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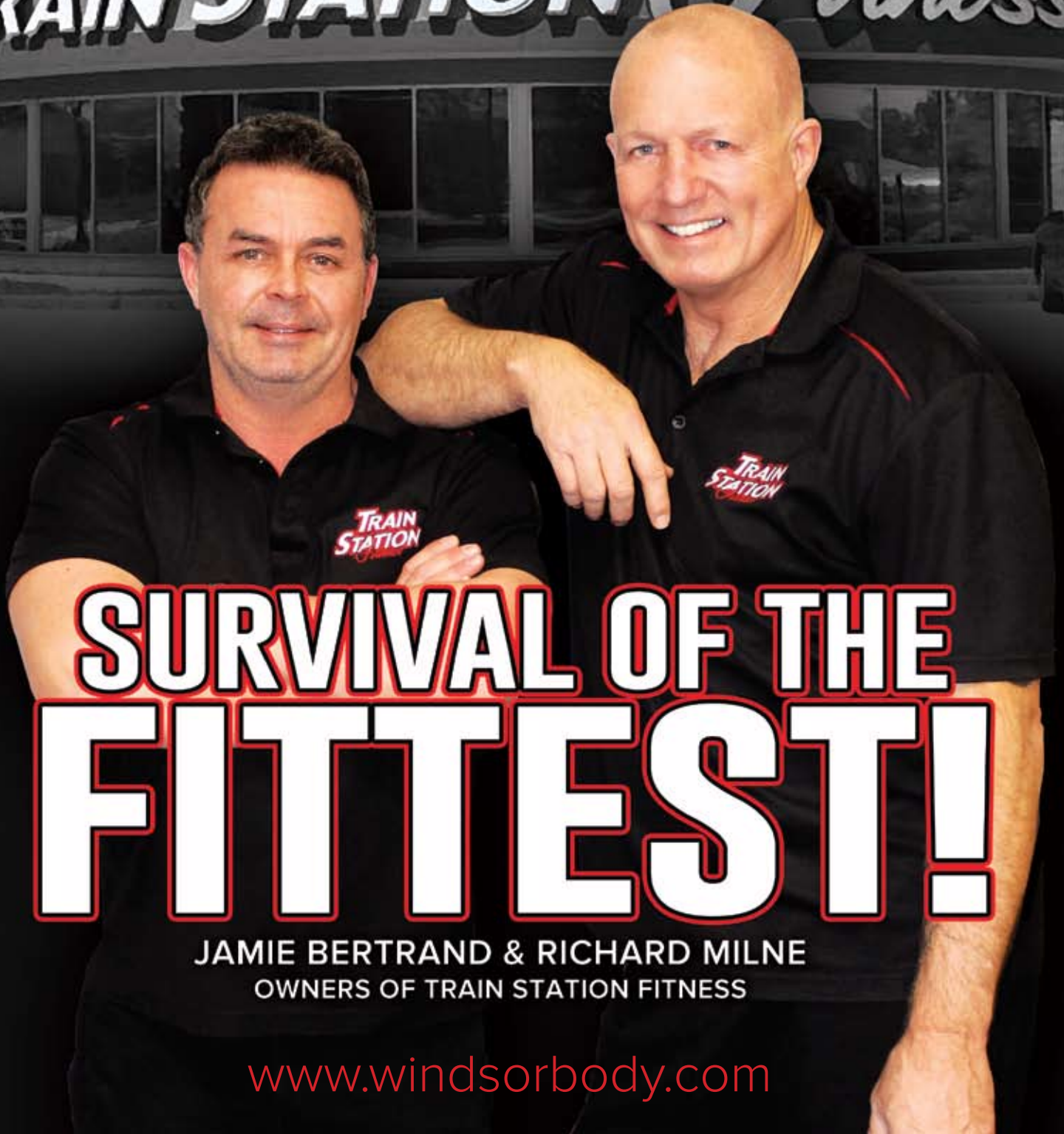
SPRING 2017

ISSUE 69

\$3.99

WINDSOR BODY MAGAZINE

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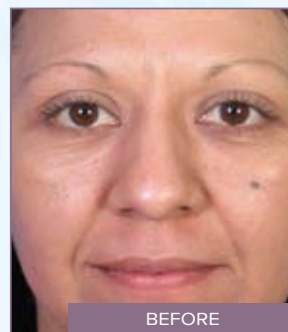
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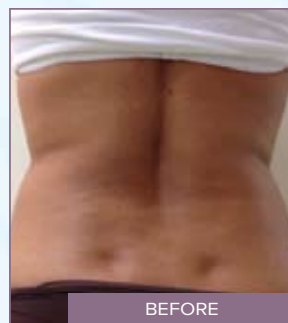
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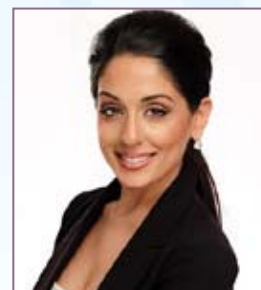
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10



## FITNESS &amp; NUTRITION

- 14** Feel Good Now: Office Workout
- 17** Healthier Choice: Fred's Farm Fresh
- 19** Be Flexible: An Adaptable Approach To Dieting
- 30** Leave It Alone: Bay Leaves Are Not Poisonous

## FEATURE

- 10** Train Station Fitness: Survival Of The Fittest

32



19



14



28



## LIFE, HEALTH &amp; WELLNESS

- 28** Dental Care Is Healthcare: How Your Dentist Can Help You With More Than Your Teeth
- 32** Dr. Cole's Corner: Is Hair Loss Affecting Your Self Esteem
- 36** Lens Flair: What You Need To Know About The Most Important Part Of Your Glasses

## COMMUNITY

- 24** Family Values: Académie Ste-Cécile International School From A Parent's Perspective

24



36







WINDSOR BODY MAGAZINE

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Windsor Body Magazine is published four times annually by Myndlogic Publishing Inc. and distributed in Windsor and the Essex County and Chatham regions. Subscriptions are available for \$19.99 plus HST. A \$25.00 charge is required for mail delivery anywhere outside of Canada. Send a cheque along with address information to Windsor Body Magazine, 3337 Walker Road, Suite 200, Windsor, ON N8W 3R9 or call 519-969-3608. Myndlogic Publishing Inc., holds full rights to original ads and photography, and accepts no responsibility for graphic images used in ads. Nothing that appears in Windsor Body Magazine may be reproduced either wholly or in part without the permission of the publisher. Opinions expressed in Windsor Body Magazine are not necessarily those of the publisher.

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Publications Mail Agreement # 42937522. Return undeliverable addresses to 3337 Walker Road, Suite 200, Windsor ON N8W 3R9



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# TRAIN STATION *Fitness*

## SURVIVAL OF THE FITTEST

"We're finally where we want to be," says Train Station Fitness Owner Richard Milne, who has been in the fitness industry for almost 40 years. "Windsor is a tough market. To open up a club with so much competition was a real challenge. Sending out the message that we are a different type of club has taken us two years, but here we are. Business is better than it's ever been and is rapidly growing. This couldn't have been possible without my partner and Master Trainer Jamie Bertrand. His expertise and knowledge has taken us to another level."



RICHARD MILNE, OWNER

"Fitness is becoming more and more important these days," says Bertrand, a specialist personal trainer who has been a part of Windsor's fitness industry for over 20 years. "It's not only about looking great in those summer clothes – it's about health. Getting fit is one thing, but staying fit is another. We cater to every individual with every situation. From losing weight to gaining strength or fixing that old hockey injury, our goal is to help everyone get exactly where they need to be."

All trainers at Train Station Fitness are required to complete a Medical Exercise Specialist Certification before they hit the floor. "When we train a client," says Bertrand, "we are identifying their needs and work closely with them to ensure they are



JAMIE BERTRAND, OWNER

doing the correct things. We aren't the club that puts you on a program and walks away. Our trainers are with their clients every step of the way. It's nice to celebrate the small victories with each and every one of them."

It's not just about exercising at Train Station Fitness. Diet and nutrition also play a key role in what Milne, Bertrand, and their team do. Some clients want to lose weight, while others are looking to gain muscle or improve performance in a particular sport. Some are struggling with diabetes or trying to reduce cholesterol or manage high blood pressure. Train Station Fitness recognizes these needs and provides individuals with "custom fit" training and nutrition programs. In order to provide the most effective results for members, Train Station Fitness has partnered with PROactive Nutrition. This partnership has resulted in a team approach that provides members with the expertise of both certified Sports Nutritionists and certified Medical Exercise Specialist personal trainers. There are no "one-size-fits-all" or "cookie-cutter" programs. The Train Station Fitness team works synergistically to ensure each member succeeds in achieving their own goals.

"A fitness and nutrition plan should be able to fit around your own schedule and lifestyle," says PROactive Nutrition Specialist and Trainer Dave Carpenter. "It's difficult enough as it is introducing big changes into your life. Trying to find time in our already busy lives to include exercise and meal preparation can be a challenge in itself. We don't need the added stress of following a strict hour-by-hour meal plan. There needs to be some degree of flexibility when considering a suitable nutrition plan."



DAVE CARPENTER, TRAINER/NUTRITIONIST



# 30 DAY CHALLENGE YOURSELF PROGRAM

TRAIN STATION Fitness

The Train Station Fitness team has created a program for new clients to get a taste of what it is they do.

"It's a fantastic program that will help you get on a fast track to where you want to be," says Milne. "It's an affordable and very effective program that combines all that we specialize in here at the club."

The 30-Day Challenge Yourself Program includes three personal training sessions per week, diet and nutrition consultation, and full use of the facility (including yoga classes) at an extremely affordable cost that represents over \$1,000 in

savings. Train Station Fitness promises the program will cater to each individual and help them meet their goals.

"Come and spend the next 30 days with us," says Milne. "Give us a chance to show you what we do and to show you what you're capable of in a short 30 days. I guarantee you will see results and feel better altogether. After the 30 days, you will still want to stick with us"

**Sign up online at [trainstationfitness.ca](http://trainstationfitness.ca) or stop by the club located at 10700 Tecumseh Road East between Banwell and Clover.**

## TESTIMONIALS

*"What a team! My Personal Trainer Anthonie and my Nutritionist Dave make a great team. I recently met Anthonie and Dave. They took the time to meet with me before just jumping into anything. They put together a customized exercise and nutrition program for me that has worked wonders. In just 30 days, I have lost 27 pounds! I feel fantastic! I am no longer a slave to hunger and food cravings. I now have a much better understanding of what healthy choices really are and I feel a renewed sense of confidence knowing that I can take what I have learned and apply my newfound knowledge to ensure I live a happy, healthy lifestyle moving forward."*

- Mike Hope

*"Just over one year ago, we decided to invest in our health. Instead of going on a cruise for a week, we decided that we would be better off joining a fitness club and enrolling in a nutrition plan. This has been the best decision we could have ever made! Since then, we have been working together with our Personal Trainer and Nutritionist Dave Carpenter. Dave understands our goals and our challenges. He has guided and, more importantly, educated us throughout our journey, and he continues to motivate us. We have lost weight and have kept it off. From the very beginning, we noticed that we felt energized with a new sense of well-being. We are now able to enjoy many more activities than we previously could. Our lives have changed for the better, and we have Dave to thank."*

- Al and Joanne

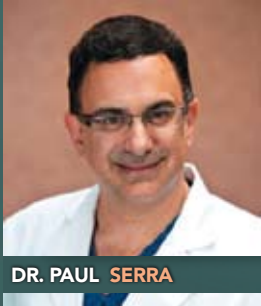
*"Over the past year, I have been able to make significant progress with my weight training because of the expert coaching of my Personal Trainer, Jessica. I heard from Jessica that Dave, the Nutritionist from PROactive Nutrition, was quite successful in helping many meet their goals. I simply approached Dave one day while he was working out. I asked how I might be able to lower my body fat while at the same time continue making progress with my lifting. Dave turned my understanding of nutrition upside down! He provided me with the key to success. Nutrition can be a broad and complicated topic, and Dave took the time to explain everything to me in simple terms. I had many questions and he answered them all. I am now following a nutrition and exercise plan designed just for me. I have a new outlook and am confident that I can reach and even surpass my fitness goals. Thanks to Jessica and Dave, there is no stopping me now!"*

- Paul Taylor



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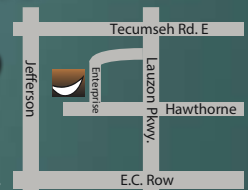
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# FGN OFFICE WORKOUT

by Ryan Chris Tate  
Owner, Feel Good Now

**Does your nine-to-five-if-you're-lucky schedule make it hard for you to find the time to get to the gym? After hours, does your busy family life eat up any free time you might have wanted to dedicate to physical activity?**

**During those working hours, how do you feel? Despite getting what should be enough sleep, do you find you need an extra pick-me-up in the afternoon just to make it to the end of the workday?**

Seriously consider these questions. If your answers are anything like ours, we have one more for you: How are you spending your lunch hour?

This issue, we're turning over our workout section to Ryan Chris Tate, a Windsor-based fitness professional and motivational speaker. According to him, in addition to helping create pockets of physical fitness time where you thought none could be found, a simple break-time regimen of in-office exercises can help improve your overall effectiveness at work by increasing blood flow and boosting alertness. Consider the strength and conditioning gains a welcome bonus.

**If you're ready to put in work during your breaks at work, keep reading.**

## EXERCISE #1: Use the Stairs

Avoid the elevator at the office as a rule. Spend more time in the stairwell than you need to by walking or jogging a few flights when you can. Do 3 sets of 5 to 10 stairs in each direction.

In between sets, work on your legs by doing calf raises: Position your heels below the stair tread and gradually raise them to full extension. You should feel your calves stretch out. Gently lower them back to the starting position. Aim to complete 8 to 12 repetitions in between stair climbs.



## EXERCISE #2:

### Plank Super Set with Push-Ups

Plank without leaving your office: Fully extend your arms horizontally, then position yourself with all fingers firmly planted onto the floor. Push up to maximum extension and hold for 30 seconds. Next, perform 30 conventional push-ups, then rest for 30 seconds.

For the next set, increase the plank timing to 45 seconds but decrease the push-up count to 20. Rest for 30 seconds, then increase your plank time to a full minute and decrease your push-up count to 10.

Depending on your existing fitness level, you may perform fewer push-ups and/or plank for a shorter time until you feel comfortable with more strenuous exercise. You may also modify your push-ups by starting on your knees until you are stronger.





## EXERCISE #3: Seated Knee Raises

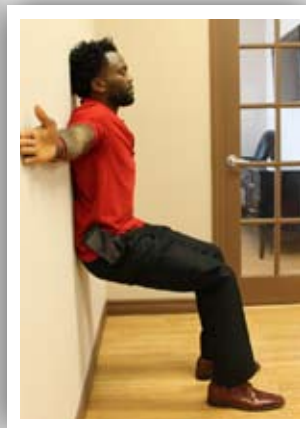
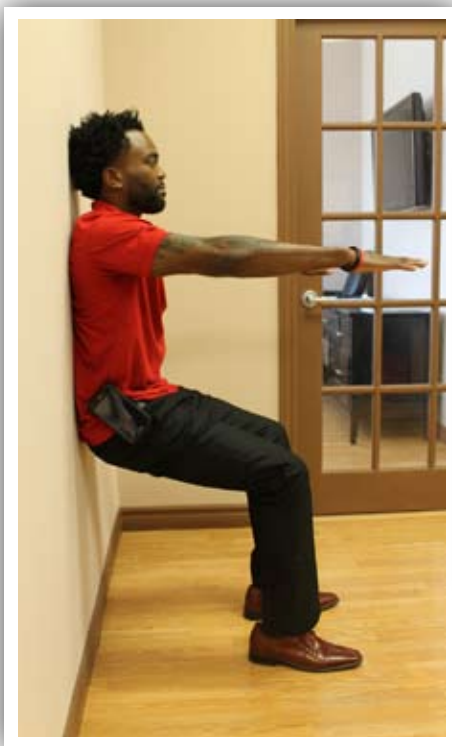
**Work out your core from your office chair:** Start in a seated position with your upper body tilted slightly back. Extend your legs in front of you, then proceed to bring your knees towards your chest then back out. Perform 30 repetitions, then rest with stretching for one minute. Repeat the set (including stretching) three times.

### Exercise Tip: Be Sure to Stretch

If you sit at a desk for long periods, it is important to stretch your knees, quads, and hamstrings: From a standing position, pull your knee to your chest, then return your leg to resting position. Next, lift your foot towards your back, then similarly return to your original position. Switch regularly between legs for one minute of complete stretching.



STRETCH



## EXERCISE #4: Wall Sitting

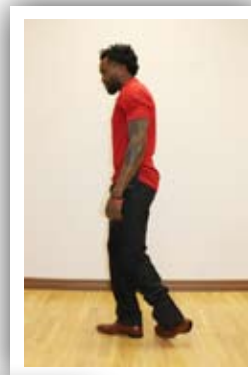
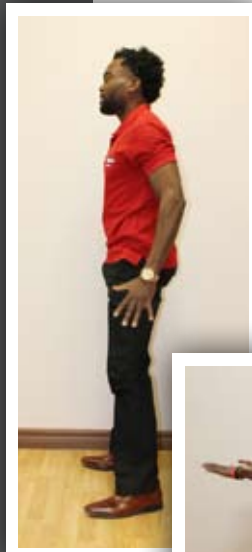
Hold a seated position with both thighs parallel to the ground and your back fully pressed against the wall. Stay seated for 30 seconds, rest for 15 seconds, then return to the wall-sitting position. This time, hold for 45 seconds. While holding, stretch your arms out in front of you, then move them above your head, then extend them against the wall on either side. Rest for 15 seconds, then return to the sitting position for a full minute. Breathe deeply in through the nose and out through the nose for the duration of the exercise.

## EXERCISE #5

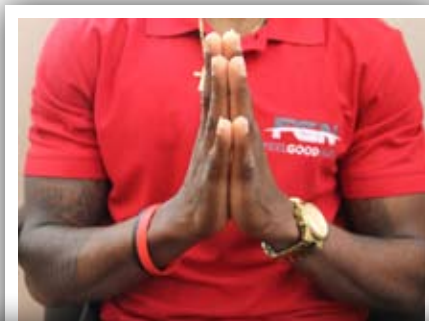
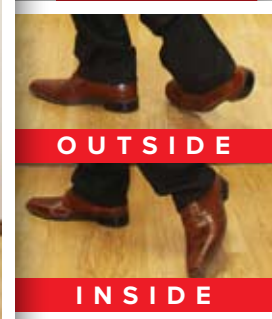
# Ankle Stretches & Air Squats

It is very important to stretch your ankles, as you rest them for most of the day in an office setting. Start with leaning on the right side of your right foot and pushing it towards the floor. This stretches the outside of your ankle. Switch feet. To stretch the inside of the ankle, push the inside of your foot towards the floor, gradually adding pressure. Feel the inside of your ankle stretch out. Stretch each foot six times on each side.

Next, with your arms fully extended out in front of you and your palms facing the floor, squat down so your upper legs are parallel to the floor, then return to the rest position. Perform sets of 20, 30, then 50 air squats with sets of ankle stretching before and after each.



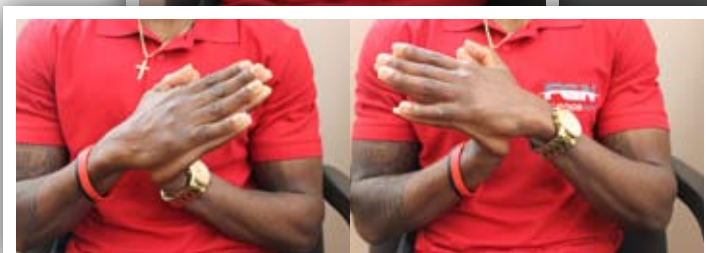
STRETCH



## EXERCISE #6

# Wrist Stretches

You can do this one while sitting at your desk: Position your palms together then push each hand from side to side. Repeat 10 times in each direction. Complete 3 sets with 10 seconds of rest in between.



## FINISH: FGN Tips on Nutrition and Motivation

Stick to this basic regimen and you'll be well on your way to feeling better during, before, and after your workday. While we're here, I have three more easy-to-follow tips for improving your day-to-day health.

1. Drink plenty of water at work. Try to replace coffee with green tea and steer clear of soft drinks and other beverages with high sugar content.
2. At lunch, skip the fast food and go the "protein and green" way. Consider options like chicken breast and salad or salmon and quinoa with vegetables.
3. During breaks (when you're not working out!), shut down your social media windows and pick up a good book. Reading motivational, inspiring stories has helped me become the person I am today.



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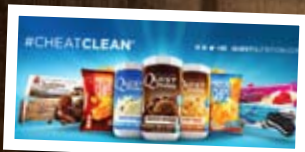


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by Griffin Handsor



# BEFLEXIBLE

## AN ADAPTABLE APPROACH TO DIETING

**Y**ou've done this diet and that diet, and spent every penny towards "yoyo" fads you saw in magazines and online that ultimately brought you back to where you started. Like most of us, you absolutely dread stepping on the weight scale, as the mirror you look into every day doesn't reveal the ideal figure you envision.

## What else can you do?

First off, trash the word “diet”; it makes every one of us cringe. Instead, what if I told you with just your smartphone and an open mind to eating flexible meals throughout your day, you can reach the figure you’ve always longed for? The flexible approach to “dieting” allows you to really enjoy the food that you are eating. In time, it will allow you to be more cautious of what you are eating. We all have that sweet tooth or those foods of which we can’t let go. Luckily, this approach won’t hold you back from those favourites; it allows them in moderation. In the end, which foods you would like to consume is really up to you.

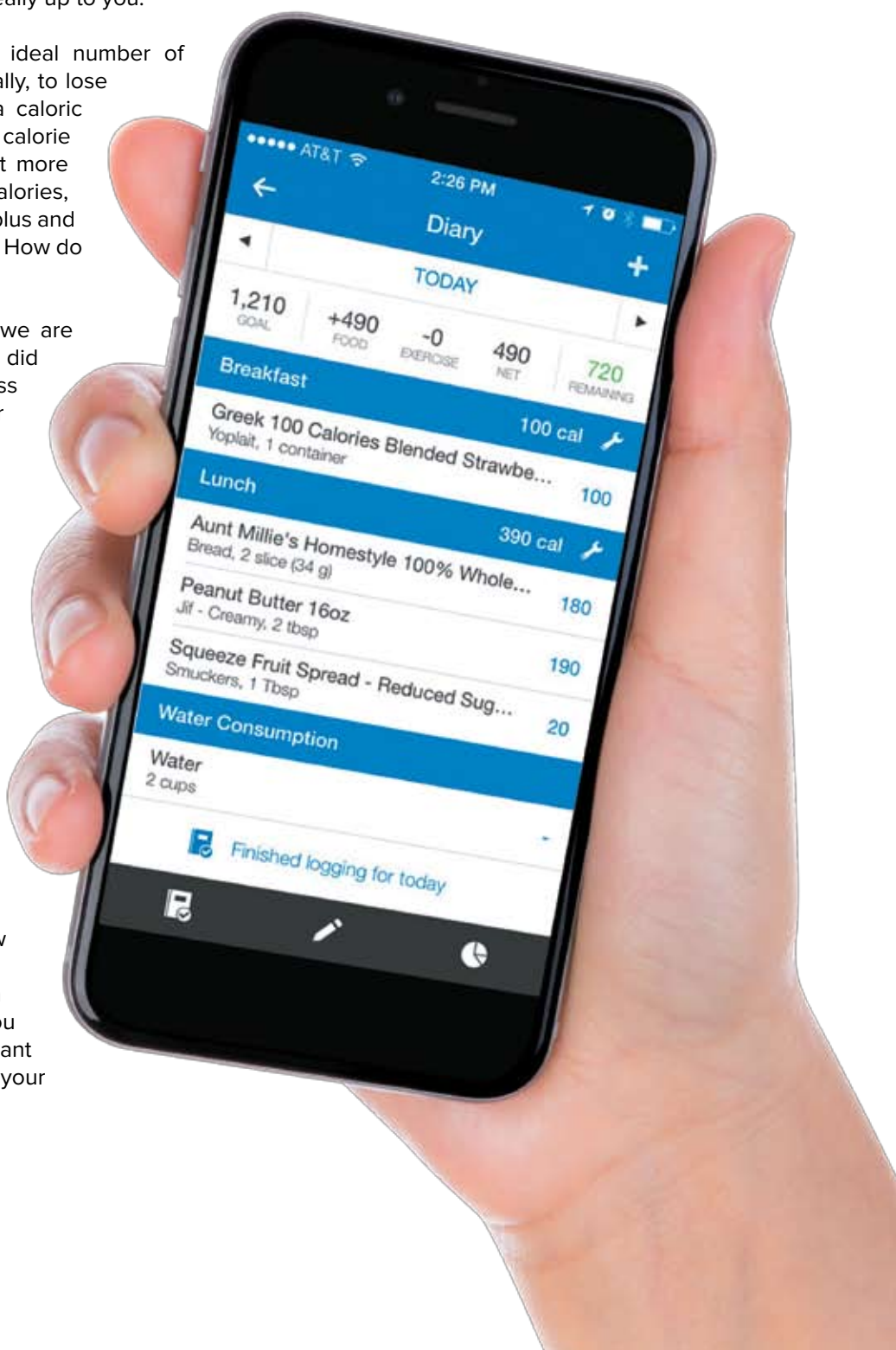
Each and every person has a set ideal number of calories to take in each day. Essentially, to lose weight an individual has to be in a caloric deficit (consuming less than this ideal calorie figure). If this individual wants to eat more than this maintenance number of calories, he or she will then enter a calorie surplus and begin to gain weight. The question is: How do you find out this magical number?

With technology always advancing, we are tethered to our smartphones. Little did you know: your trusty weight-loss saviour is in the palm of your hand. For years, I have been using MyFitnessPal on my mobile device.

The MyFitnessPal.com website makes it simple to track your nutrition and activity wherever you may be. The service also comes in the form of an easy-to-use app, which will break down the goals you have set for calories. Along with this caloric breakdown, MyFitnessPal will automatically distribute your daily “macros”: your appropriate amounts of fats, carbohydrates, proteins, and any other nutritional information you would like to cover.

Even in a rush, MyFitnessPal will allow you to easily scan any packaged barcode and implement that item in your daily log. The best part of it is you get to decide what and when you want to eat. You are in the driver’s seat of your own transformation.

**“Your body will run more efficiently off ‘good’ clean carbs, fats, and proteins. It would be ideal to only eat clean foods to get much more out of the calories given. However, eventually your body will shut down and crave a treat.”**





Unfortunately, those around us have labelled what are considered “good” and bad foods. While they are right in some ways, in others the flexible approach to eating will allow you to have more freedom. Typically, your body will run more efficiently off “good,” clean carbs, fats, and proteins. It would be ideal to only eat clean foods to get much more out of the calories given. However, eventually your body will shut down and crave a treat, snack, or favourite food you wouldn’t typically enjoy on a “diet.” The flexible approach will allow you to have that. Go ahead! But remember: eating those treats can lead to fewer available calories throughout the day, and it will take a lot more from your nutritional breakdown.

When it’s all said and done, allow yourself to choose what you eat. If you truly want change, you will find it within you to take that step to better yourself – to look in the mirror again and be proud of what you see. You can be that figure you envision. There is no stopping a mind that is set on that goal. We are now past the era of these horrible fad “diets.” After all, being told to eat this and that has no bearing on what you *want* to eat.

Dig deep, smile, and just enjoy life more. Be “flexible.”

*As always, this magazine’s nutritional and dietary advice is provided in good faith but is ultimately offered for general information and entertainment purposes only. If you have serious concerns about what you’re putting in your body, we encourage you to seek the counsel of an actual medical professional in a recognized field.*

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# WHAT IS THE “THRESHOLD”?

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If you've ever been in a car accident in Ontario, or knew or spoke to someone who has, then you may know that not every not-at-fault driver or passenger injured in a car crash is entitled to sue the offending driver for damages. It is not enough, for instance, that you were minding your own business, stopped at a red light and were rear-ended from behind, or that you were hurt seriously enough to miss some time from work, and perhaps suffer acute pain for awhile and then some residual pain long after. According to the Insurance Act in Ontario, in order to be allowed to sue the responsible party, your accident injuries must cause you to suffer “a serious and permanent impairment of an important physical, mental or psychological function” or “a serious and permanent disfigurement.” What does that mean? For starters, for your impairments to be ‘serious’ they must either prevent you from returning to your pre-accident employment or cause you significant interference with your activities of daily, normal life. For them to be ‘permanent’, they need to be unlikely to significantly improve at least in the foreseeable future.

In addition to this written ‘threshold’ definition, there is the matter of the somewhat related ‘deductible’ of \$30,000.00 that is applied to reduce an injured person’s compensation. An injured person (the “Plaintiff” in the lawsuit) will include a request for many different categories or types of damages in her lawsuit against the offending driver – most prominent of which will be ‘non-pecuniary general damages’ (‘NPG’s’ for short – this, by the way, is the catch-all category that Americans typically refer to as ‘pain and suffering’). Even if a Court rules that the Plaintiff’s injuries meet or exceed the written threshold definition described above, the Plaintiff’s compensation for NPG’s will be reduced by \$30,000.00 (actually, as the deductible amount is now many years old and indexed to the CPI, the amount currently \$37,385.17). So, if a judge or jury awards the Plaintiff \$60,000.00 for NPG’s, she will only actually receive \$22,614.83 for this category of damages.

As if being denied compensation for troubling and painful injuries is not enough, if you sue the responsible party for damages, are successful on the liability question (i.e. the opposing driver is found entirely at fault for the accident) and even receive damages – but not enough for NPG’s to surpass the deductible referenced above – you are not entitled to receive anything for that category of damages, and are likewise denied any damages for future medical costs – another category of damages typically claimed in a lawsuit. So, for the Plaintiff in the example above, if she did not have any other claims for damages aside from NPG’s and future medical costs, and a Judge or Jury awarded her, say, \$36,500.00 for NPG’s, she is deemed to have lost the trial and would likely be responsible to pay some of the Defendant’s insurance company legal costs, which could amount to tens of thousands of dollars.

A skilled personal injury lawyer is invaluable to assist you in negotiating these difficult issues if you have been in a car accident and are contemplating a lawsuit. He or she will secure and preserve a detailed account of all of the facts and evidence surrounding the accident; ensure your injuries are properly and thoroughly diagnosed by orthopedic or other specialists who will provide reports to assist in proving the case; explain the impact of rules of evidence and litigation procedure; prepare you for your sworn examination and caution you about surveillance and social media issues; review the considerable reports of digested cases throughout this and other jurisdictions that assess injuries against the threshold; and, ultimately, negotiate the best possible resolution for of your case – all the while keeping you informed about the process, answering your questions and appropriately setting your expectations for each step of the process.

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Steven Bezaire has been a personal injury lawyer in Windsor working for insurance companies initially and then for injured parties for over 20 years. He is the managing lawyer of Bezaire & Associates, a seven-person law firm concentrating on helping motor vehicle accident victims and other personal injury clients.



# FAMILY VALUES:

Académie Ste-Cécile  
International School from a  
Parent's Perspective



Windsor's most established private academy provides an exceptional educational experience – but you don't have to take our word for it.

Designed from the ground up to prepare young people for productive, balanced lives, Académie Ste-Cécile International School (ASCIS) encourages elementary and secondary students to reach their full potential by providing them with a challenging-but-supportive educational culture. Many Windsor-Essex parents recognize its academic rigour, nurturing learning environment, small class sizes, abundant extracurricular opportunities, global character, and like-minded community of invested parents.

ASCIS families come from a variety of cultural backgrounds and circumstances. *Windsor Body* spoke with ASCIS parents to learn more about their unique perspectives.



## ***Meet the parents:***

Neal and Charlene Foreman are currently guiding their daughter, an active Grade 4 student, through the ASCIS experience. While the Foremans have roots in Windsor-Essex, they were living in British Columbia when they decided to start a family. When their daughter was born, they returned home and enrolled in Ste-Cécile's Child Enrichment Centre.

Mr. Foreman first connected with the wider ASCIS community by volunteering as a coach for its secondary school basketball team. From that starting point, he soon developed a thorough inside-and-out understanding of the school's operations. "When it came time to enrol our daughter in school full-time, we were already familiar with the guidance and direction here," he recalls. "Charlene and I looked at all the options that Windsor has for schools, and we thought Ste-Cécile would give our daughter the best experience."

Sandy and Kevin Hamilton, meanwhile, are parents to two ASCIS high school graduates. Earlier, they had their children enrolled in the Windsor-Essex Catholic District School Board until their elementary school unceremoniously closed. Their children were in Grades 6 and 8 at the time. Faced with the prospect of disrupting their children's educational journey anyway, the Hamiltons decided to take the time to research their next move rather than simply move their son and daughter over to the closest mainstream school.

The Hamiltons serendipitously drove by Ste-Cécile's Cousineau Road campus while on a scouting mission to look at a publicly funded Catholic elementary school in the neighbourhood. Surprised by the school's impressiveness, they became curious. How was this world-class educational institution hidden so close to their home? ("Some things are meant to be," says Ms Hamilton.)

Lorie Hoehne and her husband have also parented a son and daughter

through to graduation from ASCIS. Years ago, when the Hoehne family returned to Windsor-Essex from Germany, they were interested in an academically strong school that provided German language instruction so that their Grade 2 daughter could retain the language skills she had acquired in Europe. ASCIS quickly won over Mrs. Hoehne with its strong academic philosophy, skilled teaching, and small class sizes.

Back in Germany, the Hoehne's daughter had attended a public kindergarten, where she struggled to socially integrate and endured a series of difficult experiences with bullying. Fortunately, her parents were able to extricate her from that environment, which posed a danger to her long-term development. They enrolled her in a private Montessori school with a population of only 20 students. There, she thrived.

The Hoehne's son, who was three years old when the family returned to Canada, struggled somewhat with developmental apraxia of speech and a lack of fine motor skills. He was unable to convey himself understandably in speech until he reached eight years of age – and only then after intensive speech therapy. Despite this, he flourished in a Montessori preschool program, which persuaded the family to continue his education outside the mainstream.

"I was concerned about placing him at ASCIS due to his problems," admits his mother, "but he was welcomed by the teachers and students. We were very concerned that the public system would not have allowed him to develop into the student he became. He was encouraged to be better. I do not think this would have happened in a class of 30 students."

## ***Unparalleled access to extracurricular activities:***

Every parent we spoke to praised ASCIS for its rich portfolio of opportunities for students outside the classroom. It's easy to see why: Extracurricular activities

promise significant developmental benefits for school-aged children. While an overwhelming majority of students are not thinking about an athletic scholarship or a career in professional sports, organized sport and arts activities offer every young person a very real opportunity to accrue interpersonal skills, develop emotional intelligence, and acquire best practices for healthy living. Both sports and the performing arts are excellent exemplars of how repeated guided practice with dedication, can translate to perceptible improvement over time.

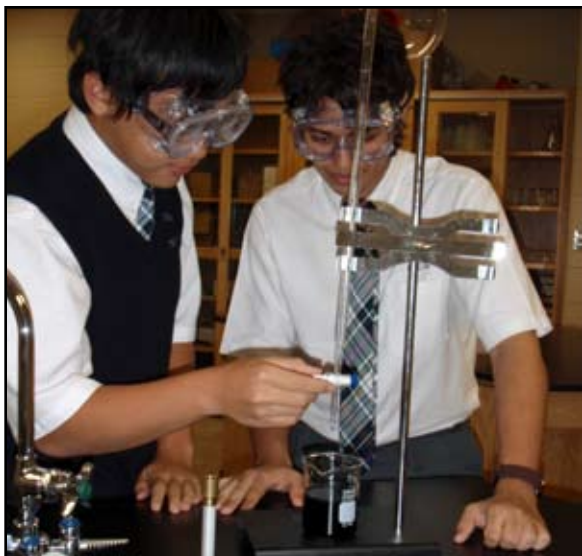
Unfortunately, access to these valuable lessons can be severely restricted at large public institutions, where coaches must implement competitive tryouts to control numbers. At ASCIS, every willing and cooperative student makes the team. "The small school size allows all students who are interested to participate in sports, music, drama, and dance and explore possibilities that are not available in the public system unless you are varsity level," explains Mrs. Hoehne.

As a high school student, her daughter played on the school's soccer and basketball teams each year. By the end of her time at ASCIS, she was captain of the basketball team. Along similar lines, her brother overcame his developmental difficulties to participate in every sport available. He was also a member of the school's chess team.

Both Hamilton children were also well-rounded student-athletes and, although she is only in Grade 4, the Foremans' daughter studies the violin, swims, and plays baseball and basketball at ASCIS.

## ***The right amount of structure:***

Supported by a rigorous but fair code of conduct, ASCIS provides its students with a familiar, structured environment that prepares them to live and work successfully in professional environments and communities. Mrs. Hamilton draws a clear line from ASCIS's rules-based environment and



her children's later success in life. "As a parent, I believe that sometimes kids like and benefit from rules," she relates. "ASCIS really does teach a lot of respect, and a lot of good moral values."

At ASCIS, Mrs. Hamilton was encouraged to see her children find genuine enjoyment in ostensibly arduous subjects like physics. Because academic excellence is so privileged, she noticed, ASCIS classrooms tend to inculcate a healthy competitive culture. "A rising tide lifts all boats," she offers. "My son and daughter and their classmates pushed each other, but in a positive way."

Mrs. Hoehne agrees. Both public school graduates themselves, she and her husband never intended to enrol their children in a private school. While Mrs. Hoehne acknowledges that private education is often bound up in the public mind with issues of social class and material wealth, she sees a true meritocracy within ASCIS's walls. "With the academic and well-rounded focus of the entire school, students are not rewarded for being anything

but hard working and developing," she insists. "ASCIS is one of the few schools I know of at which students who have graduated feel comfortable to keep returning to talk with their old teachers and get advice, which speaks volumes."

### ***A unique community of learners:***

ASCIS features a diverse, cosmopolitan student body that helps all students learn more about their world and prepares them to thrive in a globalized marketplace.

Mrs. Hoehne particularly appreciated the school's collegial, family-like environment. Her children ended up forging meaningful friendships with international students, and they continue to keep in touch and visit when they find each other in the same country.

"I really do believe that the kids being in almost a United Nations was invaluable," says Mrs. Hamilton, who agrees. "They now have held so many friends from all over the world,

but they still keep in touch. Even as parents, we had a different, interesting experience with the other students. We had somebody over at our house every weekend!"

She also couldn't help but notice that the school's small size encouraged students from various grades to mix freely with each other. For her daughter, a basketball player, finding a friendly group of Grade 12 role models as a freshman was an invaluable social experience.

Mr. Foreman has noticed the school's rich cultural complexity even at the elementary level. "The atmosphere is positive with a strong family feel," he notes. "We like the diversity of the students."

### ***A steady bridge to university:***

"Both my husband and I are professionals, and we expected our children to attend university," says Mrs. Hoehne, a chartered professional accountant married to a professional engineer. Like most ASCIS parents, she was once concerned with how



her children would transition from high school to a leading postsecondary institution.

Thankfully, buoyed by an ASCIS diploma, the Hoehne's daughter went on to graduate from Western University's competitive Scholar's Electives program. Their son will graduate from the same university with a degree in Engineering this spring. "Both of our children thanked us for sending them to ASCIS after seeing first-year students struggle through the university course load," says Mrs. Hoehne. "They were well prepared. Having a great foundation in calculus especially helped our son."

Mrs. Hamilton's son recently completed an MBA at the University of Windsor, while their daughter will be graduating from an undergraduate program this year. "The kids really had a good experience at university," she stresses. "I really believe ASCIS prepared them for a little bit less of

a shock in first year. It taught them how to study."

While Mr. Foreman's daughter won't see a university campus for several years yet, she's already well on her way to a successful postsecondary career. "We believe that no matter where she chooses to go, she'll have a great educational base that will definitely help in the long term," says her father.

### Parting thoughts:

To Mrs. Hoehne, learning is ultimately a lifelong process that benefits immeasurably from being nurtured at an early age. "A good education is something that can never be taken away from your child," she says. "It stretches and grows their minds and bodies, challenging them to be better than they think they are. ASCIS is a safe place to grow, discover, and learn in small classes encouraged by exceptional, first-class teachers."

Although his family's ASCIS journey is relatively young, Mr. Foreman agrees. "Everyone who is involved with the school, from the educators to the administrative staff, are exceptional," he says.

"No system is perfect," stresses Mrs. Hamilton, who herself attended public schools. "You don't have to go to a private school to make it in this world, but if you can just give your children a little bit of an edge, it can't hurt.

"Even my husband would say, *I would not want to be young again.* Our children's generation has it so much tougher than we did. If you can just be a little bit smarter and a little bit harder working, that's the advantage you need. That's what an ASCIS education will give you."

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by Dr. Christopher DiPonio,  
Dentist, Eastside Dental

# DENTAL CARE IS HEALTHCARE:

## HOW YOUR DENTIST CAN HELP WITH MORE THAN JUST YOUR TEETH

Have you ever noticed an inexplicable burning sensation on your tongue? Does a strange “pop” emit when you open your jaw? Or do you occasionally suffer from a stubborn metallic taste that you can’t seem to shake?

Because the food we eat, the water we drink, and the air we breathe first come into contact with our bodies through the oral cavity, many common health issues first make themselves known through curious sensory experiences in the mouth, teeth, and jaw area. If you feel, taste, or hear something in this part of your body that doesn’t seem quite right, your dentist may be able to help.

As a general rule, patients rarely hesitate to call their dentist when they are experiencing a toothache, but they often overlook many other easy-to-read signals their body is sending them. The truth is, your family dentist can

effectively treat many inconvenient and irritating ailments of the orofacial region – including many that start as minor sensations that are easy to overlook.

Dentists and dental specialists are well-educated healthcare professionals who are trained to diagnose and treat conditions related to the teeth, of course, but also those related to the surrounding tissues. These areas include the lips, cheeks, tongue, throat, jaws and the muscles of the head and neck.

There’s an important reason why universities train dentists to acquire this knowledge: The relationship between the oral cavity and the rest of the body is undeniably significant. It is very common for systemic diseases to have accompanying oral manifestations, and so the oral cavity provides dentists and dental specialists with a unique window into what is happening in the rest of the body. As such, regular oral examinations can in some cases shine light on more serious problems that may be occurring throughout the body.



To give one example, a common condition I encounter in my dental practice is enamel acid erosion. This can be brought about by Gastroesophageal Reflux Disease, often referred to as GERD, a chronic digestive disorder that affects millions of Canadians. In many cases, dentists can identify a person who suffers from GERD by a typical pattern of enamel erosion on the upper and lower teeth.

In my experience, patients are often surprised to learn that the acid irritating their throat and esophagus is also weakening their teeth. If you have this condition, a proper diagnosis and course of treatment from both your dentist and physician can help reduce GERD's damaging effects on your esophagus and teeth.

Next, virtually all of us have spent sleepless nights tossing and turning while constantly watching the clock. If this sounds familiar, do you know that your dentist may be able to help? If you struggle with insomnia, you may have a recognized condition known as Obstructive Sleep Apnea. There are many treatment options available to patients who suffer from this disorder, including a special device fabricated by your dentist. This purpose-designed oral appliance is essentially a mouthpiece that repositions the lower jaw to gently reduce pressure on the airway while you sleep.

There are many more examples of common ailments the treatment of which intersects with oral healthcare. As is the case with GERD and Obstructive Sleep Apnea, your dentist can help to treat these conditions and/or their consequences in consultation with your physician(s). For this reason, it's important to receive regular dental examinations. If you wear dentures, which can make you particularly susceptible to some conditions, regular checkups are even more important.

Ultimately, we should all realize that the oral cavity is the gateway to the rest of the body. If you think your teeth, mouth, or jaw might be trying to tell you something about your health, there is no need to suffer in silence. Most modern dental offices are well equipped to treat patients like you comfortably and efficiently.

#### *About Dr. Christopher DiPonio:*

*Dr. Christopher DiPonio is a dentist at Windsor's Eastside Dental. He is a graduate of the University of British Columbia Faculty of Dentistry. As an undergraduate, Dr. DiPonio studied at both Western University and the University of Windsor. A Windsor native, he is a former Holy Names High School student.*



## HOW SUGARY DRINKS HARM YOUR TEETH

By: Dr. Maha Mirza, Dentist, Eastside Dental



While most syrupy, sweetened beverages were initially conceived as occasional treats, they've become a regular, everyday habit for many people. Unfortunately, common sugar-laden drinks like sodas, energy drinks, chocolate milk, and fruit juices are bad for our oral health in several important ways.

When we eat or drink sugar, the bacteria in our mouth feeds on the energy it contains and begins to produce acid. This acid can have the effect of damaging teeth by causing cavities and erosions. The more sugar you consume, the better an environment you create for bacteria to thrive.

If you choose to have a sugary drink, we recommend you finish it within five minutes rather than sipping on it for half an hour or more to reduce your oral cavity's exposure to the liquid. While it may seem counterintuitive, when you eat any sugar or fermentable carbohydrates, we recommend you wait about half an hour before brushing your teeth. Do not brush immediately. After eating or drinking sugary products, the acidic liquid pools around the teeth, which weakens the hard outer layer of the tooth known as enamel. If you brush right away, you risk losing part of this enamel.

Furthermore, consuming any fermentable carbohydrates encourages the build up of tartar and plaque – the loose, whitish deposits on the teeth. In cases where this unwanted buildup remains on the teeth along the gumline, inflammation of the gums (gingivitis) can occur. In the absence of strong oral hygiene, this can lead to gum disease (periodontitis) over time. In serious cases, this can then progress to bone loss and, eventually, the loosening of the teeth.

Regular visits to the dentist can help detect developing cavities and gum disease at an early stage to safeguard you against future complications.

Good habits start at a young age; help your kids make healthy decisions about what they choose to drink. Because babies are born with no sugar preference, we recommend you opt for smart choices for your children. Consider drinks like flat or sparkling water, diluted juices, milk, and unsweetened tea. Set a positive example, and your family will have healthier teeth, smiles, and futures.



by Jesse Ziter

# Leave It Alone: Bay Leaves Are Not Poisonous

“Remove after cooking.”

If you’ve ever prepared a recipe that includes a whole, dried bay leaf, it’s more than likely you’re well familiar with this rarely questioned instruction. If you cook with bay leaves often, you’re probably even acquainted with the incredibly persistent belief that, while you can let one hang out in your simmering tomato sauce for the better part of an afternoon, going as far as eating a whole leaf might have the effect of killing you.

It turns out that a lot of people really do believe this. They’re mistaken.

We should clarify what exactly we’re discussing. A member of the laurel family (think ancient Olympics), bay leaf hails from the Mediterranean, where we now understand it became one of the earliest and most widely traded food additives. Most of the bay leaves we buy and use here are imported from Turkey. Because bay leaves typically grow in hot, arid climates, they’ve evolved to retain as much moisture as possible. As a result, their aromatic compounds are sturdier, which means the leaves retain a significant amount of flavour even after drying out. Today, the dried herb is widely, if unconventionally, used whole in Mediterranean and French cooking. (Herbs, by the way, are the leaves of a plant, while spices are seeds, roots, or bark.)

The immeasurably interesting food and cooking website Serious Eats notes that the leaves pack in more than 50 flavour-generating compounds, which comele during slow cooking processes to produce rich, tea-like aromas. When used correctly, a judiciously employed leaf essentially plays background notes behind the main ingredients in slowly cooked soups, stews, sauces, or stocks. Bay leaf plays nicely with warm spices and is particularly capable of elevating rich, meaty, or otherwise umami-heavy dishes.



The problem, or so we're led to believe, comes after cooking has concluded. Accidentally or deliberately consuming a bay leaf a cook has failed to remove from the pot, the myth goes, can result in serious illness or even death. Why? Well, the leaves of certain other members of the laurel family, plus a handful of biologically unrelated but similar looking plants, genuinely are poisonous when consumed by humans or livestock. While you won't find any of those for sale at Zehrs, somewhere along the line it became a consensus belief that bay leaves were similarly toxic. In truth, they just aren't.

Look: consuming too much of virtually anything – including *water* – can have potentially toxic effects, but the amount of pure bay leaf one would need to ingest to poison oneself is far greater than would be the case in any reasonable, real-world scenario.

Part of the confusion over the herb likely comes from our collective unfamiliarity with using whole dried leaves in cooking. In truth, because they're no more poisonous than parsley, it's entirely possible to grind bay leaves and use the resultant herb as you would, say, oregano. Cuban cuisine does exactly that, even adding the powdered leaf to certain bread recipes. There's been no mass poisoning of which we're aware.

That said, ground or chopped bay leaf is significantly more potent than the whole dried variety. This is the case for all spices, as increasing the surface area of the plant matter that's exposed in the cooking process will result in more flavour leeching out. For this reason, chefs tend to prefer the subtler, more complementary effect of using whole leaves.

So why do we inevitably fish our bay leaves out of the final product? In simple terms, just because you *can* eat something doesn't mean you *should*. If you've ever accidentally taken a bite of one, you already know that a dried and then cooked bay leaf's tough, fibrous texture can be downright unpleasant. While a bay leaf releases delicious flavours into a larger stockpot, you won't be able to access that same type of culinary pleasure by eating the thing itself. Ever cook with a whole cinnamon stick? It's essentially the same thing.

In theory, if not often in practice, ingesting a whole bay leaf can still be dangerous. Because they remain stiff even after several hours of cooking, bay leaves can scratch the digestive tract and cause some amount of digestive discomfort if swallowed whole or in large pieces. In extremely rare cases, a bay leaf shard can even perforate the intestinal wall.



In reality, though, this is not exactly a clear and present danger. J. Kenji Lopez-Alt of *Serious Eats* compares ingesting a bay leaf to eating a fish bone, which feels just about right; there's nothing impermissible about it, and it's highly unlikely to be dangerous, but that doesn't mean a reasonable person would actively want to do it.

So, by no means would we suggest you serve up a platter of bay leaf tartare at your next dinner platter; you can continue living your life just as you always have. But, the next time somebody around you erupts over the potential catastrophe represented by the whole leaf lazily left in your bowl of chili, know that they are being unreasonable.

*As always, this magazine's nutritional and food safety advice is provided in good faith but is ultimately offered for general information and entertainment purposes only. If you have serious concerns about what you're putting in your body, we encourage you to seek the counsel of an actual medical professional in a recognized field.*



# COLE'S *corner*

LIFE



By: Dr. Christopher Cole, MD, MPH, Medical Director  
of The Cole Clinic of London and Windsor



## Is Hair Loss *Affecting* YOUR SELF ESTEEM

As a hair restoration specialist, I regularly perform life-changing surgery on my patients - both on the outside and, more importantly, on the inside.

While it might be easy for some to overlook, hair loss is often a debilitating condition with a wide range of negative effects. Male pattern baldness, specifically, can be devastating to a person's self-image and confidence, which can very easily have the effect of eroding his social life over time.

I've known many men whose baseball caps are virtually glued to their heads from morning until bedtime. I'm sure you do, too - if you're not one of them yourself. And what kind of life is that?

With this in mind, it's easy to understand how hair transplants come to represent transformative mental and emotional interventions. The self-esteem boost many patients experience after surgery can be life-changing in a very real sense.

The thing is, you've heard all this from me before. This issue, I thought I'd turn my column over to my patients by letting you know about two men whose hair - and whose confidence - I've restored. (While the Cole Clinic regularly treats women who suffer from hair loss, men continue to make up the majority of our patient base.)

Recently, a full 12 months after treating a patient named Roberto\*, I received an unexpected reminder in my office mailbox. "It is now one year since you changed my life," read the opening sentence. Needless to say, he had me hooked.

"Literally, since I had my hair transplant, my life has changed," emphasized Roberto, who was kind enough to write me a token of his appreciation. "I am no longer worried if it's windy, if I have brushed my hair carefully enough to disguise the thin areas, or if the light is shining on my scalp."

In the ensuing paragraphs, Roberto went on to detail the ways in which his newfound confidence had permeated all areas of his day-to-day life. As heartwarming as it was to read, his story was a common one.

Once, Roberto had agonized over whether to have hair restoration surgery. It's fair to say that he ended up making the right choice. "If I had realized the difference it would make to my life," he wrote, "I would have done it years earlier."

Roberto was also happy to have chosen the Cole Clinic. "I was impressed by the care and skill that you and your staff demonstrated," he wrote. "I knew at all times that I was in good hands."



I liked having Roberto as a patient, and I couldn't be happier to have helped him make such an obvious improvement to his day-to-day quality of life.

I also liked his conclusion: "I thank you," he wrote, "and my hairdresser thanks you."

While it's clear that Roberto had a first-rate experience at the Cole Clinic, we reached out to Steven, another former patient, to get a second opinion.

Like many men, Steven first noticed signs of hair loss in his early 20s. "I parted my hair down the middle during those years," he recalls, "and a coworker commented, 'That part is beginning to look a little wide on top.' I thought that it was in jest, but it wasn't. That was the prelude to a slow 15-year balding process."

Rather than meekly let nature take its course, Steven decided to do something to fight back. After several years of unconvincingly concealing his ever-thinning hair, the man who came to call himself "Captain Comb Over" began to explore his options. He was open to just about anything.

"I tried Rogaine," he notes, "with less than modest results. I heavily considered a hair weave, but no matter how hard the

company tried to convince me, I couldn't get past the fact that it didn't look natural."

Eventually, Steven's search for the latest and greatest solution to his condition led him to my office. "I got sick and tired of being sick and tired and took one of the most rewarding steps ever in my life," says Steven matter-of-factly.

While his spirits were buoyed by the before-and-after patient photos, Steven remained – like many men – a bit apprehensive about going under the knife.

"Surgery," he relates. "This was a big step. I think that the turning point for me was getting to know Dr. Cole and his staff. We discussed my options regarding the surgical procedure – the upside and the downside."

After careful consideration and an open, friendly dialogue with my team, Steven made up his mind. He ended up opting for two separate hair restoration procedures, which left him with a healthy and attractive head of his own natural, growing hair.

"I wanted a thick head of my own hair," he explains, "And I got it! Both of my procedures were a piece of cake. I watched movies, ate snacks, and shared a few jokes with Dr. Cole and his team."

"A word to the wise," he continues: "Laugh at Dr. Cole's jokes, too! A man with a scalpel is *always* funny!"

I wish I could say that were true!

In all seriousness, Steven's story is a good example of the meaningful relationships I always aim to foster with the men and women who step inside my office. After all, my patients aren't the only ones who are emotional beings.

Steven has an interesting way of explaining my approach: "Dr. Cole's skill is impeccable, but, just as important, Dr. Cole's strength in caring for his patients is: *He cares for his patients!*"

Sometimes, I think it really is that simple. Like Roberto before him, Steven is happy to recommend our team's services to anyone who's been considering hair restoration surgery of his own.

"I got my hair back, and it looks and feels great!" Steven concludes.

"Life is good."

\*(Patient names have been changed.)



Dr. Christopher Cole

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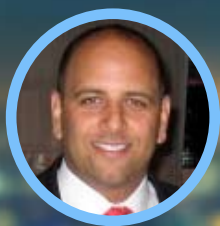
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by Dr BK Wahab, OD MBA  
President, SEEN Vision Care

# LENS FLAIR:

## What You Need to Know About the Most Important Part of Your Glasses



Typically, when most people select their next pair of eyewear, the largest part of their time is spent on deciding which frame looks and feels the best. Unfortunately, very little thought is given to the lenses the frame carries, which are ultimately the main reason why we wear glasses.

Eyeglass lenses correct refractive errors by bending (refracting) light as it passes through. The amount of light-bending ability (lens power) that is needed to provide good vision is indicated on the eyeglass prescription provided by your eye doctor.

Eyeglass lenses range in quality and price, just like most consumer products; a high-quality pair of lenses can make enough of a difference to change your vision from good to great. One of the main differentiators is the type of material from which the lens is made. The most basic of materials is plastic, which is functional but archaic. The next is a stronger material called polycarbonate, which is shatter resistant and highly recommended for children and people who are at risk for eye injury due to their profession or certain health concerns.

High-index eyeglass lenses are the right choice if you want thinner, lighter lenses and eyeglasses that are as attractive and comfortable as possible. Thinner, lighter high-index lenses are especially recommended if you have a strong prescription for nearsightedness, farsightedness, or astigmatism. Most eyeglass wearers are nearsighted, which requires corrective lenses that are thin in the centre but thicker at the edge of the lens. The stronger the prescription, the thicker the edges. A high-index lens minimizes that edge thickness to improve optical quality and cosmetic appearance and reduce the weight of the lens.



Most of today's fashionable frames are made of plastic or metal with rims thinner than the lens itself. Along similar lines, popular rimless mountings mean that the edges of the lenses are completely exposed. In either case, the lens edges are highly visible, and thicker edges can detract from the appearance of your eyewear.

Even within the family of lightweight, high-index eyeglass lenses, there is a wide discrepancy in quality and optical purity. Some lenses are made from poor-quality plastics, some are made from Chinese recycled plastic, and some are sold as high-index when they are actually not. It is imperative you have a discussion with your eyecare provider regarding your specific needs.

### ***Anti-Reflective (AR) Coating: A Perfect Companion for High-Index Lenses***

All lens materials block some light from passing through the lens. This light reflects back from the lens surface, causing distractions and reducing the clarity of night vision.

Conventional plastic lenses reflect about eight percent of the light that would otherwise reach the eyes. High-index lenses reflect up to 50 percent more light than conventional glass or plastic lenses. For this reason, they must have a quality anti-reflective coating. Superior coatings transmit up to 99.5 percent of light to the eye for optimum vision and clarity. Moreover, because AR coating virtually eliminates lens reflections, it makes high-index lenses appear nearly invisible; others see your eyes, not your lenses. Furthermore, studies have shown that eyeglass lenses with AR coatings provide sharper night vision with less glare – a real advantage for night drivers.

Again, there are many variations of anti-glare coatings, ranging from poor-quality solutions to the latest and most effective technology. The best option is a hydrophobic (water-resistant), anti-smudge, scratch-resistant coating that has an inherent UV protective layer. Most coatings are not designed to perform all these tasks, and so you are left with lenses that you are constantly cleaning throughout the day. Ask your eyecare provider what kind of coating he or she will be ordering for you, and make sure you like the answer.

At SEEN Vision Care, we only use two-sided digital free-form progressive lenses, which give the widest corridor of clear vision through all distances and minimize blur areas, peripheral haze, motion sickness, and adaptation time. For our anti-glare coating, we offer the latest hydrophobic technology, which comes with an impressive two-year warranty from scratches and imperfections.

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