



TRADE DEAL

**What will it
mean for Canada?**

OUR CITY

Richmond



BY ISABELLA RODRIGUES

April 24 – September 20

Richmond Night Market

8351 River Rd, Richmond, BC

Fri & Sat 7:00pm - 12:00am
Sun & Stat Holiday 7:00pm - 11:00pm

This summer, millions of fans and visitors from around the globe will fill the city with excitement — and the Richmond Night Market will be the place where everyone comes together to eat, laugh, and feel the energy!



Photo courtesy Richmond Night Market

August 28

Community Cook Off

10100 South Arm Place, Richmond, BC
5:00pm - 8:00pm



Photo courtesy Prolific People

Come to the Community cookout, put on by local MP, Parm Bains. Food and beverages will be provided, so be sure to bring your friends and family for a nice evening of getting to know your neighbours and enjoy good food.

August 29

Middle Arm Dyke Walk

5888 Dover Crescent, Richmond, BC
10:00am - 11:00am

Come to this free guided walk along the Fraser River. During the one-hour activity, you will do a warm-up, a walk, and a cool-down and stretch so you are able to continue on with your day. Be sure to bring appropriate clothing to walk in, because this event is rain or shine.



Photo courtesy Walk Richmond

September 4

Hamilton Night Out

23280 Gilley Rd, Richmond, BC
5:45pm - 9:45pm

Come to the Hamilton Community Park and enjoy inflatables, a climbing wall, carnival games, activities, community booths, food trucks and an outdoor movie at this annual event. This free event is perfect for all ages, and you're sure to have fun.



Photo courtesy City of Richmond

July – September

Seniors Activities, Guides & Passes – Summer 2026

In-person and online



Photo courtesy City of Richmond

The City and partners are proud to offer high-quality social programs and services for adults aged 55+ at eight community facilities, including the Seniors Centre at the Minoru Centre for Active Living. Register in person at any community facility, call 604-276-4300, or online at richmond.ca/parks-recreation/about/senior

May 5 – December 22

Kwantlen Farmers' Market

Richmond Library and Cultural Centre
7700 Minoru Gate, Richmond, BC
Every Tuesday 11:00am - 4:00pm



Photo courtesy BC Farmers' Market Trail

Come by this vibrant farmers' market hosted by the students of Kwantlen Polytechnic University! Spend the day enjoying live music, delicious local food, fresh produce, handmade goods, and an amazing community atmosphere. It's the perfect place to support student entrepreneurs and local vendors.



Premier's statement about arrival of more international support to fight B.C. wildfires



Photo courtesy BC GovNews

Premier David Eby has issued the following statement about the arrival of support from Mexico, Australia, and New Zealand to help fight wildfires in B.C.:

"As wildfires continue in British Columbia, our thoughts are with everyone who has been forced from their homes, living under evacuation alerts and orders, or dealing with the uncertainty and smoke these fires bring. We know this is an incredibly difficult time for many families and communities – and we're doing everything we can to support and protect people.

"Over the past few days, I have spoken with local leaders on the front lines of these wildfires. I have heard stories of devastation and heartbreak,

but also of the remarkable resilience, compassion and generosity of British Columbians.

"In the face of these challenges, communities are coming together to help those most affected. I want to extend my sincere thanks to everyone who is stepping up and working around the clock to protect people throughout our province. This includes the BC Wildfire Service, First Nations and local government leaders, local fire departments, emergency support staff and volunteers.

"This week, we are grateful to welcome a second wave of firefighters from Mexico, as well as crews from Australia, and New Zealand. They will join personnel from Alberta, Quebec, and the Yukon, demonstrating the strong partnerships that exist across borders when communities are facing emergencies.

"British Columbia has long stood alongside our neighbours when they have needed help. Our wildfire personnel have supported other provinces, territories and countries during challenging wildfire seasons. We extend our sincere thanks to every firefighter who has travelled far from home to help protect people and communities throughout our province.

"Wildfire conditions are challenging in many

parts of the province and we are bracing for difficult conditions in the weeks ahead. The additional people and resources arriving this week will help strengthen our response as crews continue their tireless work. The BC Wildfire Service is closely monitoring conditions and deploying resources where they are needed most.

"We encourage everyone to stay informed by monitoring local emergency information. The best way to avoid long lines at reception centres and ensure you and your family get support quickly is to pre-register for Emergency Support Services by calling the helpline at 1-800-387-4258 or visiting: <https://ess.gov.bc.ca>

"Follow evacuation orders and alerts if they are issued and check the latest wildfire conditions before travelling. Smoke can affect people far from active fires, so people should also take steps to protect their health when air quality deteriorates.

"To everyone affected by this wildfire season: know that you are not facing this alone. We will continue working with local governments, First Nations, emergency responders and our partners across Canada and around the world, to keep people safe and support communities through this challenging period."



City of
Richmond

Election nomination and candidate information packages now available

August 6, 2026
For Immediate Release

Richmond, BC – Eligible candidates can now access a nomination and candidate information package if they are considering running for office this year. The nomination packages are available online at richmond.ca/elections or at City Hall.

To run in the Richmond election, a candidate must:

- Be a resident of BC for at least six months before filing their nomination documents
- Be at least 18 years old on General Voting Day

- Be a Canadian citizen
- Not be disqualified by law

Candidates are required to submit their nomination papers during the nomination period, beginning Tuesday, September 1 at 9:00am and ending Friday, September 11 at 4:00pm.

Candidates may submit their nomination papers in person at City Hall (by appointment), allowing staff to review documents and help avoid delays. Appointments can be scheduled by contacting the Elections Office at 604-276-4100 or elections@richmond.ca. Alternatively,

candidates may submit their completed nomination papers electronically to elections@richmond.ca after completing the solemn declaration in front of a lawyer, notary or Commissioner for Taking Affidavits in British Columbia. Richmond voters will be electing one Mayor, eight Councillors and seven School Board Trustees on Saturday, October 17, 2026.

For further information, contact the Richmond Elections Office at:
604-276-4100 or email elections@richmond.ca.

KPU Farm expands cultural learning spaces with funding support from TD Bank Group

Richmond, B.C. – A \$251,000 funding grant from TD is creating spaces for community engagement at a Kwantlen Polytechnic University (KPU) farm.

This three-year funding will support a number of new initiatives at the KPU Farm, including the development of an Indigenous Medicine Garden guided by the Musqueam First Nation, as well as a Traditional Chinese Medicine Garden developed alongside KPU's Traditional Chinese Medicine program.

"These 'living classrooms' are meant to reflect the cultural diversity of Richmond, where the KPU Farm is located, and put reconciliation into practice," says Dr. Rebecca Harbut, Chair of the Sustainable Agriculture and Food Systems program at KPU. "We're very grateful to TD for their continued support, which has allowed us to create these spaces that are both ecologically and culturally significant, and expand opportunities for education and connection across the community."

Other initiatives supported include community workshops and events, with many catering to youth; the construction of a year-round outdoor teaching and gathering space; and the planting of hundreds of native plants from over 60 species, which can help strengthen biodiversity and support local bird and insect species.

This funding also supports ongoing initiatives at KPU Farm, including two community spaces — a food forest and a Learning Garden that facilitates community engagement and experiential learning. Another continuing initiative is the KPU Farm Volunteer Program, which provides opportunities to learn about local and sustainable food systems through hands-on farming.

"We are a certified organic farm, and like to share sustainable farming and gardening practices with our community. The KPU Farm Volunteer Program is a great way for the community to engage with the space and learn about ecological restoration and biodiversity, and how you can plant different types of native plants in your own gardens at home," says Alex Bisset, Community Outreach Liaison at KPU's Department of Sustainable Agriculture.

"Places like KPU Farm show how green spaces can bring people together to learn from the land, from cultural knowledge and from one another. TD is proud to support this work as the Farm expands opportunities for students

and community members to connect, share knowledge and take part in meaningful cultural experiences rooted in community," says Joshua Cayer, Manager, Philanthropy, Corporate Citizenship, TD Bank Group.

The KPU Farm, located on the Garden City Lands near KPU Richmond, is a living laboratory for students learning about regenerative organic agriculture. The eight-hectare farm is operated by KPU's Department of Sustainable Agriculture, highlighting diversified, sustainable, regenerative and organic production practices. Students study and practice at the farm while working toward their Bachelor of Applied Science in Sustainable Agriculture.



The KPU Farm is a living laboratory for students learning about regenerative organic agriculture.

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Benefits of Being Bilingual

BY LAUREN LUONG

Many individuals are fortunate to be able to speak two or more languages. Being bilingual means being able to actively use two languages, while being multilingual means knowing more than two. Being bilingual or multilingual can provide many benefits that people may not always consider. Approximately 41.2% of the population in Canada can speak two or more languages fluently. It is important to note that language proficiency exists on a broad spectrum, and people can experience the benefits of knowing another language at different levels of proficiency. Rather than suggesting that being bilingual is better than being monolingual, bilingualism can be viewed as an additional experience that may provide unique cognitive, social, and cultural benefits.

Studies have suggested that being bilingual or multilingual may provide several cognitive benefits, including improved executive functioning, greater metalinguistic awareness, and potentially slower progression of age-related cognitive decline. One possible explanation is that regularly managing multiple languages requires the brain to constantly select, switch between, and manage competing information. In this sense, using multiple languages can act as a form of mental exercise and may contribute to cognitive resilience over time.

Studies have suggested that bilingualism may help delay age-related cognitive decline, particularly dementia and Alzheimer's disease. Bilingual individuals with Alzheimer's have been reported to experience their initial symptoms approximately 5.1 years later and receive a diagnosis approximately 4.3 years later than monolingual individuals. Interestingly, some bilingual individuals can maintain similar cognitive performance to monolingual individuals despite showing greater physical brain atrophy, suggesting that bilingualism may contribute to greater cognitive reserve. The constant mental effort involved in managing multiple languages may help the brain remain efficient despite age-re-

lated changes. However, bilingualism does not prevent Alzheimer's or dementia, and these findings should be viewed as a potential protective association rather than a guarantee.

To understand why bilingualism may have these effects, it is important to understand how the bilingual brain processes language. When a bilingual person listens to or uses one language, the other language does not simply switch off. This is contrary to the once popular belief that each language was stored in separate compartments of the brain. Instead, language is distributed across multiple areas, and both languages can remain active and operate in parallel. Because both languages can be active at the same time, bilingual individuals must constantly manage interference between them. This can sometimes result in minor differences in speech, such as taking slightly longer to name an object or experiencing a "tip-of-the-tongue" moment.

Managing this competition between languages requires inhibitory control and language-switching abilities. The bilingual brain frequently relies on executive functions to suppress or manage the language that is not currently needed. This repeated practice may provide an advantage in tasks involving conflict management, as well as tasks that require people to switch strategies quickly. Switching between languages engages areas of the brain involved in cognitive control and may contribute to changes in brain structure and processing. Research has also associated bilingualism with greater gray matter volume in areas related to dementia and Alzheimer's as well as changes in white matter integrity across different ages and levels of proficiency.

Language can also influence how bilingual individuals experience emotions and make decisions. Some evidence suggests that native languages may be more strongly connected to emotional experiences, while second languages can create greater psychological distance and encourage more deliberate decision-making.

Beyond the brain, bilingualism can provide important social and communication benefits. Knowing another language creates opportunities to communicate with people from different backgrounds and can help individuals form connections that might otherwise be more difficult. For example, while travelling, being able to communicate with someone who speaks a language you know can provide a sense of relief and make an unfamiliar situation feel much more manageable. Bilingualism can also allow people to communicate with family members, friends, or members of their community in a language that may not be used often. Being able to use a language outside of work or home can also be an enjoyable way to maintain and strengthen language skills.

A real-life example of the social benefits of bilingualism comes from writer Natalia Sylvester. In her writing, she describes helping a Spanish-speaking woman whose car had been stolen, along with her immigration documents that were inside. Because she didn't speak English, she could not communicate with the police; Sylvester was able to act as an interpreter and help her explain what had happened. This example shows how bilingualism can allow individuals to bridge communication barriers and support others during vulnerable situations. Learning a language can also provide insight into the culture connected to it. When learning another language, people often encounter different expressions, social norms, humour, and idioms. As a result, learning a language involves more than memorizing vocabulary and grammar; it can provide a different perspective on how people communicate and understand the world. For example, the French expression "quand les poules auront des dents" is used in a similar way to the English expression "when pigs fly." However, the French expression literally translates to "when chickens have teeth." Examples like this demonstrate how languages can express similar ideas through completely different cultural references, showing that language and culture are closely connected.

Learning a new language can be difficult and time-consuming, but it can also provide opportunities to learn, grow, and communicate with people from different backgrounds. The benefits of bilingualism extend beyond cognitive abilities and may include social connections, cultural understanding, communication skills, and potential cognitive benefits across the lifespan. At the same time, being monolingual is not a disadvantage or something that needs to be corrected. Rather, bilingualism represents one of many experiences that can shape how a person interacts with the world. For those who have the opportunity to learn another language, it can be a valuable skill that provides new ways to communicate, understand different cultures, and experience the world around them.

The Youth Know Scrolling Is Bad for Them. They Can't Stop Anyway. Here's Why That Should Worry Everyone.

BY MICHAEL COOPER

Most teenagers already know that six hours of scrolling a night isn't good for them. This isn't a generation acting out of ignorance. The habit persists anyway, and the gap between knowing and doing is the scariest part, more than any assumption that teens simply don't understand the risks.

The scale of the habit is not small. Research has found that 96 percent of teens report using the internet daily, with almost half saying they're online "almost constantly." Gallup survey data puts the average teen at roughly 4.8 hours a day on social media alone, with girls averaging around 5.3 hours and boys around 4.4. Broader estimates of total daily screen media use among U.S. teens run even higher: Common Sense Media's youth reports put their estimates at roughly 8 to 9 hours a day, with phones being the primary device.

It Doesn't Feel Like a Choice Anymore

Adults sometimes describe phone use as a matter of willpower, a choice to pick entertainment over homework or sleep. That framing misses how the habit operates, and the social necessity of sharing content with your friends. Opening a short-form app like Instagram Reels or TikTok rarely feels like a decision; it functions more like a reflex, one video ending and three more already underway before any real intention forms. That's by design. Short-form platforms are built by teams whose job is to make stopping harder than continuing. Infinite scroll, autoplay, and a mix of dull and thrilling clips are all tools algorithms use to keep your thumb travelling. Data backs up how effective this design is: content creators using a "hook in the first three seconds" strategy report a 58% increase in average video watch time, and short-form ads have become 72 percent more effective at driving engagement than longer formats. This is not a generation lacking self-control; it's a generation of developing brains getting obliterated by systems built by adults specifically to abuse children's self-control.

The Doomscrolling Part Is Worse Than It Sounds

Doomscrolling (the habit of endlessly scrolling) isn't simply "watching too many videos." It's a barrage of bad news, conflict, and outrage, making the viewer feel worse and more engaged. Nobody actively seeks out something upsetting, but the algorithm mixes it in with everything else, so a clip about a mass shooting

sits beside a dance trend, which sits beside war footage, which sits beside someone's lunch. The result is a constant, disjointed stream of the world's worst moments, stripped of the context or processing time needed to fact-check or verify information that once came from scrutinizing a news broadcast. Crisis after crisis arrives in 7-second bursts with no room to process any of it. The result is anxiety and numbness, offering little valuable information but plenty of emotional stimulation.

What the Research Shows:

Attention is shrinking.

Users who consume short-form content under 30 seconds show a 27% reduction in sustained attention pursuing their goals, and regular exposure to this kind of content reduces the ability to focus on a task for more than 9 minutes. One 2025 study found that exposure to short-form video before studying reduced students' attention span during reading by 31%, and that short-form consumers were 2.5x more likely to abandon long-form educational content midway. A sense of restless dissatisfaction that follows high dopamine scrolling is seen in 61% of users aged 18 to 34.

Sleep is one of the first casualties.

A 2025 CDC analysis found that 59.9% of teens with 4+ hours of daily screen time reported being infrequently well rested, compared to 40.1% of lighter users.

Screen time climbed sharply and hasn't fully reversed.

A JAMA Pediatrics review covering roughly 29,000 children and adolescents found an average increase of 84 minutes of daily screen time during the pandemic, with the steepest rises among 12- to 18-year-olds.

Short-form content is the fastest-growing category.

Industry tracking shows TikTok's per-user daily time has held above 55 minutes since 2022, and projections for 2026 have TikTok taking the most time from teens of any platform, at about 1 hour and 18 minutes per day.

Why This Should Concern More Than the Teens Involved

It's easy to blame "kids these days." But the underlying issue isn't about technology. It's about what happens when a generation's emotional foundation is built on outrage, comparison,

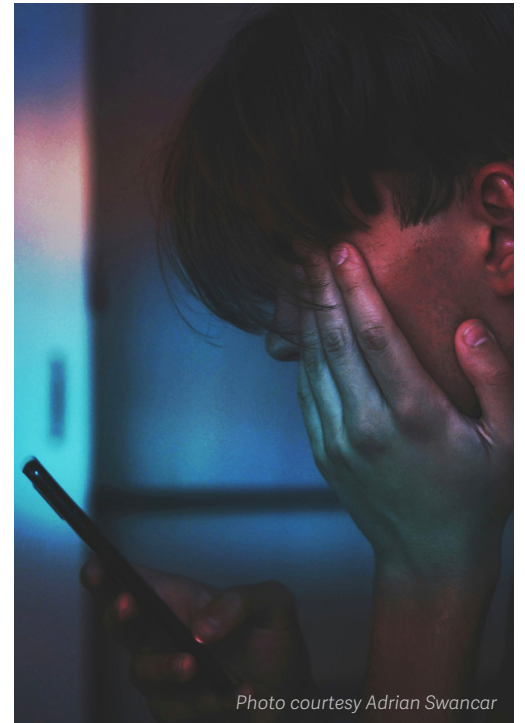


Photo courtesy Adrian Swancar

and broken attention, forming malicious habits carried into adulthood.

The teenagers caught in doomscrolling spirals tonight will be the adults running institutions, workplaces, and households in the future. A generation that grows up unable to tolerate discomfort, unable to sustain focus past a few seconds, and chronically anxious about a world measured exclusively in 7-second fragments, is not an issue that stays contained in adolescence. It shapes the kind of citizens, employees, and parents that generation becomes.

What Would Actually Help

Lectures don't work; most teens have heard them already and filter them out the same way they filter out a bad TikTok.

It's better for adults to model something different by putting their own phones down and explaining why these platforms are built the way they are rather than just instructing children to use them less. Understanding that the fight is against a deliberately engineered system, not a personal failure of discipline, changes how we can resist it. Teenagers didn't build the algorithm. They are, however, the ones growing up inside it. The most useful response isn't confiscating the phone; it's helping them understand what the phone is doing to them, and giving them a genuine reason to want something real.

Road Report: Richmond RCMP continues to target speeding and unsafe driving

The Richmond RCMP Road Safety Unit (RSU) continues to focus on traffic safety through targeted enforcement, education, and response to concerns raised by residents regarding speeding and unsafe driving behaviour.

July traffic violation tickets at a glance

- Speeding: 295
- Driver's licence infractions: 167
- Distracted driving: 148
- Impaired (drug/alcohol): 24

During July, Richmond RCMP officers issued more than 1,011 Motor Vehicle Act violations and charges while conducting targeted operations throughout Richmond. Enforcement efforts focused on speeding, distracted driving, HOV lane compliance, construction zones, prohibited driving and commercial vehicle safety.

Excessive speeders, commercial vehicle inspections, and more.

Several drivers were caught travelling at excessive speeds, resulting in immediate vehicle impoundments. Notable incidents included drivers travelling 108 km/h in a 50 km/h zone on Westminster Highway, 145 km/h in an 80 km/h zone on Highway 91, and a vehicle observed travelling more than 200 km/h on Highway 99.

The Road Safety Unit also partnered in a commercial vehicle inspection initiative that resulted in numerous enforcement actions for safety deficiencies, including worn tires, insecure cargo, defective lighting, and improper trailer connections. In one instance, a commercial work van equipped with a modified makeshift seatbelt assembly was removed from service and towed pending repairs. In addition to enforcement, RSU officers conducted e-scooter and cyclist safety education in popular areas through-

out Richmond while continuing to address community traffic concerns. Multiple targeted enforcement operations in the Steveston area resulted in approximately 20 speeding violations and the successful conclusion of a traffic complaint following an assessment of the area.

"Targeted traffic enforcement and public education remain critical tools in reducing risky driving behaviours and improving safety for all road users," said Sgt. Stephen Large of the Richmond RCMP Road Safety Unit. "We will continue to respond to community concerns and focus enforcement on areas where residents are reporting dangerous driving."

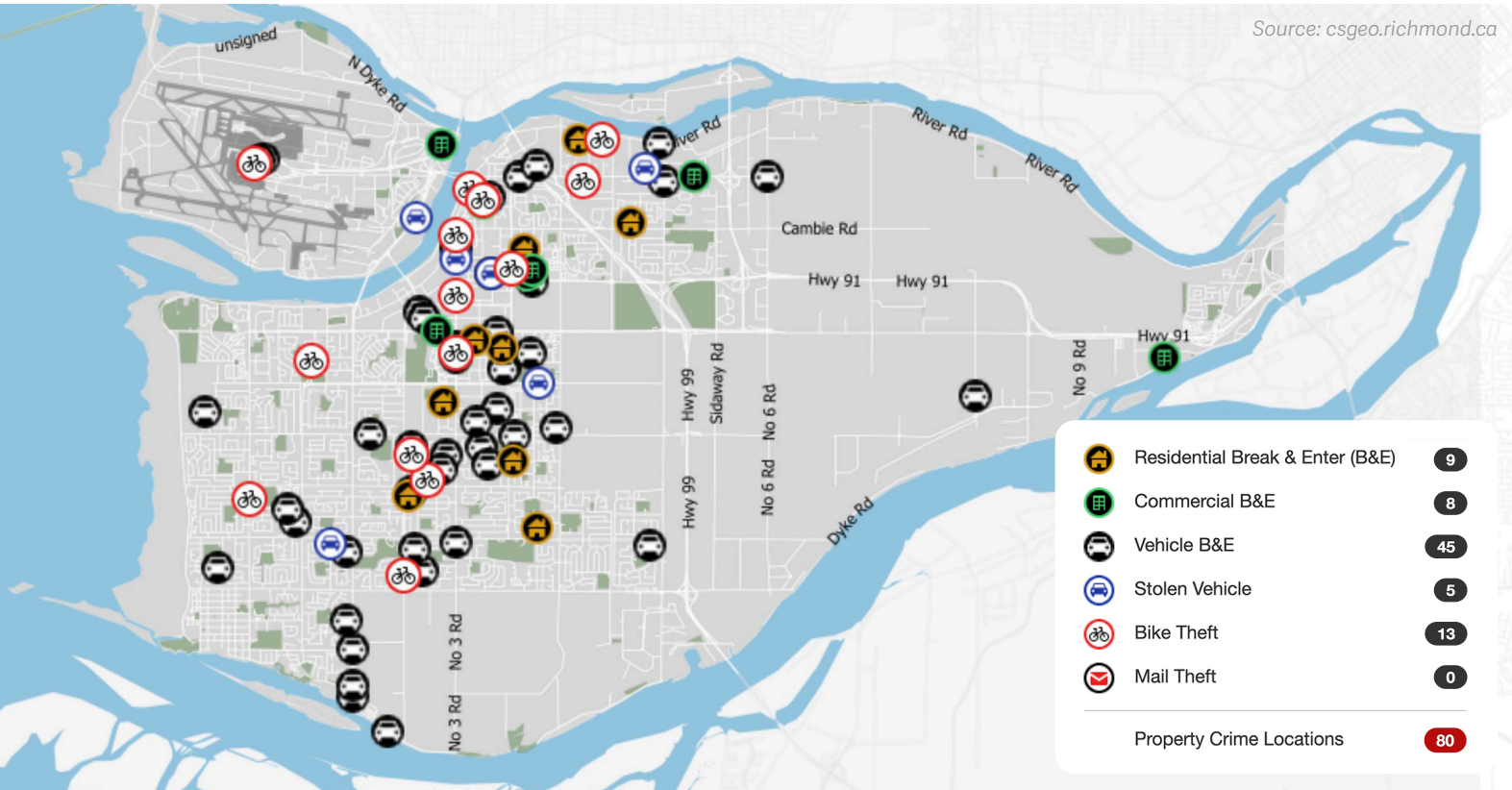
Residents are encouraged to report ongoing traffic safety concerns through the City of Richmond and Richmond RCMP so enforcement resources can be directed to areas of greatest concern.



RCMP

Crime Map

Jul. 24 – Aug. 21, 2026



The Rise and Fall of Neon Lights

BY ISABELLA RODRIGUES

Living in Metro Vancouver, you don't often see the vibrant sights of neon signs, but what if I told you that at one time we were known as the Neon Capital of the World? It's a title that feels almost impossible to believe today, especially when compared to places like Las Vegas and Japan, where it still dominates. But for a brief stretch of the twentieth century, this region was the undisputed leader in neon lights.

The Rise

During the 1940s and into the 1950s, Metro Vancouver had a post-war economic boom. The city's bustling port and rail hub fueled an explosion of brightly lit storefronts, theatres, restaurants, and hotels. These neon lights were seen as a revolutionary and exciting way to catch the eye of pedestrians. With immigrants, returning soldiers, and growing families coming to Canada, there were more people to sell to than ever before.

The Fall

Unfortunately, only 10 years later, by the 1960s, neon's bright and whimsical aesthetics began

to fall out of favour, instead being replaced with a more modernist approach. Sleek, minimalist signage started to feel cleaner and more proper compared to the ornate, hand-bent glass tubes of the previous decade. While changing tastes were part of this decline, their association with red light districts and adult services also played a factor. By the 1960s, many of the city's neon-lit blocks had become linked in the public imagination with gambling dens and other unsavoury things, making the signs feel less like art and more like a problem to be solved. If all of that wasn't enough, Vancouver's City Council began restricting their visibility with new neon permits, effectively putting a lid on the very industry that had defined the city's look for almost a decade before. What had once been celebrated as progress was now treated as a nuisance.

Now

Today, Metro Vancouver's relationship with neon has come full circle: what was once dismissed as outdated is now cherished as vibrant public art. Though the city's neon heyday has



long passed, the surviving signs still stand to tell the story of the Neon Capital of the World. From the Bowmac sign to the iconic Granville Island entrance, these displays offer us a look back into a time when the city's streets blazed with colour, ambition, and character.

Join the Walk Richmond Middle Arm Dyke Stroll

Event Highlights

- **Stunning Waterfront Views:** Walk along the Fraser River and enjoy clear views of the mountains, local wildlife, and passing boats.
- **Guided & Welcoming Environment:** Led by friendly Walk Richmond leaders, this event is designed for all fitness levels. Walk at a comfortable pace alongside neighbors and fellow community members.
- **Fresh Air & Wellness:** Take a break from screens and busy schedules to enjoy the proven physical and mental health benefits of an easy outdoor trek.

Event Details

- **Date:** 10:00 AM Saturday, August 29, 2026
- **Location:** Middle Arm Dyke Trail, Richmond, BC (Meeting spot 5888 Dover Crescent)
- **Cost:** Free
- **Who Can Join:** Everyone! All ages and fitness levels are welcome.

Tips for the Walk

- **Dress for the Weather:** Wear comfortable walking shoes and dress in light, breathable layers.
- **Stay Hydrated:** Bring a refillable water bottle to stay refreshed along the trail.
- **Protect Yourself from the Sun:** Don't forget your hat, sunglasses, and sunscreen for open-trail stretches.

City Appointments 2027

Richmond City Council wishes to fill vacancies on the following Advisory Committees/Boards/Commissions:

Persons interested in serving the community, in a volunteer capacity, on any of the below Advisory Bodies are invited to submit an application, along with a resume, to the attention of the City Clerk's Office, no later than **Friday, September 25, 2026**. Applications open from August 28–September 25, 2026.

- | | |
|---|---|
| • Accessibility Advisory Committee | • Minoru Centre for Active Living Program Committee |
| • Advisory Committee on the Environment | • Public Art Advisory Committee |
| • Aquatic Advisory Board | • Richmond Social Development Advisory Committee |
| • Board of Variance | • Richmond Public Library Board |
| • Child Care Development Advisory Committee | • Seniors Advisory Committee |
| • Economic Advisory Committee | • Sister City Advisory Committee |
| • Food Security and Agricultural Advisory Committee | • Youth Advisory Committee |
| • Gateway Theatre Society Board | • YVR Aeronautical Noise Management Committee |
| • Heritage Commission | • YVR Environmental Advisory Committee |
| • Intercultural Advisory Committee | |

For more information, visit:

richmond.ca/advisory.

Application forms can be obtained on the City website at richmond.ca/advisory or by phone **604-276-4007**.

richmond.ca





Rise in Nicotine Pouch Usage in Youth

BY BEZ CHAO

Nicotine pouches are gaining popularity among Canadian youth. Nicotine pouches are smokeless, spit-free products designed to deliver nicotine without the use of tobacco or combustion. They sit against the gum, under the lip, and release nicotine, which is the same addictive chemical found in cigarettes and vapes. The nicotine concentration varies based on brand, and usually ranges from 2-15mg, although some brands offer much higher concentrations. In Canada, nicotine concentration is limited to a maximum of 4mg per pouch, with flavours also being limited to mint and menthol, although other flavours are available in foreign markets. Sometimes, ingredients like sweeteners, stabilizers, or fillers are also included for appeal. Zonnic is currently the only approved nicotine pouch brand authorized for sale in Canada.

Youth and Nicotine Pouches

Although their intended use case is to help people quit smoking, studies suggest that nicotine pouches are becoming popular with young people who have never smoked. Given their design, which allows for use in most situations and environments, nicotine pouches have considerable potential to follow the same popularity trajectory as vapes if not regulated properly. According to the Ontario Tobacco Research Unit, the rapid emergence of oral nicotine pouches has significantly altered the nicotine market in recent years, outpacing public health surveillance and regulatory responses. The World Health Organization (WHO) also recognizes the speed at which nicotine pouches are spreading and calls for governments to act now with strong evidence-based safeguards. Furthermore, in the COMPASS Quebec study, nicotine pouches ranked as the most commonly used alternative nicotine product

among youth, second only to vapes. The study also suggests that nearly one-quarter of adolescents were unsure of the health risks of nicotine pouches and 16% didn't know whether they were addictive. Following this trend, lower risk perceptions were associated with increased likelihood of current use.

Why have they become popular with the youth? One of the reasons why nicotine pouches have become popular with the youth is marketing. According to the World Health Organization (WHO) report, tactics used by brands include: sleek and discreet packaging; enticing flavours; influencer marketing and promotion on social media; sponsoring concerts, festivals, and sports events; aspirational lifestyle branding; and messaging that encourages discreet use in schools and smoke-free settings. Some packaging even mimics sweets or popular candy brands, which increases risks to the youth. All these tactics are designed to normalize nicotine pouch use and lower perceptions of risks to draw in a new generation of nicotine users. There's also the perception that nicotine pouches are "safer" than nicotine products like cigarettes or vapes. Although nicotine pouches do not share risks associated with inhaling smoke, they are far from being risk free.

What Health Researchers Actually Say About Nicotine Pouches

Nicotine is a highly toxic and powerfully addictive substance. Excessive amounts of nicotine can cause acute poisoning, which can lead to severe breathing problems, and in the most serious cases, death. Nicotine pouches could be less harmful than cigarettes while providing similar nicotine levels, but most available data comes from industry-funded studies, highlighting the critical need for independent research.

There is currently insufficient evidence to establish nicotine pouches as an effective smoking cessation aid when compared to established methods, such as traditional Nicotine Replacement Therapy (NRT) or behavioural interventions. In several studies, nicotine pouches were found to contain trace amounts of carcinogenic chemicals such as ammonia, formaldehyde, chromium, and tobacco-specific nitrosamines. Though it's worth noting that these chemicals were generally present in much lower levels than in cigarette smoke, except for formaldehyde levels which were comparable or higher in some of the pouches analyzed. Studies have also shown an increase in mortality risk associated with smokeless tobacco use in individuals with ischemic heart disease or cerebrovascular disease. Oral nicotine products may also potentially increase the risk of oral cancer, depending on the chemical composition of the product used and the frequency of use.

Nicotine can also alter brain development, especially in fetuses and adolescents. It disrupts the formation of synapses and brain circuits, impairing cognitive functions like attention, learning, and impulse control. Because it is highly addictive, it can also rewire the reward system, priming the brain for future substance dependencies. Brain development continues into a person's mid-twenties, so exposure to nicotine during adolescence carries particular risk.

What are the current regulations?

Nicotine pouches are approved for sale in Canada under the Natural Health Products Regulations as an NRT for adults who wish to quit smoking or need to temporarily refrain from smoking. They can only be sold in pharmacies, behind the counter. Pharmacist intervention is required prior to purchase and like other NRTs, nicotine pouches are not intended for recreational use or for nonsmokers.

Nicotine pouches can be purchased online, but before checking out, buyers must verify that they are using these nicotine pouches as an NRT.

Call for Urgent Action

Due to the risks, the WHO is urging governments to adopt comprehensive regulation covering all tobacco and nicotine products, including nicotine pouches. Some of these recommendations include: bans or strong restrictions on flavours; advertising, promotion, and sponsorship bans including on social media and use of influencers; stronger age-verification and retail controls; clear health warnings and plain packaging; caps on the amount of nicotine allowed; taxation to reduce affordability and deter youth use; surveillance of use patterns and industry tactics; and strong enforcement of policies. The WHO urges young people to recognize and reject industry tactics designed to make nicotine use seem normal. Urgent, coordinated action today can help protect a new generation from nicotine dependence.

Statement by Prime Minister Carney Ongoing Canada – U.S. trade negotiations

August 18, 2026
Ottawa, Ontario



"Over the last number of weeks, Canada has engaged in intensive discussions with the United States to address outstanding trade issues and deliver greater certainty and real benefits for Canadian businesses, workers, farmers, and families.

Substantial progress has been made, although there is important work still to be done. As this work is ongoing, the United States has agreed to postpone the implementation of its 50% tariff on a range of Ca-

nadian goods under Section 338 of the U.S. Tariff Act of 1930 until end of day, August 21.

While we continue this work, Canada remains focused on building a stronger, more independent, and more competitive economy at home."

PMO Media Relations:
media@pmo-cpm.gc.ca

This document is also available at pm.gc.ca

Prime Minister Carney speaks with President of Mexico Claudia Sheinbaum

August 20, 2026
Ottawa, Ontario



Claudia Sheinbaum

President of Mexico

Today, the Prime Minister, Mark Carney, spoke with the President of Mexico, Claudia Sheinbaum.

He thanked President Sheinbaum for Mexico's support in combating wildfires in Canada this summer, including through the deployment of more than 400 firefighters and support personnel.

The Prime Minister and the President discussed ongoing developments affecting North American trade. They underscored the

importance of renewing the Canada-United States-Mexico Agreement (CUSMA) as soon as possible to provide greater certainty for North American businesses and workers.

The leaders discussed the progress between Canada and Mexico on cross-border trade. They emphasised that strong bilateral cooperation is essential to shared continental security and prosperity.

Prime Minister Carney and President Sheinbaum agreed to remain in close contact.

Premier Eby statement on trade negotiations between Canada & USA

August 19 2026
Victoria, BC



Hon. David Eby

Premier of B.C.

Premier David Eby has issued the following statement about trade negotiations between Canada and the U.S.: "This afternoon, the federal government briefed provinces and territories on negotiations with the United States." August 19, 2026

"B.C. stands with Team Canada. "While no agreement will offer everything our country is hoping for, the federal government has made substantial progress across strategic sectors. Given these latest developments, we are hopeful about the possibility of an agreement. Agreement or not, we will not

go back to the way things were before. We will continue to push forward our work to find new trading partners and secure major projects to build a stronger, more resilient economy that benefits everyone.

As we await further details, we will never stop fighting for a more prosperous future for B.C. families."

Supporting at-risk youth through new cook-training program

Summary

- Nearly \$300,000 is being invested in cook training for youth facing barriers to employment in the Lower Mainland
- Participants will receive employability skills training, occupational training and on-the-job work experience
- Three cohorts will run between May 2026 and April 2027 through Dan's Legacy Foundation



"Every young person deserves a fair chance to build skills, gain experience and find a path to a good career," said Taleeb Noormohamed, parliamentary secretary to the federal minister of artificial intelligence and digital innovation.

"Through programs like the one at Dan's Legacy Foundation, young people are getting hands-on training for the food-service sector and the support they need to take the next step with confidence. When young people succeed, their communities are stronger for it and so is our economy."

People facing multiple barriers to employment will receive hands-on training, work experience and wraparound supports through a new cook-training program at the Collingwood Neighbourhood House in Vancouver.

The project is delivered by Dan's Legacy Foundation to help participants prepare for careers in the food-service sector. It is supported by investments provided by the Government of Canada through the employment insurance-funded Canada-British Columbia Labour Market Development Agreement.

"We want people to have the support they need to find in-demand jobs and build stronger futures for themselves," said Sheila Malcolmson, Minister of Social Development and Poverty Reduction. "That's why we are funding more training to help people gain the practical skills and work experience they need to move into employment in the food-service sector."

In partnership with the Government of Canada, funded through the Canada-British Columbia Labour Market Development Agreement, the Province is investing nearly \$300,000 through the Project-Based Labour Market Training initiative to support the cook-training project in Vancouver and Dan's Diner Social Enterprise in New Westminster.

Dan's Legacy Foundation works with at-risk

youth and young adults through trauma-informed counselling, wraparound supports and employment-focused programming. The cook-training project builds on the organization's experience helping young people overcome barriers to education, employment and recovery.

"Every young person deserves a fair chance to build skills, gain experience and find a path to a good career," said Taleeb Noormohamed, parliamentary secretary to the federal minister of artificial intelligence and digital innovation. "Through programs like the one at Dan's Legacy Foundation, young people are getting hands-on training for the food-service sector and the support they need to take the next step with confidence. When young people succeed, their communities are stronger for it and so is our economy."

"The cook-training program turned my life around," said Isabel Atherton, a recent graduate of the program from Vancouver. "The instructors encouraged me through every setback, celebrated every success and believed in me long before I believed in myself. I graduated and started my own baking business and am enrolling in culinary arts at LaSalle College in Vancouver."

Building skills for in-demand jobs

Participants will take part in a full-time, group-based program that combines employability preparation, occupational skills development and workplace experience.

The training includes:

- two weeks of essential and employability skills training
- 12 weeks of occupational skills training focused on prep cook and kitchen helper positions
- two weeks of on-the-job work experience
- nearly a week of follow up employment support

Three cohorts will be delivered during the project term:

- Cohort 1: May 18, 2026, to Sept. 11, 2026
- Cohort 2: Aug. 24, 2026, to Dec. 18, 2026
- Cohort 3: Dec. 7, 2026, to Apr. 9, 2027

Supporting pathways to employment

Dan's Legacy Foundation works with youth facing barriers, such as mental-health challenges, substance-use issues, violence, poverty and social isolation. Through its employment and culinary training programs, participants gain practical skills, workplace experience and support to pursue education and employment goals. By combining essential skills training with practical workplace training, participants will develop the skills needed to pursue employment opportunities and increase their long-term attachment to the labour market.

Canada hopes to make big strides in criminal law reform

Our City Tonight sat down with criminal defence lawyer Kyla Lee to discuss three major pieces of federal legislation changing Canada's criminal law, including reforms to bail and sentencing, protections surrounding sexually explicit "deep fakes" and stronger laws addressing hate crimes.



Kyla Lee

Criminal Defence
Lawyer

KylaLee.ca

OCT: This is a landmark period for criminal law in Canada. How significant are these changes?

KL: This is probably one of the biggest moments for criminal law in modern Canadian history. Multiple major pieces of legislation are moving forward very quickly, and they make substantial changes to the Criminal Code.

OCT: There are three major criminal law reforms Canadians should know about. Let's break them down and make them as understandable as possible. Let's start with Bill C-14, the Bail and Sentencing Reform Act. What does this actually mean for Canadians?

KL: Essentially, the Criminal Code has been amended to make bail more restrictive in a number of circumstances, including through additional reverse-onus provisions. That means that, in certain cases, the accused has to demonstrate why they should be released rather than the Crown having to establish why they should be detained. There are also significant sentencing changes. Some reforms introduced in recent years are being rolled back, particularly the use of conditional sentences or house arrest for certain serious offences. The legislation places greater emphasis on actual jail sentences for some offences, including serious violent and sexual offences.

OCT: So, in some circumstances, the accused has to demonstrate why they should be released. As a criminal defence lawyer, will this make a huge practical difference?

KL: I don't think it will fundamentally change how most bail hearings are conducted. The Supreme Court of Canada has made it clear that, regardless of who bears the burden, the principle of restraint still applies. Release is generally the starting point, and the court must consider the least restrictive

form of release. So even with these changes, if a person can be released under appropriate conditions while protecting the public and meeting the objectives of bail, they can still be released.

OCT: What about the so-called "catch-and-release" concern we hear so much about? These reforms sound significant, but implementation is often where the real challenge lies.

KL: That is an important point. This is another criminal law Bill adding reverse-onus provisions, but the fundamental test for bail has not completely changed. What is changing is who has to demonstrate why release is appropriate in certain circumstances. So, practically speaking, I don't think this is going to eliminate the "revolving door" concern that some people have.

We often hear about people who breach their bail conditions because those cases make the news. The vast majority of people released on bail in Canada comply with their conditions. We don't hear about those cases because there is nothing particularly newsworthy about someone following the rules.

OCT: Let's move to Bill C-16, the Protecting Victims Act. This one feels particularly modern because we weren't having these conversations about artificial intelligence and deep fakes 10 or 12 years ago. How does the legislation address that?

KL: This modernizes the Criminal Code. The legislation expands protections against the non-consensual distribution of intimate images to sexually explicit deep fakes.

For example, if someone uses artificial intelligence to create a sexually explicit image or video depicting another person without their consent and then distributes it, that can now result in criminal consequences. The law responds to how technology has changed these offences. We already had protections against revenge porn and non-consensual distribution of intimate images, but AI has created a new way of doing this.

OCT: Does this give victims more protection and police better tools?

KL: Absolutely. The existing Criminal Code already provided protections for people under 18, but these amendments expand protections relating to sexually explicit "deep fakes" to people of any age. It recognizes that you should not be able to take somebody's image, manipulate it and turn it into sexually explicit content without their consent. The legislation also strengthens the law around threats to distribute intimate images, which is particularly important in cases involving sextortion.

OCT: And then we have the Combatting Hate Act, Bill C-9. Walk us through what that entails.

KL: The Combatting Hate Act changes the Criminal Code, including creating a specific hate-crime offence. Previously, hate motivation could be treated as an aggravating factor at sentencing. Now, in certain circumstances, the hate motivation can form the basis of a separate criminal offence in addition to the underlying offence. The legislation also defines "hatred" in the Criminal Code, essentially codifying a definition developed through Canadian case law. It is intended to distinguish genuine hatred from speech or conduct that is simply offensive or unpopular.

OCT: Freedom of expression is fundamental in Canada. Do you see this becoming a slippery slope? What one person considers hateful may not be considered hateful by someone else?

KL: That is going to be an important issue. There is a very fine line between protecting people from genuine hate and protecting freedom of expression. The legislation focuses on intentional promotion of hatred and defines hatred in terms of an intense and extreme emotion associated with vilification and detestation. It also makes clear that something is not necessarily hate simply because it hurts or offends someone. Whenever Parliament creates or expands criminal offences that potentially affect freedom of expression, there is the possibility of constitutional challenges. Canada has a strong Charter of Rights and Freedoms, and courts will ultimately determine how these provisions operate in practice.

OCT: We've seen strong opinions surrounding events in the Middle East. People can have very different views and sometimes feel attacked by what others are saying. How do you determine where strong disagreement ends, and criminal hate begins?

KL: That is exactly where the challenge lies. Disagreement, criticism and even deeply offensive speech are not automatically criminal. The question becomes whether the conduct meets the legal threshold established by the legislation. Intent is also incredibly important. Proving what someone intended to communicate or accomplish can be difficult, which is why these cases will likely require careful consideration by police, prosecutors and ultimately the courts.

OCT: Do you think Canada's hate-crime laws will continue to evolve as society changes?

KL: Absolutely. Criminal law is always evolving because society is evolving. The way we communicate and the technology we use are changing. We are becoming increasingly conscious of how we treat one another and the impact that hate and intimidation can have on individuals and communities. The challenge for lawmakers is finding the balance between protecting people from genuine harm while protecting the fundamental rights and freedoms at the heart of Canadian society.

Common Fashion Choices to Watch Out For

No matter who you are, we have all made mistakes when wearing a suit at some point in our lives, and things we have regretted wearing just by looking back at our old pictures of ourselves. And that is all perfectly okay as long as we continue to learn from our mistakes. As they say, Rome was not built in a day. I am trying to share in this article some helpful insight on what fashion choices to avoid.

The most obvious wrong items to wear with a men's suit include athletic sneakers, mismatched leather accessories, and heavy items in your pockets. Wearing these pieces can ruin the clean and formal look of your tailored clothing.

Here is a breakdown of what not to wear with a suit when it comes to just footwear below:

Sports Shoes: Avoid sneakers or running shoes; stick to dress shoes only. Loafers, Oxfords, and monk strap dress shoes are always going to be correct.

Mismatched Leather: Don't wear a brown belt with black shoes, or vice versa.

White Athletic Socks: Wear knee-high socks that match the colour of the fabric of your suit. Grey suit means wear grey socks, navy suit means wear navy socks.

Funny Socks with Wild Prints and Colours: This accessory was fun and trendy at the time, but we now look back and realize it will never stand the test of time and is wrong for many reasons. People are drawn to the wild colours and away from your overall look. The funny print and colours will create an awkward visual break between your trousers and shoes. My preference is to stay with solid-colour dress socks that will project a professional look. Traditional workplaces usually have a dress code.



Shoes that look too dated: Stay away from oxford shoes that have a square toe. These shoes, for some reason, were very popular in the 1990's and today look extremely dated. They had a blocky front, elongated chisel-shaped look with heavy rubber soles. Today and back then, they just look wrong on so many different levels. Play it safe and stick with rounded-toe dress shoes. They are always the right choice and will always make you look more polished, and even more important, they will be more comfortable on your feet.



Here is a breakdown of what not to wear when it comes to coordinating your suit with accessories:

Exact-match Overload: Avoid wearing a shirt, tie, and suit cut from the exact same loud novelty fabric because that will make you look like a walking optical illusion; break it up with a solid neutral shirt.

Novelty ties: Skip cartoon, loud, or flashy ties that distract from your suit. They clash for all of the same reasons I laid out above for the funny socks, and people will simply not take you seriously.

Both Belt and Suspenders: Pick only one to hold up your pants; never wear both. Occasionally you'll see someone do both and wonder why? Yes,



Photo courtesy DJ Scammell



Fashion for Men

BY DOUGLAS J. SCAMMELL

they both do the same job, but it simply looks extremely messy as suspenders pull your pants up from your shoulders, while a belt squeezes your waist inward. This opposition causes the fabric at your waist to bunch up and look uneven.

Overly flashy or bulky jewelry: Skip large chunky rings, multiple heavy bracelets, or oversized neck chains that distract from your outfit. Another jewelry item that is distracting is oversized lapel pins/flowers; again, they distract from your outfit.

Lastly, here is a breakdown of some things not to do when it comes to the fit of your suit:

Leaving the Jacket bottom buttoned: Never fasten the bottom button on your suit jacket or your waistcoat. Fastening the bottom button pulls the fabric tight, creating an awkward 'X' shaped crease across your waist. Leaving it open lets the jacket move naturally when you walk or reach for your pockets. Keeping it unbuttoned helps keep the V-shape lines of your chest and torso looking sharp and slim.

Bulging pockets: Do not put a heavy wallet or an oversized cell phone in your trouser pockets, as they ruin the shape of your suit.

Choosing a jacket with arm length that covers your hands: That's an obvious one. Your jacket will obviously look too big and not the right fit.

Wearing suit pants that are too short: Even buying a suit off the rack, your salesperson will measure your pant length, but it's your preference. I'm suggesting from my experience that short pant length, although trendy right now, ruins your look by breaking your body line, showing too much sock or bare skin, and looks out of place. Again, giving you the wrong attention that none of us want to have.

Wearing suit pants that are too baggy: Ruins your silhouette, makes you look shorter, and projects a messy, unprofessional image.

My intent was to help you all have a better understanding of some of the most important things to avoid because, unfortunately, many people out there are fast to judge people just based on how they are dressed. My advice to everyone: if you're wearing a suit, try to follow the rules to help you look as sharp as possible so that people are drawn to you instead of drawn away from you.

OUR CITY tonight

SPOTLIGHT OFFERS

AUTUMN VIEWING

& SIPPING

THE VIEW #1 – Mourinho

The World Cup excitement is now a summer memory that we hope created more soccer (or football) fans here in Canada. For us, long-time fans of the English Premier League (aka EPL, and we think the best domestic soccer league on the planet), there was a natural interest in viewing the new limited series called *Mourinho*. The 3 episodes are all about the self-proclaimed “special one”, coaching legend, Jose Mourinho. There always seemed to be no



middle ground with Mourinho - you either love him or despise him (despise was how we often felt early in this century when he was coaching – and often winning – as head coach at Chelsea FC). He was also able to win in most of Europe's top leagues while coaching Inter Milan, Real Madrid and Porto. From the producers who gave us the limited series, *Beckham*, this series benefits from 2 years of filming, exclusive access to Jose Mourinho, and observations from legends like Sir Alex Ferguson, John Terry, Zlatan Ibrahimović, Didier Drogba, Marcelo, Samuel Eto'o, Javier Zanetti, Frank Lampard, and Petr Čech. If these names mean anything to you, *Mourinho* is a series you'll enjoy. It's available now on Netflix. www.netflix.com

THE SIP – Fig and the Bear

As the weather begins to cool, we move, for the first time since last April, from summer cocktails to ones that warm you up on an autumn night. With that in mind, we turned to one of our “cocktail experts”, Connor Polishak, bartender at the popular Yaletown restaurant, *The Flying Pig*. His choice this time for our readers is a cocktail called *Fig and the Bear*. “This is a fun, *Old-Fashioned* variation made with a Canadian whiskey called *BareFace*,” he tells us as we watch him create the cocktails for us, “as well as just a little bit of fig syrup and a few drops of pistachio bitters, which you should be able to find in bartending shops like *Modern Bartender*.” Connor picked this drink because you get the summer-like taste of figs on their way out seasonally, with the stronger but still fun notes of caramel, and then with the pistachio, just a little bit lighter, a more fun variation on an *Old-Fashioned* that can be kind of heavy and dark as we move into those heavier or darker months. “The fig syrup might not be the easiest thing to find,” he tells, “but if you're willing to break the *Old-Fashioned* mould and go outside the box and play around with different syrups and different bitters, you can have a lot of fun, while also finding spirits that work for you, be it mezcal, bourbon, and Canadian ryes and whiskies.” After your whisky is chosen, simply pour a solid 2 oz. of whatever syrup you're using, and then a few dashes of bitters, depending on how strong your bitters are or how much you want those bitter flavours to come through. Stir that for about 20 seconds or until you feel like it's chilled through. You don't want it to dilute too much, and then strain onto either a big ice cube or whatever ice you have around. Our verdict: *The Fig and Bear* is a cocktail we'll be enjoying throughout the winter nights. www.theflyingpigvan.com



Photo courtesy Our City Tonight

THE VIEW #2 – Westhampton



We offer another film with a unique story called *Westhampton*. It introduces us to Tom Bell (Finn Wittrock), a filmmaker who is haunted and tormented by his latest film, which centres around a car crash he (and the lead character in his film) caused years earlier while in high school. Years later, Tom returns to that small town on Long Island to reluctantly confront his past and the people who were affected by that incident long ago. Much of the town looks at Tom as a pariah and, also because of his biographical film, a parasite for exploiting the town and their lives for his film. Where the film's writer/director Christian Nilsson succeeds is in the writing - blending Tom's homecoming with the black-and-white film Tom made. We see two stories play out while Tom navigates the pain he's caused and the guilt and torment he feels. This is really a protagonist “warts and all” portrayal of Tom Bell and his return home and to his past. Finn Wittrock delivers a powerful, vulnerable performance as Bell, with a strong supporting cast including RJ Mitte, Jake Weary and Amy Forsyth. *Westhampton* is available for home viewing. www.obscuredreleasing.com

BY FLORENCE GORDON

First of all, the City is governed by a Mayor and 8 Councilors all elected for a four-year term. The Provincial government representatives are elected for a four-year term and Richmond has four ridings and four MLAs (Member of the Legislative Assembly) with Legislative buildings in Victoria, BC. The Federal Government are also elected for a four-year term and Richmond has two MP's (Members of Parliament) with Parliament buildings in Ottawa, Ontario.



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