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De Grasse is GOLD

Canada's Andre De Grasse has taken home the gold in the men's 200-metre race at the Tokyo Olympics. De Grasse won with a time of 19.62 seconds, breaking the Canadian record he had set just a day before in the semifinal. This is De Grasse's second medal this Olympics: he also won bronze in the 100-metre.

Canada's Delta-driven 4th wave of COVID-19 will be 'different' amid vaccinations: experts

U of T students pushed for an MBA scholarship for Black students - and succeeded



Bilal Habib (left) and Nonso Molokwu are part of the student-led initiative to start a scholarship for Black students after seeing a lack of diversity in their own program. (Submitted by Bilal Habib)



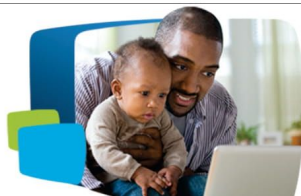
New DRPS vehicle released to raise awareness about Human Trafficking

New Rotary Park boardwalk is open this summer



Simone Biles


Is the stigma of mental health increased for black athletes?



- Pay utility bills in Jamaica
- Do wire transfers
- Make loan payments
- Transfer funds to accounts

ONLINE BANKING THAT GOES WHERE YOU GO

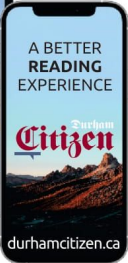






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New DRPS vehicle released to raise awareness about Human Trafficking

On Friday July 30, to mark the World Day Against Trafficking in Persons, the Durham Region Human Trafficking Coalition unveiled a newly wrapped police cruiser designed to raise awareness and combat human trafficking. This year's theme for the World Day Against Trafficking in Persons is "Victims' voices lead the way," to highlight the importance of listening to and learning from survivors of human trafficking. The newly wrapped cruiser promotes the Durham Region Human Trafficking Coalition website StopHT.com - a website developed to assist victims and direct them to local agencies that can help. Human trafficking is the fastest growing crime in Canada. Sixty-six (66) per cent of all human trafficking in Canada occurs in Ontario and it is a growing problem in Durham Region. DRPS' human trafficking (HT) unit has reported a year-over-year increase in human trafficking



investigations since 2018. In 2020 the HT unit conducted 137 investigations. As of June 30th this year (2021), they have already conducted 155 investigations. "The reality is that human trafficking is happening in Durham region. It is happening in hotels through-out the Region, not far from our schools and other places where youth hang out. This vehicle will be on patrol in Durham

Region to raise awareness of StopHT.com, in hopes that victims and potential victims see the vehicle, visit the website and learn how victims are lured by traffickers, as well as where they can get local help if they are being trafficked," says Detective Dave Davies from the HT Unit. "Not only is the new HT DRPS cruiser an incredible tool to create awareness of human trafficking in

the Durham community, if even one survivor who sees it driving by will be guided to the StopHT.com website to see all the supports we offer in the community, it will be a win," adds Carly Kalish, Executive Director - Victim Services of Durham Region. **If you are a victim of or suspect**

human trafficking, contact Durham Regional Police at 1-888-579-1520 ext 5600 or Durham Regional Crime Stoppers at 1-800-222-TIPS (8477).

- The Durham Region Human Trafficking Coalition includes:**
- * Durham Regional Police
 - * SafeHope Home
 - * Victim Witness Assistance Program (Ministry of the Attorney General)
 - * Set Free Durham
 - * Bethesda House
 - * Durham Mental Health Services
 - * Region of Durham Social Services (Income and Employment Supports Division)
 - * Durham Rape Crisis Centre
 - * Women's Multicultural Resource and Counselling Centre of Durham (WMRCC)
 - * Youth Justice Services (Ministry of Children and Youth Services)
 - * Herizon House
 - * Catholic Family Services of Durham
 - * Victim Services of Durham Region
 - * Murray Mckinnon Foundation
 - * CAREA Community Health Centre
 - * Nijikiwendidaa Anishnaabekwewag Services Circle
 - * Durham Mental Health Services
 - * Region of Durham Social Services (Income and Employment Supports Division)
 - * Durham Rape Crisis Centre
 - * DRIVEN
 - * Women's Multicultural Resource and Counselling Centre of Durham (WMRCC)
 - * Youth Justice Services (Ministry of Children and Youth Services)
 - * YWCA Durham
 - * Lakeridge Health
 - * Durham Children's Aid Society



Experience the new Rotary Park boardwalk this summer

The new Rotary Park boardwalk is now open! To celebrate, the Town has released a new aerial tour video to showcase the project. As a proud Great Lakes community, the Town of Ajax continues to invest in infrastructure projects that allow residents and visitors to experience its breathtaking landscapes while protecting sensitive natural areas. In partnership with the Toronto and Region Conservation Authority and funded exclusively by the Federal Gas Tax fund, the \$1.6 million project features a new raised boardwalk elevated above the regional flood level, which will help to re-establish the beach, enhance natural habitats for wildlife and improve accessibility for all users exploring the William A. Parish Waterfront Trail. In addition, the trail leading to the boardwalk has been re-aligned to improve wayfinding and better direct trail users away from the Rotary Park playground. While visiting the Ajax Waterfront and enjoying the new Rotary Park boardwalk, residents are encouraged to participate in the

"Annually, during the spring thaw, the mouth of Duffins Creek can be unpredictable, turbulent and dynamic, causing considerable erosion and impacts to our spectacular waterfront. While we have taken many steps over the years to reduce these effects, it became clear that a long-term approach was needed. The newly opened 140 metre-long raised boardwalk spans over the mouth of Duffins Creek, seamlessly connecting Rotary Park to the existing pedestrian bridge, and ensures our waterfront is safer and more resilient for years to come."



Mayor
Shaun Collier,
Town of Ajax

We Love Ajax Waterfront Photo Contest - running all summer long - by sharing your favourite boardwalk pictures for a chance to win a prize! Full contest details are available at ajax.ca/Waterfront.

"Investments that help protect the environment and provide more spaces for people to safely get outdoors are essential. The upgrades to the existing Duffins Creek bridge near Rotary Park to enhance the surrounding environment will help make Ajax greener and sustain our waterfront for future generations to enjoy."



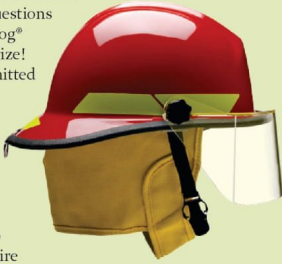
Hon. Mark
Holland,
MP Ajax

TOA presents Summer Safety with Ajax Fire August 19

Interactive, educational and fun safety special for the entire family!4

Summer is heating up in Ajax! Stay safe with timely tips and reminders from Ajax Fire and Emergency Services during TOA's first-ever 'Summer Safety with Ajax Fire' virtual event. Watch and participate live on August 19 at 11 a.m. from the comfort of home at ajax.ca/livestream. The free one-hour special covers a variety of topics including cooking, CO and smoke alarms, and water safety. Throughout the event look out for clues to help answer questions from Sparky the Fire Dog® for a chance to win a prize! Questions can be submitted live during the session or in advance to firesafety@ajax.ca. A full recording will be available at ajax.ca/fire following the event. "The Town is excited to collaborate with Ajax Fire and Emergency Services on the first ever 'Summer Safety with Ajax Fire' special. It's always important that we educate our community on the safety precautions we should be following every day when it comes to cooking, having carbon monoxide and smoke alarms and being around water. Join us August 19 at 11 a.m. for a TV-style special that's enlightening for the whole family."

- **Regional Councillor Marilyn Crawford, Ward 1**



"With summer comes many enjoyable seasonal activities, but with fun also comes the responsibility of being safe. It's imperative that we teach new generations the importance of following precautions not only for their own safety, but the safety of others. It's our hope that people will watch, remember and share this broadcast so we can ultimately save lives."

- **Shelley Langer, Fire Prevention Inspector, Ajax Fire and Emergency Services**

Canada's Delta-driven 4th wave of COVID-19 will be 'different' amid vaccinations: experts



The public health agency of Canada's long-range epidemic forecasts "suggests we are the start of a Delta-driven fourth wave,"

As public health officials warn of an incoming Delta variant-driven fourth wave of COVID-19, experts are saying that its spread will likely be "very, very different" than Canada's previous waves. The warning came from chief public health officer Dr. Theresa Tam on Friday, who pointed at the upward trend in cases across Canada. The public health agency of Canada's long-range epidemic forecasts "suggests we are the start of a Delta-driven fourth wave," Tam told reporters at a press conference. Tam warned that if vaccine uptake doesn't increase in the country's younger populations, cases could eventually exceed some communities' health-care system capacities.

The news also comes on the heels of a new CDC report and study, the former of which warned that the Delta COVID-19 variant could be as contagious as chickenpox and the latter pointing to a string of outbreaks even among those who have been vaccinated. However, according to Dr. Gerald Evans, chair of the Division of Infectious Diseases at Queen's University, Canada's fourth wave of COVID-19 will differ greatly from its previous ones despite the CDC reports and warning from PHAC officials. "If we have a fourth wave, it's going to look very, very different than the previous waves," said Evans. He said that there's "no way" that such a wave would be as big as the previous ones simply because of

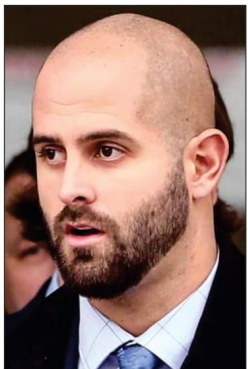
Canada's vaccination rates, which remain among the highest in the world. Even with Canada's rise in cases, Evans said that they would primarily be in unvaccinated communities, pointing to the fact that over 97 per cent of all new cases were among those who did not get a shot. Canada added at least another 218 cases of COVID-19 on Sunday, bringing its total infections to 1,431,219. Another two deaths were reported as well, with the country's death toll now standing at 26,600. Over 1.39 million people have recovered and more than 49.5 million vaccinations have been doled out. Active cases now look to be on the rise across the country, though. Thursday saw another 903 new cases, Friday 897 more and Saturday another 531. In comparison, Canada recorded 391 recoveries on Thursday, 412 on Friday and 190 on Saturday. This weekend's COVID-19 data is limited, however, with only Ontario and Quebec reporting new cases as of today. According to Evans, the CDC's study on vaccinated people contracting COVID-19 after large events actually presents stronger evidence of the effectiveness of vaccines. The main problem in the study he

said was that the disease control agency was not reporting denominators -- the amount of people that had visited or travelled around the state during the period which the study was conducted. According to the CDC, 469 cases were found among Massachusetts residents from July 3 to 26, and of those, 74 per cent were among those fully vaccinated. Evans estimated at least 100,000 people travelling and moving around the state's events during that time period, and that the only 469 cases reported among such high volume events were a better indicator of vaccine effectiveness. Secondly, Evans pointed to the high vaccination rates in the state -- Massachusetts has at least 72 per cent of its population having received at least one dose and over 63 per cent of its population fully vaccinated, compared to the national average of 57.7 per cent and 49.6 per cent, respectively. Speaking on the Roy Green Show, Dr. Ronald St John, the former WHO director for the Americas and national manager for Canada's response to SARS, expressed caution when interpreting the findings of the internal CDC report that pointed at the ability of the Delta variant to spread like chickenpox. He pointed out as well that the data in the report was not peer-

reviewed or published in a scientific journal. "I assume they mean [Delta is spreading among] unvaccinated people, but it's not specified," he said. "How often they spread it, the frequency of spread -- that's what's not clear to me in the data that's been presented so far and so far, I think it's just been an internal document that's been spread around. So I'm waiting to see a little more data." According to University of Toronto epidemiologist Dr. Colin Furness, the next wave would be "primarily experienced by unvaccinated people." He pointed out in a previous interview with Global News that the vaccines were a "firebreak" that acted to prevent mass spread of the virus, as well as hospitalizations and severe outcomes. Instead of the previous mass outbreaks of COVID-19 in Canada, Furness said that they were now more likely to occur in non-vaccinated people, who "occur in clumps." "They're not randomly, evenly distributed among the population. It's a church group. It's an ethnic group. It's people in an apartment building," he said. -- With files from The Canadian Press, Reuters, Eric Stober and Rachel Gilmore.

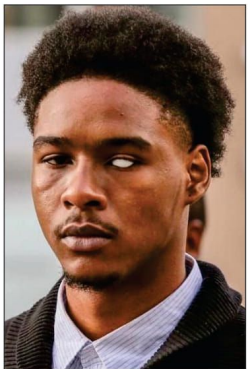
Cop convicted of assaulting Dafonte Miller denied bail while applying to top court

TORONTO — An off-duty police officer convicted of brutally assaulting a young Black man has been denied bail as he seeks to bring his case before Canada's top court. Const. Michael Theriault had asked to be released from custody while he applies for leave to appeal his conviction and nine-month sentence with the Supreme Court of Canada. In a ruling released recently, the Court of Appeal for Ontario rejected his request, saying the grounds of Theriault's application to the higher court "have little chance of success." The court also says it is in the public interest to keep Theriault detained, even though he may serve much of his sentence before the Supreme Court decides whether to hear his appeal. Theriault was convicted last year of assault in the December 2016 beating of Dafonte Miller. He and his brother Christian were acquitted on the more serious charge of aggravated assault and on one count of obstruction of justice. Earlier this month, the appeal court rejected appeals filed by both Theriault's lawyers and prosecutors. The Crown had



Const. Michael Theriault

appealed the acquittals of Theriault and his brother but said it would proceed with a new trial only if his assault conviction was overturned. The appeal panel found the trial judge had made no legal errors and dismissed the defence appeal. It also threw out the Crown's appeal without considering its merits given its stance on a retrial. During trial, prosecutors alleged Theriault and his brother chased



Dafonte Miller

Miller in the early hours of the morning and beat him with a metal pipe, leaving him with a ruptured eye and other injuries. The defence, meanwhile, arguing the brothers acted in self-defence while trying to arrest Miller, who they said had been breaking into the family truck. The case spurred multiple protests against anti-Black racism and police discrimination. Paola Loriggio, The Canadian Press

Spanish judge recommends Shakira face tax fraud trial

BARCELONA, Spain (AP) — A Spanish judge investigating alleged tax fraud by Colombian musician Shakira recommended on Thursday that the case go to trial after concluding there is evidence that the pop star could have avoided her fiscal obligations to the state. Judge Marco Juberias wrote that his three-year probe found there existed "sufficient evidence of criminality" for the case to go to a trial judge. The decision can be appealed. Prosecutors charged the singer in December 2019 with not paying 14.5 million euros (\$16.4 million) in taxes in Spain between 2012 and 2014, when she lived mostly in the country despite having an official residence in Panama. Shakira, 44, denied any wrongdoing when she testified in June 2019. Her public relations firm said that she had immediately paid what she owed once she was informed of the debt by the Tax Office. Shakira faces a possible fine and even possible jail time if found guilty of tax evasion. However, a judge can waive prison time for first-time offenders if they are sentenced to less than two years behind bars. The Associated Press



A group of U of T students pushed for an MBA scholarship for Black students - and succeeded

When Bilal Habib looked around his cohort at the University of Toronto's Rotman School of Management, he saw some disparities.

The killing of George Floyd by a Minneapolis police officer last year prompted him to take a closer look at the make-up of the students in his program — and what he found wasn't promising. "There weren't a lot of Black students in the program," Habib said he noticed.

Currently, Black students make up less than 2.5 per cent of Rotman's Morning and Evening MBA program — a three-year, part-time program that offers classes early and late in the day so that students can work during the middle. The program is an alternate to the school's two-year full-time MBA program.

Habib, along with a group of Rotman students, decided to try to change that — and successfully convinced the university to set up a scholarship for Black students.

"The overall goal is to remove the financial barriers for students in the Black community, so that doing an MBA is a viable option for them," he said.

Lack of representation 'a letdown'

The hope is that the proceeds will help break the cycle of Black students being ousted from higher education due to systemic barriers,



Bilal Habib (left) and Nonso Molokwu are part of the student-led initiative to start a scholarship for Black students after seeing a lack of diversity in their own program. (Submitted by Bilal Habib)

setting up a better future for generation to come.

The initiative was pushed forward by a group of students that aimed to lower barriers for Black students, the most significant of which is the financial cost of higher education. From left to right, Ehi Agbonlahor, Brett Chmiel, Samah Chowdhury, Onyeka Elele, Bilal Habib, Nonso Molokwu, Jathiban (Jay) Panchalingam and Priya Puthankar. (Submitted by Bilal Habib)

Nonso Molokwu is also part of the group spearheading this initiative. Born in Nigeria, he's one of the handful of Black students in his class.

"There's a certain level of disappointment when you finally

come in and then don't see the representation, don't see people that look like you in class," he told CBC Radio's Metro Morning on Wednesday. "That was kind of disappointing and a letdown and is really one of the reasons why we started this."

The scholarship is meant to lower barriers, the most significant of which is the cost of higher education.

"It's definitely a huge financial commitment to pursue an MBA program. And this definitely deters people from wanting to go forward with that," Molokwu said.

On top of that, Molokwu said there is barely any representation in corporate boardrooms and a lack of Black individuals in senior

executive positions. He says that starts all the way back in the classroom.

"When you think about the lack of Black students, the representation at this level of education, you start to see the impact of that going further down the line," Molokwu said. "The higher education that you have, the higher you can pursue a career, right?"

Initiative earns shout out from R&B singer Montell Jordan.

The initiative has gained some attention in recent weeks, perhaps the most notable of which was a shout out from Montell Jordan, an American R&B singer best known for his 1995 single This Is How We Dolt.

In a video, Jordan applauded the students that pushed for the scholarship, even going so far as to sing a portion of his hit song in praise.

"I am proud of you," Jordan said in a video Habib shared on Twitter. "We need more Black leaders. And initiatives like this one are super refreshing to see. I'm thankful for you. I'm grateful for you. I am extremely proud of the program because 'This is how we do it.'"

"It was really heartwarming," Habib said, adding that the message boosted morale for the group. "I reached out to Montell and I told him what we were doing, and he was so excited to do it. He

wasso happy."

'Future leaders' need to be seen in classroom: professor

Nouman Ashraf, an associate professor at U of T and director of diversity and inclusion initiatives at Rotman, told CBC News, a lack of representation "says something" to students.

"If we don't see future leaders in our classroom, we're saying that leadership only comes in one particular form... And we need to address that. We need to challenge that and we need to change that."

"The old adage about 'You can't be what you can't see' applies to all of us," said Ashraf.

While the initiative is led by students, donations will be collected directly by the university. All proceeds will go toward providing financial support for Black students applying to the morning and evening MBA program.

Along with the rest of the student group, Molokwu hopes the scholarship can help as many people as possible and lead to more diversity in his program.

"What success looks like right now? I couldn't really tell you. But I think what we're looking for is just representation," he said.

"What we want to see is walking outside in Toronto. We want to see the same thing walking on campus at the University of Toronto."

-CBC News

Pickering plans to make four playgrounds fully accessible

Pickering council plans to make four parks fully accessible, and approved the funds to show its commitment at a special council meeting.

At the Monday, July 26 meeting, councillors gave pre-budget approval in the amount of \$1,451,264 as a total net project cost to upgrade four existing city playgrounds in south Pickering. The upgrades will help the parks meet compliance with the Accessibility for Ontarians with Disabilities Act (AODA) standards.

The parks and projected costs are:

- Progress Frenchman's Bay East Park — playground upgrades: \$105,400
- St. Mary Park — Playground reconstruction: \$313,140
- Forestbrook Park — playground reconstruction: \$330,670
- Southcott Park — playground reconstruction: \$439,260

The plans came before council around one month after a Pickering resident and supporters petitioned the city for improvements to its accessible playgrounds.

Staff are applying for the Enabling Accessibility Fund (EAF) to help pay for the retrofits. This federal grant provides up to \$1 million towards accessible project activities to improve accessibility.



The grant requires that the funding request show confirmed cash contributions from other sources of at least 35 per cent of the total project cost — hence Pickering's pre-budget approval. The city hopes the grant will fund \$943,322 of the project, and the parkland reserve fund will cover the rest.

Council received correspondence from Pickering-Uxbridge MP Jennifer O'Connell in June, encouraging the city to apply for the funding.

Other than for Progress Frenchman's Bay East Park, the proposal is to fully reconstruct the existing playgrounds, providing new flush concrete edging, accessible walkways where required, site furniture, safety railings and/or fencing, rubber

safety surfacing and play equipment that is fully compliant with the AODA. Ramping will be provided to elevated structures to help children with significant mobility challenges access the equipment.

The existing play equipment at Progress Frenchman's Bay East Park, which is already accessible by ramps, was inspected and found to be in compliance with AODA standards; however, proper access to the ground level is required to achieve full accessibility to the play structure. Proper ramping down into the playground area, new rubber safety surfacing and some additional ground level play equipment is being proposed.

The city plans to consult the public when plans move forward.

Pickering parking fine hikes: Here's what you need to know

After nearly two decades of handing out the same parking fines in the City of Pickering, council has decided to increase them.

A staff report says the ongoing parking issues in the waterfront areas of Pickering have been amplified as more people flock there during the COVID-19 pandemic, and suggests a number of fines be increased.

The city's traffic and parking bylaw was enacted in 2005 and with the exception of increased fines for illegally parking in accessible spaces, the set fine amounts for parking violations have stayed the same.

Council approved the new fines at the Monday, July 26 special council meeting.

Here are some examples of the set fine increases

- Being parked and being stopped in a prohibitive area: from \$38 to \$75.
- Being stopped while snow clearing is underway: from \$38 to \$90.
- Being parked within three metres of a fire hydrant: from \$38 to \$60.
- Being parked in excess of three hours: from \$38 to \$50.
- Parked vehicle in a fire route: from \$75 to \$150.
- Illegally parking in an accessible space will go from \$300 to \$500.

Reduced early payment options will still be available

How the new fines were set

The fine increases are based on a comparison of parking fines charged by other municipalities.

How the current fees compare to Ajax

For overnight parking, no parking and no stopping, Pickering fines violators \$38, compared to Ajax fining \$60. Pickering charges \$75 for parking in a fire route, compared to Ajax which charges \$100. Pickering currently charges \$300 for parking in an accessible space, and Ajax charges \$500.

When asked at the meeting if Pickering will charge out-of-town visitors for parking by the lake like the Town of Ajax recently started doing, director of corporate services and city solicitor Paul Bigioni said staff are looking into the possibility.

"We are looking at best practices elsewhere as well," he said.

EDITORIAL

“It's not mere coincidence that Tokyo's two highest-profile female Olympians suffered similar fates within hours of one another. That's because these mental health issues aren't just personal struggles, but the result of structural problems in the world of sport and broader society.”

You can do something about stubborn unvaccinated people?

Covid cases are going up. And yet, vaccine resistance grows. One would think that the mounting and incontrovertible evidence that the Delta variant is something to fear would convince all vaccine holdouts to get the shot. This situation has left many of us with stubbornly unvaccinated people in our lives to wonder: Can I do something about this? You can -- and you should. It's not easy to talk to someone who is refusing to be vaccinated and even harder to convince them to change their mind. Here are a few suggestions. **Listen.** Vaccine hesitancy is complex and rooted in a number of beliefs and emotions. Some are scared of the unknown effects of the vaccine. Or they're angry -- at the government, at China, at whomever else -- for "making" them do this in the first place. If you've been keeping yourself informed and updated with credible health and science reports, it's tempting to cite data or list off all the reasons one should get vaccinated. But for many who are resistant, facts and data and science don't seem to matter; pleas can actually turn them in the opposite direction. Trying to make your best case can make them feel attacked and blamed for the pandemic continuing. The first best way to persuade someone to change their mind is to first listen and understand where their resistance lies. Talk in way that will help them listen. Ever hear of "charm and disarm"? Those who are unvaccinated know you want something from them, and that wanting -- that "demand" -- may well make them dig in. Instead, appeal to their softer side, and their fondness for you, by making it personal. Explain why the vaccine is important to you -- not why they should get the vaccine. You might try offering your own concerns, and how you overcame them. Maybe you start to wear a mask again, and tell them why, how even as you, too, are tired of doing so you're doing it for your safety and the safety of everyone around you.

Some people also do better reading versus hearing. If the unvaccinated person in your life is the sort who needs time to process -- or if, just as importantly, you're someone who tends to get fired up in the face of debate -- consider putting your thoughts in an email instead. Taking a moment to gather and process your argument in a kind and respectful way, away from the heat of a frustrating confrontation, can go a long way towards making a convincing case.

Stay detached. Your emotions are not helpful. Don't shame people who are unvaccinated, and don't show your own anger. Make them feel safe around you and enter any conversation knowing you can stay reasoned, no matter what. Make it their decision. Position getting the vaccine as a choice, -- a choice to take a chance on the vaccine rather than on Covid.

Bribe them. Some people aren't getting vaccinated because they're busy, misinformed and/or see it as not worth their time. Maybe this is your 70-year-old father, or your 20-year-old stepdaughter. Offering to drive or accompany them to their appointment -- and then rewarding them with something they'd appreciate, like lunch at their favorite restaurant or a book you think they'd enjoy -- may seem like pandering, but it's pandering with a purpose.

View it as a long game. Chances are good you're not going to convince anyone on your first attempt. But that doesn't mean you won't the second or third time. Don't give up. Have patience, and keep the conversation open and ongoing. Over time, as they trust your motivations and take in what you're saying -- and have the chance to grow their own awareness of the news they're hearing around them, or the masks they're starting to see more and more of -- you might have a chance. You do have to try. We all do. -Peggy Drexler

SHE GAVE US
SOME OF THE MOST
AMAZING FEATS
OF ATHLETICISM
EVER SEEN



SIMONE BILES
OWES YOU
NOTHING

It's no surprise Simone Biles and Naomi Osaka hit their limits at Olympics

In the lead-up to Tokyo 2020, Simone Biles ascended from mere Olympic gymnast to pop culture idol, symbol of female empowerment, and global "it girl." Feverish headlines billed her as "superhuman," more akin to a Marvel character than a 24-year-old woman. It was an adjective used over and over ahead of the women's team gymnastics final.

It's the sort of expectation that sets its recipient up for failure. When a nation pins not just its athletic, but moral hopes on a single person, the pressure becomes incalculable.

This is doubly true for female and minority competitors. They become human sponges, tasked with absorbing their communities' hopes and dreams, along with the hatred and vitriol of those who'd rather they fail. The mental overload is akin to saddling a kitchen sponge with the burden of soaking up Niagara Falls. At some point, the sponge simply gets too full. It can't take any more. It sinks.

Leading up to the final, Biles wrote on Instagram that she feels "the weight of the world on her shoulders at times." Then, during her first vault in the event's first rotation, she lost her way mid-air. Thankfully, she staved off disaster and landed awkwardly on her feet rather than crashing onto her back, which is exactly what would've happened to most other gymnasts. CBC commentator and former Olympian Kyle Shewfelt called the situation "dangerous." Minutes later, Biles pulled out of the team final for medical reasons, which she later confirmed as a mental health issue. She said her coaches fully supported the decision: "They saw I was going through it and they totally agreed it was not worth getting hurt over

Opinion

Sabrina Maddeaux, National Post

something so silly, even though it's so big--the Olympic Games.

At the end of the day we want to walk out of here, not be dragged out of here on a stretcher." On the same day, tennis superstar Naomi Osaka was eliminated from the Games in a stunning upset to Marketa Vondrousova in which she clocked 32 unforced errors.

"I feel like my attitude wasn't that great because I don't really know how to cope with that pressure, so that's the best that I could have done in this situation," she said after the match.

It's not mere coincidence that Tokyo's two highest-profile female Olympians suffered similar fates within hours of one another. That's because these mental health issues aren't just personal struggles, but the result of structural problems in the world of sport and broader society.

It was inevitable that, having soaked up so much pressure for so long, they would one day reach their saturation limit.

As separate demographics, women and elite athletes are in the midst of mental health crises. Both have skyrocketing rates of anxiety and depression.

Female athletes essentially experience the worst of both worlds, making what happened to Biles and Osaka entirely unsurprisingly even as the global media labels both events "shocking."

To realize these incidents aren't shocking is to admit we have work to do.

Osaka and Biles are both targets of unrelenting racist and misogynist harassment.

Biles was a victim of systemically enabled sexual abuse by USA Gymnastics doctor Larry Nassar. Both are constantly judged not just by their athletic prowess, but their appearance. Moreover, they're both held to impossible standards in a way few, if any, male athletes are.

These standards are enforced by even well-meaning fans and feminists. Until very recently, female characters in TV shows and movies weren't allowed realistic flaws. They were either virgins or Jezebels; princesses or witches. We now do this to female athletes, reducing their complexity to simplistic caricatures. Often, this happens because we want to emphasize how great they are, how game-changing! But perhaps it'd be more game-changing to just let them play, to win and lose, without all the extra expectations.

The current fervour around female athletes reminds me of the ill-fated cultism of the #girlboss era. Young women were so excited to finally see themselves represented in stereotypically male roles that they made false idols of flawed human beings.

This, of course, ended in scandal and tears. And while the corrosive effects of blind hero-worship may not play out exactly the same in the athletic area, there are plenty of signs it won't end well. Osaka and Biles need to take time to work on their mental health, but sport organizations and fans alike also need to see Tokyo's events as a wake up call. Despite many of our best intentions, we're still setting female athletes up to fail.

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Leading Soca and Reggae artistes, Miguel Maestre, Exco Levi headline Durham Carifest at Ajax Downs

This weekend, all roads lead to 50 Alexander's Crossing, Ajax Downs, where Durham Carifest's annual festival explodes after a hiatus in 2020 when COVID 19 derailed the region's biggest Caribbean cultural festival. According to CEO, Patrice Barnes, this year's festival has been scaled down a bit to adhere to all COVID protocols. In its' continued efforts to promote, educate and build a vibrant and inclusive Caribbean community, Durham Carifest is partnering with House of Culture (HOC), to present a cultural extravaganza, showcasing a Mas Factor Costume competition and fashion show featuring the best of the Caribbean through live acts, including soca and reggae artists such as Miguel Maestre, Exco Levi, Jaxx and others. Dj's D'Enforcas and King Turbo will add the musical flavour to the weekend's festivities.

Of course, no Caribbean cultural event is complete without food; whatever your palette desires, Laz Catering mouthwatering dishes awaits. Although the pandemic (Covid-19) may have caused us to stumble, in true Caribbean form we rise, adapt, connect, and find new and creative ways to engage.

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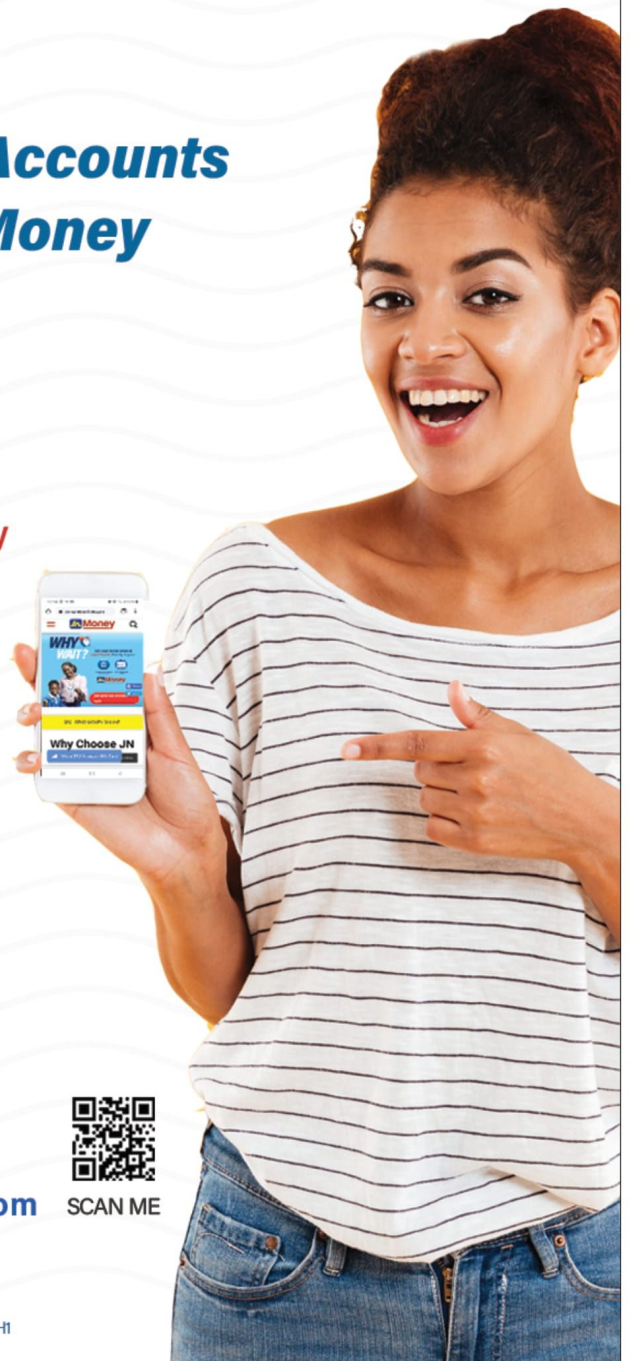


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MONEY

Canadian Guide to Financial Prosperity in a Post COVID Environment

Chapter 1: Introduction: The Fundamentals of this Guide...

At the Money Café Corp, we are recommending our clients and associates read, understand, and refer to this book as the template for our (collective) multi-faceted recovery plan, as our goal is to provide practical solutions to real problems caused by COVID-19. Research indicate Canadians are seeking easily implemented and practical solutions to the myriad of financial concerns triggered by this pandemic and we believe, this guide can serve as a 'subliminal' reminder and 'go-to resource' to overcoming our financial concerns.

The years 2020 and 2021 will go down in Canadian history as two of the most significant and tumultuous years in this millennium, where a deadly, brazen, and unannounced event forced our day-to-day lives, including our livelihood, to temporarily shut down.

This shutdown triggered uncharted, incomprehensible, and mind-blowing adjustments, which, sadly, will be felt for years; however, do not be disheartened; at the Money Café, we have created a myriad of course-correction activities to reverse the ill-effects of COVID.

To say we were not prepared is an understatement; however, every disaster, regardless of its nature and effect, triggers actionable

plans to generate positive responses; likewise, every problem has an amicable solution. At the Money Café, we have the recovery formulae.

Based on COVID-19's, 24 x 7 media coverage, we learnt a lot and better educated ourselves; however, if we are caught off-guard with COVID-20 or 21; we have ourselves to blame. When COVID-19 first appeared on the scene, no one, including the 'experts' could have predicted its depth and severity or the consequential current and or future financial impact on our day to day lives.

Unfortunately, a small percentage of Canadians chose to defy COVID-19's warnings and continued living 'normally'; sadly, their actions triggered super-spreader events, which was inexcusable! However, COVID-19's impact goes way beyond the health aspects; it is 100% correlated with the financial impact of our long-term wealth creation goals.

What we failed to understand (at the time) is, over and above the health crisis, at home isolation married with our inability to work, (whether we ended up in the hospital or not), had a direct correlation to our financial concerns, status, and recovery.

The ill-effects of COVID-19 went much deeper than missing pay cheques; we were so focused on our health; we didn't pay attention to COVID-19's interruption of our wealth creation activities. Why?

Canadians held on to their cash; primarily, as a safety net, as we simply did not know, (due to the nature of uncharted territory) how we were going to be affected and for how long.

Let us face the facts, as much as COVID-19 affected millions globally, we are eternally thankful that comparatively speaking, Canada had one of the lowest cases count per capita (globally) and a large percentage of contracted Canadians survived the ill-effects of COVID-19.

COVID-19 has been labeled the pandemic of the century! To see first-hand and/or to verify COVID-19's magnitude, simply turn on your TV, grab a newspaper or go online to confirm the current and long-term effect and potential of this catastrophic pandemic.

This calamitous phenomenon created an era of mayhem and ambiguity; an era in which we now must meticulously and systematically recover by a) increased sense of awareness; b) invest a significant percentage of human resources and c) an actionable financial plan.

There will be no 'free-lunch' here; we must roll up our sleeves and do what is required to pave the pathway to a smooth recovery, the good news is; focusing on the end-result or your personal goals, will make our recovery process more enjoyable.

To ease our frustration and to offset our inability to work, we

appreciated and were grateful for the six (6) month mortgage deferral privilege from our banks and credit unions, freezing of credit card and utility payments and/or any other financial privileges. However, the deferral privilege or freeze was not free, as with most lending facilities, it came with a cost and that cost can significantly derail our recovery and wealth management journey if we do not take heed and create a practical and actionable recovery action plan. Did you realize, deferring your mortgage payments for 6 months added 15 - 18 months to our mortgage amortization? Check out yours...

Solution Providers: At your disposal are Financial Advisors, who are not only experienced with wealth management planning, are

trained to help everyday Canadians whether a multitude of financial storms, including COVID-19. More than ever Canadians need a Financial Plan and he Manage Your Money™ software is our #1 user-friendly platform to create this critical document.

Finally, COVID-19 has affected everyone, whether you were offering or receiving financial advice, thankfully, with over 32 years in the Wealth Management sector (Advanced Case Specialist) and the creator of Canada's first consumer focused Financial Planning software, I am experienced and well equipped to handle financial challenges.

**Next: Chapter 2 of 10:
Debt Elimination...**

For more information, or to create your post covid recovery plan please drop me a line at:
riyadm@themoneycafe.ca and or contact me via LinkedIn or Facebook.
You can also check out my websites: www.themoneycafe.ca | www.retire-rite.ca | www.facebook.com/retireritelifestylesolutions

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Kindest Regards

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Cuomo must resign after probe finds he harassed 11 women

NEW YORK (AP) — New York Gov. Andrew Cuomo faced mounting pressure Tuesday to resign, including from President Joe Biden and other onetime Democratic allies, after an investigation found he sexually harassed nearly a dozen women and worked to retaliate against one of his accusers.

"I think he should resign," Biden told reporters Tuesday, echoing the sentiments of House Speaker Nancy Pelosi and New York's U.S. Sens. Chuck Schumer and Kirsten Gillibrand, all Democrats.

The leader of the state assembly, which has the power to bring impeachment charges against Cuomo, said it was clear that the governor could no longer remain in office. Speaker Carl Heastie, a Democrat, said he would move to complete an impeachment inquiry "as quickly as possible."

The nearly five-month investigation, overseen by New York Attorney General Letitia James and led by two outside lawyers, concluded that 11 women — in and out of state government — who said that Cuomo had touched them inappropriately, commented on their appearance or made suggestive comments about their

sex lives were telling the truth.

Those accusers included an aide who said Cuomo groped her breast at the governor's mansion and a state trooper on his security detail, who said he ran his hand or fingers across her stomach and her back.

Anne Clark, who led the probe with former U.S. Attorney Joon Kim, said the allegations were corroborated to varying degrees, including by other witnesses and contemporaneous text messages.

"These interviews and pieces of evidence revealed a deeply disturbing yet clear picture: Gov. Cuomo sexually harassed current and former state employees in violation of federal and state laws," New York Attorney General Letitia James said at a press conference on Tuesday.

The investigation's findings, detailed in a 165-page public report, turn up the pressure on the 63-year-old governor, who just a year ago was widely hailed for his steady leadership during the darkest days of the COVID-19 crisis, even writing a book about it. Since then, he's seen his standing crumble with a drumbeat of harassment allegations.

The revelations, most of which were initially made public last



New York Gov. Andrew Cuomo faces mounting pressure to resign

winter, led to a chorus of calls for Cuomo's resignation from many top elected Democrats in New York. Schumer and Gillibrand said the report only reinforces the call for his resignation they first made last March.

"No elected official is above the law. The people of New York deserve better leadership in the governor's office. We continue to believe that the Governor should resign," they said in a joint statement.

The investigation's findings are crucial, according to Heastie, to expediting the ongoing state Assembly inquiry into whether there are grounds to impeach Cuomo, who has been raising money for a potential fourth term.

In his taped response, Cuomo apologized to two accusers: Charlotte Bennett, who said the governor asked if she was open to sex with an older man after she confided in him that she had been a victim of sexual assault, and a woman he kissed at a wedding.

But he denied other allegations as fabricated and lashed out at the investigative process, saying it was rife with "politics and bias." He explained that he's been physically embracing people his whole life, that his mother and father — former Gov. Mario Cuomo — had done the same and that the gesture was meant to "convey warmth."

Cuomo's lawyer issued a written rebuttal to the investigation's findings, arguing in most cases that serious allegations, like the alleged groping, didn't happen, or that his actions were misconstrued.

"For those who are using this moment to score political points or seek publicity or personal gain. I say they actually discredited the

legitimate sexual harassment victims that the law was designed to protect," Cuomo said.

Cuomo always denied inappropriate touching, but he initially said he was sorry if his behaviour with women was "misinterpreted as unwanted flirtation." He got more combative in recent months, saying he did nothing wrong.

He has also questioned the neutrality of the lawyers leading the probe. Kim was involved in previous investigations of corruption by people in Cuomo's administration.

New York state regulations say sexual harassment includes unwelcome conduct of a sexual nature — from unwanted flirtation to sexual jokes — that creates an offensive work environment, regardless of a perpetrator's intent. Cuomo championed a landmark 2019 state law that made it easier for sexual harassment victims to prove their case in court. Alleged victims no longer have to meet the high bar of proving sexual harassment is "severe and pervasive."

Michael R. Sisak and Marina Villeneuve Associated Press writer Jocelyn Noveck contributed to this report.

HEALTH&LIFESTYLE

“Mental health has a stigma that is tied into weakness and is absolutely the antithesis of what athletes want to portray.” (Dr. Thelma Dye Holmes)

Is the stigma of mental health increased for athletes?



Simone Biles

“Mental health has a stigma that is tied into weakness and is absolutely the antithesis of what athletes want to portray.”
(Dr. Thelma Dye Holmes)

When an athlete experiences physical injury, there is often a team of medical personnel including doctors, trainers and physiotherapists employed to ensure a speedy recovery. However, when an athlete experiences a mental health issue, the treatment process is often not quite as similar. Mental illness in sport is often overlooked and an athlete may be left with feelings of loneliness and abandonment, unsure of where to turn. Many assume that mental health issues in athletes are rare, as they are often perceived to be extremely

physically healthy individuals. Top elite athletes are idealised within the media, often subjected to a large fan base, potentially giving the perception that they are immune to such problems. Athletes often do not seek help from mental health services or fail to fully participate once they have begun. One of the reasons for this disconnect is stigma, namely, to avoid the label of mental illness and the harm that this often brings, for example, the potential diminishing of self-esteem (Corrigan, 2004). Mental health stigma is still an ongoing issue in society; however, this may be heightened even more in athletes who may fear the loss of their role model status.

Stigma on behalf of the professionals

There also appears to be a stigmatisation on behalf of

medical professionals when diagnosing and treating athletes (Schwenk, 2000). Issues that stand out include:

1. Despite the known beneficial effects of exercise on mental illness, athletes are still susceptible, although, perhaps at a lower prevalence than the general population
 2. Athletes may be vulnerable to misdiagnosis of mental illness than are non-athletes, particularly with problems that are related to athletic training and may be viewed from a more narrow physiological perspective rather than a broader bio-psychological perspective.
 3. The similarities between “depression” as a psychiatric disease, and “overtraining” as a consequence of continuous intense athletic training are remarkable.
- The American Psychiatric Association has noted the dangers

of the assumption that athletes should be mentally healthy in a bid to increase awareness and remove the stigma surrounding the mental health of athletes.

They pointed out the following facts:

- * Mental illness is very likely as common in athletes as in the general population
 - * It is not a sign of weakness and should be taken as seriously as a physical injury
 - * Getting help will most likely, improve, not damage one's self-confidence
 - * Why are athletes vulnerable to mental health issues?
- Athletes may be vulnerable to developing mental health issues for a number of reasons. First of all, the stress and pressures of competing on a daily or weekly basis may leave the athlete with the potential to develop feelings of depression or anxiety. There is also reason to believe that

“hidden” head injuries from contact sports may leave athletes with a predisposition to developing depression or post-traumatic stress disorder. In addition, other physical injuries, bad performances, issues with teammates or coaches, overtraining, aging and of course the dreaded retirement, may leave the athlete vulnerable to the development of mental health problems.

Athletes should not feel pressured into masking the problem; instead, the “gladiator barrier” that they often possess should be dropped, as this remains the primary barrier for seeking treatment.

The idea that seeking help for mental health problems makes the athlete appear ‘weak’ needs to be addressed from both a general media perspective and from the perspective of the athlete themselves.

Written by Emma Vickers

COVID 19 legacy: The mask will become a wardrobe staple

Covid-19 has moved like wildfire — at first seemingly far away, then un-nervingly close — as it has ripped across the world in a few months, leaving tens of thousands dead, economies flattened, and the futures of hundreds of millions of people in limbo.

As many of us shelter in place with no end in sight, it's only human for us to imagine how life will resume, even if the unfamiliar and unpredictable behaviour of the virus has made it difficult to know with any certainty.

The longer the global effort to stymie the pandemic through lockdown continues, however, the less likely we'll reemerge into a world we recognize. Already, some things are clear: Health care, stretched to horrifying extremes in afflicted cities, must change, and it will. The world's Instagram-fueled love affair with travel will cool. Many will keep stashes of personal protective equipment at the ready; many more will lose faith in governments to assist us, much less protect us.

To begin to envision the legacy of this Covid-19:

The mask will become a wardrobe staple

All over the world, masks are more readily associated with crime than public health. We're a world of mask skeptics: Several parts of America, states have enacted anti-mask laws throughout history as a means of quelling protest and stifling dissent. But the immediacy of the pandemic — the horror stories of bodies stacked up in refrigerated trucks, the overwhelmed hospitals, and the atmosphere of fear and paranoia created in its wake — will force Westerners to reconsider old stigmas associated with masks for the sake of public health.

The mask aversion is compounded by the longstanding epidemic of police violence against people of colour, some of whom understandably fear the consequences of purchasing essential goods while cloaked in a prophylactic bandana. Even now, it's easy for a mask to evoke dastardly connotations or be mistaken for a disguise.



“Wearing a mask may be even stranger to us than wearing a Speedo at the beach,” says Brandon Brown, an epidemiologist and associate professor at UC Riverside. “It's just not the norm, so there is judgment, but there is nothing wrong with it.”

In China and other nations, masks are now part of everyday life. “Asian countries have faced such epidemics and pandemics more in the past,” he says, including SARS outbreak of 2002-2004, which still looms large in the public imagination in China and Hong Kong.

These nations have long understood face coverings as a public health resource and a tool for cultivating national unity. It's routine, for example, to see people donning masks on the streets of Beijing, Seoul, or Taipei as they take to the streets or socialize with friends, because someone with a cough will likely be hesitant to put their neighbours in jeopardy.

“It does seem that in general, thinking of and protecting others is more of a norm in some countries other than our own,” Brown says.

But public sentiment on the issue of masks is evolving. Just as the US mobilizes to provide front-line workers with personal protective equipment amid mass shortages, brands are also swooping in to meet a surge in demand for masks that gel with modern consumer tastes. Cloth masks designed and marketed by Los Angeles Apparel and Christian Siriano are reflections of this broader shift in the cultural climate. Mega-influencers like Kim Kardashian and Bella Hadid have also endorsed them with pandemic-era selfies, lending masks a stamp of pop-culture-approved normalcy.

Though the science behind the effectiveness of masks is far from exact, living through the pandemic will undeniably alter Western attitudes about them, as well as government policy.

And as the memory of Covid-19 becomes permanently enmeshed with the national psyche, masks are likely to become a fixture of our post-pandemic world.



DO COUPLES LIE ABOUT MONEY TO EACH OTHER?

• 15% of married people have a bank account that they keep hidden from their partner. And 1-in-10 people say they've lied to their partner about how much they earn. And another 10% lie about how much they spend. Experts say a lot of couples hide money because they want to spend without being accountable to their spouse. And people lie about what they spend to avoid arguments. But it's going to come out at some point, and 30% of people surveyed said they felt that hiding purchases or bank accounts was financial infidelity, and they considered that as harmful as having an affair.

• Here's another money truth, which shows just how powerful a motivator it is: A lot of people admit, they would marry someone for their money. To be exact, more than half of all men and women say they'd marry someone they were only “slightly attracted to,” as long as the person had money. Psychologist Dr. Elizabeth Lombardo says this makes sense because a lot of people think having more money means they'll have more security. But over time, Dr. Lombardo says money will not make up for deep flaws in a relationship and a lack of love.

• Another money issue couples have: Their happiness is influenced by how much money they make. A Cornell University study found that, in general, husbands who earn more money than their wives are more satisfied in their relationship than men who earn the same, or less, than their partners. But when women are the primary breadwinner, they tend to be less satisfied with their relationship. Researchers say this comes from our deep-rooted idea of “traditional” gender roles.

But know this: You've gotta get to the heart of your money issues and talk about them. Because a study at Utah State University found that couples who disagree about financial matters once a week are 30% more likely to divorce.

“The greatest Raptor of all time. He showed our city who we want to be. The fighter. The leader. The player who's got your back and leads the charge. Who takes the charge. Who falls down and gets back up. Again and again.” —Toronto Mayor John Tory paying tribute to Kyle Lowry

SPORTS

Kyle Lowry to join Miami Heat after nine seasons with Toronto Raptors



TORONTO - Raptors star guard Kyle Lowry is headed to the Miami Heat.

Lowry put out a social media post to his more than 907,000 Twitter followers saying “Miami Heat X Kyle Lowry” and “Let’s Goo!!” followed by five fire emojis.

The post came less than 45 minutes after free agency officially kicked off Monday at 6 p.m. Deals will not be considered official until noon Friday, with the Raptors saying they would have nothing to say until then.

Citing a source, The Associated Press reported Lowry had agreed to a three-year deal worth an estimated US\$90 million in a sign-and-trade with Toronto that will send veteran point guard Goran Dragic and power forward Precious Achiuwa to the Raptors. There was no immediate word whether those players will stick in Toronto or head elsewhere to the deal.

A 15-year NBA veteran, the 35-year-old Lowry has spent the last nine seasons as a Raptor.

The debate over Lowry’s future had started prior to the trade deadline but he remained a Raptor, finishing out a difficult 27-45 season played in Tampa due to pandemic-related travel restrictions.

Lowry was seen as a key player in the free-agent guard sweepstakes, one of the first dominoes to drop and set the stage for future signings.

With Lowry’s contract expiring, it was the long goodbye for the star guard. In February, there were reports Lowry - who was in Tampa with the rest of the Raptors due to pandemic-related travel restrictions - had put his Toronto home on the market.

Then the March 25 trade deadline came and went.

As free agency approached, the Heat appeared to be making moves to pave the way to acquire Lowry in a sign-and-trade. They picked up the option on Dragic’s \$19.4-million contract for the 2021-2022 season, which would help to make the numbers work in a deal.

Lowry is also said to be close to Heat star Jimmy Butler, who reportedly was nearing a contract extension with Miami.

“To be honest with you, my family will be a major factor in this,” Lowry said in his end-of-season media meeting in May, when asked about what will shape his decision on what’s next. “And also money talks and years talk and all that stuff. Let’s be real.

“I play this game for the love for the game. But at the end of the day I want to make sure my family is still taken care of for generations and for time to come. Even though they are now, I want to continue to be able to do that for my family.”

But the six-time all-star made it clear he is not ready to walk away from the game.

“Until that time comes, I still have a lot more to give, I have a ton of basketball left in me,” he said. He also made it clear he wanted to play for a contender. “I want championships. That’s always been the goal. Money comes with that and you get paid, but championships are a big key into why I play this game,” he said.

The Raptors will look to Fred VanVleet to take over as floor general.

Lowry became the face of the Toronto franchise, a gritty combative guard who helped lead the team to the promised land in 2019 when it dispatched the Golden State Warriors in six games. He has made a career out of proving people wrong. “I enjoy the challenge of people counting me out, counting the team out,” he said in May. Scotiabank Arena became Lowry’s house.

His two young sons were often in the Raptors dressing room, playing video games or just hanging out with dad.

On the court, Lowry was the Raptors’ conductor.

He averaged 17.2 points and 7.3 assists a game last season, when he was restricted to 46 games due to injury. Toronto finished out of the playoffs, in 12th spot in the East.

Listed at six foot and 196 pounds, Lowry makes his living in a land of giants. And he is willing to put his body on the line, with a league-leading 166 charges taken over the last five seasons.

Lowry is Toronto’s franchise leader in triple-doubles (16), three-points goals (1,518), assists (4,277) and steals (873). And with 10,540 points, he ranks second to good friend DeMar DeRozan (13,296) in the Raptors record book.

With 601 games and 20,813 minutes played in Toronto colours, Lowry is also second to DeRozan.

In January 2019, he added to his legacy by joining a select group with 5,000 career assists. Lowry found Serge Ibaka on a pick-and-roll and the big man beat Deandre Ayton to the hoop for a dunk in a 111-109 win over the Phoenix Suns.

“He’s been in the league a long time and he’s had the ball in his hands and got it to a lot of people,” Toronto coach Nick Nurse said at the time. “Since I came here five-and-a-half years ago, it was the first thing I noticed - how he’d find the right guys to get the ball to. He really commands the offence and knows where to get it.”

Lowry is the latest member of the Raptors’ 2019 championship team to leave the fold. Kawhi Leonard, Marc Gasol, Danny Green, Norm Powell and Ibaka are among those who have already moved on.

Toronto Mayor John Tory paid tribute to Lowry, calling him “the greatest Raptor of all time.”

“He showed our city who we want to be. The fighter. The leader,” Tory said in a statement. “The player who’s got your back and leads the charge. Who takes the charge. Who falls down and gets back up. Again and again.”

—The Canadian Press



Andre De Grasse, the Canadian who ran his first sprint as a teen in baggy basketball shorts and borrowed spikes, now has an Olympic gold medal in the 200 metres.

De Grasse powered past a pair of Americans — Kenny Bednarek and the favorite, Noah Lyles — to finish in 19.62 seconds Wednesday and take one of the titles that Usain Bolt had owned for the previous three Olympics. It ends a string of close calls for the 26-year-old and fills out a medal collection that was only missing gold. De Grasse won bronze four nights earlier in the 100 to go with the third-place medal he took in that event in Rio de Janeiro.

Given all he’s been through, it was no surprise when he revealed that he’d been crying behind the bronze — or were they gold — colored shades he wore for the race.

“It’s my first time being so emotional on the track,” De Grasse said. “I always thought I

came up short winning bronze and silver, so it’s just good to have that gold medal. No one can take that away from me.”

The most memorable of De Grasse’s near misses came in 2016, when he took silver in the 200-meters in Rio, and had the audacity to mess with Bolt.

It was a semifinal race and the two were far ahead of the field and easily going to make the medal race. But on instructions from his coach, who wanted to wear out the champ, De Grasse kept pushing. It forced Bolt to kick things back into overdrive.

Bolt won the race but playfully wagged his finger at De Grasse. The moment went viral, and Bolt insisted he wasn’t pleased. He came back to blow away De Grasse in the final, by nearly a quarter second, but the champion suggested the extra energy didn’t help in his futile quest to re-set his world record of 19.19.

“I came back for that final and I was gassed, tired,” De Grasse said. “I looked to my side, and I said

Andre De Grasse races to gold in men's 200 metres

I’m going to have to get second. I can’t catch him.”

Lesson learned, and since Bolt left the scene, De Grasse said he’s only gotten stronger and more fit. Meanwhile, the world has been looking for someone, anyone, to take the former champion’s place in the marquee track events.

On Sunday night, Italian sprinter Marcell Jacobs came from nowhere to win the 100, leaving De Grasse behind in what is usually considered his second-best distance.

But finally, De Grasse has cashed in. It’s his first gold at a major event after amassing two silvers and six bronzes at Olympics and world championships since 2015. “It’s persistence,” said decathlon leader Damian Warner, who hung out near the track to watch his Canadian teammate win. “He’s had to go against Usain Bolt, Yohan Blake, all these tough competitors. So it’s not like he’s just choking or losing in the final. He’s losing to some really great athletes.”

This time, he beat some — most notably, Lyles, the reigning world champion at 200 meters who has been on a difficult road to the Tokyo Olympics. He openly talked about his mental-health issues and the anguish of coming to the Games without his brother,

Andre De Grasse, the Canadian who ran his first sprint as a teen in baggy basketball shorts and borrowed spikes, now has an Olympic gold medal in the 200 metres.

Josephus, who is also a sprinter but failed to qualify.

At one point this summer, Lyles appeared headed for an attempt at a 100-200 double. But his 100 at Olympic trials was a mess, and his best race of the season was the 200 final in Eugene, Oregon. Lyles made a mistake Tuesday night in the semifinals, slowing down too far before the line, getting edged out for the two automatic spots in his heat, and being forced to wait to see if his time would earn him a qualifying spot.

It did, but it cost him in the final. Forced to start in Lane 3, Lyles pushed out too quickly. He had the lead heading into the homestretch but didn’t know it.

“Unfortunately, I couldn’t see anybody and was running for my life,” Lyles said. “I thought I was the one behind. I felt like I was the one chasing.”

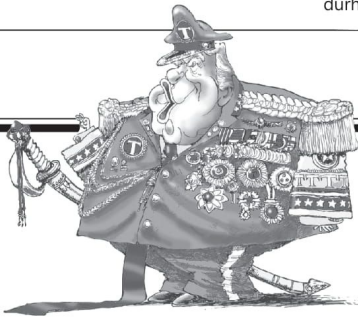
Nope. De Grasse was doing the chasing. And catching. And, finally, winning. He’s the first sprint gold medalist for Canada since Donovan Bailey won the 100 at the 1996 Atlanta Olympics. De Grasse went through injuries and setbacks in virtually every year since his close calls in Rio. He admits there were times when he wondered if he’d ever make it to the top step of the podium.

“Worth the wait, definitely,” he said.

Quite an accomplishment for a one-time point guard who got into track on a whim. On the bus in high school, he bumped into a friend, who challenged him to come out to the track. De Grasse thought he could beat his buddy, so he went out in his basketball shorts, started from a standing position and finished in 10.9.

An Olympic bronze medalist from 1984, Tony Sharpe, was sitting in the stands that day, looking for new talent. He saw that race and said, “Who is this guy?” That was in 2012. Now it’s 2021, and nobody is asking anymore.

With files from Eddie Pells



Policy experts encourage Trinidad & Tobago citizens to start thinking about what form of Government they'd like to try after democracy crumbles under this Pee N Em regime

Urging the nation to get a head start on what they described as an inevitable decision, the Unifarcity of the West Indies released a statement Tuesday encouraging Trinbagonians to start thinking about what form of government they would like to try after democracy crumbles. "We're urging this country's citizens to really put their heads together on how they'd like the country to be governed after the Pee N eM government ultimately implodes/explodes and leaves a massive power vacuum," said the educational institution's senior policymaking expert, Theopholus Tobiaass Timultaneous. In explaining to the country's 1.5 million residents, Tim (as he's called by his colleagues) said that there were some "really cool" options to consider

for the post-democracy Trinidad and Tobago, ranging from a constitutional monarchy to an outright banana republic. "Forget about a totalitarian dictatorship; you are in the midst of that presently. How about Anarcho-syndicalism? Or, hey, Japan did some cool stuff with a shogun back in the day. Nothing saying we can't have a T&T shogun. There's also always complete chaos to consider, which would make a lot of sense given that's where you're heading. All we're saying is that we should get the ball rolling on this, because you don't want to get caught with your pants down whenever the Red House is left a smoldering crater." "Then again", he said, "if everything else fails, you could always pursue sharia law."

“ There are over a million residents currently living with outdated bones that will crack and splinter under the weight of this Pee N eM collapsing structure.”

SATIRE

LEADER of the YOU N CEE, ROLLUP U WASTE BISSESSAH urges TRINBAGONIANS to reinforce their BONES with STEEL, CONCRETE and GOBAR

In a stunning development coming out of Trinidad and Tobago, political leader of the You N Cee, Rollup U Waste Bissessah issued a stern warning Friday at the party's weekly pavement lime outside ' First & Last Bar'in Sugaraunas; that Trinbagonians weak, calcified structures were particularly susceptible to critical failure, and all residents must reinforce their bones with Dan Steel and HarriCrete Concrete. "Starting today, I implore that all men, women, and children line up by every community hardware and garden centre to pump up their skeletal systems with columns, beams, and joists made of builder-grade cement, off market steel and freshly produced gobar," said the leader, adding that when the opposition party under her failed leadership, gets into power in 2022, residents would no longer be permitted to enter buildings, traverse bridges, or use any part of T&T's crumbling infrastructure system unless all 206 bones in their bodies had been properly inspected, updated, and cleared by professional structural engineers to withstand over 10,000 tons of force. "Unfortunately, we've found that there are over a million residents - not counting the Ven Knees - currently living with outdated bones that, unbeknownst to them, will crack and splinter under the weight of this Pee N eM collapsing structure. Especially if your spine, skull, and ribcage have not been properly reinforced since the '70s or '80s, we urge you to bring them up to code immediately, lest you be crushed to death by this incompetent government." At press time, Bissessah added that zero party funds would be diverted to the efforts, and all surgical reinforcements would have to come from the broke residents' pockets. Stay tune for more.

ASTROLOGY Unlock the Secrets of the Universe



ARIES: (Born between 21st March & 20th April)
Any situation that involves a group of people could project more commitments into your life than you initially anticipate. This could infringe on your time for pleasure and enjoyment. You could feel very pleased with yourself with any work you put into streamlining regular routines. It could also save you money in some way.



TAURUS: (Born between 21st April & 20th May)
You could feel overwhelmed with rules and regulations and perhaps not pleased with having to accept a whole new structure in your life in some way. There is the ability to still generate some enjoyment. It will more likely be along the lines of something that is very different from anything you have experienced in life.



GEMINI: (Born between 21st May & 20th June)
New information could force you to realise that plans you had for the future that you thought were rock solid will have to be dropped or modified in some way. Don't let frustration blind you to other possibilities. There is a balanced way to put a different structure in place but it will require some quiet time in contemplation.



CANCER: (Born between 21st June & 22nd July)
You could see an opening in a situation involving finances between yourself and somebody else. It will take inventiveness on your part to present a picture that will satisfy the more practical side that they will be looking at. There is also the possibility that they do not fully realise priorities that are important to you.



LEO: (Born between 23rd July & 22nd August)
The New Moon this week falls into your own sign generating new directions on a personal level. You will want to do exactly as you please but other people and responsibilities you have might generate very different circumstances. It won't hurt to spend some money on yourself on something you wouldn't ordinarily buy.



VIRGO: (Born between 23rd August & 22nd September)
There can be much to think about that needs some contemplation on your part. This could entail scaling down any situation that infringes on what you need to manage on a daily basis or any matter that has got out of hand where the level of responsibility is too much. Only you can create more freedom in your future.



LIBRA: (Born between 23rd September & 22nd October)
If it seems everything is getting on top of you, it is an indication that you need to put your own priorities first. Others will have no problems in pushing for what they desire. It is important to establish some slow down time and that you get sufficient rest. It might be the only way you can give matters the consideration they need.



SCORPIO: (Born between 23rd October & 21st November)
Someone else could surprise you in a very nice way, showing that they really think about what you like. This can be a welcome change to the battle you might feel you are having with those that expect so much and don't seem to worry about how this can upset what is already a structured part of your life. Don't give up this fight.



SAGITTARIUS: (Born between 22nd November & 21st December)
New directions and opportunities can open up for the future. You must look into this with a very practical approach. The new direction might be more about you curbing your generosity and learning to take on what is manageable on a daily basis without running yourself ragged. This can result in more benefits than you realise.



CAPRICORN: (Born between 22nd December & 19th January)
What appeals most is to be able to plan something very different to normal in the future, which could include travel. The reality is the financial side of things, which can either be money you owe and have to see to or the fact that others want to spend their money with you, which means it is your responsibility to oblige.



AQUARIUS: (Born between 20th January & 18th February)
Don't let new directions that somebody else decides to take, land a lot of responsibility upon you. People have to learn from their own decisions. It would not be responsible of you to inhibit their life lessons by doing too much for them. Take the path with those who are in sync with the independence you prefer.



PISCES: (Born between 19th February & 20th March)
There can be details you simply don't want to deal with even though you know that this will lead to a new system or set of circumstances with a regular routine. In effect, what somebody else is communicating to you is to your benefit. You need to be honest about your level of resistance to leaving something from the past behind.

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