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Reminder: Sunday, Nov. 5 at 2:00 a.m. turn your clocks back one hour

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RECORD
THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

WEEKEND EDITION

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Patterson presents a plan to make a plan

By Gordon Lambie

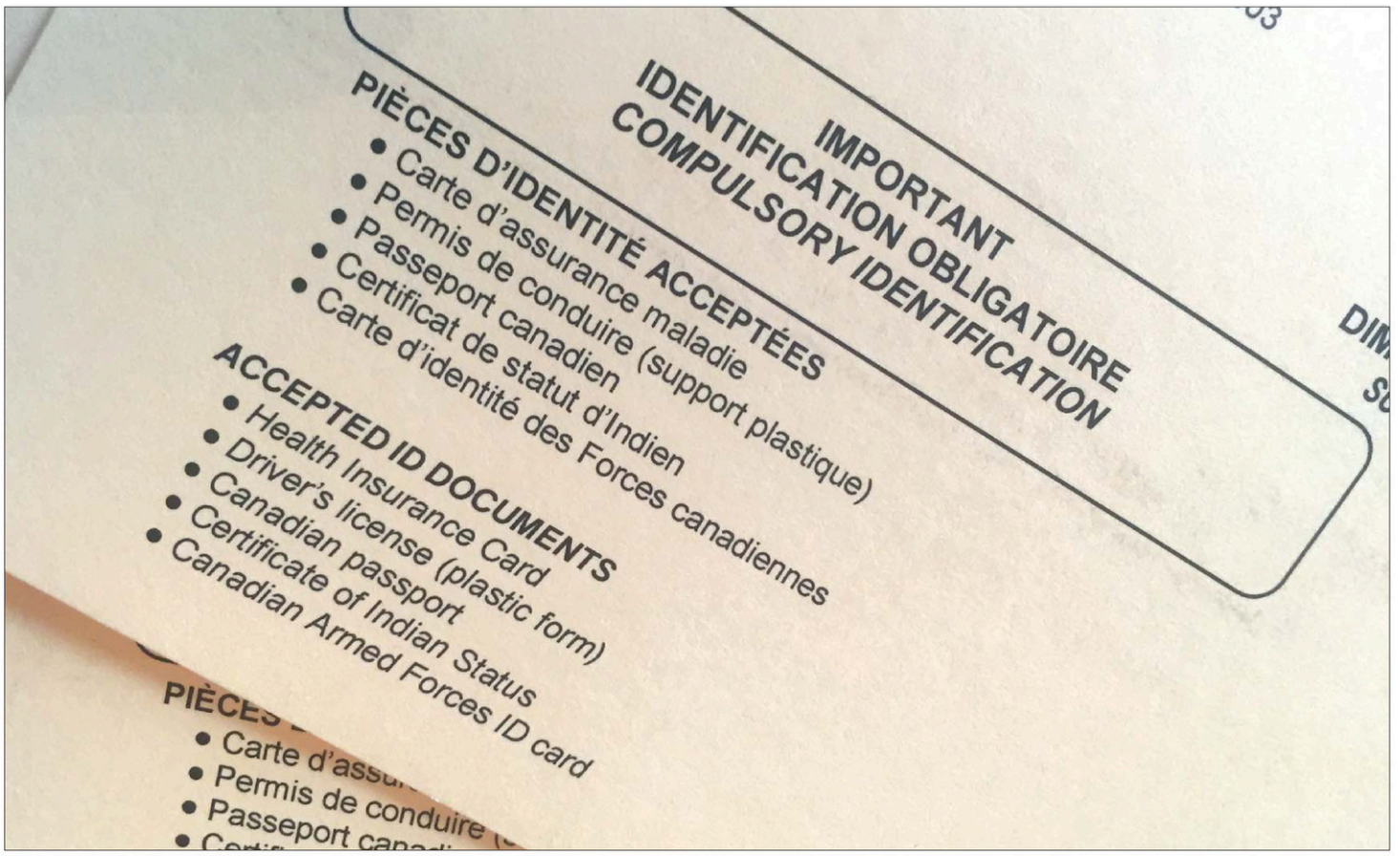
Borough President Candidate Roy Patterson met with members of the local media at the L'Originale restaurant on Thursday morning to present his plans for how to separate Lennoxville from Sherbrooke. Arguing that all of the community's most significant issues stem from being a small, low priority area in the greater whole of Sherbrooke, Patterson has committed to a plan to make a plan for how Lennoxville could go back to being its own municipality fifteen years after being merged with its largest neighbour.

"We are lost in the city," Patterson said, arguing that the community was shortchanged by unreasonable requirements in the 2004 demerger referendum and suggesting that Lennoxville could manage just fine on its own. He added to that his concern that Lennoxville would inevitably be merged with another borough if someone doesn't take steps to prevent it.

Citing "many towns" of about

CONT'D ON PAGE 3

Time to vote



MATTHEW MCCULLY

Polling stations will be open across the province from 10 a.m. until 8 p.m. for citizens eligible to vote in the municipal elections this Sunday, Nov.5.
Voters must present a valid form of identification before they will be permitted to cast their ballot.
Accepted forms of ID include a health care card, a Canadian passport, a certificate of Indian Status and a Canadian Armed Forces ID card.
The reminder card mailed out to citizens is not considered a valid form of ID.
Details about polling stations and any other election-related information can be found on the Direction of Elections website at electionsquebeb.qc.ca or by calling 1-888-353-2846.

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Weather

TODAY:
MIX OF SUN AND CLOUDS

HIGH 13
LOW -3

SATURDAY:
SUNNY

HIGH 6
LOW -3

SUNDAY:
60% CHANCE OF SHOWERS

HIGH 8
LOW 7

MONDAY:
SHOWERS

HIGH 17
LOW 1

TUESDAY:
MIX OF SUN AND CLOUDS

HIGH 5
LOW -3

Introducing Ove the Grouch!

Good Reads

Lennoxville library

It seems I have graduated from reviewing books that I have received as gifts to reviewing books that my wife has been given. The same friend who introduced us to Max Tudor gave her A Man Called Ove (2013) by Fredrik Backman. Having read it, she passed it on to me with the endorsement "I think you'll like this." Give her full marks for perceptiveness.

This story is set in Sweden and is about Ove, a grouch—the sort of man who puts the "cur" in curmudgeon—and sometimes the "mud" too. He is a man who thinks that there is a proper place for everything, and who gets upset when other people are careless about where they put things. Rules are meant to be obeyed. Otherwise they are only suggestions, and if so, why bother creating rules in the first place?

This does not mean that Ove doesn't have plenty of good reasons to be grouchy. We first encounter him on his first day of retirement. He is 59, and after more than thirty years of reliable service to the housing authority, his bosses have decided to pension him off. They are all heart: they let him come to work on Monday morning so they can send him home again. They knew on Friday that they would cut him loose, but they didn't want to spoil his weekend!

To add to his troubles, his new neighbours are moving in. Patrick is a klutzy IT consultant. He and his wife Parvaneh have two girls, aged seven and three. Parvaneh, who is Iranian, is expecting a third child. Ove tries hard to perform the dark tasks he has assigned himself for each day. But he keeps getting sabotaged by defective equipment or by an unexpected interruption. Even in the middle of the night, when he thinks everyone else will be asleep, he finds someone he barely knows at his door begging a favour. The reader can be forgiven for thinking that the proper way to pronounce his name is "Oy vey!"

Ove's problem is that he is competent and efficient. If you want a job done right the first time, Ove is the man to see. His father had taught him how to disassemble and rebuild a car's motor, and Ove still knows how to do it. So he can fix practically anything. It seems the only people who can't recognize his talents are his old bosses.

Backman interweaves Ove's present situation with the history of his life. Backman describes Ove's relationship with his parents, both of whom had died by the time he was sixteen, and the life lessons he received from them. Backman relates how Ove met Sonja, the love of his life and how Ove, who worked for the railroad at that time, was able to exploit his detailed knowledge of timetables to just happen to be on the same trains as she was while she commuted back and forth to teachers college.

Like most good comedy, there are also sad parts to this story. One is the rift between Ove and his one-time best friend Rune. They had been the first occupants of this housing development. They had collaborated in founding the Residents Association. But now they no longer speak to each other. For Ove, the falling out began because Rune had stopped buying Volvos and bought a BMW. But there is much more to it.

And there is the budding alliance between Ove and the "Cat Annoyance". This is a stray that Parvaneh has suckered Ove into taking in by lying about her children's allergies.

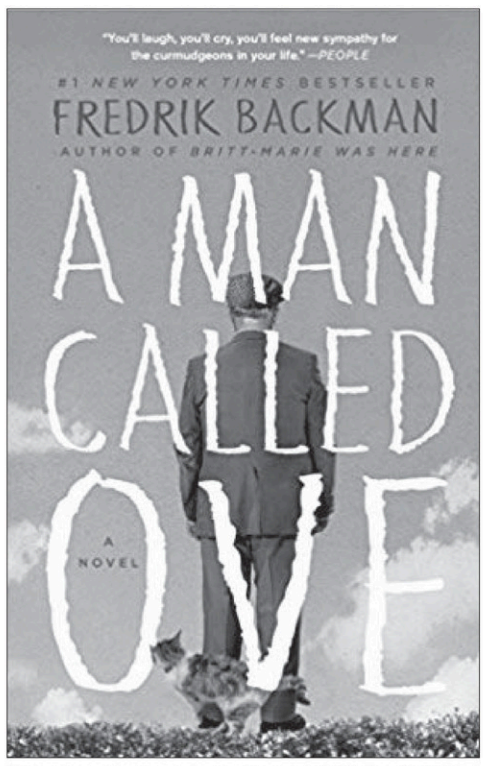
"Ove spent most of yesterday shouting at Parvaneh that this damned cat would live in Ove's house over his dead body.

And now here he stands, looking at the cat. And the cat looks back.

And Ove remains strikingly undead.

It's all incredibly irritating."

Backman, who is 36 and a notable



blogger in Sweden, has published three more major works: My Grandmother Asked Me to Tell You She's Sorry (2015), Britt-Marie Was Here (2016) (both of which, like Ove, are available by Interlibrary Loan) and Beartown aka Scandal (2017) which arrived at the Lennoxville Library this week. A Man Called Ove has also been made into a feature film in Swedish (2015).

—Vincent Cuddihy

The Prize season is upon us. You might have heard that Katsuo Ishiguro has been awarded the 2018 Nobel Prize for Literature. When he was told of his award, he suspected that it was fake news...The times we live in! We have a good selection of Ishiguro's works in the Lennoxville Library, even some audiobooks, so check them out. The Man-Booker prize this year went to an American author for the second year in a row. George Sanders, normally a short-story writer, has won for Lincoln in the Bardo, his "unique" and "extraordinary" first novel, which is a highly imaginative account of the death of Abraham Lincoln's son. We did, with considerable foresight, order a copy for the library—in large print, no less, so it can even be admired from a distance!

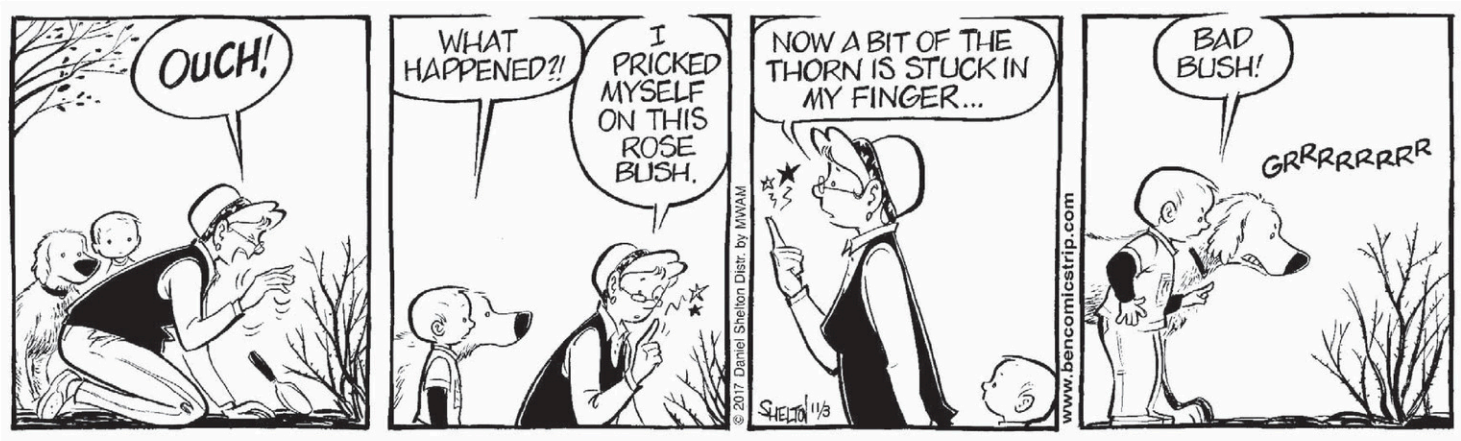
Fig.16

› If this feels like a math test, visit mathliteracy.ca or call 1-800-303-1004.

Math solves problems

ABC CANADA Literacy Foundation / Fondation pour l'alphabétisation

Ben by Daniel Shelton



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LOCAL NEWS | *This year, participants will have the opportunity to meet with the entrepreneurs behind six gourmet specialty shops in Sherbrooke.*

"Beautiful Gourmet Shops" mark Sherbrooke World Entrepreneurship Week

Record Staff
SHERBROOKE

Pro-Gestion Estrie, in collaboration with Commerce Sherbrooke, is inviting the public to the 3rd Edition of its "Beautiful Gourmet Shops" on Thursday, November 16, from 8:30 am to 12:00 pm, in the middle of World Entrepreneurship Week. This year, participants will have the opportunity to meet with the entrepreneurs behind six gourmet specialty shops in Sherbrooke. This brand new circuit will permit visitors to discover, or rediscover, essential destinations and to meet inspiring entrepreneurs in a friendly and relaxed atmosphere.

Offered free of charge and taking the form of a guided tour, the "Beautiful Gourmet Shops" event offers a unique showcase of the entrepreneurial reality of local businesses. Participants will be able to engage in direct contact and interact with the people who are at the helm of these businesses. This year, the gourmet destinations visited will include le Tassé café de quartier, Le Silo, Mystea, le Pain voyageur, HAUS fashion house, and Oliva.

During the visits to their businesses, entrepreneurs will be invited to discuss topics as diverse as family-business reconciliation, commercial cohabitation, or the frenzy of starting a business.

This event is open to all and to participate in the guided tour, one can register by calling Pro-Gestion Estrie at (819) 822-6162 or by completing the form available on the organization's website.

Patterson

CONT'D FROM PAGE 1

Lennoxville's size in the province, the candidate said that he sees no reason that the borough couldn't gradually make its way back to being a separate village with the right support by becoming a "twin city" with a neighbouring community like Waterville, Cookshire-Eaton, or Hatley in the short term. In that case, rather than be 5000 people in a sea of 160,000, the scales would be more evenly balanced and both smaller municipalities could benefit from a new connection. Once in that position, the question of independence could be raised again after a few years.

GORDON LAMBIE

"My job, over the next four years, is to make us as attractive a partner as possible," Patterson said, explaining that he has not brought up the idea of a merger with any of the neighbouring municipalities yet. Asked how he would convince the Sherbrooke City Council to approve the complicated task of demerging Lennoxville, the candidate said that he didn't think that the matter was Sherbrooke's decision and argued that with the support of a neighbouring municipality he would take the matter straight to the provincial government. Although asked why he needs to be a member of the Sherbrooke council in order to solicit that support, Patterson didn't answer the question. Instead he talked about how he believes a successful separation of Lennoxville would open the door for other districts within the City of Sherbrooke to act on their own hidden desires to leave.

Patterson proved unprepared for questions relating to how the complex process of disentangling the borough from Sherbrooke would take place. Although he generally suggested that a newly independent Lennoxville could subcontract missing services from Sherbrooke, he seemed uncertain about the costs involved and offered no sense of how he would rally support for his independence movement. He said that he would like to see Lennoxville continue to take advantage of Sherbrooke police and public transit services, but offered no clear decision on fire services when asked to choose between the volunteer fire department and the new station Sherbrooke is planning to build in the borough. He expressed surprise at the fact that Lennoxville is connected to Sherbrooke's water and sewage system and, when asked how an independent Lennoxville would handle its integrated utilities, said that "there is water everywhere."

"I'm not the expert," Patterson said, arguing that he will be able to find the people, time, and resources to make a detailed demerger plan after being elected.

BERTRAND COLLINS
Municipal Councillor
Borough of Lennoxville
(Fairview District)
November 5, 2017
10 a.m. to 8 p.m.
Centre Communautaire
Amédée Beaudoin
bertrandcollins@videotron.ca
Tel. 819 563-5801
Bertrand Collins, official agent

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Grace Village welcomes you to be immunized in our upcoming Community Flu Clinic on
Wednesday, November 8 from 8:30 am to Noon & 1 pm to 4 pm
Children (those under 18) will only be immunized in the afternoon.
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Santé Courville looks to expand

By Gordon Lambie

Less than a year after they threatened to close beds over a lack of funding, Waterloo's Santé Courville is looking to expand. Following the announcement that the Waterloo CHSLD, across the street, will be closing following the construction of a new long-term care facility in Granby, President Kenneth Courville said that the time and the circumstances are right for Santé Courville to step up.

"It is important to keep this service in Waterloo," Courville said, explaining that the proposed expansion would see the existing CHSLD section of Santé Courville expand by 11 beds and add a new intermediate care area of 32 beds. "This project is a good fit for the community."

The president said that, if approved, the new construction could be finished by December of 2018 and would result in 30-40 new jobs.

Courville explained that the project was presented to representatives of the CIUSSS de l'Estrie – CHUS, the regional healthcare institution, on October 31. It is now being considered as one option among several propositions

"We have the space," the president said, arguing that the expansion would be good not just for Santé Courville but for the whole community and saying that the home is ready to move ahead as soon as possible. Asked about the quick turnaround from last spring's crisis to this new opportunity, Courville simply said that "last March we had one situation, that was dealt with, and now we have a different one."

The Record reached out to Sylvie Moreault, Director of programs to support the autonomy of the elderly with the CIUSSS de l'Estrie – CHUS, for a comment on the proposal and how it was received, but had not heard back by press time.

White Poppy Campaign plans 'visibility action' Monday

Record Staff
Sherbrooke

Solidarité populaire Estrie is planning a 'visibility action' as part of its White Poppy Campaign, in which members will be offerings signs of peace to passing motorists. The goal is to raise awareness of the White Poppy cause, which is to "carry out our duty of remembrance to all victims of the war, the vast majority of whom are civilians and not soldiers and to dissociate ourselves from the tendency of political powers seizing the opportunity of "remembrance" to justify wars and growing "militarism".

The White Poppy Campaign has been roundly criticised by veterans groups, particularly the Canadian Legion, which is offended by its use of the poppy symbol, which, it says, already represents peace.

The gathering is scheduled for 11:30 a.m. on Monday, Nov. 6, at the Monument des Braves on King Hill.

INVITATION TO A FREE EVENING

Public information meeting of the
Centre intégré universitaire de santé et de services sociaux de l'Estrie – Centre hospitalier universitaire de Sherbrooke
Wednesday, November 8, 2017, at 5 : 00 p. m.

5 : 00 p. m. : Conference entitled Donnez au suivant! (pay it forward) by Dr. Frédérick D'Aragon, research director in intensive care, anesthesiologist-intensivist, and researcher at the Centre de recherche du CHUS, who will demystify organ donations by highlighting the importance of this gesture while addressing its related legal, ethical, and economic components.

5 : 50 p. m. : Presentation of the annual management discussion and analysis report, of the financial results, and of the annual report on the application of the complaints examination procedure and on service quality improvement for the financial year ended March 31, 2017. The orientations and priorities for the next year will also be discussed. The heads of the organization will answer your questions. You may address your questions in advance be e-mailing them to: questionsca.ciussse-chus@ssss.gouv.qc.ca.

Location	
Auditorium (room 3554)	**Hôtel-Dieu de Sherbrooke** 580, rue Bowen Sud, Sherbrooke Door 54, entrance through Bowen Street
Videoconferencing	
Room 1	**Unité de médecine familiale La Pommeraie** 1599 rue du Sud, suite 110, Cowansville
Community room	**Hôpital, CLSC et centre d'hébergement d'Asbestos** 475 3e Avenue, Asbestos
La Chapelle room	**Centre de santé et de services sociaux du Granit – Point de service de Lac-Mégantic** 3675 rue du Foyer, Lac-Mégantic

Note : The information meeting will be held in French only.

Free parking for all sites

Everybody is welcome to attend!

Centre intégré universitaire de santé et de services sociaux de l'Estrie – Centre hospitalier universitaire de Sherbrooke
Québec

Pot and potato chips – a match made in prison

Record Staff
Sherbrooke

A 25-year old East Angus man apparently tried to kill two birds with one stone when he arrived at Sherbrooke's 'Talbot' prison with a snack- with pot in it.

Jonathan Turcotte pleaded guilty Wednesday at the Sherbrooke courthouse to simple possession of cannabis at the Sherbrooke Detention Center.

Turcotte tried to smuggle cannabis in a bag of chips while he was serving part of a weekend sentence imposed on him for the production of cannabis.

During the routine search, correctional officers found two buds of cannabis totaling approximately 2.25 grams among the chips.

In sentencing Turcotte to 30 days on the possession charge, Quebec Court Justice Rosaire Larouche showed little sympathy. "You are the architect of your own misfortune," he said."You have to be pretty cheeky to try to bring drugs into jail."

"Do we need to search you?" he asked, as Turcotte was led back to jail.

When thirty people each give $25 per month, a national campaign is organized in El Salvador to protect and collectively manage water resources. Thank you for giving.

Justice Solidarity Dignity

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Off-duty police officer charged with DUI

Record Staff
SHERBROOKE

An off-duty Sherbrooke Police officer has been charged with impaired driving following a single-vehicle traffic accident involving a pole at the intersection of King and Raby streets in Fleurimont early Thursday morning. The driver was alone and was reported to have suffered minor injuries. Police suggest weather conditions (hydroplaning) and alcohol may have been involved. The investigation is still ongoing.

As a result of information received regarding this file, the Service Branch has notified the Department of Public Safety as required by protocol. The file will be completed and forwarded to the Department of Criminal and Penal Proceedings, which will decide whether to lay charges.

The Sherbrooke Police department has said it will have no further comment until the conclusion of the case.

Salon des métiers d'art highlights local artisans

Record Staff
SHERBROOKE

The Quebec Arts and Crafts Corporation in Estrie is inviting the public to the 28th edition of the Salon des métiers d'art Estrie Craft Show, which will take place from November 29 to December 3 at the Sherbrooke Exhibition Center, 1600 Plateau St-Joseph Blvd. The Crafts Fair is a well-established tradition in the region and promises visitors great finds and interactions with more than 60 creators, all as enthusiastic to meet the public as to share their passion.

This year, the Salon des métiers d'art is presenting several creators from the Eastern Townships, joined by a few guest artisans from other regions of Quebec. This year, a wide range of original artistic works, many having both a utilitarian and decorative function, and whose soul has its source in wood, stone, clay, glass, metal, or textiles will be on view. The public is invited to live the experience of working alongside these works of art crafted with various techniques, both ancient and innovative, but which certainly cause surprising reactions.

The Estrie Crafts Fair is an opportunity to purchase beautiful pieces, but it is also an exceptional opportunity for meeting and exchanging with passionate creators. Presented in a warm and cozy atmosphere, the Salon des métiers d'art of Estrie is the largest showcase for professional artists in the craft trades in the region.

Fashion Avenue

This year, the organizers are offering L'Avenue de la mode, gathering fashion and fashion accessory designers in the same sector.

Parking is free and there is an entry fee of $5 (Free for children under 16).

The Salon is open from Wednesday, November 29 to Friday, December 1, from 10 am to 9 pm and on Saturday and Sunday, December 2-3 from 10 am to 5 pm.

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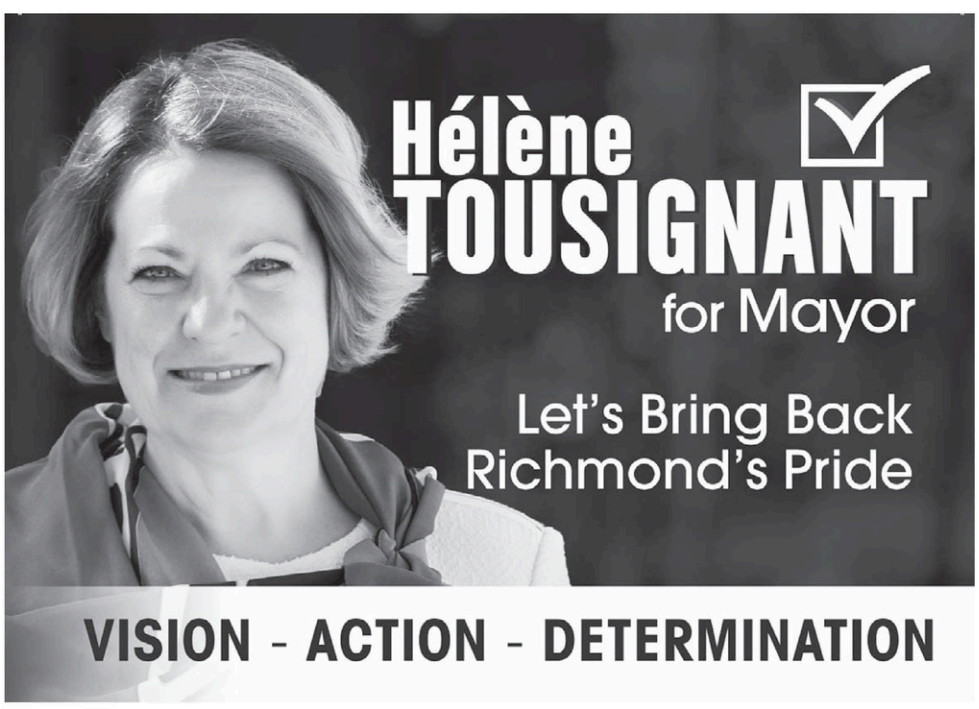

The Township of Melbourne recognizes James Johnston

The Township of Melbourne recognized the commitment of Mr. James Johnston to his municipality. During a casual cocktail party, the Township of Melbourne offered Mr. Johnston a congratulatory plaque highlighting his dedication, but above all to show him the community's gratitude and appreciation of his municipal and community involvement. On this occasion, Councillor Simon Langeveld delivered a special poetic tribute identifying the few projects that Mr. Johnston initiated such as the purchase of a grader, the collection of farm plastic, the construction of a second municipal garage, the improvements of municipal offices and community hall at the City Hall and the maintenance and improvement of the local road network.

Thirty years of commitment, especially in the municipal field, is an accomplishment of which he can be proud.

COURTESY

Mr. James Johnston surrounded by Valérie Guénette, Lois Miller, Raymond Fortier, André Poirier, Simon Langeveld and Jeff Garrett.

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Editorial

During this National Caregiver Awareness Week, let us listen, offer our help, and give a helping hand to those who take care of a loved one, tirelessly and without fail.

Letters

The Student Ombudsman and the QESBA

Dear Editor;

The Nov. 1, 2017, Sherbrooke Record article: "Quebec Ombudsman recommends review of complaints process in the education system," is revealing and instructive.

No question, a review is needed. Let's reel back a few years.

In the fall of 2008, Bill 88 was adopted. The bill changed the way school boards were managed by making the administrative bodies more accessible and more accountable to parents.

Of all the provisions of the Bill, the creation of an office of the ombudsman was most noteworthy. Quebec school boards were required to establish "a procedure for examining complaints from students or parents."

This was indeed welcome as many schools and school boards around the world have an office of the ombudsman, whose job primarily is to listen to those in the community, who cry out: "It's not fair."

Access to a school board ombudsman would ensure fair treatment for all, curb abuse of power and relieve a lot of unhealthy stress.

The Quebec English School Boards Association (QESBA(quickly reacted. They wrote in late May 2008:

"QESBA maintains that our parents and their students already get every opportunity to air their concerns fully. Our member school boards already have procedures that protect the rights of students and their parents to services and to effective recourse if they have complaints."

"Effective?"

Apparently not, as clearly indicated in the report by the Quebec Ombudsman who wrote on the "unwieldy" process and the role of the Student Ombudsman. There are "long delays," which has a "dissuasive effect on complainants." Many students and parents feel that the handling of complaints is not impartial. Parents give up.

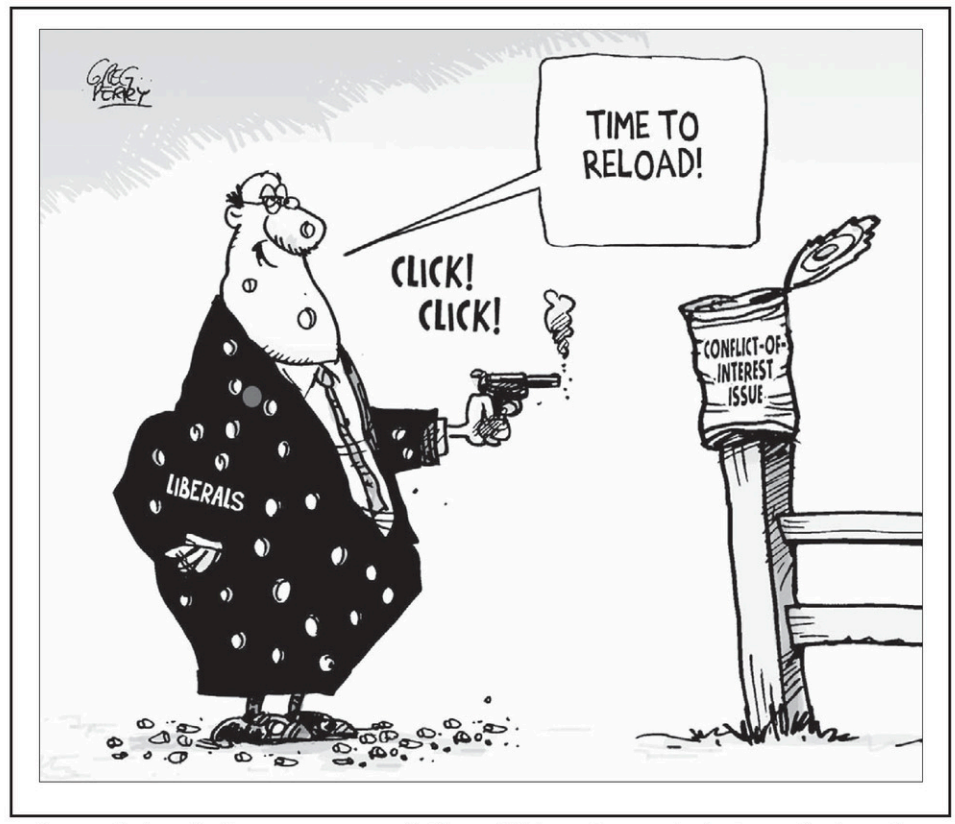
Let's look at another bill which involves the Student Ombudsman.

On June 12, 2012, the National Assembly passed Bill 56: 'An Act to Prevent and Stop Bullying and Violence in Schools.' Part of the Act mentions the role of the Student Ombudsman as indicated in Article 220 of the Education Act.

In its 3,284 word presentation from QESBA on Bill 56, the Association wrote about the "dubious expansion" of the "job description" of the Student Ombudsman. Then the Association has the temerity to ask: "... why is this modification "superior" to the "current oversight" which is finally "evaluated by the Council of Commissioners?"

That said, what should Education Minister Sébastien Proulx do regarding the Quebec Ombudsman's report?

First: as recommended, the Student Ombudsman should be the first person to accept the complaints.



Second: heed the recommendation made by Corinne Payne, présidente de la Fédération des comités de parents: "... "les protecteurs de l'élève relèvent du Protecteur du citoyen." (student ombudsmen should report directly to the Quebec Ombudsman).

Another recommendation the minister should consider is one made by "Le Comité du pouvoir parental en gouvernance scolaire," last year, in its brief on school board reform bill 86.

Currently, the student advocates (ombudsmen) are employed by the school board and work for the school board. This puts constraints on their actions.

We suggested le protecteur de l'élève (advocate) should be appointed by the Minister.

By being completely independent, this would make it possible to increase their effectiveness to benefit students, parents and the community.

A student ombudsman is a gift to our public education system; the position should be valued, not toyed around with by groups like the QESBA.

Chris Eustace
Montréal, PQ

Commentary

Performing miracles every day: the role of the caregiver

There is no doubt: caregivers are women and men who, day after day, work miracles by caring for an aging parent living with a loss of autonomy, a child with a physical or intellectual disability, or a spouse who has one-time or chronic life-threatening health problems. The spectrum of their interventions is as varied as the situations that require them to help. A caregiver does not hesitate to accompany a person who needs help to perform their daily activities, to follow the care and to take charge of medications, to provide hygiene care, to carry out the housekeeping- in other words, to offer or to maintain a quality of life that would not be possible without them.

These dedicated individuals with family and friends are performing "work" of love and selflessness, as well as carrying on their professional and personal pursuits. Not surprisingly, many suffer from burnout and have more and more trouble making ends meet. They need to be supported, too. They need to breathe and benefit from moments of respite.

The contribution of caregivers is fundamental. Despite the social programs our society has, the public health system cannot meet the needs of vulnerable people without the tremendous help of caregivers. Indeed, it would be unrealistic to believe that our health care system would be able to take on the duties assigned to it, to provide these services, or take over adequately. Each year, caregivers' contribution translates into millions of hours of care and services, without any remuneration; representing a value estimated by researchers at over $5 billion a year, in Quebec alone.

Five years ago, our Federation chose to create its own Foundation and to embrace the caregivers' cause. We decided to financially support projects designed to offer them respite, regardless of age. And we were right, because the needs are immense and never let up. Through different projects, we have had the opportunity to forge close and sustained ties with organizations that are also doing extraordinary work. We have discovered women and men of heart, who devote themselves entirely to the cause of caregivers and who, like those who benefit from their services, also perform miracles day after day.

During this National Caregiver Awareness Week, let us listen, offer our help, and give a helping hand to those who take care of a loved one, tirelessly and without fail. Above all, thank them by offering them the most precious gift: a little of our time, a moment of respite.

Diane Francœur, M.D.
Chair of the Fondation de la Fédération des médecins spécialistes du Québec (FFMSQ).

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	3 months	36.16	1.81	3.60	$41.57

ON-LINE SUBSCRIPTIONS

Quebec:	1 year	71.50	3.58	7.13	$82.21
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COLUMNIST

Perhaps that's why I like the word protestant. I hope we continue to protest the abuses and mistakes all churches, indeed all religions make at one time or another.

ONE COLUMN, FOUR VOICES

Opening to the Spirit

Today's word: Reformation

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

1) When I was young growing up here in Quebec, the world as I knew it was divided into two groups, Protestant and Roman Catholic. There were two school boards and sometimes two solitudes. In rural areas back then there was certainly no knowledge of other religions. I gradually learned that this situation came about because of something called the Reformation. Martin Luther was a protestor who began a movement that would change the religious world. Truth be told I liked being protestant because I identified with anti-war protestors.

This week was the 500th anniversary of the beginning of the Reformation. What does that word mean today? I like to think that reformation is not one event that happened once, years ago. In my life I have changed my mind and beliefs many many times since I was a teenager and thought; I know all the answers, I'm right, and the rest of the world is wrong most of the time. Reformation is an attitude that embraces new ideas and new ways of living together in community.

Perhaps that's why I like the word protestant. I hope we continue to protest the abuses and mistakes all churches, indeed all religions make at one time or another. I hope I have the courage of Martin Luther, who left the comfort of the monastery and nailed his Theses on the door of a church in Wittenburg.

Reformation is not an event but an attitude and a movement.

2) Growing up Catholic in the rural Midwest of the 50s and 60s, we were a minority surrounded by neighbours of Scandinavian descent, all Lutherans. We learned early not to talk religion, so I was hardly aware of similarities or differences between our religious beliefs and practices. When one of my classmates died in a drowning accident, our family and RC friends were forbidden to attend her funeral in the Lutheran church. That we actually allowed ourselves to be forbidden I found even as a teenager quite appalling!

Fast-forward a few decades. A Protestant myself now, I enter seminary as a midlife female to fulfill my dream since age five of being one who leads worship. And first I study with the Lutherans, to learn the Reformation from those who know it best. Ah, the beauty of a life that's long enough for such mental tables to be turned!

In Early Church History class one day my turn comes to demonstrate religious symbolism. A Unitarian surrounded by Lutherans, I was known as "the Heretic!" Hands shaking I drew from my backpack a gleaming silver chalice, placed it on the table before me with a candle. As I lit the chalice, everyone gasped. I could almost feel the flames licking my feet! "This is the symbol of my faith," I said. "I kindle this flame for all those burned as heretics, who died courageously through the ages for their beliefs." Then followed the story of Jan Hus, burned at the stake in the 1300s for outrageously claiming that all could receive Communion as both bread and wine - a common practice today.

I claim religious roots in the Reformation. Luther began by asking difficult questions; my ancestors in faith asked even more. What are the "burning questions" of today? Are we brave enough to reform long held beliefs and widen our understanding, open to a wider view, enlarge our sense of what is true, and finally heal the divisions among us? It starts in each one of us with a call to the spirit. Vive la reformation!

3) The idea behind reformation, and indeed, the definition of the word, is about improvement. What is reformed is usually a practice or an institution, which we want to make better by our changes. This was the intention behind Martin Luther's 95 theses. He sought to improve the church he loved. It was never his intention to cause division. It was never his intention to create the Protestant churches we have today.

I have sometimes heard the Anglican Church referred to as "a reformed Catholic Church," and there is probably some truth to this. As Anglicans, we sit in that middle space between Catholic and Protestant, being both and neither, at the same time.

The sad and beautiful reality is that we are all reforming all the time. The Anglican church, in some provinces of the Communion at least, has reformed its doctrine of sexuality and marriage to include the marriage of same-sex couples. The Roman Catholic church is examining the possibility of ordaining women as vocational deacons. Following the Protestant Reformation, Roman Catholicism underwent major reform as well. Today, we debate constantly the meaning of sin, the existence of hell, the role of grace, and other important theological ideas.

Personally, I have very mixed feelings about the Reformation. Mostly, I grieve about the divisions of the Church. Mostly, I am saddened by the competing claims of superiority. At the same time, I am glad for the spirit of seeking truth and the love of God that is at the heart of the desire to reform.

One word, just three of the four voices today. Now it's your turn to reflect: What in today's world could benefit by reformation, upper or lower case R?

Rev. Mead Baldwin pastors the Waterville & North Hatley pastoral charge; Rev. Lynn Dillabough is now Rector of St. Paul's in Brockville ON. She continues to write for this column as a dedicated colleague with the Eastern Townships clergy writing team; Rev. Lee Ann Hogle ministers to the Ayer's Cliff, Magog & Georgeville United Churches; Rev. Carole Martignacco is Consulting Minister to UU Estrie-Unitarian Universalists in North Hatley.

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THE RECORD

TALK

YOUR WEEKLY GUIDE TO TOWNSHIPS CULTURE

NOVEMBER 3 - NOVEMBER 9, 2017

New band, Midland, is doing it right

COUNTRY CONNECTION

JESSIE PELLETIER AULIS

If you miss the days when bands were still about traditional country music and performed with distinctive harmonies, there's a new band that will appeal to you. The fact that their first single went No. 1 as fast as it did is a positive indicator that there is a need for modern traditional or neo-traditional country music.

Well, now meet Midland, a country music trio consisting of Mark Wystrach (lead vocals), Jess Carson (lead guitar, background vocals), and Cameron Duddy (bass guitar, background vocals). The group is heavily inspired by the music and styles of the late 70s, 80s and early 90s.

Although the band met in Jackson Hole, Wyoming, they are now based in Dripping Springs, Texas. Their name is taken from a Dwight Yoakam song 'Fair to Midland.' After recording several songs together at Sonic Ranch in El Paso, Texas, they were picked up by and signed with Big Machine Records.

The band describes themselves as "the embodiment of seventies California country, all smooth Eagles harmonies and heart-on-your-sleeve lyrics." Despite their influences, the trio has its own style and a lot of talent.

Their debut single, 'Drinkin' Problem,' caught everyone's attention when we first heard it on the radio, with its smooth melody and its sing-along style. The band wrote the song with Shane McAnally and Josh Osborne, the former of whom also produced it, and Duddy directed the song's music video.

Midland delivers pure country music with catchy melodies and lyrics, and does their part to keep the "Bakersfield Sound" alive and well, especially on 'Make a Little.' The album's second single, 'Make a Little' was released to country radio on September 25. It looks like this single will also be a favourite with country music fans.

Before the band's founding, lead singer Mark Wystrach was an actor and underwear model, while bass player Cameron Duddy worked as a music video director, and won an MTV Video Music Award for directing the video for 'Locked Out of Heaven' by Bruno Mars.

The band members met at a wedding in Jackson Hole, Wyoming. Billboard describes the band's sound as "a definite George Strait '80s New Traditionalist feel to it, combined with the rich California harmonies that made The Eagles legendary." This description of who they are and what the band has to offer is very accurate.

Members Wystrach, Cameron Duddy, and Jess Carson harmonize on all of their songs and this is something you don't hear that much these days. Their voices do blend together in a way that makes you stop and think just how great they are.

This album titled On the Rocks is packed with great, infectious honky-tonk tunes complete with rich harmonies and beautiful instrumental accents, including some soaring pedal steel guitar and the kind of piano work reminiscent of Ray Price's album.

You might not hear on country radio that kind of numbers about being lonely in a bar and looking at the world through the bottom of a glass, but they're certainly present on this record.

From the first track, 'Lonely for You Only,' you know that this is a country album, the kind of country music that we are always hoping for. The rest of the album is consistently good, and the omnipresence of fiddle and pedal steel guitar is a delight to any true country fan.

The album also offers songs such as 'Altitude Adjustment,' 'Electric Rodeo,' 'Somewhere on the Wind,' and all of them are great numbers. This new album steers away from the insipid trends and lame pop music that has been coming out of Nashville these last ten years. Thankfully, Midland is doing it right.

It is Country music with a traditional sound. This is the kind of music that works well with a cold beer and good friends. This is also one of those albums where you don't want to skip any songs, as each one is just as good as the one before it.

In 2017, Midland was signed as an opening act for Tim McGraw's and Faith Hill's tours. The band will also accompany Little Big Town on tour in 2018. Hope we get to see them live.

A new release for Shelton

Blake Shelton kicked this year off with the release of the single 'Doing It To Country Songs,' and he will start 2018 with his fellow "Country Music Freaks" on his just announced headlining tour. Fans have been expecting this tour for a while.

Shelton will hit the road alongside Brett Eldredge, Carly Pearce, and very special guest Trace Adkins on February 15 in Tulsa, Oklahoma. The upcoming tour will showcase fan favourites along with music from Shelton's latest project, Texoma Shore.

The new album hits the market today (Friday, November 3), while the lead single 'I'll Name The Dogs' is quickly rising on the charts. The romantic tune is approaching Top 10 this week at country radio.

Russell Peters' CTV series 'Indian Detective' to premiere Nov. 23

The Canadian Press

Russell Peters's four-part dramedy series "The Indian Detective" will premiere on CTV on Nov. 23.

The series stars the Canadian comedian as a Toronto cop who gets caught up in a murder case while visiting his father in Mumbai.

The cast also includes Canadian actor William Shatner, Bollywood veteran Anupam Kher, and "Suits" actress Christina Cole.

The series was filmed on location in Toronto, Mumbai, and Cape Town.

It will be Peters's first starring role in a scripted TV show.

The series will air Thursdays after top-rated "Big Bang Theory" and the spinoff "Young Sheldon."

"Canadians — I think you'll love, or at least like my new series #TheIndianDetective," Peters wrote on Twitter on Thursday. "Otherwise you're dead inside."

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Daniel Levy on hosting 'The Great Canadian Baking Show'

By Victoria Ahearn
THE CANADIAN PRESS

On the surface, comedy star Daniel Levy's hosting role on "The Great Canadian Baking Show" may seem ironic.

After his days making audiences laugh on several MTV Canada after-shows, he had no interest in hosting a TV show again, says the star and co-creator of "Schitt's Creek."

And he's a terrible baker, he admits.

"It is almost stuff of legend how bad I am as a cook," Levy said with a laugh in a recent phone interview.

"I'm an invitee to a dinner party. I'm not the person who's inviting you over."

Yet when Levy watched the wildly popular BBC series "The Great British Baking Show" on Netflix, he got swept up in its thoughtful portrayal of amateur confectionery makers competing in a series of challenges.

"I found myself being quite moved by a show that prides itself not on tearing people down but rather lifting people up," he said. "It is a competition-based show but the competition isn't about bakers talking trash about each other or sabotaging each other. It's about the baker and their oven, not the baker and the baker beside them."

Levy became a "diehard" fan and tweeted that if the show ever came to Canada, he would love to throw his hat in the ring to host.

"I woke up the next morning to a barrage of tweets back at me not only letting me know that it was coming to Canada but that it was coming to CBC," he said.

"By the end of the week I had gotten a call asking if I was legitimately interested."

Debuting Wednesday, "The Great Canadian Baking Show" features a diverse slate of 10 amateur bakers, from a human rights lawyer to a dentist and a graphic designer.

In each episode, they compete in visually sumptuous culinary challenges over three rounds — the Signature Bake, the Technical Bake and the Show Stopper.

The final three then compete for the "Great Canadian Baking Show" title.

Levy co-hosts alongside British actress Julia Chan. Pastry chefs Bruno Feldeisen and Rochelle Adonis serve as judges.

"Those guys opened my mind to new things that I never knew you could do or knew you could eat or knew you could have those flavour combinations," said Feldeisen, the French-born former executive pastry chef for the Four Seasons in New York and Vancouver.

Like Levy, Feldeisen was also drawn in by the positivity in a TV genre that can sometimes be cutthroat.

"I think it was very well-spirited, it brings the best of people out," he said. "When we left, everybody was crying."

Levy said he became known as "the sampler" on set.

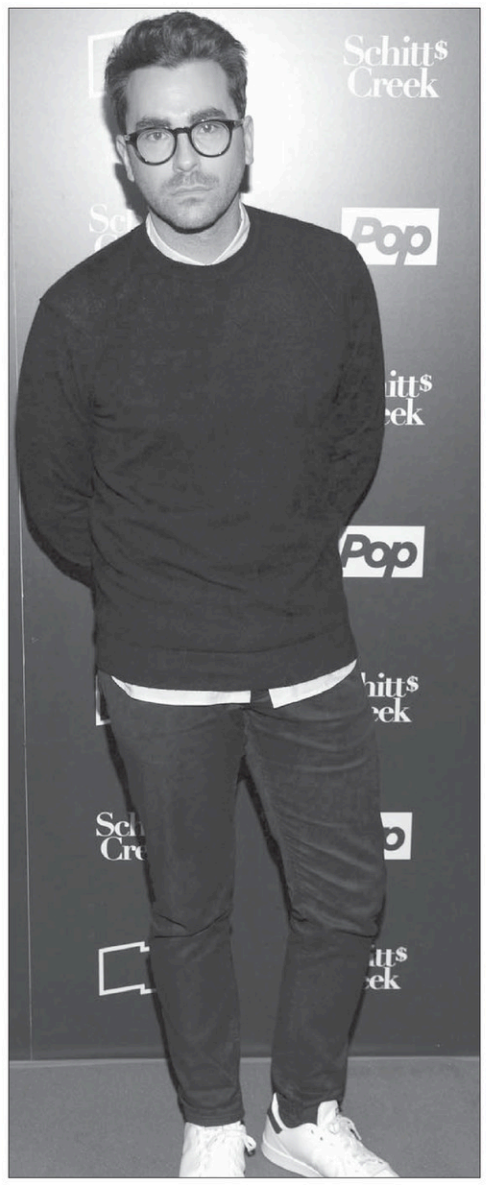
"I thought, 'If I'm going to do it you have to go all in, so I want to know every step of the process.'"

Levy even tried honing his baking skills before filming.

For three weekends in a row, he baked a focaccia bread to try to nail the recipe. By the end, it wasn't great but it was "certainly edible."

"There's so much more to baking than what I thought, which was opening a box of Duncan Hines cake mix and adding a few eggs, some milk and throwing it in the oven," said Levy.

"Bakers are focused on the details and they have the patience levels that I could only dream of having. So it's quite remarkable to sit back and watch these people hone these kills that they've developed in addition to their everyday jobs."



Actor Dan Levy attends the 11th Annual New York Television Festival "Schitt's Creek" screening at the SVA Theatre in New York on Thursday, Oct. 22, 2015. After his days making audiences laugh on several MTV Canada after-shows, he had no interest in hosting a TV show again, says the star and co-creator of "Schitt's Creek."

THE CANADIAN PRESS/AP-INVISION, EVAN AGOSTINI

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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		Megyn Kelly Today		Today-Kathie Lee & Hoda	
CBMT 6	206	301		Daybreak		(:12) Artzooka	(:25) PJ Masks	Var. Programs	Daniel Tiger	(:05) Poko	Chirp	Super Why!	Daniel Tiger	Dragons' Den	
CHLT 7	107	718	F	Salut bonjour (N) (SC)								Lemission	Bien (SC)	Le tricheur	Mario Dumont
			M									(9:59) Deux filles le matin (N)			
			T												
			W												
			Th									(9:59) Ça finit bien la semaine			
WMTW 8	-	-		WMTW News 8 at 6am		Good Morning America				Live with Kelly and Ryan		Steve		The View	
CKSH 9	108	-		Petit Poilu	Jack et	Garfield et cie	Salmigondis	Pyjam.	Arthur	Var. Programs	Marina Orsini			Ricardo	Silence
CKMI 11	-	-		Global News Morning						Morning Show	Huntley Str't	Anna Olson	Food Factory	Security	Income Prop.
CFCF 12	205	312		Your Morning						Live with Kelly and Ryan		The Marilyn Denis Show		The View	
WVNY 22	-	-		Local 22 News This Morning		Good Morning America				The Dr. Oz Show		Paid Program	Paid Program	The View	
WUTV 30	-	-		Paid Program	Paid Program	2 on Your Side Daybreak		Var. Programs	Forensic Files	The 700 Club		Couples Court	Couples Court	Maury	
CFKS 31	106	726	F	Infopublicité	NVL	La loi des nombres (SC)		Atlantis	NVL en bref	Chicago Police	NVL en bref	Histoire	Guerre-clans	CSI: Miami (SC)	
			M		NVL week-end	Loi-nombres	NVL en bref					Infopublicité			
			T		NVL										
			W					Marvel							
			Th												
WUHF	-	363		Paid Program	Good Day R	Good Day Rochester		Good Day Rochester		Judge Mathis		The Wendy Williams Show		Jerry Springer	
WETK	-	-		Classical Strt	World News	Ready Jet Go!	Wild Kratts	Nature Cat	Curious	Curious	Daniel Tiger	Daniel Tiger	Splash	Splash	Sesame Street
WCFE	-	-		Wild Kratts	Odd Squad	Curious	Curious	Daniel Tiger	Daniel Tiger	Splash	Dinosaur Train	Super Why!	Sesame Street	Thomas & Fr.	Arthur
A&E	615	520		Paid Program	Paid Program	Parking Wars	Parking Wars	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Varied Programs		
BRAVO	620	523	F	Relic Hunter (CC)		"Valentine Ever After" (2016) Autumn Reeser. (CC)				Relic Hunter (CC)		"Valentine Ever After" (2016) Autumn Reeser. (CC)			
			M			★★★ "Horses of McBride" (2012) Aidan Quinn. (CC)						★★★ "Horses of McBride" (2012) Aidan Quinn. (CC)			
			T			"A Christmas Song" (2012) Natasha Henstridge. (CC)						"A Christmas Song" (2012) Natasha Henstridge. (CC)			
			W			"Baby's First Christmas" (2012) Casper Van Dien. (CC)						"Baby's First Christmas" (2012) Casper Van Dien. (CC)			
			Th			"Come Dance With Me" (2012) Andrew McCarthy. (CC)						"Come Dance With Me" (2012) Andrew McCarthy. (CC)			
CNN	500	500		Chris and Alisyn		Chris and Alisyn		Chris and Alisyn		CNN Newsroom With John		CNN Newsroom With John		At This Hour With	
DISC	520	505	F	Mayday (CC)		Mayday "Choosing Sides"		Mayday (CC)		Homicide Hunter: Kenda		Bering Sea Gold "Turf War"		Homestead Rescue (CC)	
			M	Alaskan Bush People (CC)		Alaskan Bush People (CC)				How It's Made	How It's Made	Alaskan Bush People (CC)			
			T									Ice Lake Rebels (CC)			
			W									Gold Rush "Double Trouble"			
			Th									Deadliest Catch "Lost at Sea"			
HIST	522	506		Canadian Pickers		Ice Road Truckers		Yukon Gold		Canadian Pickers		Digging	Var. Programs	Oak Island: Digging Deeper	
RDI	126	730		(5:00) RDI matin							L'info				Isabelle Richer
SHOW	616	521		Movie		Varied Programs		Movie				Movie			
SLICE	601	562		ET Canada	Say Yes-Dress	Varied Programs									
SPIKE	628	584		Var. Programs	Prostate	Var. Programs	Paid Program	Var. Programs	Paid Program	Varied Programs					
TLC	521	560		What Not to Wear		7 Little	Var. Programs	7 Little	Varied Programs					Four Weddings	
TSN	400	400	F	SportsCentre	SportsCentre (CC)		SportsCentre (CC)		SportsCentre (CC)		SportsCentre (CC)		SportsCentre (CC)		SportsCentre
			M	SportsCentre (CC)		SportsCentre (CC)		SportsCentre (CC)		SportsCentre (CC)		SportsCentre (CC)		SportsCentre (CC)	
			T	SportsCentre	SportsCentre (CC)		SportsCentre (CC)		SportsCentre (CC)		SportsCentre (CC)		SportsCentre (CC)		SportsCentre
			W												
			Th												
YOUTH	551	542		Loud House	Loud House	Loud House	SpongeBob	SpongeBob	SpongeBob	Cloudy, Meat	Cloudy, Meat	The ZhuZhus	The ZhuZhus	Chuck's	Chuck's

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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		Family Feud	Family Feud	Channel 3	3 News
WPTZ 5	-	-		NBC5 News	Day Jeopardy	Days of our Lives		Steve		Dr. Phil		The Ellen DeGeneres Show		NBC5 News	NBC5 News
CBMT 6	206	301		CBC News Network		Escape to the Country		The Goods		Heartland		Bondi Vet		Murdoch Mysteries	
CHLT 7	107	718		(:02) Le TVA régional		Movie			Var. Programs	TVA nouvelles	Les feux de l'amour		Top modèles	(4:58) TVA nouvelles	
WMTW 8	-	-		News	Ac. Hollywood	The Chew		General Hospital		The Ellen DeGeneres Show		WMTW News 8 at 4pm		WMTW News 8 at 5PM	
CKSH 9	108	-	F	Telejournal	Regard	Castle ⫏ (SC)		Virginie (SC)	Virginie (SC)	Terre humaine	Terre humaine	Entrée principale (N) (SC)			Silence
			M		Animo (SC)										
			T		Monde-parlait										
			W		La facture										
			Th		L'épicerie										
CKMI 11	-	-		Global News	ET Canada	Days of our Lives		The Talk		Rachael Ray		Millionaire	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	The Chew		General Hospital		The People's Court		Judge Judy	Judge Judy	Judge Judy	Judge Judy
WUTV 30	-	-		The Steve Wilkos Show		Maury		Judge Mathis		Jerry Springer		Steve		Family Feud	Family Feud
CFKS 31	106	726		Occupation Do	Movie				Movie				Les Simpson	Les Simpson	Coup
WUHF	-	363		The Steve Wilkos Show		Maury		Judge Judy	Divorce Court	Hot Bench	Hot Bench	Judge Judy	Judge Judy	The People's Court	
WETK	-	-		Sesame Street	Dinosaur Train	Peg Plus Cat	Charlie Rose		Nature Cat	Nature Cat	Wild Kratts	Wild Kratts	Odd Squad	Odd Squad	World News
WCFE	-	-	F	Nature (Taped) ㏄ (DVS)		Underground	Nature Cat	Ready Jet Go!	Wild Kratts	Dinosaur Train	Curious	Splash	Odd Squad	Daniel Tiger	Cat in the Hat
			M	Antiques Roadshow ㏄		Love Quilting							Homework		
			T	Globe Trekker "Hawaii" ⫏		Rick Steves									
			W	On Home Ground		Cooking									
			Th	NOVA "Killer Floods" ⫏		Mountain Lake									
A&E	615	520		Varied Programs											
BRAVO	620	523		Relic Hunter		Movie				The Social		Varied Programs			
CNN	500	500		Inside Politics		Wolf		CNN Newsroom		CNN Newsroom		The Lead With Jake Tapper		Situation Room With Wolf	
DISC	520	505	F	Deadliest Catch Sean Dwyer and his father's legacy. ⫏ ㏄				How It's Made	Destruction	Fast N' Loud ㏄		Misfit Garage ㏄		Diesel Brothers ㏄	
			M	Deadliest Catch "First Timers"		Deadliest Catch ⫏ ㏄		Edge of Alaska ㏄		Alaska: The Last Frontier		Alaska: The Last Frontier ⫏		Mighty Planes "Twin Otter"	
			T					How It's Made	Destruction	Garage	Garage	Canada's Worst Driver		Tougher	Tougher
			W					Gold Rush: Pay Dirt ㏄		Gold Rush ㏄		Highway Thru Hell		Mighty Planes "Twin Otter"	
			Th					Highway Thru Hell		Alaska: The Last Frontier ⫏		Jade Fever	Jade Fever	Gold Rush ㏄	
HIST	522	506	F	M*A*S*H ⫏	M*A*S*H ⫏	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars	Ice Road Truckers ⫏ ㏄	
			M			Oak Island: Digging Deeper		Oak Island: Digging Deeper		Oak Island: Digging Deeper		Oak Island: Digging Deeper		Oak Island: Digging Deeper	
			T												
			W												
			Th			Real Stories ⫏ ㏄		★★★★ "Saving Private Ryan" (1998) Tom Hanks. U.S. troops look for a missing comrade during World War II.						War Story ⫏	
RDI	126	730		Telejournal	Les ex		L'info					Les ex		En direct avec Patrice Roy	
SHOW	616	521	F	NCIS "Seek" ⫏ ㏄ (DVS)		NCIS "Squall" ㏄ (DVS)		Last-Standing	★★ "Oblivion" (2013, Science Fiction) Tom Cruise, Morgan Freeman. ⫏ ㏄					NCIS "Seek" ⫏ ㏄ (DVS)	
			M					Travelers "Ave Machina" ⫏		Travelers "Protocol 4" ㏄		Travelers "Jacob" ⫏ ㏄			
			T					NCIS ⫏ ㏄ (DVS)				Supergirl "Damage" ⫏ ㏄			
			W							"Lucky Christmas" (2011) Elizabeth Berkley. ⫏ ㏄					
			Th							"The Flight Before Christmas" (2015) Mayim Bialik. ⫏ ㏄					
SLICE	601	562		Varied Programs											
SPIKE	628	584		Varied Programs										Cops	Var. Programs
TLC	521	560		Four Weddings		The Little Couple		The Little Couple		Island Medium	Var. Programs	Island Medium	Varied Programs		
TSN	400	400		SportsCentre	SportsCentre	Varied Programs				NFL Live	Var. Programs	Intention	Var. Programs	SportsCentre	Interruption
YOUTH	551	542		Loud House	SpongeBob	Amigonauts	Amigonauts	Cloudy, Meat	Cloudy, Meat	SpongeBob	SpongeBob	SpongeBob	Loud House	Loud House	Nicky, Ricky

FRIDAY EVENING — NOVEMBER 3, 2017

	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 (N) ⫏	Entertainment Tonight (N)	MacGyver Mac must put out an oil wellhead fire. (N) ㏄		Hawaii Five-0 A string of murders mirrors folklore. (N)		Blue Bloods A basketball player is found dead. (N) ⫏		Channel 3 News	(:35) The Late Show With Stephen Colbert (N) ㏄	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) ⫏ ㏄	Wheel of Fortune (N) ⫏	Blindspot A group tries to hijack a satellite. (N) ⫏ ㏄		Dateline NBC (N) ⫏ ㏄				NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) ㏄	
CBMT 6	206	301	CBC Montreal News (N)	On the Money	Rick Mercer Report ⫏	Coronation Street (N) ⫏	marketplace (N) ⫏ ㏄	Interrupt This Program (N)	the fifth estate (N) ⫏ ㏄		The National (N) ⫏ ㏄		CBC Montreal News (N)	Coronation Street ⫏	First Play Live
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	(6:59) Ça finit bien la semaine (N) (SC)		Du talent à revendre ⫏ (SC)		La liste noire "Dr. Adrian Shaw" ⫏ (Part 1 of 2) (SC)		TVA nouvelles (N)	(:35) Denis Lévesque (N) (SC)		(:35) ★★ "Assaut extrême" (2014, Action) Paul Walker.	
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) ⫏	Jeopardy! (N) ⫏ ㏄	Once Upon a Time "Greenbacks" (N) ⫏ ㏄ (DVS)		(:01) Marvel's Inhumans "Havoc in the Hidden Land"		(:01) 20/20 (N) ⫏ ㏄		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live ⫏ ㏄	
CKSH 9	108	-	Le Téléjournal Estrie (N)	Le TJ Extra ICI Estrie (N)	Galas ComediHa! 2017 (N) (SC)		Ici on chante Dominic Paquet et Maude Guérin. (N)		Au suivant (N) (SC)		Le Téléjournal avec Pascale Nadeau (N) (SC)		(:05) "Les démons" (2015) Laurent Lucas, Édouard Tremblay-Grenier. Premiere. (SC)		
CKMI 11	-	-	(5:30) Global News at 5:30	Global National (N) ⫏	ET Canada	Entertainment Tonight (N)	MacGyver Mac must put out an oil wellhead fire. (N) ㏄		Hawaii Five-0 A string of murders mirrors folklore. (N)		Undercover Boss Canada "Wok Box" ㏄ (DVS)		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 ⫏	Blindspot A group tries to hijack a satellite. (N) ⫏ ㏄		(:01) Marvel's Inhumans "Havoc in the Hidden Land"		Blue Bloods A basketball player is found dead. (N) ⫏		News-Lisa	CTV News Montreal (N)	The Big Bang Theory ⫏
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) ⫏ ㏄	Once Upon a Time "Greenbacks" (N) ⫏ ㏄ (DVS)		(:01) Marvel's Inhumans "Havoc in the Hidden Land"		(:01) 20/20 (N) ⫏ ㏄		Local 22 News (N)	(:35) Jimmy Kimmel Live ⫏ ㏄	
WUTV 30	-	-	The Big Bang Theory ㏄	Judge Judy (N) ⫏ ㏄	Judge Judy (N) ⫏ ㏄	Family Feud (N) ⫏ ㏄	Hell's Kitchen The chefs cook different types of fish.		(:01) The Exorcist "There but for the Grace of God, Go I"		2 on Your Side at 10 (N)	Seinfeld "The Doll" ㏄	Two and a Half Men ⫏	Two and a Half Men ⫏	Last Man Standing ⫏
CFKS 31	106	726	Souper parfait	Les détestables	L'arbitre Deux ex-amants se disputent. (N)		Huissiers (N)	Haute sécurité (N)	★★★ "Voyage au centre de la mémoire" (1990) Arnold Schwarzenegger. En 2084, un ouvrier constate que sa vie n'est qu'un rêve éveillé.					NVL (N)	Zone Séduction
WUHF	-	363	Modern Family ⫏	Modern Family "Arrested"	The Big Bang Theory ㏄	The Big Bang Theory ㏄	Hell's Kitchen The chefs cook different types of fish.		(:01) The Exorcist "There but for the Grace of God, Go I"		13WHAM News at 10 on Fox Rochester (N) (Live) ㏄		DailyMailTV (N) ⫏ ㏄	Impractical Jokers ㏄	Paid Program ㏄
WETK	-	-	PBS NewsHour (N) ⫏ ㏄		BBC Newsnight	Vermont This Week (N)	Washington Week (N) ⫏	The Frog Hollow Green	Great Performances "Noel Coward's Present Laughter" A revival of "Present Laughter." (N) ⫏ ㏄					Charlie Rose (N) ⫏ ㏄	
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N) ⫏ ㏄		Mountain Lake Journal	New York Now ㏄	Great Performances "Noel Coward's Present Laughter" A revival of "Present Laughter." (N) ⫏ ㏄					Charlie Rose (N) ⫏ ㏄	
A&E	615	520	(5:00) Live PD "Live PD -- 10.28.17" Riding along with law enforcement. ⫏ ㏄				(:06) Live PD: Rewind "Live PD: Rewind No. 56" (N) ⫏		Live PD "Live PD -- 11.03.17" Riding along with law enforcement. (N) ⫏ (Live) ㏄						Live PD ⫏ ㏄
BRAVO	620	523	Bones Human remains are found in chocolate. ⫏ ㏄		Bones A melted human carcass is found. ⫏ ㏄		Bones A brilliant surgeon is found dead. ⫏ ㏄		Bones A body is found in a socialite's home. ⫏ ㏄		Bones A murderer is killed by a sniper. ⫏ ㏄		Bones A dancer's skull is discovered. ⫏ ㏄		Bones ⫏ ㏄
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Anderson Cooper 360 (N)		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon		Cooper 360
DISC	520	505	Canada's Worst Driver "Look Here. Look There."		Daily Planet (N) ㏄ (DVS)		Highway Thru Hell "Snowbound" ㏄ (DVS)		Frontier "The Wolf And The Bear" ㏄ (DVS)		Mayday "Terror Over Egypt" (N) ㏄ (DVS)		Mayday "Afghan Nightmare" National Airlines Flight 102.		Ghosts
HIST	522	506	American Pickers The guys find a historic aircraft. ⫏		Superheroes Decoded Superheroes reflect changing values. ⫏ (Part 1 of 2) ㏄				Superheroes Decoded Rebel superheroes challenge authority. ⫏ (Part 2 of 2) ㏄				Hunting Nazi Treasure "Goering's Greed" ⫏ ㏄		Superheroes Decoded
RDI	126	730	Le National (N) (SC)	RDI économie (N) (SC)	24/60 (N) (SC)		Les grands reportages "Et si Montréal était..." (N) (SC)		Le Téléjournal avec Pascale Nadeau (N) (SC)		RDI économie (SC)	Le National (N) (SC)	Le National (N) (SC)	24/60 (SC)	
SHOW	616	521	NCIS "Squall" A murder on a U.S. Navy ship. ⫏		NCIS A Navy reservist's husband goes missing. ⫏		NCIS "Dead Letter" The hunt for the British spy continues.		Transparent (N) ⫏ ㏄	(:45) Transparent "Desert Eagle" (N) ⫏ ㏄		★★★ "Snowpiercer" (2013) Chris Evans. Survivors of a second ice age live aboard a supertrain. ⫏ ㏄			
SLICE	601	562	Million Dollar Listing Los Angeles ⫏ ㏄		Don't Be Tardy ... ⫏	Don't Be Tardy ... ⫏	Don't Be Tardy ... (N)	Don't Be Tardy ... ⫏	★★ "Date Night" (2010) Steve Carell, Tina Fey. A case of mistaken identity leads to a wild adventure. ⫏ ㏄				★★ "Sex and the City" (2008) Sarah Jessica Parker, Kim Cattrall. ⫏ ㏄		
SPIKE	628	584	Cops "Mardi Gras 2003"	Cops ⫏ ㏄	Cops "On the Run" ㏄	Cops "Coast to Coast" ⫏	Cops "Liar Liar" ㏄	Cops ⫏ ㏄	Bellator MMA Live Alumni Phil Davis and Ed Ruth return; Light Heavyweight champion Ryan Bader faces Linton Vassell. (N) ⫏ (Live) ㏄						(12:15) Cops ⫏ ㏄
TLC	521	560	Say Yes to the Dress A bride who lost 175 pounds.		Untold Stories of the E.R. "Dr. Bikini" ⫏ ㏄		Untold Stories of the E.R. "Plastered!" ⫏ ㏄		Untold Stories of the E.R. "Rattled" ⫏ ㏄		Untold Stories of the E.R. A student's head is impaled. ⫏		Untold Stories of the E.R. "Dr. Bikini" ⫏ ㏄		Untold Stories of the ER
TSN	400	400	SportsCentre (N) (Live) ㏄		CFL Football Montreal Alouettes at Hamilton Tiger-Cats. From Tim Hortons Field in Hamilton, Ontario. (N) (Live) ㏄					CFL Football Winnipeg Blue Bombers at Calgary Stampeders. From McMahon Stadium in Calgary, Alberta. (N) (Live) ㏄					
YOUTH	551	542	Henry Danger	Game	School	School	★★★ "Paddington" (2014) Hugh Bonneville. ⫏ ㏄ (DVS)				★★★ "Super 8" (2011) Kyle Chandler, Elle Fanning. ⫏ ㏄				

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Your week on TV

SATURDAY DAYTIME — NOVEMBER 4, 2017

	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** "Yogi" (N)	**Dr. Chris: Pet Vet** (N)	**Innovation Nation**	**The Inspectors**	**Tai Cheng**	**Amazing Abs**	**Better Man**	**Drone Racing** DHL Champions Series.		**The Drive to Atlanta**	**College Football**	**College Football**
WPTZ 5	-	-	**(7:00) Today** Rossen Reports. (N)		**Teen Kids News** (N)	**Hanna Into the Wild**	**The Voyager**	**Wilderness Vet**	**Journey-Dreyer**	**Naturally, Danny Seo**	**Give** (N) (EI)	**Champ Within**	**Paid Program**	**Premier League Soccer** West Ham United FC vs Liverpool FC. (N) (Live)				**College Football**
CBMT 6	206	301	**Napkin Man**	**(:45) PJ Masks**	**Lazoo**	**What He Ate**	**(:15) Booksaboo**	**Daniel Tiger**	**Napkin Man**	**The Studio K Show**	**Our Montreal**		**Napagunnaqullusi: So That You Can Stand**		**The Goods** Shahir prepares mac 'n cheese.		**Figure Skating**	
CHLT 7	107	718	**(6:00) Salut bonjour week-end** (N) (SC)				**Bien** (N) (SC)	**Deux filles le matin** (SC)		**Propulsion** (N) (SC)	**TVA nouvelles** (N)	**Chacun sa route** (N)	**Infopublicité** (SC)	**Les looney tunes**	★★ **"Un monde à l'envers"** (2012) Kirsten Dunst, Jim Sturgess. Premiere. (SC)			
WMTW 8	-	-	**Good Morning America** (N)		**Jack Hanna**	**Ocean Treks**	**Sea Rescue** (N)	**The Wildlife Docs**	**Rock the Park** (N)	**Vacation Creation**	**College Football** Wisconsin at Indiana. The Badgers look to remain undefeated as they take on the Hoosiers from The Rock. (N) (Live)						**Scoreboard**	**College Football**
CKSH 9	108	-	**Sonic Boom**	**Blinky Bill**	**Les roltronics**	**Brigade animo**	**Transformatruc**	**Estrie**	**Ricardo** (SC)	**L'épicerie** (SC)	**Telejournal**	**La facture** (SC)	**Enquête** (SC)		**Au suivant** (SC)		**Inspecteur Barnaby** (SC)	
CKMI 11	-	-	**Fish'n Canada**	**Real Fishing**	**Adv'ture North**	**Fishful Thinking**	**Massive Moves**	**Paid Program**	**Powerboat Television**	**Driving Television**	**Treasures Decoded** "The Turin Shroud"		**Food Truck Face Off** "Venice Beach Battle"		**Holmes Makes It Right** "Caught in a Trap"		**Property Virgins**	**"Contagion"**
CFCF 12	205	312	**Your Morning Weekend** (N)		**It Is Written**	**Corner Gas**	**Operation Smile**		**It Is Written**	**House Money** (N)	**SportsCentre**		**The Disruptors**	**Moneytalk**	★★★ **"Pirates of the Caribbean: The Curse of the Black Pearl"** (2003) Johnny Depp.			
WVNY 22	-	-	**Good Morning America** (N)		**Jack Hanna**	**Ocean Treks**	**Sea Rescue** (N)	**The Wildlife Docs**	**Rock the Park** (N)	**Vacation Creation**	**College Football** Wisconsin at Indiana. The Badgers look to remain undefeated as they take on the Hoosiers from The Rock. (N) (Live)						**Scoreboard**	**College Football**
WUTV 30	-	-	**PiYo Workout!**	**Say bye to bad hair**	**PiYo Workout!**	**Medicare plan?**	**Paid Program**	**Paid Program**	**FOX College Football Pregame** (N)		**College Football** Penn State at Michigan State. The Land Grant Trophy is on the line as the Nittany Lions take on the Spartans in Michigan. (N) (Live)							**College Football**
CFKS 31	106	726	**"Un mariage à l'épreuve"** (2015, Com. Sentimentale) Billy Baldwin, Kari Matchett.				**RPM**		**RPM Plus**		**Infopublicité**	**Occupation Double Bali** Le deuxième tapis rouge à Bali.			★★ **"Tron"** (1982, Enfants) Jeff Bridges, Bruce Boxleitner, Voice of David Warner.			
WUHF	-	363	**Xploration Space**	**Awesome Planet**	**Weird but True**	**Xploration DIY Sci** (N)	**Paid Program**	**Paid Program**	**FOX College Football Pregame** (N)		**College Football** Penn State at Michigan State. The Land Grant Trophy is on the line as the Nittany Lions take on the Spartans in Michigan. (N) (Live)							**College Football**
WETK	-	-	**Daniel Tiger**	**Splash-Bubbles**	**Outdoor Journal**	**MotorWeek** (N)	**Sara's Weeknight**	**Kimball's Milk Street**	**Cooking School**	**Martha Bakes**	**Test Kitchen**	**Cook's Country**	**Woodwright**	**This Old House** (N)	**Ask This Old House**	**Antiques Roadshow** "Our 50 States 1"		**Vermont Memories**
WCFE	-	-	**Daniel Tiger**	**Splash-Bubbles**	**Curious George**	**Nature Cat**	**Greener World**	**Garden Home**	**This Old House** (N)	**Ask This Old House**	**Steven Raichlen's**	**Cooking School**	**Martha Bakes**	**Lidia's Kitchen**	**Mexican Table**	**Cook's Country**	**Test Kitchen**	**Antiques Roadshow**
A&E	615	520	**Flipping Vegas** "Yancey's Eleven"		**Flipping Vegas** Scott finds cats in a home.		**Zombie House Flipping** (N)		**Zombie House Flipping**		**Live PD: Rewind** "Live PD: Rewind No. 13"				**Live PD** "Live PD -- 03.17.17" Riding along with law enforcement.			
BRAVO	620	523	**Blue Bloods** Army veterans rob a bank.		**Blue Bloods** "Home Sweet Home"		**Blue Bloods** "Love Stories"		**Blue Bloods** A detective upsets Frank.		**Bones** A dancer's skull is discovered.		**Blue Bloods** Army veterans rob a bank.		**Blue Bloods** "Home Sweet Home"		**Blue Bloods** "Love Stories"	
CNN	500	500	**New Day Saturday** (N)		**Smerconish** (N)		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**				**CNN Newsroom**		**CNN Newsroom**	
DISC	520	505	**Highway Thru Hell** "Snowbound"		**Edge of Alaska** "Frost and Found"		**River Monsters** "Electric Executioner"		**Dual Survival** "Battle of Brazil"		**Edge of Alaska** "No Surrender"		**Mayday** National Airlines Flight 102.		**Mayday** "Terror Over Egypt" (DVS)		**Alaskan Bush People** "Shots Fired"	
HIST	522	506	**Paid Program**	**Paid Program**	**Ice Road Truckers** Steph slides into trees.		**American Pickers** "Catch-32"		**Pawn Stars**	**Pawn Stars**	**Superheroes Decoded** Superheroes reflect changing values. (Part 1 of 2)				**Superheroes Decoded** Rebel superheroes challenge authority. (Part 2 of 2)			
RDI	126	730	**(5:30) RDI matin weekend** (N) (SC)						**L'info** (N) (SC)	**Isabelle Richer**	**Telejournal**	**Telejournal**	**Le National**	**L'info** (N) (SC)	**L'info** (N) (SC)	**L'info** (SC)	**L'info** (N) (SC)	**L'info** (SC)
SHOW	616	521	**Paid Program**	**Last Man Standing**	★★ **"Jack Reacher"** (2012, Action) Tom Cruise, Rosamund Pike, Robert Duvall. A former military investigator probes a sniper attack.						★★ **"G.I. Joe: Retaliation"** (2013, Action) Dwayne Johnson, Bruce Willis, Channing Tatum.					★★ **"X-Men Origins: Wolverine"** (2009) Hugh Jackman.		
SLICE	601	562	**Paid Program**	**Paid Program**	**Paid Program**	**Paid Program**	**Million Dollar Listing Los Angeles**		**The Real Housewives of New Jersey**		**The Real Housewives of New Jersey**		**The Real Housewives of New Jersey**		**The Real Housewives of New Jersey**		**The Jury Speaks**	
SPIKE	628	584	**Wonderland**	**Paid Program**	**Auction Hunters**	**Auction Hunters**	**Auction Hunters**	**Auction Hunters**	**Auction Hunters**	**Auction Hunters**	**Auction Hunters**	**Auction Hunters**	**Auction Hunters**	**Auction Hunters**	**Auction Hunters**	**Auction Hunters**	**Auction Hunters**	**Auction Hunters**
TLC	521	560	**Extreme Chea.**	**Extreme Chea.**	**The Little Couple** "I'm a Little Boss"		**The Little Couple** "I Want to Be President"		**The Little Couple**		**The Little Couple** "I Love Candy!"		**Long Lost Family**		**Long Lost Family**		**Long Lost Family**	
TSN	400	400	**Premier League**	**Premier League Soccer** Stoke City FC vs Leicester City FC. (N) (Live)			**Pregame**		**Premier League Soccer** Southampton FC vs Burnley FC. (N) (Live)				**Premier League**	**UEFA Magazine**	**SC**	**SC**	**SC**	**NBA Basketball**
YOUTH	551	542	**Mysticons**	**Mysticons**	**Mysticons**	**Mysticons**	**Mysticons**	**Turtles**	**Turtles**	**Turtles**	★★★ **"Despicable Me"** (2010)				**Sponge.**	**Sponge.**	**Sponge.**	**Sponge.**

SATURDAY EVENING — NOVEMBER 4, 2017

	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	-	-	**(3:30) College Football** South Carolina at Georgia. The undefeated 8-0 Bulldogs battle the 6-2 Gamecocks in SEC East Division action.						**Channel 3 News**	**Family Feud**	**College Football** LSU at Alabama. (N) (Live)						**Channel 3 News**	**Patriots All Access**	
WPTZ 5	-	-	**(3:30) College Football** Wake Forest at Notre Dame. (N) (Live)						**Jeopardy!**	**Wheel of Fortune**	**2017 Breeders' Cup** (N) (Live)		**Dateline NBC**		**Saturday Night Live** (N)		**NBC5 News**	**(:29) Saturday Night Live** (N)	
CBMT 6	206	301	**(3:00) Figure Skating** ISU Grand Prix: Cup Of China. (N Same-day Tape)				**Montreal News**	**Hockey Central**	**NHL Hockey** Toronto Maple Leafs at St. Louis Blues. From Scottrade Center in St. Louis. (N) (Live)						**NHL Hockey** Pittsburgh Penguins at Vancouver Canucks. (N) (Live)				
CHLT 7	107	718	**(:14)** ★★ **"Les 4 fantastiques et le Surfer d'argent"** (2007) Ioan Gruffudd. (DVS) (SC)				**TVA nouvelles** (N)		★★★ **"Mission: Impossible protocole fantôme"** (2011, Action) Tom Cruise, Jeremy Renner, Simon Pegg. (SC)				★★ **"Sans arrêt"** (2014, Action) Liam Neeson, Julianne Moore, Anson Mount. (SC)				**(:15) TVA nouvelles**	**(:45) "Bienvenue dans la jungle"** (SC)	
WMTW 8	-	-	**(3:30) College Football** Clemson at North Carolina State. (N) (Live)					**Scoreboard**	**Wheel of Fortune**	**Jeopardy!**	**(:07) College Football** Virginia Tech at Miami. A massive matchup in the ACC's Coastal Division pits the 7-1 Hokies against the 7-0 Hurricanes. (N) (Live)						**WMTW News 8**	**Rizzoli & Isles**	
CKSH 9	108	-	**(3:00) Inspecteur Barnaby** (SC)		**La semaine verte** (N) (SC)		**Telejournal Estrie**	**La petite vie** (SC)	**En direct de l'univers** (N) (SC)		**Victoria** "La poupée" Alexandrina adopte le nom de Victoria.		**Le grand rire de...**	**Le Télé-journal**	**Info, sexe**		**Dre Grey, leçons d'anatomie**		**"L'emprise"**
CKMI 11	-	-	**(3:30)** ★★★ **"Contagion"** (2011) Marion Cotillard. (DVS)			**Focus Montreal**	**Global News at 6**	**Global National**	**Border Security**	**Border Security**	**"Flower Shop Mystery: Mum's the Word"** (2016) Brooke Shields, Brennan Elliott.			**Engels**	**Engels**	**Global News**	**(:29) Saturday Night Live** (N)	
CFCF 12	205	312	**"Pirates of the Caribbean: The Curse"**		**Seinfeld**	**Big Bang Theory**	**CTV News Montreal** (N)		**W5** "Family Ties; GSP: Round Two" (N)		**Big Bang Theory**	**The Mayor** (N)	**Criminal Minds** "Sick Day" (DVS)	**The Disappearance** "Burial Grounds"		**News-Rinaldo**	**CTV News Montreal**	**Broad City**	
WVNY 22	-	-	**(3:30) College Football** Clemson at North Carolina State. (N) (Live)					**Scoreboard**	**Scoreboard**	**Local 22 News** (N)	**(:07) College Football** Virginia Tech at Miami. A massive matchup in the ACC's Coastal Division pits the 7-1 Hokies against the 7-0 Hurricanes. (N) (Live)						**Local 22 News** (N)	**Scandal**	
WUTV 30	-	-	**(3:30) College Football** Stanford at Washington State. (N) (Live)						**College Extra**	**College Football** Minnesota at Michigan. The Golden Gophers travel to Michigan Stadium to take on the Wolverines for the Little Brown Jug. (N) (Live)						**Hell's Kitchen** "Josh Josh Josh"	**Paid Program**	
CFKS 31	106	726	★★ **"Hommes, femmes et enfants"** (2014, Drame) Rosemarie DeWitt, Jennifer Garner, Judy Greer.					★★ **"L'épreuve: La terre brûlée"** (2015) Dylan O'Brien. Thomas et les autres Blocards font face à un grand défi.					**(:15)** ★★ **"Complot mortel"** (1997, Suspense) Mel Gibson, Julia Roberts. Un ex-agent secret sombre dans une paranoïa aiguë.						**Zone Séduction**
WUHF	-	363	**(3:30) College Football** Stanford at Washington State. (N) (Live)						**College Extra**	**College Football** Minnesota at Michigan. The Golden Gophers travel to Michigan Stadium to take on the Wolverines for the Little Brown Jug. (N)						**WHAM News**	**Hell's Kitchen** "Josh Josh Josh"	
WETK	-	-	**Vermont Memories**	**Windows Wild**	**Charlie Rose**	**NewsHour Wk**	**Father Brown** "The Tanganyika Green"		**As Time Goes By**	**Detectorists**	**Fresh Fields**	**Coupling**	**Agatha Raisin** "The Vicious Vet"	**Death in Paradise** "One for the Road"		**Austin City Limits** "Miranda Lambert"		**Underground**
WCFE	-	-	**Antiques Roadshow** "Our 50 States 1"		**Montreal, Mon Amour, Mon Histoire**		**R. Steves' Europe**	**NewsHour Wk**	**Mountain Lake**	**New York Now**	**The Coroner** "The Fisherman's Tale"		**Death in Paradise** "Ye of Little Faith"		**Luther**	**Luther** Luther's life spirals out of control.		**Austin City Limit**
A&E	615	520	**(2:00) Live PD** "Live PD -- 03.17.17"		**Live PD** "Live PD -- 10.27.17" Riding along with law enforcement.						**(:06) Live PD: Rewind** (N)		**Live PD** "Live PD -- 11.04.17" Riding along with law enforcement. (N) (Live)						**Live PD**
BRAVO	620	523	**Blue Bloods** A detective upsets Frank.		**Major Crimes** "Reloaded"		**Major Crimes** "Before and After"		**Major Crimes** Raydor fulfills her promise.		**Criminal Minds** "The Bunker"		**Law & Order: Special Victims Unit**		**Lucifer** A food chemist is found dead.		**The Good Doctor** "Not Fake"		**Major Crimes**
CNN	500	500	**CNN Newsroom**		**CNN Newsroom**		**Smerconish**		**CNN Newsroom**		**CNN Newsroom**		**The Wonder List-Bill**		**Anthony Bourd.**		**Anthony Bourd.**		**Wonder**
DISC	520	505	**Highway Thru Hell** "Snowbound"		**Edge of Alaska** "Frost and Found"		**How It's Made**	**How It's Made**	**Ed Stafford: Left for Dead** (N)		**Gold Rush**		**Highway Thru Hell** "Snowbound"		**Misfit Garage** "Muddy Payday"		**Frontier** "The Wolf And The Bear"		**Highway Thru Hell**
HIST	522	506	**Pawn Stars**	**Pawn Stars**	**Pawn Stars**	**Pawn Stars**	**American Pickers** "Catch-32"		**American Pickers** (DVS)		**Pawn Stars**	**Pawn Stars**	★★★ **"The Imitation Game"** (2014, Historical Drama) Benedict Cumberbatch, Keira Knightley.				**Pawn Stars**		**"Imitation Game"**
RDI	126	730	**L'info** (N) (SC)	**Journal France 2**	**Le Télé-journal**	**L'épicerie** (N) (SC)	**La semaine verte** (N) (SC)		**Le National** (N)	**Le National** (N)	**Découverte** (N) (SC)		**Le Télé-journal**	**Les grands reportages** (SC)	**La facture** (N) (SC)	**Le Télé-journal**	**Le National**		**Le Télé-journal**
SHOW	616	521	**(2:30)** ★★ **"X-Men Origins: Wolverine"**		★★ **"Jack Reacher"** (2012, Action) Tom Cruise, Rosamund Pike. A former military investigator probes a sniper attack.						★★ **"X-Men Origins: Wolverine"** (2009, Action) Hugh Jackman, Liev Schreiber, will.i.am.				**Jack Reacher"** (2012, Action) Tom Cruise, Rosamund Pike.				
SLICE	601	562	**The Jury Speaks**		**The Jury Speaks**		**Sex and the City**	**Sex and the City**	★★ **"Failure to Launch"** (2006, Romance-Comedy) Matthew McConaughey.		★★ **"Sex and the City"** (2008) Sarah Jessica Parker. Carrie Bradshaw and her gal pals continue their adventures in New York.								**"Failure-Launch"**
SPIKE	628	584	**Auction Hunters**	**Auction Hunters**	**Auction Hunters**	**Auction Hunters**	**Bar Rescue**		**Bar Rescue** "Momster's Ball"		**Bar Rescue** Helping a failing Irish bar.		**Bar Rescue** "Spoiled Brat Party"		**Bar Rescue** A military hero needs a rescue.		**Bar Rescue**		**Bar Rescue**
TLC	521	560	**Long Lost Family**		**Long Lost Family**		**Long Lost Family**		**Cake Boss**		**Cake Boss** (N)		**(:02) Cake Boss**	**(:32) Cake Boss**	**(:02) Cake Boss**	**(:32) Cake Boss**	**(:02) Cake Boss**		**Cake Boss**
TSN	400	400	**(3:30) NBA Basketball** Memphis Grizzlies at Los Angeles Clippers. (N) (Live)				**SportsCentre** (N) (Live)		**CFL Football** Edmonton Eskimos at Saskatchewan Roughriders. From Mosaic Stadium in Regina, Saskatchewan. (N) (Live)						**CFL Football** Toronto Argonauts at BC Lions. From BC Place Stadium in Vancouver, British Columbia. (N)				
YOUTH	551	542	**Loud**	**Loud**	**Loud**	**Mysticons**	★★★ **"Despicable Me"** (2010)				★★★ **"Despicable Me 2"** (2013)				**Stanley**	**Stanley**	**Just Kid**	**Just Kid**	**Dolphin**

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Your week on TV

SUNDAY DAYTIME — NOVEMBER 5, 2017

	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)			**The Open Road**	**The NFL Today** (N) (Live)		**NFL Football** Denver Broncos at Philadelphia Eagles. Denver wraps up a stretch of three-straight road games with a rare visit to Philadelphia.					
WPTZ 5	-	-	**Sunday Today With Willie Geist** (N)		**Meet the Press** (N)		**Soledad O'Brien**		**On the Money** (N)	**Rizzoli & Isles**	**Major Crimes** The unit investigates a shooting.		**Sports Gone Wild**		**Nitro Circus** Travis Pastana leads an action sport collective.			**Figure Skating**
CBMT 6	206	301	**Coronation Street**	**Coronation Street**	**Coronation Street**	**Coronation Street**	**Coronation Street**	**Coronation Street**	**The Great Canadian Baking Show**		**Maamuitaau** (N)	**marketplace**	**The Goods**		**Our Montreal**		**First Play Live**	**Exhibitionists**
CHLT 7	107	718	**(6:00) Salut bonjour week-end** (N) (SC)				⋆ **"L'amour en jeu"** (2012, Com. Sentimentale) Gerard Butler, Jessica Biel. (DVS) (SC)				**TVA nouvelles** (N)	**La victoire de l'amour**	**Infopublicité** (SC)	**Les gags full ado**	**(:15)** ⋆⋆ **"La nouvelle vie de Whitney Brown"** (2011) Aidan Quinn, Brooke Shields. (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**	**AAA Benefits**	**Paid Program**	**PiYo Workout!**	**AAA Benefits**	**World of X Games** (N)		**2017 TCS New York City Marathon**	
CKSH 9	108	-	**Sous les mers**	**Organisation**	**Par ici la magie**	**Oniva!** (SC)	**Le Jour du Seigneur** (SC)		**Les coulisses du pouvoir** (N) (SC)		**Telejournal**	**La semaine verte** (SC)		**Second Regard** (N)	**100 pour 100 local** (N) (SC)		⋆⋆⋆ **"Raiponce"** (2010) (DVS) (SC)	
CKMI 11	-	-	**Fishful Thinking**	**Princess** Princess Kezia's glamorous life.		**Lorna Dueck**	**Joel Osteen**	**Paid Program**	**The West Block** (N)	**Focus Montreal**	**Entertainment Tonight** (N)		**Rookie Blue** "Butterflies" (DVS)		**Donut Showdown**	**Carnival Eats**	**Eat St.**	**"Snow White"**
CFCF 12	205	312	**etalk**	**The Social**	**Operation Smile**		**Celebrity Style Story**	**Church of the Rock**	**Question Period** (N)		**SportsCentre**		**NFL Football** Los Angeles Rams at New York Giants. (N) (Live)					
WVNY 22	-	-	**Good Morning America** (N)		**This Week W/ George Stephanopoulos**		**What Matters**	**The Key of David**	**Holiday**	**Paid Program**	**Larry King Sp.**	**Star Shower**	**Paid Program**	**Paid Program**	**World of X Games** (N)		**2017 TCS New York City Marathon**	
WUTV 30	-	-	**The Ernest Angley Hour**		**FOX News Sunday With Chris Wallace** (N)		**Sharyl Attkisson**	**The Key of David**	**PiYo Workout!**	**Medicare plan?**	**FOX NFL Sunday** (N) (Live)		**NFL Football** Los Angeles Rams at New York Giants. (N) (Live)					
CFKS 31	106	726	**"Collège : mode d'emploi"** (2016) Chloe East. La soeur de Jessica lui donne une liste.				**RPM** (N)		**RPM Plus** (N)		**Zone VL**	**Trouve-moi ça !**	**CSI: Miami** L'enlèvement d'un bébé. (SC)		⋆⋆⋆ **"Maîtresse America"** (2015, Comédie) Greta Gerwig, Lola Kirke. Premiere.			
WUHF	-	363	**Wild America**	**Medicare plan?**	**FOX News Sunday With Chris Wallace** (N)		**Sharyl Attkisson**	**Rochester Press Box**	**FOX NFL Kickoff** (N) (Live)		**FOX NFL Sunday** (N) (Live)		**NFL Football** Los Angeles Rams at New York Giants. (N) (Live)					
WETK	-	-	**Daniel Tiger**	**Splash-Bubbles**	**Curious George**	**Nature Cat**	**Ready Jet Go!** (EI)	**Wild Kratts**	**To the Contrary**	**Vermont This Week**	**Finding Your Roots** "Immigrant Nation" (N)		**New England**	**The Frog**	**Wildlife Management Areas**		**Saving Our Waters**	**Saving Our Waters**
WCFE	-	-	**Daniel Tiger**	**Splash-Bubbles**	**Washington Week**	**Scully: World**	**Mountain Lake**	**New York Now**	**Charlie Rose**	**R. Steves' Europe**	**NOVA** The Great Hurricane of 1780. (N)		**The Crimson Field**		**The Crimson Field**		**The Crimson Field**	
A&E	615	520	**Hoarders** "Al; Julie"		**Hoarders** "Becky; Clare"		**Hoarders** "Judy; Jerry"		**Hoarders** "Susan & Michael"		**Hoarders** "Diana; Dolores"		**Hoarders** "Ellen & Gloria"		**Storage Wars: Biggest Fights** Darrell takes on rival Ivy Calvin.			
BRAVO	620	523	**"Northpole"** (2014) Tiffani Thiessen. A boy tries to help his mom rediscover the Christmas spirit.				**"Northpole: Open for Christmas"** (2015, Fantasy) Lori Loughlin, Bailee Madison.				⋆⋆⋆ **"Elf"** (2003) Will Ferrell. A man leaves Santa's workshop to search for his family.				**"Northpole"** (2014) Tiffani Thiessen. A boy tries to help his mom rediscover the Christmas spirit.			
CNN	500	500	**Inside Politics** (N)		**State/Union**		**Fareed Zakaria GPS**		**Reliable Sources** (N)		**State/Union**		**Fareed Zakaria GPS**		**CNN Newsroom**		**CNN Newsroom**	
DISC	520	505	**Ed Stafford: Left for Dead**		**Tanked** Current state of greatest tanks.		**Treehouse Masters**		**Yukon Men** Charlie and James track a moose.		**Bering Sea Gold** "No Place Like Nome"		**Heavy Rescue: 401** (DVS)		**Gold Rush** "The Viking vs. the Mechanic"		**Highway Thru Hell** "Snowbound"	
HIST	522	506	**Paid Program**	**Paid Program**	**Hunting Nazi Treasure** "Goering's Greed"		**American Pickers** "Airstream Dream"		**Pawn Stars**	**Pawn Stars**	**Ultimate Auctions**		**American Pickers** (DVS)		**Forged in Fire** "Tabar-Shishpar"		**Forged in Fire** The legendary Cutlass Sword.	
RDI	126	730	**(5:30) RDI matin weekend** (N) (SC)						**L'info** (N) (SC)	**L'épicerie** (SC)	**Telejournal**	**Les coulisses du pouvoir** (SC)		**L'info** (N) (SC)	**L'info** (N) (SC)	**L'info** (SC)	**L'info** (N) (SC)	**L'info** (SC)
SHOW	616	521	**Paid Program**	**Paid Program**	**NCIS** Investigating a helicopter crash.		⋆⋆ **"X-Men Origins: Wolverine"** (2009) Hugh Jackman. Wolverine becomes involved with the Weapon X program.					⋆⋆ **"Jack Ryan: Shadow Recruit"** (2014) Chris Pine. Ryan uncovers a Russian plot to collapse the U.S. economy.					⋆⋆ **"Red"** (2010) Bruce Willis.	
SLICE	601	562	**Paid Program**	**PiYo Workout!**	**Paid Program**	**Paid Program**	**The Real Housewives of Atlanta**		**The Real Housewives of Atlanta**		**The Real Housewives of Atlanta**		**The Real Housewives of Atlanta**		**The Real Housewives of Orange County**		**Sex and the City**	**"I Don't Know"**
SPIKE	628	584	**Paid Program**	**Paid Program**	**Xtreme Off Road**	**Engine Power** (N)	**Truck Tech**	**Detroit Muscle** (N)	⋆⋆ **"Rocky IV"** (1985, Drama) Sylvester Stallone, Talia Shire, Burt Young.				⋆⋆⋆ **"The Dark Knight Rises"** (2012, Action) Christian Bale, Anne Hathaway. Batman faces a masked villain named Bane.					
TLC	521	560	**Say Yes to the Dress**		**Say Yes to the Dress** "The Shay Way"		**Say Yes to the Dress** "Love is Love"		**Hoarding: Buried Alive**		**Hoarding: Buried Alive** Sharon; Len.		**Hoarding: Buried Alive** "As Bad as It Gets"		**Hoarding: Buried Alive**		**My 600-Lb. Life** "Tanisha's Story"	
TSN	400	400	**SportsCentre**		**SportsCentre**		**Sunday NFL Countdown** (N) (Live)						**Motoring TV**	**Boxing** From Los Angeles. (N)		**MLS Pre-Game**	**MLS Soccer**	
YOUTH	551	542	**Sponge.**	**Sponge.**	**Sponge.**	**Loud**	**Loud**	**Loud**	**Mysticons**	**Mysticons**	⋆⋆⋆ **"Despicable Me 2"** (2013)				**Sponge.**	**Sponge.**	**Sponge.**	**Sponge.**

SUNDAY EVENING — NOVEMBER 5, 2017

	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	-	-	**NFL Football**	**(:25) NFL Football** Kansas City Chiefs at Dallas Cowboys. (N) (Live)						**60 Minutes** (N)		**Wisdom of the Crowd** "Trojan Horse" (N)		**NCIS: Los Angeles** (N) (DVS)		**Madam Secretary** "Persona Non Grata"		**Channel 3 News**	**CSI: Miami**
WPTZ 5	-	-	**Figure Skating**	**Figure Skating** ISU Grand Prix: Cup of China. From Beijing.			**NBC5 News at 6**	**Nightly News**	**Football Night in America** (N) (Live)			**(:20) NFL Football** Oakland Raiders at Miami Dolphins. (N) (Live)						**NBC5 News**	**Soledad O'Brien**
CBMT 6	206	301	**Figure Skating**		⋆⋆⋆⋆ **"Toy Story"** (1995, Children's) Voices of Tom Hanks, Tim Allen.				**Heartland** "Strange Bedfellows" (N)		**The Nature of Things** "Into the Fire" (N)		**CBC Docs POV** (N)		**The National** (N)		**Montreal News**		⋆⋆⋆ **"Weiner"** (2016)
CHLT 7	107	718	⋆ **"Les Schtroumpfs 2"** (2013, Enfants) Neil Patrick Harris, Brendan Gleeson. (DVS) (SC)				**TVA nouvelles** (N)	**Vlog** (N) (SC)	**La voix junior** Le coach détermine ceux qui accèdent aux chants de bataille. (N) (SC)				**La vraie nature** (N) (SC)		**TVA nouvelles** (N)	**(:45) "Orage d'automne"** (2014, Suspense) Patricia Clarkson. Premiere. (DVS) (SC)			
WMTW 8	-	-	**(3:00) 2017 TCS New York City Marathon**		**Entertainers: With Byron Allen**		**WMTW News 8**	**World News**	**The Toy Box** (N)		**America's Funniest Home Videos** (N)		**Shark Tank** (N) (DVS)		**Shark Tank** (N) (DVS)		**WMTW News 8**	**Soledad O'Brien**	**Person of Interest**
CKSH 9	108	-	**(3:00)** ⋆⋆⋆ **"Raiponce"** (2010)		**Esprit critique** (SC)		**Telejournal Estrie**	**Découverte** (N) (SC)		**Ici Laflaque** (N)	**Tout le monde en parle** (N) (SC)				**(:15) Le Téléjournal avec Pascale Nadeau**		**(:15) Infoman**	**(:45) Pour l'amour du country** (SC)	
CKMI 11	-	-	**(3:30)** ⋆⋆ **"Snow White and the Huntsman"** (2012) Kristen Stewart, Charlize Theron.				**Global News at 6**	**Global National**	**Border Security**	**The Simpsons** (N)	**Wisdom of the Crowd** "Trojan Horse" (N)		**NCIS: Los Angeles** (N) (DVS)		**Madam Secretary** "Persona Non Grata"		**Decision 2017**		**The West Block**
CFCF 12	205	312	**SportsCentre**	**(:25) NFL Football** Kansas City Chiefs at Dallas Cowboys. (N) (Live)						**SportsCentre**	**Shark Tank** (N) (DVS)		**The Disappearance** "Redemption"		**Shark Tank** (N) (DVS)		**Newsrinaldo**	**CTV News Montreal**	**The Beaverton**
WVNY 22	-	-	**(3:00) 2017 TCS New York City Marathon**		**Paid Program**	**Paid Program**	**World News**	**Local 22 News** (N)	**The Toy Box** (N)		**America's Funniest Home Videos** (N)		**Shark Tank** (N) (DVS)		**Shark Tank** (N) (DVS)		**Local 22 News** (N)	**Graham Bensinger**	**Judge Judy**
WUTV 30	-	-	**FOX NFL Postgame**	**Raw Travel** (N)	⋆⋆⋆ **"Batman Begins"** (2005, Action) Christian Bale, Michael Caine, Liam Neeson.				**The Simpsons**	**Bob's Burgers**	**The Simpsons** (N)	**Ghosted** (N)	**Family Guy** (N)	**Last Man-Earth**	**2 on Your Side at 10**	**Big Bang Theory**	**Ring of Honor Wrestling**		**Seinfeld**
CFKS 31	106	726	**(3:55) NVL en bref**	**(:16)** ⋆⋆ **"Confessions d'une accro du shopping"** (2009) Isla Fisher, Hugh Dancy.				**Occupation Double Bali** (N)			**OD plus en direct**		**Occupation Double Bali**			**(:31) Cinéma**			**Zone Séduction**
WUHF	-	363	**FOX NFL Postgame**	**Prostate Health**	⋆⋆⋆ **"Batman Begins"** (2005, Action) Christian Bale, Michael Caine, Liam Neeson.				**The Simpsons**	**Bob's Burgers**	**The Simpsons** (N)	**Ghosted** (N)	**Family Guy** (N)	**Last Man-Earth**	**WHAM News**	**Sharyl Attkisson**	**Engagement**	**Medicare plan?**	**2 Broke Girls**
WETK	-	-	**Saving Waters**	**New England**	**Ecosense for Living**	**NewsHour Wk**	**The Great British Baking Show**		**A Place to Call Home**		**The Durrells in Corfu on Masterpiece** (N)		**Poldark on Masterpiece** (N)		**The Collection on Masterpiece** (N)		**The Tunnel: Sabotage**		**Durrells in Corfu**
WCFE	-	-	**The Crimson Field**		**The Crimson Field**		**The Crimson Field** Kitty feels guilty.		**The Great British Baking Show**		**The Durrells in Corfu on Masterpiece** (N)		**Poldark on Masterpiece** (N)		**The Collection on Masterpiece** (N)		**Lake of Betrayal**		**Durrells in Corfu**
A&E	615	520	**(2:00) Storage Wars: Biggest Fights** Darrell takes on rival Ivy Calvin.				**Storage Wars**	**Storage Wars**	**Storage Wars**	**Storage Wars**	**Storage Wars**	**Storage Wars**	**Storage Wars**	**Storage Wars**	**(:01) Storage Wars**	**(:32) Storage Wars**	**(:03) Save It or Sell It** (N)		**Storage Wars**
BRAVO	620	523	**"Northpole: Open for Christmas"** (2015, Fantasy) Lori Loughlin, Bailee Madison.				⋆⋆⋆ **"Elf"** (2003) Will Ferrell. A man leaves Santa's workshop to search for his family.				**"A Heavenly Christmas"** (2016, Drama) Kristin Davis, Eric McCormack.				**Good Behavior** "I Think It's a Sign" (N)		**"A Heavenly Christmas"** (2016, Drama) Kristin Davis.		
CNN	500	500	**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**Anthony Bourd.**		**This Is Life**		**This Is Life**		**Anthony**
DISC	520	505	**Misfit Garage** "Muddy Payday"		**Alaskan Bush People** "Browntown Boom"		**How It's Made**	**How It's Made**	**Mighty Planes** "Twin Otter" (N)		**Edge of Alaska** "Crossing Thin Ice"		**Alaska: The Last Frontier Exposed** (N)		**Alaska: The Last Frontier** (N)		**Buying Alaska**	**Buying Alaska**	**Edge of Alaska**
HIST	522	506	**Counting Cars**	**Counting Cars**	**Pawn Stars**	**Pawn Stars**	**American Pickers** "Airstream Dream"		**Forged in Fire** "Tabar-Shishpar"		**Hunting Nazi Treasure**		**Mountain Men** "Birthright" (N)		**Forged in Fire**		**American Pickers** "Airstream Dream"		**Mountain Men**
RDI	126	730	**L'info** (N) (SC)	**Journal France 2**	**Le Télé-journal**	**La facture** (SC)	**Le Télé-journal**	**Élections municipales 2017 - La soirée** (N) (SC)											**Élections**
SHOW	616	521	**(3:00)** ⋆⋆ **"Red"** (2010) Bruce Willis, Morgan Freeman.		⋆⋆ **"Red 2"** (2013) Bruce Willis, John Malkovich. Retired operatives return to retrieve a lethal device.						⋆⋆ **"Jack Ryan: Shadow Recruit"** (2014, Action) Chris Pine, Kevin Costner, Kenneth Branagh.					⋆⋆ **"Red"** (2010, Action) Bruce Willis, Morgan Freeman, John Malkovich.			
SLICE	601	562	**(3:30)** ⋆ **"I Don't Know How She Does It"** (2011, Comedy)		⋆ **"Did You Hear About the Morgans?"** (2009, Comedy) Hugh Grant, Sarah Jessica Parker, Sam Elliott.						**The Real Housewives of Atlanta**		**Xscape Still Kickin' It** (Series Premiere) (N)		**The Real Housewives of Orange County**		**The Real Housewives of Atlanta**		**Xscape Still**
SPIKE	628	584	**(1:00)** ⋆⋆⋆ **"The Dark Knight Rises"**		**To Be Announced**		**Bar Rescue** "Spoiled Brat Party"		**Bar Rescue** A military hero needs a rescue.		**Bar Rescue** "We're Gonna Need a Bigger Boat" A grieving son struggles to run a bar.								⋆⋆⋆ **"Hellboy"**
TLC	521	560	**(3:00) My 600-Lb. Life** "Tanisha's Story"		**My 600-Lb. Life** "Erica's Story" Erica regrets not keeping a promise.				**90 Day Fiancé: More to Love** (N)		**90 Day Fiancé** "Family First" Elizabeth lands in Ireland. (N)				**(:08) My Giant Life** "Shortest to Tallest"		**(:12) 90 Day Fiancé** "Family First" Elizabeth lands in Ireland.		
TSN	400	400	**MLS Soccer**		**MLS Soccer** Columbus Crew SC at New York City FC. (N) (Live)					**MLS Soccer** Houston Dynamo at Portland Timbers. (N) (Live)					**NFL Football** Oakland Raiders at Miami Dolphins. (N)			**SportsCentre**	**SportsCentre**
YOUTH	551	542	**Loud**	**Loud**	**Loud**	**Mysticons**	⋆⋆⋆ **"Cloudy With a Chance of Meatballs"**				**Game On**	**The Toy Box** (N)		**JoJo Siwa**	**Hunter**	**Hunter**	**Just Kid**	**Just Kid**	**Cloudy**

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Canadian comedy show gives the narrative back to survivors of sexual assault

By Maija Kappler
THE CANADIAN PRESS

Heather Jordan Ross and Emma Cooper wish their comedy show wasn't so relevant.

Not that "Rape is Real and Everywhere: Rape Jokes by Survivors" is only suddenly topical, they insist.

"People keep on saying, 'This Weinstein thing makes your show super-relevant,"' says Ross, a native of Fortune, P.E.I.

"And we say: 'Yeah, just like Cosby made it super-relevant, and Ghomeshi made it super-relevant.' Unfortunately, there's always some gigantic creepy (person) making our show super-relevant."

Ross and Cooper have embraced the tricky balance of using humour to discuss sexual assault and harassment at a time when late-night TV hosts have been reticent to go there.

The first allegations against Hollywood titan Harvey Weinstein broke in the New York Times on Oct. 5, a Thursday, but they didn't get mentioned in most late-night monologues until the next week. Any mention of Weinstein was also noticeably absent from "Saturday Night Live" that first weekend.

On Oct. 13, James Corden was hosting a charity gala in Los Angeles and built a joke around the Weinstein headlines — which backfired.

"It's a beautiful night here in L.A.," Corden reportedly told the crowd at the beginning of the event. "So beautiful, Harvey Weinstein has already asked tonight up to his hotel to give him a massage."

Asia Argento and Rose McGowan, two of the women who have accused Weinstein of rape, tweeted that his jokes were in poor taste. He was making light of people's very real pain, they said, treating trauma like a punchline.

Through his spokeswoman, Weinstein has denied engaging in any non-consensual sexual contact.

Facing an intense backlash, Corden apologized. "I was not trying to make light of Harvey's inexcusable behaviour, but to shame him, the abuser, not his victims," he said in a statement.

Emer O'Toole, professor of performance studies and Irish studies at Concordia University, wasn't impressed by Corden's joke but has seen Ross and Cooper's show and applauds their approach.

"From any perspective, (Corden's was) just a really crap joke," says O'Toole, who is also a member of the school's working group on feminism and controversial humour.

"The joke is, 'Tonight is so beautiful that Harvey Weinstein would want to rape it.' It's just ... lazy in terms of structure, in terms of context. How much thought went into that? How much imagination went into it?"

THE CANADIAN PRESS/HO-SCOTT MCLEAN

Vancouver comedians Heather Jordan Ross, right, and Emma Cooper are shown in this undated handout image. Jokes about sexual assault are often contentious in the comedy world.

But "Rape is Real and Everywhere" succeeds in giving narrative control back to survivors, she adds.

"Of course rape isn't funny, but these comedians really are," O'Toole says.

"The ways in which they're framing their stories and the skill they apply to framing those narratives (means) we end up laughing at rapists. We end up laughing at the ridiculous things that survivors are made to feel about their assaults."

Appropriately enough, the idea for

CONT'D ON PAGE 16

WIN V.I.P. TICKETS & DINNER

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Would you like to win a pair of V.I.P. tickets to The Washbaord Union Concert (November 26, 8 p.m., at Centennial Theatre) and a $50 gift certificate to Sebby's Pub & Grill?
All you have to do is email The Record with the answer, along with your name and daytime phone number, to the following question by November10 at classad@sherbrookerecord.com.

What Canadian city is The Washboard Union from?

The winner will be randomly drawn on November 13 at 9 a.m.

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Your week on TV

MONDAY EVENING — NOVEMBER 6, 2017

	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** (N)	**Entertainment Tonight** (N)	**Kevin Can Wait** (N)	**9JKL** "TV MD" (N)	**Superior Donuts** (N)	**Me, Myself & I** "Field Trip"	**Scorpion** A device is tracked through the sewers. (N)		**Channel 3 News**	**(:35) The Late Show With Stephen Colbert** (N)	
WPTZ 5	-	-	**NBC5 News at 6** (N)	**NBC Nightly News - Holt**	**Jeopardy!** (N)	**Wheel of Fortune** (N)	**The Voice** "The Knockouts, Part 2" Teammates are pitted against each other. (N)				**(:01) The Brave** The team heads to Paris on a mission.		**NBC5 News at 11** (N)	**(:34) The Tonight Show Starring Jimmy Fallon** (N)	
CBMT 6	206	301	**CBC Montreal News** (N)	**On the Money**	**Coronation Street** (N)	**Coronation Street** (N)	**Murdoch Mysteries** "21 Murdoch Street" (N)		**(:01) Frankie Drake Mysteries** "Mother of Pearl"		**The National** (N)		**CBC Montreal News** (N)	**Coronation Street**	**Coronation Street**
CHLT 7	107	718	**(5:58) TVA nouvelles** (N)	**Le tricheur** (N) (SC)	**(6:59) La voix junior extra**	**Boomerang** (N) (SC)	**L'échappée** "Jusqu'au bout" (N) (SC)		**L'imposteur: la suite** "L'ami de Québec" (N) (SC)		**TVA nouvelles** (N)	**(:35) Denis Lévesque** (N) (SC)		**(:35) Deux filles le matin** Maripier Morin. (SC)	
WMTW 8	-	-	**WMTW News 8 at 6PM** (N)	**ABC World News**	**Wheel of Fortune** (N)	**Jeopardy!** (N)	**Dancing With the Stars** (N) (Live)				**(:01) Living Every Day: Luke Bryan** (N)		**WMTW News 8 at 11** (N)	**(:35) Jimmy Kimmel Live** (N)	
CKSH 9	108	-	**Le Téléjournal Estrie** (N)	**RDI économie** (SC)	**District 31** (N)	**Trop** (N)	**Faits divers** Le corps de Joël Savard a été retrouvé. (N)		**Le siège** La fermeture d'une usine. (DVS) (SC)		**Le Téléjournal avec Céline Galipeau** (N) (SC)		**(:05) Marina Orsini** (SC)		
CKMI 11	-	-	**(5:30) Global News at 5:30**	**Global National** (N)	**ET Canada**	**Entertainment Tonight** (N)	**Kevin Can Wait** (N)	**9JKL** "TV MD" (N)	**Superior Donuts** (N)	**Superstore**	**(:01) The Brave** The team heads to Paris on a mission.		**Global News at 11** (N)	**(:35) The Late Show With Stephen Colbert** (N)	
CFCF 12	205	312	**CTV News Montreal** (N)		**etalk** (N)	**Me, Myself & I** "Field Trip"	**Lucifer** Candy is missing; Lucifer must find her. (N)		**The Gifted** Thunderbird searches for answers. (N)		**(:01) The Good Doctor**		**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)	**Dancing With the Stars** (N) (Live)				**(:01) Living Every Day: Luke Bryan** (N)		**Local 22 News** (N)	**(:35) Jimmy Kimmel Live** (N)	
WUTV 30	-	-	**The Big Bang Theory**	**Judge Judy** (N)	**Judge Judy** (N)	**Family Feud** (N)	**Lucifer** Candy is missing; Lucifer must find her. (N)		**The Gifted** Thunderbird searches for answers. (N)		**2 on Your Side at 10** (N)	**Seinfeld** "The Wait Out"	**Two and a Half Men**	**Two and a Half Men**	**Last Man Standing**
CFKS 31	106	726	**Souper parfait**	**Occupation Double Bali**	**Rire et délire**	**Ambulances animales** (N)	**Scorpion** Une catastrophe menace un village. (SC)		**24 heures chrono: l'héritage** Mullins pourchasse Carter.		**Occupation Double Bali**	**La guerre des clans**	**(:03) Atomes crochus**	**(:33) NVL** (N)	**"Quand la panth"**
WUHF	-	363	**Modern Family**	**Modern Family**	**The Big Bang Theory**	**The Big Bang Theory**	**Lucifer** Candy is missing; Lucifer must find her. (N)		**The Gifted** Thunderbird searches for answers. (N)		**13WHAM News at 10 on Fox Rochester** (N) (Live)		**DailyMailTV** (N)	**Impractical Jokers**	**Paid Program**
WETK	-	-	**PBS NewsHour** (N)		**The This Old House Hour** Building a new floor.		**Antiques Roadshow** Green Bay Packers championship.		**VA: The Human Cost of War** (N)		**Independent Lens** (Season Premiere) Jazz artist John Coltrane. (N)			**Charlie Rose** (N)	
WCFE	-	-	**World News America**	**Nightly Business Report**	**PBS NewsHour** (N)		**Antiques Roadshow** Green Bay Packers championship.		**Second Opinion Special: Overdose: Inside The Epidemic**		**Reversing The Stigma** (N)		**BBC World News**	**Charlie Rose** (N)	
A&E	615	520	**Killer Kids** A young man disappears in Texas.		**Killer Kids** A 17-year-old lashes out.		**Kids Who Kill** Inside the minds of young killers.				**(:01) Women Who Kill** Women who killed family members.				**(12:03) Kids Who Kill**
BRAVO	620	523	**Major Crimes** The team works to solve a murder.		**Major Crimes** Rusty's mother continues to struggle.		**Major Crimes** A surrogate adoption gets complicated.		**"Looks Like Christmas"** (2016, Drama) Anne Heche. A man and a woman butt heads over a Christmas event.				**Major Crimes** "Two Options" A killer prowls Los Angeles.		**Major Crimes**
CNN	500	500	**Situation Room With Wolf**		**Erin Burnett OutFront** (N)		**Anderson Cooper 360** (N)		**Anderson Cooper 360** (N)		**CNN Tonight w/ Don Lemon**		**CNN Tonight w/ Don Lemon**		**Cooper 360**
DISC	520	505	**MythBusters** Ballistic backyard bedlam.		**Daily Planet** "Extreme Machines Week" (N)		**How It's Made** (N)	**Made by Destruction** (N)	**Last Stop Garage** (N)	**Last Stop Garage** (N)	**Canada's Worst Driver** "Threading The Needle" (N)		**Tougher Than It Looks** (N)	**Tougher Than It Looks** (N)	**Last Stop Garage**
HIST	522	506	**American Pickers** A garage door in Indiana.		**Forged in Fire** Smiths from around the world compete.		**Mountain Men** Marty fights to stay in the game.		**Pawn Stars** (N)	**Pawn Stars** (N)	**American Pickers** The guys find a $50,000 comic. (N)		**American Pickers** A garage door in Indiana.		**Pawn Stars**
RDI	126	730	**Le National** (N) (SC)	**RDI économie** (N) (SC)	**24/60** (N) (SC)		**Les grands reportages** Prostitution et proxénétisme.		**Le Téléjournal avec Céline Galipeau** (N) (SC)		**RDI économie** (SC)	**Le National** (N) (SC)	**Le National** (N) (SC)	**24/60** (SC)	
SHOW	616	521	**NCIS** "Revenge" The team searches for Bodnar.		**NCIS** An officer thinks he is being followed.		**Supergirl** Lena is blamed for children's sickness. (N)		**Travelers** "11:27" The team helps plan an assassination.		**NCIS** "Berlin" Investigating a Mossad officer's murder.		**Supergirl** Lena is blamed for children's sickness.		**Travelers** "11:27"
SLICE	601	562	**The Real Housewives of Dallas** "Viva La Mexico"		**The Real Housewives of Dallas** "A Mouthful in Mexico"		**The Real Housewives of Orange County**		**The Real Housewives of Orange County** (N)		**The Real Housewives of Dallas** "Reunion Part 1" (N)		**The Real Housewives of Orange County**		**Housewives/ OC**
SPIKE	628	584	**Cops** "Coast to Coast"	**Cops**	**Cops**	**Cops** Physical altercation.	**Cops** "Scaredy Cat" (N)	**Cops**	**Cops** "Not My Crack"	**Cops**	**Cops**	**Cops** "Tell It to My Wife"	**Cops**	**Cops** "Pass the Rock"	**Cops**
TLC	521	560	**Long Lost Family** A woman searches for her brother.		**Long Lost Family** A couple longs to find their daughter.		**Long Lost Family** A woman who was left on a curb. (N)		**(:04) Long Island Medium** "Reading the Stars"		**(:08) The Healer** "Something Real Is Going On"		**(:13) Long Lost Family**		**Long Island Medium**
TSN	400	400	**Monday Night Countdown** (N) (Live)				**(:15) NFL Football** Detroit Lions at Green Bay Packers. The Packers welcome the Lions to Lambeau Field as one of the NFL's oldest rivalries resumes. (N) (Live)							**SportsCentre** (N)	**SC With Jay and Dan** (N)
YOUTH	551	542	**I Am Frankie** (N)		★★★ **"Puss in Boots"** (2011) Voices of Antonio Banderas.				★★★ **"Puss in Boots"** (2011) Voices of Antonio Banderas.				**Assembly**	**Assembly**	**Puss in Boots**

TUESDAY EVENING — NOVEMBER 7, 2017

	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** (N)	**Entertainment Tonight** (N)	**NCIS** A convicted felon swears he was framed. (N)		**Bull** "No Good Deed" Bull is asked to help a teacher. (N)		**NCIS: New Orleans** A clinical trial gets hacked. (N)		**Channel 3 News**	**(:35) The Late Show With Stephen Colbert** (N)	
WPTZ 5	-	-	**NBC5 News at 6** (N)	**NBC Nightly News - Holt**	**Jeopardy!** (N)	**Wheel of Fortune** (N)	**The Voice** Teammates are pitted against each other. (N)		**This Is Us** Randall adjusts to the foster system. (N)		**Law & Order True Crime: The Menendez Murders** (N)		**NBC5 News at 11** (N)	**(:34) The Tonight Show Starring Jimmy Fallon** (N)	
CBMT 6	206	301	**CBC Montreal News** (N)	**On the Money**	**Just for Laughs: Gags**	**Coronation Street** (N)	**Rick Mercer Report** (N)	**22 Minutes** (N)	**Kim's Convenience** (N)	**Mr. D** "Work to Rule" (N)	**The National** (N)		**CBC Montreal News** (N)	**Coronation Street**	**Rick Mercer Report**
CHLT 7	107	718	**(5:58) TVA nouvelles** (N)	**Le tricheur** (N) (SC)	**(6:59) Lachés lousses** Pierre Hébert et Valérie Chevalier.		**O'** Philippe n'a pas les fonds requis pour appuyer Olivier.		**L'heure bleue** Bernard retourne trop vite au travail. (N)		**TVA nouvelles** (N)	**(:35) Denis Lévesque** (N) (SC)		**(:35) Deux filles le matin** Maripier Morin. (SC)	
WMTW 8	-	-	**WMTW News 8 at 6PM** (N)	**ABC World News**	**Wheel of Fortune** (N)	**Jeopardy!** (N)	**The Middle** "The Setup"	**Fresh Off the Boat** (N)	**blackish** (N) (DVS)	**The Mayor** (N)	**Kevin (Probably) Saves the World** "Rocky Road" (N)		**WMTW News 8 at 11** (N)	**(:35) Jimmy Kimmel Live** (N)	
CKSH 9	108	-	**Le Téléjournal Estrie** (N)	**RDI économie** (SC)	**District 31** (N) (SC)	**La facture** (N) (SC)	**Unité 9** Koffi, le nouvel IPL fait son entrée au Maximum.		**Mémoires vives** Judith Laramée va mieux. (N)		**Le Téléjournal avec Céline Galipeau** (N) (SC)		**(:05) Marina Orsini** (SC)		
CKMI 11	-	-	**(5:30) Global News at 5:30**	**Global National** (N)	**NCIS: New Orleans** A clinical trial gets hacked. (N)		**NCIS** A convicted felon swears he was framed. (N)		**Bull** "No Good Deed" Bull is asked to help a teacher. (N)		**Law & Order True Crime: The Menendez Murders** (N)		**Global News at 11** (N)	**(:35) The Late Show With Stephen Colbert** (N)	
CFCF 12	205	312	**CTV News Montreal** (N)		**etalk** (N)	**The Big Bang Theory**	**The Flash** "Girls Night Out" Iris's bachelorette party. (N)		**This Is Us** Randall adjusts to the foster system. (N)		**Kevin (Probably) Saves the World** "Rocky Road" (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 Middle** "The Setup"	**Fresh Off the Boat** (N)	**blackish** (N) (DVS)	**The Mayor** (N)	**Kevin (Probably) Saves the World** "Rocky Road" (N)		**Local 22 News** (N)	**(:35) Jimmy Kimmel Live** (N)	
WUTV 30	-	-	**The Big Bang Theory**	**Judge Judy** (N)	**Judge Judy** (N)	**Family Feud** (N)	**Lethal Weapon** A death moments before winning a bet.		**The Mick** (N) (DVS)	**Brooklyn Nine-Nine** (N)	**2 on Your Side at 10** (N)	**Seinfeld** "The Invitations"	**Two and a Half Men**	**Two and a Half Men**	**Last Man Standing**
CFKS 31	106	726	**Souper parfait**	**Occupation Double Bali**	**Heure limite** "Sous protection très rapprochée" (SC)		**Éternel** Un père de famille est retrouvé mort. (SC)		**Pure** Noah s'efforce de faire arrêter Gary. (SC)		**Occupation Double Bali**	**La guerre des clans**	**Atomes crochus**	**NVL** (N)	**"Malédiction"**
WUHF	-	363	**Modern Family**	**Modern Family**	**The Big Bang Theory**	**The Big Bang Theory**	**Lethal Weapon** A death moments before winning a bet.		**The Mick** (N) (DVS)	**Brooklyn Nine-Nine** (N)	**13WHAM News at 10 on Fox Rochester** (N) (Live)		**DailyMailTV** (N)	**Impractical Jokers**	**Paid Program**
WETK	-	-	**PBS NewsHour** (N)		**Saving Our Waters**	**Outdoor Journal**	**Finding Your Roots** Bryant Gumbel; Tonya Lewis-Lee.		**The Vietnam War** "The Veneer of Civilization" Nixon wins the presidency. (DVS)				**Nightly Business Report**	**Charlie Rose** (N)	
WCFE	-	-	**World News America**	**Nightly Business Report**	**PBS NewsHour** (N)		**Finding Your Roots** Bryant Gumbel; Tonya Lewis-Lee.		**The Vietnam War** "The Veneer of Civilization" Nixon wins the presidency. (DVS)				**BBC World News**	**Charlie Rose** (N)	
A&E	615	520	**Leah Remini: Scientology and the Aftermath**		**Leah Remini: Scientology and the Aftermath**		**Leah Remini: Scientology and the Aftermath**		**Leah Remini: Scientology and the Aftermath**		**Leah Remini: Scientology and the Aftermath** (N)		**(:10) Intervention** A woman gets addicted to pain pills.		**Leah Remini: Scientology**
BRAVO	620	523	**CSI: Miami** Horatio tries to stop bank robbers.		**CSI: Miami** "Speed Kills" Speed-dating.		**CSI: Miami** The team probes piracy off the coast.		**Major Crimes** "Sanctuary City: Part 2" (N)		**19-2** "Driveby" Ben volunteers for surveillance duty.		**CSI: Miami** "Legal" A woman is murdered at a nightclub.		**CSI: Miami** "Hell Night"
CNN	500	500	**Situation Room With Wolf**		**Erin Burnett OutFront** (N)		**Anderson Cooper 360** (N)		**Anderson Cooper 360** (N)		**CNN Tonight w/ Don Lemon**		**CNN Tonight w/ Don Lemon**		**Cooper 360**
DISC	520	505	**MythBusters** "The Explosion Special" Explosive tall tales.		**Daily Planet** "Extreme Machines Week" (N)		**Gold Rush: Pay Dirt** Todd interferes with Hunter's plant.		**Gold Rush** Todd Hoffman's water supply is illegal. (N)		**Highway Thru Hell** "Junior's Job" (N) (DVS)		**Mighty Planes** The Twin Otter manoeuvres like a bird.		**Gold Rush**
HIST	522	506	**American Pickers** "Bucking Bronco" (DVS)		**Pawn Stars**	**Pawn Stars**	**American Pickers** The guys find a $50,000 comic.		**Forged in Fire** Five former champions return. (N)		**Hunting Nazi Treasure** How much gold the Nazis stole.		**American Pickers** "Bucking Bronco" (DVS)		**Forged in Fire**
RDI	126	730	**Le National** (N) (SC)	**RDI économie** (N) (SC)	**24/60** (N) (SC)		**Les grands reportages** (SC)		**Le Téléjournal avec Céline Galipeau** (N) (SC)		**RDI économie** (SC)	**Le National** (N) (SC)	**Le National** (N) (SC)	**24/60** (SC)	
SHOW	616	521	**NCIS** Parsons' view of the team changes. (DVS)		**NCIS** Tony is determined to find Ziva. (DVS)		**Scorpion** The team must stop a dangerous virus.		**Scorpion** The team races to save Paige and Happy.		**NCIS** A murder is tied to Ducky's late mom.		**NCIS** Searching for Eli and Jackie's killer. (DVS)		**NCIS** (DVS)
SLICE	601	562	**The Jury Speaks** Michael Jackson trial told by jurors.		**The Real Housewives of Orange County**		**The Real Housewives of Dallas** "Reunion Part 1"		**Three Days to Live** "Alice Donovan" (N)		**Killision Course** A man offers a troubled woman stability.		**The Real Housewives of Orange County**		**Three Days to Live**
SPIKE	628	584	**Ink Master** Finalists tattoo the same canvas.		**Ink Master** "The Epic Finale" The Ink Master is crowned.				**Ink Master: Angels** Hunting for Atlanta's best artist.		**Ink Master: Angels** "Golden Gate Angels" (N)		**Tattoo Nightmares**	**Tattoo Nightmares**	**Tattoo Nightmares**
TLC	521	560	**The Little Couple** The Klines host an adoption gala.		**The Little Couple** "Quack! Quack! Quack!"		**The Little Couple** One of Jen's friends visits; extended.		**The Little Couple** "I'm Not a Baby!" (N)		**(:03) Hodges Half Dozen** (Series Premiere) (N)		**(:08) The Little Couple** "I'm Not a Baby!"		**Hodges Half Dozen**
TSN	400	400	**SportsCentre** (N) (Live)		**Raptors Pregame** (N)	**NBA Basketball** Chicago Bulls at Toronto Raptors. From Air Canada Centre in Toronto. (N) (Live)					**NBA Basketball** Oklahoma City Thunder at Sacramento Kings. From Golden 1 Center in Sacramento, Calif. (N) (Live)				
YOUTH	551	542	**Henry Danger**	**I Am Frankie**	★★ **"Diary of a Wimpy Kid"** (2010) Zachary Gordon.				★★ **"Diary of a Wimpy Kid"** (2010) Zachary Gordon.				**Assembly**	**Assembly**	**Diary-Wimpy**

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Your week on TV

WEDNESDAY EVENING — NOVEMBER 8, 2017

	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** (N)	**Entertainment Tonight** (N)	**Survivor** "Get to Gettin'" (N)		**SEAL Team** The team rescues a CIA operative. (N)		**Criminal Minds** A subject targets prominent people. (N)		**Channel 3 News**	**(:35) The Late Show With Stephen Colbert** (N)	
WPTZ 5	-	-	**NBC5 News at 6** (N)	**NBC Nightly News - Holt**	**Jeopardy!** (N)	**Wheel of Fortune** (N)	**The Blacklist** A human smuggling ring is infiltrated.		**Law & Order: Special Victims Unit** (N) (DVS)		**Chicago P.D.** Halstead goes under cover to save a kid.		**NBC5 News at 11** (N)	**(:34) The Tonight Show Starring Jimmy Fallon** (N)	
CBMT 6	206	301	**CBC Montreal News** (N)	**On the Money**	**22 Minutes**	**Coronation Street** (N)	**The Great Canadian Baking Show** "Bread Week" (N)		**Top of the Lake: China Girl** "Surrogate" (N)		**The National** (N)		**CBC Montreal News** (N)	**Coronation Street**	**Rick Mercer Report**
CHLT 7	107	718	**(5:58) TVA nouvelles** (N)	**Le tricheur** (N) (SC)	**Les gags** (N) (SC)	**La poule aux oeufs d'or** (N)	**Au secours de Béatrice** "La petite flamme" (N) (SC)		**Blue Moon** Sigouin et Trépanier interrogent Benoît.		**TVA nouvelles** (N)	**(:35) Denis Lévesque** (N) (SC)		**(:35) Deux filles le matin** Maripier Morin. (SC)	
WMTW 8	-	-	**WMTW News 8 at 6PM** (N)	**ABC World News**	**Wheel of Fortune** (N)	**Jeopardy!** (N)	**The 51st Annual CMA Awards** Honoring country music industry members. (N) (Live)						**WMTW News 8 at 11** (N)	**(:35) Jimmy Kimmel Live** Actor Jesse Williams. (N)	
CKSH 9	108	-	**Le Téléjournal Estrie** (N)	**RDI économie** (SC)	**District 31** (N) (SC)	**L'épicerie** (N) (SC)	**Les enfants de la télé** (N) (SC)		**Les pêcheurs** (N)	**Les Simone** (N)	**Le Téléjournal avec Céline Galipeau** (SC)		**(:05) Marina Orsini** (SC)		
CKMI 11	-	-	**(5:30) Global News at 5:30**	**Global National** (N)	**Entertainment Tonight** (N)	**ET Canada**	**Survivor** "Get to Gettin'" (N)		**SEAL Team** The team rescues a CIA operative. (N)		**Chicago P.D.** Halstead goes under cover to save a kid.		**Global News at 11** (N)	**(:35) The Late Show With Stephen Colbert** (N)	
CFCF 12	205	312	**CTV News Montreal** (N)		**etalk** (N)	**The Big Bang Theory**	**Criminal Minds** (DVS)		**Law & Order: Special Victims Unit** (N) (DVS)		**Criminal Minds** A subject targets prominent people. (N)		**News-Lisa**	**CTV News Montreal** (N)	**The Daily Show**
WVNY 22	-	-	**Local 22 News** (N)	**ABC World News**	**Local 22 News** (N)	**CMA Red Carpet**	**The 51st Annual CMA Awards** Honoring country music industry members. (N) (Live)						**Local 22 News** (N)	**(:35) Jimmy Kimmel Live** Actor Jesse Williams. (N)	
WUTV 30	-	-	**The Big Bang Theory**	**Judge Judy** (N)	**Judge Judy** (N)	**Family Feud** (N)	**Empire** The Lyons band together to help Hakeem. (N)		**Star** "Faking It" Ayanna tries to restore Midtown's image.		**2 on Your Side at 10** (N)	**Seinfeld** "The Calzone"	**Two and a Half Men**	**Two and a Half Men**	**Last Man Standing**
CFKS 31	106	726	**Souper parfait**	**Occupation Double Bali**	**Personne d'intérêt** Reese et Finch se retrouvent piégés.		**NCIS: Los Angeles** Un étudiant se fait attaquer.		**La grande évasion** Michael tente de capturer Poseidon.		**Occupation Double Bali**	**La guerre des clans**	**Atomes crochus**	**NVL** (N)	**Gotham** "Jonathan Crane"
WUHF	-	363	**Modern Family**	**Modern Family**	**The Big Bang Theory**	**The Big Bang Theory**	**Empire** The Lyons band together to help Hakeem. (N)		**Star** "Faking It" Ayanna tries to restore Midtown's image.		**13WHAM News at 10 on Fox Rochester** (N) (Live)		**DailyMailTV** (N)	**Impractical Jokers**	**Paid Program**
WETK	-	-	**PBS NewsHour** (N)		**Globe Trekker** The Cote D'Azur in the South of France.		**Nature** A cheetah raises her five newborn cubs. (N)		**NOVA** "Killer Floods" Research on megafloods. (N)		**Frontline** Companies profit from disasters.		**Nightly Business Report**	**Charlie Rose** (N)	
WCFE	-	-	**World News America**	**Nightly Business Report**	**PBS NewsHour** (N)		**Nature** A cheetah raises her five newborn cubs. (N)		**NOVA** "Killer Floods" Research on megafloods. (N)		**Frontline** Companies profit from disasters.		**BBC World News**	**Charlie Rose** (N)	
A&E	615	520	**Storage Wars**	**Storage Wars**	**Storage Wars**	**Storage Wars**	**Storage Wars** "LBC U LTR"	**Storage Wars**	**Storage Wars**	**Storage Wars** (N)	**(:01) Ozzy and Jack's World Detour** (Season Premiere) (N)		**(:03) Storage Wars**	**(:33) Storage Wars**	**(12:03) Storage Wars**
BRAVO	620	523	**CSI: Miami** "Shootout" Gang-related gunplay.		**CSI: Miami** "Cop Killer" The team looks for a cop killer.		**CSI: Miami** "One Night Stand" Counterfeiting.		**Queen Sugar** Ralph Angel is devastated by Darla's news.		**Animal Kingdom** Craig plans an unusual heist of his own.		**CSI: Miami** "After the Fall" Judicial community probed.		**CSI: Miami** "Addiction"
CNN	500	500	**Situation Room With Wolf**		**Erin Burnett OutFront** (N)		**Anderson Cooper 360** (N)		**Anderson Cooper 360** (N)		**CNN Tonight w/ Don Lemon**		**CNN Tonight w/ Don Lemon**		**Cooper 360**
DISC	520	505	**How It's Made**	**How It's Made**	**Daily Planet** "Extreme Machines Week" (N)		**Gold Rush** Todd Hoffman's water supply is illegal.		**Highway Thru Hell** "Junior's Job" (DVS)		**Frontier** "Mutiny" Harp travels to Montreal. (N)		**Highway Thru Hell** "Junior's Job" (DVS)		**Frontier** "Mutiny"
HIST	522	506	**American Pickers** A collector has an underground stash.		**Hunting Nazi Treasure** How much gold the Nazis stole.		**Forged in Fire** Five former champions return.		**Road Hauks** Kenny combines a still and a Camaro. (N)		**Counting Cars**	**Counting Cars**	**American Pickers** A collector has an underground stash.		**Road Hauks** "Bootlegger"
RDI	126	730	**Le National** (N) (SC)	**RDI économie** (N) (SC)	**24/60** (N) (SC)		**Les grands reportages** "Faut en parler - Ma foi" (N) (SC)		**Le Téléjournal avec Céline Galipeau** (N) (SC)		**RDI économie** (SC)	**Le National** (N) (SC)	**Le National** (N) (SC)	**24/60** (SC)	
SHOW	616	521	**NCIS** Gibbs and McGee travel to Afghanistan.		**NCIS** "Once a Crook" A suspect from a 15-year-old case.		**NCIS: Los Angeles** "Tidings We Bring" (DVS)		**NCIS: Los Angeles** "Kulinda" (DVS)		**Mr. Robot** E Corp is in chaos; Elliot is on the run.		**NCIS** A Navy lieutenant goes missing. (DVS)		**NCIS** (DVS)
SLICE	601	562	**The Real Housewives of New Jersey** "Not Over It"		**Three Days to Live** "Alice Donovan"		**Killision Course** A man offers a troubled woman stability.		**The Real Housewives of New Jersey** (N)		**A Night With My Ex**	**A Night With My Ex**	**The Real Housewives of New Jersey** "Not Over It"		**Housewives/ NJ**
SPIKE	628	584	**Catch a Contractor**	**Catch a Contractor**	**Catch a Contractor**	**Catch a Contractor**	**Catch a Contractor** Something is left hiding in a wall.		**Catch a Contractor** A handicapped woman's swim spa.		**Catch a Contractor** "Take the Money and Done"		★★★ **"The Dark Knight Rises"** (2012) Christian Bale, Anne Hathaway.		
TLC	521	560	**Long Island Medium** A reading for actor Guillermo Diaz.		**Long Island Medium** "Reading the Stars"		**90 Day Fiancé: Extended** "Family First" Luis clashes with Molly's family. (N)				**The Healer** Charlie Goldsmith helps a mother walk.		**90 Day Fiancé: Extended** "Family First" Luis clashes with Molly's family.		
TSN	400	400	**SportsCentre** (N) (Live)		**That's Hockey**	**Chris Paul's Chapter 3** (N)	**NBA Basketball** Los Angeles Lakers at Boston Celtics. From TD Garden in Boston. (N) (Live)					**NBA Basketball** Minnesota Timberwolves at Golden State Warriors. From Oracle Arena in Oakland, Calif. (N)			
YOUTH	551	542	**Henry Danger**	**I Am Frankie**	★★ **"Diary of a Wimpy Kid: Rodrick Rules"** (2011)				★★ **"Diary of a Wimpy Kid: Rodrick Rules"** (2011)				**Assembly**	**Assembly**	**Diary-Rodrick**

THURSDAY EVENING — NOVEMBER 9, 2017

	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** (N)	**Entertainment Tonight** (N)	**The Big Bang Theory** (N)	**(:31) Young Sheldon** (N)	**(:01) Mom** (N)	**Life in Pieces** (N)	**S.W.A.T.** The team must find escaped convicts. (N)		**Channel 3 News**	**(:35) The Late Show With Stephen Colbert**	
WPTZ 5	-	-	**NBC5 News at 6** (N)	**NBC Nightly News - Holt**	**Jeopardy!** (N)	**Football Night in America** (N) (Live)	**(:20) NFL Football** Seattle Seahawks at Arizona Cardinals. Week 10 action kicks off with an NFC West showdown between the Seahawks and Cardinals. (N) (Live)						**NBC5 News at 11** (N)		**Tonight Show**
CBMT 6	206	301	**CBC Montreal News** (N)	**On the Money**	**marketplace**	**Coronation Street** (N)	**Dragons' Den** Product from a former Air Force member. (N)		**The Loch** (N) (DVS)		**The National** (N)		**CBC Montreal News** (N)	**Coronation Street**	**Rick Mercer Report**
CHLT 7	107	718	**(5:58) TVA nouvelles** (N)	**Le tricheur** (N) (SC)	**Histoires en cour** (N)	**J.E.** (N) (SC)	**Juste pour rire** Rachid Badouri, André Sauvé. (N)		**Survivant désigné** "Le traître" (SC)		**TVA nouvelles** (N)	**(:35) Denis Lévesque** (N) (SC)	**(:35)** ★★ **"Quand est-ce qu'on arrive?"** (2005)		
WMTW 8	-	-	**WMTW News 8 at 6PM** (N)	**ABC World News**	**Wheel of Fortune** (N)	**Jeopardy!** (N)	**Grey's Anatomy** An accident at the county fair. (N)		**Scandal** The Gladiators gather for a wedding. (N)		**How to Get Away With Murder** (N)		**WMTW News 8 at 11** (N)	**(:35) Jimmy Kimmel Live**	
CKSH 9	108	-	**Le Téléjournal Estrie** (N)	**RDI économie** (SC)	**District 31** (N)	**Infoman** (N) (SC)	**Les dieux de la danse** Quarts de finale. (N) (SC)		**Enquête** (N) (SC)		**Le Téléjournal avec Céline Galipeau** (N) (SC)		**(:05) Marina Orsini** (SC)		
CKMI 11	-	-	**(5:30) Global News at 5:30**	**Global National** (N)	**ET Canada**	**Entertainment Tonight**	★★ **"How the Grinch Stole Christmas"** (2000, Children's) Jim Carrey, Jeffrey Tambor, Christine Baranski.				**S.W.A.T.** The team must find escaped convicts. (N)		**Global News at 11** (N)	**(:35) The Late Show With Stephen Colbert**	
CFCF 12	205	312	**CTV News Montreal** (N)		**Grey's Anatomy** An accident at the county fair. (N)		**The Big Bang Theory** (N)	**(:31) Young Sheldon** (N)	**(:01) Gotham** Grundy and Nygma are main attractions.		**How to Get Away With Murder** (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)	**Grey's Anatomy** An accident at the county fair. (N)		**Scandal** The Gladiators gather for a wedding. (N)		**How to Get Away With Murder** (N)		**Local 22 News** (N)	**(:35) Jimmy Kimmel Live**	
WUTV 30	-	-	**The Big Bang Theory**	**Judge Judy** (N)	**Judge Judy** (N)	**Family Feud** (N)	**Gotham** Grundy and Nygma are main attractions. (N)		**(:01) The Orville** A familiar face boards the ship. (N)		**2 on Your Side at 10** (N)	**Seinfeld** "The Butter Shave"	**Two and a Half Men**	**Two and a Half Men**	**Last Man Standing**
CFKS 31	106	726	**Souper parfait**	**Occupation Double Bali**	**Intemporel** La collaboration de Benedict Arnold. (SC)		**Dix jours dans la vallée** "Jour 6" (DVS) (SC)		**Chicago Police** "Protéger et servir" Un tireur embusqué.		**Occupation Double Bali**	**La guerre des clans**	**Atomes crochus**	**NVL** (N)	**Zone Séduction**
WUHF	-	363	**Modern Family**	**Modern Family**	**The Big Bang Theory**	**The Big Bang Theory**	**Gotham** Grundy and Nygma are main attractions. (N)		**(:01) The Orville** A familiar face boards the ship. (N)		**13WHAM News at 10 on Fox Rochester** (N) (Live)		**DailyMailTV** (N)	**Impractical Jokers**	**Paid Program**
WETK	-	-	**PBS NewsHour** (N)		**Saving Our Waters**	**Saving Our Waters**	**Saving Our Waters** "Canadian Perspectives on Water"		**Doctor Blake Mysteries**		**Scott & Bailey** Rachel's mother's boyfriend is violent.		**Nightly Business Report**	**Charlie Rose** (N)	
WCFE	-	-	**World News America**	**Nightly Business Report**	**PBS NewsHour** (N)		**New Tricks** The murder of a private investigator.		**New Tricks** Charges of affairs and fights surface.		**Last Tango in Halifax** Greg is a natural with Flora.		**BBC World News**	**Charlie Rose** (N)	
A&E	615	520	**The First 48** A man gunned down in his car.		**The First 48** A man is gunned down in his home.		**The First 48** A stolen bicycle leads to a shooting.		**The First 48: Killer Break** "Nowhere to Hide"		**The Eleven** Bell's former girlfriend is located. (N)		**(:03) The First 48** Police investigate two fatal shootings.		**(12:03) The First 48**
BRAVO	620	523	**Criminal Minds** "Scream" Kate worries about her niece.		**Criminal Minds** Two prison guards are murdered.		**Project Runway** "Finale, Part 1" (N) (Part 1 of 2)			**Uprooted**	**Criminal Minds** The BAU team looks at an old case.		**Criminal Minds** A bombing in a coffee shop.		**Criminal Minds**
CNN	500	500	**Situation Room With Wolf**		**Erin Burnett OutFront** (N)		**Anderson Cooper 360** (N)		**Anderson Cooper 360** (N)		**CNN Tonight w/ Don Lemon**		**CNN Tonight w/ Don Lemon**		**Cooper 360**
DISC	520	505	**Last Stop Garage**	**Last Stop Garage**	**Daily Planet** "Extreme Machines Week" (N)		**Fast N' Loud** Monkeys team up with Dallas hot-rodder. (N)		**Misfit Garage** A rare '65 Ford Sunliner. (N)		**Diesel Brothers** (N)		**Street Outlaws: New Orleans** "A Long Way to the Top" (N)		**Fast N' Loud**
HIST	522	506	**American Pickers** The guys find a $50,000 comic.		**Road Hauks** Kenny combines a still and a Camaro.		**Counting Cars**	**Counting Cars**	**Forged in Fire: Cutting Deeper** "The Cinquedea" (N)		**Forged in Fire** "Talwar" Smiths use mystery steel.		**American Pickers** The guys find a $50,000 comic.		**Forged in Fire**
RDI	126	730	**Le National** (N) (SC)	**RDI économie** (N) (SC)	**24/60** (N) (SC)		**Les grands reportages** "As-tu vu Alphonse?" (N) (SC)		**Le Téléjournal avec Céline Galipeau** (N) (SC)		**RDI économie** (SC)	**Le National** (N) (SC)	**Le National** (N) (SC)	**24/60** (SC)	
SHOW	616	521	**NCIS** Gibbs must attend to family matters. (DVS)		**NCIS** "Alibi" The team re-examines a hit-and-run.		★★ **"The Day After Tomorrow"** (2004, Action) Dennis Quaid, Jake Gyllenhaal. Global warming leads to worldwide natural disasters.					**Superior Donuts**	**NCIS** "Oil & Water" An explosion occurs on an oil rig.		**NCIS** "Better Angels"
SLICE	601	562	**Million Dollar Listing Los Angeles** "Fuchsia My Life!"		**The Real Housewives of New Jersey**		**A Night With My Ex**	**A Night With My Ex**	**Million Dollar Listing Los Angeles** (N)		**Real Estate Wars** "Showdown" (N)		**Million Dollar Listing New York** "Tug of Warhol"		**Million Dollar LA**
SPIKE	628	584	**Deadliest Warrior** The battle of the Revolutionary Age.		**Deadliest Warrior** Butcher faces a Chinese warrior.		**Deadliest Warrior** Jesse James vs. Al Capone.		★★ **"I, Robot"** (2004, Science Fiction) Will Smith, Bridget Moynahan. A homicide detective tracks a dangerous robot in 2035.					★★ **"Bad Boys"** (1995) Martin Lawrence.	
TLC	521	560	**Say Yes to the Dress**	**Say Yes to the Dress**	**My 600-Lb. Life** "Doug's Story" Sneaking food is Doug's last vice.				**My 600-Lb. Life** Food addiction dissolved his marriage.		**My 600-Lb. Life** Milla is enabled by her family.		**(:02) My 600-Lb. Life** "Doug's Story" Sneaking food is Doug's last vice.		
TSN	400	400	**SportsCentre** (N) (Live)		**That's Hockey**	**SC** (N)	**Boxing** "2017: Miguel Cotto vs. Yoshihiro Kamegai" From Carson, Calif. (N)				**Women's Soccer** Canada vs United States. From BC Place Stadium in Vancouver, British Columbia. (N) (Live)				**SC With Jay and Dan** (N)
YOUTH	551	542	**Henry Danger**	**I Am Frankie**	**The Toy Box**		★★ **"Diary of a Wimpy Kid: Dog Days"** (2012)				★★ **"Diary of a Wimpy Kid: Dog Days"** (2012)				**Diary**

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Canadian comedy show

Cont'd from page 13

the show came from a joke made in a dark situation. It was late 2015, a few days after Ross reported her rape to the police. As people who both use humour to help process grief, Cooper was sympathetic when Ross told her she wanted to incorporate parts of her experience into her standup set, but also "never wanted to hear rape jokes again."

"And then Emma said, 'I wish there was a show that was only rape survivors telling their own rape jokes,"' Ross remembers. She was being facetious, but it struck them both as a good idea. Three weeks later, Cooper and Ross sold out their first show.

Rape jokes are common among what Ross calls "22-year-old ding-dongs": young, inexperienced, often male comedians. She says comics who want to be perceived as edgy are willing to break the comedy rule of only "punching up" — or going after a target with more power or status than the person telling the joke — rather than punching down at someone more vulnerable.

Ross says the key to a successful rape joke lies in who the joke rewards.

"If the person who walks away loving (the joke) is a rapist, and the person who says, 'Maybe I can't do comedy anymore' is a survivor, you have to think about the atmosphere you're creating," she says.

Ross has seen attitudes change, even though progress is slow. A male friend of hers stopped making callous rape jokes after she told him how much it hurt her. He said had never considered the impact.

"There's a brand of comedy that is only for ... a middle-aged white dude," she says. "For a long time, that was OK. And my comedy, it's for them too. But their comedy is not for me.

"There are comedians who are totally thrilled to have only half the audience laugh. They are totally willing to leave you behind."

Over 30 comics have been involved in "Rape is Real and Everywhere: Rape Jokes by Survivors," which has also included male survivors, who Ross says are underrepresented in conversations about sexual assault. She hopes to take the show to more university campuses in the upcoming year.

"We'll basically do this show until we're not relevant," she says. "That's the goal, is to someday be completely irrelevant."

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What's On

Music

Every Saturday

Dance this Saturday night, November 4, with some new talent, Gary Darling, at the **Beebe Town Hall**, 72 Main St., Stanstead (Beebe), from 7 p.m. to 11 p.m. Prizes for best costumes. Enjoy a set of square dancing. Lunch served. Door prizes. Info: 819-876-2021.

November 4

The **Canadian Legion, Branch #15, Richmond**, 235 College St. N., Richmond, will be holding a **dance with Memories, Sam Morrissey**, on Saturday, evening, November 4, 7:30 p.m. to 11:30 p.m. Admission at door ($6.00).

November 7

Newport Area Community Orchestra rehearsal on Tuesday, November 7th at 6:30 pm at the First Universalist Parish in Derby Line. **The orchestra has current openings, so if you have always wanted to play in an orchestra, now is the time.** Please contact us at either 802-766-3021 or www.newportareacommunityorchestra.org.

Events

November 4

The Rotary Club of the Boundary announces its monthly book sale from 9 a.m. to noon on Saturday, November 4 at the Rotary bookstore in Beebe. **Books in French and English on all topics. Give what you think is appropriate.** More info? Call 819-842-1940.

November 4

The **annual Christmas Bazaar will be held at "The Hut"**, A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville, on Saturday, November 4. Sales tables will open at 3 p.m. **Traditional Turkey Supper** will be served buffet style from 4 p.m. to 6 p.m. Everyone is welcome, no reservations required.

November 4

The Philipsburg Branch #82 of the Royal Canadian Legion is holding their **annual Remembrance Day Banquet** on November 4, starting at 5 p.m., in the Legion Hall, Philipsburg. **The donation is $15 per person.** Everyone welcome. Open to the public. For further information or tickets, contact Fred Gilman at 450-248-3341 or Legion Hall at 450-248-2474.

November 4

Lennoxville-Ascot Historical and Museum Society, in collaboration with the Uplands Cultural and Heritage Centre, is organizing a **second talk featuring aboriginal culture and history:** "Treaty education on unceded territory: How do we "do" treaty? Listening to Indigenous perspectives" by Dr. Lisa Taylor, Bishop's University Associate Professor. Lecture in English followed by a bilingual question period. Saturday, November 4 at 10:30 a.m. at Uplands, 9 Speid St., Sherbrooke (Borough of Lennoxville). Everyone welcome. Information: 819-564-0409.

November 4

Boutique Colby Curtis Museum annual Christmas Sale, 535 Dufferin St., Stanstead on Saturday, November 4 from 9 a.m. to 1 p.m. Hot cider and cookies served. Christmas gifts and ornaments, as well as local artisans will be there.

November 4 & 5

Handicraft Show, organized by the AFEAS of Cowansville, will be held on Saturday, November 4 from 10 a.m. to 4 p.m. and Sunday, November 5 from 9:30 a.m. to 4 p.m. in the basement of Ste. Thérèse Church, 209 Ste. Thérèse Street, Cowansville.

November 5

Artist / Author Ann Mitchell will be at Black Cat Books on Sunday, November 5 from 3 p.m. to 5 p.m. for a **book signing and talk.** Refreshsments will be served. Please join us. 168E Queen, Lennoxville. 819-346-1786.

November 5

St. James Anglican Church – Foster. We open our doors to welcome you on Sunday, November 5 at 9:15 a.m. for a **service of Holy Communion,** Rev. George Campbell officiating. We are the little church on the hill, 725 Lakeside, Foster. Join us afterwards in the hall to visit over refreshments. Everyone is welcome.

November 6

The **Canadian Club of the Yamaska Valley monthly meeting:** November 6 at 2 p.m. at the Auberge West Brome on Route 139. Speaker: Joanne Croghan, Museum and Archives and Coordinator. Topic: Passchendaele, The East Farnham Connection. **Non-members welcome for $10 fee.** Information: 450-372-4562. Lunch reservations at the Auberge call 450-266-7552/1-888-902-7663. Please visit our web page http://www.canadianclub-yamaskavalley.ca

November 8

The **1st Lennoxville Scouts will be taking orders for Coaticook cheese at the Lennoxville United Church,** 6 Church Street, on Wednesday, November 8 from 6:30 p.m. to 8 p.m. We will deliver your orders when they come in on December 9. Thanks for supporting the 1st Lennoxville Scouts. **Contact Melissa at 819-562-4969 (leave message) to place your order by phone.** We are taking orders until November 15.

November 8

The Lennoxville & District Women's Centre invites you to a **special OWLS (Outstanding Wise Ladies Sharing) group** on Wednesday, November 8 at 2 p.m. Guest speaker, Patricia Tremblay from Familiprix will be discussing gastric acidity and acid reflux (from symptoms to consequences to treatments). Join us at Amédée-Beaudoin Community Centre (10 Samuel-Gratham, Lennoxville). FREE Entrance. For more information, please contact the LDWC (819)564-6626 or info@ldwc.ca

LION
TONIGHT @ 20h30
KARAOKE
GOLDEN LION PUB AND BREWERY, LENNOXVILLE

November 11

Garage Sale, Brome Hall, 330 Stagecoach, Brome, Saturday, November 11 from 9 a.m. to 5 p.m. **Doors open for donations** Monday, November 6 to Friday, November 10. Information 450-242-1085 or 450-243-5742.

November 11

The **annual Armistice Supper** will be held on November 11 **at "The Hut"**, A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville at 6 p.m. Roast beef with all the trimmings will be served. To reserve please call Doreen Morissette at 819-821-2967, no later than November 7.

November 11 & 12

A.D.S. annual Craft Fair will be held Saturday and Sunday, November 11 & 12, from 10 a.m. to 4 p.m. Free admission. There will be activities for the kids, why not make it a family outing! **Scholastic Book Fair will be on site. Brunch on Sunday from 10 a.m. to 1 p.m.** For table rentals call Wanda 819-342-7026 or email wandacox96@gmail.com. Door prizes. Everyone welcome! Visit our event on Facebook at Salon des Artisans ADS Craft Show and see all the artisans that will be present.

November 11 & 12

The **Richmond Legion** Branch 15 will be holding their **Armistice Banquet** on Saturday, November 11 at 6:00 p.m. **This traditional Turkey Supper, with apple pie for dessert,** will be prepared and served by the Ladies Auxiliary. **Please reserve your tickets before November 6th (819-826-3444) Admission $15**

The **Richmond Remembrance Day Parade** will take place on Sunday, November 12. Those people participating in the parade to the Cenotaph please gather at the Legion for 1:30. Those people who do not wish to parade are invited to gather, at the Memorial Park, by 2:00 p.m. Following the parade you are invited to return to the Legion. Music with Gary Darling.

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Local Sports

I believe we are one of the first to bring awareness to health and wellness in the music business in this manner.

Following a healthy lifestyle can be difficult for musicians on road

A RUNNER'S MIND

CHRISTINE BLANCHETTE

It's tough enough for most people to exercise from the comfort of their homes let alone managing a workout schedule from hotels on the road. November 7-12 will be the 14th Annual Indie Week in Toronto Music Conference, which will include the second annual health and wellness day. In a Q&A interview, event coordinator Darryl Hurs talks about his role and shares information about health and wellness day to enhance awareness and encourage healthy living for musicians traveling on the road or suffering from addictions.

Here is our Q&A:

Q: What do you like most about your role as Event Coordinator of the 14th annual Indie Week Toronto Music Conference?

A: It's varied really, from being able to meet young musicians from all over the world and seeing their passion and knowing that you have had a small part in their story. Also meeting some really cool people on the industry side has been a great journey. Having dinner with John Densmore from The Doors and hearing stories of Jim Morrison is a pretty unique experience, for example.

Q: Why is it important to hold this event and what will be some of the topics of discussion this year?

A: Last year we had a panel on health and wellness with musicians, which had a great response. This year we decided to build it out to a full day and the support within the industry has been great. We've partnered with the Over the Bridge and the Unison Benevolent Fund to present the day and have a great list of speakers, including Chuck Randall (tour manager for Alice in Chains / The Cult). It's a very important topic as we have seen some recent incidents that have unfortunately taken some of our friends away form us. The music business is a difficult one to navigate and there are many opportunities to make the wrong decision, we hope to help raise some awareness and give information that may help someone.

Q: What was the feedback last year and what do you hope to achieve?

A: The feedback was eye opening. Ace Piva, who ran the panel last year, received many personal messages of people opening up their stories and showing the need for this area.

Q: What do people expect to get out of Indie Week?

A: It's always a week to discover new acts. It's meant to be a club-hopping adventure with some surprises. This year we have a great group of acts from Brazil - Scalene who just played Rock in Rio with Aerosmith. Def Leppard, and Fallout Boy for one. We are also hosting Canadian indie rock standout Rusty at The Mod Club on Fri Nov 10. I'm looking forward to that one as I was a big fan of the band.

I believe we are one of the first to bring awareness to health and wellness in the music business in this manner. We talked about it for the last 12 months and are very happy to be producing a day that focuses on musicians taking care of themselves and giving some light on the subject where individuals can feel safe to look for help. We've seen a lot this year in terms of loss within the community. It would be great to help in any way possible.

This year's festival is the biggest to

COURTESY

date and I would say - without sounding like a typical promoter - the best one yet. The lineups are great and our speaker list for the conference is top notch. We have more showcases this year than ever before and more opportunities for bands to meet industry.

For the health and wellness day, some topics will be covered on diet, mental health and yoga.

www.runwithit.ca
Twitter@christineruns
Instagram runwithit_christineblanchette
YouTube – Run With It

ETIAC Final race results:

Bantam Girls:

1 – Caresse Comeau–Elman(AGR) 10:00
2 – Maya Charlebois (MVR) 12:19
3 – Chloe Lepine (RRHS) 12:39
4 – Ella Dunn (AGR) 13:15
5 – Crystal Lin (SC) 13:34

Junior Girls:

1 – Brooklyn Grainger (RRHS) 9:53
2 – Lea Gosselin (BCS) 9:54
3 – Anne Warner (MVR) 10:19
4 – Alyssa Sherrer (MVR) 10:20
5 – Elizabeth Couture (BCS) 10:42
6 – Allysa Shimada (SC) 10:48
7 – Lydia Davidson (AGR) 11:25
8 – Daniela Angulo (AGR) 11:30
9 – Meadow Ryan (AGR) 11:32
10 – Israelle Turcotte Bouchard (RRHS) 12:00
11 – Alicia Wang (SC) 12:12
11 – Byanka Cabana (AGR) 12:12
13 – Olivia Tetrault (MVR) 12:14
14 – Kamille Longchamps (SC) 12:18
15 – Alexandra Corriveau (MVR) 12:37
16 – Eva Wang (BCS) 12:52
17 – Courtney Guo (BCS) 13:18
18 – Livia Morgan (MVR) 13:24
19 – Mary Zhu (BCS) 13:30
20 – Emma Keenan (RRHS) 13:36
21 – Naomie Paquin (MVR) 13:58
22 – Lyn Li (SC) 14:41
(DNF – Alysson Proulx – AGR)

Senior Girls:

1 – Anne Laberge (RRHS) 20:17
2 – Aliyah Osman (BCS) 20:51
3 – Marina Guthrie -Drew (AGR) 21:50
4 - Cindy Wang (BCS) 22:16
5 – Cassandra Pegg (MVR) 22:33
6 – Grace Gardner (BCS) 23:53
7 – Kamila Gareeva (BCS) 24:43
8 – Selina Yang (SC) 25:48
9 – Helen Yao (SC) 25:49
10 – Marian Rodriguez (AGR) 26:21
11 – Kate Carson (BCS) 26:40
12 – Lauralie Trudel (BCS) 26:41
13 – Camilla Rousseau MVR) 27:01
14 – Erika Mayo (MVR) 29:41

Bantam Boys:

1 – Thomas Jay Jalbert (AGR) 10:21
2 – Lucas Dunn (AGR) 11:08
3 – Eli Guthrie-Drew (AGR) 11:12
4 – Izach Quilliams (MVR) 11:43
5 – Antoine Carrier (AGR) 12:08
6 – Greg Ryan (AGR) 12:30
7 – Liam Condo (BCS) 12:50
8 – Liam Gendreau (MVR) 12:52
9 – Nicolas Andrade-Poulin (AGR) 13:34
10-AkiShuessler-Langeheine (BCS)13:54
11 – Jean-Sebastien Dutil (BCS)14:04
12 – William Jeske (RRHS) 15:00

Junior Boys:

1 – Noah Burns (AGR) 10:15
2 – Phil B.-Greig (MVR) 10:19
3 – Josh Tremblay (SC) 10:52
4 – Logan Robidas (AGR) 11:19
5 – Rhain Paquette (MVR)11:34
6 – Isaac St. Laurent (AGR) 11:52
7 – Sheldon Coleman (AGR) 12:25
8 – Frederic Migneault (SC) 12:45
9 – Brandon Philips (AGR) 13:30
10 – Graham Lynn (BCS) 13:52
11 – Will St. Amant (MVR) 14:05
12 – Oscar Haase (SC) 14:27
13 – Ba Nam Nguyen (SC) 15:16
14 – Michael Wu (SC) 15:33
15 – Nathan Gao (SC)15:35
16 – Leo Li (SC) 18:23
17 – Andrey Afanaseyev (SC) 21:26

Senior Boys:

1 – Michael Beaudin (AGR) 21:14
2 – Maxwell Mayer (SC) 21:32
3 – Eduard Ballos (BCS) 21:51
4 – Martin Lefebvre (SC) 22:09
5 – Donovan Faraoni (BCS) 22:32
6 – Robert Alexis Bernier (SC) 22:56
7 – James Hunt (BCS) 23:00
8 – Liam Letourneau (AGR) 23:19
9 – Brogan Keenan (RRHS) 23:43
10 – Anders Koraen (MVR) 24:06
11 – Brandon Messier (MVR) 24:07
12 – Christopher Shea (AGR) 24:35
13 – Edmund Wang (BCS) 24:36
14 – Zachary St. Laurent (AGR) 24:54
15 – Antoine Pelegry (BCS)24:57
16 – Jay Xu (AGR) 25:17
17 – Nolan Russel (MVR) 25:18
18 – Mohamed Alsawari (BCS) 25:52
19 – Lucas Etienne (SC) 25:54
20 – Michael Xiang (SC) 26:33
21 – Shelan Daune (SC) 26:45
22 – Alexander Bimm (SC)27:01
23 – Jessy Lemay (AGR)27:04
24 – Joachim Etienne (SC)27:08
25 – Jacob Von Sydow (SC)27:12
26 – Timothy Carr (SC)27:14
27 – Richie Li (BCS)27:52
28 – Eric Wang (SC)28:17
29 – Bill Huang (SC)28:50
30 – Alexander Matveev (MVR) 29:37
31 – Tristan Buggato (AGR)29:44
32 – Vincent Illuzzi (SC)33:30
33 – Nurken Zhailaubay (SC)37:34

Total Points for final race:

1 – Alexander Galt – 61
2 – BCS - 32
3 – MVR - 31
4 – SC - 22
5 – RRHS - 19

Congratulations to Alexander Galt on winning the league banner!!

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Death

Patrice CUSTEAU

Passed away peacefully surrounded by his family at the CHUS Hotel-Dieu on October 26, 2017 at the age of 90. Beloved husband of Gisèle Fontaine and the late Thérèse Gagnon. Dear father of the late Christian, Yvon (Micheline), Diane, Gilles (Carole), Jocelyne (Paullin). He was the brother of Mireille and the late Mariette (Norbert Tanguay). He leaves to mourn his stepchildren Johanne (Paul) and Judith (Pat), his grandchildren, great-grandchildren, other relatives and friends.

Visitation will be held in St-Rosaire Catholic Church, Sawyerville, on Saturday, November 4, 2017 from 9 to 11 a.m. followed by a funeral service at 11 a.m. Interment at the St-Rosaire Cemetery, Sawyerville.

In lieu of flowers, donations to the CHUS Foundation for Palliative Care, 530, 10è avenue South, Sherbrooke, QC, J1G 2R9 would be appreciated by the family.

CASS FUNERAL HOMES
15 de la Station St., Sawyerville QC
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Death

Norma Eliza FARWELL (1930-2017)

It is with much sadness that we announce her passing on October 26th, 2017 at the age of 87. She was the daughter of the late Judson and the late Eliza Farwell.

She is survived by her brother Donnie (Olene), her sister Jean (late Louis Monty) and her brother-in-law Bill Hudson (late Joyce), many nieces & nephews and very close friends.
Norma was predeceased by her brothers Albert (late Violet), Arthur, and sisters Esther (late Clovis Côté) and Joyce (Bill Hudson).
Norma was born in Compton and later her parents moved to Ayer's Cliff.
For many years she was a truly dedicated teacher. She was a very wise person, her voice and lessons will remain in our hearts. She enjoyed music, especially opera, cross-country skiing and curling.
She will be greatly missed.

A private ceremony will take place at the Ives Hill Cemetery in Compton.

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

In Memoriam

JOHNSTON, Irene: November 1, 2008 - November 1, 2017. In loving memory of Irene Johnston who passed away nine years ago on November 1, 2008.
Where have the years gone?
Sadly missed and remembered by family and friends.

Love
THE FAMILY
CHILDREN, GRANDCHILDREN
GREAT-GRANDCHILDREN and
GREAT-GREAT-GRANDCHILDREN

In Memoriam

NUTBROWN, Ibrey – November 4, 2008.
They say there is a reason,
They say that time will heal,
But neither time nor reason
Will change the way we feel.
For no one knows the heartache
That lies behind our smiles,
No one knows how many times
We have broken down and cried.
We want to tell you something
So there won't be any doubt,
You're so wonderful to think of
But so hard to be without.
Time goes by so quickly,
The years go by so fast,
But every day some little thing
Brings memories of the past.

Lovingly remembered by
HELEN (wife)
JUDY, SALLY, SUSAN,
BILLY, PAMELA, CYNTHIA,
MARK, PETER
(children)
AND FAMILIES

In Memoriam

POWELL, Ruth: September 2, 1936 – November 3, 2014.
She left us where she chose
At the end of a cold November day,
With courage, faith and serenity
She gracefully passed away.
In her life, so many challenges endured,
In her life, so many tasks completed,
The endless demands of a farmer's wife
And a spirit that couldn't be defeated.
Losing her is difficult to bear
That she is no longer with us,
Seems so unfair.
May the winds of love blow softly
And whisper for her to hear,
That we will always love and miss her
And wish that she was here.

MURRAY
LAURIE AND PETER,
FORREST AND ESTELLE.
LORNE AND KIM,
SASHA, NICK, RILEY AND RAVEN
SHANNON AND JON. SPENCER

Card of Thanks

A special thank you

Grace Helen BINNEY
(January 30, 1922 - October 12, 2017)

The family of the late Grace Binney would like to thank everyone for their kindness toward us at the time of our beloved Mom's passing. Special thanks go to all who came to our Mom's wake and services. So many old friends came and supported us at this heartbreaking time. The cards, phone calls, emails, flowers and food were very much appreciated. A special thank you to everyone at Cass Funeral Homes for making our last times with our beautiful Mom so special, also for the beautiful service given by Heather Thomson. Our brother Rick gave his Mom a heartfelt eulogy that brought smiles and tears to our faces. Thanks Rick for the prayers that you said for our Mom. Special thanks also go to my daughter Cindy and Adam for putting together a lovely video and pictures of our Mom having fun in her later years. She just loved music and we saw her dancing up a storm in the videos. Mom would have been so proud. May God Bless each and every one of you. We were really touched by all your kindness.

THE BINNEY FAMILY
MARGE (STEVE)
SHEILA (BARRY)
LARRY (KIRSTEN)
RICK (CHRISTINE)
AND EILEEN

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Datebook

FRIDAY, NOVEMBER 3, 2017

Today is the 307th day of 2017 and the 43rd day of autumn.

TODAY'S HISTORY: In 1957, the Soviet Union launched Sputnik 2 with a dog named Laika aboard. Laika was the first creature to be sent into orbit.

In 1964, residents of Washington, D.C., were eligible to vote in the presidential election for the first time since the city was established in 1800.

In 1992, Democrat Bill Clinton defeated incumbent Republican George Bush and independent candidate Ross Perot to win the U.S. presidency.

In 2014, One World Trade Center opened in New York City.

TODAY'S BIRTHDAYS: William Cullen Bryant (1794-1878), poet/journalist; Walker Evans (1903-1975), photographer; Charles Bronson (1921-2003), actor; Michael Dukakis (1933-), politician; Larry Holmes (1949-), boxer; Anna Wintour (1949-), fashion journalist; Roseanne Barr (1952-), comedian/-actress; Kate Capshaw (1953-), actress; Dennis Miller (1953-), comedian; Phil Simms (1955-), football player/sportscaster; Dolph Lundgren (1957-), actor; Evgeni Plushenko (1982-), figure skater.

TODAY'S FACT: Though he didn't receive a single electoral vote, third-party candidate Ross Perot won 18.9 percent of the popular vote nationally in 1992.

TODAY'S SPORTS: In 1990, opposing quarterbacks David Klingler of Houston and Matt Vogler of Texas Christian University achieved a combined 80 completions, 1,253 passing yards and 12 touchdowns. Houston won 56-35.

TODAY'S QUOTE: " Weep not that the world changes — did it keep / A stable, changeless state, 'twere cause indeed to weep." — William Cullen Bryant, "Mutation"

TODAY'S NUMBER: 162 — days Sputnik 2 was in orbit. Laika, its canine passenger, died within hours of the launch due to overheating.

TODAY'S MOON: Full moon (Nov. 3).

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: classad@sherbrookerecord.com - They will not be taken by phone.
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For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.
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Church Services

Anglican

LENNOXVILLE

Saint George's Anglican Church, Lennoxville, at 84 Queen St., celebrates Holy Eucharist every 1st, 2nd & 3rd Sunday at 11 a.m. Morning Prayer is held every 4th Sunday at 11 a.m. Sunday School every 1st & 3rd Sunday at 11 a.m. 819-346-5564.

SHERBROOKE

Sunday, November 5 at 11:00 a.m. the Church of the Advent, 473 Bowen St. S., Sherbrooke, welcomes you to a service of Holy Communion with the Venerable Dean E. Ross officiating.

Presbyterian

LENNOXVILLE

St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville, 819-569-3100, Sundays: 10:30 a.m. Worship and Sunday School.

United

AYER'S CLIFF - MAGOG

Ayer's Cliff - Magog - Georgeville Pastoral Charge welcomes everyone for Sunday service at Beulah United Church in Ayer's Cliff - Worship service and Sunday School 9:15 a.m. and St. Paul's United Church, Magog - Worship Service and Sunday School 11:15 a.m. with lunch provided each Sunday following the service in Magog. Minister: Rev. Lee Ann Hogle 819-571-7233.

HATLEY

Hatley United Church, 56 Main St., Hatley. Sunday, November 5, 9:30 a.m., speaker Evelyn Miller, retired social worker, will speak on Loss and Grief: how to deal with the grief of losing one's church.

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to worship with Rev. Linda Buchanan on Sunday, November 5 at 10:00. Children are always welcome. 819-565-8449; website: lennoxvilleunitedchurch.com

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, the Rev. Samuel V. Dansokho, minister. Saturday, November 4, U.C.W. is holding its Pre-Christmas Buffet & Sale from 3:30 p.m. to 6 p.m. Sunday, November 5, 22nd Sunday after Pentecost, worship service in English at 10:30 a.m. Worship service in French at 09 a.m. Welcome to all! Notre service en français se tient à 9 h. Bienvenue à tout le monde!

WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church, Sunday, November 5, 11 a.m. Service with Rev. Mead Baldwin. Sunday School. Rev. Mead Baldwin 819-837-1112.

Huntington's disease a devastating reality for some families

ASK THE DOCTORS
By Robert Ashley, M.D.

Dear Doctor: My grandmother has a daughter and a son with Huntington's disease, and her husband and a few of her in-laws passed away from it. What can you tell us about this terrible disease? Who in the family could yet develop it?

Dear Reader: "Terrible" is the correct description of Huntington's disease. It's a rare genetic disease — affecting about 5.7 out of 100,000 people in Europe, Australia and North America — but it's unrelenting and eventually leads to death.

Almost everyone with Huntington's carries a disease-causing mutated gene on one chromosome and a normal copy on the other chromosome. That means their children have a 50/50 chance of having the mutated chromosome passed down to them. Unfortunately, in Huntington's, the mutated gene is dominant. So, even if a person has only one of the abnormal genes, he or she will develop the disease. So, to answer your question about the potential for other family members, any children of your grandmother's daughter and son with the disease have a 50/50 chance of developing it as well.

In the rare cases in which a person has two copies of the Huntington's gene, he or she will without doubt pass the disease on to all their children. Further, children who get the gene from their father are more likely to develop the disease earlier in life and to experience a more rapid deterioration.

Here's what happens: The mutant gene in Huntington's disease produces an abnormal protein that damages both the nucleus and other components of nerve cells, killing them. The nerve death is especially severe in the area of the brain called the striatum. These changes can be detected via MRI between nine and 20 years before a patient shows symptoms, which typically occur between the ages of 35 and 44.

The first sign of Huntington's disease is an involuntary movement abnormality termed chorea. Initially, this may be perceived as restlessness or lack of coordination. When it worsens, movements become random, jerky and uncontrollable, making it difficult for a person even to hold his or her posture or maintain a sustained motor action such as sticking out the tongue.

Psychiatric symptoms of depression and irritability, which can occur at any time during the disease, may be noticeable even before the onset of chorea. An estimated 33 to 76 percent of patients report anxiety, depression or apathy during the course of their illness. Three to 11 percent report symptoms of psychosis, including hallucinations, delusions and paranoia.

It gets worse. Patients' cognitive abilities are affected as well, leading to difficulty making decisions, multitasking or switching from one mental activity to another. Eventually, the memory problems lead to dementia.

In the latter stages of the disease, people may develop a rigid muscular state similar to Parkinson's. This can lead to the inability to walk. People can also experience weight loss, vision disturbances, and difficulty swallowing and breathing. The progression is prolonged, with death generally occurring 20 years after onset of symptoms.

Although genetic testing can easily diagnose the Huntington's mutation, the availability of such testing is relatively recent. Further, while it can guide decisions about whether or not to have children, it can do nothing to change the current reality. My heart goes out to your grandmother and the rest of your family.

Robert Ashley, M.D., is an internist and assistant professor of medicine at the University of California, Los Angeles.

SUDOKU

DIFFICULTY RATING: ★★★★☆

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

11/3

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

PREVIOUS SOLUTION

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

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

PREVIOUS SOLUTION

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

11/4

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

DIFFICULTY RATING: ★★★★★

SUDOKU

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Wanting the Clothes-Free Life

FRIDAY, NOVEMBER 3, 2017

Dear Annie

Dear Annie: I'm a man in my 30s who is a nudist at heart. Though I enjoy doing things clothes-free, my wife, "Jamie," does not. Jamie has gone with me to a nude beach — and "participated" — only once, and that was as a gift for my quitting smoking.

Jamie reluctantly allows me to attend one nudist event a year, but I have found myself wanting to do more — doing online research about different nudist sites in my area.

I know that Jamie would not want to go to any nudist events herself — though I would love it if she changed her mind — so I'm trying to figure out how best to broach the topic of my wanting to go alone.

The problem is that she, like so many others, mistakenly believes that naturism is a sexual thing. For me and the vast majority of nudists, it's not. I simply enjoy the freedom of being able to be outside naked. Also, most nudists are quite a bit older than I am.

How should I let my wife know about my desire to go to more nudist events? — Free Bird

Dear Free Bird: If being a naturist is that important to you, I would say to continue this dialogue with your wife about why you enjoy it and what the benefits are for you as an individual. Marriage is about compromise and seeing things from the other perspective, so it does put a small damper on just how free of a bird you can be. Continue to talk to her about the importance of it to you, and be grateful that she does not object to your annual nudist event, especially because she has no interest in participating. You can never force someone to do something she does not want to do, but you can continue to communicate to her about why it is so important to you.

Dear Annie: My wife of 30 years moved out of the home a year and a half ago and into our adjoining apartment. We had not been getting along for a while. I am not a bad person; I have never gone out on my wife. But she is always angry with me, and it seems I can't do anything right.

Originally, our plans were to eventually sell our house, retire and travel. My thinking has changed over time. I love my wife. But it seems very unrealistic to consider selling everything to retire with someone who doesn't like me and can't even live with me under the same roof.

I feel our relationship needs to be fixed before there is any discussion of retirement and selling the house, especially because I love where we live. She is angry with me for changing our plans. She sends me emails accusing me of being a liar. I am confused and frustrated. We're seeing individual counselors and a couples therapist together. The couples therapist says my wife is full of wrath. My counselor says that it sounds as if she has deeper issues than the relationship and that I need to take care of myself. I would appreciate your perspective. — Blamed and Alone

Dear Blamed and Alone: My perspective is the same as your counselor's. Your wife's profound unhappiness wasn't caused by your marriage and certainly won't be fixed by it. She needs to decide for herself that she's tired of being miserable and really commit to treatment. I think you're wise to hold off on selling the house. If you were to travel the world together with all this resentment in tow, it would weigh you down so much that it would be the only thing you remember about the trip. Continue with counseling, and take your own self-care seriously.

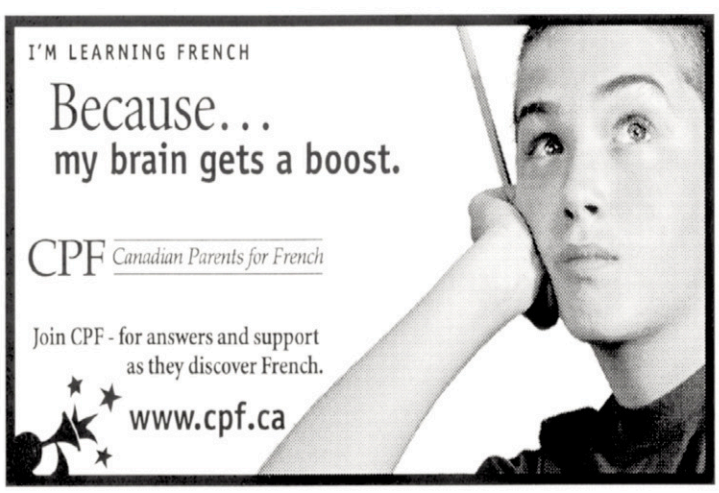
Send your questions for Annie Lane to: dearannie@creators.com.

HAPPY BIRTHDAY

Happy 100th Birthday
HARRIS OLSSON
November 4, 2017

Friends are invited to the Argyll Pavillion,
375 Argyll, Sherbrooke, Room 3116,
November 4 from 3 p.m. to 8 p.m.

Love from your children and families



The truth about portion control

FROM CONSUMER REPORTS(R)
By the editors of Consumer Reports

Can shrinking our waistlines be as simple as bringing serving sizes down a notch? That can help, according to Consumer Reports.

Follow these techniques to help train your brain to recognize and stick with healthy helpings of food.

SMART-SIZE YOUR MEALS

Using portion control as your primary healthy-eating strategy allows you to eat almost any food while keeping calories in check.

– Scoop and pour. Pull out some measuring spoons and cups to dole out precise portions of your favorite foods for a few weeks. You might be surprised to see that a serving of the cereal you eat most days is 3/4 cup, while filling up the bowl to what looks like a reasonable portion puts you closer to 2 or 3 cups. (For a guide to serving sizes, go to choosemyplate.gov.)

– Share with a friend. When dining out, start with your own healthy appetizer, such as salad or soup, and split the entree. It's also wise to go halfsies on extras, like a side of french fries or dessert. Consumer Reports suggests slowing down so that you can enjoy each bite.

– Watch your portions of healthy foods, too. Plenty of nutritious foods, such as almonds and dates, are also high in calories. And when people think that a food is good for them, they underestimate calories, according to a study from Cornell University.

STAY SATISFIED

Resized portions will seem small only if they're not satisfying. By favoring satiating foods, you can feel full from smaller servings.

– Focus on fiber. Simply choosing foods that are rich in fiber can help fill you up. In one study, increasing fiber intake to at least 30 grams per day for 12 months helped 240 adults who were at risk for Type 2 diabetes lose almost as much weight as people who followed a more complicated diet that specified exactly how many servings of carbs, vegetables and protein to consume. Fiber-rich choices include beans, fruits, vegetables and whole grains.

– Curb your appetite. Take the edge off your hunger with a healthy appetizer; that will help you limit yourself to that 1-cup serving of cooked pasta. A salad before or during the meal helped people eat 11 percent fewer calories overall, according to a study in the journal Appetite.

– Take smaller bites. That can help you keep portions in check. For example, research from the Netherlands found that people who took tinier sips of tomato soup ate about 30 percent less than those who gulped it.

THINK BIG – SOMETIMES

– Supersize the salad. It's difficult to find fault with a heaping bowl of raw vegetables. So in addition to the standard lettuce, tomato and cucumbers, add asparagus, beets or whatever vegetables you like. Consumer Reports warns about watching out for the extras, though – cheese, croutons, wonton noodles and, of course, dressing can catapult a salad's calorie count into double-cheeseburger range.

– Eat veggies family-style. Measure out carbs (like potatoes) and protein (like steak) to control portions of higher-calorie foods. But put vegetable side dishes on the table so that people can help themselves to abundant servings of those filling, low-calorie foods.

– Increase portions with produce. Not sure a half-cup serving of cooked rice will fill you up? Round it out with vegetables. For example, add 1 cup chopped fresh spinach per serving of rice for a bulked-up but not weighed down side dish. (Mix the spinach into the hot rice as it finishes cooking, stir and cover the pot for 1 minute. After the heat wilts the greens, stir again before serving.)

To learn more, visit ConsumerReports.org.

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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.

"KYE NA, WP'H ATHC PY HBATZ XWPJ NC ITEZ HWIA. W JTUA UAEC LATVPWKVG, WSPAEAHPWSM SWMJPNTEAH." — ITEWY TEMASPY

Previous Solution: "The grotesque has never really ... frightened me. I guess it's real-life stuff that frightens me much more." — George A. Romero

TODAY'S CLUE: B equals L

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.

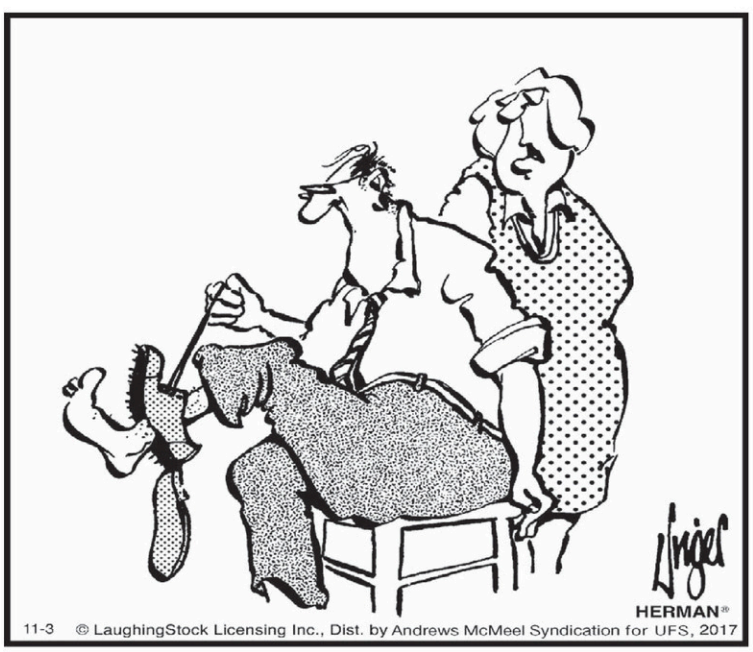
"GHGKEUPNE OJ SAKSON PA XWG LYZYPCY. GHGKEUPNE OJ SAKSON PA XWG DGPDRG XWSX XWGE'HG NPYG XGKKOURG XWOYIJ XP!" — CGJ VKSHGY

Previous Solution: "For me, it's easy to speak with my dark side. I have very beautiful, interesting nightmares." — Dario Argento

TODAY'S CLUE: U equals L

REALITY CHECK

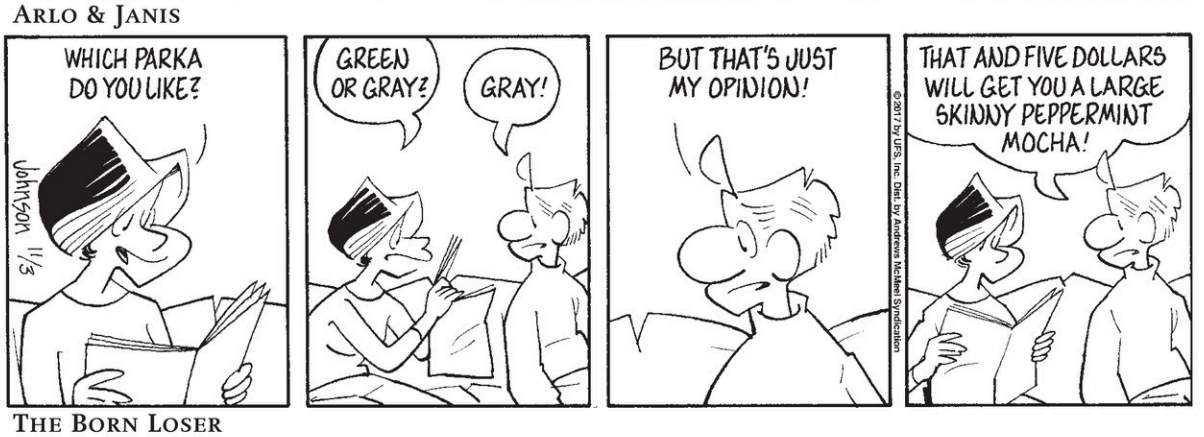
HERMAN



"Are they the new shoes you bought for $10?"

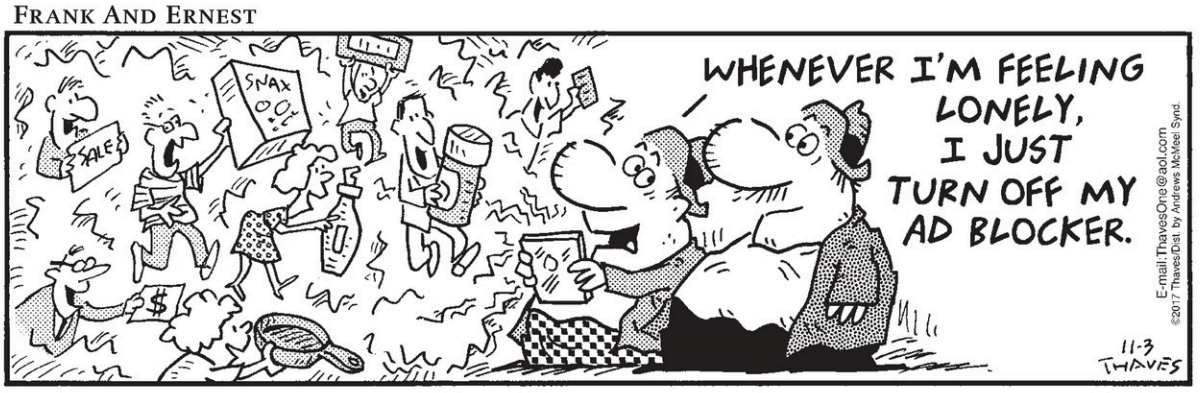
ALLEY OOP

ARLO & JANIS



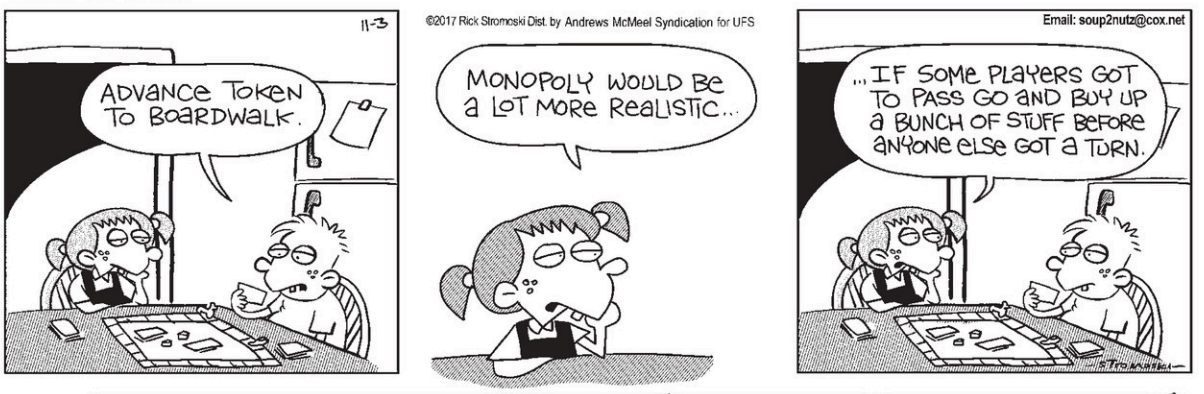
THE BORN LOSER

FRANK AND ERNEST



GRIZWELLS

SOUP TO NUTS



Diabetes The New EPIDEMIC
REACT NOW!
Diabetes Québec
Information and donations:
(514) 259.3422 or 1.800.361.3504
www.diabete.qc.ca

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E-MAIL: classad@sherbrookerecord.com
OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

CLASSIFIED

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
OR MAIL YOUR PREPAID CLASSIFIED ADS TO
THE RECORD, 6 MALLORY, SHERBROOKE, QUEBEC J1M 2E2

001 Property for Sale

Make your classified stand out, add a photo for **$10.** per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

035 For Rent

CLASSIFIEDS ONLINE! www.sherbrookerecord.com

ELDERLY COUPLE in the country, 20 km. from Lennoxville, Bishop's University, **has a room or small apartment for rent,** partially furnished, for a serious, mature student. If interested, call 819-838-1502 anytime.

LARGE 4 1/2 in Sherbrooke's old North, duplex with basement and shared back yard, one parking spot, washer and dryer hookup. Beautiful neighbourhood, short walk to downtown Sherbrooke as well as local parks. Close to French and English elementary schools. Grocery store across the street. $650 per month, hydro not included. No pets. Available immediately. Call 819-791-1974 for more information.

100 Job Opportunities

LEPITRE GRANITE has a position opening for a bilingual receptionist / data entry / client service. Available immediately, Monday to Friday, 8 a.m. to 4 p.m., 35 hours per week. For more information or to send a current C.V., please contact Lisa Belknap at 819-876-7881 or by email lepitre@lepitre.ca

100 Job Opportunities

MAISON DES JEUNES SUTTON. **Youth Counselor position:** animate 10-17 year olds. Bilingual, driver's license, vehicle are a must. Organized, working knowledge of social medias and Microsoft programs needed. Asset: experience or studied in related domain. 25 hours a week (afternoons, evenings & Saturdays). Salary $15. **Send resume before November 10** to Gwen Badham, Maison des Jeunes Sutton, 7 Academy, Sutton, QC, J0E 2K0, mdj.le.spot.sutton@gmail.com

T & B ENTERPRISE is looking for a Class 1 tractor trailer driver for work based in Sherbrooke. Local dry van deliveries from a manufacturer to customers in Granby and Drummondville. Please contact Tony 450-531-8452 or email tbgarage5@gmail.com.

145 Miscellaneous Services

LENNOXVILLE PLUMBING. Domestic repairs and water refiners. Call Norman Walker at 819-563-1491.

150 Computers

Make your classified stand out, add a photo for **$10.** per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

100 Job Opportunities

THE RECORD

is looking for **replacement carriers** in the **Lennoxville area.**

You would need to be on stand-by, ready to fill in if one of our regular carriers needs to be replaced at the last minute (i.e. illness or other) or if a route opens up.

If you're interested in being on our list, please call

THE RECORD

819-569-9528
between 8:30 a.m. to 4:30 p.m.
or leave a message after hours,
or e-mail:
billing@sherbrookerecord.com

100 Job Opportunities

100 Job Opportunities

TRUCK DRIVERS WANTED

Class 1 drivers with minimum 2 years flatbed experience, must be able to enter the US.

Come and visit our website for more information on the company. http://rhredikertransport.ca

REDIKER TRANSPORT
819-876-2755

190 Cars For Sale

CLASSIFIEDS ONLINE! www.sherbrookerecord.com

Make your classified stand out, add a photo for **$10.** per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

275 Antiques

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680.

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

290 Articles For Sale

Make your classified stand out, add a photo for **$10.** per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

294 Events

CLASSIFIEDS ONLINE! www.sherbrookerecord.com

Cars or trucks, you might just find what you are looking for in the Classifieds!

SPECIAL FAMOUS PAINTINGS AND ANTIQUES AUCTION
WWW.ENCANGELINEAU.COM
Sunday, November 5, 2017 at 10 a.m.
7900 boul. Laframboise, St. Hyacinthe, QC (exit 130, autoroute 20)
TO BE SOLD: Beautiful Canadian paintings: Suzor Côté, Toupin, Tatossian, Champagne, P.V. Beaulieu, Corno, Riopelle, Richard, Little, Hudon, Lecor, Rousseau, Horik, Cosgrove, Bruno Côté, and beautiful antique paintings, etc…
Also nice furniture of all styles, marble, gold jewellery, collection of hockey cards, nice pine armoire, gas pump, advertising, etc., from an estate.
VISIT: Saturday, from 1 p.m. to 5 p.m.
Auction: Wednesday, Nov. 8 at 1 p.m.
ENCANS GÉLINEAU & FILS INC.
(450) 796-2886

Selling, buying, exchanging, offering services? Put it in our Classifieds for results!

330 Pets

Make your classified stand out, add a photo for **$10.** per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

340 Garage Sales

LENNOXVILLE Contents / Moving Sale, 27 Spring Garden (via Clough St.). Lots of art work, piano, large maple table with 6 chairs, dishes, camper/apt size fridge, baby and children's items, games, bookshelves, desks, office chairs and much more. Saturday, November 4, 8 a.m. to 4 p.m., and Sunday, November 5, 10 a.m. to 4 p.m.

340 Garage Sales

RICHFORD, VT Sidewalk Sale. 1940's Star Weekly Standard, 1020's illustration, vintage children's books, antiques, collectibles and prints, old bibles. Saturday, November 4, 9 a.m. to 2 p.m., 1 River Street.

400 Lost

LOST - BALINESE CAT, corner of Archie-Mitchell and Oxford (Lennoxville). White with reddish face, big ears, long tail, answers to Armas. Call 819-822-0752

Want your ad to stand out? For **.50** a word **- bold** it.

440 Miscellaneous

SHERBROOKE PLANS to immediately merge Lennoxville with Fleurimont if we ever lose our bilingual status. Same as they merged Bromptonville with Rock Forest this year. We need to preplan our exit strategy now! This Sunday... Vote independence. Vote Lennoxville. **Vote Roy Patterson.** Brian Patterson, official agent.

Richmond Legion Branch #15 Ladies Auxiliary regular meeting

Seventeen members met at the Legion Hall on October 17 for our regular meeting.

Meeting was called to order at 7 p.m. Due to space, the flags were already in place. Opening ceremonies were taken care of by 1st Vice Cmdr Donna with Pres. Cmdr Ann at the piano. The President then welcomed everyone, followed by a few interesting remarks and then asked for the Roll Call.

Secretary Cmdr Lucie read the minutes from the last meeting, which were accepted after a couple of clarifications. Treasurer Cmdr Dawn gave her report and it was accepted.

Correspondence - one request for a donation for the Town's Christmas Baskets.

Reports of Committee

Health and Welfare - Cmdr Anne had nothing to report.

Membership - Cmdr Elsie presented Cmdr Shirley Noble with her "life" membership having reached the magic number, congratulations.

Publicity- Cmdr Mildred had nothing to report.

Ways and Means - Cmdr Donna reported on the catering for the Armistice Banquet on the 11th of November and another catering coming up.

Special Committee pertaining to the donations given to the Schools - Cmdr Ann Nixon had met with them and delivered our donations to the cause.

New business – A donation was given to the Christmas Baskets and a donation will be given to the Senior Branch at the Banquet. Everyone was given the News Letter from the Senior Branch and reminded about all the Armistice events coming up.

A special "thank you" was given to our knitters for donating mittens, scarves, etc. to the students at St Francis.

There being no further business, meeting was adjourned, closed in form, followed by a light lunch. Half and half was won by Cmdr Elsie.

In Comradeship
Cmdr Mildred E. Holliday, P.P.

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Your Birthday

FRIDAY, NOVEMBER 3, 2017

Keep an open mind and a compassionate attitude when dealing with others. The way you handle personal and professional situations will make the difference between staying in one position and gaining ground. Don't be afraid to do things differently, but be sure to get approval before you begin.

SCORPIO (Oct. 24-Nov. 22) — Keep a sound mind and a positive attitude. If you overreact, you will face opposition that will make it difficult for you to accomplish what you set out to do.

SAGITTARIUS (Nov. 23-Dec. 21) — Don't overdo it. You'll be tempted to engage in something because someone else does, but before you do, get all the particulars, including what it will cost emotionally and financially.

CAPRICORN (Dec. 22-Jan. 19) — Look for a way to expand your living space or add a work station that will encourage you to develop your skills, learn something new or pursue a new hobby.

AQUARIUS (Jan. 20-Feb. 19) — Don't spend money you don't have. Emotional conflict will surface if someone is counting on you for something you cannot deliver.

PISCES (Feb. 20-March 20) — Seize the moment and take advantage of an opportunity to make some extra cash. Making a worthwhile investment or cutting your overhead will encourage you to handle your cash more efficiently.

ARIES (March 21-April 19) — A personal situation or partnership will be on shaky ground. A tendency to overreact or take your frustrations out on someone else will put you in a difficult position.

TAURUS (April 20-May 20) — Plan something special with family, friends or a loved one. Taking a break will ease your stress and give you a chance to digest what's been going on around you.

GEMINI (May 21-June 20) — You'll be tempted to take part in something questionable. Show strength and discipline to avoid a situation that could put you in a compromising position.

CANCER (June 21-July 22) — Be upfront about what you are willing to contribute. Helping others will only be satisfying if you see that your contribution makes a difference. Avoid emotional spending.

LEO (July 23-Aug. 22) — Situations will escalate quickly. Don't let your emotions take the reins and get you into trouble with your employer or a loved one. Keep the peace and do what's expected of you.

VIRGO (Aug. 23-Sept. 22) — Take care of personal business and any family or home responsibilities first. Recognizing problems before they get too big will help counter a negative outcome.

LIBRA (Sept. 23-Oct. 23) — Physical alterations will give you a boost. A change to your lifestyle or to a relationship you cherish will help bring you closer to a stable and secure future.

FRIDAY, NOVEMBER 3, 2017

Lots of food for hungry bridgeurs

By Phillip Alder

Scott Adams, in one of his Dilbert cartoons, wrote, "Give a man a fish, and you'll feed him for a day. Teach a man to fish, and he'll buy a funny hat. Talk to a hungry man about fish, and you're a consultant."

The key word there is "hungry" — this deal has lots of food for discussion. First, what do you think of the auction? Second, what should West lead against three no-trump after the given sequence?

In the auction, some Souths would have opened two diamonds, but with four spades and a void, it would have been debatable. However, West had a clear-cut one-club opening. His count was minimum, but he would have had no rebid problems.

After North opened one heart, East's overcall was acceptable, especially as he was a passed hand. South might have responded one no-trump, but two diamonds was reasonable as he had already passed. Then the rest of the auction was predictable.

During a duplicate at Bridge Base Online, this exact auction occurred three times. Each time, West led the club queen. South won with dummy's king, overtook the diamond jack with his queen and drove out the ace, very happy to see the 3-3 split. Now South was sure to take at least one spade, two hearts, five diamonds and two clubs.

The Easts must have been hungry for a new partner! If only West had led his spade, East could have won with his ace and continued with the queen to dislodge the spade king from the South hand, declarer's lifeline to the diamond suit. Then the contract would have gone down one.

	North ♠ 8 7 4 ♥ A K 9 7 5 4 ♦ J ♣ A K 3	11-03-17
West ♠ 6 ♥ Q J 6 ♦ A 6 5 ♣ Q J 9 6 4 2		East ♠ A Q J 3 2 ♥ 10 8 3 2 ♦ 9 8 4 ♣ 8
	South ♠ K 10 9 5 ♥ — ♦ K Q 10 7 3 2 ♣ 10 7 5	

Dealer: East
Vulnerable: North-South

South	West	North	East
			Pass
Pass	Pass	1♥	1♠
2♦	Pass	3♥	Pass
3NT	Pass	Pass	Pass

Opening lead: ??

CROSSWORD

Across

1 Free
6 Crusty formation
10 One in a farm array
14 Truism
15 Kappa preceder
16 Entry
17 Saint toppers
18 Equine footwork
19 Glitz
20 Renewed one's energy, in a way
21 Counseling for boomers' kids?
24 Santa __: Sonoma County seat
25 Complimentary writers
26 Sign on a film studio employee's door?
31 Words of desire
32 Room at the hacienda
33 Fast hit
36 Gave for a while
37 Some rank indicators
39 Corona product
40 Disturbance
41 "Write once, run anywhere" software
42 One with many mouths to feed?
43 Altered clone of actor Richard?
46 French gambling game
49 Zero
50 Molecular manipulation technique ... and a hint to the starts of the three other longest puzzle answers
53 Sudden turn
56 Advantage
57 Bunches
58 Immune system component
60 Food preservative
61 Cithara relative
62 Clear, in a way
63 "__ bien!"
64 Word appearing twice in a Woody Guthrie title
65 Synthetic polymer

Down

1 Turner of "The Bad and the Beautiful"
2 It's a turnoff
3 What's up at the deadline?
4 Mushy lump
5 "Yikes!"
6 Traffic or turn follower
7 Influence with flattery
8 Studying like crazy, say
9 Tub soothers
10 Interstate rumbler
11 Condemned Titan
12 Jumped
13 "Game of Thrones" accumulation
22 Zener cards presumably tested for it
23 "Show Boat" author Ferber
24 Take a load off
26 __ monster
27 Was required to pay
28 Yucatán youngster
29 Sunni's religion
30 Indoor __
33 Force user
34 NASA prefix
35 Muffin option
37 Left nothing out
38 Big event lead-in
39 Data measure
41 Ballet jump
42 Do a surfing maneuver
43 Shakes hands with, say
44 Bonded
45 Weigh station unit
46 Get rid of
47 Wood for grilling planks
48 What "x" may be in trigonometry
51 Former NHL winger Kovalchuk
52 Uncertain
53 Gusto
54 "Just one more thing ... "
55 Narrow valley
59 Sound of woe

E	D	G	E	■	S	M	A	R	M	■	N	U	L	L
T	U	N	A	■	A	U	R	A	E	■	E	R	I	E
A	P	A	R	T	M	E	N	T	H	O	U	S	E	S
L	E	T	L	O	O	S	E	■	■	G	R	A	F	T
■	■	■	■	K	A	L	■	■	I	L	O	■	■	■
G	A	R	D	E	N	I	N	G	C	E	N	T	E	R
O	L	E	O	S	■	■	E	M	U	S	■	A	S	A
N	E	A	T	■	F	L	A	T	S	■	A	S	T	I
O	R	R	■	G	A	I	T	■	■	A	P	S	E	S
W	O	M	E	N	S	S	H	O	E	S	T	O	R	E
■	■	■	L	A	T	■	■	R	A	P	■	■	■	■
I	O	T	A	S	■	■	S	A	T	I	R	I	Z	E
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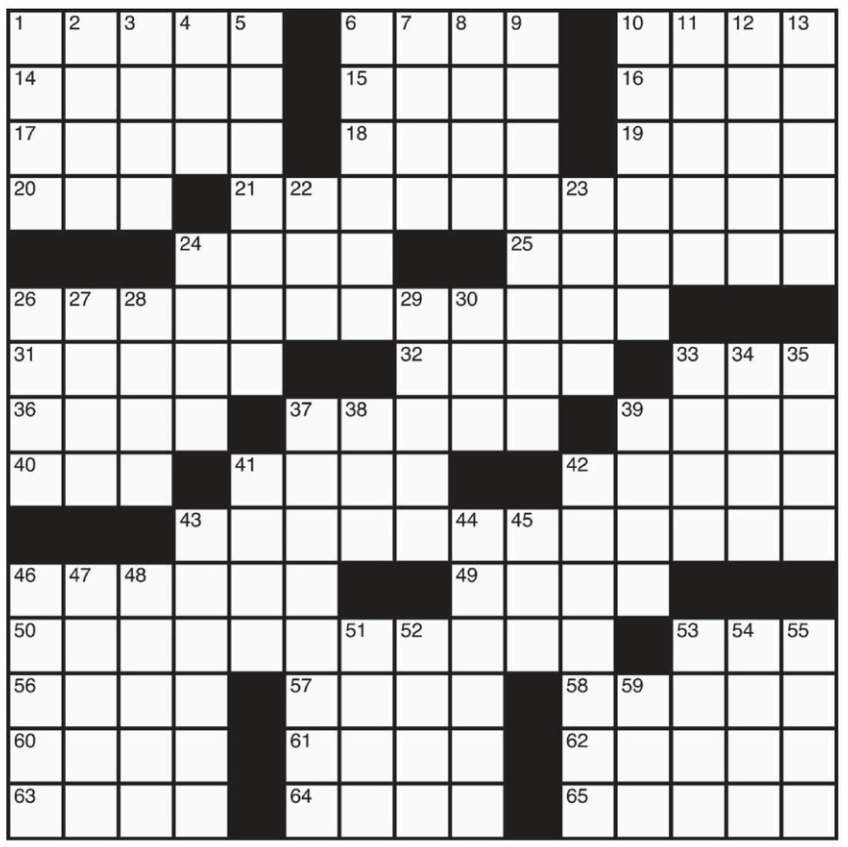

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Your Birthday

SATURDAY, NOVEMBER 4, 2017

Make alterations if it will help you get your way. Be willing to listen to and utilize the ideas that others offer. Partnerships will be important to the outcome of any enterprise you decide to get involved in. Reaching out and compromising will help you gain success.

SCORPIO (Oct. 24-Nov. 22) — It's OK to air your differences, as long as you are willing to listen as well. Making unique changes to your home or lifestyle will help you achieve happiness.

SAGITTARIUS (Nov. 23-Dec. 21) — Sort out any differences you have with someone you must deal with daily. It will be easier to move forward if you are open about your feelings.

CAPRICORN (Dec. 22-Jan. 19) — Host a reunion and bring old friends together. Memories will help to reinstate some of the plans you had, but never managed to fit into your busy schedule.

AQUARIUS (Jan. 20-Feb. 19) — Too much talk and not enough action will not help your situation. Follow through with your promises and encourage others to do the same. Taking action is your best bet.

PISCES (Feb. 20-March 20) — A discussion about your prospects will get you heading in a new direction. Using your skills to maneuver into an industry that is better suited to your qualifications will be gratifying.

ARIES (March 21-April 19) — Joint money matters should be discussed to provide a guideline that will prevent anyone from being treated unfairly. Size up the necessary contributions prior to agreeing.

TAURUS (April 20-May 20) — Look for the best ways to make your personal life and important relationships better. Taking part in a retreat, group discussion or brief vacation will be rewarding.

GEMINI (May 21-June 20) — Think about what's been going on at work or with the people you spend most of your day with. Be open to discussing situations before they get out of hand. Don't take sides.

CANCER (June 21-July 22) — Speak for those who can't do so for themselves. Your voice will help make a difference. Get involved in organizations that are doing good work in your community. Time spent with children will be enlightening.

LEO (July 23-Aug. 22) — Emotional outbursts can change your future. Contain your angst until you are in a better position to win. Work on being a better person, not on trying to change others.

VIRGO (Aug. 23-Sept. 22) — Taking a day trip to visit someone from your past will spark an interest in things you used to enjoy doing. A retreat, reunion or jaunt to old haunts will be enlightening.

LIBRA (Sept. 23-Oct. 23) — Personal money matters and agreements should be handled with care. A positive change to your income or financial position is within reach if you invest in something tangible.

SUNDAY, NOVEMBER 5, 2017

Be precise when discussing your plans with someone who will be influenced by your decisions. Whether dealing with business or personal partnerships, it will be necessary to separate your emotions from the discussion. Don't make matters more complicated. Finish one challenge before taking on another.

SCORPIO (Oct. 24-Nov. 22) — Emotional problems will crop up if you have been reluctant to discuss how you feel or what you want. Honesty will be necessary to avoid unwanted changes at home.

SAGITTARIUS (Nov. 23-Dec. 21) — Consider your current direction and what will ensure success. Check out job possibilities or make a personal change that enhances your appeal and confidence. A pet will bring you joy.

CAPRICORN (Dec. 22-Jan. 19) — Question someone if you feel you aren't getting the whole truth. Channel your energy into something that will help improve your health, fitness and valued friendships.

AQUARIUS (Jan. 20-Feb. 19) — Fix any minor repairs you want to make around the house. Buying and selling objects, property or something homemade will be gratifying. Plan a garage sale or attend a flea market.

PISCES (Feb. 20-March 20) — Take what you hear and digest it carefully. Someone will lead you astray or push you in a direction that isn't in your best interest. Think big, but practice moderation.

ARIES (March 21-April 19) — A new interest will motivate you to take on novel challenges. Money can be made if you combine something you love to do with a service others are willing to pay for.

TAURUS (April 20-May 20) — A joint venture will take plenty of energy, but if you stick it out and do your part, it will be beneficial. Rely on experience to help you excel.

GEMINI (May 21-June 20) — You'll be up for a challenge. Sign up for a marathon or engage in energetic activities with friends. A passionate approach to life will enhance your relationship with a special someone.

CANCER (June 21-July 22) — Put a little money and muscle into your home. Getting your place up to par will lift your spirits and prompt you to invite friends and family to enjoy your space.

LEO (July 23-Aug. 22) — Keep your money in a safe place. Unnecessary spending, lending or borrowing will lead to trouble. Confusion and uncertainty regarding health or legal issues should be dealt with curtly.

VIRGO (Aug. 23-Sept. 22) — Communication can solve your problems. Share your point of view and be willing to work alongside others. A team effort will help you achieve your goal faster and will present new opportunities.

LIBRA (Sept. 23-Oct. 23) — A personal arrangement with someone special will change the way you move forward physically, emotionally and financially. A steady pace and moderate approach will lead to a better future.

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