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Indigenous people are fighting for us all

Editorial - Page 6

WEEKEND EDITION

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Frigo "Free Go"-ing really well

By Gordon Lambie

The Sherbrooke Community economic development corporation (CDEC) announced on Thursday afternoon that its "Frigo Free Go" public-access refrigerator project in Downtown Sherbrooke has gathered more than 50 partner organizations and businesses since getting started last summer. Calling the project a great success, the organization wants to see that number swell to 100 by next September in an effort to make downtown Sherbrooke the first officially environmentally responsible urban area in the province.

"We consider this a success on many fronts," said Karole Forand, General Manager of the CDEC, explaining that the Free Go project has not only accomplished its main goal of reducing food waste downtown, but also inspired great collaboration and social engagement from a number of downtown businesses. "We envision the creation of an exemplary, waste-free downtown."

In order to help reach that goal, the CDEC is having local businesses sign the Free Go anti-waste pact, a commitment to contribute any suitable food leftovers

CONT'D ON PAGE 4

It's down to the wire for Quebec snowmobilers

MATTHEW MCCULLY

By Matthew McCully

The Quebec Farmers' Union, l'Union des producteurs agricoles (UPA) has set a deadline of Feb.6 for the Quebec government to suspend the reform plan for the agricultural land tax credit program. If an agreement cannot be reached by this coming Monday, the UPA said snowmobilers and quad riders will lose the privilege of using trails on farmland across the province.

UPA members, municipal

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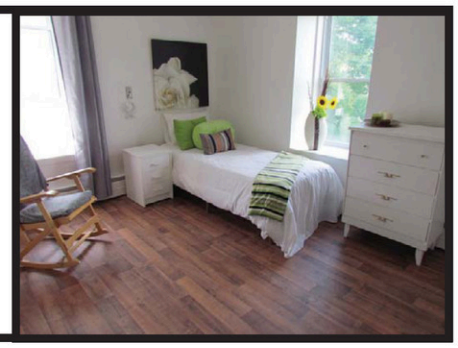

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SNOW

HIGH -4
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MONDAY:
SNOW

HIGH -6
LOW -23

TUESDAY:
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SNOW

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Raymond Chandler: Gats and Saps and Political Incorrectness, Oh No!

Good Reads

Lennoxville Library

In the January 5th issue of the London Review of Books, there is a review by James Meek of Fredric Jameson's Raymond Chandler: The Detections of Totality (Verso Books: 2016). The review focuses on the idea of time migrants: people who have lived long enough so that, even though they may still be living in the place where they were born, they are now experiencing life in a very different fashion. This idea brings to mind the famous opening line of Leslie Poles Hartley's 1953 novel The Go-Between (repeated in the 1971 film version starring Julie Christie and Alan Bates): "The past is a foreign country: they do things differently there."

The argument that Meek derives from Jameson is that a large part of the current popular view of what life was like in the late thirties and early forties is based on the Philip Marlowe detective novels that Chandler wrote. (The Lennoxville Library has four of these— The Big Sleep (1939), Farewell, My Lovely (1940), The High Window (1942) and The Lady in the Lake (1943)—all in the reserves section in the basement.)

There are certainly elements in Chandler's stories that give the reader a very different picture of Los Angeles and the people in it compared with what you will find in the more contemporary perspective afforded by Michael Connelly's Lincoln Lawyer and Harry Bosch novels. (Lennoxville Library has lots of Connelly's work—in English, French, audio books and large print, mostly catalogued at C7522.)

Farewell, My Lovely finds Marlowe explaining to the aptly named Moose Malloy that the night club he used to patronize before he went to prison is now a "dinge joint". This turns out to be a "coloreds-only" establishment. But most modern readers would not even be aware such places existed, let alone know what the slang term for them was. This is a world where customers could purchase bottles of liquor at their neighborhood pharmacy and gamble on what were literally floating casinos, ships anchored just outside the three-mile territorial limit. (Presumably the prospect of Japanese torpedoes had these sitting ducks in high gear and heading for shelter the day after Pearl Harbor!)

Chandler's stories are famous for their knotty plots that only come untwisted at the very end, but there is much more. A big part of the appeal is main character Philip Marlowe—a conflicted man who skates around the edge of criminal activity and whose dances with the police are always a struggle to decide who will lead and who will follow.

But the best part is the writing itself. Chandler drops little gems along the path that stop you in your tracks and make you want to reread them a few times.

"I climbed over the railing again and kicked the French window in, used my hat for a glove and pulled out most of the lower small pane of glass. I could now reach in and draw a bolt that fastened the window to the sill. The rest was easy. There was no top bolt. The catch gave. I climbed in and pulled the drapes off my face. Neither of the two people in the room paid any attention to the way I came in, although only one of them was dead."

And elsewhere:

"I knelt down and squinted along the nap of the rug to the front door. I thought I could see two parallel grooves pointing that way, as though heels had dragged. Whoever had done it had meant business. Dead men are heavier than broken hearts." (Both from The Big Sleep)

Chandler also invents some truly surprising similes. "She's a charming middle-aged lady with a face like a bucket of mud and if she has washed her hair since Coolidge's second term, I'll eat my spare tire, rim and all" (Farewell, My Lovely).

Meek takes Chandler to task because he sometimes refers to women as "the blond", "the brunette" or "the redhead". But Marlowe only does this with women whose names and occupations he doesn't know. He does it with men too, referring to characters he does not know as "the Jew" or "the Mexican", as though that one word will convey all the reader needs to know.

In fact, Chandler draws very detailed pictures of most of the characters that Marlowe encounters. After all, as a private detective he makes his living out of noticing small details:

"The newspaper he was sitting on rustled. He took his hat off and mopped his face and the top of his almost bald head. A fringe of light colored hair around the crown was damp and dark with sweat. He put his hat back on, a flat-crowned panama, burned dark by the sun. Not this year's hat, and probably not last year's.

"He was a big man, rather paunchy, wearing brown and white shoes and sloppy socks and white trousers with thin black stripes, an open neck shirt showing some ginger-colored hair at the top of his chest, and a rough sky-blue sports coat not wider at the shoulders than a two-car garage. He would be about fifty years old and the only thing about him that very much suggested cop was the calm, unwinking unwavering stare of his prominent pale blue eyes, a stare that had no thought of being rude, but that anybody but a cop would feel to be rude. Below his eyes across the top of his cheeks and the bridge of his nose there was a wide path of freckles, like a mine field on a war map." (The High Window)

There are some big differences between Marlowe's world and today's. One is how much people smoked, and not just cigarettes—cigars and pipes made frequent appearances too. The menu of illicit drugs was a lot shorter then: no crack, no acid, no ecstasy, no oxy. And people drove Packards, Pontiacs, and Mercurys; not a Honda or Hyundai or VW to be seen.

But one thing that does not seem to have changed is that almost everyone had a gun of some kind. So while Donald Trump and his minions are eagling away at erecting the Great Patriotic Wall (a title probably suggested by his pal Putin) to protect Americans from outside threats, they seem to have little inclination to slow down the "Georgification" of their country. When I was in school half a century ago, we had a classmate from Florida who opined, "Georgia is the most democratic state in the Union: it doesn't matter whether you are short or tall, fat or thin, young or old, rich or poor, black or white, male or female, you never know when someone is going to start shooting at you."

—Vincent Cuddihy

Ben by Daniel Shelton

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LOCAL NEWS

"We receive on average about a dozen applications a year from the impacted countries," McCooeye said.

Knowlton man arrested in connection with gunfire in Montreal

By Matthew McCully

The Service de Police de la Ville de Montreal (SPVM), with the assistance of Sûreté du Quebec officers, arrested a man in his 20s yesterday in Knowlton in connection with an investigation opened last summer in Montreal involving gunfire.

Constable Raphael Bergeron confirmed that the arrest took place yesterday morning at a residence on Knowlton Road, but said the investigation was ongoing, and could not say more at this time.

SQ spokesperson Aurélie Guidon explained that the SQ was only at the scene to assist the SPVM, and could offer no details regarding the operation.

BU waives fees for students under travel ban

By Gordon Lambie

Bishop's University announced on Wednesday afternoon that it will be waiving the $100 undergraduate application fee for students holding passports from Iran, Iraq, Libya, Somalia, Sudan, Syria and Yemen, in response to the executive order issued in the United States preventing individuals from these countries from entering the U.S. for 90 days.

In a statement issued by the university, Principal and Vice-Chancellor Michael Goldbloom said that the decision stemmed from a spirit of inclusiveness that is at the heart of Bishop's values as an institution.

"Every year we open our arms to students and faculty from around the world," Goldbloom is quoted as saying. "Our student body in particular is a rich tapestry of different cultures, nationalities, religions, and passions. The diversity found on our campus plays an important role in our success as a liberal arts university."

According to Dan Seneker, Director of Enrolment Management at Bishop's, 60 different countries are represented on the Bishop's campus, including some that are affected by the executive order. Doug McCooeye, Manager of Student Recruitment, Admissions and Student Exchange, clarified for The Record that the school currently has three students who are citizens of the countries in question and roughly another ten so who are permanent residents of Canada but were born in those countries.

"We receive on average about a dozen applications a year from the impacted countries," McCooeye said.

Bishop's will be waiving the application fee for anyone applying to the school who holds a passport from these countries for the 2017-18 academic year.

UPA may block snowmobilers

CONT'D FROM PAGE 1

representatives and members of the federation of snowmobile clubs met at the farm of Henri Lemelin in Cookshire yesterday morning for the announcement.

Lynne Martel-Bégin, President of the Haut-Saint-François syndicate of the UPA, explained that the decision to block access was a difficult one.

"We were always happy to welcome outdoor enthusiasts on our land, most of the time without any compensation," she said, but the UPA's patience for resolving the taxation issue has been exhausted.

"It's a privilege, not an acquired right," Martel-Bégin reminded snowmobilers, "We're just taking away the privilege."

"We hope to arrive at an agreement before Feb.6," she said.

François Bourassa, President of the Townships UPA federation, said that the tax reforms represented a major hit to small farms, with increases of 100-150 per cent in some cases. Bourassa added that the tax bill for his own property increased by $1,200.

"Paradis wasn't listening," Bourassa said, but added that the new Minister, Laurent Lessard appears open to finding a solution. Bourassa was optimistic an agreement could be reached by Feb.6.

"It's sad to be here today," Commented Robert Roy, Prefect of the Haut-Saint-François MRC.

Roy suggested that refusing access to trails was the only recourse for farmers to send a message to the government.

"They are forgetting the importance of agriculture," he said.

Roy said that according to a 2012 study, snowmobiling is a $2 billion industry, not including quads or ATVs, hunting, or other related activities. According to Roy, blocking access to trails on farmland will undoubtedly hit the government in the pocket book.

Sylvain Martineau, representing the snowmobilers' federation, explained that clubs are stuck between a rock and a hard place. While they support the UPA, they are not happy with the prospect of access to trails being cut off.

Bourassa pointed out that after a meeting with Minister Paradis in December, he knew of two producers who were so dissatisfied with the outcome that they immediately blocked access to trails on their land.

Some other land owners put up signs stopping snowmobilers as of Feb.1.

Bourassa said the UPA was showing considerable patience giving the government until Feb.6 before taking action province-wide.

The pressure tactic comes at a precarious time, with Pierre Paradis removed from his ministerial duties last week pending a police investigation. Laurent Lessard, already serving as Minister of Transport, Sustainable Mobility and Transport Electrification took on the additional responsibilities of Minister of Agriculture, Fisheries and Food last Thursday.

According to his press attaché Mathieu Gaudreault, the minister is aware of the situation and the deadline, and has already met with the UPA and members of the snowmobiler's federation in the short time he has taken over the file.

"They are in the negotiating phase," Gaudreault said, adding that Lessard wants to find a solution to satisfy all parties involved before Feb.6.

Gaudreault added that Lessard has served as Minister of Agriculture in the past, so was stepping into the job cold.

Marie-Paule Lepitre from the Club Motoneige Aigle Noire East Angus was one of the snowmobilers at yesterday's press conference announcing the closure of trails on Feb.6.

"We're not sure what will happen," she said.

Lepitre, who has been snowmobiling for 46 years, said February is a big month for the industry.

"I've gone from East Angus to the Gaspésie and back," she said, explaining many snowmobilers take off for week-long trips at this time of year.

"It's a privilege, we have to respect that," Lepitre said, regarding travelling on privately owned farmland.

Even if most farmers don't bother blocking access on their land, Lepitre said it only takes one property along the trail to cause a problem. Detours could be lengthy, or involve routes that are less safe, she explained.

The UPA has blocked land access to snowmobilers before. In December of 2005, the tactic was used, and taxation was the beef then as well.

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Mont Orford Park continues upgrade

Record Staff
Sherbrooke

Mont-Orford provincial park is continuing its rejuvenation program: following major work at the Lac Stukely campground and beach last year. The Le Cerisier service center will be demolished and rebuilt soon and several million additional dollars will be invested once again in the infrastructures of the popular area.

If all goes according to plan, the demolition of Le Cerisier will take place during the first half of April and reconstruction take place shortly thereafter.

The calls for tender related to the demolition of the current building, the construction of the future building will be issued in the very short term. Sépaq, Quebec's open-air establishment umbrella group has not yet revealed cost estimates publicly yet.

The Lévis firm Anne Carrier Architecte designed the plans of the building, which park officials have said will integrate well into the natural environment.

Anne Carrier has also signed plans for another building currently under construction in the Fraser Lake area of the park, following a 2016 fire.

As the work is being carried out, customer service employees working at Le Cerisier will be transferred to a trailer in a parking lot near the building. The gatehouse located at the entrance to the Stukely sector will be displaced by a few hundred meters while parking lots one and two will be closed.

In addition to the new building, a new six-kilometre multi-purpose trail will eventually be constructed in the protected area from Le Cerisier to the Fraser sector scheduled to open in 2018.

Last year, Mont-Orford Park inaugurated new facilities at Stukely Lake Beach and reopened its main campground after major renovations at a cost of more than $6 million.

Frigo "Free Go"

Cont'd from page 1

to the Free Go project. Having started with 12 partners on day one, the project now has 53.

"We are convinced that Sherbrooke has the willpower to become a model in the province," said Sondès Allal, socioeconomic development agent with the CDEC. "If every current partner would convince one other to join, then we will have more than met our goal."

Allal compared the community in Sherbrooke to a forest of trees, saying that recent research suggests that forests are far more interconnected than people used to think.

"These trees are not, as we imagined up until now, solitary creatures that are independent one from the other," the development agent said, explaining that interwoven roots help trees to share water and nutrients among themselves. "They are connected and create a support network where the strong help the weak."

This, she said, is comparable to what the CDEC team has seen in Sherbrooke through the Free Go project.

When it was first established, the public access refrigerator was set up outside on Wellington Street South and was accessible 24 hours a day, seven days a week. When the weather turned colder the fridge was moved indoors with the help of partners at the Salvation Army. As of yesterday, the team at the Salvation army have set up the fridge in the entranceway of their store in order for it to once again be accessible at any time of day.

"This way it's available for anyone to put food into," explained Claude Dagenais of the Slavation Army, adding, "Right now we have one fridge; if you know anyone with a larger fridge, that would be fantastic."

Forand said that the Free Go has other fridge projects in other parts of the city planned, with a second one launching as soon as the end of this month. She clarified, however, that the fridges cannot simply be placed and ignored. The CDEC mobilizes, she explained, but it's the partners who act.

"The fridge fills up fast but it's emptied fast as well. It takes interest on the ground and a mobilization of local players," the general manager said, pointing out that the contents of the fridge and donations need to be managed. "The needs behind the fridge might be different in different parts of the city."

Forand added, however, that there has been interest in the project from all of the city's boroughs as well as ten neighbouring communities.

"We haven't had the chance to speak with them, but it's also not in our mission," Forand said, speaking of the communities outside of Sherbrooke. "We're concentrating on Sherbrooke."

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GORDON LAMBIE

25 of the 53 partners of downtown Sherbrooke's Frigo Free Go project assembled at Sherbrooke's city hall on Thursday to celebrate the ongoing success of the anti-food waste initiative.

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Recreational Tourism Development Fund announces 2017 Grants

Record Staff
SHERBROOKE

Since 2012, Destination Sherbrooke has supported tourism projects through its Recreational Tourism Development Fund (FDRT) and this year, 14 projects will share $173,166 in two of the fund's three components as, Sherbrooke's tourism development and promotion organization helps boost this sector of activity.

The FDRT has three components: the "emergence" component for new tourism projects and major events, the "performance" component for tourism products able to attract 10,000 participants or 2,500 entries / tickets sold of whom at least 15 per cent come from a radius of 40 km or more, and finally, "promotion." In total, $223,166 will be invested in the Sherbrooke tourism industry this year.

The "emergence" and "tourism performance" components will be sharing $173,166 among sixteen projects analyzed by a selection committee composed of both external members and members of Destination Sherbrooke's board of directors.

The "promotion" component has an envelope of $50,000 based on a cost-sharing principle for tourism products wishing to promote their activities in foreign markets. In 2016, 13 projects benefited from this leverage in promotion and marketing.

"It's a real pleasure to encourage tourism projects that stand out for their uniqueness and originality," said Rémi Demers, chairman of Destination Sherbrooke's board of directors.

Begun in 2012 thanks to a financial partnership with the City of Sherbrooke, the FDRT aims to stimulate local initiatives and diversify recreational tourism in Sherbrooke in line with Destination Sherbrooke's strategic plan. Over six years, $1.194 million has been donated to 36 local projects and initiatives in support of recreational tourism projects.

Destination Sherbrooke contributes to the creation of conditions conducive to the development of an industry that, in 2014, generated economic spinoffs in the order of $189 million, creating nearly 3,800 jobs in the Sherbrooke region.

Salon Automobile de Sherbrooke back for 2nd Edition this weekend!

Record Staff
SHERBROOKE

After an impressive success of last year, the Salon Automobile de Sherbrooke is back again for a second year, with even more surprises in store.

Whether one is nostalgic or futuristic; interested in performance or eco-friendliness; sport or luxury, the show is the ultimate rendezvous for car enthusiasts.

The Salon opens today It is at the Centre de Foires de Sherbrooke, and runs until Sunday; This is the largest gathering of its kind in the Eastern Townships and local concession owners gathered and organized an incomparable weekend dedicated to the automobile. Several well-known personalities will be on hand to present a wide range of activities, and animators.

The Salon will also offer competitions, simulators, virtual reality for the whole family. Of course, all major automobile brands will take part, including: Audi, BMW, Chrysler, Jeep, Dodge, Ram, Volkswagen, Lincoln, Cadillac, Ford, GM, Honda, Hyundai, Subaru, Toyota, Volvo, and others.

The Salon takes place today, from 10 a.m. to 9 p.m., Saturday from: 9 a.m. to 5 p.m. and Sunday from 9 a.m.to 4 p.m. Tickets are $12.50 for adults, $5 for adolescents 13 to 17, $11 for seniors 65 and over. Children under 13 are admitted free.

Fifty-Fourth Mousquiri Tournament in Richmond

By Claudia Villemaire
RICHMOND

Once again, organizers and volunteers are dusting off the red carpet, arranging for meals and accommodation as preparations for the 54th Mousquiri Tournament are readied with the first of thirteen days of competition set to start Monday, February 6 at the P.E. Lefevre Arena.

Traditionally, teams of youngsters travel many miles to take part in this competition, which has attracted participants from south of the border as well as other provinces. This year is no exception with a team from Richmond, Ontario and another from New Hampshire will be proving their expertise along with up to 700 competitors vying for the final championships with 97 games on the schedule.

This year, honorary president is Stephane Robidas, a veteran NHL player who remembers vividly his participation in this historic tournament, which is the oldest Atom minor hockey competition in the province. Fifty-two teams are registered this year in five different classes, AA, BB, A, B and C. Worthy to note that Class AA returns to the roster after several years absence due to rule changes by the Quebec Minor Hockey Association while the CC Class no longer exists.

With Guillaume Cayer-Richard once again president, his many years experience serve him well as he heads up a team of administrators and over 200 volunteers, many of them second and third generation enthusiasts of this hometown event.

There are passes available for the thirteen-day event and special rates for children and adults at the door. Many commercial spots have programs and passes available in town as well as at the door where visitor will also find a snack, bar, a lounge and a souvenir booth. The first game gets under way Monday, February 6 with championship games scheduled for each of the two Sundays, the event ending February 19th.

COURTESY

The president is posed beside Mousquiri, mascot. His name is Guillaume Richard-Cayer and this his tenth year as president.

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Editorial

A fundamental problem is that governments represent people, so ministers of forests, fisheries, oceans or the environment don't act on behalf of forests, fish, oceans or the environment.

Science Matters

Indigenous people are fighting for us all

By David Suzuki

In the 1990s, the David Suzuki Foundation embarked on a program to develop community economic projects with coastal First Nations. Between 1998 and 2003, my wife and foundation co-founder, Tara Cullis, established relationships with 11 coastal communities from the tip of Vancouver Island to Haida Gwaii and Alaska, visiting each several times.

She encountered unemployment and a desperate need for jobs and economic development in every community. Then came pressure for pipeline projects and court-mandated consultation with First Nations. Federal and provincial governments began offering huge financial incentives for pipeline approvals. But opposition remained strong because some things are more important than money.

By 2012, people along the B.C. coast were alarmed at the prospect of oil tankers plying their waters if the Northern Gateway pipeline were to be built. When the National Energy Board scheduled a meeting with the Heiltsuk people of Bella Bella, community members greeted them on arrival, drumming, singing and protesting peacefully. Rather than hear concerns from those with the most at stake, frightened board members cancelled the meeting.

Fossil fuel industry executives, chamber of commerce members and politicians promote pipelines for their supposed economic benefits. I often hear that one CEO or another is a good man who goes to church, takes his family camping and loves nature. Many are. But the economic system they operate in places no value on anything "sacred."

Nothing is more sacred than that which provides life and health: clean air, safe water, healthy soil, photosynthesis. Yet damaging natural systems on which those conditions depend is seen as irrelevant, external to economic considerations. Thoughtful, sensitive corporate executives can't let their love of children or nature affect their decisions because consequences like pollution and habitat degradation are simply the "costs of doing business."

Canada's prime minister and environment minister are parents. They must understand what scientists are saying about climate change, so they know their children's future could hold climate chaos and catastrophe. Indigenous people speak of the responsibility to remember and honour lessons from ancestors and consider what we will leave for children and future generations. It's something every politician should heed, but political reality leads to different priorities and actions.

In 2013, Mi'kmaq activists built a camp near Elsipogtog, New Brunswick, to oppose fracking as a threat to water, which it has proven to be. Authorities responded with shocking levels of force.

For years, farmers and Indigenous people have opposed the Peace River Site C dam, saying it's unnecessary for B.C. energy needs, which could be better met with conservation, geothermal and other renewable energy. They argue the dam would desecrate sacred First Nations sites and flood priceless farmland. Although the B.C. government rejected the dam decades earlier, its proponents never gave up, and the government eventually resurrected the plan, without considering what many regard as sacred.

Many First Nations oppose open-net salmon farms on the B.C. coast as threats to wild salmon that have fed them and shaped their culture for millennia. Rather than demanding improved aquaculture methods, politicians choose to ignore the pleas of First Nations, abrogating their responsibility to protect wild marine species in order to accept the profit imperative of transnational corporations.

A fundamental problem is that governments represent people, so ministers of forests, fisheries, oceans or the environment don't act on behalf of forests, fish, oceans or the environment. They put human use of those resources first, seemingly blind to the bigger picture.

The Occupy and Idle No More movements were about values and world views. Now, dedicated Sioux people have galvanized tens of thousands of supporters worldwide with their defence of water against the U.S. Dakota Access pipeline project. It's ironic that after a history of facing genocidal policies, North America's original peoples are leading a struggle on behalf of us all. They're objecting to economic and political agendas that fail to elevate the sacred as one of our most important values so our constructs and institutions (economy, market and corporations) respect the natural systems we depend on.

We must enshrine nature as the source of our lives, livelihoods and happiness. Recent protests are about securing and protecting the most elemental needs of all people. Many Indigenous peoples are on the front lines, for everyone. I support them, with gratitude.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation.

Learn more at www.davidsuzuki.org.

Commentary

Billionaire 'bully-in-chief' all set to make more billions

By Frank Nixon

There is a great article in the March edition of the Atlantic Monthly, by David Frum, titled "How to Build an Autocracy."

Frum says, in part, that when all is said and done, U.S. President Donald Trump and the Trump Organization will more than likely have enriched themselves in the "billions of dollars," if Trump should last out his term.

I agree with Frum's conclusion.

For instance, can't you just imagine Saudi Arabia, UAE, Egypt and other Muslim-majority countries which are currently exempt from Trump's seven-nation immigration ban lining up to dole out sweetheart deals to the Trump Organization to placate the bully-in chief?

I certainly can, given Trump's well-documented, unethical and unsavoury business history in deal-making, and his refusal to release his tax returns.

But wait, you say. Didn't Trump say in his last press conference, on Jan. 11, that he had "turned down" a $2 billion dollar deal from Damac's chairman Hussain Sajwani of the UAE?

"I turned it down," Trump boasted to journalists.

Well, sort of. Trump has not relinquished ownership ties with the Trump Organization. The president also has pointed out that "legally, the president can't have a conflict of interest."

According to a NBC News report, Sajwani said in early January that he would like to "strengthen his business relationship with Donald Trump." At the same time, Sajwani mentioned that he had "ties with Trump's children."

"All his three children are very much involved, and I think under their leadership we will have no issue in expanding and growing and maintaining our business relation," added Sajwani, according to the same NBC report.

But wait, you say. Trump has decided to hand his business empire to his adult children and said that he would not conduct any deals during his presidency.

Can we really believe Trump? Well, sort of.

Sajwani, who denied being involved in any political issues, also said that the election of Trump should boost his business.

"Naturally, I think we will benefit from the strength of the brand going forward," said Sajwani.

Also, according to the Washington Post, Trump's firm has received "millions of dollars in recent years" from such agreements. These deals included the construction of a golf course – the Trump International Golf Club Dubai – a 7,205-yard, par 71 course which is due to be completed in 2017.

And on and on it goes...

The Record *welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste. Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request. Preference is given to writers from the Eastern Townships.*

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	3 months	36.16	1.81	3.60	$41.57

ON-LINE SUBSCRIPTIONS

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COLUMNIST

Our word this week, Solidarity, was chosen to reflect our thoughts after the tragic murders at the Mosque in Quebec City.

ONE COLUMN, FOUR VOICES

Opening to the Spirit

Today's Word: Solidarity

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

1) Monday night I stood with a candle in front of the Mosque in Sherbrooke surrounded by 500 or so other people. We stood silently for the most part, with a bit of singing. I don't think I could have composed words to reflect my sadness and compassion. The night was bitterly cold but we stood in solidarity together for over an hour. Black and White; Muslim and Christian; Atheist and Jewish; young and old, we were united in grief.

Our word this week, Solidarity, was chosen to reflect our thoughts after the tragic murders at the Mosque in Quebec City. I sensed deep appreciation on the faces of those inside the mosque. We did not come with sermons or solutions. We came in empathy and compassion to declare that we stand together against the evil of racism and hatred. In the days and weeks to come I plan to be back at the mosque to offer any assistance that is needed.

Our province, indeed our country, needs to address the prejudice and violence that continues to be part of our society. We need to continue to open our doors to the refugees who long for a home, but we also need to offer safety and hope for a better life.

In soccer sometimes, when a free kick is called, the defenders form a solid line to prevent an opponent from kicking the ball for a score. If the wall has gaps, it is not effective. Players need to stand firm, side by side together, even though they are aware a hard kick may be coming towards them. This is a time for all of us to offer solidarity to all people of the Muslim faith in our communities. Like those soccer players, we need to stand firm, unflinching, against hatred and violence.

2) To stand in solidarity with someone is to act in such a way as to give support and encouragement. If life were a movie, solidarity would be a supporting actor/ actress. The limelight would be reserved for the star, but the supporting roles would make what the star said and did all the more effective.

As a Christian, to stand in solidarity with the Muslim community of Quebec is to call attention to the fact that our province and our country are open to peoples of all ethnicities and all manner of faiths, beliefs and non-beliefs. In uncertain times, when the economic and environmental future seems gloomy, and social upheaval is commonplace, it is tempting to look for quick solutions. We want to blame someone or something for the state of the world. Scapegoating an ethnic or religious community appeals to our basic fear of the stranger. We seek to protect ourselves by eliminating the stranger. To justify violence we bring God into it. In the name of our righteous God we will bring retribution on our enemy. God will surely reward us. I am sick and tired of the high-jacking of religions by violent groups that would try to coopt God to their cause.

George W. called told us God was on his side when he invaded Iraq. Terrorist Jihadists call upon Allah every time they commit another atrocity. Outrageous! Peace-loving Christians and Muslims alike will agree that violence will never eliminate our problems. Only love can do that. To stand in solidarity with the Muslim community in Quebec is to reach out and show them they are welcome and this is just as much their home as ours.

3) "So - so - so, solidarité! Avec les femmes du monde entier!" Two weeks ago I stood among a peaceful crowd of tens of thousands at the Montreal Women's March.

Monday night this past week, I stood again with a much more subdued and solemn gathering outside the Sherbrooke mosque in solidarity with our Muslim neighbours and friends in faith, mourning the tragic deaths in Quebec City of six peaceful men attacked during evening prayers. Holding tea lights in plastic cups we stood together to proclaim our outrage at the hatred and violence, to offer our wordless witness in hopes that our presence brought comfort in their grief and loss.

A few years ago, our denomination was looking for ways to galvanize and unite social justice efforts. Our of a planning meeting came the slogan: Standing On the Side of Love. Now buttons, banners, and T-shirts sport an open heart with these words to remind us why we gather. In solidarity we not only protest against injustice, we stand for our values and bear witness to the power of love over whatever form of oppression threatens anyone anywhere.

Some say we have entered a new era of protest. Some criticize those who march as ineffective. But I do it because I have to put my whole self into the struggle for justice - not just words, but body, mind and spirit. Participating in decades of peaceful manifestations has taught me that the efficacy of our gathering is not in how quickly it changes policy on a national or international level - though it has been known to do that. Rather, it's how effectively it keeps us from being complicit in hate or oppression of any kind. In our hearts we stand on the side of a fierce love for all our siblings in this vast human family. So - so - so, solidarité! Avec les gens du monde entier!" is my chant - till hate loses its power and love rules the day.

4) Just over 27 years ago I remember standing in the cold winter night, with my young son on one hip, and a candle in my hand. It was a silent vigil on the night of the day that the young women were killed at the École Polytechnique in Montreal. A young woman myself, and a university student in my early 20's, I remember the support of the crowd. We stood in grief, in shock, and in defiance. We stood together drawing comfort from our solidarity.

Yesterday, again, people stood together in the cold, holding candles. Again, there was grief, shock, and defiance. Mostly, there was solidarity. We support those who are grieving and mourn with them. We also stand together against those who want to strike fear in us.

We stand against the lie that some lives are worth less than others, the lie that some people should know their place. We stand as Canadians who value each other for our differences. We stand, most of all, in support of those who are grieving, as a symbol of our love.

One word, four voices - now add your own: With whom and for what do you stand in solidarity?

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

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The 7th Annual "Chase Away the Winter Blues" Talent Show

Submitted by Frankie Noble

The Gertrude Scott Upper Hall was filled to capacity as MC Rebecca Boire welcomed over 150 guests to the 7th Annual Chase Away the Winter Blues Talent Show on Saturday, January 28th. After a memorable half-hour pre-show performed to the enjoyment of the audience by the Welcome Band consisting of Wayne Nutbrown, Janice Graham and Willie Fisk, Mathew Fowler piped the talent show participants into the hall to signal the beginning of the show. As part of a sketch performed by Jamie Crooks, Dave McCormack and Nancy Suiter and Rebecca Boire, the Reverend Linda Buchanan was introduced to the audience and spoke warm words of welcome while deftly demonstrating her "clapping hands".

Musical numbers showcased the talents of Eleanor Gang and Maryse Simard, Darlene Kerr and Pierre Dufresne, Alana Ospina and Kathleen Weary, Janice Graham, Margot Fredette, Linda Buchanan, Jamie Crooks, the Lennoxville United Church Choir and Jonathan Townsend who performed Home, by Philip Phillips, A Whole Lot of Shaking Going On by Roy Hall and as the show's finale, when he was joined by all the participants and the audience, The Piano Man Song by Billy Joel.

Sketches are the forte of the talented Barbara Hedges Boire and she never fails to delight the audience with her sense of humour and apt interpretation of local activities. Performed by Beth Rothney, Debbie Harrison and Cindy Van Vliet, we were treated to a public weighing-in fiasco at a mythical Calorie Counters Convention. This was followed by an olfactorily-challenging visit to a student residence at "Chateau Champlain" featuring Kathleen Weary, Benjamin Ryan and Kevin Parnell. A Talent Show at Lennoxville United would not be a talent show without the Cockney antics of "Madge and Lil" played by the talented mother-daughter team of Barbara and Rebecca Boire in a sketch entitled "Church Monopoly" which saw a phone call being placed to Pope Francis, or "Frank" as he was referred to, in order to settle a tax assessment being questioned by Rebecca.

We were also highly entertained when Rev. Mead Baldwin, Rev. Tami Spires and members of the Piggery Theatre Camp/North Hatley United Churches, including Kevin Parnell, Ben Ryan and Emily Baldwin took the stage to present their skit: "Sweet Dreams". A first for the LUC Talent Show were Rev. Baldwin's Pierre Elliot Trudeau impersonation and jokes!

At just about the half-way point of the programme Nancy Suitor and Janice Graham offered a memorial to the Late Grant Taylor who was to have performed in tonight's show. Instead Nancy gave a well-prepared eulogy of Grant Taylor's life while Janice honoured him by playing the two songs he had been scheduled to sing: "Paper Roses" by Fred Spielman and "I Can't Help it if I'm Still in Love with You" by Hank Williams, Sr.

COURTESY

New to the stage this year and proving to be a real audience-pleaser were the two young ladies who gave us a demonstration of the clogging one can learn by joining the "Jimmy Naylor's Cloggers" groups.

At the conclusion of the show, expressions of thanks and appreciation were voiced to the show's organizers: Nancy Suitor, Ann Maher and Barbara Hedges Boire; the Master of Ceremonies: Rebecca Boire, the sound man, Nick Sylvester and the props/stage managers Ken Porter and Andy Porter following which participants and guests retired to the lower Scott Hall for a time of fellowship and refreshments provided by the ladies of the congregation.

GLIMPSES OF THE PAST

Léonidas Bachand Fonds. Sherbrooke Historical Society.

In the Catholic religious calendar, Shrove Tuesday (also known as Pancake Tuesday) is a day of festivities before Lent, a 40-day period of penance and deprivation that culminates in the celebration of Easter. Traditional Shrove Tuesday celebrations vary among countries and religions. In Quebec, festivities usually included sharing a meal, raising a toast, and having fun with family and friends. These long-drawn-out meals were often interrupted by merrymakers who roamed the streets singing and visiting houses, in which these guests were happily received and invited to share in the abundance of food, drink, and merriment. Revellers often dressed up in all sorts of costumes to enhance the carnival-like atmosphere. Clowns, gypsies, and those dressed in period costumes were most welcome!

INTERESTED BY HISTORY ?

Visit the bilingual exhibit, *Sherbrooke, a Place to Call Home, presented in the Andrée-Désilets room of the Sherbrooke Historical Society.*

275 Dufferin, Sherbrooke
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Informations : 819-821-5406

LA SOCIÉTÉ D'HISTOIRE DE SHERBROOKE
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Aube Lumière launches adventurous fundraiser

Record Staff
SHERBROOKE

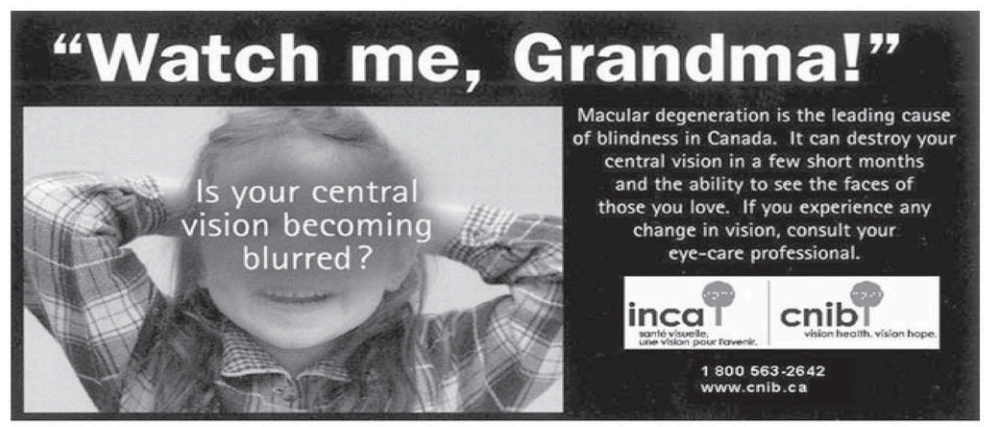
La Maison Aube-Lumière has begun a brand new financing activity in the form of a challenge: to take the tour of France's Mont Blanc leaving from Chamonix. The tour consists of a 170 km hike spread over seven days, three countries, and a 10 000 meter altitude difference. This first edition is exclusively for bold women who are ready to go through six to seven hours of hiking per day.

"I invite you to join me in taking on this brand new sporting challenge for women," says Aube Lumière president Élisabeth Brière "This is a great way to support a cause while undertaking physical activity with a goal of surpassing oneself."

The challenge will run from August 31 to September 10, 2017 (10 days in total) and the cost of the trip is approximately $ 3,000 and will be entirely borne by the participants. Only 15 seats are available.

Aube-Lumière needs to raise $1 million annually from the community to enable it to continue its mission to welcome end-of-life cancer patients free of charge. For this reason, participants will also be required to raise a minimum of $3,000 to be donated to La Maison.

Those interested in taking up this challenge are invited to meet with a representative of Adventure Land Canada at a 5 à7 to be held on Monday, February 13 at La Maison Aube-Lumière. Please confirm your presence by calling 819-821-3120.



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THE RECORD

TALK

YOUR WEEKLY GUIDE TO TOWNSHIPS CULTURE

FEBRUARY 3 - FEBRUARY 9, 2017

Valentine's Country Music Appreciation Jamboree

COUNTRY CONNECTION

JESSIE AULIS

The Country Music Appreciation Jamboree series is committed to keeping local country music alive. The idea of having such an event came with local country singer Bobbi Dee and her musician partner, Stan McKelvey.

"Our first event was the 'Harvest Country Music Appreciation Jamboree,' it was back on October 22, 2016 and it was a great success," said organizer/singer Bobbi Dee. "We then held a second event, 'Christmas Country Music Appreciation Jamboree,' on November 26, 2016. It was another great success."

Therefore, a Valentine's Country Music Appreciation Jamboree will be held in Burroughs Falls on Saturday, February 4, 2017 from 1-7 p.m. Tickets will be $10 in advance, $12 at the door.

Along with live entertainment and talent, a Valentine's buffet will be included with the price of admission. About 16 of the Townships' finest musicians will get together and perform throughout the day for the pleasure of everyone in attendance.

The main purpose of these events is an effort to preserve and promote live local country music. "The country music scene in the Eastern Townships isn't the same today as it once was," explained singer Bobbi Dee. "The situation is that now we have very few paying venues."

It makes it very hard for musicians to live off their talent alone. But even if you take a look at the bands who have steady work, they can't live off their music. They all have daytime jobs.

The scheduled bands/musicians to perform on February 4 are: The Classic Country Band, which is also the house band, The Country Swingers, and some featured performers including Gordie Smith, Bill Lavers, Jerry Dion, Dave McBurney, Ian Crawford, and Debbie Whipple.

If you would like to perform at their next event, you can reach Bobbi Dee at bobbideemusic@gmail.com to reserve a spot. "This could be a wonderful plan to revive the country music scene in the Townships," Dee stressed.

Anyone can help/volunteer, so if you want to get involved, they would love to hear from you! Please e-mail them at bobbideemusic@gmail.com. To get your tickets you can reach Gale at 819-8767376.

"All proceeds from ticket sales will go directly to participating musicians, the allotted number of performers per event will not exceed 16," said Dee. And the

Bobbi Dee

next Appreciation Jamborees are already scheduled. "The next jamborees will take place on March 11, and April 1," said Bobbi Dee.

"For these dates we're looking for 10 more entertainers to participate" Dee adds. "I am hoping we can stress why it is so important to support these local musicians and Jamborees."

Bobbi Dee is clear on the fact that when you attend these jamborees you're showing pride in your hometown local talented musicians and also letting them know that you care about and support their music!

Artists need to share their passion as they also need a public. For them, your applauses are like food for the soul. So go out and celebrate all the talent we have in The Townships and support our local musicians.

Support means the world to a musician who has been dedicating himself to a lifetime of country music.

A new album for Josh Turner

Josh Turner has announced the release of his upcoming new album titled Deep South. The project is set for release on March 10. It will be Turner's sixth studio record.

Deep South offers 11 tracks, including the singer's current single, "Hometown Girl." The singer says that the album's title track "represents hard-working people who find joy in the simple things in life: heritage, church, community, high school sports, being outdoors."

The singer released his debut album, Long Black Train, in 2003, it was the same year that Turner married his wife Jennifer. Fourteen years later, the artist and his wife are the parents of three boys.

Deep South will showcase Turner's musical evolution as an artist. He has matured and so did his music. "I'm really proud of this album," Turner says in a press release. "It was really important for me to expand creatively and explore in new ways for this record. The way I pick songs is different now. There are so many things in my life and career that have matured me as an artist."

Many of us have been waiting impatiently for this new release and Deep South is available for pre-order via Turner's official webstore.

Willie Nelson to release album of new material for his birthday

Twice since the beginning of the winter Willie Nelson had to cancel some shows because he was not feeling well. But nothing really stops artists like Nelson, at most it slows them down a little bit.

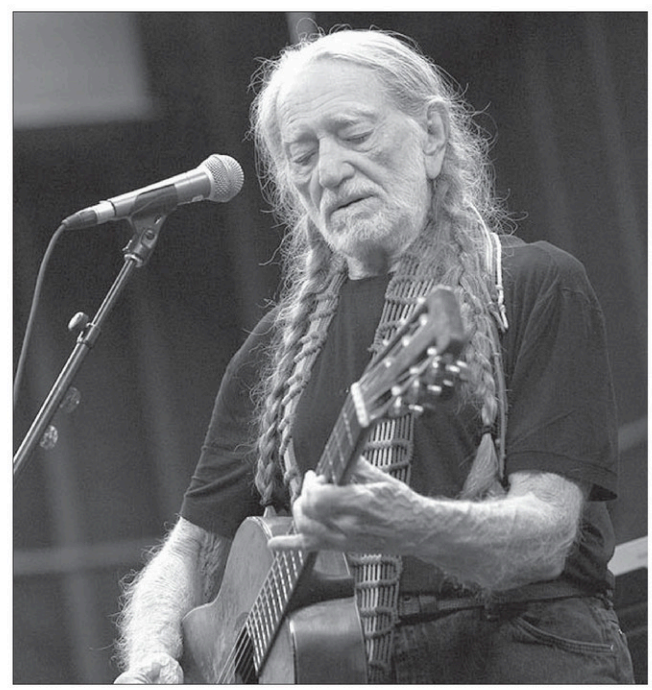
God's Problem Child will be the title of Nelson ninth album on Legacy Recordings (a division of Sony Music Entertainment). The release is set for April 28, one day before the country legend turns 84. This is Nelson's first project of all brand new material since Band of Brothers was released in 2014.

The album will offer 13 songs and include seven songs recently written by Nelson and Buddy Cannon (his producer and friend). The title track was written by Jamey Johnson and Tony Joe White, and they both collaborate their vocals.

Other tracks include a song called "Still Not Dead," about the so many false reports about his presume death. There's also "Little House on the Hill," which was written by Cannon's 92-year-old mother, Lyndel Rhodes.

I guess Nelson couldn't resist doing a song about the 2016 U.S. presidential election, called "Delete and Fast-Forward." The album will also offer a tribute to the iconic Merle Haggard titled, "He Won't Ever Be Gone," written by Gary Nicholson.

God's Problem Child will be available on CD, vinyl, and digitally. This should be, as usual, a great release.



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PMO slams Fox News for incorrect tweet about Quebec City shooting suspect

By Joanna Smith
THE CANADIAN PRESS

One of Prime Minister Justin Trudeau's senior officials took Fox News to task for describing the alleged gunman in the Quebec City shooting as Moroccan.

Kate Purchase, director of communications in the Prime Minister's Office, pointed out the "false and misleading language" in a letter to Fox News Channel co-president Bill Shine that was released to the media Tuesday.

"Canada is an open, welcoming country that stands by its citizens," Purchase wrote in the letter, which goes well beyond simply asking for a correction.

"We are a nation of millions of immigrants and refugees, of hundreds of cultures, languages and religions bound by one, unwavering, unshakable belief: we are stronger not in spite of our differences, but because of them.

"These tweets by Fox News dishonour the memory of the six victims and their families by spreading misinformation, playing identity politics, and perpetuating fear and division within our communities."

Refet Kaplan, the managing director for FoxNews.com, issued an apology.

"FoxNews.com initially corrected the misreported information with a tweet and an update to the story on Monday," Kaplan wrote a statement sent by email Tuesday evening.

"The earlier tweets have now been deleted. We regret the error."

The tweet had appeared to be a consequence of early police reports in the wake of the shooting that said two suspects had been taken into custody. Later reports said one of those people was not a suspect, but a witness.

Purchase noted the tweet appeared early Monday afternoon, but remained online even after police had confirmed that the sole suspect, Alexandre Bissonnette, is a 27-year-old man of French-Canadian origin.

Before it was deleted Tuesday evening, the tweet had been retweeted more than 900 times, and liked about 1,600 times. It also had about 7,200 replies, many of them pointing out the inaccuracy and calling for a correction.

A subsequent tweet posted Monday evening noting the second person in custody had been cleared was retweeted only 72 times and had 162 likes.

The PMO's interest in the earlier, incorrect tweet may have a lot to do with the fact that it also includes an image of Trudeau and his quote from the night of the shooting: "We condemn this terrorist attack on Muslims in a centre of worship and refuge."

It also links to a story published on the Fox News website that includes the updated information and notes that the earlier detail about a second suspect came from other media reports.

The PMO would not comment further on the letter, but confirmed it did not send any similar letters to other media outlets that had reported — and since corrected or otherwise updated — similar earlier misinformation.

As of Tuesday evening, Reuters UK had a post on Twitter from Monday afternoon describing two suspects — one as French-Canadian and one as Moroccan.

Meanwhile, a tweet from Montreal newspaper La Presse that also described one of the suspects as Moroccan was not deleted until sometime Tuesday evening. That one had been retweeted more than 500 times and liked nearly 300 times.

Purchase ended her letter by asking Fox News to either retract or update the tweet, but not before delivering a broader message that was likely intended for an audience much bigger than its named recipient.

"We need to remain focused on keeping our communities safe and united instead of trying to build walls and scapegoat communities," she wrote.

Nor was the phrase about building walls the only veiled reference to U.S. President Donald Trump and his controversial comments and policies on immigration.

"Ramping up fear and closing our borders is not a solution," Purchase wrote. "It distracts from the real issues that affect people's day-to-day life."

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		Today's Take		Today	
CBMT 6	206	301		Daybreak		Super Why!	The Moblees	Arthur	Daniel Tiger	(:10) Poko	Bookaboo	Cat in the Hat	Daniel Tiger	Dragons' Den	
CHLT 7	107	718	F	Salut bonjour (N) (SC)								(9:59) Denis Lévesque (SC)		Le tricheur	Mario Dumont
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WMTW 8	-	-		WMTW News 8 at 6am		Good Morning America				LIVE with Kelly		Steve Harvey		The View	
CKSH 9	108	-		Arthur	Mike-chevalier	Garfield et cie	Salmigondis	Toc toc toc	Twirlywoos	Var. Programs	Marina Orsini			Ricardo	Silence
CKMI 11	-	-		Global News Morning						Morning Show	Huntley Str't	Pitchin' In	Chuck-Day Off	Income Prop.	Security
CFCF 12	205	312		Your Morning						LIVE with Kelly		The Marilyn Denis Show		The View	
WVNY 22	-	-		Local 22 News This Morning		Good Morning America				The Dr. Oz Show		Var. Programs	Hot Bench	The View	
WUTV 30	-	-		Paid Program	Paid Program	Var. Programs	Paid Program	Paid Program	Friends	The 700 Club		The People's Court		Maury	
CFKS 31	106	726	F	Vidéoclips				Atomes croch	Histoire	Les infos (N)		Guerre-clans	Espace découvertes (N)		CSI: NY (SC)
			M						Il est écrit						
			T						Infopublicité						
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			Th												
WUHF	-	363		Paid Program	Good Day R	Good Day Rochester		Good Day Rochester		Judge Mathis		The Wendy Williams Show		Jerry Springer	
WETK	-	-		Classical	Arthur	Wild Kratts	Ready Jet Go!	Nature Cat	Curious	Daniel Tiger	Daniel Tiger	Splash	Sesame Street	Dinosaur Train	Peg Plus Cat
WCFE	-	-		Wild Kratts	Odd Squad	Curious	Curious	Daniel Tiger	Daniel Tiger	Splash	Dinosaur Train	Super Why!	Sesame Street	Thomas & Fr.	Arthur
A&E	615	520		Paid Program	Paid Program	Parking Wars	Parking Wars	Bounty Hunter	Bounty Hunter	Bounty Hunter	Varied Programs				
BRAVO 620	620	523	F	Due South "Victoria's Secret"		The Listener CC (DVS)		Motive "Six Months Later"		Blue Bloods "Insult to Injury"		Due South "Victoria's Secret"		Relic Hunter "Possessed"	
			M							Conviction CC					
			T							Blue Bloods "Knockout Game"					
			W												
			Th												
CNN	500	500		Chris and Alisyn		Chris and Alisyn		Chris and Alisyn		CNN Newsroom With Poppy		CNN Newsroom With Poppy		At This Hour With	
DISC 520	520	505	F	Mayday Varig Flight 254.		How It's Made	How It's Made	Mighty Ships "Resolute"		Mayday CC		Dungeon Cove		Mighty Ships "Peregrino"	
			M									Jade Fever	Jade Fever		
			T									Highway Thru Hell			
			W									Edge of Alaska "The Road"			
			Th									Deadliest Catch CC			
HIST	522	506		Canadian Pickers		Ice Road Truckers		Varied Programs						Ice Road Truckers	
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SHOW	616	521		Haven		Beauty and the Beast		Movie				Movie			
SLICE	601	562		ET Canada	Property Virgin	Varied Programs									
SPIKE	628	584		Paid Program	Var. Programs	Paid Program	Paid Program	Paid Program	Paid Program	World's Wildest Police Videos		Varied Programs			
TLC	521	560		What Not to Wear		What Not to Wear		Varied Programs				Hoarding: Buried Alive		Hoarding: Buried Alive	
TSN 400	400	400	F	SportsCentre CC		SportsCentre CC		SportsCentre CC		SportsCentre CC		SportsCentre CC		SportsCentre CC	
			M												
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YOUTH	551	542		Just Kidding	Just Kidding	Counter	Loud House	SpongeBob	Almost Naked	Make It Pop	Stanley Dyn.	Mr. Young	Assembly	Assembly	Game On

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Your week on TV

WEEKDAY AFTERNOON

	Bell	Star	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
WCAX 3	-	-	Across/ Fence	The Young and the Restless		Bold/Beautiful	The Talk		Let's Make a Deal		Dr. Phil		Channel 3	The: 30
WPTZ 5	-	-	NBC5 News	Day Jeopardy	Days of our Lives		Harry		Steve Harvey		The Ellen DeGeneres Show		NBC5 News	NBC5 News
CBMT 6	206	301	CBC News Network		Grand Designs		The Goods		Heartland		Bondi Vet		Murdoch Mysteries	
CHLT 7	107	718	(:02) Le TVA régional		Movie			Tom & Jerry	TVA nouvelles	Les feux de l'amour		Top modèles	(4:55) TVA nouvelles	
WMTW 8	-	-	The Wendy Williams Show		The Chew		General Hospital		The Ellen DeGeneres Show		WMTW News 8 at 4pm		WMTW News 8 at 5PM	
CKSH 9	108	- F	Telejournal	4 et demi ...	Monk (SC)		Virginie (SC)	Virginie (SC)	Monsieur Selfridge (SC)		Entrée principale (N) (SC)			Silence
		- M												
		- T												
		- W												
		- Th												
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		Hot, Cleveland	Hot, Cleveland	The Ellen DeGeneres Show		The Dr. Oz Show	
WVNY 22	-	-	Paid Program	Hot Bench	The Chew		General Hospital		The People's Court		Judge Judy	Judge Judy	Judge Judy	Judge Judy
WUTV 30	-	-	The Steve Wilkos Show		Steve Harvey		Judge Mathis		Jerry Springer		Maury		Family Feud	Family Feud
CFKS 31	106	726	(11:30) CSI: NY	Movie				Movie				Les Simpson	Les Simpson	Guerre-clans
WUHF	-	363	The Steve Wilkos Show		Maury		Judge Judy	Divorce Court	Hot Bench	Hot Bench	Judge Judy	Judge Judy	The People's Court	
WETK	-	-	Super Why!	Thomas & Fr.	Sesame Street	Charlie Rose		Curious	Nature Cat	Ready Jet Go!	Odd Squad	Wild Kratts	WordGirl	World News
WCFE	-	- F	Spy in the Wild: A Nature		Underground	Nature Cat	Ready Jet Go!	Wild Kratts	Dinosaur Train	Splash	Splash	Odd Squad	Daniel Tiger	Cat in the Hat
		- M	Antiques Roadshow		Love Quilting					Curious		Homework		
		- T	Globe Trekker "Delhi & Agra"		Rick Steves									
		- W	Secrets of the Six Wives (N)		Cooking									
		- Th	City in the Sky (N)		Mountain Lake									
A&E	615	520	Varied Programs						The First 48		The First 48		The First 48	
BRAVO	620	523	The Listener		Motive		Due South		Relic Hunter		Blue Bloods		Criminal Minds	
CNN	500	500	Inside Politics		Wolf		CNN Newsroom		CNN Newsroom		The Lead With Jake Tapper		Situation Room With Wolf	
DISC	520	505 F	How It's Made	How It's Made	Mayday "Falling Fast"		How It's Made	How It's Made	Diesel Brothers		Homestead Rescue		Railroad Alaska	
		505 M					Alaska: The Last Frontier		Alaska: The Last Frontier		Everest Rescue "Flying Blind"		How It's Made	How It's Made
		505 T					How It's Made	How It's Made	Alaskan Bush: Off Grid		Alaskan Bush People			
		505 W					Gold Rush: Pay Dirt		Gold Rush "Excavator Down"		Heavy Rescue: 401			
		505 Th					Heavy Rescue: 401		Killing Fields "The Raid"		Alaskan Bush: Off Grid		Moonshiners	
HIST	522	506 F	M*A*S*H	M*A*S*H	Air Aces "Red Tails"		Canadian Pickers		American Pickers		American Pickers "Big Moe"		M*A*S*H	M*A*S*H
		506 M			Ice Road Truckers									
		506 T			Canadian Pickers				Forged in Fire "The Cutlass"		Forged in Fire			
		506 W							Counting Cars	Counting Cars	Counting Cars			
		506 Th			Yukon Gold				Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars		
RDI	126	730	Telejournal	Les ex		L'info avec Julie et Alexis							En direct avec Patrice Roy	
SHOW	616	521 F	Combat Hospital		★★ "Seeds of Destruction" (2011) Adrian Pasdar.				Beauty and the Beast		NCIS "Detour" (DVS)		NCIS "Prime Suspect"	
		521 M			"The Perfect Roommate" (2011, Suspense) Boti Bliss.									
		521 T			"Baby Sellers" (2013) Kirstie Alley, Jennifer Finnigan.									
		521 W			★★ "Swamp Devil" (2008, Horror) Bruce Dern.									
		521 Th			"Midnight Stallion" (2013, Drama) Jodelle Ferland.									
SLICE	601	562	Varied Programs											
SPIKE	628	584	Varied Programs		Cops	Varied Programs								
TLC	521	560	My 600-Lb. Life		My 600-Lb. Life		Island Medium	Var. Programs	Island Medium	Var. Programs	Say Yes: ATL	Say Yes: ATL	Say Yes	Say Yes
TSN	400	400	SportsCentre		SportsCentre		Var. Programs	NFL Live	Var. Programs	The Jump	SportsNation	Questionable	SportsCentre	Interruption
YOUTH	551	542	(:10) Ride	(:35) Made Up	Just Kidding	Driving Me	Undercover	(:40) Wayside	Almost Naked	Nerds	The Penguins	Loud House	SpongeBob	SpongeBob

FRIDAY EVENING — FEBRUARY 3, 2017

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News/Pelley	Entertainment Tonight (N)	MacGyver An FBI agent frames a man for murder. (N)		Hawaii Five-0 "Ka Pa'ani Nui" (N)		Blue Bloods A gang-related murder is investigated. (N)		Channel 3 News	(:35) The Late Show With Stephen Colbert (N)	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N)	Wheel of Fortune (N)	Grimm A Wesen with a deadly hunger awakens. (N)		Emerald City The wizard prepares for a battle. (N)		Dateline NBC "A Texas Twist" (N)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N)	
CBMT 6	206	301	CBC Montreal News (N)	On the Money	Rick Mercer Report	Coronation Street (N)	marketplace (N)	Hello Goodbye (N)	the fifth estate "Under Attack" The future for Muslims.		The National (N)		CBC Montreal News (N)	Coronation Street	Backstage Pass
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	Ça finit bien la semaine (N) (SC)		Du talent à revendre (SC)		La liste noire "Drexel" (SC)		TVA nouvelles (N)	(:35) Denis Lévesque (N) (SC)		(:35) ★★ "L'esprit d'une équipe" (2006) (DVS) (SC)	
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	Last Man Standing (N)	(:31) Dr. Ken (N)	Shark Tank A cooler that keeps drinks separated. (N)		(:01) 20/20 A man says his mother was lost at sea. (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live	
CKSH 9	108	-	Le Téléjournal Estrie (N)	Le TJ Extra ICI Estrie (N)	Virtuose Bright Rukundo; Karl-Frédéric Bolte. (N) (SC)		Prière de ne pas envoyer de fleurs Réal Béland. (N) (SC)		Au suivant (N) (SC)		Le Téléjournal (N) (SC)		"Curling" (2010, Drama) Emmanuel Bilodeau, Sophie Desmarais, Muriel Dutil. (SC)		
CKMI 11	-	-	(5:30) Global News at 5:30	Global National (N)	ET/Canada	Entertainment Tonight (N)	MacGyver An FBI agent frames a man for murder. (N)		Hawaii Five-0 "Ka Pa'ani Nui" (N)		Undercover Boss Canada A dominated ethnic food sales.		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N)	
CFCF 12	205	312	CTV News Montreal (N)		etalk (N)	The Big Bang Theory	Grimm A Wesen with a deadly hunger awakens. (N)		Shark Tank A cooler that keeps drinks separated. (N)		Blue Bloods A gang-related murder is investigated. (N)		News-Lisa	CTV News Montreal (N)	The Big Bang Theory
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N)	Last Man Standing (N)	(:31) Dr. Ken (N)	Shark Tank A cooler that keeps drinks separated. (N)		(:01) 20/20 A man says his mother was lost at sea. (N)		Local 22 News (N)	(:35) Jimmy Kimmel Live	
WUTV 30	-	-	The Big Bang Theory	Judge Judy (N)	Judge Judy (N)	Family Feud (N)	Rosewood A death involves a former child star. (N)		Sleepy Hollow Dreyfuss' former partner returns. (N)		2 on Your Side at 10 (N)	Seinfeld "The Fix-Up"	Two and a Half Men	Two and a Half Men	Last Man Standing
CFKS 31	106	726	Coup de foudre (N)	Souper parfait	L'arbitre Le propriétaire d'un pitbull.		911 (N)	Code 111 (N)	★ "Blessures fatales" (2001, Action) Steven Seagal, DMX. Un policier lutte contre ses confrères corrompus.				(:15) Espace découvertes Clodine jase avec Geneviève.		(12:15) Zone Séduction
WUHF	-	363	Modern Family "Hawaii"	Modern Family	The Big Bang Theory	The Big Bang Theory	Rosewood A death involves a former child star. (N)		Sleepy Hollow Dreyfuss' former partner returns. (N)		13WHAM News at 10 on Fox Rochester (N)		2 Broke Girls	2 Broke Girls	Randy Travis, Vince Gill
WETK	-	-	PBS NewsHour (N)		BBC Newsnight	Vermont This Week (N)	Washington Week (N)	Charlie Rose -- The Week	Live From Lincoln Center "50 Years of Mostly Mozart" Mostly Mozart Festival. (N)			Vicious "Wedding"	Nightly Business Report	Charlie Rose (N)	
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N)		Mountain Lake Journal	New York Now (N)	Live From Lincoln Center "50 Years of Mostly Mozart" Mostly Mozart Festival. (N)			Creative Youth	BBC World News	Charlie Rose (N)	
A&E	615	520	The First 48 Gruesome murder in New Orleans.		The First 48 A local criminal is fatally stabbed.		The First 48: Most Shocking Twists "Marked for Death"		Live PD "Live PD -- 02.03.17" Riding along with law enforcement. (N) (Live)						The First 48: Twists
BRAVO	620	523	The Listener Toby faces a mentally unstable suspect.		Motive Angie is lured back to homicide. (DVS)		Bones Investigating a gymnast's death.		Bones The team investigates an old death.		Bones Brennan looks at Wendall's broken arm.		Relic Hunter "Possessed" Search for Zeus' sundial.		Criminal Minds "Fatal"
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Anderson Cooper 360 (N)		CNN Tonight w/ Don Lemon		CNN Special Report		Anthony
DISC	520	505	How It's Made	How It's Made	Daily Planet (N) (DVS)		Mighty Cruise Ships "Stella Australis" (DVS)		Heavy Rescue: 401 "A Load of Problems" (DVS)		Mayday Proteus Airlines Flight 706 explodes. (N)		Mayday "Edge of Disaster" (DVS)		Heavy Rescue: 401
HIST	522	506	7 Days in Hell A week endured by bush pilots in 1931.		Alone One participant risks organ failure.		The Curse of Oak Island "Presidential Secrets"		American Pickers "A Hard Rain's Gonna Fall"		American Pickers "Red Barn, Black Keys"		Canadian Pickers A collector welcomes the guys.		American Pickers
RDI	126	730	Le National (N) (SC)	RDI économie (N) (SC)	24/60 (N) (SC)		Les grands reportages (N) (SC)		Le Téléjournal (N) (SC)		RDI économie (SC)	Le National (N) (SC)	Le National (N) (SC)	24/60 (SC)	
SHOW	616	521	"Storm Seekers" (2009) Daryl Hannah, Dylan Neal. Scientists study how global warming affects hurricanes.				"Fire Twister" (2014) Casper Van Dien. Terrorists unleash a weaponized fire twister on Los Angeles.				The Path Sarah and Cal attend a fundraiser. (N)		★ "R.I.P.D." (2013) Jeff Bridges. A slain cop joins a team of spirit lawmen.		
SLICE	601	562	Come Dine Canada	Come Dine Canada	Come Dine Canada	Come Dine Canada	Come Dine Canada	First Dates (DVS)	First Dates (DVS)	First Dates (DVS)	Sex and the City	(:45) Sex and the City Insecure Carrie faces modeling.		Sex and the City	Sex and the City
SPIKE	628	584	Cops "Indianapolis"	Cops	Cops "Indianapolis"	Cops "Bad Girls 2"	Cops	Cops	Cops	Cops "Coast to Coast"	Cops "Coast to Coast"	Cops "Fort Worth"	Cops	Cops	Cops "Coast to Coast"
TLC	521	560	Say Yes to the Dress	Say Yes to the Dress	Paranormal Lockdown "Oliver House"		Paranormal Lockdown "Statler City Hotel"		(:01) Paranormal Lockdown Encountering spirits in a mob hangout. (N)				(:03) Paranormal Lockdown Encountering spirits in a mob hangout.		
TSN	400	400	SportsCentre (N) (Live)		That's Hockey	SC (N)	2017 Pinty's All-Star Curling Skins Game Team Jones vs. Team Carey. Women's Semifinal. From Banff, Alberta. (N) (Live)					SportsCentre (N) (Live)			SportsCentre (N)
YOUTH	551	542	Stanley Dyn.	Game	Assembly	Ride	"Anne of Green Gables" (2016, Drama) Ella Ballentine.				Game On	Undercover	Assembly	Max & Shred	Anne of

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Your week on TV

SATURDAY DAYTIME — FEBRUARY 4, 2017

	Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30
WCAX 3	-	-	**CBS This Morning: Saturday** (N)				**Lucky Dog** "Bear" (N)	**Dr. Chris: Pet Vet** (N)	**Innovation Nation**	**The Inspectors**	**Paid Program**	**College Basketball**	**College Basketball** Pittsburgh at Duke. (N) (Live)				**PGA Golf**	
WPTZ 5	-	-	(7:00) **Today** (N)	**Hanna Into the Wild**	**Teen Kids News** (N)	**Heart of a Champion**	**The Voyager**	**Wilderness Vet**	**Journey-Dreyer**	**Naturally, Danny Seo**	**Give** (N) (EI)	**English Premier League Soccer** Tottenham Hotspur FC vs Middlesbrough FC. (N)				**Prem Goal Zone**	**Figure Skating** European Championships.	
CBMT 6	206	301	**Bookaboo**	**Dot**	**Arthur**	**Artzooka**	**Super Why!**	**Arthur**	**Snapshots**	**Cross Country**	**Our Montreal**		**Absolutely Canadian** "Studio Black!"		**FIS Freestyle**		**Snowboarding**	
CHLT 7	107	718	(6:00) **Salut bonjour week-end** (N) (SC)				**Deux filles le matin** "L'Alzheimer" (SC)		**Flip de fille** (SC)	**Ma liste à moi** (N)	**TVA nouvelles** (N)	**Chacun sa route** (N)	**Infopublicité** (SC)	★ **"École pour filles"** (2007) Rupert Everett. Des étudiantes essaient de sauver leur collège.			**"Cité des"**	
WMTW 8	-	-	**Good Morning America** (N)		**Jack Hanna**	**Ocean Treks**	**Sea Rescue** (N)	**The Wildlife Docs**	**Rock the Park** (N)	**Outback Adv**	**To Be Announced**		**X Games Aspen** Highlights from the Aspen X Games. (N)					
CKSH 9	108	-	**Ranger Rob**	**Geronimo Stilton**	**es de fantomes**	**Code Max** (SC)	**Chas'rs de monstres**	**Estrie**	**Ricardo** (SC)	**L'épicerie** (SC)	**Telejournal**	**La facture** (SC)	**Enquête** (SC)		**Au suivant** (SC)		**Inspecteur Barnaby** (SC)	
CKMI 11	-	-	**Fish'n Canada**	**Real Fishing**	**Adv'ture North**	**Fishful Thinking**	**Til Debt Do Us Part**	**Paid Program**	**Powerboat Television**	**Driving Television**	**Restoration Garage** "Taking a Gamble"		**Continuum** "Second Thoughts"		**Ice Pilots** Landing-gear collapse; frozen DC-4.		**Massive Moves**	**"Baby Sellers"**
CFCF 12	205	312	**Your Morning Weekend** (N)		**It Is Written**	**Celebrity Style Story**	**Operation Smile**		**It Is Written**	**etalk**	**SportsCentre**		**Celebrity Style Story**	**24 CH** (N)	**Canada's Worst Driver**		**The Disruptors**	**Moneytalk**
WVNY 22	-	-	**Good Morning America** (N)		**Jack Hanna**	**Ocean Treks**	**Sea Rescue** (N)	**The Wildlife Docs**	**Rock the Park** (N)	**Outback Adv**	**AAA Benefits**	**Indoor Grilling**	**X Games Aspen** Highlights from the Aspen X Games. (N)					
WUTV 30	-	-	**Paid Program**	**Copper Chef**	**Larry King Sp.**	**KRILLW CoQ**	**Paid Program**	**Paid Program**	**Paid Program**	**Paid Program**	**Raw Travel** (N)	**Raceline**	**Paid Program**	**Best Pan Ever!**		**Hoops Tip-Off**	**College Basketball** Xavier at Creighton. (N)	
CFKS 31	106	726	**Aubaines & cie** (N)		**Trucs & cie** (N)		**RPM**		**RPM Plus**		**Infopublicité**	**Champ**	**Les prix Juneau**	**Taxi payant**	**"Mon pire cauchemar"** (2011, Romance-Comedy) Isabelle Huppert, Benoît Poelvoorde.			
WUHF	-	363	**Xploration Space**	**Awesome Planet**	**Weird but True**	**Xploration DIY Sci**	**Paid Program**	**Paid Program**	**Paid Program**	**Paid Program**	★★★ **"Ocean's Twelve"** (2004) George Clooney, Brad Pitt. Indebted criminals plan an elaborate heist in Europe.					**Hoops Tip-Off**	**College Basketball** Xavier at Creighton. (N)	
WETK	-	-	**Splash-Bubbles**	**Curious George**	**Outdoor Journal**	**MotorWeek** (N)	**Simply Ming**	**A Chef's Life**	**Cooking School**	**Martha Bakes**	**Test Kitchen**	**Cook's Country**	**Rough Cut-Mac**	**This Old House** (N)	**Ask This Old House**	**Antiques Roadshow** "Santa Clara"		**Antiques Roadshow**
WCFE	-	-	**Splash-Bubbles**	**Curious George**	**Nature Cat**	**Ready Jet Go!** (EI)	**Greener World**	**Roadside Advent.**	**This Old House**	**This Old House**	**Mexico/ Bayless**	**Cooking School**	**Martha Bakes**	**Lidia's Kitchen**	**Mexican Table**	**Cook's Country**	**Test Kitchen**	**Wisdom-Cecilia**
A&E	615	520	**Flipping Vegas** "Dream House"		**Flipping Vegas** (N)		**Zombie House Flipping** (N)		**Zombie House Flipping**		★★★ **"The Negotiator"** (1998) Samuel L. Jackson. A top police negotiator is accused of committing murder.					★★ **"Bad Boys"** (1995) Martin Lawrence, Will Smith.		
BRAVO	620	523	**Missing** "Death in the Family"		**Flashpoint** The team gains a new recruit.		**Criminal Minds** "Fatal" (DVS)		★★ **"Reign of Fire"** (2002, Fantasy) Christian Bale, Matthew McConaughey.				★ **"The Three Musketeers"** (2011, Action) Matthew MacFadyen, Milla Jovovich.				**Bones** Investigating a gymnast's death.	
CNN	500	500	**New Day Saturday** (N)		**Smerconish** (N)		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**Newsroom**	**Kickoff in**	**CNN Newsroom**	
DISC	520	505	**Mighty Cruise Ships** "Stella Australis"		**Heavy Rescue: 401** "A Load of Problems"		**Gold Rush** "Miracle on the Mountain" Tony Beets buys a second dredge.				**Mighty Trains** "The Ghan" (DVS)		**Mayday** "Edge of Disaster" (DVS)		**Mayday** "Deadly Detour" (DVS)		**Canada's Worst Driver** (DVS)	
HIST	522	506	**Paid Program**	**Paid Program**	**Paid Program**	**Paid Program**	**Ice Road Truckers** "The Convoy"		**Vikings** Aethelwulf is subject to the plan.		**Pirate City** Port Royal in Jamaica.				**Ancient Aliens** "Russia's Secret Files"		**Ancient Aliens** "NASA's Secret Agenda"	
RDI	126	730	(5:30) **RDI matin weekend** (N) (SC)						**RDI en direct** (N)	**Isabelle Richer** (N)	**Telejournal**	**Telejournal**	**Le National**	**RDI en direct** (N)	**RDI en direct** (N)	**RDI en direct** (SC)	**RDI en direct** (N)	**RDI en direct** (SC)
SHOW	616	521	**Paid Program**	**More Hair**	**Paid Program**	**Paid Program**	**Working the Engels**	**NCIS** "Detour" Jimmy and Ducky go missing.	★ **"R.I.P.D."** (2013, Action) Jeff Bridges. A slain cop joins a team of spirit lawmen.				★★ **"Battleship"** (2012) Taylor Kitsch, Rihanna. Earth comes under attack from a superior alien force.					
SLICE	601	562	**Paid Program**	**Paid Program**	**More Hair**	**Paid Program**	**First Dates**	**First Dates**	**First Dates**	**First Dates**	★★ **"Runaway Bride"** (1999) Julia Roberts. A columnist tries to get the scoop on a commitment-shy gal.				★★ **"The Nanny Diaries"** (2007) Scarlett Johansson. Premiere.			
SPIKE	628	584	**Paid Program**	**Try Total Gym**	★★★ **"Twister"** (1996, Action) Helen Hunt. Storm chasers race to test a new tornado-monitoring device.				**Auction Hunters**		**Auction Hunters**	**Auction Hunters**	**Auction Hunters**	**Auction Hunters**	★★ **"Shooter"** (2007, Suspense) Mark Wahlberg, Michael Peña, Danny Glover.			
TLC	521	560	**Lottery Changed My Life** "Island Dreamers"		**Lottery Changed My Life**		**Lottery Changed My Life**		**My 600-Lb. Life** "Milla's Story"		**My 600-Lb. Life** "Nikki's Story"		**My 600-Lb. Life** "Kirsten's Story" Kirsten is close to losing all mobility.				**My Big Fat Fabulous Life** "Knocked Up?"	
TSN	400	400	**SportsCentre**		**SportsCentre**		**SportsCentre**		**2017 Pinty's All-Star Curling Skins Game** Team Edin vs. Team Koe. Men's Semifinal. From Banff, Alberta. (N)				**SC** (N)	**Motoring TV** (N)	**SC**		**2017 Pinty's All-Star Curling Skins Game**	
YOUTH	551	542	**Sponge.**	**Harvey**	**Parents**	**Loud**	**Sponge.**	**Sponge.**	**Kung Fu**	**Turtles**	★★★ **"Charlotte's Web"** (2006)				**Nicky**	**Henry**	**Game**	**Assembly**

SATURDAY EVENING — FEBRUARY 4, 2017

	Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	(3:00) **PGA Tour Golf** Waste Management Phoenix Open, Third Round. (N) (Live)				**Channel 3 News Weekend** (N)				**Ransom** "The Enemy Within" (N)		**NCIS** A man's body is found on a destroyer.		**48 Hours** (N)		**Channel 3 News**	**Person of Interest** "Endgame"	
WPTZ 5	-	-	**Figure Skating**	**Skiing** U.S. Freeskiing Grand Prix: Halfpipe. (Taped)			**NBC5 News at 6**	**Nightly News**	**Jeopardy!**	**Wheel of Fortune**	**Dateline NBC** "The Accused" Nick Hillary discusses his acquittal.				**Saturday Night Live** (N)		**NBC5 News**	**(:29) Saturday Night Live** (N)	
CBMT 6	206	301	**Bobsled and Skeleton**		**FIS Freestyle**		**Montreal News**	**Hockey Central**	**NHL Hockey** Toronto Maple Leafs at Boston Bruins. From TD Garden in Boston. (N) (Live)						**NHL Hockey** Minnesota Wild at Vancouver Canucks. (N) (Live)				
CHLT 7	107	718	(3:29) ★★ **"La cité des ténèbres: La coupe mortelle"** (2013, Fantasy) Lily Collins. (SC)				**TVA nouvelles** (N)	★★ **"Retour au jeu"** (2012, Drama) Clint Eastwood. Un recruteur et sa fille vont en voyage à Atlanta. (SC)					**(8:54)** ★★ **"Le match d'après"** (2014) Jim Caviezel, Michael Chiklis. (DVS) (SC)				**(:11) TVA nouvelles**	**(:41)** ★★ **"Les remplaçants"** (2000)	
WMTW 8	-	-	(1:00) **X Games Aspen** (N)		**To Be Announced**				**World News**	**Wheel of Fortune**	**Jeopardy!**	**NBA**	**NBA Basketball** Cleveland Cavaliers at New York Knicks. From Madison Square Garden in New York. (N)				**WMTW News 8**	**Rizzoli & Isles**	
CKSH 9	108	-	(3:00) **Inspecteur Barnaby** (SC)		**La semaine verte** (SC)		**Telejournal Estrie**	**La petite vie** (SC)	**En direct de l'univers** Sophie Faucher. (N)		**Deuxième chance** (N) (SC)		**Outlander: le chardon et le tartan**		**Le Télé-journal** (N)	**Info, sexe**	**(:10) Esprit critique** (SC)		**Dre Grey, anatomie**
CKMI 11	-	-	(3:30) **"Baby Sellers"** (2013) Kirstie Alley, Jennifer Finnigan.			**Focus Montreal**	**Global News at 6**	**Global National**	**Border Security**	**Border Security**	**Ransom** "The Enemy Within" (N)		**Houdini & Doyle** "The Maggie's Redress"		**Remedy** "Playing Doctor Conner"		**Global News**	**(:29) Saturday Night Live** (N)	
CFCF 12	205	312	**The Marilyn Denis Show**		**The Social** (N)	**etalk**	**CTV News Montreal** (N)		**W5** Canadian doctors help a boy. (N)		**"Murder, She Baked: A Peach Cobbler Mystery"** (2016, Mystery) Alison Sweeney.				**Cardinal**		**News-Rinaldo**	**CTV News Montreal**	**Key & Peele**
WVNY 22	-	-	(1:00) **X Games Aspen** (N)		**Paid Program**	**Paid Program**	**World News**	**Local 22 News** (N)	**Extra** (N)		**NBA**		**NBA Basketball** Cleveland Cavaliers at New York Knicks. From Madison Square Garden in New York. (N)				**Local 22 News** (N)	**Elementary** A doctor goes missing.	
WUTV 30	-	-	**College Basketball** Xavier at Creighton.		**Two and Half Men**	**Two and Half Men**	**Big Bang Theory**	**Big Bang Theory**	**Super Bowl Greatest Halftime Shows** (N)		**NFL Honors** Honoring the best athletes and performances of the season. (N)				**2 on Your Side at 10**	**Big Bang Theory**	**Hell's Kitchen** "Playing Your Cards Right"		**Paid Program**
CFKS 31	106	726	★★★ **"Le Retour de Danny Ocean"** (2004, Comedy-Drama) George Clooney, Brad Pitt, Matt Damon.				★★ **"Sherlock Holmes: Le jeu des ombres"** (2011, Action) Robert Downey Jr., Jude Law, Noomi Rapace.						**(:15)** ★★ **"Stoker"** (2013, Horror) Mia Wasikowska, Matthew Goode, Nicole Kidman.					**Piégé (avec**	**Zone Séduction**
WUHF	-	363	**College Basketball** Xavier at Creighton.		**Big Bang Theory**	**Big Bang Theory**	**Big Bang Theory**	**Big Bang Theory**	**Super Bowl Greatest Halftime Shows** (N)		**NFL Honors** Honoring the best athletes and performances of the season. (N)				**WHAM News**	**Engagement**	**Hell's Kitchen** "Playing Your Cards Right"		**ROH Wrestling**
WETK	-	-	**Antiques Roadshow**	**Profile**	**Charlie Rose**	**NewsHour Wk**	**Father Brown** A man is framed for murder.		**As Time Goes By**	**Keeping Up**	**Still Open All Hours**	**Miranda** "Teacher"	**The Coroner** "That's the Way To Do It"		**Death in Paradise** "An Artistic Murder"		**Austin City Limits** Gospel performances.		**Soundstage**
WCFE	-	-	**Antiques Roadshow** "Indianapolis" (N)		**Globe Trekker** "Mumbai City Guide"		**Connect NY**		**Mountain Lake**	**New York Now**	**New Tricks** Ted Case takes over the team.		**Death in Paradise** "Stab In The Dark"		**Whitechapel** Bizarre murder.		**Underground**	**Austin City Limits** Gospel performances.	
A&E	615	520	**(2:30)** ★★ **"Bad Boys"** (1995)		**The First 48**		**The First 48** "Love Her Madly; Off Track"		**The First 48** "Bad Tempered; The Bully"		**The First 48: Deadly Misfortune** (N)		**Live PD** "Live PD -- 02.04.17" Riding along with law enforcement. (N) (Live)					**The First 48**
BRAVO	620	523	**Bones** "The Ghost in the Killer"		**Bones** "Big in the Philippines"		**Flashpoint** The team gains a new recruit.		**Missing** "Death in the Family"		**Criminal Minds** "Surface Tension"		**Law & Order: Special Victims Unit**		**Shooter** Proving Bob Lee's innocence.		★★ **"Reign of Fire"** (2002, Fantasy) Christian Bale.		
CNN	500	500	**CNN Newsroom**		**CNN Newsroom**		**Smerconish**		**CNN Newsroom**		**CNN Newsroom**		**CNN Special Report**		**United Shades**		**United Shades**		**United**
DISC	520	505	**Mighty Cruise Ships** "Stella Australis"		**Heavy Rescue: 401** (DVS)		**How It's Made**	**How It's Made**	**How It's Made**	**How It's Made**	**Gold Rush** Rick outperforms Parker.		**Moonshiners** "Big City Bootleg"		**Street Outlaws** "I Will Follow"		**Diesel Brothers**		**Moonshiners**
HIST	522	506	**Ancient Aliens** "The Prototypes"		**Forged in Fire: Cutting Deeper**		**Ice Road Truckers** "The Convoy"		**Vikings** Aethelwulf is subject to the plan.		**SIX** Rip makes a move to escape.		**Ancient Aliens** "Russia's Secret Files"		**Ancient Aliens** "NASA's Secret Agenda"		**Ancient Aliens** "The Prototypes"		**Ancient Aliens**
RDI	126	730	**RDI en direct** (N)	**Journal France 2**	**Le Télé-journal**	**L'épicerie** (N) (SC)	**La semaine verte** (N) (SC)		**Le National** (N)	**Le National**	**Découverte** (N) (SC)		**Le Télé-journal**	**Les grands reportages** (SC)	**La facture** (N) (SC)		**Le Télé-journal**	**Le National**	**Le Télé-journal**
SHOW	616	521	★★ **"Battleship"**	★★ **"Godzilla"** (2014) Aaron Taylor-Johnson. Godzilla and malevolent foes battle for supremacy.					**"Fire Twister"** (2014, Action) Casper Van Dien, Alyvia Alyn Lind, Jon Mack.				★★★ **"Iron Man 3"** (2013, Action) Robert Downey Jr. A powerful enemy tests Tony Stark's true mettle.				★★ **"Godzilla"** (2014)		
SLICE	601	562	**(2:30)** ★★ **"The Nanny Diaries"** (2007)		**Donnie-Jenny**	**Donnie-Jenny**	**Buying the View**	**Buying the View**	**"My Life as a Dead Girl"** (2014) Cassandra Scerbo, Keegan Connor Tracy.				★ **"Blended"** (2014) Adam Sandler. Two single-parent families are stuck together at a resort.				★★ **"Runaway Bride"** (1999)		
SPIKE	628	584	**(2:00)** ★★ **"Shooter"** (2007)		**Cops**	**Cops**	**Cops**	**Cops**	**Cops**	**Cops**	**Cops** (N)	**Cops**	**Jail: Big Texas** (N)	**Cops**	★★ **"Shooter"** (2007) Mark Wahlberg. A wounded sniper plots revenge against those who betrayed him.				
TLC	521	560	**My Big Fat Fabulous Life**		**Say Yes, Dress**	**Say Yes, Dress**	**Say Yes, Dress**	**Say Yes, Dress**	**Say Yes, Dress**	**Say Yes, Dress**	**Say Yes, Dress**	**Say Yes, Dress**	**Say Yes, Dress**	**Say Yes, Dress**	**Say Yes, Dress**	**Say Yes, Dress**	**Say Yes, Dress**	**Say Yes, Dress**	**Say Yes, Dress**
TSN	400	400	**2017 Pinty's All-Star Curling Skins Game**			**SportsCentre** (N) (Live)			**2017 Pinty's All-Star Curling Skins Game** Team Jacobs vs. Team McEwen. Men's Semifinal. From Banff, Alberta.				**SportsCentre** (N) (Live)				**Americas Rugby Championship** Argentina vs Canada. (Taped)		
YOUTH	551	542	**Sponge.**	**Sponge.**	**Sponge.**	**Sponge.**	★★★ **"The LEGO Movie"** (2014)				**LEGO**	**"Knockout"** (2011) Steve Austin.		**Under.**	**Heart**		**Heart**		**Knockout**

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Your week on TV

SUNDAY DAYTIME — FEBRUARY 5, 2017

	Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30
WCAX 3	-	-	Channel 3 News Sunday Morning (N)		CBS News Sunday Morning (N) 🎧 CC		Face the Nation (N) 🎧 CC		The Open Road		Bull Riding		College Basketball Indiana at Wisconsin. From Kohl Center in Madison, Wis. (N) (Live) CC				PGA Golf	
WPTZ 5	-	-	Sunday Today With Willie Geist (N) CC		Meet the Press (N) CC		Soledad O'Brien	On the Money (N)	Rizzoli & Isles "Partners in Crime" CC		NHL Hockey Los Angeles Kings at Washington Capitals. From Verizon Center in Washington, D.C. (N) 🎧 (Live) CC						Snowboarding U.S. Grand Prix: Halfpipe.	
CBMT 6	206	301	Coronation Street 🎧	Coronation Street 🎧	Coronation Street 🎧	Coronation Street 🎧	Coronation Street 🎧	marketplace 🎧	Our Montreal CC		Maamuitaau (N)	Mansbridge	The Goods Tips for brightening up a space.		FIS Freestyle		Snowboarding	
CHLT 7	107	718	(6:00) Salut bonjour week-end (N) (SC)				⋆⋆ "Le repêchage" (2014, Drama) Kevin Costner, Jennifer Garner. Premiere. (SC)				TVA nouvelles (N)	La victoire de l'amour	Ma liste à moi (SC)	Infopublicité (SC)	⋆⋆⋆⋆ "E.T., l'extraterrestre" (1982, Children's) Henry Thomas, Dee Wallace. (SC)			
WMTW 8	-	-	Good Morning America (N) 🎧 CC		This Week W/ George Stephanopoulos		Soledad O'Brien	This Old House	Teen Kids News (N)	Made in Hollywood	Wild About Animals	AAA Benefits	Paid Program	NBA	NBA Basketball Los Angeles Clippers at Boston Celtics. From TD Garden in Boston. (N)			
CKSH 9	108	-	Sept nains et moi	Transformatruc	Noterythme	Sous les mers	Le Jour du Seigneur (N) (SC)		Les coulisses du pouvoir (N) (SC)		Telejournal	La semaine verte (SC)		Second Regard (N)	100 pour 100 local (N) (SC)		⋆⋆⋆⋆ "Les 101 dalmatiens" (1961) (DVS)	
CKMI 11	-	-	Fishful Thinking	William Shatner's Weird or What? 🎧		Lorna Dueck	Joel Osteen CC	Paid Program	The West Block (N)	Focus Montreal	Entertainment Tonight 🎧 CC		Four Weddings Canada 🎧 CC		Sarah's House 🎧	Income Property	Decked Out	Disaster Decks
CFCF 12	205	312	etalk 🎧 CC	Operation Smile 🎧 CC		Celebrity Style Story	Cash Cab 🎧	Church of the Rock	Road to the Super Bowl 🎧 CC		SportsCentre	SportsCentre	FOX Super Bowl Kickoff (N) 🎧 (Live) CC		FOX Super Bowl Pregame A preview of Super Bowl LI. (N) 🎧 (Live) CC			
WVNY 22	-	-	Good Morning America (N) 🎧 CC		This Week W/ George Stephanopoulos		What Matters	The Key of David	AAA Benefits	Paid Program	Healthy Fried Food	Paid Program	AAA Benefits	NBA	NBA Basketball Los Angeles Clippers at Boston Celtics. From TD Garden in Boston. (N)			
WUTV 30	-	-	The Ernest Angley Hour		FOX News Sunday With Chris Wallace (N)		Sharyl Attkisson	The Key of David	Road to the Super Bowl 🎧 CC		Skip and Shannon: Undisputed Super Bowl		FOX Super Bowl Kickoff (N) 🎧 (Live) CC		FOX Super Bowl Pregame A preview of Super Bowl LI. (N) 🎧 (Live) CC			
CFKS 31	106	726	Aubaines & cie (N)		Trucs & cie (N)		RPM (N)		RPM Plus (N)		Bonne nouvelle	Piégé (avec	Flashpoint "Braquages en direct" 🎧 (SC)		⋆⋆ "Mannequin" (1987, Romance-Comedy) Andrew McCarthy, Kim Cattrall, Estelle Getty.			
WUHF	-	363	Wild America	Paid Program	FOX News Sunday With Chris Wallace (N)		Sharyl Attkisson	Rochester Press Box	Road to the Super Bowl 🎧 CC		Skip and Shannon: Undisputed Super Bowl		FOX Super Bowl Kickoff (N) 🎧 (Live) CC		FOX Super Bowl Pregame A preview of Super Bowl LI. (N) 🎧 (Live) CC			
WETK	-	-	Splash-Bubbles	Curious George	Nature Cat CC	Ready Jet Go! 🎧 (EI)	Wild Kratts CC	Odd Squad	Charlie Rose	Vermont This Week	The Adirondacks Mountains in New York. 🎧 CC				Chester Grimes	The Local Motive	Ski Sentinels: Story of the National Ski Patrol	
WCFE	-	-	Splash-Bubbles	Curious George	Washington Week	Scully: World	Mountain Lake	New York Now CC	Charlie Rose	R. Steves' Europe	The Forgotten Plague: American Experience		Mary Tyler Moore: A Celebration 🎧 CC		Queen & Country "London: Royal City"		Queen & Country "Royal Visit" 🎧	
A&E	615	520	(7:00) ⋆⋆⋆ "16 Blocks" (2006) CC		⋆⋆ "Bad Boys" (1995, Action) Martin Lawrence. Two Miami cops attempt to recover stolen police evidence. 🎧 CC					⋆⋆⋆ "The Negotiator" (1998) Samuel L. Jackson. A top police negotiator is accused of committing murder. 🎧					⋆⋆⋆ "16 Blocks" (2006, Action) Bruce Willis, Mos Def, David Morse. 🎧 CC			
BRAVO	620	523	Missing A man fails to return home. 🎧 CC		Flashpoint "Shockwave" 🎧 CC		"After All These Years" (2013, Mystery) Wendie Malick, Andrea Martin. 🎧 CC				Next Designer	Criminal Minds "Surface Tension" 🎧		⋆⋆ "Salmon Fishing in the Yemen" (2011) Ewan McGregor, Emily Blunt. 🎧 CC				"Bodyguard"
CNN	500	500	Inside Politics (N)		State of the Union (N)		Fareed Zakaria GPS		Reliable Sources (N)		State of the Union		Fareed Zakaria GPS		CNN Newsroom		CNN Newsroom	
DISC	520	505	How It's Made	How It's Made	Tanked "Nigiri and the NBA" (N) CC		Dr. Dee: Alaska Vet (N) CC		Alaskan Bush People CC		Edge of Alaska "Bear Attack" CC		Homestead Rescue "Bearanoia" CC		Gold Rush Rick outperforms Parker. CC		Moonshiners "Big City Bootleg" 🎧 CC	
HIST	522	506	Paid Program 🎧	Paid Program 🎧	Paid Program 🎧	Paid Program 🎧	The Curse of Oak Island 🎧 CC		American Pickers A garage door in Indiana.		Forged in Fire "The Zweihander" 🎧 CC		Pawn Stars 🎧	Pawn Stars 🎧	Pawn Stars 🎧	Pawn Stars 🎧	American Pickers 🎧 CC	
RDI	126	730	(5:30) RDI matin weekend (N) (SC)						RDI en direct (N)	L'épicerie (SC)	Telejournal	Les coulisses du pouvoir (N) (SC)		RDI en direct (SC)	RDI en direct (N)	RDI en direct (N)	RDI en direct (N)	RDI en direct (SC)
SHOW	616	521	Paid Program 🎧	Paid Program 🎧	Paid Program 🎧	Paid Program 🎧	Working the Engels	⋆⋆⋆ "Iron Man 3" (2013, Action) Robert Downey Jr. A powerful enemy tests Tony Stark's true mettle. 🎧 CC					⋆⋆ "Godzilla" (2014) Aaron Taylor-Johnson. Godzilla and malevolent foes battle for supremacy. 🎧 CC					"Iron Man 3" (2013)
SLICE	601	562	Paid Program 🎧	21 DAY FIX CC	Paid Program 🎧	Paid Program 🎧	Princess "Michelle"	Princess "Sarah D."	Princess "Rachel"	Princess "Sarah N."	⋆ "Blended" (2014) Adam Sandler, Joel McHale. Two single-parent families are stuck together at a resort. 🎧 CC					⋆⋆ "Couples Retreat" (2009, Comedy) Vince Vaughn. 🎧 CC			
SPIKE	628	584	Paid Program 🎧	Try Total Gym	Xtreme Off Road (N)	Engine Power 🎧	Truck Tech 🎧	Detroit Muscle (N)	Cops 🎧 CC	Cops 🎧 CC	Cops 🎧 CC	Cops 🎧 CC	Cops "Indianapolis"	Cops 🎧 CC	Cops 🎧 CC	Cops 🎧 CC	Cops 🎧 CC	Cops 🎧 CC
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	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress
TSN	400	400	SportsCentre CC		SportsCentre CC		SportsCentre CC		2017 Pinty's All-Star Curling Skins Game Women's Final. From Banff, Alberta. (N) (Live) CC					SC CC	SC (N) CC	SC CC	2017 Pinty's All-Star Curling Skins Game	
YOUTH	551	542	Sponge.	Harvey	Parents	Loud	Sponge.	Sponge.	Kung Fu	Turtles	⋆⋆⋆ "The LEGO Movie" (2014) Voices of Chris Pratt. 🎧					Henry	Game	Assembly

SUNDAY EVENING — FEBRUARY 5, 2017

	Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	(3:00) PGA Tour Golf Waste Management Phoenix Open, Final Round. (N) (Live) CC				Channel 3 News	Weekend News	60 Minutes (N) 🎧 CC		NCIS The team investigates an abduction.		NCIS: New Orleans Tracking a sniper. 🎧		NCIS: Los Angeles "Angels & Daemons"		Channel 3 News	CSI: Miami "Flight Risk" 🎧 CC	
WPTZ 5	-	-	Ski		Incredible Dog Challenge National Finals		NBC5 News at 6	Nightly News	⋆⋆ "Safe Haven" (2013, Romance) Josh Duhamel, Julianne Hough. Premiere. 🎧				⋆⋆ "Ride Along" (2014, Comedy) Ice Cube, Kevin Hart, John Leguizamo. Premiere. 🎧				NBC5 News	Paid Program	⋆⋆ "Takers"
CBMT 6	206	301	Backstage	Exhibitionists	⋆⋆ "Bring It On" (2000, Comedy) Kirsten Dunst, Eliza Dushku. 🎧 CC				Heartland "Sound of Silence" (N) 🎧 CC		The A Word (N) 🎧 (Part 4 of 6) CC		Interrupt	Crash Gallery 🎧	The National (N) 🎧 CC		Montreal News	the fifth estate The future for Muslims. 🎧	
CHLT 7	107	718	"ET, l'extraterr."	(:17) ⋆⋆⋆ "Duma" (2005) Alexander Michaletos. (SC)			TVA nouvelles (N)	Vlog Réal Béland.	LOL :-) (N) (SC)	Le banquier Concurrent: Marc-Antoine Montpetit. (N) (SC)			Accès illimité "Julie Bélanger et Phil Roy"		TVA nouvelles (N)	Pleins feux sur le Carnaval de Québec		⋆⋆ "Entre elles et lui" (2005) (SC)	
WMTW 8	-	-	NBA Basketball	To Be Announced			WMTW News 8	World News	America's Funniest Home Videos CC		America's Funniest Home Videos CC		Shark Tank 🎧 CC (DVS)		Shark Tank 🎧 CC (DVS)		WMTW News 8	Person of Interest "The Crossing" CC	
CKSH 9	108	-	"Les 101"	Mr. Bean 🎧 (SC)	Votre beau programme		Telejournal Estrie	Découverte (N) (SC)		Ici Laflaque (N)	Tout le monde en parle (N) (SC)				Le Télé-journal (N)		(10:50) Infoman	(:20) Série noire (DVS) (SC)	
CKMI 11	-	-	⋆⋆ "X-Men: The Last Stand" (2006, Action) Hugh Jackman, Patrick Stewart. CC				Global News at 6	Global National	Border Security	The Simpsons 🎧	The Simpsons 🎧	The Simpsons 🎧	The Simpsons 🎧	The Simpsons 🎧	The Simpsons 🎧	The Simpsons 🎧	Global News	The West Block	Focus Montreal
CFCF 12	205	312	(2:00) FOX Super Bowl Pregame A preview of Super Bowl LI. (N) 🎧 (Live) CC				Super Bowl LI New England Patriots vs Atlanta Falcons. Tom Brady and the Patriots face Matt Ryan and the Falcons in Super Bowl LI. From Houston. (N)								S.B. Post Game	Letterkenny 🎧	News-Rinaldo	CTV News Montreal	Key & Peele 🎧
WVNY 22	-	-	NBA Basketball	Paid Program	Paid Program	Paid Program	World News	Local 22 News (N)	America's Funniest Home Videos CC		America's Funniest Home Videos CC		Shark Tank 🎧 CC (DVS)		Shark Tank 🎧 CC (DVS)		Local 22 News (N)	Scandal "A Door Marked Exit" CC	
WUTV 30	-	-	(2:00) FOX Super Bowl Pregame A preview of Super Bowl LI. (N) 🎧 (Live) CC				Super Bowl LI New England Patriots vs Atlanta Falcons. Tom Brady and the Patriots face Matt Ryan and the Falcons in Super Bowl LI. From Houston. (N)								S.B. Post Game	24: Legacy "12:00 Noon -1:00 PM" 🎧	Sharyl Attkisson	Seinfeld 🎧 CC	
CFKS 31	106	726	⋆⋆⋆ "Les Collégiennes de Beverly Hills" (1995) Alicia Silverstone, Stacey Dash.				NCIS: Los Angeles "Omni" (DVS) (SC)		CSI: Miami Une fête dégénère. 🎧 (SC)		"Attaque solaire" (2006, Science Fiction) Louis Gossett Jr., Mark Dacascos.				Pop de jam		Vidéoclips		Zone Séduction
WUHF	-	363	(2:00) FOX Super Bowl Pregame A preview of Super Bowl LI. (N) 🎧 (Live) CC				Super Bowl LI New England Patriots vs Atlanta Falcons. Tom Brady and the Patriots face Matt Ryan and the Falcons in Super Bowl LI. From Houston. (N)								S.B. Post Game	24: Legacy "12:00 Noon -1:00 PM" 🎧	WHAM News		Sharyl Attkisson
WETK	-	-	Spy in the Wild: A Nature Miniseries		Born-Explore	NewsHour Wk	The Great British Baking Show CC		A Place to Call Home "Lest We Forget" 🎧		Mercy Street "One Equal Temper" (N) 🎧		Victoria on Masterpiece (N) 🎧 CC		Secrets of the Six Wives (N) CC		Secrets of Chatsworth 🎧 CC		Mercy Street 🎧
WCFE	-	-	Queen & Country 🎧 CC		Queen & Country "Traveller" 🎧		Antiques Roadshow	NewsHour Wk	The Great British Baking Show CC		Mercy Street "One Equal Temper" (N) 🎧		Victoria on Masterpiece (N) 🎧 CC		Secrets of the Six Wives (N) CC		POV Strathcarron Hospice in Scotland.		Mercy Street 🎧
A&E	615	520	Hoarders "Diana; Dolores" 🎧 CC		Hoarders "Jackie; Richard" 🎧 CC		Hoarders "Linda & Kerry" 🎧 CC		Hoarders "Leza & Linda" 🎧 CC		Hoarders "Sandra" New homeowners must evict a hoarder. 🎧 CC				(:01) Hoarders "Shannon & Ray" 🎧 CC		(:03) The First 48 🎧 CC		(12:03) Hoarders
BRAVO	620	523	(3:30) ⋆⋆ "The Bodyguard" (1992, Drama) Kevin Costner, Whitney Houston. 🎧 CC				Flashpoint "Shockwave" 🎧 CC		Missing A man fails to return home. CC		Conviction 🎧 CC		⋆⋆⋆ "While You Were Sleeping" (1995) Sandra Bullock, Bill Pullman. 🎧 CC				(:15) ⋆⋆ "The Bodyguard" (1992) Kevin Costner. 🎧 CC		
CNN	500	500	CNN Newsroom		CNN Newsroom		CNN Newsroom		Death Row Stories		Death Row Stories		Death Row Stories		Death Row Stories		Death Row Stories		Row
DISC	520	505	Edge of Alaska "Thaw & Order"		Tougher Than	Tougher Than	How It's Made	How It's Made	How It's Made	How It's Made	Alaska: The Last Frontier Exposed (N)		Alaska: The Last Frontier (N) 🎧 CC		Everest Rescue "Flying Blind" (N) CC		MythBusters "Driven to Destruction" CC		Alaska
HIST	522	506	American Pickers "The Joy of Sax" 🎧		The Curse of Oak Island 🎧 CC		Pawn Stars 🎧	Pawn Stars 🎧	Pawn Stars 🎧	Pawn Stars 🎧	Forged in Fire "The War Hammer" CC		Forged in Fire "The Zweihander" CC		The Curse of Oak Island (N) 🎧 CC		American Pickers "The Joy of Sax" 🎧		Forged in Fire CC
RDI	126	730	RDI en direct (N)	Journal France 2	Le Télé-journal	La facture (SC)	Enquête (N) (SC)		Le National (N)	Le National	Les grands reportages (SC)		Le Télé-journal	Les coulisses du pouvoir (SC)	Second Regard		Le Télé-journal	L'épicerie (SC)	Le Télé-journal
SHOW	616	521	(3:30) ⋆⋆⋆ "Iron Man 3" (2013) Robert Downey Jr., Gwyneth Paltrow. 🎧 CC				"The Perfect Roommate" (2011, Suspense) Boti Bliss, Ashley Leggat. 🎧 CC				Ransom "The Return" CC (DVS)		Bull "Light My Fire" 🎧 CC		Rizzoli & Isles "East Meets West" (N) 🎧		Ransom "The Return" CC (DVS)		Bull "Light My Fire"
SLICE	601	562	(2:30) ⋆⋆ "Couples Retreat" (2009) 🎧		Donnie-Jenny	Donnie-Jenny	"My Life as a Dead Girl" (2014) Cassandra Scerbo, Keegan Connor Tracy. 🎧 CC				First Dates 🎧	First Dates 🎧	First Dates 🎧	First Dates 🎧	First Dates 🎧	First Dates 🎧	First Dates 🎧	First Dates 🎧	"Couples Retreat"
SPIKE	628	584	Cops "Atlanta" 🎧	Cops 🎧 CC	Cops 🎧 CC	Cops 🎧 CC	Cops 🎧 CC	Cops 🎧 CC	Cops 🎧 CC	Cops 🎧 CC	Cops 🎧 CC	Cops 🎧 CC	Cops 🎧 CC	Cops 🎧 CC	Cops 🎧 CC	Cops 🎧 CC	Cops 🎧 CC	Cops 🎧 CC	Cops 🎧 CC
TLC	521	560	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Sister Wives: Maddie's Wedding Story Reliving Madison Brown's wedding. (N) 🎧					Brother Husbands (N) 🎧		(:01) Married by Mom & Dad 🎧		Say Yes, Dress
TSN	400	400	(3:00) 2017 Pinty's All-Star Curling Skins Game Men's Final. (N)			SportsCentre	S.B. Pregame	Super Bowl LI New England Patriots vs Atlanta Falcons. Tom Brady and the Patriots face Matt Ryan and the Falcons in Super Bowl LI. From Houston. (N)							S.B. Post Game	SportsCentre (N) (Live) CC			SportsCentre
YOUTH	551	542	⋆⋆⋆ "The LEGO Movie" (2014) 🎧 CC				LEGO	⋆⋆ "Tooth Fairy" (2010) Dwayne Johnson. 🎧 CC					Gags	Gags	Game On	Under.	Heart	Heart	Tooth F

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Your week on TV

MONDAY EVENING — FEBRUARY 6, 2017

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News/Pelley	Entertainment Tonight (N)	Kevin Can Wait (N)	Man With a Plan (N)	Superior Donuts (N)	2 Broke Girls (N)	Scorpion A job to find sunken treasure goes awry. (N)		Channel 3 News	(:35) The Late Show With Stephen Colbert	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N)	Wheel of Fortune (N)	The New Celebrity Apprentice "Bon Voyage" The finalists compete. (N)				Timeless Chasing Flynn through Paris. (N)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N)	
CBMT 6	206	301	CBC Montreal News (N)	On the Money	marketplace	Coronation Street (N)	Murdoch Mysteries "Mr. Murdoch's Neighbourhood"		(:01) Pure Noah's attempt to trap Voss backfires. (N)		The National (N)		CBC Montreal News (N)	Coronation Street	Rick Mercer Report
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	(6:59) Piment fort (N) (SC)	Les beaux malaises	L'échappée "Miracle à Sainte-Alice" (N) (SC)		Karl & Max "Pas de fumée sans feu" (N) (SC)		TVA nouvelles (N)	(:35) Denis Lévesque (N) (SC)		(:35) Deux filles le matin (SC)	
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	The Bachelor A group date at the beach goes awry. (N)				(:01) Quantico The recruits must extract an asset. (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N)	
CKSH 9	108	-	Le Téléjournal Estrie (N)	RDI économie (SC)	District 31 (N) (SC)	Lâcher prise (N)	Ruptures Nadine rencontre Claude. (N) (DVS) (SC)		Les pays d'en haut Le curé reçoit une drôle de visite. (N)		Le Téléjournal (N) (SC)		Marina Orsini (SC)		
CKMI 11	-	-	(5:30) Global News at 5:30	Global National (N)	ET Canada	Entertainment Tonight (N)	Kevin Can Wait (N)	Man With a Plan (N)	NCIS: New Orleans "Return of the King" (N)		Timeless Chasing Flynn through Paris. (N)		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N)	
CFCF 12	205	312	CTV News Montreal (N)		etalk (N)	The Big Bang Theory	Howie Mandel All-Star Comedy Gala Stand-up performances. (N)				(:01) Quantico The recruits must extract an asset. (N)		News-Lisa	CTV News Montreal (N)	The Daily Show
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N)	The Bachelor A group date at the beach goes awry. (N)				(:01) Quantico The recruits must extract an asset. (N)		Local 22 News (N)	(:35) Jimmy Kimmel Live (N)	
WUTV 30	-	-	The Big Bang Theory	Judge Judy (N)	Judge Judy (N)	Family Feud (N)	24: Legacy Ben wants cash for the list he seized. (N)		(:01) APB Reeves reboots a troubled police force.		2 on Your Side at 10 (N)	Seinfeld "The Letter"	Two and a Half Men	Two and a Half Men	Last Man Standing
CFKS 31	106	726	Coup de foudre (N)	Souper parfait	L'arbitre Une femme achète une voiture d'occasion.		Taxi payant (N)	Les recettes pompettes	Lip Sync Battle	Lip Sync Battle	En mode Salvail "Sarah-Jeanne Labrosse" (N)		Espace découvertes Giovanni cuisine les moules.		Zone Séduction
WUHF	-	363	Modern Family	Modern Family "The Kiss"	The Big Bang Theory	The Big Bang Theory	24: Legacy Ben wants cash for the list he seized. (N)		(:01) APB Reeves reboots a troubled police force.		13WHAM News at 10 on Fox Rochester (N)		2 Broke Girls	2 Broke Girls	Paid Program
WETK	-	-	PBS NewsHour (N)		The This Old House Hour (N)		Antiques Roadshow A Joe Louis-signed whiskey bottle.		Antiques Roadshow Archive of Oak Ridge Journal.		Independent Lens Impact of "The Birth of a Nation." (N)		Nightly Business Report	Charlie Rose (N)	
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N)		Antiques Roadshow A Joe Louis-signed whiskey bottle.		Antiques Roadshow Archive of Oak Ridge Journal.		Our Queen Learning about the British monarchy.			(:36) Charlie Rose (N)	
A&E	615	520	The First 48 A man is shot in front of his family.		The First 48 A man is beaten to death in public.		The First 48 Shooting deaths in Dallas and Cleveland.		The First 48 A murder in front of a school.		(:01) The First 48 Murdered woman found in car trunk.		(:03) The First 48 Miami shooting; fatal stabbing.		(12:03) The First 48
BRAVO	620	523	The Listener A mayoral candidate is questioned.		Motive "Calling the Shots" Angie crosses the line.		Blue Bloods Teenagers punch unsuspecting people.		"Lost Letter Mysteries: From Paris With Love" (2015) Eric Mabius. The Postables explore the mysteries of true love.				Relic Hunter Search for the Ruby Chalice of Truth.		Criminal Minds
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Anderson Cooper 360 (N)		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon		Cooper 360
DISC	520	505	How It's Made	How It's Made	Daily Planet "Invent This Week Day 1" (N)		How It's Made	How It's Made	Alaskan Bush People: Off the Grid "Dead in the Water"		Alaskan Bush People (N)		How It's Made	How It's Made	Alaskan Bush
HIST	522	506	Ice Road Truckers Experts predict a short, warm winter.		Curse of the Frozen Gold "Secrets Revealed"		The Curse of Oak Island "Hyde Park and Go Seek"		Pawn Stars (N)	Pawn Stars (N)	American Pickers A collector has an underground stash.		American Pickers The guys pick a Century Farm.		Pawn Stars
RDI	126	730	Le National (N) (SC)	RDI économie (N) (SC)	24/60 (N) (SC)		Les grands reportages "Au nom de tous les seins" (N)		Le Téléjournal (N) (SC)		RDI économie (SC)	Le National (N) (SC)	Le National (SC)	24/60 (SC)	
SHOW	616	521	"Presumed Dead" (2005) Sherilyn Fenn. A couple try to save their marriage, with dire consequences. (DVS)				Supergirl A Martian plans to take M'gann to Mars. (N)		The Magicians Quentin and friends seek a new weapon.		Supergirl A Martian plans to take M'gann to Mars.		NCIS A Marine skilled in bomb detection dies.		NCIS "Squall" (DVS)
SLICE	601	562	Four Weddings Canada		Brides of Beverly Hills	Brides of Beverly Hills	Hockey Wives Maripier is offered a gig.		Vanderpump Rules Jax and the others raid Lisa's closet.		Summer House (N)		First Dates (DVS)	First Dates "Saem"	Vanderpump Rules
SPIKE	628	584	Cops	Cops	Cops "Arizona"	Cops	Cops	Cops	Cops	Cops "Indianapolis"	Cops	Cops	Cops	Cops	Jail
TLC	521	560	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Outdaughtered Danielle catches the flu.		Counting On Jinger and Jeremy celebrate. (N)		Suddenly Rich A young couple has a golden anniversary.		(:01) Counting On Jinger and Jeremy celebrate.		(12:01) Suddenly Rich
TSN	400	400	SportsCentre (N) (Live)		That's Hockey	NBA Basketball Los Angeles Clippers at Toronto Raptors. From Air Canada Centre in Toronto. (N) (Live)					SportsCentre (N)	NBA Basketball Chicago Bulls at Sacramento Kings. From Golden 1 Center in Sacramento, Calif. (N) (Live)			
YOUTH	551	542	Stanley Dyn.	Henry Danger	Assembly	Ride	Operatn Ouch	Driving Me	Laughs: Gags	Laughs: Gags	Game On	Undercover	Assembly	Max & Shred	Operatn Ouch

TUESDAY EVENING — FEBRUARY 7, 2017

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News/Pelley	Entertainment Tonight (N)	NCIS "Nonstop" A petty officer is murdered. (N)		Bull "The Fall" A pro video gamer sues for defamation.		NCIS: New Orleans "Return of the King" (N)		Channel 3 News	(:35) The Late Show With Stephen Colbert	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N)	Wheel of Fortune (N)	The Wall "Katie and Kevin" (N)		This Is Us Randall's father's health is failing. (N)		Chicago Fire A man targets Lt. Casey and the squad. (N)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N)	
CBMT 6	206	301	CBC Montreal News (N)	On the Money	Just for Laughs: Gags	Coronation Street (N)	Rick Mercer Report (N)	22 Minutes (N)	Schitt's Creek (N)	Workin' Moms (N)	The National (N)		CBC Montreal News (N)	Coronation Street	Rick Mercer Report
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	(6:59) Piment fort (N) (SC)	J.E. (N) (SC)	Sans limites "Blackout" (SC)		O' "Les bons choix" Éric pleure enfin la mort de Mina.		TVA nouvelles (N)	(:35) Denis Lévesque (N) (SC)		(:35) Deux filles le matin (SC)	
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	The Middle (N)	American Housewife (N)	Fresh Off the Boat (N)	The Real O'Neals (N)	Marvel's Agents of S.H.I.E.L.D. "BOOM" (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N)	
CKSH 9	108	-	Le Téléjournal Estrie (N)	RDI économie (SC)	District 31 (N) (SC)	La facture (N) (SC)	Unité 9 (N) (DVS) (SC)		Mémoires vives (N) (SC)		Le Téléjournal (N) (SC)		Marina Orsini (SC)		
CKMI 11	-	-	(5:30) Global News at 5:30	Global National (N)	ET Canada	Entertainment Tonight (N)	NCIS "Nonstop" A petty officer is murdered. (N)		Bull "The Fall" A pro video gamer sues for defamation.		Chicago Fire A man targets Lt. Casey and the squad. (N)		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert	
CFCF 12	205	312	CTV News Montreal (N)		etalk (N)	The Big Bang Theory	The Flash "Untouchable" (N)		This Is Us Randall's father's health is failing. (N)		Marvel's Agents of S.H.I.E.L.D. "BOOM" (N)		News-Lisa	CTV News Montreal (N)	The Daily Show
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N)	The Middle (N)	American Housewife (N)	Fresh Off the Boat (N)	The Real O'Neals (N)	Marvel's Agents of S.H.I.E.L.D. "BOOM" (N)		Local 22 News (N)	(:35) Jimmy Kimmel Live (N)	
WUTV 30	-	-	The Big Bang Theory	Judge Judy (N)	Judge Judy (N)	Family Feud (N)	New Girl "Glue" (N)	(:31) The Mick (N)	(:01) Bones A golfer-turned-lumberjack is murdered. (N)		2 on Your Side at 10 (N)	Seinfeld	Two and a Half Men	Two and a Half Men	Last Man Standing
CFKS 31	106	726	Coup de foudre (N)	Souper parfait	L'arbitre Une chienne survit à une attaque.		CSI: Cyber Les utilisateurs d'une application. (SC)		Mémoire sous enquête "Atout charme" (SC)		En mode Salvail "Jean-François Mercier" (N)		Espace découvertes Giovanni cuisine les abats.		Zone Séduction
WUHF	-	363	Modern Family	Modern Family	The Big Bang Theory	The Big Bang Theory	New Girl "Glue" (N)	(:31) The Mick (N)	(:01) Bones A golfer-turned-lumberjack is murdered. (N)		13WHAM News at 10 on Fox Rochester (N)		2 Broke Girls	2 Broke Girls	Paid Program
WETK	-	-	PBS NewsHour (N)		The Frog Hollow Green	Outdoor Journal (N)	Finding Your Roots "Tragedy Plus Time Equals Comedy"		American Experience "Oklahoma City" The Oklahoma City bombing. (N) (DVS)				Nightly Business Report	Charlie Rose (N)	
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N)		Finding Your Roots "Tragedy Plus Time Equals Comedy"		American Experience "Oklahoma City" The Oklahoma City bombing. (N) (DVS)				BBC World News	Charlie Rose (N)	
A&E	615	520	The First 48 A man is killed outside a liquor store.		Intervention "Robert" Sisters try to save younger brother.		Intervention Addictions to painkillers and heroin.		(8:55) Intervention: Codependent "Gianluca & Caitlyn"		Escaping Polygamy (N)		(:02) The First 48 A victim's car may reveal his killer.		(12:02) Intervention
BRAVO	620	523	The Listener The team must find a treasure.		Motive Angie and Vega investigate two murders.		Blue Bloods A dose of lidocaine kills a woman.		Cardinal The body of a missing girl is found.		Good Behavior Letty tries to be a better person.		(:05) Relic Hunter A priceless relic could rewrite history.		(12:05) Criminal Minds
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		CNN Special Program		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon		CNN Special Program		Cooper 360
DISC	520	505	How It's Made	How It's Made	Daily Planet "Invent This Week Day 2" (N)		Gold Rush: Pay Dirt "Parker vs. Rick" (N)		Gold Rush Todd Hoffman begs his crew to return. (N)		Heavy Rescue: 401 "Honour Guard" (N) (DVS)		How It's Made	How It's Made	Gold Rush
HIST	522	506	Canadian Pickers Dinosaur museum; maritime treasures.		Canadian Pickers Scott pays big for a mechanical rooster.		Pawn Stars	Pawn Stars	American Pickers A collector has an underground stash.		Forged in Fire Smiths forge the cavalry saber. (N)		Vikings Aethelwulf is subject to the plan. (DVS)		American Pickers
RDI	126	730	Le National (N) (SC)	RDI économie (N) (SC)	24/60 (N) (SC)		Les grands reportages "Un point entre deux mondes"		Le Téléjournal (N) (SC)		RDI économie (SC)	Le National (N) (SC)	Le National (N) (SC)	24/60 (SC)	
SHOW	616	521	"Happy Face Killer" (2014) David Arquette. Keith Jesperson embarks on a killing spree in the 1990s.				★★ "'Til Lies Do Us Part" (2007, Drama) Thomas Calabro. A woman hires a man to investigate her husband's infidelity.				Travelers MacLaren tries to unravel the mystery.		NCIS A Navy reservist's husband goes missing.		NCIS "Berlin" (DVS)
SLICE	601	562	Real Houses of...	Real Houses of...	Real Houses of...	Real Houses of...	Real Houses of...	Real Houses of...	The Real Housewives of Beverly Hills (N)		Ladies of London "Dubai Felicia" (N)		Hockey Wives Taylor gets shocking news.		Real Housewives/Beverly
SPIKE	628	584	Cops "Atlanta"	Cops	Cops "Palm Beach"	Cops "Texas"	Cops "Arizona"	Cops "Hit and Run"	Campus PD	Campus PD	Cops "Batter Up"	Cops "Clueless"	Campus PD	Campus PD	Cops
TLC	521	560	Say Yes to the Dress	Say Yes to the Dress	My Big Fat Fabulous Life "Knocked Up?"		My Big Fat Fabulous Life: Extra Fabulous (N)		My Big Fat Fabulous Life "Baby Fat" (N)		(:02) Tattoo Girls New artist Liz gets a cold welcome. (N)		(:04) My Big Fat Fabulous Life "Baby Fat"		(12:04) Tattoo Girls
TSN	400	400	SportsCentre (N) (Live)		That's Hockey	SC	NBA Basketball Orlando Magic at Houston Rockets. From the Toyota Center in Houston. (N) (Live)					SportsCentre (N) (Live)			SportsCentre (N)
YOUTH	551	542	Stanley Dyn.	Nicky, Ricky	Assembly	Ride	Operatn Ouch	Driving Me	Laughs: Gags	Laughs: Gags	Game On	Undercover	Assembly	Max & Shred	Operatn Ouch

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Your week on TV

WEDNESDAY EVENING — FEBRUARY 8, 2017

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	**Channel 3 News at Six** (N)		**CBS Evening News/Pelley**	**Entertainment Tonight** (N)	**Hunted** "Fight, Flight or Freeze" (N)		**Criminal Minds** Unidentifiable male bodies are found. (N)		**Code Black** Doctors and CDC try to stop the virus.		**Channel 3 News**	**(:35) The Late Show With Stephen Colbert**	
WPTZ 5	-	-	**NBC5 News at 6** (N)	**NBC Nightly News - Holt**	**Jeopardy!** (N)	**Wheel of Fortune** (N)	**Blindspot** Shepherd's true identity is revealed. (N)		**Law & Order: Special Victims Unit** "Motherly Love"		**(:02) Chicago P.D.** A young girl's crushed body is found.		**NBC5 News at 11** (N)	**(:34) The Tonight Show Starring Jimmy Fallon**	
CBMT 6	206	301	**CBC Montreal News** (N)	**On the Money**	**Hello Goodbye**	**Coronation Street** (N)	**Dragons' Den** A fashion show confuses the Dragons.		**X Company** "Frontiers" The team sets out to free Faber.		**The National** (N)		**CBC Montreal News** (N)	**Coronation Street**	**Rick Mercer Report**
CHLT 7	107	718	**(5:58) TVA nouvelles** (N)	**Le tricheur** (N) (SC)	**(6:59) Piment fort** (N) (SC)	**La poule aux oeufs d'or** (N)	**Au secours de Béatrice** "Face cachée" (N) (SC)		**L'heure bleue** Anne-Sophie rend visite à sa fille à l'école.		**TVA nouvelles** (N)	**(:35) Denis Lévesque** (N) (SC)		**(:35) Deux filles le matin** Maude Guérin, Patrice Godin.	
WMTW 8	-	-	**WMTW News 8 at 6PM** (N)	**ABC World News**	**Wheel of Fortune** (N)	**Jeopardy!** (N)	**The Goldbergs** (N)	**Speechless** (N)	**Modern Family** (N)	**(:31) blackish** (N)	**Match Game** Caroline Rhea; Chris D'Elia. (N)		**WMTW News 8 at 11** (N)	**(:35) Jimmy Kimmel Live** (N)	
CKSH 9	108	-	**Le Téléjournal Estrie** (N)	**RDI économie** (SC)	**District 31** (N) (SC)	**L'épicerie** (N) (SC)	**Les enfants de la télé** "Spéciale têtes d'affiche" (N)		**Votre beau programme** (SC)		**Le Téléjournal** (N) (SC)		**Marina Orsini** (SC)		
CKMI 11	-	-	**(5:30) Global News at 5:30**	**Global National** (N)	**ET Canada**	**Entertainment Tonight** (N)	**Ransom** An extremist threatens to set off bombs. (N)		**Mary Kills People** Mary confronts Ben. (N) (DVS)		**(:02) Chicago P.D.** A young girl's crushed body is found.		**Global News at 11** (N)	**(:35) The Late Show With Stephen Colbert** (N)	
CFCF 12	205	312	**CTV News Montreal** (N)		**etalk** (N)	**The Big Bang Theory**	**Blindspot** Shepherd's true identity is revealed. (N)		**Criminal Minds** Unidentifiable male bodies are found. (N)		**Cardinal** Eric urges Edie to torture Keith. (N)		**News-Lisa**	**CTV News Montreal** (N)	**The Daily Show**
WVNY 22	-	-	**Local 22 News** (N)	**ABC World News**	**Local 22 News** (N)	**Inside Edition** (N)	**The Goldbergs** (N)	**Speechless** (N)	**Modern Family** (N)	**(:31) blackish** (N)	**Match Game** Caroline Rhea; Chris D'Elia. (N)		**Local 22 News** (N)	**(:35) Jimmy Kimmel Live** (N)	
WUTV 30	-	-	**The Big Bang Theory**	**Judge Judy** (N)	**Judge Judy** (N)	**Family Feud** (N)	**Lethal Weapon** Cahill is targeted by a deadly stalker. (N)		**(:01) Star** Things get out of hand during a rally. (N)		**2 on Your Side at 10** (N)	**Seinfeld** "The Keys"	**Two and a Half Men**	**Two and a Half Men**	**Last Man Standing**
CFKS 31	106	726	**Coup de foudre** (N)	**Souper parfait**	**L'arbitre** L'arbitre décide qui doit payer.		**NCIS: Los Angeles** Callen et Sam se rendent en Afrique.		**Scorpion** L'équipe doit réparer un conduit de gaz.		**En mode Salvail** "Denise Bombardier" (N)		**Espace découvertes** "Les aubergines"		**Zone Séduction**
WUHF	-	363	**Modern Family**	**Modern Family**	**The Big Bang Theory**	**The Big Bang Theory**	**Lethal Weapon** Cahill is targeted by a deadly stalker. (N)		**(:01) Star** Things get out of hand during a rally. (N)		**13WHAM News at 10 on Fox Rochester** (N)		**2 Broke Girls**	**2 Broke Girls**	**Paid Program**
WETK	-	-	**PBS NewsHour** (N)		**Spirit of a Classic: Mad River Glen** (N)		**Spy in the Wild: A Nature Miniseries** (N)		**NOVA** "Ultimate Cruise Ship" The Seven Seas Explorer. (N)		**City in the Sky** Building the biggest passenger plane. (N)		**Nightly Business Report**	**Charlie Rose** (N)	
WCFE	-	-	**World News America**	**Nightly Business Report**	**PBS NewsHour** (N)		**Spy in the Wild: A Nature Miniseries** (N)		**NOVA** "Ultimate Cruise Ship" The Seven Seas Explorer. (N)		**City in the Sky** Building the biggest passenger plane. (N)		**BBC World News**	**Charlie Rose** (N)	
A&E	615	520	**The First 48** Vicious murder of a young mother.		**Duck Dynasty** Celebrating Willie's birthday at a lake.		**Duck Dynasty**	**(:31) Duck Dynasty**	**Duck Dynasty** "Bro'd Trip"	**(:33) Duck Dynasty**	**(:03) Duck Dynasty**	**(:34) Duck Dynasty**	**(:05) Duck Dynasty**	**(:34) Duck Dynasty**	**(12:03) Duck Dynasty**
BRAVO	620	523	**The Listener** A cooking show contestant is poisoned.		**Motive** "The Glass House" A father is murdered.		**Blue Bloods** A college professor is murdered.		**Project Runway: Fashion Startup** (N)		**Suits** "Teeth, Nose, Teeth" Rachel receives a letter. (N)		**Relic Hunter** Treasure's original hiding place.		**Criminal Minds** "X"
CNN	500	500	**Situation Room With Wolf**		**Erin Burnett OutFront** (N)		**Anderson Cooper 360** (N)		**Anderson Cooper 360** (N)		**CNN Tonight w/ Don Lemon**		**CNN Tonight w/ Don Lemon**		**Cooper 360**
DISC	520	505	**How It's Made**	**How It's Made**	**Daily Planet** "Invent This Week Day 3" (N)		**Killing Fields** "The Raid" (N)		**Moonshiners: Outlaw Cuts** "Big City Bootleg" (N)		**Moonshiners** Mark and Digger bring in a legend. (N)		**Heavy Rescue: 401** "Honour Guard" (DVS)		**Killing Fields** "The Raid"
HIST	522	506	**Vikings** Aethelwulf is subject to the plan. (DVS)		**Forged in Fire** Smiths forge the cavalry saber.		**Navy SEALs: America's Secret Warriors** The history of the SEALs' predecessors. (N) (Part 1 of 2)				**SIX** "Man Down" The race is on to see who can reach Rip.		**Navy SEALs: America's Secret Warriors** The history of the SEALs' predecessors.		
RDI	126	730	**Le National** (N) (SC)	**RDI économie** (N) (SC)	**24/60** (N) (SC)		**Les grands reportages** (N) (SC)		**Le Téléjournal** (N) (SC)		**RDI économie** (SC)	**Le National** (N) (SC)	**Le National** (N) (SC)	**24/60** (SC)	
SHOW	616	521	★★★ **"Destination: Infestation"** (2007) Antonio Sabato Jr. A swarm of deadly ants terrorizes tourists aboard a plane.				★★★ **"Earthstorm"** (2006) Stephen Baldwin. A man must stabilize the moon to save life on Earth.				**NCIS** "Troll" A Navy ensign is murdered. (DVS)		**NCIS** "Revenge" The team searches for Bodnar.		**NCIS** "Double Blind"
SLICE	601	562	**Buying the View**	**Buying the View**	**Tori & Dean: Cabin Fever**	**Tori & Dean: Cabin Fever**	**Tori & Dean: Cabin Fever**	**Tori & Dean: Cabin Fever**	**Donnie Loves Jenny** (N)	**Donnie Loves Jenny** (N)	**Chrisley Knows Best**	**Chrisley Knows Best**	**Tori & Dean: Cabin Fever**	**Tori & Dean: Cabin Fever**	**Donnie Loves Jenny**
SPIKE	628	584	★★ **"Fantastic Four: Rise of the Silver Surfer"** (2007, Science Fiction) Ioan Gruffudd, Jessica Alba.				**Undercover Stings**	**Undercover Stings**	**Undercover Stings**	**Undercover Stings**	**Undercover Stings**	★★ **"X-Men Origins: Wolverine"** (2009) Hugh Jackman. Wolverine becomes involved with the Weapon X program.			
TLC	521	560	**My 600-Lb. Life: Extended** "Doug's Story" Cheating on his diet; bonus footage. (N)				**My 600-Lb. Life** "Erica's Story" Erica regrets not keeping a promise. (N)				**Too Close to Home** Octavia fights to keep a family secret.		**My 600-Lb. Life** "Erica's Story" Erica regrets not keeping a promise.		
TSN	400	400	**SportsCentre** (N) (Live)		**College Basketball** North Carolina State at Florida State. From the Donald L. Tucker Center in Tallahassee, Fla. (N)				**College Basketball** West Virginia at Oklahoma. From the Lloyd Noble Center in Norman, Okla. (N) (Live)				**SportsCentre** (N) (Live)		**SportsCentre**
YOUTH	551	542	**Stanley Dyn.**	**Game On**	**Assembly**	**Ride**	**Operatn Ouch**	**Driving Me**	**Laughs: Gags**	**Laughs: Gags**	**Game On**	**Undercover**	**Assembly**	**Max & Shred**	**Operatn Ouch**

THURSDAY EVENING — FEBRUARY 9, 2017

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	**Channel 3 News at Six** (N)		**CBS Evening News/Pelley**	**Entertainment Tonight** (N)	**The Big Bang Theory** (N)	**(:31) The Great Indoors**	**(:01) Mom** (N)	**Life in Pieces** (N)	**Training Day** Kyle questions Frank's rogue tactics. (N)		**Channel 3 News**	**(:35) The Late Show With Stephen Colbert**	
WPTZ 5	-	-	**NBC5 News at 6** (N)	**NBC Nightly News - Holt**	**Jeopardy!** (N)	**Wheel of Fortune** (N)	**Superstore** (N)	**Powerless** (N)	**Chicago Med** A young cancer patient wants to give up.		**The Blacklist** A criminal targets Red's businesses. (N)		**NBC5 News at 11** (N)	**(:34) The Tonight Show Starring Jimmy Fallon**	
CBMT 6	206	301	**CBC Montreal News** (N)	**On the Money**	**Extraordinary Canadians**	**Coronation Street** (N)	**The Nature of Things** "The Great Wild Indoors" (N)		**Firsthand** A reporter deals with PTSD. (N)		**The National** (N)		**CBC Montreal News** (N)	**Coronation Street**	**Rick Mercer Report**
CHLT 7	107	718	**(5:58) TVA nouvelles** (N)	**Le tricheur** (N) (SC)	**(6:59) Piment fort** (N) (SC)	**Les gags** (N) (SC)	**Juste pour rire** "Les rivalités: Québec vs France" (N) (SC)		**L'appât** "Une dangereuse invention" (SC)		**TVA nouvelles** (N)	**(:35) Denis Lévesque** (N) (SC)		**(:35)** ★ **"Face à face"** (2013) Robert De Niro. Premiere.	
WMTW 8	-	-	**WMTW News 8 at 6PM** (N)	**ABC World News**	**Wheel of Fortune** (N)	**Jeopardy!** (N)	**Grey's Anatomy** Maggie's mother pays her a visit. (N)		**(:01) Scandal** Cyrus' fate is sealed. (N)		**How to Get Away With Murder** (N)		**WMTW News 8 at 11** (N)	**(:35) Jimmy Kimmel Live** (N)	
CKSH 9	108	-	**Le Téléjournal Estrie** (N)	**RDI économie** (SC)	**District 31** (N) (SC)	**Infoman** (N) (SC)	**L'auberge du chien noir** "Tic Tac Tap" (N) (SC)		**Enquête** (N) (SC)		**Le Téléjournal** (N) (SC)		**Marina Orsini** (SC)		
CKMI 11	-	-	**(5:30) Global News at 5:30**	**Global National** (N)	**ET Canada**	**Entertainment Tonight** (N)	**Superstore** (N)	**The Great Indoors** (N)	**Chicago Med** A young cancer patient wants to give up.		**The Blacklist** A criminal targets Red's businesses. (N)		**Global News at 11** (N)	**(:35) The Late Show With Stephen Colbert**	
CFCF 12	205	312	**CTV News Montreal** (N)		**Grey's Anatomy** Maggie's mother pays her a visit. (N)		**The Big Bang Theory** (N)	**Powerless** (N)	**How to Get Away With Murder** (N)		**Training Day** Kyle questions Frank's rogue tactics. (N)		**News-Lisa**	**CTV News Montreal** (N)	**The Daily Show**
WVNY 22	-	-	**Local 22 News** (N)	**ABC World News**	**Local 22 News** (N)	**Inside Edition** (N)	**Grey's Anatomy** Maggie's mother pays her a visit. (N)		**(:01) Scandal** Cyrus' fate is sealed. (N)		**How to Get Away With Murder** (N)		**Local 22 News** (N)	**(:35) Jimmy Kimmel Live** (N)	
WUTV 30	-	-	**The Big Bang Theory**	**Judge Judy** (N)	**Judge Judy** (N)	**Family Feud** (N)	**MasterChef** Sixteen junior cooks compete.		**(:01) My Kitchen Rules** Lance and Diane vs. Dice and Val.		**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	**Coup de foudre** (N)	**Souper parfait**	**L'arbitre** Une grand-mère s'occupe des enfants.		**L'amour est dans le pré** (N)		**Chicago P.D.** Halstead est victime d'un cambriolage.		**En mode Salvail** "Julie Bélanger" (N)		**Espace découvertes** Giovanni cuisine des desserts.		**Zone Séduction**
WUHF	-	363	**Modern Family** "Chirp"	**Modern Family**	**The Big Bang Theory**	**The Big Bang Theory**	**MasterChef** Sixteen junior cooks compete.		**(:01) My Kitchen Rules** Lance and Diane vs. Dice and Val.		**13WHAM News at 10 on Fox Rochester** (N)		**2 Broke Girls**	**2 Broke Girls**	**Paid Program**
WETK	-	-	**PBS NewsHour** (N)		**The Local Motive**	**Profile** "John O'Brien" (N)	**InnoVaTe**	**The Local Motive**	**Doctor Blake Mysteries** A mechanic is found dead.		**Luther** A vigilante killer is determined.		**Nightly Business Report**	**Charlie Rose** (N)	
WCFE	-	-	**World News America**	**Nightly Business Report**	**PBS NewsHour** (N)		**Victoria on Masterpiece** "An Ordinary Woman" (N)		**Rebecca** A bride feels overshadowed by her husband's first wife. (Part 2 of 2)		**(:33) The Bletchley Circle** (Part 3 of 3)			**Charlie Rose** (N)	
A&E	615	520	**The First 48** Daytime killing in New Orleans.		**The First 48** A young mother is ambushed and shot.		**The First 48** A man shot while protecting his wife.		**Nightwatch** The realities experienced by police. (N)		**(:01) Nightwatch** "Life on the Line" (Season Premiere) (N)		**(:03) Nightwatch: Ride Along** "New Beginnings"		**(12:03) The First 48**
BRAVO	620	523	**The Listener** The murder of a billionaire. (DVS)		**Motive** Clues lead the team to a sweet florist.		**Blue Bloods** A cop is accused of killing a suspect.		**Project Runway: Junior** Creating an editorial look. (N)		**Colony** Will returns to an unfamiliar workplace. (N)		**Relic Hunter** "Dagger of Death"		**Criminal Minds** "Burn"
CNN	500	500	**Situation Room With Wolf**		**Erin Burnett OutFront** (N)		**Anderson Cooper 360** (N)		**CNN Special Program**		**The History of Comedy**		**CNN Tonight w/ Don Lemon**		**CNN Special**
DISC	520	505	**How It's Made**	**How It's Made**	**Daily Planet** "Invent This Week Day 4" (N)		**Diesel Brothers** The guys buy a Hummer H1. (N)		**Street Outlaws: Full Throttle** "I Will Follow" (N)		**Street Outlaws** "75,000 Reasons to Race" The crew head south to race. (N)				**Diesel Brothers**
HIST	522	506	**Navy SEALs: America's Secret Warriors** The history of the SEALs' predecessors. (N) (Part 1 of 2)				**SIX** "Man Down" The race is on to see who can reach Rip.		**Alone** "Day 87" The participants risk their lives.		**Alone** "Reunion Special" (N)		**Treasures Decoded** "The Vinland Map" (DVS)		**Alone** "Day 87"
RDI	126	730	**Le National** (N) (SC)	**RDI économie** (N) (SC)	**24/60** (N) (SC)		**Les grands reportages** "Secte mode l'emploi" (N)		**Le Téléjournal** (N) (SC)		**RDI économie** (SC)	**Le National** (N) (SC)	**Le National** (N) (SC)	**24/60** (SC)	
SHOW	616	521	**"Midnight Masquerade"** (2014, Drama) Autumn Reeser. Elyse and Rob fall in love during a costume ball.				**"The Wedding Chapel"** (2013) Emmanuelle Vaugier. An artist becomes involved in a mission to save a church.				**The Magicians** The friends prepare to face The Beast.		**NCIS** Searching for Eli and Jackie's killer. (DVS)		**NCIS** (DVS)
SLICE	601	562	**Income Property**	**Income Property**	**Income Property** "Tracey"	**Income Property** "Kerry"	**Income Property** "Lisa"	**Income Property**	**The Expandables**	**The Expandables**	**The Expandables**	**The Expandables**	**Income Property**	**Income Property**	**Million Dollar LA**
SPIKE	628	584	**(4:30)** ★★ **"X-Men Origins: Wolverine"** (2009)		**Lip Sync Battle**	**Lip Sync Battle**	**Lip Sync Battle**	**Lip Sync Battle**	**Lip Sync Battle**	**Lip Sync Battle** (N)	**Lip Sync Battle** (N)	**Caraoke Showdown**	**Lip Sync Battle**	**Lip Sync Battle**	**Lip Sync Battle**
TLC	521	560	**My 600-Lb. Life** "Joe's Story"		**My 600-Lb. Life** Brittani wants a normal marriage.		**My 600-Lb. Life: Supersized** "Erica's Story" Abandoned by her family; insider facts. (N)				**(:02) Extreme Weight Loss** "David"		**(:04) My 600-Lb. Life: Supersized** Abandoned by her family; insider facts.		
TSN	400	400	**SportsCentre** (N) (Live)		**That's Hockey**	**STIHL Timbersports**	**College Basketball** North Carolina at Duke. From Cameron Indoor Stadium in Durham, N.C. (N) (Live)				**College Basketball** Oregon at UCLA. From Pauley Pavilion in Los Angeles. (N) (Live)				**SportsCentre** (N)
YOUTH	551	542	**Stanley Dyn.**	**Thundermans**	**Assembly**	**Ride**	**Operatn Ouch**	**Driving Me**	**Kevin Can**	**Man-Plan**	**Game On**	**Undercover**	**Assembly**	**Max & Shred**	**Operatn Ouch**

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What's On

Music

Every Saturday

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. Info: 819-876-2021. **Please note our Valentine's Dance will be held on February 11.** There will be a lunch, gifts and door prizes.

February 3

Tom Moxam and Liz Stringer will be at the **Brunelle-Newman House in Stanstead** on Friday, February 3. Potluck dinner 6:30 p.m. Concert at 7:30 p.m. Adults $20, teens $10. RSVP 819-238-1470. **Presented by the Stanstead House Concerts Network.**

February 4

7th annual BENEFIT DANCE for RELAY FOR LIFE TEAM BRAVEHEARTS on Saturday, February 4 at 8:30 p.m. at the **A.N.A.F. "Hut"**, 300 St. Francis, Lennoxville. Music by Slightly Haggard. Door prizes. Silent Auction. **Tickets: $10.** (available at the door). Info: janet@mcelreavy.com. Please join us in the fight against cancer!

February 4

On February 4, **Burroughs's Falls Reception Hall will be hosting an early Valentine's Country Music Appreciation Jamboree** from 1 to 7 p.m. The event will include hours of continuous live country music along with a Valentine's buffet. These Country Music Jamboree's mission is to show appreciation for our local professional musicians, the money will be divided up equally amongst the participating musicians. **Admission, advanced tickets $10 or $12 at the door.** For more info e-mail: stanmckelvey@gmail.com or call Gale at 819-876-7376.

February 11

Valentine's Dance at the A.N.A.F. Unit #318 "The Hut", 300 St. Francis, Lennoxville on Saturday, February 11 from 8 p.m. to midnight. Music by Black Dog (Phil Patton). **Everyone welcome 18+.** 819-346-9122.

February 11

Saturday, February 11 at 3 p.m. at St. Elizabeth's Church (3115 Capelton Road, North Hatley): **ESTRIA presents a special VALENTINE'S DAY production entitled MÉNAGE À TROIS, a bilingual talk and concert** featuring the music of Robert and Clara Schumann and Johannes Brahms. With Estria musicians Étienne de Médicis (oboe), Pauline Farrugia (clarinet), Erich Kory (cello) and Daniella Bernstein (piano). **Tickets cost $10 and can be reserved** by contacting Pauline Farrugia at 819-842-1072 or at estria@cgocable.ca. This wonderful series is made possible thanks to the financial support of Le Conseil des arts et des lettres du Québec. More information at www.sainteelisabeth.ca

March 7

The NACO has been on break since our fall concert in December. **The rehearsals for our 6th Annual Spring concert will begin** on Tuesday, March 7 at 6:30 p.m. at the **First Universalist Parish in Derby Line.** For this concert, we are featuring Julia Guo (Vocalist), Anne Steinberg (flutist) and Maddie Berner (trombonist) as our featured soloists. We will also feature our Assistant Conductor (Molly Kelly) conducting the "Airs and Dances", Suite No. 1 by Ottorino Respighi. The concert will also feature the orchestra playing the "Triumphant March" by Edvard Grieg. The concert is scheduled for Sunday, June 4 at 3 p.m. at the United Church in Newport. Also scheduled is the Orchestra Members Recital on March 26 at 3 p.m. at St. Mark's Episcopal Church and a special chamber music concert featuring members from the orchestra on Sunday, April 30 at 3 p.m. at the United Church in Newport. We currently have openings for violin, viola, cello, string bass and oboe. **If you know anyone who plays any of those instruments, please have them contact us** by phone at 802-766-3021 or via email at: www.newportareacommunityorchestra.org

Events

February 4

The longer nights are ideal for reading. For great books come to the **monthly book sale of the Boundary Rotary** on Saturday, February 4 from 9 a.m. to noon at the **Rotary Bookstore in Beebe**. We have books in French and English on a wide range of subjects. Customers are asked to donate what they think the books are worth. For more information, call 819-842-1940.

February 4 & 5

Cowansville Legion Snow Golf Registration on February 4, 10 a.m., in the **Legion ($5). Soup & dessert lunch ($5).** Activities in the hall if weather is uncooperative. **Super Bowl Party Kick-off on February 5** at 6:30 p.m. Information: 450-263-3543.

February 8

Poetry for St Valentine's Day on February 8, 6:30 p.m. to 9 p.m., Room 252, Champlain College, 2580 College, Lennoxville. **Improve your writing or polish your eBook submission at this free workshop** from Townshippers' Association's "Our Stories" project. More dates and info at: www.Townshippers.org/Canada150 or under events at: www.Facebook.com/Townshippers.

February 10

All Saints Anglican Chruch, Dunham, will be holding a **Valentine Soup, Dessert & Sale table**, Friday, February 10 at noon. Sale Table 11:30 a.m., Marmalade, Valentine Goodies. Cards will be played after. **Donation $10.** Reservations: Claire Hobbs 450-295-2349 or Mary LeChasseur 450-263-3329.

February 11

Valentine's Chicken & Ribs Barbecue at the North Hatley Legion, 95 Jackson Heights, on Saturday, February 11 at 6 p.m. Upcoming event: **Mechoui and Magic, March 25, 6:30 p.m**. Beef, pork and chicken. Featuring "Crepmaster the Magician." Reservation/information: 819-842-2933.

February 12

Special Valentines Day Supper to be held at **"The Hut", A.N.A.F.**, Unit #318, 300 St. Francis Street, Lennoxville, on Sunday, February 12 at 5 p.m. Menu consists of spaghetti, salad and desert. Reservations appreciated, especially for groups. To reserve call Wanda Evans at 819-565-7099.

February 12

Valentines Day Brunch on Sunday, February 12 at **Beulah United Church**, 967 Main Street, Ayer's Cliff from 11 a.m. to 1 p.m. Bring your special someone to enjoy a home cooked meal of ham, sausage, bacon, scrambled eggs, baked beans, pancakes with real maple syrup, toast, fruit salad, coffee, tea and juice. All are welcome.

February 17

Spaghetti Dinner to support the St. Francis Elementary School Library in Richmond. Come and join us for a tasty meal and support the love of reading! The spaghetti dinner will be held at St. Francis Elementary School at 355 College St. South, Richmond, on Friday, February 17. There will be 3 seatings; 4:45 p.m., 5:30 p.m. and 6:15 p.m. Tickets for adults are $12.00, for children ages 5 to 12 years $4.95 and free for children ages 4 years and under. All prices include taxes. To reserve tickets, please contact Helena Bates at 819-826-3737 or by email at batesh@edu.etsb.qc.ca.

Exhibits

February 5

Uplands Cultural and Heritage Centre is thrilled to kick off the 2017 season with a **new art exhibition featuring the Aquarellistes du lundi**: Colette Bélanger, Aline Bisson, Claire Blais, Jocelyne Brasseur, Hélène Breault, Gloria Couture, Yolande Fortier, Claire Gauthier, Claudelle Gosselin, Carolyn Jones, Lise Labbé, Huguette Lavoie, Denise Lieutenant, Jaya Pavate, Nicole Rainville, Estelle Rodier, Valeir Servant and Monique Trudeau. The public is invited to come meet the artists at the vernissage on Sunday, February 5, 2 p.m. to 4 p.m. Admission is free and the exhibition will continue until March 26. Uplands, 9 Speid Street in Sherbrooke (borough of Lennoxville) will reopen on February 5. Regular opening hours are Wednesday to Sunday, 1 to 4:30 p.m.

TO PLACE A LISTING

Deadline is Wednesdays at noon. Notices must be pre-paid (we accept Visa or Mastercard).

Send your notice by fax to **819-821-3179** or e-mail to **classad@sherbrookerecord.com** or call **819-569-9525.**

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Local Sports

The new Adidas uniforms are a much-needed upgrade from the existing uniforms that had been used for twelve years

Five cool things you didn't know about Canada's Para-snowboarders

A RUNNER'S MIND

CHRISTINE BLANCHETTE

Big White Resort in Kelowna, B.C. will host the 2017 Para World Snowboard Championships from February 1-8th with the closing ceremony to be held on the last day.

Over 100 athletes from 25 countries, including 12 Canadians will compete in snowboard-cross and banked slalom.

Here are five cool quotes from Canada's Para-snowboarders:

Michelle Salt, 31, Calgary, AB

"I think we work together as a team to push and to encourage each other. We don't see ourselves as living with a disability, so on our snowboards we are pushing hard to make similar gains as the able bodied athletes."

Daniel Shoemaker, 32, Victoria, BC

"(I enjoy) my cross training activities, surfing, snowboarding and spending time in the gym. I like having an ice coffee before hitting the gym."

Andrew Genge, 28, Whistler, BC

"...motivation! If I don't do the training, I will get weaker. My ritual: I like to grow a mean beard!"

John Leslie, 24, Arnprior, Ontario

"In terms of training we get to do specific types of cross training, mountain biking, skateboarding and surfing. It gets your intensity."

Alex Massie, 21, Barrie, Ontario

"I do a lot (of training) at my cottage. I like Mohammad Ali's quote, I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'"

With the Pyeongchang, South Korea Paralympic Winter Games approaching in 2018, Canada and the world's top Para-snowboarders will be eager to put down their best performance for one huge goal: the chance of a lifetime to be crowned Paralympic champion.

www.christineruns.com
Twitter: @christineruns
YouTube – runwithitcb1

ERIC ESCARAVAGE

Riders: L (Alex Massie) R (Gerrit van Bruggen)

Tillotson Foundation supports Piper basketball

Submitted by Robert Fisk

The Tillotson Foundation donated $7500 to help the seven basketball teams at Alexander Galt High School to purchase new basketball uniforms.

The new Adidas uniforms are a much-needed upgrade from the existing uniforms that had been used for twelve years. The student athletes are excited and thrilled with the new uniforms and they look great.

The Piper Classic kicked in the other half of the money to help purchase the uniforms. The Piper Classic is an annual golf tournament that helps to raise money for all inter-scholastic sports at Galt in honor of John Haller a former teacher and coach. The tournament will take place on Saturday, July 1 this year at the Milby Golf Club.

On behalf of the Athletic committee and student athletes we would like to thank the Tillotson Foundation for their gracious donation.

In Photo (left to right): Britney Labrie, Michael Brazel, Jarod Stone, Erika Smith, Evan Gass, Eryn Costello and Hannah Gilpin

Basketball at Bishop's

Gaiters Bishop's University

Bishop's vs McGill

Saturday, February 4, 2017

DOUBLE HEADER

6 p.m. & 8 p.m.

at the J.H. Price Sports Centre

Gaiters Bishop's University

BORN IN THE ROCKIES Coors LIGHT ESTD 1978

"Proud sponsor of the Bishop's Gaiters"

THE RECORD

"Proud supporter of the Bishop's Gaiters"

General Admisson: Adults $8., High School & Champlain students $4., children 12 & under $2. Tickets available at www.gaiters.ca/tickets

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Church Services

Anglican

LENNOXVILLE

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

NORTH HATLEY

St. Barnabas Anglican Church, 640 Sherbrooke Road in North Hatley. 9 a.m. Eucharist Service every 1st and 3rd Sunday; Morning Prayer Service (Liturgy of the Word) every 2nd and 4th Sunday. 819-842-2686.

SHERBROOKE

The Church of the Advent, 473 Bowen St. S, Sherbrooke welcomes you at 11 a.m. on Sunday, February 5 to a service of morning prayer.

Presbyterian

LENNOXVILLE

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

United

AYER'S CLIFF - MAGOG

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

HATLEY/WATERVILLE

Sunday, February 5, 9:30 a.m. Hatley United and 11 a.m. Waterville/North Hatley United (Carolyn Linde), with Sunday School. Rev. Mead Baldwin 819-837-1112.

LENNOXVILLE

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

RICHMOND

Richmond-Melbourne Pastoral Charge invites you to join us for worship on Sunday, February 5 at 10:30 a.m. at Richmond-Melbourne United Church, 247 Principale Sud, Richmond. Joann Cleveland will be leading this worship service. All are welcome!

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, the Rev. Samuel V. Dansokho, minister, Leslie Young, organist. Sunday, February 5, English service at 10:30 a.m. Welcome to all! Le dimanche 5 fevrier, service français à 9 h. Bienvenue à tout le monde!

Small servings of rice cereal should be fine for infants

ASK THE DOCTORS
By Robert Ashley, M.D.

Dear Doctor: I want to start feeding my baby solid food, but I read that rice cereal is contaminated with arsenic. What should I do?

Dear Reader: Your concern is understandable. The inorganic form of arsenic, found throughout nature in both the soil and water, is highly carcinogenic — leading to an increased risk of bladder, skin and lung cancers. Areas with high levels of arsenic in the drinking water, such as Bangladesh, see higher rates of some cancers as a result.

In the United States, arsenic levels in drinking water are tightly regulated, which limits our overall risk from arsenic. That doesn't mean we're not exposed, however. Inorganic arsenic is still prevalent in our environment, and organic arsenic, which is much less toxic, can be found in most plants and animals in small amounts.

Rice poses a particular risk, as it concentrates inorganic arsenic more than other types of foods do. That's because rice is grown in stagnant water, which leads to conditions of low oxygen and allows arsenic to dissolve more easily into the water. The rice plant then more readily absorbs the arsenic. In fact, the level of uptake is 10 times that of wheat or barley.

The amount of arsenic in rice depends upon the type of rice and where it was grown. Rice grown in California appears to have less arsenic then rice grown in Texas and Louisiana. Sushi rice and basmati rice have lower amounts of arsenic, while organic brown rice concentrates more arsenic.

Rice cereals have traditionally been used to transition infants from milk to more solid foods because, for the most part, rice is hypoallergenic and a good alternative for children with allergies or intolerance to wheat-based cereals. But no one wants to worry that the foods meant to help children grow might actually be harming them.

So what should be done? Focus on the total risk.

To that end, the European Food Safety Authority has created the benchmark lower-dose limit, meaning the dose that would increase the risk of cancer by 1 percent. Consuming more than 2 servings of rice cereal per day would equal this dose. So, if you are transitioning your child to solid foods and they're consuming 3 or 4 servings of rice cereal per day, you should reassess your child's diet. This is especially true if you feed your child organic brown rice.

A big caveat is that the specific risk of cancer from rice consumption is not known. Researchers have not studied the connection between rice consumption in infants and cancer. Although a study of 200,000 people, published in the International Journal of Cancer, found no link between rice consumption and cancer, infants can concentrate more arsenic due to their smaller size.

My sense is that if you're transitioning your child to solid foods, rice cereal at 1 to 2 servings per day should be fine. What may be better is to balance rice cereals with other types of cereals, such as barley cereal or oatmeal cereal. Even better than cereals can be foods such as bananas, egg yolks and pureed vegetables.

It may get a little messy, so be prepared.

* * *

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

BURSARY

The Bulwer Branch Quebec Farmers' Association is offering a Bursary to students currently enrolled in post-secondary education in the field of Agriculture or related fields, living in the area served by Bulwer Branch Quebec Farmers' Association. **Applications must be received before February 9, 2017. Contact person: Mrs. Theda Lowry**, 30 High Forest, Sawyerville, QC. J0B 3A0.

SUDOKU

DIFFICULTY RATING: ★★★★☆

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

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PREVIOUS SOLUTION

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

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

PREVIOUS SOLUTION

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

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

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DIFFICULTY RATING: ★★★★★

SUDOKU

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

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Death

Alan Walter COX

It is with great sadness that we announce the passing of Alan on January 25, 2017 in his 81st year. He is survived by his loving wife of 58 years, Helen White. Cherished father of Dale (Joan, Karen), Brenda (Bruce), and Karen (Darrell), beloved grandfather of Samantha (Josh), Jordon (Amy), Sarah (Hamed) and Philippe (Hannah). Brother of Jean (Doug) and Donald (Jannette). Brother-in-law of Lyman (Charlotte) and Frances (Jim) and uncle to many nieces and nephews.

Family and friends will meet at the Lennoxville United Church (6 Church St., Sherbrooke (Lennoxville) on Saturday, March 4th from 1:00 p.m. to 2:00 p.m. followed by the Service, refreshments and social. - Private interment.

In lieu of flowers donations may be made to the Lennoxville United Church, Sherbrooke Snowshoe Club, Diabetes Association, Cancer Research or charities of your choice.

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

Death

Sandra Palmer Watson (1943–2017)

Mrs. Sandra Palmer Watson of Ayer's Cliff passed away suddenly at the CHUS-Hôtel Dieu in Sherbrooke on January 30, 2017 at the age of 73. Daughter of the late Stella Sylvret and the late Wallace Palmer.

She leaves to mourn her children Melanie and Jamie (Lea-Anne); her grandchildren Evan and Erica, her sisters Joy Trayers and Anne White and their families, and many great friends near and far. She was an amazing woman and will be dearly missed.

Funeral services to be held at a later date.

CASS FUNERAL HOMES
Stanstead & Ayer's Cliff
900 Clough St., Ayer's Cliff QC
PHONE: 819-876-5213
FAX: 819-849-3068
cass@salonfunerairecoaticook.com
www.casshomes.ca

Death

Martha Ethel PALMER (née Holland)

Passed away in her 98th year at Victoria Hospital, London, Ontario, after a full and rich life on Monday, January 30th, 2017. Beloved wife of the late Harold O. Palmer (December 1998). She will be greatly missed by her children Robert in St. Armand, Joann (Arend) in St. Thomas and John in Toronto. Nanny was so proud of her grandchildren, Mark (Jen), Brent (Kari) and Scott (Anna) and great-grandchildren Aiden, Brandon, Esme and Cora. Martha was born in Philipsburg, Quebec on December 25th, 1919 and moved to Bedford, Quebec with her mother and grandmother. She was a lifelong member of the Anglican Church supporting the St. James Anglican Church in Bedford and St. John the Evangelist Anglican Church in London, Ontario. Martha and Harold were active members in the Bedford Curling Club. She also enjoyed playing bridge with her friends in Bedford. Throughout her life, Martha enjoyed baking and a favourite for her family and friends were her pies, especially her apple pie. After a long career at the Torrington Company, as the Foreign Correspondent in the sales department, she retired and moved with Harold to London to be close to their grandchildren. In retirement, Martha and Harold enjoyed travelling throughout Europe and spent their winters in Florida. They both enjoyed watching the Expos while living in Quebec and Florida and then the Blue Jays in Ontario. Martha also enjoyed crafts and knitting in her retirement and all who received these special gifts appreciated them very much. There will be no visitation or funeral at her request, however a family burial and memorial will be held in Philipsburg, Quebec, at a later date, where Harold and Martha will be together again. Donations to the War Amps of Canada would be appreciated. Information and online condolences are available by visiting www.westviewfuneralchapel.com

WESTVIEW FUNERAL CHAPEL
709 Wonderland Rd. N., London ON
PHONE: 519-641-1793
FAX: 519-641-3166
www.westviewfuneralchapel.com

Death

In Memoriams

ANTINK, Willie - In memory of Willie Antink who passed away on February 5, 2002.

Though your smile is gone forever
And your hands we cannot touch,
Still we have so many memories
Of the one we love so much.

Miss you forever,
DINI
JOANNE, CECILE, PAULINE
AND FAMILIES

OAKLEY, Geraldine Samantha (Jo Sam) - Remembering that sad day four years ago, a sunny Sunday morning, when suddenly, you were gone forever.

Your passing left a heartache no one can heal.
But the memories we have no one can steal.

Always remembered by
MOM
MARK (brother)
SARAH and MARY (sisters)

WAUGH, Elizabeth (Betty) Ross – In memory of a cherished Mom who left us on February 3, 2002.

During the past 15 years our lives have changed and we have somehow moved on,
But you will forever be there in the wonderful memories we have of a life spent together as a family.
Still thought of, still loved,
Always to be remembered with a smile.
Wishing you were here today.

We love you Mom.
ANDREW AND HEIDI

Card of Thanks

Thank you

Robert (Bob) Newell

The family of Robert (Bob) Newell wishes to extend its heartfelt gratitude to family, friends and neighbours for their support on the loss of our husband and father. Your presence, condolences and kindness were of great comfort during this time. We express our sincerest thanks to the First Responders of Sutton, as well as to those responsible for the funeral services given by St. John's Lodge No. 27 and The Order of The Eastern Star. Our sincere appreciation to Rev. Tim Smart for officiating and to the staff of Brome-Missisquoi Funeral Complex for their exemplary service and empathy.

Datebook

FRIDAY, FEBRUARY 3, 2017

Today is the 34th day of 2017 and the 45th day of winter.

TODAY'S HISTORY: In 1690, the Massachusetts Colony printed the first American paper currency.

In 1870, the 15th Amendment was ratified, prohibiting state and federal governments from denying the right to vote based on race or color.

In 1913, the federal income tax was authorized with ratification of the 16th Amendment.

In 1959, rock pioneers Buddy Holly, Ritchie Valens and J.P. "Big Bopper" Richardson died in a plane crash near Clear Lake, Iowa.

In 1962, President John Kennedy announced a ban on nearly all trade with Cuba.

TODAY'S BIRTHDAYS: Felix Mendelssohn (1809-1847), composer; Horace Greeley (1811-1872), activist/newspaper editor; Gertrude Stein (1874-1946), writer; Norman Rockwell (1894-1978), artist/illustrator; James Michener (1907-1997), author; Fran Tarkenton (1940-), football player; Blythe Danner (1943-), actress; Morgan Fairchild (1950-), actress; Nathan Lane (1956-), actor; Maura Tierney (1965-), actress; Isla Fisher (1976-), actress.

TODAY'S FACT: Norman Rockwell's body of work is estimated at more than 4,000 original pieces.

TODAY'S SPORTS: In 1990, legendary jockey Willie Shoemaker rode the 40,350th and final race of his career.

TODAY'S QUOTE: "Character consists of what you do on the third and fourth tries." — James Michener, "Chesapeake"

TODAY'S NUMBER: 17 — age at which Felix Mendelssohn wrote his overture to Shakespeare's "A Midsummer Night's Dream."

TODAY'S MOON: First quarter moon (Feb. 3).

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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Speech problem

Dear Annie

FRIDAY, FEBRUARY 3, 2017

Dear Annie: I'm almost 19 years old, and I've had a speech problem ever since I could talk. When I was about 7, I started getting help to correct my speech, and I continued until I graduated high school. Around that time, I got a part-time job. I worked with a lot of customers, and a lot of times they would ask me whether I came from out of the country, because I sound as if I have an "English accent."

I've been asked so much that I've tried to take it as a compliment, but now that I have a new job working with customers full time, it's becoming more of a problem. It gets annoying, but with a customer service job, I cannot get angry with our customers. I talked with my parents about it, and they said that I just have to try to not have it get to me.

The problem is that because I am asked almost constantly, I've become very self-conscious. I try my best not to have my speech problem, but it's not something that I can fully control. I need advice on how not to be fast to anger when asked about my "accent." Have any pointers to help me get through my day? — Speech Problems in Pennsylvania

Dear Speech: I'm printing your letter because you offer an invaluable perspective. I will now think twice before asking someone about an "accent," which might turn out to be an alienating and awkward question, as you've shown.

As for your getting through the day, focus on what you can control. You can't control what customers say, but you get to decide whether or not it bothers you. For what it's worth, I've found that meditation can work wonders to make all the annoying, stressful parts of daily life a little less so.

Dear Annie: Your suggestion to scroll down and hit "unsubscribe" on unwanted emails could result in your reader's being hacked. My computer guru tells me to first check the email address of where it originated to make sure it is not spam (i.e., from a malicious or fraudulent sender, as opposed to a vendor whose mailing list you're actually on). Hitting "unsubscribe" tells the sender there is someone working that email address.

Any emails not wanted should be blocked instead so they go into the junk email folder. Any emails wanted can be sorted by going to the search box at the top and putting in the name or subject. That will reduce the list of emails to be sorted through.

I am sure other readers have more suggestions. — Full Inbox, Too

Dear Full: Right you are. Here's another.

Dear Annie: Once "Inbox Infinity," who has 6,972 unread emails, clears out her inbox and prevents future floods, she should set up one account for friends and family only and a second account for commercial transactions and shopping. The second account would be disposable, so if it got overwhelming or were spammed or hacked, she could close it easily and start a new one. We have done this for years with great success. — Jean in Florida

Dear Jean: That's a useful tip. Divide and conquer.

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

Lennoxville Golden Age Club

January 31 – On this last day of January, members gathered in the Lennoxville United Church hall for an afternoon of cards. Four tables of 500 were played.

Card games over, the tables were removed, and we gathered around the dinner tables for a cup of tea or coffee while Billy and Cynthia put the finishing touches on our meal.

Supper ready, Pat asked the Blessing, and we enjoyed a delicious supper of spaghetti with Billy's own hearty meat sauce, Caesar salad, and rolls with garlic or regular butter. For dessert Cynthia made individual strawberry shortcakes with whipped cream. Thanks to both Billy and Cynthia for this wonderful meal.

Winners of today's card games were: Ladies high went to Doris Coates with a score of 4360, while Ladies low went to Joan Cruickshank with a score of 3440. Gents high went to Jack Kimpton with a score of 4760, while Gents low went to Jean Rourke, who played as a man, with a score of 2720. The prize for a successful bid of 8 No-Trump, without the Joker in your hand, went to Caroline Rowe, than to Pat Decoteau, but at the end of the day, it went home with Monika Mosberger.

Door prizes were won by Jack Kimpton, Ada Hicks, Helen Matthews, Monika Mosberger, Margaret Vintinner and Elsie Ramage.

Our thoughts and prayers are with Jean Naylor, Mary Cheal, Harold Nutbrown, Len Swallow, and to the many others who are under the weather with nasty colds and flu bugs.

Many thanks to Bishop students Jenn Dixon, Daena Rose Parsons, Cortney Burnham and Hayley Campbell who volunteered for kitchen clean up duties today. We are most appreciative.

Military Whist will be the order of things at our next meeting, and as always, we ask that you bring something from home for the prize table.

Submitted by
Joan Cruickshank

Richmond Legion Branch #15 Military Whist

On the evening of January 26 we had players at 16 tables. After a few announcements and words of welcome, play was under way. In no time the needed plays were done, lunch was served and prizes were given out.

Highest score, with 34 flags, was won by Helen Knowles, Noel Gregoire, Doris Weare and Willie Leblond; second highest, with 27 flags, was won by Carol and Peter Boisvert, Robert Dunn and Donna Ham. Low score, with 15 flags, went to Patsy Biggs, Raymond Fortier, Ghyslaine Redburn and Collette Pageau.

Door prizes were won by Sarah Fowler, Jackie Ross, Jacquline Pellican, Amanda Ridley, Hughie Lancaster, Linda Badger, Shirley Smith, John Sharman, Ian Smith, Annie Day, Peter Boisvert, Jim Stevens, Valerie Fowler, Doris Weare, Robert Pelletier, Carol Boisvert, Lucie Bolduc, Thelma Day, Elizabeth Mastine, Matty Banfill, Wendy Ridley, Carol Nixon, Wanda Viens, J.C. Methat, Sharon Millar, Everit Banfill, Patsy Biggs, Shirley Enright and Gerry Willett. Grocery box was won by Norma Morin.

I would like to take this opportunity to thank everyone that helped in any way to make our evening a success, from the making of sandwiches and cookies, setting up tables and the help in serving the lunch, to putting the tables and chairs away and washing dishes, also to all the players that faithfully return every month.

Submitted by
Donna Ham

70th Birthday card shower

Donna Forgrave is turning 70!!
on February 17 and we are holding
a card shower for her.
Anyone wishing to send their greetings
can do so by sending a card to:
Donna Forgrave
c/o Daphne Doyle
13417 122 A Avenue
Edmonton AB, T5L 2W7
Thank you for helping
make her birthday special!

A Homage to those who perished this day.

Today I Mourn

I am Quebecois and therefore I am not,
I live within MacLennan's two solitudes.
Within their two sins, I thrive soulfully
For I've been scorned to be so sinful.

I Mourn with my shoulders aching

Because in Mon Pays we've found out
Vigneault's discontent, for it is not Notre Pays,
In my country there is no country just winter
Cold, unforgiving protecting it's ancestry.

I Mourn with my shoulders aching
as I cry,

Prayful souls no longer live in Sainte-Foy
Scythed down as they knelt eastward facing,
Armed only with their faith and trusting souls
They no longer endure except in our memory.

I Mourn with my shoulders aching
as I cry, at this useless sacrifice to no god

Foul deeds staining the snow of our winters
Others who have knelt no longer dare pray,
The sins of the few who shared a hard pew
Stand unbelieving to those godless souls.

I Mourn with my shoulders aching
as I cry, at this useless sacrifice to no god.
I can't hear anymore, can't bear anymore,
drowning in my redness, granite cast my way.

I Am Saved By A Smile
A Babe Smiled,
And Gave Me Hope.
I Mourn And Am Saved By A Smile

Kennet Benoît-Hutchins

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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.

"GE ZXG AYJH YPO BVG UYGV FBYT XGZ WYPO ESG YPO PVRVK XPUBSVPJV XG XZ PEG GWV IYT CYP IYZ CVYPG GE EFVKYGV." — LEWP MBVPP

Previous Solution: "We've got to take care of the resources we have on this planet, because there's no resupply possible." — Scott Carpenter

TODAY'S CLUE: K equals H

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.

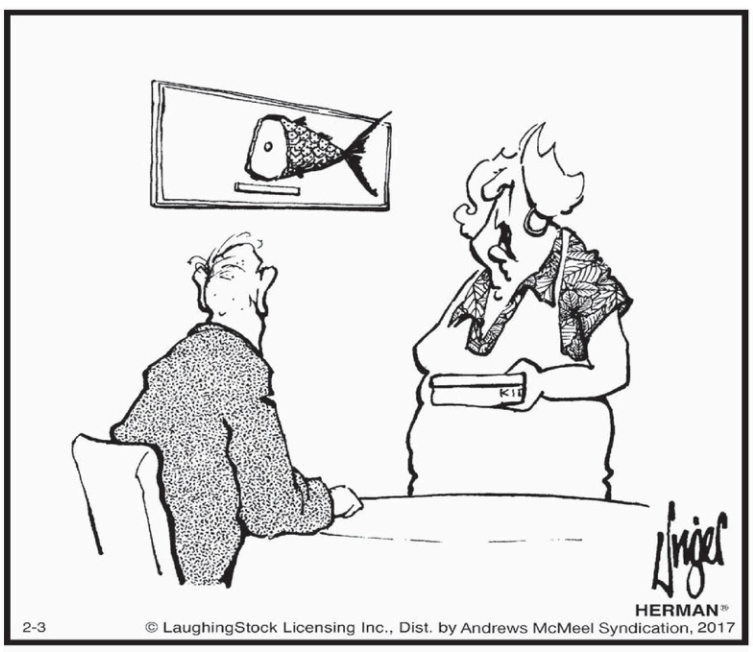
"(HWTO SFNOO) ZNKDOANA XU GTBG LDGT PWXZBSN BOA B UYDZDG WC ADUPWINZM GTNZN'U OW FDKDG GW GTN TNDSTGU LN PBO ZNBPT."
— EBZBPR WEBKB

TODAY'S CLUE: V equals I

Previous Solution: "To sit back and let fate play its hand out and never influence it is not the way man was meant to operate." — John Glenn

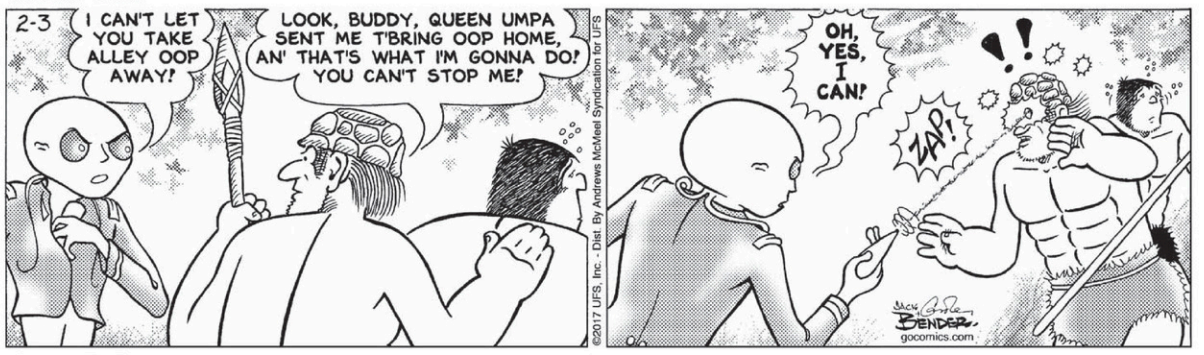
REALITY CHECK

HERMAN



"It's your own fault for forgetting to buy cat food."

ALLEY OOP

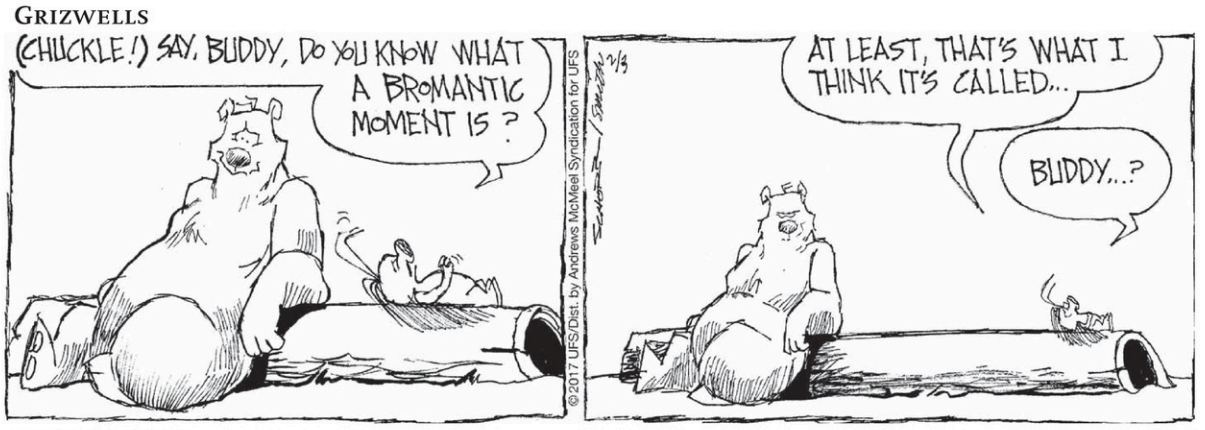


ARLO & JANIS

THE BORN LOSER

FRANK AND ERNEST

GRIZWELLS



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035 For Rent

CLASSIFIEDS ONLINE! www.sherbrookerecord.com

036 Seasonal Rentals

3 SERIOUS DEER HUNTERS are looking for **deer hunting land for the 2017 season** at a reasonable price. Mansonville area. 819-993-0434 or 819-571-8627.

145 Miscellaneous Services

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

PIANO TUNING AND REPAIR. Call 819-674-1646.

Cars, trucks, motorcycles, trailers... Look for it in the classifieds.

150 Computers

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190 Cars For Sale

2002 ACURA TL, 4 door, 3.2L, automatic, sunroof, silver, 278,000 km. Motor and transmission A-1. Good winter tires and 4 good summer tires with mags. $1,475. negotiable. Call Dennis 819-563-6542 or 819-570-4771.

CLASSIFIEDS ONLINE! www.sherbrookerecord.com

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275 Antiques

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

290 Articles For Sale

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294 Events

CLASSIFIEDS ONLINE! www.sherbrookerecord.com

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Sunday, February 5, 2017 at 10 a.m.
7900 boul. Laframboise, St. Hyacinthe, QC (exit 130, autoroute 20)
TO BE SOLD: Beautiful Canadian paintings: Richard, Suzor Côté, John Lyman, M.A Fortin, John Der, Corno, Lemoyne, Rousseau, Riopelle, Hudon, Lecor, Villeneuve, Iacurto, Horik, etc. Also nice furniture of all styles, marble, gold jewellery, advertising, misc. antiques, etc., from an estate. Military collection, etc.
VISIT: Saturday from 1 p.m. to 5 p.m.
Auction: Wednesday, Feb. 8 at 1 p.m.
ENCANS GÉLINEAU & FILS INC.
(450) 796-2886

330 Pets

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Have a shapes scavenger hunt, taking turns finding shapes indoors and outdoors. Then make each shape with your body — kids and adults work together.

How do you learn as a family?
Tell us #FamilyLiteracyDay

LEARN AT PLAY, EVERY DAY.

Find more ways to learn at play as a family at www.FamilyLiteracyDay.ca

Family Literacy Day — January 27
ABC LifeLiteracyCanada

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Your Birthday

FRIDAY, FEBRUARY 3, 2017

Stay in control, no matter what others do or say. It's up to you to manage your life and be responsible for your actions. If you strive for equality, you will be treated with respect. Balance, integrity and fair play will guide you to the victory you desire.

AQUARIUS (Jan. 20-Feb. 19) — Keeping a steady pace will ensure that you don't lose sight of your goals, even if someone puts an emotional block in front of you. Be strong and do your own thing.

PISCES (Feb. 20-March 20) — Do what needs to be done. Connect with someone from your past who has the knowledge and experience to help you reach your goals. Showing a little charm will lead to romance.

ARIES (March 21-April 19) — Don't leap before you look. Your desire to get things done quickly needs to be handled correctly and channeled efficiently. Know your boundaries and make your move.

TAURUS (April 20-May 20) — Your emotions must be tightly controlled. Delve into a creative project that will keep you occupied and help you avoid a showdown with someone trying to disrupt your plans.

GEMINI (May 21-June 20) — Listen to what's being said or offered, but don't assume you are being told the whole truth. Dig deep and make your own assessment before you take action or respond.

CANCER (June 21-July 22) — Let your imagination take charge when it comes to creative projects, but not when it comes to dealing with others. Making an assumption or impulsive response will lead to trouble.

LEO (July 23-Aug. 22) — A problem will surface if you are too open. Closely observe what's going on around you and learn from what others say and do. Information will give you the power to excel.

VIRGO (Aug. 23-Sept. 22) — Mingle and meet new people. Get involved in pursuits that lead to greater self-awareness and personal growth. Open discussions will provide you with information that will influence your future.

LIBRA (Sept. 23-Oct. 23) — You need to pay more attention to what's going on at home. Review your personal papers and finances, and discuss issues with anyone who will be affected by the cutbacks you enforce.

SCORPIO (Oct. 24-Nov. 22) — Live your life your way. Don't fear being different. It's your unique nature and mysterious ways that make you so attractive. You should embrace who you are and aspire to reach your goals.

SAGITTARIUS (Nov. 23-Dec. 21) — Call in a favor or reconnect with someone you have enjoyed working with in the past. An opportunity to meld the past with the present will result in a brighter future.

CAPRICORN (Dec. 22-Jan. 19) — Tender, loving care will be valuable when it comes to home and family. Make amends with anyone who has been disgruntled or is feeling left out. Nurture what you have. Romance is encouraged.

SATURDAY, FEBRUARY 4, 2017

You'll feel the pressure, even if you cannot see it. Secrets will be divulged and emotions will spin out of control if you don't take the high road and stick to the truth. Set the standard rather then getting caught up in other people's dilemmas. Question others' motives and integrity.

AQUARIUS (Jan. 20-Feb. 19) — Size up situations and make your move based on what you discover. Refuse to get involved in other people's problems or let anyone meddle in your affairs.

PISCES (Feb. 20-March 20) — Thinking about days gone by will help you reflect on what and whom you miss from your past. If you plan a get-together for old friends, you'll encourage new beginnings.

ARIES (March 21-April 19) — Do something that will make you and the ones you love happy. Plan a trip or an outing that will bring you closer together. Love and romance are featured.

TAURUS (April 20-May 20) — Share your knowledge and learn from information offered to you in return. You'll be enlightened if you interact with people who come from a different background than you.

GEMINI (May 21-June 20) — Be a Good Samaritan. Indulge in activities that are geared toward helping others in order to feel satisfaction as well as have the good fortune to meet people who will influence your future.

CANCER (June 21-July 22) — Don't expect everyone to agree with you. Arguing will not solve problems, but offering incentives and finding ways to compromise will help you reach your goals.

LEO (July 23-Aug. 22) — Travel, education and personal improvements are all highlighted. The way you present yourself will have a bearing on the people you attract. Romance is in the stars.

VIRGO (Aug. 23-Sept. 22) — Protect your home, family and finances. Be smart when it comes to investments. Not all deals will be in your best interest. Travel and communication will lead to valuable information.

LIBRA (Sept. 23-Oct. 23) — Look for unique solutions to any problems that transpire. Getting along with your peers and your family or roommates will make the difference between success and failure.

SCORPIO (Oct. 24-Nov. 22) — Be brave and ready to express your feelings. You won't be able to clear up what isn't working if you aren't honest about what you want out of life.

SAGITTARIUS (Nov. 23-Dec. 21) — Physical alterations to your surroundings or personal appearance will encourage you to bring about positive changes to your lifestyle. Love and romance will improve your existence.

CAPRICORN (Dec. 22-Jan. 19) — Avoid excessive behavior or impulsive actions. A stable, steady pace toward a safe and happy lifestyle is in your best interest, regardless of what anyone else does. Distance yourself from self-destructive people.

There's a lot to be said for the 'old grind'

CREDIT: PHOTOGRAPH BY DIRK VAN SUSTEREN

Southern Hamburger Soup "warms the soul" while making good use of ground beef.

EAT IN AND SAVE
By Marialisa Calta

James Villas is kind of a classy guy. He was the food and wine editor of Town & Country magazine, where articles are written, as a recent one was, by people whose parents took them to Paris for their fourth-grade spring break. Villas has three university degrees in language and literature, was a Fulbright Scholar, writes novels and cookbooks, and has won the prestigious James Beard Award, the Pulitzer Prize of food writing. In short, he's not the kind of guy you think would devote an entire volume to ... ground meat.

But "From the Ground Up" (Wiley, 2011) is a paean to burgers, meatballs, patties, dumplings, potpies, loaves, croquettes, casseroles, stews, sauces and soups ... anything that can be made with ground meat. From Sloppy Joes to Rillettes of Pork, Chicken Tetrazzini to Duck Quesadillas, Villas turns his considerable cooking chops to recipes from around the world featuring ground animal protein (including seafood). The result is a volume of tasty, fun and affordable dishes that can be served to the family or to the kind of guests who make sure their fourth-grader experiences spring break in Paris.

To be fair, Villas — who was raised in the South — has turned his well-trained palate to humble foods before. He previously wrote a book on casseroles ("Crazy for Casseroles," published by Harvard Common Press in 2003), one on biscuits ("Biscuit Bliss," same publisher, same year) and, more recently, one devoted to pork ("Pig: King of the Southern Table," Wiley, 2010).

Despite the "around the world" nature of the recipes in "From the Ground Up," the South gets the nod in a number of them. The Southern Beef Potpie, Villas writes, is perfect "when ground beef is on sale and you want something substantial to serve a couple of close friends." As for the Southern Hamburger Soup, "Nothing tastes better or warms the soul more on a cold winter day."

SOUTHERN HAMBURGER SOUP

1 pound ground beef chuck
1 medium onion, peeled and chopped
1 small green bell pepper, stemmed, seeded and chopped
2 carrots, scraped and chopped
1 cup beef broth
1 cup tomato juice (or, preferably, V8 juice)
1 medium potato, scrubbed and diced
2 tablespoons fresh parsley leaves
4 cups milk, divided
1/3 cup all-purpose flour
Salt and freshly ground pepper, to taste

In a large saucepan or pot, stir beef over moderate heat until nicely browned, about 10 minutes, and drain off all but about 1 tablespoon fat. Add onion, bell pepper and carrots and stir till the vegetables soften, about 7 minutes. Add broth and tomato juice, bring to a simmer, cover and cook about 10 minutes. Add potato and parsley, cover and simmer 15 minutes longer.

In a small bowl, whisk together 1 cup milk and flour till well-blended. Add to the soup, increase the heat slightly and cook till soup is thickened and bubbly. Add the remaining 3 cups milk, salt and pepper and simmer 10 minutes longer. Serve hot.

Yield: 6 servings

Recipe from "From the Ground Up" by James Villas (Wiley, 2011).

SOUTHERN BEEF POTPIE WITH CHEESE BISCUIT CRUST

For the filling:

2 tablespoons vegetable oil
1 medium onion, peeled and finely chopped
2 carrots, scraped and finely chopped
1 clove garlic, peeled and minced
1 pound ground beef round
2 cups top-quality fresh or commercial tomato sauce
Salt and freshly ground black pepper to taste

For the crust:

1 cup all-purpose flour
2 teaspoons baking powder
3 tablespoons grated parmesan cheese
2 tablespoons vegetable shortening
1/2 cup milk

Preheat oven to 400 degrees. Grease a 1-quart baking dish.

In a large skillet, heat oil over moderate heat. Add onion, carrots and garlic and stir till the vegetables are tender, about 5 minutes. Add beef and stir, breaking up with a spoon, till no longer pink, about 5 minutes. Add tomato sauce and salt and pepper, bring to a boil, reduce heat to low and cook, stirring, till the mixture has thickened, about 10 minutes. Scrape mixture into the prepared casserole.

In a bowl, whisk together flour, baking powder and cheese till well-blended. Add shortening and work with your fingertips till the mixture is mealy. Add milk and stir just until dough comes together. Distribute dough on top of filling and bake till the pie is golden brown and slightly crunchy, 15 to 20 minutes.

Yield: 4 servings

Recipe from "From the Ground Up" by James Villas (Wiley, 2011).

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Your Birthday

SUNDAY, FEBRUARY 5, 2017

You'll see clearly this year. Don't second-guess yourself or wait for someone else to take the lead. Be forward with your intentions and don't hesitate to let others know how you feel and what you expect. Being in control will be liberating and will encourage you to be your very best.

AQUARIUS (Jan. 20-Feb. 19) — If you take an energetic, enthusiastic approach to life and what you want to accomplish, you won't be disappointed. Love is in the stars, and positive changes can be made.

PISCES (Feb. 20-March 20) — Emotional deception can set you back. Be honest with yourself about what has transpired and the part you've played, instead of living in denial or walking away. Truth and honesty rule.

ARIES (March 21-April 19) — You must take time to pamper yourself and rest up for what lies ahead. Feeling good about your appearance will give you the boost you need to take chances and succeed.

TAURUS (April 20-May 20) — Hidden matters will be revealed if you are too open about your past or personal plans. Protect your reputation and position. Offer to help others instead of displaying your vulnerabilities.

GEMINI (May 21-June 20) — Making personal gains, updating your appearance and having passionate encounters will make your day something special. Positive change is within reach, and being emotionally open will speed up the process.

CANCER (June 21-July 22) — Too much of anything will lead to disaster. Engaging in excessive behavior or making unrealistic promises will be imprudent. Moderation and good sense will help you reach your creative goals.

LEO (July 23-Aug. 22) — Send out your resume or start your own small business. A day trip will rejuvenate you and help you discard any threat of leading a dull, routine life.

VIRGO (Aug. 23-Sept. 22) — Good fortune is within reach. Explore new possibilities, but don't consider a joint venture. You will do best if you go it alone. Personal improvements are favored.

LIBRA (Sept. 23-Oct. 23) — Don't swim upstream. Getting along with people and finding ways to accommodate both your needs and the needs of others will put you in a good position. Romance is highlighted.

SCORPIO (Oct. 24-Nov. 22) — Keep an open mind, but don't cave under pressure. You have to do what's right for you, even if it's at the expense of someone else. Follow your heart.

SAGITTARIUS (Nov. 23-Dec. 21) — You should stick close to home today. Travel or dealing with people who have ulterior motives will lead to frustration and dead-ends. Physical exercise and a nutritious diet will improve your health and appearance.

CAPRICORN (Dec. 22-Jan. 19) — You need to keep your life simple and moderate. Use your intuition to help you avoid getting involved with people who lack discretion or tend to be hotheaded. Do your own thing and prosper.

FRIDAY, FEBRUARY 3, 2017

Sudden strength shows support

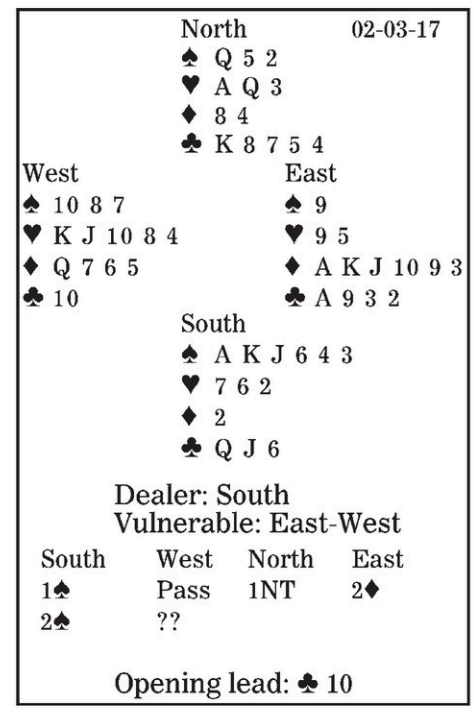
By Phillip Alder

Robert Graves, whose most famous work was the historical novel "I, Claudius," said, "Prose books are the show dogs I breed and sell to support my cat."

In bridge, support with support is a policy that will give you the wherewithal to feed your cat if you play for a stake. Typically, this is done by raising partner's suit, but occasionally it can happen in a more obscure manner. Look at today's West hand and the auction. North's one no-trump was forcing one round, showing 6-12 points. What did West do now? (In Standard American, North would have responded two clubs.)

West could have bid four (or five!) diamonds, but he chose another option: three hearts. Since West had not intervened over one spade with two hearts or three hearts, he could not have a good hand with a long suit; he had to have hearts and diamonds. It was possible that four hearts was East-West's best contract. North scotched that idea by jumping to four spades to show three spades with, initially, game-invitational strength that had been upgraded — a nine-card fit is much better than eight, and the heart finesse was clearly winning.

After four spades was passed out, how did the defense go?



West led the club 10: four, ace, jack. East started to cash the diamond king (king from ace-king after trick one), but realized that West must have led a singleton. So, just in time, East led the club two, a suit-preference signal for diamonds. West ruffed, put partner on lead in diamonds and received a second ruff to defeat the contract.

CROSSWORD

Across

1 Suggests, with "of"
7 Cashbox feature
11 Wagner's "__ Rheingold"
14 Uses Blue Apron, say
15 Baseball family name
16 Space bar neighbor
17 "Epic fail!"
20 Lady Gaga's "__ It Happens to You"
21 Presidential nickname
22 Makeup remover
23 Put out
25 Like some cheddar
28 "Ghostbusters" actor
30 Shanghai-born ex-NBA center
31 German : Kopf :: French : __
32 Does really well
34 U.S. intelligence org.
36 "I don't believe a word!" ... or, the truth about this puzzle's circles
42 Deborah's "The King and I" co-star
43 Clearly presented
45 Removed
49 Nation SE of Cyprus
51 Item on a chain, perhaps
52 Electrical backup supplies
55 One may be broken
56 Afghanistan's national airline
57 Northwest Passage explorer
59 Word with hole or holder
60 Two of the three founders of the Distilleria Nazionale di Spirito di Vino
64 Bridge action
65 Brown family shade
66 "I'm on board"
67 Década division
68 Food buyers' concerns
69 Scary flier

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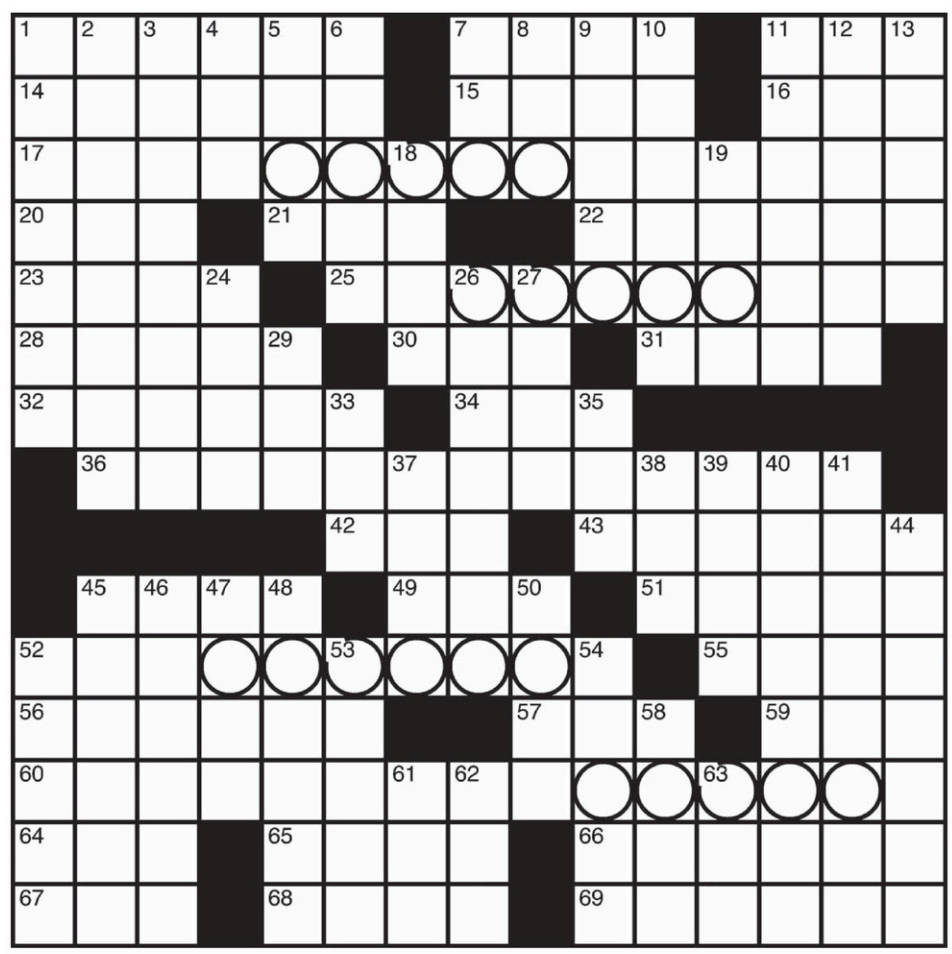
■	■	■	N	I	N	E	R	■	N	O	S	H	O	W
C	A	T	S	C	A	N	■	B	I	Z	■	I	C	U
A	L	T	O	■	G	O	Y	A	G	E	T	T	E	R
P	L	O	Y	■	A	M	I	S	H	■	A	M	A	S
N	A	P	A	■	T	E	N	E	T	■	B	E	N	T

Down

1 English hunters
2 Polynesian catch
3 Unable to increase
4 Mo. hours
5 Christchurch native
6 Common animal kingdom tattoo subject
7 Bowler, e.g.
8 Cakes go-with
9 In a way, in a way
10 One unlikely to experiment
11 Uses a 22-Across on, as tears
12 Come-hither quality
13 Dear
18 Hot
19 "__ serious?"
24 Pantry stack
26 Picks a fight (with)
27 Civil rights icon Parks
29 Red __
33 Calculating
35 Chip shot path
37 Ripsnorter
38 Bit of Christmas morning detritus
39 Thickening agent
40 Flip
41 Goes around
44 SEC powerhouse, familiarly
45 Runner's woe
46 Shag, e.g.
47 Part of Q.E.D.
48 Like some court motions
50 "Feel the __": 2016 campaign slogan
52 Iconic Rio carnival activity
53 Like
54 Nasser's successor
58 Physics units
61 Fight cause
62 Mozart's birthplace, now: Abbr.
63 Natural resource



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