanh values balance in her life. She is passionate about Pilates, tennis, running, and surfing, and she enjoys cooking with her family, spending time with friends, and travelling whenever she can. At home, she loves relaxing with her dog, Sesshomaru.

Although new to her role, Thanh has already made a remarkable impact at FREEDS. Her attention to detail, thoughtful personality, and organizational skills have brought a renewed energy to the women's department. With her global experience, love of fashion, and commitment to exceptional customer service, Thanh Tran is poised to help shape the next chapter of FREEDS Women's, ensuring that every customer who walks through the doors leaves feeling seen, stylish, and confident.

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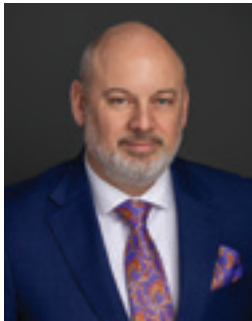
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7 Warning Signs You May Have Peripheral Neuropathy



Dr. Craig Schisler

As a doctor, I've seen plenty of folks walk into my office saying, "Doc, my feet just don't feel right." Often, what they're describing is peripheral neuropathy—nerve damage outside the brain and spinal cord. The tricky part? It usually creeps in quietly, then snowballs if ignored. Let's walk through seven common warning signs, in the order they often appear, and what can happen if the condition goes unchecked.

1) Tingling or "Pins and Needles"

That first flicker of trouble is often tingling in the toes or fingers. It feels like your foot is "waking up" after falling asleep—except it happens for no reason and comes back again and again.

Real-world example: A patient of mine, a school bus driver, thought his boots were too tight. Turned out it wasn't the boots at all; it was the start of neuropathy. **Why it matters:** Tingling is an early cry for help from irritated nerves. Left alone, it often worsens into pain.

2) Burning or Shooting Pain

As nerve fibers become more irritated, that tingling can morph into burning, stabbing, or "electric shock" pain. It's often worse at night when you're trying to sleep. Think of it like frayed electrical wires sparking under the skin. Some folks describe it as walking on hot coals; others as being jabbed with pins.

Why it matters: Pain means the nerves are not just irritated but actively malfunctioning. If ignored, sleep and quality of life can take a nosedive.

3) Numbness That Creeps Up

Paradoxically, after pain comes numbness. It usually starts in the toes, spreads to the feet, and can climb up the legs. You may also feel clumsy with your hands—dropping coins, fumbling with buttons, or struggling to hold a pen.

Why it matters: Numbness means nerves are losing function, not just misfiring. That makes injuries more likely because you may not feel a cut, blister, or even a fracture.

4) Balance Problems

When sensation fades, walking can feel like trying to move in the dark. Many patients notice they stumble more often or feel unsteady on uneven ground. I once had a farmer tell me he stopped climbing ladders after "my feet quit telling me where they are." Smart move—balance issues with neuropathy are a recipe for falls.

Why it matters: Falls in older adults are a major cause of fractures and hospitalization. Treating neuropathy early helps preserve balance.

5) Weakness or Foot Drop

As motor nerves are affected, muscles no longer get the proper signals. Weakness may show up as difficulty lifting the toes

(so the foot drags), tripping on rugs, or struggling with grip strength.

Why it matters: Weakness signals deeper nerve injury. If progression isn't slowed, mobility and independence can shrink dramatically.

6) Changes in Skin, Hair, or Sweating

Nerves don't just move muscles and carry sensation—they also regulate blood flow and sweat glands. With neuropathy, skin can become dry, cracked, or oddly shiny. You may notice less hair on the lower legs or changes in toenail growth.

Why it matters: These changes make the skin more prone to ulcers and infections. Combined with numbness, this sets the stage for serious wounds that patients don't notice until they're severe.

7) Ulcers, Infections, and Non-Healing Wounds

This is the most dangerous stage. Without pain as a warning system, a small blister can turn into an ulcer, which can get infected before the patient realizes it. In severe cases, untreated infections may require hospitalization or even amputation.

Why it matters: At this stage, the prognosis worsens sharply. Many complications of neuropathy are preventable—but only if caught before things get this far.

What Happens If It's Left Untreated?

Peripheral neuropathy is a progressive condition. Left unchecked, it can lead to chronic pain, permanent numbness, loss of mobility, falls, wounds, and in worst cases, amputations. Quality of life shrinks, independence erodes, and other health issues (like diabetes or heart problems) become harder to manage when mobility is limited.

The Good News

Not all neuropathy can be "cured," but much of it can be slowed, managed, or even improved if addressed early. That means:

- Identifying the cause. Sometimes it's diabetes, but other times it's a vitamin deficiency, thyroid issue, medication side effect, or even autoimmune disease.
- Lifestyle steps. Exercise, good shoes, blood sugar control, and avoiding alcohol can all make a real difference.
- Proper care. There are many ways to address neuropathy, from therapy to medications, but not all are effective at both suppressing symptoms to potentially improving the condition.

A combination of treatments may be what does the trick, especially if your neuropathy is severe and only if the problem is recognized.

Bottom Line

Peripheral neuropathy doesn't arrive overnight—it tiptoes in with tingling and, if ignored, can march all the way to serious disability. Pay attention to those early signs. If you notice tingling, burning, or unexplained balance problems, don't shrug it off as "just getting older."

Your nerves are trying to tell you something. And the sooner you listen, the better the odds of keeping those feet—and your independence—in good working order.

Neuropathy Advisory:



“Could this new Canadian breakthrough be the relief long-suffering Neuropathy patients have been hoping for?”

Windsor, ON – Well folks, there’s some mighty good news coming out of Windsor. The Schisler Spine Centre—already well-known for helping people get back on their feet without going under the knife—has just taken another big step forward. It’s now the very first clinic in Canada to offer cutting-edge treatment for Peripheral Neuropathy, under the guidance of the NeuroDoc network from the United States.

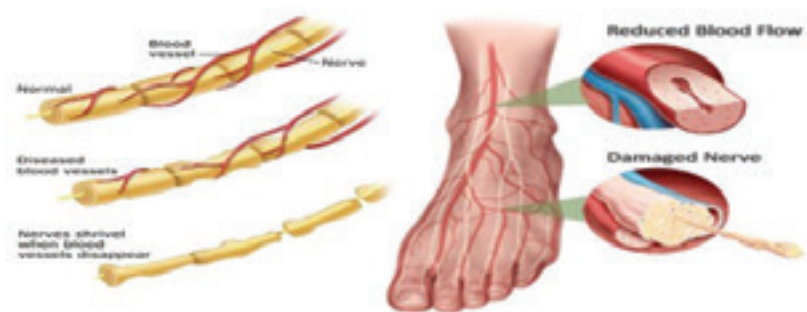
That’s right—once again, Windsor’s ahead of the curve!

Now, Peripheral Neuropathy is a tricky customer. It’s a condition that damages the nerves branching out from the spinal cord, and it can make life downright miserable. We’re talking about symptoms like burning, tingling, numbness, and sometimes pain that just won’t quit—especially in the hands and feet. And if you’re dealing with diabetes, chances are you’ve heard of Diabetic Neuropathy. Left unchecked, it can even lead to amputation.

Here’s the hard truth: Peripheral Neuropathy tends to get worse over time if you don’t tackle it head-on. And while medications can help take the edge off the symptoms, they don’t stop the nerve damage from marching on. In fact, studies tell us that drugs alone usually aren’t enough. This condition affects up to 1 in 5 adults, so it’s more common than you might think.

But here’s where the silver lining shines.

Rather than just masking the pain, the new technology available at the NeuroDoc Centre here in Windsor is aiming to treat the root of the problem. This isn’t snake oil—it’s based on years of solid research. We’re talking about gentle, non-invasive treatments that not only relieve pain, but also encourage nerve and blood vessel regeneration. And all without reaching for the pill bottle.



Dr. Craig Schisler, the friendly face behind Windsor’s NeuroDoc Centre, puts it plainly: This gives us access to the most advanced research and treatment options available today—without drugs, and without surgery. If it’s the best out there, why shouldn’t folks in Windsor have it too?”

And the results? Well, after more than twenty years of working with Neuropathy patients, we’re seeing better outcomes than ever before. People are feeling more steady on their feet, getting sensation back in their hands and toes, and enjoying a real drop in pain levels.

Here are a few red flags that you or a loved one might be dealing with Peripheral Neuropathy:

- Tingling, numbness, or prickly sensations that creep from your toes or fingers and climb upward
- Sharp or burning pain that feels out of place
- Sensitivity to even light touch—like pain from just having a blanket over your feet
- Muscle weakness or feeling uncoordinated
- Feeling like you’ve got socks or gloves on when you don’t
- Trouble walking or keeping your balance
- In severe cases, difficulty moving parts of your body

The NeuroDoc method combines several leading-edge technologies in one well-rounded approach that’s been shown to reverse symptoms—not just mask them. And here’s the kicker: people aren’t just feeling less pain—they’re feeling more like themselves again.

If you or someone you love has been struggling with Peripheral Neuropathy and wants a solution that doesn’t involve another pill bottle, there’s never been a better time to look into this.

Just mention this article and you’ll get a **free consultation** with Dr. Schisler—no pressure, no obligation.

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Autumn Layers

COPPLEY'S FALL 2025 COLLECTION MASTERS THE ART OF EFFORTLESS ELEGANCE

As the crisp September air sweeps through Windsor's streets, ushering in sweater weather and golden-hour strolls along the Detroit River, it's time to rethink our wardrobes—not with frantic overhauls, but with the quiet confidence of pieces that layer like poetry. Enter Coppley, the Hamilton-based menswear maestro that's been crafting bespoke tailoring since 1883, blending European heritage with unyielding Canadian precision. For Fall/Winter 2025, Coppley's latest collection isn't just clothing; it's a manifesto on comfort-infused sophistication, where rich textures meet vibrant hues in garments designed to move with you through Windsor's finest dining spots, waterfront venues, and lively patios.

At its core, this collection celebrates the tactile joy of fall: the rustle of wool against skin, the subtle sheen of flannel under lantern light. Drawing from mills like Vitale Barberis Canonico—the world's oldest, founded in 1663—Coppley sources fabrics that whisper luxury without shouting it. Super 130's wool and Super 120's flannel dominate, offering a buttery drape that's as forgiving as it is refined. But what sets this season apart is the infusion of color and stretch—think Attivo Bi-Stretch weaves that flex without sacrificing structure, ensuring your sport coat doesn't bunch during that post-dinner drive home from an upscale Italian restaurant.

Standout? The red-with-blue plaid sport coat in Super 130's wool, a bold yet balanced piece that pairs electric crimson threads with navy undertones for a plaid that's equal parts heritage hunt club and modern urban edge. Layer it over a crisp white oxford and slim navy trousers in matching Super 130's wool, and you've got an ensemble that's Windsor-ready for a romantic dinner at a cozy trattoria, where the plaid pops against the venue's warm, rustic ambiance, or a networking event at the Art Gallery of Windsor.





It's the kind of jacket that commands compliments without trying too hard—proof that Coppley's old-world tailoring, enhanced by state-of-the-art computer-assisted cutting, can make the complex feel innate.

For those craving subtlety with a side of swagger, the blue-and-black houndstooth two-button single-breasted suit steals the show. Woven in Attivo Bi-Stretch fabric, it hugs the body like a second skin, with peak lapels that add architectural drama to its streamlined silhouette. Picture slipping into this for a client lunch at a sleek riverside restaurant, where the houndstooth's shifting light-and-shadow play complements the venue's waterfront views. Pair it with a textured wool tie in earthy ochre—a nod to fall's caramel-brown leather trends—and you've elevated the everyday into something editorial, perfect for a vibrant bar and grill, where the suit's versatility shines during an evening of craft cocktails and live music.

Textures reign supreme here, aligning seamlessly with the season's broader menswear currents of layered longevity. Coppley's tan-and-cream houndstooth sport coat (100% wool) evokes harvest fields, its soft palette grounding bolder accessories like a rust-hued cashmere scarf. Flank it with winter white trousers in Super 120's flannel from Vitale Barberis Canonico—lightweight yet insulating, with a subtle sheen that catches the autumn sun. For a fresh take on outerwear, the brown-and-green houndstooth bomber jacket (100% wool) brings rugged charm with a tailored twist. Its earthy tones and dynamic pattern make it a perfect match for emerald green stretch corduroy trousers, creating a look that's both grounded and bold—ideal for a weekend art walk or a casual evening at a local brewery. These aren't

stiff relics; they're built for movement, with half-canvas construction that molds to your frame over time. And for casual Fridays? Slide into the cotton-and-wool stretch corduroy pants in deep charcoal or olive, a ribbed wonder that's as comfortable as chinos but worlds more versatile. They ground a chunky knit sweater and Chelsea boots, ideal for a laid-back brunch at a local hotspot or a weekend stroll along Windsor's waterfront.

Colour too, gets a thoughtful refresh. Gone are the muted neutrals of yesteryear; Coppley's palette pulses with warm tones—yellows that evoke turning leaves, blues that mirror Lake St. Clair's depths, and pops of red that rival the season's fleeting maples. The emerald green corduroy trousers add a jewel-toned depth that complements the season's vibrant ethos, harmonizing with the brown-and-green houndstooth bomber for a look that's both cohesive and eye-catching. It's a deliberate counterpoint to the global FW25 trends, where designers like those at Milan Fashion Week are championing playful hues to inject joy into tailoring. Yet Coppley keeps it gentlemanly: a yellow-check shirt under a grey flannel blazer feels fresh, not flashy, perfect for an upscale yet approachable dining experience, proving that vibrancy can be versatile when rooted in quality.

As we pivot from summer's linen ease to fall's fortified finesse, Coppley's Fall 2025 lineup reminds us that true style isn't about chasing trends—it's about curating a closet that carries you through Windsor's social scene with grace, from intimate waterfront dinners to vibrant patio gatherings. This autumn, let Coppley be your quiet revolution: because when the leaves fall, the best-dressed men rise.



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Loyal Customer's of FREEDS

Ned & Dr. Robert Piccinini

Article by Paula Just

From its home base in Windsor, FREEDS has long attracted loyal customers well beyond the county and even beyond Canada's borders. Among those devoted fans are brothers Ned Piccinini and Dr. Robert G.G. Piccinini, who live in the Detroit area and have been shopping at FREEDS for over 20 years.

Known for their accomplished careers—Ned as the founder and CEO of a company and Robert as a celebrated psychiatrist—the Piccinini brothers turn to FREEDS for the impeccable style and personal service. “I can’t go to a meeting without people saying that I’m the best dressed and asking where I shop,” said Ned. Robert added: “Their personal touch is unbelievable. The service, the selection, and the confidence that comes with knowing you’ll look unbelievably well when you get a suit there.”

NED PICCININI

Ned Piccinini is the founder and CEO of MCM Learning, a company he established in 1991, specializing in performance-based learning and workforce education. Beyond his business and family life, Ned also serves as Treasurer of the Association of the United States Army (AUSA) Arsenal of Democracy Chapter, representing more than 28,000 members in Michigan alone.

When not leading or volunteering with AUSA, Ned takes to the skies as the pilot of his own aircraft, donating his time and plane to Wings of Mercy. The Michigan-based nonprofit that provides free air transportation for patients in need of medical treatment. “Some people just go to work, but I enjoy what I do. I think that shows in the way I dress,” Ned shares.

For him, that personal standard of excellence naturally extends to FREEDS. According to Ned, quality is what sets them apart. “The tailor-made or even the off-the-rack suits just fit better, with a more European cut. It’s a better-quality suit all around than anything I could find on the U.S. side.” Customer service is another reason he has been loyal for so many years. “Keith, Sam, Mary, Dan... the whole staff takes an active role in my appearance. They take as much pride in the way I look as I do.” That care does not go unnoticed. “I’m constantly reminded that I’m wearing a FREEDS suit, because someone is always commenting on how well I’m dressed.”

Ned prioritizes tailor-made suits because he enjoys the process of choosing the model and

fabric, though he also owns several pieces from the Jack Victor brand. Sports coats are another favourite. “It doesn’t matter what day it is, I will always be wearing a suit. If not, it’s a sports coat that I might dress up with a vest and tie.” This appreciation for FREEDS has even become part of MCM Learning’s culture. Ned often brings employees to the store, ensuring they’re dressed to represent the company with the same standard of excellence. “If they’re representing the company, I bring them over and they pick out an outfit. It became a tradition.”

That tradition quickly extended to the family. “I went first, and then my brother Robert eventually went there, too. Now it’s a race to see who’s going first to pick our clothes, and unfortunately, Robert already has the Nexus advantage,” Ned laughs.

DR. ROBERT G.G. PICCINI

Robert agrees that his connection to FREEDS began through Ned, whose style and professionalism impressed him. “I was always impressed by how well he looked”, he remembered. “So I decided that I needed to revamp my wardrobe”. Since then, he has worked closely with the staff. Just like his brother, he points out: “I have never been complimented on my suits and my clothing as much as I have since I started wearing their pieces.”

Based in Macomb County, Michigan, Robert is an AOA board-certified osteopathic psychiatrist and, in July 2025, made history as the first psychiatrist to serve as President of the American Osteopathic Association. Known for his dedication and engaging presence, he brings the same care and attention to his work as he does to his style. “How I present myself is extremely important. A well-suited person gives that extra set of credibility,” he explains.

The personal attention at FREEDS is what makes the most difference for Robert. “The attention to detail in the lining, the buttons, the stitching. There’s no way you can compare it to anything else. And the value is there also,” he emphasizes. One of his favorite pieces is the three-piece suit, which he appreciates for its versatility in frequent travel.

The brothers’ admiration for the store is mutual. Their long-standing relationship with the staff has turned shopping into a personal experience,

one that reflects their dedication to presenting themselves at their best. “The experience of buying there has been better than anything I’ve ever had before,” resumed Robert. “Everywhere else I’m just buying a suit. At FREEDS, it’s almost like I’m buying a suit from family,” concluded Ned.



“I have never been complimented on my suits and my clothing as much as I have since I started wearing their pieces”.

Dr. Robert Piccinini

“I’m constantly reminded that I’m wearing a FREEDS suit, because someone is always commenting on how well I’m dressed.”

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