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Brompton archaeological excavation a significant find

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**Babies of
2020**

Pages 8-10

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FRIDAY, JANUARY 22, 2021

Quebec stays under 2,000 new cases

Record Staff

Quebec reported 1,624 new cases of COVID-19, bringing the total number of people infected to 248,860 since the beginning of the pandemic.

The data also reported 66 new deaths, bringing the total in the province to 9,273. The number of hospitalizations decreased by 14 compared to the previous day, for a cumulative total of 1,453. Among those, the number of people in intensive care remained stable at 216.

In the Estrie region, 59 new cases were confirmed yesterday, for a local total of 10,125. Five new deaths were reported in the region, bringing the total to 243. One occurred at CHUS Fleury-mont, one was at Résidence Place Primevère in Waterloo, one was from Résidence Haut-Bois in Sherbrooke, one was from a family-style residence in the Val Saint-François and one occurred within the community.

There are currently five elementary schools within the Eastern Townships School Board dealing with at least one Covid case; Drummondville, Heroes', Parkview, Sherbrooke and St-Francis Elementary.

French and English school unions gather to protest working conditions



MICHAEL BORIERO

By Michael Boriero - Local
Journalism Initiative Reporter

Dozens of union members affiliated with the Centrale des syndicats du Québec (CSQ) gathered in protest outside of Coalition Avenir Québec MNA Geneviève Hébert's office Thursday afternoon.

The CSQ, which represents roughly 125,000 members in the education field, called on its unions in a show

of solidarity. They are demanding the provincial government come back to the negotiation table to establish a new contract for educators and support staff.

With music blaring in the background, protesters lined King Street East, some waving blue flags with the Quebec Provincial Association of Teachers logo and others holding posters with the words "It has to change now!"

Members of the Appalachian Teachers' Association (ATA) were also present for the protest, having received an invitation to stand in line with their French counterparts. According to ATA Treasurer Martin Roberts, teachers are fed up with the current situation.

"The government said 'we're going to invest' but they haven't shown any investment whatsoever, so they went against their electoral promises about

CONT'D ON PAGE 3



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Re-reading the classics – with fresh eyes and a grain of salt



GOOD READS LENNOXVILLE LIBRARY

Review by Shanna Bernier

In continuing my spontaneous series of great read-aloud classic children's literature, I have decided to devote the Good Reads column this week to *The Hobbit* by J.R.R. Tolkien, first published in 1937. The *Hobbit* is perhaps one of the most famous pieces of fantasy writing of the 20th century. It is a prequel (of sorts) to the *Lord of the Rings* trilogy, which is decidedly not for children. *The Hobbit* is a classic quest story, not the original but certainly a canonical example. It tells the tale of Bilbo Baggins, a reluctant participant on a journey to reclaim treasure stolen by a Dragon named Smaug. Bilbo is a hobbit, a small unassuming race of beings who love food and gardening and the quiet life. Bilbo is thrust into a much more dangerous adventure far from his tea-kettle and the comforts of home, an episodic quest in which a band of 14 dwarves, the wizard Gandalf and little Bilbo journey across a massive territory, encountering myriad different creatures and peoples of the lands. Each chapter describes a step along their adventure, with plenty of peril and near-death experiences, culminating in the final battle for survival and glory. Despite the sometimes intense subject matter of deadly goblins and giant spiders, *The Hobbit* is written in a light-hearted and personal tone. The

narrator frequently breaks the fourth wall (speaking directly to the reader), interrupting the narrative to add a personal anecdote or aside. The familiarity of the narrator leaves the reader far from surprised that this story came from tales told aloud by Tolkien to his children.

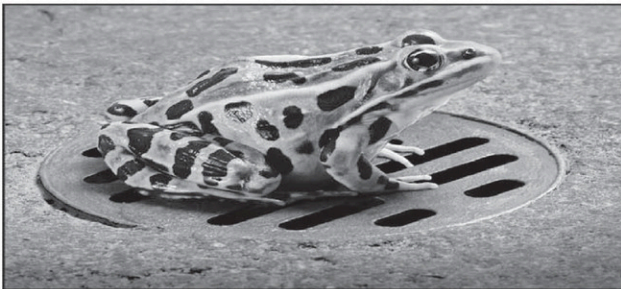
I first read this book as a teen or a very young adult, so I had forgotten many of the details of the story. Today, I find myself delighted by the humour and clever story-telling. It is a joy to read aloud because of the magnificent way that Tolkien has built his world—it is epic and interesting and certainly worth reading. That being said, I must confess that I am always nervous to share a book with my children when its publication date is so far in the past. (I felt this way about the *Little House* books by Laura Ingalls Wilder re their descriptions of and interactions with Indigenous people). Books are reflective of the history and worldviews of their authors, and are a product of their time. For example, when you read a text published during the time of the horrors of the Second World War, it is not surprising to find strong themes of good overcoming evil, leading to battles for justice. I was worried that I was going to do research into Tolkien and find myself faced with the reality that one of my favourite books was written by a Nazi sympathizer: hindsight can reveal unfortunate things about our heroes of the creative arts and literature. What I learned instead was that Tolkien in fact condemned Hitler, and was vocally opposed to the Nazi regime. On the other hand, he was a privileged, white British man in the 20th century, who build a world that was heavily influenced by his own Euro-centric world view. It is less apparent in *The Hobbit*, but as you explore more of his work, there are racist tropes in his designation of different creatures or races as good or evil. The notion of good being light and white, and evil



being dark and black reinforces racial stereotypes and is a harmful pattern in many books. That being said, one of the most important themes woven throughout Tolkien's works is that different races who do not usually trust one another or work together must do so, for the good of all.

I think there is space for us to read and enjoy "classics" of any genre, but particularly with children and youth, critical lenses must be applied. Is it worth having a conversation in your classroom or your living room about why the author chose not to have any female characters on the quest? Or why the goblins' features can be attributed to racist descriptions of people from Asia or the Middle East? These critical conversations can deepen our appreciation for an older text, but also begs the question: what awesome YA fantasy is being written now? What delightful books filled with quests and dragons and magic are being created by more diverse voices? I will leave you with a suggestion: do not only re-read the classics like *The Hobbit* with a grain of salt, but check out something new, such as *Children of Blood and Bone* by Tomi Adeyemi, available at the Lennoxville Library. In fact, we can read it together!

The Hobbit, as well as virtually all of Tolkien's other books, can be found at or through the Lennoxville Library.

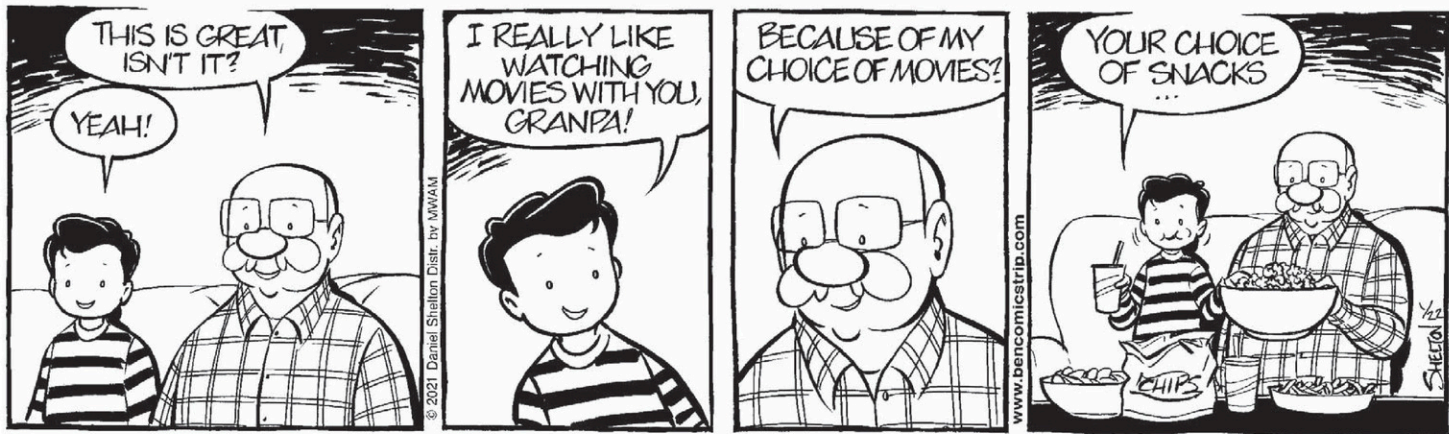


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Ben by Daniel Shelton



Local News

"This site will become an archeological essential when it comes to understanding other sites from this time period," said Claude Chapdelaine, professor emeritus at the Université de Montréal's Anthropology Department.

Brompton archaeological excavation a significant find

Record Staff

According to a report presented to Sherbrooke's city council earlier this week, work at the Kruger 2 archaeological excavation in Brompton since 2015 has revealed a site with great significance to North American prehistory. Archaeologist Éric Graillon, from the Sherbrooke Museum of Nature and Sciences, and his team from the Université de Montréal's Anthropology Department explained the significance of the discovery as being within the context of the Late Paleoindian period (9,000 to 10,000 years ago).

Exceptional nature of the site is due in part to the fact that it includes a hearth dated between 9,000 and 9,500 years old; something considered an extremely rare structure. More than 900 tools and several thousand charred bones have also been discovered in the area.

"This site will become an archeological essential when it comes to understanding other sites from this time period," said Claude Chapdelaine,

professor emeritus at the Université de Montréal's Anthropology Department. "It allows us to better understand the way of life of several generations of indigenous people and even to break the stereotype that these people only hunted big game since we were able to establish that they were hunters, fishermen and gatherers by examining the diversity of species identified using bone remains."

The Brompton excavations were carried out under the 2015-2017 Cultural Development Agreement between the City and Quebec's Ministry of Culture and Communications, and renewed for 2018-2020. They were carried out between 2013 and 2019. Interventions were also carried out on the Kruger 3 site and the neighboring islands.

"We already knew that Indigenous peoples used the Saint-François River, but a whole new part of history is now being explained right here in Sherbrooke. I would like to salute the work of Mr. Graillon and his team and assure them of my support in ensuring



COURTESY

the protection of this site in the coming years," added Sherbrooke Mayor Steve Lussier.

An exhibition on the discoveries at the Brompton sites will eventually be organized at the Sherbrooke Museum of Nature and Sciences. The report on the discovery also mentions the

possibility of the future installation of interpretive panels at the site to help highlight its significance and inform the public. The discovery is also noted as strong justification for archeological investigation in relation to any development project in or around the St-Francis River.

School unions protest

CONT'D FROM PAGE 1

basically attracting teachers and so forth; things have gotten worse," said Roberts.

Work conditions have deteriorated over the last 10 years, he continued, not to mention Quebec pays its teachers the lowest wages in Canada. Teachers have been stuck in contract negotiation limbo for over a year now, mainly due to the ongoing pandemic.

However, teachers' unions fought for better contracts before the COVID-19 outbreak. Overcrowded classrooms, lack of resources, teacher shortages and special needs programs have been neglected for years, Roberts said.

"We have integrated classrooms with no support, no resources, so when these children go through our system and can't read or write up to level, there's no wonder why, because we're stretched too thin," he said.

ATA Secretary April Blampied, who was also present for the protest, told The Record that Quebec's teacher shortage can be linked to back to university. The number of people seeking education degrees is dwindling, she said, and if they do get a degree, they leave the province.

Roberts added that a bit less than 30 per cent of Quebec education graduates leave for greener pastures within five years. The pair believes that this has a direct correlation to weak salaries. It also leaves a heavier burden on teachers currently in the system.

"They want to give us more hours in our workloads without bringing any money to the table, just putting more hours and more tasks," said Blampied.

"Teachers are already burning out, they're burning out in such numbers that we have unqualified people teaching our classes."

Roberts added that the ATA, and other school unions, voted in favour of a five-day strike, but they don't want it to come to that. The goal isn't to inconvenience children or parents, he explained, but teachers' working conditions are also students' learning conditions.

The problem is the Quebec government has failed to hear out any of the associations' recommendations during the pandemic. If push comes to shove, Roberts and his counterparts are prepared to use their mandated strike period.

"We're hoping that the government in the spring will be able to sign a contract that is win-win, win for the teachers, win for the kids and ultimately a win for the whole province," said Roberts.

Members of the Township Regional Union Support Staff, which represents school staff such as secretaries, day care supervisors, bus drivers, janitors, and lunch monitors, were also on hand. Sonia Labrie, the union's president, said it has been a struggle for many of her members.

"[The government] doesn't want to return to the negotiation table,

they say they don't have money, but the money, at the end of the day, our demands were made before Covid," she said.

There are about 80 bus drivers in the Eastern Townships, Labrie said, but their demands are often ignored by the government. There aren't a lot of hours available for many support staff, she added, and now they've developed a worker shortage.

"There's a shortage of school support staff because these aren't full time jobs," said Labrie. "They don't have a salary, there aren't a lot of hours, so we're missing personnel and bus drivers."

She wants to make sure her members aren't forgotten in the contract negotiation process. Labrie is asking the government to increase hourly wages given to support staff and restructure their broken schedule bonuses. They also voted in favour of a strike, but prefer not to use it.

"If, for example, the government says we'll negotiate, we'll sit down, then we won't have a strike. We voted in favour of a five-day strike, but it doesn't mean we'll use it," Labrie said.



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ONE COLUMN, FOUR VOICES

Open to the Spirit

Today's word: Calling

By Revs Mead Baldwin,
Rabbi Boris Dolin
Lee Ann Hogle, and
Rev. Carole Martignacco

1) The question of calling is often reserved for the ministry. What called you to be a priest, a minister or a rabbi? What was your spiritual journey, or what profound moment changed you and led you to serve? Admittedly, I do like sharing this part of my story, especially since it is not as straightforward as other clergy. I grew up wanting to be an astronaut, then a scientist, I studied linguistics and Japanese in university, and then somehow I decided after all of this that I wanted to be a rabbi.

It was a long journey to get to that point, but it definitely was a calling. In the midst of everything else, all my interests and all of my passions, I realized that what held it all together was the need to do what I could to make sure everyone I met had the opportunity to be in community, to find connections with others and be honored for the unique blessings they brought into the world. Serving others in this way, while also continuing to learn and be curious allowed me to truly live my calling. I can never think of this work as only a job, and it has become part of who I am in a way that I can never change.

Looking back, I simply had no other

choice, no other path that would allow me to be fully myself, and also be able to give back to others. Yet, I also know that this same level of calling is not reserved only for clergy. To do something with that same passion and connection, to feel a pull so strong that once you have entered that holy space there is no going back. I think this happens, or can happen more than we recognize. Finding those special relationships, or beginning a project or a task that brings us to a flash of deep focus and fulfillment—our lives are full of these experiences. Sometimes though, we just don't see them enough as holy tasks as they should be seen. If we can get to the place of feeling called to do the work of daily life, not everything, but enough to inspire and keep us strong, then all of life can become a calling.

2) When I was an older teenager I felt a call to ministry. I did switch from a Bachelor of Science in Biology to a Bachelor of Arts in religious studies, but was still unsure. I took off one summer, hitchhiking across Canada, thinking perhaps, like Jonah, I could run away from God. I found a great job in a pulp and paper factory in British Columbia, and might still be there except for the strike. It lasted 3 months, so I ended up back in University, and have been in ministry ever since.

I believe that many people are called to different vocations. My aunt

was a teacher for many years, and I remember reading a letter she wrote at 19, where she described how she had made a difference in the life of one student. She was definitely called to teaching. I remember a young girl in New Brunswick with a deep empathy for poorer families in her community. Her parents were teachers, but she felt called to social work, and child protection in particular. Her journey took her to university in Ottawa, and a career in the inner city of Vancouver. Her deep empathy has changed lives. Today I watched the Inauguration in Washington, and probably many of you did as well. The new president talked about the future, and used scripture often. I believe what he said came from a place of deep faith. I believe he was answering a divine call as well.

Friends, I believe that calls from the divine lead us on many different paths in life. We are not all led to the pulpit. Many are called to be nurses, ambulance drivers, firemen, teachers or social workers. Each vocation is just as important to the community. People are also called to do volunteer work. Everyone can make a difference. What are you being called to do?

3) When I first enrolled in my studies in theology I was asked on various church forms to describe how I understood that God was calling me to ministry. This was a question that made me very uncomfortable. I could well understand that a gifted musician or visual artist could have a calling to pursue their passion and how a doctor would feel called to medicine from a desire to heal others. However to be called to ministry necessarily includes the subject of the calling—God. Did I feel God was calling me?—How presumptuous!

In a recent Sunday scripture passage the boy Samuel is called by God but he doesn't realize it's God calling. Many of us would react the same. What does a call from God look like? Does a big voice boom out? Does the telephone ring? One of the stumbling blocks for me is our tendency to mold God in our image. The words we use to describe the vital life force that dwells within can influence our responses. If you would ask me what the Spirit of Life is asking of me, I would have no trouble saying "to use my gifts, my challenges and my life experiences to make the most of the limited time I have on earth; to engage in life and not be a spectator; to risk trying new things in order to stretch my appreciation for life and challenge my assumptions; to greet each day with gratitude for the body I have and the breathe that continually circulates inside."

I would dare to say that that is what the Spirit of Life is asking of each of us and that this is a collective call, not a private one. We each affect the lives of those around us. We may experience encouragement, mentorship and an increasing sense of self worth fostered by those who care for us. We may also experience abuse, betrayal and a shattering of our self-esteem brought on by those who know no better. The Spirit of Life calls us to rise above the worst of humanity's temptations and

behaviours and reach for the goodness in us all. Together we can make a better world. Together we can answer our divine calling.

4) We are all called. By life itself in all its longing and glorious imperfection. From our earliest years, something stirs in the heart of each of us in response to being live in this world. Some image of beauty that delights us, or a spectre of need we know we must fill. A galvanizing moment that speaks to us at the core of our being and says: Look! Pay attention! This is who you were meant to be! The poet Mary Oliver wrote that to feel the call of creativity and never answer it was a form of suffering and regret. One can live a whole life according to someone else's version of who you are, and somewhere in the background your real life remains un-lived.

That's how it felt for me growing up in my family of origin. Back then it was expected of parents to pray that one among their offspring would be called to do God's holy work, knowing that the call might need a gentle nudge. So it was not surprising that on a Sunday morning, as I watched the priest turn in his brocaded vestments from the altar, something powerful in me stirred. Watching his hands outstretched and welcoming, entranced as he intoned in a baritone voice the mysterious Latin words of blessing, a voice inside seemed to say quite clearly: That's who I want to be. ~ I want to do that! My excited announcement at family dinner was met with deafening silence.

Could I have misheard? Feeling called was full of ambiguity. Why would the holy one plant this seed of longing in me, but assign me for life to the wrong gender. No, thank you - much as I admired them, I didn't feel called to be a nun. How could I pretend to answer a call I did not hear? It was only decades later, after the long journey to another faith tradition, that I finally made my peace and answered that earlier calling. After the ordination ceremony, one of my daughter hugged me warmly and whispered in my ear, "Congratulations, Reverend Mother!" A title, ironically, given the abbess at the monastery I'd entered and left as a young girl. It felt like coming full circle.

I tell this story in case there is anyone out there who feels they have "missed their calling." It is never too late! And in a larger sense, it's all God's work! Versions of a call are infinite, and the work of the holy is ordinary as everyday. As long as we are alive we are each of us being called every moment by something above, beyond or inside us. What is calling you? And how will you answer?

One word, four voices: What are you called to do and be?

Rev. Mead Baldwin pastors the Waterville & North Hatley pastoral charge; Rabbi Boris Dolin leads the Dorshei-Emet community in Montreal; Rev. Lee Ann Hogle ministers to the Ayer's Cliff, Magog & Georgeville United Churches; Rev. Carole Martignacco, Unitarian Universalist is retired from ministry with UU-Estrie and now resides in St. Andrews by-the-Sea NB, but keeps one foot in the Townships by continuing with this column.

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Sherbrooke Phoenix NHL hopeful stays optimistic during shortened season

David Rossiter
Special to The Record

“I want to play in the NHL, my time will come, I know it will.”

Israel Mianscum has dreamt of a future in the NHL since he was young. Growing up, the young man from the Cree town of Mistissini, Québec has taken concrete steps towards that goal.

Being selected 10th overall by the Sherbrooke Phoenix in the 2019 Quebec Major Junior Hockey League (QMJHL) draft represented a huge step towards his pro hockey aspirations.

“Growing up it was always my goal, I think it’s everyone’s dream. After getting drafted to the Q I started to realize that I’m on the right path and if I do the right things I could be drafted,” he said.

This year’s pandemic was a surprise obstacle in Mianscum’s journey. His second year in major junior (also his NHL draft year) has been strife with postponements and

cancellations.

Almost four months into the season, the Phoenix only played five games, three of which Mianscum missed due to suspension. This time last year, Mianscum and the Phoenix had played 44 games, an astonishing difference.

Despite the let down the season has been so far, Mianscum has remained positive and intends to control what he can.

“Obviously I want to play hockey and this sucks. We’ve faced a lot of adversity. But to look at it in a positive way, this is an opportunity for me to train more and develop my skills.”

Mianscum shared that thankfully he and his teammates have been able to practice and work out during the long stretch of no competition. He said this broken season could even have unintended benefits for his squad.

“We’re a young team, being able to train a lot and bond with each other is really going to help us,” he

said.

In 2019 Mianscum was taken late in the United States Hockey League (USHL) draft. The USHL has propelled prospects to the NCAA and sometimes even the pros. Perhaps even more relevant, USHL teams have played four times as many games as the Phoenix so far this season.

Asked whether his faith in the Quebec league had faltered seeing other leagues able to remain more open this year, Mianscum was emphatic in his response.

“No, I love it here. Sherbrooke has a good plan for me, they support me, and I think this is where I belong.”

Mianscum said that he is focused on what is to come this year.

“We have a fresh start here in 2021. We’re playing this weekend and that’s all I’ve been waiting for.”

Israel Mianscum and the Sherbrooke Phoenix visit the Chicoutimi Saguéens tonight, Friday Jan. 22 in their first game since Nov. 7.



SHERBROOKE PHOENIX WEBSITE

“Our Vital Community” microgrants still open to new projects

Record Staff

Having already awarded eight grants as a part of its third year in operation, the “Our Vital Community” microgrants program in the Val-Saint-François and Des Sources MRCs is reaching out to point out that the call for applications for new projects is still open.

So far in the 2020-21 year, grants of up to \$500 have been awarded to: Richmond’s Christmas Baskets campaign; the Comité ÉLÉ of the Val-Saint-François, to contribute to an Online Reading Buddies project; RRHS PPO to offer morale-boosting treats for students and staff; Richmond Regional High School’s Student Services Team, to purchase snowshoes for students’ use over lunch hour; ADS Elementary School, to create a new School Pantry to help families in need; La Maison de la famille Les Arbrisseaux, to include English board games in their Joujoutheque toy lending library; Richmond et ses Jeunes to include all families from St. Francis Elementary in their cross-country ski pass offer; and Richmond’s Little Rascals Facebook Group for a Christmas Cheer contest targeting parents.

A total of \$3,750 has been distributed to the community through these activities. Selected projects were submitted by both citizens and community organizations that support the English-speaking community of the des Source and Val-Saint-François MRCs, with the

priority this year to meet immediate needs rising from the pandemic.

The “Our Vital Community” micro-grant funding project is a part of a larger action plan shared in a partnership between Richmond, Danville, Drummondville CLC with the ETSB; CDC des Sources; CIUSSS-de-l’Estrie-CHUS; Val Famille and Townshippers’ Association. The partnership, known as “Partners for the Vitality of the English-Speaking Community of the Val-Saint-François and Des Sources”, works collaboratively to make a collective impact on the health and well-being of the English-speaking community by ensuring greater access to health, social services and community resources in English in the Val-Saint-François and des Sources community as well as promoting the involvement of citizens and building links between them. The project received financial contributions from CIUSSS-de-l’Estrie-CHUS through the CHSSN funding by Health Canada, under the Action plan for official languages in Canada, as well as from Valfamille through the Ministère de la famille.

New applications for “Our Vital Community” microgrants will be considered on an on-going basis until Feb.12 for projects that will take place up to March 20th 2021. For more information including application details, please visit <http://richmondhigh.etsb.qc.ca/> community or contact Siu-Min Jim at 819 826-3702 poste 24026 or jims@etsb.qc.ca

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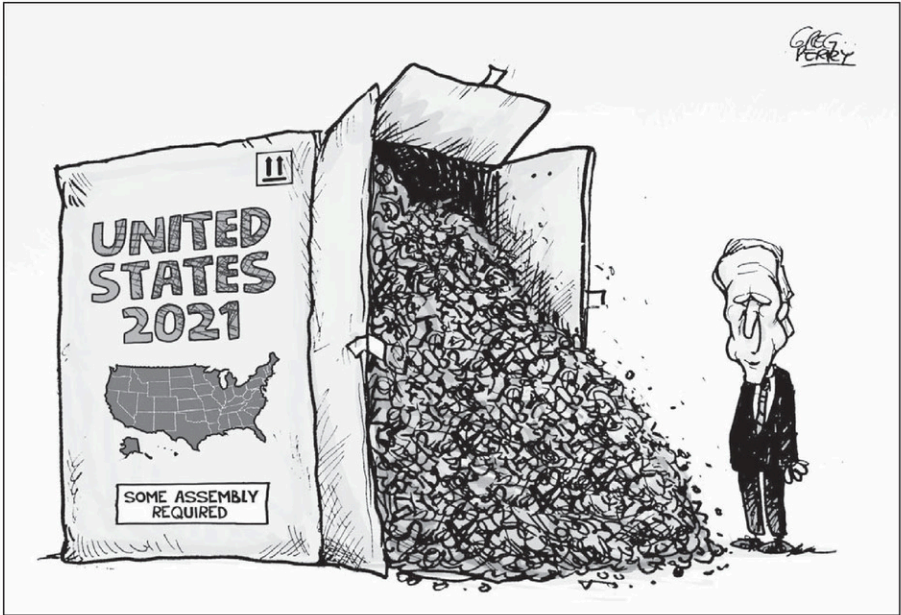
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EDITORIAL

The format of a My Take is 150 words - no more, no less - to express an opinion on a different topic each week. This week the topic was: free speech.

My Take: By Gordon Lambie

Without diving down a rabbit-hole of legalese, Canada's Charter of Rights and Freedoms gives everyone in the country the right to think and believe anything so long as their expression of those thoughts or beliefs doesn't cross what is considered "a reasonable limit" in a free and democratic society. Anyone who has ever tried to decide the wording of a document in committee knows there are a lot of ways that "a reasonable limit" could be defined, which muddies the waters of what is considered acceptable and opens the door for people to push the limits. In the case of extremes it's pretty easy, but the middle ground has been getting messy recently. It's important for people to be able to speak their minds honestly, but freedom of expression does not mean freedom from consequences. It's worth checking your intentions before you strike the match.



My Take: By Matthew McCully

When people abuse free speech, it's never just a contentious statement. It almost always goes part and parcel with the wrong place and the wrong time-like those true freedom fighters who exercise their right to break wind in an elevator. Nine times out of ten the best course of action is to ignore and let them keep talking. Ignorance tends to show itself out of a conversation quickly enough. The problem is that one voice that manages to rise above the rest, singing a tune so hypnotic people start unconsciously tapping their feet. So, what should you do about it? I'm going to regret saying this because I hate noise; but sing louder. Freedom of speech is one of the greatest assets of a democratic society. The only time it's problematic is when people abuse the privilege, but not enough voices rise in opposition.

My Take: By Marianne Lassonde

Freedom of speech has carried the burden of both elevating voices as well as suffocating them and has existed parallel to suppression. It was freedom of speech that allowed people to speak up about inequalities and give a voice to the voiceless. Today, however, it is also used to defend hate speech and conspiracy theories. It walks hand in hand with opinions. It is the "allegedly" to all defamatory statements. Conjuring "freedom of speech" cancels out slander or hurtful comments and gives people hall passes to scream things they would typically whisper. But the impact of a "freedom of speech" comment lingers like a bad after taste. When it is online or in the public eye, freedom of speech has the unique ability to infringe on someone's right to feel safe. Freedom of speech exists in this untouchable grey-zone and we need to revisit it.

My Take: By Michael Boriero

I purged my Facebook and Twitter accounts about two weeks ago. If you don't know what that means, basically I went through my friends list and decided to unfriend a bunch of people. It's really nothing personal. Actually, I hadn't done it in a few years. Most of the time it's just saying goodbye to that one person you met that one day on a trip 10 years ago. This time around, though, I chose people I've known for a long time. Or at least, I thought I knew them, until I started seeing Covid conspiracy videos, photos, memes and gifs. Look, you can call me a sheep or fake news, I don't really care. But spreading false information about the efficacy of masks and vaccines, well, that's where I draw the line. Free speech is our right, but sharing misinformation is just plain dangerous.

My Take: By David Rossiter

Freedom of speech does not equal freedom of consequences. That's the way it should be. People should be able to criticize the government and have opinions not shared by the herd. However, the concept of free speech does not, and should not, shield you from the consequences of your actions. Big fan of extreme far right conspiracy theories? You're free to be and talk about it but don't be surprised when no one wants to talk to you anymore or you get fired after crossing a line on twitter. Now some people might want to go further and ban the spread of false or "dangerous" ideas. Anti-mask or vaccine rhetoric is one topical example that's been floated around. I vehemently disagree. If certain ideas are so invalid that you want to ban them, you should be able to simply disprove them with your own alternatives.

My Take: By Taylor McClure

When the Quebec government enforced their measures to slow the pandemic, their decisions were viewed as an infringement upon our freedoms. A movement of COVID deniers emerged and 'fake news' began to spread like wildfire. Under the Quebec Charter of Rights and Freedoms, freedom of speech and freedom of opinion are considered "fundamental freedoms;" but limits can be placed so long as they are reasonable and justified. In a time of extreme crisis, with thousands of Quebecers falling ill each day and a collapsing health care system and economy, the government's actions are more than reasonable. So, the next time you think about sharing that piece of 'research' you came across on some unknown Twitter account, keep it to yourself. If you don't believe in the virus, at least follow protocols out of respect for others. It's these simple actions that can save a life.

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COLUMNIST

The manufacture of pellets requires a further expenditure of energy to heat and compress them. Exactly how much can vary.

On corrections and convenience

By Nick Fonda

One pound of dry wood yields 8000 British Thermal Units of heat.

That is the correction a friend recently insisted I make.

In an article that appeared in the Record on Oct. 2, I wrote, "...a ton of pellets yields 8,000 BTUs (British Thermal Units), while wood yields only 5,000 BTUs."

The friend, a retired electrical engineer, had only recently read the story and what jumped out at him was an error in the order of magnitude. He verified the numbers and found that I had made not one, but two errors. First, I had confused tons and pounds—an inexplicable mistake to make for anyone who has piled cordwood; secondly, I had accorded wood a rather low caloric value.

According to one convenient search engine, a pound of wood gives 8,000 BTUs of heat and not 5,000, as I had indicated. By comparison, according to the same source, pellets give 8,250 BTUS, only slightly more than wood.

Bernard Mathieu seemed the logical person to turn to for clarification. Under the banner Granulverton, he owns and operates a small mill that manufactures wood pellets for heating. He also lives in a century-old, brick-clad house that is still largely original and that is now heated by a wood furnace.

"Firewood at 0 per cent moisture may yield 8 000 BTUs per pound however it is unlikely that you'd find it commercially available," he says. "Very dry wood has 20 per cent moisture content which significantly decreases the theoretical value of 8,000 BTUs per pound."

(Another important factor is the species of wood being burned; as an example, maple yields far more heat than poplar.)

By way of contrasting the theoretical and the practical, he goes on to describe his own experience with his heating system. While he describes his house as a possible project-in-waiting, one of things he has done is convert his hot-water system from an oil-burning furnace to a wood-burning furnace.

"Good years or bad, I used to burn 4,000 liters of oil," he says. "That represents 120 million BTUs. We now burn wood. We heat the house just as we did before, and we normally burn about 25 cords of wood per winter. We are getting the same 120 million BTUs from 25 cords of wood meaning that one cord yields just under 5 million BTUs of heat. If you approximate a cord of wood as weighing a ton, that works out to about 2,500 BTUs per pound. That's the math!"

Bernard is quick to point out that the biggest difference between burning wood pellets and wood logs is the efficiency of the stove that's doing the burning.

"You can expect a pellet stove to have an efficiency of 80 per cent or more, while wood stoves operate at 50 to 75 per cent efficiency," says Bernard.

"There are a couple of reasons for this," he continues. "One is that firewood, even after it has been stacked and dried as cordwood for a year, will generally have about 20 per cent moisture. There is still a lot of water in the wood. Pellets on the

other hand have been compressed and heated so that their moisture content is closer to 6 per cent. When you throw a log in the firebox, there's a lot of water that has to be boiled off. With pellets, far less."

Bernard adds, "With a wood stove, a lot of heat goes up the stovepipe. Normally, a stovepipe has a diameter of six inches. Pellet stoves also have an exhaust pipe, but it's only three inches in diameter. There's a lot less heat being lost."

A further difference between pellets and cordwood is the amount of energy that is used in production. Initial costs are identical. In both cases trees have to be harvested and transported; carbon is burned to run chainsaws, machinery, and logging trucks. But the manufacture of pellets requires a further expenditure of energy to heat and compress them. Exactly how much can vary.

"The way our manufacturing operation is set up," says Bernard Mathieu, "I estimate we're using about one kilowatt hour of energy to produce one kilogram of pellets. I'm currently running a diesel generator to produce that power, and my costs can fluctuate, but in financial terms currently I'm using about \$12 worth of energy to manufacture one ton of pellets."

The environmentally conscious homeowner deciding between a pellet stove and a wood stove is not faced with an easy decision.

As if to tip the balance one way or the other, is the possibly surprising fact that wood pellets can be put to a completely different use.

"Wood pellets make the best cat litter," my eagle-eyed, electrical engineer friend said during our same far-ranging conversation. He has kept cats as pets his entire adult life and currently has four indoor felines, of which two are kittens.

"The wood pellets crumble as they absorb urine and filter to the bottom of the litter. Cleaning the cat litter is far easier with pellets, and the house stays much cleaner. When cats step into their litter box, they collect a certain amount of fine, powdery litter in their paws, and it gets carried to other corners of the house. That problem is eliminated entirely. As well, wood pellets also absorb much of the smell from the litter box."

"We haven't given thought to testing our wood pellets in the pet market, at least not yet," says Bernard, with a smile. "But we are aware of it. We also know that cats aren't the only animals being kept clean with wood pellets."

"They are increasingly being used in stables," he continues. "I know of one Quebec company that sells 10,000 tons of pellets annually as bedding for horses. Traditionally, pine shavings were used in horse stables, but wood pellets are four to five times as absorbent. For the owner, pellets represent lower costs and less work."

For Granulverton, the small, Ulverton-based start-up that manufactures wood pellets, there is yet another potential market that could await them.

"Pellets are an excellent fuel for smokers, which are becoming quite popular," says Bernard's partner, Barbara Smith. "These are barbecues



BARBARA SMITH

The small mill where Bernard Mathieu manufactures wood pellets.

that cook meat more slowly but also more flavourfully than a grill barbecue. Certain woods like cherry, or apple, or maple have subtle but distinctive scents. Pellets expressly made from these woods give their flavour to the meat being smoked. There are already companies in

Ontario catering to that market."

For the time being Granulverton is remaining focussed producing wood pellets for the growing number of people who are heating their homes with wood pellets, pellets that produce 8,250 BTUs per pound.

CAREERS



Director of Human Resources

21 hours / week

Lennoxville and District Community Aid is a non-profit organisation that promotes and coordinates services and volunteer work making it easier for seniors to continue to live in their own homes.

Working in collaboration with the Director General, the person holding this position ensures the optimal management of the human resources of the organization (establishing objectives, evaluations, staff improvement, skill development and discipline). In collaboration with the Director General, works in drawing up, reviewing job descriptions as well as recruiting staff. Its management practices must promote operational efficiency and follow-up in accordance with Community Aid's mission, policies and objectives.

In collaboration with the Director General as assigned by the Board, this person will work in establishing and reviewing internal and external policies, while solely responsible for the implementation of these policies related to staff. She provides feedback to the Director General on: the overall functioning of all departments, improvement of client satisfaction, and response to problems in Community Aid's client operations. She collaborates in developing formal complaints procedure. Participates in the preparation of promotional tools and updates the Web site. Sits as an ex-officio member on the Administrative Board, Executive Committee and at the Annual General Meeting.

TRAINING AND EXPERIENCE REQUIRED:

The person has a College degree diploma (DEC), a University Certificate or an undergraduate University degree or a combination of training and work experience related to the job as well as a minimum of four to five (4-5) years of experience in working with personnel development and mobilisation of staff and team engagement. This person is familiar with the community environment and is known for his/her professional approach.

KEY SKILLS:

She demonstrates leadership and has good communication skills. She also has excellent skills in developing and maintaining harmonious and productive relationships with staff. Good organisational and listening skills. Demonstrate leadership, initiative and a good sense of planning. Has a team spirit, an ease with adaptation and is dynamic. Respect of confidentiality. Sound knowledge of Outlook, Word, Excel, Publisher, and social media. Bilingual (written and oral; English and French), 4/5 minimum.

Please forward your application to Sylvie Gilbert-Fowles at: direction@communityaid.ca

Deadline for applications: February 3, 2021.

Starting date: February - March 2021.

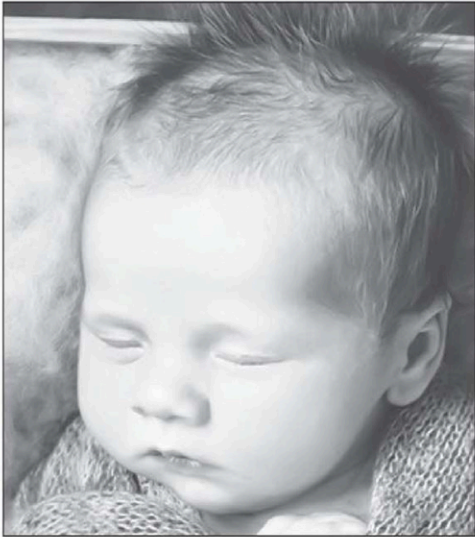
Only candidates selected for interviews will be notified.



Babies of 2020



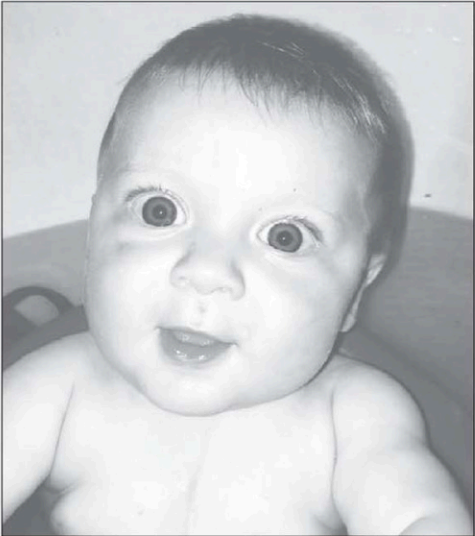
Baby's Name: Alice and Léa Allen
Birth Date: March 31, 2020
Parents: Jacob Morin and Rose Marie Allen
Big brother: Elliot Morin
Grandparents: Michael Morin and Judy Nelson
These two wonderful little gems add lots of love, life and joy to our family.



Baby's Name: Augustus Giovanni Gaetano
Birth Date: August 28, 2020
Parents: Alyssa Robinson and Matthew Gaetano
Hometown: Ottawa, Ontario
My family says "I am the light that came through the darkness".



Baby's Name: Austin John Gowman-Brand
Birth Date: November 1, 2020
Parents: Alex and Jane Hatley
Blue Moon - Covid - East to West love - Miracle



Baby's Name: Brayden Goyette Houle
Birth Date: January 29, 2020.
Parents: Pascale Goyette and Nicole Houle
Hometown: Stanstead, Quebec
He has been through a lot this year, but is always smiling.



Baby's Name: Deshawn Kendrick Salmon
Birth Date: October 25, 2020
Parents: Rebecca Mckelvey and Craig Salmon
Hometown: Ayer's Cliff, Quebec
He loves to read, sing, smile, giggle, eat and sleep.



Baby's Name: Elliot Gordon Lyster
Birth Date: August 6, 2020
Parents: Zachery Lyster and Karina Maulu
Hometown: Magog, Quebec
Happy Siblings: Federika, Noah & Jackson



Baby's Name: Emilie Marti Gaylor
Birth Date: June 2, 2020
Parents: Brent and Christine Gaylo
Grandparents: Maureen and Clifton Gaylor, Que., Sal and Josephine Celeste, N.Y.
Hometown: West Islip, N.Y.
"Our sweet, giggly little angel is a delight to big sister Madeline"



Baby's Name: Evelyne Jeanne Rodrigue
Birth Date: October 5, 2020
Parents: Alexandre Rodrigue and Vanessa Stevens
Hometown: Sherbrooke, Quebec
Jolly and gentle, she is loved by her big family.



Baby's Name: Forrest Jenkin
Birth Date: February 3, 2020
Parents: Bradley Jenkin and Justine Dieppedale
Hometown: Cookshire, Quebec
Unstoppable Daddy's mini me.



Baby's Name: Grace Annabella Burton
Birth Date: January 30, 2020
Parents: Amber Wallis and James Lallier Burton
Hometown: Compton, Quebec
She is fun, fearless and has a smile that melts hearts!



Baby's Name: Hope Jutras-Rudd
Birth Date: December 26, 2020
Parents: Jessica Rudd and Richard Jutras
Hometown: Waterville, Quebec
A beautiful bundle of joy to end 2020.



Baby's Name: Hope Taylor Weare
Birth Date: September 27, 2020
Parents: Chad Weare & Tracy Lynch
Grandparents: Brian Lynch & Pennie Coffin, Normand Jean & Charlotte Clifford (first time Nana)
Hometown: Ogden, Quebec
Hope is a happy, gorgeous little girl, with those beautiful big eyes, cute as a button, loved so much and missed by all of us, wish we could see her more



Baby's Name: James Robin Mastine
Birth Date: November 23, 2020
Parents: Robin Mastine and Vickie Lasonde
Hometown: Val-Joli, Quebec
James, you make your parents and sister (Brooke) so happy!



Baby's Name: Kinsley Sandra St-Cyr
Birth Date: December 2, 2020
Parents: Amelia Wilkins and Jimmy St-Cyr
Hometown: Danville, Quebec



Baby's Name: Layla Linda Cait
Birth Date: October 27, 2020
Parents: Megan McDevitt and Jacob Cait
Grandparents: Norma Husk, Richmond and Mike McDevitt, Sherbrooke
Hometown: Toronto, Ontario
Layla's smile brightens Covid times for us all!!

Babies of 2020



Baby's Name: Lenora Alexis Blakely
Birth Date: November 11, 2020
Parents: Jon Blakely and Shannon Powell
Grandparents: Kimberley (Mills) and Lorne Powell
Hometown: Cornwall, Ontario
Beautiful and bright eyed, an absolute joy to her grandparents.



Baby's Name: Liam Robert Nichols
Birth Date: April 6, 2020
Parents: Annie Grubb and Benjamin Nichols
Hometown: Compton, Quebec
The start of another generation of farmers.



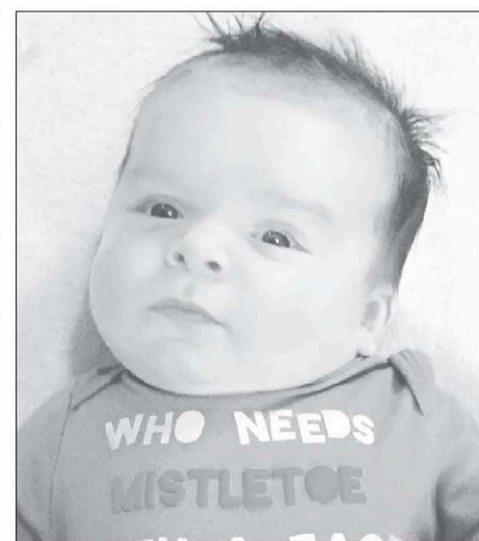
Baby's Name: Matilda Faye McMorine
Birth Date: January 11, 2020
Mother: Jessica McMorine
Grandparents: Richard McMorine, Sharon McMorine,
Hometown: Val-de-Source, Quebec
She is the portrait of her grandmother.



Baby's Name: Owen William Stevens
Birth Date: July 27, 2020
Parents: Jason Stevens and Annabel Johnston
Hometown: Richmond, Quebec
A handsome calm natured little man, with a contagious smile.



Baby's Name: Rayna Wren Doherty
Birth Date: September 7, 2020
Parents: Nick Doherty and Sasha Powell
Grandparents: Kimberley (Mills) and Lorne Powell
Hometown: Stanstead, Quebec
Smiley, snuggle and podgy little sister of Riley and Raven.



Baby's Name: Reed Daniel Fortin-Drew
Birth Date: October 25, 2020
Parents: Kaleana Thomson-Wallis and Alex Fortin Drew
Hometown: Ayer's Cliff, Quebec
Reed is such an easy going, happy little guy. Always smiling!!



Baby's Name: Riley Hunting
Birth Date: March 13, 2020
Parents: Daniel Hunting and Sarah-Michèle Chainey
Hometown: Sawyerville, Quebec
A very happy baby who brings joy to everyone.

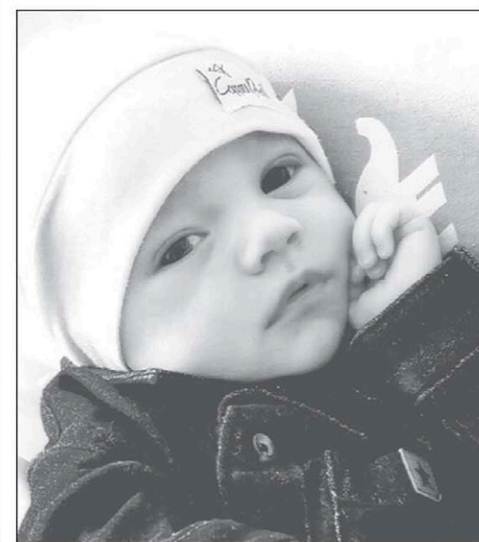


Baby's Name: Siusarnaaq Elma Tattuine
Birth Date: October 3, 2020
Parents: Tapisa and Alexander Martel
Hometown: Ranking inlet, Nunavut



Baby's Name: Tyson Brian Samson
Birth Date: August 4, 2020
Parents: Tyler Samson and Taylor Lynch
Grandparents: Brian Lynch & Pennie Coffin, Wayne Samson & Patricia Mountenay
Hometown: Richmond, Quebec
This little guy is the happiest, cutest little guy around (just look at that face). One perfect gift for his big sisters Ella and Skylar.

Loved so much.



Baby's Name: William Ali Charland
Birth Date: September 10, 2020
Parents: Joy Lin Markwell and Alexandre Charland
Hometown: Sault Ste. Marie, Ontario

Babies of 2020



Baby's Name: Wyatt Lawrence Nobes
Birth Date: August 12, 2020
Parents: Alicia French and Jacob Nobes
Hometown: Lennoxville, Quebec
A sweet, smiley little guy you just want to cuddle.

Congratulations to the winners of our 2020 Babies prizes.

\$50 gift card

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Grace Annabella Burton

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**Liam Robert Nicols
Tyson Brian Samson
Deshawn Kendrick Salmon**

Meet The Country Boys



COURTESY



COUNTRY CONNECTION
JESSIE PELLETIER

Who will take over the musical succession in the coming years? As the song says so well "Who's gonna fill their shoes"? We have a great pool of local musicians, many of which are the offspring of musicians that were very popular in the 80s, 90s and 2000s.

Even if some of these entertainers are still favorites after a productive career, the fact remains that at one point they will have to pass the torch. Some have already enlisted their sons to play with them or replace them like the Goodsell, Powers, Sayers, Bray,

Patton, Curtis, Sheldon and Little, just to name a few. But there are also newcomers.

I had the chance to meet this bunch of teenagers determined to make their place on the country music scene and succeed. The Country Boys band is comprised of Dereck Fournier 17, William Cloutier 16, Shawn Bibeau, 17 and Yoann Dusseault, 17 and all of them are willing to invest the efforts to get there.

They met in high school at La Montee/Leber, all music students. They shared a common dream and even if it

was not precisely defined at the time, they all wanted to be entertainers.

"At first, Cloutier and I were talking about starting our own band. The plan was having five members in the group with Fournier on keyboard, but he decided to switch for bass," explained Dusseault.

Each one of them is a multi-instrumentalist. Fournier plays bass, guitar, drums, keyboard and harmonica. Cloutier is the singer in the band but he also plays acoustic guitar, drums, piano and bass. Bibeau,

CONT'D ON PAGE 12



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The County Boys

CONT'D FROM PAGE 11

for his part plays drum, guitar and bass, while Dusseault is the lead guitar, but also plays bass, drum, mandolin and he provides the vocal harmonies.

They all have influences coming from their respective family. Both Dusseault's parents were performers, his dad played guitar and his mother, Sonia Bisson, performed as a singer for 22 years.

Fournier grew up in a family where his stepdad was a drummer, so he was exposed to music all the time. Bibeau was inspired because both his grandfather and his dad had bands. So he grew up wanting to do the same.

Cloutier, for his part, said that he takes the love of music from his mother's side of the family (his mother was a singer). They agree on the fact that they have a lot of fun together but this doesn't prevent them from taking their music seriously.

Bibeau was raised on country music and so was Dusseault, while for Fournier, country music was not his first choice. He was more into rock, punk rock and metal but he's happy to get the chance to discover the genre, as long as he is enjoying the time spent with his friends.

"I listen to all kinds of music, although I am a lot more into country now. I love the beat, it is fun to play and it makes people dance" said Cloutier. "Country music allows you to share your emotions. It can be sad or

happy but it is always about real life," Dusseault added.

They recalled their first performance, before the band was formed and somehow this is what confirmed their aspiration to be on stage to perform.

"My first time was at a Gala for school. I thought it was so cool. I felt I was able to express myself. I sensed like I had fire inside and the feeling was good. It was a very powerful feeling but it was wonderful," explained Fournier.

Bibeau's first time was a show in another high school, as part of some private music lessons he was taking. "I appreciated that first time, being on stage was great. I was doing what I wanted to do. I really enjoyed it," he stressed.

"My first performance was at the Granada Theatre. I was hesitant to go and finally decided to do it. I remember the fear but as soon as I was done, I was so proud of myself. It was a unique experience," said Cloutier,

"I first played guitar with my mother's band at the Beaulieu Campsite. I felt like people appreciated me. Today I like it even more. Lots of people and the adrenaline rush, it really made me feel good," said Dusseault to describe his experience.

Before the pandemic, they had the chance to perform at a few campsites and they hope that someday soon they'll be able to play again. Their first project is to perform at the Festival

Western in St-Tite. They will make this happen for sure.

They already have an impressive repertoire and their musicianship is remarkable given their young age. Fournier, Bibeau and Dusseault credit Dwight Yoakam as their musical influence.

"He sounds different. His voice is distinctive and he has his own different sound on the guitar. There's a little bit of rock in his music. He is nice to listen to," Bibeau and Fournier said.

Dusseault and Cloutier love Quebec country singer Matt Lang. They both like his style as much as his songs. According to them, Lang is a great role model as a performer and songwriter. Dusseault is also fond of Alan Jackson.

These boys have great aspirations as well. They all want to write their own material, which would precisely define their own musical style. "I already have a lot of music written just waiting to find some lyrics," said Dusseault.

But they will soon have to make decisions about their future: pursuing their education or finding jobs, but the main factor to them is truly to keep playing music.

"Now we are focussing on covers while honing our skills, but one day I would love it if we could perform our own music, so people really see and appreciate who we are as a band," stressed Cloutier.

For the last three years, the boys have

What's On

EVENTS

January 23

Write Here, Write Now (part of Bishop's University Lifelong Learning Academy) announces its first special (and free!) workshop on techniques, Writing an Effective Plot, with Rebecca on Saturday, January 23, 2021 from 1:30-3:30. Email Jan (jandraper@yahoo.com) for Zoom coordinates. WHWN is calling for submission for its upcoming book, "Hope and Resilience Under Covid-19" Writers and visual artists of all ages are invited to submit, for more information, please email Rebecca Welton at rebecca@weltonfamily.ca

been performing mainly at campsite or special events. The circuit of bars and hotels will have to wait till they are a little older, which will come soon and they can't wait to get more gigs. They are extremely talented, they have a lot of drive and they are keeping their eyes on Nashville, where they want to go as soon as possible. The Country Boys are available for bookings. You can see them performing on their own page: Facebook.com/countryboyssherbrooke. Truly a promising band to discover!

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		The Doctors		The Price Is Right		
WPTZ	5	-	-	NBC5 News Today		Today				Live with Kelly and Ryan		Today 3rd Hour		Today With Hoda & Jenna		
CBMT	6	206	301	Daybreak		Dot	What He Ate	True Rainbow	Molly of Denali	Remy & Boo	The Furch	True Rainbow	Addison	Heartland		
CHLT	7	107	718	F	Salut bonjour (N) (SC)						(9:59) Station potluck (N)		Le tricheur		Mario Dumont	
				M												
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			Th							(9:59) Ça finit bien la semaine						
WMTW	8	-	-	WMTW News 8 at 6am		Good Morning America				Live with Kelly and Ryan		Tamron Hall		The View		
CKSH	9	108	-	Pyjam.	Alix et	Transylvanie	(:46) Super 4	Organisation	Mehdi et Val	Le national	On va se le	Varied Programs		Ricardo	5 chefs dans	
CKMI	11	-	-	Global News Morning						The Morning Show		Property Brothers: Buying		Rachael Ray		
CFCF	12	205	312	Your Morning		Your Morning	Your Morning	Your Morning	Your Morning	Live with Kelly and Ryan		The Marilyn Denis Show		The View		
WVNY	22	-	-	Local 22 News This Morning		Good Morning America				The Drew Barrymore Show		Var. Programs		Paid Program	The View	
WUTV	30	-	-	Paid Program	Var. Programs	The National Desk		The National Desk		The 700 Club		Judge Mathis		Judge Jerry	Judge Jerry	
CFKS	31	106	726	F	NVL (SC)	NVL en bref	Sports 30 (N)	Sports 30	Rire et délire	Rire et délire	La semaine des 4 Julie (SC)		"Papa par accident" (2019) Oliver Mommsen, Hilde Dalik. (SC)			
				M				Les 3 étoiles		Phil s'invite (SC)	"Les mères de la mariée" (2014, Comédie) Gail O'Grady. (SC)					
				T				Rire et délire		La semaine des 4 Julie (SC)	"Mariage et safari" (2019, Comédie) Sönke Andresen. (SC)					
				W							"Fascination mortelle" (2016) Erika Christensen. (SC)					
				Th							"Une romance sans fin" (2019, Comédie) Jen Lilley. (SC)					
WUHF	-	363		Good Day Rochester		Good Day Rochester		Good Day Rochester		Judge Mathis		The Wendy Williams Show		Judge Jerry	Judge Jerry	
WETK	-	-		Classical	World News	Molly of Denali	Wild Kratts	Elementary	Xavier Riddle	Curious	Daniel Tiger	Daniel Tiger	Elinor	Sesame Street	Pinkalicious	
WCFE	-	-		Nature Cat	Odd Squad	Curious	Elinor	Xavier Riddle	Daniel Tiger	Daniel Tiger	Wild Kratts	Elementary	Sesame Street	Pinkalicious	Arthur	
A&E	615	520		Paid Program	Joyce Meyer	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Varied Programs				
CNN	500	500		New Day With Alisyn		New Day With Alisyn		New Day With Alisyn		CNN Newsroom With Poppy		CNN Newsroom With Poppy		CNN Newsroom		
DISC	520	505	F	Mayday "Target Is Destroyed"		Mayday "Pilot vs. Plane"		Mayday (C) (DVS)		Highway Thru Hell		North Woods Law		Lone Star Law "Deceived"		
			M													
			T													
			W													
			Th													
DRAMA	620	523	F	"Shades of Black: The Conrad Black Story" (2006) (C) (C)				Flashpoint "Lawmen" (C)		"Shades of Black: The Conrad Black Story" (2006) (C) (C)				Flashpoint "Lawmen" (C)		
			M													
			T													
			W													
			Th													
HIST	522	506		Rust Valley Restorers		Canadian Pickers		Ice Road Truckers		Yukon Gold		Shatner's Weird or What?		Border Sec.	Border Sec.	
PARMT	628	584		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		
RDI	126	730		RDI matin		RDI matin		RDI matin		Le national	L'info				Isabelle Richer	
SHOW	616	521		The Outer Limits		Beauty and the Beast		Ransom		Movie				Beauty and the Beast		
SLICE	601	562		ET Canada	Say Yes-Dress	Love It or List It		Varied Programs				Love It or List It		Varied Programs		
TLC	521	560		Say Yes	Say Yes	Say Yes	Say Yes	Sister Wives		Varied Programs						
TSN	400	400	F	SportsCentre	SportsCentre (C)	SportsCentre (C)		SportsCentre (C)		SportsCentre (C)		SportsCentre (C)		SportsCentre (C)		
			M													
			T													
			W													
			Th													
YOUTH	551	542		Go Away Uni	Cloudy, Meat	Cloudy, Meat	SpongeBob	SpongeBob	Loud House	Loud House	Ollie's Pack	Go Away Uni	Cloudy, Meat	Cloudy, Meat	Assembly	

Local Sports

Apply these quick tips for better running form and a buff body for 2021

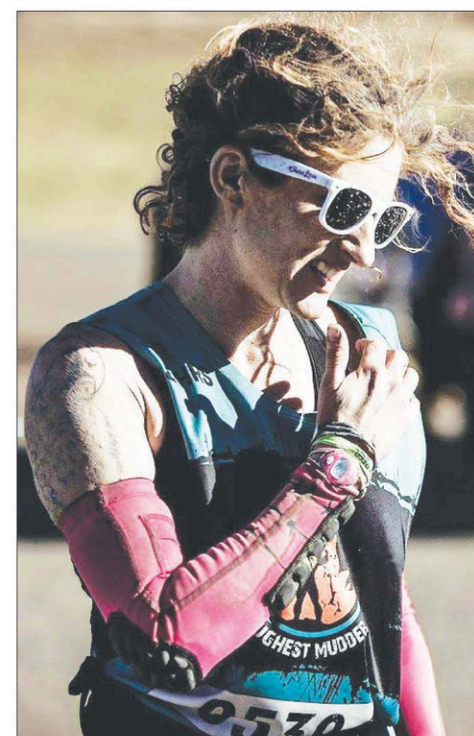


A RUNNER'S MIND

CHRISTINE BLANCHETTE

Running is more than lacing up your shoes and putting one foot in front of the other. It requires good running form to excel in performance. Learning how to run with good form also is less taxing on your energy levels, which is always nice to have an abundance of.

Canadian elite obstacle racer and coach, Allison Tai, who has been on the podium over 50 times, shared her expert tips in a recent email interview on proper running form. Her advice is especially beneficial for beginners looking to run efficiently right out of the gate. For those veterans with a few thousand kilometers on their personal odometers, sometimes a tweak on your form can help smash through barriers you might never have thought possible. Check out Allison's four tips below to improve your running performance.



COURTESY

Allison Tai

Overall Body Position

Gravity seems like such a bother when you're trying to max out on your pull-up reps or jump to new heights. But as a runner, you can use gravity to your advantage, especially if your 2021 goals include running faster. The kicker is that the lean has got to be from your ankles... like a ski jumper. Most people break at the hips and sit. No matter how svelte your running booty is, you end up leaving your mass behind you if you break at the hips, totally negating the whole point of the lean - and deactivating your glutes while you're at it. Instead, bring your hips forward like you're being pulled by a hip belt by a motorcycle.

Legs

Above all, your turnover should be light and quick. Great runners have a lovely, flow-y circular stride that harnesses the elastic potential of the tendons of the human body and the physics of a circle. You can pair the visualization of light, quick, circular turnover with that of the lean by picturing yourself on a unicycle... and as a bonus, have a good laugh at yourself.

Arms

Your arm swing mimics your legs, light and rhythmic. Your arms should swing more or less forward to backward as if they are in a track (never crossing over the midline of your body). Elbows should stay bent at about 90 degrees. Hands should move from nips to hips with fingers slightly closed but not clamped - as if you're holding onto two baby birds (riding a unicycle being dragged along by a motorcycle right - you're still with me?)

Head, Neck and Shoulders

One of the most common faults I see - especially with runners trying to improve their speed, is looking excessively downward, or looking excessively upward. It's most often downward. What people don't realize is that the rest of their body follows. They end up hunching over, struggling for air, staring at the ground. What you want to do is stay tall and loose though your spine like taffy stretching in the sun. You want to be just as wide in the front of your shoulders as the back of them... leading from your proud but loose chest, heart rate monitor lifted.



To curb the spread, let's comply with the lockdown.



By staying home.

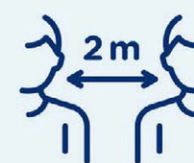


By respecting the curfew.



By avoiding non-essential travel.

Let's continue to follow the basic health measures.



[Québec.ca/en/confinement](https://quebec.ca/en/confinement)

1 877 644-4545

Votre gouvernement

Québec

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		Channel 3 News at Four		Channel 3	3 News		
WPTZ 5	-	-		NBC5 News	Daily Blast	Days of our Lives	Tamron Hall		Dr. Phil		The Ellen DeGeneres Show		NBC5 News	NBC5 News	
CBMT 6	206	301		CBC News Network		Vet on the Hill	Family Feud	Convenience	Murdoch Mysteries		Downton Abbey		Food Fight Club		
CHLT 7	107	718		TVA régional	TVA nouvelles	Movie		Var. Programs	TVA nouvelles	Les feux de l'amour		Top modèles	(4:58) TVA nouvelles		
WMTW 8	-	-		WMTW News 8 at Noon		GMA3-Need to Know	General Hospital		The Ellen DeGeneres Show		WMTW News 8 at 4pm		WMTW News 8 at 5PM		
CKSH 9	108	-	F	Téléjournal	Silence	Notre vie "La magie de Noël"	Virginie (SC)	Virginie (SC)	Le temps d'une paix (SC)		Savourer (N)		L'effet	Silence	
			M												
			T												
			W												
Th															
CKMI 11	-	-		Global News	ET Canada	Days of our Lives	The Talk		The Drew Barrymore Show		Carnival Eats	The Young and the Restless		Global News	
CFCF 12	205	312		CTV News Montreal		The Social	Dr. Phil		The Dr. Oz Show		The Ellen DeGeneres Show		CTV News Montreal at 5		
WVNY 22	-	-		Hot Bench	Hot Bench	GMA3-Need to Know	General Hospital		The People's Court		Judge Judy	Judge Judy	Judge Judy	Judge Judy	
WUTV 30	-	-		The Steve Wilkos Show		Maury	Judge Mathis		The People's Court		Millionaire	Family Feud	Family Feud	Family Feud	
CFKS 31	106	726		Médium	Scorpion	Movie	Movie		The People's Court		Guerre-clans	Rire et délire	Les Simpson	Les Simpson	
WUHF	-	363		The Steve Wilkos Show		Maury	Var. Programs	Divorce Court	Hot Bench	Hot Bench	Judge Judy	Judge Judy	The People's Court		
WETK	-	-		Dinosaur Train	Clifford-Dog	Sesame Street	Elinor	Curious Crew	Let's Go Luna!	Odd Squad	Varied Programs		World News		
WCFE	-	-	F	Let's Learn 1 2		Articulate-Jim	Poetry	Great Performances 1 2		Nature 1 2 (DVS)		NOVA "Decoding da Vinci" 1		When Disaster Strikes 2	
			M												
			T												
			W												
Th															
A&E	615	520		Varied Programs											
CNN	500	500		Inside Politics		CNN Newsroom		CNN Newsroom		CNN Newsroom		The Lead With Jake Tapper		Situation Room With Wolf	
DISC	520	505	F	CSI: New York 1 2		CSI: New York "Heroes" 1	Homicide Hunter: Kenda		Homicide Hunter: Kenda		CSI: New York 1 2		CSI: New York "Heroes" 1		
			M												
			T												
			W												
Th															
DRAMA	620	523		Movie				Flashpoint		Varied Programs					
HIST	522	506	F	SEAL Team 1 2 (DVS)		Forged in Fire 1 2	Ancient Aliens 2 (DVS)		Ancient Aliens 2 (DVS)		Ancient Aliens 2 (DVS)		Ancient Aliens 2 (DVS)		
			M												
			T												
			W												
Th															
PARMT	628	584		Bar Rescue		Bar Rescue		Varied Programs							
RDI	126	730		Téléjournal	Mordus de politique	Var. Programs		L'info						En direct avec Patrice Roy	
SHOW	616	521	F	Ransom "Black Dolphin" 1		NCIS "Knockout" 1	NCIS "Hide and Seek" 1		NCIS Gibbs works with Kort.		FBI "A New Dawn" 1		NCIS "Knockout" 1		
			M												
			T												
			W												
Th															
SLICE	601	562		Varied Programs		Love It or List It		Varied Programs						Mom	Mom
TLC	521	560		Hoarding: Buried Alive		Hoarding: Buried Alive		My 600-Lb. Life		Varied Programs					
TSN	400	400		SportsCentre	SportsCentre		Varied Programs		NBA: The Jump		NFL Live		Around/Horn	Interruption	
YOUTH	551	542		Henry Danger	Henry Danger	Ollie's Pack	Loud House	(:05) Wayside	Cloudy, Meat	Cloudy, Meat	SpongeBob	SpongeBob	SpongeBob	Loud House	Loud House

FRIDAY EVENING														JANUARY 22, 2021			
	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	Entertainment Tonight (N)	MacGyver A crime at a neighbor's house. (N) 66		Magnum P.I. Magnum must find a missing wife. (N) 66		Blue Bloods A civilian makes a wild accusation. (N) 66		Channel 3 News	(:35) The Late Show With Stephen Colbert 66 66		
WPTZ	5	-	-	NBC5 News at 6 (N)		NBC Nightly News - Holt	Jeopardy! (N) 66	Wheel of Fortune (N) 66	The Blacklist Liz seeks vengeance on Reddington. 66		Dateline NBC (N) 66 66		NBC5 News at 11 (N)		(:34) The Tonight Show Starring Jimmy Fallon (N) 66		
CBMT	6	206	301	CBC Montreal News (N)		Rick Mercer Report 66	Coronation Street (N) 66	Coronation Street (N) 66	marketplace (N) 66 66	Anyone's Game (N) 66	The Nature of Things "Wild Canadian Weather" (N) 66		The National (N) 66 66		CBC Montreal News (N)	CBC Arts: Exhibitionists Coronation Street 66	
CHLT	7	107	718	(5:58) TVA nouvelles (N)		(:29) Le tricheur (N)	(6:59) Ça finit bien la semaine (N) (SC)		Du talent à revendre (N) 66 (SC)		9-1-1 "Séisme" Maddie aide une femme à accoucher. (N)		(9:59) TVA nouvelles (N)	(:35) *** "Hunger Games: L'embrasement" (2013, Science-fiction) Jennifer Lawrence, Josh Hutcherson. (SC)			
WMTW	8	-	-	WMTW News 8 at 6PM (N)		ABC World News	Wheel of Fortune (N) 66	Jeopardy! (N) 66 66	Shark Tank A new take on a traditional snack food. (N) 66		(:01) 20/20 (N) 66 66		WMTW News 8 at 11 (N)		(:35) Jimmy Kimmel Live! 66 66		
CKSH	9	108	-	(5:59) Le téléjournal Estrie		(:31) Zone économie (N)	Au suivant Les concurrents sont tous talentueux. (N)		Prière de ne pas envoyer de fleurs (N) (DVS) (SC)		Galas ComediHa! 2016 Mario Jean et Billy Tellier. (SC)		Le téléjournal (N) (SC)		(:05) Le téléjournal Estrie (:34) "La grande noirceur" (2018) Martin Dubreuil. (SC)		
CKMI	11	-	-	Global National (N) 66		(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	MacGyver A crime at a neighbor's house. (N) 66		The Blacklist Liz seeks vengeance on Reddington.		Border Security: America	Border Security: America	Global News at 11 (N) (:35) The Late Show With Stephen Colbert 66 66		
CFCF	12	205	312	(5:59) CTV News Montreal (N) 66 66		etalk Anthony Mackie; Tika.	The Big Bang Theory 66		Shark Tank A new take on a traditional snack food. (N) 66		Magnum P.I. Magnum must find a missing wife. (N) 66		Blue Bloods A civilian makes a wild accusation. (N) 66		News-Lisa	CTV News Montreal (N) The Big Bang Theory 66	
WVNY	22	-	-	Local 22 News (N)		ABC World News	Local 22 News (N)		Inside Edition (N) 66 66		Shark Tank A new take on a traditional snack food. (N) 66		(:01) 20/20 (N) 66 66		Local 22 News (N) (:35) Jimmy Kimmel Live! 66 66		
WUTV	30	-	-	The Big Bang Theory 66		Judge Judy (N) 66 66	Judge Judy (N) 66 66	Family Feud 66 66	WWE Friday Night SmackDown (N) 66 (Live)				2 on Your Side at 10	Seinfeld "The Old Man" 66	Two and a Half Men 66	Two and a Half Men 66 Last Man Standing 66	
CFKS	31	106	726	Souper parfait		Taxi payant (SC)	La course au million (N) (SC)		Huissiers (N) (SC)		L'appel d'une vie (N) (SC)	Cardinal John Cardinal et Lise Delorme. (DVS) (SC)		Tous contre le crime "Jeu de pistes" 66 (SC)		Rire et délire (SC) NVL (N) (SC) ★ "Film de peur 2" (SC)	
WUHF	-	363		Modern Family 66		Modern Family 66	The Big Bang Theory 66		The Big Bang Theory 66		WWE Friday Night SmackDown (N) 66 (Live) 66		13WHAM News at 10 on Fox Rochester (N) (Live) 66		DailyMailTV (N) 66 66	The Simpsons 66 CMA Awards - Live! 66	
WETK	-	-		PBS NewsHour (N) 66 66		Profile "John O'Brien"	Vermont This Week (N)		Washington Week (N) 66		Moments to Remember (My Music) 1950s and '60s hits. 66 66		Amanpour and Company (N) 66 BBC World News 66				
WCFE	-	-		World News America		BBC World News Today	PBS NewsHour (N) 66 66		Mountain Lake Journal		New York Now 66	In Concert at the Hollywood Bowl 66 66		Great Performances Vladimir Horowitz's return to Russia.		BBC World News 66 Amanpour and Company (N) 66 66	
A&E	615	520		The First 48 Two young men are killed in a car. 66 66		The First 48 Tulsa detectives investigate the Crips. 66		The First 48 Two murder suspects caught on camera.		The First 48: Shocking Interrogations (N) 66 66		(:01) Rescue Cam (N) 66	(:32) Rescue Cam (N) 66	(:04) Live Rescue: Rewind "Live Rescue: Rewind 47"		(12:03) The First 48 66	
CNN	500	500		Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Cuomo Prime Time (N) 66		CNN Tonight-Don Lemon		CNN Tonight-Don Lemon		Cooper 360	
DISC	520	505		Highway Thru Hell Jamie's competitor takes advantage.		Heavy Rescue: 401 "Nerves of Steel" 66 (DVS)		Reclaimed The guys negotiate for a big payoff. 66		Gold Rush: Parker's Trail "Aussie Mega Machine"		Aussie Gold Hunters The Dirt Dogs gamble big. (N)		Highway Thru Hell "- Reunited" 66 (DVS)		Gold Rush: Parker's Trail	
DRAMA	620	523		Bones A corpse has on a Santa suit. 66 (DVS)		Bones Remains of a motorcycle racer. 66 66 (DVS)		Bones A college-basketball player dies. 66 66 (DVS)		Bones A woman's car is run off the road. 66 (DVS)		Bones Max goes on trial for murder. 66 66 (DVS)		Bones Remains in the incinerator. 66 66 (DVS)		Bones 66 66 (DVS)	
HIST	522	506		Ancient Aliens Storming the gates of Area 51. 66		Ancient Aliens Possible remnants of a spacecraft. 66		Ancient Aliens Presidential encounters with UFOs. 66		The UnXplained Examining America's monuments. (N)		The Proof Is Out There (N)		The Proof Is Out There (N)		MonsterQuest "Killer Jellyfish" Jellyfish invasion. (N) Ancient Aliens 66	
PARMT	628	584		Catch a Contractor Something is left hiding in a wall.		** "2 Guns" (2013, Action) Denzel Washington. Undercover agents go on the run after a mission goes bad. 66		(:15) ** "The A-Team" (2010, Action) Liam Neeson, Bradley Cooper, Jessica Biel. Former Special Forces soldiers form a rogue unit. 66								** "2 Guns" (2013)	
ORDI	126	730		(5:59) Zone économie (N) (SC)		(:01) 24/60 (N) (SC)		Les grands reportages La vie de Grace Kelly. (N) (SC)		Le téléjournal avec Pascale Nadeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (SC)		(:31) Le national (N) (12:01) 24/60 (SC)	
SHOW	616	521		NCIS A military family comes under suspicion. 66		NCIS "Dead Reckoning" Gibbs works with Kort. 66		FBI An alt-right provocateur is murdered. 66 (DVS)		"Inside Man: Most Wanted" (2019, Action) Aml Ameen, Rhea Seehorn, Roxanne McKee. An NYPD hostage negotiator saves hostages. 66 66						** "Fast & Furious" (2009) Vin Diesel. 66 66 (DVS)	
SLICE	601	562		The King of Queens 66		The King of Queens 66		Southern Charm Kathryn confronts her DM scandal.		Below Deck Mediterranean "The Bali Is in Your Court"		Married at First Sight "Home Alone" Couples spend lockdown together. (N) 66 66 (DVS)		The King of Queens 66		The King of Queens 66 Married at First Sight 66	
TLC	521	560		1000-Lb. Sisters Tammy and Amy blame each other. 66		Unpolished The fairy-tale wedding is in jeopardy. 66		90 Day Fiancé "More to Love: You So Bad Boy" Brandon and Julia get into trouble. (N) 66		90 Day Fiancé "First Look: Unsure and Insecure" First look; Stephanie tests Ryan. (N)						90 Day Fiancé 66 90 Day Fiancé 66	
TSN	400	400		SportsCentre (N) (Live) 66		Raptors Game Day (N)		NBA Basketball Miami Heat at Toronto Raptors. (N) (Live) 66								NBA Basketball Denver Nuggets at Phoenix Suns. (N) (Live) 66	
YOUTH	551	542		Unleashed (N)		Young Dylan		Danger Force		SpongeBob		** "Night at the Museum" (2006, Children's) Ben Stiller. 66 66 (DVS)				Star Falls 66 Degrassi Degrassi Avatar: Air.	

Your week on TV

SATURDAY DAYTIME																	JANUARY 23, 2021			
	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	-	-	CBS This Morning: Saturday (N) 				Lucky Dog "Cheese"	Innovation Nation	Mission Unstop	Hope in the Wild	College Basketball Cincinnati at Houston. From Fertitta Center in Houston. (N)  (Live) 			College Basketball Baylor at Oklahoma State. From Gallagher-Iba Arena in Stillwater, Okla. (N)						
WPTZ 5	-	-	(7:00) To-day (N) 	News-Kids Edition	Teen Kids News (N)	Ocean Mysteries	Earth Odyssey	Wild Child (N)  (El)	Roots Less	One Team	Vets Saving Pets	The Voyager	Soledad O'Brien	The Chris Nikic Story		LPGA Golf				
CBMT 6	206	301	Daniel Tiger	The Furchester Hotel	Dino Ranch (N)	(:35) PJ Masks (N)	True Rainbow	(:24) Addison 	PJ Masks 	(:37) Arthur 	Snowboarding 		Alpine Skiing 		Speed Skating ISU World Cup. 		FIS Freestyle Skiing World Cup: Ski Cross.			
CHLT 7	107	718	(6:00) Salut bonjour week-end (N) (SC)				Bien (N) (SC)	Deux filles le matin (SC)		Rêvons maisons	TVA nouvelles (N)	Hors Québec (N)	Infopublicité (SC)	"Heidi" (2015, Enfants) Anuk Steffen, Bruno Ganz. Une jeune fille habite avec son grand-père dans les Alpes. (SC)						
WMTW 8	-	-	Good Morning America (N) 		Good Morning America (N) 		Ocean Treks	Sea Rescue (N) 	Hearts of Heroes (N)	Rock the Park	Transform	Retire Now TV	AAA Benefits	Paid Program	UFC 257 Pre-Show (N) (Live)		College Basketball			
CKSH 9	108	-	Les aventures	Axel	L'agent Jean (N)	Les sapi-ens	(9:58) Vite pas vite	L'effet secondaire	Ricardo (SC)	5 chefs dans ma	Téléjournal		La facture (SC)		Enquête (SC)		Brokenwood "La mécanique du crime"			
CKMI 11	-	-	Fish'n Canada	Real Fishing	Paid Program	Fishful Thinking	Donut Showdown	Paid Program	Powerboat Television	Paid Program	Entertainment Tonight (N) 		Carnival Eats 	"Growing the Big One" (2010, Drama) Shannen Doherty, Kavan Smith. Premiere.  (DVS)			Property Brothers			
CFCF 12	205	312	Your Morning Weekend (N) 		Corner Gas 	Corner Gas 	Paid Program	How It's Made	Written Canada	Moneytalk (N) 	Mary-Kitchen	Mary-Kitchen	*** "Captain America: The First Avenger" (2011, Action) Chris Evans, Hayley Atwell, Sebastian Stan.  (DVS)			Seinfeld 				
WVNY 22	-	-	Good Morning America (N) 		Good Morning America (N) 		Hearts of Heroes (N)	Rock the Park	Ocean Treks	Sea Rescue (N) 	Skin Care	Drug-Free Relief	Under Eye Bags?	More Hair	UFC 257 Pre-Show (N) (Live)		College Basketball			
WUTV 30	-	-	Emeril's Chicken Frying Secret. BAM!		The Best Kept Secret To Air Fryer Cooking		Easy Indoor	Kill 99 of Viruses	Copper Chef Titan	Hoops Tip-Off	College Basketball Connecticut at Creighton. From CHI Health Center in Omaha, Neb. (N)			College Hoops	College Basketball Providence at Villanova. (N)  (Live)					
CFKS 31	106	726	Christina	Ma villa au soleil	Rénos au bord de l'eau (SC)		RPM Le Toyota Rav4 Prime 2021. (SC)		RPM plus Samuel visite Leddartech. (SC)		Infopublicité (SC)	Infopublicité (SC)	L'amour est dans le pré La rencontre éclair.		*** "Me and Earl and the Dying Girl" (2015) Thomas Mann, Olivia Cooke. (SC)					
WUHF	-	363	Xploration Space	Awesome Planet	Weird but True	Xploration DIY Sci	Easy Indoor	Kill 99 of Viruses	Copper Chef Titan	Hoops Tip-Off	College Basketball Connecticut at Creighton. From CHI Health Center in Omaha, Neb. (N)			College Hoops	College Basketball Providence at Villanova. (N)  (Live) 					
WETK	-	-	10 Day Belly Slimdown with Dr. Kellyann 		Outdoor Journal		MotorWeek (N)	Field Trip With	Mexican Table	Moveable Feast	Lidia's Kitchen 	Test Kitchen	Cook's Country	Woodsmith	This Old House 	This Old House 	Antiques Roadshow 	Suze Orman's		
WCFE	-	-	Wild Kratts 	Wild Kratts "Fireflies"	Odd Squad	Odd Squad	Change Your Brain, Heal Your Mind With Daniel Amen, MD Strategies to heal the mind. 			The Brain Revolution Maximizing and protecting the brain. 			The Longevity Paradox With Steven Gundry, MD 			Rick Steves' Europe: Great German Cities				
A&E	615	520	Flipping Vegas "Dooms-day House" 		Flipping Vegas Creepy coldblooded creatures.		Zombie House Flipping 		Zombie House Flipping "The Speed Flip"		The First 48 "A Man's Game" 		The First 48 "The Invader" 		The First 48 "Deadly Rap" 		The First 48 A generous man is murdered.			
CNN	500	500	New Day Weekend		Smerconish (N) 		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom			
DISC	520	505	Mighty Planes The Airbus A380. 		Mighty Planes "Skitbirds" 		Mighty Planes "Orbis"  (DVS)		Mighty Planes "Martin Mars"  (DVS)		Mighty Planes The Airbus A380. 		Mighty Planes "Skitbirds" 		North Woods Law "Ice Out"  (DVS)		North Woods Law: On the Hunt  (DVS)			
DRAMA	620	523	Bones The Widow's Son serial killer. 		Bones A corpse has on a Santa suit. 		Bones Remains of a motorcycle racer. 		Bones A college-basketball player dies.		Bones A woman's car is run off the road. 		Bones Max goes on trial for murder. 		Chicago Fire "Just Drive the Truck" 		Chicago Fire "Apologies Are Dangerous"			
HIST	522	506	Paid Program 	Paid Program 	Big Timber Kevin plans to expand his sawmill.		SEAL Team "Medicate and Isolate" 		SEAL Team "Rock Bottom"  (DVS)		Pawn Stars Unique military surplus items. 		Forged in Fire "Pioneer Sword" 		Forged in Fire "The Pipe Tomahawks" 		Pawn Stars A vintage collection of books. 			
PARMT	628	584	Tattoo Night.	Tattoo Night.	Tattoo Night.	Tattoo Night.	Tattoo Night.	(:45) *** "The A-Team" (2010, Action) Biel. Former Special Forces soldiers form a rogue unit. 		Liam Neeson, Bradley Cooper, Jessica		Tattoo Night.		Ink Master Three Ink Masters coach teams.		Ink Master "Fill'er Up" 				
RDI	126	730	RDI matin weekend (N) (SC)		RDI matin weekend (N) (SC)		L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	Les décrypteurs	Téléjournal	Téléjournal	Le national	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)		
SHOW	616	521	(6:00) "Room"	"Gunless" (2010) Sienna Guillory. An American gunslinger is unable to find someone to duel.			*** "The Fast and the Furious: Tokyo Drift" (2006, Action) Lucas Black.  (DVS)			Drift" (2006, Action) Vin Diesel, Paul Walker, Michelle Rodriguez.  (DVS)			*** "Fast & Furious" (2009, Action) Vin Diesel, Paul Walker, Michelle Rodriguez.  (DVS)			*** "The Fast and the Furious" (2001) Vin Diesel.  (DVS)				
SLICE	601	562	Late Nite Eats 	Paid Program 	Paid Program 	Paid Program 	*** "Home Again" (2017) Reese Witherspoon, Pico Alexander, Nat Wolff.  (DVS)			*** "Bruce Almighty" (2003) Jim Carrey. A frustrated reporter receives divine powers from God.  (DVS)			*** "Home Again" (2017) Reese Witherspoon.  (DVS)			*** "Home Again" (2017) Reese Witherspoon.  (DVS)				
TLC	521	560	Four Weddings "... And a Taxi Cab" 		Four Weddings 		Four Weddings "... And a Surprise Bride"		Four Weddings "... And a Rainbow" 		Four Weddings A black light rave. 		Hoarding: Buried Alive 		Hoarding: Buried Alive 		Hoarding: Buried Alive 			
TSN	400	400	SportsCentre 		SportsCentre 		SportsCentre 		SportsCentre 		College Basketball Teams TBA. (N) (Live) 			College Basketball Teams TBA. (N) (Live) 						
YOUTH	551	542	Sponge.	Sponge.	Mighty 1s	Sponge.	TrollsTopia	Loud	Loud	Casagran	*** "Cheaper by the Dozen 2" (2005) 			LEGO City	Sponge.	Sponge.	Mighty 1s			

SATURDAY EVENING																	JANUARY 23, 2021			
	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	-	-	College Basketball Ohio State at Wisconsin. From Kohl Center in Madison, Wis. (N) 				Channel 3 News	Weekend News	Entertainment Tonight (N) 		NCIS: Los Angeles "Yellow Jack" 		S.W.A.T. A lone gunman targets women.		48 Hours 		Channel 3 News	The Song	Game Time	
WPTZ 5	-	-	LPGA Golf		Horse Racing Pegasus World Cup Invitational. (N)  (Live)		NBC5 News at 6		Nightly News	Jeopardy! 	Wheel of Fortune	Ellen's Game of Games 		Law & Order: Special Victims Unit 		Saturday Night Live (N) 		NBC5 News	(:29) Saturday Night Live 	
CBMT 6	206	301	IBSF Bobsleigh and Skeleton		Alpine Skiing		Montreal News		Hockey Night	NHL Hockey Montreal Canadiens at Vancouver Canucks. From Rogers Arena in Vancouver, British Columbia, Canada. (N) 			NHL Hockey Ottawa Senators at Winnipeg Jets. From Bell MTS Place in Winnipeg, Manitoba. (N)  (Live) 							
CHLT 7	107	718	(3:50) *** "La légende de Tarzan" (2016, Aventures) Alexander Skarsgard. (DVS) (SC)			(5:59) TVA nouvelles Eddie Brock obtient des super pouvoirs.			(:45) *** "Lucy" (2014, Action) Scarlett Johansson, Morgan Freeman. (DVS) (SC)			TVA nouvelles (N)		*** "Top Gun" (1986) Tom Cruise, Kelly McGillis. (DVS) (SC)						
WMTW 8	-	-	College Basketball		Homes & Estates	Easy Indoor	WMTW News 8 at	World News	Wheel of Fortune	Jeopardy! 	Celebrity Wheel of Fortune 		The Chase Three new contestants compete.		Big Sky Cassie visits Merilee. 		WMTW News 8	Castle "Reality Star Struck" 		
CKSH 9	108	-	(3:00) Brokenwood (DVS) (SC)		La semaine verte (N) (SC)		Téléjournal Estrie	La petite vie (SC)	En direct de l'univers (N) (SC)		Deuxième chance (N) (SC)		Belgravia Anne livre un secret à Caroline.		Le télé-journal		Doc humanité "Condamnation" (N) (SC)	Dre Grey, leçons d'anatomie (N) 		
CKMI 11	-	-	Property Brothers		Island of Bryan "Sea Change"		Save My Reno	Global News at 6	Global National	The New Reality (N)	Border Security	Private Eyes "Tex Therapy"		Departure "Prime Suspect"		Ransom "Alters" 		Global News	(:29) Saturday Night Live 	
CFCF 12	205	312	Seinfeld 	Seinfeld 	Big Bang Theory	Big Bang Theory	CTV News Montreal (N) 		W5 A family seeking justice. (N) 		"Love's Complicated" (2015) Holly Marie Combs, Ben Bass.  (DVS)		Heavy Rescue: 401 		News-Rinaldo		CTV News Montreal (12:05) Pop Life			
WVNY 22	-	-	College Basketball		Burnett	Burnett	World News	Local 22 News (N)	Extra (N) 		Celebrity Wheel of Fortune 		The Chase Three new contestants compete.		Big Sky Cassie visits Merilee. 		Local 22 News (N)	Weather Gone Viral "In a Flash"		
WUTV 30	-	-	College Basketball	College Hoops	College Basketball UCLA at Stanford. From Maples Pavilion in Stanford, Calif. (N)  (Live)			Ring of Honor Wrestling (N) 		9-1-1 "The New Abnormal" 		9-1-1: Lone Star "Back in the Saddle"		2 on Your Side at 10		Big Bang Theory	Cosmos: Possible Worlds 	Dolly Parton		
CFKS 31	106	726	(:10) * "Je ne sais pas comment elle fait" (2011, Comédie) Sarah Jessica Parker. (SC)			*** "Gravité" (2013, Drame) Sandra Bullock, George Clooney. Premiere. (SC)			*** "Hors de moi" (2011) Liam Neeson, Diane Kruger. Une victime d'un accident reprend connaissance. (SC)			(:25) *** "Oculus" (2013, Horreur) Karen Gillan, Brenton Thwaites. (SC)								
WUHF	-	363	College Basketball	College Hoops	College Basketball UCLA at Stanford. From Maples Pavilion in Stanford, Calif. (N) 			Ring of Honor Wrestling (N) 		9-1-1 "The New Abnormal" 		9-1-1: Lone Star "Back in the Saddle"		WHAM News		Network Gala	Cosmos: Possible Worlds 	ROH Wrestling		
WETK	-	-	(3:30) Suze Orman's Ultimate Retirement Guide 		NewsHour Wk		As Time Goes By	Keep-Appear	Foot in the Grave		(:33) My Hero 		(:02) Father Brown 		Shakespeare and Hathaway -- Private		Austin City Limits "Ray Wylie Hubbard"			
WCFE	-	-	Rick Steves' Europe: Great German Cities		Easy Yoga: The Secret to Strength		Magic Moments: The Best of 50s Pop Musicians perform. 			Rhythm, Love & Soul (My Music) Love songs of the 1960s and 1970s. 			Bee Gees: One Night Only Las Vegas concert.							

Your week on TV

SUNDAY DAYTIME																	JANUARY 24, 2021			
	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) 	All In With Laila Ali	AAA Ben-efits	Tummy Tuck	Major League Fishing (N) 	PBR Bull Riding Arcadia Invitational. (Taped)	The Incredible Dog Challenge 						
WPTZ	5	-	-	Sunday Today With Willie Geist (N) 	Meet the Press (N) 	Soledad O'Brien	Open House	Carbonaro Eff.	Carbonaro Eff.	Home-owner	NHL Hockey	Detroit Red Wings at Chicago Blackhawks. From the United Center in Chicago. (N)  (Live) 			LPGA Golf					
CBMT	6	206	301	Coronation Street 	Coronation Street 	Coronation Street 	Coronation Street 	Rosemary Barton	Maamuita-au	Our Mon-treal 	Hello Good-bye	FIS Freestyle Skiing World Cup: Ski Cross.	IBSF Bobsleigh and Skeleton	First Play Live	Exhibition-ists					
CHLT	7	107	718	(6:00) Salut bonjour week-end (N) (SC)			** "Un bon cru" (2006, Com. Sentimentale) Rus-sell Crowe, Marion Cotillard. (DVS) (SC)			TVA nou-velles (N)	La victoire de l'amour	Bien (SC)	Infopub-licité (SC)	** "LEGO Ninjago: le film" (2017, Enfants) Voices of Jackie Chan, Dave Franco. (SC)						
WMTW	8	-	-	Good Morning America (N) 	This Week W/ George Stephanopoulos		Soledad O'Brien	Teen Kids News (N)	Made in Hollywood	Wild About Animals	Sports Gone Wild		AAA Ben-efits	Paid Pro-gram	World of X Games (N)	30 for 30 				
CKSH	9	108	-	Les aven-tures	Axel	(8:59) Van-Lab (N)	(:29) Oniva! (N)	(9:59) Le jour du Sei-gneur (N) (SC)	Les coulisses du pou-voir (N) (SC)		Téléjournal	La semaine verte (SC)	L'épicerie (SC)	Savourer	Capitaine Marleau Une auditrice est abattue.					
CKMI	11	-	-	Sarah Off the Grid	Income: Vaca	Carnival Eats 	Paid Pro-gram	Joel Osteen (N)	Paid Pro-gram	The West Block (N)	Leave It to Bryan	Worst to First "Heather & Jeff"		Rust Valley Restorers "Rise from the Ashes"		"Identity Theft of a Cheerleader" (2019, Suspense) Maiara Walsh. Premiere.  (DVS)				
CFCF	12	205	312	Children's Villages	The Social (N) 	Cash Cab	Paid Pro-gram	Paid Pro-gram	Church of the Rock 	Question Period (N) 		W5 A family seeking justice.  (DVS)		Highway Thru Hell 		FOX NFL Sunday (N)  (Live) 		NFL Football: Bucca-neers at Packers		
WVNY	22	-	-	Good Morning America (N) 	This Week W/ George Stephanopoulos		What Mat-ters	The Key of David	Best Hair Regrowth Treatment	Paid Pro-gram	Under Eye Bags?	Total Body Relief	Paid Pro-gram	World of X Games (N)	30 for 30 					
WUTV	30	-	-	The Ernest Angley Hour		FOX News Sunday With Chris Wallace (N)		Sharyl Attkisson	The Key of David	Larry King Special	The Beer Show	NFL Championship Chase: Supremacy		FOX NFL Kickoff (N)  (Live) 	FOX NFL Sunday (N)  (Live) 	NFL Football: Bucca-neers at Packers				
CFKS	31	106	726	Ne jamais faire à la maison (SC)		Maître du chantier "La façade" (SC)		RPM Samuel essaie la Cadillac CT5-V 2020.		RPM plus La situation des pistes de course.		Zone VL (SC)	Infopub-licité (SC)	Flashpoint "Un coeur pour deux"  (SC)		"Bleu océan" (2010) Caitlin Wachs, Paul Wesley. Une femme doit sauver un dauphin. (SC)				
WUHF	-	363	-	Wild America	Prostate Health	FOX News Sunday With Chris Wallace (N)		Sharyl Attkisson	Rochester Press Box	Ring of Honor Wrestling (N) 		NFL Championship Chase: Supremacy		FOX NFL Kickoff (N)  (Live) 	FOX NFL Sunday (N)  (Live) 	NFL Football: Bucca-neers at Packers				
WETK	-	-	-	Hero El-ementary	Xavier Riddle	Curious George	Daniel Tiger	Daniel Tiger	Elinor Wonders	Weekend-Yank	Vermont This Week	Made Here		In Concert at the Hol-lywood Bowl  		Great Performances 		Relieving Stress With Yoga		
WCFE	-	-	-	Wild Kratts "Fireflies" 	Wild Kratts 	Washing-ton Week	Scully: World	Mountain Lake	New York Now 	The Longevity Paradox With Steven Gundry, MD  		Les Misérables 25th Anniversary Concert at the O2 Silver anniversary of the musical.  								
A&E	615	520	-	(7:00) Hoarders "Cindy" 	Hoarders "Carol" Carol has hoarded her husband's home. 			Hoarders "Linda" A mother's sanity is questioned. 		"Pound of Flesh" (2015) Jean-Claude Van Damme. A former black-ops agent falls victim to organ thieves.  			"Good-Die Hard"							
CNN	500	500	-	Inside Politics		State-Union		Fareed Zakaria GPS		Reliable Source		State-Union		Fareed Zakaria GPS		CNN Newsroom	CNN Newsroom			
DISC	520	505	-	Mighty Trains "North Rail Express"		Mighty Trains "Glacier Express"		Mighty Trains "The Canadian"		Mighty Trains "The Shinkansen"		Mighty Trains "North Rail Express"		Mighty Trains "Glacier Express"		Lone Star Law "Road-side Sting"	Lone Star Law "Gator Showdown"			
DRAMA	620	523	-	Chicago Fire "The Nuclear Option" 		The Closer Several old cases are reviewed. 		The Closer Deadly do-mestic violence case.		The Closer The squad has difficulty adjusting.		The Closer "Help Wanted"  (DVS)		The Closer "In Custody"  (DVS)		Law & Order: Special Victims Unit 	For Life   (DVS)			
HIST	522	506	-	Paid Pro-gram 	Paid Pro-gram 	Rust Valley Restorers "Race to the Finish!"		American Pickers "Geor-gia Wonderland"		The Curse of Oak Island 		Pawn Stars Rick tests out antique weapons.		Forged in Fire "First Responders Edition"		Forged in Fire "M1905 Springfield Bayonet"	Pawn Stars 			
PARMT	628	584	-	** "National Lampoon's European Vacation" (1985, Comedy) Chevy Chase. Premiere. 			** "National Lampoon's Vacation" (1983) Chevy Chase, Beverly D'Angelo. Premiere. 			(:15) *** "My Cousin Vinny" (1992, Comedy) Joe Pesci, Marisa Tomei. An inept lawyer tries to free his cousin from a Dixie jail.  			Bar Rescue 							
RDI	126	730	-	RDI matin weekend (N) (SC)		RDI matin weekend (N) (SC)		L'info (N) (SC)	L'info (N) (SC)	Les coulisses du pou-voir (N) (SC)		Téléjournal	Téléjournal	Les dé-crypteurs	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)		
SHOW	616	521	-	(7:30) "Foreverland" (2011) Juliette Lewis, Max Thieriot. 		9-1-1 The Hollywood Reservoir dam breaks.		MacGyver  (DVS)		NCIS Two dead bodies are found in a forest.		NCIS: Los Angeles "Angry Karen" 		NCIS: New Orleans "One of Our Own" 		** "The Lone Ranger" (2013) Johnny Depp.   (DVS)				
SLICE	601	562	-	Paid Pro-gram 	Paid Pro-gram 	Paid Pro-gram 	Paid Pro-gram 	First Dates 	First Dates 	** "Bruce Almighty" (2003) Jim Carrey. A frustrated reporter receives divine powers from God.   (DVS)			** "Evan Almighty" (2007, Children's) Steve Carell, Morgan Freeman.   (DVS)			"Nanny Diaries"				
TLC	521	560	-	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	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	Say Yes to the Dress	1000-Lb. Sisters "Life-Aftering News" 			
TSN	400	400	-	SportsCentre 		SportsCentre 		SportsCentre 		SportsCentre 		NFL Countdown (N) (Live) 		SC Top 100 Plays of the Year 						
YOUTH	551	542	-	Sponge.	Sponge.	Mighty 1s	Sponge.	TrollsTopia	Loud	Loud	Casagran	* "The Nut Job" (2014) Voices of Will Arnett.		Barbie	Cloudy	Loud	Mighty 1s			

SUNDAY EVENING																	JANUARY 24, 2021			
	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	-	-	Easy Indoor	Willie O'Ree		Copper Chef Titan	The NFL Today (N)	NFL Football Buffalo Bills at Kansas City Chiefs. The Bills march into Arrowhead Stadium for the AFC championship game against the Chiefs. (N) 			The Wall Brittany and CJ take on the wall.	Chicago Med  	Dateline NBC 	NBC5 News	Soledad O'Brien	Castle 			
WPTZ	5	-	-	LPGA Golf		Figure Skating		NBC5 News at 6	Nightly News	Weakest Link  	The Wall Brittany and CJ take on the wall.		Chicago Med  	Dateline NBC 	NBC5 News	Soledad O'Brien	Castle 			
CBMT	6	206	301	*** "Surf's Up" (2007, Children's) Voices of Shia LaBeouf, Jeff Bridges. 			Anne With an E 	Heartland "Making Amends" (N) 	Les Misérables (N) 		The National (N) 		Montreal News	Rosemary Barton	Fortitude 					
CHLT	7	107	718	* "Opération Noisettes 2" (2017) Voices of Will Arnett, Katherine Heigl. (DVS) (SC)			(5:59) TVA nouvelles	Vlog (N) (SC)	Star académie "Le camp de sélection"		Bijoux de famille (N) (SC)		En studio Kyana enreg-istre une chanson.	TVA nou-velles (N)	Pennyworth "Esme Winikus" Alfred Pennyworth se réoriente.	"Le Hob-bit"				
WMTW	8	-	-	(3:00) 30 for 30 		The '60s	Carole King	WMTW News 8 at	World News	America's Funniest Home Videos 	Who Wants to Be a Millionaire (N) 		Card Sharks "204" (N)   (DVS)	The Rookie "Sabotage" (N) 	WMTW News 8	Soledad O'Brien	Major Crimes			
CKSH	9	108	-	(3:00) Capitaine Mar-leau (N) (SC)		Esprit critique (N) (SC)		Téléjour-nal Estrie	Découverte (N) (SC)	Phar-machien	Tout le monde en parle (N) (SC)		Le télé-journal	(10:55) Infoman	(:25) ** "La serveuse" (2007) (SC)					
CKMI	11	-	-	Property Brothers "Mark and Dave"		Wall of Chefs (N) 		Global News at 6	Global National	Border Security	** "Justice League" (2017) Ben Affleck. Batman, Wonder Woman and other heroes unite to battle evil.		FBI A shooting at a quinceañera. (N) 	Global News	The West Block	Global National				
CFCF	12	205	312	(3:00) NFL Football Tampa Bay Buccaneers at Green Bay Packers. (N)  (Live) 			The NFL Today (N)	NFL Football Buffalo Bills at Kansas City Chiefs. The Bills march into Arrowhead Stadium for the AFC championship game against the Chiefs. (N) 	The Rookie "Sabotage" (N) 		News-Rinaldo		CTV News Montreal	James Corden						
WVNY	22	-	-	(3:00) 30 for 30 		Burnett	Burnett	World News	Local 22 News (N)	America's Funniest Home Videos 	Who Wants to Be a Millionaire (N) 		Card Sharks "204" (N)   (DVS)	The Rookie "Sabotage" (N) 	Local 22 News (N)	Graham Bensinger	Judge Judy 			
WUTV	30	-	-	(3:00) NFL Football Tampa Bay Buccaneers at Green Bay Packers. (N)  (Live) 			NFL Post-game	To Be An-nounced	The Great North	Bob's Burgers	The Simp-sons 	The Great North 	Bob's Burgers	Family Guy 	2 on Your Side at 10	America This Week (N) 	Ring of Honor Wres-tling (N) 			
CFKS	31	106	726	(3:50) *** "Invictus" (2009) Morgan Freeman. Nelson Man-dela tente d'unir l'Afrique du Sud par le rugby. (SC)			NFL Post-game	Go Nitro 	The Great North 	Bob's Burgers	The Simp-sons 	The Great North 	Bob's Burgers	Family Guy 	WHAM News	Sharyl Attkisson	America This Week (N) 	Kenny Rogers		
WUHF	-	363	-	(3:00) NFL Football Tampa Bay Buccaneers at Green Bay Packers. (N)  (Live) 			NFL Post-game	Go Nitro 	The Great North 	Bob's Burgers	The Simp-sons 	The Great North 								

MONDAY EVENING										JANUARY 25, 2021						
	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	Entertainment Tonight (N)	The Neighbor-hood (N)	Bob Hearts Abishola (N)	All Rise "Almost the Meteor" Lola is on maternity leave. (N)		Bull "The Head of the Goat" (N) (N) (N)		Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (N)	
WPTZ	5	-	NBC5 News at 6 (N)		NBC Nightly News - Holt	Jeopardy! (N) (N) (N)	Wheel of Fortune (N) (N)	Ellen's Game of Games "You Heard It Here Burst"		The Wall Travis and Michael take on the wall. (N) (N)		Weakest Link Contestants play trivia for \$1 million. (N)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (N)	
CBMT	6	206	301	CBC Montreal News (N)	Rick Mercer Report (N)	Coronation Street (N) (N)	Family Feud Canada (N)	Murdoch Mysteries Murdoch, Ogden, Crabtree. (N) (N)		Frankie Drake Mysteries "A Most Foiled Assault" (N) (N)		The National (N) (N) (N)		CBC Montreal News (N)	Maamuitau	Coronation Street (N)
CHLT	7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) Team White (N)	(:29) La tour (N) (SC)	L'échappée "Choix" Un ex-trébuchant arrive à Matane.		Béliveau "La coupe" Sam Pollock dirigeait l'équipe. (N)		(9:59) TVA nouvelles (N)	(:35) La tour (SC)	(:05) Denis Lévesque (N) (SC)	(12:05) "Mes héros" (2012)	
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (N)	Jeopardy! (N) (N) (N)	The Bachelor Victoria and Katie clash. (N) (N) (N) (DVS)				The Good Doctor Shaun meets Lea's parents. (N) (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! (N) (N) (N)	
CKSH	9	108	-	(5:59) Le télé-journal Estrie	(:31) Zone économie (N)	District 31 (N) (SC)	Trop (N) (DVS) (SC)	Une autre histoire (N) (DVS) (SC)		Les pays d'en haut Séraphin n'a plus un sou. (N)		Le téléjournal (N) (SC)		(:05) Le télé-journal Estrie	(:34) On va se le dire (SC)	
CKMI	11	-	-	Global National (N) (N)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	9-1-1 Mudslides wreak havoc in Los Angeles. (N) (N)		(:01) The Wall Travis and Michael take on the wall. (N) (N)		Bull "The Head of the Goat" (N) (N) (N)		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (N)	
CFCF	12	205	312	(5:59) CTV News Montreal (N) (N) (N)		All Rise "Almost the Meteor" Lola is on maternity leave. (N)	The Big Bang Theory (N)	Bob Hearts Abishola (N)		(:01) 9-1-1: Lone Star A volcanic eruption wreaks havoc.		The Good Doctor Shaun meets Lea's parents. (N) (N)		News-Lisa	CTV News Montreal (N)	The Daily Show
WVNY	22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) (N) (N)	The Bachelor Victoria and Katie clash. (N) (N) (N) (DVS)				The Good Doctor Shaun meets Lea's parents. (N) (N)		Local 22 News (N)	(:35) Jimmy Kimmel Live! (N) (N) (N)	
WUTV	30	-	-	The Big Bang Theory (N) (N) (N)	Judge Judy (N) (N) (N)	Judge Judy (N) (N) (N)	Family Feud (N) (N) (N)	9-1-1 Mudslides wreak havoc in Los Angeles. (N) (N)		(:01) 9-1-1: Lone Star A volcanic eruption wreaks havoc.		2 on Your Side at 10 (N)	Seinfeld "The Junior Mint"	Two and a Half Men (N)	Two and a Half Men (N)	Last Man Standing (N)
CFKS	31	106	726	Souper parfait	Big Brother célébrités (N)	Ça c'est drôle! (SC)	Mon ex à moi (SC)	Stumptown Le passé de Dex et de Grey est révélé. (N) (N)		La semaine des 4 Julie (N) (SC)		Chicago Med Maggie reçoit de bonnes nouvelles. (N) (N)		Big Brother célébrités	NVL (N) (SC)	* "Sharknado 3" (SC)
WUHF	-	363		Modern Family (N) (N) (N)	Modern Family (N) (N) (N)	The Big Bang Theory (N)	The Big Bang Theory (N)	9-1-1 Mudslides wreak havoc in Los Angeles. (N) (N)		(:01) 9-1-1: Lone Star A volcanic eruption wreaks havoc.		13WHAM News at 10 on Fox Rochester (N) (Live) (N)		DailyMailTV (N) (N) (N)	The Simpsons (N)	Paid Program
WETK	-	-		PBS NewsHour (N) (N) (N)		This Old House (N)	Ask This Old House (N)	Antiques Roadshow Picasso Madoura pottery. (N) (N)		Antiques Roadshow	POV "The Mole Agent" Retirement home investigation. (N) (N) (N)		Amanpour and Company (N)		BBC World News (N)	
WCFE	-	-		World News America	BBC World News Outside	PBS NewsHour (N) (N) (N)		Antiques Roadshow Picasso Madoura pottery. (N) (N)		Antiques Roadshow	POV "The Mole Agent" Retirement home investigation. (N) (N) (N)		BBC World News (N)		Amanpour and Company (N) (N)	
A&E	615	520		The First 48 A mother is stabbed to death. (N) (N)		The First 48 A young man is shot dead. (N) (N)		The First 48 A man is gunned down in his car. (N)		The First 48 Fatal gambling dispute; double murder. (N)		(:01) The First 48 Two men are ambushed at gunpoint.		(:04) The First 48 Presents The Critical Minutes (N) (N)	(12:03) The First 48 (N)	
CNN	500	500		Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Cuomo Prime Time (N) (N)		CNN Tonight-Don Lemon		CNN Tonight-Don Lemon	Cooper 360	
DISC	520	505		Highway Thru Hell Recovering a semi from over a cliff.		Heavy Rescue: 401 "My Way or the Highway"		Bering Sea Gold Kris assembles a makeshift operation.		Gold Rush: White Water "Good as Gold" (N) (N)		Mud Mountain Haulers An accident with a logging truck.		Homestead Rescue The Raney's help the Russell family.	Gold Rush: White Water	
DRAMA	620	523		Chicago Fire Kidd has a hard time keeping a secret. (N)		Chicago Fire Boden has a lapse in judgment. (N)		Chicago Fire Casey and Severide try to help the FBI. (N)		Chicago Fire Kidd makes a big decision. (N) (DVS)		Chicago Fire Cruz struggles to express his feelings. (N)		Chicago Fire Kidd makes a meaningful discovery. (N)	Chicago Fire (N) (DVS)	
HIST	522	506		American Pickers Two of the fastest motorcycles. (N)		The Curse of Oak Island: Digging Deeper (N) (N)		The Curse of Oak Island "Rocky Road" (N) (N)		American Pickers "Pumps, Prints and Picks" (N) (N)		Mountain Men Jake sets his sights on bagging a bear. (N)		SEAL Team The team hunts for a drug cartel leader. (N)	American Pickers (N)	
PARMT	628	584		Wife Swap (N)		Wife Swap (N)		Wife Swap (N)		Wife Swap (N)		* "Grown Ups" (2010, Comedy) Adam Sandler, Kevin James, Chris Rock. Five friends learn that age and maturity				

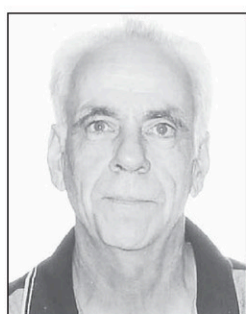
TUESDAY EVENING													JANUARY 26, 2021				
	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM		
WCAX	3	-	-	Channel 3 News at Six (N)		CBS Evening News	Entertainment Tonight (N)	NCIS "1mm" Bishop and Torres engage in a shootout.		FBI "Clean Slate" A young girl is kidnapped. (N) 66		FBI: Most Wanted "The Line" (N) 66		Channel 3 News	(:35) The Late Show With Stephen Colbert 66		
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) 66	Wheel of Fortune (N) 66	Zoe's Extraordinary Playlist (N) 66 (DVS)		This Is Us 66 (DVS)		(:01) Nurses Wolf struggles on the job. (N) 66 (DVS)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) 66		
CBMT	6	206	301	CBC Montreal News (N)	Rick Mercer Report 66	Coronation Street (N) 66	Family Feud Canada (N)	Kim's Convenience (N)	22 Minutes (N) 66	Baroness von Sketch Show	Humour Resources (N)	The National (N) 66		CBC Montreal News (N)	Interrupt This Program 66	Coronation Street 66	
CHLT	7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) L'Académie (N)	(:29) La tour (N) (SC)	Le bon docteur Carly admet être jalouse. (N) 66		Caméra café (N) (SC)	Rue King "C'est Réal"	(9:59) TVA nouvelles (N)	(:35) La tour (SC)	(:05) Denis Lévesque (N) (SC)	(N) (SC)	"Terreur sous la mer 2"	
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) 66	Jeopardy! (N) 66	To Tell the Truth Jimmy Kim-mel; Andrea Savage. 66		black-ish "black-out"	mixed-ish 66 (DVS)	Big Sky Jenny and Cassie track down Ronald. (N) 66		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! 66 (N) 66		
CKSH	9	108	-	(5:59) Le télé-journal Estrie	(:31) Zone économie (N)	District 31 (N) (SC)	La facture (N) (SC)	Toute la vie Française examine Méli. (N) (DVS) (SC)		5e rang Fred tente d'avoir un test d'ADN. (N) (DVS) (SC)		Le téléjournal (N) (SC)		(:05) Le télé-journal Estrie	(:34) On va se le dire (SC)		
CKMI	11	-	-	Global National (N) 66	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	NCIS "1mm" Bishop and Torres engage in a shootout.		FBI "Clean Slate" A young girl is kidnapped. (N) 66		FBI: Most Wanted "The Line" (N) 66 (DVS)		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert 66		
CFCF	12	205	312	(5:59) CTV News Montreal (N) 66		etalk (N) 66	The Big Bang Theory 66	The Resident Cain is struck by a car. (N) 66 (DVS)		Who Wants to Be a Millionaire 66 (DVS)		Big Sky Jenny and Cassie track down Ronald. (N) 66		News-Lisa	CTV News Montreal (N)	The Daily Show	
WVNY	22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) 66	To Tell the Truth Jimmy Kim-mel; Andrea Savage. 66		black-ish "black-out"	mixed-ish 66 (DVS)	Big Sky Jenny and Cassie track down Ronald. (N) 66		Local 22 News (N)	(:35) Jimmy Kimmel Live! 66 (N) 66		
WUTV	30	-	-	The Big Bang Theory 66	Judge Judy 66	Judge Judy 66	Family Feud (N) 66	The Resident Cain is struck by a car. (N) 66 (DVS)		(:01) Prodigal Son "Alma Mater" (N) 66 (DVS)		2 on Your Side		Seinfeld "The at 10 (N)	Two and a Half Men 66	Two and a Half Men 66	Last Man Standing 66
CFKS	31	106	726	Souper parfait	Big Brother célébrités (N)	Ça c'est drôle! (SC)	Contre-offre (N) (SC)	Les jeux fous d'Ellen (N) 66 (SC)		La semaine des 4 Julie (N) (SC)		NCIS: Los Angeles "Embuscade" (N) 66 (DVS) (SC)		Big Brother célébrités	NVL (N) (SC)	"L'école du péché" (2016)	
WUHF	-	363	-	Modern Family 66	Modern Family 66	The Big Bang Theory 66	The Big Bang Theory 66	The Resident Cain is struck by a car. (N) 66 (DVS)		(:01) Prodigal Son "Alma Mater" (N) 66 (DVS)		13WHAM News at 10 on Fox Rochester (N) (Live) 66		DailyMailTV (N) 66	The Simpsons 66	Paid Program	
WETK	-	-	-	PBS NewsHour (N) 66		Points North Classics	Rural Free Delivery	Finding Your Roots With Henry Louis Gates, Jr. (N)		PBS American Portrait "I Rise" (Series Finale) (N) 66		Frontline The presidency of Donald Trump. (N) 66 66		Amanpour and Company (N) 66		NHK Newslines 66	
WCFE	-	-	-	World News America	BBC World News Outside	PBS NewsHour (N) 66		Finding Your Roots With Henry Louis Gates, Jr. (N)		PBS American Portrait "I Rise" (Series Finale) (N) 66		Frontline The presidency of Donald Trump. (N) 66 66		BBC World News 66	Amanpour and Company (N) 66		
A&E	615	520	-	The First 48 A man is found dead in his bedroom. 66		The First 48 A man is gunned down at his job. 66		The First 48 A high school graduate is gunned down. 66		The First 48 Woman on the run; Army veteran killed. 66		(:01) The First 48 "Bad Love" 66		(:04) The First 48 A double shooting in New Orleans. 66		(12:03) The First 48 66	
CNN	500	500	-	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Cuomo Prime Time (N) 66		CNN Tonight-Don Lemon		CNN Tonight-Don Lemon		Cooper 360	
DISC	520	505	-	Highway Thru Hell "Yin and Yang" 66 (DVS)		Heavy Rescue: 401 "Worlds Apart" 66 (DVS)		Gold Rush: Pay Dirt Parker risks losing Sluicifer. (N)		Gold Rush "Got Your Six" Tony cleans up big. (N)		Heavy Rescue: 401 A rolled-over load of scrap metal. (N)		Homestead Rescue The Raney's build a dam. 66		Gold Rush: Pay Dirt	
DRAMA	620	523	-	Chicago Med Goodwin reunites with an old friend. 66		Chicago Med Doctors deal with two feuding brothers. 66		Chicago Med Jeff makes a confession to Dr. Manning.		Chicago Med A transplant patient is in a car crash. 66		Chicago Med Dr. Reese tries to help a drug addict. 66		Chicago Med A car accident at the Chicago Marathon. 66		Chicago Med 66 (DVS)	
HIST	522	506	-	Pawn Stars "Mystery Safe" 66 (DVS)		Mountain Men Jake sets his sights on bagging a bear. 66		American Pickers "Pumps, Prints and Picks" 66		Pawn Stars "Trick or Treasure" (N) 66 66		Pawn Stars James Bond movie trading cards. (N) 66		SEAL Team Bravo Team searches for Andres Doza.		Pawn Stars 66 (DVS)	
PARMT	628	584	-	Ink Master: Angels 66		★ "Grown Ups" (2010, Comedy) friends learn that age and maturity do not, necessarily, coincide. 66		Adam Sandler, Kevin James, Chris Rock. Five		Ink Master 66		Ink Master: Angels 66		Ink Master: Angels 66		Ink Master: Angels 66	
ARDI	126	730	-	(5:59) Zone économie (N) (SC)		(:01) 24/60 (N) (SC)		Les grands reportages "Dans la peau du Dr Miami"		Le téléjournal avec Céline Galipeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (SC)		(:31) Le national (N)	(12:01) 24/60 (SC)
SHOW	616	521	-	NCIS "Aliyah" Tense reunion. 66 (DVS)		NCIS The team tries to replace Ziva. 66 (DVS)		FBI A judge and her daughter are murdered. 66		★★ "Batman Returns" (1992, Action) Michael Keaton, Danny DeVito, Michelle Pfeiffer. The Cat-woman and the Penguin join forces against Batman. 66 (DVS)		Vito, Michelle Pfeiffer. The Cat-woman and the Penguin join forces against Batman. 66 (DVS)		NCIS "Semper Fidelis"		NCIS "Semper Fidelis"	
SLICE	601	562	-	The King of Queens 66	The King of Queens 66	Below Deck Izzy gets an interesting opportunity. 66		The Real Housewives of Dallas "Kary'd Away" 66		The Real Housewives of Dallas "Whine Connoisseurs"		The Real Housewives of Salt Lake City "All Bets Are Off"		The King of Queens 66	The King of Queens 66	Real Housewives-Dallas	
TLC	521	560	-	7 Little Johnstons "Did Somebody Shrink You?" 66		7 Little Johnstons "Are You Gonna Marry Liz?" 66		7 Little Johnstons Alex expands his culinary repertoire.		My Big Fat Fabulous Life Whitney consults a doctor.		(:02) Unpolished "Party On?" (N) 66		(:02) Unexpected Myrka gets her last sonogram. 66		7 Little Johnstons 66	
TSN	400	400	-	SportsCentre (N) (Live) 66		That's Hockey (N)		NBA Basketball in Atlanta. (N) (Live) 66		Los Angeles Clippers at Atlanta Hawks. From State Farm Arena		SportsCentre (N) (Live) 66		SportsCentre (N) (Live) 66		SC With Jay and Dan (N)	
YOUTH	551	542	-	SpongeBob	SpongeBob	SpongeBob	SpongeBob	Danger Force	Henry Danger	Henry Danger	Henry Danger	Assembly	Star Falls 66	Degrassi	Degrassi	Avatar: Air.	

Your week on TV

WEDNESDAY EVENING														JANUARY 27, 2021		
	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	Entertainment Tonight (N)	The Price Is Right at Night Chris Ludacris Bridges. (N)		SEAL Team The team is desperate to find Ray. (N) Ⓢ		S.W.A.T. Local businesses are being attacked. (N) Ⓢ		Channel 3 News	(:35) The Late Show With Stephen Colbert Ⓢ Ⓢ	
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) Ⓢ Ⓢ	Wheel of Fortune (N) Ⓢ	Chicago Med (N) Ⓢ Ⓢ (DVS)		Chicago Fire Boden makes an unforeseen connection.		Chicago P.D. "Unforgiven" A cop is murdered. (N) Ⓢ		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon Ⓢ Ⓢ	
CBMT	6	206	301	CBC Montreal News (N)	Rick Mercer Report Ⓢ	Coronation Street (N) Ⓢ	Family Feud Canada (N)	Coroner "Fire - Part 2" The pair confirm their suspicions.		Quiz The Ingrams head to court. (N) Ⓢ Ⓢ		The National (N) Ⓢ Ⓢ		CBC Montreal News (N)	First Play Live Coronation Street Ⓢ	
CHLT	7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) L'Académie (N)	(:29) La tour (N) (SC)	Sans rancune (N) (SC)		Les beaux malaises 2.0	Drôles de Véronic (SC)		(9:59) TVA nouvelles (N)	(:35) La tour (SC)	(:05) Denis Lévesque (N) (SC) (12:05) "Dracula inédit"	
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) Ⓢ	Jeopardy! (N) Ⓢ Ⓢ	The Goldbergs (N) Ⓢ	American Housewife (N)	The Conners (N) Ⓢ	Call Your Mother (N) Ⓢ	For Life "354" Aaron gets an urgent call from Bellmore. (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! Ⓢ Ⓢ	
CKSH	9	108	-	(5:59) Le télé-journal Estrie	(:31) Zone économie (N)	District 31 (N) (SC)	L'épicerie (N) (SC)	Les enfants de la télé (N) (DVS) (SC)		La Maison-Bleue (N)	Les mecs (N) (DVS) (SC)	Le téléjournal (N) (SC)		(:05) Le télé-journal Estrie	(:34) On va se le dire (SC)	
CKMI	11	-	-	Global National (N) Ⓢ	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Prodigal Son Bright must face a secret from his past.		SEAL Team The team is desperate to find Ray. (N) Ⓢ		S.W.A.T. Local businesses are being attacked. (N) Ⓢ		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) Ⓢ	
CFCF	12	205	312	(5:59) CTV News Montreal (N) Ⓢ Ⓢ		etalk (N) Ⓢ Ⓢ	The Big Bang Theory Ⓢ	The Masked Dancer Guest panelist Whitney Cummings.		The Conners (N) Ⓢ	The Goldbergs (N) Ⓢ	For Life "354" Aaron gets an urgent call from Bellmore. (N)		News-Lisa	CTV News Montreal (N) The Daily Show	
WVNY	22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) Ⓢ Ⓢ	The Goldbergs (N) Ⓢ	American Housewife (N)	The Conners (N) Ⓢ	Call Your Mother (N) Ⓢ	For Life "354" Aaron gets an urgent call from Bellmore. (N)		Local 22 News (N)	(:35) Jimmy Kimmel Live! Ⓢ Ⓢ	
WUTV	30	-	-	The Big Bang Theory Ⓢ	Judge Judy Ⓢ Ⓢ	Judge Judy Ⓢ Ⓢ	Family Feud (N) Ⓢ Ⓢ	The Masked Dancer Guest panelist Whitney Cummings.		(:02) Name That Tune "Episode 4" (N) Ⓢ Ⓢ (DVS)		2 on Your Side Seinfeld "The Pilot" Ⓢ		Two and a Half Men Ⓢ	Two and a Half Men Ⓢ Last Man Standing Ⓢ	
CFKS	31	106	726	Souper parfait	Big Brother célébrités (N)	Ça c'est drôle! (SC)	Entre deux draps (N)	Juste pour rire présente: les soirées carte blanche 2020		La semaine des 4 Julie (N) (SC)		Seal team: coeur et courage (N) Ⓢ (DVS) (SC)		Big Brother célébrités	NVL (N) (SC) "Rivière" (2015) (SC)	
WUHF	-	363	-	Modern Family Ⓢ Ⓢ	Modern Family Ⓢ Ⓢ	The Big Bang Theory Ⓢ	The Big Bang Theory Ⓢ	The Masked Dancer Guest panelist Whitney Cummings.		(:02) Name That Tune "Episode 4" (N) Ⓢ Ⓢ (DVS)		13WHAM News at 10 on Fox Rochester (N) (Live) Ⓢ		DailyMailTV (N) Ⓢ Ⓢ	The Simpsons Ⓢ Paid Program Ⓢ	
WETK	-	-	-	PBS NewsHour (N) Ⓢ Ⓢ		Emerging Science	Outdoor Journal	Nature Animals face extreme ecosystems. (N)		NOVA New Horizons prepares for a flyby. Ⓢ Ⓢ		When Disaster Strikes "Paradise Lost: Bahamas" Ⓢ		Amanpour and Company (N) Ⓢ Ⓢ	BBC World News Ⓢ	
WCFE	-	-	-	World News America	BBC World News Outside	PBS NewsHour (N) Ⓢ Ⓢ	Nature Animals face extreme ecosystems. (N)		NOVA "Forgotten Genius" Percy Julian became an industrialist. Ⓢ Ⓢ (DVS)				BBC World News Ⓢ	Amanpour and Company (N) Ⓢ Ⓢ		
A&E	615	520	-	Court Cam Ⓢ Ⓢ	Court Cam Ⓢ Ⓢ	Court Cam A ruthless killer.	Court Cam Ⓢ Ⓢ	Court Cam Ⓢ Ⓢ	Court Cam (N) Ⓢ Ⓢ	Court Cam (N) Ⓢ Ⓢ	(:01) Nature Gone Wild (N)	(:32) Nature Gone Wild (N)	(:04) Court Cam Ⓢ	(:34) Court Cam Ⓢ	(12:03) Court Cam Ⓢ	
CNN	500	500	-	Situation Room With Wolf		Erin Burnett OutFront (N)	Anderson Cooper 360 (N)		Cuomo Prime Time (N) Ⓢ		CNN Tonight-Don Lemon		CNN Tonight-Don Lemon		Cooper 360	
DISC	520	505	-	Highway Thru Hell Jamie is under pressure to cut costs.		Heavy Rescue: 401 "It Only Takes a Second"	Alaska: The Last Frontier "Breaking Point" (N) Ⓢ Ⓢ				Moonshiners Mark and Digger land a new partner. (N)		Moonshiners Moonshiners go head to head. (N) Ⓢ		Alaska: The Last Frontier	
DRAMA	620	523	-	CSI: Crime Scene Investigation "Dead Woods" Ⓢ		CSI: Crime Scene Investigation An inmate finds a body.	CSI: Crime Scene Investigation "Dead Rails" Ⓢ		*** "Magic Mike" (2012, Comedy-Drama) Channing Tatum, Alex Pettyfer. A male stripper takes a young upstart under his wing. Ⓢ Ⓢ				*** "Magic Mike" (2012) Channing Tatum. Ⓢ Ⓢ			
HIST	522	506	-	Forged in Fire "Summer Forging Games Part 1"		Forged in Fire "Summer Forging Games Part 2"	Forged in Fire One of the world's sharpest blades. Ⓢ		Vikings Ubbe, Torvi, and Othello escape a fight. (N) Ⓢ		Forged in Fire Forging blades from a burned car. (N)		SEAL Team Jason and Mandy go under cover. Ⓢ		Forged in Fire Ⓢ Ⓢ	
PARMT	628	584	-	It Was Him: The Many Murders of Ed Edwards Ⓢ		It Was Him: The Many Murders of Ed Edwards Ⓢ	It Was Him: The Many Murders of Ed Edwards Ⓢ		It Was Him: The Many Murders of Ed Edwards Ⓢ		It Was Him: The Many Murders of Ed Edwards Ⓢ		It Was Him: The Many Murders of Ed Edwards Ⓢ		It Was Him: The Many	
RDI	126	730	-	(5:59) Zone économie (N) (SC)		(:01) 24/60 (N) (SC)	Les grands reportages "Beauté toxique" (SC)		Le téléjournal avec Céline Galipeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (SC)		(:31) Le national (N) (12:01) 24/60 (SC)	
SHOW	616	521	-	NCIS "The Inside Man" A blogger turns up dead. Ⓢ		NCIS "Good Cop, Bad Cop" A Marine's body surfaces. Ⓢ	FBI A couple goes on a robbery spree. Ⓢ Ⓢ (DVS)		Bulletproof "Episode 4" Alex regains control of the family.		Tell Me a Story Ashley is inspired to make music again.		FBI: Most Wanted A man's daughter goes missing. Ⓢ		NCIS "Reunion" Ⓢ	
SLICE	601	562	-	The King of Queens Ⓢ	The King of Queens Ⓢ	The Real Housewives of Dallas "Whine Connoisseurs"		The Real Housewives of Orange County Ⓢ Ⓢ		The Real Housewives of Orange County (N) Ⓢ Ⓢ		The Real Housewives of Salt Lake City (N) Ⓢ		The King of Queens Ⓢ	The King of Queens Ⓢ Housewives/OC	
TLC	521	560	-	My 600-Lb. Life "Cindy's Story" Ⓢ		My 600-Lb. Life (N) Ⓢ						Obesity Med Two morbidly obese people seek surgery.		My Feet Are Killing Me "Alligator Feet" Ⓢ My 600-Lb. Life Ⓢ		
TSN	400	400	-	SportsCentre (N) (Live) Ⓢ		Raptors Game Day (N)	NBA Basketball Tampa, Fla. (N) (Live) Ⓢ		Milwaukee Bucks at Toronto Raptors. From Amalie Arena in Tampa, Fla. (N) (Live) Ⓢ		NBA Basketball Minnesota Timberwolves at Golden State Warriors. From Chase Center in San Francisco. (N) (Live) Ⓢ					
YOUTH	551	542	-	SpongeBob	SpongeBob	SpongeBob	SpongeBob	Danger Force	Henry Danger	Henry Danger	Henry Danger	Assembly	Star Falls Ⓢ	Degrassi	Degrassi	Avatar: Air.

THURSDAY EVENING													JANUARY 28, 2021				
	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	Entertainment Tonight (N)	Young Sheldon 14	(:31) Young Sheldon 14	(:01) Mom 14	The Unicorn (N) 14	Star Trek: Discovery (N) 14		Channel 3 News	(:35) The Late Show With Stephen Colbert 14			
WPTZ 5	-	-	NBC5 News at 6 (N)		NBC Nightly News - Holt	Jeopardy! (N) 14	Wheel of Fortune (N) 14	Mr. Mayor "Dodger Day"	Superstore "The Trough"		Law & Order: Special Victims Unit 14 (DVS)		Dateline NBC (N) 14	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon 14		
CBMT 6	206	301	CBC Montreal News (N)		Rick Mercer Report 14	Coronation Street (N) 14	Family Feud Canada (N)	Burden of Truth A farm is in the way of a proposed mine.		The Fifth Estate (Season Premiere) (N) 14		The National (N) 14		CBC News: Late Night (N)	Canadian Reflections 14	Coronation Street 14	
CHLT 7	107	718	(5:58) TVA nouvelles (N)		(:29) Le tricheur (N)	Les gags (N) (SC)	(:29) La tour (N) (SC)	Un zoo pas comme les autres	Sauvetage animal (N)		J.E. (N) (SC)	Fin de mois (N) (SC)	(9:59) TVA nouvelles (N)	(:35) La tour (SC)	(:05) Denis Lévesque (N) (SC)	(12:05) "Fureur latente"	
WMTW 8	-	-	WMTW News 8 at 6PM (N)		ABC World News	Wheel of Fortune (N) 14	Jeopardy! (N) 14	Celebrity Wheel of Fortune (N) 14 (DVS)		The Chase Three new contestants compete. (N) 14		The Hustler Five new contestants play the game. (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! 14		
CKSH 9	108	-	(5:59) Le télé-journal Estrie		(:31) Zone économie (N)	District 31 (N) (SC)	Infoman (N) (SC)	1res fois Marie-Claude Barrette. (N) (DVS) (SC)		Enquête (N) (SC)		Le téléjournal (N) (SC)		(:05) Le télé-journal Estrie	(:34) On va se le dire (SC)		
CKMI 11	-	-	Global National (N) 14		(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Call Your Mother (N) 14	Superstore "The Trough"		The Neighborhood (N) 14	The Unicorn (N) 14	Private Eyes Storm strands wedding guests on island. (N)		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert 14	
CFCF 12	205	312	(5:59) CTV News Montreal (N) 14			In This Together: A Bell Let's Talk Day Special (N)		Young Sheldon 14	(:31) Young Sheldon 14	Call Me Kat "Cake" (N)	The Big Bang Theory 14		Law & Order: Special Victims Unit 14 (DVS)		News-Lisa	The Daily Show	
WVNY 22	-	-	Local 22 News (N)		ABC World News	Local 22 News (N)	Inside Edition (N) 14	Celebrity Wheel of Fortune (N) 14 (DVS)		The Chase Three new contestants compete. (N) 14		The Hustler Five new contestants play the game. (N)		Local 22 News (N)	(:35) Jimmy Kimmel Live! 14		
WUTV 30	-	-	The Big Bang Theory 14		Judge Judy 14	Judge Judy 14	Family Feud (N) 14	Hell's Kitchen "Wedding Bells in Hell" (N) 14		Call Me Kat "Cake" (N)	Last Man Standing (N)		2 on Your Side at 10 (N)	Seinfeld "The Pilot" 14	Two and a Half Men 14	Last Man Standing 14	
CFKS 31	106	726	Souper parfait		Big Brother célébrités (N)	Ça c'est drôle! (SC)	Max et Livia (SC)	L'amour est dans le pré Séance de rencontres éclair. (N)		La semaine des 4 Julie (N) (SC)		Chicago Police Un trafiquant de drogue. (N) (DVS) (SC)		Big Brother célébrités	NVL (N) (SC)	** "Risque maximum"	
WUHF	-	363	Modern Family 14		Modern Family 14	The Big Bang Theory 14	The Big Bang Theory 14	Hell's Kitchen "Wedding Bells in Hell" (N) 14		Call Me Kat "Cake" (N)	Last Man Standing (N)		13WHAM News at 10 on Fox Rochester (N) (Live) 14	DailyMailTV (N) 14	The Simpsons 14	Under Eye Bags?	
WETK	-	-	PBS NewsHour (N) 14			Spirit: Mad River Glen	(:45) Made Here	Thrills and Spills in the North Country		2.5 Million		The Longest Game A group of friends play paddle tennis.		Amanpour and Company (N) 14	BBC World News 14		
WCFE	-	-	World News America		BBC World News Outside	PBS NewsHour (N) 14		New Tricks Disappearance of physics professor. 14		Death in Paradise A zoo owner is murdered. 14		Professor T "Cuberdon" Professor T is released early.		BBC World News 14	Amanpour and Company (N) 14		
A&E	615	520	The First 48 "M.I.A." A welder goes missing. 14			The First 48 "Monster" A detective tracks a sadistic killer.		The First 48 Presents Critical Minutes (N) 14		The First 48 Homicide detectives must find a victim. (N)		(:01) Killer Cases Michelle Martinko is found dead. (N)		(:04) The First 48 A parking lot drug deal turns deadly. 14		The First 48	
CNN	500	500	Situation Room With Wolf			Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Cuomo Prime Time (N) 14		CNN Tonight-Don Lemon		CNN Tonight-Don Lemon		Cooper 360	
DISC	520	505	Highway Thru Hell "Welcome to Winter" 14 (DVS)			Heavy Rescue: 401 A 100-car pileup east of Toronto.		Bitchin' Rides Fixing a '32 Ford that caught fire. (N)		Street Outlaws: Fastest in America "NE vs. NOLA" Racers face off in the second matchup. (N) 14				Bitchin' Rides "Fireproof"			
DRAMA	620	523	CSI: Crime Scene Investigation "The Last Ride" 14			CSI: Crime Scene Investigation "Under My Skin" 14		CSI: Crime Scene Investigation "The End Game" 14		CSI: Crime Scene Investigation "The Greater Good" 14		Full Bloom "Shop Til Your Petals Drop" (N) 14		CSI: Crime Scene Investigation "Merchants of Menace"		CSI: Crime Scene	
HIST	522	506	Forged in Fire Smiths recreate a Scottish Backsword.			Forged in Fire Forging blades from a burned car. 14		Counting Cars Alice Cooper's '63 Studebaker Avanti.		Swamp People: Serpent Invasion "Python Gamble" (N)		American Wreckers "Bone Crusher" (N) 14		SEAL Team "Santa Muerte" The team suspects a leak.		Forged in Fire 14	
PARMT	628	584	Adam Carolla and Friends Build Stuff Live 14			Adam Carolla and Friends Build Stuff Live 14		Adam Carolla and Friends Build Stuff Live 14		Adam Carolla and Friends Build Stuff Live 14		Adam Carolla and Friends Build Stuff Live 14		Adam Carolla and Friends Build Stuff Live 14		Adam Carolla and Friends	
RDI	126	730	(5:59) Zone économie (N) (SC)			(:01) 24/60 (N) (SC)		Les grands reportages L'histoire de 400 ans d'esclavage.		Le téléjournal avec Céline Galipeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (SC)		(:31) Le national (N)	(12:01) 24/60 (SC)
SHOW	616	521	NCIS Two mercenaries are found dead. 14 (DVS)			NCIS The team helps Vance face his demons. 14		FBI "Exposed" An investigative journalist is murdered.		Legacies The team learns some devastating news. (N)		** "Dracula Untold" (2014) Luke Evans. Vlad III of Wallachia trades his humanity for a dark power. 14 (DVS)		NCIS "Code of Conduct"			
SLICE	601	562	The King of Queens 14		The King of Queens 14	The Real Housewives of Salt Lake City 14		The Real Housewives of Orange County 14		Southern Charm "Secrets Revealed" (N) 14		Below Deck Izzy gets an interesting opportunity. 14		The King of Queens 14		The King of Queens 14	Southern Charm 14
TLC	521	560	Untold Stories of the E.R. "Belly Dancer Mystery" 14			Untold Stories of the E.R. "Dr. Epi" 14		Untold Stories of the E.R. "Rattled" 14		Untold Stories of the E.R. Undiagnosed rectal bleeding.		Untold Stories of the E.R. A wheezing woman. 14		Untold Stories of the E.R. "Girlfriend, Wife, Stroke!" 14		Untold Stories of the E.R. "Girlfriend, Wife, Stroke!" 14	
TSN	400	400	SportsCentre (N) (Live) 14			NBA Basketball Los Angeles Clippers at Miami Heat. From the American Airlines Arena in Miami. (N) (Live) 14			SportsCentre (N) (Live) 14			SportsCentre (N) (Live) 14		NBA Circus Shots 14		SC With Jay and Dan (N)	
YOUTH	551	542	SpongeBob		SpongeBob	SpongeBob	SpongeBob	Henry Danger	Henry Danger	Henry Danger	Henry Danger	Assembly	Star Falls 14	Degrassi	Degrassi	Avatar: Air.	

Death



Alexander Davidson
1953-2021

At the CHUS Fleurimont, January 17, 2021, at the age of 67 years, passed away Mr.

Alexander Davidson, husband of Mrs. Francine Savoie, son of the late Fabienne Davidson and the late Joseph T. Davidson. He resided in Sawyerville.

Besides his spouse Francine Savoie, Mr. Davidson leaves to mourn his daughter Geneviève Pinard and his grandson Oliver Pocha.

He was brother of the late Jessie (Edwin Snook) and the late Frank (Carol MacDougal Davidson), and the brother-in-law of the late Lise (Robert), Aline (Pierre), André (Ginette) and Manon (Sylvain).

He also leaves to mourn many nephews and nieces: Sandy, Robert (Lynn) and Kathy Lyon, Monica and his godson Jason Davidson; as well as many other relatives and friends, including Kurt, Danielle, Mark, John, Anne Marie, Ed and Louise, who were of great help.

Due to the circumstances surrounding COVID-19, there will be no funeral service.

COOPÉRATIVE FUNÉRAIRE DE L'ESTRIE

485, rue du 24-Juin, Sherbrooke QC
PHONE: 819-565-7646

FAX: 819-565-7844

www.coopfuneraireestrie.com

Death



Janet Joy Burns Laroche
(1944-2021)

With heavy hearts that we announce the passing of our mother Janet Joy Burns Laroche, on January 10, 2021 at the age of 76.

Mom was the wife of Curtis Benjamin Laroche and a proud mother of James Benjamin and Holly Joy (Brent Maxwell).

Mom also leaves her grandchildren Chloe Lynn (Jeremy Olsson), Taylor James, Colby Ron (Stéphanie Audet), Miranda-Leigh and her adored great-granddaughter Athena. Mom also leaves her dear brother Dean Otis (Lisa Webster) and her nieces and nephews Christina, Henry, Andrea and Corey. Mom will join her parents Otis James and Thelma Grace with her younger sister Leigh Francis.

There will be a small graveside service at the Malvern Cemetery in the spring of 2021 in Mom's memory. Please donate to the Canadian Lung Association, in hopes that there is a cure for the all lung disease.

CASS FUNERAL HOMES

3006 College St., Sherbrooke QC
PHONE: 819-564-1750

FAX: 819-564-4423

www.casshomes.ca

Death



Parker Kenwood, Jean Alison
1927-2021

Passed away at the Hotel Dieu Hospital in Sherbrooke on January 9, 2021 at the age of 93.

She leaves to mourn: her children, Susan, Gordon, Robert, Paula and David Kenwood, their spouses, and many nieces, nephews and friends.

She was Granny to 13, great-grandmother (Gigi) to 13, great-great-grandmother (Gigi) to Eva Jean (5th generation). She was predeceased by her parents, James and Alice Parker, and her siblings, Kay, Frank, Betty, Olive, Joan, Colin and Rosemary Parker.

Donations to Operation Smile-Canada, the Ladies' Auxiliary, Shefford Branch #77 or a charity of your choice was Mom's request. A private Memorial and burial will be held at a later date.

Our heartfelt thanks and deep appreciation to the staff at the Primevere Residence, where Jean lived in Waterloo, the BMP Hospital in Cowansville, and the Hotel Dieu Hospital in Sherbrooke for the excellent compassion and care received by Mom.

Cremation was held in Granby at Les Funeraires Bessette Crematorium. Condolences may be sent to the family via: www.famillebessette.com

Les Jardins Funéraires Bessette
997 rue des Colombes, Granby QC

PHONE: 450-777-1171

FAX: 450-777-4393

www.famillebessette.com

Membre of the C.T.Q

In Memoriam

HUFF, Clarence (1912 - 1995) - In loving memory of a dear father, grandfather and great-grandfather, Clarence Ernest Huff, who entered into eternal rest and peace on January 23, 1995.

Psalm 23

**Lovingly remembered by
RON AND CYNTHIA DREW
AND FAMILY
KEN AND GLENDA HUFF
AND FAMILY**

In Memoriam



IONA FEE WILLIAMSON
January 23, 2001

In loving memory of my mother.

*You quietly slipped away that day
20 years ago,
Not a word of farewell was spoken,
Not a chance of goodbye
And the family circle was broken.
I miss your voice, your laughter and
kindness of heart.
We will meet again with our Saviour
never more to part.*

**Lovingly remembered,
Brenda**

WILLIAMSON

ALEXANDER (Dad) Dec. 23, 1985

GARY (brother) Jan. 20, 2000

In loving memory.

*They walk with us down quiet paths
and speak in wind and rain,
For the magic power of memory
gives them back to us again.*



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Executive Director
819-826-3266 ext. 247
bpiironen@waleshome.ca

506 Route 243 North,
Cleveland, QC J0B 2H0

Death



Stefan Starenkyj
1946-2021

Passed away at the CSSS des Sources, on January 17th 2021 at the age of 74. Loving husband to Danièle Morosoli Starenkyj, son of Stefan Starenky and of the late Maria Romachko. Editor, artist and active member of his community, he lived in Danville, Qc.

He also leaves to mourn his children Elisabeth Starenkyj (David Bourget) and Philippe Starenkyj (Johanne Obas), as well as his grandchildren Gabrielle Perron, Alexandra Starenkyj and Sheldon Starenkyj.

He will also be missed by his brother Michael Starenky (Beverly Fraser), his nieces, other relatives, friends and neighbors.

A service will be held at the South Stukely Seventh-day Adventist Church on Sunday January 31st 2021 at 1:30 PM. Please note because of the current circumstances, the service will be held privately to respect the public health guidelines.

Interment will take place in the South Stukely Cemetery at a later date.

Instead of flowers, donations in the memory of Mr. Starenkyj can be made to the South Stukely SDA Church's Youth Education Project (2012, Rte 112, Stukely-Sud, QC, J0E 2J0), a cause that was close to his heart.

CASS FUNERAL HOMES
3006 College St., Sherbrooke QC
PHONE: 819-564-1750
FAX: 819-564-4423

Card of Thanks



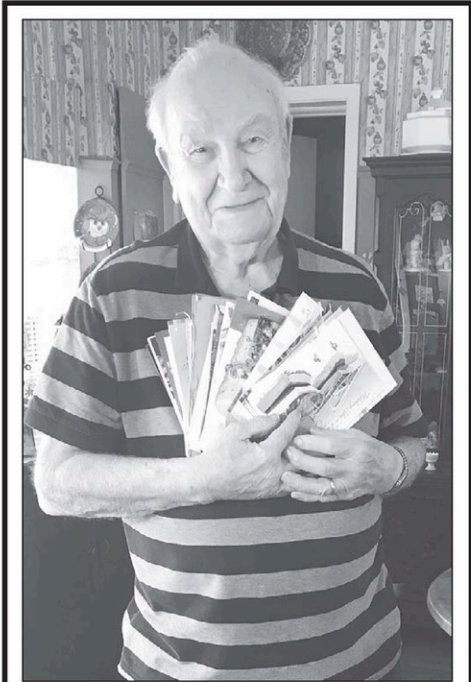
Thomas A. Knight
1947 - 2020

Our sincere thanks to all our friends and clients who expressed their sympathies following Tom's passing.

Marthe Gauthier Knight, Emilie and Jeremy Knight



Card of Thanks



I want to thank each one of you, my family, relatives, friends, and even people I do not even know, that sent me birthday wishes by a birthday card or a phone call. I am greatly blessed to be surrounded by such great people in my life. My wish came through thanks to all of you. I received 85 cards for my 85th Birthday! Your kindness is greatly appreciated. Thank you with all my heart.

KEITH VINTINNER



Church Services

Presbyterian

LENNOXVILLE

St. Andrew's Presbyterian Church, Lennoxville. Due to the Covid-19 virus, our church is currently closed for Sunday services. We welcome you to view Rev. Susan Smith's weekly message on our facebook page, Saint Andrew's Presbyterian Church/ community/my services.

The Word of Grace broadcast can be heard each Sunday morning on the community station CJMQ - 88.9 FM at 8:30AM. It can accessed anytime

United

AYER'S CLIFF, MAGOG, GEORGEVILLE

The Ayer's Cliff Magog Georgeville Pastoral Charge has decided that it is important to keep our congregations safe, therefore we have decide to keep our buildings closed for worship services through the Advent season. The Pastoral charge will revisit the idea of opening our church buildings in the new year. All of our Sunday worship services are on Zoom at 10:45 a.m. If you would like to join us on Zoom throughout the Advent season please call Mel Bryant at St. Paul's United Church in Magog 819-843-3778 or Sue Young for Beulah United Church 819-838-5815 for the zoom link. You may also watch our minister, Rev. Lee Ann Hogle, on our You tube channel at the following link:

https://www.youtube.com/channel/UCP1JwN7aDpr5GgkKk6JR_sw/videos or on our Pastoral Charge website <https://amgunited.wixsite.com/amgunited>.

Datebook

FRIDAY, JANUARY 22, 2021

Today is the 22nd day of 2021 and the 33rd day of winter.

TODAY'S HISTORY: In 1901, Britain's Queen Victoria died at age 81, after a then-record 63-year reign.

In 1973, the U.S. Supreme Court issued its landmark ruling in the Roe v. Wade case, legalizing elective abortion nationwide.

In 1997, Madeleine Albright was confirmed as the first female U.S. secretary of state.

In 1998, "Unabomber" Ted Kaczynski pleaded guilty in Sacramento, California, and was sentenced to life in prison without parole.

TODAY'S BIRTHDAYS: Francis Bacon

(1561-1626), philosopher/essayist; Lord Byron (1788-1824), poet; August Strindberg (1849-1912), playwright; D.W. Griffith (1875-1948), film director; Sergei Eisenstein (1898-1948), director; George Balanchine (1904-1983), choreographer; Sam Cooke (1931-1964), singer-songwriter; Piper Laurie (1932-), actress; Bill Bixby (1934-1993), actor; John Hurt (1940-2017), actor; Steve Perry (1949-), singer-songwriter; Linda Blair (1959-), actress; Diane Lane (1965-), actress; Guy Fieri (1968-), TV host; Logic (1990-), rapper.

TODAY'S FACT: The Apple Macintosh computer was unveiled in a Super Bowl ad directed by Ridley Scott on this day in 1984.

TODAY'S SPORTS: In 2006, Kobe

Bryant of the Los Angeles Lakers scored 81 points against the Toronto Raptors, the second-most ever scored by a single player in an NBA game.

TODAY'S QUOTE: "Imagination was given to man to compensate him for what he is not; a sense of humor to console him for what he is." - Francis Bacon

TODAY'S NUMBER: 1,554 - Boeing 747 jets built (as of June 2019) since the aircraft went into production in 1968. The 747 entered commercial service for Pan American Airways with its maiden flight on this day in 1970.

TODAY'S MOON: Between first quarter moon (Jan 20) and full moon (Jan. 28).

LENNOXVILLE

Lennoxville United Church. Facebook Live: Prayer and Reflection with Rev. Linda. Every Sunday @ 10 a.m. & Wednesday @ 10 a.m. Available Live through Linda Buchanan's Facebook Page or Lennoxville United Church Facebook Page. Video available afterwards through Linda Buchanan's Facebook Page or Lennoxville United Church Facebook Page or Lennoxville United's Website: <http://lennoxvilleunitedchurch.com/>

SHERBROOKE

Plymouth-Trinity United Church, at 819-346-6373 and www.plymouthtrinitychurch.org in Sherbrooke, invites you - whether you are in Sherbrooke, in the St Francis region, or beyond - to join us for our 10:45 a.m. worship service on Sunday, January 24. Connect via the Internet, or by telephone (long distance charges will apply): Check our website or call us for details (our building is closed). Joignez-vous à nous pour notre culte du dimanche, 24 janvier, à 10h45. Le culte est diffusé en ligne ou par téléphone (avec frais interurbains). Voir les détails sur notre site web ou téléphonez-nous (notre bâtiment est fermé). Cordiale bienvenue à tout le monde. Ministre: Samuel V. Dansokho.



MAP it

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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.

“ O PWE HKC WDHPTWXXH DLKTTR VTP
DOI NCWPD ... 26 TV FN JXND UCEH
OEHT DSWLC WD EWDW WDHPTWXXHD.”
— LKXLB NCWJCP

Previous Solution: “We live in a world where man has walked on the moon. It’s not a miracle; we just decided to go.” — Jim Lovell

TODAY’S CLUE: L equals R

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.

“ KIUJ GM UJ NCZCATHRUJP RDC
CYRTHITOUJHTL ZUWC HJO VIGTJUJP
RDC ZIMM IW ATUP. PCJ. NDNF
LCHPCT.” — G.M. HUT WITNC

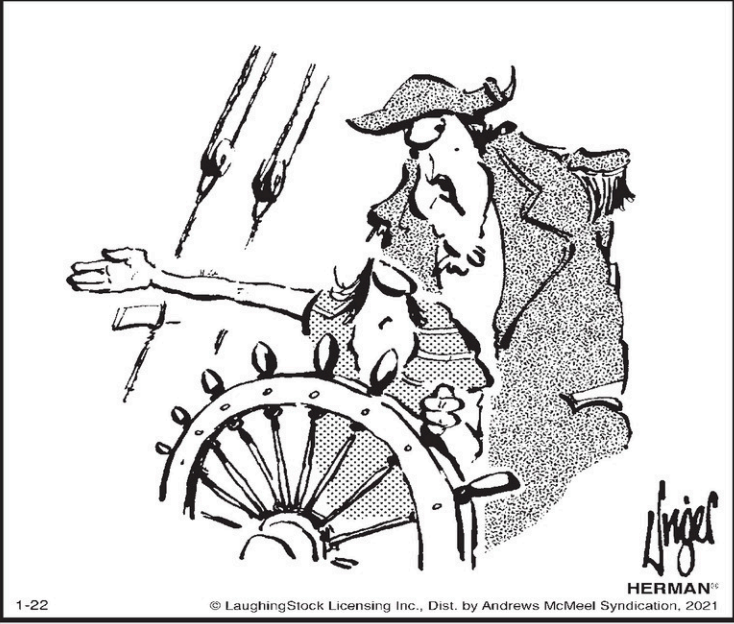
TODAY’S CLUE: X equals Y

Previous Solution: “I ran the astronaut school for six years ... 26 of my guys went into space as NASA astronauts.” — Chuck Yeager

REALITY CHECK

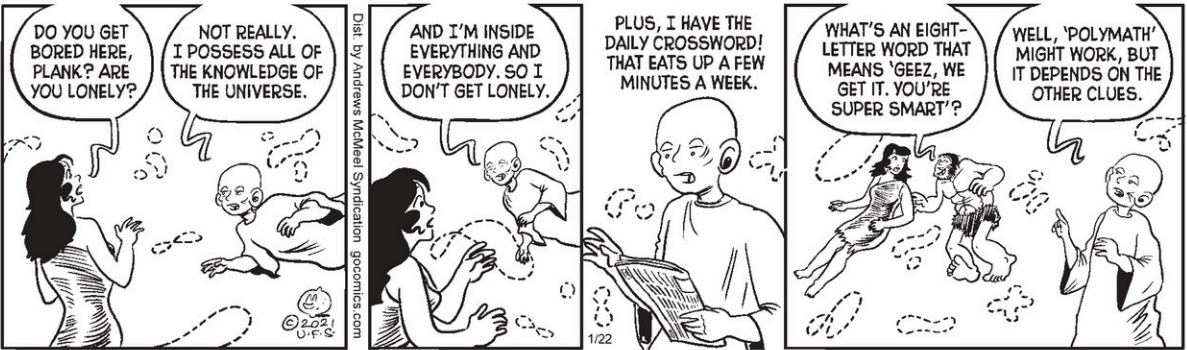


HERMAN



“I think we can dispense with hand signals in the middle of the Pacific

ALLEY OOP



ARLO & JANIS



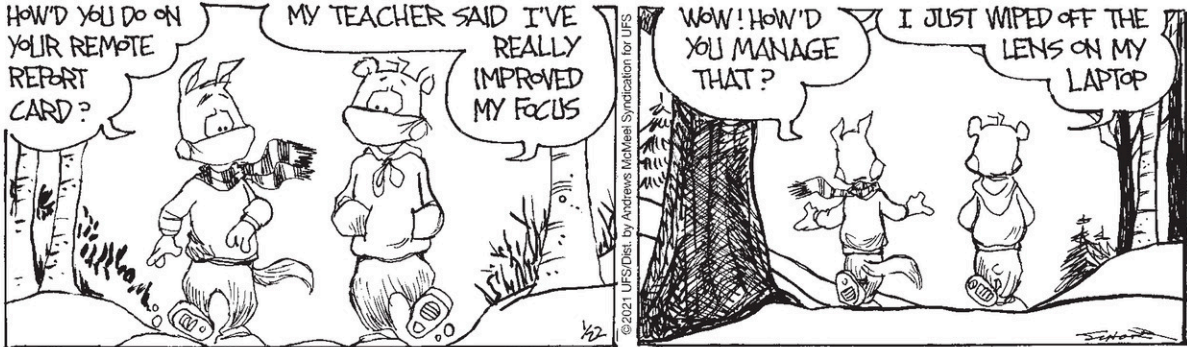
THE BORN LOSER



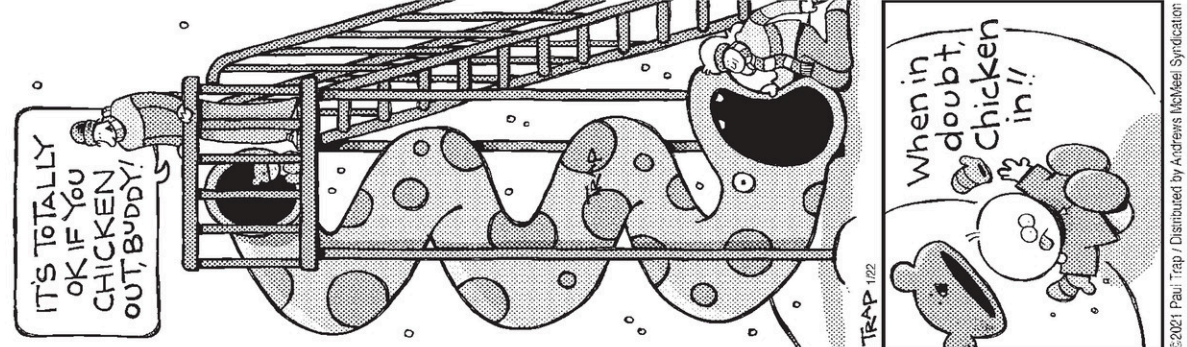
FRANK AND ERNEST



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030 Property Wanted

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145 Miscellaneous Services

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160 Music

LOOKING FOR ADVANCED or professional pianist, violinist, and cellist to meet to play great repertoire with the flute. Possible concerts. Email with subject 'Music' to douglasnash62@gmail.com

275 Antiques

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290 Articles for Sale



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Dear Annie

FRIDAY, JANUARY 22, 2021

Dear Annie: My daughter, "Emily," has been dating "Ben" for almost two years. Ben is a great guy, aside from one issue that's been bugging me: He refuses to drive anywhere and instead has my daughter drive him. He says it's because a few years ago he was in a car accident and has been scared to drive since. (He was not hurt in the accident.) He has Emily drive him to and from work every day. Emily never complains about it, but it drives me insane because Emily and her kids were also in a car accident a few years back and suffer PTSD from that accident. Ben is aware of this, but doesn't seem to get it. He thinks it's no big deal for Emily to get over her fear while avoiding getting over his fear. I want to say something to him so badly, but I haven't. And every time I say something to my daughter, she gets upset with me. How can I approach the situation without making it worse? – Miffed Mom

Dear Miffed: Your intentions are good, and your irritation is understandable. But Emily is the one behind the wheel, figuratively and literally. When she's tired of driving him, she can stop. Meanwhile, you can earn interest by keeping your two cents in the bank: If you avoid offering advice when your daughter hasn't asked, she'll be more likely to ask you for advice.

Dear Annie: I agree with "What Did You Say" that mood music in TV shows often makes it hard to hear the dialogue. I would add that background noises meant to create "realism" also frequently drown out what the actors are saying. Isn't the dialogue important enough to make it audible? Because the problem is in the show itself, it doesn't help much to turn up the volume. If I turn it up enough to make out the dialogue, then the music and ambient noise are so loud that it is annoying.

My wife and I always watch shows with the closed captions on. We find that we even enjoy movies more at home than at the movie theater because we can have the captions on at home. It also helps a lot with BBC shows where the accents and British slang can make it hard to catch what is said. But it would be even better if the shows' directors and editors highlighted the dialogue and turned down the sound effects. – Not Ready for the Ear Horn in Lafayette, Indiana

Dear Not Ready for the Ear Horn: You're not alone. A 2017 survey found that 98% of people use closed captioning at least some of the time. While closed captions can certainly be helpful, some have pointed out that they're far from perfect and, during some live broadcasts, the captions lag behind the visuals. The following letter writer offers another tip to try.

Dear Annie: With regard to the letter about TV dialogue: Very often the problem is that people have their TV set for "surround sound" audio as if they have multiple speakers when they only have the TV speakers. This causes the "background" track to be louder because the "voice track" is expected to be broadcast from its own speaker. – Kate H.

Dear Kate: This is another possible contributing factor to the problem. The exact troubleshooting instructions will depend on the TV manufacturer. For anyone unable to easily find these audio options in their TV settings menu, it's worth reaching out to the manufacturer's customer service line.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book – featuring favorite columns on love, friendship, family and etiquette – is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

Send your questions for Annie Lane to dearannie@creators.com.

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SUDOKU

DIFFICULTY RATING:☆☆☆☆☆

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

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PREVIOUS SOLUTION

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

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

PREVIOUS SOLUTION

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

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

DIFFICULTY RATING:☆☆☆☆☆

SUDOKU

NEA Crossword Puzzle

ACROSS

1 Plunder

5 Scrape aftermath

9 Donut qty.

12 Lectern

13 Maui dance

14 S&L offering

15 Postal matter

16 Desert st.

17 Skillet

18 Knock off the air

20 Ticket info

22 Actress Ruby —

23 Edible tuber

24 Role seeker

27 Gradually changes

30 Spleen

31 Hide

33 Kimono material

35 Mr. Chagall

37 Writing fluids

39 Old oath

40 Master magician

42 — donna

44 Gladiator's hello

45 Fawn parent

46 Newsboy's shout

49 Lighter fluids

53 Spring veggie

54 News morsel

56 Handed-down stories

57 Corporate ending

58 Crumbly soil

59 Huge, in combos

60 Popular pet

61 PlayStation 5 brand

62 One-armed bandit

DOWN

1 Desk furnishing

2 Gen. — Bradley

3 Theater award

4 El Greco's city

5 Sculpt

6 Rudely abrupt

7 Boxing great

8 Market

9 Potato chip partners

Answer to Previous Puzzle

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

10 By word of mouth

11 Grey of Western novels

19 TV's — Griffin

21 Scamps

23 White's opposite

24 Zero in on

25 Gizzard

26 Garr of "Tootsie"

27 Look after

28 Stereo (hyph.)

29 Like some chances

32 Patrick's domain

34 New Zealand parrot

36 Ivan or Nicholas

38 Pickle or jam

41 Is of use

43 Empires

45 Nincom-poop

46 Cast-of-thousands movie

47 Lucy Lawless role

48 Discretion

49 Garbanzo, e.g.

50 Christmas carol

51 Therefore

52 Find a chair for

55 Overly

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15					16					17		
18					19			20	21			
			22				23					
24	25	26				27				28	29	
30				31	32				33			34
35				36		37			38		39	
	40			41				42	43			
			44				45					
46	47	48				49				50	51	52
53				54	55				56			
57				58					59			
60				61					62			

FRIDAY, JANUARY 22, 2021

Your Birthday

Control your emotions. Channel your energy into something creative, meaningful and mindful. How you reach out to others will determine what you receive in return. Use your intelligence, skills and resourcefulness to gain support and achieve success.

AQUARIUS (Jan. 20-Feb. 19) – Refuse to let anyone control what you can do. Gather information, and make a move only if you feel it will benefit you. Helping others is admirable, but not when it's at your expense.

PISCES (Feb. 20-March 20) – Be a good listener, but don't share personal secrets or get involved in gossip. Review your accomplishments, and consider what's in your best interest as you move forward.

ARIES (March 21-April 19) – Your enthusiasm will attract attention, but it will attract those who want to exploit your energy to get ahead. Don't do something for others without receiving what you want in return.

TAURUS (April 20-May 20) – Check the facts before you pass along information. An exaggerated version of a situation will make you look bad. You can be creative and attract attention without being misleading.

GEMINI (May 21-June 20) – Live and learn. Learn something new. Don't let a change someone makes or a problem with an institution throw you off guard. Utilize your time and money carefully.

CANCER (June 21-July 22) – Work with people you know will come

through for you. A partnership based on equality will help you overcome any situation you face. Follow your heart and instincts. Romance will enhance your life.

LEO (July 23-Aug. 22) – Refuse to let anyone cause instability in your life. Get along with your peers, but don't share personal information that could be used against you. Stick to what and who you know and trust.

VIRGO (Aug. 23-Sept. 22) – Enjoy the company of those with whom you share common goals. You will learn much and contribute much, as well. Keep an open mind, but don't lose sight of your ultimate goals. Romance is featured.

LIBRA (Sept. 23-Oct. 23) – Keep your money and possessions in a safe place. Don't share financial information or leave your passwords on display. Be smart when dealing with someone close to you.

SCORPIO (Oct. 24-Nov. 22) – A partnership will experience difficulties. Hesitation will be an indication of uncertainty regarding whether you are heading in the same direction. Personal growth and romance are favored.

SAGITTARIUS (Nov. 23-Dec. 21) – Conversations will lead to emotional fallout. Think before you speak, and question what's said before you react. An exaggerated opinion will lead to assumptions and premature judgment.

CAPRICORN (Dec. 22-Jan. 19) – Use your charm to entice others to do things your way. You'll gain support if you do something nice for a friend, relative or colleague. A change at home will pay off. Romance is featured.

FRIDAY, JANUARY 22, 2021

Do not be shy with a good fit

By Phillip Alder

I was hunting for a quotation including the word “fit” when I came upon one from Shannon L. Alder, so how could I not use it? The inspirational author wrote: “Being a good person doesn't mean you fit the life of every person you meet.”

That is so true, but if at the bridge table you have a good fit with your partner, tell him. Even better, try to reveal a double fit. In today's deal, what do you think of the auction? What is the par contract, the one where if either pair bids higher, it will do worse?

The auction started predictably, but I like a four-club fit-jump with the North hand, showing long clubs and four or more spades. Yes, that makes it easy for East to bid four of a red suit, but it will allow South to judge better later in the auction.

After East competes with five diamonds, if South knows that North has clubs, bidding five spades will be clear-cut. The drawback, of course, is that if you advertise a double fit, the opponents will know that they have one also and will bid higher.

How did the play go in five spades? West led the heart ace, under which East played the four as a suit-preference

North 01-22-21

♠ J 7 5 4

♥ 10

♦ 10

♣ A Q 10 7 6 3 2

West

♠ 9 8

♥ A 8 3 2

♦ A Q 9 6 3

♣ 5 4

East

♠ 6 3

♥ Q J 7 6 5 4

♦ K J 7 5 4

♣ —

South

♠ A K Q 10 2

♥ K 9

♦ 8 2

♣ K J 9 8

Dealer: South

Vulnerable: East-West

South	West	North	East
1♠	2♦	4♠	5♦
5♠	Pass	Pass	Pass

Opening lead: ♥ A

signal for clubs. This surprised West, but, trusting her partner, she shifted to a club. East ruffed and returned a diamond. West gave her partner a second club ruff for down two.

How does West do in diamonds? She makes all 13 tricks unless North leads a spade; then West takes 11 tricks.

The par contract is six clubs doubled, going down one.

Your Birthday

SATURDAY, JANUARY 23, 2021

Make adjustments at home and in your personal life that will bring you joy. Take responsibility for your happiness, and work on spending more time with upbeat people who are just as eager as you to make life better. Take control of your life.

AQUARIUS (Jan. 20-Feb. 19) – Take your time, plan your actions and head in a direction that will satisfy you mentally, physically and financially. Say no to anyone asking for too much and yes to those offering equality.

PISCES (Feb. 20-March 20) – Set your sights on your goals, then proceed. Don't make promises you are going to have trouble honoring. A kind gesture you offer a friend or relative will make a difference.

ARIES (March 21-April 19) – Reconnect with an old friend or colleague, and it will provide insight into new possibilities that can improve your earning potential. Do something that's mentally stimulating.

TAURUS (April 20-May 20) – If you rush into something prematurely, you'll have second thoughts. Excess of any kind will set you back one way or another. Be sensitive to the needs of others.

GEMINI (May 21-June 20) – Get involved in something that interests you. Do your best to improve your resume or lifestyle. A discussion you have with someone regarding work will give insight into possibilities.

CANCER (June 21-July 22) – Do what

you can to help others, but don't pay for someone else's mistake. Offer love, support, innovative suggestions and hands-on help, but not your hard-earned cash. Tell a loved one how you feel.

LEO (July 23-Aug. 22) – Ask, and you shall receive. Refuse to let others interfere with your plans. If you follow your heart, opportunities will develop. An optimistic attitude will create a stir.

VIRGO (Aug. 23-Sept. 22) – Work hard, and it will ease your mind and allow you to enjoy time with a loved one late in the day. A change of plans will turn out to be to your advantage. Don't be afraid to make the first move.

LIBRA (Sept. 23-Oct. 23) – Get your responsibilities out of the way, and offer to help a friend or relative. What you do for others will be appreciated and will encourage better relationships.

SCORPIO (Oct. 24-Nov. 22) – Emotions will surface when you are interacting with old friends and relatives. Take action, and do your best to make things happen. Your input will be appreciated. Romance is favored.

SAGITTARIUS (Nov. 23-Dec. 21) – Change the way you handle money. Put a budget in place, and consider investments that will keep you from overspending. The less available cash you have on hand, the better.

CAPRICORN (Dec. 22-Jan. 19) – Revisit the past, and you'll avoid making the same mistake twice. Look over your options, and don't feel pressured to make decisions if uncertainty prevails. Take an unusual approach.

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The CHSLD Wales Inc. is proud to offer **ten \$9,210.00 bursaries** for students interested in joining the accelerated Caregiving program. The **three-month course** is offered as of mid-February in French in Coaticook, Granby, Magog, and Sherbrooke and in English in Lennoxville.

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