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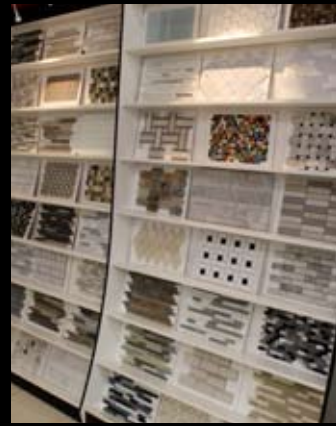
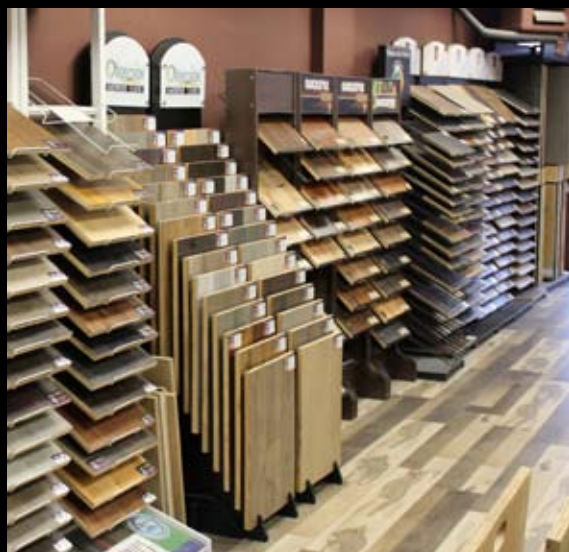


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Velocity Injury Law:

TIPPING THE SCALES IN YOUR FAVOUR

by Lina Stoyanova



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Velocity Injury Law is not just another personal injury law firm. This all-female powerhouse has the knowledge and expertise to tip the scales of justice in your favour. Partners Ruth Stewart and Melanie Gardin alongside Associate Lawyer Celina DeVuono are dedicated to helping injured victims. Velocity's focus is Motor Vehicle Accidents, Recreational Accidents, Pedestrian Accidents, Falls, Animal Attacks, Assaults, Burns, Defective Products, Short-Term and Long-Term Disability Appeals, and Canada Pension Plan Disability Appeals. The extensive experience they all share enables them to offer each of their clients an extraordinary level of commitment and personalized attention. Through their fierce advocacy and persistence, they consistently obtain results that their clients are justly entitled to receive.

"For many years the firm was known as Chapman Gordon Gardin Stewart LLP. In 2017, the firm rebranded. The reason we picked the name Velocity is because it represents moving forward," explains Melanie Gardin. "I love the aspect of assisting injured people recover from their injuries.

For the last 16 years I've been focused on navigating the injured through their medical rehabilitation and ensuring they see the right medical professionals and health providers in our community. No one wants to be in an accident or to be injured. It's a huge disruption to the injured and their family, so for me it's rewarding playing my role in the process."

Velocity offers an initial consultation that is free of charge and there is zero obligation to sign anything. The firm is wheelchair accessible and there is free parking. If you retain Gardin, she represents you from the beginning to the end of your case. Confident in what she does, Gardin states she doesn't charge legal fees unless she recovers money for the client.

"Some files can take years, from the time a person gets into an accident to settlement, so you are with people through a lot of milestones. We go to client's houses or make hospital visits because we like to meet them where it's convenient for them, especially if they have a hard time getting to us," explains Gardin. "Sometimes I feel like I'm part social worker. The job is more than just the law. Clients need someone to listen and acknowledge that their pain and struggles post accident are real. We've helped a lot of people get through very rough waters."

"The biggest compliment I've received is that I've saved someone's life. I don't think there is anything more fundamental than someone telling you that you offered them the hope they needed. A lot of people get depressed on their road to recovery, it can be one step forward, two steps backwards. People don't realize how it affects family, friends, their day-to-day."

"Seeing people who may lose their kids or their marriage, makes you realize bad things can happen and it's all about helping them keep their lives together until they can get back on their feet. This is when people need you most," she adds.

Velocity has celebrated their first anniversary at their new location at 871 Ottawa Street, Unit 400. Representing the Windsor-Essex community, Gardin feels strongly about being invested in both the people and the community.

"People frequently tell me they don't know what they would have done without me and my outstanding legal assistants. Jennifer has been with me 15 years and Rochelle for 12. All of our lawyers and staff are long term employees and that says a lot. Together we are an efficient team focussed on detailed client service."

Passionate about the community, this shoe-loving, chocolate obsessed, golf-playing superwoman, is currently raising her young daughter Elina with husband Terry, to be a leader within the community. Knowing it's not all about law, Gardin is fueled by volunteering and taking on leadership roles. She spent nine years on the board of the Brain Injury Association of Windsor and Essex County, seven of which she served as President.

She has volunteered an extensive amount of time and energy with Beyond Disability Rehabilitation Network, which aims to improve the lives of the estimated 62,000 persons in Windsor-Essex County living with chronic disabilities. Gardin also volunteers with two United Way groups: Windsor Women Leading the Way and the Cradle to Career Strategy Review Team.

Recently awarded the Charles J. Clark Award for professional integrity and community service, this dynamo lawyer is one that you want on your side.

Melanie Gardin and the team at Velocity can be reached at 519-946-4300 or <http://velocityinjurylaw.com>.

"The job is more than just the law. Clients need someone to listen and acknowledge that their pain and struggles post accident are real. We've helped a lot of people get through very rough waters."



HEALTHY HOLIDAY

Recipe



VEGAN MUSHROOM WELLINGTON

A fantastic vegan version of the classic beef wellington.

Serves 4 people, 554 kcal, Delicious Everyday

Ingredients

- 4 large Portabello mushrooms stalks trimmed and cleaned
- 3 large onions peeled and chopped
- 3 tbs olive oil
- 300 g baby spinach (10 ½ oz)
- 4 sprigs of thyme leaves picked
- 1 vegan puff pastry
- 1 tbs Dijon mustard
- Salt and pepper to taste

Vegan Egg Wash

- 1 tbsp aquafaba (chickpea water)
- 1 tbsp almond or cashew milk
- 1 tsp neutral flavoured oil
- ½ tsp maple syrup or brown rice syrup

Instructions

Place a large frying pan over a low to medium-low heat. Add the ½ tbsp of olive oil followed by onion and reduce heat to low. Season with salt and pepper and cook, stirring occasionally, for 15 to 20 minutes, until the onions are golden brown.

Remove the onions from the pan and return the pan to the heat. Add the baby spinach and cook until wilted. Remove from the baby spinach from the pan and leave to cool.

Increase heat to medium/high and return pan to the heat. Add remaining olive oil and place the mushrooms, top side down. Cook until lightly golden (about 5 minutes) before turning over and cooking for a further 5 minutes or until golden. Remove from heat, and drain on paper towel top side up as they will release a lot of liquid as they cool. Transfer the onions, spinach and mushrooms to the refrigerator and cool completely.

Preheat the oven to 200°C (390°F). Place a sheet of baking paper on the baking tray and then place the puff pastry sheet on top. Spread half the caramelized onions over the middle third of the pastry, making sure to leave an extra 2cm (¾ inch) border at the edge of the pastry. Top with half of the baby spinach. Spread the Dijon mustard over the mushrooms and season well with salt and pepper. Place the mushrooms on top of the spinach. Top the mushrooms with thyme and the remaining baby spinach and onions.

Very carefully roll the pastry over the top of the mushroom mixture until you have a log. Press down to seal the edges. Roll over the log so that the seam is facing the bottom.

To make the vegan egg wash whisk all of the ingredients together in a bowl.

Very lightly coat with the vegan egg wash. Place the pastry in the freezer for 10 minutes before repeating with another layer of vegan egg wash and freezing the pastry for a further 10 minutes.

Place the pastry back on the baking sheet and tray and place in the oven for 30 to 35 minutes, or until golden and flaky.

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YOUR “POOR POSTURE” HAS A REAL DIAGNOSIS...

UPPER CROSSED SYNDROME

‘Poor Posture’ or Upper Crossed Syndrome (UCS) is a condition of high prevalence in today’s society. Even with the stress of ‘proper posture’ and ergonomical adaptations, the characteristic symptoms of UCS is still one of the major health complaints in North America.

What is Upper Crossed Syndrome?

Upper-Crossed Syndrome (UCS) is also referred to as Proximal or Shoulder Girdle Crossed Syndrome. In UCS, tightness of the upper trapezius and levator scapula on the dorsal side crosses with tightness of the pectoralis major and minor. Weakness of the deep cervical flexors ventrally crosses with weakness of the middle and lower trapezius. This pattern of imbalance creates joint dysfunction, particularly at the atlanto-occipital joint, C4-C5 segment, cervicothoracic joint, glenohumeral joint, and T4-T5 segment.

In 1979, Dr. Vladimir Janda, a Czech Physician and Physiatrist was the first to identify the common muscle imbalance denoted the Upper Cross Syndrome. Janda noted that these focal areas of stress within the spine correspond to transitional zones in which neighboring vertebrae change in morphology.

Specific postural changes are seen in UCS, including forward head posture, increased cervical lordosis and thoracic kyphosis, elevated and protracted shoulders, and rotation or abduction and winging of the scapulae. These postural changes decrease glenohumeral stability as the glenoid fossa becomes more vertical due to serratus anterior weakness leading to abduction, rotation, and winging of the scapulae. This loss of stability requires the levator scapula and upper trapezius to increase activation to maintain glenohumeral centration.

How does Upper Crossed Syndrome Develop?

UCS is the consequence of chain reaction morphological, structural and biomechanical changes over time, predominantly due to habits and routines. Contrary to popular belief, UCS does not begin in the upper back and neck – it is a chain reaction occurring throughout the spine, from the position of the pelvis to the position of the head.

It starts with a simple posterior pelvic tilt. Although a posterior pelvic tilt can be the cause of several somatic dysfunctions, the main cause is due to poor sitting posture. Poor sitting posture encourages a posterior pelvic tilt (a counter-clockwise cogwheel), that reduces the normal lordosis of the lumbar spine. This reverses the normal kyphosis of the thoracic spine through a counter-clockwise cogwheel that then creates a counter-clockwise cogwheel within the cervical spine. This final cogwheel influences the forward position of the head in typical poor posture.

The degree of the forward position of the head increases the normal effective weight on the spine causing a decreased cervical lordosis (curvature). This decrease in curvature creates the perfect storm which manifests as an Upper Crossed Pattern, as described above.

It is important to note, that UCS may be manifested by other pathologies – thus stressing the importance of a holistic approach to diagnosing and treating this condition.

What Health Problems can UCS lead to?

- Spinal Degeneration
- Cervicogenic Type and/or Tension Headaches
- Shoulder, Neck and Upper Back Pain
- Tightness and Pain in the Chest
- Pain and/or Numbness in the Upper Limbs
- Chronic Fatigue Syndrome
- Low Back Pain
- Myofascial Adhesions
- Reduced Lung Capacity
- Nerve Impingement and Compression
- Rotator Cuff Injury
- And More!

Treatment Options for UCS

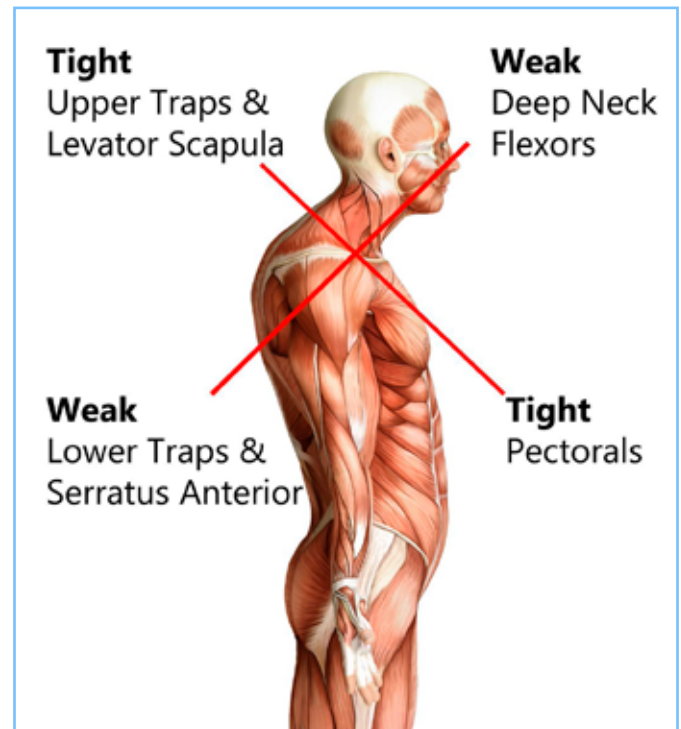
There are many treatment philosophies regarding UCS amongst practitioners which focus on structural and functional approaches. The agreed best method of treatment of UCS is prevention, however, if you are past the point of prevention, early detection and implementation of a functional approach such as the “Janda Treatment Approach” can be beneficial.

The Janda Treatment Approach

1. Normalize the periphery. The Janda Approach to treatment of musculoskeletal pain follows several steps. Treatment of muscle imbalance and movement impairment begins with normalizing afferent information entering the sensorimotor system. This includes providing an optimal environment for healing (by reducing effusion and protection of healing tissues, restoring proper postural alignment (through postural and ergonomic education), and correcting the biomechanics of a peripheral joint (through manual therapy techniques).

2. Restore muscle balance. Once peripheral structures are normalized, muscle balance is restored. Normal muscle tone surrounding joints must be restored. Sherrington's Law of Reciprocal Inhibition (Sherrington, 1907) states that a hypertonic antagonist muscle may be reflexively inhibiting their agonist. Therefore, in the presence of tight and/or short antagonistic muscles, restoring normal muscle tone and/or length must first be addressed before attempting to strengthen a weakened or inhibited muscle. Techniques to decrease tone must be specific to the cause of the hypertonicity. These include post-isometric relaxation (PIR) (Lewit, 1994) and post-facilitation stretch (PFS) (Janda, 1988).

Muscles that have been reflexively inhibited by tight antagonists often recover spontaneously after addressing the tightness. In the Janda Approach, the coordinated firing patterns of the muscle are more important than the absolute strength of muscles. The strongest muscle is not functional if it cannot contract quickly and in coordination with other muscles; therefore, isolated muscle strengthening is not emphasized in the Janda Approach. Instead, muscles are facilitated to contract at the proper time during coordinated movement patterns to provide reflexive joint stabilization.



3. Increase afferent input to facilitate reflexive stabilization.

Once muscle balance has been addressed, Janda stresses increasing proprioceptive input into the CNS with a specific exercise program, “Sensorimotor Training” (SMT) (Janda & Vavrova, 1996). This program increases afferent information entering the subcortical pathways (including spinocerebellar, spinothalamic, and vestibulocerebellar pathways) to facilitate automatic coordinated movements. SMT involves progressive stimulation through specific exercises with increasing level of challenge to the sensorimotor system. SMT has been proven to improve proprioception, strength, and postural stability in ankle instability (Freeman et al. 1965), knee instability (Ihara & Nakayama, 1996), and post ACL reconstruction (Pavlu & Novosadova, 2001).

4. Increase endurance in coordinated movement patterns.

Finally, endurance is increased through repetitive, coordinated movement patterns.

Since fatigue is a predisposing factor to compensated movement patterns, endurance is also more important than absolute strength. Exercises are performed at low intensities and high volumes to simulate activities of daily living.

Conclusion

Upper Crossed Syndrome is a complex neuromusculoskeletal condition which can be manifested by multiple pathologies. It is important for clinicians to keep a holistic approach in mind rather than focusing on the symptomatic region, to effectively diagnose and treat Upper Crossed Syndrome.

Before implementing any treatment, it is important to consult your physician, chiropractor, osteopath or physiotherapist, ensuring the best diagnostic examination and treatment options for your condition.

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by Lina Stoyanova

MEET THE QUEEN OF SPICES: **TURMERIC**

Did you know Turmeric can help heal a variety of health concerns in addition to adding a unique flavor to your dishes? Keep reading to learn all about it.

What is Turmeric?

Turmeric dramatically increases the antioxidant capacity of the body. The main reason antioxidants are so beneficial is that they protect our bodies from free radicals. Curcumin happens to be a potent antioxidant that can neutralize free radicals due to its chemical structure and can also boost the activity of the body's own antioxidant enzymes. In other words, curcumin blocks free radicals directly, then stimulates the body's own antioxidant mechanisms.

According to the Journal of the American Chemical Society, turmeric contains a wide range of antioxidant, antiviral, antibacterial, antifungal, anticarcinogenic, antimutagenic and anti-inflammatory properties. Wow, mouthful. It's also loaded with many other healthy nutrients such as protein, dietary fiber, niacin, Vitamin C, Vitamin E, Vitamin K, potassium, calcium, copper, iron, magnesium and zinc.

Turmeric, also known as *curcuma longa*, is a common herb that belongs to the ginger family. It has been used in East India and the Middle East for thousands of years and has often been referred to as the "Queen of Spices." Its main characteristics are a pepper-like aroma, sharp taste and golden colour. A domesticated plant rather than wild, India remains one of the most prominent producers of turmeric, along with Indonesia, the Philippines, China, Taiwan, Jamaica and Haiti. The turmeric we see on the shelves and in spice cabinets is made of the ground roots of the plant.

As mentioned, curcumin is the active ingredient in turmeric and it has powerful biological properties. Western medicine has begun to study turmeric as a pain reliever and healing agent. Ancient medicinal uses for turmeric began when it was noted as an anti-inflammatory agent and then to treat a wide variety of conditions, such as menstrual problems, blood in the urine, hemorrhaging, toothaches, bruises, chest pain, flatulence and colic—to name a few.

Turmeric and Black Pepper

It's very important to mention that if you are using turmeric, you must add black pepper. Why? Simply put, it makes turmeric more effective. Since curcumin is poorly absorbed into the bloodstream, a way to help it along is to consume black pepper with it. Black pepper contains piperine which is a natural substance that enhances the absorption of curcumin by 2000%.

Why Try Turmeric?

An increasing number of studies credit turmeric as a credible treatment for a wide variety of health concerns. According to research, the benefits of turmeric are as follows:

- It's Anti-Inflammatory (its active component, curcumin, has been shown to be just as effective as anti-inflammatory drugs)
- *It Can Relieve Pain*
- *It Improves Liver Function*
- *It May Help Reduce the Risk of Cancer*
- *It Can Aid in your Digestion*
- *It Is Rich in Antioxidants*
- *It Combats Free Radicals*
- *It Helps with Rheumatoid Arthritis*
- *May Aid in Weight Loss*
- *Helps with Depression*
- *Prevents Hypertension (high blood pressure)*
- *It Has Anti-Microbial Properties*
- *It Has the Ability to Boost Brain Power*

The Health Benefits of Turmeric

Curcumin is a natural anti-inflammatory compound which means it helps the body fight anything that comes its way and repairs damage. Curcumin is so powerful that some studies show it matches the effectiveness of some anti-inflammatory drugs. How you ask? Curcumin is a bioactive substance that fights inflammation at the molecular level. As mentioned, turmeric is loaded with a ton of healthy nutrients (protein, dietary fiber, niacin, Vitamin C, Vitamin E, Vitamin K, Vitamin B6, potassium, calcium, copper, iron, magnesium and zinc). A few of the health benefits of turmeric include an improved ability to digest fats, reducing gas and bloating, decreased congestion, and improved skin conditions such as eczema, psoriasis and even acne. According to research, more reported health benefits of turmeric include relief from joint pain, such as rheumatoid arthritis and reduced joint swelling. Turmeric may also be helpful in treating inflammatory bowel diseases, lowering cholesterol counts, protecting the heart, relieving indigestion, improving liver function, and even preventing Alzheimer's disease. Cancer prevention and inhibited cancer cell growth are also possible benefits.



Turmeric and Digestive Health

Turmeric can help with bowel disturbances and it can be used as a digestive aid. How? The vitamins, minerals, antioxidants and phytochemicals in turmeric have a soothing effect on the gastrointestinal system and provide support for digestion. Turmeric can even help combat some queasiness and support internal cleansing (herbalists have used turmeric for centuries as a liver tonic). Turmeric can also help relieve gastrointestinal discomfort from eating spicy or fattening foods. It also helps with gas, supports digestion and calms abnormal muscle movements resulting from digestive issues.

Various Research Shows ...

- In one study, 121 patients who were undergoing coronary artery bypass surgery were randomized to either placebo or 4 grams of curcumin per day, a few days before and after the surgery. The curcumin group had a 65% decreased risk of experiencing a heart attack in the hospital.
- Research from the University of California (UCLA) showed that curcumin supplements may have a positive impact on cognitive health supporting memory, attention and mood in healthy, middle-aged or older adults. The study was a double-blind, placebo-controlled trial over a period of 18 months, focusing on 40 adults that had complained of having memory-lapses prior to the study.

At the conclusion of the study, adults who took curcumin supplements (90 mg twice a day) showed a 28% improvement on memory tests, as well as improvements in mood and sustained attention.

- Several studies suggest that curcumin leads to improvements in endothelial function. One study shows that it's as effective as exercise, another shows that it works as well as the drug Atorvastatin.
- In a study of patients with rheumatoid arthritis, curcumin was even more effective than an anti-inflammatory drug. Many other studies have looked at the effects of curcumin on arthritis and noted improvements in various symptoms.
- Curcumin may help reverse many steps in the heart disease process. Perhaps the main benefit of curcumin when it comes to heart disease is improving the function of the endothelium, which is the lining of the blood vessels.

Research Regarding Cancer

Research has shown that curcumin can affect cancer growth, development and spread at the molecular level. It's then no surprise that studies continue to show it can reduce angiogenesis (growth of new blood vessels in tumors), metastasis (spread of cancer), as well as contributing to the death of cancerous cells.





In one particular study in 44 men with lesions in the colon (that sometimes turn cancerous), 4 grams of curcumin per day for 30 days reduced the number of lesions by 40%.

Research Regarding Depression

Curcumin has shown it can aid in treating depression. In a controlled trial, 60 patients were randomized into three groups. One group took Prozac, another group took a gram of curcumin and the third group took both Prozac and curcumin. After six weeks, curcumin had led to improvements that were similar to Prozac. The group that took both Prozac and curcumin fared best. According to this study, curcumin is as effective as an antidepressant.

Depression is also linked to reduced levels of brain-derived neurotrophic factor and a shrinking hippocampus, a brain area with a role in learning and memory. Curcumin boosts Brain-Derived Neurotrophic Factor (BDNF), which is a type of growth hormone that functions in the brain, which can potentially reverse some of these changes. There is also evidence showing that curcumin can boost the brain neurotransmitters serotonin and dopamine.

After reading this article, you may want to start including Turmeric into your diet. Whether you supplement with a vitamin or add a dash of the spice to your cooking, know you're doing your health a favour.

INTERESTING FACTS:

- Curcumin has powerful antioxidant effects. It neutralizes free radicals and stimulates the body's own antioxidant enzymes.
- Curcumin may help delay aging and fight age-related chronic diseases.
- A study of 60 depressed patients showed that curcumin was as effective as Prozac in alleviating the symptoms of depression.
- Many studies show that curcumin can help treat symptoms of arthritis and is in some cases more effective than anti-inflammatory drugs.
- Curcumin leads to several changes on the molecular level that may help prevent cancer.
- Curcumin boosts levels of the brain hormone BDNF (Brain-Derived Neurotrophic Factor) which increases the growth of new neurons and fights various degenerative processes in the brain.



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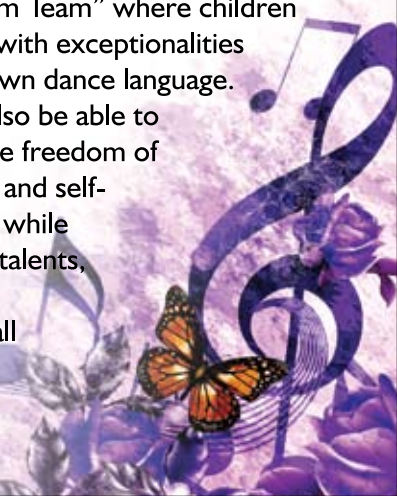
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DISCOVER

by Lina Stoyanova

Riley's

Riley's is a family owned business which has always strived to meet customers' needs. Operating on family-based principles and a focus on customer service, it's no surprise they have over 28 years of manufacturing experience. Their mattresses are 100 percent Canadian made and come in all sizes, shapes, and can even be customized. Riley's carries everything that ensures you get a good night's rest.

"Come and see what we are all about. We are a family run business that goes the extra mile to make sure you are happy! We are locally owned, and our employees are great members that take part of the community," explains owner Anna Riley. "We are proud to give back to the community and are all proud supporters of the Family Respite Services."

Offering thousands of items, Riley's emphasizes great quality mattresses. Manufactured locally, they carry top Canadian brands. Canadian made furniture is more popular than ever, due to tariffs being charged on imported furniture, and better quality offered by Canadian manufacturers. This includes DeFehr, and Décor Rest, now all a part of the furniture sold at Riley's.

"We just want you to experience our service. You won't want to go anywhere else once you discover Riley's. We've been in business 28 years because we do what we need to do. We deliver mattresses to your bedroom if you need and set them up," says Riley.

"We have many foams that don't use chemicals and same goes for our glues," adds Riley. "We have many mattress products that mimic the human body and the foam has the properties of amino acids that are compatible. The new generation mattresses are also hypoallergenic and comfortable. Sleep is very important so I'm glad this is a good topic!"

Using meaningful technology and quality materials, Riley's offers specialty products that are rare not only within the community, but Canada-wide. Using performance-based products that are durable, Riley collaborates with sleep specialist and researchers from Quebec to ensure she can bring customers the best.

"We have new items such as adjustable beds which are becoming more and more popular. We have the queen bed starting at \$849.00 including massage and other features. Our top of the line queen compatible with massage, lighting and much more, is available for \$1,649.00. It really is all about foam cell structure and increased air flow for cooler sleep," explains Riley.

"We are also introducing a limited time offer with introductory prices which will never be offered again. Our amino-acid foam 12-inch mattresses are \$595.00 for a queen for the month of October. We want to offer something with more value compared to \$1,195.00 USD; we have topped competitor's prices," she adds. "We are introducing Palliser, Shermag, Ashley, Décor Rest, all top Canadian brands. All new collections at introductory prices, you won't see ever again."

Riley's ensures to use mattress foams that provide great airflow, greater support thanks to a bounce factor, extreme durability and even new foams that enhance the comfort and support of a mattress. In addition, the foams are low odor and are different from any other material on the market. There's also memory foam that is a foam substitute that adjusts to individual body contours, providing support that regular memory foam may not; the material doesn't envelop the user and doesn't cause heat buildup that is often associated with many other memory foams.

Riley also urges you to not forget your perfect pillow! They now offer Terry Bamboo which are mattress and pillow protectors that are made with top quality fabrics and are 100 percent waterproof and breathable. Bamboo is extremely resilient and durable as a fiber. In studies comparing it to cotton and polyester, it is found to have a high breaking tenacity, better moisture wicking properties and better moisture absorption. Bamboo fiber products are also eco-friendly and antibacterial to keep your bed odor free and smelling fresh.



Pictured from L to R: Skyler, Kamaljit, Anna Riley (Owner), Allan, John



Pictured from L to R: Irena, Anna Riley, Kamaljit



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"We are offering bamboo mattress and pillow protectors that have better moisture wicking. We have an introductory offer which is FREE of cost with any mattress purchase over \$250.00 (which is a retail value of \$99.00). Just ensure you mention this ad," explains Riley.

Though manufacturing mattresses is Riley's strength, it doesn't stop there. Riley's is seeing constant change within the industry and what was popular today may not be popular tomorrow. This is why Riley feels it's important to carry a wide variety of brands and a wide variety of items.



Aiming to provide exceptional service that exceeds your every expectation, Riley's showcases items in both their locations: Tecumseh and Windsor. They have thousands of items available online for immediate delivery. The products are always new and constantly changing on a weekly basis. Ensuring there are always promotions so customers can get the best deal, to check out Riley's and what they have for your home, please visit: <http://rileysrooms.com> and/or 321sleep.com

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MEET MARK PACKWOOD: THE TRAINER BEHIND THE SUCCESS OF THE WINDSOR SPITFIRES

by Lina Stoyanova

Mark Packwood, Physiotherapist and Head Trainer for the Windsor Spitfires, sat down with me to explain how he keeps the team in tip-top shape. Passionate about hockey, Packwood is referred to as 'momma bear' of the team. He is responsible for liaison with players on the team, coaches, family members and any healthcare professionals that are needed. Keep reading to learn how you too can stay healthy.

WHAT ARE SOME TIPS AND TRICKS TO KEEPING PLAYERS HEALTHY?

"Number one is always optimal nutrition. We make sure we have supplements, protein shakes, obviously all legal, and we check through everything in detail to make sure they have the proper nutrition into their bodies post-workout. Sleep is very important and also making sure they take care of themselves. We have ice baths, a hot tub, and they are able to get massages if deemed necessary. If a guy feels there is something bugging him or there's an injury, we set up a time we can work on it using a plethora of modalities such as manual therapy/adjustments, exercise, acupuncture/dry-needling, education, taping etc., anything the players need to get back to their 100 percent. Everything we do is research based. Of course, there's some quirky things the players may like to do on their own, which is also important for their mental status, but we ensure we combine as much research as we can."

HOW DO YOU EVALUATE TRAINING AND PROGRAM EFFECTIVENESS?

"I think nutrition and sleep hygiene are very important. Throughout the year, at certain times, we focus on when players are getting sick. We have some basic tests for general fatigue, resting heart rate, we can measure max vertical and horizontal jumps and we compare it to the rest of the year, and so on. Fatigue, in season, is the million-dollar question and how to measure it appropriately in sport. If we see their results improving or declining, we can see how they are reacting to stress from the year which may require adjustments or rest in their schedule. I also log all of their injuries and see who has what. If there's a common injury, or a time of year when they occur, I have a way to adjust things for next season. Through experience you start to learn what times/parts are tougher and how you can adjust workouts and tell coaches, "We need a bit of a break here," when it comes to certain workouts. If it's in terms of injuries, we have function based and self reported outcome measures. We can use a questionnaire, there's physical tests we do at the clinic and that helps to determine where they are in terms of recovery."

IN YOUR EXPERIENCE, WHAT IS THE KEY TO DEVELOPING A GOOD TEAM?

"Comradery. You have to have a group that enjoys being around each other, pushes each other, and supports each other through the good and bad. I believe if they like to hang out there is greater team success. You may not win a championship, but you will have a much more enjoyable and memorable year."

WHAT VALUES DO YOU SET FOR YOURSELF AS A TRAINER OF A TEAM?

"Respect first and foremost. Everyone has something they are dealing with, everyone has their own problems. So, I try to have our athletic room be a place where guys can be themselves and have no judgement. We expect you to be respectful but it's also about learning from one another. I really believe in having an open-door policy."

WHAT HAS BEEN THE MOST DIFFICULT TRAINING SITUATION THAT YOU HAVE HAD TO DEAL WITH AND WHAT DID YOU DO?

"Usually, it's probably something that deals with some sort of mental illness or depression. Some players can be hesitant to seek out care. There are times an injury can be present, and you think you've done everything you need in order for them to return to hockey and you see they still struggle."



So, you try to understand what's going on. Sometimes it's a girlfriend, or family, or school, even anxiety about performance on the ice, so it's hard to measure how well they are doing and how much time they need. I try to provide as many resources as I can."

WHAT DO YOU CONSIDER THE KEY CRITERIA FOR TRAINING TO BE EFFECTIVE?

"Essentially we look at all aspects of their care here. We have a health team that stays in their scope of practice such as nutritionists, physicians, strength and conditioning, which I do as well here, exercise physiologists, dentists, and my job is to coordinate what the player needs with all aspects, so their time here keeps them as healthy as possible. That may include daily workouts specific to their injuries, it could be a common cold that we have to liaise with the team physician in order for it to be taken care of, or it can be mental illness where we can set them up with a team of psychologists or anyone else they may need. My job really allows me to focus on the players and coordinate a plethora of items."

WHAT TRAINING METHODS HAVE YOU USED, AND WHICH HAVE PROVEN THE MOST EFFECTIVE IN YOUR EXPERIENCE?

"As a physiotherapist, I have a wide scope of practice. I add preventative care and our workouts are tailored to individual needs so if they have a muscle group that's tight or weak, we focus on that and give them more things to do than another player. Nutrition is a big part, making sure they are being fed properly, sleep hygiene is also important. These kids are social, they are teens, so making sure they are getting sleep is very important. I find educating them on how to take care of themselves is very important."

WHAT IS THE MOST REWARDING PART OF BEING A TRAINER?

"I think it's to see the growth of the player, whether on ice or coming to camp the next year and seeing them stronger. Seeing their personal success, not that I take credit for that, but seeing them experience that and seeing them have fun is something I always look forward to. It's great to be part of them experiencing the best years of their lives."

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Dance has always been a unique and essential activity that connects us to the musical rhythms of life.

Throughout the world, dance has always brought people together. Windsor Dance eXperience Inc. (WDX), is a non-profit arts organization and theatrical dance company, that has been enriching the community for the last 15 years. Located on 866 Walker Road, and currently expanding, this youth-centered, volunteer-run company is devoted to dance.

Dancing has no age limit; participants range from the ages of six to 35. So, no matter the age, or level, everyone can gain something from dancing. The inclusive art is accessible to all with countless benefits to be had. There is a variety of classes offered including open technique classes and advanced classes.

“Anyone who is passionate about dance is welcomed. We don’t want anyone to feel underwhelmed or overwhelmed,” says Tiffany Wentzell, Artistic Director and Founding Member. “We give them the opportunity to do that regardless of their social or economic status. We have financial assistance programs available so everyone who is interested can get involved.”

WDX has staged over 50 productions and has been the artistic outlet for over 300 dancers. They produce four productions per year, featuring up to 85 local dancers. Each age group is then given the opportunity to be featured in their own productions. To produce the complete theatre experience, the organization’s reach extends beyond dance to offer experience in costume, lighting, and set design, as well as stage and props management.”

We started with 20 members and we were practicing out of a church. We have 75 members in our current show and have had over 300 dancers since we first opened which is why we are expanding,” adds Wentzell.

“We have more and more dancers, so we knew we needed more space, and at the same time, to be able to focus on our dancers as individuals if we have concurrent classes going on,” explains Julia Galli, Board President and Founding Member. “We have taken over the space that was empty beside our studio and are now working at renovating it. We’ll have additional space for the dancers, so we can work on the productions in the main studio as well as the second studio. Part of our phase one is to install a proper dance floor and mirrors. We also want to open a passageway between the two studios, so you can enter and exit without being outside.”

“We want to use both spaces concurrently and run simultaneous classes,” adds Wentzell. “We are now able to offer more classes since we now have four companies. We can give our costume department more room to do their magic and we are even able collaborate with other performing arts groups who are looking for a place to openly create.”

Dancing is often considered a recreational activity and can sometimes be overlooked for its positive physical, mental and social health benefits. WDX recognizes the importance of not only empowering youth, but also the community.

“Teamwork is very important to us here and it comes within a non-competitive atmosphere. We want all of our dancers to have confidence and good self-esteem, so we ensure everyone works together and gives each other that boost. Knowing you can rely on fellow dancers when you are on stage in front of hundreds of people is something that is a good lesson for everyone to learn,” says Galli. “Another valuable skill our dancers learn is multi-tasking. All of our dancers have to learn multiple roles and work with different groups. Some of our dancers are also on our choreographer teams and not only learn the pieces, but also create them.”

“We become a creative outlet and our dancers become leaders in their groups. Everyone learns from various people because there are usually somewhere between 8-12 choreographers on a show,” adds Wentzell. “Our dancers also do boot camp, so they can be healthy. We want the girls to be able to lift the guys as well. Dancing is great for your mental and physical health.”

Trying to create as much magic as possible, WDX’s current show focuses on the wonderful story about the true spirit of Christmas. Bringing in a variety of styles of dance such as swing, hip-hop, lyrical and more, *Flamekeeper: A Christmas Tale* will take audience members on quite the journey.

"Some of these dancers have been dancing for 16 years whereas others haven't and it's their first time on stage. Both dance side by side," says Wentzell. "The story is based on a short children's book that we turned into a production. We have about 80 dancers and there's something for everybody. It'll be a spectacular Christmas show."

"This show focuses on the overall message on finding the true meaning of Christmas," adds Galli. "Being kind to one another, that's the message we are trying to give out during this show with a little bit of magic."

The vision of WDX is that kids in the community have a place to express themselves through dance and have an opportunity to perform on the "Big Stage" (at the Capitol Theatre), regardless of economic background, body type, or previous dance experience. Their hope, with financial support, is that they can continue to provide affordable dance lessons to the community by offering vital programs like reduced membership fees for those in need of financial considerations in exchange for volunteer hours and discounted tickets to schools in the area.

"We would love members and businesses in the community to keep our kids dancing. Any sponsorship or donation are always welcomed so kids can get on stage and be their best," explains Galli.

"Instead of going for a package some people can sponsor a costume or cleaning supplies. There are many variables where the cost may be smaller, but it all adds up and helps," adds Wentzell.

"Since we are a non-profit, we take anything we can get, it's not just about monetary value. If people want to donate old costumes or paint, we happily accept."

As a non-profit organization, all of WDX's dance instructors, choreographers, stage productions, costume designs, marketing and food expenses are all fulfilled by volunteers who believe in their studio, the strong bonds that have been created and the vision they share: to allow children to dance like no one is watching and believe in themselves. The only way to continue with their success is by being able to reach their funding goals to maintain operations. As mentioned, they have recently moved their studio location after the church they were practicing at for years closed. They were forced to find a new location where their operational costs, including rent and utilities, tripled. Therefore, they are currently seeking partnerships and support from the community to continue and improve their important programs. For anyone interested in learning more about the packages, community sponsorships WDX is seeking, or to find out more about the show and available classes, can visit their website at: www.windsordanceexperience.ca.

Whether performing, working backstage or enjoying a performance, WDX is an experience for everyone. As both Wentzell and Galli believe, the dancers may add the black and white to tell the story, but the designers and help that happens behind the scenes, adds the colour to make it artwork.



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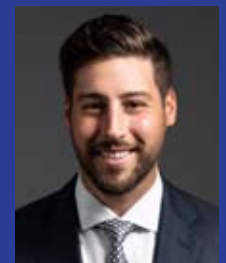
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ARE YOU READY TO TAKE A NEW STEP?

Sometimes one size does not fit all. If you're ready to transform your health, this dynamic duo can help you take a New Step. New Step is a new clinic to the community and their speciality is treating and relieving lower limb pain. Opening its doors on May 25th of this year, this locally owned and operated business can be found at 140-486 Advance Blvd, Lakeshore, ON, with two additional satellite clinics conveniently located within Windsor-Essex. New Step offers custom, in-house made orthotics, professional shoe fittings with high quality footwear and compression stockings.

Canadian Certified Pedorthist and Owner, Kathrine Simpson, with her energy, passion and enthusiasm, combines expertise and knowledge to establish the best solution for all her clients. She prides herself on quality, relationship-based client experiences and will stop at nothing to ensure each patient has a solution. Together with Kelly Stanley, Office Manager, with 17 years in foot related customer service, there's nothing they can't accomplish.

Being one of 500 pedorthists across Canada, Simpson is dedicated in growing the awareness of her profession. They are trained in the assessment, design, manufacture, fit and modification of footwear and custom-made foot orthotics. They help to manage pain, discomfort and disabilities in the lower legs and feet. Pedorthists assist with many lower limb issues such as bunions, arthritis, diabetes, shin splints, sport injuries, and more. Simpson hopes through building relationships with her clients and creating realistic solutions to foot pain, more and more people will recognize a pedorthic clinic as their top choice for foot pain.

To become certified by The College of Pedorthics of Canada, pedorthists must undergo a rigorous training process. Candidates must first complete a university degree that includes courses in the area of anatomy, biomechanics, medical conditions and diseases, physical assessment and ethics. Post-degree pedorthic certification requirements include 4,000 hours (about two to three years) of clinical and technical training in the areas of assessment, orthoses fabrication and dispensing skills, shoe fitting and shoe modification. The University of Western Ontario is the only university in Canada to offer this program, so it is very specialized and unique.

"Being a native to Windsor, I feel very responsible to service my community. I have practiced as a Registered Kinesiologist within a hospital and many rehabilitation clinics for 13 years prior to retiring those credentials to focus on pedorthics; all this comes together when executing a treatment plan," explains Pedorthist Kathrine Simpson.

"We are a new clinic, but we are not new to this field," adds Office Manager Kelly Stanley. "We aren't a retail store. We do have footwear, but we service all foot types in the clinic to guide the

client towards the best solution for their symptoms. We have a lab on-site and it benefits the client because all products are made in-house and the adjustments are made on-site. Most often clinics send things off and you have to wait for shipping which isn't ideal because symptoms or pain may get worse for the person. That won't happen at New Step."



Kathrine Simpson & Kelly Stanley

"I opened this clinic to merge the gap in quality of care that is lacking in the community. Aside from offering evening and weekend appointments, home visits are something we have already established. This allows for the gaps to be filled by providing the community with a quality product with efficiency. New Step represents more than just dispensing a product; we provide a clear and individualized treatment plan. I strive to make sure each and every person that walks in our clinic will be treated with empathy, respect and integrity. We will never lose sight of doing what is best for the clients," explains Simpson.

Extending their expertise and warm demeanour, the duo is happy to welcome new patients. Stop by or call to schedule an appointment for a free assessment in either of their three locations.



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By Lina Stoyanova

Having an office job is great, but sedentary life for 40+ hours a week can put serious strain on your body. Researchers say sitting is the new smoking. Long periods of sitting reduces blood flow to your legs, increases the risk of diabetes, obesity, depression and even the risk of atherosclerosis (plaque buildup in the arteries). So how can you improve your fitness and health if you work in an office, all day long? Well, let's get moving.

Before You Take A Seat

Before you even get to your desk there are ways to improve your health/fitness just by doing a few simple things.

1. Pack Your Lunch:

- Avoid McDonald's Drive-through.
- Pick Healthier Options if Lunch Meetings are a Must
- Eat Out Less if Unable to Eliminate Altogether
- Walk to Grab Lunch if Eating Out

2. Park Farther Away:

- Benefits of Fresh Air and A Walk
- Get A Fitness App To Track The Steps You Take

GETTING FIT RIGHT FROM YOUR DESK

3. Take the Stairs:

- Ditch the Elevator
- A Quick Way to Increase Your Heart Rate and Tone Your Legs

4. Daily Screen Reminders:

- Phone/Computer Reminders to Look Away from Your Screen Every 1-2 Hours
- Benefits: Less Eye Irritability, Better Focus, Lessons Headaches & Tension

Once You Take a Seat

Step away from your Excel worksheet. Try to get up from your desk at least once an hour, even for a quick stretch. Set an alarm or computer reminder so you remember to get up and move.

5. Drink Lots of Water

H2O is the answer to everything. Take trips to your water refilling station to refill your water bottle, so that you can stay hydrated and exercise your legs at the same time. Win, win.

6. Take Deep Breaths

To work your abdominal muscles, hold your stomach for a few seconds when breathing in, release when breathing out. **Bonus:** Try to get some fresh air on your lunch break and amp it up by even going for a five-minute walk.

7. Practice Good Posture

Sometimes you can be hunched at your desk for hours. You might even spend an entire commute slumped over the steering wheel, so make sure to be mindful of your posture. Make sure your wrists do not lie on the keyboard or the mouse pad, make sure your back is straight and that your shoulders are back. Always ensure your computer/monitor is level with your eyes so you don't strain your neck.

8. Stretch

Try to get up every 1-2 hours and stretch your arms, legs, neck and torso.

Quick Neck Stretch: Slowly flex your head forward/backward, side to side and look right and left. This can be done almost anytime to lessen tension and strain. Never roll your head around your neck since it can cause damage.

9. Simple Exercises

There are many exercises online and majority can be done from your desk. A few simple suggestions are: walk/jog in place (30 seconds), squats, triceps dips, jump rope (pretend, don't actually bring rope in), glute squeezes, shoulder press and you can even try calf raises. Depending on the layout of your office, pick ones that make the most sense to you. Remember, your health comes before the opinion of your co-workers. Who knows, they may even join you.





10. Accessorize

Standing Desk: This one is simple. Invest in a standing desk if one isn't provided for you. If you ever quit, you can always take it with you or resell it. Your body (and health), will thank you.

Exercise/Balance Ball: This will help your posture and strengthen your core. By sitting on an exercise ball, your body is constantly making small adjustments with the postural muscles, abdominals, glutes, and leg muscles.

Under the Desk Elliptical: There's a way to get your legs moving without constantly getting up. There are endless under the desk ellipticals that can be found on Amazon to help you get fit and toned. Don't worry, there are quiet ones, so your co-workers aren't disrupted.

Under the Desk Bike: Again, Amazon has got you covered. There is an under the desk machine that allows you to pedal in place. They operate quietly and smoothly so you are able to focus on your work (and health) effortlessly. Most bike machines display distance and calories burned, along with resistance settings, depending on how much of a challenge you want, so you can be sure you are doing your body a favour.

Sometimes you may sit at your desk longer than you intended, but if you implement more movement throughout your work day, your health and fitness will be positively impacted. If you can't implement every single tip in this article, try picking two to three.

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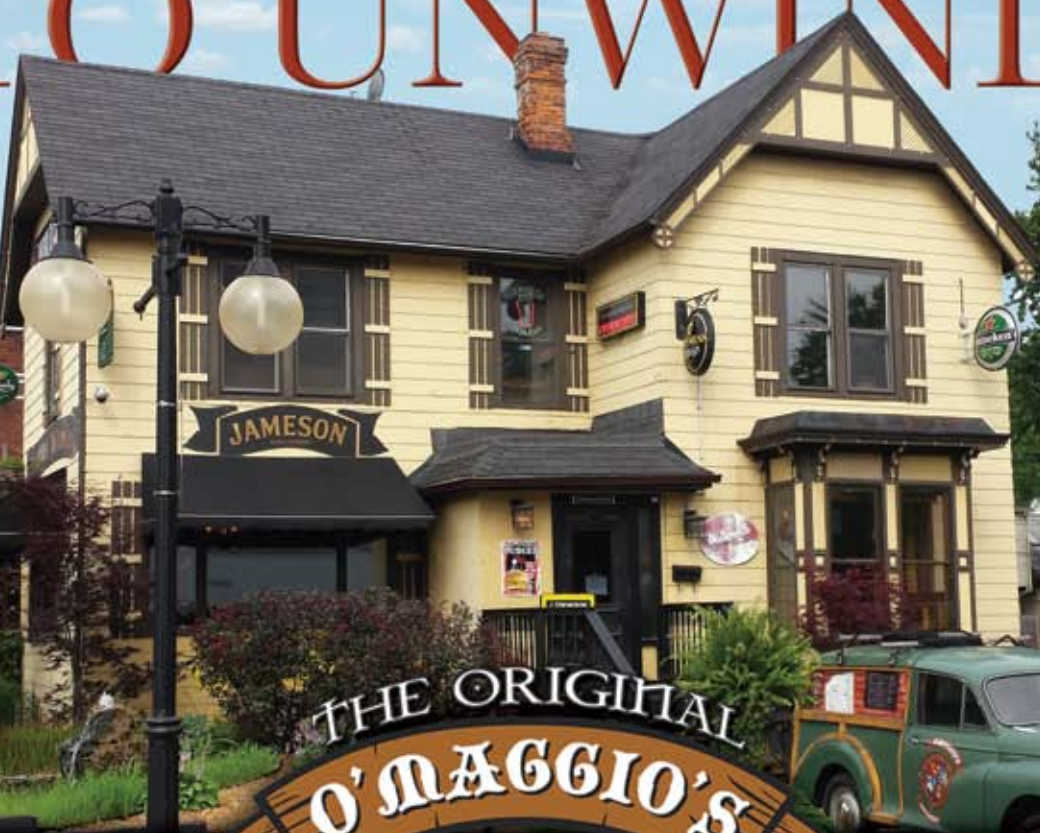
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