Art opening in Knowlton

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THE
RECORD
THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Beginnings

1 Word, 4 Voices - Page 8

BIBLIOTHÈQUE
04 AOUT 2014
DE L'ASSEMBLÉE NATIONALE

WEEKEND EDITION

95 CENTS + TAXES PM#0040007682 FRIDAY, AUGUST 1, 2014

Local seniors' residences close on schedule

Record Staff
SHERBROOKE

As previously announced, the La Cathédrale and Complexe Saint-François residences closed their doors for good yesterday with the last residents moving out just under the wire, under the management of a social work team from the Health and Social Services Centre — University Institute of Geriatrics of Sherbrooke, the CSSS-IUGS.

Of the 60 former residents of La Cathédrale who had to find a new place to live: 41 opted for a private certified residence, 11 chose an apartment, three were admitted to shelter or long-term care or in non-institutional accommodation, and three moved out of Sherbrooke.

Two had to be hospitalized for evaluation of their health before finding a place of residence suitable to their capabilities.

When the closures were first announced, 29 people were known to services for seniors and 19 were being followed by the mental health team of the CSSS-IUGS.

"For the CSSS-IUGS, work does not stop today. We must ensure that the transition takes place smoothly for people and that they can adapt to their new environment using all their capabilities," explained Céline Bureau and Andrée Duquette, the Director of Services for Seniors and autonomy support and Director of Adult Services for the agency. "Our teams will conduct rigorous monitoring", they said.

At the Complexe St-François, 79 people had to be relocated and all have found a new place to live, including 57 who have benefited from the support of the CSSS-IUGS.

Canada Games: one year later

Organizing committee to host anniversary celebration

FILE PHOTO

by Gordon Lambie
SHERBROOKE

The organizing committee of the 2013 Canada Summer Games will be looking back one last time this weekend on the anniversary of the Games' opening.

Planned in connection with this weekend's planned "Bouffe ton Centro" downtown food festival, a commemorative ceremony will be held with the intent of bringing together all volunteers and participants of the games in celebration of all that was accomplished in the name of the national sporting event.

From 4 to 8 p.m. on Saturday, the Host Society of the Canada Summer Games – Sherbrooke 2013 will welcome the populations of its three local host communities: Sherbrooke, Coaticook and Magog, as well as its 6,329 volunteers to the Canada Games tent downtown.

All those present with their accreditation cards or a piece of official Games clothing will have access to a free gift and tasting coupons for the festival.

CONT'D ON PAGE 5

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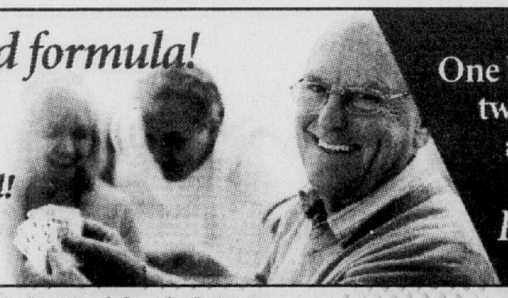

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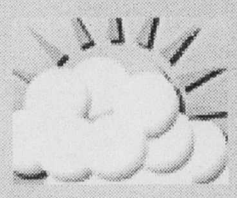
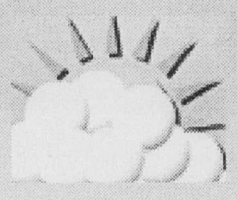
Weather



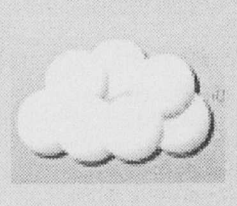
TODAY:
MIX OF SUN AND CLOUD

HIGH 25



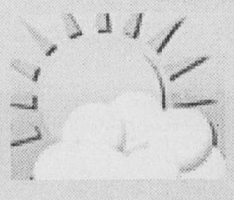
TUESDAY:
MIX OF SUN AND CLOUD

HIGH 25
LOW 14



SUNDAY:
CLOUDY

HIGH 24
LOW 12



MONDAY:
MIX OF SUN AND CLOUD

HIGH 25
LOW 15

TUESDAY:
60% CHANCE OF SHOWERS

HIGH 23
LOW 14

That new car smell

A reflection on buying my first new car in over 20 years

THE SCOOP

MABLE HASTINGS

Those who know me will attest to the fact that I have been the proud owner of five second-hand Ford or Chevrolet vans over the past twenty years.

In my job at the youth centre, and with three sons, this was the logical choice for me in having to drive kids here and there for a multitude of reasons.

At ten years old and with a lot of memories made above its rusty hips, I recently realized that it was time for me to start looking for something to replace my van.

Let's face it, after turning fifty in June, I also needed something to lift my saggy old spirits as well.

I started by surfing the Internet; looking at everything from an SUV to a Smart car.

I soon realized that an SUV would provide comfort and ample room for my ample body but it would come at a cost.

The Smart car, while great on gas would, for me, resemble wearing a friend's size 12 jeans!

Holding my breath for that long seemed difficult to master while driving so I gave up on both of those ideas. I had a budget in mind and a list of criteria.

Once I narrowed my choices down, I searched the 'net again for the prices as well as the pros and cons to purchasing something new or second hand. Leasing or buying?

I sent questions out to dealers via email and out of five dealers, two actually responded to my inquiries. I made some calls, talked to friends and family and then I set out with my husband to face the dealerships.

In the first dealership we entered we were greeted by a distinguished salesman who had many years of experience under his belt.

He started by informing me that the car we were looking at might require a crowbar to get a person of my size in and out at any given stop.

Okay, next!

We test drove a multitude of mid-sized cars and each one seemed to, according to the salesman, enhance my svelte appearance.

When a car makes you look ten pounds lighter, it just may be a keeper!

From dealership to dealership there were offers: winter tires, rebates, iPads, car mats, and even a ballpoint pen!

There were cameras, GPS systems, gadgets and gimmicks galore.

One dealer even professed to cutting his profit and giving a chunk of it to ME; just because he was a nice guy and I was such a nice woman.

Sweet, next!

One dealer asked us to leave him our youngest son as collateral to assure we'd be back to buy from him.

We debated this in hopes of securing the great deal he was offering "for that day only," but our son protested.

On the advice of my husband, we ended up at Toyota Cowansville where we met Toyota salesman, Jeremiah Beaulne whose family resides in our "neck of the woods."

From the moment we shook hands, we knew that this guy would sell me my car.

He explained that he could offer me bells and whistles but that he'd rather sell or lease me a really good quality car that he felt would be reliable and fulfill my needs.

I learned a lot from Jeremiah....

For example, "Bluetooth" is a device and not the distant cousin of "Black Beard" in the Pirates of the Caribbean movies; who knew?

Jeremiah also allowed me to ask questions and he proceeded to explain things I had never understood before.

He also told me that in buying my Toyota, I was entering the Toyota family...that sounded nice to me and, as the newest member of their family; I expect they will be sending me a really nice Christmas gift this year!

Yesterday, after a barrage of paperwork done with the extremely competent Stephane Cadieux, I left the dealership with my new Corolla S, a bright white beauty with just enough eyeliner around her fog lights to bring out her eyes!

This car drives like a dream and you just can't beat that new car smell!

I arrived home and my two sons took her for a test drive with smiles from ear to ear.

The youngest even christened the back up camera by pulling a moon in it as I showed the feature off to my husband!

Ah yes, Cora the Corolla has found her new family and we all intend to live and drive happily ever after.

Flavourful weekend planned in Compton

Record Staff
COMPTON

The Louis S. St-Laurent Historic Site will be the scene this weekend for Compton's annual "Weekend of Flavours" where more than 1,500 lovers are expected to converge this Saturday and Sunday.

In all, fifteen producers will gather under the great tents of the garden site where they twills prepare some fifty tasty morsels to tickle the taste buds of visitors.

Organizers are expecting over 1,500 people this year, as the event has been scheduled not to conflict with next weekend's Coaticook Valley Fair.

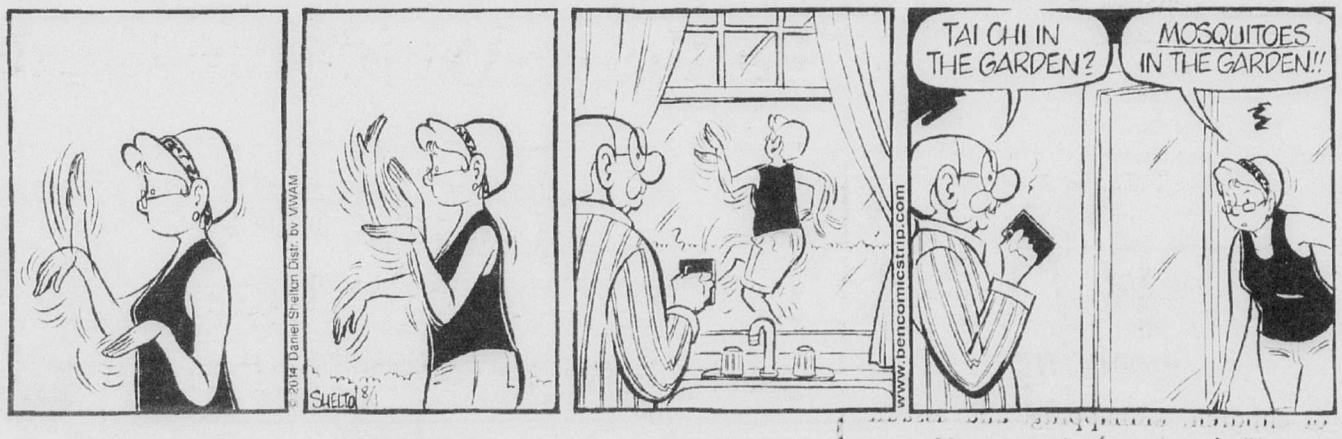
"We can expect to receive up to 1,800 visitors," said the event coordinator, Brigitte Robert.

"The event is growing in popularity year after year. This encounter between people and producers is greatly appreciated. The Weekend of Flavours is an typically rustic and unpretentious event. That's what makes us strong."

In addition to numerous tastings of meats, cheeses, and wines, the garden of the historic site will be treated to the music of fiddler François Laplante, while Raymond Robert provides visitors with indigenous basketry techniques, learned from traditional Métis craftsman Ti-Kiss Desindes, who has lived in the Valley more than 60 years.

The Weekend of flavors will take place rain or shine and guests are expected between 11 a.m. and 3 p.m.

Ben by Daniel Shelton



LOCAL NEWS

It was only four years ago that the camp became more than a replacement for inhospitable day camp environments.

Summer fun for the language impaired

GORDON LAMBIE

SHERBROOKE

To someone out on a casual stroll in the north of Sherbrooke, it might seem as if a tiny band of pirates was on the loose.

In and around the grounds of École Hélène-Boullé, near the Beckett Woods, the small swashbucklers can be seen brandishing their rapiers beneath brightly coloured bandanas. A closer look, however, quickly points out that there is nothing to fear from these privateers, as they are actually the campers and counsellors of Dysphasia Estrie's summer day camp, who are spending the summer doing activities built around a pirate theme.

Maryse Le Meur, director general of Dysphasia Estrie, explained that dysphasia, which is more commonly known as aphasia in North America, is a language disorder that affects the expression and/or comprehension of language.

Dysphasia Estrie is a non-profit organization founded by the parents of children with dysphasia in 1987 with the combined goal of supporting families of children with the language disorder and educating the public as to what the disorder entails. The summer day camp makes up a large part of the first half of that mission.

"These children are generally rejected from traditional activities because of their handicap," Le Meur explained. "Things are always to fast for them in the ordinary world."

Dysphasia/aphasia is always the byproduct of a brain injury, although it can manifest in different ways and at different ages. Though often associated with stroke victims, dysphasia can also manifest in a child's developmental years and persist into adulthood.

Those living with the disorder can have difficulty with, or be incapable of, creating and understanding spoken or written language, despite being otherwise functional and intelligent human beings.

It is often accompanied by other related disorders including difficulties in situating oneself in time and space, understanding abstract concepts, transferring experiences from one context to another, and introduction to new concepts, among other things.

According to the Director General, children with dysphasia are generally eager to learn but are challenged by pacing and comprehension issues that make traditional learning environments nearly impossible to manage.

Based on the notion that people who live with dysphasia need to be supported in order to find their own paths and participate actively in all aspects of social life, Dysphasia Estrie works with 35 to 40 campers, ranging in age from five to 17, every summer in a specialized program meant to both entertain and help develop vital skills.

The camp itself, according to Le Meur, has been going on for more than a decade, but it was only four years ago that it became more than simply a replacement for inhospitable day camp environments.

Now, working with a team of counsellors drawn from programs specializing in speech-language pathology and related fields, the summer camp is able to offer seven weeks of activities catered to the developmental needs of each camper, based on his or her particular strengths and needs.

"We see them very little throughout the year, as they are all in school," she continued. "As a result, the camp is precious for us and for the children."

Outside of the summer work through the camp, the team at Dysphasia Estrie focuses its energy on awareness campaigns and support of local families, mixed with an effort to develop new tools and approaches to facing the reality of the disorder.

GORDON LAMBIE

A group of young "pirates" from Dysphasia Estrie's summer camp playing outside, Wednesday.

"It's pretty vast and intense work, because it's an invisible handicap," Le Muer said, explaining that it is sometimes hard to make a connection with childcare, educational, healthcare, social and professional services in the area because, "people don't see (dysphasia)."

"As a society, we need to help dysphasic people feel accepted," she continued, "This cannot happen without proper preparation."

According to Le Muer, the organization works primarily with families who were either referrals from the CLSC or those who tracked down resources on their own.

She admitted that while they technically cover the entire region, the reality is that they often focus their work in Sherbrooke because of the higher population density and lack of resources to make trips across broad areas.

Despite the fact that the organization has a fully bilingual website, Le Muer said that the fact that Dysphasia is a language disorder makes working bilingually challenging. She explained that the organization is currently working on an English-as-a-second-language toolkit, but that their work is currently done entirely in French.

That being said, however, the Director general was quick to assert a great interest in making connections with those working with Anglophones with dysphasia, and an even greater curiosity to see what resources the two linguistic groups might be able to exchange.

She speculated that access to support for Anglophone families might be more readily available in the area owing to proximity of U.S., but reaffirmed an interest in making connections and knowing more.

"They say that 9 per cent of the population is affected by dysphasia," Le Muer said, "There's no reason why that should be different in the Anglophone population."

New charges in child abuse case

Record Staff

Eight new charges have been brought against a Sherbrooke father who was arrested with his wife last week on charges of child neglect. He now faces additional accusations of sexual interference, invitation to sexual touching, assault, and incest.

These charges relate to actions allegedly taken against two of three children between 2005 and 2014.

These new charges were filed Thursday during the bail hearing for the man and his wife already accused of abusing children in the family.

Last week, four counts of criminal negligence causing bodily harm to a child, failing to provide the necessaries of children, kidnapping, and assault were filed against the two parents.

August 10, 2014 - 10:00 a.m. - 2:00 p.m.

Dedication of the Paulette Welcome Center

at

Frontier Lodge

Lake Wallace

1406 Rte 141, St. Herménégilde

ANAF Unit 318 OPEN DANCES

Fall 2014 *The Hut*

- Saturday, August 2: THE ROCKY RIVER BAND — Adm: $5.00
- ***FRIDAY***, August 22: **Pam & Doug Champagne**
  - *(6 pm to 7 pm Free, followed by Dance 8:30 pm to 11:00 Adm: $3.)*
- Saturday, September 13: SLIGHTLY HAGGARD — Adm: $5.00
- Saturday, September 27: *Mike Patrick & Kylie Cote* — Adm: $5.00
- Saturday, October 18: Music Achievement Awards
  - *(Watch this space for upcoming details)*
- Saturday, October 25: *HALLOWEEN DANCE* NIGHT TRAIN
  - *(Admission $5.00 in costume & $7.00 without costume)*
- Saturday, November 8: *Mike Patrick & Kylie Cote* — Adm: $5.00

Everyone 18 years and older are Welcome
All Dances start at 9:00 p.m., unless otherwise noted

ANAF Unit 318, "The HUT"
300 St. Francis Street, Lennoxville
819-346-9122

Historic quilts registered in Melbourne

By Claudia Villemaire
Record Correspondent
MELBOURNE

Some were just heaped into large plastic bags. Others were ever so carefully folded perfectly, carried lovingly, much like precious family gems, encased in plastic, the package meticulously clean.

What were all these obviously multi-colored parcels beginning to accumulate at St. Andrew's Presbyterian Church Hall? A dozen women and men were on hand, cameras in hand, tape measures trailing from shoulders or waistlines scurried about, unfolding those bulky parcels.

It was Quilt Registry Day in the Richmond region. The Concordia Quilt Registry of Quebec examiners had come to this historical spot, where the Richmond County Historical Society invited any and all persons with a heritage quilt to certify their quilt's authenticity, have it measured, examined, photographed and labelled as a "heritage quilt" and return home with a bona fide heritage artifact.

The quilt registry program, begun in 1991, now has over 4,000 quilts registered in the database, stored at the Stephen A. Jarislowski Institute for Studies in Canadian Art and Textiles at Concordia University in Montreal.

The program is run by a dedicated group of volunteers ready to register any bed quilt from crib size to queen and anything in between, no matter its origin or age. The database contains not only a picture of a quilt but the story behind it as well, adding value to the information.

Registering a quilt and telling its story ensures that its history will never be lost. The examiners will travel to any location where invitations have been confirmed for at least twenty-five quilts, preferably during the summer.

For information call 450-671-7505 or email carla.rivard@gmail.com.

CLAUDIA VILLEMAIRE

Bob Schlatter, Betty Hatter, Adaire Schlatter, Margaret Littler, Richard Littler and Monique Littler (back row from left to right), along with (in front) Esther Healy, Richmond County Historical Society archivist, Carla Rivard, quilt registry organizer, and Irene Schlatter.

CSSS-IUGS acquires former 'West Ward' Provigo building

Record Staff
SHERBROOKE

The building formerly occupied by a Provigo supermarket at the corner of Belvedere South and McManamy in Sherbrooke is being bought by the the Health and Social Services Centre – University Institute of Geriatrics of Sherbrooke, the CSSS-IUGS, although the health and social services agency is not quite sure yet what it plans to do with the acquisition.

"We are finalizing the transaction," says Andrée-Annie Emond, CSSS-IUGS spokesperson, who added that the institution is awaiting final approval of the purchase from the provincial Ministry of Health and Social Services.

The CSSS-IUGS intends to offer clinical services at the new premises, Emond says.

"We are currently cramped to provide our services. We are not talking about expanding our service offering, but simply about having more space to do it," indicating that it is too early to know exactly what services will be transferred to the location at 1095 Belvédère St. South.

"The acquisition of this building is consistent with the decision of the CSSS to limit rentals and instead encourage the purchase of our property."

The property includes a 74,000 sq. ft. plot and includes a building with 27,000 square feet of floor space.

The property is assessed by the City at $1,974,400.

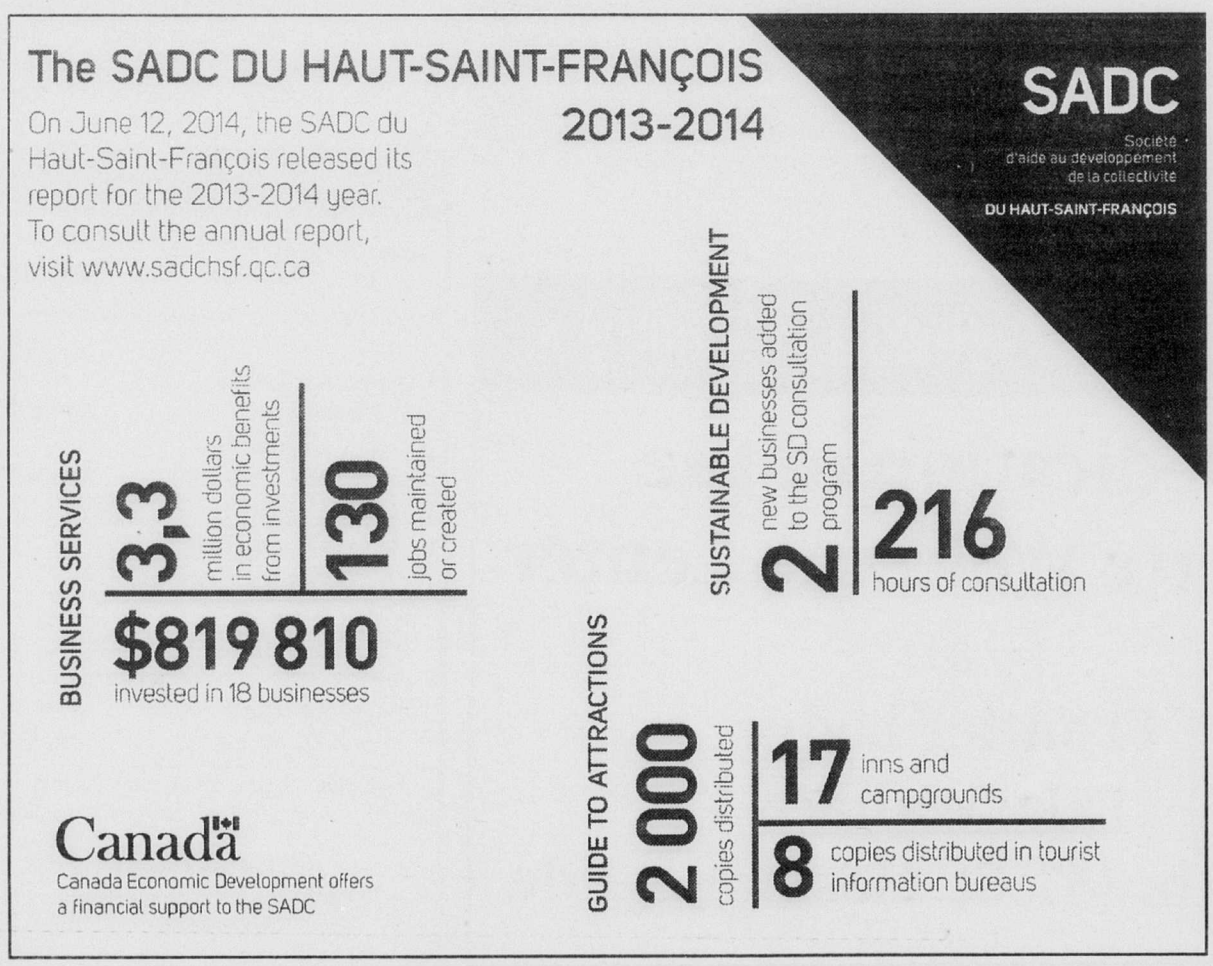
The building was built in 1954 and has belonged to the Groupe Gaudette since 1979.

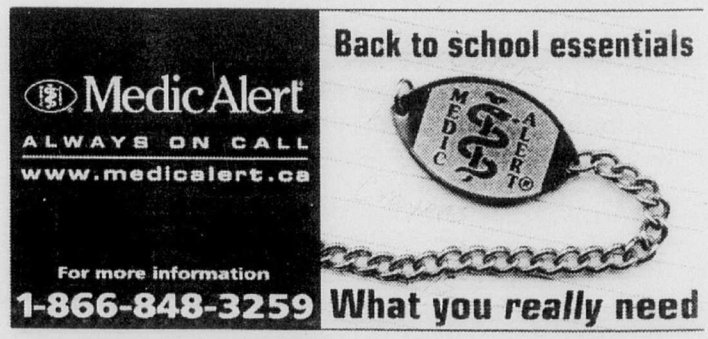
It includes six apartments and non-residential premises where the Provigo grocery store was located until its closing in 2013.

The CSSS plan does not meet the approval of everybody, however, as Croix-Lumineux District Councillor Nicole A. Gagnon makes clear.

"I'm disappointed for my people, because when I door-to-door during the last election campaign, neighbourhood residents expressed a desire to have a local store, such as a Giant Tiger where we could get food, clothing, and other accessories," she said.

"But if you look on the bright side, at least the building won't be empty and there will be some revitalization in the area," she said, adding that she had personally approached the Giant Tiger corporate headquarters but was told that the Ottawa-based company had no plans to open a second Sherbrooke outlet.





ART to put friendship under the looking glass in Knowlton

by Gordon Lambie
SHERBROOKE

Now in its 15th season, Knowlton's Sunshine Theatre is bringing a translation of Yasmina Reza's play ART to the stage at the Lakeview inn. Previously produced by Sunshine Theatre in 2001 under the direction of Sunil Mahtani, this year's production is being put together by director Kate Wisdom, stage manager Danny McAuley, and the three cast members Frank Fontaine, Doug Hooper, and Ralph Steiner.

First performed in French in 1994, ART is a comedic exploration of the ever-present argument over what constitutes "real" art and of what happens to long-standing relationships when people find themselves on opposing side of those lines.

This cast, who possess a collected string of theatrical credits longer than this article has room to list, will be presenting a translation of the work by Christopher Hampton.

"In every culture there's always the people who are on the Avant Garde and those who complain about them," said Hooper, who aside from playing cynical Marc in the play, is Sunshine Theatre's artistic director.

In conversation with *The Record*, Wisdom compared the energy of the play to that of another Reza play, "God of Carnage" in which two sets of parents set out to have a civilized discussion regarding their children only to become entangled in increasingly childish and uncivilized argument.

"It really switches around," the director said, "it's almost like three people just can't get along, so they ally with each other and somebody always gets left out."

The cast of three leads to an almost automatic ganging up of two against one in different formations, Wisdom explained, requiring the characters to re-evaluate their friendships and reexamine what holds them together.

"They really have to come clean and be honest about what they don't like about each other," the director reflected.

"They've based their friendship on something other than what they thought they'd based it on," said Hooper. "It's collapsed and they have to start again."

Though patrons of the arts in Knowlton and the surrounding area might associate the local drama scene with the Theatre venue located behind the Knowlton Pub, the cast and crew of ART have decided to take this production to a space that is both old and new in different ways.

"We have realized over the last couple of years that the Lakeview inn would really like to be a performance space and we want to encourage them to go there," Wisdom explained.

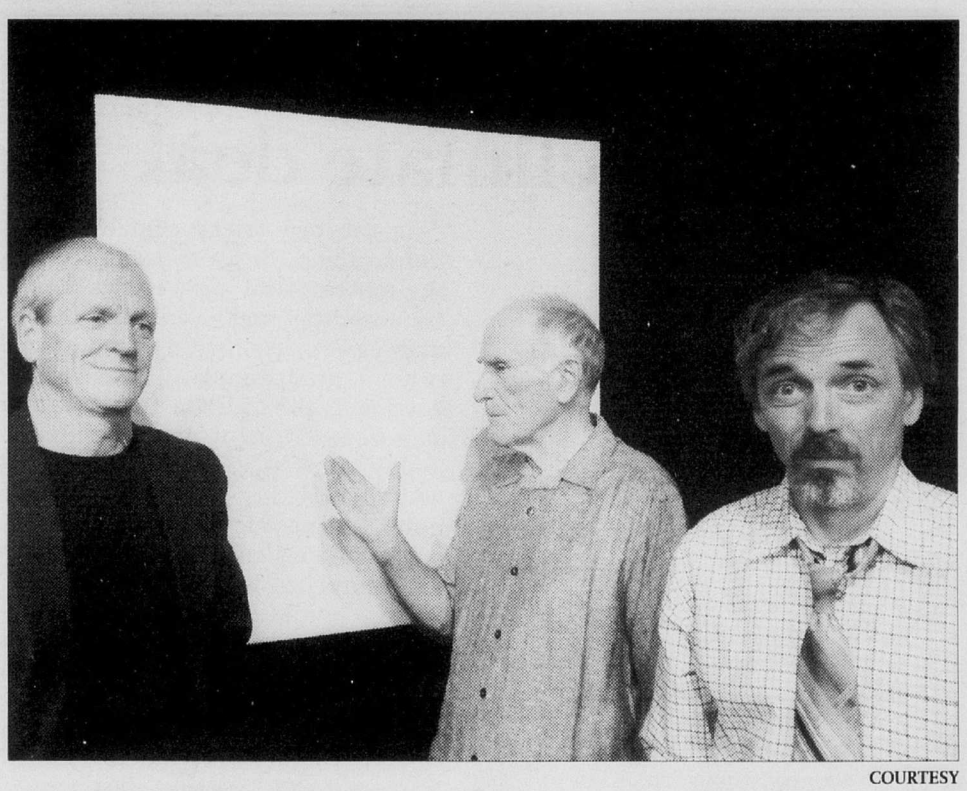
"People like it. It's a good venue."

McAuley, who was involved with the group at the time, explained that Theatre Lac Brome held their first professional summer season in the space, prior to the construction of the theatre space used today.

Though the stage is quite small, fitting into a corner of the large performance space, Wisdom noted that it serves quite well for a play that is meant to be set in three "monastic and stripped down," apartments in France.

ART opens tonight at 8 p.m. and runs until Thursday, August 7 at the Lakeview Inn, 50 Victoria Street in Knowlton. Presentations run 1 hour and 40 minutes with no intermission.

Tickets can be reserved by phone at 450-538-1055.



COURTESY

Doug Hooper as Marc, Frank Fontaine as Serge, and Ralph Steiner as Yvan will be exploring the conflict an expensive painting can cause in the upcoming production of ART at the Lakeview Inn in Knowlton. The show runs from Aug. 1-7.

Bombardier posts lower net income

The Canadian Press
MONTREAL

Bombardier Inc. reported a lower second-quarter net income of US$155 million, or eight cents per share, compared with US$180 million, or 10 cents per share, for the same quarter in 2013.

Revenues totalled US$4.9 billion for the Montreal train and plane maker, which keeps its books in U.S. dollars. That compares with US$4.4 billion for the same period last fiscal year, an increase of 8.9 per cent, excluding currency impacts.

Excluding items, adjusted net income amounted to US$192 million, or 10 cents, compared with US$158 million, or nine cents per share, year-over-year.

Analysts expected nine cents in adjusted earnings per share on US$4.73 billion in revenues, according to data compiled by Thomson Reuters.

Canada Games anniversary

CONT'D FROM PAGE 1

The event will also mark the last public appearance of the Games mascot, ZigZag. Anyone wanting to catch this last opportunity to be photographed alongside the jubilant and enthusiastic hummingbird will find him in a special photo tent set up for the occasion.

At 7 p.m., a final spectacle,featuring presentations by VIPs linked to the games and performances by artists who were a part of the original opening and closing ceremonies, will be held in front of the Sherbrooke city hall.

All the festivities are being presented for free by the organizing committee.

The Canada Summer Games – Sherbrooke 2013 were held in and around the Sherbrooke area from August 2 to 17 last year. The events brought together organizing groups and sponsors with a gathering of more than 6,300 volunteers and 3,400 athletes, resulting in an overall direct participation of nearly 15,000 people.

Developed under the oversight of the Canada Games Council, the Games are Canada's largest multi-sport event for youth and aim to create lasting, positive impacts on host communities across the country.

Career

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Les Meubles St-Damase Inc., manufacturier hôtelier haut de gamme, de niveau international et existant depuis 30 ans, est présentement à la recherche d'un(e) adjoint(e) administratif(ve) pour nos bureaux situés à Rougemont. I.a personne travaillera en collaboration avec la Vice-Présidence de l'entreprise.

Ses tâches principales sont :

- Assurer le suivi des dossiers administratifs pour les estimations et les soumissions auprès des clients canadiens et internationaux et procéder à l'ouverture des dossiers de projet.
- Veiller au suivi et aux correctifs de la facturation des projets.
- Classer et archiver les documents administratifs.
- Rechercher, cumuler l'information sur des projets potentiels et Intégrer les données dans le système informatique.
- Rédiger des lettres et des courriels pour le suivi et les rappels auprès des clients.
- Communiquer avec les clients pour transmettre de l'information.

Qualifications recherchées :

- DEC en gestion, comptabilité ou marketing
- Bilinguisme parlé et écrit impeccable pour nos clients internationaux
- Facilité pour la rédaction de lettre aux clients
- Expérience en suivi de projet (un atout)
- Connaissance du système comptable Acomba (un atout)
- Autonomie, discrétion, fortes habilités en communication.

L'entreprise localisée non loin de l'Autoroute 10, se situe dans un endroit reconnu pour son décor enchanteur, au pied du Mont Rougemont.

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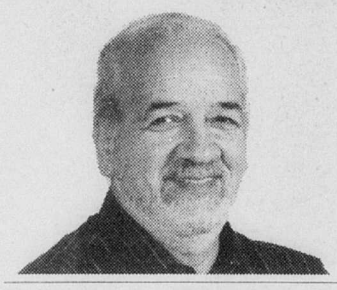
EDITORIAL

However, there is good news, making the turn towards renewables has made China the world leader in wind power and the leading producer of solar panels

Coal: key to a new climate deal



FRANÇOIS TANGUAY

China uses half the coal in the world, that's more than four million tons each year. Does China produce four million tons of coal a year? No, it is the top importer on the planet, with 75% of its demand being met by imports. According to the International Energy Agency three quarters of the electricity in China in coal-fired based. Coal is still used for cooking and rail transport!

In order to reduce toxic emissions from its own high-sulphur coal production, China has even had to replace part of its own coal by imports. China's emissions will go down somewhat because of cleaner Australian coal, among others. A joint venture now has the Chinese as partners in Australian coal production.

Fine? Think again.

As far as climate change is concerned, Australia is exporting coal emissions it won't be accountable for. Tony Abbott, Australia's version of Harper, has eliminated the national carbon tax, and literally opened the door to a more-polluting Australia. Globally, what is gained here is lost there, and total carbon-based emissions keep going up. Carbon-based emissions have passed the 400 parts per million barrier this year, a 40 per cent rise from the early 20th century!

The U.S. energy market has been closing down coal-fired generating stations at an accelerated pace in the last five years, thanks to the fast expansion of shale gas. Has the U.S. reduced coal extraction? No! The global output of U.S. coal remains the same thanks to exports and, thus, so do the carbon dioxide emissions related to its use. As it happens in many instances, the climate problem just moves around from country A to country B.

In the very tricky climate negotiations around the Kyoto Protocol, one of the most critical aspects has been accountability and verifiable performances. Transparency in energy markets is not a given, even the IEA has limited data. Both the Chinese and the Americans have refused to enter the accountability game on all fronts. For countries who abide by the protocol, and there are not that many left who really play by the book, national emissions have to be measured and accounted for on a yearly basis.

This is where the recent U.S. reduction of coal use for electricity generation comes in. Even if the U.S. is not in the Protocol, they will be making a serious move to commit to verifiable emissions by the fall 2015 meeting in Paris. Why is that? In the US, electricity production from coal has gone down from over 45 per cent to barely 30 per cent in in a few short years. Natural gas (methane), in comparison to coal, emits far fewer greenhouse gases.

China has had more trouble reducing emissions than the U.S. but is taking strides in energy transfers to renewables like wind power and solar. Its sulphur-laden dirty coal has blown health costs alone to a phenomenal $100 billion each year. The ever-expanding industrial sector, the modernization of the country and the furious rate of new housing additions have pushed energy demand at a steady pace.

However, there is good news, making the turn towards renewables has made China the world leader in wind power and the leading producer of solar panels. By the way, the wind industry is also booming south of the border.

That said, the best estimates for the cost of using coal to the U.S. economy still stand at $150 billion. Like the Chinese, the Americans must act quickly to reduce their emissions. The bottom line is that both the Chinese and the U.S. will be ready to commit to measurable emissions in Paris and have begun bilateral discussions.

There will be a new climate deal in Paris in December 2015. What it will mean for global emissions remains to be seen.

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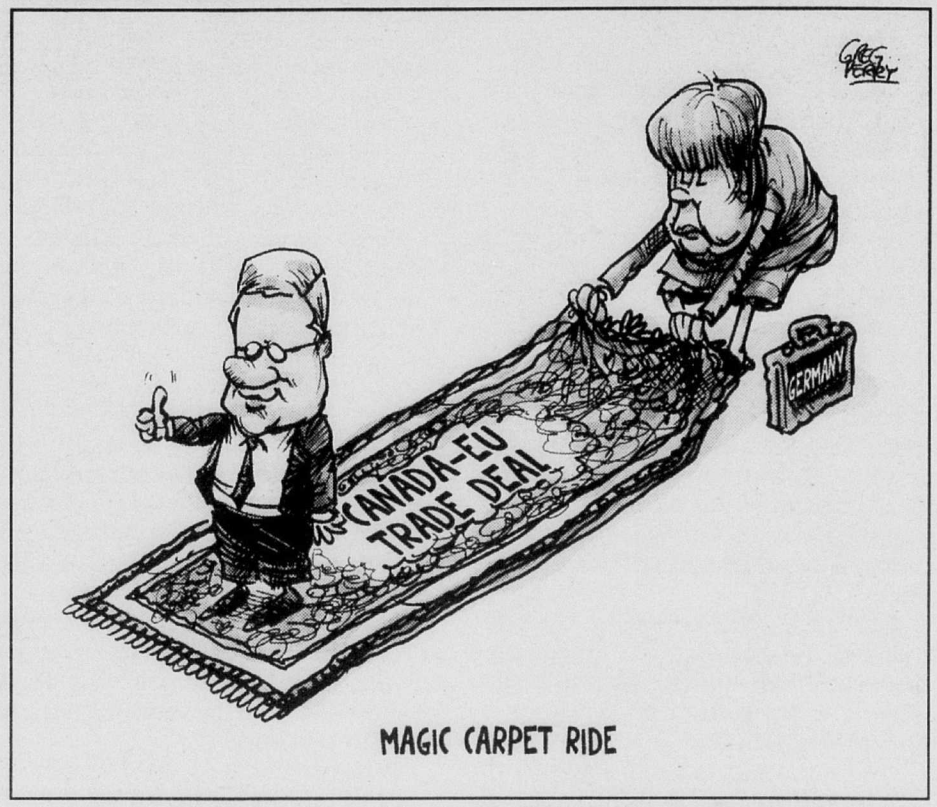

$57B legal battle still remains unresolved

by Gib McInnis

The July 16 Supreme Court of Canada ruling in a multi-billion-dollar employment insurance case between the Harper government and a Quebec trade union, the Confédération des syndicats nationaux, has brought back into the limelight perhaps the grossest misconduct of public funds ever committed in Canadian history: the monstrous accumulation and manipulation of the Employment Insurance Account by Prime Minister Jean Chrétien and Prime Minister Stephen Harper.

This recent ruling was the result of the Harper government transferring $57 billion from the old Employment Insurance Account to the PMO general revenues. Likewise, the CSN took up the battle on behalf of Canadians to prove that the Harper transfer was unconstitutional; however, the Supreme Court sided with the Harper administration, allowing Harper no less to decide what to do with the money at his own discretion, since the PMO's budget is under no parliamentary scrutiny as is the annual budget of the government.

This all started back in the late 1990s when Chrétien increased premiums paid into the account while at the same time decreasing the amount paid out to workers. Chrétien's decision led to a bloating surplus beyond what the Act called for, and this massive swelling alerted the then Auditor General Denis Desautels to go public. In a letter to Pierre Pettigrew, then Minister of Human Resources, dated July 23, 1999, Desautels stated, "I wish to draw to your attention that the surplus of the Employment Insurance Account has increased during the current year by $7.3 billion, to $21 billion." However, nothing could stop the appetite of this government, and fortunately, Desautels did not give in. He eventually appealed to the Employment Insurance Commission for help.

After completing his ten years at the post (1991–2001), Desautels revealed more details about his request to the Commission in his "Summary of Audit Observations" dated March 31, 2000.

"In view of the size and the continued rate of growth of the accumulated surplus [by then $30 billion] in the Employment Insurance Account, it is important that the Commission clarify and disclose the way it interprets the Employment Insurance Act in setting premiums. Such clarification and disclosure are necessary to ensure that the intent of the Act has been observed." Moreover, Desautels claimed the PMO had been notified earlier of this problem in his November 1999 Auditor General's Report, but even with the help of the Commission, the Chrétien government refused to readdress the issue.

When Desautels was replaced by Sheila Fraser in 2011, she took issue with the real "intent of the legislation." In Fraser's analysis, we find a more detailed history of when and why the amount began to escalate. Chapter 11 of Fraser's December 2002 Report stated that the accumulated surplus, under Chrétien's government, had grown "from $666 million in March 1996 to $40 billion in March 2002." In addition, it mentions that the Canada Employment Insurance Commission did attempt to hold Chrétien accountable by demanding a reduced rate of premium according to the spirit of the Act, especially Section 66, as Fraser notes. However, in May 2001, the

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COLUMNIST | *Beginnings are full of hope and possibility.*

ONE WORD, FOUR VOICES

Opening to the spirit

Today's word: Beginnings

By Revs. Mead Baldwin, Wanda Dillabough, Lee Ann Hogle and Carole Martignacco.

A few years ago I left Ottawa to return to the Townships, a new beginning for me, a new phase of life. Strangely, that move was just the start of many new ventures. I joined the curling club. I was invited to a writer's workshop, and renewed my love of writing. A few of my friends and I began doing Murder Mystery plays as fundraisers. It's as if every new beginning gave me the courage for the next adventure.

For many years previously I had felt trapped, bound up in a difficult circumstance, in a life that seemed to have no purpose. That first change, that move back to the Townships, seemed to open the door to a world of new possibilities. Still, that first step was hard. Beginning a new life is never easy. Someone once said; "A journey of a thousand miles begins with just one step".

We're excited about beginning a new column in the Sherbrooke Record. We are four somewhat kindred spirits sharing our ideas, our insights, our experiences. It's a new adventure for all of us.

Many of you readers may feel isolated, trapped in difficult circumstances, alone and afraid. Perhaps it's your time for a new beginning. Maybe one change will lead to another, and then another. Life is strange sometimes; you never know where you might end up of you don't take that first step. [M.B.]

Beginning. What a fresh new word! Beginnings are full of hope and possibility. I think of beginning a new year of school as a child, every time with the thought that maybe this year will be different. Better. This year I'll get it right and everything will be good.

Beginnings are seductive. How many times have I begun a new health regime, or a new mediation practice, or a renewed commitment to be more patient or kinder or more disciplined in some way? Tomorrow is a new day, we sometimes say to ourselves when we have failed to meet the hopes of another new beginning. The Buddha taught that we should always have a beginner's mind. Maybe this is a way out of the search for perfection. There is no perfect day, no perfect school year, no perfect anything but God.

If every moment is a beginning, we make ourselves open to what is, rather than what we think should be. Jesus said, "I am the Alpha and the Omega, the beginning and the end." I don't pretend to know what that means. But it opens me to that wonderful feeling of beginning, and gives me pause to rest in a reality much larger than my own. [L.A.H.]

Is it just me, or are beginnings scary affairs for everyone?

First day of school, first time I jumped out of an airplane, first day after I quit my job and began my theological studies. There is always this fleeting thought: "What have I gotten myself into?"

However, I have discovered that there is a way to calm these fears and that is to remember the most wondrous new beginnings I have ever been involved in – the birth of my three children. What a wonder, what awe, what little miracles.

The new beginnings in our lives have the power to lift us up and give us a new perspective. They give us a fresh start and they offer us a world of potential.

New beginnings invite us to stretch ourselves, to say 'yes' to an unknown future, to let go of the framing of the airplane wing you find yourself gripping for dear life, and trust that somehow, some way you will be caught. [W.D.]

How to begin - to spring into being, take that first leap and plunge into the cold clear whatever? Beginning anything launches the unknown.Even with a plan, I may hesitate - unsure of all the steps that must surely follow. Yet when I remember how often "step by step the longest march" turns into a dance, I am moved to begin. Once I focus on taking that first tentative step, the energy for the journey follows simply from being in motion. Like writing this page.

What exists before the beginning? - Always some fertile premonition or precondition, possibility waiting to be released into being.

Beginnings are like seeds. Who can tell from such dry shriveled pods what potential may be stored inside? Who could predict, from a mere speck of almost nothing, this blossoming lily could spring, now swaying on its graceful stem, filling the air with its wild trumpets of fragrant colour, to ripen and seed others of its kind?

To consciously begin anything, it helps first to envision some kind of flowering. Trusting in a grand design beyond myself, I can then let go of all the unknowable process about to unfold. Aware that were I to try to design a flower, a sunset, a person or a planet, I could hardly imagine the infinite steps it would take. [C.M.]

One word, four voices; now add your own. What is beginning in your life?

This four co-authors are interfaith clergy colleagues in the Eastern Townships.

$57B legal dispute

CONT'D FROM PAGE 6

law was amended by Chrétien's government "to suspend section 66." This suspension of section 66 later became an issue in a 2008 Supreme Court ruling.

Therefore, Chrétien not only ignored the spirit of the Act by giving birth to the monstrous amount in the Account, but when the Commission (and Fraser later) attempted to hold Chrétien accountable, according to Section 66, Chrétien just amended that, too. This disregard is summarized succinctly in Fraser's words, "Since 1996, the Employment Insurance Account has collected more revenues than the expenditures it had to pay [...] In our [Fraser and her assistant, Maria Barrados] view, it was Parliament's intent that the Employment Insurance Program be run on a break-even basis over the course of a business cycle, while providing for relatively stable premium rates [...] Therefore, we are unable to conclude that the intent of the Employment Insurance Act has been observed [by the Chrétien government] in setting the premium rates for 2001 and 2002."

It wasn't until 2008 that the governments of Chrétien and Paul Martin were implicated in this massive grab of the worker's money. The Supreme Court of Canada, according to the Canadian Press (May 2, 2013), ruled that the former Chrétien government "broke the law in revamping the employment insurance system [specifically with his amendment to section 66], transforming the EI premiums paid by workers and employers into a back door, unconstitutional tax."

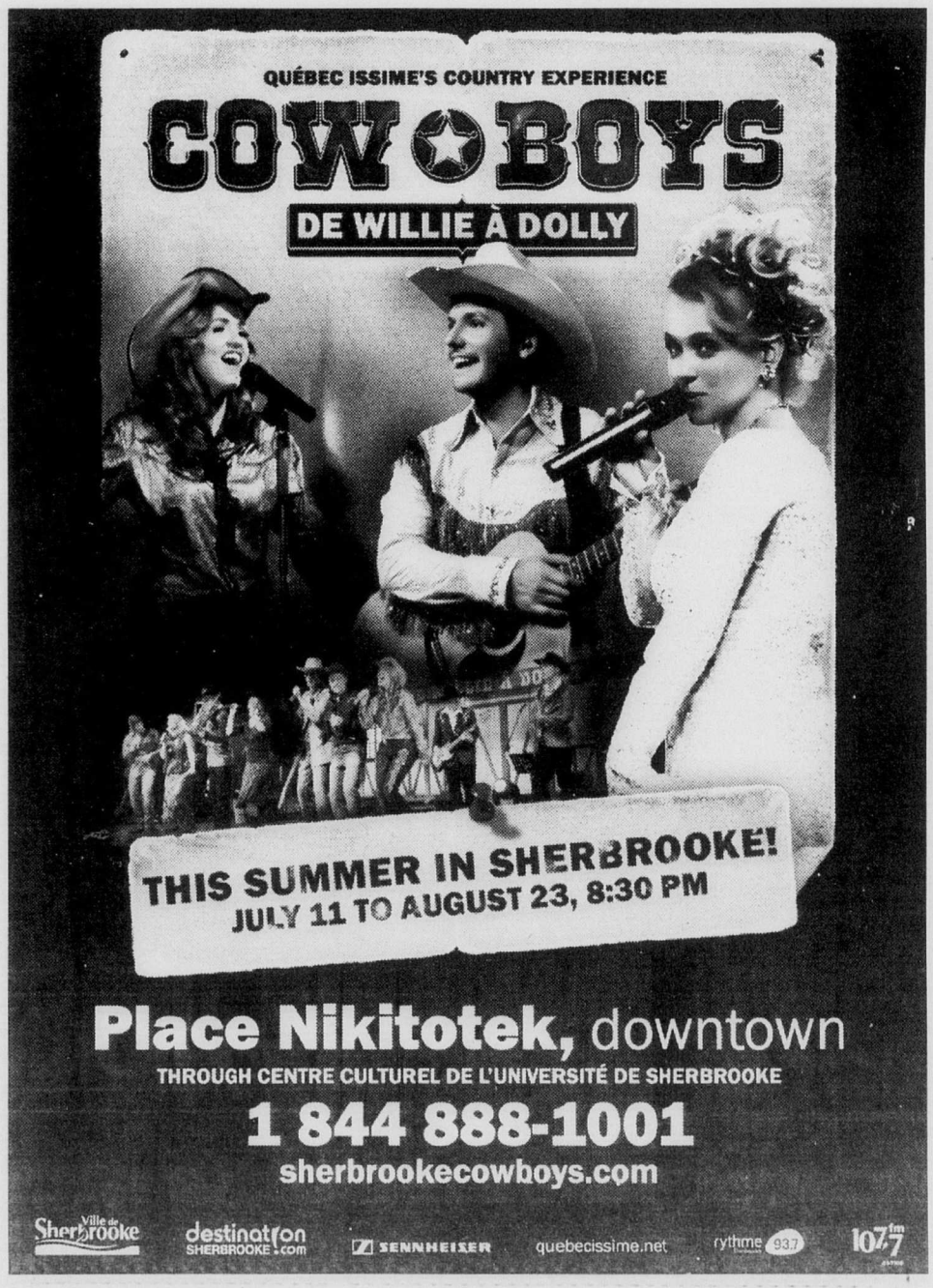
There was no transfer of the $40 billion to the PMO under the governments of either Chrétien or Martin. This transfer happened under the Harper administration in 2010, which sparked the legal battle from 2010 between Harper and the CSN, until now with the amount at about $57 billion dollars.

My dispute with the monstrous accumulation and manipulation of the Employment Insurance Account by Prime Ministers Chrétien and Harper is that, if this massive amount is just a "back-door tax" then what is Mr. Harper going to do with the $57 billion now that he has circumvented the parliamentary system of budget scrutiny?

Will the PMO "Account" become his very own hedge fund? Or might Canadians pressure his government to finance an economic strategy to fight underemployment?

The answers to these questions remain unclear now, but one thing that should be done is very clear to me; the money collected beyond what the law permitted should be returned to where it came from in the first place.

Gib McInnis is the founder of InExile Publications, which has re-published Paul Goodman's Moral Ambiguity of America, with an Introduction by him, a debut work by the American poet Erik Wackernagel's She Bang Slam and Sir Leonard Woolley's Ur of Chaldees. He also published numerous stories as a freelance journalist for the Sherbrooke Record and the Quebec Chronicle Telegraph. See his writings on his Amazon.com author page.



THE RECORD

TALK

YOUR WEEKLY GUIDE TO TOWNSHIPS CULTURE

AUGUST 1 - AUGUST 7, 2014

The fearful Italian gardener keeps two guard dogs in cages

And Pakistan was carved out as a home for a fearful Muslim populace

GOOD READS

ELEANOR BROWN

She runs away to Italy for the summer. But she does it with impressive finality, selling the house in England and bringing along her (now homeless) hubby and two children, and they then drive about from hotel to bed and breakfast to briefly rented cottage to campsite. There's a single night spent at a place that they really can't afford, with the impeccably polite man at the front desk acknowledging the mud-covered would-be guests by giving them the "last" room at half price. (It is so late, he says, that it will go empty if they do not take it.)

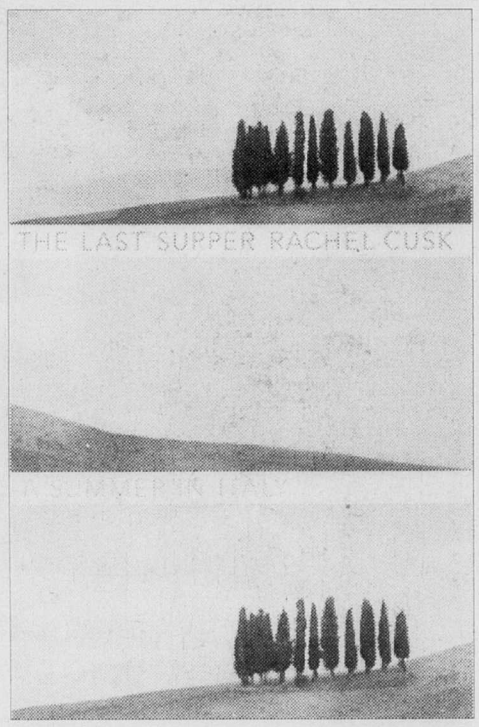
To begin, Rachel Cusk tries to teach herself Italian on the dreary ferry that drops them off in France, the first stop along the way. But it is hard to concentrate, and docking is a relief: "We are finished with this boat. We strain for release from its numb enchantment."

The Last Supper: A Summer In Italy (2009, filed at 945) is a travel book filled with the artwork of Italian masters, and the keenly sketched profiles of the people the Cusks meet. Take the gardener who explains the two hysterical guard dogs caged in his backyard: "If someone tried to hurt me, they would kill him.

"He seems to set great store by this idea, yet he has been wounded to the quick by things of whose scent these animals would not have caught the merest trace."

A painting of St. Francis preaching to the birds leads the author's wandering imagination to the lives of Matisse and Virginia Woolf, both of whom, as they lost touch with the real world, happily conversed with the birdies. Yet as she muses, Cusk notes that "the birds listen respectfully" to Francis.

This is a book of vivid imagery, with a surprising, always slightly skewed vision that makes clichéd tourist traps fresh again. A literate work where Dr. Seuss is mentioned just a few sentences away from Jane Eyre, it's well worth your time.



Cusk and her family are fleeing the city, responsibility, and routine. Perhaps that's why she pushes herself to see differently, and to live differently. Still, after many weeks in Italy, "we are neither tourists nor citizens.... It is difficult to know how to live in the world in the light of it."

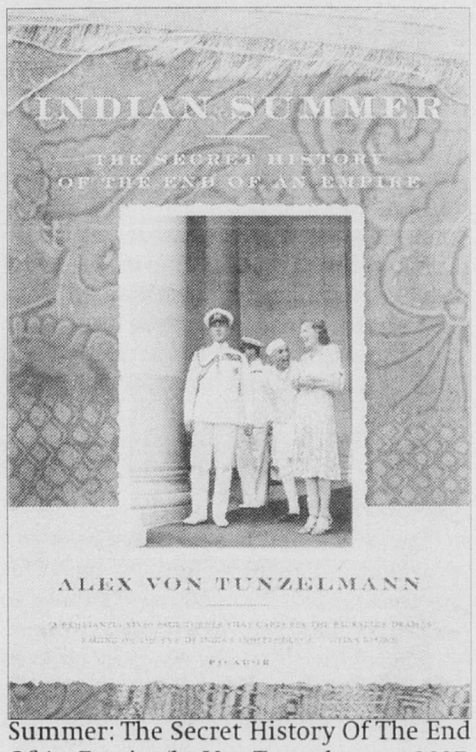
And, what, then, of members of the Commonwealth? Trained as a lawyer, Mohandas Gandhi thought he knew who and what he was: A citizen of India, a member in good standing of the great British Empire. Until he went to another part of the empire, South Africa, and discovered otherwise. He was thrown off a train when he attempted to sit in a first class car, still waving his valid ticket at the authorities.

He returned to India radicalized, knowing that whites had rights, while Indians were expected to be thankful for what they had. He became a legend for his belief in non-violent resistance. (He also didn't believe in Western medicine, and refused penicillin to his ill wife. She did, indeed, die. And Gandhi's belief in non-violence extended to telling Jews they should walk into the gas chambers with calm and cool.)

For all that Gandhi did for the independence movement, many believe his attitudes and actions ultimately slowed India's route to independence. (In fact, argues writer Alex Von Tunzelmann, England was near bankrupt after the Second World War and some bean counters were desperate to rid themselves of expenses like India.

Yet Gandhi's work after partition may have saved many, many lives.

Those are just a few of the fascinating and surprising suggestions in Indian



Summer: The Secret History Of The End Of An Empire (by Von Tunzelmann, 2007, filed at 954.03).

This is the story of a country's quest for independence. It's told through the five personalities who deeply impacted events. They are the British Viceroy Dickie Mountbatten, seen as a bit of a joke by many; his wife Edwina; Gandhi; Jawaharlal Nehru, who was destined to become the first Indian prime minister post-independence; and Mohammad Ali Jinnah, who demanded and got Pakistan carved out for himself, as a home for a fearful minority Muslim populace.

Indian Summer is an immensely readable popular history, filled with wonderful detail. The author does not shirk from the nasty (some of the accusations are true, some she believes to be false,

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Nostalgia

MAURICE SINGFIELD

We all know the saying "we're not getting any younger" and how easy it is to ignore when we're preoccupied with everyday living. All the same, from time to time we wake up and realize things have changed and that we are getting older.

A common belief is "as we get older we become less relevant," especially musicians with their hearts set on playing rock and pop music. Equally as frustrating for musicians is an audience that doesn't allow them to change, insisting they play only the hits.

Mick Jagger once said: "People have this obsession. They want you to be like you were in 1969. They want you to, because otherwise their youth goes with you. It's very selfish, but it's understandable. The past is a great place and I don't want to erase it or to regret it, but I don't want to be its prisoner either.... I'd rather be dead than singing 'Satisfaction' when I'm 45." Right. Guess who's over 70 and strutting like he did back in '69?

Nonetheless, artists trying to make it don't have the luxury of choosing to make a living by playing their golden oldies to an adoring audience. Instead, they have an alarm clock ticking away ready to go off once they hit thirty years of age.

All musician/singer/songwriters have their creative urges and write about their experiences, but there is a problem when audiences don't connect or feel the same way.

"All through the kind-of-late '80s and '90s, every A&R record company man was saying, 'now what we want is another record like Back in the High Life'," says Steve Winwood of his 1986 hit album. "And, of course, that's not the way to make music at all. That's the tail wagging the dog."

By compromising, Winwood could still have had a successful relationship with the record buying public at the time. As it turned out his recording career faltered after the success of *Back in the High Life* and he found himself without a major "tail wagging" label, releasing his work on Wincraft Music, an independent label he founded in 2003.

Today he's one of the best opening acts around for the likes of Rod Stewart and Tom Petty, sporting a greatest-hits set list that would impress anyone. Still, he was true to himself and worked at his craft diligently through the down times improving as an artist.

AP PHOTO

Mick Jagger said he'd sooner be dead than to be singing Satisfaction at age 45.

Being admired for their work, old and new, is probably the main reason why musicians do what they love to do in the first place. Of course there are always going to be exceptions.

"Sometimes if you get 'em too drunk they don't pay no attention to what you're doin' anyways," says Merle Haggard, "so you might as well just do old songs. But if you get one that's paying attention, sometimes we'll do some new material."

For struggling musicians, playing in the bars can be a daunting task, especially when your repertoire consists mainly of originals. Bar crowds tend to gravitate towards the hits and song recognition becomes an all important factor in having a fun night out.

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Your week on TV

WEEKDAY MORNING

		Bell	Star	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30
WCAX	3	-	-	Channel 3 News Morning		CBS This Morning				Rachael Ray		Dr. Phil		The Price Is Right	
WPTZ	5	-	-	Newschannel 5 Today at 6AM		Today				Live! With Kelly and Michael		Today		Today	
CBMT	6	206	301	CBC News	Var. Programs	Daniel Tiger	Arthur	Bo on the Go!	Busytown	Super Why!	Napkin Man	Bookaboo	Doodlebops	Best Recipes	In the Kitchen
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				M							*** "Spanglish: j'en perds mon latin" (2004) Adam Sandler, Téa Leoni. (SC)				
				T							** "La Mandoline du capitaine Corelli" (2001, Drame) Nicolas Cage. (SC)				
				W							** "Six jours, sept nuits" (1998) Harrison Ford. (SC)				Looney tunes
				Th							*** "Quelque chose d'inattendu" (2003) Jack Nicholson, Diane Keaton. (SC)				
WMTW	8	-	-	WMTW News 8 at 6am		Good Morning America				Live! With Kelly and Michael		Bethenny		The View	
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CKMI	11	-	-	Morning News						Morning Show	Huntley Str't	The Doctors		Shatner's Weird or What?	
CFCF	12	205	312	Canada AM		Varied Programs				Live! With Kelly and Michael		Dr. Phil		The View	
WVNY	22	-	-	ABC 22 This Morning		Good Morning America				The Dr. Oz Show		The Doctors		The View	
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WCFE		-	-	Var. Programs	France News	Kazakh-News	Hello Vietnam	Var. Programs	EuroNews	Newsline	NHK Program	Arirang News	RT News	France News	Inside Taiwan
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				T Cold Squad "Nancy Seniuk"		Due South "Chinatown"		Flashpoint "The War Within"		Twice in a Lifetime		Cold Squad "Nancy Seniuk"		Due South "Chinatown"	
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				Th Mayday "Cockpit Failure"		Don't Drive Here "Lima"				Salvage Hunters		Jacked! "Zap and Lopez"		Highway Thru Hell	
HIST		522	506	Museum Secrets		Canadian Pickers		Varied Programs		Yukon Gold		Museum Se	Var. Programs	Pickers	Var. Programs
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SHOW		616	521	Vikings		Lost Girl		Rookie Blue		Movie	Varied Programs			Lost Girl	
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SPIKE		628	584	Var. Programs	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Varied Programs					
TLC		521	560	Happy Family	Happy Family	19 Kids-Count	19 Kids-Count	19 Kids-Count	19 Kids-Count	Cake Boss	Cake Boss	Pregnant	Pregnant	Four Weddings	
TSN		400	400	F SportsCentre		SportsCentre		SportsCentre	(:45) Rugby Women's World Cup: Canada vs. Spain. (N)				Sportscentre	SportsCentre	
				M				SportsCentre		SportsCentre		SportsCentre			
				T								SportsCentre	Rugby		
				W								SportsCentre		SportsCentre	
				Th											
YOUTH		551	542	Kid vs. Kat	Almost Naked	League/Evil	Sidekick	Pokémon: XY	Numb Chucks	Var. Programs	Squirrel	(9:50) 6TEEN	(:40) Wayside	(:05) Sidekick	League/Evil

Your week on TV

WEEKDAY AFTERNOON

	Bell	Star		12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
WCAX 3	-	-		Across-Fence	The Young and the Restless		Bold/Beautiful	The Talk		Let's Make a Deal		The Ellen DeGeneres Show		Channel 3	The: 30
WPTZ 5	-	-		Bethenny		Days of our Lives		Katie		Steve Harvey		Judge Judy	Judge Judy	First at Five	5:30 Now!
CBMT 6	206	301		CBC News	Var. Programs	Republic of Doyle		Steven and Chris		Heartland		Dragons' Den		CBC News	CBC News
CHLT 7	107	718		TVA régional	TVA nouvelles	Du talent à revendre		Dr House		Estrie	Les feux de l'amour		Top modèles	(4:55) TVA nouvelles	
WMTW 8	-	-		Steve Harvey		The Chew		General Hospital		Dr. Phil		The Ellen DeGeneres Show		WMTW News 8 at 5PM	
CKSH 9	108	-	F	Telejournal	Squelettes	Pénélope McQuade (SC)		Inspecteur Barnaby "La liste noire" (SC)				Cap sur l'été (N) (SC)			Paquet voleur
			M			Viens-tu faire un tour?		★ "Le Jour où je l'ai rencontrée" (2011) Freddie Highmore.							
			T			Pénélope McQuade (SC)		★★★ "Tirelire, combines et cie" (1992) Vincent Bolduc. (SC)							
			W					Miss Marple Miss Marple enquête sur un meurtre mystérieux.							
			Th					★★★ "Une Education" (2009, Drame) Peter Sarsgaard. (SC)							
CKMI 11	-	-		Sarah's House	ET Canada	Days of our Lives		The Talk		The Queen Latifah Show		Till Debt/Part	The Young and the Restless		Property Virgin
CFCF 12	205	312		CTV News	Var. Programs	The Social		The Marilyn Denis Show		Hot, Cleveland	Hot, Cleveland	The Ellen DeGeneres Show		The Dr. Oz Show	
WVNY 22	-	-		Varied Programs		The Chew		General Hospital		The People's Court		Family Feud	Family Feud	The Dr. Oz Show	
WUTV 30	-	-		The Steve Wilkos Show		Judge Alex	Judge Alex	Judge Mathis		Jerry Springer		Maury		Family Feud	Family Feud
CFKS 31	106	726		Ça commence	Infopublicité	CSI: NY		Movie				Les Simpson	Les Simpson	Guerre-clans	Guerre-clans
WUHF	-	363		The Steve Wilkos Show		The Test		The Trisha Goddard Show		Maury		Judge Judy	Judge Judy	The People's Court	
WETK	-	-		Varied Programs								Charlie Rose		Daniel Tiger	Dinosaur Train
WCFE	-	-	F	China Beat (N)	Euromaxx	Midday (N)		Late Lunch Live (N)		Tonight With Vincent Browne		Korea Today (N)		RT News (N)	Journal (N) (EI)
			M									Newsroom	After 10		
			T									Korea Today			
			W												
			Th												
A&E	615	520		CSI: Miami		CSI: Miami		Criminal Minds		Criminal Minds		The First 48		The First 48	
BRAVO	620	523		Flashpoint		The Listener		Cold Squad		Due South		Criminal Minds		Criminal Minds	
CNN	500	500		Legal View With Ashleigh		Wolf		CNN Newsroom		CNN Newsroom		The Lead With Jake Tapper		The Situation Room	
DISC	520	505	F	Mighty Ships CC		Mayday CC		How-Made	How-Made	Car Sharks	Car Sharks	Overhaulin' Top 10 CC		Overhaulin' Top 10 CC	
			M					Don't Drive Here "Manila"		Pyros "It Ain't Cricket"		Manufactured	Never Ever Do	Dude, You're Screwed	
			T			Highway Thru Hell		How It's Made	How It's Made	MythBusters CC		Auction Kings	Auction Kings	MythBusters CC	
			W			Mighty Planes "Martin Mars"		Ice Cold Gold CC		Deadliest Catch: On Deck		Deadliest Catch An arctic hurricane strikes the fleet. CC			
			Th			World's Strangest		How It's Made	How It's Made	Fool's Gold	Fool's Gold	Mighty Ships CC		Naked and Afraid	
HIST	522	506	F	M*A*S*H	M*A*S*H	Museum Secrets CC		Yukon Gold CC		Canadian Pickers		American Pickers CC		M*A*S*H	M*A*S*H
			M	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars
			T	M*A*S*H	M*A*S*H	Museum Secrets		Yukon Gold CC				Counting Cars	Counting Cars	M*A*S*H	M*A*S*H
			W							Rocket Booster Rescue CC		Pawn Stars	Pawn Stars		
			Th							The Real "The Real Apollo 13"		Restoration	Restoration		
RDI	126	730		Telejournal	La Periode de questions		RDI en direct	RDI en direct	RDI en direct	RDI en direct	RDI en direct	RDI en direct	RDI en direct	Téléjournal	Journal
SHOW	616	521	F	Rookie Blue CC (DVS)		★★ "Behemoth" (2011) Ed Quinn, Cindy Busby. CC (DVS)				Lost Girl CC		★★ "Shock to the System" (2006) Chad Allen. CC (DVS)			
			M	(10:30) "Battle: Los Angeles"		★★★ "War of the Worlds" (2005) Tom Cruise, Dakota Fanning. CC (DVS)					★★ "2012" (2009) John Cusack. A global cataclysm nearly wipes out humanity.				
			T	Rookie Blue CC (DVS)		"Murder in My House" (2006) Barbara Niven. CC (DVS)				Lost Girl CC (DVS)		Mrs Brown's	Mrs Brown's	Law & Order: UK "Crush" CC	
			W			"Do No Harm" (2012) Lauren Holly, Deanna Russo. CC						"Deadly Hope" (2012, Suspense) Alana De La Garza. CC			
			Th			"Look Again" (2011) Morena Baccarin, Paul Christie. CC						"Sight Unseen" (2008) Tracey Gold, Laura Mennell. CC			
SLICE	601	562		Property Virgin	Property Virgin	Princess	Till Debt/Part	48 Hours.	Var. Programs	Millionaire	Varied Programs				
SPIKE	628	584		Varied Programs											
TLC	521	560		Four Weddings		19 Kids-Count	19 Kids-Count	19 Kids-Count	19 Kids-Count	Island Medium	Island Medium	Say Yes: ATL	Say Yes: ATL	Say Yes	Say Yes
TSN	400	400		SportsCentre	Varied Programs							Baseball Tonight		Off Record	Interruption
YOUTH	551	542		Kid vs. Kat	Var. Programs	Monster-Club	(:35) 6TEEN	Wayside	Sidekick	Squirrel	Var. Programs	SpongeBob	Var. Programs	Odd Parents	SpongeBob

FRIDAY EVENING — AUGUST 1, 2014

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News/Pelley	Entertainment Tonight (N)	CSI: Crime Scene Investigation "Under a Cloud" CC		Hawaii Five-0 The murder of Chin's father. CC		Blue Bloods A popular drag queen is murdered. CC		Channel 3 News	(:35) Late Show With David Letterman (N) CC	
WPTZ 5	-	-	NewsChannel 5 at 6PM (N)	NBC Nightly News (N) CC	Jeopardy! (N) CC	Wheel of Fortune CC	Running Wild With Bear Grylls "Zac Efron" CC		Dateline NBC (N) CC		Hannah Anderson: Anatomy of a Kidnapping (N) CC		Newschannel 5 Nightcast	(:34) The Tonight Show Starring Jimmy Fallon (N) CC	
CBMT 6	206	301	CBC News: Montreal (N)	Coronation Street (N) CC	Rick Mercer Report CC	Just for Laughs: Gags	Mr. D "Food Drive" CC	The Ron James Show	CBC Winnipeg Comedy Festival "Mars & Venus" (N) CC		The National (N) CC		CBC News: Montreal	Stroumboulopoulos	Commonwealth
CHLT 7	107	718	(5:56) TVA nouvelles (N)	Sucré salé (N) (SC)	Peut contenir des Rachid	Vlog Étienne Dano. (SC)	★★★ "Sang-froid" (2011) Ryan Gosling. Début. Un jeune homme se transforme en chauffeur pour des truands la nuit.				TVA nouvelles (N)	(:35) Sucré salé (SC)	(:05) ★★★ "Gangster Américain" (2007) Denzel Washington, Russell Crowe. (SC)		
WMTW 8	-	-	WMTW News 8 at 6PM	ABC World News	Wheel of Fortune CC	Jeopardy! (N) CC	Shark Tank Lighter, healthier wine alternative. CC		What Would You Do? CC		20/20 CC		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live CC	
CKSH 9	108	-	Le Téléjournal/Estrie	Plan de match	★★ "Dansez dans les rues 3" (2010) Rick Malambri. Des street dancers se préparent pour une épreuve importante.				Zone doc "Félix" (N) (SC)		Le Téléjournal (N) (SC)	(:45) Cap sur l'été (SC)		(:45) ★★★ "Cliente" (2008) Nathalie Baye. (SC)	
CKMI 11	-	-	(5:59) Evening News (N)	Global National (N) CC	ET Canada	Entertainment Tonight (N)	Bones The team investigates an old death. CC (DVS)		Hawaii Five-0 The murder of Chin's father. CC		Crossbones "Crossbones" Blackbeard sets sail. (N) CC		News Final (N) CC	ET Canada	The Test CC
CFCF 12	205	312	CTV News (N) CC		etalk Presents	The Big Bang Theory CC	CSI: Crime Scene Investigation "Under a Cloud" CC		Criminal Minds A series of deaths in Manhattan. CC		Blue Bloods A popular drag queen is murdered. CC		News-Lisa	CTV News (N) CC	The Big Bang Theory CC
WVNY 22	-	-	ABC 22 News (N)	ABC World News	ABC 22 News (N)	Inside Edition (N) CC	Shark Tank Lighter, healthier wine alternative. CC		What Would You Do? CC		20/20 CC		ABC 22 News (N)	(:35) Jimmy Kimmel Live CC	
WUTV 30	-	-	The Big Bang Theory CC	Judge Judy CC	Judge Judy CC	Two and a Half Men CC	MasterChef The cooks prepare romantic dinners. CC		Bones The team investigates an old death. CC (DVS)		2 on Your Side at 10 (N)	Two and a Half Men CC	The Simpsons CC	How I Met Your Mother	The Middle "Siblings" CC
CFKS 31	106	726	Atomes crochus (SC)	Souper parfait	L'arbitre (SC)		Meurtrières L'univers tabou des femmes assassines. (N)		Journal d'un vampire Tyler revient en ville. (N)		Génération Inc. (SC)	Par-dessus le marché	Martin Horik : Octane (SC)	L'instant gagnant (N)	
WUHF	-	363	Modern Family CC	Modern Family CC	The Big Bang Theory CC	The Big Bang Theory CC	MasterChef The cooks prepare romantic dinners. CC		Bones The team investigates an old death. CC (DVS)		13WHAM News at 10 on Fox Rochester (N) CC		The Arsenio Hall Show Jada Pinkett Smith; Isaac Lufkin.		Seinfeld "The Suicide" CC
WETK	-	-	Martha Speaks CC	WordGirl CC (DVS)	Arthur CC (EI) CC (DVS)	Wild Kratts CC (EI) CC	Masterpiece Mystery! "Sherlock: The Blind Banker" Underground crime gang. CC			DCI Banks "Cold Is the Grave" Banks searches for a missing girl. CC CC			Death in Paradise A fatal fire at the island convent. CC		PBS NewsHour (N) CC
WCFE	-	-	RTE News: Six One (N)	South Asia Newsline (N)	The World This Week		RT News (N) (EI) CC	Asia This Week	Frank Riva "Star Crossed" (N)				Biz Asia America (N) CC		Frank Riva
A&E	615	520	Storage Wars CC CC	Storage Wars CC CC	Criminal Minds Investigating a mass murder. CC		Criminal Minds Rossi's first wife shares shocking news.		Criminal Minds Bodies are found in a national forest. CC		Criminal Minds Tornadoes expose bodies in Kansas. CC		(:02) Criminal Minds "Hope" CC CC (DVS)		(12:01) Criminal Minds CC
BRAVO	620	523	Missing A wealthy New York couple disappears. CC CC		Flashpoint Spike helps Team One face a bomb threat. CC		Murder in the First The conclusion of Erich Blunt's trial.		Unforgettable A Coast Guard officer is murdered. (N) CC		The Listener The murder of a billionaire. CC (DVS)		19-2 "Medals" An Amber Alert comes through 19. CC		Criminal Minds CC
CNN	500	500	Situation Rm	Crossfire (N)	Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		The Sixties "1968"		Spotlight	Unguarded	Death Row Stories		The Sixties
DISC	520	505	How It's Made CC	How It's Made CC	Salvage Hunters CC		Vegas Rat Rods Reinventing a 1938 Mack Truck cab.		Mayday A SilkAir 737 crashes in Indonesia. CC		Mayday "Nowhere to Land" CC		Mayday An engine falls off a DC-10. CC		Mayday CC
HIST	522	506	Canadian Pickers The guys seek Wild West collectibles.		Treasure Trader CC	Treasure Trader CC	American Pickers "Full Steam Ahead" CC CC		Mysterious Ruins: Cape Breton CC CC		Ancient Weather The Kingdom of Egypt. CC CC		Yukon Gold Economic woes and mechanical breakdowns.		American Pickers CC
RDI	126	730	Le National (SC)	RDI économie (SC)	24/60 (SC)		Grands reportages (SC)		Le Téléjournal (SC)		Le National	RDI économie (SC)	24/60 (SC)		Grands reportages
SHOW	616	521	Rookie Blue Andy looks for Swarek. CC CC (DVS)		Continuum Liber8 decides to rebrand its image. CC		★★ "Behemoth" (2011) Ed Quinn. An earthquake unleashes a gigantic creature on a small town. CC CC (DVS)				★★★ "The Girl With the Dragon Tattoo" (2011, Suspense) Daniel Craig, Rooney Mara. A disgraced journalist probes a 40-year-old murder. CC CC				
SLICE	601	562	Til Debt Do Us Part CC	Til Debt Do Us Part CC	Border Security CC CC	Border Security CC CC	Murder in Paradise A woman goes missing. CC (DVS)		Surviving Evil A woman and man are brutally attacked. CC		A Stranger in My Home "Peunte" CC CC		Brainwashed A woman is held captive for seven years.		Friends CC CC
SPIKE	628	584	(5:00) ★★ "Nutty Professor II: The Klumps" (2000, Comedy) Eddie Murphy. Premiere. CC		Repo Games		Repo Games "Bong Show"	Repo Games	Repo Games	Repo Games	Repo Games	Repo Games	Repo Games	Repo Games	Bar Rescue
TLC	521	560	I Found the Gown CC	I Found the Gown CC	I Found the Gown CC	I Found the Gown CC	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	(:01) Curvy Brides (N) CC	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	(12:01) Curvy Brides CC
TSN	400	400	SportsCentre (N) (Live) CC		CFL Football Toronto Argonauts at Montreal Alouettes. From Percival Molson Memorial Stadium in Montreal. (N) (Live) CC						CFL Football BC Lions at Calgary Stampeders. From McMahon Stadium in Calgary. (N) (Live) CC				
YOUTH	551	542	Sam & Cat	Every Witch	★★ "My Babysitter's a Vampire" (2010) Matthew Knight.				Undercover	The Next Star	Cook'd CC	Cache Craze	Assembly	Boys	My Babysitter

Your week on TV

SATURDAY DAYTIME — AUGUST 2, 2014

	Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30
WCAX 3	-	-	Channel 3 News Saturday Morning (N)				Lucky Dog "Flash"	Dr. Chris Pet Vet	Recipe Rehab	15 Minute Meals	Dr. Chris Pet Vet	All In With Laila Ali	PGA TOUR 2014: Playing with a Purpose (N)		PGA Tour Golf WGC Bridgestone Invitational, Third Round. (N) (Live) CC			
WPTZ 5	-	-	(7:00) Today (N) CC		Teen Kids News (N)	Hanna Into the Wild	The Chica Show (El)	Noodle/ Doodle	Justin Time (El)	Tree Fu Tom (El)	LazyTown CC	Zou (El)	Buck McNeely	Lakes Fishing	Paid Program	MLS Soccer Portland Timbers at Los Angeles Galaxy. (N) CC		
CBMT 6	206	301	Animal Mechanic	Super Why! CC	(:05) Artzooka CC	Cross Country	Arthur CC	My Goldfish Is Evil!	It's Edible Incredible!	Cat in the Hat	Absolutely Canadian "It Was the Dance" CC		Doc Zone Anti-aging potions and gadgets.		the fifth estate The deaths of two sisters.		Best Recipes Ever	In the Kitchen
CHLT 7	107	718	(6:00) Salut, bonjour! Week-end (N) (SC)				Québec par coeur	Culture vélo (SC)	La Cible "Imbroglio" (Partie 2 de 2) (SC)		TVA nouvelles (N)	Qu'est-ce qu	Viens voir ici (N)	Infopublicité (SC)	★★★ "Le Masque de Zorro" (1998) Antonio Banderas, Anthony Hopkins. (SC)			
WMTW 8	-	-	Good Morning America (N) CC		Jack Hanna	Ocean Mysteries	Born to Explore	Sea Rescue CC (El)	The Wildlife Docs	Expedition Wild	Awesome Adventure	Derm Exclusive!	Your Home Team	Larry King Sp.	The Next Frontier		World of X Games (N) CC	
CKSH 9	108	-	Spirou et Fantasio	Doigts croisés	Gawayn (N) (SC)	Erky Perky (N) (SC)	Magi-nation (N)	Mission Mayday	Aventures de Tintin	L'épicerie (SC)	Telejournal	Monde-parlait	Amour, haine et propagande (SC)		★ "10 choses que je déteste de toi" (1999, Comédie) Heath Ledger, Julia Stiles. (SC)			
CKMI 11	-	-	Fish'n Canada	Real Fishing CC	Advent. North	Fishful Thinking	William Shatner's Weird or What? CC		Powerboat Television	Driving Television	Canadian Made	The Simpsons CC	The Simpsons CC	The Simpsons CC	PGA Tour Golf WGC Bridgestone Invitational, Third Round. (N) (Live) CC			
CFCF 12	205	312	Canada AM Weekend CC CC		The Marilyn Denis Show (N) CC CC		SickKids Foundation CC CC		It Is Written (N) CC	SickKids Found.	SportsCentre CC CC		The Social Charlotte Le Bon. CC CC		Canada's Worst Driver CC CC		Cash Cab CC	Celebrity Style Story
WVNY 22	-	-	Good Morning America (N) CC		Jack Hanna	Ocean Mysteries	Born to Explore	Sea Rescue CC (El)	The Wildlife Docs	Expedition Wild	Beautiful Nails	Paid Program	Little Giant Ladder	Paid Program	Paid Program	Fix Your Hair	World of X Games (N) CC	
WUTV 30	-	-	Mary Lost 61 Lbs!	Slim Your Belly!	P90X3	Pain Relief Secret	Paid Program	Paid Program	Juicy Meals!	Paid Program	Raw Travel (N)	Tummy Tuck	★★ "Harold & Kumar Go to White Castle" (2004, Comedy) John Cho, Kal Penn.				Sleep Easy	Can't Sleep?
CFKS 31	106	726	Aubaines & cie (N)		Trucs & cie (N)		RPM (SC)		Puissance 3 (SC)		"Le trésor secret de la montagne" (2010, Aventures) Barry Bostwick, Paige Turco. (SC)				★★★ "Charlie et la chocolaterie" (2005, Fantastique) Johnny Depp, Freddie Highmore. (SC)			
WUHF	-	363	Career Day CC	Think Big CC	Great Big World	The Young Icons (El)	Paid Program	Paid Program	Juicy Meals!	Paid Program	★★★ "Cold Mountain" (2003, Drama) Jude Law, Nicole Kidman, Renée Zellweger. A Confederate soldier tries to reach his sweetheart. CC						Two and a Half Men	Two and a Half Men
WETK	-	-	A Program About Unusual Buildings		Make Me Nurturing intelligence in babies.		NOVA Large and dangerous reptiles. CC		Your Inner Fish "Your Inner Fish" CC		Katmai: Alaska	Pedal America	Peregrine Dme	Getting Away	Outdoor Journal (N)	Outdoor Journal (N)	"Eating Alaska" (2008, Documentary)	
WCFE	-	-	Euromaxx Highlights	Tomorrow Today	World Stories CC	Drive It	In Good Shape	After 10	World Affairs Today		My India (N) CC	Newsweek South Asia	Gaelic Football Tyrone vs. Kildare. (Taped)				Maigret A guest at a small inn is murdered.	
A&E	615	520	Criminal Minds "The Fallen" CC (DVS)		Criminal Minds "The Wheels on the Bus :.."		Criminal Minds "Magnificent Light" CC		Flipping Vegas "Flip Gone Wrong" CC		60 Seconds to Sell "Pilot" CC CC		Big Smo CC CC	Big Smo CC CC	★★ "Walking Tall" (2004) The Rock. A sheriff and a deputy try to rid their town of thugs. CC			
BRAVO	620	523	Criminal Minds "Won't Get Fooled Again" CC		Criminal Minds "Plain Sight" CC CC		Criminal Minds "Broken Mirror" CC CC		Criminal Minds Broad daylight. CC CC		Criminal Minds A killer preys on families. CC		Criminal Minds "Natural Born Killer" CC		Criminal Minds "Derailed" CC CC		Criminal Minds "The Popular Kids" Cults.	
CNN	500	500	New Day Saturday (N)		Smerconish (N) (Live)		CNN Newsroom With Fredricka Whitfield (N)								CNN News	Tomorrow	CNN Newsroom	
DISC	520	505	Vegas Rat Rods "Mack Rod"		Mayday A SilkAir 737 crashes in Indonesia.		Licence to Drill "We're Riggers"		Mayday "Nowhere to Land" CC		Bering Sea Gold "Gold Stress" CC CC		Mayday An engine falls off a DC-10. CC		Mayday "Nowhere to Land" CC		Yukon Men Driftwood flows. CC CC	
HIST	522	506	Paid Program CC	Paid Program CC	Paid Program CC	Paid Program CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC
RDI	126	730	(5:30) RDI matin						RDI en direct (SC)	RDI économie	Telejournal	Telejournal	Le National	RDI en direct (SC)	RDI en direct (SC)	La facture (SC)	RDI en direct (SC)	RDI en direct (SC)
SHOW	616	521	Paid Program CC	Paid Program CC	Paid Program CC	Paid Program CC	Vikings Ragnar and King Horik clash. CC		★★ "Pirates of the Caribbean: On Stranger Tides" (2011) Johnny Depp. Capt. Jack Sparrow searches for the Fountain of Youth. CC CC						★★ "Clash of the Titans" (2010, Fantasy) Sam Worthington, Liam Neeson. CC CC			
SLICE	601	562	Paid Program CC	Paid Program CC	Surviving Evil "Wolves at the Door" CC		A Stranger in My Home "Peunte" CC		Border Security CC	Border Security CC	The Millionaire Matchmaker CC CC		The Millionaire Matchmaker CC CC		The Millionaire Matchmaker "Workaholics"		The Millionaire Matchmaker CC CC	
SPIKE	628	584	Shaun T's Focus T25	Paid Program CC	★★★ "X-Men" (2000, Action) Hugh Jackman. Two groups of mutated humans square off against each other. CC				★★★ "X2: X-Men United" (2003, Fantasy) Patrick Stewart, Hugh Jackman. Premiere. A power-mad militarist pursues the mutants. CC							Cops CC CC	Cops CC CC	Cops CC CC
TLC	521	560	21 Day Fix CC CC	Sexy Face	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress
TSN	400	400	SportsCentre CC		SportsCentre CC		SportsCentre CC		SportsCentre CC		Motoring 2014	Score Golf Television	30 for 30 Shorts (N)	Sportscentre	30 for 30 Shorts (N)	Boxing Friday Night Fights. (Taped) CC		
YOUTH	551	542	Chucks	Rabbids	Sponge.	Monsters	Sanjay	Bread	Chucks	BeyWar.	Pokémon	Power	Yu-Gi-Oh!	B-Daman	Japanizi	Japanizi	Japanizi	Japanizi

SATURDAY EVENING — AUGUST 2, 2014

	Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	(2:00) PGA Tour Golf WGC Bridgestone Invitational, Third Round. (N) (Live) CC				Channel 3 News	Evening News	Entertainment Tonight (N) CC CC		48 Hours CC CC		Hawaii Five-0 "Na hala a ka makua" CC		48 Hours CC CC		Channel 3 News	CSI: Miami Reality star's murder. CC	
WPTZ 5	-	-	MLS Soccer: Timbers at Galaxy		Horse Racing		News-Channel 5	Nightly News	Jeopardy! CC CC	Wheel of Fortune	Crossbones Blackbeard sets sail. (N) CC		Crossbones "Blackbeard" (N) CC		Law & Order: Special Victims Unit CC		Newschannel 5	(:29) Saturday Night Live CC CC	
CBMT 6	206	301	2014 Commonwealth Games Day 10. From Glasgow, Scotland. (N) CC (Live) CC				CBC News at 6	Marketplace CC	In the Key of Claire		The Best Laid Plans "Raise a Little Hell"		★★ "Edwin Boyd: Citizen Gangster" (2011, Biography) Scott Speedman, Kelly Reilly, Kevin Durand. CC CC				Comedy	Camelot "Justice"	
CHLT 7	107	718	(:15) ★★ "Un vendredi dingue" (1995, Fantastique) Shelley Long, Gaby Hoffmann. (SC)				TVA nouvelles (N)	★★ "Ghost Rider" (2007, Action) Nicolas Cage, Eva Mendes, Wes Bentley. (SC)				★★ "Resident Evil: l'extinction" (2007) Milla Jovovich. (SC)		(:15) TVA nouvelles (N) (SC)		(10:53) ★★ "Otages de la peur" (2005, Action) Bruce Willis. (SC)		
WMTW 8	-	-	ESPN Sports Saturday (N) (Live)				WMTW News 8	World News	Paid Program	Jeopardy! CC CC	Marvel's Agents of S.H.I.E.L.D. CC CC		20/20 CC CC		20/20 CC CC		WMTW News 8	Red Carpet	CSI: Miami CC
CKSH 9	108	-	Pérusse cité (SC)	Humanima	La semaine verte (N) (SC)		Le Télé-journal (N)	La petite vie (SC)	La petite séduction (SC)		Les enfants de la télé		Luther "Furie meurtrière" (DVS) (SC)		Le Télé-journal (N)	Annika Bengtzon: reporter judiciaire Annika Bengtzon se retrouve témoin d'un meurtre.			
CKMI 11	-	-	(2:00) PGA Tour Golf WGC Bridgestone Invitational, Third Round. (N) (Live) CC				Evening News (N)	Global National	Snake Monster: Titanoboa! Titanoboa is known as the largest snake. CC (DVS)				Psych CC		Psych Shawn must make a life decision.		News Final	(:29) Saturday Night Live CC CC	
CFCF 12	205	312	Celebrity	The Social CC	etalk Presents	App Central CC	CTV News (N) CC CC		W5 CC CC (DVS)		The Amazing Race Canada CC		The Listener "Family Secrets" CC		Bitten "Vengeance" Santos enlists a killer.		News-Rinaldo	CTV News (N) CC	(12:05) "Anthra."
WVNY 22	-	-	ESPN Sports Saturday (N) (Live)				World News	Local News	Extra (N) CC CC		Marvel's Agents of S.H.I.E.L.D. CC CC		20/20 CC CC		20/20 CC CC		Local News	Burn Notice Michael pulls off a con. CC	
WUTV 30	-	-	Soccer International Champions Cup -- Manchester United FC vs. Real Madrid CF.				Two and Half Men	Two and Half Men	Big Bang Theory	Big Bang Theory	Brooklyn Nine-Nine	Brooklyn Nine-Nine	Gang Related "La Luz Verde" CC		2 on Your Side at 10	Big Bang Theory	Animation Domination High-Def CC		Cheaters CC CC
CFKS 31	106	726	★★ "La Véritable histoire du petit chaperon rouge" (2005)		(:45) ★ "Le Chaperon Rouge" (2011) Amanda Seyfried, Gary Oldman. (SC)				(:45) ★★ "Trick 'r Treat" (2007, Horreur) Anna Paquin, Brian Cox, Dylan Baker.				★★★ "1408" (2007, Horreur) John Cusack, Samuel L. Jackson, Mary McCormack. (SC)				L'instant gagnant (N)	
WUHF	-	363	Soccer International Champions Cup -- Manchester United FC vs. Real Madrid CF.				Paid Program	Paid Program	Big Bang Theory	Big Bang Theory	Brooklyn Nine-Nine	Brooklyn Nine-Nine	Gang Related "La Luz Verde" CC		WHAM News	30 Rock "Verna"	Animation Domination High-Def CC		Ring of Honor Wr.
WETK	-	-	In the America	Expeditions	John Glenn: A Life of Service CC CC		Hubert H. Humphrey: The Art of the Possible Vice President Hubert H. Humphrey. CC				America in Primetime Misfit characters.		America in Primetime "The Crusader"		Mark Twain Clemens grows up in Missouri. (Part 1 of 2) CC (DVS)				America-Prime
WCFE	-	-	(3:00) Maigret		RT News (N) (El)	Journal (N) CC	My India CC	Newsroom	France 24 News (N) (El)		RT News (N) (El)	NHK Special	Detective De Luca A dead call girl is found on the beach. (N)				Full Frame		Detective De Luca
A&E	615	520	★★ "The Scorpion King" (2002, Adventure) The Rock, Steven Brand. CC CC				Criminal Minds Vehicular homicides. CC		Criminal Minds "Amplification" CC CC		Criminal Minds "To Hell ..." CC		Criminal Minds "... And Back" CC		Criminal Minds "Nameless, Faceless"		(:02) Criminal Minds "Haunted" CC CC		Criminal Minds
BRAVO	620	523	Criminal Minds "Blood Hungry" CC		Criminal Minds "What Fresh Hell?" CC		Criminal Minds "Poison" CC CC		Criminal Minds "Riding the Lightning" CC		Criminal Minds "Unfinished Business" CC		Criminal Minds "The Tribe" CC CC		Criminal Minds "A Real Rain" CC CC		Criminal Minds CC CC		Criminal Minds CC
CNN	500	500	News	Gupta	CNN Newsroom		CNN Newsroom		The Sixties		The Sixties		The Sixties		The Sixties "1968"		The Hunt		The Hunt
DISC	520	505	Vegas Rat Rods "Mack Rod"		Mayday A SilkAir 737 crashes in Indonesia.		How It's Made	How It's Made	How It's Made	How It's Made	Overhaulin' Top 10 "Overlord" CC		Deadliest Catch "Breaking Mandy" CC		Chrome Underground "Piston Whipped" (N)		Close Encounters	Close Encounters	Deadliest Catch CC
HIST	522	506	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC
RDI	126	730	RDI en direct (SC)	Journal Fr. 2	Le Télé-journal	L'épicerie (SC)	La semaine verte (SC)		RDI en direct (SC)	Monde-parlait	Découverte (SC)		Le Télé-journal	Grands reportages "Félix Leclerc" (SC)	L'épicerie (SC)		Le Télé-journal	Monde-parlait	Le Télé-journal
SHOW	616	521	★★ "Pirates of the Caribbean: On Stranger Tides" (2011) Johnny Depp. Capt. Jack Sparrow searches for the Fountain of Youth. CC						Vikings Ragnar and King Horik clash. CC		★★ "Force of Impact" (2005, Suspense) Antonio Sabato Jr., Rae Dawn Chong. CC CC				★★★ "The Hangover" (2009, Comedy) Bradley Cooper, Ed Helms. CC CC				"Hangover II"
SLICE	601	562	The Millionaire Matchmaker CC		The Millionaire Matchmaker CC		The Millionaire Matchmaker CC		The Millionaire Matchmaker CC		The Millionaire Matchmaker CC		★ "That's My Boy" (2012) Adam Sandler. A young man's estranged father tries to reconnect with him. CC				★ "That's My Boy" (2012) Adam Sandler.		
SPIKE	628	584	Cops CC	Jail CC CC	Cops CC CC	Cops CC CC	Cops CC CC	Cops "On the Run"	Cops CC CC	Cops CC CC	Cops (N) CC CC	Cops CC CC	Cops CC CC	Cops CC CC	Cops CC CC	★★★ "X2: X-Men United" (2003, Fantasy) Patrick Stewart, Hugh Jackman. CC			
TLC	521	560	Dateline: Real Life Mysteries CC CC		Dateline: Real Life Mysteries CC CC		Dateline: Real Life Mysteries "Betrayal"		Dateline: Real Life Mysteries CC CC		Untold Stories of the E.R. "Turtle Trouble"		Untold Stories of the E.R. CC CC		Sex Sent Me to the E.R. (N) CC CC		Untold Stories of the E.R. CC CC		Sex Sent Me to the
TSN	400	400	Boxing	MLS Pregame	MLS Soccer Toronto FC at Montreal Impact. From Saputo Stadium in Montreal. (N) CC				CFL Football Saskatchewan Roughriders at Ottawa RedBlacks. (N) (Live) CC						SportsCentre (N) (Live) CC			We Could Be King CC	
YOUTH	551	542	Cook'd CC	Cook'd CC	Cook'd CC	Cook'd CC	Assembly	Under.	Cache	Cook'd CC	★★★ "Batman" (1989, Action) Jack Nicholson. CC CC					Super Evil	Haunting	Haunting	Knights

Your week on TV

SUNDAY DAYTIME — AUGUST 3, 2014

	Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30
WCAX 3	-	-	Channel 3 News Sunday Morning (N)		CBS News Sunday Morning (N)		Face the Nation (N)		Game Changers		Paid Program	The Secret	PGA Championship Preview: This Is Major		PGA Tour Golf WGC Bridgestone Invitational, Final Round. (N) (Live)			
WPTZ 5	-	-	Today (N)		Meet the Press (N)		On the Money (N)	Hom-eowner	Paid Program	Montel Williams	The Closer An apparent suicide.		GSL: 50 Greatest Legends		Mecum: The Dealmak-ers (N)		Red Bull Signature Series (N)	
CBMT 6	206	301	Coronation Street	Coronation Street	Coronation Street	Coronation Street	Coronation Street	Market-place	Our Montreal Host Sonali Karnick.		Maamuita-au	Mansbridge	2014 Commonwealth Games Day 11. From Glasgow, Scotland. (N Same-day Tape)					
CHLT 7	107	718	(6:00) Salut, bonjour! Week-end (N) (En direct) (SC)				⋆ "C'est bien ma chance" (2006, Com. Sentimen-tale) Lindsay Lohan, Chris Pine. (SC)				TVA nou-velles (N)	La victoire de l'amour	Qu'est-ce qu	Infopub-licité (SC)	(:15) ⋆⋆ "La Légende du dernier dragon" (1996) Dennis Quaid, David Thewlis. (SC)			
WMTW 8	-	-	Good Morning America (N)		This Week W/ George Stephanopoulos		This Old House	Teen Kids News (N)	Made in Hollywood	Fix Your Hair	Fast Joint Relief	Charlton Heston	Sexy Face at	Paying for TV	Paid Program	Paid Program	Entertainers: With Byron Allen	
CKSH 9	108	-	Les roltron-ics (N)	Doigts croisés	Gawayn (N) (SC)	Erky Perky (N) (SC)	Le Jour du Seigneur (N) (SC)		Découverte Les plus rigoureux habitats.		Telejournal	La semaine verte (SC)		Second Regard (N)	Les Jeux du Common-wealth 2014 (SC)		Poirot "Les quatre" (SC)	
CKMI 11	-	-	Fishful Thinking	16x9		Lorna Dueck	Joel Osteen	Paid Program	Ancestors in the Attic	The Re-Inventors	16x9		The Simp-sons	The Simp-sons	PGA Tour Golf WGC Bridgestone Invitational, Final Round. (N) (Live)			
CFCF 12	205	312	App Central	Atmos. Miracle	Operation Smile		Trucker TV	Church of the Rock	SportsCentre		W5 (DVS)		⋆⋆⋆ "The Wedding Singer" (1998) Adam Sandler, Drew Barrymore.				Cash Cab	etalk Presents
WVNY 22	-	-	Good Morning America (N)		This Week W/ George Stephanopoulos		Key of David	Best	Paid Program	Paid Program	Paid Program	Paid Program	Fast Joint Relief	Paid Program	Tummy Tuck	Paid Program	Larry King Sp.	Paying for TV
WUTV 30	-	-	Earnest Angley		FOX News Sunday With Chris Wallace (N)		Key of David	Slim Your Belly!	P90X3	Paid Program	⋆⋆ "Confessions of a Teenage Drama Queen" (2004, Comedy) Lindsay Lohan.				⋆⋆⋆ "Kill Bill: Vol. 2" (2004, Action) Uma Thurman, David Carradine.			
CFKS 31	106	726	Aubaines & cie (N)		Trucs & cie (N)		RPM (SC)		Puissance 3 (SC)		Par-des-sus le	"La Révélation des Pyramides" (2010)		⋆⋆ "Profession: hôtesse de l'air" (2003) Gwyneth Paltrow. (SC)			(:15) ⋆⋆ "Magie noire" (1996) (SC)	
WUHF	-	363	Paid Program	Key of David	FOX News Sunday With Chris Wallace (N)		The Secret	Workout	21 DAY FIX	Paid Program	Paid Program	Larry King Sp.	⋆ "Catwoman" (2004) Halle Berry. A shy artist acquires feline strength and agility.				⋆⋆⋆ "Shanghai Knights" (2003)	
WETK	-	-	Outdoor Journal	Outdoor Journal	Bird Tales		Birding in Vermont		My Wild Affair		Great Performances at the Met "Don Giovanni" Mozart's "Don Giovanni."						Masterpiece Mystery! (N) (DVS)	
WCFE	-	-	France 24 News (N)	CrossTalk (N)	World Affairs Today		Global Ethics	After 10	Taiwan Outlook (N)		Close up	In the Newsroom	Comhrá	Sean-Nós	Timpeall na Tire	Féilte	Don Matteo	
A&E	615	520	Criminal Minds Deadly virus is released.		Criminal Minds "Magnifi-cent Light"		Criminal Minds "The Lesson" (DVS)		Criminal Minds "Perenni-als" (DVS)		Longmire "Reports of My Death"		Longmire Vic and Sean are kidnapped.		Longmire Investigating the murder of a farmer.		Longmire Branch's behavior causes concern.	
BRAVO	620	523	People's Couch	People's Couch	Criminal Minds Critical decision.		Criminal Minds "The Boogeyman"		People's Couch	People's Couch	Criminal Minds "North Mammon"		Criminal Minds "Empty Planet"		Criminal Minds New agent joins the team.		Criminal Minds "Lessons Learned"	
CNN	500	500	New Day	Politics	State of the Union		Fareed Zakaria GPS		Reliable Sources (N)		State of the Union		Fareed Zakaria GPS		CNN Newsroom (N)		CNN Newsroom (N)	
DISC	520	505	How It's Made	How It's Made	Canada's Worst Driver (DVS)		River Monsters "Killer Weapons"		River Monsters Separat-ing fact from fiction.		Dude, You're Screwed "Dead Man Walking"		Vegas Rat Rods "Salt Flat Rod"		Overhaulin' Top 10 "Overlord"		Deadliest Catch "Break-ing Mandy"	
HIST	522	506	Paid Pro-gram	Paid Pro-gram	Paid Pro-gram	Paid Pro-gram	American Pickers "Step Right Up"		American Pickers Bill's south Florida stockpile.		American Pickers		American Pickers "White Knuckles"		American Pickers "Reverse the Curse"		American Pickers	
RDI	126	730	(5:30) RDI matin						RDI en direct (SC)	L'épicerie (SC)	Le Téléjour-nal	Découverte (SC)		RDI en direct (SC)	RDI en direct (SC)	RDI en direct (SC)	RDI en direct (SC)	
SHOW	616	521	Paid Pro-gram	Paid Pro-gram	Paid Pro-gram	Paid Pro-gram	Working the Engels	⋆ "G.I. Joe: The Rise of Cobra" (2009) Channing Tatum. Elite soldiers battle a corrupt arms dealer named Destro.			⋆⋆ "Quantum of Solace" (2008) Daniel Craig. James Bond seeks revenge for the death of Vesper Lynd.						"G.I. Joe: Cobra"	
SLICE	601	562	Paid Pro-gram	Paid Pro-gram	Border Security	Border Security	Border Security	Border Security	Border Security	Border Security	Border Security	Border Security	Border Security	Border Security	⋆⋆⋆ "Superman Returns" (2006) Brandon Routh. The Man of Steel faces Lex Luthor.			
SPIKE	628	584	Total Gym for $14.95	Body Beast	Off Road	Engine Power	Truck Tech	Detroit Muscle	Bar Rescue Jon Taffer revives the Canyon Inn.		Bar Rescue The Bamboo Beach Tiki Bar.		Bar Rescue "Bro's Got to Geaux"		Hungry Investors "Tacos and Tantrums"		Bar Rescue "Meat Sauna"	
TLC	521	560	(7:00) Paid Program	21 Day Fix	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	(:43) Say Yes to the Dress: Atlanta		Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Island Medium	Island Medium	Island Medium	Island Medium
TSN	400	400	SportsCentre		SportsCentre		The Report-ers	Golf Talk	NASCAR Racing		NASCAR Sprint Cup Prerace (N)		NASCAR Racing Sprint Cup: GoBowling.com 400. From Pocono Raceway in Long Pond, Pa. (N) (Live)					
YOUTH	551	542	Pet Shop	Assembly	Sam & Cat	Hathaways	Assembly	Mr. Young	Under.	Cache	Cook'd	Japanizi	Next Star	Just Kid	Under.	"Bailey's Billions" (2005)		

SUNDAY EVENING — AUGUST 3, 2014

	Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	(2:00) PGA Tour Golf WGC Bridgestone Invitational, Final Round. (N) (Live)				Channel 3 News	Evening News	60 Minutes (N)		(:01) Big Brother New heads of households.		Unforgettable "Stray Bullet" (N)		Reckless "Family Plot" (N)		Channel 3 News	CSI: Miami "Collateral Damage"	
WPTZ 5	-	-	Global RallyCross Season Recap (N)			Kurt Busch: 36	News-Channel 5	Nightly News	WrestleMania 30: Television Premiere		NFL Preseason Football Hall of Fame Game -- Buffalo Bills vs. New York Giants. From Canton, Ohio. (N) (Live)						Newschan-nel 5	Paid Program	"I Know What"
CBMT 6	206	301	2014 Commonwealth Games Closing Ceremony. From Glasgow, Scotland.				Dragons' Den A new truck gadget.		Heartland A Tennessee Walker's abusers.		The Great War (DVS)		True Crime Canada (N)		The National (N)		CBC News	the fifth estate The deaths of two sisters.	
CHLT 7	107	718	(:15) ⋆⋆⋆ "Matilda" (1996, Comédie) Mara Wilson, Danny DeVito, Rhea Perlman. (SC)				TVA nou-velles (N)	Les gags full ado	Vlog (SC)	Du talent à revendre (N) (SC)	⋆⋆ "Spider-Man 3" (2007, Action) Tobey Maguire, Kirsten Dunst. Le costume et le caractère de Spider-Man s'assombrissent. (SC)						(:16) TVA nouvelles	"Danny Oc"	
WMTW 8	-	-	The Assets "The Straw Poll" (N)		The Assets "Avenger"		WMTW News 8	World News	America's Funniest Home Videos		Wipeout "Bachelors vs. Bachelorettes" (N)		Rising Star The top 13 singers compete. (N) (Live)			WMTW News 8	CSI: Miami "Collateral Damage"	
CKSH 9	108	-	(3:00) Poirot "Les quatre" (SC)		Dans l'oeil du dragon (SC)		Le Télé-journal (N)	Découverte (Partie 1 de 2) (SC)		Animo (N) (SC)	Viens-tu faire un tour? (N)		Les galas du Grand Rire 2013 (SC)		Le Télé-journal (N)	⋆⋆⋆ "Détachement" (2011, Drame) Adrien Brody. (SC)			"Rien que la vérité"
CKMI 11	-	-	(2:00) PGA Tour Golf WGC Bridgestone Invitational, Final Round. (N) (Live)				Evening News (N)	Global National	The Simp-sons	Bob's Burgers	(:01) Big Brother New heads of households.		Family Guy	American Dad	Reckless "Family Plot" (N)		News Final	Ancestors/ Attic	The Re-Inventors
CFCF 12	205	312	The Social		The Amazing Race Canada		CTV News (N)	etalk Presents	Big Bang Theory	Hot in Cleveland	Unforgettable "Stray Bullet" (N)		Rising Star The top 13 singers compete. (N) (Live)				News-Rinaldo	CTV News (N)	The Mentalist
WVNY 22	-	-	The Assets "The Straw Poll" (N)		The Assets "Avenger"		World News	ABC 22 News (N)	America's Funniest Home Videos		Wipeout "Bachelors vs. Bachelorettes" (N)		Rising Star The top 13 singers compete. (N) (Live)				Local News	Private Practice	
WUTV 30	-	-	(2:00) ⋆⋆⋆ "Kill Bill: Vol. 2" (2004)		Tummy Tuck	Sleep Easy	Paid Program	Paid Program	American Dad	Bob's Burgers	The Simp-sons	The Simp-sons	Family Guy	American Dad	2 on Your Side at 10	Big Bang Theory	Ring of Honor Wrestling		Seinfeld
CFKS 31	106	726	(3:15) ⋆⋆ "Magie noire" (1996) (SC)		(:15) ⋆⋆ "Le Beau-père" (2009, Suspense) Dylan Walsh, Sela Ward, Penn Badgley. (SC)				(:15) ⋆⋆ "Apparences" (2000) Harrison Ford. Une femme devient persuadée que sa maison est hantée.				(:45) ⋆ "Un appel manqué" (2008, Horreur) Shannyn Sossamon, Ed Burns. (SC)				L'instant gagnant (N)	
WUHF	-	363	(3:00) ⋆⋆⋆ "Shanghai Knights" (2003)		Big Bang Theory	Big Bang Theory	Modern Family	Modern Family	American Dad	Bob's Burgers	The Simp-sons	The Simp-sons	Family Guy	American Dad	WHAM News	30 Rock	Paid Program	Paid Program	Arsenio Hall
WETK	-	-	Master-piece	Bitter Seeds		Comet of the Century		NOVA The mysteries of Earth's birth.		NOVA Fossils offer clues about early life.		Frontline The chaos in Iraq and U.S. involvement.		Make Me "Make Me Stay Awake Longer"		Your Inner Fish "Your Inner Reptile"		Raw to Ready
WCFE	-	-	Don Matteo				RT News (N) (El)	Journal (N)	News-week-Asia	South Asia Fo	France 24 News (N) (El)		RT News (N)	Newsline (N)	Sebastian Bergman: The Cursed One Bergman hunts for a serial killer. (N) (Part 2 of 2)		Americas Now (N)		Sebastian Bergman:
A&E	615	520	Big Smo	Big Smo	Big Smo	Big Smo	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	(:31) Duck Dynasty	(:02) Duck Dynasty	(:32) Duck Dynasty	Duck Dynasty
BRAVO	620	523	Criminal Minds Possible serial killer.		Criminal Minds "Pro-filer, Profiled"		Criminal Minds A prolific serial killer.		Criminal Minds "The Big Game"		People's Couch	People's Couch	Criminal Minds "Rev-elations"		Criminal Minds "Fear and Loathing"		Criminal Minds "Dis-tress"		Criminal Minds
CNN	500	500	CNN Newsroom (N)		CNN Newsroom (N)		CNN Newsroom (N)		To Be Announced		The Hunt		The Hunt		Death Row Stories		The Hunt		The Hunt
DISC	520	505	Chrome Underground "Piston Whipped"		Dangerous Flights "Cold Comfort"		Cash Cab	Cash Cab	Manufac-tured	Manufac-tured	Megalodon: The Monster Shark Lives Trying to identify a predator. (DVS)				Naked and Afraid (N)		MythBusters Hollywood crash clichés.		Megalo-don: The
HIST	522	506	American Pickers "Louisiana Purchase"		American Pickers "Grin and Bear It"		American Pickers (Part 1 of 2)		American Pickers "Sicilian Standoff"		American Pickers		American Pickers		American Pickers "Ladies Know Best"		American Pickers "Step Right Up"		American Pickers
RDI	126	730	RDI en direct (SC)	Journal France 2	Le Télé-journal	Monde-parlait	Grands reportages (SC)		RDI en direct (SC)	RDI en direct (SC)	Grands reportages L'île de Jeju. (SC)		Le Télé-journal	Découverte (SC)		Second Regard	Le Télé-journal	L'épicerie (SC)	Le Télé-journal
SHOW	616	521	(3:30) ⋆ "G.I. Joe: The Rise of Cobra" (2009, Action) Channing Tatum.				Defiance		Rookie Blue "What I Lost" (DVS)		Lost Girl Bo fights to get answers.		Remedy "The Little Things"		⋆⋆ "The Hangover Part II" (2011, Comedy) Bradley Cooper, Ed Helms.				"G.I. Joe: Cobra"
SLICE	601	562	(2:00) ⋆⋆⋆ "Superman Returns" (2006)		⋆⋆⋆⋆ "The Dark Knight" (2008) Christian Bale, Heath Ledger. Batman battles a vicious criminal known as the Joker. (DVS)						⋆⋆ "Sherlock Holmes" (2009) Robert Downey Jr., Jude Law. The detective and his astute partner face a strange enemy.						Border Security	Border Security	"Superman Ret."
SPIKE	628	584	Bar Rescue Jon helps a former strip club.		Bar Rescue		Bar Rescue "Rock 'N Roaches"		Bar Rescue "Jon of the Dead"		Bar Rescue "Scoreboard to Death"		Bar Rescue "Muscle Madness"		Franken-food (N)	Franken-food	Bar Rescue "Taxed Out in Texas"		Bar Rescue
TLC	521	560	Island Medium	Island Medium	Island Medium	Island Medium	Island Medium	Island Medium	Long Island Medium		Long Island Medium		Long Island Medium (N)		Escaping Alaska (N)		Long Island Medium		Escaping Alaska
TSN	400	400	NASCAR Racing	Sportscen-tre	World Series of Poker		SportsCentre (N) (Live)		World Series of Poker		NFL Preseason Football Hall of Fame Game -- Buffalo Bills vs. New York Giants. From Canton, Ohio. (N) (Live)						SportsCentre (N) (Live)		30 for 30
YOUTH	551	542	Baileys		"Nicky Deuce" (2013)		⋆ "Furry Vengeance" (2010)				Weird	Under.	Next Star	Cook'd	Japanizi	Boys	Haunting	Haunting	Furry

Your week on TV

MONDAY EVENING — AUGUST 4, 2014

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News/Pelley	Entertainment Tonight (N)	2 Broke Girls	Mom "Pilot"	Mike & Molly	Two and a Half Men	Under the Dome Barbie and Sam investigate a tunnel. (N)		Channel 3 News	(:35) Late Show With David Letterman (N)	
WPTZ 5	-	-	NewsChannel 5 at 6PM (N)	NBC Nightly News (N)	Jeopardy!	Wheel of Fortune	Running Wild With Bear Grylls "Ben Stiller" (N)		American Ninja Warrior "Denver Finals" The Denver finals course. (N) (DVS)				Newschannel 5 Nightcast	(:34) The Tonight Show Starring Jimmy Fallon (N)	
CBMT 6	206	301	CBC News: Montreal (N)	Coronation Street (N)	Rick Mercer Report	Just for Laughs: Gags	Murdoch Mysteries "Loch Ness Murdoch"		Secrets & Lies Ben encounters a squatter. (N)		The National (N)		CBC News: Montreal	Stroumboulopoulos	22 Minutes
CHLT 7	107	718	(5:56) TVA nouvelles (N)	Sucré salé (N) (SC)	LOL :-) Bigfoot en forêt.	Tranches de vie (SC)	Juste pour rire "Juste pour l'Abitibi" (Partie 2 de 2) (SC)		On connaît la chanson "Spécial enfants" (SC)		TVA nouvelles (N)	(:35) Sucré salé (N) (SC)	(:05) ★★★ "Michael Clayton" (2007) George Clooney, Tom Wilkinson. (SC)		
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune	Jeopardy!	Bachelor in Paradise (Series Premiere) Show veterans take another shot at love. (N)				(:01) Mistresses Dom receives news from Toni. (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live	
CKSH 9	108	-	Le Téléjournal/Estrie	TJ-Grand Mtl	Squelettes-plac.	Les Parent (DVS) (SC)	Les chefs! La revanche (N). (SC)		Pénélope McQuade (N) (SC)		Le Téléjournal (N) (SC)	(:45) Cap sur l'été (SC)		(:45) Dre Grey, leçons d'anatomie "Plaisir d'offrir" (SC)	
CKMI 11	-	-	Evening News (N)	Global National (N)	ET Canada	Entertainment Tonight (N)	Running Wild With Bear Grylls "Ben Stiller" (N)		Hotel Hell Saving the Applegate River Lodge. (N)		Under the Dome Barbie and Sam investigate a tunnel. (N)		News Final (N)	ET Canada	The Test
CFCF 12	205	312	CTV News (N)		etalk-Katy Perry Prism	The Big Bang Theory	MasterChef The contestants choose a mystery box. (N)		The Listener Toby is implicated in a kidnapping. (N)		(:01) Mistresses Dom receives news from Toni. (N)		News-Lisa	CTV News (N)	Daily Show/ Jon Stewart
WVNY 22	-	-	ABC 22 News (N)	ABC World News	ABC 22 News (N)	Inside Edition (N)	Bachelor in Paradise (Series Premiere) Show veterans take another shot at love. (N)				(:01) Mistresses Dom receives news from Toni. (N)		ABC 22 News (N)	(:35) Jimmy Kimmel Live	
WUTV 30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Two and a Half Men	MasterChef The contestants choose a mystery box. (N)		Hotel Hell Saving the Applegate River Lodge. (N)		2 on Your Side at 10 (N)	Two and a Half Men	The Simpsons	How I Met Your Mother	The Middle "Christmas"
CFKS 31	106	726	Atomes crochus (SC)	Souper parfait	Et si? (SC)	Ça va brasser (N)	CSI: NY "Sanguine Love" (SC)		Le mentaliste La disparition d'un surfer. (SC)		Brassard en direct	Un gars le soir (SC)	Opération séduction (SC)	L'instant gagnant (N)	
WUHF	-	363	Modern Family	Modern Family	The Big Bang Theory	The Big Bang Theory	MasterChef The contestants choose a mystery box. (N)		Hotel Hell Saving the Applegate River Lodge. (N)		13WHAM News at 10 on Fox Rochester (N)		The Arsenio Hall Show		Seinfeld "The Boyfriend"
WETK	-	-	Martha Speaks	WordGirl (DVS)	Arthur (EI) (DVS)	Wild Kratts	Ottomans Versus Christians: Battle for the Mediterranean		Ottomans-Christians	Ottomans Versus Christians: Battle for the Mediterranean		The Seasons of Vermont	Coexist Survivors of the Rwandan genocide.		PBS NewsHour (N)
WCFE	-	-	RTE News: Six One (N)	South Asia Newsline (N)	The Debate (N) (EI)		RT News (N) (EI)	Newsline (N) (EI)	Don Matteo (N)		Don Matteo (N)		Biz Asia America (N)		Don Matteo
A&E	615	520	Storage Wars	Storage Wars	Criminal Minds The body of a kidnapped woman is found.		Criminal Minds Murder victim on the Appalachian Trail.		Criminal Minds Pursuing a killer who targets women.		Longmire Walt seeks closure; Branch is suspended.		(:10) Longmire "Ashes to Ashes"		(12:08) Criminal Minds
BRAVO	620	523	Murder in the First "Pants on Fire"		Murder in the First "Punch Drunk"		Murder in the First Terry and Hildy try to find the truth.		Murder in the First The conclusion of Erich Blunt's trial.		Murder in the First "Family Matters" (N)		Murder in the First The inspectors search for clues.		Murder in the First
CNN	500	500	Situation Rm	Crossfire (N)	Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		The Hunt With John Walsh		To Be Announced		Anderson Cooper 360		The Hunt
DISC	520	505	How It's Made	How It's Made	Canada's Worst Driver Ever (DVS)		How It's Made (N)	How It's Made (N)	MythBusters Painting a room with a boom.		Auction Kings	Auction Kings	How It's Made	How It's Made	MythBusters
HIST	522	506	Pawn Stars	Pawn Stars "Fool's Gold"	Pawn Stars	Pawn Stars	Pawn Stars "The Enigma"	Pawn Stars	Pawn Stars A Christmas card competition.		Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars
RDI	126	730	Le National (SC)	RDI économie (SC)	24/60 (SC)		1000 jours pour la planète		Le Téléjournal (SC)		Le National	RDI économie (SC)	24/60 (SC)		Planète
SHOW	616	521	(3:30) ★★ "2012" (2009, Action) John Cusack.		Continuum "The Politics of Time" Trust and loyalty.		★★ "Foolproof" (2003, Suspense) Ryan Reynolds. A criminal blackmails young people to commit robbery.				Mrs Brown's Boys	(:45) Mrs Brown's Boys Maria goes into labor.		Working the Engels	NCIS "Bury Your Dead"
SLICE	601	562	(4:30) ★★ "The Vow"	★★ "Valentine's Day" (2010) Jessica Alba, Kathy Bates, Jessica Biel. Los Angeles residents wend their way into and out of romance.					★★ "27 Dresses" (2008) Katherine Heigl. A young woman is always a bridesmaid and never a bride.				Inside Job "Mazda" Mazda seeks a Launch Manager.		★★ "27 Dresses"
SPIKE	628	584	(5:30) ★★★ "The Fifth Element" (1997, Science Fiction) Bruce Willis, Gary Oldman, Ian Holm. A New York cabby tries to save Earth in 2259.					Tattoo Nightmares	Tattoo Nightmares	Tattoo Nightmares	Tattoo Nightmares	Tattoo Nightmares	Tattoo Nightmares	Tattoo Nightmares	Tattoo Nightmares
TLC	521	560	Extreme Couponing	Extreme Couponing	Undercover Boss Bill Carstanjen at Churchill Downs.		Undercover Boss Subway executive goes under cover.		Undercover Boss CEO John Fuller works under cover.		Undercover Boss An owner mishandles equipment.		Undercover Boss CEO John Fuller works under cover.		Undercover Boss
TSN	400	400	SportsCentre (N) (Live)		MLB Baseball Detroit Tigers at New York Yankees. From Yankee Stadium in the Bronx, N.Y. (N Subject to Blackout) (Live)						SportsCentre (N) (Live)			Best Of Off the Record	Motoring 2014
YOUTH	551	542	Sam & Cat	iCarly "iPilot"	The Next Star	Undercover	Just Kidding	Laughs: Gags	★★ "Air Bud Spikes Back" (2003) Robert Tinkler.				My Babysitter	Haunting	Her Best

TUESDAY EVENING — AUGUST 5, 2014

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News/Pelley	Entertainment Tonight (N)	NCIS "Oil & Water" An explosion occurs on an oil rig.		NCIS: Los Angeles "Allegiance" (DVS)		(:01) Person of Interest "Nothing to Hide"		Channel 3 News	(:35) Late Show With David Letterman (N)	
WPTZ 5	-	-	NewsChannel 5 at 6PM (N)	NBC Nightly News (N)	Jeopardy!	Wheel of Fortune	Food Fighters A woman competes with G. Garvin. (N)		America's Got Talent "Quarter Finals 2" Twelve acts perform live. (N) (Live)				Newschannel 5 Nightcast	(:34) The Tonight Show Starring Jimmy Fallon (N)	
CBMT 6	206	301	CBC News: Montreal (N)	Coronation Street (N)	Rick Mercer Report	FIFA World Cup Today	Women's Soccer FIFA U-20 World Cup: Canada vs. Ghana. From Toronto. (N) (Live)				The National (N)		CBC News: Montreal	Stroumboulopoulos	22 Minutes
CHLT 7	107	718	(5:56) TVA nouvelles (N)	Sucré salé (N) (SC)	Les gags (N) (SC)	Rock et Roland (SC)	Chicago Fire: Caserne 51 "Chacun sa part" (SC)		Esprits criminels Une série de meurtres violents.		TVA nouvelles (N)	(:35) Sucré salé (SC)	(:05) ★★★ "Hellboy" (2004, Fantastique) Ron Perlman, John Hurt, Selma Blair. (SC)		
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune	Jeopardy!	CMA Music Festival: Country's Night to Rock Highlights of the four-day event. (N)						WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live	
CKSH 9	108	-	Le Téléjournal/Estrie	TJ-Grand Mtl	Squelettes-plac.	Monde-parlait	Vengeance "La nuit des masques" (N) (SC)		Pénélope McQuade (N) (SC)		Le Téléjournal (N) (SC)	(:45) Cap sur l'été (SC)		(:45) Dre Grey, leçons d'anatomie (SC)	
CKMI 11	-	-	(5:59) Evening News (N)	Global National (N)	ET Canada	Entertainment Tonight (N)	NCIS "Oil & Water" An explosion occurs on an oil rig.		NCIS: Los Angeles "Allegiance" (DVS)		(:01) Remedy Brian tries to improve his interactions.		News Final	ET Canada	The Test
CFCF 12	205	312	CTV News (N)		etalk-Amazing	The Big Bang Theory	Anger Management (N)	The Goldbergs	The Amazing Race Canada (N) (DVS)		(:01) Person of Interest "Nothing to Hide"		News-Lisa	CTV News (N)	Daily Show/ Jon Stewart
WVNY 22	-	-	ABC 22 News (N)	ABC World News	ABC 22 News (N)	Inside Edition (N)	CMA Music Festival: Country's Night to Rock Highlights of the four-day event. (N)						ABC 22 News (N)	(:35) Jimmy Kimmel Live	
WUTV 30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Two and a Half Men	Family Guy (DVS)	Brooklyn Nine-Nine	New Girl "Fired Up"	The Mindy Project	2 on Your Side at 10 (N)	Two and a Half Men	The Simpsons	How I Met Your Mother	The Middle "The Jeans"
CFKS 31	106	726	Atomes crochus (SC)	Souper parfait	Taxi payant (SC)	Par-dessus le marché (N)	CSI: Miami "Fausses images" Les images.		NCIS: Los Angeles NCIS est à la recherche de preuves.		Brassard en direct	Un gars le soir (SC)	Opération séduction (SC)	L'instant gagnant (N)	
WUHF	-	363	Modern Family	Modern Family	The Big Bang Theory	The Big Bang Theory	Family Guy (DVS)	Brooklyn Nine-Nine	New Girl "Fired Up"	The Mindy Project	13WHAM News at 10 on Fox Rochester (N)		The Arsenio Hall Show Don Cheadle; Billy Dee Williams.		Seinfeld "The Boyfriend"
WETK	-	-	Martha Speaks	WordGirl (N) (DVS)	Arthur (EI) (DVS)	Wild Kratts (EI)	The Café	(:29) Hebburn	Moone Boy "Godfellas"	(:25) Moone Boy	POV The story of Kenneth Young.		Japanese American Lives		PBS NewsHour (N)
WCFE	-	-	RTE News: Six One (N)	South Asia Newsline (N)	The Debate (N) (EI)		RT News (N) (EI)	Newsline (N) (EI)	Nicolas le Floch "The Tear of Warsaw" Stolen pearl, The Tear of Warsaw.				Biz Asia America (N)		Nicolas le Floch
A&E	615	520	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Shipping Wars (N)	(:31) Shipping Wars	(:02) Storage Wars	(:32) Storage Wars	(12:01) Storage Wars
BRAVO	620	523	The Listener "In His Sights" Assassination threat.		Flashpoint A gunman terrorizes teenagers.		Blue Bloods Stopping a biological weapon attack.		Saving Hope Joel and Charlie tend to Alex's brother.		Perception "Prologue" Pierce agrees to help Moretti.		The Listener "In His Sights" Assassination threat.		Criminal Minds
CNN	500	500	Situation Rm	Crossfire (N)	Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		CNN Special Report		To Be Announced		Anderson Cooper 360		Spec'l Report
DISC	520	505	How It's Made	How It's Made	Mighty Ships "Avataq" (DVS)		Ice Cold Gold On the final week, tempers are flying. (N)		Deadliest Catch: On Deck (N)		Deadliest Catch "You'll Know My Name Is the Lord..." (Season Finale) An arctic hurricane strikes the fleet. (N)				Deadliest Catch
HIST	522	506	Canadian Pickers "Behind the 8 Ball"		Storm Planets Study the earth's environment.		Ancient Aliens Erich von Daniken's theories.		Hangar 1: The UFO Files "Unfriendly Skies"		Hangar 1: The UFO Files "Presidential Encounters"		Storm Planets Study the earth's environment.		ns
RDI	126	730	Le National (SC)	RDI économie (SC)	24/60 (SC)		Grands reportages "Internet, la pollution cachée" (SC)		Le Téléjournal (SC)		Le National	RDI économie (SC)	24/60 (SC)		Grands reportages
SHOW	616	521	Rookie Blue Andy and Swarek track a teen.		Continuum The tie between two murder-suicides.		"Murder in My House" (2006) Barbara Niven. A divorcee learns her new home was the site of a murder.				Rookie Blue The squad searches for Chris' son.		Lost Girl "Waves" (DVS)		NCIS "Ex-File"
SLICE	601	562	Til Debt Do Us Part	Til Debt Do Us Part	Property Virgins "Jenny"	Property Virgins	Secret Millionaire		Ex-Wives of Rock	Ex-Wives of Rock	The Real Housewives of Orange County "Fully Loaded"		Til Debt Do Us Part	Til Debt Do Us Part	Ex-Wives of Rock
SPIKE	628	584	(5:00) ★★★ "The Fifth Element" (1997) Bruce Willis, Gary Oldman. A New York cabby tries to save Earth in 2259.				★★ "Shooter" (2007, Suspense) Mark Wahlberg, Michael Peña, Danny Glover. Premiere. A wounded sniper plots revenge against those who betrayed him.						Repo Games	Repo Games	Repo Games
TLC	521	560	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Next Great Baker A life size cake of Theresa Caputo.		Next Great Baker Creating gravity defying cakes. (N)		Buddy's Bakery Rescue (N)		Next Great Baker Creating gravity defying cakes.		Buddy's Bakery Rescue
TSN	400	400	SportsCentre (N) (Live)		That's Hockey! (N)	Sportscentre: July Plays	30 for 30				SportsCentre (N) (Live)			Best Of Off the Record	The Amazing Race Canada
YOUTH	551	542	Assembly	iCarly	Cook'd	Undercover	Just Kidding	Laughs: Gags	★ "Air Bud: Golden Receiver" (1998) Kevin Zegers.				My Babysitter	Haunting	Are We Done

Your week on TV

WEDNESDAY EVENING — AUGUST 6, 2014

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News/Pelley	Entertainment Tonight (N)	Big Brother House guests vie for the power of veto. (N)		Criminal Minds The team meets the new section chief.		Extant John questions Molly's mental state. (N)		Channel 3 News	(:35) Late Show With David Letterman (N)	
WPTZ 5	-	-	NewsChannel 5 at 6PM (N)	NBC Nightly News (N)	Jeopardy!	Wheel of Fortune	America's Got Talent "Cut-down" Performance recap.		America's Got Talent "Results" (N) (Live)		(:01) Taxi Brooklyn Leo goes under cover to catch a killer.		Newschannel 5 Nightcast	(:34) The Tonight Show Starring Jimmy Fallon (N)	
CBMT 6	206	301	CBC News: Montreal (N)	Coronation Street (N)	Rick Mercer Report	Just for Laughs: Gags	Dragons' Den The Dragons show off their dance moves.		Republic of Doyle "Young Guns" (DVS)		The National (N)		CBC News: Montreal	Stroumboulopoulos	22 Minutes
CHLT 7	107	718	(5:56) TVA nouvelles (N)	Sucré salé (N) (SC)	Caméra Café (SC)	⋆ "Je vous déclare Chuck et Larry" (2007, Comédie) Adam Sandler, Kevin James, Jessica Biel. (SC)				Bloopers les classiques 2	TVA nouvelles (N)	(:35) Sucré salé (SC)	(:05) ⋆ "Miss Mars" (2009, Com. Sentimentale) Zach Cregger, Trevor Moore. (SC)		
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune	Jeopardy!	The Middle (DVS)	The Goldbergs	Modern Family	(:31) The Middle	Nashville Cast members perform.		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live	
CKSH 9	108	-	Le Téléjournal/Estrie	TJ-Grand Mtl	Squelettes-plac.	L'épicerie (N) (SC)	La petite séduction Édith Butler découvre Yellowknife.		Pénélope McQuade (N) (SC)		Le Téléjournal (N) (SC)	(:45) Cap sur l'été (SC)		(:45) Dre Grey, leçons d'anatomie (SC)	
CKMI 11	-	-	(5:59) Evening News (N)	Global National (N)	ET Canada	Entertainment Tonight (N)	Big Brother House guests vie for the power of veto. (N)		Rookie Blue "Everlasting" (N) (DVS)		Extant John questions Molly's mental state. (N)		News Final (N)	ET Canada	The Test
CFCF 12	205	312	CTV News (N)		etalk-Fashion	The Big Bang Theory	So You Think You Can Dance "Top 10 Perform, Eliminations" All-stars perform with the finalists. (N) (Live)				Motive (DVS)		News-Lisa	CTV News (N)	Daily Show/ Jon Stewart
WVNY 22	-	-	ABC 22 News (N)	ABC World News	ABC 22 News (N)	Inside Edition (N)	The Middle (DVS)	The Goldbergs	Modern Family	(:31) The Middle	Nashville Cast members perform.		ABC 22 News (N)	(:35) Jimmy Kimmel Live	
WUTV 30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Two and a Half Men	So You Think You Can Dance "Top 10 Perform, Eliminations" All-stars perform with the finalists. (N) (Live)				2 on Your Side at 10 (N)	Two and a Half Men	The Simpsons	How I Met Your Mother	The Middle
CFKS 31	106	726	Atomes crochus (SC)	Souper parfait	Les prix Juneau (N)	Apollo dans l'frigo (SC)	Personne d'intérêt "L'art de la guerre" (SC)		Mémoire sous enquête "Appels personnels"		Brassard en direct	Un gars le soir (SC)	Opération séduction (SC)	L'instant gagnant (N)	
WUHF	-	363	Modern Family	Modern Family	The Big Bang Theory	The Big Bang Theory	So You Think You Can Dance "Top 10 Perform, Eliminations" All-stars perform with the finalists. (N) (Live)				13WHAM News at 10 on Fox Rochester (N)		The Arsenio Hall Show		Seinfeld "The Fix-Up"
WETK	-	-	Martha Speaks	WordGirl (N) (DVS)	Arthur (EI) (DVS)	Wild Kratts (EI)	Last Tango in Halifax		Inspector Morse A body is found in a canal.		Scott & Bailey Only one victim is prepared to testify.		Extraordinary Women "Martha Gellhorn"		PBS NewsHour (N)
WCFE	-	-	RTE News: Six One (N)	South Asia Newsline (N)	The Debate (N) (EI)		RT News (N) (EI)	Newsline (N) (EI)	Nicolas le Floch "The Grand Huntsman" Le Floch falls into a trap.				Biz Asia America (N)		Nicolas le Floch
A&E	615	520	Big Smo "Smitney"	Big Smo	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty (N)	(:38) Big Smo	(:08) Big Smo	(:35) Duck Dynasty	(12:01) Duck Dynasty
BRAVO	620	523	The Listener Toby and Michelle investigate a murder.		Flashpoint A world of express kidnapping.		Blue Bloods A criminal seeks revenge against Danny.		Suits (N)		Graceland "The Ends" Charlie tries to bond with a thief.		The Listener Toby and Michelle investigate a murder.		Criminal Minds
CNN	500	500	Situation Rm	Crossfire (N)	Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Anthony Bourdain Parts		To Be Announced		Anderson Cooper 360		Anthony
DISC	520	505	How It's Made	How It's Made	Don't Drive Here A series of challenges in Lima, Peru.		Fool's Gold (DVS)	Fool's Gold (DVS)	Deadliest Catch Crews struggle to keep their cool.		Naked and Afraid Argentina's Yungas Cloud Forest.		How It's Made	How It's Made	Fool's Gold (DVS)
HIST	522	506	Canadian Pickers "Going Hollywood"		Storm Planets If a storm erupted on the sun's surface.		Ancient Aliens Gigantic lines extend for miles.		Hangar 1: The UFO Files "Crashes and Cover-Ups"		Hangar 1: The UFO Files "American Hotspots"		Storm Planets If a storm erupted on the sun's surface.		Ancient Aliens
RDI	126	730	Le National (SC)	RDI économie (SC)	24/60 (SC)		Grands reportages "Le dernier des fantassins" (SC)		Le Téléjournal (SC)		Le National	RDI économie (SC)	24/60 (SC)		Grands reportages
SHOW	616	521	Rookie Blue Dov shoots a teen involved in a robbery.		Continuum A large sale of ammonium nitrate.		Lost Girl "Waves" (DVS)		Remedy Sandy struggles to say goodbye to Brian.		⋆⋆⋆ "Contagion" (2011) Marion Cotillard, Matt Damon. Doctors try to contain the spread of a lethal virus.				NCIS "Leap of Faith"
SLICE	601	562	Til Debt Do Us Part	Til Debt Do Us Part	Property Virgins	Property Virgins	Secret Millionaire		Dance Moms Cathy choreographs her dancers.		Dance Moms The girls fend for themselves.		Til Debt Do Us Part	Til Debt Do Us Part	Dance Moms
SPIKE	628	584	Cops	Jail	Cops "Coast to Coast"	Cops	Cops	Cops "Coast to Coast"	Cops	Cops "Coast to Coast"	Cops	Cops "Mardi Gras 2003"	Cops "Seattle/ Tacoma"	Jail	Wildest Police Videos
TLC	521	560	Extreme Couponing	Extreme Couponing	To Be Announced		Who Do You Think You Are? "Cynthia Nixon"		Who Do You Think You Are? "Rachel McAdams" (N)		Who Do You Think You Are? "Gwyneth Paltrow"		Who Do You Think You Are? "Rachel McAdams"		Who Do You
TSN	400	400	SportsCentre (N) (Live)		That's Hockey! (N)	World Series of Poker Big One for One Drop. (N)	World Series of Poker Big One for One Drop. (N)		MLS Soccer All-Star Game: MLS All-Stars vs. Bayern Munich. From Portland, Ore. (N) (Live)						SportsCentre (N)
YOUTH	551	542	Hathaways	iCarly	Japanizi	Cache Craze	Just Kidding	Laughs: Gags	⋆⋆ "Air Bud: World Pup" (2000) Kevin Zegers.				My Babysitter	Haunting	Baby Gens

THURSDAY EVENING — AUGUST 7, 2014

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News/Pelley	NFL Preseason Football New England Patriots at Washington Redskins. From FedEx Field in Landover, Md. (N) (Live)						Entertainment Tonight (N)	Channel 3 News	(:35) Late Show With David Letterman (N)	
WPTZ 5	-	-	NewsChannel 5 at 6PM (N)	NBC Nightly News (N)	Jeopardy!	Wheel of Fortune	Hollywood Game Night Chris Colfer, Rosie O'Donnell.		Welcome to Sweden (N)	Working the Engels (N)	Last Comic Standing The final four comics perform. (N)		Newschannel 5 Nightcast	(:34) The Tonight Show Starring Jimmy Fallon	
CBMT 6	206	301	CBC News: Montreal (N)	Coronation Street (N)	Rick Mercer Report	Just for Laughs: Gags	The Nature of Things (DVS)		Doc Zone "Mission Asteroid" The threat of asteroids.		The National (N)		CBC News: Montreal	Stroumboulopoulos	22 Minutes
CHLT 7	107	718	(5:56) TVA nouvelles (N)	Sucré salé (N) (SC)	Un sur 2 (SC)	⋆⋆ "Laisse tomber, il te mérite pas!" (2009) Ben Affleck. Des hommes et des hommes tentent de naviguer des relations complexes. (SC)					TVA nouvelles (N)	(:35) Sucré salé (SC)	(:05) ⋆⋆ "Duo de choc" (1989, Policier) Sylvester Stallone, Kurt Russell. (SC)		
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune	NFL Preseason Football New England Patriots at Washington Redskins. From FedEx Field in Landover, Md. (N) (Live)					NY Med (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live	
CKSH 9	108	-	Le Téléjournal/Estrie	Sortir	Squelettes-plac.	Un gars, une fille (SC)	Les Boys "Le Casier" (SC)	Les Boys (SC)	Pénélope McQuade (N) (SC)		Le Téléjournal (N) (SC)	(:45) Cap sur l'été (SC)		(:45) Les Soprano Une relation de Tony est menacée.	
CKMI 11	-	-	(5:59) Evening News (N)	Global National (N)	ET Canada	Entertainment Tonight (N)	Partners	Partners (N)	(:01) Big Brother (N) (Live)		Elementary "An Unnatural Arrangement"		News Final (N)	ET Canada	The Test
CFCF 12	205	312	CTV News (N)		etalk: The Best So Far	The Big Bang Theory	The Big Bang Theory	(:31) Two and a Half Men	Gang Related Jessica reveals Ryan's secret. (N)		19-2 "Winter" Nick receives devastating news.		News-Lisa	CTV News (N)	Daily Show/ Jon Stewart
WVNY 22	-	-	ABC 22 News (N)	ABC World News	ABC 22 News (N)	Inside Edition (N)	The Quest The Paladins prepare for battle. (N)		Rookie Blue "Exit Strategy" (N)		NY Med (N)		ABC 22 News (N)	(:35) Jimmy Kimmel Live	
WUTV 30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Two and a Half Men	Sleepy Hollow Abbie searches for her sister.		Gang Related Jessica reveals Ryan's secret. (N)		2 on Your Side at 10 (N)	Two and a Half Men	The Simpsons	How I Met Your Mother	The Middle
CFKS 31	106	726	Atomes crochus (SC)	Souper parfait	Price Is Right: À vous de jouer! (SC)		Rire et délire (SC)		Pan Am Colette est intriguée par un passager. (SC)		Brassard en direct	Un gars le soir (SC)	Opération séduction (SC)	L'instant gagnant (N)	
WUHF	-	363	Modern Family	Modern Family	The Big Bang Theory	The Big Bang Theory	Sleepy Hollow Abbie searches for her sister.		Gang Related Jessica reveals Ryan's secret. (N)		13WHAM News at 10 on Fox Rochester (N)		The Arsenio Hall Show		Seinfeld "The Limo"
WETK	-	-	Martha Speaks	WordGirl (N) (DVS)	Arthur (EI) (DVS)	Wild Kratts (EI)	Market Warriors Monthly market in East Texas.		Austin City Limits Alternative rock with Jim James.		Live From the Artists Den "Rodrigo & Gabriela"		Roadtrip Nation	Film School Shorts	PBS NewsHour (N)
WCFE	-	-	RTE News: Six One (N)	South Asia Newsline (N)	The Debate (N) (EI)		RT News (N) (EI)	Newsline (N) (EI)	Frank Riva "The Last of the Three" (N)				Biz Asia America (N)		Frank Riva
A&E	615	520	Storage Wars	Storage Wars	The First 48 An employee left in critical condition.		The First 48 Stabbing victim in Dallas.		The First 48 Gang-related killing in Cleveland. (N)		(:01) The First 48 The murder of Darrell Harrell.		(:02) The First 48 A teenager is murdered.		(12:01) The First 48
BRAVO	620	523	The Listener "Inner Circle" (DVS)		Flashpoint "Wild Card" Ed gambles with his own safety.		Blue Bloods Linda returns to work.		Rush (N)		Missing "Victoria" Jess deals with a family crisis.		The Listener "Inner Circle" (DVS)		Criminal Minds
CNN	500	500	Situation Rm	Crossfire (N)	Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		The Sixties (N)		The Sixties		Anderson Cooper 360		The Sixties
DISC	520	505	How It's Made	How It's Made	How It's Made	How It's Made	Overhaulin' Top 10 Chip and Chris recall favorite episodes.		Overhaulin' Top 10 Chip and Chris recall favorite episodes.		Overhaulin' Top 10 Chip and Chris recall favorite episodes.		How-Made	How-Made	Overhaulin' Top 10
HIST	522	506	Canadian Pickers "Pinball Wizard"		Storm Planets A dust storm crashed into the earth.		Ancient Aliens The Ark of the Covenant.		Hangar 1: The UFO Files "Underground Bases"		Hangar 1: The UFO Files "Alien Technology"		Storm Planets A dust storm crashed into the earth.		Ancient Aliens
RDI	126	730	Le National (SC)	RDI économie (SC)	24/60 (SC)		Grands reportages (SC)		Le Téléjournal (SC)		Le National	RDI économie (SC)	24/60 (SC)		Grands reportages
SHOW	616	521	Rookie Blue A car accident is more than it seems.		Continuum "Endtimes" Kiera tries to stop the bombing.		Vikings "Blood Eagle" Ragnar and King Horik clash.		Vikings "Boneless" Princess Aslaug gives birth again.		Defiance "Slouching Towards Bethlehem" (N)		Strike Back A kidnapping case diverts the agents.		NCIS "Requiem"
SLICE	601	562	Til Debt Do Us Part	Til Debt Do Us Part	Property Virgins	Property Virgins	Secret Millionaire Watts section of Los Angeles.		The Millionaire Matchmaker Matt Riviera is a pro wrestler.		The Undateables Mary has achondroplasia.		Til Debt Do Us Part	Til Debt Do Us Part	Matchmaker
SPIKE	628	584	Cops "Stupid Criminals"	Jail	Cops	Cops "Coast to Coast"	Cops Inebriated woman.	Cops "Evading Arrests"	iMPACT Wrestling (N)				Cops "Anger Management"	Cops "Busted!"	Wildest Police Videos
TLC	521	560	Extreme Couponing	Extreme Couponing	Leah Remini: It's All Rela	Leah Remini: It's All Rela	Here Comes Honey	Here Comes Honey	Here Comes Honey	Here Comes Honey	Leah Remini: It's All Rela	Leah Remini: It's All Rela	Here Comes Honey	Here Comes Honey	Leah Remini: It's All Rela
TSN	400	400	2014 PGA Championship First Round. (N) (Live)		SportsCentre (N)	Pardon the Interruption	CFL on TSN Pregame (N)	CFL Football Saskatchewan Roughriders at Winnipeg Blue Bombers. From Investors Group Field in Winnipeg, Manitoba. (N) (Live)						SportsCentre (N) (Live)	
YOUTH	551	542	Thundermans	iCarly	Boys	Mr. Young	Just Kidding	Laughs: Gags	⋆⋆ "Air Bud: Seventh Inning Fetch" (2002) Kevin Zegers.				My Babysitter	Haunting	Men in Black

STOP! TV

CONT'D FROM PAGE 9

Then again, not everyone appreciates a nostalgic audience thinking lovingly of the past. "I know my generation — a lot of them, they're getting old now, and they want to think back fondly, they want to kid themselves," says Joni Mitchell. "A lot of them think, 'Yeah, we were the best.' That's the kiss of death. That's non-growth. And also that's very bad for the world."

Joe Cocker on the other hand has no problem with reliving past moments: "Well, over the years, I've developed a stable of songs of which I'm known for and never get tired of singing... my set list is basically like my hits, there is a good reason why they are there; people really like them."

As long as audiences are open to new things and are willing to discover new acts on their own there will always be a stage for young musicians. Today with the burgeoning independent music scene there are more and more clubs willing to showcase "indie" talent, even if they don't pay very much for it. All the same it's a beginning for new acts and STOP! will be around to help.

For the latest STOP! show featuring Brian Blain please go to youtube.co/mauricesify. For people in the Brome Missisquoi and Shefford regions you can catch the show on Videotron's Matv community cable TV, channel 9.

Good Reads

CONT'D FROM PAGE 8

some unknowable – Von Tunzelmann was refused access to some documents, and others were destroyed by participants). Readers are warned that the violence is graphic; British soldiers shot and bludgeoned the defenceless, and the rioting at the partition of India and Pakistan led to horrific crimes. It is difficult to accurately count the hundreds of thousands of dead when they have been cut up into pieces.

Nehru despaired of the violence, which pitted Hindu against Muslim against Sikh. He had long promised a secular state. In a way, the shock of Gandhi's assassination, by another Hindu (rather than, say, a Muslim), helped calm the country.

Although this history hangs on five main characters and their lives in India, the author is British. England (and its accessible archives) gets a lot of attention, as do the Mountbattens. Their lives became intensely interconnected with India and its top politician.

Indeed, while Dickie Mountbatten deeply loved his wife, Nehru loved her just as deeply. The three came to an accommodation. And when Edwina died, the British admiralty gave Dickie the use of HMS Wakeful: "The coffin was discharged into the waves from beneath a Union Jack. Mountbatten, in tears, kissed a wreath of flowers before throwing it into the sea. The Wakeful was escorted by an Indian frigate, the Trishul. Jawaharlal Nehru had sent it all the way to the English Channel, just to cast a wreath of marigolds into the waves after Edwina's coffin."

Science And Parenting

It's official: Reading to kids is good for them.

"Read aloud to your children and grandchildren. Read and sing and talk to them every day. Read to them until they can read for themselves. Then read together. And read to them some more until they start school, then encourage them to read even more." That's according to the American Academy of Pediatrics.

Doctors should prescribe "reading together as a daily fun family activity."

Illiteracy, the physicians say, leads to poverty and poor health.

And, as reported in the Globe and Mail, "in addition to prescribing reading to kids, they should be prescribed library cards, and parents-in-need should be steered to literacy programs."

"Forty-two per cent of Canadians 16 to 65 years of age do not have the minimum literacy skills for coping with everyday life and work in a knowledge-based economy.... People with low literacy skills are twice as likely to be unemployed."

As for children, "most kids who have not mastered reading by the end of Grade 3 will never catch up."

So please, read to your children. Learn to read together. Or listen to audio books together. There are many ways to use books for learning and for fun.

Booker Longlist

Here are the books that made the long list for this year's prestigious Booker Prize: To Rise Again at a Decent Hour by Joshua Ferris; The Narrow Road to the Deep North by Richard Flanagan; We Are All Completely Beside Ourselves by Karen Joy Fowler; The Blazing World by Siri Hustvedt; J by Howard Jacobson; The Wake by Paul Kingsnorth; The Bone Clocks by David Mitchell; The Lives of Others by Neel Mukherjee; Us by David Nicholls; The Dog by Joseph O'Neill; Orfeo by Richard Powers; Artful by Ali Smith; History of Rain by Niall Williams.

Book Ends

The 2014 TD Summer Reading Club Program is running to August 7, for young people aged 5 to 12, in both English (Wednesday afternoons from 1 to 3) and French (Thursday afternoons, same time). Each workshop is filled with reading, crafts and activities. Space is limited, registration is required.

If you're housebound, we can bring books to you through Books on Wheels. We also have large-print books and audio books, plus an Easy Reads section. We also have sections for Young Adult novels and graphic novels, plus children's non-fiction and fiction (filed by suggested age). Inter-library loans and ebook rentals are now available! Library membership is free for residents of Sherbrooke.

The Lennoxville Library is at 101 Queen Street, corner of College. E-mail bibliolen@gmail.com or phone 819-562-4949. The website is at www.bibliolennoxvillelibrary.ca.

Older book reviews and reading suggestions are on our blog at bibliolennlibrary.wordpress.com.

What's On

MUSIC

August 2

Fundraiser Dance at The ANAF Unit 318, The Hut on Saturday, August 2 from 9 p.m. until closing. Live music featuring The Rocky River Band. Admission is 5.00 **Everyone 18 and over is welcome.**

August 2 & 3

North Hatley - **Massawippi Music Festival, Dreamland Park, North Hatley. Free, all welcome!** For more information visit www.northhatleyrec.com/concerts. **The Singles - 50's & 60's, Saturday, August 2, 7 p.m. to 9 p.m. La Dolce Vita Sextet, Sunday, August 3, noon to 1 p.m.**

August 9

Barn Dance to benefit Walk For Women's Cancer, sponsored by the Yamaska Valley Optimists, will be held on Saturday, August 9, at 6 p.m. at the Heritage Farm, 217 Iron Hill Road, Lac Brome. Barbecue Supper. Music by band Mayday. New this year: Mechanical Bull! Come give it a try. **Tickets: Adults: Advance: $20 (at the door: $25), $5 children. Contact Louise Gélinas 450-243-5317.**

August 13

The Piggery is proud to bring back "DOUG LEAHY and FAMILY" on WEDNESDAY, AUGUST 13, 8 p.m. $35 pp. Building on over three generations of Leahy musicianship, Doug Leahy, together with his wife Jennifer and their children, are keeping those traditions alive through music, song and dance. If you loved the Leahy show last season you do not want to miss this one. Tel: 819-842-2431, www.piggery.com.

August 16

Saturday, August 16 at 8 p.m., $25 pp., at the Piggery Theatre, Terry Joe Banjo pays tribute to PETE SEEGER in FOR PETE'S SAKE in a sing-along concert. This incredible banjo player pays tribute to the late great Pete Seeger and with his long necked banjo he is ready to lead the audience on. Tel: 819-842-2431, www.piggery.com

EVENTS

Wed., Friday, Saturday & Sunday

The Royal Canadian Legion, Branch #10, 971 Galt St. East, Sherbrooke hold the following events every week. **Wednesday:** Bean Bag Toss fun afternoon at 1:30 p.m. **Friday:** Suppers at 5 p.m., Fun Darts at 7 p.m. **Saturday:** Dances at 8:30 p.m. **Sunday:** Dances at 1:30 p.m. **Come out and support the Legion.** Info: 819-563-4944.

August 2

Ives Hill Dance, Saturday August 2, starts at 7:00 p.m. to celebrate David Cook's 80th. Music by the Country Swingers: Ron, Dave, Art, Sylvie and Mark. Everyone welcome.

August 2

The Town of Brome Lake First Responders and Firemen's Association will host their 3rd Community beef and pork B.B.Q. on Saturday August 2, 2014 at 5:00 p.m. at the Brome Fair grounds in Brome. There will be a silent auction. Music by MAC3. Tickets are available at Eureka, the Sears pickup counter in Knowlton or from the Firemen and First Responders. **Cost: adults $15. Children 6-12 $8., 6 and under Free.**

August 2

Lennoxville Farmers' Market. Saturday 10 a.m. to noon, 2882 College Street, across from Clark & Sons. All vendors are small-scale farmers and artisans operating 50 km. of Lennoxville. Come enjoy authentic, local products.

August 2

BIG EVENT! BAG OF BOOKS FOR $5.00, Come to our Book Sale on Saturday, August 2 from 9 a.m. until noon at the bookstore of the Rotary Club of the Boundary. We have books in English and French for adults and children. Come and visit us at the bookstore in Beebe (between Rona and the Canadian customs). For more information call 819-842-1940.

August 3

MS Dance, Sunday, August 3 (time change for this week only: 2:30 p.m. to 7 p.m.) at the Municipal Hall on Millington Rd., Austin, with Jimmy Edwards & The Country Folks. Slight charge on soft drink and chips to help cover costs. Coffee and tea: free. Light snacks served at 4 p.m. Everyone is encouraged to bring a few sandwiches or a dessert to keep our costs down, and we thank those who do; it is so appreciated.

August 3 - August 16

North Hatley Library (165 Main) ART SHOW: August 3 to 16, Hatley artist Caroline George presents her latest collection of mixed-media work titled "Migration" **VERNISSAGE August 3, 3-5 p.m. (Tues to Fri. 10 to 12:30, Wed 6 to 8:30, Sat. 10 to 3).**

August 9

Richmond fair annual beef BBQ. Saturday, August 9, 6:30-8:30, and 9 a.m. to 1 p.m. Music by Bonnie Loiselle. All welcome, admission charged.

August 16

Annual Richmond Legion Golf Tournament. Saturday, August 16. T-off at 12:40 p.m. at Richmond-Melbourne Golf Club. Info: Hughie Lancaster at 819-826-3495, Bob Delaney 819-826-6475 or call to register at the Legion: 819-826-3444 (registration deadline Friday, August 15 at 5:00 p.m.). There will also be a supper available for players, at the Legion, after the tournament.

August 17

Hot Dog & Corn Roast on Sunday, August 17 at 1 p.m. at Creek United Church, 278 Brill Road, West Bolton. Invitation to all! Contact May Banks: 450-243-0280.

THEATRE

August 1, 2, 3, 5, 6 & 7

Sunshine Theatre Productions presents: 'Art' by Yasmina Reza, translation by Christopher Hampton on August 1, 2 & 3 and 5, 6 & 7 at 8 p.m. With an accomplished cast of professional actors, Frank Fontaine, Doug Hooper and Ralph Steiner, the comedy 'Art' will be performed at The Lakeview Inn in Knowlton. Tickets can be be reserved in advance by calling 450-538-1055, or purchased at Brome Lake Books and Townshippers' office at the Tennis Club at 584 Knowlton Rd. **Tickets cost $25 (with advance purchase, seniors' tickets are $20). A special Pre-Theatre Dinner is available at the Lakeview Inn at 6 p.m., call 450-243-6183 to book your table.**

Local Sports

Fans who visit the Century Tour will dive into the excitement, history and energy that represents Canadian hockey.

Hockey Canada Century Tour coming to town

Record Staff
Sherbrooke

The Hockey Canada Century Tour will touch down in Sherbrooke next week, its first Quebec stop on the cross-country tour.

The Century Tour, which was launched last week in Toronto as part of the celebrations of the national governing body's 100th anniversary is a 20,000 square foot caravan with an interactive hockey experience that will visit about 100 communities across Canada.

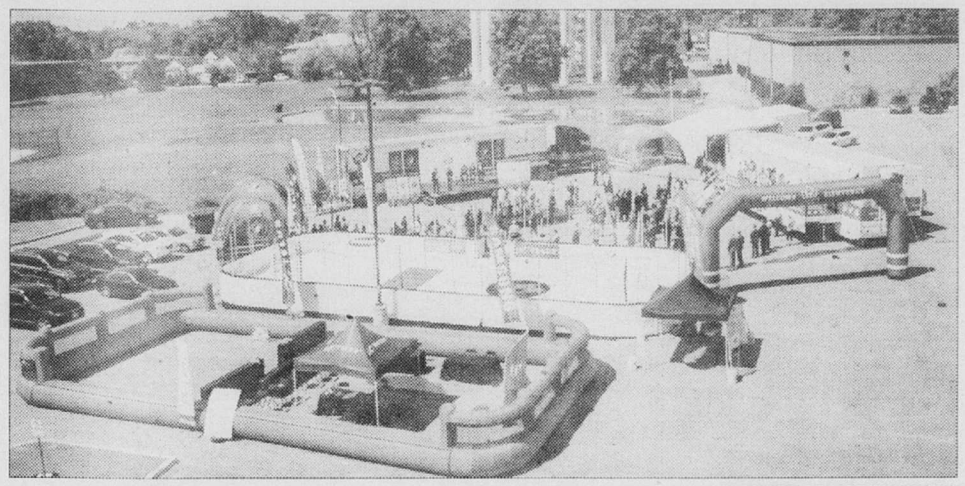
The Century Tour will stop in the parking lot of the Sherbrooke's Eugène-Lalonde Arena (beside the Sports Palace) on August 6, 7 and 9 where hockey fans can be entertained for free from 3 - 9:30 p.m. (schedule subject to change).

Fans who visit the Century Tour will dive into the excitement, history and energy that represents Canadian hockey. Among other things, they will see an interactive timeline marking key moments in hockey history.

They can skate on a synthetic ice rink at one-third scale of a regulation rink, and participate in programs and activities designed for children, families and initiates to the sport, as well as a celebration of Team Canada and leaders in local communities.

In addition to the synthetic ice rink and inflatable games, three thematic tents will be erected to entertain young and old. The first looks at an NHL television studio, the second a players' cloakroom, and the third will honor the two Canadian teams who won the gold medal at the Olympic Games in Sochi.

The Century Tour coincides with the presentation of three exhibition games for the World Junior Hockey Championship summer development camp.



COURTESY HOCKEY CANADA

The Hockey Canada Century Tour will be visiting Sherbrooke from August 6-9.

On Wednesday, Team Canada White will face Team Russia, who is based in Sherbrooke for the week. Thursday will see Team Canada Red face the Russians, while Saturday's contest will match up Sweden against the Russians. All three games start at 7 p.m.

Expos still contenders as season nears end

Record Staff
Sherbrooke

The Sherbrooke Expos 2014 regular season comes to an end in just two weeks and, with eight games left, nothing has been decided in the East Division where only three games separate the four teams. At this point, the Expos occupy third place with a record of 13-11.

With the remaining games all being held within a few days, the Expos are hoping to be able to count on the arm of newly-acquired pitcher Olivier Routhier-Paré, who joins the team Friday after playing in Belgium. He will be on the roster for seven of the last eight games, and be available for the playoffs.

"The ranking is very tight and being only two games behind Victoriaville, we can still aspire to the division championship," says Expos President Francois Lecuyer. "Fans have been supporting us since the beginning of the season and I hope that will be the case until the end."

While the arrival of Routhier-Paré good news for the club, it is accompanied by some bad as veteran outfielder Eddie Lantigua has been sidelined for an indefinite period with an injured back. Lantigua is eligible for playoff action, should he recover in time.

Inaugural Coaticook Half Marathon set for success

The first Coaticook Half Marathon is shaping up to become a success as more than 550 runners have confirmed their participation in Sunday's event.

The initial goal of 300 participants has been greatly exceeded, to the delight of the organizers. "If we have a last-minute registration blitz, could surpass 600 participants," says Antoine Plouffe.

In addition to the half marathon distance, there will also be a 1 km and 10 km runs and a 5 km walk. The final opportunity to register is Saturday at the Gérard Couillard Recreation Centre, from 10 a.m. – 5 p.m. There will be no registration on the day of the event.

The PGA Tour's Doug Milne finds that running connects him to home

A Runner's Mind

Christine Blanchette

"When you find yourself amidst the chaos, find your home. Find the things and activities you can take with you, and put them to use." - Doug Milne

In an exclusive column for The Record, guest writer Doug Milne, an avid runner and communications manager for the PGA Tour, shares his tips on how to focus on workouts, despite being on the road often, and following a hectic work schedule.

In a past column, I wrote about the importance to mix things up with my runs. I try to listen to different mixes on my iPod, run different routes and vary my pace. It has always been very easy for me to fall into routines, which tended to demystify things. When that happens, I get bored and, thus, less inclined to head out. Essentially, I always try to keep it fresh.

With this piece, however, I want to touch on the value of constancy with an otherwise convoluted schedule. At times, all of our lives and schedules get crazy. Mine is no different. I'm on the road more than half the year, usually in a different city every week. With that said, I rely on my workouts to be my connection to my home.

In mid-July, I was in England for the British Open. I'd never been there, but looked forward to the experience. As expected, things were different. Hotel setups were different, the food was different, roads were utilized differently and daylight hours were significantly different than on the east coast of the United States. I was around a lot of people I'd never been around. I dressed differently and certainly spoke differently. I was a fish out of water, though not in a negative way. The one thing I could rely on was a road (on treadmill) on which to run and headphones to pump out my favorite music. I felt like I had brought some of home with me across the pond.

The day I got there, I asked the bellman at my hotel about places to run. It turns out; there was a wonderful 7-mile loop along the river right outside my hotel door. I also inquired about a fitness center. As luck would have it, just five blocks away, there was a 24-hour gym that offered daily passes for less than $10. I capitalized on both. I ran along the river when weather permitted, which wasn't a lot. This was, after all, England.

I listened to my favorite band, Dropkick Murphys, a lot. It gave me a sense of home. At the gym, 30 pounds in England is 30 pounds in the U.S. My body responded to the weights, not my location.

As for my diet, I really didn't give a lot of thought to it. I got a good mix of the local flavor without concern for fat or calories. I find it crucial to a mental and physical longevity to imbibe at times. The more I imprison myself in certain situations, the more of a loose cannon I find I become. So, I ate fish and chips. Was it something I would've dined on at home in Jacksonville? Probably not. But, how often am I in England. Give myself some breathing room, I thought. I knew, after all, I would work out later that night or early the next morning.

That brings me to my schedule. I was to be in the Media Centre at the golf course from 7 a.m. until approximately 9 p.m. every day. I had a 15-minute walk from my hotel to the train station each morning, followed by a 30-minute train ride. I then had a 15-minute walk from the end of the train line to the golf course. I repeated the process at the end of each day. That's two hours of getting to and from the golf course. Add that to 14 hours in a media centre and we come to a grand total of 16 hours a day I'm "at work."

It would have been very easy to take the week off from exercise. I couldn't blame them. But, that part of me that I brought from home, that part I really relied on, was the part of me that worked out – somehow, some way - every day. I needed that to maintain a focus. With that said, I found myself running on a treadmill in the fitness center at 4:30 a.m. after five-six hours of sleep. There was my consistency in an otherwise crazy day. It kept me grounded.

Was I tired? At first, before I started, absolutely! But, once I got going, got breathing, got sweating, I was good. The music was pounding in my head and I went from good to great. By the time I got on the train in the morning, I felt like I was hovering a foot above ground. Every day turned out remarkable.

My intended point is this, find a way to mix things up when your days run on auto-pilot. When you are the fish out of water, become the shark. No one has ever died from a lack of sleep, certainly not one less hour a day. When you find yourself amidst the chaos, find your home. Find the things and activities you can take with you, and put them to use. For someone in a different city more times a year than he is at home, I still consider myself a home body. It gets hard. But, when I have a routine, when I have my Dropkick Murphys and a good stride, I have a good piece of home with me. It makes me happy. It comforts me. And in the end, comfort and happiness aren't bad elements for a really strong life.

DougMilne@pgatourhq.com

www.runwithit.ca
Twitter: @christineruns
You Tube channel: runwithitcb1

Death

Christine (Tina) CHUTE (nee Wilson) (1959 – 2014)

July 26, 2014. Beloved wife of Bruce, mother of Codey and Chelsey, and daughter of the late Jeffrey Meredith Wilson, the late Jean MacKenzie Wilson, and step-daughter of Muriel Fletcher Wilson. Loving sister of Ailsa Wilson (Johnson), Martha Wilson (Cromwell), Meredith Wilson (Arbery), Clark Fletcher (Oxford), the late Margo Fletcher, and Sandy Fletcher MacDougall.

Tina is lovingly remembered as a devoted sister, daughter, and friend. She was actively involved in all aspects of her children's' lives ranging from their schools to their sports to 4H. A beloved member of her community, her enormous generosity of spirit unfailingly placed the needs of others before her own. She participated in all aspects of community life, as well as numerous local charitable organizations. All those that she met were better for having known her. Everywhere she went was a better place for her having been there. Her sense of humour was legendary.

Tina's garden was distinguished by her signature scarlet dahlias against her corner rail fence. Dozens of Tina's dahlias are hidden in plain sight in many spaces in and around North Hatley.

A gathering in Tina's memory will be held on September 6, 2014 from 3 to 6 p.m. at the North Hatley Legion, 95 Jackson Heights, North Hatley. Expressions of gratitude for Tina's life should be directed toward the charitable organization of your choice.

STEVE ELKAS FUNERAL HOME
601 Conseil St., Sherbrooke QC
E-mail: info@steveelkas.com
PHONE: 819-565-1155
FAX: 819-820-8872
www.steveelkas.com

Death

Joy Maureen CHANDLER (Sept. 8, 1938 - July 24, 2014)

Beloved wife of Colin Grimson. Mother of Michael, Peter and David Lizotte.
Born in Three Rivers, Joy lived in Lennoxville and will be greatly missed and remembered for her love, intelligence and integrity.
We love you Mum. Be free!

COOPÉRATIVE FUNÉRAIRE DE L'ESTRIE
485 24 Juin St., Sherbrooke QC
PHONE: 819-565-7646
FAX: 819-565-7844
www.coopfuneraireestrie.com

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Online giving: www.fqa.qc.ca/en/ or 1-800-361-9142
Literacy Foundation
Words of hope

Card of Thanks

HARTWELL - To one and all, thank you, most sincerely, for your numerous and very kind expressions of sympathy at the time of Krista's death. All condolences were deeply appreciated and are gratefully acknowledged. Special thanks to all of Krista's Home Caregivers, the handicap transport drivers, doctors and staff of the Moncton City Hospital and the Ferguson Funeral Home, in Moncton, NB. Locally, special thanks go to St. James Church, Hatley; Minister - the Rev'd Barbara Wintle; Organist June Patterson; and the Choir of St-George's Church, Ayer's Cliff for the lovely memorial service; the Hatley ACW and helpers for organizing the wonderful reception; the Hatley United Church for the use of their Church Hall for the reception; the support of St. George's Guild and ACW Members, Lennoxville; the Church of The Advent, Sherbrooke; and the St. Francis Deanery EFM and Pastoral Care Groups. Great appreciation is expressed for all the memorial contributions to St. James Church, Hatley, Pet Connection, etc. and especially to the many friends and relatives who attended Krista's Memorial Funeral Service on May 29 – and so to repeat - thank you is a little phrase, but still it's meant to show your kindness is appreciated more than you'll ever know!
KATHLEEN (KAY) HARTWELL
(MOTHER) JOHN SHEPHERD (KRISTA'S PARTNER)

Death

Frances BOIVIN (née Bergeron) (1919-2014)

It is with sadness that we announce the passing of Frances Boivin, née Bergeron on July 27, 2014, wife of the late P. Horace Boivin, of Granby. She will be remembered for her love for her family, her support to her husband during his public life, her kindness, her compassion for others, her sense of humour, her style and elegance in all circumstances. She was the cherished mother of eleven children, Diane (Richard French), the late Ernest, the late Robert (Monique Gagnon), Elyse, the late Charles (Carole Chauvin), Claude (Helene Thibault), Marie (the late Ignacio Bustillo), Richard, Lynne (Bernard Tessier), Georges and Julie. She will also be missed by her grandchildren Elizabeth, Alexandra, Mathieu, Alexis, Marie-Charles, Noémie, Zoé, Dali, her great-grandchildren Zoé, Sacha, Lea, Charles, her sisters-in-law Leonora Short and Françoise Choquette and numerous nieces and nephews. Proud of her Irish origins, she was the daughter of the late Mary-Theresa Morris and the late Joseph Bergeron and the sister of the late Helen, Morris, Margaret, Joseph, Frederick, Gerorges, Raymond, Patrick and John.

Family and friends are invited to gather on Friday, August 8, 2014 from 7 p.m. to 9 p.m. and Saturday, August 9, from 9 a.m. to 10:30 a.m. at:
Complexe Funéraire, Girardot & Ménard, 470 rue Dufferin, Granby, QC J2G 9G2. Tel: 450-372-4498 Fax: 450-372-2738.
Email: complexe@girardot-menard.com.

A funeral mass will be celebrated on the same day at Ste. Famille Catholic Church (115 Main Street, Granby J2G 2T9) at 11:00 a.m. After the funeral mass the urn will be placed in the family Mausoleum at Mgr Pelletier cemetery, Dufferin Street, Granby.

A donation in her memory may be made to La Fondation du CHSLD Horace Boivin. Forms are available at the funeral home.
The family wishes to express their utmost gratitude to Mrs. Thérèse Plamondon as well as to Mrs. Sylvie Cloutier and her team at Residence Bromont for their exceptional care, providing compassion and comfort until she peacefully passed away at Residence Bromont.

Complexe Funeraire Girardot & Menard
470 rue Dufferin, Granby, QC J2G 9G2
E-mail: complexe@girardot-menard.com
PHONE: 450-372-4498
FAX: 450-372-2738

Cards of Thanks

LASENBA - I would like to thank my family for my 90th birthday party as well as the beautiful lunch that was served. Also, thanks to those who came from Ontario, Vermont, Michigan, and various areas of the Eastern Townships. Thank you all for the cards and gifts. It was all greatly appreciated.
God bless you all and thank you again.
VIRGINIA LASENBA

WHITE - A sincere thank you to family and friends for the sympathy extended at the time of our brother's sudden passing. For the many phone calls, sympathy cards and all who visited the funeral parlor and attended the funeral service in the church of the Ascension in Inverness. Also for donations given in his memory to the Boutell Cemetery Fund.
Thank you all,
From ALGER'S BROTHERS AND SISTERS

Cemetery Meeting

Cherry River Cemetery
Cherry River Cemetery Association meeting. Wednesday, August 6, at 6:00 p.m. sharp, at the home of Keith Sager, 1476 ch. Alfred Desrochers, Orford.

LENNOXVILLE
ERRATUM: The following replaces the incorrect Crier that was published in yesterday's paper: IMPORTANT! Please note that all blood pressure clinics offered by Lennoxville and District Community Aid will now be held at our new location: 164 QUEEN STREET, SUITE 104. The next blood pressure clinic will take place on Tuesday, August 12 from 1:30 p.m. to 3 p.m. at our new location. Waterville residents are welcome.

MS lives here.
Multiple sclerosis never hits just one person. It affects the entire family.
MS Multiple Sclerosis Society of Canada
1-800-268-7582 www.mssociety.ca

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMS, BRIEFLETS:
Text only: 40¢ per word. Minimum charge $10.00 ($11.50 taxes included)
Discounts: 2 insertions or more: 15% off
With photo: additional $18.50. DEADLINE: 11 a.m., day before publication.
BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:
Text only: $16.00 (includes taxes)
With photo: $26.00 ($29.90 taxes included) DEADLINE: 3 days before publication.
WEDDING WRITE-UPS:
$26.00 ($29.90 taxes included) WITH PHOTO: $36.00 ($41.40 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: classad@sherbrookerecord.com - They will not be taken by phone.
DEADLINES FOR DEATH NOTICES:
For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.
For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

Church Services

Anglican

FOSTER

St. James Anglican church Foster. We welcome you to a service of Holy Communion at 9:15 on August 3 at the little church on the hill, 725 Lakeside, Foster. Join us to visit afterwards for refreshments in the hall. Everyone is welcome, bring a friend.

LENNOXVILLE

Saint George's Anglican Church, Lennoxville, at 84 Queen St., celebrates Holy Communion every 1st & 3rd Sunday at 10 a.m. and every 2nd & 4th Sunday at 8 a.m. Morning Prayer is held every 2nd & 4th Sunday at 10 a.m. 819-346-5564.

NORTH HATLEY

St. Barnabas Anglican Church, 640 Sherbrooke Road in North Hatley, celebrates Holy Communion every Sunday at 10:00 a.m. Sunday School is also at 10:00 a.m. 819-842-2686.

SHERBROOKE

August 3, 11:00 a.m. Church of the Advent, 473 Bowen St. S., Sherbrooke, welcomes you to a service of Holy Communion. The Ven. Dean E. Ross officiating.

Presbyterian

LENNOXVILLE

St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville, 819-569-3100. Minister: Rev. John Barry Forsyth. Organist: Anthony Davidson. Sundays: 10:30 a.m. Worship and Sunday School. The Word of Grace Radio Broadcast, P.O. Box 404, Sherbrooke, QC, J1M 1Z6, Station CJMQ 88.9 FM or www.cjmq.fm, Sundays 8:30 a.m.

United

LENNOXVILLE

Lennoxville United Church will be worshipping at Plymouth-Trinity United Church, 380 Dufferin Street in Sherbrooke, on August 3 at 10:30 a.m.

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, tel:819-346-6373 Leslie Young, organist. Sunday, August 3, Sunday worship is at 10:30 a.m. Allan Marshall will be leading worship. There are activities for children during worship. Everyone welcome.

HATLEY/WATERVILLE

Sunday, August 2, No services at Hatley United or Waterville/North Hatley United Churches. Rev. Mead Baldwin 819-837-1112.

RICHMOND

Melbourne United Church, Sunday August 3, at 10:00 a.m.
Worship led by Charlotte Griffith.

Hatley-Stanstead Women's Institute

The Hatley-Stanstead Women's Institute met at the home of Barbara Hewitt and husband Paul Sharpe, in Ste Catherine de Hatley on Thursday June 5. 2014. Phyllis opened the meeting at 1:30 p.m. thanking Barbara for inviting us into her home and Irene for being co-hostess. We sang Happy Birthday to Velma who will be celebrating her birthday on August 4. Jean had also celebrated her birthday the week before our meeting. The Collect, Lord's Prayer and Salute to the Flag was repeated in unison. Motto: Genius is 2% inspiration and 98% perspiration. Velma read the Roll Call answered by ten members, all naming three friends that they admire past or present. Tea, Birthday, Calendar money and Coins for Friendship were collected. Secretary Barb Hewitt read the minutes of the May meeting. Business arising included last minute plans for our trip to Macdonald College. This marks the 100th year that The Women's Institute Convention has been held at Macdonald College. Sunshine Report: We had 20 sunny days in May, so Doreen and Scotty collected for their Sunshine Bank. A Pillow/Quilt was made by Jackie Tilton and signed by all of us for one of our members Phyllis Knapp. with a card sending our Best Wishes. Phyllis had also recently celebrated a birthday. Velma Eryou gave the Treasurer's Report, showing a favourable balance. A motion was made to pay any outstanding bills.

A note of thanks was received from Sunnyside School's Principal, Steve Weary, for the food box The monthly article from Norma Sherrer "A Healthier You" was handed out to each member. Fundraiser: Barbara gave out the flowers and bulbs ordered from Vesey's. We were pleased with our results. The Program was to make Fascinator hats for the Convention exhibit. Seven very beautiful and stylish hats were created, under the leadership of Barb and Jean. The meeting was terminated and we all enjoyed a selection of different teas, each to our own little tea pot, served with a delicious dessert.

Summery: On June 7th. Rev. Doreen Moffat being the chauffeur, took Irene Humphrey, Phyllis Dustin and County President Dyanne Saanum to The Women's Institute Convention at Macdonald College. We arrived there about 9:30 in time for the meeting, the four of us all wearing our Fascinator creations. At noon a lovely luncheon was served to about 60 members. But before we got to eat, there was a fire drill and all of us ended up out on the front steps or in the parking lot until all was cleared to go back inside. We made use of this time to get many pictures taken of the whole group. In the afternoon there was a program giving us much enjoyment and laughter, from readings, jokes and singing. Our branch did a skit written and narrated by Irene Humphrey titled "Behind the scenes of a Hatley-Stanstead W I meeting". This was a lot of fun and brought many laughs. Later our branch realized we had received First Prize on our Fascinator hat. This hat was the idea of Barb Hewitt, created and made by Jean Cass. A job well done girls.

By mid afternoon we were on our way home, remarking that we had enjoyed our day. On July 15. Irene Humphrey and Phyllis Dustin enjoyed a lovely visit with Phyllis Knapp, taking her the Pillow/Quilt and news from our W I branch. While there Irene and Phyllis enjoyed a nice ice cream Sundae with Phyllis. This was a delightful surprise to all of us.

Our next meeting will be in September.

Written by Jackie Tilton
Submitted by Phyllis Dustin

SUDOKU

Difficulty: 4 (of 5)

		2	4	6			9	7
8					2		3	
	7							
			7				1	
	1				8			3
9							2	5
			8				4	6
	5			4		1		
	9	7			5			

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HOW TO PLAY:
Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

PREVIOUS SOLUTION

8	3	5	4	2	1	7	9	6
1	6	9	5	3	7	8	4	2
4	2	7	6	8	9	1	3	5
5	4	8	7	1	6	9	2	3
6	7	3	9	4	2	5	1	8
2	9	1	8	5	3	6	7	4
9	8	6	2	7	4	3	5	1
7	1	2	3	6	5	4	8	9
3	5	4	1	9	8	2	6	7

PREVIOUS SOLUTION

5	3	2	4	6	1	8	9	7
8	4	9	5	7	2	6	3	1
1	7	6	3	8	9	2	5	4
2	6	3	7	5	4	9	1	8
7	1	5	9	2	8	4	6	3
9	8	4	1	3	6	7	2	5
3	2	1	8	9	7	5	4	6
6	5	8	2	4	3	1	7	9
4	9	7	6	1	5	3	8	2

HOW TO PLAY:
Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

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	6		8			3		
8			6		7			
				3	4	2		
5	8		2					
	4	1				6		7
							2	
							8	
					6	1		
4				7	6			6

Difficulty: 5 (of 5)

SUDOKU

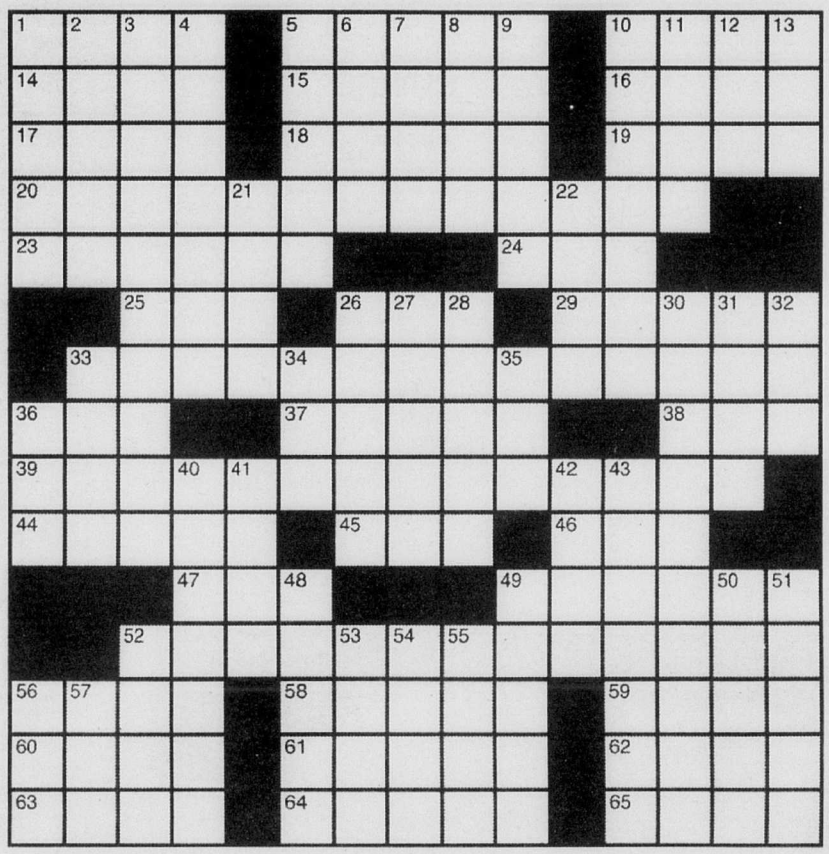
E-mail your social news to classad@sherbrookerecord.com

C CCCCDC

Across
1 Bottom application
5 Crystallizes
10 Hemingway sobriquet
14 New car feature
15 "Stop kidding around!"
16 Claire's younger daughter on "Modern Family"
17 First name at Woodstock
18 Harold's film partner
19 "Eek!"
20 Consequence of a late flight?
23 Outpourings
24 Day __
25 Narrow inlet
26 2014 U.S. Women's Open champ
29 Immature retort
33 Where to learn how to be on time for a flight?
36 Premier __: wine designation
37 Patek Philippe competitor
38 Ratified
39 Luggage on a recently-arrived flight?
44 Stop by
45 Getting-off pt.
46 Some hosps.
47 Talking-__ (lectures)
49 Privia digital pianos, e.g.
52 Mark showing the status of a stormy-day flight?
56 Media concern
58 Bellowing
59 Sport with touches
60 Boxer's reward
61 Tool in Excel
62 It's played on Broadway
63 Stop
64 Church reading
65 Hit the __

S	A	L	E	M	■	D	A	T	A	■	S	I	P	S
E	L	I	S	E	■	O	M	E	N	■	I	D	E	A
R	I	A	T	A	■	W	I	N	D	S	T	O	R	M
B	A	R	E	S	O	N	E	S	S	O	U	L	■	■
■	■	■	F	U	S	E	■	■	C	M	A	■	■	■
■	B	E	A	R	S	R	E	P	E	A	T	I	N	G
J	E	A	N	E	■	■	G	Y	N	■	E	D	I	E
A	R	S	■	D	R	E	A	M	E	R	■	E	E	N
M	R	E	D	■	A	I	D	■	■	A	I	S	L	E
B	A	S	E	R	I	N	S	T	I	N	C	T	S	■
■	■	■	C	O	S	■	■	I	N	G	E	■	■	■
■	■	S	A	B	E	R	R	A	T	T	L	I	N	G
S	T	A	G	E	D	O	O	R	■	R	A	D	I	O
A	R	G	O	■	U	L	N	A	■	U	N	I	T	E
W	E	A	N	■	P	E	A	S	■	E	D	G	E	S

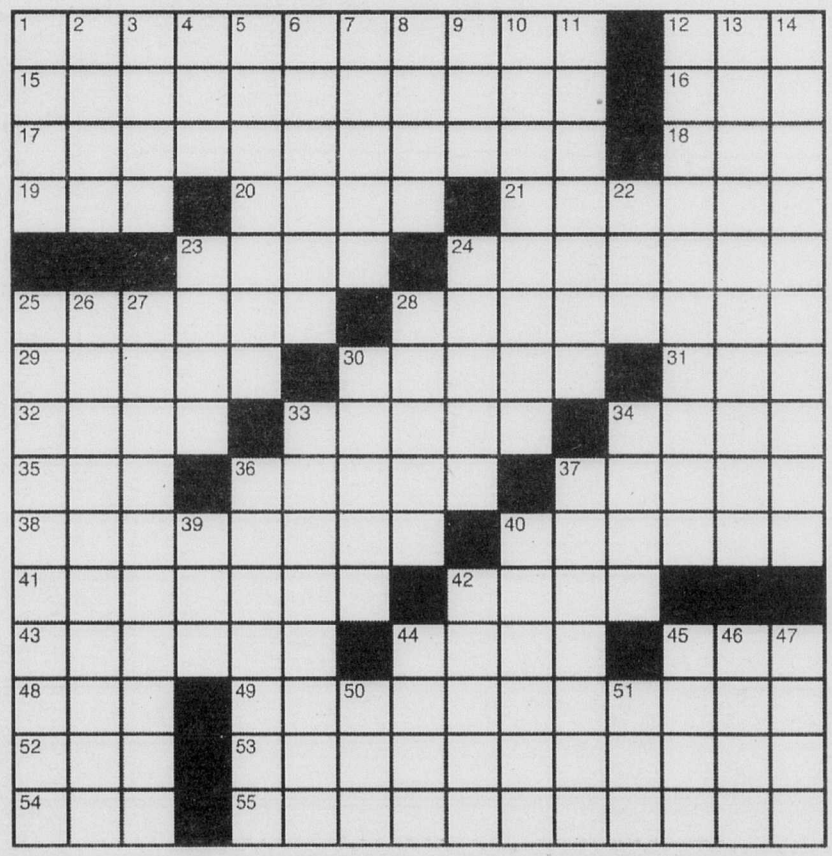
Down
1 Natterjacks
2 Pitcher?
3 Hang out
4 Montenegro neighbor
5 Routine elements
6 Israeli statesman Barak
7 __ disease: tick-transmitted affliction
8 Word with meat or sugar
9 Sees the sites
10 Exchange notes
11 Disembarked
12 Zip or drive
13 Big name in men's grooming
21 Wine datum
22 Expansive
26 Chickens
27 Nonreactive
28 Goad
30 Lickable candy since 1931
31 "The Addams Family" adjective
32 Clichéd
33 Cereal box word
34 Chuck Hagel's gp.
35 Enervate
36 Browns, on scoreboards
40 Mining target
41 "The most private of private schools": Hugh Laurie
42 Copter rescue, perhaps
43 Bacon units
48 Rogue
49 Storage medium
50 3M sponge brand
51 Sport with shotguns
52 "Is it allowed?"
53 Chunks of history
54 "Livin' La Vida __": Ricky Martin hit
55 Well-manored individual?
56 Chip flavor
57 Slip for chips, maybe



Across
1 Travelocity offering
12 Bit of texting tact
15 Riverbend Festival city
16 Note
17 Private collectibles?
18 Sporty cars
19 Mac OS part: Abbr.
20 Ghostly sound
21 Relax
23 Tabloid fodder
24 "__ Place"
25 Torrid
28 It may be fit for a king
29 Mideast monotheistic sect
30 Ramble on
31 Taken
32 Monopoly needs
33 "Cool!"
34 Thoughtless procedure?
35 Gross remark?
36 Difficult
37 More sound
38 Vietnam War attack aircraft
40 They're history
41 Ed O'Neill sitcom role
42 Bottled (up)
43 Cultural icon making her debut in 1959
44 Prefix with nautical
45 Poke
48 Call for passage
49 Each of the two longest ones lasted 15 innings
52 Emmy winner Arthur
53 Split personality?
54 Vessel measured in cubits
55 Egyptian expanse

T	O	P	S	■	M	L	A	S	P	■	T	I	U	Q
E	L	O	R	■	O	R	C	A	M	■	E	N	O	B
E	E	P	E	■	R	A	O	R	A	■	S	A	I	B
K	C	E	H	C	D	E	L	E	C	N	A	C	■	■
S	O	I	S	A	C	■	■	■	S	O	T	■	■	■
■	■	S	A	V	■	N	T	S	■	T	A	D	N	E
■	Y	T	R	E	P	O	R	P	D	E	D	N	A	L
D	K	O	■	■	A	G	E	M	O	■	■	U	R	C
L	O	O	H	C	S	G	N	I	D	R	A	O	B	■
O	O	T	S	I	■	E	I	W	■	A	I	R	■	■
■	■	■	A	P	S	■	■	■	S	E	T	A	P	S
■	■	T	C	E	F	E	D	E	E	Y	A	L	E	D
E	P	I	Y	■	R	A	M	U	K	■	O	L	R	A
X	E	L	A	■	U	O	Y	H	O	■	R	O	D	O
A	P	A	P	■	S	L	L	E	J	■	C	L	A	T

Down
1 Election figs.
2 Gob stopper?
3 Small islands
4 Board jumpers: Abbr.
5 Reduce to mist
6 In abundance
7 Proceed until
8 "Whatcha __?"
9 Job listing letters
10 Accepted
11 The Explorers of the Atlantic 10 Conf.
12 Catalog
13 Mythological daydreamer
14 Part of Larry King's legacy
22 Indian honorific
23 Floor
24 Substantive
25 African Union Commission headquarters
26 Construction worker
27 Sore loser's comment
28 Source of many orders
30 Irksome
33 One of the Nehru Planetarium cities
34 Carry on
36 More than just zealots
37 Award winner
39 Where some routes meet
40 Predecessor of Nelson
42 __ dish
44 Perplexed
45 Alaska's state gem
46 From Hawaii, say: Abbr.
47 Hall of Fame pitcher Blyleven
50 Novelist Deighton
51 Energy



CELEBRITY CIPHER
by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"GCT BFJL RW STPVGA F UPJG IRNG FN GCT CPXL-GR-ETG BFJL GCPG MRITN WXRI UFGCFJ — NGXTJEGC, MRVXPET, LFEJFGA." — XVSA LTT

Previous Solution: "The world will miss Casey Kasem, an incredible talent and humanitarian; we will miss our dad." — Kerri, Mike and Julie Kasem

TODAY'S CLUE: K equals B

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CELEBRITY CIPHER
by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

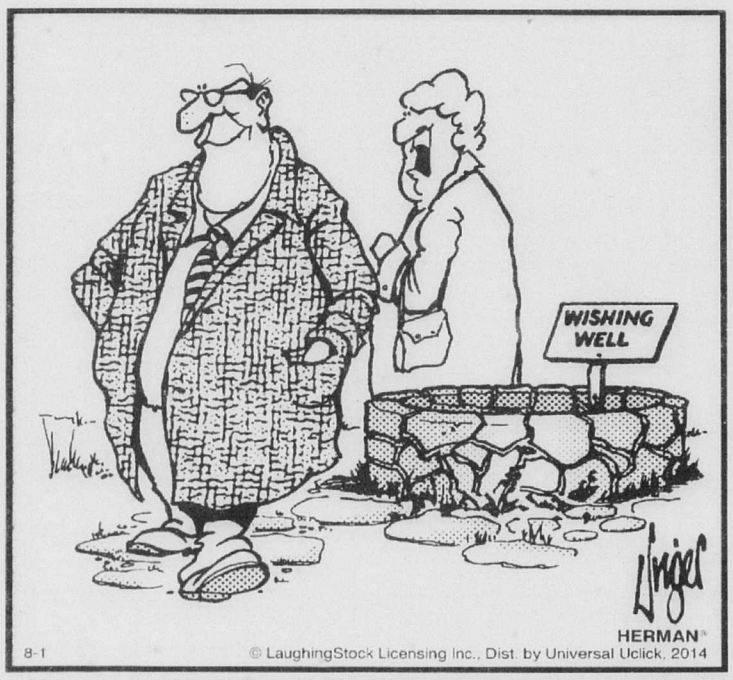
"ONMAZWT LMJXO ... JVKBPJ BSNMZ WKBR RXYK BAE BSNMZ ZWMZF BAE XZ ZKRRJ ZFXAUJ FNG ZFKT WKBRRT BWK." — YBXZF FXRR

TODAY'S CLUE: P equals V

Previous Solution: "The kind of beauty I want most is the hard-to-get kind that comes from within — strength, courage, dignity." — Ruby Dee

KIT N' CARLYLE

HERMAN

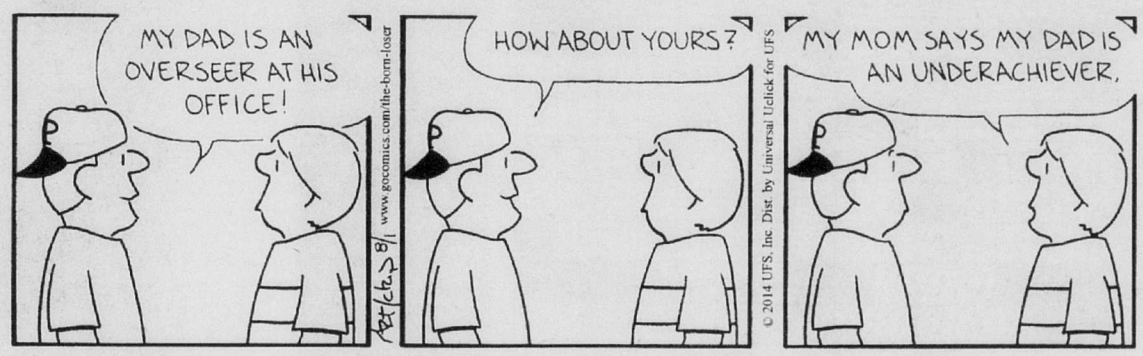


"I know it's sudden, but I want a divorce!"

ALLEY OOP

ARLO & JANIS

THE BORN LOSER



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001 Property For Sale

OPEN HOUSE
Sunday, August 3 from 2-4

755 ch. Sherbrooke
North Hatley

Come and see this very large home with view from back deck. 4-5 bedrooms, finished basement with walk-out patio doors. **Must come and take a look!**

Helen Labrecque
Real Estate Broker
Cell: **819-572-1070**
hlabrecque@sutton.com
819-820-0777 Sutton Groupe Sutton-immobilier Estrie

001 Property For Sale

OPEN HOUSE
Sunday, August 3 from 2-4

74 Clough, Lennoxville

Beautiful family cottage in quiet part of Lennoxville. Offers 5 bedrooms, garage, fenced backyard with mature trees, heat pump & air conditioning. Lots of renovations done.

Helen Labrecque
Real Estate Broker
Cell: **819-572-1070**
hlabrecque@sutton.com

Mélanie Bérubé
Real Estate Broker
Cell: **819-820-5893**
berubem@sutton.com

Sutton Groupe Sutton-immobilier Estrie **819-820-0777**

001 Property For Sale

ALL NEW COTTAGE for sell in Stanstead (new residential development). Charming place and lots of extras included. Reduced price for quick sale. Info: c.hauben@groupedmp.com

001 Property For Sale

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001 Property for Sale

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819-578-8588

035 For Rent

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050 Rest Homes

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055 Moving Sale

STANSTEAD
August 6, 7, 8 and 9. 7 High Street Stanstead (Rock Island) 10:00 a.m. - 6 p.m. All furniture, household articles, craft supplies and tools. Rain or shine.

095 Career Training

EMPLOYERS SEEKING CANSCRIBE medical transcription graduates. We can't meet the demand! Medical Transcription is a great work-from-home career! Contact us today at www.canscribe.com, 1-800-466-1535 info@canscribe.com.

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LA TRIBUNE IS looking for a person to deliver newspapers in the town of Cookshire. Please call: 819-564-5465.

SEEKING MEDICAL TRANSCRIPTIONISTS to work from home! We are currently recruiting experienced MTs to work from home. CanScribe graduates preferred. Positions available immediately. Email: mt.recruiter@yahoo.ca.

100 Job Opportunities

LAGASSE GROUP SEEKS FULL-TIME Administrative Assistant for its downtown Sherbrooke office. The successful candidate should have solid experience in a similar position, be fluently bilingual and available to work flexible hours. Salary based on experience. Interested candidates should submit their resume to nbrunet@groupelagasse.com Lagasse Group is a diversified international industrial group, offering businesses and individuals technologies and advanced solutions for secure networks and communications.

125 Work Wanted

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145 Miscellaneous Services

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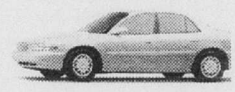

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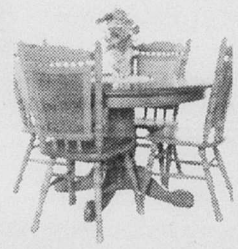

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WWW.ENCANGELINEAU.COM
Sunday, August 3, 2014 at 10 a.m.
7900 boul. Laframboise, St. Hyacinthe, QC (exit 130-N, autoroute 20)
TO BE SOLD: Amazing Canadian paintings, Bellefleur, Cullen, Alleyn, Vaillancourt, Lefebvre, Ferron, Tanobe, Suzor Côté, Rousseau, Horik, Little, Riopelle, Hudon, Lector, Richard Paquin, Lafrance, etc. Also beautiful furniture styles, marble, jewelry, etc., coming from an estate.
VISIT: Saturday from 1 p.m. to 5 p.m.
Auction Wednesday, August 6 at 1 p.m.
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CALL SHERBROOKE: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.
E-MAIL: classad@sherbrookerecord.com
OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND 4:00 P.M.

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001 Property For Sale

OPEN HOUSE
Sunday, August 3 from 2-4

755 ch. Sherbrooke
North Hatley

Come and see this very large home with view from back deck. 4-5 bedrooms, finished basement with walk-out patio doors. **Must come and take a look!**

Helen Labrecque
Real Estate Broker
Cell: **819-572-1070**
hlabrecque@sutton.com
819-820-0777 Sutton Groupe Sutton-immobilier Estrie

001 Property For Sale

OPEN HOUSE
Sunday, August 3 from 2-4

74 Clough, Lennoxville

Beautiful family cottage in quiet part of Lennoxville. Offers 5 bedrooms, garage, fenced backyard with mature trees, heat pump & air conditioning. Lots of renovations done.

Helen Labrecque
Real Estate Broker
Cell: **819-572-1070**
hlabrecque@sutton.com

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Real Estate Broker
Cell: **819-820-5893**
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001 Property For Sale

ALL NEW COTTAGE for sell in Stanstead (new residential development). Charming place and lots of extras included. Reduced price for quick sale. Info: c.hauben@groupedmp.com

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LENNOXVILLE
OXFORD RESIDENCE
Pool
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Near all services
Ideal location
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LENNOXVILLE - 3070 College Street. 4 1/2, balcony, **renovated.** $525. per month. Available now. Near bus and university. No dogs. No smoking. Call 819-575-1824.

050 Rest Homes

CONNAUGHT HOME IN NORTH HATLEY has a private third-floor room available immediately. Full licensed nursing care 24/7, social activities included (music concerts, exercises, bingo, movies, bible study, tours and local area visits, etc). To receive an application form and arrange for a tour, please call Donna at 819-842-2164 ext. 21 or visit www.mcrh.ca

Looking to rent an apartment? Or want to rent one? Place an ad in the classifieds! (819) 569-9525 or (450) 242-1188

055 Moving Sale

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August 6, 7, 8 and 9. 7 High Street Stanstead (Rock Island) 10:00 a.m. - 6 p.m. All furniture, household articles, craft supplies and tools. Rain or shine.

095 Career Training

EMPLOYERS SEEKING CANSCRIBE medical transcription graduates. We can't meet the demand! Medical Transcription is a great work-from-home career! Contact us today at www.canscribe.com, 1-800-466-1535 info@canscribe.com.

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100 Job Opportunities

EMPLOYEE FULL TIME, PART TIME Dairy Farm in Bury. Salary depends on experience. Fax resume to 819-872-1190 or call 819-872-3760

HELP WANTED! MAKE UP TO $1000 a week mailing brochures from home! Helping home workers since 2001. Genuine opportunity. No experience required. Start Immediately. www.TheMailingHub.com

LA TRIBUNE IS looking for a person to deliver newspapers in the town of Cookshire. Please call: 819-564-5465.

SEEKING MEDICAL TRANSCRIPTIONISTS to work from home! We are currently recruiting experienced MTs to work from home. CanScribe graduates preferred. Positions available immediately. Email: mt.recruiter@yahoo.ca.

100 Job Opportunities

LAGASSE GROUP SEEKS FULL-TIME Administrative Assistant for its downtown Sherbrooke office. The successful candidate should have solid experience in a similar position, be fluently bilingual and available to work flexible hours. Salary based on experience. Interested candidates should submit their resume to nbrunet@groupelagasse.com Lagasse Group is a diversified international industrial group, offering businesses and individuals technologies and advanced solutions for secure networks and communications.

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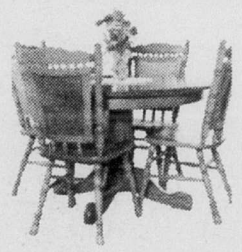

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	North ♠ J 5 3 ♥ 8 7 2 ♦ A K Q J 10 ♣ Q 4	08-01-14
West ♠ A K 6 ♥ 9 4 ♦ 8 5 3 ♣ 10 7 6 3 2		East ♠ Q 9 7 2 ♥ K J 5 ♦ 9 6 4 ♣ J 8 5
	South ♠ 10 8 4 ♥ A Q 10 6 3 ♦ 7 2 ♣ A K 9	

Dealer: North
Vulnerable: Both

South	West	North	East
		1 ♦	Pass
1 ♥	Pass	1 NT	Pass
2 ♣	Pass	2 ♥	Pass
4 ♥	Pass	Pass	Pass

Opening lead: ♠ A

FRIDAY, AUGUST 1, 2014

When things go well, do not stop thinking

By Phillip Alder

Edith Sitwell, an English poet who died in 1964, said, "I have often wished I had time to cultivate modesty. But I am too busy thinking about myself."

A friend of mine said that all top bridge players have egos the size of planets. But they do not stop thinking. Even when things seem to be going well, they do not drop their guard.

This deal is a good example. South is in four hearts. West leads the spade ace. What should happen after that?

South's two-club rebid was New Minor Forcing. It announced at least game-invitational strength and asked North to describe his hand further. When North showed three-card heart support, South went for game in that suit. Yes, three no-trump would have been easy to make, with nine top tricks, but bidding isn't always perfect.

Since East does not want West to shift, he should encourage spades enthusiastically by dropping his nine. West should then cash the spade king and lead a third round of the suit.

Let's suppose East thoughtlessly switches to a club. South, who must play the trump suit without loss, should hope that East has the king and jack. Declarer takes the fourth trick with dummy's club queen, plays a heart to his 10, crosses back to dummy with a diamond, leads a heart to his queen, cashes the heart ace and claims.

However, an East who is thinking will realize that, based on the point-count, West is unlikely to have a high club. Instead, East will lead his last spade, which promotes a trump trick for the defense.

Your Birthday

FRIDAY, AUGUST 1, 2014

Put past unpleasantness behind you. Rehashing former mistakes or disappointments will sap the energy you need to move forward. Hard work and a positive attitude are the best tools to help you move forward. Live in the moment and aim to build a brighter future.

LEO (July 23-Aug. 22) — A charity or volunteer event will provide the backdrop for an interesting meeting. A new acquaintance will be more attracted to you than you realize. Handle with care.

VIRGO (Aug. 23-Sept. 22) — Include children in your plans today. A picnic, a day at the beach or a camping trip will boost everyone-s spirits and provide a welcome change from daily routines.

LIBRA (Sept. 23-Oct. 23) — Your personal life will be in turmoil. You would be wise to re-evaluate your motives and explore your feelings regarding certain close relationships. Be honest with yourself and others.

SCORPIO (Oct. 24-Nov. 22) — Your creativity and imagination are working at full strength today. Look into activities that challenge your talents and your mind. Romance is on the rise and will improve your personal life.

SAGITTARIUS (Nov. 23-Dec. 21) — It's a great day to socialize with friends or relatives. Don't be disappointed if someone doesn't want to be included. Enjoy the people who do participate.

CAPRICORN (Dec. 22-Jan. 19) — You will gain the upper hand if you ignore negative comments. The person playing mind games will be seen as spiteful and not be taken seriously.

AQUARIUS (Jan. 20-Feb. 19) — Your plans will become more of a reality once you get the information required to move forward. Consult whoever has the means to help you follow your dream.

PISCES (Feb. 20-March 20) — It's impossible to change everything you don't like, but acceptance can make it easier to move on to new enterprises. Devote your time and effort to working hard and being a caring and considerate person.

ARIES (March 21-April 19) — A charitable institution or cause will benefit from your giving nature. Get involved and make a difference for those less fortunate. Forget about people who have let you down in the past.

TAURUS (April 20-May 20) — You will feel pleased about your current prospects. Make use of opportunities to interact with peers in your field. Your hard work will soon pay off.

GEMINI (May 21-June 20) — You are not using your potential fully. Hone your skills by joining a group that can help you to master your talents. A mental challenge will prove stimulating.

CANCER (June 21-July 22) — This is not a good time to lend or borrow money. Don't be deceived by someone claiming to have the power to quickly increase your cash flow. Play it safe to avoid a loss.

SATURDAY, AUGUST 2, 2014

Be willing to compromise this year. If you want good things to develop, you must be a team player. Step back from another's aggressive actions. Choose a path that stresses harmony and working alongside those who share your interests and your goals.

LEO (July 23-Aug. 22) — You will have trouble fulfilling your obligations if you take on too much. Deal with matters one at a time. Don't take your frustration out on family members.

VIRGO (Aug. 23-Sept. 22) — You will find it difficult to determine where to begin. If you don't understand your choices, keep asking questions until you are clear about your role and what's expected of you.

LIBRA (Sept. 23-Oct. 23) — Moneymaking opportunities are apparent. Complete your responsibilities competently, and agree to take on bigger jobs that will allow you to show your leadership ability.

SCORPIO (Oct. 24-Nov. 22) — Sit on the sidelines. You are asking for trouble if you meddle in someone else's business. Keep busy and stay out of any situation that has the potential to be costly.

SAGITTARIUS (Nov. 23-Dec. 21) — You can keep up to date with financial changes if you do your research. Once you have the information you need, you can benefit, but you must be prepared to act precisely.

CAPRICORN (Dec. 22-Jan. 19) — You will gain positive attention and support from an unexpected source. Personal and professional partnerships will move along smoothly today. Aim high and plan to celebrate victory.

AQUARIUS (Jan. 20-Feb. 19) — Be aware of job opportunities in your area. Positive changes are available if you remain well-informed and prepared. Keep your eyes and ears open and your resume ready.

PISCES (Feb. 20-March 20) — Use your charisma and communication skills to express your innovative ideas to those in your peer group. You are likely to be propelled in a new and promising direction.

ARIES (March 21-April 19) — It's time to reduce your expenses. Prioritize your spending and cut down on unnecessary purchases. You will be able to earn some extra cash by ridding yourself of unwanted items.

TAURUS (April 20-May 20) — Don't be discouraged if progress takes longer than anticipated. Be patient. Getting emotional and upset will only make you feel worse as well as hold you back.

GEMINI (May 21-June 20) — Don't listen to someone's false promises. Keep your mind on the job at hand. Limit unnecessary travel or commuting that can cause you to be late or miss time at work.

CANCER (June 21-July 22) — Check out useful sites on the Internet or local seminars that can teach you new skills. You can improve your chances of success if you are willing to enhance and expand your knowledge.

SUNDAY, AUGUST 3, 2014

Take time to consider your options and to make realistic choices. If you have been moving too fast or have acted impulsively, you may have missed an important detail or opportunity. Stabilize your situation by taking the time to listen and learn from those with more experience.

LEO (July 23-Aug. 22) — Things are not always as they appear. Before you fly off the handle, take a moment to observe the situation at hand and contemplate the best strategy.

VIRGO (Aug. 23-Sept. 22) — A close friend will value any help you can provide. By being open and sharing your thoughts, you will gain respect and find answers to your concerns.

LIBRA (Sept. 23-Oct. 23) — You should steer clear of financial risks or gambling of any kind. Ease your restlessness by taking on a new creative or intellectual challenge. Too much spare time can lead to poor decisions.

SCORPIO (Oct. 24-Nov. 22) — Gain control of your emotions before you make a major decision that could result in an unexpected and unwanted change. Listen carefully and weigh the consequences. Get all the facts before you take action.

SAGITTARIUS (Nov. 23-Dec. 21) — Do whatever it takes to make a fresh start if you are unhappy or dissatisfied. You are not obligated to hang on to old ideas or partnerships that don't work for you.

CAPRICORN (Dec. 22-Jan. 19) — Focus on whatever you feel passionate about. Getting caught up in minor irritations is a pointless waste of time. Do what comes naturally to you, and do your best.

AQUARIUS (Jan. 20-Feb. 19) — Investigate alternate sources of income. Network with friends and relatives. You will receive favorable results if you send out your resume, check online job postings or set up an interview.

PISCES (Feb. 20-March 20) — Make the most of any chance to participate in a social function. You will be particularly charming and will gain in popularity. A creative idea you have been considering is worth developing.

ARIES (March 21-April 19) — Some well-thought-out investments in your surroundings could prove prosperous. Make changes that will appeal to everyone's level of comfort. Things that are pleasing to the eye will bring a good response from your colleagues and family.

TAURUS (April 20-May 20) — Love is in the air, and romance will improve your life. Dazzle your partner by planning a day to remember, or if you are single, get out and strut your stuff.

GEMINI (May 21-June 20) — Someone in your circle will be worrisome. If you have done all you can to remedy a situation that concerns you, it is probably time to cut ties to avoid going down with a sinking ship.

CANCER (June 21-July 22) — You have the ability to express yourself in novel ways. Joining a creative workshop or class will give you the opportunity to meet new people with compatible interests.

E-mail your social notes to classsad@sherbrookerecord.com

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2014

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RAM DODGE CHRYSLER Jeep

"Less Fuel. More Power. Great Value." is a comparison between the 2014 and the 2013 Chrysler Canada product lineups. "As low as 7.1 L/100 km or less" claim based on 2014 *EnerGuide* highway fuel consumption ratings. Government of Canada test methods used. Your actual fuel consumption may vary based on driving habits and other factors. Ask your dealer for additional information on the *EnerGuide* program. **Wise customers read the fine print:** ‡, *, ±, **, Δ, °, €. The offers of this ad apply to retail purchases of select new and unused models purchased from participating retailers between August 1 and September 2, 2014. Offers are subject to change and may be extended without notice. Prices include freight charges ($1,695) and A/C charge (when applicable). No fees will be added to the all-inclusive prices of the advertised models. Prices exclude licence, insurance, duties on new tires ($15) and applicable taxes, and will be required on purchase. A down payment may be required. Retailer trade may be necessary (when applicable), but no orders can be made. Retailer may sell or finance for less. See participating retailer for complete details and conditions. ‡ Purchase Prices apply to 2014 Dodge Grand Caravan SE (RTKH53 + 29E)/2014 Dodge Dart SE (PFDH41 + 25A)/2014 Dodge Journey SE (JCDH49 + 22F) models, respectively: **$19,995/$16,895/$19,995** Purchase Prices include freight charges ($1,695) and A/C charge (when applicable). No fees will be added to the all-inclusive prices of the advertised models. Prices exclude licence, insurance, duties on new tires ($15) and applicable taxes, and will be required on purchase. A down payment may be required. Retailer trade may be necessary (when applicable), but no orders can be made. Retailer may sell or finance for less. See participating retailer for complete details and conditions. ± Starting from 3.99% purchase financing for up to 96 months and starting from 0% for up to 36 months (2014 Dodge Grand Caravan and 2014 Dodge Journey models). Offers vary by model and may differ slightly from the models commercialized in Canada. * Up to $10,350 in Total Discounts are applicable to retail purchases of 2014 Dodge Grand Caravan SXT models equipped with MAX Package (RTKH53 + 29P) shown, including $7,000 Consumer Cash Discount and $1,500 Bonus Cash: $28,145. Price for the 2014 Dodge Dart GT (PFDR41 + 27S) shown: $23,850. Price for a Purchase Price of **$16,895** financed at 2.79% for 96 months with $0 down payment equals 78 bi-weekly payments of $256.35, a cost of borrowing of $0 and a total obligation of $16,895. ** Price for 2014 Dodge Grand Caravan SE (RTKH53 + 29E)/2014 Dodge Journey SE (JCDH49 + 22F) with a Purchase Price of **$19,995**. Financed at 3.99% for 96 months with $0 down payment equals 208 bi-weekly payments of $112.35, a cost of borrowing of $3,373.80 and a total obligation of $23,368.80. 2014 Dodge Grand Caravan SE (RTKH53 + 29E)/2014 Dodge Journey SE (JCDH49 + 22F) model. See participating retailers for complete details: ± Starting from 3.99% purchase financing for up to 96 months and starting from 0% for up to 36 months (2014 Dodge Grand Caravan and 2014 Dodge Journey models). Offers vary by model and may differ slightly from the models commercialized in Canada. * Up to $10,350 in Total Discounts are applicable to retail purchases of 2014 Dodge Grand Caravan SXT models equipped with MAX Package (RTKH53 + 29G + AAA + AT4 + AAY + AAV + AAJ) made at participating retailers between August 1 and September 2, 2014 and consist of a $7,000 Consumer Cash Discount and $1,500 Bonus Cash. See your participating MAX Package dealer for details. € Up to $5,700 in total discounts are applicable to retail purchases of select new 2014 Dodge Journey R/T models equipped with MAX Package made at participating retailers between August 1 and September 2, 2014 and consist of a $2,500 Bonus Cash (deducted from negotiated price after tax) and an additional discount ranging from $925 to $1,200 (deducted from negotiated price before taxes) and applied to retail purchases of select new 2014 Dodge Journey models with MAX Package (RTKH53 + 29G + AAA + AT4 + AAY + AAV + AAJ) made at participating retailers between August 1 and September 2, 2014 and consist of a $7,000 Consumer Cash Discount and $1,500 Bonus Cash: $28,145. Price for the 2014 Dodge Dart GT (PFDR41 + 27S) shown, including $7,000 Consumer Cash Discount and $1,500 Bonus Cash: $28,145. Price for the 2014 Dodge Dart GT (PFDR41 + 27S) shown: $23,850. Price for a Purchase Price of **$16,895** financed at 2.79% for 96 months with $0 down payment equals 78 bi-weekly payments of $256.35, a cost of borrowing of $0 and a total obligation of $16,895. ** Price for 2014 Dodge Grand Caravan SE (RTKH53 + 29E)/2014 Dodge Journey SE (JCDH49 + 22F) model. See participating retailers for complete details and conditions. ‡ Purchase Prices apply to 2014 Dodge Grand Caravan SE (RTKH53 + 29E)/2014 Dodge Dart SE (PFDH41 + 25A)/2014 Dodge Journey SE (JCDH49 + 22F) models, respectively: **$19,995/$16,895/$19,995** Purchase Prices include freight charges ($1,695) and A/C charge (when applicable). No fees will be added to the all-inclusive prices of the advertised models. Prices exclude licence, insurance, duties on new tires ($15) and applicable taxes, and will be required on purchase. A down payment may be required. Retailer trade may be necessary (when applicable), but no orders can be made. Retailer may sell or finance for less. See participating retailer for complete details and conditions.