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Annual Charles Bruneau bike tour underway

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

**Hey from the
hayfield**

Page 5

WEEKEND EDITION

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PM#0040007682

FRIDAY, JULY 5, 2019

Provincial government injects \$ 47M into youth protection services to eliminate waiting lists

Record Staff

Yesterday Lionel Carmant, Minister of Health and Social Services announced \$47 million in funding to help eliminate waiting lists and consolidate youth protection services. The funding will be used to hire nearly 400 new resources and ease the workload of those already on the ground.

For the Estrie region, this sum of \$ 4,742,000 will be used to add 40 new youth protection workers who will be able to respond to the request of the 481 children currently awaiting assessment.

This investment will help eliminate waiting lists at the reporting and enforcement stage and consolidate youth

CONT'D ON PAGE 3

Compton Town Hall demolished



MATTHEW MCCULLY

By Matthew McCully

After much debate, and a brief delay once demolition began, the town hall in Compton is reduced to rubble.

Work began on June 25 but was put on hold after a CNESST complaint was filed alleging the presence of asbestos

in the building.

When submitted for tests, less than one per cent asbestos was detected in the foundation and debris collected. Crews got back to the job of demolishing the building early Wednesday morning.

The project to demolish the town hall was a bone of contention for a

group of residents (Action Citoyens), who filed an interlocutory injunction against the municipality in an effort to stop the demolition. Ultimately, the judge presiding over the case rendered a judgment at the end of April, ruling in favour of the town and work went ahead as planned.

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Weather



TODAY:
MIX OF SUN
AND CLOUDS

HIGH 32
LOW 19



SATURDAY:
SHOWERS

HIGH 26
LOW 11



SUNDAY:
SUNNY

HIGH 24
LOW 9



MONDAY:
SUNNY

HIGH 26
LOW 11



TUESDAY:
SUNNY

HIGH 25
LOW 13

Ian McEwan's 2016 novel Nutshell



GOOD READS LENNOXVILLE LIBRARY

O God, I could be bounded in a nutshell and count myself a king of infinite space, were it not that I have bad dreams. Hamlet, Act II, Scene ii

It was a relief to realize that Ian McEwan's 2016 novel *Nutshell* really is about someone living in a confined area and not a Joycean pun about the torments of the mentally ill. Mind you, if that illness manifested itself as claustrophobia, then this distinction might make very little sense.

The narrator, who is more of a spectator than a protagonist, is too young to have a name, but the *Hamlet* parallels are pretty obvious. Mom, who is about eight months pregnant, is Trudy; her lover, Claude Cairncross, is her husband John's brother. (Why McEwan chose to name the husband after one of the Cambridge Five spies baffles me.) John is a book publisher who has been eroding the family fortune. The house in central London is one of the few assets left. The narrator has begun to grasp that there is a plot afoot to kill his father. Even so, it seems a bit fanciful until Trudy tells Claude, "I want him dead. And it has to be tomorrow."

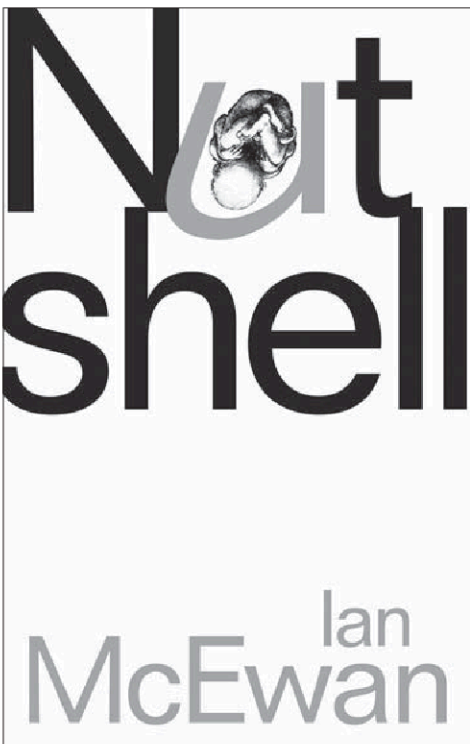
I hope it is not too much of a spoiler to reveal that they succeed in their plan. But once they do, both their behaviour and their circumstances begin to resem-

ble those of Shakespeare's other regicidal couple, the Macbeths. As Macbeth himself observed, "If it were done when 'tis done, then 'twere well it were done quickly." Macbeth Act I, Scene vii. But it isn't: it is long and slow and complicated, the hazard of trying to disguise a murder as a suicide. And it doesn't help to have police who are a true Shakespearean audience, eager to sit through five act productions and delighted to discuss subtle variations in text from one performance to the next.

In the meantime, the narrator is plagued by self-doubt about his inability (or unwillingness) to prevent his father's death, or even to warn him about the trap that awaited him. Was it inexperience or insouciance that rendered him inactive when the signs of disaster were plainly visible? Like *Hamlet*, he even contemplates suicide, only to discover that as an aquanaut, it is impossible to hang yourself in a world of zero gravity. And also like *Hamlet*, he begins to consider how he might channel his anguish towards revenge.

"Be bloody, bold, and resolute; laugh to scorn the power of man, for none of woman born shall harm Macbeth." Macbeth Act IV, Scene i. The Apparition's false promise of invincibility to Macbeth could apply to Claude just as well. If the narrator doesn't fit the description of the prophesized nemesis, then who does?

A large part of the story is a description of how the narrator perceives the world around him, and how he is starting to understand the condition in which he finds himself. Most of this is intriguing, as McEwan tries to imagine what it might be like to live in a confined space that is full of water. Parts of this depiction are really funny, since the narrator has no control over what stimuli he is exposed to. His discovery that he is a male of the species is one such incident. His mother's habit of listening to educational broadcasts on the BBC results in his being exposed to a rather



eclectic range of information about the outside world that he has never seen. And her wine consumption leads him to believe that he can discriminate between the vintages he likes and doesn't like, when all he really knows is which varieties get him drunk.

Many readers will enjoy the crime story as it unfolds in front of the inside witness's eyes. Others will find that McEwan's attribution to his main character of not only sensation, but also perception, memory, imagination and possibly even volition to be in bad taste, and I do not recommend this book to them.

-Vincent Cuddihy

Nutshell is now available at the Lennoxville Library. The children's summer reading program continues on Saturday mornings. Consult the July Newsletter on our website to learn each week's theme.

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leucan
Association for children with cancer

Ben by Daniel Shelton



LOCAL NEWS

"Our goal today is to see all of these children with cancer make it to the point of being geriatric," she said with a smile.

Annual Charles Bruneau bike tour underway

By Gordon Lambie

The "Tour of Courage," the Sherbrooke to Boucherville leg of the annual Charles Bruneau bike tour for children's cancers, left the Fleurimont hospital of the CIUSSS de l'Estrie-CHUS on Thursday morning bound for their day-one end point of Bromont. By the end of the day today, the 35 cyclists will have pedaled 300 km to the end point in Boucherville where they will meet up with some 850 others who left on other routes of the tour across the province at various points since Tuesday.

"The kind of courage shown by the children who are treated here at the Charles Bruneau pediatric oncology unit of the Fleurimont hospital and at home every day cannot be forgotten," Rémi Brassard, deputy general manager of social and rehabilitation programs for the CIUSSS, praising the fact that the support of the Charles-Bruneau Foundation allowed the Fleurimont hospital to become one of only four establishments in the province to be able to offer specialized cancer care to children. "We are spoiled to have such a centre here in the Eastern Townships, which covers not only this region but also part of the Montérégie and central Quebec regions."

Dr. Josée Brassard, a paediatric haematologist-oncologist at the CIUSSS de l'Estrie-CHUS, who is participating in the ride for the third year in a row, expanded on Brassard's praise by pointing out that the opening of the centre in Sherbrooke in 2014 has made a huge difference in the hospital's ability to treat children's cancers in a location near where

they live. She also laughed as she took advantage of a slip of the tongue made by Brassard, in which he accidentally referred to the hospital's "geriatric" cancer unit rather than the pediatric one.

"Our goal today is to see all of these children with cancers make it to the point of being geriatric," she said with a smile.

Each participant in the tour of courage is required to raise a minimum of \$5,000, all of which feeds into the tour's overall goal of raising more than \$4.5 million to fight children's cancers in various ways.

The Charles Bruneau bike tour is now in its 24th year and includes ten different regional tours that total more than 2,300 km. Since the first tour in 1995, the fundraiser has amassed more than \$29 million to support research and support projects throughout Quebec.

According to the Charles Bruneau foundation, an average of one child per day receives a cancer diagnosis in Quebec, and cancer is the main cause of death by disease among children 0 to 18 years of age. For more than half of the children who receive a cancer diagnosis, the news comes before their fifth birthday.

"This tour is named for their courage, and it will take courage and perseverance to complete the two days of travel," Brassard said.

Anyone wishing to make a donation or to find out more about the foundation can check out the website: charlesbruneau.qc.ca/tour-cibc.



PICTURES BY GORDON LAMBIE

The cyclists hit the road in three groups just after 9:30 a.m. led by former Canadian road-cycling champion Katy St-Laurent



Young Naomie, one of the cycling tour's youth ambassadors, handed out home-baked cookies to all of the cyclists before their departure as a way of saying thank you for their great undertaking in the name of fighting cancer.

Gaiter spotted in Naples, Italy

Record Staff

Bishop's University sophomore Erika Scott, the university's female athlete of the year, is currently in Italy, competing with Team Canada's Rugby 7's squad at the 2019 FISU Summer Universiade in Naples, Italy.

The rugby 7's is scheduled to take place between July 5-7.



COURTESY

Youth protection services

CONT'D FROM PAGE 1

protection services to adequately meet needs based on the growing volume of requests.

The increase in funding follows various consultations over the last few weeks and will be added to the \$18 million already announced in the last government budget, to immediately strengthen mentoring and clinical support for the teams.

In a recent press release, Carment commented, "Even though our government has already taken concrete action by creating a Commission, I

have already said I will not wait for its recommendations to act! That's why we've been very active over the past few weeks in coming up with this \$47 million announcement that will inject a dose of oxygen into a system that is in dire need. Stakeholders do a tremendous job, but they must be given the means to carry out their mission. We need to upgrade the professions surrounding child protection. Our government is taking responsibility to ensure that all children in Quebec are safe."

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The Record's Jean Doucet: Challenging stereo'types' one line at a time

By Taylor McClure
Special to The Record

The newspaper business has changed a lot over the years.

In terms of the printing of each edition, letters used to be set one at a time in a long painstaking process to prepare the printing press. Things got easier as printing technology improved.

In 1951, Doucet joined the Sherbrooke Record team as a linotypist. She had started her career working in Timmins Ontario at the Porcupine Advance, where she learned how to work with

their only linotype, but then moved to Sherbrooke after meeting her husband Tom Doucet.

As a linotypist, she played an essential role in getting the words on the pages. She used to type out a line of text that would then be transferred to a sheet by a linotype machine. That sheet would then be used to print the pages of the paper.

In the article, she recalled her first day of work for The Record and how the men in the office didn't warm up to her all that easily. One of the first comments she received was "oh, a woman," in a

tone of disgust. She was one woman among 30 male co-workers. After her first few weeks, they started to get along and considered her "one of the boys."

When she first started working at the paper, she was working the night shift until she was the victim of a burglary. She helped the police catch the thief and decided that working days would be safer for her.

What was significant about Jean Doucet's story was that she was the only woman linotypist in Shebrooke and one of only three female linotypists in the entire country at the time. After raising her six children, her family strongly supported Doucet's career and encouraged her to get back to work.

The Sherbrooke Record just happened to be her place of choice.



A photo of Record staff from the archives. There is a noticeable absence of women. When Doucet arrived in 1951, she didn't receive the warmest of welcomes in the male-dominated press room.



Jean Doucet was the first female linotypist at The Sherbrooke Record. At the time, she was one of three in all of Canada trained to use a linotype machine in the early 1950s.



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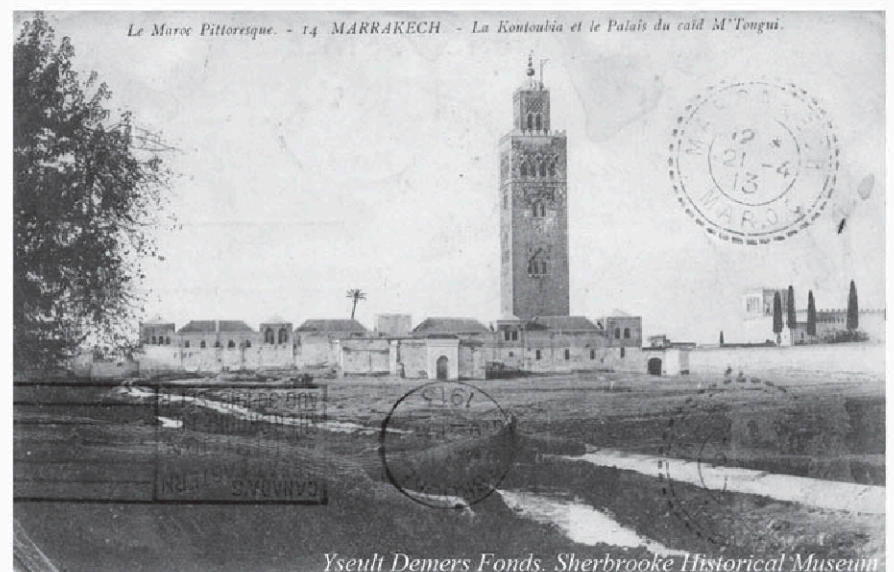


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GLIMPSES OF THE PAST



A genuine gem of the Almoravid dynasty, the Kutubiyya mosque had been built in Marrakech in the early 12th century. Modified during the Almohad regime, this was one of the largest Maghreb religious buildings of the times. Today a major tourist attraction, it is known for its ornately decorated, 77-metre-high minaret shown in the photograph. In poor condition in the late 20th century, the exterior facade of the mosque was restored in 1995.

WANT TO KNOW MORE ?

Visit the bilingual exhibit, *Holiday Passeport*, in the American Biltreite room of the Sherbrooke Historical Museum.

275 Dufferin, Sherbrooke
Informations : 819-821-5406
Mhist.org

M H I S T
MUSEE D'HISTOIRE DE SHERBROOKE

Hey from the hayfield

By Matthew McCully

It has been a hot week here in the Townships. While some locals have avoided the heat wave by the pool, or in the comfort of air conditioning, most farmers have been facing the heat head on.

Make hay while the sun is shining is no myth. Most local farmers are on their first cut of the season.

Below is a collection of photos of some farmers from across the Townships taking time to say a quick hey from the hayfield.



Colin Murphy



Maggy Lachance



Maxime Carrier



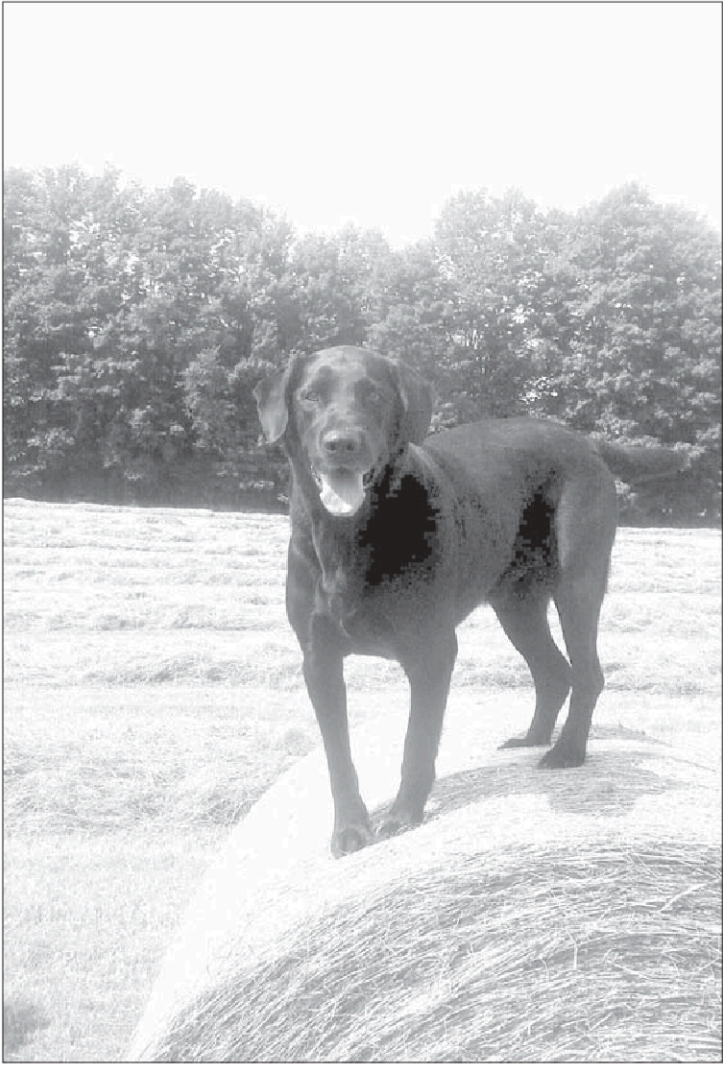
Phillip Bowen



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Doug the Dog (Submitted by Charlene Graham)

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EDITORIAL

For example, at age one, a child would be expected to be able to say about three simple words, like “mama” or “baba.” At age three, a communication milestone might be saying three- or four-word sentences.

New research suggests three profiles of communication delays in early childhood

By Rochelle Hentges
Postdoctoral fellow, University of Calgary

Parenting books, magazines and apps are filled with tools to help parents keep track of their child’s developmental milestones. Parents are often particularly concerned about their child’s language and communication skills. But what does it mean if your child doesn’t meet these early milestones?

New research published in the Journal of Developmental and Behavioral Pediatrics suggests that repeated delays in achieving communication milestones are associated with poorer developmental outcomes at age three.

This research used data from approximately 2,200 mothers and their children from the All Our Families study in Calgary. An interdisciplinary team of researchers at the University of Calgary has been collecting data about the participating families in order to examine parental well-being and child and family outcomes.

Mothers completed a developmental screening tool called the Ages and Stages Questionnaire at ages one, two and three years old.

Although current guidelines suggest that developmental delays, including language delays, be diagnosed by age three, most diagnoses don’t occur until age four or five. At this point, many children are already in preschool or kindergarten, a time when learning disparities in language skills can have long-lasting consequences for social skills and academics.

Early identification of delays can help reduce these educational disparities, as research suggests that early interventions for infants and toddlers with language delays are effective at reducing delays by preschool age.

Milestones by the ages
One aspect of the Ages and Stages questionnaire used in this study assesses whether children are meeting six expected milestones related to both verbal and nonverbal communication at each age.

For example, at age one, a child would be expected to be able to say about three simple words, like “mama” or “baba.” At age three, a communication milestone might be saying three- or four-word sentences.

Mothers also completed a 100-word checklist of their child’s vocabulary at age three and reported whether their child had been diagnosed with a developmental delay or referred to a speech and language pathologist.

In all of our analyses, we controlled for factors known to influence language development, including socio-economic status, gestational age at birth, child sex and a family history of language delays.

Late bloomers caught up
Statistical analyses revealed that 80 per cent of children were considered to be typically developing, meeting all or almost all of the milestones at each age. The other 20 per cent of children fell into three different profiles of delayed communication.

About 13 per cent of children could be classified as “late bloomers,” with low scores at age one that continued to improve over time, matching the “typically developing” group by age three. Although these children were meeting most of the communication milestones at age three, their mothers reported that the children in the “late bloomer” profile only knew on average 52 words on a 100-word checklist, compared to 75 in the typically developing group.

The next two groups either failed to improve or actually fell further behind their peers over time. These two groups



also had the poorest developmental outcomes at 36 months.

About five per cent of children met some, but not all, of the milestones at each age and could be classified as “stagnant” due to their lack of improvement over time. At age three, they only knew about 28 words on the 100-word checklist and had a 25 per cent likelihood of being diagnosed with a developmental delay and a 36 per cent likelihood of being referred to a speech language pathologist.

Finally, about 1.5 per cent of children could be classified as “impaired,” only meeting about half of the expected milestones at one year and then falling further behind at two and three years old. This group of children only knew two words, had a 56 per cent likelihood of being diagnosed with a developmental delay, and an 84 per cent likelihood of being referred to a speech language pathologist by age three.

How repeated screenings can help
Importantly, this study shows that the vast majority of children meet age-appropriate communication milestones. Additionally, children who showed initial lags in communication at age one were likely to catch up over time.

However, children who did not improve over time had significantly smaller vocabularies at age three. They were more likely to be diagnosed with a

developmental delay and/or have received a referral to a speech and language pathologist.

These findings suggest that repeated screenings would likely be beneficial for children who fail to meet all or almost all expected early communication milestones. A lack of improvement over time could help identify children early on who are most at risk for persistent problems with communication and language.

Further, repeated screenings could be particularly beneficial for those showing “stagnant” scores, as their scores were moderate as opposed to very low at each age. This group of children had lower vocabularies at age three, but their moderate scores could mean they would be less likely to be identified for language problems and receive help at an early age. This group of children also had the lowest average family income of all four groups, which could further impair their ability to access intervention resources.

Language milestones matter not as the final word, but as possible signals about where children might be struggling and how they can be best supported to reach their full potential.

Rochelle Hentges receives funding from the Alberta Children's Hospital Research Institute. She is affiliated with the University of Calgary.

THE RECORD

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Letters

DEAR EDITOR:

The Richmond Legion - Branch 15 would like to thank all who participated in the Canada Day Parade, the sponsors, volunteers and spectators who helped make this event a successful one. Sincere thanks to all of you !

NANCY DAVEY
SECRETARY, RICHMOND LEGION - BRANCH 15

COLUMNIST

It's as if we delegate our ethical responsibilities to our representatives in government to fix the problems of this world after voting them into power, thereby absolving the individual of doing anything.

Climate justice and ethics: some thoughts



DOUGLAS NADLER

“We must use this moment as crucial leverage to push the planet in a new direction. Let us try. If we succeed, then we have risen to the greatest crisis humans have ever faced and shown that the big brain was a useful evolutionary adaptation. If we fail—well, we better to go down trying.” Climate activist Bill McKibben

After experiencing a record-breaking heatwave of 45.9C in France last week, scientists have concluded that the heatwave was at least five times more likely because of climate change.

The climate crisis is real, so here's a question: in order to achieve climate justice, since most people seem reluctant to change their damaging habits, what if individually and nationally we put into law strict carbon budgets? For example, if you flew frequently, your budget to in-

dulge would be used up more quickly. Once you had depleted your budget, if you wished to continue to travel by air, either a massive tax of, say, 1,000% would be levied on each ticket, or you'd simply be prohibited from flying.

Nationally, one more pipeline carrying dirty oil would exceed Canada's carbon budget. The world's population will be close to 10 billion by 2050 – World Population Day is on July 11 – and the individual carbon budget would need to shrink accordingly.

In the short term, before there is a mandatory budget for climate justice, should we begin to speak about the criminal liability of governments and individuals for excessive use of fossil fuels? If this sounds too radical, consider that this conversation has already started in the USA with a group of young people suing the federal government for just that reason.

We each need to question our own engagement in activities that will accelerate the breakdown of our climate, irrecoverable loss of biodiversity, and the impoverishment of billions of people. The term 'climate apartheid' is being used to describe how the wealthiest 10% of the population is ruining the lives of the other 90%. The urgency with which this conversation needs to take place becomes clear with a NASA report published in the Proceedings of the National Academy of Sciences last month that a

massive shrinking of sea ice is occurring in Antarctica, raising sea levels.

It's as if we delegate our ethical responsibilities to our representatives in government to fix the problems of this world after voting them into power, thereby absolving the individual of doing anything. Back in 1992, 1,670 world-renowned scientists signed the World Scientists' Warning to Humanity, which concluded with these words: "A new ethic is required – a new attitude toward discharging our responsibility for caring for ourselves and the earth. We must recognize the earth's limited capacity to provide for us. We must recognize its fragility. We must no longer allow it to be ravaged. This ethic must motivate a great movement, convincing reluctant leaders and reluctant governments and reluctant peoples themselves to effect the needed changes."

In 2018 over 15,000 scientists endorsed a second Warning to Humanity. Clearly, government bodies, elected by their citizens, have failed to promote a new Earth ethic that perpetuates a healthy, inclusive world. But make no mistake: individuals have failed too.

In 1953 the American naturalist and writer Aldo Leopold had this to say: "One of the penalties of an ecological educa-

tion is that one lives alone in a world of wounds... [An ecologist] must be the doctor who sees the marks of death in a community that believes itself well and does not want to be told otherwise." Ten years later, the corporate vehemence and denial that attended the release of Rachel Carson's *Silent Spring* essentially summed up what most biodiversity scientists, climate justice activists and human rights advocates experience even today. So to say that the science is under siege is an understatement. Trump and Harper remain the kingpins for such activities, but Trudeau's double-speak on supporting oil pipelines that he says will give us the money to wean ourselves away from fossil fuels speaks volumes. Many believe this to be a criminal activity. EcoJustice, Canada's legal advocates for Nature, said: "The reality is that the government can put Canada on the path to a safe climate future... or it can push this pipeline through. It cannot do both."

A new vibrant Earth dialogue has started. Will you join it?

Douglas Nadler has been working and writing on climate change, biodiversity issues and community involvement for the last 15 years. celebrateearth@yahoo.ca

Sherbrooke science museum celebrates indigenous ingenuity

Record Staff

Sherbrooke's Museum of Science and Nature is proud to present a new exhibit entitled "Indigenous Ingenuity," which highlights the inventions of indigenous cultures across North America and how they are playing a role in shaping modern day science and society.

Produced and developed by the Montréal Science Center, the immersive and interactive exhibition was created with the essential cooperation and help of many contributors from indigenous communities across Canada.

Upon entry, visitors are greeted by two characters: the bear and the raven. The first tells how indigenous peoples have developed ingenious inventions, either by observing and listening to nature, experimenting, or by transmitting acquired knowledge, the four steps that form a true scientific process.

The second tells visitors that these inventions were stolen.

With a bracelet fitted with a special chip, visitors will have to activate interactive games and videos that show them

how these innovations are part of our daily lives. The experience is enhanced by four beautiful interactive murals by an indigenous artist: the Arctic, lakes and rivers, grasslands and mountainous forests.

Over the course of a visit, museum-goers will experience indigenous ingenuity in all its forms by engaging in harpoon fishing; discover the scientific principles of the First Peoples by testing the center of gravity of a kayak and engaging in a virtual canoe race; trigger animations on interactive frescoes; Discover the rich indigenous scientific knowledge, inspired by the nature and resources of the territory; and experience a fun and exciting adventure at the heart of indigenous ingenuity.

Admission to the museum will be free on July 6, thanks to the support of the provincial government's "Je vais au Musée" program, which provides free admission in participating museums on the first Sunday of every month.

For more information on this and other summer exhibits at the museum visit <https://mns2.ca/en>

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Shazamfest coming up next weekend

Record Staff

ShazamFest is returning for its 14th edition this coming July 11 to 14. With a loaded lineup of music concerts, circus acts, burlesque numbers, dance performances, athletic showcases, workshops, activities for kids, free camping, and more, Quebec's largest outdoor showcase of whimsical talent will take place, as always, in the pristine surroundings of Festival Founder/Director Ziv Przytyk's organic family farm in the Eastern Townships.

For its 14th edition, the festival is pleased to announce an expanded program of eclectic proportions at the newly-constructed, artist-run Temple stage and additional activities for children of all ages at the brand-new "Kidz-Zone" village, all the while raising the bar with even stronger green initiatives than ever.

This year's headlining musical acts include the lively traditional rhythms with a modern twist of Afrikana Soul Sister; the '70s-tinged alt-rock psychedelia delivered by the larger-than-life vocalist of the maritimes' Les Hôtesse d'Hilaire; the Souljazz Orchestra's explosive combination of soul, jazz and tropical styles; and satiny tones fused with infectious jazz by multiple Juno Award nominee Susie Arioli.

Additional must-see features include the wacky antics of legendary crazy-man and NYC street-performer-extraordi-

naire-gone-viral Matthew Silver; the first edition of Ziv's Sunset Show, a late-night television format showcase of talent that ranges from the hilarious hijinks of Quebec's sexiest clown, Bibi Lolo BangBang, to a sizzling burlesque cooking segment by Swell Sisters La PetiteFleur and Queeny Ives; the trampoline poetry jam Slam Tremplin is set to hijack the wrestling ring with a courteous competition of spoken word shenanigans; the epic musical improv battle of the festivals, ShazamFest vs. Widewood edition; and surreal circus performances plus aerial workshops by Carmagnole's fantastic femme Lili Bonin!

ShazamFest XIV's programming is rounded out by a unique mix of musical acts and performance artists from the region and across the province, including Nestor Valdez, Desbois, Cayenne, The Aspies, Eleven Dust, Madelline, Excavation et Poésie, Scrap Matou, Satta Sound, Risa, Boboche, Spirit Punk, NiNA, The Mighty Leviticus, Tribal Roses, Steve Winchester, DJ Care, DJ Kala, and so many more! For the complete lineup, visit www.ShazamFest.com

L'Académie de Lutte Estrienne's ring-side wrestling spectacles and the Valoiz Boyz' air-bending tricks on the professional skate ramp are back by popular demand. On-site camping remains free and other beloved ShazamFest staples return to fill out the festivities: the Skateboarding Competition; The Firing Squad's ShazamJam; workshops by



RECORD ARCHIVES

Clowns Without Borders (circus) and by Somnambules (giant bubbles), the do-it-yourself tie-dye hut; the riverside mas-

sage corner; outdoor morning yoga sessions; the artisan market; and local organic food vendors, to name a few.

ShazamFest XIV also marks the expansion of the festival's programming, as well as its site, with the inauguration of a few new spaces built and run by a community of local artists. The Temple stage will be unveiled this summer with its own programming in parallel to the traditional main and small stages. The KidzZone also sees the light of day, including a massive pirate ship structure dedicated 100% to children of all ages alongside performances, activities and meals for kids, in addition to child care services and diaper-changing facilities.

Other features unique to the festival this year include the opening of Kristi Wray's Cocktail Bar, which will add an additional off-the-path space for festival-goers to lounge in the woods with refreshing beverages away from the crowds. And the increasingly popular Canadian Redneck Beard & Mustache Contest adds the mullet category to its

CONT'D ON PAGE 9



PHOTOS COURTESY

Shazamfest

CONT'D FROM PAGE 8

quirky list of awards, alongside best fake beard for children and adults of all genders.

ShazamFest’s pioneering eco-friendly commitment has been at the heart of the festival since its beginnings. Although last year’s edition produced only 12 bags of garbage with nearly 2,000 participants over 3 days – the festival aims to beat that record.

Festival-goers are encouraged not to bring single-use plastics onsite at all by opting instead for ShazamFest stainless-steel travel mugs available upon arrival. Eco-friendly staples, such as reusable dishware and cutlery, compostable cups,

and unlimited free source water tapped at the source, continue to be the only options available onsite, while various other green initiatives like discounts to those arriving on foot or by bicycle and creative incentives to join the annual post-festival garbage sorting party, also return. Adding to that the fact that with all the stages and structures are hand-built with recycled materials or reclaimed wood found on the site, this edition may prove to be the greenest one yet—far ahead of every other comparable festival in the province.

Shazamfest XIV will take place from July 11-14, 2019 at 2722 Way's Mills Road, in Ayer's Cliff.

Studio Georgeville farmers market & café

Record Staff

shop for handmade jewelry.

In the coming weeks, fresh bread, homemade jams and local honey and honey products will be added to the weekly market.

The studio is located at 20 Carré Copp in Georgeville.

Every Saturday between 10 a.m. and noon at Studio Georgeville, locals are invited to the art hub to enjoy a coffee and pick up a selection of fresh organic vegetables and



Your week on TV

WEEKDAY MORNING																									
	Bell	Star		6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30										
WCAX	3	-	-	Channel 3 News Morning		CBS This Morning				Rachael Ray		The Doctors		The Price Is Right											
WPTZ	5	-	-	NBC5 News Today		Today				Live with Kelly and Ryan		Today 3rd Hour		Today With Hoda & Jenna											
CBMT	6	206	301	Daybreak		The Moblees	The Furch	True Rainbow	(:48) PJ Masks	Var. Programs	Beat Bugs	True Rainbow	(:23) PJ Masks	Dragons' Den											
CHLT	7	107	718	F	Salut bonjour (N) (SC)					(:29) *** "Barbershop 3" (2016) Ice Cube. Premiere. (SC)				Tom & Jerry											
				M						(:29) ** "Jersey Boys" (2014) John Lloyd Young, Erich Bergen. (SC)															
				T						(:29) ** "La corde au cou" (2011) Angela Bassett. (SC)		Tom & Jerry													
				W						(:29) "Marina" (2013) Matteo Simoni, Cristiaan Campagna. (SC)															
				Th						(:29) ** "Sparkle" (2012, Drame) Jordin Sparks. (SC)															
WMTW	8	-	-	WMTW News 8 at 6am		Good Morning America				Live with Kelly and Ryan		Steve	The View												
CKSH	9	108	-	Toc toc toc	Jack camions	Les roltronics	Garfield et cie	Sous les mers	Motel monstre	Movie				Ricardo	Squelettes										
CKMI	11	-	-	Global News Morning						The Morning Show		Donut Shwdwn	Eat St.	Leave-Bryan	Income Prop.										
CFCF	12	205	312	Your Morning		Your Morning		Your Morning		Live with Kelly and Ryan		The Marilyn Denis Show		The View											
WVNY	22	-	-	Local 22 News This Morning		Good Morning America				The Dr. Oz Show		Paid Program	Paid Program	The View											
WUTV	30	-	-	Var. Programs	Paid Program	2 on Your Side Daybreak		Var. Programs	Forensic Files	Paid Program	Paid Program	Couples Court	Couples Court	Face the Truth	Face the Truth										
CFKS	31	106	726	F	NVL (SC)	Moment V		Moment V (SC)		Moment V		NVL en bref		Moment V		NVL en bref		Infopublicité		Infopublicité		Guerre-clans		Guerre-clans	
WUHF	-	363		Good Day Rochester		Good Day Rochester		Good Day Rochester		Judge Mathis		The Wendy Williams Show		Face the Truth	Face the Truth										
WETK	-	-		Classical Strt	World News	Ready Jet Go!	Wild Kratts	Nature Cat	Curious	Let's Go Luna!	Daniel Tiger	Daniel Tiger	Pinkalicious	Sesame Street	Splash										
WCFE	-	-		Peg & Cat	Odd Squad	Curious	Let's Go Luna!	Daniel Tiger	Daniel Tiger	Wild Kratts	Dinosaur Train	Splash	Sesame Street	Pinkalicious	Arthur										
A&E	615	520		Paid Program	Paid Program	The First 48	Var. Programs	The First 48		The First 48		The First 48		The First 48											
BRAVO	620	523		F	"Destination Wedding" (2017) Alexa PenaVega. ⚡			Flashpoint A prisoners release.			"Destination Wedding" (2017) Alexa PenaVega. ⚡			Flashpoint A prisoners release.											
				M	"Alex & the List" (2018) Jennifer Morrison. ⚡																				
				T	"Another Time" (2018) Justin Hartley, Arielle Kebbel. ⚡																				
				W	★ "The Unauthorized Saved by the Bell Story" (2014) ⚡						★ "The Unauthorized Saved by the Bell Story" (2014) ⚡														
				Th	"The Good Times Are Killing Me" (2009) Kelly Rowan. ⚡						"The Good Times Are Killing Me" (2009) Kelly Rowan. ⚡														
CNN	500	500		New Day With Alisyn		New Day With Alisyn		New Day With Alisyn		CNN Newsroom With Poppy		CNN Newsroom With Poppy		At This Hour-Kate											
DISC	520	505		F	Mayday "Explosive Proof"		Mayday "Deadly Reputation"		Mayday		Highway Thru Hell		North Woods Law		North Woods Law										
				M	(5:00) Naked and Afraid XL																				
				T	Mayday "Storming Out"																				
				W																					
HIST	522	506		Rust Valley Restorers		Rust Valley Restorers		Ice Road Truckers		Big Rig	Big Rig	Rust Valley Restorers		Rust-Restorers	Var. Programs										
PARMT	628	584		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue											
RDI	126	730		(5:30) RDI matin						L'info															
SHOW	616	521		Lost Girl		Movie				Movie				Movie											
SLICE	601	562		ET Canada	Say Yes-Dress	Varied Programs																			
TLC	521	560		Sextuplets	Var. Programs	Outdaughtered	Var. Programs	Outdaughtered	Varied Programs					Say Yes: ATL	Say Yes: ATL										
TSN	400	400		F	2019 Wimbledon Championships		Early Round Coverage: Day 5. From the All-England Lawn Tennis and Croquet Club. (N) (Live)																		
				M	SportsCentre	SportsCentre			SportsCentre		SportsCentre		SportsCentre		SportsCentre										
				T																					
				W																					
YOUTH	551	542		Cloudy, Meat	Go Away Uni	Loud House	Loud House	SpongeBob	SpongeBob	Numb Chucks	Numb Chucks	Cloudy, Meat	Go Away Uni	Go Away Uni	Chuck's										

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	Daily Blast	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		Grand Designs		Heartland		Paul O'Grady	Paul O'Grady	Murdoch Mysteries						
CHLT 7	107	718	(:13) Le TVA régional		Movie	Var. Programs		TVA nouvelles		Les feux de l'amour		Top modèles		(4:58) TVA nouvelles					
WMTW 8	-	-	News	Access	Strahan & Sara		General Hospital		The Ellen DeGeneres Show		WMTW News 8 at 4pm		WMTW News 8 at 5PM						
CKSH 9	108	-	F	Téléjournal	Second regard	Bonsoir bonsoir!		"Le secret de Green Knowe" (2009) Maggie Smith. (DVS) (SC)		Monk "Monk joue aux échecs"		Rizzoli & Isles (SC)							
			M		Sois (SC)	1000 jours pour la planète		"Les Phantoms: la victoire après l'épreuve" (2012) (DVS) (SC)											
			T		Monde-parlait	Bonsoir bonsoir!		Capitaine Marleau Victime d'une tentative de meurtre.											
			W		La facture	Inspecteur Lewis "Questions pour un assassin" (DVS) (SC)													
			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		General Hospital		The People's Court		Judge Judy	Judge Judy	Judge Judy	Judge Judy					
WUTV 30	-	-	The Steve Wilkos Show		Maury		Judge Mathis		The Doctors		Steve		Family Feud	Family Feud					
CFKS 31	106	726	Guerre-clans	Movie			Var. Programs	Movie					Les Simpson	Les Simpson					
WUHF	-	363	The Steve Wilkos Show		Maury		Var. Programs	Divorce Court	Hot Bench	Hot Bench	Judge Judy	Judge Judy	The People's Court						
WETK	-	-	Dinosaur Train		Cat in the Hat	Sesame Street	Super Why!	Pinkalicious	Let's Go Luna!	Odd Squad	Varied Programs		World News						
WCFE	-	-	F	Rivers of Life	Food Forward		Ready Jet Go!	Peg & Cat	Arthur	Odd Squad	Odd Squad	Let's Go Luna!	Nature Cat	Daniel Tiger	Curious				
			M	Antiques Roadshow	Love Quilting		Ready Jet Go	Peg & Cat											
			T	American Experience The early years of the space race.															
			W																
Th																			
A&E	615	520	The First 48	Var. Programs	The First 48	Var. Programs	The First 48	Varied Programs											
BRAVO	620	523	Varied Programs																
CNN	500	500	Inside Politics			CNN Right Now		CNN Newsroom		CNN Newsroom		The Lead With Jake Tapper		Situation Room With Wolf					
DISC	520	505	F	CSI: New York	CSI: New York		Highway Thru Hell		MythBusters		CSI: New York		CSI: New York						
			M																
			T																
			W																
HIST	522	506	F	Ultimate Auctions	Canadian Pickers		American Pickers		Pawn Stars	Pawn Stars		Evel Live Travis Pastrana honors Evel Knievel.		Evel Knievel.					
			M	Hot Rods and Muscle Cars	The story of hot rod culture.		Counting Cars	Counting Cars	Counting Cars			Truck Night in America		Truck Night in America					
			T	American Pickers	Norris' Military Vehicles														
			W	Top 10 Police Vehicles	Counting Cars														
Th	Battle of the 80s Supercars With	David Hasselhoff																	
PARMT	628	584	Bar Rescue		Bar Rescue		Varied Programs												
RDI	126	730	Téléjournal		La période de questions		L'info							En direct	En direct				
SHOW	616	521	F	"Center Stage: On Pointe"			"Her Stolen Past" (2018) Shanice Banton. (DVS)		NCIS "Kill Screen"		NCIS "One Last Score"		NCIS (DVS)						
			M	(11:00) ** "Buried Secrets"															
			T	(11:00) "Mutant World" (2014)															
			W	(11:00) "Run for Your Life"															
			Th	(11:00) "Mom's Day Away"															
SLICE	601	562	Varied Programs		Say Yes-Dress	Say Yes-Dress	Canadian Pickers		Varied Programs										
TLC	521	560	Say Yes: ATL	Say Yes: ATL	Four Weddings		Four Weddings		American Gypsy Wedding		American Gypsy Wedding		Say Yes	Say Yes					
TSN	400	400	SportsCentre	SportsCentre	Varied Programs							Questionable	Varied Programs						
YOUTH	551	542	Assembly	Assembly	Wayside	Go Away Uni	Just Kidding	Assembly	SpongeBob	SpongeBob	SpongeBob	Loud House	Loud House	Nicky, Ricky					

FRIDAY EVENING														JULY 5, 2019		
	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)	Hawaii Five-0 A murder in an underwater lab.		Magnum P.I. Rick's crush is robbed by masked gunmen.		Blue Bloods Danny and Jamie both ask Erin for help.		Channel 3 News	(:35) The Late Show With Stephen Colbert		
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N)	Wheel of Fortune	American Ninja Warrior "Baltimore City Qualifiers" Najee Richardson, Joe Moravsky and more. (DVS)		Dateline NBC (N)		NBC5 News at 11 (N)		(:34) The Tonight Show Starring Jimmy Fallon			
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	Kim's Convenience	Coronation Street (N)	The Nature of Things (Part 1 of 3) (DVS)		Taken "Nicole Daniels"	Taken "Caitlin Potts"	The National (N)		CBC Montreal News (N)	2019 Calgary Stampede Day 1. (N Same-day Tape)		
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Sucré sale (N) (SC)	Du talent à revendre (SC)		** "Les sacrifiés 2" (2012, Action) Sylvester Stallone, Jason Statham, Jet Li. (SC)		TVA nouvelles (N)		(:35) Sucré sale (SC)	(:05) Dans ma tête (SC)	(:35) "Les chevaliers maudits" (2014) Nicolas Cage.			
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune	Jeopardy! (N)	Marvel's Agents of S.H.I.E.L.D. (N) (DVS)		20/20 "Robert Blake" An interview with actor Robert Blake.		WMTW News 8 at 11 (N)		(:35) Jimmy Kimmel Live "Celine Dion; Chris Tucker"			
CKSH 9	108	-	(5:59) Le télé-journal Estrie	Le TJ Extra ICI Estrie (N)	L'effet wow Sébastien discute avec Mike Ward. (N)		"De père en filic 2" (2017) Louis-José Houde. Première. Un père et son fils tentent de résoudre une affaire. (DVS) (SC)		Le téléjournal (N) (SC)		(:05) "Avant que mon cœur bascule" (2012, Drame) Clémence Dufresne-Deslières. (SC)					
CKMI 11	-	-	Global National	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Mary Kills People Mary has plans for Frances.		Hawaii Five-0 Exposure to a deadly biological weapon.		Ransom A kidnapper from a past case returns.		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert		
CFCF 12	205	312	(5:59) CTV News Montreal		etalk (N)	The Big Bang Theory	Marvel's Agents of S.H.I.E.L.D. (N) (DVS)		Criminal Minds Former rehab patients die of overdoses.		Blue Bloods Danny and Jamie both ask Erin for help.		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)	Marvel's Agents of S.H.I.E.L.D. (N) (DVS)		20/20 "Robert Blake" An interview with actor Robert Blake.		Local 22 News (N)	(:35) Jimmy Kimmel Live "Celine Dion; Chris Tucker"				
WUTV 30	-	-	The Big Bang Theory	Judge Judy (N)	Judge Judy	Family Feud	First Responders Live "Episode 103"		MasterChef The contestants must replicate a dish.		2 on Your Side at 10 (N)	Seinfeld "The Trip"	Two and a Half Men	Two and a Half Men	Last Man Standing	
CFKS 31	106	726	Souper parfait	Souper parfait	Rire et délire (SC)	Rire et délire (SC)	*** "Père de sang" (2016) Mel Gibson, Erin Moriarty. John Link se voit la vie dérangée par sa fille Lydia. (SC)		CSI: Cyber Un pirate réussit à prendre le contrôle. (SC)		SQ (SC)	NVL (N) (SC)	Moment V (SC)			
WUHF	-	363	Modern Family	Modern Family	The Big Bang Theory	The Big Bang Theory	First Responders Live "Episode 103"		MasterChef The contestants must replicate a dish.		13WHAM News at 10 on Fox Rochester (N) (Live)		DailyMailTV	The Simpsons	Paid Program	
WETK	-	-	PBS NewsHour (N)		Whole Truth With David	Vermont This Week (N)	Washington Week	Firing-Hoover	Big Pacific "Violent" Ocean creatures deal with violence.		Great Yellowstone Thaw Spring thaw.		Amanpour and Company (N)		BBC World News	
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N)		Mountain Lake Journal	New York Now	Big Pacific "Violent" Ocean creatures deal with violence.		Great Yellowstone Thaw Spring thaw.		BBC World News	Amanpour and Company (N)		
A&E	615	520	(5:00) Live PD "Live PD -- 08.25.18" Riding along with law enforcement.				Live PD: Rewind "Live PD: Rewind No. 232" (N)		Live PD "Live PD -- 07.14.18" Riding along with law enforcement.				Live PD			
BRAVO	620	523	Bones A golfer-turned-lumberjack is murdered.		Bones Corpses turn up around D.C.		Bones An old flame from Brennan's past visits.		Bones A man dies in a hay baler accident.		Bones An aspiring director is killed.		Bones Brennan testifies for Zach.		Bones	
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		State of Hate-Supremacy		The Eighties		The Nineties		The 2000s	
DISC	520	505	Highway Thru Hell "New Hope" (DVS)		MythBusters Investigating a leaping carp.		Expedition Unknown "Ghost Ship of the Great Lakes"		Expedition Unknown Josh investigates the crystal skull.		Mayday Crash of Fine Air Flight 101 in Miami.		Mayday A DC-9 crashes into the ground. (DVS)		Expedition Unknown	
HIST	522	506	American Pickers The guys find a historic aircraft.		Mountain Men: Fully Loaded Jason tackles a river giant.		The Curse of Civil War Gold A battle against nature.		Ancient Aliens "Secrets of the Maya" (N)		Unidentified: Inside America's UFO Investigation (N)		American Pickers The guys find a historic aircraft.		Ancient Aliens	
PARMT	628	584	Ink Master The artists must use hole punches.		Ink Master Artists are tested with undead tattoos.		Ink Master "Eye of the Tiger" A tag team challenge.		Ink Master A glass painting Flash Challenge.		Ink Master Artists must tattoo hot air balloons.		Ink Master One team's artists turn on their own.		Ink Master	
RDI	126	730	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)		Les grands reportages (SC)		Le téléjournal avec Pascale Nadeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (SC)		(:31) Le national (N)	
SHOW	616	521	NCIS A stolen purse with gruesome contents.		NCIS "One Last Score" A new special agent arrives.		NCIS Gibbs interrogates an accused murderer.		*** "The Bourne Identity" (2002, Action) Matt Damon, Franka Potente. An amnesiac agent is marked for death after a botched hit.		*** "The Bourne Supremacy" (2004) Matt Damon.					
SLICE	601	562	Backyard Envy Melissa strikes water.		Backyard Envy Clients are allergic to bees; rooftop.		Backyard Envy A blank-slate backyard; a rooftop bar.		** "The Change-Up" (2011, Comedy) Ryan Reynolds, Jason Bateman. An overworked lawyer and his carefree buddy switch bodies.		** "Sisters" (2015) Amy Poehler, Tina Fey.					
TLC	521	560	90 Day Fiancé: Happily Ever After? "The Truth Comes Out" Chantel gets shady news about Pedro.		90 Day Fiancé: Happily Ever After? Nicole pops the big question to Azan. (N)		90 Day Fiancé: Happily Ever After? "Extended: Sparks Will Fly"		90 Day Fiance: The Other Way (N)		sMothered Dawn attends Cher and Jared's sonogram.		90 Day Fiancé			
TSN	400	400	SportsCentre (N) (Live)		CFL on TSN Pregame (N)	CFL Football Winnipeg Blue Bombers at Ottawa Redblacks. From TD Place Stadium in Ottawa.		SportsCentre (N) (Live)		SportsCentre (N)						
YOUTH	551	542	Henry Danger	Cousins, Life	Knight Squad	Game		*** "Kung Fu Panda" (2008) Voices of Jack Black.		Star Falls	Star Falls	Just Kidding	Just Kidding	iCarly		

Your week on TV

SATURDAY DAYTIME																	JULY 6, 2019		
	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) 6				Lucky Dog 6 (EI)	Dr. Chris: Pet Vet	Innovation Nation	Hope in the Wild	PiYo Work-out!	Pets Welcome Here	PiYo Work-out!	Paid Program	Major League Fishing (N) 6		PGA Tour Golf 3M Open, Third Round. (N)		
WPTZ 5	-	-	(7:00) Today (N) 6		Teen Kids News (N)	Hanna Into the Wild	The Voyager	Earth Odyssey	Consumer 101 (N)	Naturally, Danny Seo	Vets Saving Pets	Champ Within	Greatest Sports Legends: Class of 1979		2019 Tour de France (N) 6		Motorcycle Race		
CBMT 6	206	301	(1:13) Beat Bugs 6	PJ Masks 6	True Rainbow	(1:23) Addison (N) 6	What He Ate	(1:34) Beat Bugs 6	(1:13) Arthur 6	True Rainbow	Track and Field IAAF Diamond League. From Lausanne, Switzerland. (Taped) 6				2019 Calgary Stampede Parade. (N) 6 (Live) 6				
CHLT 7	107	718	(6:00) Salut bonjour week-end (N) (SC)				Québec	Arrive en campagne	Du coeur et	Bien (SC)	TVA nouvelles (N)	Chacun sa route (N)	Infopublicité (SC)	Les looney tunes 6	(1:15) “Des cowgirls et des anges” (2012, Enfants) Bailee Madison, James Cromwell. (SC)				
WMTW 8	-	-	Good Morning America (N) 6		Jack Hanna	Ocean Treks	Hearts of Heroes (N)	The Great Dr. Scott	Rock the Park	Vacation Creation	Greatest Sports Legends: Class of 1979		Paid Program	Cooking Emeril	World of X Games (N)		Overwatch League: Defiant vs Reign		
CKSH 9	108	-	Mehdi et Val (SC)	(1:24) Mehdi et Val	(1:22) M. Magoo	es de fantomes	aven Blinky Bill	Aventures de Tintin	Estrie	L'épicerie (SC)	Téléjournal		Podium (N)	La grande traversée (DVS) (SC)		Viens-tu faire un tour? (DVS) (SC)		Inspecteur Barnaby 6 (DVS) (SC)	
CKMI 11	-	-	Fish'n Canada	Real Fishing	Adventure North	Fishful Thinking	The Expandables	Paid Program	Powerboat Television	Driving Television	Holmes Makes It Right 6		Leave It to Bryan	Leave It to Bryan	Income: Vaca	Income: Vaca	*** “X2: X-Men United” (2003) 6		
CFCF 12	205	312	Your Morning Weekend (N) 6		Operation Smile 6 6		One World Kitchen 6	Flour Power 6	It Is Written 6	Cash Cab 6	SportsCentre (N) 6 6		Moneytalk (N) 6	DNA Dinners (N)	*** “Raiders of the Lost Ark” (1981, Adventure) Harrison Ford, Karen Allen. 6 6				
WVNY 22	-	-	Good Morning America (N) 6		Jack Hanna	Ocean Treks	Hearts of Heroes (N)	The Great Dr. Scott	Rock the Park	Vacation Creation	Smokeless Grill	Paid Program	Paid Program	Paid Program	World of X Games (N)		Overwatch League: Defiant vs Reign		
WUTV 30	-	-	PiYo Work-out!	More Hair	Boost Your Stamina	PiYo Work-out!	2019 FIFA Women's World Cup Live (N) 6		2019 FIFA Women's World Cup Third Place Match: Teams TBA. (N) 6 (Live) 6			FIFA Women's World Cup Today (N) 6		PBC Countdown (N) 6				Ring of Honor Wrestling (N) 6	
CFKS 31	106	726	Infopublicité (SC)	NVL week-end (N)	Supergirl Kara porte secours à Winn. (SC)		RPM L'essai de deux minifourgonnettes.		RPM plus (SC)		Infopublicité (SC)	Infopublicité (SC)	La guerre des clans		Rire et délire (SC)		*** “La belle et le vétéran” (1988) Kevin Costner, Susan Sarandon, Tim Robbins. (SC)		
WUHF	-	363	Xploration Space	Awesome Planet	Weird but True	Xploration DIY Sci	2019 FIFA Women's World Cup Live (N) 6		2019 FIFA Women's World Cup Third Place Match: Teams TBA. (N) 6 (Live) 6			FIFA Women's World Cup Today (N) 6		PBC Countdown (N) 6		Sore Joints? 6	Big Bang Theory		
WETK	-	-	Belly Slim-down	Rick Steves	Outdoor Journal	MotorWeek (N)	Lidia's Kitchen 6	Jamie's Quick	Kimball's Milk Street	Martha Bakes 6	Test Kitchen	Cook's Country	Classic Wood	This Old House 6	Ask This Old House		Antiques Roadshow “Vintage Tampa 2019”	Deepak Chopra	
WCFE	-	-	Wild Kratts 6	Wild Kratts 6	Odd Squad	Odd Squad	Craft-Legacy	Greener World	This Old House 6	Ask This Old House	Kimball's Milk Street	Cooking School	Martha Bakes 6	Lidia's Kitchen 6	Mexico/ Bayless	Cook's Country	Test Kitchen	My Greek Table	
A&E	615	520	Flipping Vegas “Haunted House” 6		Flipping Vegas A golf course property. 6		Zombie House Flipping 6 6		Zombie House Flipping 6 6		Live Rescue “Live Rescue -- 04.22.19” 6 6				Live PD “Live PD -- 08.17.18” Riding along with law enforcement. 6 6				
BRAVO	620	523	Bones “The Man in the SUV” 6 6		Bones “A Boy in a Tree” 6 6		Bones 6 6		Bones Skeletal remains found in a lake. 6		Bones “The Man in the SUV” 6 6		Bones “A Boy in a Tree” 6 6		Blue Bloods “Cursed” 6 (DVS)		Blue Bloods “Stomping Grounds” 6		
CNN	500	500	New Day Weekend		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		
DISC	520	505	Expedition Unknown 6 (DVS)		Tanked 6		North Woods Law “Harvest Time” 6		North Woods Law “The Rookies” 6		North Woods Law “On Thin Ice” 6		Mayday Crash of Fine Air Flight 101 in Miami.		Mayday “Deadly Inclination” 6 (DVS)		Expedition Unknown 6		
HIST	522	506	Rust Valley Restorers “Rustang to Mustang”		Canadian Pickers “Cowboy Country” 6		History Erased “United Kingdom” 6		Rust Valley Restorers “Rustang to Mustang”		American Pickers “Corvette King” 6		American Pickers “Van-Tastic” 6		American Pickers 6 (DVS)		American Pickers “Hot Rod Hero” 6 6		
PARMT	628	584	Bar Rescue “Turtle on Its Back” 6		Bar Rescue “Not Cleared for Takeoff”		Bar Rescue “An Ode to the Cap'n” 6		Bar Rescue A management-heavy staff.		Bar Rescue 6 6		** “The Mummy” (1999, Adventure) mummy seeks revenge for a 3,000-year-old curse. 6 6		Brendan Fraser, Rachel Weisz. A				“Mummy Return”
RDI	126	730	(5:30) RDI matin weekend (N) (SC)				L'info (N)	L'info (N)	L'info (N)	L'info (N)	Téléjournal	Téléjournal	Le national	L'info (N)	L'info (N)	L'info (N)	L'info (N)	L'info (N)	
SHOW	616	521	(7:00) “Killing Mommy” (2016) Yvonne Zima.		Border Security	*** “The Bourne Supremacy” (2004, Action) Matt Damon, Franka Potente. 6 6 (DVS)				*** “The Bourne Ultimatum” (2007, Action) Matt Damon, Julia Stiles, Joan Allen. 6 6 (DVS)				*** “The Bourne Identity” (2002, Action) Matt Damon, Franka Potente. 6 6					
SLICE	601	562	PiYo Work-out! 6	Paid Program 6	Paid Program 6	Chrisley Knows	Chrisley Knows	Chrisley Knows	*** “Crazy, Stupid, Love.” (2011, Romance-Comedy) Steve Carell, Ryan Gosling, Julianne Moore. 6 6					** “The Change-Up.” (2011, Comedy) Ryan Reynolds, Jason Bateman. 6 6 (DVS)					
TLC	521	560	Four Weddings “... and a Crying Bride” 6		Four Weddings “... And a Wall of Flowers”		Four Weddings “... And an Oathing Stone”		Four Weddings “... and a Talking Parrot”		Four Weddings “... And a Love Hike” 6		Dr. Pimple Popper 6 6		Dr. Pimple Popper 6 6		Dr. Pimple Popper “Tumor Takeover” 6		
TSN	400	400	SportsCentre 6		SportsCentre 6		SportsCentre	2019 FIFA Women's	2019 FIFA Women's World Cup Third Place Match: Teams TBA. (N) (Live)				NASCAR Racing Pinty's Series: Chaudiere.		Motoring TV (N)	Must See SC 6	2019 Copa America		
YOUTH	551	542	Sponge.	Loud	Loud	Loud	Sponge.	Sponge.	Turtles	Loud	*** “Kung Fu Panda” (2008) 6 6		Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	

SATURDAY EVENING																	JULY 6, 2019		
	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	-	-	(3:00) PGA Tour Golf 3M Open, Third Round. (N) 6 (Live) 6				Channel 3 News	Weekend News	Entertainment Tonight (N) 6 6		Million Dollar Mile (N) 6 6		48 Hours (N) 6 6		48 Hours (N) 6 6		Channel 3 News	Friends 6 6	NCIS: N.O.
WPTZ 5	-	-	Horse Racing Breeders' Cup Challenge Series. (N) 6 (Live)				NBC5 News at 6	Nightly News	NASCAR Monster		NASCAR Monster Energy Series Coke Zero Sugar 400. (N) 6 (Live)					NBC5 News	(1:29) Saturday Night Live 6 6		
CBMT 6	206	301	Equestrian The ATCO Queen Elizabeth II Cup. From Spruce Meadows in Calgary. (N)				Montreal News	market-place 6	Chewdaism: A Taste of Jewish Montreal		** “I'll Follow You Down” (2013) Haley Joel Osment, Gillian Anderson. 6 6				2019 Calgary Stampede Day 2. (N) 6 (Live) 6		“Moving Day” 6		
CHLT 7	107	718	“American girls 6 : confrontation mondiale” (2017) Vivica A. Fox. Premiere. (SC)				TVA nouvelles (N)	** “La 5e vague” (2016, Science-fiction) Chloé Grace Moretz, Nick Robinson. (SC)	(1:45) ** “Twilight - Chapitre 4 : Révélation 1ère partie” (2011) Kristen Stewart. Bella et Edward se marient.					(1:15) TVA nouvelles		(1:45) * “Tammy” (2014, Comédie) (SC)			
WMTW 8	-	-	Overwatch League: Defiant vs Reign		Paid Program	PiYo Workout!	WMTW News 8 at	World News	Wheel of Fortune	Jeopardy! 6	Shark Tank A decadent breakfast treat.		The Good Doctor “Xin” 6 6		The Rookie “Heart-break” 6 (DVS)		WMTW News 8		Rizzoli & Isles “Gone Daddy Gone” 6
CKSH 9	108	-	(3:00) Inspecteur Barnaby (DVS) (SC)		La semaine verte (SC)		Téléjournal Estrie	Un gars, une fille	Les enfants de la télé (SC)		Ici on chante (SC)		Outlander: le chardon et le tartan		Le télé-journal (N) (SC)	(1:40) Doc humanité (N) (SC)		(1:40) Pique-nique à Hanging Rock (SC)	
CKMI 11	-	-	(3:00) *** “X2: X-Men United” (2003, Action) Patrick Stewart, Hugh Jackman. 6				Global News at 6	Global National	Border Security	Border Security	Rookie Blue “Ninety Degrees” 6 6		“No One Would Tell” (2018, Drama) Shannen Doherty, Matreya Scarrwener. 6			Global News		(1:29) Saturday Night Live 6 6	
CFCF 12	205	312	“Raiders-Lost Ark”	Big Bang Theory	The Amazing Race Canada 6		CTV News Montreal (N) 6 6	W5 An investigation drug wars in Mexico.		Mary-Kitchen	Mary-Kitchen	Mary-Kitchen	Mary-Kitchen	Big Bang Theory	Big Bang Theory	News-Rinaldo	CTV News Montreal	(12:05) Pop Life	
WVNY 22	-	-	Overwatch League: Defiant vs Reign		Paid Program	Paid Program	World News	Local 22 News (N)	Extra (N) 6 6		Shark Tank A decadent breakfast treat.		The Good Doctor “Xin” 6 6		The Rookie “Heart-break” (DVS)		Local 22 News (N)	Extra 6 6	
WUTV 30	-	-	** “Constantine” (2005, Fantasy) Keanu Reeves, Rachel Weisz, Shia LaBeouf.				Two and Half Men		MLB Baseball Philadelphia Phillies at New York Mets. From Citi Field in Flushing, N.Y. (N) 6 (Live) 6			2 on Your Side at 10		Big Bang Theory		MasterChef “Junior Edition: Girl Power”		Paid Program	
CFKS 31	106	726	(1:15) * “Coyote Ugly” (2000) Piper Perabo. Une jeune femme devient serveuse dans un bar mal famé. (SC)				** “La frontière des ténèbres” (2010) Mel Gibson. Un inspecteur de Boston enquête sur la mort de sa fille.				*** “Batman: le commencement” (2005, Action) Christian Bale. Un jeune homme devient le vengeur masqué de Gotham City. (SC)				Moment V (SC)				
WUHF	-	363	Big Bang Theory	** “Constantine” (2005, Fantasy) Keanu Reeves, Rachel Weisz, Shia LaBeouf. 6	MLB Baseball Philadelphia Phillies at New York Mets. From Citi Field in Flushing, N.Y. (N) 6 (Live) 6			Rev. 6 6		Still Open All Hours	Father Brown “The Jackdaw's Revenge”		Doc Martin Wedding plans continue. 6		The Bletchley Circle 6 (Part 2 of 3) 6		Austin City Limits “Miranda Lambert”		Underground
WETK	-	-	(3:30) Deepak Chopra: The Spiritual Laws of Success 6 6		NewsHour Wk	As Time Goes By “The Proposal” 6	Rev. 6 6		Mountain Lake	New York Now	Endeavour on Masterpiece Gossip threatens to expose secrets.		Jamestown 6 6		Country Music		Underground	Austin City Limits “Miranda Lambert”	
WCFE	-	-	Antiques Roadshow 6 6		Museum Access	R. Steves' Europe	Seeing Canada	NewsHour Wk	Mountain Lake	New York Now	Endeavour on Masterpiece Gossip threatens to expose secrets.		Jamestown 6 6		Country Music		Underground	Austin City Limits “Miranda Lambert”	
A&E	615	520	(2:00) Live PD “Live PD -- 08.17.18” 6				Live PD “Live PD -- 07.13.18” Riding along with law enforcement. 6 6				Live PD: Rewind (N) 6 6		Live PD “Live PD -- 07.27.18” Riding along with law enforcement. 6 6						Live PD 6 6
BRAVO	620	523	Blue Bloods “The Road to Hell” 6		The Closer Brenda's mother visits. 6		The Closer Three youngsters are shot.		The Closer “Aftertaste” 6 6		Law & Order: Special Victims Unit 6		Law & Order: Special Victims Unit 6		Law & Order: Special Victims Unit 6		The Closer Brenda's mother visits. 6		The Closer 6
CNN	500	500	CNN Newsroom		CNN Newsroom		S. E. Cupp Unfiltered		CNN Newsroom (N)		CNN Newsroom		The Eighties “Raised on Television” 6		The Nineties 6				
DISC	520	505	Expedition Unknown 6 (DVS)		Mayday “Deadly Pitch” 6		North Woods Law “Lost and Found”		North Woods Law “Uncuffed” 6		North Woods Law “Cheaters” 6		North Woods Law “Just One More...”		North Woods Law “The End Is Near”		North Woods Law “Throttle Out” 6		North Woods
HIST	522	506	American Pickers “Adrenaline Junkie”		American Pickers “Ready to Roar” 6		American Pickers “Ready to Race” 6		American Pickers “Million-Dollar Cars”		American Pickers “Big Money Racer”		American Pickers “Corvette King” 6		American Pickers “Van-Tastic” 6		American Pickers 6 (DVS)		American Pickers
PARMT	628	584	(3:30) ** “The Mummy Returns” (2001, Adventure) Brendan Fraser, Rachel Weisz, John Hannah. 6 6				** “The Mummy” (1999, Adventure) Brendan Fraser, Rachel Weisz. A mummy seeks revenge for a 3,000-year-old curse. 6 6				Weisz. A		** “The Mummy Returns” (2001) Brendan Fraser. Two evil forces pursue the son of adventurer Rick O'Connell.				** “The Mummy”		
RDI	126	730	L'info (N)	Journal France 2	Le télé-journal	L'épicerie (SC)	Le télé-journal	Le télé-journal	Le national (N)	(1:31) Le national	(1:01) Les grands reportages (SC)		Le télé-journal	L'épicerie (SC)	Le télé-journal	Le national (N)	(1:01) Les grands reportages (SC)		Le télé-journal
SHOW	616	521	“Bourne Identity”		*** “The Bourne Supremacy” (2004) Matt Damon, Franka Potente. 6 6 (DVS)		*** “The Bourne Ultimatum” (2007, Action) Matt Damon, Julia Stiles, Joan Allen. 6 6 (DVS)				*** “The Bourne Legacy” (2012, Action) Jeremy Renner. Jason Bourne's actions have consequences for a new agent. 6 6				*** “Taken”				
SLICE	601	562	** “What's Your Number?” (2011, Romance-Comedy) Anna Faris, Chris Evans, Ari Graynor. 6 6				*** “Crazy, Stupid, Love.” (2011, Romance-Comedy) Steve Carell, Ryan Gosling, Julianne Moore. 6 6				** “Sisters” (2015) Amy Poehler, Tina Fey. Two siblings throw a wild party at their childhood home. 6 6				** “What's Your Number?” (2011) 6				
TLC	521	560	Dr. Pimple Popper “This Cyst Persists”		Dr. Pimple Popper 6 6		90 Day Fiance: The Other Way 6 6		90 Day Fiance: The Other Way 6 6		90 Day Fiance: The Other Way 6 6		90 Day Fiance: The Other Way 6 6		90 Day Fiance: The Other Way 6 6		90 Day Fiance: The Other Way 6		90 Day: Other
TSN	400	400	2019 Copa America		2019 FIFA Women's World Cup Teams TBA.				CFL Football BC Lions at Toronto Argonauts. From BMO Field in Toronto. (N) (Live)				CFL Football Calgary Stampeders at Saskatchewan Roughriders. (N) (Live)						
YOUTH	551	542	Loud	Loud	Loud	Loud	** “Monsters vs. Aliens” (2009) 6 6				** “Star Wars: Episode I – The Phantom Menace” (1999) 6				Assembly		Assembly	Star Wars	

Your week on TV

SUNDAY DAYTIME															JULY 7, 2019				
	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 Inspectors	MyPillow Topper	Sounds of	BIG3 Basketball		BIG3 Basketball Power vs Trilogy. (N) 		PGA Tour Golf 3M Open, Final Round. (N)		
WPTZ	5	-	-	Sunday Today With Willie Geist (N) 	Meet the Press (N) 			Soledad O'Brien	On the Money (N)	Rizzoli & Isles "Remember Me" 		Major Crimes "Fifth Dynasty" 		IMSA Weathertech Sportscar Championship Mobil 1 Sportscar Grand Prix. From Canadian Tire Motorsport Park in Bowmanville, Ont. (N)					
CBMT	6	206	301	Coronation Street 	Coronation Street 	Coronation Street 	Coronation Street 	Coronation Street 	CBC News Network	Maamuitau 	Our Montreal (N)	Hello Goodbye	The Nature of Things The wildlife of Canada.		The Adventures of Pericles 		The Stratford's Festival. 		
CHLT	7	107	718	(6:00) Salut bonjour week-end (N) (SC)			"Les 12 coups de minuit" (2015) Portia Doubleday, Chris Noth, Lauren Holly. (DVS) (SC)			TVA nouvelles (N)	La victoire de l'amour	Infopublicité (SC)	Bien (SC)	(:15) "La légende du dragon millénaire" (2011) Voices of Ryuji Aigase, Satomi Ishihara. (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	Paid Program	Smokeless Grill	Paid Program	Boost Your Stamina	Tummy Tuck	Larry King Sp.	2019 Wimbledon Championships 	
CKSH	9	108	-	Mehdi et Val (SC)	(:24) Mehdi et Val	(8:59) Mysticons 	(:22) Mysticons 	(9:59) Le jour du Seigneur (N) (SC)	Découverte (SC)		Téléjournal		La semaine verte (SC)		Atlantique		100 pour 100 local (SC)		
CKMI	11	-	-	Fishful Thinking	Restoration "Precious Memories"	Garage "You Gotta Eat Here!"	Joel Osteen 	Paid Program	The West Block (N)	Leave It to Bryan	Entertainment Tonight (N) 		The Baker Sisters	Carnival Eats 	Carnival Eats 	A.P. Bio (N) 	Crazy Ex-Girlfriend "I Will Help You" 		
CFCF	12	205	312	etalk 	The Social (N) 	Operation Smile 		Women's World Cup France: Pre-Game		2019 FIFA Women's World Cup Final: Teams TBA. (N) 				One World Kitchen 		** "Transformers: Revenge of the Fallen" (2009, Action) Shia LaBeouf. 			
WVNY	22	-	-	Good Morning America (N) 		This Week W/ George Stephanopoulos		What Matters	The Key of David	Try Yoga	Paid Program	Paid Program	Paid Program	Green Tea	More Hair	Larry King Sp.	Smokeless Grill	2019 Wimbledon Championships 	
WUTV	30	-	-	The Ernest Angley Hour		FOX News Sunday With Chris Wallace (N)		FIFA Women's World Cup Live (N) 		2019 FIFA Women's World Cup Final: Teams TBA. (N) 			FIFA Women's World Cup Final Postgame		MLS Soccer New York Red Bulls at Atlanta United FC. (N) 				
CFKS	31	106	726	Infopublicité (SC)	NVL week-end (N)	Supergirl L'arrivée d'un extraterrestre. (SC)		RPM (SC)		RPM plus L'électrification des transports.		Infopublicité (SC)	Infopublicité (SC)	Rire et délire (SC)		** "Teen Wolf" (1985, Comédie) Michael J. Fox, James Hampton, Scott Paulin. (SC)			
WUHF	-	363	-	Wild America	Smokeless Grill	FOX News Sunday With Chris Wallace (N)		FIFA Women's World Cup Live (N) 		2019 FIFA Women's World Cup Final: Teams TBA. (N) 			FIFA Women's World Cup Final Postgame		MLS Soccer New York Red Bulls at Atlanta United FC. (N) 				
WETK	-	-	-	Pinkalicious	Curious George	Let's Go Luna!	Nature Cat 	Ready Jet Go! 	Wild Kratts 	Firing-Hoover	Vermont This Week	Great Performances Stories of immigrants.		*** "The Statue of Liberty" (1985)		Forlorn Hope	Art Colony	Law and Addiction	
WCFE	-	-	-	Wild Kratts 	Wild Kratts	Washington Week	Scully: World	Mountain Lake	New York Now 	NOVA "Black Hole Apocalypse" 		Rivers of Life The Mississippi River. 		Downton Abbey on Masterpiece Matthew and others go off to war. 			Downton Abbey on Masterpiece 		
A&E	615	520	-	(7:30) Hoarders	Hoarders A hoarder's house is uninhabitable.		Hoarders "Andrew; Lydia" 		Hoarders "Phyllis; Janet" 		Hoarders A house has 47 cats and dogs. 		Hoarders A food hoarder is also a chef. 		** "Con Air" (1997, Action) Nicolas Cage, John Cusack, John Malkovich. Vicious convicts hijack their flight. 				
BRAVO	620	523	-	Blue Bloods "The Road to Hell" 		Law & Order: Special Victims Unit 		Law & Order: Special Victims Unit "Missing"		Law & Order: Special Victims Unit 		The Closer Brenda's mother visits. 		The Closer Three youngsters are shot.		The Closer "Aftertaste" 		* "I Don't Know How She Does It" (2011) 	
CNN	500	500	-	Inside Politics (N)		State of the Union		Fareed Zakaria GPS		Reliable Source		State of the Union		CNN Newsroom		CNN Newsroom		CNN Newsroom	
DISC	520	505	-	Insane Pools: Off the Deep End 		Tanked 		North Woods Law "Things Are Afoul"		North Woods Law 		North Woods Law "Maine Freeze" 		Crikey! It's the Irwins "Giraffe Road Trip"		Mighty Cruise Ships "Koningsdam"		MythBusters Firearm clichés. 	
HIST	522	506	-	Rust Valley Restorers "A Smashing Success"		Rust Valley Restorers "Happy Endings" 		Forged in Fire "The Naginata" 		Forged in Fire "Zulu Iklwa" 		Forged in Fire "Redemption" 		Forged in Fire "Ring Hilted Sword" 		Forged in Fire "Branch Battle: Army" 		Forged in Fire "Branch Battle: Air Force" 	
PARMT	628	584	-	Marriage Rescue "You Guys Are Screwed"		Bar Rescue "Beach Rats" 		Bar Rescue "Punk as a Drunk" 		Bar Rescue Dated decor and an angry chef.		Bar Rescue "Mississippi Rears" 		Bar Rescue "Swinging From the Rafters" 		Bar Rescue A mother and son are at odds.		(:01) Bar Rescue "Muscle Madness" 	
RDI	126	730	-	(5:30) RDI matin weekend (N) (SC)			L'info (N)	L'info (N)	L'info (N)	L'info (N)	Téléjournal	Téléjournal	Podium	L'info (N)	L'info (N)	L'info (N)	L'info (N)	L'info (N)	
SHOW	616	521	-	** "It's a Balancing Act" (2010, Drama) Daphne Zuniga, Faye Dunaway. 			** "The Man From U.N.C.L.E." (2015) Henry Cavill. A CIA agent and a KGB agent join forces to thwart evil. 			*** "Taken" (2008) Liam Neeson. Slavers kidnap the daughter of a former spy. 			*** "The Bourne Legacy" (2012) Jeremy Renner. 						
SLICE	601	562	-	Paid Program 	Paid Program 	Paid Program 	PiYo Workout! 	Mom 	Mom 	Mom 	** "Due Date" (2010, Comedy) Robert Downey Jr., Zach Galifianakis. 		** "What's Your Number?" (2011) Anna Faris. A woman wonders if one of 20 exes could be her true love. 						
TLC	521	560	-	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	sMothered 	"Equally Obsessed" 		sMothered Cher and Dawn hide a secret. 		sMothered "Our Own Little World" 		
TSN	400	400	-	SportsCentre 		SportsCentre 		2019 FIFA Women's World Cup Pregame		2019 FIFA Women's World Cup Final: Teams TBA. (N) (Live)			NBA Plays		30 for 30 (N) 		Lighter Tennis		
YOUTH	551	542	-	Sponge.	Loud	Loud	Loud	Sponge.	Sponge.	Turtles	Hunted	** "Monsters vs. Aliens" (2009) 			Barbie	Sponge.	Sponge.	Sponge.	

SUNDAY EVENING														JULY 7, 2019							
	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	-	-	(3:00) PGA Tour Golf 3M Open, Final Round. (N) 	Channel 3 News		Weekend News	60 Minutes (N) 		Big Brother (N) 		Instinct "Broken Record" (N) 		The Good Fight (N) 		Channel 3 News	Outdoorsman	NCIS: N.O.			
WPTZ	5	-	-	Track and Field IAAF Diamond League: Athletics. (Taped) 	NBC5 News at 6		Nightly News	America's Got Talent "Auditions 5" Variety acts continue to audition. 		America's Got Talent "Best of Auditions" The best moments from Season 14. 		NBC5 News		NBC5 News		Soledad O'Brien	Castle 				
CBMT	6	206	301	** "Bring It On" (2000, Comedy) Kirsten Dunst, Eliza Dushku. 			When Calls the Heart "Believing" 		Heartland "Dare to Dream" 		** "Escape From Planet Earth" (2013, Children's) Voices of Rob Corddry. 		The National (N) 		Montreal News		2019 Calgary Stampede Day 3. 				
CHLT	7	107	718	(:15) "Absolutement tout" (2015, Comédie) Simon Pegg, Kate Beckinsale. (SC)			TVA nouvelles (N)	Vlog (SC)	LOL :- (SC)	** "Tireur d'élite" (2007) Mark Wahlberg. Un tireur d'élite trahi et pourchassé complète sa revanche.		Mitsou et Léa "Face au cancer" (SC)		TVA nouvelles (N)		"Comment séduire une amie" (2014)					
WMTW	8	-	-	(3:00) 2019 Wimbledon Championships (Taped) 			WMTW News 8 at	World News	America's Funniest Home Videos 		Celebrity Family Feud (N) 		The \$100,000 Pyramid (N) 		To Tell the Truth (N) 		WMTW News 8		Soledad O'Brien	Person of Interest	
CKSH	9	108	-	(3:00) "Noémie: le secret" (2009)	Dans l'oeil du dragon (SC)		Téléjournal Estrie	Découverte Les premiers astronautes.	Les poilus (N) (SC)	Viens-tu faire un tour? (N)		1res fois (SC)		Le télé-journal		(:37) Les pêcheurs	(:07) Karao-ké	(:37) *** "Un homme au singulier"			
CKMI	11	-	-	Crazy Ex-Girlfriend 	Midnight, Texas "To Witch Hell and Back"		Global News at 6	Global National	Border Security	Border Security	Big Brother (N) 		Instinct "Broken Record" (N) 		The Good Fight (N) 		Global News	The West Block	Sarah's House 		
CFCF	12	205	312	"Transformers: Revenge of the Fallen"		The Goldbergs 	Big Bang Theory	CTV News Montreal (N) 	Mary-Kitchen	Big Bang Theory	The Amazing Race Canada 		The \$100,000 Pyramid (N) 		In the Dark "The Graduate" 		News-Rinaldo	CTV News Montreal	South Park 		
WVNY	22	-	-	(3:00) 2019 Wimbledon Championships (Taped) 		World News		Local 22 News (N)	America's Funniest Home Videos 		Celebrity Family Feud (N) 		The \$100,000 Pyramid (N) 		To Tell the Truth (N) 		Local 22 News (N)	Graham Bensinger	Judge Judy 		
WUTV	30	-	-	MLS Soccer	PBC Fight Camp (N)	Big Bang Theory	Big Bang Theory	Two and Half Men (N)	Raw Travel (N)	MasterChef 		(DVS)	Spin the Wheel "Feiler Family" 		Family Guy 	What-Happen.	2 on Your Side at 10 (N) 	America This Week (N) 	Ring of Honor Wrestling (N) 		
CFKS	31	106	726	"Comme Cendrillon 3" (2011, Com. -tale) Lucy Hale, Freddie Stroma. (SC)		Sentimental		* "Billy Madison" (1995) Adam Sandler. Un homme doit retourner à l'école primaire. (SC)		** "Vitesse extrême" (2010, Action) Dwayne Johnson, Billy Bob Thornton. (SC)		Dwayne Johnson, Billy Bob Thornton. (SC)		*** "Génération perdue" (1987, Horreur) Jason Patric, Corey Haim, Dianne Wiest. (SC)		Moment V (SC)					
WUHF	-	363	-	MLS Soccer	PBC Fight Camp (N)	Paid Program	Paid Program	Ring of Honor Wrestling (N) 	MasterChef 		(DVS)	Spin the Wheel "Feiler Family" 		Family Guy 	What-Happen.	WHAM News	Sharyl Attkisson	America This Week (N) 	Paid Program		
WETK	-	-	-	Rick Steves Fascism in Europe 		(DVS)	NewsHour Wk	Civilizations The depiction of nature. 	The Great British Baking Show 		Poldark on Masterpiece 		Endeavour on Masterpiece The murder of an Oxford librarian. 		Jamestown (N) 		Music Voyager	Nightly Business			
WCFE	-	-	-	Grantchester on Masterpiece Sidney is distracted. 		Grantchester on Masterpiece 		Grantchester on Masterpiece 		Country Music		Poldark on Masterpiece 		Endeavour on Masterpiece The murder of an Oxford librarian. 		Jamestown (N) 		POV A transgender woman is murdered.			
A&E	615	520	-	** "The Expendables 3" (2010, Action) Sylvester Stallone, Jason Statham. 			** "The Expendables 2" (2012, Action) Sylvester Stallone, Jason Statham. 			** "The Expendables 3" (2014) Sylvester Stallone. Premiere. Barney Ross brings in new blood to fight an old associate. 			(04) ** "The Expendables" (2010) Sylvester Stallone. 								
BRAVO	620	523	-	(3:00) "I Don't Know How She Does It" 		"The Irresistible Blueberry Farm" (2016) Alison Sweeney, Marc Blucas. 		Fixer Upper Mysteries		"Deadly Deed" Banker is found murdered inside a house. 		The Handmaid's Tale (N) 		(:15) Claws "Welcome to the Pleasuredome"		(:15) The Handmaid's Tale 					
CNN	500	500	-	CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		The Movies (N) 		The Eighties 		Movies					
DISC	520	505	-	MythBusters Supersonic ping pong. 		Big Bang Theory		Big Bang Theory		BattleBots "A Duck Only a Mother Could Love" Tombstone and Sawblaze go to war.		Naked and Afraid XL "Waterworld" Survivalists drop into the sea. (N) 		Big Bang Theory		Big Bang Theory		Big Bang Theory			
HIST	522	506	-	Forged in Fire 		Forged in Fire "Branch Battle: Navy"		Forged in Fire 		Evel Live: Behind the Scenes (N) 		Evel Live 2 Daredevils aim to set a world record. (N) 		(Live) 		Forged in Fire 		Forged in Fire 			
PARMT	628	584	-	(:02) Bar Rescue 		(:03) Bar Rescue 		(:04) Bar Rescue 		(:05) Bar Rescue "Demolition Man" 		Bar Rescue 		Bar Rescue "Pie Hard" 		Marriage Rescue (Season Finale) (N) 		(:01) Bar Rescue "A Bar Full of Bull" 		Bar Rescue 	
RDI	126	730	-	L'info (N)	Journal France 2	Le télé-journal	Le télé-journal	Le télé-journal	Le télé-journal	Le national (:31) Le national (N)	(:01) Découverte Les premiers astronautes.		Le télé-journal	(:31) Le 21e "Jean-Benoît Nadeau" (N)	Le national (N)		(:01) La semaine verte (SC)		Le télé-journal		
SHOW	616	521	-	(2:30) *** "The Bourne Legacy" (2012) Jeremy Renner. 			*** "The Man From U.N.C.L.E." (2015) Henry Cavill. A CIA agent and a KGB agent join forces to thwart evil. 			*** "Taken" (2008) Liam Neeson. Slavers kidnap the daughter of a former spy. 			MotherFatherSon (Series Premiere) (N) 			(:15) *** "The Man From U.N.C.L.E." (2015) Henry Cavill. 					
SLICE	601	562	-	** "Bruce Almighty" (2003, Comedy) Jim Carrey, Morgan Freeman. 			** "Due Date" (2010, Comedy) Robert Downey Jr., Zach Galifianakis. 			The Real Housewives of Potomac (N) 		Southern Charm New Orleans (N) 		Late Nite Eats 	Late Nite Eats 	The Real Housewives of Potomac 		Southern Charm			
TLC	521	560	-	sMothered "Three's Company" 		90 Day Fiancé: Happily Ever After? the big question to Azan. (N) 		Ever After? Nicole pops (N) 		90 Day Fiancé: Happily Ever After? 		90 Day Fiancé: Happily Ever After? Ashley makes a radical decision. (N) 		sMothered "Make Room for Mom" (N)		90 Day Fiancé: Happily Ever After? (N)		90 Day Fiancé			
TSN	400	400	-	(3:52) 2019 Copa America Final: Teams TBA. (N) (Live) 			SportsCentre (N) (Live) 		2019 FIFA Women's World Cup Teams TBA.		2019 CONCACAF Gold Cup Final: Teams TBA. (N) (Live) 		SC With Jay								
YOUTH	551	542	-	Loud	Loud	Loud	Loud	** "Star Wars: Episode I -- The Phantom Menace" (1999) 				"Bruno & Boots: Go Jump in the Pool" 				Assembly	Assembly	Soccer			

Townshippers' Festival 2019 – Call for Exhibitors, Vendors & Sponsors

Record Staff

The organizing team behind the 2019 edition of Townshippers' Festival, the 39th annual celebration of the English-speaking community of the historical Eastern Townships, is calling on individuals and organizations to sign up as exhibitors, entertainers, vendors, sponsors, and supporters. Set to be held at Massey-Vanier High School in Cowansville on Saturday, September 21, the community event focuses on showcasing the creativity, heritage, and vitality of the Eastern Townships' English-speaking community.

Since 1979, this bilingual, family-friendly festival has brought together the region's English-speaking and French-speaking communities through

music and dance, arts and crafts, activities and food. After taking a year off in 2017, the event came back last year organized through a partnership between Townshippers' Association, the Eastern Townships School Board, and the CIUSSS de l'Estrie – CHUS.

Exhibitors & Entertainment

The Townshippers' Festival, which organizers say attracted nearly 2,000 visitors last year, provides an opportunity for artisans to showcase local products, and for companies, organizations, and institutions to inform the community of their services or activities.

Spaces will be assigned on a first-come, first-served basis to artisans, food vendors, community/non-profit organizations, businesses, government agen-

cies, educational institutions, and history and heritage groups. Registration forms for entertainers are due by July 31, 2019, and the deadline to submit registration forms and payment for a kiosk is August 15, 2019. Both forms are available on the Townshippers' Association website.

Sponsors & Silent Auction Donations

As Townshippers' Festival is a non-profit event, it relies on the generous support of sponsors and donors. A number of support opportunities designed to meet all budgets are available, providing a cost-effective means to promote products and services to the large number of attendees. Financial support is recognized leading up to and following the festival.

In-kind donations and items for the

ever-popular Silent Auction are also welcome and appreciated. Donations of new items are featured on the festival website before and after the event. To donate an item, the completed Silent Auction Donation Form must be submitted by August 15, 2019, and the item(s) should be dropped off by September 20.

If you are interested in participating in this year's festival as an exhibitor or sponsor, or if you have any questions, please contact Emily Prangley Desormeaux, Community Outreach Coordinator, at 819-566-5717 (toll free at 1-866-566-5717) or epd@townshippers.org. Visit the official Townshippers' Festival website <http://townshippers.qc.ca/tfest/> regularly for updates.

Saint-Michel Basilica to host organ festival

Record Staff

Although less well known now than it once was, the organ remains the musical centerpiece of grand cathedrals all over the world. In an effort to highlight the beauty and power of this grand instrument, the Saint-Michel Basilica in downtown Sherbrooke will host three organ concerts this month as a part of an organ festival created by the basilica and les Amis de l'orgue de l'Estrie.

"The cathedral's organ, a 1917 Casavant with 2000 pipes that create a sound that is only accentuated by the building's distinctive architecture, is an instrument that deserves to be better known," said Chantal Boulanger, organist and president of les Amis de l'orgue de l'Estrie. "The Cathedral also has a choir organ, a Letourneau from 1986, which is used for the celebrations that take place in the choir."

Boulanger explained that each of the three concerts, set to take place on the 10, 17, and 24 of July, will highlight different aspects of the two organs sometimes with both instruments being played at the same time.

"An organ is like an orchestra" Boulanger said, pointing out that the two instruments can be played in a wide variety of different ways.

The July 10 concert, entitled "Cathédrale en écho" will present a varied program with local organists Cécile L'Écuyer, Maryse Simard, Chantal Boulanger and Louis Brouillette.

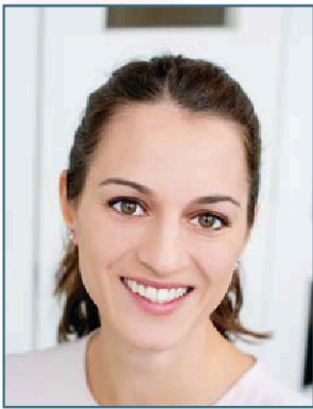
The July 17 concert, "Bach et musique inédite" will feature well known organist Michelle Quintal.

The July 24 concert, "Musique d'orgue du Québec," will feature works composed in the Province as played by Louis Brouillette.

All concerts are free, although voluntary offerings will be collected.







Dr. Rachèle Bergeron

Pariseau & Associates Dental Clinic would like to extend a warm welcome to **Dre. Rachèle Bergeron, who joins our team after five years of dental practice.**

Dre. Bergeron provides a gentle, attentive, professional and personalized approach to patient care. Perfectly bilingual, she can answer your questions regarding your dental health in English and in French. Our dynamic team is committed to offering you high quality dental treatments adapted to your needs, in a pleasant atmosphere.

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Frank Wilson
Consultant



Your week on TV

MONDAY EVENING												JULY 8, 2019			
	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) 0	Entertainment Tonight (N)	The Neighbor-hood 0	The Neighbor-hood 0	The Code A Marine allegedly helped a terrorist. (N) 0		Bull Bull defends a chief medical examiner. 0 0		Channel 3 News	(:35) The Late Show With Stephen Colbert 0 0	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) 0 0	Wheel of Fortune 0	American Ninja Warrior "Cincinnati City Qualifiers" Jesse Labreck, Grant McCartney and more. (N) 0 0 (DVS)			Dateline NBC (N) 0 0		NBC5 News at 11 (N)		(:34) The Tonight Show Starring Jimmy Fallon 0 0	
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	Coronation Street (N) 0	Coronation Street (N) 0	Murdoch Mysteries Bracken-reid helps a friend. (N) 0		Frankie Drake Mysteries A rival is selling antiques. 0		The National (N) 0 0		CBC Montreal News (N)	2019 Calgary Stampede Day 4. (N Same-day Tape) 0	
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Sucré salé (N) (SC)	Refuge animal (N) (SC)	Fous du BBQ (SC)	Chicago Fire: Caserne 51 Un incendie résidentiel. 0 (SC)		Ma maison bien-aimée Un style de déco. (SC)		TVA nouvelles (N)	(:35) Sucré salé (SC)	(:05) ** "Méchants patrons 2" (2014, Comédie) Jason Bateman, Charlie Day. (SC)		
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune 0	Jeopardy! (N) 0 0	The Bachelorette "1508" (N) 0 0			(:01) Grand Hotel An old friend of Gigi's checks in. (N)		WMTW News 8 at 11 (N)		(:35) Jimmy Kimmel Live 0 0	
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) RDI économie (N)	Squelettes-plac.	Discussions avec mes	Galas ComediHa! 2018 Un gala animé par Phil Roy.		Bonsoir bonsoir! Katherine Levac et Alexandre Goyette.		Le téléjournal (N) (SC)		(:05) Disparition "Le retour" Alice Webster a été enlevée.		(12:05) Candice Renoir
CKMI 11	-	-	Global National 0	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	The Neighbor-hood 0	Abby's "The Fish" 0	The Code A Marine allegedly helped a terrorist. (N) 0		Bull Bull defends a chief medical examiner. 0 0		Global News at 11	(:35) The Late Show With Stephen Colbert 0 0	
CFCF 12	205	312	(5:59) CTV News Montreal (N) 0 0		etalk (N) 0 0	The Big Bang Theory 0	American Ninja Warrior "Cincinnati City Qualifiers" Jesse Labreck, Grant McCartney and more. (N) 0 0 (DVS)			(:01) Grand Hotel An old friend of Gigi's checks in. (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) 0 0	The Bachelorette "1508" (N) 0 0			(:01) Grand Hotel An old friend of Gigi's checks in. (N)		Local 22 News (N)		(:35) Jimmy Kimmel Live 0 0	
WUTV 30	-	-	The Big Bang Theory 0	Judge Judy 0 0	Judge Judy 0 0	Family Feud 0 0	Beat Shazam Teams vie for the \$1 million prize. (N) 0		So You Think You Can Dance "Judges Auditions 5"		2 on Your Side Seinfeld "The Pitch" 0		Two and a Half Men 0	Two and a Half Men 0	Last Man Standing 0
CFKS 31	106	726	Souper parfait	Souper parfait	Rire et délire (SC)	Mets-y le paquet (SC)	*** "Méchantes ados" (2004, chel McAdams, Tina Fey. (SC)		Comédie) Lindsay Lohan, Rachel		CSI: Cyber Une femme est brutalement assassinée. 0		911 "Homme inconscient"	NVL (N) (SC)	Moment V (SC)
WUHF	-	363	Modern Family 0 0	Modern Family 0 0	The Big Bang Theory 0	The Big Bang Theory 0	Beat Shazam Teams vie for the \$1 million prize. (N) 0		So You Think You Can Dance "Judges Auditions 5"		13WHAM News at 10 on Fox Rochester (N) (Live) 0		DailyMailTV (N) 0 0	The Simpsons 0	Paid Program 0
WETK	-	-	PBS NewsHour (N) 0 0		The This Old House Hour 0 0		Antiques Roadshow Auto-graphed photos from NASA.		American Experience "Chasing the Moon: A Place Beyond the Sky" The early years of the space race. (N)		Amanpour and Company (N) 0 0		Nightly Business Report		
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N) 0 0		Antiques Roadshow Auto-graphed photos from NASA.		American Experience "Chasing the Moon: A Place Beyond the Sky" The early years of the space race. (N)		American Experience The early years of the space race. 0 (Part 1 of 3) 0 (DVS)				
A&E	615	520	Live PD: Police Patrol 0	Live PD: Police Patrol 0	Live PD: Police Patrol 0	Live PD: Police Patrol 0	Live PD: Police Patrol (N)	Live PD: Police Patrol (N)	Live Rescue: Rewind "Live Rescue: Rewind 6" (N) 0	(:01) Live Rescue: Rewind "Live Rescue: Rewind 1" 0	(:04) Live PD: Police Patrol	(:34) Live PD: Police Patrol	Live PD: Police Patrol 0		
BRAVO	620	523	Magnum P.I. A former Navy SEAL works as a P.I. 0		Magnum P.I. Magnum helps a struggling fisherman. 0		Magnum P.I. "The Woman Who Never Died" 0 0		Magnum P.I. Magnum is the main suspect in a murder. 0		Magnum P.I. A father is accused of murder. 0 0		Magnum P.I. An aging tycoon asks Magnum for help. 0		Magnum P.I. 0 0
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Cuomo Prime Time (N) 0		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon		Cooper 360
DISC	520	505	Highway Thru Hell Fear is Brandon's best friend.		MythBusters Dynamite-firing crossbow. 0 0		North Woods Law Officer Glen Lucas look at his cases.		BattleBots (N) 0 0		Body Cam A breakup turns deadly. 0		BattleBots 0 0		
HIST	522	506	American Pickers Aerosmith's original tour van. 0		American Pickers Saving Aerosmith's original tour van.		American Pickers "Pick This Way" 0 0		Chuck Norris' Epic Guide to Military Vehicles (N) 0		American Pickers They catch up with the Aerosmith van.		Pawn Stars (N) 0 0	Pawn Stars 0 0	Norris' Military Vehicles
PARMT	628	584	Cops "Bathroom Blitz"	Cops "The Naked Truth"	Cops "Side-walk Licker"	Cops 0 0	Cops "Carry a Big Stick"	Cops "Pants on Fire" 0	Cops 0 0	Cops 0 0	Cops "Truck Amok" (N) 0	Cops "Dirty Laundry" 0	Cops 0 0	Cops 0 0	Cops "Little White Lies"
RDI	126	730	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)		Les grands reportages (N) (SC)		Le téléjournal avec Céline Galipeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)
SHOW	616	521	NCIS "Tell-All" NCIS investigates a message in blood.		NCIS A seaman's death may be one in a series. 0		NCIS "Dead Reflection" A murder is caught on tape. 0		** "The Maze Runner" (2014) Dylan O'Brien, Kaya Scodelario. Youths find themselves trapped inside a massive labyrinth. 0 0 (DVS)		Youths find		NCIS "Tell-All" NCIS investigates a message in blood.		
SLICE	601	562	Below Deck Mediterranean 0 0		Southern Charm New Orleans "The Runway Runaway"		Below Deck Mediterranean 0 0		Below Deck Mediterranean (N) 0 0		Dance Moms (N) 0 0		The Real Housewives of Beverly Hills 0 0		Below Deck
TLC	521	560	Say Yes to the Dress 0	Say Yes to the Dress 0	90 Day Fiance: The Other Way "No Looking Back" 0		90 Day Fiance: The Other Way (N) 0		90 Day Fiance: The Other Way "Broken Promises" (N)		Kate Plus Date Mady and Cara interview Kate's dates.		sMothered Sandra and Mariah go on a double-date. 0		90 Day: Other
TSN	400	400	SportsCentre (N) (Live) 0		Women's World Cup	2019 FIFA Women's World Cup Teams TBA.					2019 World Series of Poker Main Event. From Las Vegas. (N) (Live) 0				
YOUTH	551	542	Henry Danger	Double Dare	*** "Shrek 2" (2004) Voices of Mike Myers. 0 0					*** "Shrek 2" (2004) Voices of Mike Myers. 0 0			Just Kidding	Just Kidding	iCarly 0

TUESDAY EVENING														JULY 9, 2019		
	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) 0	Entertainment Tonight (N)	Love Island (Series Premiere) (N) 0 0			The Big Bang Theory 0	Blood & Treasure Clues lead Danny and Lexi to Montreal.		Channel 3 News	(35) The Late Show With Stephen Colbert 0 0		
WPTZ 5	-	-	NBC5 News at 6 (N)		Jeopardy! (N) 0 0	Wheel of Fortune 0	America's Got Talent "Auditions 6" Variety acts continue to audition. (N) 0 0				(:01) Bring the Funny Comedy acts compete. 0 0		NBC5 News at 11 (N)	(34) The Tonight Show Star-ring Jimmy Fallon 0 0		
CBMT 6	206	301	CBC Montreal News (N)		Just for Laughs: Gags	Kim's Convenience 0	Coronation Street (N) 0	Kim's Convenience 0	Still Standing 0 (DVS)	Schitt's Creek 0	Workin' Moms 0	The National (N) 0 0		CBC Montreal News (N)	2019 Calgary Stampede Day 5. (N Same-day Tape) 0	
CHLT 7	107	718	(5:58) TVA nouvelles (N)		(:29) Sucré salé (N) (SC)	(6:59) Lâchés lousses Une expérience de catalepsie.	Les beaux malaises	Complexe G (SC)	L'arme fatale Jess s'attire des ennuis avec la loi. 0		TVA nouvelles (N)	(:35) Sucré salé (SC)	(05) * "Film osé" (2014, Comédie) Cameron Diaz, Jason Segel, Rob Corddry. (SC)			
WMTW 8	-	-	WMTW News 8 at 6PM (N)		ABC World News	Wheel of Fortune 0	Jeopardy! (N) 0 0	The Conners 0 (DVS)	American Housewife 0	Modern Family 0	The Goldbergs 0	Modern Family 0	black-ish 0 0 (DVS)	WMTW News 8 at 11 (N)	(35) Jimmy Kimmel Live 0 0	
CKSH 9	108	-	(5:59) Le télé-journal Estrie		(:31) RDI économie (N)	Squelettes-plac.	On s'aime en chien (SC)	Docteur Foster Gemma tente de découvrir des secrets. (N)		Bonsoir bonsoir! (N)		Le téléjournal (N) (SC)		(05) La révolte des bonnes filles (SC)		(12:05) Candice Renoir
CKMI 11	-	-	Global National 0		(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	FBI "Green Birds" Eight people are poisoned at a deli. 0		NCIS Sara Carter asks Gibbs for help. 0 0 (DVS)		Blood & Treasure Clues lead Danny and Lexi to Montreal.		Global News at 11 (N)	(35) The Late Show With Stephen Colbert 0 0	
CFCF 12	205	312	(5:59) CTV News Montreal (N) 0 0			etalk (N) 0 0	The Big Bang Theory 0		Love Island (Series Premiere) (N) 0 0		The Amazing Race Canada (N) 0 0 (DVS)		The Big Bang Theory 0	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) 0 0	The Conners 0 (DVS)	American Housewife 0	Modern Family 0	The Goldbergs 0	Modern Family 0	black-ish 0 0 (DVS)	Local 22 News (N)	(35) Jimmy Kimmel Live 0 0	
WUTV 30	-	-	The Big Bang Theory 0		Judge Judy (N) 0 0	Judge Judy 0 0	MLB on FOX Pregame (N)	2019 MLB All-Star Game National League at American League. From Progressive Field in Cleveland. (N) 0 (Live)						Two and a Half Men 0	Two and a Half Men 0	Last Man Standing 0
CFKS 31	106	726	Souper parfait		Souper parfait	Rire et délire (SC)	Rire et délire (SC)	"Coach en mariage et...célibataire!" (2017) Pascale Hutton. Une femme s'prend du fiancé d'une cliente. (SC)			CSI: Cyber Avery tente d'identifier un pirate. 0 (SC)		911 "Agression violente"		NVL (N) (SC)	Moment V (SC)
WUHF	-	363	Modern Family 0		Modern Family 0	The Big Bang Theory 0	MLB on FOX Pregame (N)	2019 MLB All-Star Game National League at American League. From Progressive Field in Cleveland. (N) 0 (Live) 0						13WHAM News at 10 on Fox Rochester (N) (Live) 0		Paid Program 0
WETK	-	-	PBS NewsHour (N) 0 0			Samantha Brown Place	Reconnecting Roots 0	American Experience USAF's Project Manhigh. 0		American Experience "Chasing the Moon: Earthrise" The space race from 1964-1968. (N) 0 (DVS)			Amanpour and Company (N) 0 0		Nightly Business Report	
WCFE	-	-	World News America		Nightly Business Report	PBS NewsHour (N) 0 0		American Experience USAF's Project Manhigh. 0		American Experience "Chasing the Moon: Earthrise" The space race from 1964-1968. (N) 0 (DVS)			American Experience "Chasing the Moon: Earthrise" The space race from 1964-1968.			
A&E	615	520	(5:00) Jeff Dunham: Talking Heads 0 0			Chris Farley: Anything for a Laugh 0 0		Chris Farley: Anything for a Laugh 0 0		Farrah Fawcett Forever Farrah Fawcett's life and career. (N) 0 0			(04) Chris Farley: Anything for a Laugh 0 0			Chris Farley: Anything
BRAVO	620	523	Criminal Minds "Hashtag" 0 0 (DVS)			Criminal Minds A prominent Boston attorney disappears.		Criminal Minds The BAU tracks a remorseful killer. 0		Animal Kingdom "Know Thy Enemy" (N) 0 0		Criminal Minds The BAU investigates a triple homicide.		Criminal Minds J.J. confronts her demons. 0 (DVS)		Criminal Minds 0
CNN	500	500	Situation Room With Wolf			Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Cuomo Prime Time (N) 0		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon		Cooper 360
DISC	520	505	Highway Thru Hell Jamie is powerless to help in a storm.			MythBusters A myth about a backseat getaway driver. 0		Guardians of the Glades "Dusty vs. The Monster" (N)		Deadliest Catch "Sixty Foot Monster" 0 0		Deadliest Catch Destination disappears without a trace.		Treasure Quest: Snake Island "Striking Gold" 0		Deadliest Catch 0
HIST	522	506	Counting Cars Danny buys a '69 Caddy on an impulse. 0			American Pickers They catch up with the Aerosmith van.		Chuck Norris' Epic Guide to Military Vehicles 0 0		Live PD Presents: Top 10 Police Vehicles (N) 0 0		Counting Cars (N) 0 0		Counting Cars "Counts of Hazard" 0 0		Top 10 Police Vehicles
PARMT	628	584	Ink Master Eighteen artists arrive ready to fight. 0			Ink Master A twist shakes up the competition. 0		Ink Master The competition intensifies. 0		Ink Master Neo-traditional animal tattoos. 0		Ink Master Artists are subject to a blind critique. (N) 0		Tattoo Night-mares 0 0		Tattoo Night-mares 0 0
RDI	126	730	(5:59) Le national (N)		(:31) RDI économie (N)	(:01) 24/60 (N) (SC)		Les grands reportages "Qui a tué Néandertal?" (N) (SC)		Le téléjournal avec Céline Galipeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)
SHOW	616	521	NCIS "Baltimore" Tony revisits his time in Baltimore. 0			NCIS "Swan Song" Tracking the Port-to-Port killer. 0		NCIS "Pyramid" The Port-to-Port killer is revealed. 0		** "Maze Runner: The Scorch Trials" (2015, Science Fiction) The Gladers face the dangerous obstacles of the Scorch. 0 0		Dylan O'Brien, Kaya Scodelario.			NCIS "Baltimore" 0	
SLICE	601	562	The Real Housewives of Beverly Hills 0 0			Below Deck Mediterranean 0 0		The Real Housewives of Beverly Hills 0 0		The Real Housewives of Beverly Hills 0 0		Million Dollar Listing Los Angeles "Send It to Viral" 0		The Real Housewives of Beverly Hills 0 0		Real House-wives/Beverly
TLC	521	560	Say Yes to the Dress 0		Say Yes to the Dress 0	Outdaughtered The quints undergo school testing. 0			Outdaughtered The Busbys move out of their home. (N)		Sweet Home Sextuplets "A Family Under Construction"		The Little Couple The family visits Jen's Uncle Ray. 0		Outdaughtered 0	
TSN	400	400	SportsCentre (N) (Live) 0			2019 Wimbledon Primetime (N) 0						SportsCentre (N) (Live) 0		SportsCentre (N) (Live) 0		SC With Jay and Dan (N)
YOUTH	551	542	Henry Danger		Double Dare	*** "Paddington" (2014) Hugh Bonneville. 0 0				** "The Good Witch's Gift" (2010) Catherine Bell. 0			Just Kidding		Just Kidding	iCarly "iPie"

Your week on TV

WEDNESDAY EVENING														JULY 10, 2019		
	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) 0	Entertainment Tonight (N)	Love Island (N) 0 0		Big Brother (N) 0 0		S.W.A.T. "Encore" The team races to find a militant group.		Channel 3 News	(:35) The Late Show With Stephen Colbert 0 0		
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) 0 0	Wheel of Fortune 0	Ellen's Game of Games "Life as We Know or Go It"		Songland "will.i.am" Songwriters pitch to will.i.am. 0		The InBetween Cassie helps a young mother. (N) 0		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon 0 0		
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	Kim's Convenience 0	Coronation Street (N) 0	The Great British Baking Show "Biscuit Week" 0		Just for Laughs Actress Tiffany Haddish hosts. (N) 0		The National (N) 0 0		CBC Montreal News (N)	2019 Calgary Stampede Day 6. (N Same-day Tape) 0		
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Sucré salé (N) (SC)	Les rénos d'Hugo (SC)	Boomerang (SC)	La recrue Nolan a droit à une leçon de respect. 0		Esprits criminels La disparition d'un étudiant. 0		TVA nouvelles (N)	(:35) Sucré salé (SC)	(:05) ★ "En quête de justice" (2011, Suspense) Nicolas Cage, January Jones. (SC)			
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune 0	Jeopardy! (N) 0 0	The 2019 ESPYS Celebrating the best moments of the year in sports, from the Microsoft Theater in Los Angeles. (N) 0 (Live) 0					WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live 0 0			
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) RDI économie (N)	Squelettes-plac.	L'épicerie (N) (SC)	Deuxième chance (SC)		Bonsoir bonsoir! Avec Patrice Bélanger et Corneille.		Le téléjournal (N) (SC)		(:05) Grantchester Sidney doit empêcher un meurtre.	(12:05) Candice Renoir		
CKMI 11	-	-	Global National 0	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Private Eyes "The Conroy Curse" (N) 0		Big Brother (N) 0 0		The InBetween Cassie helps a young mother. (N) 0		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) 0		
CFCF 12	205	312	(5:59) CTV News Montreal (N) 0 0		etalk (N) 0 0	The Big Bang Theory 0	Love Island (N) 0 0		MasterChef The top 16 cooks fight for immunity. (N)		Match Game Joel McHale; Rachael Ray; Jason Biggs.		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) 0 0	The 2019 ESPYS Celebrating the best moments of the year in sports, from the Microsoft Theater in Los Angeles. (N) 0 (Live) 0					Local 22 News (N)	(:35) Jimmy Kimmel Live 0 0			
WUTV 30	-	-	The Big Bang Theory 0	Judge Judy (N) 0 0	Judge Judy 0 0	Family Feud 0 0	MasterChef The top 16 cooks fight for immunity. (N)		First Responders Live "Episode 104" (N) 0 (DVS)		2 on Your Side at 10 (N)	Seinfeld "The Wallet" 0	Two and a Half Men 0	Two and a Half Men 0	Last Man Standing 0	
CFKS 31	106	726	Souper parfait	Souper parfait	Rire et délire (SC)	Rire et délire (SC)	★ ★ "La rumeur court" (2005) Jennifer Aniston. Une femme apprend que sa famille aurait inspiré Le Lauréat. (SC)		CSI: Cyber Un agent d'Interpol est assassiné. 0 (SC)				911 (SC)	NVL (N) (SC)	Moment V (SC)	
WUHF	-	363	Modern Family 0	Modern Family 0	The Big Bang Theory 0	The Big Bang Theory 0	MasterChef The top 16 cooks fight for immunity. (N)		First Responders Live "Episode 104" (N) 0 (DVS)		13WHAM News at 10 on Fox Rochester (N) (Live) 0		DailyMailTV (N) 0 0	The Simpsons 0	Paid Program 0	
WETK	-	-	PBS NewsHour (N) 0 0		Crossroads	Outdoor Journal	NOVA "Back to the Moon" Scientists study the moon.		American Experience "Chasing the Moon: Magnificent Desolation" Americans go to the moon and back. (N)				Amanpour and Company (N) 0 0	Nightly Business Report		
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N) 0 0		NOVA "Back to the Moon" Scientists study the moon.		American Experience "Chasing the Moon: Magnificent Desolation" Americans go to the moon and back. (N)				American Experience Americans go to the moon and back. 0 (DVS)			
A&E	615	520	Storage Wars 0	Storage Wars "Padian, P.I."	Wahlburgers Brandon gets into the dog food market. 0	Wahlburgers Paul visits the Lone Star State. 0 0	Wahlburgers Family takes a trip down memory lane. (N)		(:01) The Employables Erik has high-functioning autism.		(:04) Wahlburgers A new restaurant faces a challenge. 0		(12:03) Wahlburgers 0			
BRAVO	620	523	Unforgettable A suspect's father takes hostages. 0		Unforgettable A case is stalled by a powerful family.		Unforgettable Carrie's boyfriend has ties to a case. 0		Unforgettable Carrie and Al must stop a bombing. 0		Unforgettable Carrie's nemesis is murdered. 0 0		Unforgettable Carrie returns to Syracuse. 0 0		Unforgettable "Blind Alleys"	
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Cuomo Prime Time (N) 0		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon		Cooper 360	
DISC	520	505	Highway Thru Hell A truck full of wine is split in half.		MythBusters Testing ways to beat police road spikes. 0		Jeremy Wade's Dark Waters "Jurassic River Beast" (N)		Mayday "Fatal Climb" Tarom's 371 flight crashes. (N)		Body Cam Police hunt for two robbery suspects. (N)		Body Cam A domestic disturbance ends in tragedy.		Jeremy Wade	
HIST	522	506	Counting Cars "Counts of Hazard" 0 0		Live PD Presents: Top 10 Police Vehicles 0 0		Counting Cars 0 0		Battle of the 80s Supercars With David Hasselhoff Revolutionizing the car industry. (N) 0 0		American Restoration Restoring a 1956 Ford pickup.		Battle-'80s			
PARMT	628	584	Life or Debt A single mom works to make ends meet.		Life or Debt Former pop star Aaron Carter needs help.		Life or Debt A couple has \$300,000 in debt. 0		Life or Debt An MMA fighter faces budget cuts. 0		Life or Debt A Long Island DJ needs help. 0		Life or Debt 0			
RDI	126	730	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)		Les grands reportages (N) (SC)		Le téléjournal avec Céline Galipeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)	
SHOW	616	521	NCIS "Nature of the Beast" Tony searches for answers.		NCIS "Restless" A beloved Marine is fatally stabbed. 0		NCIS Evidence leads to McGee's grandmother. 0		★ ★ ★ "The Hunger Games: Mockingjay, Part 1" (2014) Jennifer Katniss fights for Peeta and a nation moved by her courage. 0 0		Lawrence, Josh Hutcherson.		NCIS "Nature of the Beast"			
SLICE	601	562	Southern Charm The guys rent an RV. 0 0		The Real Housewives of Beverly Hills 0 0		Southern Charm The guys go to Nashville, Tenn. 0		Below Deck Mediterranean 0 0		The Real Housewives of Beverly Hills 0 0		Southern Charm (N) 0			
TLC	521	560	Say Yes to the Dress "7 People With 7 Opinions" 0		Say Yes to the Dress Kelli lost everything in a flood. 0		My 600-Lb. Life 0		My 600-Lb. Life 0 0				My 600-Lb. Life 0			
TSN	400	400	SportsCentre (N) (Live) 0		The ESPYS Live on the Red Carpet (N) (Live) 0		The 2019 ESPYS Celebrating the best moments of the year in sports, from the Microsoft Theater in Los Angeles. (N) 0 (Live) 0					SportsCentre (N) (Live) 0		SC With Jay and Dan (N)		
YOUTH	551	542	Henry Danger	Double Dare	★ ★ "Space Buddies" (2009) 0 0			(45) ★ ★ "Space Buddies" (2009) Diedrich Bader. 0 0		Stanley Dyn.		Just Kidding	Just Kidding	iCarly 0		

THURSDAY EVENING														JULY 11, 2019		
	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) 0	Entertainment Tonight (N)	Love Island (N) 0 0		Big Brother (N) 0 (Live) 0		Elementary A brilliant young criminal seeks help. (N) 0		Channel 3 News	(:35) The Late Show With Stephen Colbert 0 0		
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) 0 0	Wheel of Fortune 0	The Wall "Ruben and Sandy" 0 0		Hollywood Game Night (N) 0 0		Law & Order: Special Victims Unit 0 0 (DVS)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon 0 0		
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	Kim's Convenience 0	Coronation Street (N) 0	Dragons' Den (N) 0 0 (DVS)		CBC Docs POV A woman catfishes people online. 0		The National (N) 0 0		CBC Montreal News (N)	2019 Calgary Stampede Day 7. 0		
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Sucré salé (N) (SC)	Pot inc. (SC)	★ "Une seconde chance" (2014) Michelle Monaghan, James Marsden, Luke Bracey. L'enterrement d'un ami réunit deux anciens amoureux. (SC)		TVA nouvelles (N)		(:35) Sucré salé (SC)	(:05) ★ ★ "Sauvages" (2012, Policier) Taylor Kitsch, Blake Lively, Aaron Johnson. (SC)		(35) Jimmy Kimmel Live 0 0			
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune 0	Jeopardy! (N) 0 0	Holey Moley A sudden death tiebreaker. (N) 0 (DVS)		Family Food Fight A surf-and-turf challenge. (N) 0		Reef Break Wreckage of a plane crash is discovered. (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live 0 0		
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) RDI économie (N)	Squelettes-plac.	Lâcher prise (DVS) (SC)	Les mag-nifiques	Le grand rire de... (N) (SC)	Bonsoir bonsoir! (N)		Le téléjournal (N) (SC)		(:05) RéelleMENT "Rébellion" (SC)	(12:05) Broad-church		
CKMI 11	-	-	Global National 0	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Holey Moley A sudden death tiebreaker. (N) 0 (DVS)		Big Brother (N) 0 (Live) 0		Elementary A brilliant young criminal seeks help. (N) 0		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert 0 0		
CFCF 12	205	312	(5:59) CTV News Montreal (N) 0 0		etalk (N) 0 0	The Big Bang Theory	Love Island (N) 0 0		Hollywood Game Night (N) 0 0		MasterChef Cooks compete in a tag-team challenge. (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) 0 0	Holey Moley A sudden death tiebreaker. (N) 0 (DVS)		Family Food Fight A surf-and-turf challenge. (N) 0		Reef Break Wreckage of a plane crash is discovered. (N)		Local 22 News (N)	(:35) Jimmy Kimmel Live 0 0		
WUTV 30	-	-	The Big Bang Theory 0	Judge Judy (N) 0 0	Judge Judy 0 0	Family Feud 0 0	MasterChef Cooks compete in a tag-team challenge. (N)		Spin the Wheel Joseph Latham tests his knowledge. (N)		2 on Your Side at 10 (N)	Seinfeld "The Stall" 0	Two and a Half Men 0	Two and a Half Men 0	Last Man Standing 0	
CFKS 31	106	726	Souper parfait	Souper parfait	Rire et délire (SC)	Rire et délire (SC)	★ ★ "Austin Powers" (1997) Mike Myers. Un agent secret est réanimé après trente ans de congélation. (SC)		CSI: Cyber L'assassinat d'un pirate informatique. 0 (SC)				911 (SC)	NVL (N) (SC)	Moment V (SC)	
WUHF	-	363	Modern Family 0	Modern Family "Grab It"	The Big Bang Theory	The Big Bang Theory	MasterChef Cooks compete in a tag-team challenge. (N)		Spin the Wheel Joseph Latham tests his knowledge. (N)		13WHAM News at 10 on Fox Rochester (N) (Live)		DailyMailTV (N) 0 0	The Simpsons 0	Paid Program 0	
WETK	-	-	PBS NewsHour (N) 0 0		Art & Spirit		Magic Moments: The Best of 50s Pop Musicians perform. 0 0		Aging Backwards 2: Connective Tissue Revealed		Amanpour and Company (N) 0 0		Nightly Business Report			
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N) 0 0		New Tricks Security van is found. 0 0		Death in Paradise A rum distillery owner is murdered. 0		Modus Murder investigation. 0 0		BBC World News 0	Amanpour and Company (N) 0 0		
A&E	615	520	(5:00) Live PD "Live PD -- 08.04.18" Riding along with law enforcement. 0 0		Bones "A Boy in a Bush" Suspects. 0 0		Bones A mummified corpse is found at a club. 0 0		Bones Brennan and Booth race the clock. 0 0		Queen Sugar Nova remains estranged from her family.		Bones Remains are found in a refrigerator. 0 0		Bones Quarantined. 0	
BRAVO	620	523	Bones "The Man in the Bear" Ritualistic cannibalism.		Bones "A Boy in a Bush" Suspects. 0 0		Bones A mummified corpse is found at a club. 0 0		Bones Brennan and Booth race the clock. 0 0		Queen Sugar Nova remains estranged from her family.		Bones Remains are found in a refrigerator. 0 0		Bones Quarantined. 0	
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Cuomo Prime Time (N) 0		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon		Cooper 360	
DISC	520	505	Highway Thru Hell "Back in the Saddle" 0 (DVS)		MythBusters The Mythbusters blow open a safe. 0		Wrench'd "Bigger and Badder" (N) 0		Heavy Rescue: 401 "Only Getting Worse"		Heavy Rescue: 401 "Your Heart Sinks" (DVS)		Street Outlaws Farmtruck and AZN design a course.		Street Outlaws 0	
HIST	522	506	Counting Cars "Burt Reynolds' Rides" 0 0		Battle of the 80s Supercars With David Hasselhoff Revolutionizing the car industry. 0 0		The Lost Corvette (N) 0 0		The Lost Corvette (N) 0 0		Alone "The Kill" One survivalist takes down big game.		Chuck Norris' Epic Guide to Military Vehicles 0 0		The Lost Corvette 0	
PARMT	628	584	Wife Swap A Hindu wife swaps with rancher wife.		Bar Rescue		★ ★ "The Mummy" (1999, Adventure) Brendan Fraser, Rachel Weisz, John Hannah. A mummy seeks revenge for a 3,000-year-old curse. 0 0					★ ★ "The Mummy Returns" (2001) Brendan Fraser. Two evil forces pursue the son of adventurer Rick O'Connell.				
RDI	126	730	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)		Les grands reportages (N) (SC)		Le téléjournal avec Céline Galipeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)	
SHOW	616	521	NCIS A killer targets a lieutenant commander. 0		NCIS "Safe Harbor" A coast guard officer is murdered. 0		NCIS "Thirst" A man dies from being force-fed liquid.		★ ★ ★ "The Hunger Games: Mockingjay, Part 2" (2015) Jennifer Lawrence and her team attempt to assassinate President Snow. 0 0		The Real Housewives of New York City "50 Cent & 6 Percent"		The Real Housewives of Beverly Hills 0 0		Housewives/ NYC	
SLICE	601	562	The Real Housewives of New York City 0 0		The Real Housewives of New York City "Shark Bait"		The Real Housewives of New York City 0 0		The Real Housewives of New York City (N) 0		Million Dollar Listing New York "50 Cent & 6 Percent"		The Real Housewives of Beverly Hills 0 0		Housewives/ NYC	
TLC	521	560	Dr. Pimple Popper Chuck has a Popeye-shaped bump.		Dr. Pimple Popper Ronen has a large, mysterious lump.		Dr. Pimple Popper "Countdown to the New Season"		Dr. Pimple Popper "Sleepless in Steatocystoma" 0		(:02) Untold Stories of the E.R. "Grave Diagnosis" 0		(:02) My Crazy Birth Story (Series Premiere) (N) 0		Dr. Pimple Popper 0	
TSN	400	400	SportsCentre (N) (Live) 0		2019 Wimbledon Primetime (N) 0				CFL on TSN Pregame (N)		CFL Football Edmonton Eskimos at BC Lions. From BC Place Stadium in Vancouver, British Columbia. (N) (Live)					
YOUTH	551	542	Henry Danger	Double Dare	★ ★ ★ "The Hunchback of Notre Dame" (1996) 0 0			★ ★ ★ "The Hunchback of Notre Dame" (1996) 0 0			Just Kidding		Just Kidding	iCarly "iKiss"		

Double opening at the Beaulne Muesum

Record Staff

The Beaulne Museum in Coaticook will launch two different exhibitions on Sunday, July 7.

The two shows will remain on display until Sept.8.

The exhibit ‘Le tourneur à l’épreuve du bois’ features 10 local woodturners.

The purpose of this exhibition is to introduce the public to woodturning, an art form that has existed for thousands of years. In recent decades, new techniques and technology have introduces major advancements in woodturning.

The members of the group show highlight the beauty of each piece of wood, demonstrating the beauty of nature with approximately 50 different creations.

The artists are from the region, all members of the association “Les Amis Tourneurs de l’Estrie (ATE)”. This Association includes all skill levels and promotes the art of woodturning. Created by a few wood turners in the early year of 2000s, today the group has more than 50 members. In addition to promoting the exchange of knowledge among woodturners, the group also encourages social contacts in the Eastern Township region and develop the love of wood carving and sculpting.

The second exhibit launching on Sunday, July 7 is ‘Suivre sa trace’ by artist Marie-Claire Plante.

The exhibition is the result of a brand new series of paintings created over the last two years by the artist. While creating abstract art literally gives her freedom, she occasionally paints in the figurative way, creating an interesting balance in her work. Native of Sainte-Anne-de-la-Rochelle, Marie-Claire Plante has a special attachment to the region. She loves open spaces and has a compelling need for freedom that is reflected in her paintings. Carefully concocted pigmentations of inks, pastels and acrylics texture her work along with her experiments. Her creative process, in constant evolution, is instinctive and free. Each work proposes a new story, filled with emotions and intuitions, inspired by the ups and downs of her life that she projects with great sensitivity on the canvas. The result is a very personal self-portrait whose outcome has universal significance. Her questions about the world around her and the environment in which she lives are at the heart of her creations.

The Beaulne Muesum is located at 96 Rue de l’Union in Coaticook. Opening hours are from !0 a.m. to 5 p.m. Tuesday to Sunday.

Being the first Sunday of the month, visits to the museum are free to the public.

MUSIC

July 6

Come dance with us every Saturday night at the Beebe Town Hall, 72 Main St., Stanstead (Beebe), from 7 p.m. to 11 p.m. Music by the New Wranglers. Info: Gail 819-876-2021. Everyone welcome.

July 6

Country Dance on Saturday, July 6 from 7 p.m. to 11 p.m. at the Trinity Anglican Church, 409 South Street, Cowansville. Music by Keepin’ it Country. Donation: \$8. Door prizes! Canteen on premises. Proceeds to benefit the food bank.

July 6 & 7

Summer has finally arrived and the Municipalities of the Village of North Hatley and the Township of Hatley will be presenting DREAMLAND CONCERTS in North Hatley’s Dreamland Park (corner of Capelton and Main Streets), Saturdays at 7:30 p.m. and Sundays at 1 p.m. (until August 25). Saturday, July 6 at 7:30 p.m.: SLIGHTLY HAGGARD. Sunday, July 7 at 1 p.m.: LA DOLCE VITA. ADMISSION IS FREE SO COME AND ENJOY THE MUSIC! In case of bad weather, concerts will take place in the Pleasant View Beach building on Saturday evenings and at the North Hatley Community Centre on Sunday afternoons.

July 13

Bowser & Blue return to The Piggery on Saturday, July 13 at 8 p.m. George Bowser & Ricky Blue travel with guitars, banjo, harmonicas and a whole bunch of songs and jokes. They have chronicled life in Quebec and Canada for more than 40 years. Tickets are \$20 and are available by contacting Janet McBurney at 819-578-3609 after 6 p.m. Proceeds to benefit the Plymouth-Trinity UCW.

July 13

BOWSER AND BLUE at THE PIGGERY on Saturday, July 13 at 8 p.m. Tickets \$25 pp. www.bowserandblue.com. Bowser and Blue travel with guitars, banjo, harmonicas and a whole bunch of songs and jokes. They have chronicled life in Quebec and Canada for more than 40 years. Tel: 819-842-2431.

July 20

THE PIGGERY presents GEAREY FAMILY TRIO “Something Cool,” Saturday, July 20 st 8 p.m. \$25. Presenting toe tapping Celtic fun along with an homage to Frank Sinatra. Jon, Louise and Michael Gearey bring musical variety to the stage drawing on Jon and Louise’s 25 years of performance and recording as jazz musicians, their roots in 70’s Rock and Michael’s love of Sinatra and Celtic fiddle. Tel: 819-842-2431.

August 4

MARK THIS DATE ON YOUR CALENDAR. Romaine Fish & Game Club Fundraiser, Richmond Fair Grounds, Route 116 (between Richmond and Windsor). On Sunday, August 4 (2 p.m. to 5:30 p.m.) we are

What’s On

holding an AFTERNOON DANCE with ‘SMOKIN’COUNTRY’ featuring Kevin Bockus, Steve Lorenzi, Ed Begon, Howard Ring & Mark Papineau. The dance will be followed by a SPAGHETTI SUPPER at 6 p.m. Admission: \$15/per person.

EVENTS

July 5, 6 & 7

Come to Dunham July 5, 6 and 7 during Portes Ouvertes, the annual open house at wineries along the Brome-Missisquoi Wine Route. At Marché des Artisanats Dunham, local artisans offer beautiful crafts to complement your wine tour. Hand painted wine glasses, wine glass holders, accent tables, wine cabinets, aprons, wood signs, and more in celebration of our wine heritage. 3786 rue Principale. Table rental and info 450-295-2252. Facebook@marchedesartisanatsdunham.

July 6

Annual Strawberry Social & Porch Sale at Maison Reilly House on Saturday, July 6 from 9 a.m to 4 p.m. for the Sale and 10 a.m. to 4 p.m. for the Strawberries. 302 Principal, Mansonville, 450-292-3109.

July 7

The annual Moe’s River Strawberry Ice Cream Social will be held on Sunday, July 7 from 1 p.m. to 4 p.m. at the Moe’s River Church, parking in Ronnie Haseltine’s yard. Bring your own lawn chairs. There will be music, dancing, raffles, great conversation, desserts, and of course ice cream and strawberries!

July 7

PIGGERY THEATRE BRUNCH FUNDRAISER on SUNDAY, JULY 7 starting at 11 a.m. Gospel and country music by Kylie Cote and Mike Patrick. Tickets are \$20 pp for brunch and show. Reservations required 819-842-2431 or piggerymedia@gmail.com.

July 9

Centre Communautaire de Brookbury. 500 card party at the Brookbury Hall, 571 Route 255, Bury, at 2 p.m. on July 9th. Admission charge. Lunch. Info: call Brenda Bailey 819-884-5984.

July 10

CAREGIVERS PEER SUPPORT GROUP, Wednesday, July 10, 10 a.m. to noon, at Mental Health Estrie (257 rue Queen, Suite 900, Sherbrooke). We offer a safe and confidential space to discuss the experiences of caregiving to a loved one affected by mental illness. Meetings take place every 2nd and 4th Wednesday of the month. We are closed for the month of August. Our regular schedule will resume in September. For more info, please call 819-565-3777 or e-mail mhe.info@bellnet.ca.

July 11

The Waterville-North Hatley United Church, 460 Principale South, Water-

★ TONIGHT: 5:00 → 9:00 PM

1/2 PIZZA

★ ALL DRESSED OR VEGGIE ★ \$9.99

★ PLUS ONE SIDE ★

LIVE MUSIC ON THE PATIO

★ 5:30 - 9:30 ★

BOB DREW & LUC MENARD

LATER AT 10:00 KARAOKE

Lion Pub & Brewery, Lennoxville

ville will be holding their annual Ice Cream Social on Thursday, July 11 from 5:30 p.m. to 7:30 p.m. Ice cream sundaes with cupcakes, ice cream cones, hot dogs, chips, soft drinks and coffee. Rain or shine.

July 13 & 14

BIG BOOK SALE at the Pettes Memorial Library, 276 Knowlton Road, Lac Brome on Saturday, July 13 from 8 a.m. to 4 p.m. and Sunday, July 14 from 8 a.m. to 3 p.m.

EXHIBITS

Until July 7

Vieux Forgeron Art Gallery, 240a Dufferin, Stanstead, June 20 – July 7, Group Show – work by students from Bishop’s University and Champlain College Lennoxville: painting, sculpture, photography, printmaking, drawing. HOURS: Thurs-Sun 11 a.m. to 6 p.m. Facebook: Le Vieux Forgeron Art Gallery.

July 12, 13 & 14

Sentier Artistique des Hauts-Boisés, Friday, Saturday and Sunday, July 12, 13 and 14, from 11 a.m. to 5 p.m. An artist’s studio tour of 9 artists in the Haut St. Francois region, east of Sherbrooke. For information, call Denis Palmer 819-889-2549. Facebook: Sentier-Artistique-des-Hauts-Boisés.

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Local Sports

It was Brown's fourth time competing at what is Canada's largest and oldest track and field meet.

Canada's fastest man, Aaron Brown is ready for World Championships



A RUNNER'S MIND

CHRISTINE BLANCHETTE

In the proverbial blink of an eye Canada's fastest man, Aaron Brown won the 100 meters event at last month's 36th annual International Harry Jerome Track and Field meet at Swangard Stadium in Burnaby, B.C. Despite cooler temperatures of 15 degrees he won easily in 10.30 seconds.

Known primarily for achieving world class Diamond League results at his best event, the 200 meters, Brown was the star attraction at this year's Jerome meet. The 27-year-old Toronto native, who won a bronze medal in the 4 100-meter relay at the 2016 Rio Olympics, has a personal best 100m time of 9.96

seconds set at Montverde, Florida in 2016 to remind his competitors not to take him lightly at the shorter distance.

In the 2019 Harry Jerome press release, Achilles International Track Society president and former Olympian Doug Clement said, "Brown is now Canada's fastest man, with an amazing start to the 2019 season. He has won the last two Diamond League events (at 200 meters) and is amongst the world elite sprinters who have run under 10 seconds in the 100 meters and under 20 seconds in the 200 meters."

In an interview this week, Brown shares his thoughts on the Harry Jerome meet, his training, and how important nutrition is to stay at the top of his game.

It was Brown's fourth time competing at what is Canada's largest and oldest track and field meet. I asked him if coming back to the West Coast ever got blasé. "I feel very blessed," Brown answered, adding, "(It's) something I have worked hard towards and being able to have it come true is something I am very proud of, I don't take it for granted."

He continued: "Being here last year was a boost for me for the rest of the year

getting that win over Andre (De Grasse) then and taking that same type of momentum into nationals was definitely something I felt led to that success that I had at national championships last year. I always love coming out here and being able to run in front of Canadians. I have some family out here and so they always get to come."

Brown offered a positive message to athletes on the way up: "Trust in your training and believe you have already put in the work. Positive affirmations in just telling yourself over and over you believe that you can go out there and perform with the best of them."

When it comes to nutrition Brown says, "Every little bit counts, you want to give yourself good fuel for the body and that is in the form of good food. You also take your supplements. It really comes down to diet. If you want to be a professional you have to eat like a professional, making sure that you properly get all the nutrients that you need for your body to perform at the peak level. It is a huge component."

Brown will be competing in the world athletics championships in Doha, Qatar held from September 26 to October 6th,



PHOTO CREDIT HONORE GBEDZE

2019.

Christine Blanchette is a TV host and producer of Run With It, a monthly running, fitness, health and lifestyle program. www.runwithit.ca

Greg Sutton to be inducted into the Impact's Wall of Fame

The Montreal Impact announced on Thursday that former goalkeeper Greg Sutton will be the third Impact alumni to be inducted into the club's Wall of Fame, joining former teammates Nevio Pizzolitto and Gabriel Gervais. Sutton will be honoured at half-time of the next home game against Minnesota United FC, this Saturday at 7:30pm, at Stade Saputo (TICKETS - TVA Sports, 98.5, TSN 690).

The Wall of Fame is a permanent space at Stade Saputo, on which are inscribed the names of players who have marked the club's history and who distinguished themselves in an important way during their careers, both with the team and throughout the league.

The players are selected as per the following criteria: a minimum of 100 games with the Impact, has not been with the club for at least five years and played his first game with the club at least 15 years ago. Every year, one or two players will be added to the wall.

Two stints with the Impact

As part of his 14-year professional career, Sutton enjoyed two stints with the Montreal Impact, playing his first six seasons with the club between 2001 and 2006, in the North American second division. He then became the team's all-time leader in the regular season with 67 career clean sheets, 72 wins, 132 games played and 12,309 minutes played. He was the league's Goalkeeper

of the Year for four straight seasons, from 2003 to 2006, and won the Giuseppe Saputo Trophy as the Impact's Team MVP in 2003. He was also named League MVP and the Impact's Defensive Player of the Year in 2004, after helping the team win its second championship in club history.

Following a loan from the MLS' New York Red Bulls, Sutton rejoined the Impact for the second half of the 2011 NASL season. He then signed with the club for its inaugural season in MLS in 2012, playing one regular-season game, before retiring at the end of the season.

Sutton was drafted in the second round of the 1999 MLS College Draft by the Chicago Fire. He also played for the

New York/New Jersey MetroStars and Cincinnati Riverhawks (A-League) before signing with the Impact in 2011. He resumed his career in MLS in 2007, playing 34 games in three seasons with Toronto FC before joining the New York Red Bulls on April 27, 2010.

Sutton played 53 career games in MLS, including 50 starts, totalling 4,636 minutes, and has a record of 14 wins, 24 losses and 15 ties. He has also earned 11 clean sheets.

He has represented Canada 16 times with the national team, playing in the 2005, 2007 and 2009 Concacaf Gold Cup. He made his debut on January 18, 2004, in a 1-0 clean sheet win against Barbados.

Defenceman Ben Chiarot signs three year deal with Montreal Canadiens

The Canadian Press

The Montreal Canadiens have signed former Winnipeg Jets defenceman Ben Chiarot to a three-year contract. The deal has an average annual value of US\$3.5 million.

The six-foot-three, 219-pound Hamilton native had a career-high 20 points (five goals, 15 assists) and 62 penalty minutes in 78 games with the Jets last season. Chiarot ranked second on the Jets with 139 blocked shots and third with 171 hits.

"I like the opportunity in Montreal," Chiarot said Thursday on a conference

call when asked if he turned down a four-year deal to stay with the Jets. "It's unfortunate that things couldn't work out in Winnipeg but the opportunity to play for the Montreal Canadiens and being in a city like that, on a team that's fast and up-and-coming, was hard to turn down."

The 28-year-old has 64 points (12 goals, 52 assists) in 305 career regular-season games, all with Winnipeg. He has three assists in 24 career playoff games.

Chiarot said he is looking forward to playing in Montreal's raucous Bell Centre. He should be used to the noise after playing in Winnipeg's Bell MTS Place, which

also ranks as one of the noisiest buildings in the NHL.

"You know what, the Bell Centre has been my favourite place to play since I came into the NHL," Chiarot said "For me, it's unlike playing in any other building in the league."

Chiarot said he sees himself fitting in as the defence partner of one of Montreal's more offensive-minded rear-guards, with he and Jeff Petry being a possible pairing.

"I know Jeff is a great skater and good offensively," Chiarot said. "He likes to join the play. If that's who I'm playing

with, that works perfectly."

The Jets, meanwhile, have now lost Chiarot, forward Brandon Tanev (Pittsburgh Penguins) and defenceman Tyler Myers (Vancouver Canucks) in free agency.

Winnipeg still needs to sign restricted free agents Patrik Laine and Kyle Connor.

Chiarot said he will likely wear No. 8 with the Canadiens. He wore No. 7 in Winnipeg, but that number has long been retired in honour of former Habs great Howie Morenz.

Death



Stephen McELRAVEY

Steve McElravey was born on November 28, 1941 in Leeds, Quebec. He passed away suddenly on Monday, July 1, 2019 at the age of 77 years. Predeceased by his parents Menzes and Marjorie; and great-granddaughter Meadow; Steve will be missed deeply by his wife Barbara; sister Lillian (Willard); daughters Diana (Darrell), Debbie, Laurie (Tim) and Shelley; grandchildren Ian (Katera), Shane (Tia), Mitchell, Jasmine (Marvin), Jennifer (Derek), Matthew (Ray), Megan, John, Santana and Sierra; great-grandchildren Ava, Noah and Willow.

Steve grew up on the family farm and met Barbara on a blind date set up by his sister Lillian. They were married on May 22, 1965. They had four daughters, Diana, Debbie, Laurie and Shelley while living in Rock Island, Quebec. Steve worked at Butterfields as a machinist in Rock Island and later moved to Regina when Butterfields closed. Steve worked at Howden Construction and then went to Federated Co-op where he worked for many years until retirement due to poor health caused by diabetes. After retirement, Steve enjoyed his family and helping anyone who needed help. He also enjoyed gardening and mechanics.

A Memorial Service will be held at 1:00 p.m. on Thursday, July 11, 2019 at Gateway Christian Fellowship, 1812 Arthur Street, Regina, SK. In lieu of flowers, donations may be made to Gateway Christian Fellowship or to Diabetes Canada, 919B Albert Street, Regina, SK S4R 2P6.

Online messages of condolence may be left at: www.paragonfuneralservices.com



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Regina, Sask.
359-7776

Death

Death

Death



Rev. Dr. R. Deane Moffat
(1942-2019)

With heavy hearts, we announce the passing of Rev. Dr. R. Deane Moffat on July 3rd, 2019 at the age of 76, dear husband of Rev. Doreen Keet-Moffat.

Besides his wife, he leaves to mourn his children; Jim (Brenda Murray), Leslie (David Toporchak) and Dorothy (Eric Alexandre). He will be sadly missed by his siblings; Marilyn (the late Bob), Wally (Patsy), Barry (Patricia), and ten grandchildren, their spouses/partners, members of the Keet family as well as many nephews, nieces, cousins, and so many, many dear friends.

Visitation will take place at St-Paul's United Church (211 Pine St, Magog, QC) on Sunday, July 7, 2019 from 7:00 to 9:00 p.m. and Monday, July 8, 2019 from 2:00 to 3:00 p.m., with the Celebration of Life to follow at 3:00 p.m.

The family wishes to sincerely thank the caregivers from the Palliative Care Unit of the CSSS Memphremagog for the excellent care provided.

In lieu of flowers, the family would appreciate donations in his memory, to any charity of your choice. For example, Deane served and supported many organizations including, but not limited to, St-Paul's, Beulah or Georgeville United Churches, Canadian Cancer Society, Georgeville Historical Society, Copps Ferry Museum, Sherbrooke Snow Shoe Club, Fitch Bay Brookside Cemetery Association.

CASS FUNERAL HOMES
Stanstead & Ayer's Cliff
545 Dufferin St., Stanstead QC

PHONE: 819-876-5213
FAX: 819-849-3068
www.casshomes.ca

Death



Emmett
Morgan
QUINN

March 22, 1925
- Sept. 7, 2018

Beloved father and patriarch. Predeceased by his wife Beverly Hughes Quinn in July 2011. Loving father of Morgan (Lana) of North Hatley, Shaun (Judy) of Calgary, Bridget (the late Bob Macdonald) of Vankleek Hill, Timothy of Calgary and Huntley (Kathryn) of Calgary. He is sadly missed by his grandchildren and great-grandchildren. Emmett will be remembered as a gentleman, devoted husband and an incredibly patient father with his 4 adventurous sons.

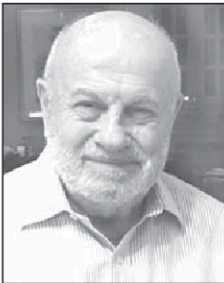
In recognition and celebration of a life well lived, we invite family and friends to a Celebration Mass for our father's life to be held at St. Elizabeth of Hungary Catholic Church, 3115 chemin Capelton, North Hatley, Quebec, on Tuesday, July 16, 2019 at 1:00 p.m. followed by a reception.

Interment will be held at Philipsburg Catholic Cemetery, chemin Saint Armand, Saint Armand, Quebec, on Thursday, July 18, 2019 at 11:30 a.m. A reception will follow at the Philipsburg Legion, 200 avenue Montgomery, Philipsburg, Quebec.

Funeral arrangements in the care of Hillcrest Funeral Home, 151 Bond Street, Vankleek Hill, Ontario K0B 1R0 (866) 678-2001.

www.hillcrestfuneralhome.ca

Death



Ernest
(Sonny) I.
Steinman
(1931 - 2019)

Passed away peacefully at the CHUS-Fleurimont of Sherbrooke, QC, on Thursday, July 4, 2019. Sonny Steinman, in his 88th year, was the dear son of the late Dave Steinman and the late Sadie Steinman and the loving husband of Eileen Steinman, living in Sherbrooke, QC.

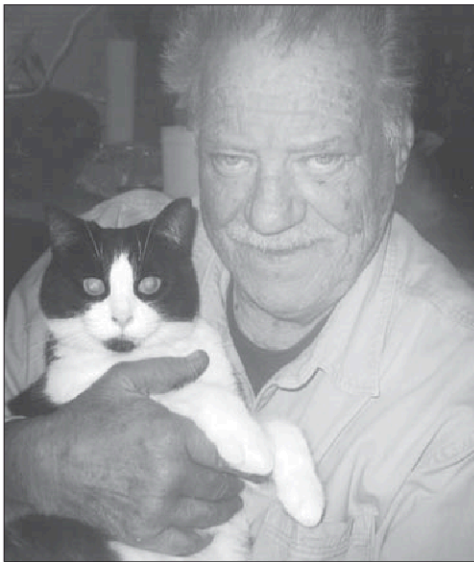
The service will be held at the Steve L. Elkas Funeral Home (601 Conseil Street, Sherbrooke, QC, J1G 1K4) on Sunday, July 7, 2019 at 1:00 p.m., followed by the burial in the Agudath Achim Cemetery, Sherbrooke, QC.

He leaves to mourn his loving children: Julie and Eric Steinman; his sister Cynthia (William Marcus). He was also the dear brother of the late Rhoda Freedlander (the late Philip), the late Stanley Steinman (Claudette), the late Shirley Wolfe (the late Morty). Also left to mourn are his many adored nephews and nieces, other friends and relatives.

In lieu of flowers, donations to the Chabad of Sherbrooke, 6650 Westbury Ave., Montreal, QC, H23W 2X6, would be appreciated.

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

Graveside Service



Victory George White
(1941-2019)

A graveside service will be held on Saturday, July 13th, 2019 at 11:30 a.m. at the Crystal Lake cemetery, Fairfax Road, Stanstead, QC, with Reverend David Woodard officiating.

A celebration of Victory's life will follow at 12:30 p.m. at the Canadian Legion on Maple Street in Stanstead where family & friends can gather for refreshments served by the Legion Ladies.

JUDY, GARY, SYLVIE AND FAMILY



Do Just One
Thing



By Danny Seo

It seems white vinegar is the go-to, all-natural solution to clean and disinfect all over the house. And while white vinegar is a mild acid that does a great job in cleaning, it should also be used with caution. For example, many people use white vinegar as a rinse aid in the dishwasher, but you should never fill the rinse-aid compartment with it. The reason is simple: Vinegar will eat away at the rubber gasket, making it inoperable. Instead, fill a cup with vinegar and place it right-side up in the dishwasher.

Church Services

Anglican

LENNOXVILLE

Saint George's Anglican Church, Lennoxville, 84 Queen Street. On the 1st, 2nd, 3rd and 5th Sundays we have Holy Communion Service and Sunday School class. Services begin at 11:00 a.m. On the 4th Sunday we have Service of the Word. Services begin at 11:00 a.m. Christian meditation on Thursdays from 6 p.m. to 7 p.m. 819-346-5564.

SHERBROOKE

Church of the Advent, 573 Bowen St. South, Sherbrooke (near the Hotel Dieu Hospital), invites you to join us for Morning Prayer at 11:00 a.m. this Sunday, July 7 and next Sunday, July 14. Everyone welcome!

NORTH HATLEY

Saint Barnabas Anglican Church, North Hatley, at 640 Sherbrooke St., celebrates Holy Eucharist every 1st, 2nd, 3rd & 5th Sunday at 9 a.m. Morning Prayer is held every 4th Sunday at 9 a.m. Christian Meditation is held every Tuesday from 6 p.m. to 7 p.m.

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 - GEORGEVILLE

The annual joint Worship Service of the Ayer's Cliff - Magog - Georgeville Pastoral Charge will be held in the Georgeville United Church in Georgeville on Sunday, July 7 at 10.00 a.m. A luncheon will follow the worship service at the Murray Memorial Hall. All are welcome. Please note that Beulah United Church in Ayer's Cliff and St Paul's United Church in Magog will be closed. For more information please contact Rev. Lee Ann Hogle 819-571-7233.

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to the worship at 10:00 a.m. with Rev. Linda Buchanan on Sunday, July 7. Everyone is welcome. 819-565-8449; website - lennoxvilleunitedchurch.com

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, www.plymouthtrinitychurch.org, holds its July worship services in Lennoxville, with the community of faith of Lennoxville United Church, at Queen and Church streets. Services are at 10 a.m. (note the earlier time). Joignez-vous à nous pour nos cultes (en anglais) du mois de juillet à l'Eglise Unie de Lennoxville, au coin des rues Queen et Church, à 10h. Cordiale bienvenue à tout le monde. All are welcome!

WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church, Sunday, July 7, no service. Rev. Mead Baldwin 819-837-1112.

You won't miss the meat when you make this mushroom burger

By America'S Test Kitchen

Portobello mushroom burgers are no longer just a sad substitute for beef burgers; they are legitimately delicious choices on their own.

For charry grilled portobellos that wouldn't leak moisture and make the buns soggy, we decided to try scoring them, a technique that works well with oven-roasted mushrooms. It worked like a charm on the grill.

We lightly scored the mushrooms on the smooth, non-gill side in a crosshatch pattern. This helped expedite the release of moisture, which dripped out and evaporated on the grill, ensuring intense mushroom flavour and toasty, non-soggy buns. The crosshatching also allowed the mushrooms to absorb more marinade - a flavourful mix of olive oil, red wine vinegar, and garlic.

Once they were cooked, we filled the portobello caps with a savory mixture of feta, sun-dried tomatoes, and roasted red peppers before stacking them on grilled buns with basil mayo, baby arugula, and sweet grilled onions.

If your mushrooms are larger or smaller than 4 to 5 inches, you may need to adjust the cooking time accordingly. If the mushrooms absorb all the marinade, simply brush the onions with olive oil before grilling.

GRILLED PORTOBELLO BURGERS

Servings: 4

Start to finish: 50 minutes

4 portobello mushroom caps (4 to 5 inches in diameter), gills removed

1/2 cup extra-virgin olive oil
3 tablespoons red wine vinegar
1 garlic clove, minced
1 teaspoon salt
1/2 teaspoon pepper
4 ounces feta cheese, crumbled (1 cup)
1/2 cup jarred roasted red peppers, patted dry and chopped
1/2 cup oil-packed sun-dried tomatoes, patted dry and chopped
1/2 cup mayonnaise
1/2 cup chopped fresh basil
4 (1/2 inch-thick) slices red onion
4 kaiser rolls, split and toasted
1 ounce (1 cup) baby arugula

Cut 1/16 inch-deep slits on top of mushroom caps, spaced 1/2 inch apart, in cross-hatch pattern. Combine mushrooms, oil, vinegar, garlic, salt, and pepper in 1 gallon zipper-lock bag, seal bag, and turn to coat. Let sit for at least 30 minutes or up to 1 hour.

Combine feta, red peppers, and sun-dried tomatoes in bowl. Whisk mayonnaise and basil together in separate bowl. Push 1 toothpick horizontally through each onion slice to keep rings intact while grilling.

- For a charcoal grill: Open bottom vent completely. Light large chimney starter filled with charcoal briquettes (6 quarts). When top coals are partially covered with ash, pour evenly over grill. Set cooking grate in place, cover, and open lid vent completely. Heat grill until hot, about 5 minutes.

- For a gas grill: Turn all burners to

high, cover, and heat grill until hot, about 15 minutes. Turn all burners to medium-high.

Clean and oil cooking grate. Remove mushrooms from marinade, and brush onions all over with remaining mushroom marinade. Place onions and mushrooms, gill side up, on grill. Cook (covered if using gas) until mushrooms have released their liquid and are charred on first side, 4 to 6 minutes. Flip mushrooms and onions and continue to cook (covered if using gas) until mushrooms are charred on second side, 3 to 5 minutes.

Transfer onions to platter and discard toothpicks. Transfer mushrooms to platter, gill side up, and divide feta mixture evenly among caps, packing down mixture. Return mushrooms to grill, feta side up, and cook, covered, until heated through, about 3 minutes.

Return mushrooms to platter and tent with aluminum foil. Spread basil mayonnaise evenly over roll bottoms and top each with 1 mushroom and 1 onion slice. Divide arugula evenly among burgers, then cap with roll tops. Serve.

Nutrition information per serving: 612 calories; 657 calories from fat; 40 g fat (9 g saturated; 0 g trans fats); 37 mg cholesterol; 1134 mg sodium; 49 g carbohydrate; 6 g fiber; 11 g sugar; 15 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americanstestkitchen.com>. Find more recipes like Grilled Portobello Burgers in "Vegetables Illustrated."

(The Associated Press)

SUDOKU

DIFFICULTY RATING: ★★★★★

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

7/5

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PREVIOUS SOLUTION

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

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

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

PREVIOUS SOLUTION

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7		9				8		
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			6	1				6
		4				1		3

DIFFICULTY RATING: ★★★★★

SUDOKU

Your Birthday

FRIDAY, JULY 5, 2019

Let experience be your teacher. How you react to stress will influence how well you do. Look for alternative ways to deal with situations that are dependent on how well you get along with others. Compromising doesn't mean you lost; it means you found a way to get what you want.

CANCER (June 21-July 22) — Don't take sides, just do your own thing and take care of your responsibilities. If you leave nothing undone, it will make it difficult for anyone to complain.

LEO (July 23-Aug. 22) — Don't feel compelled to jump into something without getting proper authorization or instructions. Know what you are doing and plan your actions with precision. Don't fold under pressure. Time is on your side.

VIRGO (Aug. 23-Sept. 22) — Avoid awkwardness or uncertainty. Walk away from situations that are being blown out of proportion or that involve someone indulgent. Focus on discipline and personal perfection.

LIBRA (Sept. 23-Oct. 23) — Pick up the pace and challenge yourself mentally. Rally around someone you look up to or feel you can help, but don't pay for someone else's mistake.

SCORPIO (Oct. 24-Nov. 22) — Do your own thing, try something you've never engaged in before or plan a trip with a loved one. Don't just dream about what you want to do; start the ball rolling.

SAGITTARIUS (Nov. 23-Dec. 21) — Use

your intuition to help you see through someone who is trying to sell you a bill of goods. Consider the pros and cons of a risky joint venture.

CAPRICORN (Dec. 22-Jan. 19) — Do what needs to be done. Go about your business and make the changes that need to be made. Don't argue with someone who will never see things your way.

AQUARIUS (Jan. 20-Feb. 19) — Share your thoughts with someone you care about to find out where you stand. Don't look at an adjustment as being negative when you can embrace change and see where it takes you.

PISCES (Feb. 20-March 20) — Make personal changes, but only spend what you can afford. If you plan correctly, you will be able to make someone you care about happy without going into debt.

ARIES (March 21-April 19) — Get out, have fun and surround yourself with people you enjoy. An opportunity will arise if you share your feelings with someone special. Don't view an unexpected change as being unfavorable.

TAURUS (April 20-May 20) — An offer will spark your imagination and enthusiasm. Consider the stability of a situation before you decide to get involved. Don't rule out a more viable option.

GEMINI (May 21-June 20) — Spend more time nurturing your relationship with a loved one. Honesty will play a role in how well you get along with others and how stable your life will be moving forward.

SATURDAY, JULY 6, 2019

You'll learn through observation, research and spending time with people who know more than you. Branch out and participate in events that can give you a broader view of what's going on in the world. A personal change will lead to a better future. Love and romance are highlighted.

CANCER (June 21-July 22) — You can feel your way through situations if you are reserved and listen to the thoughts and suggestions of those who have more experience. Romance is on the rise.

LEO (July 23-Aug. 22) — Consider how you earn your living or handle your finances and how satisfied you are with your progress. Check out your options, but don't make a change that could jeopardize your lifestyle.

VIRGO (Aug. 23-Sept. 22) — Set the stage and play the role of a peacemaker. Diplomacy and clever suggestions will help unify people trying to reach the same objective.

LIBRA (Sept. 23-Oct. 23) — Keep talking until you find a way to get through to someone you feel is making a poor choice. Reason and experience will help you get your point across.

SCORPIO (Oct. 24-Nov. 22) — Finish what you start. Don't let an unexpected change alter your plans. It's OK to take a different route, as long as you know what you are doing.

SAGITTARIUS (Nov. 23-Dec. 21) — An emotional situation will disrupt your

plans. Stay calm and do your best not to let matters escalate. If someone makes an unexpected change, don't feel you must follow suit.

CAPRICORN (Dec. 22-Jan. 19) — You'll get everything under control if you take physical action. The less you say and the more you do, the better you'll be. A romantic encounter will improve your day.

AQUARIUS (Jan. 20-Feb. 19) — Choose your battles wisely. Check the facts before you agree to something that could leave you dangling if anything goes wrong. Don't let someone manipulate you emotionally.

PISCES (Feb. 20-March 20) — Keep your personal life simple. Avoid indulgence and don't make unrealistic promises. An honest point of view will keep you out of trouble. A personal change is favored.

ARIES (March 21-April 19) — Challenge your mind, take a course or expand your interests. Check out different cultures or lifestyles, and consider how you want to deal with a personal situation.

TAURUS (April 20-May 20) — Attend a gathering of people you don't get to see very often. A conversation with someone from a different generation will give you plenty to think about.

GEMINI (May 21-June 20) — If you confront a situation, be prepared to face emotional backlash. You may be best off agreeing to disagree and spending time with people who share your thoughts and interests.

Sunday horoscope on page 23

Advice to be patient

Dear Annie

FRIDAY, JULY 5, 2019

Dear Annie: I just read the letter from "Missing My Son" and felt compelled to write a response. I, too, was in a bad marriage for 17 years. We only had one child, a son. I was trying to stay in the marriage for the sake of our son, but after many months of therapy, and the therapist making a comment that the longer our son remained in the volatile environment, the more likely he would be to treat women the same as I was being treated, I filed for divorce. Our son was 9.

My ex continued to treat me (and our son) horribly for the next nine years, until our son was headed to college. I made every attempt to be civil with my ex, as I didn't want to deal with his vengeful acts. Though my ex rarely saw our son after our divorce, our son put his dad on a pedestal. Mind you, my ex had been cheating on me for many years and eventually moved in with the lady a year after our divorce, but my son still idolized his dad.

I started dating a wonderful man a year after my divorce and married him 10 years later. My son never cared for him, and I discovered that my ex fed my son many lies about him. My son hated me for remarrying, refused to come to our "family only" small wedding, and did not speak to me for two years. I was

devastated.

I stayed in touch with my prior marriage counselor, as he was excellent. He gave me confidence that my son would eventually come around, and the therapist was right. I was elated once my son finally started speaking to me again. I've been married for 10 years and my son calls me almost daily. We're very close, and I believe he finally realized I was the one who truly loved him and taught him valuable life lessons. I'm proud of all his accomplishments, especially becoming an architect, which he dreamed of as a child, and that I provided much love and encouragement to make him see he could reach his goals. (The only sad part is that he has insane student loans, but that's another matter.)

Please tell "Missing My Son" to be patient. I'll admit, I was a wreck during the two years my son didn't speak to me, as I had no other children. I prayed extensively during that time and feel blessed that our relationship has mended. I'll pray that her son will realize life is too short to punish his mother like this. If only I could talk to him, I'd attempt to make him understand the pain he's inflicting on the one who lovingly brought him into this world. — Sending Prayers to Missing My Son

Dear Sending Prayers: Thank you for sharing your letter. Through therapy and your commitment to having a lov-

ing family, you did it. You didn't let your son's anger get in the way of your love for him. Instead, you allowed him to be angry over the divorce and were patient with him. Your patience and love paid off, as they usually do.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie

Lane's debut book — featuring favorite columns on love, friendship, family and etiquette — is available as a paperback and e-book. Visit <http://www.creator-publishing.com> for more information.

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



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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.

" R G F D B S N R W P X B H L T W R W V F W K H O
X B F T P R U Z R V X P , H F W . . . R K L W ' P
X F C B U D B Z B P L W U R W P X B J Z L U B P L W
P X B R T G F O L S P . " — K T F D B

Previous Solution: "I think there are few things more patriotic than taking the time to make your country a better place." — Michael Moore

TODAY'S CLUE: A snake O

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.

" S ... N F B Y P Y S X V E N S B Y ... J T
D E J S N T E X R J T C F O W ... K Z Y
F M M F O K L X S K T K F R F K Z S X V H ...
K Z E K ' H C Z E K Z E M M S X Y H H S H . "
— J S I Z E Y N U . D F A

Previous Solution: "I wake up in the morning and my heart is light, man. ... I don't have skeletons in the closet on their way out." — Drake

TODAY'S CLUE: W snake O

REALITY CHECK

ON THE NO-FLY LIST:



PENGUINS



OSTRICHES



TURKEYS



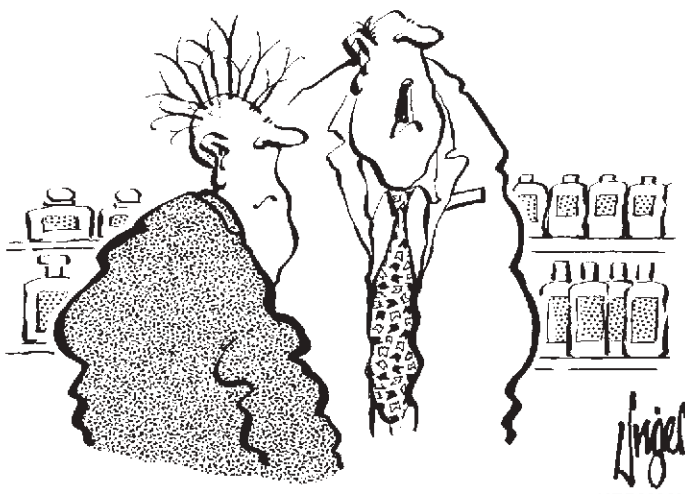
PIGS

AS GOD AS MY WITNESS, I THOUGHT TURKEYS COULD FLY!

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WALLAND 7-5

HERMAN



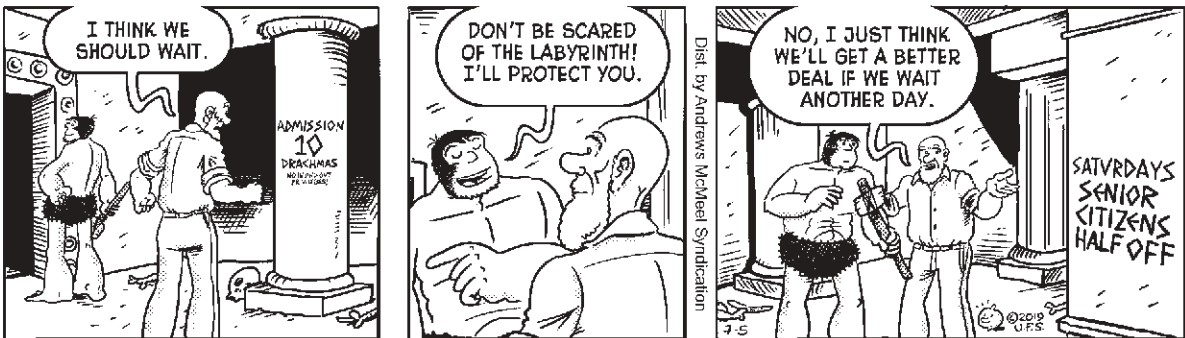
HERMAN®

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7-5

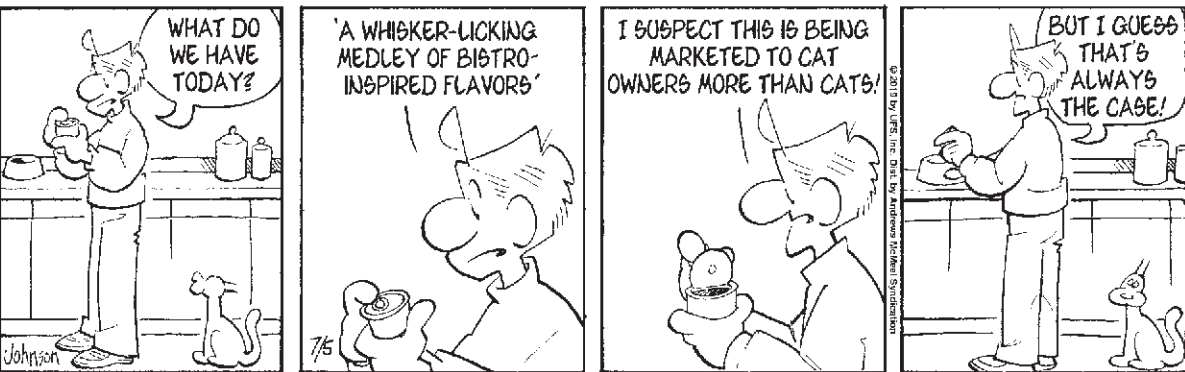
"Joycey, what's the best stuff for split ends?"

ALLEY OOP



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ARLO & JANIS



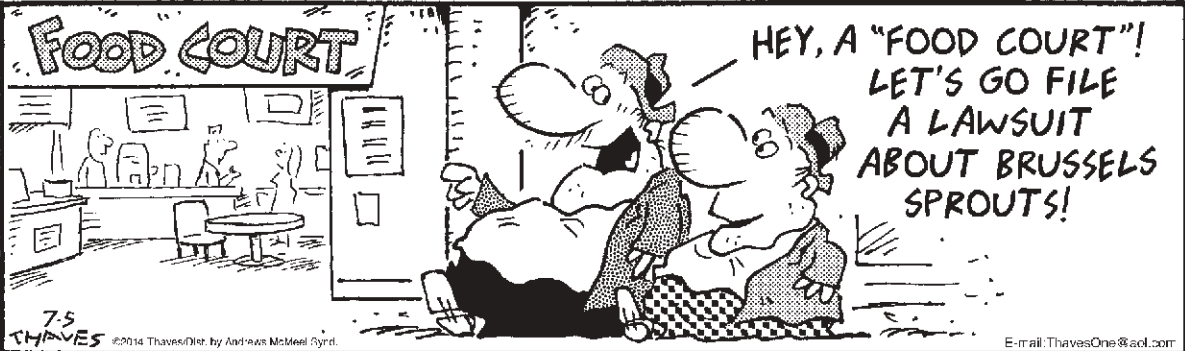
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THE BORN LOSER



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FRANK AND ERNEST



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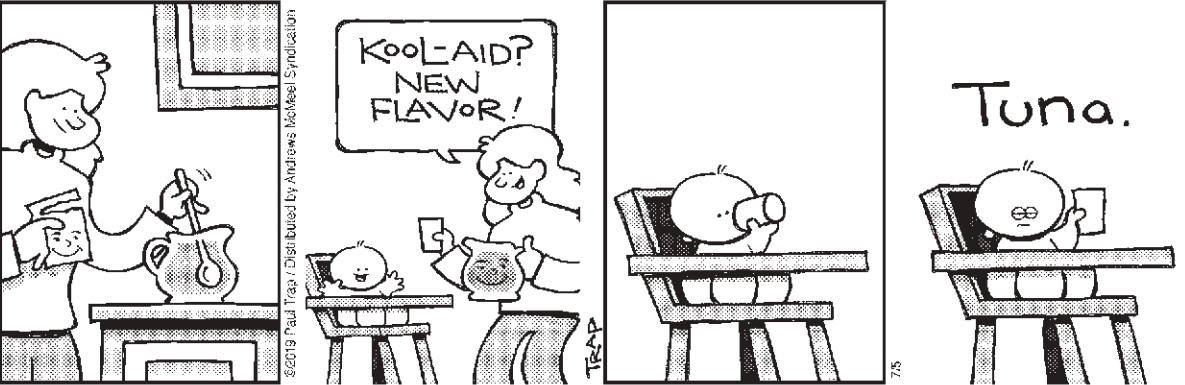
E-mail: ThavesOne@aol.com

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THATABABY



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and Montreal
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Saturday, July 6 from
9 a.m. to 3 p.m. No
early birds. Canteen
on site.

KNOWLTON
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Saturday, July 6. A
variety of articles for
sale. Lots of fun
Stuff! Come rain or
shine! 11 Beaudry
St., Knowlton.

LENNOXVILLE
Annual Garage Sale
on Saturday, July 6
from 9 a.m. to 2 p.m.
at **The 3 Fairies** -
139 Queen St.,
Lennoxville. Used
books, clothing, dec-
orations and much
more!

LENNOXVILLE
Yard Sale on Friday
from 1 p.m. to 4 p.m.,
Saturday
and Sunday from 8 a.m.
to 4 p.m. at 14
Winder Street,
Lennoxville. Many
household items, fur-
niture, dishes, etc.

395 Home Improvement

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Saturday 10 a.m. to
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819-566-7974.

REMINDER

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405 Principale Ouest, Cookshire, Quebec
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Viewing: 9 a.m. to 10 a.m.
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INVENTORY CLOSURE

Notice is hereby given that, following
the death of the late **Freeman Wright
CLOWERY**, during his lifetime residing
and domiciled at 1515 Pleasant View,
Sherbrooke, Quebec, J1M 0C6, which
occurred on April 11, 2018, an inven-
tory of the deceased's property was
made by the liquidator of the succe-
sion, on June 19, 2019, in accordance
with the law.
This inventory may be consulted by all
the interested parties, at the office of
Mtre Timothy LEONARD, Notary, at
520 Bowen South, Sherbrooke,
Quebec J1G 2E1, 819 563-0500.
This June 27, 2019,
Timothy LEONARD, Notary and
Attorney for the Liquidators

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They may be just the thing someone
else is looking for.



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**Note: This week the solutions to the cross-
word puzzles were incorrect. Here are the
correct solutions for Tuesday and
Wednesday. Thursday's solution is on page
23. We apologize for any inconvenience this
may have caused.**

Tuesday, July 2 solution:

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

Wednesday, July 3 solution:

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

Fig.16

NEXT TRAIN
18:34

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

Math solves problems

ABC
CANADA
Literacy Foundation
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NEA Crossword Puzzle

ACROSS

1 Future flower

5 Means of shipping

9 Light application

12 Lhasa —

13 Employ

14 First lady?

15 In — (as found)

16 Hunch

17 Go for the gold

18 Beach shelter

20 Trudges

22 Duo

23 Run into

24 Temporary failure

27 Got stuck

29 Broad st.

30 Favorable slant

32 “Garfield” dog

34 Insect drawn to candles

36 Ponderosa son

38 Place

39 Treats badly

41 Sherlock creator

43 Tony’s relative

44 Poisonous serpent

45 Law breaker

47 Infraction

50 Logging tool (Var.)

51 Mock

53 Clever remark

55 PC’s brain

56 Choir voice

57 Lahore language

58 Brokaw of the news

59 Distort

60 Blissful spot

DOWN

1 Stockholm carrier

2 Grand story

3 Are, in Taxco

4 Questions

5 Zoo heavy-weight

6 Verdi’s princess

Answer to Previous Puzzle

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

7 Wrathful feeling

8 Sprang up

9 In a zealous manner

10 Rah-rah

11 Honey makers

19 Dazzles

21 Toy block brand

23 “— Lisa”

24 Take it on the —

25 Proclaim

26 It comes from a well

27 Tops

28 Clock front

31 Magazine part

33 Peacock spot

35 Vagrant

37 Dept. store inventory

40 Stealthy warriors

42 Not clear

44 Stone Age weapon

45 Reality

46 World’s fair

47 — noire

48 Whey opposite

49 Go to earth

52 Yellow-stone roamer

54 Groaner, maybe

Your Birthday

SUNDAY, JULY 7, 2019

Partnerships should be a priority. Align yourself with people who share your vision and help you find new ways to achieve old goals. There is safety in numbers and power in knowledge. Take the initiative to nurture relationships that offer support and information. Peace and love are favored.

CANCER (June 21-July 22) — Get together with friends or relatives. Pay close attention to what others are doing and offer to help bring about positive change. An intimate relationship will provide more stability and security.

LEO (July 23-Aug. 22) — Be honest with yourself and move on to being honest with everyone else. If you try to avoid issues, you’ll end up spinning your wheels and will get nowhere fast.

VIRGO (Aug. 23-Sept. 22) — Plan a fun-filled day with someone who shares your interests. Taking a day trip or making a change that will lead to personal growth is favored. Say no to indulgent manipulators.

LIBRA (Sept. 23-Oct. 23) — Consider the cost of anything you do before you begin. Trying to keep up with someone better off will lead to more significant debt. You can’t buy friendship or love.

SCORPIO (Oct. 24-Nov. 22) — Observe different lifestyles, get together with people you respect and admire, and consider making changes that will allow you to live life your way. Pursue your dreams.

SAGITTARIUS (Nov. 23-Dec. 21) — An offer someone makes will not be sound. Don’t feel that you must get involved just because someone is trying to make you feel guilty if you don’t.

CAPRICORN (Dec. 22-Jan. 19) — Alter your living conditions to suit your budget. Taking a practical approach that will allow you to do the things you enjoy most will help to ease stress.

AQUARIUS (Jan. 20-Feb. 19) — Don’t fret if someone doesn’t want to join you. Make your own arrangements. Anger is a waste of time and will leave you feeling uncertain about your future.

PISCES (Feb. 20-March 20) — Plan to spend time with a loved one. Share your thoughts and feelings, and make plans for the future. Keep your life simple and let go of the past.

ARIES (March 21-April 19) — You may not like the changes that are taking place, but if you focus on what you enjoy doing, you will be able to deal with what you don’t like.

TAURUS (April 20-May 20) — Don’t get into a scuffle with someone who decides to make a change of plans. Go about your business and spend time with people who share your interests. A romantic encounter looks promising.

GEMINI (May 21-June 20) — Someone will twist your words if you aren’t precise. Don’t let an emotional situation lead to regret. An encounter with someone from your past will be misleading.

FRIDAY, JULY 5, 2019

Declarer missteps, so trip him up

By Phillip Alder

Jake Byrne, a former pro football player, said, “An occasional misstep doesn’t brand us as stupid — it makes us real.”

At the bridge table, if an opponent missteps (or guesses wrongly), don’t stupidly err and let him succeed anyway.

This deal featured an excellent defense by Jan Nicolaisen from Denmark during the 1991 European Championships in Killarney, Ireland.

After a simple Stayman sequence, West led the spade three to East’s ace and South’s queen. Back came the spade 10: king, two, nine. What happened after that?

I would have led the spade six, second-highest from a suit with no honor when the top two cards aren’t touching. (Lead the eight from, say, 8-7-6-3-2.) A fourth-highest lead ought to guarantee at least one honor in the suit.

If declarer could have looked around corners, he would have played a heart to the ace and ducked a heart on the way back. Or he would have cashed his four club tricks, which would have inconvenienced his opponents. Instead, though, he led a low diamond from his hand.

If East had won with his 10, as most of us would have done, and played his

North07-05-19

♠ J 9 4

♥ A 7 6 4

♦ 6 5

♣ K 10 3 2

West

♠ 8 6 5 3 2

♥ K Q

♦ Q 9 8

♣ J 7 4

East

♠ A 10 7

♥ 10 8 5 3

♦ K J 10

♣ 9 8 6

South

♠ K Q

♥ J 9 2

♦ A 7 4 3 2

♣ A Q 5

Dealer: North

Vulnerable: Neither

South	West	North	East
		Pass	Pass
1NT	Pass	2♣	Pass
2♦	Pass	3NT	All Pass

Opening lead: ♠ 3

last spade, South would have won on the board and led dummy’s remaining diamond. If East followed with his jack, declarer would have won with his ace and played a third round. Or if East put up his king, South would have let him take the trick.

Instead, Nicolaisen won trick three with the diamond king and led his last spade. Then West had to gain the lead in either red suit and could cash two spades to defeat the contract.

Barley makes up the base for this unique salad

By America’S Test Kitchen

This impressive and unique salad, inspired by the flavours of Egypt, relies on a bed of tender, toothsome pearl barley as its base.

Pearl barley is a great candidate for the multicooker; by cooking the grains in plenty of water, similar to our method for brown rice, they cooked perfectly and evenly.

To further ensure separate, intact grains when pressure cooking, we found that a natural release was essential (quick-release caused some of the grains to blow out).

After either pressure or slow cooking and then draining the barley, we spread it on a baking sheet so that it would cool quickly. With our perfected barley finished, we incorporated toasty pistachios, tangy pomegranate molasses, and bright, vegetal cilantro, all balanced by warm, earthy spices and sweet golden raisins.

Salty feta cheese, pungent scallions, and sweet-tart pomegranate seeds adorned the top of the dish for a colorful and tasty finish. You can find pomegranate molasses in the international aisle of most well-stocked supermarkets.

Do not substitute hulled, hull-less, quick-cooking, or presteamed barley (read the ingredient list on the package to determine this).

EGYPTIAN BARLEY SALAD

Servings: 6

Pressure cook total time: 1 hour

Slow cook total time: 2 hours

1 1/2 cups pearl barley

Salt and pepper

3 tablespoons extra-virgin olive oil, plus extra for drizzling

2 tablespoons pomegranate molasses

1/2 teaspoon ground cinnamon

1/4 teaspoon ground cumin

1/3 cup golden raisins

1/2 cup coarsely chopped fresh cilantro

1/4 cup shelled pistachios, toasted and chopped coarse

3 ounces feta cheese, cut into 1/2 inch cubes (3/4 cup)

6 scallions, green parts only, sliced thin

1/2 cup pomegranate seeds

Combine 12 cups water, barley, and 1 tablespoon salt in multicooker.

- To pressure cook: Lock lid in place and close pressure release valve. Select high pressure cook function and cook for 8 minutes. Turn off multicooker and let pressure release naturally for 15 minutes. Quick-release any remaining pressure, then carefully remove

lid, allowing steam to escape away from you.

- To slow cook: Bring mixture to simmer using high-est sauté or browning function. Lock lid in place and open pressure release valve. Select low slow cook function and cook until barley is tender, 30 minutes to 1 1/2 hours. (If using Instant Pot, select high slow cook function.) Turn off multicooker and carefully remove lid, allowing steam to escape away from you.

Drain barley, spread onto rimmed baking sheet, and let cool completely, about 15 minutes. Meanwhile, whisk oil, molasses, cinnamon, cumin, and 1/2 tea-spoon salt together in large bowl. Add cooled barley, raisins, cilantro, and pistachios and gently toss to com-bine. Season with salt and pepper to taste. Spread bar-ley salad evenly into serving dish and arrange feta, scallions, and pomegranate seeds in separate diagonal rows on top. Drizzle with extra oil and serve.

Nutrition information per serving: 362 calories; 119 calories from fat; 13 g fat (3 g saturated; 0 g trans fats); 13 mg cholesterol; 336 mg sodium; 54 g carbohydrate; 11 g fiber; 11 g sugar; 9 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com> . Find more recipes like Egyptian Barley Salad in “Multicooker Per-fection .”

(The Associated Press)

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