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INTERVIEW

SPRING/SUMMER 2026
ISSUE TWENTY NINE

A NEW CHAPTER IN HOME LIVING THE RISE OF ADDITIONAL DWELLING UNITS

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As we welcome the Spring / Summer 2026 issue, we're reminded that style is never just about what we wear—it's about how we live, how we gather, and how we shape the spaces and communities around us. This edition reflects that idea, bringing together stories that highlight innovation, individuality, and the evolving ways we define home and lifestyle in Windsor-Essex.

From the growing impact of additional dwelling units to the continued evolution of modern weddings and personal style, this issue captures a moment of change. We're seeing a shift toward thoughtful living—where design meets purpose, and where every detail, whether in fashion or at home, is approached with intention. These stories are not only about trends, but about the people driving them forward.

At the heart of this publication is community. The businesses, creators, and professionals featured in these pages represent the strength and character of our region. Their commitment to craftsmanship, service, and innovation continues to shape Windsor-Essex in meaningful ways. We are proud to share their work and their stories.

We also recognize that none of this would be possible without our readers, partners, and contributors. Your ongoing support allows us to continue producing a magazine that celebrates both style and substance.

As you move through this issue, we hope you find inspiration—not just in what you see, but in what it represents: progress, creativity, and a shared sense of pride in our community.

Thank you for being part of it.

Warmly,

Ari Freed, Evan Freed, Derek Freed, & Dan Orman

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ISSUE TWENTY NINE

CONTENTS

SPRING / SUMMER 2026

IN THIS ISSUE

FEATURE

14 DAN RADMORE & ANDREW FOLKERINGA
A NEW CHAPTER IN HOME LIVING
- THE RISE OF ADDITIONAL DWELLING UNITS

20 FREEDS FOR WEDDINGS

24 THE MODERN WEDDING:
STYLE, EXPERIENCE, AND THE RISE OF
NON-TRADITIONAL CELEBRATIONS

38 TRENDS WITH THANH
WOMEN OF FREEDS: WOMEN OF WINDSOR-ESSEX

44 FREEDS COLLECTION SPRING / SUMMER 26

56 FACES OF FREEDS - KATHY VEGH

60 WHY PHILANTHROPY IS ESSENTIAL TO THE FUTURE OF HEALTHCARE

66 COPPLEY - SPRING / SUMMER COLLECTION
A NEW SEASON OF STYLE STARTS WITH THE PERFECT FIT

FREEDS IMAGE PROFILES

70 TONY & JENNIFER ABRO

71 JAMIE MINGAY

72 PETER PIATKIEWICZ

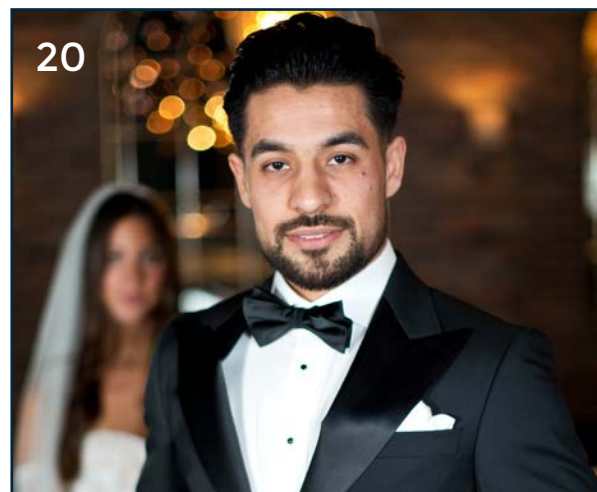
73 RYAN DONALLY

74 GREG BAGGIO

75 SCOTT MCINTOSH & SHAWN LAPORTE

76 STEPHANIE WINGER

80 SECOND OPINION - BY DR. CRAIG SCHISLER
WHEN A DISC HERNIATION ISN'T REALLY "SUDDEN"



FREEDS IMAGE

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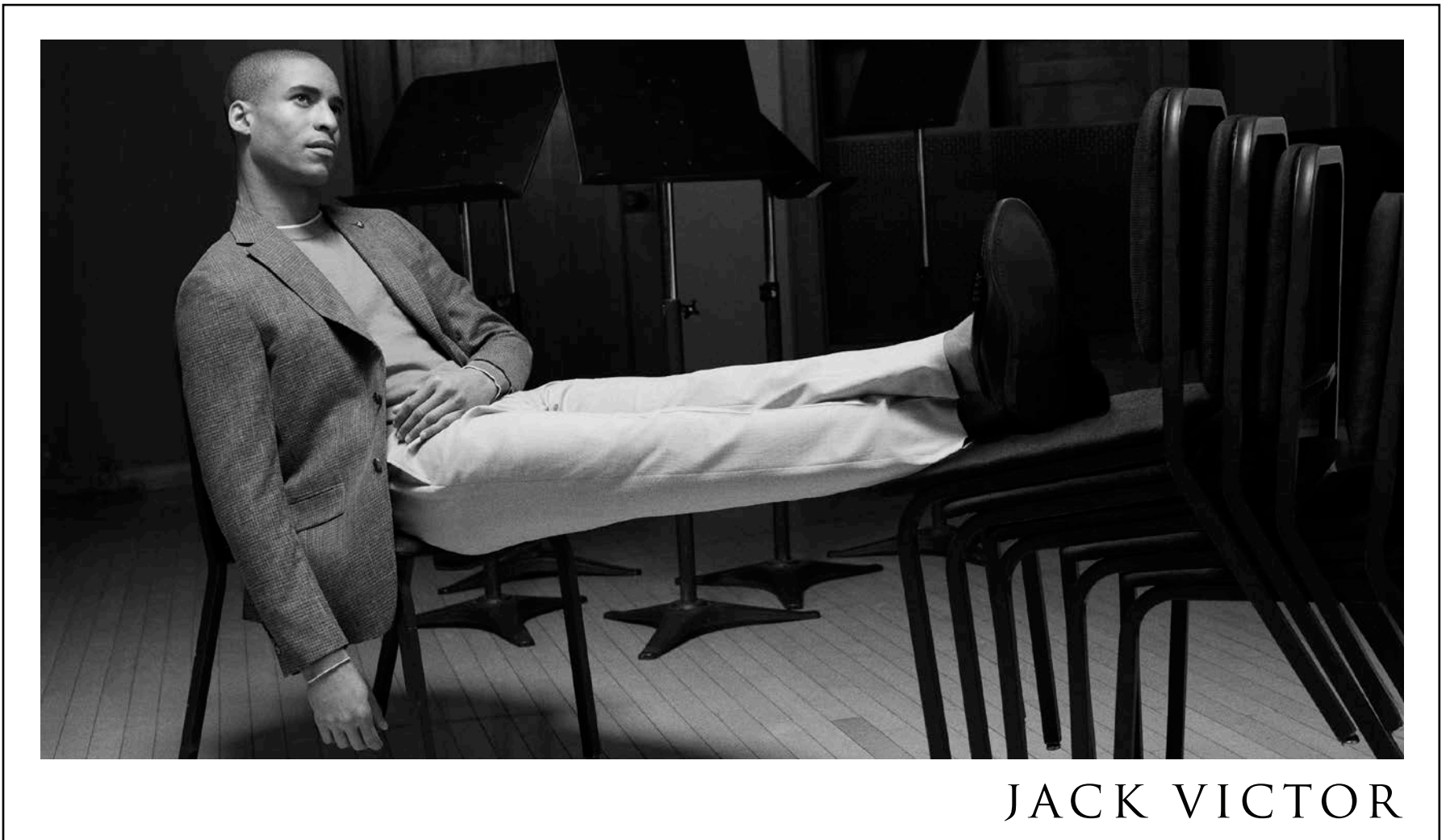
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DAN RADMORE
Laneway Homes - Owner & CEO

A NEW CHAPTER IN HOME LIVING

THE RISE OF ADDITIONAL DWELLING UNITS

Written by Jessie Gurniak | Photo by Pat Scandale

For many families today, the biggest challenges aren't happening inside the home because they are occurring just beyond the back door: aging parents who need care but value independence, adult children priced out of the market, and households squeezed by rising costs and limited options.



“Our units are designed with cathedral ceilings and if that’s not possible we do our best to ensure the ceilings are as high as possible,” says Dan Radmore, owner and CEO. “This reduces the confined feeling that sometimes is the case in a smaller unit.”



Photo: Andrew Folkeringa, Dan Radmore - Cottage model ADU.

In Windsor-Essex, these pressures have sparked a quiet revolution as homeowners turn to Additional Dwelling Units (ADUs) to keep loved ones close, create financial breathing room, and bring purpose back to their properties.

And as demand grows, one name keeps rising to the top: Laneway Homes, a specialized division built around the belief that small spaces can deliver big value. Unlike general contractors who occasionally take on these projects, Laneway Homes focuses exclusively on ADUs by designing, refining, and perfecting every detail.

“Our units are designed with cathedral ceilings and if that’s not possible we do our best to ensure the ceilings are as high as possible,” says Dan Radmore, owner and CEO. “This reduces the confined feeling that sometimes is the case in a smaller unit.”

There are different reasons for choosing to build an ADU, but the most common one Laneway Homes sees is families building these units to keep aging parents close for care. Families are also building these

homes for their adult children who are struggling to break into the housing market, and others look to these units as additional income by making them rental units. While the actual value that an ADU adds to a home varies, what Laneway Homes usually sees is simple: a typical 430 square foot build costing approximately \$169,000 can generate \$1,600 to \$1,800 in monthly rent.

Laneway Homes utilizes specific design principles that prioritize volume over square footage. Using open-concept floor plans, the team encourages using kitchen islands instead of dining tables to maximize the space. Plus, by using durable, modern materials and high-end exterior details like front porches or pergolas, these units feel like luxury cottages instead of secondary buildings. This focus on premium finishes ensures the space is comfortable for long-term living rather than just temporary use.

The process is easy! Homeowners don’t have to worry about getting the proper permits or paperwork in order to get their ADU from Laneway Homes. Every project begins with an assessment of property



Dan Radmore
Sport Coat: Fish Named Fred
Pants: Marco
Shirt: Bugatchi
Shoes: Cole Haan



Andrew Forlkeringa
Sport Coat: Soul of London
Jeans: Mavi
Shirt: Blu by Polifroni
Shoes: Bugatti

limitations, and if a property has restrictions, the team manages to resolve them through the Committee of Adjustments. From submitting documentation to coordinating with city officials, the administrative burden is handled internally to provide a hassle-free experience.

ADUs aren't limited to one style or structure, as homeowners today are choosing from a wide range of options to match their needs and the layout of their property. Garage conversions are becoming a popular choice, transforming underused buildings into warm, fully functional living spaces without expanding a footprint. Others are opting for home additions, extending the square footage of their existing house to create independent suites that still feel connected to the main residence. And of course, the stand-alone "tiny home" remains a favourite for those looking to create a private, self-contained dwelling that blends seamlessly into the backyard. Each option offers unique advantages, giving families the flexibility to build the right solution for aging parents, adult children, or long-term rental income without needing to leave the neighbourhood they love.

While Laneway Homes began as a branch of Supreme Services following a unique client request in 2018, they quickly recognized that ADUs required a dedicated focus. Small-scale residential construction presents unique challenges, from tight property lines to complex utility hookups. By specializing, the company has mastered these nuances without compromising the privacy of the primary residence.

Radmore says that what they've learned is that there are a few things that became clear:

- Homeowners were looking for smarter ways to use their property.
- ADUs offered affordability, flexibility, and real financial benefits.

There was a huge gap in the market for builders who understood the unique challenges of small-scale, high-quality residential construction.

Radmore and his team found themselves drawn to the creativity and purpose behind these compact homes.

When planning these projects, the team maintains a strict focus on site safety and inclusivity. Because these dwellings often house vulnerable family members or tenants, builders must be mindful of universal design principles and basic safety protocols. This includes ensuring that the environment is welcoming and hazard-free for all potential occupants, from young children to seniors. Even in the planning of events like backyard gatherings or housewarmings, the team emphasizes keeping the space accessible and safe for everyone.

"Our mission is to make the process of building an ADU as simple and painless as possible while offering creative design solutions and the highest standards in craftsmanship, efficiency, and customer care," says Radmore. ***"We exist to transform underused spaces into beautiful, functional homes that enhance property value, support families, and contribute to a more flexible and affordable housing future."***

By making high-quality small-space living accessible and stress-free, they are helping to create a more flexible and affordable housing future for the community. With the right design and a team to navigate the red tape, many backyards across Windsor and Essex County are finally ready to open the door to big possibilities.



Photo: Andrew Folkeringa, Dan Radmore - Cottage model ADU.

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FREEDS

For Weddings

Written by: Olivia Vrsaljko

When it comes to weddings, every detail matters, especially what you wear. For nearly a century, FREEDS of Windsor has helped grooms and their wedding parties look and feel their best on one of life's most important days. With over 96 years of experience, FREEDS has built a reputation as a trusted destination for style, service, and expertise. Whether you're planning a classic celebration or something more modern, FREEDS is truly a one-stop shop for making "I do" look incredible.

The Suit Package: Style, Value, and Simplicity

For many grooms and groomsmen, finding the perfect balance between style and budget can be a challenge. That's where FREEDS' suit package comes in, a solution that has stood the test of time.

The suit package has become one of FREEDS' most popular offerings. As co-owner Ari Freed shares, "We introduced the suit package to FREEDS about 15 years ago." Since then, FREEDS has outfitted thousands of grooms and wedding parties, continuously refining the program based on customer feedback. With enhanced quality, improved fits, and an expanded range of colours, the suit package has evolved, while always maintaining the exceptional service FREEDS is known for.

With two packages available, \$299 and \$399, each includes a complete outfit: suit, shirt, tie, belt, socks, and shoes. It's everything your groomsmen need, bundled into one easy, stress-free option.

"Our suit package is one of the most popular choices for groomsmen because we make the whole experience convenient and stress-free, from setting up your wedding party to getting your groomsmen fitted. Our suit package ensures all groomsmen look and feel their best on your big day," says Derek Freed.

Beyond convenience, the suit package offers long-term value that sets it apart from traditional rentals. "One of the biggest advantages is that you're not renting, you actually own the suit," adds Derek Freed. "After the wedding, you have a fully tailored suit that you can wear again for future events."

With FREEDS' in-house tailoring department, every suit is adjusted to fit perfectly, something that rental options simply can't match. "We tailor everything in-house, so each groomsmen gets a suit that fits them properly," says Derek. "It makes a huge difference in how you look and feel on the day."

This combination of ownership, expert tailoring, and ease makes the suit package an unbeatable option for wedding parties looking for both style and practicality.

Made-to-Measure: The Ultimate Custom Experience

For grooms looking to elevate their wedding day look, FREEDS' made-to-measure program offers a truly personalized experience. In partnership with Coppley, based in Hamilton, Ontario, FREEDS provides bespoke garments crafted to each individual.





Photo: Jessica Ruxton Photography

“No matter the vision for your wedding day, we have the selection, expertise, and team to bring it to life seamlessly,” says Derek Freed.

This is where luxury meets individuality. With thousands of fabric options, linings, and customization details available, every element of the suit can be tailored to reflect the groom’s personal style and wedding vision.

As co-owner Dan Orman explains, the made-to-measure experience is about creating something that is completely your own, from the smallest details to the overall design.

“For your wedding day, it should feel personal. From the lining to the stitching, every detail can reflect your style and your story. It’s about creating something that’s truly yours, something you’ll remember long after the day is over,” says Orman.

This level of customization ensures not only a perfect fit but also a meaningful connection to what you wear, turning your suit into more than just an outfit, but part of the memory of your wedding day.

Off The Rack Suiting Options: Endless Options, Immediate Style

Not every groom is looking for a fully custom option, but that doesn’t mean compromising on quality or selection. At FREEDS, we offer thousands of suits and tuxedos available off the rack and ready to try on, allowing you to find the perfect fit without the wait of custom production. With respected brands such as Copley, Jack Victor, Armani, and Calvin Klein, our team is dedicated to helping you select a look that seamlessly aligns with your style and wedding vision.

From classic black tuxedos to contemporary fits and fashion-forward colours, the selection caters to every style and wedding theme. Whether your vision is timeless elegance or modern sophistication, FREEDS has the inventory and the expertise to bring it to life.

“No matter the vision for your wedding day, we have the selection, expertise, and team to bring it to life seamlessly,” says Derek Freed.

A True One-Stop Shop

What truly sets FREEDS apart is its commitment to being a complete, full-service destination. From the moment you walk in, you’re supported by a knowledgeable team with decades of experience in menswear and wedding styling.

As Dan Orman describes it, the experience is designed to be seamless and stress-free, just like working with any trusted wedding vendor. Everything you need is thoughtfully brought together under one roof, from suits and shirts to accessories and finishing touches.

And when it comes to completing your look, FREEDS offers the largest selection of men’s shoes and accessories in Windsor, making it easy to walk out fully styled from head to toe.

Making “I Do” Look Incredible

Planning a wedding can be overwhelming, but choosing your attire doesn’t have to be. FREEDS is dedicated to making the process seamless, enjoyable, and tailored to you.

For the FREEDS team, the goal is simple: to ensure every groom and his wedding party feel confident, comfortable, and completely taken care of on the big day.

Whether you opt for the convenience of the suit package, the luxury of made-to-measure, or the variety of our off-the-rack selection, FREEDS offers something for every groom. With nearly a century of expertise, a commitment to quality, and a passion for helping customers look their best, FREEDS continues to be the go-to destination for weddings in Windsor and beyond.

Because on your big day, every detail counts, and FREEDS is here to ensure you walk down the aisle looking nothing short of incredible.



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THE MODERN WEDDING: STYLE, EXPERIENCE, AND THE RISE OF NON-TRADITIONAL CELEBRATIONS

With wedding season on the horizon, the conversation naturally begins with fashion—the dress, the tailoring, the textures, the silhouettes—but today’s weddings have evolved into something far more immersive. They are no longer defined by a single statement piece, but by a carefully curated experience where every detail, from the aisle to the after-party, reflects a cohesive sense of style.

Modern couples are approaching their weddings the way a stylist approaches a collection: with intention, balance, and an eye for storytelling. The wardrobe may set the tone, but it is the collaboration of skilled professionals that brings the entire vision to life. Every choice, from fabric and color palettes to lighting and layout, contributes to an atmosphere that feels both effortless and deeply considered.

Fashion remains at the center of it all, not just for the wedding day itself, but for every event surrounding it. From engagement parties to rehearsal dinners and post-wedding celebrations, having access to the right wardrobe is essential. FREEDS offers dresses for all occasions, including weddings, events, and engagement parties, helping individuals find looks that feel both refined and appropriate for every moment leading up to and beyond the big day.

The morning of the wedding, once rushed and chaotic, has transformed into a refined ritual. Mobile beauty teams such as Style Squad Hair Team provide professional bridal hair services on location, creating a relaxed and seamless experience tailored specifically for weddings. This allows the bride and her party to prepare in comfort, enjoy the moment, and begin the day with a sense of calm that carries throughout the celebration.

Florals have also become central to the overall aesthetic. No longer just decorative, they function as an extension of the wedding’s style, much like the perfect accessory completes a look. Designers like Forget Me Not Flower Boutique create bouquets and table arrangements that bring texture, movement, and color into the space. From romantic and soft palettes to bold and modern arrangements, florals help define the mood of both ceremony and reception while tying together every visual element in a cohesive way.

Guest experience now plays a defining role in modern weddings. Couples are thinking beyond how their wedding looks and focusing on how it feels for everyone in attendance. A mobile bar service such as The Copper Jigger offers a fully styled bar setup that integrates seamlessly into the event design. Its flexibility makes it especially suited for outdoor weddings and engagement parties, where both presentation and adaptability are key. It becomes not just a service point, but a design feature that enhances the overall atmosphere.

Separately, professional bartenders from Last Call Bar Service ensure smooth, engaging service for weddings, private events, cocktail classes, and corporate functions. Their presence helps

maintain flow and energy throughout the event, allowing guests to relax and enjoy the celebration without interruption. The difference is often found in the details—quick service, friendly interaction, and a well-managed bar can significantly elevate the guest experience.

For couples drawn to tradition, venues such as Nico’s Taverna and recently renovated Ciociaro Club continue to offer elegance, structure, and convenience. These established spaces simplify planning while providing a refined setting that supports both ceremonies and receptions with ease. With experienced staff, built-in amenities, and a proven approach to hosting events, they remain a reliable choice for couples seeking a polished and timeless wedding.

At the same time, a growing number of couples are moving toward non-traditional weddings. Outdoor spaces, private properties, backyards, vineyards, and waterfront locations are becoming increasingly popular, offering a more personal and flexible approach to celebrating. These settings allow couples to step away from rigid formats and create experiences that feel authentic to their lifestyle and story.

This shift has increased the importance of adaptable vendors who can bring professionalism and creativity to any environment. Non-traditional venues often require additional planning, from logistics and setup to weather considerations and space management. Mobile services, in particular, have become essential—ensuring that no matter the location, the experience remains seamless and elevated. From beauty teams preparing clients on-site to bar services that can operate anywhere, these vendors provide the flexibility that modern weddings demand.

The ceremony itself has also evolved, becoming more personalized and meaningful. Rather than following a strictly traditional format, many couples are choosing to customize their ceremonies to reflect their values, personalities, and journey together. Officiants like Dorothy Watson help guide couples through ceremonies, vow renewals, and rehearsals with a thoughtful and customized approach. Whether in a formal venue or an outdoor setting, their role ensures that the most important part of the day feels genuine, memorable, and deeply personal.

Another defining element of modern weddings is the focus on flow and experience. From the transition between ceremony and reception to the pacing of the evening, couples are placing greater emphasis on how the event unfolds. Vendors play a critical role in maintaining this flow, working together to ensure timing, service, and atmosphere align seamlessly.

Ultimately, modern weddings are defined by intention. Every detail, from fashion to service, contributes to a unified experience that feels both stylish and personal. It is not about excess, but about thoughtful choices that reflect the couple’s vision.

As non-traditional weddings continue to rise, couples are embracing the freedom to design celebrations that go beyond expectations. With the support of experienced vendors who bring expertise, creativity, and adaptability, it is now possible to transform any space into a beautiful and meaningful setting. Whether in a classic venue or an open outdoor landscape, the modern wedding is ultimately about creating an experience that feels authentic, seamless, and truly unforgettable.


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Belt: Brave
Shoe: Michael Kors

Mike Kosty
Jean: Paige
Jacket: Blue Industry
Belt: Bench Craft
T-shirt: Robert Barakett
Shoes: Ecco



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Shirt: Elite
Puff: Dion
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Rebecca Brown
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✉️ dwatson65@hotmail.com

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TRENDS WITH THANH



Women of FREEDS: Women of Windsor-Essex

Written by Thanh Buu Tran / Photography by Christina Buu Tran

Before becoming the Manager and Buyer of the Women's Department at FREEDS, growing up, fashion was just a seven-letter word, and I did not think it would be an important pillar in my life. During my childhood as a local who was born and raised in Windsor, I have always looked outward for insight into fashion. Through fashion magazines, runway shows, and styling blogs from "it girls," these mediums have inspired me but also left me longing for more. Throughout my academic career around the world, from the United States to Australia and China, I realized that there was more to fashion. Clothing is filtered from fashion houses and designers, where art is created from inspiration and made to be worn. Style is unique and individual to a person, which mirrors their lifestyle needs, pleasures, and vices. Fashion is a collective of individual styles coming together to create trends and cultural moments. Culture is created from cultural movements and traditions that we choose to adapt into our everyday lives. Thus, from the local streets of Windsor to the big bustling cities of Toronto and New York, the Women's Department at FREEDS has been hard at work to bring grace, elegance and create a truly unique experience for our esteemed community.

This spring and summer season of 2026, the inspiration for the collection was to define the Women of FREEDS, which are the Women of Windsor-Essex. The Women of Windsor-Essex are emerging from a city that has historically been regarded as a blue-collar town, where fashion is not usually the first thing people think of when describing the region. Fashion narratives have been dominated by metropolitan cities like Toronto. Nonetheless, fashion is more than just clothing – it is a living reflection of culture, identity, and change. There is so much more to the Women of Windsor-Essex; they are free and independent working women who are not dictated by fast fashion and fleeting fads. They have the freedom of choice, the freedom to create, and the freedom to choose their own journey. From the runways of global capitals to the everyday choices we make in front of our closets, style tells a story about who we are and the world we live in. In an era shaped by fast fashion, digital influence, and a growing demand for sustainability, fashion is evolving faster than ever. This article will explore the inward forces shaping the Women of FREEDS – Women of Windsor-Essex's modern style, the voices redefining it, and how personal expression remains at the heart of what we wear.



Thanh Buu Tran is wearing
Sage the Label Central Park Ruched Tank in White
Sage the Label Central Park Midi Skirt in White
Z Supply Staycation Sunglasses in Black

I have styled three amazing women in our latest spring and summer curation from the Women's Department at FREEDS.

This season, we went back to the basics but with elevated textures and various tones within the neutral palette. You are going to see a running theme with soft neutral tones of white styled on a group of women who are widely diversified, ranging across different ages, body types, backgrounds, races, ethnicities, and walks of life.



Paulina Loiselle is wearing
Simkhai Chloe Knit Halter Tank in Ivory
Simkhai Margoux Knit Midi Skirt in Ivory

Paulina Loiselle is the co-owner of Barrehouse, a boutique fitness studio that specializes in offering a strong foundation for low-impact, healthy and effective workouts that enhance one's quality of life with barre, pilates, yoga, and cycling.

Not native to the Windsor-Essex region, Paulina was born and raised in Edmonton and completed her schooling at the Toronto Metropolitan University. Her extensive background in dance and the creative arts has led her to the origins of Barrehouse with community fitness events in Wilistead Park, and the community kept growing organically. Now with locations in Walkerville and Lakeshore, Barrehouse's

success can be credited to Paulina as an amazing catalyst and champion for establishing truly inclusive and accessible spaces for fitness and wellness that make all feel warm and welcome.

I styled her in an edgy yet feminine two piece set that is simple and elegant to embody her leadership aura and creative personality. Paulina can rock an array of styles from bold and baggy statement pieces to dancer-esque fitted tops. Her style is influenced by music and rhythm, where she is fluid with feminine and masculine silhouettes.



Amy Kwan is wearing
 Cinq à Sept Zip Up Le Petit Khloe Blazer in Taupe and Ivory
 Liverpool Short Sleep Camp in Whipped Cream
 Sanctuary The Marine Crop in Chalk
 Z Supply Mirage Sunglasses in Brown Tortoise

Amy Kwan is the On Track on Campus and Post-Secondary Transition Coordinator at United Way Cetraide Windsor-Essex Chatham-Kent. She was born and raised in Hong Kong in a half British family that moved to Windsor in 2009. Amy is a proud queer individual who volunteers with the Queer and Trans Migrant Advocacy Alliance of Windsor-Essex.

Her gentle and empathetic personality and strong advocacy achievements always shine through, illustrating her professionalism dating from her extensive Social Work education and background from the University of Windsor and the Toronto Metropolitan University.

I decided to style her in a look that embodies her soft and positive energy. Her look has great transition pieces that could be worn from day to night – she can wear this look to work while being comfortable and professional, and still go out to a family function or have a dinner with her partner. Amy loves both fit and relaxed pieces that style well with her petite frame, and she is not afraid to go into bolder cuts.



Mojolaoluwa Daniella Adekoya is a high achieving student at the University of Windsor, working towards her degree in Biomedical Science. She goes by “Daniella” in her everyday life and is dedicated to becoming a doctor.

Daniella is part of the Doctors Without Borders at the University of Windsor. She immigrated to Canada from Nigeria and fully embraces her roots through her playful personality. Daniella loves street style with more relaxed fits and graphic prints. Which is why I styled her in easy yet fun pieces that could elevate her current wardrobe and act as capsule pieces.

Her look can be worn to school, a networking function, or out and about with her friends. As a first-year student, she is still developing and finding her style as she evolves and continues growing as a woman.



Mojolaoluwa Daniella Adekoya is wearing
John + Jenn Blaine Blazer in Heritage Indigo
Oui Beaded Ribbed Tank in Off White Blue
DL 1961 Hepburn High Rise Wide Leg in Eggshell
On Running The Roger Advantage in White and Rosehip
Michael Kors Leather Tote in Black



Together, these three women represent the essence of the Women of FREEDS – diverse, dynamic, and deeply rooted in authenticity. They remind us that style is not about fitting into a singular mould, but about embracing the many facets of who we are. Whether it is Daniella’s evolving self-expression, Amy’s balance of comfort and confidence, or Paulina’s bold yet grounded presence, each look tells a story that goes beyond the garment itself.

As we move through the spring and summer 2026 season, the Women’s Department at FREEDS continues to celebrate individuality while curating pieces that feel intentional, timeless, and empowering. In a world where trends can feel overwhelming and transient, returning to elevated basics and thoughtful design allows women to build wardrobes that truly reflect their lives and continue celebrating more beautiful moments.

Fashion in Windsor-Essex is no longer something to look outward for; it is being defined right here, by the women who live, work, and create within this community. The Women of FREEDS are not waiting to be told what the next and latest trend is; they are shaping it. The Women of FREEDS prove that style is not just about what you wear, but how you live, how you move, and how you show up in the world.



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Anil Latia
Sportcoat: Soul of London
Pants: 34 Heritage
Knit Pocket Square: PYA
Shoes: Florsheim
Belt: Bench Craft



Andjela Dragicevic
Vest: Favorite Daughter
Skirt: Favorite Daughter
Shoes: Jewel /Badgley Mischka



Anil Latia
Sportcoat: Soul of London
Jean: 34 Heritage
Shirt: Tiger of Sweden
Shoe: Robert Barakett
Belt: Hugo Boss



Andjela Dragicevic
Jeans: Mavi
Top: Nekane NKN
Shoes Badgley Mischka



Anil Latia
Sport Coat: Downie Street
Jean: Mavi
Shirt: Elite
Belt America
Messenger Bag: Hugo Boss
Shoe: Donald Pilner



Andjela Dragicevic
Top and Skirt: Astrid
Shoes: Steve Madden



Anil Latia
Sportcoat: Downie St.
Jean: 34 Heritage
PYA Knit: Polo
Shoes: Geox
Belt: Boss



Andjela Dragicevic
Blazer: Esqualo
T-Shirt: Patrick Assaraf
Shorts: DL1961
Shoes: Badgley Mischka
Sunglasses: Z Supply



Anil Latia
Jacket: Rains
Pant: Brax Flex
Shirt: Downie
Knit: Bruno & Strand
Shoe: Boss
Belt: Andersen



Andjela Dragicevic
Denim Jumpsuit: BCBG Maxazria
Shoes: Steve Madden



Andjela Dragicevic
Top: Simkhai
Pants: Simkhai
Jewel: Badgley Mischka

26
SPRING/SUMMER



Andjela Dragicevic
Blouse: Liverpool
Shorts: English Factory
Belt: Brave
Purse: Michael Kors
Necklaces & Bracelets: Accentrix & Jennybird

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* Andrea Thielk practising in association with Shibley Righton LLP and not as a partner, associate or employee of Shibley Righton LLP.

Faces of FREEDS

33 Years of Creativity and Dedication at Freed's



Kathy's Lucky Penny.



Kathy Vegh

Written and Photos by Olivia Vrsaljko

When Kathy Vegh joined FREEDS in October 1993, the store itself was transforming, undergoing a major renovation and expanding its team. What began as a part-time role in haberdashery quickly grew into a decades-long career defined by creativity, adaptability, and passion.

"I started when the store doubled in size and needed more staff," Kathy recalls. From those early days on the sales floor, it became clear she had an eye for fashion and presentation. Before officially stepping into merchandising, Kathy was already helping shape the store's visual direction, selecting clothing and preparing displays for the team.

When the opportunity arose to take on merchandising, she admits she was unsure. **"I remember thinking, 'Am I good enough for that?'"** But with previous experience in window displays and a natural creative instinct, she embraced the challenge. That decision would go on to define much of her career at FREEDS.

Over the years, Kathy has taken on a wide range of roles, including sales associate in many different departments, buyer, and merchandiser, each one adding to her deep understanding of the business. Today, she remains a key member of the team as a sales associate and buyer in the women's department, where her creativity and experience shine in every interaction. From helping customers find the perfect outfit to styling complete looks, Kathy brings a personalized, thoughtful approach that has built strong, lasting relationships.

"I love my customers," she says. **"That connection is such a big part of what I do."**

Beyond the sales floor, Kathy continues to play a major role in bringing the FREEDS brand to life through window displays, mannequins, fashion shows, wedding events, and editorial shoots. The variety in her role is what keeps her inspired.

"I don't think I could ever do just one thing every day," she says. **"Having different roles keeps it exciting."**

That creativity has been with her since childhood. Growing up on a farm, Kathy balanced hard work with a strong sense of personal style. **"We played hard, we got dirty, but when we were going out, we dressed up. It mattered to us."** Alongside her sisters, she developed a love for fashion, art, and music, interests that would later shape her career.

One memorable moment that stands out to her involves a customer visiting from the United States. After experiencing the level of care and attention at FREEDS, he expressed his appreciation in a unique way, by gifting Kathy a rare American "silver" penny from wartime, when copper was reserved for ammunition.

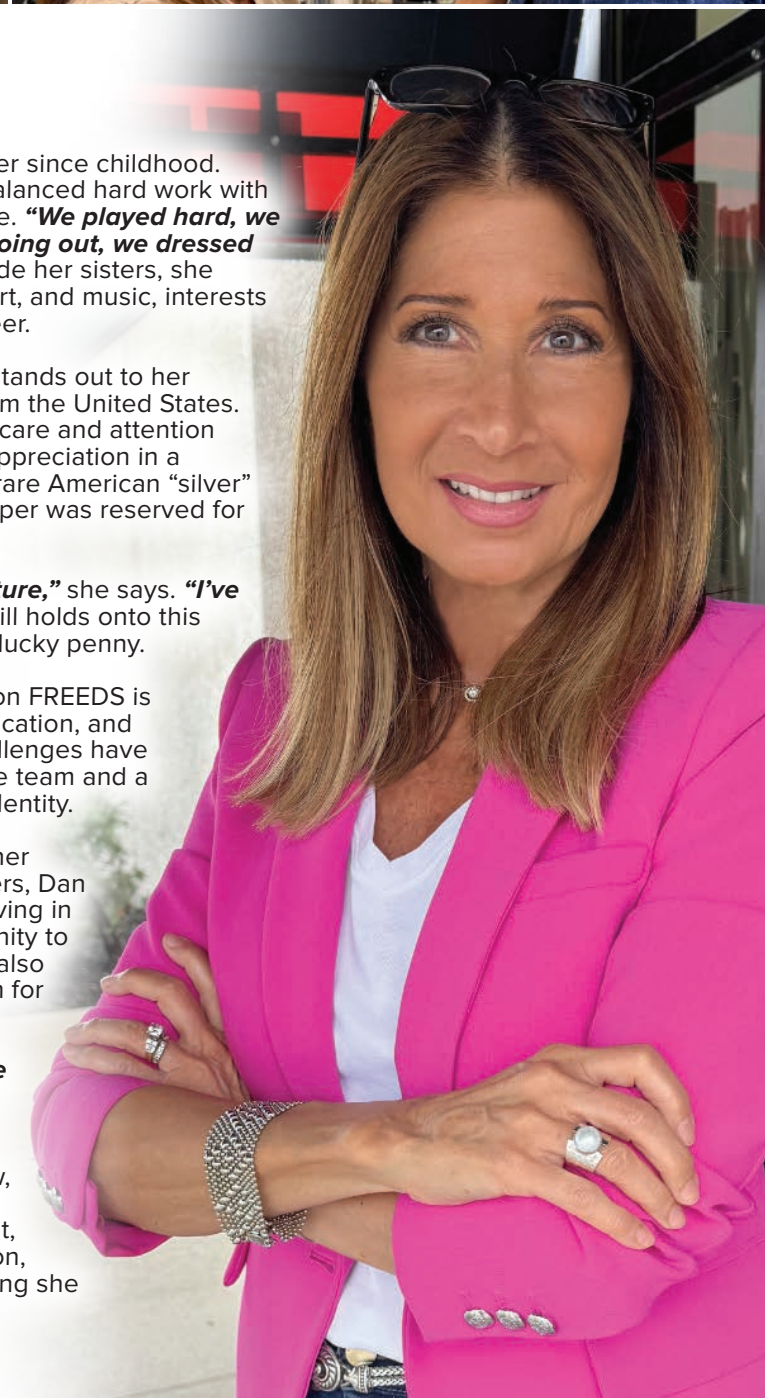
"It was such a thoughtful gesture," she says. **"I've never forgotten that."** Kathy still holds onto this keepsake and considers it her lucky penny.

After 33 years, Kathy's impact on FREEDS is undeniable. Her creativity, dedication, and willingness to take on new challenges have made her an integral part of the team and a key contributor to the store's identity.

Kathy is also quick to express her gratitude. She thanks the owners, Dan Orman and Ari Freed, for believing in her and giving her the opportunity to grow within the company. She also credits the entire FREEDS team for their ongoing support.

"The staff here is amazing, we are all family," she says with a smile.

Whether she's styling a window, working with customers, or preparing for the next big event, Kathy continues to bring passion, creativity, and heart to everything she does.



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WHY PHILANTHROPY IS ESSENTIAL TO THE FUTURE OF HEALTHCARE

A Global Conversation with Local Impact

Earlier this year, the Chatham-Kent Health Alliance Foundation became an official partner for World Engineering Day for Sustainable Development 2026, a global initiative focused on innovation, collaboration, and building stronger systems for the future.

As part of this year-long partnership, Christine Mitchell, President & CEO of the Foundation, shared a simple but powerful idea: philanthropic investment in healthcare is not just helpful, it is essential.

It is a short statement, but it reflects an important reality about how healthcare works in communities across Ontario. While healthcare is publicly funded, community philanthropy plays a critical role in helping hospitals modernize, innovate, and respond to the changing needs of their communities.

That reality is not unique to large cities or major health systems. It is true right here in Chatham-Kent.

How Hospital Funding Really Works

Hospitals in our province receive the majority of their operating funding from the Ministry of Health. That public investment forms the basis of our healthcare system and ensures that essential services remain available to everyone who needs them. At the same time, government funding typically covers about 90 percent of a hospital's operating needs. The remaining portion must be raised locally through hospital foundations and community fundraising efforts.

These community investments help fund many of the tools and improvements that keep hospitals modern and responsive, including new medical equipment, program innovation, and upgrades to hospital facilities. In other words, philanthropy helps hospitals adapt, grow, and respond to the changing needs of the communities they serve.

When communities invest in their hospitals,
they help make important progress possible.



What This Looks Like in Our Community

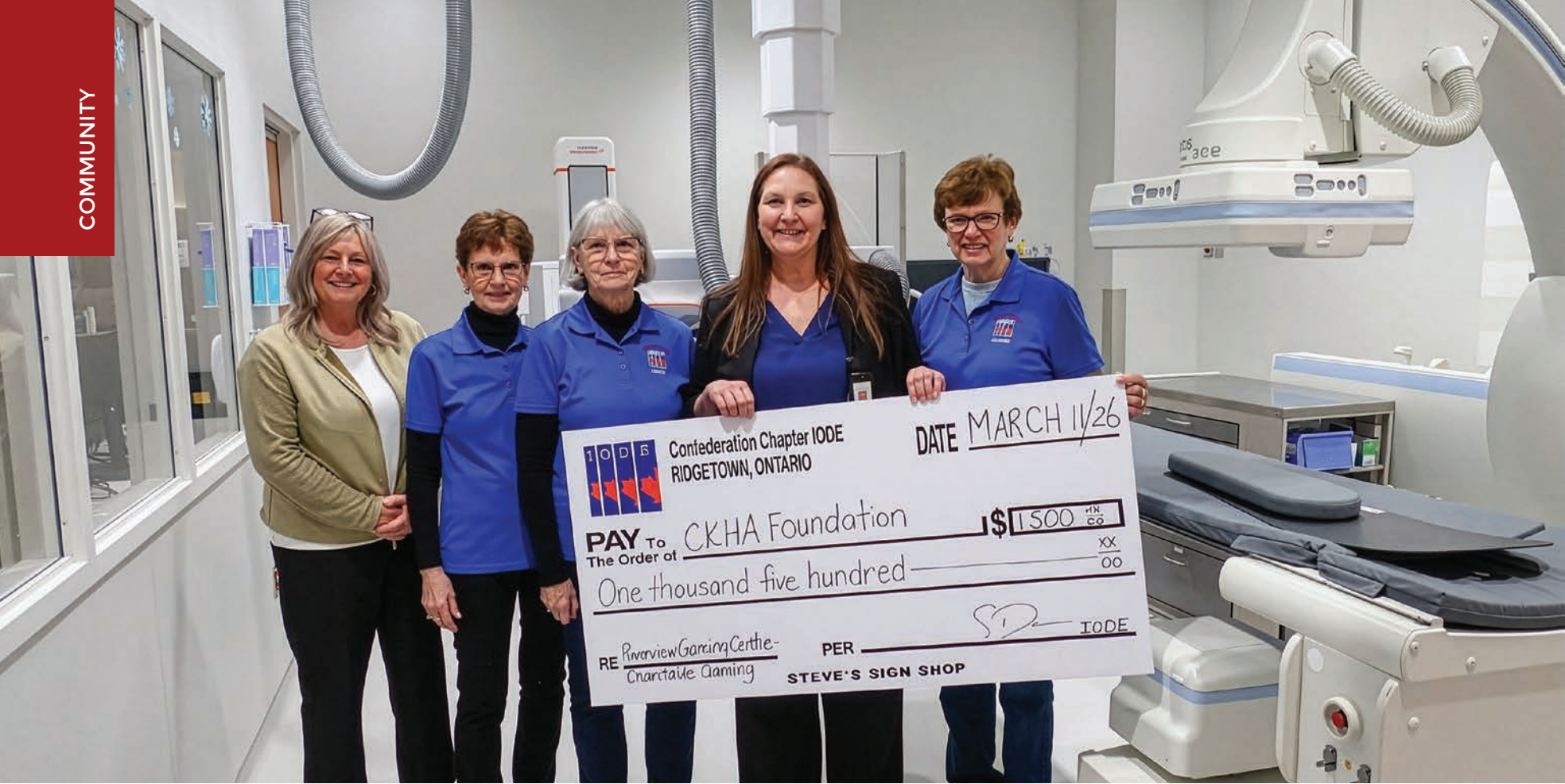
Here in Chatham-Kent, the impact of community support can be seen across both hospital sites and in many of the initiatives that strengthen care at Chatham-Kent Health Alliance (CKHA).

One recent example is the addition of a state-of-the-art fluoroscopy machine at the hospital's Chatham site. This advanced diagnostic imaging technology allows physicians to perform specialized procedures with greater precision and improved patient comfort. Community fundraising played a critical role in bringing this equipment to our hospital, ensuring patients can access this level of care close to home.

Diagnostic Imaging continues to be one of the most important areas of investment in modern healthcare. Technologies such as mammography, CT, ultrasound, and MRI play a critical role in early detection, diagnosis, and treatment planning for a wide range of conditions. As our population grows and screening programs expand, the demand for these services continues to increase.

Ensuring our hospital has access to modern, reliable diagnostic imaging equipment will remain a major priority in the coming months and years. Continued investment in these technologies will help ensure patients in our community can continue to receive high-quality care close to home, without needing to travel outside the region for essential diagnostic services.





Philanthropy is also playing a key role in the Our Hospital, Our Future Wallaceburg Site Redevelopment Campaign, a project focused on modernizing spaces and improving the patient care environment at CKHA's Wallaceburg site. Facility upgrades like these help ensure hospitals remain safe, efficient, and responsive to the needs of patients and families both today and in the future.

Each of these examples reflects the same principle: when communities invest in their hospitals, they help make important progress possible.





A Shared Responsibility

Healthcare systems are complex and constantly evolving. Population growth, changing health needs, and advances in medical technology all place new demands on hospitals. Addressing these challenges requires collaboration across many sectors. Public investment, private sector innovation, and community philanthropy each play an important role in helping healthcare systems remain strong and sustainable.

This collaborative approach is also what connects the work of the Chatham-Kent Health Alliance Foundation to World Engineering Day. Around the world, communities are working together to design stronger systems that can meet both today's needs and tomorrow's challenges. Healthcare is one of those systems, and it requires long-term thinking, innovation, and community support to continue moving forward.

Philanthropy alone cannot solve every challenge facing healthcare today. But when philanthropic vision works alongside public leadership and private sector innovation, communities can unlock solutions that might otherwise take much longer to achieve.

Building the Future Together

For hospitals across Ontario, and here in Chatham-Kent, that collaboration makes a real difference. It is also a powerful reminder that strong hospitals are built not just through public funding, but through the generosity, commitment, and support of the communities they serve.

Every piece of equipment, every facility upgrade, and every program supported by the CKHA Foundation represents the generosity of individuals, families, businesses, and community groups who believe in the importance of strong local healthcare close to home.

The future of healthcare is not something that happens on its own. It is something that communities build together.

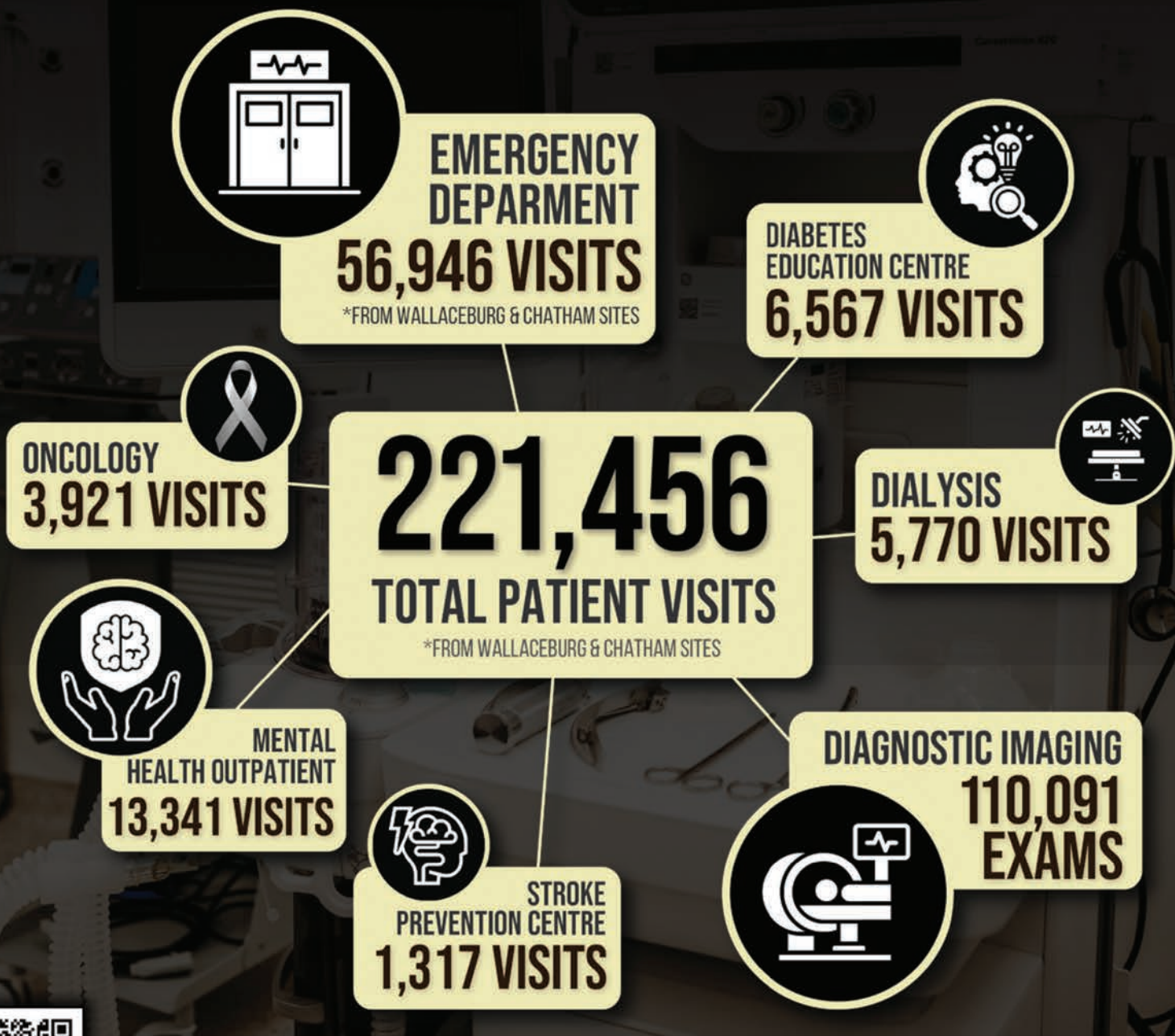
To learn more about the Chatham-Kent Health Alliance Foundation and how community support is helping shape the future of local healthcare, visit www.ckhaf.ca.



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At FREEDS, the made-to-measure custom suit experience allows you to create the perfect suit tailored precisely to your style and fit. Featuring premium craftsmanship from Coppoly, clients can expect exceptional quality rooted in over a century of tailoring expertise.

For more than a century, Coppoly, a proudly Canadian made company, has been synonymous with refined menswear, premium fabrics, and timeless design. The brand continues to evolve with each season, and the latest Spring | Summer collection brings together classic tailoring, modern colour palettes, and lightweight fabrics—making it an ideal choice for everyday elegance and modern seasonal style.

A FRESH PERSPECTIVE ON SPRING TAILORING

Spring fashion is all about renewal, and Coppoly's seasonal lineup reflects that spirit with lighter textures, softer colours, and versatile silhouettes. The collection features a range of suits and sport coats designed for warm-weather sophistication. Shades of sage, soft blue, peach, and lilac introduce a refreshing palette while maintaining the polished look the brand is known for.



Patterns such as subtle plaids, elegant pinstripes, and classic herringbone add visual interest without overwhelming the clean lines of traditional tailoring. These thoughtful details give each piece personality while remaining sophisticated and versatile.

DESIGNED FOR COMFORT AND PERFORMANCE

Coppley's collection emphasizes breathable, comfortable fabrics that allow you to look sharp throughout the day. Lightweight wool, linen blends, and stretch seersucker fabrics provide ease of movement and temperature control while maintaining a crisp silhouette.

These materials are ideal for transitioning between professional settings, social occasions, and everyday wear, offering both style and practicality in warmer months.

MADE-TO-MEASURE EXCELLENCE

One of Coppley's greatest strengths—fully realized through FREEDS' custom program—is its focus on fit and personalization. Each suit is made-to-measure, allowing you to customize every detail to reflect your personal style.

From lapel styles and button configurations to fabric choices and interior linings, every element contributes to a suit that feels distinctive, refined, and perfectly tailored.

VERSATILITY FOR EVERYDAY STYLE

Another advantage of choosing a Coppley suit through FREEDS is its longevity. These garments are designed to transition seamlessly into your wardrobe.

A well-tailored suit or sport coat can be styled for business meetings, formal events, or elevated casual settings—making it a smart and lasting investment.

TIMELESS STYLE, MODERN CRAFTSMANSHIP

Coppley's Spring | Summer collection embodies the brand's enduring philosophy: heritage craftsmanship combined with modern style. Whether updating your professional wardrobe or refining your personal style, the collection offers sophisticated options that balance elegance with comfort.

Through the personalized experience at FREEDS, you can create something truly exceptional—a suit that reflects your individuality while standing the test of time.





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A critically ill baby



Max in the hospital



Max returning home



Max now, 2 years old

Born in November 2023 at Windsor Regional Hospital, Max was a healthy baby with no concerns at his six-month check-up. Just ten days later, his parents James and Michelle noticed alarming arm movements and eye-rolling. They rushed him to the Emergency Department.

"Your heart sinks when you realize your child might be facing something serious," James shared.

When Max was diagnosed with Infantile Spasms—a rare and serious type of infant seizure—his family turned to Windsor Regional Hospital for intensive care. Supported by a determined staff, Max's journey took a miraculous turn. Only two weeks into treatment, the neurologist called with life-changing news: Max was finally spasm-free.

This life-changing care is only possible with your support.

"Donor generosity ensures Windsor Regional Hospital offers the specialized care our children need right here at home," says James.

Today, Max is an energetic, thriving little boy of two years who loves balls, cars, hockey and books. To those who give, the family says:

"We are forever grateful. Your gift matters more than you can imagine."

—James Cook, Max's father

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TONY & JENNIFER ABRO

Profile by Paula Just | Photo by Pat Scandale

Ray of Sunshine Hardscaping is quickly making its mark in Windsor-Essex—setting itself apart with creativity, craftsmanship, and fully customized outdoor spaces. Founded this year, the company serves the entire Windsor-Essex County and offers interlock paver driveways, walkways, patios, retaining walls, fire pits, boulder rock designs, sodding and artificial turf.

“We understand that hardscaping is both a physically demanding and intellectually complex craft”, Tony Abro, the owner of the company, explains. “Every project we take on is backed by meticulous planning, precision and a commitment to quality.”

Raised in Windsor, Tony began his career in the industry after high school and brings over 20 years of experience in landscaping, hardscaping and construction. “It’s a community I truly care about. I’ve seen how much the region has grown and I’m excited to be part of that by helping transform outdoor spaces for local homeowners”. Tony also gained valuable skills by founding a successful hardscaping business in Florida, where he lived with his family for four years.

Bringing that experience back to his hometown, Ray of Sunshine Hardscaping is defined by its focus on custom design. The tagline, “Custom Hardscaping, Timeless Results,” shows its commitment to lasting quality, beauty and longevity. “We create outdoor spaces that reflect the homeowner and endure over time”.

Tony remains closely involved throughout each project, overseeing every stage to ensure communication, quality and respect for each clients’ property. “From the start, my goal has been quality work people trust. Hands-on involvement in every project is key.” He also prioritizes continuous learning and staying up to date on industry advancements. “We stay on top of best practices and the latest innovations by attending trade shows and connecting with leading experts in the field.”

While Tony leads daily operations, his wife, Jennifer, supports in administration, finance and business direction. Her advertising and marketing background also guides branding and social media. “Tony runs day-to-day, I help behind the scenes,” she says.

They balance entrepreneurship with family life, raising three children and building a business rooted in shared values. Faith guides their decisions and keeps them focused on what matters most. “As it says in Colossians 3:23, ‘whatever you do, do it heartily, as to the Lord and not to men’”, Tony reflects.

Ray of Sunshine Hardscaping can be reached by phone at 226-526-6455, through their website at roshardscaping.ca, or on Instagram and Facebook.



Jennifer Is Wearing
White Tank: Meilleur Moment
Black Blazer: Repent
(Candy) Black Pant: Raffaello Rossi

Tony Is Wearing
Shirt: Robert Barkett
Pants: Tommy Bahama
Shoes: Hugo Boss



JAMIE MINGAY

Profile by Jessie Gurniak | Photo by Pat Scandale

For Jamie Mingay, insurance is a family legacy that began in 1959. As a third generation broker with twenty five years of experience, he has watched the industry evolve from simple policy transactions into a complex field of strategic risk management. As President of Navacord Ontario South West, Jamie has taken that legacy and built it into an organization that supports twelve offices and two hundred employees, all while staying true to the community values his grandfather established.

Navacord was founded in 2014 by industry leaders who wanted to build a different kind of insurance model. This new framework allowed established brokerages to join a national organization while keeping their own unique culture and staff intact. For Jamie and his team, this meant they could finally offer the resources of a massive firm without losing the personal relationships that had defined their success for decades.

Jamie's leadership now focuses on using purpose-built teams that move beyond basic sales to act as genuine consultants. These specialists are trained to dive deep into the specific challenges of different industries, helping business owners and individuals identify hidden risks and find long-term solutions rather than just selling them a policy.

A key part of this vision is the establishment of Private Client Solutions: a dedicated team of experts that understand the specific needs of high net worth individuals. This group is specifically designed to handle complex needs, from high value estates and luxury vehicles to cross border insurance. Jamie and the Private Client Team ensure that clients receive an experience that matches the sophistication of their personal and professional assets.

Despite the growth of the organization, Jamie remains a Windsor local at heart. He often draws on the discipline he learned in the city's sports communities to lead his team with transparency, integrity, and a winning spirit. By investing in his staff and supporting local causes, Jamie continues to honour his family roots while making Navacord the obvious choice for insurance in the region.



NAVACORD®

Jamie Is Wearing
Suit: Jack Victor
Shirt: BLU by Polifroni



PETER PIATKIEWICZ

Profile by Jessie Gurniak | Photo by Pat Scandale

Peter Piatkiewicz spent twenty years in manufacturing learning exactly how he didn't want to do business. After a decade in management, he grew tired of seeing people treated like numbers. He wanted to build a career where he could be himself and put people first. He took a leap of faith, earned his real estate license, and traded the factory floor for a life of building local relationships.

Peter is known for his "no filter" approach. He refuses to give clients an inflated price just to get a contract. Instead, he uses daily research to tell the truth about what the market is doing. He believes that being upfront helps his clients stay ahead of the game. Whether a home is worth two hundred thousand or two million, every client gets the same level of honesty and around the clock support.

He loves selling the local lifestyle, often calling the Windsor area the Florida of Canada. He highlights the mild winters, the short commute times, and the easy access to Detroit for world class sports and shopping. For Peter, this region offers the perfect mix of affordability and big city energy.

A major milestone for Peter was his recent decision to break away from a real estate team to work for himself. While the transition required long nights and creative social media work, the independence has allowed him to fully commit to his own values. He speaks both English and Polish, which helps him serve and connect with a wide range of families in the community.

When he is not working, Peter is usually with his family at local events or cheering for the Blue Jays, Lions, Red Wings, or Pistons. He views his clients as family and aims to stay friends long after the papers are signed. For Peter, the goal remains simple: treat everyone with respect and always put people over profits.



Peter Is Wearing
Sport Coat: Soul of London
Pants: Marco
Shoes: Johnston & Murphy

RYAN DONALLY

Profile by Paula Just | Photo by Pat Scandale

As President and CEO of the Windsor-Essex Regional Chamber of Commerce for the past year, Ryan Donally leads the organization through a landmark moment. In March 2026, the Chamber celebrated its 150th anniversary, placing it among Canada's oldest business associations and highlighting its historic role as the region's business voice.

Guided by the theme "Legacy Built, Future Bound," the 150th celebration honors the companies that shaped the region's economy and business community. "Respecting their achievements is essential, as they have generated thousands of jobs and provided for countless families."

Today, the organization represents about 775 member businesses, employing over 40,000 people in the county. For Ryan, the Chamber of Commerce is a vital connector. "I see the organization as a nexus between business, government, post-secondary education, and the nonprofit sector," he explains. "Business is done between people and the Chamber connects them."

Ryan's ability to bridge people and ideas comes from a diverse career. Outside the Chamber, he remains active in the community. He teaches at the University of Windsor's Odette School of Business, serves on several boards—including Workforce Windsor-Essex and the University of Windsor Alumni Association—and supported the arts as a member of the Windsor International Film Festival's board.

A former Windsor Spitfires captain, he brings strong leadership to everything he does. "All the different parts of my career journey have built what I can offer today to our community."

Balancing family life, Ryan is committed outside work. Raising two young sons with his wife Rachel, he makes time for what matters most, even with a busy schedule. Coaching his son's hockey team is a highlight. "They're never short days—but I enjoy every one of them."

Looking ahead, the CEO's vision is ambitious yet grounded. Personally, success means maintaining balance and "enjoying the ride." Professionally, he aims to grow the Chamber to 1,000 members over the next few years and expand its influence as a business advocate and a driver of community well-being.

"The Chamber can influence quality of life and talent retention," he says. "I see us as the nexus within our community that promotes economic growth and a thriving business community."



Ryan Is Wearing
Sport Coat: Liehorsens
Shirt: Horst
Pants: Riveria Pant
Shoes: Bugatti

GREG BAGGIO

Profile by Paula Just
Photo by John Liviero, Sooters Photography Studio

Celebrating 20 years of steady growth, Tuscan Wealth Financial Group is a recognized name throughout Windsor-Essex and across Southwestern Ontario. For two decades, Greg Baggio, through Tuscan Wealth, has aligned individuals, families, and businesses with uniquely tailored solutions on their investment, estate planning, and life insurance needs.

Since founding the company in 2006, Greg has focused on delivering what he describes as “peace of mind” financial strategies designed to protect and grow wealth. Tuscan Wealth stands out for its thoughtful and highly personalized approach. Every client engagement begins with a deep understanding of individual goals, followed by the development of strategies aligned with risk tolerance and long-term objectives.

Greg has been recognized nationally as a top producer in his industry, and he attributes this success to constant referrals from existing satisfied clients. Beyond his professional achievements, Greg remains deeply committed to the Windsor-Essex community. He actively donates his time and sponsorships to local not-for-profits, charitable organizations and youth sports.

As Tuscan Wealth Financial Group celebrates its 20th anniversary, the focus remains firmly on the future. “The next 20 years will be about expanding that legacy and continuing to guide our clients with the same care, integrity and vision that brought us here.”



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Greg Is Wearing
Sport Coat: Taglitore
Shirt: Xacus
Pants: Beiglia
Shoes: Mezlan

SCOTT MCINTOSH

SHAWN LAPORTE

Profile by Paula Just | Photo by Pat Scandale

With over 35 years of experience, Matrix Landscaping is entering an exciting new growth phase. The company is increasing its capacity to better serve the Windsor-Essex community. Known for transforming outdoor spaces into personal sanctuaries, Matrix's goal is to expand its presence in both residential and commercial landscaping and maintenance.

The business is preparing to add new crews to meet rising demand and maintain service levels. "We aim to scale while maintaining our standards and client relationships", explains Shawn Laporte, Project Manager and son of founders Rene and Brandy Laporte.

Alongside Shawn in leading the company is Scott McIntosh, Director of Operations and a seasoned professional with over 25 years of experience. "We're in a strong phase of growth. Our focus is on broadening services while maintaining the quality our clients expect from us".

Matrix Landscaping is one of the county's most recognized landscaping businesses, and its quality in both processes and results sets it apart. From custom patios to garden makeovers and seasonal maintenance, each project is handled with care and attention to detail. The team is highly trained and dedicated to excellent results every time.

Scott notes that high standards go beyond the finished product. The organization is also dedicated to fostering a positive environment for its more than 20 employees. "We're committed to creating a workplace where our team feels valued and supported, because when they are, it's reflected in the quality of our work".

Together, Shawn and Scott are leading the firm forward through this new stage of expansion while staying true to its core values. One key differentiator is their people-first approach. From the initial consultation to the final walkthrough, each step is clear, efficient and client-focused. "We treat your time as valuable as our own," says Shawn. "No guesswork, no surprises. Just reliable and thoughtful service."

Learn more at their website or call (519) 800-5565.



Scott Is Wearing
Shirt: Robert Barkett
Pants: Mario
Boots: Blundstone

Shawn Is Wearing
Shirt: Modango
Pants: Brax
Shoe: Cole Haan



STEPHANIE WINGER

Profile by Jessie Gurniak | Photo by Pat Scandale

Stephanie Winger believes that while technology can amplify a business, it can never replace the human element. Her two-decade career in Windsor-Essex is built on the idea that real estate is about people rather than algorithms. By leading an intentionally small boutique brokerage, she focuses on high-quality service over high-volume agent counts.

Working primarily through referrals allows Stephanie to prioritize trust. She remains a constant resource for her clients long after a transaction closes. Whether she is recommending a local contractor or hosting an appreciation event, her goal is to be a steady and reliable guide for the community.

Stephanie draws inspiration from the legacy of Freeds and their commitment to the customer experience. Much like they know their clients by name and have served generations of local families, she builds her business on that same foundation of genuine connection. While she may not have ninety-five years behind her (yet), she understands that the core of exceptional service remains the same.

Recently, Stephanie was recognized for this commitment by being awarded the Distinguished Realtor Award. Winning this award was a “shock” as she didn’t even know that she was nominated—and by her colleagues who work alongside her every day.

“That meant everything,” says Stephanie. “It’s the kind of recognition that goes straight to your values.”

Fashions, technology, and market cycles will always shift, but those who embrace timeless principles are the ones who persevere. For Stephanie, success is about providing the consistency and personal touch that ensures every client feels truly known and supported.



Stephanie Is Wearing
Black Dress: Elan
Shoes: Cole Haan, White/Dove Sneaker



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As I enter my second year as National Director, my vision is to make this year's event **even more impactful** for our contestants, partners, and the entire community.

This is far more than a pageant. Miss Universe Canada is a platform dedicated to empowering women, developing future leaders, and showcasing the very best our country has to offer. Bringing this milestone celebration back to Windsor is an opportunity to shine a national and international spotlight on our city.

To bring this vision to life, we are focused on:

- **Creating an exceptional contestant experience through mentorship, training, and meaningful support**
- **Strengthening our national reach by expanding programs and opportunities**
- **Building strong, purpose-driven partnerships with organizations that share our mission**

Why your support matters—especially here in Windsor:

Hosting the 75th Anniversary of Miss Universe Canada in Windsor for the second time is a major moment not just for our organization, but for the entire community. Your sponsorship will:

- **Showcase Windsor on a national and international stage**
- **Support and empower the next generation of Canadian leaders**
- **Provide your brand with high-impact exposure and alignment with a prestigious national platform**

This is a defining year—for Miss Universe Canada and for Windsor.

I truly believe we have the opportunity to create something extraordinary together, and I would welcome the chance to connect with you directly to explore how we can build a meaningful partnership.

Let's make history together.



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SECOND OPINION

When a Disc Herniation Isn't Really “Sudden”



By Dr. Craig Schisler

If you ask most people how a disc herniation happens, you'll hear the same story:

“I bent over and my disc slipped.”

It sounds dramatic and sudden — like something popped out of place in an instant.

But modern spine research paints a different picture. In many cases, a disc herniation doesn't happen all at once. Instead, it develops slowly over time, the result of many small stresses that gradually weaken the disc.

Understanding this can help people with back pain make better decisions about how they move, work, and care for their spine.

Your Disc Is Built Like a Jelly Donut

Between each bone in your spine sits a soft cushion called an intervertebral disc.

A simple way to picture it is like a jelly donut. The outside layer — called the annulus fibrosus — is made of tough, fibrous rings that hold everything together. Inside is a softer, gel-like center called the nucleus pulposus, which helps absorb shock when you move.

When everything is healthy, this design works beautifully. The disc spreads forces evenly so you can bend, twist, lift, and move throughout the day.

But just like anything else in the body, discs can wear down over time.

Disc Herniation Often Happens Gradually

Research in spinal biomechanics has shown that many disc herniations develop through repetitive stress, not just one injury. Think about bending forward repeatedly — tying shoes, lifting boxes, leaning over a desk, or shoveling snow. Each time the spine bends under load, the disc experiences pressure. One bend isn't a problem.

But thousands of bends over months or years can slowly fatigue the disc.

Researchers studying spinal segments in the lab found that repeated bending and compression gradually produced small cracks in the outer disc layers. Over time, the gel in the center slowly pushed through these tiny openings.

Eventually, enough material moves outward that the disc bulges or herniates.

In other words, the painful moment someone remembers may simply be the final straw in a process that was developing quietly for a long time.

A Real-Life Example

Imagine bending a paperclip. If you bend it once, nothing happens. But if you bend it back and forth enough times, it eventually breaks.

Your spinal discs behave in a similar way. Repeated stress can slowly weaken the outer layers until they can't hold the inner material as well as they once did.

This is why someone might say:

“I didn’t do anything major — I just bent over to pick up a sock and my back went out.”

The sock wasn’t really the cause. It was simply the moment when the disc finally reached its limit.

Why Herniations Often Cause Leg Pain

Many disc herniations occur toward the back corner of the disc, an area where the outer layers are naturally thinner.

That’s also where the nerves that travel into the legs pass nearby.

When the disc bulges or herniates in that direction, it can irritate or compress those nerves.

This is why disc problems sometimes cause symptoms like:

- Pain traveling down the leg (sciatica)
- Numbness or tingling in the leg or foot
- Weakness in certain muscles
- Not every disc herniation causes these symptoms, but when nerves become involved, people often notice them quickly.

Warning Signs That Should Be Checked

Back pain itself is common and often improves with time, but certain symptoms deserve medical attention.

Watch for:

- Pain shooting down one leg
- Numbness or tingling in the leg or foot
- Weakness when lifting the foot or standing on toes
- Pain that worsens when coughing or sneezing
- Persistent back pain that isn’t improving

Rare but serious symptoms include:

- Loss of bowel or bladder control
- Numbness in the groin or saddle area

If those occur, medical care should be sought immediately.

Practical Things You Can Do

The good news is that many disc problems improve with the right approach.

Seek professional guidance when needed

If pain persists, a spine professional such as a chiropractor, physiotherapist, or physician can help evaluate movement patterns and recommend appropriate care.

The Big Takeaway

A disc herniation is rarely just a sudden accident. More often, it’s the result of many small stresses building up over time, eventually reaching a tipping point.

The encouraging part of that story is this: if daily habits can slowly contribute to disc problems, they can also play a powerful role in protecting your spine.

Small changes in how we move, lift, and care for our backs can make a real difference in keeping the spine healthy for years to come.

A FEW SIMPLE HABITS CAN MAKE A BIG DIFFERENCE FOR SPINAL HEALTH.

- Move more often
- Long periods of sitting can place sustained pressure on discs. Standing, walking, and changing positions regularly helps keep the spine moving.
- Use your hips when lifting
- When picking something up, hinge at the hips and bend the knees rather than rounding the lower back.
- Avoid repeated heavy bending
- Activities that involve constant forward bending under load can stress discs over time. Breaking tasks into smaller pieces helps reduce strain.
- Build core stability
- Muscles around the spine help distribute forces more evenly. Exercises that improve trunk stability can reduce stress on spinal discs.



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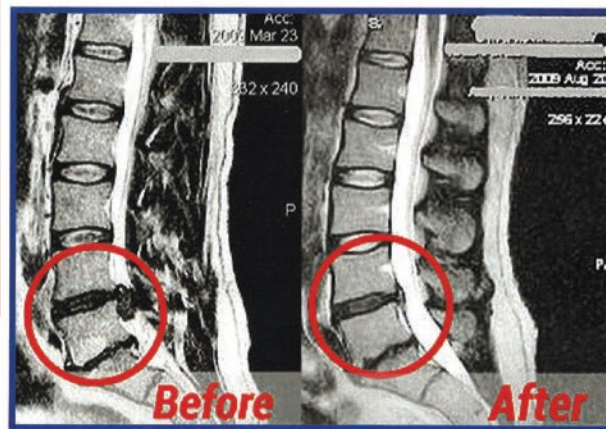
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SEVERE BACK PAIN ADVISORY!



Windsor: Windsor's premier centre for non-surgical treatment of spine related pain has just undergone an upgrade. Inclusion into the prestigious Disc Centers of America (DCOA), the largest group of non-surgical spinal decompression doctors in the world, puts Windsor's own Schisler Spine Centre at the forefront treating conditions such as severe back, neck, and sciatic pain.

The very first Disc Centre of Canada has opened and Dr. Craig Schisler of the Schisler Spine Centre couldn't be happier. "The association with DCOA gives us access to all the latest cutting-edge research and technologies related to the non-surgical treatment of the spine. Why shouldn't Windsor have the very best the world has to offer?"

Chronic back pain and sciatica have reached epidemic proportions affecting millions of people worldwide. Chances are you or someone you care about is suffering from debilitating back or neck pain and have tried many different medications and therapies that simply didn't work. Right now, there is a way for all of that to change, right here in Windsor, Ontario. A technology called Non-Surgical Spinal Decompression offered at the Schisler Spine Centre is offering an alternative path for those who may end up needing surgery.

For the last 20 years, Dr. Craig Schisler and his team have been dealing exclusively with chronic and serious cases of Back pain, Neck pain and Sciatica and have kept hundreds from needing surgery.

"Our approach differs from traditional methods because we use the latest technologies proven by research to offer long-term relief and correction of bulging and herniated discs," says Dr. Schisler.

It's true. Published studies show an amazing 85% success rate for those who qualify for this revolutionary treatment.*

"Now as the first Disc Centre of Canada, we'll be able to improve on our record. "One of the secrets to our success is we treat each patient individually and only accept those patients who we feel will benefit from our unique approach," says Dr. Schisler.

Actual reduction of disc bulge using Non-surgical spinal decompression.

In the last 20 years Dr. Schisler has developed proprietary protocols to treat such painful conditions as bulging and herniated discs, spinal stenosis, facet syndrome and sciatica.

At the cornerstone of the technology is the DRX9000- the state of the art, gold standard for all decompression devices.



How it Works: the process creates a negative pressure within the disc drawing in any bulge or herniation. This stimulates "fibroblast activity" producing fresh cells and tissues within the disc. This restorative action allows the damaged disc to heal naturally, and proper function is restored to the spine.

More information can be found at The Disc Centre's of Canada website, www.ontariodisccentre.ca, where you can get a free copy of *The Patient's Guide to Severe Back, Neck and Disc Pain* immediately.

If you or someone you care about is suffering and looking for a non-surgical solution for back neck or disc pain, there's great news. Mentioning this article will get you a free, no-obligation consultation with [Dr. Schisler](#). Call [519-988-0220](tel:519-988-0220) right now, or request your appointment through our website www.windsorspineandlaser.com. *References upon request.





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A photograph of a modern living room featuring white horizontal blinds on two windows. A dark wood fireplace mantel holds a television and a decorative light fixture. A white sofa is in the foreground. The 'made to 1 Shade window coverings' logo is overlaid on the bottom right of the image.

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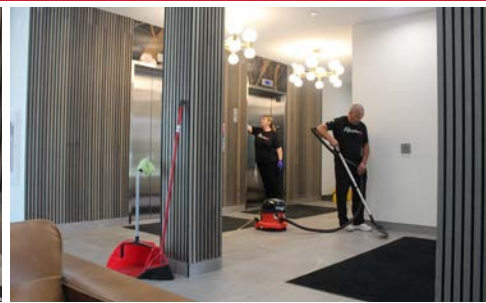
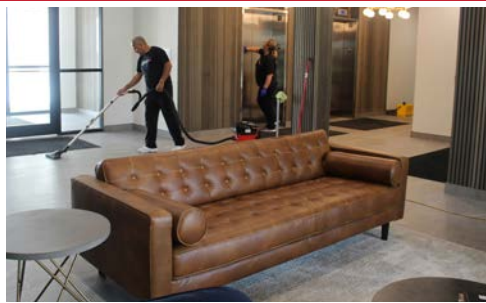
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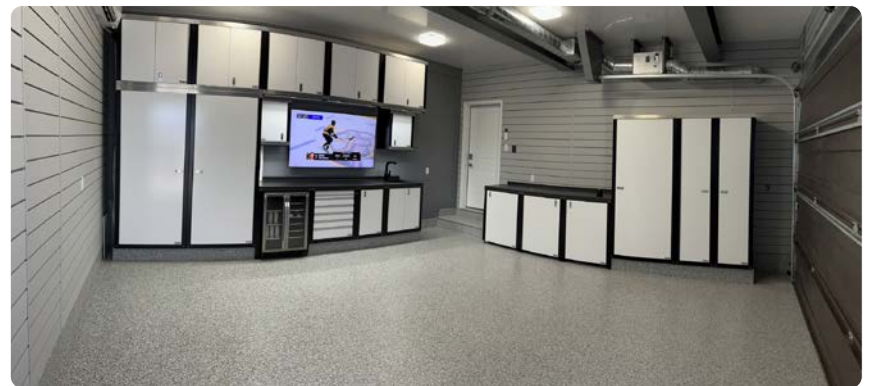


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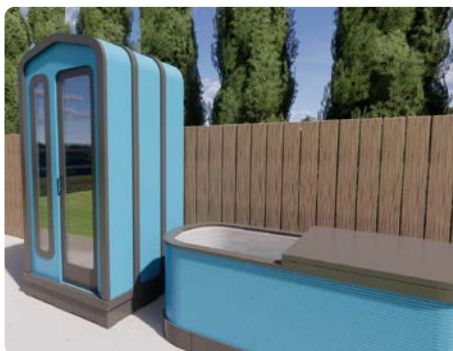
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