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Bromont lift break-down leaves hundreds stranded in the cold

By Gordon Lambie

More than 200 people were trapped on the Express du Village hybrid lift at Bromont, montagne d'expériences for several hours on Wednesday night due to a mechanical breakdown. In the end the riders had to be manually evacuated after service could not be restored and the lift remained inoperable over the course of the day on Thursday.

Jonathan Perron was one of those stuck on the lift and said that he was about halfway up the mountain when things stopped.

"We waited a couple of minutes thinking it was just temporary and not a big deal, but when we saw the other chair lift, number three, starting to work and lift people up, we knew something bad had happened," he said. "We never expected that it would be more than three hours."

Perron said that it took more than an
CONT'D ON PAGE 3

Sunnyside students contribute to pan-Canadian mural



MATTHEW MCCULLY

By Matthew McCully

Sunnyside Elementary in Stanstead is becoming quite the artful school. In the last few years The Record has reported on three different projects where students collaborated with visiting artists. With the library windows now decorated, the bicycle storage container painted, and a series

of beautifully designed wooden slabs mounted at the front of the school, the students are now on to a new project.

Sherbrooke artist Jean-Pierre Arcand was at the school yesterday to offer the students the opportunity to help with a pan-Canadian mural project.

While the Grade 5 and 6 students spent the day working on panels that will continue traveling with Arcand

and become part of a national mural project, the younger students at the school took turns visiting the painters and working on four separate panels that will remain at the school.

Arcand's 'many hands make great work' approach is not a new formula. For decades he has been involved in the

CONT'D ON PAGE 3



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Weather

TODAY:
MAINLY CLOUDY

HIGH 4
LOW -6

SATURDAY:
INCREASING
CLOUDINESS

HIGH 7
LOW -1

SUNDAY:
RAIN

HIGH 7
LOW -1

MONDAY:
PERIODS OF
SNOW

HIGH 1
LOW -7

TUESDAY:
CLOUDY
CHANCE OF
FLURRIES

HIGH -2
LOW -11

Weinstein World



GOOD READS

LENNOXVILLE LIBRARY

On a recent rare occasion when I stayed up late to watch The Daily show with Trevor Noah, one of his featured guests was Ronan Farrow who was pushing his recent book *Catch and Kill: Lies, Spies and a Conspiracy to Protect Predators* (2019). Farrow, who is the son of actress Mia Farrow and actor and film director Woody Allen, looks and sounds on television like he might be a college freshman. But he is actually 32, has a degree in Law from Yale, and recently completed a Ph.D. in Political Science at Oxford where he was a Rhodes Scholar. He writes for The New Yorker, where he has earned a Pulitzer Prize for public service, the National Magazine Award and the George Polk Award. He is also the author of a book on US foreign policy *War on Peace: The End of Diplomacy and the Decline of American Influence* (2018). Someone had given me *Catch and Kill* for Christmas, so I decided I should read it.

That turned out to be an excellent move. This is a fascinating book, very well written, and quite frightening. Farrow's story begins in the fall of 2016 when stories begin to circulate about sexual misconduct episodes involving presidential candidate Donald Trump. Some of these stories had been purchased by the Enquirer, or its parent company American Media Inc, and deep sixed. This is the practice that *Catch and Kill* describes. High profile men like Bill Cosby and Roger Ailes, the head of Fox News (see *Bombshell*), had recently been publicly denounced for sexually abusive behavior and had been disgraced. However, it appeared that Trump was not the only person who had friends who could make potentially damaging stories disappear. One name that kept coming up was Harvey Weinstein, the CEO of Miramax Studios.

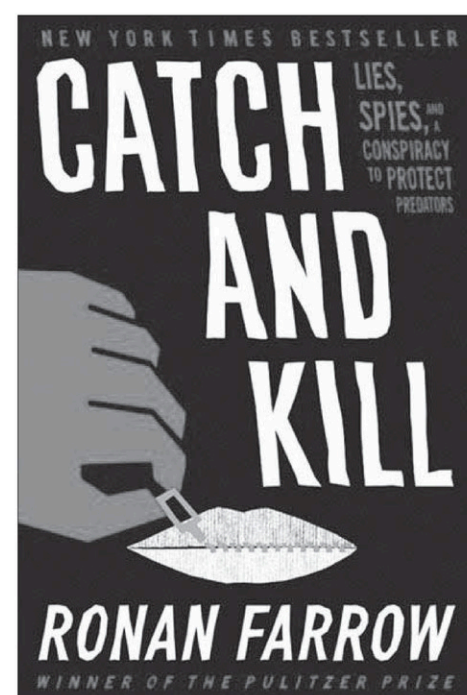
Farrow was working for NBC News

with producer Rich McHugh doing stories for the Today show and the Nightly News. They were assigned to look into the sex assault cases. As they found potential witnesses and heard their stories, they realized that this was a much bigger news event than they first realized. But as they acquired more material, their bosses became more demanding. Television is a visual medium and they wanted people who would at least be willing to be taped, but preferably they wanted witnesses who were prepared to go on camera. The two reporters would hit the phones again to look for new people and beg the women to whom they had already talked, to show their faces.

As the reporters satisfied more stringent demands, their bosses' feet seemed to get progressively colder. Authority for On Air approval marched up the corporate ladder and into NBC's parent company Comcast, while also skidding sideways from the News Department into the Legal Department. Meanwhile, rumours of these investigations had drifted into Weinstein's very wide circle - think of a fat hairy spider with a web that stretched from New York to LA and over to London - and he was mobilizing spies to identify Farrow's witnesses so that his lawyers could intimidate them into shutting up. It seems that a lot of Weinstein's victims had entered into non-disclosure agreements (NDAs) where they had been paid large sums to keep quiet about what Weinstein had done to them. Threats of lawsuits caused visions of poverty to dance in their heads.

Farrow and McHugh not only faced the loss of their witnesses because of NBC's foot dragging; other news agencies had heard the same rumours as Weinstein and opened their own inquiries. Now there was a risk that all their hard work would amount to nothing when they got scooped by the Times or New York magazine. So Farrow decided to take the story to The New Yorker, which welcomed it with open arms. McHugh had taken the precaution of duplicating all their material and putting it on a memory key which Farrow stashed in a safety deposit box. When NBC terminated Farrow's contract and demanded that he surrender all the material he had gathered while working for NBC, he had this reserve to fall back on.

The Times did beat The New Yorker to the punch, but it was a pretty tame story. The New Yorker article followed



five days later, eight months after Farrow and McHugh had started working on the case. That turned out to be only half of Farrow's story. Once people realized that there were journalists who had the courage to tell the victims' stories and take their chances on facing down the bullies who had harassed and abused these women, all manner of victims came forward with their histories. In particular, they revealed the culture and history of sexual impropriety that had prevailed for years at NBC. Moreover, the spies that Weinstein had hired to track down Farrow's sources also came forward with information about what they had learned and how they had learned it - highly illegally in many cases.

It is this second part of the book that I found most intriguing. Because of his trial(s), the Weinstein case is pretty well known. This other material was really quite engrossing. Readers should be aware that some of these women reported what can only be described as forcible rape, so a strong stomach will be needed to read their accounts.

By Vincent Cuddihy

Reserve Wednesday, March 11th at 7pm, for the Lennoxville Library's Canada Reads evening at the Salle communautaire Amédée-Beaudoin at 10 Samuel Gratham above the old fire station. The CBC announced the five books in the 2020 competition on Wednesday, so our local champions can begin their work defending the books they have chosen.

Ben by Daniel Shelton



Local News

When asked what it was like to work with students, Arcand said, "I love it. I never want to retire." As for the varying skill levels of the young painters, Arcand said it was a non-issue.

Sunnyside

CONT'D FROM PAGE 1

Francoderole, a project boasting the largest ever artwork made by children, measuring 70 feet high and 540 feet wide.

The current project that Sunnyside is helping with will be equally impressive, Arcand said.

The series started in 2017 when Arcand participated in a collaborative mural project with students across the country for Canada's 150th birthday.

The project was such a success that he decided to keep going.

The theme for Sunnyside's contribution, Arcand said, is celebrating the 50th anniversary of the Official Languages Act.

There's plenty to explore, Arcand said, using the example of French students outside Quebec and English students living in Quebec.

He plans to cover around 90 different subjects on the panels the children from across the country will be working on.

"It's not political," Arcand assured.

The idea is to be playful and look at 50 years of two official languages in Canada, through the lens of the students.

The creator of poutine may very well grace one of the panels, Arcand said, as an example.

After all the schools on Arcand's list have been visited and the final brush strokes are dry (which will take another two years), the artist said he plans to host a large-scale exhibition at the Canadian Museum of History featuring all the student panels made through the project. The exhibition will launch on Nov. 20, Universal Children's Day.

When asked what it was like to work with students, Arcand said, "I love it. I never want to retire." As for the varying skill levels of the young painters, Arcand said it was a non-issue.

"I approach it like a blues musician. I improvise."

Arcand said he usually arrives at a school in the morning and spends some time workshoping ideas with the students. He usually has a few ideas in mind, and once the kids demonstrate what they can do, he helps them

lay out a plan for their portion of the mural.

At the same time, the younger Sunnyside students came down periodically to see the work in progress and work on a creation of their own that will be mounted in the school. It was 'casual Thursday' at Sunnyside, with most of the students wearing painting smocks, or old clothes or garbage bags to avoid being covered with paint.

Arcand said it was important to work with schools with a community development connection. The town of Stanstead contributed to the mural project, and a local hardware store donated the plywood sheets and primer for the new Sunnyside murals.

Sunnyside isn't the only Eastern Townships School Board school participating in the pan-Canadian mural project. Arcand will be visiting Waterloo Elementary, Heroes' Memorial and ADS Elementary as well.

Arcand said he has also worked with Sutton Elementary school in the past.



Bromont

CONT'D FROM PAGE 1

hour for a member of the staff to get to his chair, providing an update on the situation via megaphone.

"I remember telling myself: I can't believe that they are just starting now to use the backup system. If the main system is not working after 15-30 minutes they should try the backup right away."

After the backup system was tried and failed, Perron said it was another long wait before there was any clarity on what was going to happen next. Although the air temperature was not very cold, the lift user said that the wind became a significant factor as he waited for progress to be made.

"It took a lot of time for them to set-up everything, and it took a long time for a second worker to come down with a megaphone and update us on the situation," he said, adding that this new update was made only to every 5th or 6th chair, meaning that the information was largely inaudible.

According to Marc-Andre Meunier, the mountain's Director of Marketing, it was 7:05 p.m. when the chair first stopped working and 8:30 p.m. before the decision was made to manually evacuate. The last customer was off the lift three and a half hours later at 11:45 p.m.

Because of the way the process was carried out Perron said that he didn't see anyone leave their chair until after 9 p.m.

"The rescue teams did a great job in this situation and they are not to blame, but I think the management is," he said. "They should really improve on the delays and communications. We all know that it's not their fault if some-

thing breaks, but they really should've acted faster."

Meunier underlined the fact that the breakdown was a chance occurrence and that procedures were followed in the response to it.

"The normal procedure is to try, first, to fix the main engine," he said, explaining that only after that has been tried are teams to try the backup engine to clear the line. "The next phase was a manual evacuation."

Despite the delays, the marketing director pointed out that no one was injured in the evacuation. He also spoke highly of the work done by the ski-patrol, pointing out that 20 patrollers were called back to the hill from their homes to help with the process.

"All the staff were trained to deal with that kind of situation," he said.

All of those who had to be rescued were offered a free lift ticket or an

equivalent value in credit at the store or rental facilities as well as a warm drink.

Perron, however, said that he considers this response a bit of a joke.

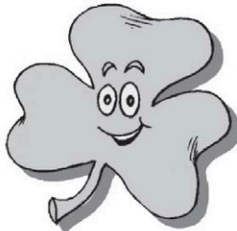
"They offered us a free eight-hour ticket and a hot chocolate, but we had to go to the customer service. Normally, it's the rescue team that gives those tickets. I think anybody who wasn't even stuck could have gone and picked this ticket up. But the worst part is that we were pretty cold but couldn't even take this hot beverage, because their cafeteria was closed."

Reflecting on the situation, Perron said that he feels like the rescue procedure needs to be reconsidered, particularly with regard to communications

and timelines. He also suggested that the open chairs have plastic wind-guards installed to help protect people who might end up being stranded.

The Express du Village lift, which consists of 72, 6-place chairs and 18, 8-place gondolas, was opened in December of 2018, having been installed at a cost of more than \$10 million. At the time it was referred to as both a "strategic asset" and a source of pride. Despite being the most recent addition to the mountain, though, Meunier said that the kind of mechanical breakdown that took place on Wednesday is unpredictable.

"It could happen on any lift," the marketing director said. "It's a very unfortunate situation."



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Giving young people a public voice: Interviews that reveal their concerns



DOUGLAS NADLER

The following interview with Jade Blais will be the first of several over the next year that will introduce to the Record's readers people under 35 years of age who are deeply concerned about responding to our world's climate and biodiversity crises.

Tell me a little about yourself, Jade.

I am a student of physics at l'Université de Sherbrooke. In the course of my studies I have taken several options in the area of sound, and recently I have been working on developing eco-acoustic materials. I am now beginning the final year of my bachelor's degree and I hope later to do research into greener technologies and processes.

What do you think is the greatest obstacle to achieving 1.5 °C limit in atmospheric temperature rise?

I think the greatest obstacle is our

irresponsible consumption. Everything in society comes down to the economy, and we are encouraged to consume as much as possible in every area of our lives. We love to consume. We live in a time where individual comfort takes precedence over anything else. It is essential to move beyond these habits in order to reverse climate change, since the cause of global heating is our societal model, in which money rules. Industry benefits from this need to consume by always offering more, more easily and more quickly, and thus the wheel of excessive consumption turns.

Why do you think many university students are oblivious to the climate crisis? What can be done to engage more young people?

I think most people don't realise what their own impact on the environment is. When we use our cars we don't see how much CO2 we are emitting, when we throw something in the bin someone comes to collect it and it disappears, and if we order something online it magically arrives at our door and we have no idea what goes on behind the scenes. I think informing people about the wider impact of their actions is a good way for them to gain awareness. And then showing them how they can make positive changes is essential in order for them to visualise solutions for themselves and act accordingly. We all know about climate change, but it's

a vague concept that people don't easily connect with their personal behaviour.

Have you pledged to live in a certain way in response to the climate crisis?

Yes, I've changed my personal habits so that I use fewer resources. I have been vegetarian for several years and I try to avoid using animal products in cooking. I am working towards zero waste and I buy only second-hand goods. I repair my clothes when they wear out and I donate things I no longer need to local thrift stores. These things are easy to achieve if we take one step at a time and focus on making gradual changes over time rather than making drastic changes we cannot sustain.

If governments are not rising to the challenge to protect your generation, is civil disobedience a valid option to lead towards a better future?

I think civil disobedience is a good way of showing governments that we don't agree with their lack of action. It also gives visibility to the ecological movement through media exposure. The climate emergency is so important that people are prepared to be arrested in order to make themselves heard, and this encourages others to reflect on the urgency of this crisis. Another aspect is important, too: when people see others rebelling, that normalises tangible personal actions. In this way they feel en-

couraged to make changes in their everyday lives, because they can see that they are not alone, that the movement is real, and that it is thriving. I mean that, for example, becoming vegetarian seems a lot more accessible than gluing one's hands to a shop window. Personal actions become less intimidating - it's motivating.

Are the oldest two generations doing enough to lead you towards a more stable future?

The oldest two generations are not doing enough to lead us towards a greener future. Most Canadians do believe in climate change, but they don't see it as a 'treat' to their daily live routine. That makes them feel like the problem is not so urgent, that "someone" will take care of it if it is really as bad as scientists say. But this "someone" needs to be "everybody" if we want to achieve something. Also, when I talk to older generations, they often bring up the fact that big catastrophes have been forecast at multiple occasions in their lifetimes, without really ever occurring. So they seem to feel as if the climate crisis is as much of an event as the Y2K problem. Extinction Rebellion is trying to make people realize that this is a very real and serious crisis, that due to its global scale, climate change will affect everybody. It will affect our precious daily routine, so let's do something about it.

Stopping by the snowshoe club



GORDON LAMBIE

The Sherbrooke Snowshoe Club welcomed The Record's Gordon Lambie on Wednesday evening for a talk on the work of the paper. Roughly thirty members were present for the evening meeting and meal, many of whom shared personal connections and feelings of support for the paper in addition to taking time to ask tough questions about matters ranging from the future of community journalism, to the diligence of spellcheckers.

Sherbrooke now hiring for student summer jobs

Record Staff

Students interested in working for the City of Sherbrooke this coming summer can now apply online via the sherboulot.ca website.

This year, approximately 200 jobs are available to students. The full list of these offers can be found on sherboulot.ca. The city is looking for candidates in a wide variety of fields, such as the environment, civil engineering, police techniques and many others. Although these jobs are linked to various fields of study, the City also offers general jobs for which young people who have completed Secondary five are invited to apply. For example, the latter may obtain employment at the city pools, as well as in manual labour and office work.

Job offers will be available on sherboulot.ca until filled. It is therefore recommended to apply quickly for jobs that interest candidates.

Students who worked for the City of Sherbrooke last year can reactivate their file, available on the employee portal, using their secure password, before January 26.

Paper applications will not be accepted.

Lennoxville Vocational Training Centre kicks off annual career days

By Taylor McClure
Special to The Record

The Lennoxville Vocational Training Center (LVTC) held its annual career days for local elementary and high school students this week. Students from Sherbrooke Elementary, Sunnyside Elementary, and Princess Elizabeth Elementary, as well as Alexander Galt and Richmond Regional high schools had the opportunity to explore the many possibilities that exist in terms of continuing education and career opportunities. Excited and eager to learn, students hopped off the bus and quickly made their way inside where they took part in interactive workshops all while having some fun along the way.

According to LVTC Director Luc Rodrigue, the centre has been organizing their elementary and high school career days for many years.

"I don't know exactly how long they have been doing it but I've been here for eight years and we have done it every year since," Rodrigue said, "And I know they held them before that. The idea is, of course, to promote our Centre but more importantly, to show students that there are different paths you can take."

Wednesday was reserved for elementary school students, and they had the chance to rotate through the various workshops that were organized in some of the classrooms at LVTC.

"There were tour guides who took them to different workshops for 20 minutes each," explained Lise Dougherty, who spearheaded this year's career day and is the Administrative Assistant at LVTC. "Most of the workshops were very hands-on so the students are engaged. We have all the courses that we have here at LVTC that we offer for the workshops except for two. We have hairdressing and industrial mechanics from our counterpart in Cowansville."

Some of these workshops included accounting, welding, health, a workshop in CPR, and 24U.

"24U is a program aimed at any student who has at least their level three English, Math, and French," Dougherty

mentioned. "When they start secondary four, they can come here two days a week to study their academics then three days a week to do their trade. They can even come here and do their high school in English and then go and do their trade at another school."

Many of these students were in grade six and LVTC recognizes the importance of knowing their options as they prepare to enter high school. "It's a big step moving into high school and it gives them a better idea of things," Dougherty added. "The teachers here make it great for them and try to be as hands on as possible."

On Thursday, high school students from Galt and Richmond also had the chance to take part in a few workshops.

"We organized it by blocks but it is basically the same concept as the elementary school career day," Dougherty explained. "But we only have three to five workshops instead. We had one workshop in health, one in administration, and one in shop. We try our best to do it like that and give students variety."

Many students and staff at LVTC volunteered their time to make this career day possible.

"I get as many students as I can and I give them a free meal ticket to the Galt cafeteria," Dougherty said. "I ask staff to help out when there isn't enough students. They volunteer their time, which is great; this year's group of students was a lot bigger than usual."

In terms of why it is so important to organize these career days, Rodrigue stated how there is much pressure on children to attend Cégep and university but that they need to know that there is so much out there in the world. "People are always telling their children that they have to go to university to get a good job but we really want to show children the different options that exist. 15% of our students here have university degrees but they can't find a job and they come here to do a trade. I feel like that whatever you do in life, you need to love it and you need to be happy. The bottom line is that we want them to do what they like and not just

force the trades on them that we have here. It's just to prepare them."

"It's important for them to know what their options are, this opens up a whole new world to them," Dougherty added. "It makes them realize that they can do welding without having to attend Cégep or university and still get a good paying job. It exposes them to what is available out there."

With their career day now over, LVTC is gearing up for their next upcoming events.

On January 25th, there will be a CPR and first aid course taking place from 8:30 a.m. to 5:30 p.m. that will be open to the public. For more details and registration, you can call 819-563-5627 at extension 45202.

On February 8th, LVTC will also be holding a fundraiser at the Golden Lion Pub for their Student Help Fund.

"The students that come here are adults and when you're going back to school, finances can be tight. People can fill out an application to the Student Help Fund and generally we give them grocery cards or gas cards. We don't want them to miss school because they have no gas. We try and keep that fund going but we have to raise money by doing things," Dougherty explained.

More details are to come for this event on the LVTC Facebook page.



PICTURES BY GORDON LAMBIER



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EDITORIAL

This platform has been specifically designed to support the development of mother tongue literacy, bilingualism, and multilingualism

Global Storybooks: From Arabic to Zulu, freely available digital tales in 50+ languages

By Bonny Norton
 Professor, Department of Language & Literacy Education, University of British Columbia and
 Espen Stranger-Johannessen
 Associate professor, Faculty of Education, Inland Norway University of Applied Sciences

Globally, 750 million youth and adults do not know how to read and write and 250 million children are failing to acquire basic literacy skills. Literacy is central to education and plays an important role in development and peace.

In response to this global educational challenge, our team based at the University of British Columbia developed the open multilingual literacy portal Global Storybooks.

This portal hosts custom sites with multilingual open-licensed books for over 40 countries and regions on five continents. Our vision is to help democratize global flows of information and resources, to facilitate language learning – including Indigenous languages – and to promote literacy.

One of the United Nations' Sustainable Development Goals is to achieve quality education globally by the year 2030. High illiteracy rates among children are partly due to a lack of appropriate reading materials in languages familiar to children. Research has shown that children learn to read best in their family's home language, which also establishes a strong foundation for learning any additional languages.

We believe the Global Storybooks project has the potential to promote quality education, literacy and multilingualism worldwide. Open educational resources (OER) have much potential to address the lack of reading materials in poorly resourced communities, facilitate language learning and reduce inequities between communities and

nations.

From 150+ African languages
 The origins of this Global Storybooks digital project are found in the African Storybook initiative, which digitizes and makes freely available under an open license over 1,000 original stories in over 150 African languages, as well as English, French and Portuguese.

The South African organization Saide began developing this site in 2013, with funding from the UK charity Comic Relief and research support from UBC scholars.

Grounded in a shared vision of global literacy and open technology, our UBC team collaborated on the development of Storybooks Canada, with seed funding from UBC Language Sciences. Launched in 2018, Storybooks Canada was the first of our Global Storybooks sites. It has a growing team, with a range of funders, including Education without Borders, the Peter Wall Institute and Mitacs. It is built on a curated selection of 40 openly licensed stories from the African Storybook that have been repurposed for a Canadian and global audience.

The stories have been translated into 19 of the most widely spoken languages in Canada, with studio-quality audio versions. An additional 10 languages are still in the process of being translated or recorded. Many of the translations and recordings, which are ongoing, are done by international graduate student volunteers with an interest in literacy and language learning.

Indigenous languages and stories
 Through the Global Storybooks portal, users can also access Indigenous Storybooks, developed in collaboration with Haida scholar Sara Davidson of the University of the Fraser Valley. This collection is based on the open licensed stories created by the Little Cree Books



project at the University of Alberta.

The Indigenous Storybooks site now offers translations of these stories in Swampy Cree, Plains Cree, Haida (Old Masset) and Haida (Skidegate), as well as in English, French and Spanish. Recently, volunteers have also translated these stories into Huichol and Huastec, Indigenous languages of Mexico.

As news of Storybooks Canada has spread internationally, many scholars, educators and community agencies have invited us to collaborate on the development of localized sites for their communities, based on the Global Storybooks platform.

Features and benefits

This platform has been specifically designed to support the development of mother tongue literacy, bilingualism, and multilingualism with the following features:

Single-click access: The stories can be reached in a single click.

User-friendly layout: Easy to navigate and can support self-directed learning.

Audio and print: Promotes reading by linking sounds and symbols.

Mobile-first design: Websites can be easily viewed on any device, including cell phones, tablets and desktop computers.

Parallel texts: Users can toggle between different translations of the same story. The more familiar language helps to scaffold understanding of the less-familiar language.

Downloading: Stories can be downloaded in different PDF layouts, including monolingual or bilingual and regular or wordless/imageless versions. Users can also download in a landscape format (for reading on screens) or a booklet format (for printing).

New sites can draw on the existing database of stories and multimedia in multiple languages, and new translations are developed as needed. At present, translations have been made in more than 50 new languages. For ex-

ample, the Storybooks Jamaica site features translations of the 40 stories into Jamaican Creole, and the stories on Storybooks Haiti are available in Haitian Creole.

Ongoing research

The Global Storybooks project generates many questions for educational research: How well do stories travel from one region of the world to another? To what extent can sites like Storybooks Canada promote home and school connections for immigrant and refugee students? Does the use of dual language storybooks promote language awareness in linguistically diverse classrooms?

Team member and UBC PhD candidate Michelle Gilman is investigating connections between Storybooks Canada and the B.C. curriculum. PhD student Asma Afreen is addressing cultural identity in the translation of English language stories from the African Storybook into Bengali for Storybooks Canada and Storybooks Bangladesh. Her knowledge of Bangladeshi cultural practices and social relationships helps inform the translation process.

As we celebrate the International Day of Education on Jan. 24, 2020, we believe that the global community needs to heed the advice of the UN Secretary General to do far more to promote equitable education internationally. The ongoing development of Global Storybooks is one response to this urgent call.

This story was co-authored by Liam Doherty, a PhD candidate at UBC in language and literacy education.

This article was supported by a UBC Public Humanities award. Dr. Bonny Norton is affiliated with the Canadian organization, Education without Borders, and the South African organization, Saide.

Espen Stranger-Johannessen received funding from The International Research Foundation for English Language Education (TIRF) during his PhD studies.

THE RECORD

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COLUMNIST

The good deeds that we do, the values we promote, the impact we make on others will live on.

ONE COLUMN, FOUR VOICES

Open to the Spirit

Today's word: Mortality

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

1) Rachel Naomi Remen, well known physician and essayist, once wrote: "There are only two kinds of people in the world. Those who are alive and those who are afraid".

It has become somewhat cliché to say that we should live every day as if it is our last. To wake up with hope and excitement for the new day ahead, and to do our best to accept others, forgive others, and enjoy life so that we can live each day to the fullest. While there is power in this philosophy (and it makes for great inspirational quotes), I doubt many of us actually take the ideas to the next level and honor the seriousness that is also inherent in this value.

Living life to the fullest can make life great. Yet doing this with the knowledge that we will someday die is an additional little push. It is an additional layer of our reality that should not only inspire us to live each day to the fullest for ourselves, but it should also push us to fight more, to care more. If we know that we will not be on this earth forever, then we have to use our short time to fix the brokenness around us without hesitation. We can't wait for the healing to come on its own; we need to move it forward. Stand up and protest, help those in need, learn about the world around you like there is no other choice.

I want to die knowing not only that I enjoyed all the world had to offer me, but that I did all that I could to make this world a bit better. Mortality and death may be something to fear. But it can also be part of a daily reminder to take care of each other and the world, so that at least life is something a little less scary.

2) Although we often act as if we were immortal, from time to time we are brought abruptly to that which we already knew.

We are indeed impermanent. For example when a loved one dies we are filled with regret. We wish we had spent more time with them, said "I love you" more often, or been more gentle with our criticisms. As painful as that death is, I don't believe there is another way to deeply understand how precious, fragile and temporary we are.

Our time on earth is limited. So much of it is taken up with activities and worries that are really secondary to our true purpose. To be of service; to experience the giving and receiving of affection; to learn how to forgive; to work for more than selfish goals: these are all lessons that all of the world religions teach. It is a humbling experience when someone close to us dies.

Yet death can be one of our greatest teachers. At this time something inside us cracks open, never to be quite the same. It is then that I take inspiration from the words of Leonard Cohen "Ring the bells that still can ring. Forget your perfect offering. There's a crack in everything; that's how the light gets in."

3) Our word today is not a cheerful one. The idea that we all will sooner or later die does not bring smiles and laughter. It can, however, prompt our imaginations to wonder.

I grew up reading comic books, as did many of you. As I grew older I thought the fascination with superheroes would run its course. Superman, Wonder Woman, Batman, and Spiderman live on as we can see by the proliferation with movies based on these imaginary characters. One characteristic of many of them, like Superman, is immortality, but usually with a catch, like Kryptonite.

Readers, if your eyes glaze over with

my nerdy comic book references don't worry; I am coming to the point. In this sometimes dark world, there are those who wonder what it would be like to not die but live forever. I do not share that fascination. I am well aware that our lives will come to an end. I know well enough what it means to mourn.

The good deeds that we do, the values we promote, the impact we make on others will live on. I love skipping stones in the lake, and I like the idea of the ripple effect. Throw a large stone into a quiet pond. The stone disappears underwater, but the ripples continue and will eventually touch the far shores.

May we not dream of immortality or of other worlds, but make a real difference in our lives, in our communities and in the lives of others here and now.

4) Emily Dickinson's poem *Chariot stop for Death/He kindly stopped for me/The carriage held but just ourselves/And Immortality.*

I was in my mid-teens when I first memorized these lines, and a bit rebellious. I recall thinking then how I might not step willingly into that carriage when it stops for me. Death seemed a kind of dark awareness, and being young, it was easier not to face it. For much of my life I've been able to keep busy and look the other way. Age mellows us, I've tempered in my passionate rebelliousness, not the least in how I face mortality.

That we tend to avoid thinking of death is no surprise. So caught up in the act of living, in the midst of all we must do to simply maintain our daily existence, it's natural to continually push the idea aside. To shelve it in our minds as a book we know we should read but not today. Haunted by the certainty it will happen someday,

as it does to others, yet not now. Until every so often I get the call to attend a grieving family and help them design a Celebration of Life for someone who's newly left this life. Like a reality check, a task so full of awe, reminding me that yes - we are all mortal, me too. Assisting with the death rites of others is always a wake up call to savour the life that's here, to not hold back waiting for some future time. To live and love wholeheartedly in the here and now and cherish all with whom I am privileged to share it.

Death will stop for each of us in its own time. No longer a heavy threat or dreaded curse, not a haunting shadow over my days, it's become like an old friend. I believe we each think of our own death in odd moments, as we go about living the awareness flashes through us. One of the benefits of living long is to practice accepting death as the natural end to any life that begins with birth. May we fear less having to leave this life, and think more about what we can leave to gift the lives that continue beyond us. If there's any such thing as immortality - upper or lower case - I believe it will rise from the spirit of all we have done and been.

One word, four voices - and now it's your turn to reflect: What thoughts come to you when you hear the word "mortality"?

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

Valoris swaps presidents, ends 2019 on a high note

Record Staff

The Board of Directors of Valoris met yesterday for the first regular meeting of 2020.

During the meeting, the members appointed Robert Roy, Prefect of the Haut-Saint-François MRC as president of the waste management facility for the coming year. Sherbrooke Mayor and outgoing president Steve Lussier will be vice-president for the same period.

The Haut-Saint-François MRC and the City of Sherbrooke alternate the Valoris presidency. The even years are occupied by the Haut-Saint-François

MRC while odd years belong to the City of Sherbrooke.

"I would like to thank Steve Lussier for all the work he has done as president of the last year. It was a year filled with challenges and Mr. Lussier was able to tackle them with energy and rigor," Stated Robert Roy in a recent statement.

Valoris ends 2019 on a high note

The waste management facility (Valoris) presented financial statements for the year ending the 2019 fiscal year with a surplus of approximately \$400,000.

Management will complete the fis-

cal year-end closing process in the coming weeks and the final results will be made public as soon as possible.

Newly appointed Valoris President Robert Roy was encouraged by the news, but felt it is a bit early for celebration.

"It's true it's a nice way to start the year. However, it would be wiser to wait a long time before saying we're out of the woods. This surplus is mainly due to the tests carried out on its CRD line. There are still agreements in place at to be finalized with partners on both the CRD sorting line and the sorting line for the long-term residential sorting," said Roy.

In the coming months, the Valoris team will continue to set up the different measures of the Recovery Plan 2019-2021 that was presented in November 2019. Roy has made this his top priority for the next 12 months.

"My colleagues on the board of directors and I made it clear before the holidays that 2020 is a year of change," commented Roy. "We will therefore make every effort to support the general management and the Valoris team and set up favourable conditions for the Plan."

A lifetime of music



COUNTRY CONNECTION

JESSIE PELLETIER

Music came early in Pee Wee Dubé's life and it was there to stay. Born in Coaticook, he started flirting with music when he had his very first drum set. He was five and he clearly remembers when his dad would come home from work with some friends.

A few times a week Dubé would take out his guitar, install the drum set beside him and they would start playing and the party would take off. The young boy took part of the happening.

"My father always played music, he had his band at a young age, playing on radio stations live every weekend. Then in 1970, he decided to buy a bar in United States, so he played in his own bar. The band would come and practice at the house in the living room" recalled the drummer in an interview.

He was permitted to play with them when they practiced which was a thrill for a young boy. It was in 1972 that his father decided to make an album. His mother Murielle was also part of this project as a singer. On studio day, the manager would tell Pee Wee to sit on the floor, against the wall and not to move or make a sound.

"I would just watch the drummer and learn from that. Then mom and dad started touring Québec. They had bought a 24 foot trailer that was our new home. They were touring Québec with lots of artists in country music such as Marcel Martel, Willie Lamothe, Georges Hamel and others" he said.

Life for the kids was not always easy but it was an adventure and they never complained about the situation. When the band played in bars, Pee Wee and his brother would sell albums at the door.

"We were like gypsies, traveling everywhere, living in parking lots or camping grounds during the summer. But when school started, we would live in the hotel bars upstairs. I remember in Amos, Abitibi, our refrigerator was the old wooden window of the hotel room! We had a carton of milk, bread and some tomatoes. My brother and I would get up at 3:30 in the morning and take a coach bus to go to school. The closest was 90 miles away. The bus driver would wake us up when we got there" he stressed.

After a few years of touring with his parents, the young man decided he had enough of changing schools three or four times a year. He told his parents that he was done with school. Of course the parents didn't agree so Pee Wee had to keep trying.

"My parents were not happy. So my dad said okay, but on off days I had to sit at my drum set for eight hours a day and practice. He paid me a private teacher twice a week at night and I would learn Latin beats and techniques" he said.

That teacher was Jean Lapointe's drummer at the time. The teenager was 14, still going to school, trying to finish his seventh grade at least. It was clear to him the important component of music was rhythm. So he would soon march to his own beat.

"When I was ready to go play after a few months of practice, my dad told me I was going to play with them from Thursday night to Saturday night at a Montreal bar. I was proud but very nervous! And on Friday morning, I was very tired in school. The teachers would wake me up when I was sleeping on my desk. So I never finished my seventh grade because I started doing something I loved; playing music!"

As summer came back, he and his parents resumed touring bars and festivals all over Québec. They lived and travelled in the trailer, having fun, meeting more famous people, artists, musicians, singers. Then Claude and Murielle Dubé got a gig in Florida for the winter.

This would bring them to play near the beach in Hollywood, Florida for six months and during summer, they would return and tour Québec again. That lasted for six years. Than life took another turn for the young man.

"I met the love of my life and got



COURTESY

married and I am the father of three wonderful children and grandfather of two. I am still playing music, a passion that my wife shares with me" he said. Pee Wee is a family man. Nothing is more important than his family life and he is extremely close to every one of them. After living on the road, that life was not for them.

"I always had a dream and I think all musicians do, it's to make it in music. So in 2000, I met a guitarist up North, while my wife and I were on vacation. He was playing guitar on a cottage porch. I went over to talk to him" he said.

Pee Wee was curious about what he heard. It turned out it was one of his own songs. So they exchange phone numbers with the plan to get together and jam if this guy was ever around here.

"We became really good friends and met other musicians and in 2006, we made our first album. We played a lot of benefit concerts and got to meet more artists. We promoted the album in Sherbrooke at the Vieux Clocher and

the place was packed" he stressed.

"I noticed after a while that our singer, Dan, was always petrified to sing in front of people. I had to coach him every time so he would get on stage. The show at The Vieux Clocher was our last. It broke my heart" said Pee Wee.

"To this day, people still ask me if we have albums out. That made me go into a depression. I stopped playing for almost a year. Every time I was on the drums, it was heartbreaking to me" he added.

Now, he plays with many different musicians and bands in the region. His passion for music is still alive and stronger than ever. The dream is still in his heart. The reason that music arose and appealed is that it brings people together and make them happy and this is what he likes. When Pee Wee's explosive talent, passion, humour and irresistible personality come together it creates magic.

"Like he said "music is quite a life, and it has to come from the heart!" You can catch him playing in Burrough's Falls this Sunday starting at 1:00 pm.

Townships on the menu

Muffins are easily one of my favourite foods

Snack time!



CORA LOOMIS
REGISTERED DIETITIAN

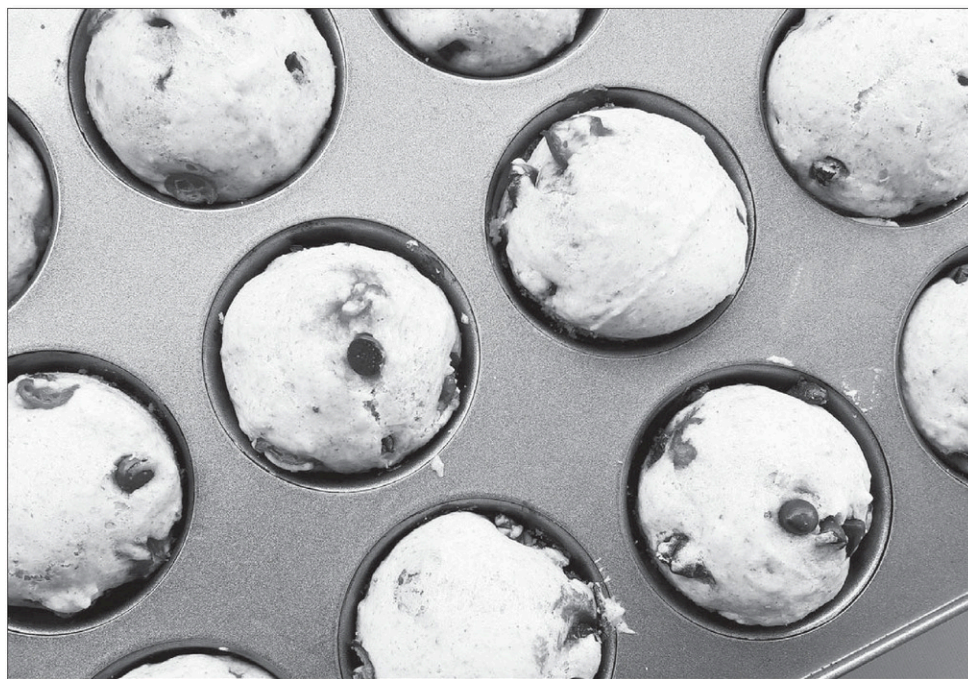
Cranberry, Chocolate and Orange Zest Muffins

Here is one of my favourite muffin recipes that I find particularly delicious during the winter months.

Portions: 12 muffins
Time required:
Prep: 10-15 minutes
Cooking: 20 minutes

- Ingredients**
- 1 tablespoon ground chia seeds (15 ml)
 - 3 tablespoons of warm water (45 ml)
 - 3/4 cup of unsweetened soy (or other plant-based) beverage (175 ml)
 - 1/4 cup of vegetable oil (60 ml)
 - 1/2 cup of sugar (125 ml)
 - the zest of 1 orange
 - 1 cup of whole wheat flour (250 ml)
 - 1 cup of white flour (250 ml)
 - 2 teaspoons of baking powder (10 ml)
 - 1/2 teaspoon of salt (2.5 ml)
 - 1 cup of cranberries (fresh or frozen), chopped into large pieces (250 ml)
 - 1/2 cup of dark chocolate chips (125 ml)

- Instructions**
- Preheat your oven to 350 degrees Fahrenheit.



- In a large bowl, mix together the ground chia seeds and warm water and let sit for a few minutes.
- Add the soy beverage, oil, sugar, and orange zest and mix together.
- Add the dry ingredients (flour, baking powder, and salt) and mix again.
- Finally, add in the cranberries and chocolate chips and mix one last time.

- Scoop the batter into a pre-greased muffin tin and bake for approximately 15 to 18 minutes.

I hope you enjoy these muffins as much as I do! Also, if you happen to have an amazing muffin recipe to share with me, please do so by dropping me an e-mail at info@coraloomis.com

Your week on TV

WEEKDAY MORNING																
	Bell	Star	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30		
WCAX	3	-	Channel 3 News Morning		CBS This Morning				Rachael Ray	The Doctors		The Price Is Right				
WPTZ	5	-	NBC5 News Today		Today				Live with Kelly and Ryan		Today 3rd Hour		Today With Hoda & Jenna			
CBMT	6	206 301	Daybreak		(:11) Addison	True Rainbow	(:08) PJ Masks	(:20) PJ Masks	What He Ate	The Moblees	(9:48) Arthur	Daniel Tiger	Dragons' Den			
CHLT	7	107 718	F	Salut bonjour (N) (SC)								(9:59) Deux filles le matin (N)			Mario Dumont	
			M													
			T													
			W													
WMTW	8	-	F	WMTW News 8 at 6am				Good Morning America		Live with Kelly and Ryan		Tamron Hall		The View		
			M	Toc toc toc				Sous les mers	Garfield et cie	Belle	Jack camions	NoteRythme	RDI matin	On va se le dire	Ricardo	Silence
			T	Global News Morning				The Morning Show		Sarah's House		Donut Shwdwn	Tamron Hall			
			W	Your Morning				Your Morning	Your Morning	Your Morning	Your Morning	Live with Kelly and Ryan		The Marilyn Denis Show		The View
WVNY	22	-	Local 22 News This Morning		Good Morning America		The Mel Robbins Show		Varied Programs		The View					
WUTV	30	-	Paid Program		Paid Program		2 on Your Side Daybreak		Var. Programs		Couples Court		Judge Mathis			
CFKS	31	106 726	F	NVL (SC)	Moment V	Moment V	NVL en bref	Moment V	NVL en bref	Moment V	NVL en bref	Histoire	Infopublicité	Scorpion (SC)		
			M													
			T													
			W													
WUHF	-	363	Good Day Rochester		Good Day Rochester		Good Day Rochester		Judge Mathis		The Wendy Williams Show		Judge Jerry	Judge Jerry		
WETK	-	-	Classical	World News	Curious	Nature Cat	Wild Kratts	Molly of Denali	Xavier Riddle	Let's Go Luna!	Daniel Tiger	Daniel Tiger	Sesame Street	Pinkalicious		
WCFE	-	-	Nature Cat	Odd Squad	Molly of Denali	Curious	Xavier Riddle	Daniel Tiger	Daniel Tiger	Dinosaur Train	Sesame Street	Sesame Street	Pinkalicious	Arthur		
A&E	615	520	Paid Program		Joyce Meyer		The First 48		The First 48		The First 48		Varied Programs			
CNN	500	500	New Day With Alisyn		New Day With Alisyn		New Day With Alisyn		CNN Newsroom With Poppy		The Impeachment Trial of Donald J. Trump		Lone Star Law (SC)			
DISC	520	505	F	Mayday "Deadly Delay"		Mayday (SC)		Mayday "Final Approach"		Highway Thru Hell		North Woods Law				
			M													
			T													
			W													
DRAMA	620	523	F	"Valentine Ever After" (2016) Autumn Reeser. (DVS)				Flashpoint "Acceptable Risk"		"Valentine Ever After" (2016) Autumn Reeser. (DVS)				Flashpoint "Acceptable Risk"		
			M	"Bakery in Brooklyn" (2016) Aimee Teegarden. (SC)						"Bakery in Brooklyn" (2016) Aimee Teegarden. (SC)						
			T	"Summer Villa" (2016) Victor Webster, Hilarie Burton. (SC)						"Summer Villa" (2016) Victor Webster, Hilarie Burton. (SC)						
			W	"The Birthday Wish" (2017, Romance) Jessy Schram. (SC)						"The Birthday Wish" (2017, Romance) Jessy Schram. (SC)						
			Th	"Walking the Dog" (2017) Jennifer Finnigan. (SC)						"Walking the Dog" (2017) Jennifer Finnigan. (SC)						
HIST	522	506	Canadian Pickers		Ice Road Truckers		Rust Valley Restorers		Ice Road Truckers		Canadian Pickers		Border	Border		
PARMT	628	584	Bar Rescue	Var. Programs	Bar Rescue	Var. Programs	Bar Rescue	Var. Programs	Bar Rescue	Var. Programs	Bar Rescue	Var. Programs	Bar Rescue	Var. Programs		
RDI	126	730	(5:00) RDI matin						L'info				Isabelle Richer			
SHOW	616	521	Movie				Movie				Movie					
SLICE	601	562	ET Canada	Say Yes-Dress	Love It or List It		Varied Programs									
TLC	521	560	What Not to Wear		What Not to Wear		Varied Programs						Dr. Pimple Popper			
TSN	400	400	F	Australian Open Tennis		SportsCentre		SportsCentre (SC)		SportsCentre (SC)		SportsCentre (SC)		SportsCentre		
			M	Australian Open Tennis		SportsCentre		SportsCentre (SC)		SportsCentre (SC)		SportsCentre (SC)		SportsCentre		
			T	Australian Open Tennis		SportsCentre		SportsCentre (SC)		SportsCentre (SC)		SportsCentre (SC)		SportsCentre		
			W	SportsCentre		SportsCentre (SC)										
YOUTH	551	542	Go Away Uni	Cloudy, Meat	Loud House	Loud House	SpongeBob	SpongeBob	Cloudy, Meat	Cloudy, Meat	Go Away Uni	(:40) Wayside	(:05) Wayside	Chuck's		

Your week on TV

WEEKDAY AFTERNOON

	Bell	Star	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
WCAX	3	-	Across/ Fence	The Young and the Restless	Bold/Beautiful	The Talk	Let's Make a Deal	Family Feud	Family Feud	Channel 3	3 News			
WPTZ	5	-	NBC5 News	Daily Blast	Days of our Lives	Tamron Hall	Dr. Phil	The Ellen DeGeneres Show	NBC5 News	NBC5 News				
CBMT	6	206	301	CBC News Network	Murdoch Mysteries	Heartland	Escape to the Chateau: DIY	Vet on the Hill	Great British Baking Show					
CHLT	7	107	718	(:13) Le TVA régional	Movie	Var. Programs	TVA nouvelles	Les feux de l'amour	Top modèles	(4:58) TVA nouvelles				
WMTW	8	-	-	WMTW News 8 at Noon	GMA3: Strahan, Sara & Keke	General Hospital	The Ellen DeGeneres Show	WMTW News 8 at 4pm	(WMTW News 8 at 5PM)					
CKSH	9	108	-	F Téléjournal	Vocation	Heartland (DVS) (SC)	Virginie (SC)	Virginie (SC)	Castle "La fin du monde" (N)	On va se le dire (SC)	L'effet	Silence		
				M Chien					Le refuge de l'espoir (N) (SC)	On va se le dire (N)				
				T Monde-parlait										
				W La facture										
				Th L'épicerie										
CKMI	11	-	-	Global News	ET Canada	Days of our Lives	The Talk	Rachael Ray	Leave-Bryan	The Young and the Restless	Global News			
CFCF	12	205	312	CTV News Montreal	The Social	Dr. Phil	The Dr. Oz Show	The Ellen DeGeneres Show	CTV News Montreal at 5					
WVNY	22	-	-	Hot Bench	Hot Bench	GMA3: Strahan, Sara & Keke	General Hospital	Judge Judy	Judge Judy	Judge Judy	Judge Judy			
WUTV	30	-	-	The Steve Wilkos Show	Maury	Judge Mathis	Injury Court	Injury Court	25 Words	America Says	Family Feud	Family Feud		
CFKS	31	106	726	Souper parfait	Movie	Movie	Hot Bench	Hot Bench	Judge Judy	Judge Judy	The People's Court			
WUHF	-	363	-	The Steve Wilkos Show	Maury	Var. Programs	Divorce Court	Hot Bench	Judge Judy	Judge Judy	The People's Court			
WETK	-	-	-	Dinosaur Train	Cat in the Hat	Sesame Street	Splash	Pinkalicious	Let's Go Luna!	Odd Squad	Varied Programs			
WCFE	-	-	-	F Expedition With Steve	Museum	Ready Jet Go!	Let's Go Luna!	Arthur (EI)	Rhythm and Roots of Arthur	Xavier Riddle	Wild Kratts	Daniel Tiger	Curious	
				M Antiques Roadshow (CC)	Love Quilting				Odd Squad	Nature Cat				
				T Rick Steves Rome (CC)	Rick Steves									
				W Finding Your Roots	Outside-Greg									
				Th NOVA (Part 5 of 5) (CC)	Mountain Lake									
A&E	615	520	-	Varied Programs										
CNN	500	500	-	Senate Trial	The Impeachment Trial of Donald J. Trump									
DISC	520	505	-	F CSI: New York "Pot of Gold"	CSI: New York (CC)	Heavy Rescue: 401	MythBusters (CC)	CSI: New York "Pot of Gold"	CSI: New York (CC)					
				M										
				T										
				W										
				Th										
DRAMA	620	523	-	Movie		Flashpoint	Varied Programs							
HIST	522	506	-	F Forged in Fire (CC) (DVS)	American Pickers (N)	Counting Cars	Counting Cars	The UnXplained (CC) (DVS)	Ancient Aliens (N) (CC)	American Pickers (N)				
				M	Cheating Hitler: Surviving the Holocaust (CC)			Rust Valley Restorers (CC)	Forged in Fire (N) (CC)	Oak Island: Drilling Down				
				T	American Pickers (N) (CC)	Counting Cars	Counting Cars		Pawn Stars (N) (CC)	American Pickers (N) (CC)				
				W					Pawn Stars (N)	Pawn Stars (N)				
				Th										
PARMT	628	584	-	Varied Programs										
RDI	126	730	-	Téléjournal	Les ex	L'info			(3:59) Mordus de politique	En direct avec Patrice Roy				
SHOW	616	521	-	F "Hidden Agenda" (2015, Action) Adam Barnett. (N) (CC)	NCIS "Devil's Triad" (N)	NCIS A mysterious illness. (N)	NCIS "Kill Chain" (N)	NCIS "Double Back" (N)						
				M "Blacktop" (2000) Meat Loaf Aday, Kristin Davis. (N) (CC)										
				T "Perfect High" (2015, Drama) Bella Thorne. (N) (CC) (DVS)										
				W "Infidelity in Suburbia" (2016) Sarah Butler. (N) (CC) (DVS)										
				Th "Woman on the Run" (2017) Sarah Butler. (N) (CC) (DVS)										
SLICE	601	562	-	Love It or List It	Say Yes-Dress	Say Yes-Dress	Varied Programs	Rachael Ray	Blind Date	Blind Date				
TLC	521	560	-	Hoarding: Buried Alive	Hoarding: Buried Alive	My 600-Lb. Life	Varied Programs	Say Yes	Say Yes	Say Yes	Say Yes			
TSN	400	400	-	SportsCentre	SportsCentre	Varied Programs	NBA: The Jump	High Noon	Questionable	Around/Horn	Interruption			
YOUTH	551	542	-	Cloudy, Meat	Cloudy, Meat	Go Away Uni	(:40) Wayside	(:05) Wayside	Chuck's	Cloudy, Meat	SpongeBob	SpongeBob	Loud House	Loud House

FRIDAY EVENING JANUARY 24, 2020

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX	3	-	-	Channel 3 News at Six (N)	CBS Evening News	Entertainment Tonight (N)	Hawaii Five-0 "Hapai ke kuko, hanau ka hewa" (CC)	Magnum P.I. Magnum and Higgins get "yacht-jacked."	Blue Bloods Frank tries to help his ex-partner. (N)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (CC)				
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (CC)	Wheel of Fortune (N) (CC)	Figure Skating U.S. Championships: Senior Ladies Free Skate. From Greensboro, N.C. (N) (N)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (CC)					
CBMT	6	206	301	CBC Montreal News (N)	Coronation Street (N) (N)	Coronation Street (N) (N)	2020 NHL Skills Competition The NHL's most-skilled players will face off in the annual skills competition. (N) (N) (Live) (CC)	The National (N) (N) (CC)							
CHLT	7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) Ça finit bien la semaine (N) (SC)	Du talent à revendre (N) (SC)	La liste noire Liz et Jennifer recherchent une femme. (N)	TVA nouvelles (N)	(:35) * "L'aube rouge" (2012) Chris Hemsworth. Un groupe d'adolescents lutte contre une invasion étrangère.					
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (CC)	Jeopardy! (N) (CC)	American Housewife (N)	Fresh Off the Boat (N) (N)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! (N) (CC)				
CKSH	9	108	-	(5:59) Le télé-journal (N)	Le TJ Extra ICI Estrie (N)	Au suivant Une performance fait voyager Stéphane. (N)	Prière de ne pas envoyer de fleurs Avec Patrice Bélanger.	Ouvrez les guillemets (N)	Les mag-nifiques	Le téléjournal (N) (SC)	Sports express (N) (SC)				
CKMI	11	-	-	Global National (N) (N)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Hawaii Five-0 "Hapai ke kuko, hanau ka hewa" (CC)	Nurses Grace to is forced to confront her past.	Border Security: America	Border Security: America	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (CC)		
CFCF	12	205	312	(5:59) CTV News Montreal (N) (N) (CC)	Local 22 News (N)	Local 22 News (N)	Inside Edition (N) (N) (CC)	American Housewife (N)	Fresh Off the Boat (N) (N)	20/20 A man kills his business partner. (N) (N) (CC)	Local 22 News (N)	(:35) Jimmy Kimmel Live! (N) (CC)			
WVNY	22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) (N) (CC)	American Housewife (N)	Fresh Off the Boat (N) (N)	20/20 A man kills his business partner. (N) (N) (CC)	Local 22 News (N)	(:35) Jimmy Kimmel Live! (N) (CC)			
WUTV	30	-	-	The Big Bang Theory (CC)	Judge Judy (N) (N) (CC)	Judge Judy (N) (N) (CC)	Family Feud (N) (N) (CC)	WWE Friday Night SmackDown (N) (N) (Live) (CC)	2 on Your Side	Seinfeld (N) (CC)	Two and a Half Men (N)	Two and a Half Men (N)	Last Man Standing (N)		
CFKS	31	106	726	Souper parfait	Souper parfait	L'arbitre Une femme achète une voiture d'occasion. (SC)	Huissiers (SC)	Huissiers (SC)	Code 111 (SC)	Code 111 (SC)	Sang cervelle Lauren poursuit son enquête. (N) (SC)	Souper parfait	NVL (N) (SC)	Moment V (SC)	
WUHF	-	363	-	Modern Family (N) (CC)	Modern Family (N) (CC)	The Big Bang Theory (CC)	The Big Bang Theory (CC)	WWE Friday Night SmackDown (N) (N) (Live) (CC)	13WHAM News at 10 on Fox Rochester (N) (Live) (CC)	DailyMailTV (N) (N) (CC)	The Simpsons (N) (CC)	Three Dog Night			
WETK	-	-	-	PBS NewsHour Special Coverage: The Senate	Outdoor Journal	Vermont This Week (N)	Washington Week (N) (N)	70s Soul Superstars (My Music) Motown, R&B, soul and disco artists. (N) (CC)	Amanpour and Company (N)	BBC World News (N) (CC)	Amanpour and Company (N) (N) (CC)	BBC World News (N) (CC)			
WCFE	-	-	-	World News America	BBC World News Today	PBS NewsHour (N) (N) (CC)	Mountain Lake Journal	New York Now (CC)	Country Music "I Can't Stop Loving You (1953-1963)" The age of rockabilly. (N) (CC) (DVS)	BBC World News (N) (CC)	Amanpour and Company (N) (N) (CC)				
A&E	615	520	-	(5:00) Live PD "Live PD -- 01.18.20" (N) (CC)	(:07) Live PD: Rewind "Live PD: Rewind No. 295" (N) (N) (CC)										
CNN	500	500	-	Senate Trial of D. Trump	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Cuomo Prime Time (N) (CC)	CNN Tonight w/ Don Lemon	Anderson Cooper 360 (N)	Prime Time					
DISC	520	505	-	Highway Thru Hell "No Man's Land" (DVS)	MythBusters "Electrified Escape" (N) (CC)	Lone Star Law An alligator attacks a man and his son.	Lone Star Law Pulling in an illegal gill net. (CC)	Aussie Gold Hunters Henri and Kellie face poachers. (N)	Highway Thru Hell "The Warrior" (CC)	Lone Star Law (CC)					
DRAMA	620	523	-	Bones A train wreck leads to mystery. (N) (CC) (DVS)	Bones Booth struggles with his ex-wife. (N) (CC) (DVS)	Bones Body beside a garbage truck. (N) (CC) (DVS)	Bones Matching wits with a serial killer. (N) (CC) (DVS)	Bones "The Truth in the Lye" A man is found dead.	Bones A apparent suicide uncovers scandal. (N)	Bones (N) (CC) (DVS)					
HIST	522	506	-	Forged in Fire "The Scottish Claymore" (N) (CC) (DVS)	Rust Valley Restorers A 1942 Harley Davidson. (CC)	Rust Valley Restorers "The Reckoning" (N) (CC)	Ancient Aliens Exoplanets may be home to others. (N)	The UnXplained The human mind remains inscrutable. (N)	Forged in Fire "The Scottish Claymore" (N) (CC) (DVS)	Ancient Aliens (N) (CC)					
PARMT	628	584	-	Catch a Contractor A contractor takes off to Mexico.	Catch a Contractor "Worse Than a Warzone" (CC)	Catch a Contractor "Two Many Crooks in the Kitchen"	Catch a Contractor A couple with a fire damaged home.	Catch a Contractor "Two Many Crooks in the Kitchen"	Catch a Contractor (CC)	Catch a Contractor (CC)					
RDI	126	730	-	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)	Les décodeurs (N) (N)	(:31) Le national (N)	Le téléjournal avec Pascale Nadeau (N) (SC)	Le téléjournal (N) (SC)	Le national (N) (SC)	(:31) Le national (N) (SC)	(12:01) 24/60 (SC)		
SHOW	616	521	-	NCIS "Devil's Triad" Ellie adjusts to being on the team.	NCIS "Homesick" A mysterious illness. (N) (CC) (DVS)	FBI "Invisible" Kidnappers try to become famous. (CC)	** "Ouija: Origin of Evil" (2016) Elizabeth Reaser. An evil spirit possesses a widow's youngest daughter. (N) (CC)	** "The Fast and the Furious: Tokyo Drift" (2006) Lucas Black. (N) (CC) (DVS)							
SLICE	601	562	-	Flipping Out The team heads to New York. (CC) (DVS)	Blind Date (N) (CC)	Blind Date (N) (CC)	Blind Date (N) (CC)	Blind Date (N) (CC)	*** "Clueless" (1995) Alicia Silverstone. Spoiled Beverly Hills teens careen through the good life. (N) (CC) (DVS)	*** "Clueless" (1995, Comedy) Alicia Silverstone, Stacey Dash. (N) (CC) (DVS)					
TLC	521	560	-	90 Day Fiancé "Blindsided" Blake and Jasmin argue on a night out. (N)	2020 Australian Open Tennis Third Round. From Melbourne, Australia. (N) (Live) (CC)	Dr. Pimple Popper "Supersized: Dr. Lee Nose Best!"	My Feet Are Killing Me A toddler born with 12 toes. (N)	My 600-Lb. Life "Supersized: J.T.'s Story" J.T. weighs almost 900 pounds. (N) (N)	Dr. Pimple Popper (N)						
TSN	400	400	-	SportsCentre (N) (Live) (CC)	2020 Australian Open Tennis Third Round. From Melbourne, Australia. (N) (Live) (CC)										
YOUTH	551	542	-	Henry Danger	All That (N)	Most Musical Family	*** "Shrek" (2001) Voices of Mike Myers. (N) (CC) (DVS)	Henry Danger	All That (N)	Assembly	Assembly	iCarly (CC)			

Your week on TV

SATURDAY DAYTIME

JANUARY 25, 2020

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) (L) (SC)			Lucky Dog "Phoebe"	Innovation Nation	Mission Unstop	Pet Vet-Team	Paid Program	College Basketball	College Basketball Villanova at Providence. (N) (L) (SC)	PGA Golf							
WPTZ	5	-	-	(7:00) Today (N) (L) (SC)	Teen Kids News (N)	Hanna Into the Wild	Earth Odyssey	Earth Odyssey	Consumer 101 (N)	Vets Saving Pets	A New Leaf (N)	Champ Within	Homeowner	IMSA Weathertech Championship	Figure Skating						
CBMT	6	206	301	(1:11) Beat Bugs (L) (SC)	(4:47) PJ Masks (L) (SC)	Kingdom Force (N)	True Rainbow	Molly of Denali (N)	(21) Addison (SC)	Find Me in Paris (L)	Find Me in Paris (L)	2020 Winter Youth Olympic Games (Taped) (L) (SC)		FIS Freestyle Skiing World Cup: Ski Cross.	Alpine Skiing						
CHLT	7	107	718	(6:00) Salut bonjour week-end (N) (SC)			Bien (N) (SC)	Deux filles le matin (SC)		Révoisons maisons	TVA nouvelles (N)	Hors Québec (N)	Infopublicité (SC)	*** "Merveilles des mers" (2009) (SC)	** "Le hobbit: Un voyage inattendu" (2012) Ian McKellen. (SC)						
WMTW	8	-	-	Good Morning America (N) (L) (SC)		Jack Hanna	Ocean Treks	Hearts of Heroes (N)	oh baby! (SC)	Rock the Park (N)	oh baby! (SC)	MyPillow Topper	Retire Now TV	Winter X Games Aspen. 2020 Winter X Games action from Aspen, Colo. (N) (L) (SC)							
CKSH	9	108	-	Axel	M. Magoo (SC)	Sept nains et moi	Les sapiens (N)	Vite pas vite (N)	L'effet secondaire	Estrie	L'épicerie (SC)	Téléjournal	La facture (SC)	Enquête (SC)		Au suivant (SC)	Brokenwood "Mort de trouille" (N) (SC)				
CKMI	11	-	-	Fish'n Canada	Real Fishing	Paid Program	Fishful Thinking	Anna Olson	Paid Program	Powerboat Television	Driving Television	Entertainment Tonight (N) (L) (SC)	Save My Reno	Save My Reno	Leave It to Bryan	** "A Knight's Tale" (2001) Heath Ledger. Premiere. (SC)					
CFCF	12	205	312	Your Morning Weekend (N) (L) (SC)		Corner Gas (L)	Corner Gas (L)	Operation Smile (L)	Flour Power (L)	Written Canada	Cash Cab (N)	Moneytalk (N) (SC)	The Urban Vegetarian	**** "Raiders of the Lost Ark" (1981) Harrison Ford. An archaeologist races Nazis to find a powerful relic. (L) (SC)			The Social (N) (SC)				
WVNY	22	-	-	Good Morning America (N) (L) (SC)		Good Morning America (N) (L) (SC)		Jack Hanna	Ocean Treks	Hearts of Heroes (N)	Rock the Park (N)	Paid Program	Total Body Relief	Winter X Games Aspen. 2020 Winter X Games action from Aspen, Colo. (N) (L) (SC)							
WUTV	30	-	-	TALCUM	Oxygen Therapy	Kitchen Makeover	Oxygen Therapy	Emeril	LifeLock Protection	5 Makeup Tips 4 You	Paid Program	** "Talladega Nights: The Ballad of Ricky Bobby" (2006) Will Ferrell, John C. Reilly.		Red Bull Signature Series (N) (L) (SC)		PBC Fight Camp (N)					
CFKS	31	106	726	Infopublicité (SC)	Moment V (SC)	Leurre juste	NVL week-end (N)	RPM La piste à Charlevoix. (SC)	RPM plus (SC)		Zone aventure	Infopublicité (SC)	Supergirl "A armes inégales" (L) (SC)	"Château de glace" (2010, Drame) Taylor Firth, Rob Mayes, Henry Czerny. Premiere. (SC)							
WUHF	-	-	363	Xploration Space	Awesome Planet	Weird but True	Xploration DIY Sci	Emeril	LifeLock Protection	5 Makeup Tips 4 You	Paid Program	** "Along Came a Spider" (2001, Mystery) Morgan Freeman, Monica Potter. (SC)		Red Bull Signature Series (N) (L) (SC)		PBC Fight Camp (N)					
WETK	-	-	-	(7:00) Retire Safe & Secure With Ed Slott	Outdoor Journal	MotorWeek (N)	Lidia's Kitchen (L)	Field Trip With	Kimball's Milk Street	Martha Bakes (L)	Test Kitchen	Cook's Country	Woodsmith	This Old House (N)	This Old House (N)	Antiques Roadshow J.J. Audubon portraits.	Perry Como				
WCFE	-	-	-	Rhythm-Roots	Wild Kratts (SC)	Odd Squad	Odd Squad	Craft-Legacy	Greener World	This Old House (L)	Ask This Old House	Kimball's Milk Street	Jamie's Quick	Jacques Pépín	Lidia's Kitchen (L)	Mexican Table	Cook's Country	Test Kitchen	Sara's Weeknight		
A&E	615	520	-	Flipping Vegas Creepy coldblooded creatures.		Flipping Vegas (L) (SC)		Zombie House Flipping (L) (SC)		Zombie House Flipping (L) (SC)		Alaska PD A fugitive flees into the woods.		Live PD "Top 40 Moments of 2019" Recalling the year's top 40 moments. (L) (SC)							
CNN	500	500	-	New Day With Alisyn		Smerconish (N) (SC)		The Impeachment Trial of Donald J. Trump (N) (Live) (SC)				The Impeachment Trial of Donald J. Trump Coverage of presidential impeachment.									
DISC	520	505	-	Lone Star Law "Gator Bait" (SC)	North Woods Law "Triple Threat"		North Woods Law "Spring Training"		North Woods Law "Summer Heats Up"		Lone Star Law Pulling in an illegal gill net.		Mighty Trains "Maharaja's Express"		Heavy Rescue: 401 "There's Always Fear"		Highway Thru Hell "The Warrior" (SC)				
DRAMA	620	523	-	Bones Brennan makes a shocking discovery.		Bones A train wreck leads to mystery. (L)		Bones Booth struggles with his ex-wife. (L)		Bones Body beside a garbage truck. (L)		Bones Matching wits with a serial killer. (L)		Bones A man is found dead. (DVS)		House House takes patient's parents to court.		House Little person's unexplained illness. (L)			
HIST	522	506	-	The Wild Ones "The Chase Is On!" (L) (SC)		American Pickers "Big Tennessee Welcome"		American Pickers (L) (DVS)		Paw Patrol "He Shoots, He Pawns" (L)		Counting Cars		Counting Cars (SC)		Forged in Fire "The Naval Cutlass" (SC)		Forged in Fire (L) (SC)		Paw Patrol "He Shoots, He Pawns" (L)	
PARMT	628	584	-	Ink Master	Ink Master	Ink Master	Ink Master	Ink Master	** "Four Brothers" (2005) Mark Wahlberg. Siblings seek revenge for their adoptive mother's murder. (SC)			Ink Master Ten tattoo artists compete. (SC)		Ink Master A head tattoo goes wrong. (SC)		Ink Master "Pasties and a Cameltoe" (SC)					
RDI	126	730	-	(5:30) RDI matin weekend (N) (SC)			L'info (N) (SC)	L'info (N) (SC)	L'info (SC)	Les décodeurs	Téléjournal	Téléjournal	Le national	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)			
SHOW	616	521	-	"Jodi Picoult's Salem Falls" (2011) James Van Der Beek, Amanda Michalka. (L) (DVS)		** "2 Fast 2 Furious" (2003) Paul Walker, Tyrese. Two friends and a U.S. customs agent try to nail a criminal. (L)		** "The Fast and the Furious: Tokyo Drift" (2006, Action) Lucas Black. (L) (DVS)				** "The Fast and the Furious" (2001) Vin Diesel. (L) (DVS)									
SLICE	601	562	-	Paid Program (L)	Paid Program (L)	Paid Program (L)	Mom (L)	Mom (L)	*** "Bridget Jones's Diary" (2001) Renée Zellweger, Colin Firth. (L) (DVS)			** "Bridget Jones's Baby" (2016) Renée Zellweger. Bridget Jones must figure out who's the father of her child. (L) (DVS)			*** "Clueless" (1995) (L) (DVS)						
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	Hoarding: Buried Alive "As Bad as It Gets"	Hoarding: Buried Alive "I Can't Breathe" (L)	Hoarding: Buried Alive	Hoarding: Buried Alive	Miranda; Hsi-Ming. (L)					
TSN	400	400	-	SportsCentre (SC)		SportsCentre (SC)		SportsCentre (SC)		SportsCentre (SC)		Figure Skating Canadian Tire National Championships - Recap and Gala Exhibition. (Taped)		2020 New Holland Canadian Junior Curling Championships Women's Semifinal. (N) (L) (SC)							
YOUTH	551	542	-	Sponge.	Loud	Loud	Loud	Sponge.	Sponge.	Sponge.	Loud	*** "Shrek" (2001) Voices of Mike Myers.		Power	Sponge.	Sponge.	Sponge.				

SATURDAY EVENING

JANUARY 25, 2020

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 Farmers Insurance Open, Third Round. (N) (L) (Live) (SC)		Channel 3 News	Weekend News	Entertainment Tonight (N) (L) (SC)	FBI OA and Maggie team up with the FBI.	NCIS: New Orleans "Bad Apple" (L)	48 Hours (N) (L) (SC)		Channel 3 News	The Song All-4-One.	NCIS: N.O.					
WPTZ	5	-	-	Figure Skating	Horse Racing Pegasus World Cup Invitational. (N) (L) (Live)	NBC5 News at 6	Nightly News	Jeopardy! (L) (SC)	Wheel of Fortune	2020 NHL All-Star Game The biggest and brightest stars in the NHL compete at the Enterprise Center in St. Louis. (N) (L) (Live)			NBC5 News	(29) Saturday Night Live (N) (SC)						
CBMT	6	206	301	IBSF Bobsleigh and Skeleton		FIS Freestyle Skiing World Cup: Moguls.	Montreal News	market-place	Still Standing	Hockey Central	2020 NHL All-Star Game The biggest and brightest stars in the NHL compete at the Enterprise Center in St. Louis. (N) (L) (Live)			Snowboarding	Rugby Sevens					
CHLT	7	107	718	(2:30) ** "Le hobbit: Un voyage inattendu" (2012) Ian McKellen, Martin Freeman. (SC)			TVA nouvelles (N)	** "Le chasseur: la guerre hivernale" (2016) Chris Hemsworth, Charlize Theron. Premiere. (DVS) (SC)		*** "007: Skyfall" (2012, Action) Daniel Craig. La loyauté de Bond envers M est mise à l'épreuve. (DVS) (SC)			(4:5) TVA nouvelles	(12:15) "L'appel"						
WMTW	8	-	-	(1:00) Winter X Games Aspen. 2020 Winter X Games action from Aspen, Colo. (N) (SC)		WMTW News 8 at	World News	AAA Benefits	Jeopardy! (L) (SC)	The Jump (N) (SC)	NBA Basketball Los Angeles Lakers at Philadelphia 76ers. From Wells Fargo Center in Philadelphia. (N)		WMTW News 8	Castle "Resurrection" (Part 1 of 2) (L) (SC)						
CKSH	9	108	-	(3:00) Brokenwood "Mort de trouille" (N) (SC)	La semaine verte (N) (SC)	Téléjournal Estrie	La petite vie (SC)	En direct de l'univers (N) (SC)	Le dernier soir "ADN" (N)	Les soirées carte blanche (N)		Le téléjournal	Doc humanité (N) (DVS) (SC)	Dre Grey, leçons d'anatomie "Filiation"						
CKMI	11	-	-	(2:30) ** "A Knight's Tale" (2001) Heath Ledger. Premiere.		Focus Montreal	Global News at 6	Global National	Border Security	Border Security	Ransom "Hardline" (L) (DVS)	Private Eyes Brothers hire Shade and Angie.	Mary Kills People "The Connection"	Global News (29) Saturday Night Live (N) (SC)						
CFCF	12	205	312	Seinfeld (L)	Seinfeld (L)	Big Bang Theory	Big Bang Theory	CTV News Montreal (N) (L) (SC)	W5 (N) (L) (DVS)	Carter "Koji the Killer" (SC) (DVS)	Emma Fielding Mysteries "More Bitter Than Death" Emma investigates a murder mystery.	News-Rinaldo	CTV News Montreal	(12:05) Pop Life						
WVNY	22	-	-	(1:00) Winter X Games Aspen. 2020 Winter X Games action from Aspen, Colo. (N) (SC)		World News	Local 22 News (N)	Extra (N) (L) (SC)	The Jump (N) (SC)	NBA Basketball Los Angeles Lakers at Philadelphia 76ers. From Wells Fargo Center in Philadelphia. (N)	Local 22 News (N)	Extra (L) (SC)								
WUTV	30	-	-	PBC Press Conference (N) (L) (Live)		L King Report	Patsy Cline	Big Bang Theory	Big Bang Theory	Two and Half Men	Two and Half Men	Flirty Dancing (Season Finale) Alex, Navi, Khairi and Ashlee perform. (N) (L) (SC)	2 on Your Side at 10	Big Bang Theory	Beat Shazam "Southern Fried Shazam!"	George Carlin				
CFKS	31	106	726	** "Hors de moi" (2011) Liam Neeson, Diane Kruger. Une victime d'un accident reprend connaissance. (SC)			*** "Mission impossible: protocole fantôme" (2011, Action) Tom Cruise, Jeremy Renner. Premiere. (SC)			(:15) ** "Trafic mortel" (2008, Action) Jean-Claude Van Damme, Scott Adkins. (SC)			(:15) Buzz	NVL week-end	Moment V (SC)					
WUHF	-	-	363	PBC Press Conference (N) (SC)		Patsy Cline	Three Dog Night	Modern Family (L)	Modern Family (L)	Big Bang Theory	Big Bang Theory	Flirty Dancing (Season Finale) Alex, Navi, Khairi and Ashlee perform. (N) (L) (SC)	WHAM News	Game Time	Beat Shazam "Southern Fried Shazam!"	ROH Wrestling				
WETK	-	-	-	Perry Como Classics: Till the End of Time		Rick Steves	NewsHour Wk	As Time Goes By	Keep-Appear	Hold the Sunset (L)	Still Open All Hours	Miss Fisher's Murder Mysteries (L) (SC)	Doc Martin A police open house. (L) (SC)	Shakespeare and Hathaway -- Private	Austin City Limits (N) (L) (SC)	Underground				
WCFE	-	-	-	Antiques Roadshow (Part 3 of 3) (SC)		Samantha Br	R. Steves' Europe	Seeing Canada	NewsHour Wk	Mountain Lake	New York Now (L)	Miss Marple "The Moving Finger" (SC)	Sanditon on Masterpiece (L) (SC)	Howards End on Masterpiece (L) (SC)	Underground	Austin City Limits (N) (L) (SC)				
A&E	615	520	-	(1:00) Live PD "Top 40 Moments of 2019"		Live PD "Live PD -- 01.17.20" (L) (SC)														
CNN	500	500	-	Senate Trial		Situation Room		Erin Burnett OutFront		Anderson Cooper 360		Cuomo Prime Time		CNN Tonight		CNN Special Report		AC 360		
DISC	520	505	-	Lone Star Law "Gator Bait" (SC)		North Woods Law "Hit and Run" (SC)		North Woods Law "Caught in a Lie"		North Woods Law "Bait and Switch"		North Woods Law "Nothing to Hide"		North Woods Law "The Hunt Begins"		North Woods Law "Collision Course"		North Woods Law "Warden Warriors"		North Woods
DRAMA	620	523	-	House House makes a shocking revelation.		The Closer "Good Housekeeping" (L)		The Closer "The Butler Did It" (L)		The Closer An Iranian and his driver die. (L)		The Closer "Fatal Retraction" (L)		Law & Order: Special Victims Unit (L)		Criminal Minds "Saturday" (DVS)		Magnum P.I. (L) (SC)		The Closer (L)
HIST	522	506	-	American Pickers (L) (DVS)		American Pickers (L) (DVS)		Ancient Aliens (L) (SC)		The UnXplained (L) (DVS)		The Curse of Oak Island: Digging Deeper		Kings of Pain "Big Box of Pain" (L)		Kings of Pain "Execution Day" (L)		Kings of Pain "Behind the Bites" (SC)		American Pickers
PARMT	628	584	-	Ink Master "Ink Disaster Piece" (SC)		Ink Master Josh calls Shane out. (SC)		Ink Master "Permanent Mistakes" (SC)		Ink Master "Picture Imperfect" (SC)		Ink Master "Ink Master Revealed" (SC)		Ink Master	Ink Master	Ink Master	Ink Master	Ink Master	Ink Master	** "Four Brothers"
RDI	126	730	-	L'info (N) (SC)	Journal France 2	Le téléjournal	L'épicerie (N) (SC)	Le téléjournal	Découverte (N) (SC)	(:31) Le national	(:01) Les grands reportages (N) (SC)	Le téléjournal	La facture (N) (SC)	Le téléjournal	Le national (N)	Le téléjournal	Le national (N)	Les grands reportages (SC)		
SHOW	616	521	-	"Fast & Furious"		** "2 Fast 2 Furious" (2003) Paul Walker. Two friends and a U.S. customs agent try to nail a criminal. (L)			*** "Bridget Jones's Diary" (2001) Renée Zellweger, Colin Firth. (L) (DVS)			** "The Lone Ranger" (2013, Western) Johnny Depp. An Indian warrior and a lawman unite to fight corruption. (L) (DVS)			** "We Bought a Zoo" (2011) (SC)					
SLICE	601	562	-	(3:00) *** "Clueless" (1995) (L)		*** "Mean Girls" (2004, Comedy) Lindsay Lohan, Rachel McAdams. (L) (DVS)			*** "Bridget Jones's Diary" (2001) Renée Zellweger, Colin Firth. (L) (DVS)			** "Bridget Jones's Baby" (2016, Romance-Comedy) Renée Zellweger, Colin Firth. (L) (DVS)								
TLC	521	560	-	Hoarding: Buried Alive (L) (SC)		Say Yes to the Dress (L) (SC)		Say Yes to the Dress (L) (SC)		Say Yes to the Dress (L) (SC)		Say Yes to the Dress Randy wrangles up the next bride. (N) (L) (SC)		Say Yes to the Dress (L) (SC)		Say Yes to the Dress "Bionic Bride" (SC)		Say Yes, Dress		
TSN	400	400	-	Canadian Junior Curling		SC: Plays of the Year (SC)		SportsCentre (N) (Live) (SC)		2020 New Holland Canadian Junior Curling Championships Men's Semifinal. From Langley, British Columbia. (N) (Live) (SC)		Boxing Danny Garcia vs. Ivan Redkach. (N) (Live) (SC)								
YOUTH	551	542	-	Sponge.	Casagran	Henry	All That	*** "Kung Fu Panda 2" (2011) (L)		*** "Kung Fu Panda 3" (2016) (L)		All That	Assembly	Just Kid	Just Kid	Just Kid	Henry			

Your week on TV

SUNDAY DAYTIME													JANUARY 26, 2020					
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) (LIVE)			Face the Nation (N) (LIVE)	Best Friends	Bull Riding			College Basketball Maryland at Indiana. (N) (LIVE)			PGA Golf		
WPTZ	5	-	-	Sunday Today With Willie Geist (N) (LIVE)	Meet the Press (N) (LIVE)	Soledad O'Brien	Open House	Carbonaro Eff.	Carbonaro Eff.	IMSA Weathertech Sports car Championship Rolex 24 at Daytona. (N) (LIVE)			Mecum Auto Auctions (LIVE)	Figure Skating				
CBMT	6	206	301	Coronation Street (LIVE)	Coronation Street (LIVE)	Coronation Street (LIVE)	Coronation Street (LIVE)	Coronation Street (LIVE)	Weekly-Wendy	Maamuitau (N)	Our Montreal (N) (LIVE)			World Rugby Sevens Series	IBSF Bobsleigh and Skeleton	Snowboarding		
CHLT	7	107	718	(6:00) Salut bonjour week-end (N) (SC)				** "Le voeu" (2012) Rachel McAdams, Channing Tatum, Sam Neill. Premiere. (SC)			TVA nouvelles (N)	La victoire de l'amour	Infopublicité (SC)	Les petits doués (SC)	"Marshall, le miracle de la vie" (2014) Matthew Settle. (SC)			
WMTW	8	-	-	Good Morning America (N) (LIVE)	This Week W/ George Stephanopoulos		Soledad O'Brien	Teen Kids News (N)	Made in Hollywood	Wild About Animals	Prostate Health	Larry King Report	Postseason NFL Countdown (N) (LIVE)			Pro Bowl Kickoff (N)	2020 Pro Bowl NFC vs AFC. (N) (LIVE)	
CKSH	9	108	-	Axel	Mike, une vie	Tom Sawyer (N)	(:29) Oniva! (N)	(9:59) Le jour du Seigneur (N) (SC)	Les coulisses du pouvoir (N) (SC)	Téléjournal	La semaine verte (SC)	Second regard	Les héros du samedi (N)			*** "Le bon dinosaure" (2015, Enfants)		
CKMI	11	-	-	Fishful Thinking	Entertainment Tonight (LIVE)	Paid Program	Joel Osteen (N)	Paid Program	The West Block (N)	Focus Montreal	Sarah Off the Grid "Principled Design"			Save My Reno	Carnival Eats	Ice Road Truckers "Into the Vortex"		Rust Valley Restorers "Rustang to Mustang"
CFCF	12	205	312	Children's Villages	The Social (LIVE)	Cash Cab	Operation Smile (LIVE)	Context: Beyond	Church of the Rock	Question Period (N) (LIVE)			SportsCentre (N) (LIVE)	*** "Thor" (2011, Action) Chris Hemsworth. Cast out of Asgard, the Norse god lands on Earth. (LIVE) (DVS)			etalk (LIVE)	
WVNY	22	-	-	Good Morning America (N) (LIVE)	This Week W/ George Stephanopoulos		What Matters	The Key of David	Cancer? Get \$\$!	AAA Benefits	Paid Program	Skin Care	Postseason NFL Countdown (N) (LIVE)			Pro Bowl Kickoff (N)	2020 Pro Bowl NFC vs AFC. (N) (LIVE)	
WUTV	30	-	-	The Ernest Angley Hour	FOX News Sunday With Chris Wallace (N)			Sharyl Attkisson	The Key of David	Stories of Love	Paid Program	Ring of Honor Wrestling (N) (LIVE)		PBC Countdown (LIVE)	Inside the Big East	Hoops Tip-Off	College Basketball	
CFKS	31	106	726	Il est écrit (SC)	Moment V (SC)	L'heure de la NVL week-end (N)	RPM "Mazda 3 Sport GT AWD 2019" (N)	RPM plus (N) (SC)	Zone VL (SC)	Infopublicité (SC)	Marvel: agent Carter "Clap de fin" (LIVE) (SC)			** "Mary" (2017, Drame) Chris Evans, McKenna Grace. Premiere. (SC)				
WUHF	-	-	363	Wild America	Kitchen Makeover	FOX News Sunday With Chris Wallace (N)			Sharyl Attkisson	Rochester Press Box	Oxygen Therapy	Emeril	Ring of Honor Wrestling (N) (LIVE)		PBC Countdown (LIVE)	Inside the Big East	Hoops Tip-Off	College Basketball
WETK	-	-	-	Pinkalicious	Molly of Denali	Xavier Riddle	Let's Go Luna!	Nature Cat (LIVE)	Wild Kratts (LIVE)	Mister Chris	Vermont This Week	Made Here "The Memories of Angels" (2008, Documentary)			Made Here	Made Here	Nat King Cole's Greatest Songs (My Music)	
WCFE	-	-	-	Wild Kratts (LIVE)	Wild Kratts (LIVE)	Washington Week	Scully: World	Mountain Lake	New York Now (LIVE)	Touched by Auschwitz Experiences of six Auschwitz survivors.			Eva: A-7063 Holocaust survivor Eva Mozes, 83. (LIVE)	Rick Steves Rome (LIVE)		Rudy Maxa's World: Escape to French		
A&E	615	520	-	Hoarders "Dorothy and David & Doris" (LIVE)	Hoarders A hoarder faces financial ruin. (LIVE)			Hoarders "Judy" (LIVE)	Supernanny "Richardson Family" (LIVE)	Supernanny "Ostler Family" (LIVE)	*** "Salt" (2010, Action) Angelina Jolie, Liev Schreiber, Chiwetel Ejiofor. (LIVE)			** "Escape Plan" (2013, Action) (LIVE)				
CNN	500	500	-	Inside Politics (N)	State of the Union			Fareed Zakaria GPS	Reliable Source	State of the Union	CNN Newsroom			CNN Newsroom	CNN Newsroom			
DISC	520	505	-	Insane Pools: Off the Deep End (LIVE)	Tanked "Roll With It" (LIVE)			North Woods Law: Protect and Preserve	North Woods Law (LIVE)	North Woods Law (LIVE)	Mighty Trains "North Rail Express"			Mighty Cruise Ships "Regal Princess"	"Who Will Write Our History" (2018) (LIVE)			
DRAMA	620	523	-	House House makes a shocking revelation. (LIVE)	Magnum P.I. (LIVE) (DVS)			Criminal Minds "Saturday" (LIVE) (DVS)	Law & Order: Special Victims Unit (LIVE)	The Closer Search for murderer and rapist.	The Closer "The Butler Did It" (LIVE) (DVS)	The Closer "The Butler Did It" (LIVE) (DVS)			The Closer "The Butler Did It" (LIVE) (DVS)	** "Walking Tall" (2004) The Rock. (LIVE)		
HIST	522	506	-	Rust Valley Restorers "The Reckoning" (LIVE)	American Pickers "Frank Meet Brank"			American Pickers Danielle's 10th anniversary.	The Curse of Oak Island: Digging Deeper	Kings of Pain "Behind the Bites" (LIVE)	Forged in Fire "The Boaz-Fanged Sword"			Forged in Fire "The Musketeer Rapier" (LIVE)	Pawn Stars Advancements in technology.			
PARMT	628	584	-	Bar Rescue (LIVE)	Bar Rescue (LIVE)			Bar Rescue (LIVE)	*** "The Italian Job" (2003, Crime Drama) Mark Wahlberg. A thief and his crew plan to steal back their gold. (LIVE)			Bar Rescue "Reckless Roundhouse" (LIVE)	Bar Rescue "Punk as a Drunk" (LIVE)	Bar Rescue (LIVE)				
RDI	126	730	-	(5:30) RDI matin weekend (N) (SC)				L'info (N) (SC)	L'info (N) (SC)	Les coulisses du pouvoir (N) (SC)	Téléjournal	Téléjournal	L'épicerie (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)
SHOW	616	521	-	(7:00) "The Sweetheart" (2018) (LIVE)	** "Point Break" (2015) Edgar Ramirez. A young FBI recruit infiltrates a gang of daredevil thieves. (LIVE) (DVS)			Edgar Ramirez. A young FBI recruit cop tries to establish his innocence in a future crime. (LIVE)	*** "Minority Report" (2002, Science Fiction) Tom Cruise, Colin Farrell. A cop tries to establish his innocence in a future crime. (LIVE)			*** "We Bought a Zoo" (2011) Matt Damon. A man and his family work to renovate and reopen a zoo. (LIVE)			*** "Mean Girls" (2004, Comedy) Lindsay Lohan, Rachel McAdams. (LIVE) (DVS)			
SLICE	601	562	-	Paid Program (LIVE)	PiYo Workout! (LIVE)	Paid Program (LIVE)	Blind Date (LIVE)	Blind Date (LIVE)	Blind Date (LIVE)	Blind Date (LIVE)	** "We Bought a Zoo" (2011) Matt Damon. A man and his family work to renovate and reopen a zoo. (LIVE)			*** "Mean Girls" (2004, Comedy) Lindsay Lohan, Rachel McAdams. (LIVE) (DVS)				
TLC	521	560	-	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	My 600-Lb. Life "Bethany's Story" Addiction counselor can no longer work. (LIVE)	My 600-Lb. Life "J.T.'s Story" J.T. is almost 900lbs. (LIVE)	My 600-Lb. Life "J.T.'s Story" J.T. is almost 900lbs. (LIVE)	2020 New Holland Canadian Junior Curling Championships Women's Final. From Langley, British Columbia. (N) (LIVE) (LIVE)			My Feet Are Killing Me "All 12 Toes" (LIVE)	My Feet Are Killing Me (LIVE)	SC: Bloopers of the Year (LIVE)			
TSN	400	400	-	SportsCentre (LIVE)	SportsCentre (LIVE)			SportsCentre (LIVE)	SportsCentre (LIVE)			2020 New Holland Canadian Junior Curling Championships Women's Final. From Langley, British Columbia. (N) (LIVE) (LIVE)			SC: Bloopers of the Year (LIVE)			
YOUTH	551	542	-	Sponge.	Loud	Casagran	Loud	Sponge.	Sponge.	Sponge.	Ninjago (LIVE)	** "Shrek Forever After" (2010) (LIVE)			Barbie	Sponge.	Sponge.	Sponge.

SUNDAY EVENING													JANUARY 26, 2020					
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 Farmers Insurance Open, Final Round. (N) (LIVE) (LIVE)	Weekend News			Grammy Red Carpet Live (N) (LIVE)	The 62nd Annual Grammy Awards Excellence in the recording industry. (N) (LIVE)			Channel 3 News	Greta Van Susteren					
WPTZ	5	-	-	(3:00) Figure Skating U.S. Championships: Senior Men's Free Skate. (N) (LIVE)	NBC5 News at 6	Nightly News	America's Got Talent the world compete. (LIVE)	Champions from around the world compete. (LIVE)			American Ninja Warrior (DVS)	American Ninja Warrior (DVS)	NBC5 News at 11	Soledad O'Brien				
CBMT	6	206	301	*** "Kung Fu Panda" (2008, Children's) Voices of Jack Black, Angelina Jolie. (LIVE)	Endlings "Home"	Endlings (N) (LIVE)	Find Me in Paris	Find Me in Paris	High Arctic Haulers (N) (LIVE)	The Fifth Estate (N) (LIVE)	The National (N) (LIVE)	Montreal News	Weekly-Wendy	q (N) (LIVE)				
CHLT	7	107	718	(:14) ** "Les schtroumpfs: le village perdu" (2017) Voices of Demi Lovato. (SC)	TVA nouvelles (N)	Vlog (N) (SC)	LOL :-)	La magie des stars (N) (SC)	P-A Méthod: party disco Un spectacle sous le thème du disco. (N) (SC)	TVA nouvelles (N)	** "Me Roman J. Israel" (2017, Policier) Denzel Washington. Premiere. (DVS) (SC)							
WMTW	8	-	-	(3:00) 2020 Pro Bowl NFC vs AFC. (N) (LIVE) (LIVE)	WMTW News 8 at 8	World News	America's Funniest Home Videos (LIVE)	America's Funniest Home Videos (LIVE)	Shark Tank (LIVE) (DVS)	Shark Tank (LIVE) (DVS)	WMTW News 8	Soledad O'Brien	Major Crimes					
CKSH	9	108	-	(3:00) *** "Le bon dinosaure" (2015)	Esprit critique (N) (SC)	Téléjournal Estrie	Découverte (N) (SC)	Pharmachien	Tout le monde en parle (N) (SC)			Le téléjournal	(10:55) Infoman	(:25) *** "Les innocentes" (2016)				
CKMI	11	-	-	"Edge of the Garden" (2011, Drama) Rob Estes, Sarah Manninen. Premiere. (LIVE)	Global News at 6	Global National	Border Security	Border Security	*** "Furious 7" (2015, Action) Vin Diesel, Paul Walker. A dead man's brother seeks revenge on the Toretto gang. (DVS)			Global News	The West Block	Focus Montreal				
CFCF	12	205	312	The Goldbergs (LIVE)	Big Bang Theory	Seinfeld (LIVE)	Big Bang Theory	CTV News Montreal (N) (LIVE)	America's Got Talent the world compete. (LIVE)	American Ninja Warrior "USA vs. The World" Team USA takes on the world. (N) (LIVE)	News-Rinaldo	CTV News Montreal	South Park (LIVE)					
WVNY	22	-	-	(3:00) 2020 Pro Bowl NFC vs AFC. (N) (LIVE) (LIVE)	World News	Local 22 News (N)	America's Funniest Home Videos (LIVE)	America's Funniest Home Videos (LIVE)	Shark Tank (LIVE) (DVS)	Shark Tank (LIVE) (DVS)	Local 22 News (N)	Graham Bensinger	Judge Judy (LIVE)					
WUTV	30	-	-	College Basketball	College Basketball UCLA at Oregon. From Matthew Knight Arena in Eugene, Ore. (N)			Last Man Standing	Out-matched	The Simpsons	Bob's Burgers	Family Guy (LIVE)	Family Guy (LIVE)	2 on Your Side at 10 (N) (LIVE)	America This Week (N) (LIVE)	Ring of Honor Wrestling (N) (LIVE)		
CFKS	31	106	726	(2:00) ** "Mary" (LIVE)	(:15) ** "2012" (2009, Action) John Cusack, Chiwetel Ejiofor. Des gens s'efforcent de survivre à la suite d'un cataclysme. (SC)	Des gens s'efforcent de survivre à la suite d'un cataclysme. (SC)			**** "Terminator" (1984) Arnold Schwarzenegger, Linda Hamilton. (SC)			(:45) ** "Hansel et Gretel: chasseurs de sorcières" (2013) Jeremy Renner. (SC)	(:45) Buzz (SC)	Moment V (SC)				
WUHF	-	-	363	College Basketball	College Basketball UCLA at Oregon. From Matthew Knight Arena in Eugene, Ore. (N)			Last Man Standing	Out-matched	The Simpsons	Bob's Burgers	Family Guy (LIVE)	Family Guy (LIVE)	WHAM News	Sharyl Attkisson	America This Week (N) (LIVE)	Patsy Cline	
WETK	-	-	-	Nat King Cole	Survival Guide for Pain-Free Living	NewsHour Wk	The Great British Baking Show (LIVE)	A Place to Call Home "Salt of the Earth" (LIVE)	Howards End on Masterpiece (LIVE)	Sanditon on Masterpiece (N) (LIVE)	Vienna Blood "The Last Séance, Part 2"	Call the Midwife (LIVE)	Howards End					
WCFE	-	-	-	Little Women on Masterpiece (LIVE)	Little Women on Masterpiece (LIVE)	Little Women on Masterpiece (LIVE)	The Great British Baking Show (LIVE)	Howards End on Masterpiece (LIVE)	Sanditon on Masterpiece (N) (LIVE)	Vienna Blood "The Last Séance, Part 2"	Independent Lens Former refugee Yusuf Abdurahman. (LIVE)							
A&E	615	520	-	(3:00) ** "Escape Plan" (2013) Sylvester Stallone. (LIVE)	** "Transporter 3" (2008) Jason Statham. Frank Martin becomes involved with a Ukrainian woman. (LIVE)			** "S.W.A.T." (2003) Samuel L. Jackson. A Los Angeles SWAT team must protect a criminal. (LIVE)			(:32) *** "Hacksaw Ridge" (2016, War) Andrew Garfield, Sam Worthington. (LIVE)							
CNN	500	500	-	CNN Newsroom	Situation Room	Situation Room	Choice: Iowa	Impeachment-Trump	Impeachment-Trump	Impeachment-Trump	CNN Special Report	News						
DISC	520	505	-	(3:00) "Who Will Write Our History"	North Woods Law "Dirty Habits" (LIVE)	North Woods Law "Judgment Day"	Highway Thru Hell "Prove Yourself"	Man vs. Bear Arm wrestler; MMA fighter.	Alaska: The Last Frontier (N) (LIVE)	Alaska: The Last Frontier (N) (LIVE)	Lone Star Law "Back Road Bail" (N) (LIVE)	Lone Star Law (LIVE)						
DRAMA	620	523	-	"Walking Tall" (LIVE)	(:45) *** "Salt" (2010, Action) Angelina Jolie, Liev Schreiber. (LIVE) (DVS)	(:45) *** "Wanted" (2008) James McAvoy. An office drone becomes part of a secret society of assassins. (LIVE)	L.A.'s Finest "Farewell..." (N) (LIVE)	L.A.'s Finest "... My Lovely" (N) (LIVE)	*** "Wanted" (2008, Action) James McAvoy. (LIVE)									
HIST	522	506	-	American Pickers (LIVE)	American Pickers "Frank Meet Brank"	American Pickers (LIVE)	Rust Valley Restorers "The Reckoning" (LIVE)	Forged in Fire: Cutting Deeper (LIVE)	The Curse of Oak Island: Drilling Down	The Curse of Oak Island (N) (LIVE)	Project Blue Book (Part 1 of 2) (LIVE)	Drilling Down						
PARMT	628	584	-	(3:30) Bar Rescue	** "Shooter" (2007, Suspense) Mark Wahlberg. A wounded sniper plots revenge against those who betrayed him. (LIVE)	Bar Rescue (LIVE)	Bar Rescue (LIVE)	Bar Rescue (LIVE)	Bar Rescue (LIVE)	Bar Rescue (LIVE)	** "Shooter" (2007, Suspense) Mark Wahlberg, Michael Peña, Danny Glover. (LIVE)							
RDI	126	730	-	L'info (N) (SC)	Les décodeurs	Le téléjournal (SC)	La facture (SC)	Le téléjournal (SC)	Enquête (N) (SC)	(:31) Le national	(:01) La semaine verte (N) (SC)	Le téléjournal	(:31) Les coulisses du pouvoir (SC)	Le national (N)	Le téléjournal	Atlantique	Le téléjournal	
SHOW	616	521	-	(2:30) ** "The Lone Ranger" (2013, Western) Johnny Depp. (LIVE)	** "Point Break" (2015) Edgar Ramirez. A young FBI recruit infiltrates a gang of daredevil thieves. (LIVE)			Batwoman "An Un-Birthday Present" (N)			Supergirl (N) (LIVE)	*** "Minority Report" (2002) Tom Cruise. A cop tries to establish his innocence in a future crime. (LIVE)						
SLICE	601	562	-	** "Love Happens" (2009) Aaron Eckhart. A guru realizes he has never confronted his wife's death. (LIVE)	** "Practical Magic" (1998) Sandra Bullock. Two sisters face obstacles because of their witchcraft. (LIVE)			Bullock. Two sisters face obstacles because of their witchcraft. (LIVE)			** "We Bought a Zoo" (2011) Matt Damon. A man and his family work to renovate and reopen a zoo. (LIVE)			** "Love Happens" (2009) Aaron Eckhart.				
TLC	521	560	-	My Feet Are Killing Me (LIVE)	90 Day Fiancé "Blindsided" Blake and Jasmin argue on a night out. (LIVE)	90 Day Fiancé "Pillow Talk: Blindsided"	90 Day Fiancé "Episode 12" (N) (LIVE)	2020 Australian Open Tennis Round of 16. From Melbourne, Australia. (N) (LIVE) (LIVE)			(:02) Sister Wives (N) (LIVE)	(:02) 90 Day Fiancé (N) (LIVE)	90 Day Fiancé (LIVE)					
TSN	400	400	-	December Plays	2020 New Holland Canadian Junior Curling Championships Men's Final. From Langley, British Columbia. (N) (LIVE) (LIVE)			2020 Australian Open Tennis Round of 16. From Melbourne, Australia. (N) (LIVE) (LIVE)										
YOUTH	551	542	-	*** "Kung Fu Panda 2" (2011) (LIVE)	*** "Kung Fu Panda 3" (2016) (LIVE)			Sponge.	** "Shrek Forever After" (2010) (LIVE)			Assembly	Just Kid	Just Kid	Henry			

BISHOP'S UNIVERSITY EVENTS

The Bishop's University Drama Department Presents:

THEATREACTIV FESTIVAL

A STUDENT-RUN SHORT PLAY FESTIVAL
 JANUARY 28TH - FEBRUARY 2ND @ 8PM
 Turner Studio Theatre

Tickets: \$8 for Students
 \$10 for Adults
 \$15 for all 3 shows

Tickets available at Centennial Theatre Box Office.
 Monday-Friday 12PM - 4PM.
 For more info call: 819-822-9692.

Kellylee Evans

JAZZ Quartet

14 février | February 8 pm

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JANUARY 29th 2020

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Your week on TV

MONDAY EVENING													JANUARY 27, 2020		
Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX 3	-	-	Channel 3 News at Six (N)	CBS Evening News	Entertainment Tonight (N)	The Neighborhood	Bob Hearts Abishola	Super Bowl Greatest Commercials 2020 (N) (DVS)	Bull An entrepreneur is accused of fraud. (N) (DVS)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (DVS)				
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (DVS)	Wheel of Fortune (N) (DVS)	America's Got Talent "The Champions Four" Champions from around the world compete. (N) (DVS)	(:01) Manifest Michaela is pushed into a bank robbery.	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (DVS)					
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs Gags	Coronation Street (N) (DVS)	Family Feud Canada (N)	Murdoch Mysteries "Kill Thy Neighbour" (N) (DVS)	Coroner "Unburied" Two grisly deaths in the suburbs.	The National (N) (DVS)	CBC Montreal News (N)	The Stats of Life (N) (DVS)	Coronation Street (N) (DVS)			
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) Refuge animal (N)	En tout cas (N) (SC)	L'échappée Raphaël surprend une conversation. (N)	Fugueuse Fanny continuer d'enquêter sur Carlo. (N)	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) (DVS)	Jeopardy! (N) (DVS)	The Bachelor Peter and the women travel to Cleveland. (N) (DVS)	The Good Doctor "Sex and Death" (N) (DVS)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! (N) (DVS)					
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) RDI économie (N)	District 31 (N) (SC)	Lâcher prise (N)	Une autre histoire (N) (DVS) (SC)	Les pays d'en haut (N) (DVS) (SC)	Le téléjournal (N) (SC)	Sports express (N) (SC)					
CKMI 11	-	-	Global National (N) (DVS)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Nurses Grace tries to adjust to the new CEO. (N)	(:01) Prodigal Son "Internal Affairs" (N) (DVS)	Super Bowl Greatest Commercials 2020 (N) (DVS)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (DVS)				
CFCF 12	205	312	(5:59) CTV News Montreal (N) (DVS)	etalk (N) (DVS)	Bob Hearts Abishola	9-1-1: Lone Star "Texas Proud" Owen helps Michelle.	(:01) All Rise Mark and Emily go head to head in court. (N)	The Good Doctor "Sex and Death" (N) (DVS)	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) (DVS)	The Bachelor Peter and the women travel to Cleveland. (N) (DVS)	The Good Doctor "Sex and Death" (N) (DVS)	Local 22 News (N)	(:35) Jimmy Kimmel Live! (N) (DVS)					
WUTV 30	-	-	The Big Bang Theory (N) (DVS)	Judge Judy (N) (DVS)	Judge Judy (N) (DVS)	Family Feud (N) (DVS)	9-1-1: Lone Star "Texas Proud" Owen helps Michelle.	(:01) Prodigal Son "Internal Affairs" (N) (DVS)	2 on Your Side Seinfeld "The Conversion" (N) (DVS)	Two and a Half Men (N) (DVS)	Two and a Half Men (N) (DVS)	Last Man Standing (N) (DVS)			
CFKS 31	106	726	Souper parfait	Souper parfait	À table avec mon ex (SC)	Rire et délire (SC)	Maître du chantier Les candidats testent leur patience.	La semaine des 4 Julie (N) (SC)	La grande évasion Michael, Whip et Ja. (N) (SC)	Souper parfait	NVL (N) (SC)	Moment V (SC)			
WUHF -	-	363	Modern Family (N) (DVS)	Modern Family (N) (DVS)	The Big Bang Theory (N) (DVS)	The Big Bang Theory (N) (DVS)	9-1-1: Lone Star "Texas Proud" Owen helps Michelle.	(:01) Prodigal Son "Internal Affairs" (N) (DVS)	13WHAM News at 10 on Fox Rochester (N) (Live) (DVS)	DailyMailTV (N) (DVS)	The Simpsons (N) (DVS)	Paid Program (N) (DVS)			
WETK -	-	-	PBS NewsHour (N) (DVS)	The This Old House Hour (N) (DVS)	Antiques Roadshow The season's biggest appraisal.	Antiques Roadshow Navajo Ute first phase blanket. (N) (DVS)	No Passport Required "Houston" (N) (DVS)	Independent Lens "The First Rainbow Coalition" (N) (DVS)	Amanpour and Company (N) (DVS)	BBC World News (N) (DVS)	Amanpour and Company (N) (DVS)				
WCFC -	-	-	World News America	BBC World News Outside	PBS NewsHour (N) (DVS)	Antiques Roadshow The season's biggest appraisal.	Antiques Roadshow Navajo Ute first phase blanket. (N) (DVS)	No Passport Required "Houston" (N) (DVS)	BBC World News (N) (DVS)	Amanpour and Company (N) (DVS)					
A&E 615	520		Live PD: Police Patrol (N) (DVS)	Live PD: Police Patrol (N) (DVS)	Live PD: Police Patrol (N) (DVS)	Live PD: Police Patrol (N) (DVS)	Live PD: Police Patrol (N) (DVS)	Live PD: Police Patrol (N) (DVS)	Live PD: Police Patrol (N) (DVS)	Live PD: Police Patrol (N) (DVS)	Live PD: Police Patrol (N) (DVS)	Live PD: Police Patrol (N) (DVS)			
CNN 500	500		Senate Trial of D. Trump	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Cuomo Prime Time (N) (DVS)	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	Prime Time						
DISC 520	505		Highway Thru Hell "Hooked" (DVS)	MythBusters A myth inspired by video games. (N) (DVS)	Gold Rush: White Water Dustin invents a super claw. (N) (DVS)	Gold Rush: White Water "Birthday Gold" (N) (DVS)	Highway Thru Hell "Fire Mountain" (N) (DVS)	Homestead Rescue: Deconstructed (N) (DVS)	Gold Rush: White Water (N) (DVS)						
DRAMA 620	523		CSI: Crime Scene Investigation "Brain Doe" (N) (DVS)	CSI: Crime Scene Investigation "Crime After Crime" (N) (DVS)	CSI: Crime Scene Investigation "Zippered" (N) (DVS)	Veronica Mars "Heads You Lose" (N) (DVS)	(:10) Carter A con man has Harley on the hunt. (N) (DVS)	CSI: Crime Scene Investigation "Maid Man" (N) (DVS)	CSI: Crime Scene Investigation (N) (DVS)						
HIST 522	506		Cheating Hitler: Surviving the share their stories. (N) (DVS)	Holocaust Holocaust survivors	The Curse of Oak Island "Gary Strikes Again" (N) (DVS)	The Wild Ones The team pursues a group of studs. (N) (DVS)	American Pickers "Midwest Mayhem" (N) (DVS)	Forged in Fire Crusader's dagger; steel takedown bow. (N) (DVS)	Forged in Fire (N) (DVS)						
PARMT 628	584		Cops (N) (DVS)	Cops "Mommy's Tears" (N) (DVS)	Cops "Cheek to Cheek" (N) (DVS)	Cops (N) (DVS)	Cops "In Denial" (N) (DVS)	Cops "Hammer to Fall" (N) (DVS)	Cops (N) (DVS)	Cops "Hug It Out" (N) (DVS)	Cops (N) (DVS)	Cops (N) (DVS)			
TDI 126	730		(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)	Les grands reportages L'histoire de Samuel Rechtman. (N) (DVS)	Le téléjournal avec Céline Galipeau (N) (SC)	Mordus de politique (N) (SC)	Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)				
SHOW 616	521		NCIS "Monsters and Men" A possible location for Parsa.	NCIS Faulty bulletproof vests are discovered. (N) (DVS)	All American Laura ends up in uncharted territory. (N) (DVS)	Marvel's Runaways "Left-Hand Path" (N) (DVS)	** "Oblivion" (2013, Science Fiction) Tom Cruise, Morgan Freeman. A stranger's arrival triggers one man's battle to save mankind. (N) (DVS)								
SLICE 601	562		Below Deck The crew wakes up to shocking news. (N) (DVS)	Below Deck Rhylee continues to feel ostracized. (N) (DVS)	Blind Date (N) (DVS)	Blind Date (N) (DVS)	Below Deck Capt. Lee calls a staff meeting. (N) (DVS)	Spy Games "Locked In" Competitors pick locks. (N) (DVS)	Blind Date (N) (DVS)	Blind Date (N) (DVS)	Below Deck (N) (DVS)				
TLC 521	560		Say Yes to the Dress (N) (DVS)	Say Yes to the Dress (N) (DVS)	Say Yes to the Dress Randy wraps up the next bride. (N) (DVS)	90 Day Fiance: Watch Party "Choose Me" Natalie's reveal	90 Day Fiance "Episode 12" (N) (DVS)								
TSN 400	400		SportsCentre (N) (Live) (DVS)	2020 Australian Open Tennis Men's and Women's Quarterfinals. From Melbourne, Australia. (N) (Live) (DVS)	2020 Australian Open Tennis Men's and Women's Quarterfinals. From Melbourne, Australia. (N) (Live) (DVS)										
YOUTH 551	542		Henry Danger	Henry Danger	SpongeBob	SpongeBob	Nicky, Ricky	Nicky, Ricky	* "Alvin and the Chipmunks: Chipwrecked" (2011) (N) (DVS)	Max & Shred	Star Falls (N) (DVS)	iCarly (N) (DVS)			

TUESDAY EVENING													JANUARY 28, 2020		
Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX 3	-	-	Channel 3 News at Six (N)	CBS Evening News	Entertainment Tonight (N)	NCIS "On Fire" Torres and Bishop get into an accident.	FBI A lawyer and an escort are found dead. (N) (DVS)	FBI: Most Wanted A gang leader plots turf wars. (N) (DVS)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (DVS)					
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (DVS)	Wheel of Fortune (N) (DVS)	Ellen's Game of Games "Another One Bites the Crust" (N) (DVS)	Ellen's Game of Games (N) (DVS)	New Amsterdam Sharpe has an important realization. (N) (DVS)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (DVS)				
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs Gags	Coronation Street (N) (DVS)	Family Feud Canada (N)	Kim's Convenience (N) (DVS)	22 Minutes (N) (DVS)	Schitt's Creek "Catastrophe" "Episode 4" (N) (DVS)	The National (N) (DVS)	CBC Montreal News (N)	Extraordinary Canadians (N) (DVS)	Coronation Street (N) (DVS)		
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) L'Académie (N)	Les beaux malaises	L'heure bleue Normand veut récupérer son condo. (N) (DVS)	Épidémie Découvrir la nature du virus. (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) (DVS)	Jeopardy! (N) (DVS)	The Conners Bless This Mess (N) (DVS)	mixed-ish "True Colors" (N) (DVS)	black-ish (N) (DVS)	Emergence "Killshot Pt. 2" Jo and Brooks are in danger. (N) (DVS)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! (N) (DVS)			
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) RDI économie (N)	District 31 (N) (SC)	La facture (N) (SC)	Toute la vie Quentin rencontre Christophe. (N) (DVS)	5e rang L'enquête se poursuit. (N) (DVS) (SC)	Le téléjournal (N) (SC)	Sports express (N) (SC)					
CKMI 11	-	-	Global National (N) (DVS)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	NCIS "On Fire" Torres and Bishop get into an accident.	FBI A lawyer and an escort are found dead. (N) (DVS)	(:01) New Amsterdam "14 Years, 2 Months, 8 Days" (N) (DVS)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (DVS)				
CFCF 12	205	312	(5:59) CTV News Montreal (N) (DVS)	etalk (N) (DVS)	The Conners (N) (DVS)	The Resident Cain feels disrespected by Logan Kim. (N) (DVS)	Ellen's Game of Games (N) (DVS)	Emergence "Killshot Pt. 2" Jo and Brooks are in danger. (N) (DVS)	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) (DVS)	The Conners Bless This Mess (N) (DVS)	mixed-ish "True Colors" (N) (DVS)	black-ish (N) (DVS)	Emergence "Killshot Pt. 2" Jo and Brooks are in danger. (N) (DVS)	Local 22 News (N)	(:35) Jimmy Kimmel Live! (N) (DVS)			
WUTV 30	-	-	The Big Bang Theory (N) (DVS)	Judge Judy (N) (DVS)	Judge Judy (N) (DVS)	Family Feud (N) (DVS)	The Resident Cain feels disrespected by Logan Kim. (N) (DVS)	Gordon Ramsay's 24 Hours to Hell and Back (N) (DVS)	2 on Your Side Seinfeld "The Stall" (N) (DVS)	Two and a Half Men (N) (DVS)	Two and a Half Men (N) (DVS)	Last Man Standing (N) (DVS)			
CFKS 31	106	726	Souper parfait	Souper parfait	À table avec mon ex (SC)	Rire et délire (SC)	Total knock out Kevin Hart accueille cinq concurrents. (N) (DVS)	La semaine des 4 Julie (N) (SC)	NCIS: Los Angeles Sydney se tourne vers sa soeur, Nell. (N) (DVS)	Souper parfait	NVL (N) (SC)	Moment V (SC)			
WUHF -	-	363	Modern Family (N) (DVS)	Modern Family (N) (DVS)	The Big Bang Theory (N) (DVS)	The Big Bang Theory (N) (DVS)	The Resident Cain feels disrespected by Logan Kim. (N) (DVS)	Gordon Ramsay's 24 Hours to Hell and Back (N) (DVS)	13WHAM News at 10 on Fox Rochester (N) (Live) (DVS)	DailyMailTV (N) (DVS)	The Simpsons (N) (DVS)	Paid Program (N) (DVS)			
WETK -	-	-	PBS NewsHour (N) (DVS)	Profile Mari-alisa Calta.	Crossroads	Finding Your Roots With Henry Louis Gates, Jr. (N) (DVS)	American Experience "The Poison Squad" The work of Dr. Harvey Wiley. (N) (DVS)	American Experience "The Poison Squad" The work of Dr. Harvey Wiley. (N) (DVS)	Amanpour and Company (N) (DVS)	BBC World News (N) (DVS)	Amanpour and Company (N) (DVS)				
WCFC -	-	-	World News America	BBC World News Outside	PBS NewsHour (N) (DVS)	Finding Your Roots With Henry Louis Gates, Jr. (N) (DVS)	American Experience "The Poison Squad" The work of Dr. Harvey Wiley. (N) (DVS)	American Experience "The Poison Squad" The work of Dr. Harvey Wiley. (N) (DVS)	BBC World News (N) (DVS)	Amanpour and Company (N) (DVS)					
A&E 615	520		The First 48 A murder victim's friends hide a secret. (N) (DVS)	The First 48 A double shooting in New Orleans. (N) (DVS)	The First 48 A generous man is murdered. (N) (DVS)	The First 48: Shocking Interrogations (N) (DVS)	(:02) The First 48: Shocking Interrogations (N) (DVS)	(:06) The First 48 A hip-hop promoter is gunned down. (N) (DVS)	(12:03) The First 48 (N) (DVS)						
CNN 500	500		Senate Trial of D. Trump	Erin Burnett OutFront (N)	Bernie Sanders: CNN Town	Pete Buttigieg: CNN Town	Andrew Yang: CNN Town	Tom Steyer: CNN Town Hall	CNN Tonight						
DISC 520	505		Highway Thru Hell Jamie's wrecker faces its first test. (N) (DVS)	MythBusters Jr. Tabletop gaming myths. (N) (DVS)	Gold Rush: Pay Dirt Rick gets thrown a lifeline. (N) (DVS)	Gold Rush: Pay Dirt "And Then There Was One" (N) (DVS)	Heavy Rescue: 401 "Not The Best Spot To Be" (N) (DVS)	Homestead Rescue A wildfire threatens a homestead. (N) (DVS)	Homestead Rescue (N) (DVS)						
DRAMA 620	523		CSI: Crime Scene Investigation "Tressed to Kill" (N) (DVS)	CSI: Crime Scene Investigation "Seeing Red" (N) (DVS)	CSI: Crime Scene Investigation "Stealing Home" (N) (DVS)	CSI: Crime Scene Investigation "CSI Unplugged" (N) (DVS)	CSI: Crime Scene Investigation "Genetic Disorder" (N) (DVS)	CSI: Crime Scene Investigation "Ms. Willows Regrets" (N) (DVS)	CSI: Crime Scene Investigation (N) (DVS)						
HIST 522	506		Forged in Fire A legendary spiked shield. (N) (DVS)	The Wild Ones The team pursues a group of studs. (N) (DVS)	American Pickers "Midwest Mayhem" (N) (DVS)	Forged in Fire "Revolutionary War Spontoon" (N) (DVS)	Project Blue Book "The Roswell Incident - Part 2" (N) (DVS)	Forged in Fire A legendary spiked shield. (N) (DVS)	American Pickers (N) (DVS)						
PARMT 628	584		Ink Master: Angels (N) (DVS)	Ink Master: Angels head to Memphis, Tenn. (N) (DVS)	** "Four Brothers" (2005, Crime Drama) Mark Wahlberg, Tyrese Gibson. Siblings seek revenge for their adoptive mother's murder. (N) (DVS)	Ink Master Testing teamwork and line work. (N) (DVS)	** "Four Brothers" (2005, Crime Drama) Mark Wahlberg, Tyrese Gibson. (N) (DVS)								
TDI 126	730		(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)	Les grands reportages (N) (SC)	Le téléjournal avec Céline Galipeau (N) (SC)	Mordus de politique (N) (SC)	Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)				
SHOW 616	521		NCIS A former NCIS agent is found dead. (N) (DVS)	NCIS A copycat of the Privileged Killer. (N) (DVS)	*** "Interstellar" (2014, Science Fiction) Matthew McConaughey, Anne Hathaway, Jessica Chastain. Space explorers set out to find a new home for humanity. (N) (DVS)	NCIS A copycat of the Privileged Killer. (N) (DVS)									
SLICE 601	562		Below Deck Rhylee continues to feel ostracized. (N) (DVS)	Below Deck Capt. Lee calls a staff meeting. (N) (DVS)	Blind Date (N) (DVS)	Blind Date (N) (DVS)	Vanderpump Rules Brittany has a meltdown in Miami. (N) (DVS)	The Real Housewives of New Jersey (N) (DVS)	Blind Date (N) (DVS)	Blind Date (N) (DVS)	Vanderpump Rules (N) (DVS)				
TLC 521	560		My Big Fat Fabulous Life "Big Fat Moves" Whitney packs up and moves to Charlotte. (N) (DVS)	My Big Fat Fabulous Life "Friends With Benefits" (N) (DVS)	I Am Jazz Jazz goes to New York for surgery. (N) (DVS)	My Big Fat Fabulous Life "Big Fat Moves" Whitney packs up and moves to Charlotte. (N) (DVS)									
TSN 400	400		SportsCentre (N) (Live) (DVS)	2020 Australian Open Tennis Men's and Women's Quarterfinals. From Melbourne, Australia. (N) (Live) (DVS)	2020 Australian Open Tennis Men's and Women's Quarterfinals. From Melbourne, Australia. (N) (Live) (DVS)										
YOUTH 551	542		Henry Danger	Henry Danger	SpongeBob	SpongeBob	Nicky, Ricky	Nicky, Ricky	** "Barnyard" (2006) Voices of Kevin James. (N) (DVS)	Max & Shred	Star Falls (N) (DVS)	iCarly (N) (DVS)			

Your week on TV

WEDNESDAY EVENING													JANUARY 29, 2020		
Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX	3	-	-	Channel 3 News at Six (N)	CBS Evening News	Entertainment Tonight (N)	Undercover Boss "Clean Harbors" (N) (DVS)	Criminal Minds The team searches for a serial killer.	S.W.A.T. A hunt for an escaped fugitive in Tokyo. (N)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (DVS)				
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (DVS)	Wheel of Fortune (N) (DVS)	Chicago Med There is a power outage at Med. (N)	Chicago Fire Casey and Boden clash over a recruit.	Chicago P.D. A shocking murder affects Halstead. (N)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (DVS)			
CBMT	6	206	301	CBC Montreal News (N)	Just for Laughs Gags	Coronation Street (N) (DVS)	Family Feud Canada (N)	Burden of Truth "Desperate Measures" (N) (DVS)	Fortunate Son Travis is invited back. (N) (DVS)	The National (N) (DVS)	CBC Montreal News (N)	CBC Music: The Mix (N)	Coronation Street (N)		
CHLT	7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) LOL :- (SC)	Autiste, bientôt majeur (N)	Animania (N) (SC)	Léo "Scorer fort" (N)	Léo "Le parasite" (N)	TVA nouvelles (: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) (DVS)	Jeopardy! (N) (DVS)	The Goldbergs (N) (DVS)	Schooled "Titanic Love" (N)	Modern Family (N) (DVS)	Royal Divide: Harry, Meghan, and The Crown (N) (DVS)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! (N) (DVS)		
CKSH	9	108	-	(5:59) Le télé-journal Estrie	(:31) RDI économie (N)	District 31 (N) (SC)	L'épicerie (N) (SC)	Les enfants de la télé "Spéciale Marina Orsini" (N)	Cerebrum Malgré le deuil, Henri doit assurer. (N)	Le téléjournal (N) (SC)	Sports express (N) (SC)				
CKMI	11	-	-	Global National (N) (DVS)	(:29) Global News at 6:30	FBI: Most Wanted A gang leader plots turf wars. (N) (DVS)	Undercover Boss "Clean Harbors" (N) (DVS)	Modern Family (N) (DVS)	(:31) Single Parents (N)	S.W.A.T. A hunt for an escaped fugitive in Tokyo. (N)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (DVS)			
CFCF	12	205	312	(5:59) CTV News Montreal (N) (DVS)	Awareness Acceptance and Action	The Goldbergs (N) (DVS)	The Big Bang Theory (N) (DVS)	Criminal Minds The team searches for a serial killer.	Stumptown (N) (DVS)	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) (DVS)	The Goldbergs (N) (DVS)	Schooled "Titanic Love" (N)	Modern Family (N) (DVS)	(:31) Single Parents (N)	Royal Divide: Harry, Meghan, and The Crown (N) (DVS)	Local 22 News (N)	(:35) Jimmy Kimmel Live! (N) (DVS)	
WUTV	30	-	-	The Big Bang Theory (N) (DVS)	Judge Judy (N) (DVS)	Judge Judy (N) (DVS)	Family Feud (N) (DVS)	Harry & Meghan: The Royals in Crisis (N) (DVS)	Last Man Standing (N) (DVS)	Outmatched "Pilot" (N) (DVS)	2 on Your Side Seinfeld (N) (DVS)	Two and a Half Men (N) (DVS)	Two and a Half Men (N) (DVS)	Last Man Standing (N) (DVS)	
CFKS	31	106	726	Souper parfait	Souper parfait	À table avec mon ex (SC)	Rire et délire (SC)	Phil s'invite (N) (SC)	Phil s'invite (N) (SC)	La semaine des 4 Julie (N) (SC)	Seal team: coeur et courage "Paradis perdu" (N) (SC)	Souper parfait	NVL (N) (SC)	Moment V (SC)	
WUHF	-	363	-	Modern Family (N) (DVS)	Modern Family (N) (DVS)	The Big Bang Theory (N) (DVS)	The Big Bang Theory (N) (DVS)	Harry & Meghan: The Royals in Crisis (N) (DVS)	Last Man Standing (N) (DVS)	Outmatched "Pilot" (N) (DVS)	13WHAM News at 10 on Fox Rochester (N) (Live) (DVS)	DailyMailTV (N) (DVS)	The Simpsons (N) (DVS)	Paid Program (N) (DVS)	
WETK	-	-	-	PBS NewsHour (N) (DVS)	Feast in the Making	Rural Free Delivery	Nature A cheetah raises her five newborn cubs. (N)	NOVA Uranus and Neptune; Pluto; Kuiper belt. (N)	Expedition With Steve Backshall "Suriname: Lost World" (N)	Amanpour and Company (N) (DVS)	BBC World News (N) (DVS)	Amanpour and Company (N) (DVS)	BBC World News (N) (DVS)		
WCFE	-	-	-	World News America	BBC World News Outside	PBS NewsHour (N) (DVS)	Nature A cheetah raises her five newborn cubs. (N)	NOVA Uranus and Neptune; Pluto; Kuiper belt. (N)	Expedition With Steve Backshall "Suriname: Lost World" (N)	BBC World News (N) (DVS)	Amanpour and Company (N) (DVS)	BBC World News (N) (DVS)	Amanpour and Company (N) (DVS)	BBC World News (N) (DVS)	
A&E	615	520	-	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	America's Top Dog "Double Down on the Underdog" (N)	(:01) Live PD: Police Patrol	(:32) Live PD: Police Patrol	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	
CNN	500	500	-	Senate Trial of D.Trump	Erin Burnett OutFront (N)	Joe Biden: CNN Town Hall	Elizabeth Warren: CNN	Amy Klobuchar: CNN Town	Anderson Cooper 360 (N)	CNN Tonight					
DISC	520	505	-	Highway Thru Hell AI is dispatched to a collision.	MythBusters Jr. A slinky is put to the test. (N)	Expedition Unknown The Dyatlov Pass incident.	Moonshiners: Outlaw Cuts "Toxic Work Environment"	Moonshiners (N) (DVS)	Guardians of the Glades Dusty Crum devises a plan.	Expedition Unknown					
DRAMA	620	523	-	Criminal Minds Unidentifiable male bodies are found. (N)	Criminal Minds A BAU member gets in trouble in Mexico.	Criminal Minds Fatal car crashes involve pedestrians.	Criminal Minds An attacker disfigures people with acid.	Criminal Minds Rossi gets a call from a serial killer. (N)	Criminal Minds Home invasions involving casualties. (N)	Criminal Minds					
HIST	522	506	-	Forged in Fire Bladesmiths create a Viking sword. (N)	American Pickers Two of the fastest motorcycles. (N)	Forged in Fire "Revolutionary War Spontoon" (N) (DVS)	Forged in Fire A recreation of the Lochaber Axe. (N)	Vikings Erik returns from a scouting mission. (N) (DVS)	Forged in Fire Bladesmiths create a Viking sword. (N)	American Pickers (N)					
PARMT	628	584	-	Catch a Contractor A family's torn-up backyard. (N)	Catch a Contractor "Kitchen Nightmare" (N)	68 Whiskey Roback starts a get-rich-quick scheme. (N)	68 Whiskey Making their way back to base. (N)	68 Whiskey "Daddy Issues" A mission to find Qasem. (N)	Catch a Contractor A young couple's yard left ruined.	Catch a Contractor (N)					
RDI	126	730	-	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)	Les grands reportages "La Babel des enfants perdus"	Le téléjournal avec Céline Galipeau (N) (SC)	Mordus de politique (N) (SC)	Le national (N) (DVS)	(:31) Le national (N)	(12:01) 24/60 (SC)			
SHOW	616	521	-	NCIS "Shooter" A Marine photographer goes missing. (N)	NCIS A controversial crime scene. (N) (DVS)	Legacies The witches celebrate Coven Day. (N)	Batwoman Kate and Alice deal with their demons. (N)	The Magicians Eliot and Alice go for a hike. (N) (DVS)	NCIS A controversial crime scene. (N) (DVS)	NCIS "Honor Thy Father"					
SLICE	601	562	-	Vanderpump Rules Sandoval sends Stassi an angry text.	Vanderpump Rules Brittany has a meltdown in Miami. (N)	Blind Date (N) (DVS)	Blind Date (N) (DVS)	The Real Housewives of New Jersey (N) (DVS)	Summer House (N) (DVS)	Blind Date (N) (DVS)	Blind Date (N) (DVS)	Blind Date (N) (DVS)	Blind Date (N) (DVS)	Housewives/NJ	
TLC	521	560	-	My 600-Lb. Life "J.T.'s Story" J.T. is almost 900lbs. (N)	My 600-Lb. Life "Gina's Story" (N) (DVS)	1000-lb Sisters Amy has a real wedding ceremony. (N)	My Feet Are Killing Me "All 12 Toes" (N) (DVS)	My Feet Are Killing Me "All 12 Toes" (N) (DVS)	My Feet Are Killing Me "All 12 Toes" (N) (DVS)	My Feet Are Killing Me "All 12 Toes" (N) (DVS)	My Feet Are Killing Me "All 12 Toes" (N) (DVS)	My Feet Are Killing Me "All 12 Toes" (N) (DVS)	My Feet Are Killing Me "All 12 Toes" (N) (DVS)	My Feet Are Killing Me "All 12 Toes" (N) (DVS)	
TSN	400	400	-	SportsCentre (N) (Live) (DVS)	2020 Australian Open Tennis Mixed Doubles Quarterfinals. From Melbourne, Australia. (N) (Live) (DVS)	2020 Australian Open Tennis Women's Semifinals. From Melbourne, Australia. (N) (Live) (DVS)	2020 Australian Open Tennis Women's Semifinals. From Melbourne, Australia. (N) (Live) (DVS)	2020 Australian Open Tennis Women's Semifinals. From Melbourne, Australia. (N) (Live) (DVS)	2020 Australian Open Tennis Women's Semifinals. From Melbourne, Australia. (N) (Live) (DVS)	2020 Australian Open Tennis Women's Semifinals. From Melbourne, Australia. (N) (Live) (DVS)	2020 Australian Open Tennis Women's Semifinals. From Melbourne, Australia. (N) (Live) (DVS)	2020 Australian Open Tennis Women's Semifinals. From Melbourne, Australia. (N) (Live) (DVS)	2020 Australian Open Tennis Women's Semifinals. From Melbourne, Australia. (N) (Live) (DVS)	2020 Australian Open Tennis Women's Semifinals. From Melbourne, Australia. (N) (Live) (DVS)	
YOUTH	551	542	-	Henry Danger	Henry Danger	SpongeBob	SpongeBob	Nicky, Ricky	Nicky, Ricky	*** "Paddington" (2014) Hugh Bonneville. (N) (DVS)	Max & Shred	Star Falls (N)	iCarly "iPilot"		

THURSDAY EVENING													JANUARY 30, 2020		
Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX	3	-	-	Channel 3 News at Six (N)	CBS Evening News	Entertainment Tonight (N)	Young Sheldon (N) (DVS)	(:31) The Unicorn (N) (DVS)	(:01) Mom (N) (DVS)	Carol's Second Act (N)	Evil A woman claims her unborn child is evil. (N) (DVS)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (DVS)		
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (DVS)	Wheel of Fortune (N) (DVS)	Superstore (N) (DVS)	The Good Place "Whenever You're Ready" Various conversations occur. (DVS)	Law & Order: Special Victims Unit (N) (DVS)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (DVS)			
CBMT	6	206	301	CBC Montreal News (N)	Just for Laughs Gags	Coronation Street (N) (DVS)	Family Feud Canada (N)	Back in Time for Winter "1970s" (N) (DVS)	The Detectives An investigation into a missing man. (N)	The National (N) (DVS)	CBC Montreal News (N)	Canadian Reflections (N)	Coronation Street (N)		
CHLT	7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) Les gags (N)	La poule aux oeufs d'or (N)	Le bon docteur Un jour de congé. (Part 2 of 2) (SC)	J.E. (N) (SC)	Infractions (N) (SC)	TVA nouvelles (:35) Denis Lévesque (N) (SC)	(:35) Jimmy Kimmel Live! (N) (DVS)			
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (DVS)	Jeopardy! (N) (DVS)	Station 19 The new fire chief is introduced. (N) (DVS)	Grey's Anatomy Bailey returns to work. (N) (DVS)	(:01) A Million Little Things "We're the Howards" (N) (DVS)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! (N) (DVS)			
CKSH	9	108	-	(5:59) Le télé-journal Estrie	(:31) RDI économie (N)	District 31 (N) (SC)	Infoman (N) (SC)	1res fois Mélissa Bédard et Mathieu Baron. (N) (SC)	Enquête (N) (SC)	Le téléjournal (N) (SC)	Sports express (N) (SC)				
CKMI	11	-	-	Global National (N) (DVS)	(:29) Global News at 6:30	ET Canada	Carol's Second Act (N)	The Unicorn (N) (DVS)	The Good Place "Whenever You're Ready" Various conversations occur. (DVS)	Evil A woman claims her unborn child is evil. (N) (DVS)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (DVS)			
CFCF	12	205	312	(5:59) CTV News Montreal (N) (DVS)	etalk (N) (DVS)	Young Sheldon (N) (DVS)	Station 19 The new fire chief is introduced. (N) (DVS)	Grey's Anatomy Bailey returns to work. (N) (DVS)	Law & Order: Special Victims Unit (N) (DVS)	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) (DVS)	Station 19 The new fire chief is introduced. (N) (DVS)	Grey's Anatomy Bailey returns to work. (N) (DVS)	(:01) A Million Little Things "We're the Howards" (N) (DVS)	Local 22 News (N)	(:35) Jimmy Kimmel Live! (N) (DVS)			
WUTV	30	-	-	The Big Bang Theory (N) (DVS)	Judge Judy (N) (DVS)	Judge Judy (N) (DVS)	Family Feud (N) (DVS)	Last Man Standing (N) (DVS)	Outmatched "The Talk" (N) (DVS)	Deputy Paula is put in a tough position. (N) (DVS)	2 on Your Side Seinfeld "The Dinner Party" (N) (DVS)	Two and a Half Men (N) (DVS)	Two and a Half Men (N) (DVS)	Last Man Standing (N) (DVS)	
CFKS	31	106	726	Souper parfait	Souper parfait	À table avec mon ex (SC)	Rire et délire (SC)	L'amour est dans le pré Les tâches quotidiennes. (N)	La semaine des 4 Julie (N) (SC)	Chicago Police "En chasse" Une tournure politique. (N)	Souper parfait	NVL (N) (SC)	Moment V (SC)		
WUHF	-	363	-	Modern Family (N) (DVS)	Modern Family (N) (DVS)	The Big Bang Theory (N) (DVS)	The Big Bang Theory (N) (DVS)	Last Man Standing (N) (DVS)	Outmatched "The Talk" (N) (DVS)	Deputy Paula is put in a tough position. (N) (DVS)	13WHAM News at 10 on Fox Rochester (N) (Live) (DVS)	DailyMailTV (N) (DVS)	The Simpsons (N) (DVS)	Paid Program (N) (DVS)	
WETK	-	-	-	PBS NewsHour (N) (DVS)	Quebec: A License to Remember	Made Here "Dish Pigs"	Brew Hampshire Craft beer in the Granite State.	On Main	Amanpour and Company (N) (DVS)	BBC World News (N) (DVS)	Amanpour and Company (N) (DVS)	BBC World News (N) (DVS)	Amanpour and Company (N) (DVS)	BBC World News (N) (DVS)	
WCFE	-	-	-	World News America	BBC World News Outside	PBS NewsHour (N) (DVS)	New Tricks Sandra's mother suffers a fall. (N) (DVS)	Death in Paradise Candidate is stabbed while voting. (N)	Resistance Lili is in danger and must flee. (Part 4 of 6)	BBC World News (N) (DVS)	Amanpour and Company (N) (DVS)	BBC World News (N) (DVS)	Amanpour and Company (N) (DVS)	BBC World News (N) (DVS)	
A&E	615	520	-	The First 48 A killer prowls the streets of Atlanta. (N)	The First 48 A parking lot drug deal turns deadly. (N)	The First 48 A homeless man is beaten to death. (N)	Alaska PD Dealing with distrust of the police. (N) (DVS)	(:01) 60 Days in "Mother's Day Mayhem" (N) (DVS)	(:05) The First 48 A Tulsa, Okla., man is shot and killed.	(12:03) The First 48 (N)					
CNN	500	500	-	Senate Trial of D.Trump	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Cuomo Prime Time (N) (DVS)	CNN Tonight w/ Don Lemon	Anderson Cooper 360 (N)	Prime Time					
DISC	520	505	-	Highway Thru Hell Jamie and Colin work to recover a semi.	MythBusters Jr. Tackling two Hollywood space myths.	Fastest Cars in the Dirty South (N) (DVS)	Bitchin' Rides Dave restarts work on a 1948 GMC truck.	To Be Announced	Graveyard Carz Mark starts the Turbine Bronze Charger.	Fastest Cars-Dirty South					
DRAMA	620	523	-	House Woman in an open marriage falls ill. (N)	House "The Choice" The team treats an ailing groom.	House "Baggage" A woman can't remember who she is.	House "Black Hole" A student repeatedly hallucinates.	Project Runway (N) (DVS)	House A newborn disappears from the nursery. (N)	Project Runway (N) (DVS)					
HIST	522	506	-	Forged in Fire Forging the mysterious Khandia. (N)	Vikings Erik returns from a scouting mission. (N) (DVS)	Forged in Fire A recreation of the Lochaber Axe. (N)	Rust Valley Restorers "The Reckoning" (N) (DVS)	Rust Valley Restorers "Secret Stash" (N) (DVS)	Forged in Fire Forging the mysterious Khandia. (N)	American Pickers (N)					
PARMT	628	584	-	Lip Sync Battle (N) (DVS)	Lip Sync Battle (N) (DVS)	Lip Sync Battle (N) (DVS)	Lip Sync Battle (N) (DVS)	Wife Swap Competitive mom swaps with hippy wife. (N)	Wife Swap A Hindu wife swaps with rancher wife. (N)	Wife Swap Fire chief wife swaps with at-home wife. (N)	Wife Swap Competitive mom swaps with hippy wife. (N)	Wife Swap (N) (DVS)			
RDI	126	730	-	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)	Les grands reportages (N) (Part 5 of 8) (SC)	Le téléjournal avec Céline Galipeau (N) (SC)	Mordus de politique (N) (SC)	Le national (N) (DVS)	(:31) Le national (N)	(12:01) 24/60 (SC)			
SHOW	616	521	-	NCIS "Kill the Messenger" A lieutenant is murdered. (N)	NCIS "So It Goes" Ducky and Bishop go to London. (N)	Prodigal Son (N) (DVS)	Legacies Landon seizes an opportunity. (N) (DVS)	FBI Kristen doubts her ability as an agent. (N) (DVS)	NCIS "So It Goes" Ducky and Bishop go to London. (N)	NCIS "Choke Hold" (N)					
SLICE	601	562	-	The Real Housewives of New Jersey (N) (DVS)	The Real Housewives of New Jersey (N) (DVS)	Blind Date (N) (DVS)	Blind Date (N) (DVS)	Married at First Sight "Secrets of the Past" The four couples examine their past. (N) (DVS)	Blind Date (N) (DVS)	Blind Date (N) (DVS)	Blind Date (N) (DVS)	Blind Date (N) (DVS)	Blind Date (N) (DVS)	Married at First Sight (N)	
TLC	521	560	-	Say Yes to the Dress Randy wrangles up the next bride.	My Feet Are Killing Me "All 12 Toes" (N) (DVS)	Dr. Pimple Popper Tony has large growths on his nose.	Dr. Pimple Popper Gerard has lumps all over his body.	My Feet Are Killing Me "Trouble With Toes" (N) (DVS)	1000-lb Sisters Amy has a real wedding; final weigh-in. (N)	Dr. Pimple Popper (N) (DVS)	1000-lb Sisters Amy has a real wedding; final weigh-in. (N)	Dr. Pimple Popper (N) (DVS)	Dr. Pimple Popper (N) (DVS)	Dr. Pimple Popper (N) (DVS)	
TSN	400	400	-	SportsCentre (N) (Live) (DVS)	NBA Pregame (N) (Live) (DVS)	NBA Basketball Golden State Warriors at Boston Celtics. From TD Garden in Boston. (N) (Live) (DVS)	SportsCentre (N) (Live) (DVS)	SportsCentre (N) (Live) (DVS)	SportsCentre (N) (Live) (DVS)	SportsCentre (N) (Live) (DVS)	SportsCentre (N) (Live) (DVS)	SportsCentre (N) (Live) (DVS)	SportsCentre (N) (Live) (DVS)	SC With Jay and Dan (N)	
YOUTH	551	542	-	Henry Danger	Henry Danger	SpongeBob	SpongeBob	** "Space Buddies" (2009) (N) (DVS)	Go Away Uni	"Anne of Green Gables: Fire & Dew" (2017) Ella Ballentine. (N) (DVS)	iCarly (N) (DVS)				

Lots to do at the Richmond Carnival

Record Staff

In addition to regular activities such as inflatable games, maple taffy, bonfire and snow scooters, this year's organizing team has added giant tube shuffleboard, several colorful mascots and a closing performance by a team of fire-breathers to the lineup.

This event is put together with the help of several partners who will be present on site for the festivities, such as the Carrefour Jeunesse Emploi in the riding of Richmond, the Maison des jeunes de la St-François and representatives of the Sherbrooke Costco.

Next Saturday, January 25, will mark the sixth edition of the annual winter carnival organized by the Town of Richmond, in collaboration with the neighbouring townships of Cleveland and Melbourne. Access is free and the activity will take place on the outdoor field next to the P.-E.-Lefebvre arena on Gouin Street from 10 a.m. to 4 p.m. The start time was moved earlier this year to accommodate families with young children.



COURTESY

Free park access for Sépaq Winter Day

Record Staff

Access to the Mont-Orford provincial park will be completely free on Saturday, January 25 for the fourth edition of Sépaq Winter Day. This essential event will once again bring together all the elements that made it successful: unparalleled natural environments, special activities and entertainment, equipment rental, abundant snow, smiles and red cheeks galore.

"The national park is home to a nature of exceptional beauty that can be explored and enjoyed through a multitude of exciting activities," said Mont-Orford Park Director Brigitte Marchand. "There is no better way to have fun with family or friends and develop healthy habits than to enjoy playing outside."

For the whole family

Special programming added to the regular offering has been put together by the park team to make this day even more festive for all. This will allow visitors to try equipment for free, including the popular bikes with oversized tires (Fatbikes), cross-country skis or snowshoes.



COURTESY

Young people 17 and under are always admitted free of charge into Québec's provincial parks.

For the complete program visit <http://www.sepaq.com/hiver/journee>

What's On

MUSIC

January 25

Come dance with us every Saturday night at the Beebe Town Hall, 72 Main St., Stanstead (Beebe), from 7 p.m. to 11 p.m. Music by the **Double or Nothing** (Mike & Kylie). Info: Gail 819-876-2021. Everyone welcome.

January 25

Country Dance on Saturday, January 25 from 7 p.m. to 11 p.m. at the **Trinity Anglican Church**, 409 South Street, Cowansville. Music by **Keepin' It Country**. Donation \$8. Door prizes! Canteen on premises. Proceeds to benefit the food bank.

January 25

Dance at the **Sawyerville Church** on Saturday, January 25 from 8 p.m. to midnight. Music by the **Country Swingers**. Admission \$10. All welcome.

January 25

Chase Away the Winter Blues concert at **Lennoxville United Church**, 6 Church Street, on Saturday, January 25 at 7:30 p.m. Adults: \$8, children 7-12 \$3, under 6 years of age no charge. Refreshments following the concert. Come out for an enjoyable evening of music, song, dance and laughter.

February 8

*Rescheduled from November 2, 2019 **Galt Europe Trip Fundraising Dance for local students**, at the Bury Armoury Community Center. Music by **Mike Patrick and Kylie Côté** from 9 p.m.- 1 a.m. \$8/ticket. Silent Auction. B.Y.O.B. For more information: 819-872-1058, 819-872-3426, or 819-640-6580.

February 8

10th annual (and final) **Bravehearts End Game benefit dance for Relay for Life** on Saturday, February 8, 9 p.m., at the A.N.A.F. "Hut," 300 St. Francis, Lennoxville. Music by **Slightly Haggard**. Admission \$10. Door prizes. Info: 819-837-2363 or janet@macelreavy.com

EVENTS

January 26

THE HOLIDAYS ARE OVER AND WE ARE BACK! Come out to our first event of 2020. **Three Link Fraternity, Unity Lodge #8, IOOF**, would like to invite you to our **Grandma's Style Roast Beef Supper**, Sunday, January 26, 2020 from 4:30 p.m. to 6 p.m. at 4150 Route 147, Waterville (Huntingville). Delicious roast beef, mashed potatoes with gravy, corn, carrots and strawberry shortcake for dessert! Adults \$15, 6-12 years old

\$7, under 6 free and best of all we have a family price of only \$45! Remember, that this is all you can eat! Keep in mind we offer "takeout". Give us a call at 819-679-8493, tell us what time you will be by to pick up your order. If you would like more information on any of our projects, please come to our supper or contact **Unity Lodge #8, IOOF**, at unity-8ioof@yahoo.ca or 819-820-5672. Pick up a brochure or maybe even an application to look over. We will be happy to answer any questions you might have. Also visit us on Facebook - **Three Link Fraternity, Unity Lodge #8, IOOF**. See all of you on January 26th for supper.

January 28

Do you wish to know more about navigating our health care system when you have a health issue? **The Age Friendly Municipality (MADA) Committee of the Village of North Hatley** will be hosting its first **2020 Afternoon Tea and Talk** on Tuesday, January 28 at 2 p.m. at the **North Hatley Community Centre** (3127 Capelton Road). On this special occasion the committee will be welcoming two special guest speakers from the **CIUSSS de l'Estrie - CHUS**: Mr. Jonathan Keays (Coordinator of General Health Services) and Ms. Isabelle Parent (Social Worker, General Direction of Psychosocial Services). Everyone is welcome to join us and learn more about this very important topic. Coffee, tea and afternoon treats will be served, and admission is free. Transport is available for area residents who require it (819-842-2754).

EXHIBITS

January 26

All are welcome to the exhibit of **Paintings by Libbey Griffith and Denis Palmer**, in the **Galerie d'Art Cookshire Eaton**. Opening vernissage is Sunday, January 26 from 1 o'clock to 3 p.m. Easy place to find on highway 108, which brings you to 25 rue Principale at the corner of Craig in downtown Cookshire. For more information please call **Denis** at 819-889-2549. Exhibit continues Sundays 10:00 a.m. to 4 p.m. or by appointment.



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Local Sports

When we exercise, we not only expend a lot of energy but also use up a lot of the water stores in our bodies.

Family fitness and healthy eating tips



A RUNNER'S MIND
CHRISTINE BLANCHETTE

According to a 2017 Public Health Agency of Canada report, 30 per cent of children aged 5-17 are overweight or obese.

As we stretch our legs into this second decade of the 21st century it's hard to believe that childhood obesity is still an issue in Canada. There's more knowledge at our fingertips than ever before, yet for every health expert, there is also a fast food restaurant or grocery store that sells chips, cookies, candy, etc. Registered Psychologist, Dr. Theresa Nicassio, author of YUM: Plant-Based Recipes for a Gluten-Free Diet, has much to offer families wanting a healthy lifestyle. She shares here in a Q&A her family fitness tips and healthy eating suggestions.

Q: How should people include their children in family activities?

TN: When (kids) see us doing something, often they become curious about where we're going and what we're doing. Those are precious opportunities to invite them to come along. Tagging on an incidental comment like, "I think you're ready for this" or "Gosh, since you're getting so grown up now, would you like to join me?" can double

as an entry into the activities, but also a boost for their self-esteem and confidence.

Q: What are some family fitness activities that are easy for the whole family?

TN: In terms of the activities that we more often associate with family fitness as a whole family, we are huge fans of tubing, sledding, dancing, gardening, swimming, and walking in nature. My husband is also a runner and has created countless fun moments with our girls running with them, both training for and also running in 5km and 10km races with them. Even when they were too young for the Vancouver Sun Run 10km, they would do the Sun Run Mini so that they could be part of the exciting community event.

Q: What are some healthy food choices while exercising?

TN: When we exercise, we not only expend a lot of energy but also use up a lot of the water stores in our bodies. For optimal functioning and performance, staying hydrated is extremely important. With this in mind, most of us know that drinking water is very important, but what most people don't realize is the value of water-dense foods, such as fresh fruit and vegetables. Because of the other vitamins, minerals and other nutrients that are present in produce and are utilized during exercise, they are a fabulous go-to for outings. Dried and dehydrated healthy snacks can also be good options, but only when your water-consumption through liquids and water-dense foods is also incorporated.

Q: With ever-changing technology affecting our phones and games, what are some tips to spend more quality mealtime together?

TN: First of all the norm that devices

are put aside during eating is crucial. There's nothing more troubling than a shared family meal while not everyone is present. Presence is not just about having your body in the room sitting in a chair at the dining table; it's also about being emotionally present for the others you are at the table with, including yourself. Technology has become like a drug that facilitates a new form of dissociation that has strangely become socially acceptable in our world. But from a mental and physical health perspective, there are many concerns that are important for us to be aware of.

I remember hearing about a functional MRI study looking at brain activity while individuals watched TV. They found that the brain is more "asleep" while watching TV than while actually sleeping. I'm not sure if any similar studies have been done recently looking at the impact of modern-day phone and other screen time, but I have a feeling the results might be similar.

With that in mind, my best tip for parents is for them to be aware of the addictive aspects of screens and to create family norms around their usage, optimally minimizing usage and folding into their lives and routines more active and engaged real-life experiences as the core of daily living.



COURTESY

Phoenix go purple for cancer

Record Staff

Tonight's Sherbrooke Phoenix hockey game will be a special one. Part of the #HockeyFightsCancer program, the team will be in special purple jerseys and the match will be a fundraiser for the Canadian Cancer Society.

The jerseys went on sale last week and within 72hrs all 45 player jerseys found buyers.

During the warmup all members of the Phoenix team will hit the ice wearing the purple jerseys. Instead of the player's names, the jerseys will bear the name of a loved one touched by cancer.



2019-2020 SEASON | NEXT GAME

Ville de Sherbrooke

JAN. 26TH AT 3 PM

Desjardins

VS

HOCKEYPHOENIX.CA

Death


**Donald
Herman
Glavin**

**Thursday,
September
21, 1950 -
Monday,
January 13,
2020**

Don has peacefully passed away at home with loved ones by his side, on January 13, 2020 at the age 69, formerly of Waterville, Quebec. Don was a loving husband to Susan Glavin (Fisher) for 34 years. Loving father to Stephanie (Paul), Trevor (Dana) and Travis. Beloved Grampy to Kingston and Harper Glavin and Papa to Merissa and Derek Wettstein. Loving brother to Mike Glavin and his wife Dona, Ken Glavin and his wife Lynn, Jean Glavin, Elaine Glavin, Larry Glavin and Zelda and her husband Yvon Beaudet. Son-in-law of Fred and Sharon Fisher, brother-in-law to Bob Fisher (Jannette), and Nancy Voisin (Vince). Loved son of the late Merle and Doreen Glavin and loved brother of the late Bill Glavin. Cherished uncle to many nieces, nephews and great nieces and nephews.

Celebration of Life to be held at the Elora Legion, 110 Metcalfe Street in Elora, Ontario on Saturday, February 8, 2020 from 2 p.m. to 4 p.m. In lieu of flowers, the family would like you to consider a donation to Groves Memorial Hospital Foundation.

Death

Mariette (Cote) MacIver
(January 19, 1922 -
January 14, 2020)

We, her family, are profoundly saddened to announce the passing of a beautiful human being. Predeceased by her husband, Cook and son, Bruce and seven brothers and sisters. Survived by sons Bob (Rasa), John (Lyne) and Andy (Monique), her brother Bill (Gaby), her grandchildren and great grandchildren, and many nieces and nephews. She was a longtime member of the Emergency/Outdoor team at the former Sherbrooke Hospital. Above all else she was a devoted, caring Mom and the cornerstone of our family. She loved and was loved. Mom exhibited incredible courage, dignity, trust and faith in her final days. She showed us how it is done.

At her request, there will be no visitation or service. Interment of the ashes will take place in the spring.

Rest in peace, sweet mother.

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

Death


**Marilyn
Picken**
(1961-2020)


After a valiant battle with cancer Marilyn passed away on Monday, January 20, 2020 at the age of 58.

Beloved daughter of the late Arnold (Mac) Picken and the late Vera Picken (Drake). Beloved sister of Elizabeth 'Betty' (Ken), Stuart, Gary (Sue) and Nancy. She was predeceased by her brothers Edward and Bruce. Marilyn was an aunt and great aunt and will be remembered by her many nieces, nephews and family.

Visitation will take place at the Cass Funeral Home, 3006 College St., Sherbrooke (Lennoxville), on Friday, January 24, 2020 from 7:00 p.m. to 9:00 p.m. and on Saturday, January 25 from 9:00 a.m. to 10:00 a.m. followed by the funeral service at 10:00 a.m.

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

Death


**Gloria
Robinson**
(Nee
Demers)
1941-2020

Passed away suddenly at home with loved ones in Sutton, QC, on Tuesday January 21st, at the age of 78, beloved wife of the late James Robinson. Loving mother of Keith, Lisa (Neil) and Gloria Joyce, very proud grandmother of Sophie Rose. Cherished companion of Charles.

Predeceased by her parents Archille and Beulah Demers. She also leaves to mourn her brothers, many nieces, nephews and friends.

Cremation took place at the Désourdy Crematorium in Farnham.

As per their wishes, a gathering will be held at the farm for Gloria and James in the spring.

Home is where your family is always in your heart.

Donations in her memory to the BMP Hospital Foundation via the website: www.bmpfoundation.ca (forms available at the funeral home).

Arrangements entrusted to the:

DÉSOURDY FUNERAL HOME
101 Jean-Besré, Cowansville QC
PHONE: 450-263-1212
FAX: 450-263-9557
info@desourdy.ca
www.desourdy.ca

Datebook

FRIDAY, JANUARY 24, 2020

Today is the 24th day of 2020 and the 35th day of winter.

TODAY'S HISTORY: In 1848, gold was discovered at Sutter's Mill, setting off the California Gold Rush.

In 1984, the first Apple Macintosh computer went on sale.

In 1995, the O.J. Simpson murder trial began as the prosecution made its opening statement.

In 2003, former Pennsylvania Gov. Tom Ridge was sworn in as the first secretary of the Department of Homeland Security.

TODAY'S BIRTHDAYS: Pierre de Beaumarchais (1732-1799), playwright; Edith Wharton (1862-1937), author; Robert Motherwell (1915-1991), artist; Ernest Borgnine (1917-2012), actor; Oral Roberts (1918-2009), evangelist; Neil Diamond (1941-), singer-songwriter; Aaron Neville (1941-), singer; John Belushi

(1949-1982), actor; Nastassja Kinski (1961-), actress; Mary Lou Retton (1968-), Olympic gymnast; Ed Helms (1974-), actor; Mischa Barton (1986-), actress.

TODAY'S FACT: The first Apple Macintosh computer had a 9-inch monitor and 128 kilobytes of RAM. It was priced at \$2,495.

TODAY'S SPORTS: In 1980, Fred Wilpon and Nelson Doubleday bought the New York Mets for an estimated \$21.1 million, at the time the most ever paid

for a baseball franchise.

TODAY'S QUOTE: "There are two ways of spreading light: to be / The candle or the mirror that reflects it." - Edith Wharton, "Vesalius in Zante (1564)"

TODAY'S NUMBER: \$81 million - estimated value (not adjusted for inflation) of the gold extracted from California in 1852, the peak year of the California Gold Rush.

TODAY'S MOON: New moon (Jan. 24).

It's vital to limit screen time for kids

ASK THE DOCTORS

By Eve Glazier, M.D., and Elizabeth Ko, M.D.

Dear Doctor: My husband and I are pretty strict about screen time with our kids. I read about a new study that indicates that screen time actually changes a child's brain. Is this true? How much screen time is OK?

Dear Reader: As parents ourselves, we share your struggle when it comes to limiting screen time. But considering how we adults often struggle to put down the phone or step away from the computer, it's not surprising that our kids face the same challenges.

Screens are so instantly absorbing, it's all too easy to hand a fussy baby or toddler a phone while juggling several other tasks. And with so much social interaction now shifted to the online world, tweens and teens can feel cut off from their peers without screen access. Add in the increasing amount of schoolwork now done on computers and online, and it can feel like a screen-centric life is all but inevitable.

A recent study supports a growing body of research

that suggests it's time to rethink our acceptance of screens. Published last November in the journal JAMA Pediatrics, it found a link between screen time and a drop in language and literacy skills among young children. Not only that, brain scans found that kids who spent a lot of time in front of a screen experienced certain changes to the physical structures of their brains.

The researchers began by assessing the cognitive abilities of 47 children between the ages of 3 and 5. They also gathered detailed information about screen habits from the children's parents. MRI scans of the children's brains revealed that those who exceeded the recommended one hour of screen time per day had lower levels of development and organization in brain tissues known as white matter. White matter is made up of long nerve fibers surrounded by fatty protective tissues, and it plays a key role in language development and cognitive skills.

The children with higher screen time and structural brain changes also had poorer outcomes on tests measuring language and literacy skills. This all

sounds dire, so it's important to note that this was a small study with a narrow scope. The authors noted that the question of screen time for children deserves further study.

As for how much screen time is OK, that's the big question right now. According to updated guidelines from the American Academy of Pediatrics, children younger than 18 months should have no screen time at all, other than video chatting with parental supervision. For children between ages 2 and 5, the AAP recommends a maximum of one hour of high-quality programming per day, watched with a parent present to explain what they are seeing. After age 6, the advice is consistent limits that maximize physical and mental health, as well as face time with family and friends.

It's important that as parents, we lead by example and step away from our own screens.

Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health.

Church Services

Anglican

LENNOXVILLE

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

Presbyterian

LENNOXVILLE

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

United

AYER'S CLIFF - MAGOG

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

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to worship at 10:00 a.m. on Sunday, January 26 with Rev. Linda Buchanan. Refreshments will be served after church. Sunday School is available at 10:00 a.m. Everyone is welcome. 819-565-8449; website - lennoxvilleunited-church.com

RICHMOND

On January 24, the Richmond-Melbourne United Church, 247 Principale Sud, Richmond, will host "Messy Church." The evening begins at 5 p.m. with a free community meal, activities and worship. This event is family-friendly for folks of all ages.

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, www.plymouthtrinitychurch.org, invites you to our 10:30 a.m. worship service on January 26. There will be children's church! Joignez-vous à nous pour notre culte dominical le 26 janvier, à 10h30. Il y aura un culte des enfants. Cordiale bienvenue à tout le monde. Minister: Samuel V. Dansokho.

WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church, Sunday, January 26, 11 a.m., worship with Rev. Mead Baldwin. Sunday School. 819-837-1112.

A wintry stew with a French accent

STIR IT UP!
By Marialisa Calta

Slow cooker fans may already be familiar with Michele Scicolone, author of "The Italian Slow Cooker," "The French Slow Cooker" and, now, "The Mediterranean Slow Cooker" (Houghton Mifflin Harcourt, 2013). In this book, Scicolone takes on a French classic: pot au feu.

This dish, which translates as "pot on the fire," is the simplest of boiled meat dinners and, at the same time, a complex tour de force of flavors. It was considered a country dish, one that would supply a family with meals for a week (meat and vegetables on the first night, then the broth with various additions - noodles, semolina, rice -and, finally, "potage a la fecula," or broth thickened with cornstarch). Scicolone gives a nod to this tradition by suggesting that you serve the broth as a first course.

French housewives used to spend quite a bit of time making pot au feu. One source I found said they tied potatoes on the end of bones with string to seal in the marrow; another suggests wrapping the bones in "muslin" (or cheesecloth). Beef was the main meat, but classic preparations call for the addition of chicken (or chicken giblets, duck or turkey), veal, pork or lamb. One recipe, in the famed French cooking en-

cyclopedia "Larousse Gastronomique," calls for adding to the pot a whole chicken - stuffed with fresh pork, ham, chicken liver, onion, garlic and parsley - along with "veal knuckle" and "salted pork knuckle."

Scicolone's recipe is far less exotic but still has the satisfying appeal of French farmhouse cooking. It's a winter dish, no doubt about it. Serve it with Dijon mustard, prepared horseradish and cornichons - those tiny sour pickles available, jarred, in many supermarkets. A baguette and some cheese will make this a classic French meal. Bon appetit!

POT AU FEU (BEEF AND VEGETABLES)
Yield: 6 servings

- 4 whole garlic cloves, peeled
- 4 medium carrots, peeled and cut into 1-inch chunks
- 6 medium Yukon Gold potatoes, peeled and cut into 1-inch chunks
- 2 medium parsnips, peeled and cut into 1-inch chunks
- 2 medium turnips, peeled and cut into 1-inch chunks
- 2 leeks (white and light green parts only), well washed, drained, trimmed and sliced into 1/2-inch pieces
- 3 sprigs flatleaf parsley
- 4 sprigs fresh thyme
- 1 bay leaf
- 2 1/2 pounds boneless beef chuck or

- brisket, well trimmed
- 2 pounds beef short ribs or shanks, well trimmed
- Salt
- 10 whole black peppercorns
- Mustard, prepared horseradish and cornichons for serving

Place garlic and vegetables in a large (5 1/2- to 7-quart) slow cooker. Wrap parsley, thyme and bay leaf in kitchen twine to make a bundle that you can easily remove. Toss it into the cooker. Place the meat on top. Add salt to taste, peppercorns and just enough water to cover the meat and vegetables.

Cover and cook on low 8 to 10 hours, or until the meat is very tender when pierced with a fork.

Preheat oven to 200 degrees. Remove the meat and cut it into chunks. Arrange meat and vegetables in a serving bowl or platter. Cover and set aside.

Remove and discard the bundle of herbs. Skim fat from the surface of the broth and taste for seasonings, adding more salt if needed. Pour some broth over the meat and vegetables. Place meat and vegetables in the warm oven.

Serve remaining broth as a first course, followed by the meat and vegetables. Pass mustard, horseradish and cornichons at the table.

Recipe from "The Mediterranean Slow Cooker" by Michele Scicolone (Houghton Mifflin Harcourt, 2013).

SUDOKU

DIFFICULTY RATING: ★★★★★

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

1/24

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PREVIOUS SOLUTION

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

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

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

PREVIOUS SOLUTION

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1/25

								6

DIFFICULTY RATING: ★★★★★

SUDOKU

Solidarity
I BELIEVE. I GIVE.

CANADIAN CATHOLIC ORGANIZATION FOR
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Your Birthday

FRIDAY, JANUARY 24, 2020

Clear the way and set a course for a brighter future. Make plans that will let you do what you enjoy most and turn it into a lifestyle that works for you. Love may throw you a curveball this year if you forget to nurture relationships. Multitasking will be required.

AQUARIUS (Jan. 20-Feb. 19) – Charm will result in popularity. A loved one will surprise you. The help you offer others will be returned twofold. A strong will and common sense will lead to the right choice.

PISCES (Feb. 20-March 20) – Gather all the facts. Bide your time or you will make a mistake. Uncertainty regarding someone's authenticity should make you take notice. Double-check the motives behind someone's words or actions.

ARIES (March 21-April 19) – Associate with people who have something to offer. Sharing with people who have similar interests will help you recognize what's important to you. Love is in the stars.

TAURUS (April 20-May 20) – Don't let your personal life disrupt your productivity. Take a serious look at who is causing all the trouble and rectify the problem. You cannot move forward if you are carrying unnecessary baggage.

GEMINI (May 21-June 20) – Don't get dragged down by someone's negativity when you have so much to be thankful for and enjoy. Follow your instincts and keep busy with events, activities or matters that stimulate your mind.

CANCER (June 21-July 22) – Base your reactions on what you know, not on what you assume. Find out the facts from a legitimate source. If you embrace change, things will work out. Romance is encouraged.

LEO (July 23-Aug. 22) – Stick to the people and situations that make you feel comfortable. An idea you have will turn into a good investment. Take action, be competitive and don't give up.

VIRGO (Aug. 23-Sept. 22) – Change is heading your way. Embrace whatever comes down the pike. You'll be surprised how much better things turn out than expected. Romance and self-improvement are favored.

LIBRA (Sept. 23-Oct. 23) – Focus on your talents and on how to put them to good use. You will advance for what you do, not for what you fail to do. Finish what you start.

SCORPIO (Oct. 24-Nov. 22) – Refrain from sharing your thoughts or plans. If you are quiet observer, you'll gather valuable information. Adjust your strategies to suit your needs instead of someone else's.

SAGITTARIUS (Nov. 23-Dec. 21) – Refuse to let anyone take advantage of you. If you spread yourself too thin or go along with a change you don't like, you will end up doing things over.

CAPRICORN (Dec. 22-Jan. 19) – Adapt, compromise and forge ahead with enthusiasm. What you accomplish will be recognized and praised. Spend time with someone important and celebrate life, love and happiness.

SATURDAY, JANUARY 25, 2020

Revisit an old idea. What's trending now will fit well with your plans. Make sure you pay overdue debts this year. You can achieve what you set out to do if you stick to the rules and regulations. Intelligence will outmatch force.

AQUARIUS (Jan. 20-Feb. 19) – Set a new trend. Your innovative mind will capture interest. You'll gain satisfaction if you do your best and follow your plan through to completion.

PISCES (Feb. 20-March 20) – Don't leave anything to chance. Gather facts and find out what's possible and what isn't. You will gain ground if you are precise in what you do and say. Romance is featured.

ARIES (March 21-April 19) – Share information, discuss your plans with a loved one and make a physical move to turn your dream into reality. Choose strategic maneuvers over impulsive action.

TAURUS (April 20-May 20) – Be a leader, not a follower. If you are too easy-going, someone will impose on you to do or pay for things that aren't your responsibility. Do things for yourself, not for others.

GEMINI (May 21-June 20) – You'll have some great ideas that will parlay you into a good position with leverage and maneuverability. Don't mince words. Follow your heart and speak your mind.

CANCER (June 21-July 22) – Don't overdo it or take on too much. It's best to put your energy into things you enjoy.

Romance is in the stars.

LEO (July 23-Aug. 22) – Refrain from making promises that you will not want to fulfill. Someone is likely to hold back the information you require to make a well-informed decision. Do your own fact-finding.

VIRGO (Aug. 23-Sept. 22) – Look at the choices you have and make a move. If you execute your ideas in a unique fashion, you'll gain support and interest in what you are planning to pursue. Romance is on the rise.

LIBRA (Sept. 23-Oct. 23) – Once you make up your mind, the rest will fall into place. Trust and believe in what you are capable of doing and follow through with your plans. Shoot for the stars.

SCORPIO (Oct. 24-Nov. 22) – Someone will offer dishonest feedback. Ask pertinent questions to avoid making an ill-informed decision. Protect your ideas, reputation and possessions. Success is the sweetest revenge. Romance looks promising.

SAGITTARIUS (Nov. 23-Dec. 21) – Stay focused, well-informed and up-to-date regarding what's trending. Stand tall and show everyone what you've got to offer. Refuse to let someone back you into a corner.

CAPRICORN (Dec. 22-Jan. 19) – You will gain satisfaction if you get involved in a cause. Take a leadership position that allows you to show off your attributes. Stop being a bystander; it's time to take charge and excel.

Sunday horoscope on page 23

Wedding gifts under warranty?

Dear Annie

FRIDAY, JANUARY 24, 2020

Dear Annie: My very good friend "Pamela" has a son who recently got married. The wedding took place in the middle of September. The bride decided at the beginning of December that she didn't want to be married. My question is this: Who gets the gifts? The bride and groom were living with her parents until they bought a home, so they didn't use any of their wedding gifts. The groom just bought a house. I say that he should get the gifts; he is not the one who decided to leave the marriage. – Wedding Present Problems

Dear Wedding Present: The law varies by state. Generally, if the gifts were given to the couple, then the gifts are communal property and will be divided up however the rest of their property is divided up. It's worth the husband consulting an attorney on this matter. Morally speaking, that's a different question, but I tend to agree with you: This woman put him out in the cold. The least she could do is let him have the toaster.

Dear Annie: My husband and I have lived together for more than 30 years, and we decided to get married about 15 years ago. We live in a different state than his family and don't see them often. We do exchange cards, holiday gifts, calls, etc. Several women in his family (specifically, his sister and her adult daughter) will not address me in writing by my name. I kept my birth name when I married and they know that, but anything they send to us either refers to "John and Mary Smith" (his last name) or "The Smiths."

My husband has reminded them of my name, and

I have included a little note on some holiday cards in the past to remind them as well.

I can only assume that they disagree with my decision to keep my own name, and it continues to upset me. It feels disrespectful, to say the least. My husband thinks it's no big deal. Is he right? Is it worth me reaching out directly to each of them to ask why they are doing this when I otherwise don't have a lot of contact with them, or should I just let it go and try not to let it bother me? – Ms. Addressed

Dear Ms. Addressed: Write this off as ignorance. Sure, there's a chance they're deliberately disrespecting your choice to keep your name – but you'd only be assuming that. Recall that old saying about what happens when you assume: The language is a shade too colorful for a family paper, but the gist is not to do it.

Truly, it costs you nothing to generously give others the benefit of the doubt, even to those who haven't earned it. So presume innocence, and ask your husband to remind them again of your last name. If he resists because "it isn't a big deal," tell him that it's important to you. Not every matter needs to be cataclysmic to be worthy of addressing.

Dear Annie: Thanks for your article on grieving and saying, "Don't let anyone tell you how or when to grieve." My brother was killed in a gun accident 39 years ago and my mother was never the same. I remember her saying that after a while someone tried to be "helpful" by suggesting it was time to move on. It didn't go over well. – Gary in Indianapolis

Dear Gary: I am so sorry for the tragic loss of your brother. And I'm sorry your mother had to hear those

words when she was suffering. There is no perfect thing to say to someone who is grieving: The most important thing you can do is just to show up for them and listen.

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

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



Thank you
for saving moments,
funding breakthroughs
and saving lives.



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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.

“ IS NSSR JC C DTPJEDO XSCXVS
PJ CZD VPHSU. PW OCZ KPHS RYSN
E LYEJLS, SHSDOCJS YEU
UCNSRYPJK ENEMPJK RC CWWSD.”
— DOEJ USELDSUR

Previous Solution: “Dressing a baby is like putting an octopus into a string bag, making sure none of the arms hang out.” — Chris Evans
TODAY'S CLUE: Z sjnba W

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.

“ F AFAT' B JHTB BC NV HT HPBIVGG.
F JHTBVA BC NV H AVTBFG B, NRB E
TVUVI WTCJ JLHB KFZV JFKK NIFTX
ECR.” — GCZFH UVIXHIH

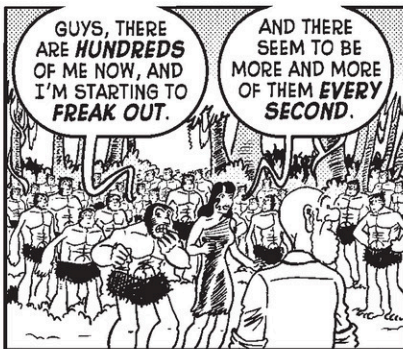
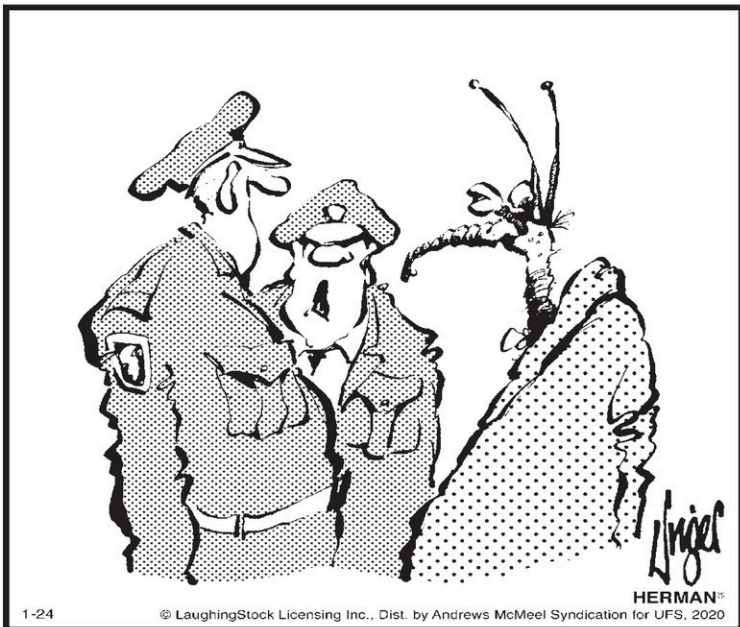
TODAY'S CLUE: E NTSJAVD

Previous Solution: “We meet no ordinary people in our lives. If you give the chance, everyone has something amazing to offer.” — Ryan Seacrest

REALITY CHECK



HERMAN



ARLO & JANIS



Johnson 1/24



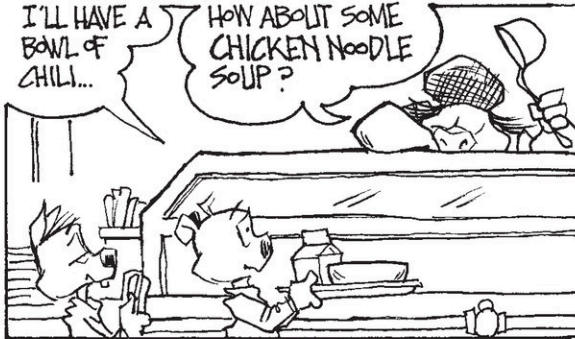
THE BORN LOSER



FRANK AND ERNEST



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 E-mail: classad@sherbrookerecord.com
 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

CLASSIFIED

Deadline: 12:30 p.m. one day prior to publication
 Or mail your prepaid classified ads to
 The Record, 6 Mallory, Sherbrooke, Quebec J1M 2E2

035 For Rent

KNOWLTON – Sunny, renovated 4½ room apartment available immediately. Suitable for quiet, non-smoking working couple. References required. Parking included. Reasonable rent. Call 1-416-533-1440.

145 Miscellaneous Services

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

160 Music

FLUTE LESSONS for all levels and ages-beginners to advanced players. We make music fun and incorporate exercises and duets in the lesson time to enjoy music. I am a professional flutist with 30 years of teaching the flute. Please write to douglasnadler62@gmail.com. Use flute lessons as the subject of the email.

395 Home Improvement

TAPIS STEVE - Closing Sale! Liquidation of floor covering inventory. Up to 80% off. Store hours: Friday 8:30 a.m. to 5 p.m. and Saturday 10 a.m. to 1 p.m. 11 Queen Street, Lennoxville. 819-566-7974.

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



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

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Many Record readers want a career change and are looking for a new job. Shouldn't your ad be in The Record's Career Section? For reservations or further information, please call

THE RECORD
 819-569-9525

NEA Crossword Puzzle

- ACROSS**
- 1 Fittingly
 - 5 Quick turn
 - 8 Crafty
 - 11 Saturate
 - 13 Cl- or Ca++
 - 14 Want-ad abbr.
 - 15 False faces
 - 16 Having subtle differences
 - 18 Oil cartel
 - 20 Alaskan town
 - 21 Art category
 - 23 Seashell seller?
 - 24 Strut along
 - 25 Big oil supplier
 - 27 Price paid
 - 31 Wish undone
 - 32 Domino
 - 33 Is, in Madrid
 - 34 Keats' works
 - 36 Holland export
 - 38 Courteney — of "Friends"
 - 39 Take a bath
 - 40 Quaff with sushi
 - 41 Christina's pop
 - 42 Nonsense!
 - 44 Contest mail-in
 - 46 Goddess of beauty
 - 49 Singer — Adams
 - 50 Polished
 - 52 To any degree (2 wds.)
 - 56 That, to Jaime
 - 57 RVer's stopover
 - 58 Sound reasoning
 - 59 Golfer's benchmark
 - 60 CPA's sum
 - 61 Shortfall
- DOWN**
- 1 Cloudy
 - 2 Ms. Thurman
 - 3 UPS units
 - 4 Neighbor of Alaska
 - 5 Trace mineral
 - 6 Item in a poker pot

Answer to Previous Puzzle

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

- 7 Grind, as teeth
- 8 Denomination
- 9 Onion's kin
- 10 The Force was with him
- 12 — de corps
- 17 Dorothy, to Em
- 19 Weirdest
- 21 Red-coated cheese
- 22 Three-sided swords
- 23 Smuggled
- 24 Facial feature
- 26 Mr. Alan —
- 28 Film award
- 29 Legend
- 30 Cab
- 35 Monsieur's gesture
- 37 Servile
- 43 Honshu port
- 45 Wyoming range
- 46 D.C. biggie
- 47 Famous lioness
- 48 Not far away
- 49 State, in Paris
- 51 Name, to Pierre
- 53 Grow older
- 54 Tell tales
- 55 Watch readout, briefly

Delicious jazzy brunch bake

Brunch is that clever meal that falls between breakfast and lunch, but often serves foods associated with both. Anything goes during brunch, as it's possible to have pancakes served alongside sandwiches.

Historians believe brunch originated in England during the early 19th century and later was brought to America. Some feel brunch evolved from pre-hunt breakfasts that were common in England at the time. Eventually, brunch evolved into a meal enjoyed before or after church services.

Regardless of its origins, brunch is here to stay. Home chefs can put their unique spins on brunch by preparing dishes such as this recipe for "Seafood Newboogie" from "Famous Dave's Backroads and Sidestreets" (The Mino-Giizhig Fund) by David Anderson. This New Orleans- and jazz-inspired take on brunch is sure to please.

Seafood Newboogie

Serves 6

- 2 cups water
- 1 tablespoon seafood base
- 1/3 cup butter
- 2/3 cup flour
- 2 cups heavy whipping cream
- 4 egg yolks, beaten
- 1 1/2 teaspoons Old Bay seasoning
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 1/2 teaspoon nutmeg
- 1/2 teaspoon Hungarian paprika

- 1/8 teaspoon cayenne
- 1 cup chopped cooked lobster
- 1 cup chopped cooked shrimp
- 1 cup chopped scallops, sauteed in butter
- 1 cup lump crab meat
- 1/3 cup cream sherry
- 6 cups cooked rice
- 3/4 cup shredded Monterey Jack cheese
- Paprika to taste

Mix water and seafood base in a small bowl. Set aside. Heat butter in a saucepan until melted. Stir in flour. Cook over low heat for 2 to 3 minutes, stirring constantly; do not brown. Add seafood base mixture gradually, stirring constantly. Stir in whipping cream, egg yolks, Old Bay seasoning, dry mustard, salt, nutmeg, 1/2 teaspoon paprika, and cayenne. Bring to a simmer over low heat, stirring constantly. Stir in lobster, shrimp, scallops, and crab meat. Bring to a simmer, stirring frequently. Remove from heat. Stir in sherry. Pre-heat the broiler. Spread the rice over the bottoms of 6 individual au gratin dishes. Spoon the seafood mixture over the rice. Sprinkle with the cheese. Broil until light golden brown and bubbly. Sprinkle with paprika to taste. Serve immediately with garlic toast. May substitute a mixture of 1 cup seafood stock and 1 cup liebfraumilch for 2 cups seafood stock.

(Metro Creative)

1	2	3	4		5	6	7		8	9	10			
11				12		13			14					
15						16			17					
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	21	22					23							
24					25		26			27	28	29	30	
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46	47	48					49							
50							51			52		53	54	55
56						57				58				
59						60					61			

NEA Crossword Puzzle

Your Birthday

SUNDAY, JANUARY 26, 2020

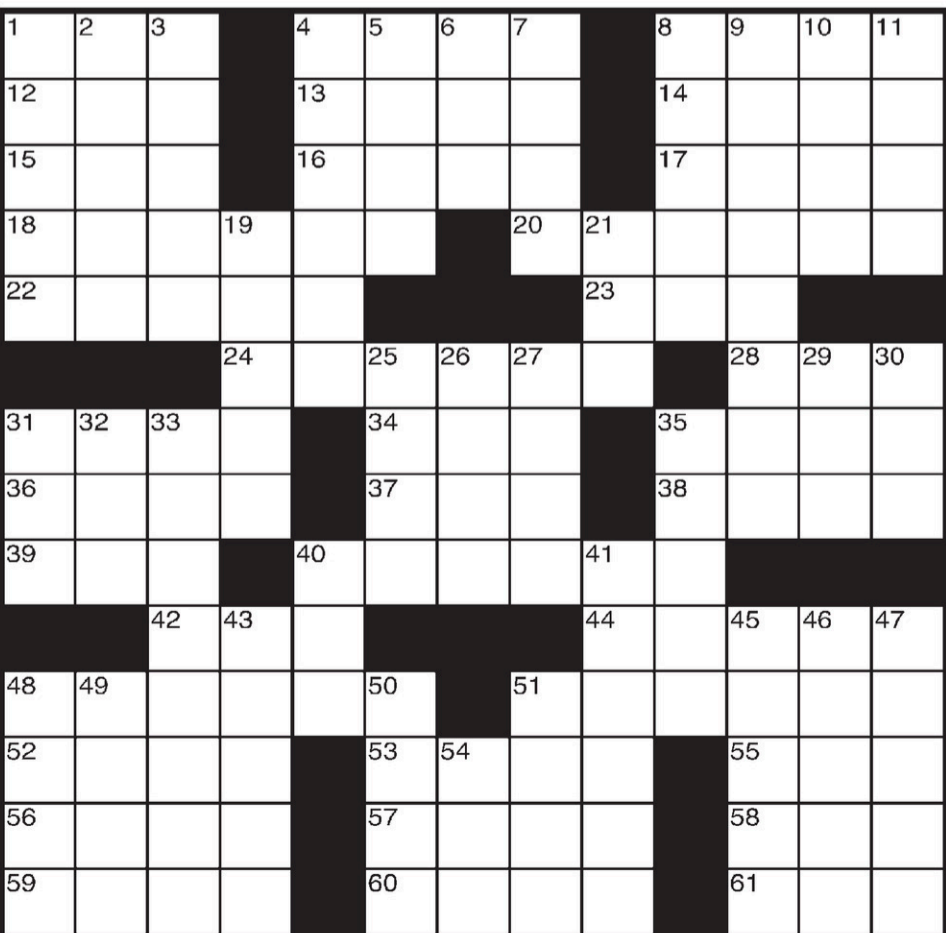
Answer to Previous Puzzle



- ACROSS**
- 1 — choy
 - 4 Cuts the grass
 - 8 Sleep in a tent
 - 12 Gorilla
 - 13 Heavy metal
 - 14 Well-qualified
 - 15 Midwest st.
 - 16 Jazzy — Horne
 - 17 Tow
 - 18 Free
 - 20 Deep red gem
 - 22 Buffalo hockey pro
 - 23 British FBI
 - 24 Affluent one
 - 28 Leather punch
 - 31 Witty ones
 - 34 OK!
 - 35 "Water-mark" chanteuse
 - 36 Severe hairdo
 - 37 Pierre's monarch
 - 38 Bring to an end
 - 39 "My gal" of song

- 40 Taste and smell
 - 42 Molecular bio. topic
 - 44 Basilica parts
 - 48 Haven
 - 51 Least humid
 - 52 Tollbooth site
 - 53 Thought
 - 55 Tpk.
 - 56 Second to none
 - 57 Say hoarsely
 - 58 Solidify
 - 59 "— -Breaky Heart"
 - 60 Proofread
 - 61 Sooner than
- DOWN**
- 1 Slams, as a door
 - 2 La Scala production
 - 3 Shish —
 - 4 Environ-ment
 - 5 Mineral deposits
 - 6 Prevailed
 - 7 Jagged tear
 - 8 — pants

- 9 Plentiful
- 10 Mme.'s daughter
- 11 Leather-to-be
- 19 Secret meeting
- 21 Poker card
- 25 Ceremonial fire
- 26 Lowly laborer
- 27 Cow-headed goddess
- 29 Casper's st.
- 30 Once around a track
- 31 Cal. units
- 32 Literary collection
- 33 Kind of bowl
- 35 Emerson opus
- 40 Give in the middle
- 41 Starry-eyed
- 43 Eccentric
- 45 Extreme edge
- 46 Organic compound
- 47 Stone marker
- 48 McEntire of music
- 49 Corp. biggie
- 50 Gael republic
- 51 He loved Lucy
- 54 Family man



Take what belongs to you. Set your sights on your goals and don't look back. It's your turn to shine, and if you put in the effort, you will get what you deserve. An open mind and wise choices will lead to victory. Do your own thing.

AQUARIUS (Jan. 20-Feb. 19) – Avoid battles that you cannot win. Ease your stress by doing something you enjoy. Taking time out will give you a new perspective on how to fix what's troubling you.

PISCES (Feb. 20-March 20) – Don't make a move if you don't have all the facts. An impulsive decision will send you on an adventure that tests your patience, causes anxiety and costs you time or money.

ARIES (March 21-April 19) – Less talk and more action will put you in a good position. Don't let someone else's uncertainty stand in your way. Love is featured, and a promise made will please you.

TAURUS (April 20-May 20) – Someone will be quick to point out flaws. Go over every detail and leave nothing to chance. Don't present what you have to offer until you are ready.

GEMINI (May 21-June 20) – Speak up, follow your heart and make changes that will please you. Don't worry about what others say or do. What's important is how your decisions affect you.

CANCER (June 21-July 22) – Prove how valuable you are by taking charge and

doing what you say you are going to do. Living up to the goals you set and the promises you make will be satisfying.

LEO (July 23-Aug. 22) – Getting involved in other people's affairs will be to your detriment. You won't get much in return, and you are likely to end up paying emotionally and financially.

VIRGO (Aug. 23-Sept. 22) – Mix and mingle. You have a lot to offer and plenty to gain if you participate in events that appeal to you. Show your interest in others and listen and learn.

LIBRA (Sept. 23-Oct. 23) – Don't stop before you finish. Visit a friend or relative who could use your help. Someone you encounter will help you figure out where you see yourself heading.

SCORPIO (Oct. 24-Nov. 22) – Get out and do something that will challenge you mentally, physically and emotionally. Put your energy into doing something constructive, entertaining or creative. Romance will enhance your personal life.

SAGITTARIUS (Nov. 23-Dec. 21) – Unusual or unfamiliar destinations will spark your imagination and give life to new ideas and plans. Get involved in matters that concern you, and explore the best way to contribute.

CAPRICORN (Dec. 22-Jan. 19) – Finish something that you left undone. You will produce much if you are allowed to work independently of others. Don't give in to someone asking for a hand-out. Charity begins at home.

FRIDAY, JANUARY 24, 2020

Winners know how to control losers

By Phillip Alder

Vince Lombardi said, "If you can shrug off a loss, you can't be a winner."

That does not apply to bridge. If you can shrug off a loser, you will probably become a winner. Knowing how to avoid losers is one of the cornerstones of declarer play.

In today's deal, for example, South is in four spades. West leads a low club. East wins with the 10 and tries to cash the club ace. How should South continue after ruffing?

North did well to rebid three spades. It was tempting to select three no-trump, and that luckily would have worked here. But the risk that the opponents could take five club tricks was real. Also, if South were, say, 5=4=2=2, he would have continued with three no-trump.

When this deal was played in a teams match, one declarer immediately saw 10 tricks via six spades, three hearts and one diamond. He drew two rounds of trumps, but West's club discard brought play to a halt. Declarer tried to find a way home, but he was destined to be a loser.

The second South didn't want to rely on a 3-2 spade break. He knew that a 4-1

North		01-24-20	
♠	7 2	♠	J 10 9 4
♥	A 3	♥	J 10 8 6 2
♦	J 9 7 6 3 2	♦	Q
♣	Q 5 4	♣	A J 10
West		East	
♠	8	♠	J 10 9 4
♥	9 5	♥	J 10 8 6 2
♦	K 10 8 4	♦	Q
♣	K 8 7 6 3 2	♣	A J 10
South		Dealer: South	
♠	A K Q 6 5 3	Vulnerable: Both	
♥	K Q 7 4	South	West
♦	A 5	1♠	Pass
♣	9	3♥	Pass
		4♠	Pass
		North	East
		1NT	Pass
		3♠	Pass
		Pass	Pass
Opening lead: ♣ 6			

split occurs almost one time in three. If he had a trump loser, he saw one potential loser in each suit. Was there a way to eliminate one of the side-suit losers?

Yes, a heart could be ruffed on the board. But note that if declarer had immediately played three rounds of hearts, West would have ruffed with his spade eight. Knowing that he needed only one trump to ruff one loser, South cashed the spade ace, then played on hearts. We have a winner!

Struggling to make lasting connections online

Dear Annie

SATURDAY, JANUARY 25, 2020

Dear Annie: I'm 29 and single. I'm proud to have worked my butt off since college and am now seeing the fruits of my labor. I've got the dream job that I'm passionate about, am making good money and have the most amazing group of loved ones and mentors. The cherry on top of it all would be a man I can enjoy all of this with. Since I have a hectic schedule and travel for work, I figured getting back into online dating (in addition to good "old-fashioned" meeting people) would offer some solid ROI. It's been more baggage than not, though, and I don't know how to make it work or whether I should just skip it altogether.

"Adam" and I had delicious witty banter over text for a week and a half. By his pictures, he was the perfect combination of sexy and cute. When we finally met, I knew pretty quickly there wasn't a long-term connection. "Jeff" and I talked incessantly for about a week, and then he ghosted.

I don't expect the first - or even the 10th - guy I match with to be "the one." I'm willing to try them on till one fits just right, but I can't stand my time and energy being wasted! What's your advice on how to get quality experiences out of online dating? - Frustrated With Swiping

Dear Frustrated: If the internet widened the dating pool, it also muddied the waters. The best approach in such environs is a streamlined one: If you think you have a connection with someone you've matched with online, invite him for a phone call to see if you two hit it off before scheduling a date. This gives you the chance to gauge your chemistry, and it prevents you from endlessly instant messaging with a guy whom you'll never end up meeting. After all, if he can't be bothered to hop on a quick phone call with you, don't bother with him.

Be upfront about what you're looking for: a relationship, not a hookup. If he's intimidated by your directness, has different priorities or thinks that's "too much," then why would you want to date him anyway?

And lastly, a note to anyone dipping his or her toe in the online-dating waters, remember to always opt for a public meeting place and let a friend know where you'll be.

Dear Annie: You have published many letters from people bemoaning the fact that gifts that they gave were not

acknowledged. While I am fully in agreement that a "thank-you" is a must for any gift I receive, I do not agree that anyone has an obligation to send a gift in the first place, as voiced by the recent letter from "Unappreciated Giver" who seems to be putting herself on a guilt trip if she does not give.

I am a few months short of 80 years old; I have enough "stuff" around. The holidays were a perfect time to remember to make contact with friends and relatives that are at a distance, which I did with a Christmas letter, a phone call or an email. I look forward to and enjoy similar contacts; they are the best gift that I receive - save, of course, for the yearly photo of the grade-school grandkids that comes in the Christmas card from my kids (and the small box of

cookies from my daughter-in-law). - Bill, The Villages, Florida

Dear Bill: You're not the only one with too much stuff: The average American household has 300,000 items, reports the LA Times. So perhaps we could all do with fewer gifts and more simple acts of kindness. Thanks for writing.

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

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

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