Sand sculpture in Ste-Catherine-de-Hatley

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THE
RECORD
THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Run away from the screen

Christine Blanchette - Page 16

WEEKEND EDITION

95 CENTS + TAXES PM#0040007682 FRIDAY, JULY 25, 2014

SPA sends 41 puppy-mill dogs to loving homes

By Gordon Lambie
SHERBROOKE

In the wake of the seizure of more than 200 dogs from a puppy mill in in Bonsecours on May 23, the Eastern Townships SPA, the region's animal protection society, held two special adoption nights over the last week. The second of these was held Wednesday night at the society's shelter on the north end of Sherbrooke, bringing people from all corners of the province to help the abused dogs find loving homes.

"More than 200 dogs were seized, and since the more than 60 puppies have been born, bringing the total number of dogs to roughly 280," explained Cathy Bergeron, communications representative for the SPA. "Because of our limited capacity, we took in only a certain number of those dogs at the SPA shelter."

The SPA representative explained that the animals taken in after the puppy mill bust, which was the second largest in the history of the province and the largest one that the SPA has dealt with in its 36 years of existence, were divided between different regional SPAs and SPCAs due to capacity issues. In total, the Eastern Townships SPA took in 60 animals for care.

By the end of Wednesday night, 41 of the 60 had found new homes.

Bergeron explained that almost immediately after the bust the SPA started to receive queries regarding the dogs. 125 separate requests were made, and when it came time for the animals to be adopted, it was to those 125 people that the society turned first.

Given the relatively small size of the SPA shelter on Queen Victoria Street, those interested in adopting were invited to two separate, private adoption nights. Upon arriving, those wishing to adopt were issued tickets indicating

CONT'D ON PAGE 5

Building a bike accident

Police putting together the pieces of June's deadly crash

GORDON LAMBIE

SQ investigators attempted to reconstruct the events of June's fatal bike-truck accident.

By Gordon Lambie
SHERBROOKE

Before a scattering of concerned onlookers in the gathering light of dawn, a Sûreté du Québec reconstruction expert, representatives of Transport Quebec, and a team of investigators from the Sherbrooke Police Service was working meticulously Thursday morning to walk through the circumstances of the accident that caused the death of Déliska Bergeron in early June.

Using a variety of tools in combination with the same transport truck involved in the accident and a pair of dummies, the investigators closed off two lanes of the downtown Aylmer Bridge and a section of Saint-Francois

CONT'D ON PAGE 3

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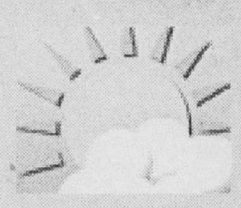
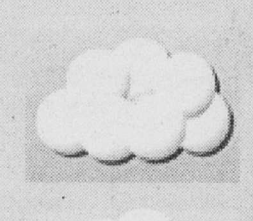
Weather



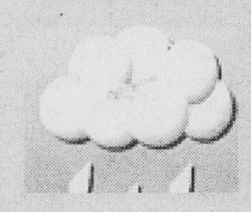
TODAY: SUNNY, LATE CLOUDS

HIGH 25
LOW 13



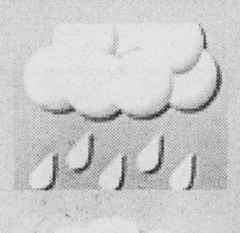
SATURDAY: 30% CHANCE OF SHOWERS

HIGH 22
LOW 13



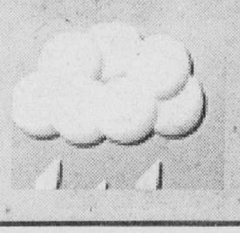
SUNDAY: SHOWERS

HIGH 23
LOW 14



MONDAY: RAIN

HIGH 19
LOW 16



TUESDAY: 60% CHANCE OF SHOWERS

HIGH 19
LOW 16

Traditional music group Agincourt coming to Compton historic site

By Matthew McCully
Special to The Record
COMPTON

The Louis S. St. Laurent National Historic Site in Compton will feature a musical performance by traditional group Agincourt this Sunday, July 27, in the garden.

Two performances are scheduled, at 2 p.m. and 3:30 p.m. and will take place under a tent, rain or shine.

"We used to have concerts in the garden all the time," said François Drouin, coordinator at the historic site in the hometown of Louis St. Laurent, Prime Minister of Canada between 1948-57.

"Last year we didn't do it because we wanted to focus on different weekend events, but we decided to bring the concerts back this year," Drouin said, adding, "they were really popular."

The concerts in the garden used to attract between 80-100 people, according to Drouin.

"We have to re-create the culture," he said, hoping to keep locals and tourists coming back regularly for shows.

"We tried several formulas," Drouin said, regarding the types of concerts they host.

"People of the townships really like traditional music, and it fits with the museum. It doesn't matter if it's Anglophone or Francophone, they just love it," he said.

The group Agincourt, who will perform on Sunday, play a mix of traditional Irish, Scottish, and Quebecois music. Featuring Alan Jones on bagpipes, guitar, and flute, Joanne St-Laurent on Celtic harp, and Ralph Thompson on violin, the group has developed a unique sound over the last 20 years.

Admission to the concert, which is $7.80 for adults, $6.80 for seniors, and $3.90 for youths, includes entrance into the museum as well. Drouin said Agincourt will play two different sets of music, so patrons are welcome to come for the first set at 2 p.m., and then spend some time enjoying the museum and gardens until the musicians resume playing at 3:30 p.m.

On the grounds of the heritage site are the childhood home of Louis St. Laurent, and a re-creation of a general store similar to the one St. Laurent's father ran at the beginning of the 20th century.

The last resident of the home was St. Laurent's sister, who died there in 1972. Ninety per cent of the objects in the house are original, according to Drouin.

Following Sunday's concert, the historic site will play host to the event Country Flavours during the first weekend in August.

The two-day event will include roughly 20 local producers from the region showcasing their products. The ticket price includes samples from the different vendors, Drouin said. In past years, the local showcase has attracted close to 1,500 visitors throughout the weekend, he added.

The Louis S. St. Laurent Historic site is located at 6790 Louis S. St. Laurent Route in Compton, approximately 20 minutes from Sherbrooke.

For more information about the museum and the upcoming concerts and events, call 819-835-5448 or email information@pc.gc.ca.

COURTESY

Seen here, Les Madeleines performing at the Louis S. St. Laurent National Historic Site in Compton last weekend. This Sunday, Traditional music group Agincourt will take the stage under the tent in the garden of the heritage site.

Corrections

On Wednesday's front-page story, Wales Home resident and centenarian Berneth Beattie was misidentified in the story and photo caption as Beatrice.

A headline on Page 2 of Thursday's edition incorrectly referred to "Cité du Parc", rather than the "Place de la Cité" as the venue for the outdoor documentary film screenings.

Finally, a headline on Page 7 of Thursday's edition referred to part of Vermont as the "Northest" Kingdom. While the Northeast Kingdom is relatively far north, the northernmost, or "northest", kingdom is, in fact, Denmark.

The Record regrets the errors.

Ben by Daniel Shelton

LOCAL NEWS | *The pilot project will compel those using the motorized scooters to be equipped with reflectors and an orange triangular pennant*

Ammonia leak leads to brief evacuation of BU sports centre

By Gordon Lambie
LENNOXVILLE

The Bishop's University Sports Centre was forced to close on Thursday morning after the refrigeration system for the new arena being built in the complex sprang a leak, spilling toxic ammonia into the building.

According to Michel Caron, director of Buildings and Grounds for the University, the leak was a small one that came about as a result of the system not yet being complete.

"The system is not operational yet," Caron said, indicating that work was being done on it prior to the start of the construction holiday. "The system was closed, but there is still ammonia pressure in it, and (the fire department) found a leak caused by solder on a pipe that was too weak."

Caron explained that the alarm system, which is designed to go off when ammonia density in the air reaches 25 parts per million, started to go off at around 8 a.m.

As a result the building was evacuated, but the quick response of the Sherbrooke fire department and the small scale of the leak meant that the complex could be re-opened before the lunch hour.

"They identified the leak, they closed the valve and now everything is back to normal," Caron said, "the leak was very small, but we have to take ammonia seriously, because it is corrosive."

The Canadian Centre for Occupational Health and Safety identifies ammonia as both corrosive and highly toxic, causing life-threatening damage to the respiratory system in high enough concentrations. At 25 ppm, however, the gas will only cause mild irritation of the airways, and that only after several hours of exposure.

"This happened because the refrigeration system is in a debugging phase right now," Caron explained. "Once it's all debugged and has all the proper controls installed there will be no more such problems."

He continued by pointing out that many arenas in the world and specifically in the city of Sherbrooke use ammonia-based refrigeration systems without any issue. He said that Thursday morning's leak was sealed and that work has already been done to ensure that it does not happen again. Further to that, he reiterated the fact that the finished system is not likely to be a threat to the public, even if it does leak.

"The ammonia is only in the mechanical room, there are no pipes with ammonia going to the arena or to any other room," Caron explained, "If there's a detection of 25 parts per million in the mechanical room the alarm goes off and the ventilation system exhausts all the air in the room."

Quebec aims to clarify scooter rules

Record Staff
SHERBROOKE

The Ministry of Transport has acted to fill a gap in the laws surrounding motorized transport in order to take into account the increasing presence of motorized mobility scooters and wheelchairs.

Current regulations don't cover the machines and the Quebec government is creating a pilot project to correct the oversight.

"There was a gray zone, making cohabitation with motorists, cyclists and others more difficult," says the Ministry of Transport's Sarah Bensadoun. "Our goal is to ensure the safety of everybody."

The pilot project will compel those using the motorized scooters to be equipped with reflectors and an orange triangular pennant. At night, a white light in the front and a red one in the rear will be required.

The new regulations, which will be in place on a trial basis for three years, will ban these vehicles from roads where the speed limit is greater than 50 kilometers per hour, but may use the shoulder of such roads (up to 70 km/h) if no sidewalk or bike path is nearby.

In recent weeks, accidents involving these vehicles have raised the question of their safety on the roads.

Quebec eases booze transport regs

Record Staff

Life just got a little easier for travelling Quebec drinkers as the government has announced new regulations that will finally allow individuals to transport alcoholic beverages purchased elsewhere in Canada into Quebec for personal consumption.

The new regulation sets the allowable amounts at nine l of wine (equivalent to 12 750-ml bottles), three l of spirits, and 24.6 l of beer (three 24-bottle cases), the same amounts allowed to be carried into Ontario.

"Quebec was the only province that didn't allow a citizen to possess and carry alcoholic beverages purchased elsewhere in Canada," said Finance Minister Carlos Leitão on making the announcement, citing recent changes to federal and provicial law as permitting the change.

"Our government insisted that the regulation on the transport of alcohol be adapted to today's reality. This initiative will now allow consumers to bring alcoholic beverages purchased in other Canadian provinces back to Quebec for their personal consumption, as they could already on their return to Canada from abroad," added Public Security Minister Lise Thériault.

Leitao pointed out, however that the prohibition against alcohol being delivered from another province remains in force, unless done through the SAQ.

"The SAQ remains a world leader in the selection and sale of wines and spirits and thereby allows Quebecers to enjoy shopping experiences that meet their highest requirements," he said.

Reconstruction

CONT'D FROM PAGE 1

Street in order to better understand just what went wrong to result in the death of the 30-year-old mother of three.

"Above all, we're looking at the position of the vehicle and the pedestrians to see if there's something we're missing in the investigation," explained René Dubreuil, spokesperson for the SPS. "It's a matter of blind-spots and positioning; there are many factors to consider

Started at 5:30 a.m. to avoid having an impact on the morning traffic, the scene of the reconstruction was surrounded by a cool stillness uncharacteristic of summer in the city, and a strange sense of time moving backwards and forwards in tiny increments as investigators staged and re-staged different elements of the accident.

"We know just about where she was hit, and we know what part of the truck she hit," Dubreuil continued. "This morning we did a number of tests to see how the vehicle would have to turn so those two points match up exactly."

With every re-positioning of the eighteen-wheeler, marked as the property of Travelers Transportation Services, a new path was sprayed out on the ground with an array of coloured paints, one colour per path. According to Dubreuil, on the day of the accident the truck turned onto King from a full stop, and struck Bergeron right around the middle of the back set of wheels on its trailer while she and another cyclist walked their bikes across the street.

One officer on the scene speculated, based on the reconstruction, that the two cyclists may have underestimated the turn radius of the truck as it made the right hand turn onto Sherbrooke's main street.

Not wishing to jump to any conclusions, however, Dubreuil simply said that the SPS were working to understand the situation to the best of their ability and with the information they have.

Once completed, the SQ specialist will be handed over to the SPS for use in their investigation.

The accident that killed Bergeron took place around 11 a.m. on June 9 as Bergeron, a native of Racine, and a friend crossed King Street to get to the bike path in the direction of Lennoxville. The corner is the site of the city's only bicycle-specific traffic light, which is judged to have been operating properly at the time of the accident and is under the jurisdiction of Quebec's Ministry of Transport.

Sand jazz band in Sainte-Catherine-de-Hatley

By Matthew McCully
Special to The Record
Ste-Catherine-de-Hatley

Locals and tourists alike have been rubbernecking at the site of a large sand sculpture of Jazz musicians near the centre of town in Sainte-Catherine-de-Hatley.

The sculpture, carved by Stéphane Robert, was commissioned by the town, and will, weather permitting, remain intact for the rest of the summer.

"Let's have a band playing in the park for the summer," Robert said, explaining the juxtaposition of cool cats jamming in the middle of a serene country landscape. "It was kind of inspired by Ray Charles. I was thinking of him," he said.

The Record got wind of the strange site when a curious passer-by suggested the paper rush over for a picture before it rains.

"Rain is not a problem," Robert laughed. Sand can tolerate a fair amount of water, and the rest will just drain through into the ground, he said.

"The problem is when there is a heavy downpour," he added.

An even bigger problem is dry weather with a lot of wind, which can dehydrate the sculpture and cause it to crack.

When asked what the mystery ingredient was holding everything together, Robert said nothing but water and sand.

MATTHEW MCCULLY

Artist Stéphane Robert spent a week preparing and carving 20 tons of sand to create the jazz band sculpture featured in Sainte-Catherine-de-Hatley.

Robert starts by wetting and compacting the sand, which makes the grains brick together. He can then begin carving.

"When it's all done, I will mix some glue with a bit of water to spray over the sculpture, just to keep the details."

Robert usually works with sand in the summer, and snow or ice in the winter. He is also known to work with wood, Styrofoam, and has even tried his hand with chocolate.

I'm used to carving in many mediums, I can adapt," Robert said.

The jazz band sculpture is made with 20 tons of sand, and took a full week to complete, according to Robert. "We don't calculate by hours," he said. "We calculate by days," adding that some days he works well over 10 hours.

"You can't carve with loose sand," Robert explained. When the sand was delivered, he spent most of the first day splitting, wetting and compacting the sand, just to make it sculptable.

"I'll be able to re-use that sand for 4-5 years," he said.

Sand sculpture is very popular in Europe, where Robert heads each year to participate in group sculpting events and competitions.

He is hoping, with his sculptures in the Townships, to pique interest in Quebec and get more artists involved in the environmentally friendly art medium.

Last year, he did four sculptures in different towns. This year, his jazz band is accompanied by another work in Austin.

"Everybody thinks you have to go to the sea to carve something. The only experience people have is making sand castles when they were kids," Robert said. "I'm working hard to put this into the minds of people."

This past spring in Denmark, Robert was one of 40 carvers working with 8000 tons of sand on a two week event. The sculptures attract thousands of visitors throughout the summer.

"We have nothing like that in North America right now," he said.

"It won't last all year, but it should be all right for the rest of the summer," Robert said, referring to his jazz band on the hill.

In the fall, he will cover the sand with a tarp to keep it clean and free of debris, and hopefully return in the spring to create a new sculpture for residents and tourists to enjoy next summer.

Richmond Historical Society exhibition and high tea set for Sunday

By Claudia Villemaire
Record Correspondent
Melbourne Township

The Richmond Historical Society has a busy weekend planned. "Our traditional 'high' tea, where the best tea cups and teapots come out of their packing material, many of them originally from local family china cabinets and donated to the museum, re-appear. We don't expect folks in white gloves and fancy hats," said Society president Beverly Taber-Smith. "We just hope folks will drop by for tea, a tradition each year that dates back forty years or more."

The weekend activity includes an exhibition and explanation of local artist Richere Orzechowski with her most recent works of art on silk. orzechowski will be present both days including tea time Sunday.

"This traditional event is a major fund raiser for us, Taber-Smith explained. The building housing the museum requires major maintenance, "but our biggest challenge so far is finding a new home for our archives. The Melbourne Township has generously allowed us to use a space in their town hall for the past twelve years, but they will need that space by next year. So the challenge to find a new location is made more difficult because there really isn't a proper space available in the museum itself."

Taber-Smith and archivist Esther Healy admit they have a difficult task ahead. The museum, now over fifty years in existence, has an ever-growing archives library, "and we have to either rent a space, purchase another building that could house both museum and archives and of course, consider the difficult challenge of raising funds whatever solution is found," Healy emphasized during a telephone interview last week.

"But, for now, we're keeping the popular traditions alive, planning a major fund-raiser for the Fall and simply hoping this weekend will dawn sunny and not too warm. An old fashioned tea in the living room or on the broad expanse of our gallery is a great way to enjoy a Sunday afternoon. Saturday, the museum welcomes Richere Orzechowski and her exhibition continuing through Sunday."

Orzechowski is a dyed-in-the-cloth artist, true to her talent, very reluctantly willing to part with her paintings, prodiguous and prolific in her creations – these days transforming the misty silk material she works her magic in and on into ethereal creations of splashy coloured flowers in a misty colourful background.

Techniques do not stump her for long. With several ways to work art onto silk such as batik, salt, sugar and shubiro, Orzechowski, with perhaps photographed images of flowers beginning to take form in her imagination, decides on the several methods of either dyeing, washing with color, using wax or sugar or salt, rolling into tight rolls or squeezing into a wrinkled ball, tying tiny patches in raised bumps on the fabric or with her "resist," a non-toxic chemical which she has coloured outlinging flower petals and leaves.

"There are so may ways to create beautiful images," the passionate artist and avid gardner explains.

Always ready to try something new, these time- and patience-consuming projects have turned to Nuno Felt making, a process that requires layers of wool fibres, carefully layered in an interlocking pattern, pressed btween to more rigid materials and painstaking process of needle-picking begins.

She has been focusing on handbags and matching scarves durintthe most recent months. Her creations are ruffled and colorful, and her own decorative designs with appliques, beads or sparkling outlines with hand-embroidered finishing touches are ready for her exhibition at the Richmond Historical Society Museum on Saturday and Sunday.

There's a rack of nearly one hundred silk scarves ready, too. The colorful flowers on a background that stirs the viewers appreciation of beauty, flowers so real, the rippling silk scarf brings them to life tempting a person to perhaps sniff a blossom as though in a garden.

CLAUDIA VILLEMAIRE

Richere Orzechowski stands in a garden displaying one of her works.

The Bravehearts hold benefit night at The Piggery Theatre

Come see the awarding-winning comedy "Harvest" *starring Karen Cromar and Glen Bowser* at the Piggery Theatre on Saturday, July 26 at 8 p.m. and a portion of the sales will be donated to The Bravehearts Relay for Life team.

Enjoy a beautiful evening of summer theatre all the while supporting a wonderful cause!
Help us BEAT CANCER!
Tickets: reduced price of $20.
Info: Kelly McBean 819-820-8089
The Bravehearts will not rest until a cure is found!

Wildlife Service comes down hard on Memphremagog poachers

Record Staff

The Quebec Wildlife Protection Service is taking aim at poachers on Lake Memphremagog and is pulling out the stops.

Since Wednesday, fifty ministry officials have been mobilized to talk to some 25 people suspected of catching, buying, or selling fish illegally.

The Service recently completed an investigation that began in 2011, says Sergeant Gilles Chiasson, from the Ministry's regional office.

"We are talking about exceeding the limit of yellow perch, lake trout, and landlocked salmon. We have seized the fish and boats," says Chiasson.

"We spoke to fishermen, but also buyers. You should know that it is as forbidden to buy sport fish as it is to sell it," he adds.

Chiasson estimates that about 70 charges could be filed as a result of the investigation and those found guilty are liable to fines of up to $50,000.

The majority of those charged come from the Memphremagog area, but some individuals from the Montérégie and Centre-du-Québec are also under investigation.

Chiasson adds that no restaurateur is accused of being party to the illegal fishing. "We aren't talking about a 'ring,'" he says. "The individuals are not connected."

The Ministry estimates that tons of fish have been removed illegally from the lake illegally over the past few years and how much has entered the black market.

"It is important not to encourage illegal fish sellers. Always inquire about the origin of fish before you buy," he says.

Close call for truck driver

Record Staff

A 30-year old truck driver is lucky to be alive after a loss of control over his vehicle, sending him off the road where the cabin of the truck was pierced by a roadside tree in l'Avenir.

It took firefighters over half an hour and the 'jaws of life' to extricate the driver, who was literally pinned inside by the tree, which missed him by only a few centimetres.

Witnesses at the scene said they were surprised that the driver wasn't killed.

The driver, who was celebrating his 30th birthday, suffered serious, but not life threatening, leg injuries.

Although the cause of the incident is not yet known, police believe the weight of the vehicle and a minor landslide caused by the heavy rain may have been factors.

The accident could have been caused by the weight of the truck and a landslide along the road caused by heavy rains.

Minor fine for major infraction

Record Staff

A 17-year-old caught "car-surfing" avoided a hefty fine Monday night in Brome-Missisquoi, because of his status as a minor.

At about 11:15 that evening, officers on routine patrol "noticed a man sitting on a suitcase in a moving car in the parking lot of a supermarket on Du Sud Street in Cowansville," says Sûreté du Québec regional spokesperson Sgt. Melanie Dumaresq.

The driver, a 17-year-old resident of Farnham, was issued a ticket under section 433 of the Highway Safety Code, which forbids allowing anyone to ride on the exterior of a moving vehicle.

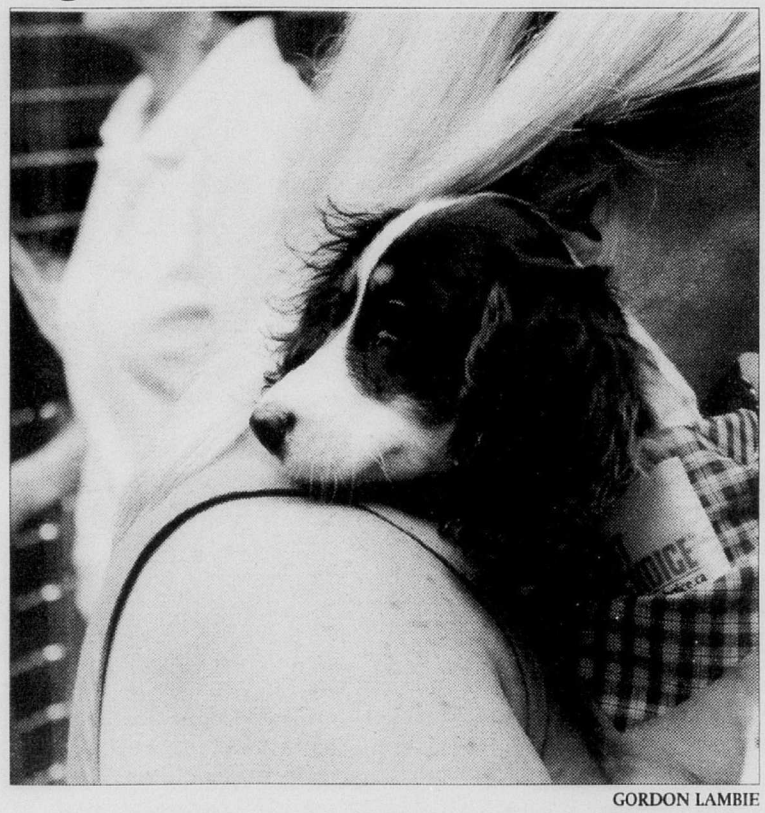
"This ticket results in the loss of 12 demerit points," says Sergeant Dumaresq.

Although the fine for car surfing is normally set at $1290 (including costs), the driver in this case got away with a single $100 fine because section 233 of the Quebec Code of Criminal Procedure, states that a fine for a minor cannot exceed that amount.

In addition to the issuance of a ticket, police have the power to suspend the license of the persons involved and seize the vehicle for a period of seven days.

"We want to remind people that such actions are very dangerous and no tolerance from the police can be expected for this kind of behavior," Dumaresq concluded.

SPA Adoption night



GORDON LAMBIE

This is one of the 41 dogs rescued from a puppy mill in Bonsecours that the Eastern Townships SPA has adopted out.

their arrival time. Small groups were then admitted to the shelter where they were given a brief information session before being invited in to view the dogs.

Bergeron said that all of the dogs were small breeds such as Shi-tzu, Pomeranian, Chihuahua, Yorkshire and other terriers.

They range in age from two and a half months and eight years and were all sterilized, vaccinated, treated for worms, and implanted with microchips that serve as a digital tag the SPA can use to identify a runaway.

The SPA representative said that the first adoption night went very well with 28 of 29 available dogs having been adopted either on that day or the days after.

"Be patient with them," the volunteer leading the first information session of the night on Wednesday said to the prospective adopters, explaining that even in the case of the older dogs, these are not animals that have ever known any kind of training or decent life.

She emphasized the need for close care and attention, and emphasized that the dogs might display erratic behaviours given the circumstances they lived in for most of their lives.

"I really want to rescue a puppy," said Mona, the mother of an English family of four who had come to the event from Montreal. "I'm jumping out of my skin and trying to convince my husband to take two or three home."

The prospective adopter explained that she had followed the story of the seizure from day one and made sure that she could be present when the adoptions took place.

"I'm so ashamed to be a Quebecer," she added. "Because Quebec is the worst place for puppy mills."

Bergeron was not in a position to comment on the legal proceedings relating to the mill bust, as she said that that is in the hands of the Ministry of Agriculture, Fisheries and Food, but she assured the public that the SPA would update the population when there was news.

Though the legal limbo goes on, however, the SPA representative pointed out that as of the end of the private adoptions Wednesday night, there were 19 dogs still seeking homes above and beyond the animals the SPA takes in usually. Adoptions from the general public are, consequently, not just possible, but highly encouraged.

Career

BCS Bishop's College School

Event Management and Communications Coordinator

To facilitate and enhance a positive institutional experience for alumni and students, increase alumni engagement, and promote a lifelong connection between BCS and its alumni, Bishop's College School seeks an experienced Event Management & Communications Coordinator. The successful candidate will ensure that the many elements of the annual alumni events and communications program address and respond to the needs of alumni and the priorities of the school.

Responsibilities:

- Plan, organize, and manage an extensive calendar of BCS alumni events, reunions, and special programs;
- Working with the Director of Advancement, assist with planning, designing, writing, and implementing the annual giving program;
- Design, write, publish, and disseminate strategic print and electronic communications in support of alumni community events, annual giving, and other Alumni Services initiatives;

Qualifications:

- University degree in Business, Communications, or English and related experience; or equivalent combination of education, training, and experience.
- Bilingual in French and English; excellent interpersonal and communications skills; Demonstrated ability to work effectively with staff and volunteers
- Knowledge of word processing and graphic design software; spreadsheet software; Raiser's Edge database software.

Please consult our web for a complete job description.
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Resumes and a letter of interest must be submitted by **Friday, August 1, 2014.**

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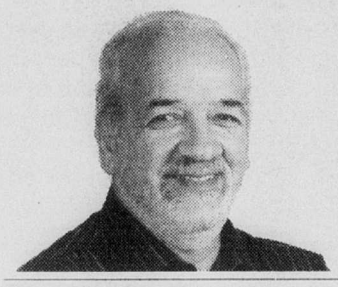
E-mail: wjohnson@bishopscollegeschool.com

Editorial

Nevertheless, the end cost of this war will be a deep, bleeding wound. This is a given.

On the cost of war



François Tanguay

For every dollar spent on peace initiatives around the world, 150 are invested on war. In other words, war is good for business; all you need is an excuse. We are currently seeing two good examples of this in the Gaza Strip and Ukraine.

Keep in mind that what started the current hostilities in Gaza was the murder of three youths and that, as of yet, no one knows who did it. Not a shred of evidence has been put forward, and no one has claimed responsibility, either. Confusion and anger now dominate the entire sector and no one has a handle on what to do next. Both sides have plenty of blame to assume. Yet, the killings continue relentlessly.

Beyond the horror, the reasons put forward by both sides for the conflict, the fact remains that there are interests beyond religion in all wars, this one being no exception. In this case, land and country is at the core of it all. A country, denied a territory for a long time, refuses the right to a nearby nation to be to attain the same goal. Rather ironic. No nation other than Israel has defied UN motions in such a continuous manner without facing consequences. The settlements expand and the Palestinians fight back and so on....

Ottawa is shamelessly and blindly backing only Israel, claiming Hamas is 100% responsible and has no intention whatsoever to act in good measure or as a peacemaker. After all, the other side is "just a terrorist organization." Without being an expert, any citizen with common sense knows that such a conflict is not that simple to analyze!

The same applies for Ukraine, a country that is in the centre lane of Russian gas exports to Europe. Crimea has become a part of Russia again, in all illegality. Armed with Russian missiles, the comrades in Donetsk are believed to have shot down a civilian plane for no cause. Just a trigger-happy bunch. What does Putin do in face of mounting evidence one of his missiles was used? He blames the West! He knows too well tongues will be tied. He has his hands on the button that would close down gas deliveries to Europe, not to mention Ukraine. Therefore, we have the very lame efforts by the Europeans at blaming the pro-Soviet regime in eastern Ukraine for the attack. Even Madeleine Albright, former US secretary of State blames the Europeans for their low key blames. Everyone is playing cards with the devil in a no-holds-barred poker stare-down. So far, the Russians seem to be holding the better hand.

Gaza is roughly half the size of the Island of Montreal. It is being reduced in many parts to rubble. Families have a five- to 15-minute warning before their homes are destroyed. The words "crime against humanity" have begun to appear in the United Nations comments concerning the heavy toll imposed by Israel on Palestinian civilians. Certainly, there is plenty of blame to spread around. Why then is everyone so scared of Russia? The Europeans play safe, holding their aces close, the Americans are playing the usual hand favouring Israel, John Baird is trying to isolate the Liberals and NDP by blaming only the Hamas, and so on. Once the dust settles, the body count done what will be left of Gaza? Who will be there to help rebuild? Will Hamas still be strong? Will things change that much? Who knows? Nevertheless, the end cost of this war will be a deep, bleeding wound. This is a given.

Meanwhile, on the other front, Putin is acting like the brash pseudo-emperor of the new Russia he claims to be by threatening to turn off the tap on the gas lines into Europe. He has shamelessly supported the Ukrainian pro-Russian rebels in preventing international experts from having access to the crash site, a show of contempt towards the international community, in particular the Dutch, which has made any serious forensic work nearly impossible.

The bodies of the 195 Dutch victims kept rotting away in second-rate rail cars, stalled on a countryside track that no one could get near. The crash site has been polluted so much, that it probably is useless as far as an independent inquiry is concerned. As of now, any probing of the grounds is likely to turn up with only bits and pieces of evidence. This act of war will go unpunished and the human costs are beyond imagination.

Indeed, war is good for business, too good.

Letters

Dear Editor:

We have had another successful campaign for the Camp d'Action Biblique of Richmond, where we raised $1371.20 for summer camp activities. We thank you for all your empties and support.

The annual Terry Fox Foundation campaign is now on and will continue until the end of September. Again we are seeking your support for cancer research.

Too many of us have family, friends, and neighbors who have become victims of this dreadful disease. Some are fortunate, with various treatments, to overcome the disease; others face suffering and loss of life.

As a cancer survivor (the 10th person in my family who had cancer), I strongly believe in the cancer research funded by the Terry Fox Foundation. This research is ongoing, and progress is being made, but there remains a lot more to be done. Please note that 84% of all the funds collected for the Foundation are used in cancer research.

We will be raising funds by collecting empty (soft drink and beer) returnable cans and bottles, the sale of Terry Fox T-Shirts in the Richmond area, as well as donations. All monies collected are passed on to the Terry Fox Foundation.

In Richmond, your empties can be dropped under the deck at Bev Taber Smith's house, 8 Melbourne Ave. N., or call me at 819-826-3929 to arrange a pick-up.

In the Lennoxville area, we are fortunate to have the Townshippers' office as a drop-off point for your empties at the back door of the building located at #100, 257 Queen St., Lennoxville, between 9 a.m. and 4 p.m. Thanks to the Townshippers' Association for their support. For large quantities of empties, please call me (819-826-3929) so I can make arrangements to pick them up.

We are again selling the Terry Fox T-Shirts in the Richmond and vicinity area ($20 for adults and $5 for children.) This year they are blue with red lettering, and a figure of Terry Fox in white. On the back of the shirt, there is a picture of the jug of water that Terry brought back from Newfoundland, where his journey started. The shirts can be ordered from Pat Henderson, 819-826-5516, or at 819-826-3929. Your order needs to be placed by Friday, Aug. 16.

Last year, through the generosity of many good people donating their empties, sale of T-Shirts and personal donations, we collected $5,436 for cancer research. This year, with your help, we aim to surpass that figure.

Keep in mind gatherings and events, where there are many refundable empties that we can cash in!

At this time I also wish to thank the many people who help with the collecting of the empties, cashing them in and especially you people who continuously support our causes with their empties and donations.

Joe (King Kan) Kelly
Richmond

P.S. When you drop off your empties in Richmond and Lennoxville, kindly write your name on the bags/boxes, so we can thank you.

THE RECORD

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			GST	PST	TOTAL
Quebec:	1 year	135.60	6.78	13.53	$155.91
	6 months	71.19	3.56	7.10	$81.85
	3 months	36.16	1.81	3.60	$41.57

ON-LINE SUBSCRIPTIONS

Quebec:	1 year	71.50	3.58	7.13	$82.21
	1 month	6.49	0.32	0.65	$7.46

Rates for out of Quebec and for other services available on request.

The Record is published daily Monday to Friday. Back copies of *The Record* are available.

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

PM#0040007682

Return undeliverable Canadian addresses to The Record, 1195 Galt East, Sherbrooke, QC J1G 1Y7

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COLUMNIST

The energy of the people of Quebec, and what they have built upon, a generous gift from nature, resonates in me.

'Parlez Bleu, please' (Part II)

By John-Jean Ofrias

[This is a two-part column. Part 1 appearec Wednesday.]

How did it get to the point where the 400 wealthiest people in the States have as much wealth as the 150 million people who make up half the population of the country? How can so many people of the nation of which I am a citizen be so accepting of the fact that so few have so much, and so many have so little? And how can it be that Canadians accept, or do not realize, that the distribution of wealth in Canada is not so different than the distribution of wealth in the U.$.A? (Perhaps the 400 wealthiest people in Canada do not have as much wealth as half the population of the country combined, I do not know, but Canada's wealth inequity is similar to the wealth inequity in the states.)

Canada and the U.$.A are among the most similar of the almost 200 nations that exist today. Even if the dollar sign was invented in the U.$.A, Canadians and Americans share an attitude about the accumulation of wealth that is more similar than their attitudes about hot dogs or baseball.

Of course, there is a difference between Canadians and Americans, and from my *amériquébécois* perspective this difference is more pronounced in Quebec, and more pronounced among *les gens* who speak French. Which is not to say that the anglophones of Quebec aren't a different breed from the breed who live in Canada outside of Quebec.

I can sing praises to Canada far better than I can sing the Star Spangled Banner, but it is *la belle province*, Quebec, that so often puts a song in my heart, energizes me, and makes me feel more optimistic about the future. The energy of the people of Quebec, and what they have built upon, a generous gift from nature, resonates in me. And when I say, "the people of Quebec," I exclude no one, regardless of what language or languages they speak.

This brings me to a thought – for some, a controversial thought - concerning the language that is spoken in Quebec. Even though I am an anglophone, an *amériquébécois* anglophone, I believe that the need to protect the French language in Quebec is quite underestimated by anglophones who love Quebec, and even francophones who love Quebec.

I do not see how it would be possible to maintain the way of life or improve the quality of life in Quebec, if English became the prevailing language of the people. Take away the French language and Quebec would become more Americanized than Texas border towns are. Take away the French language, and the Eastern Townships of Quebec would follow the same model of development that the east end of Long Island, New York, is following. Virtually every town would come to look the same - with the same corporate stores selling the same inferior products, made with cheap labour or slave labour from another part of the world, and the workers in these stores would be paid wages that they would not be able to live on, but they would have neither a union nor a government to represent them.

I understand that Quebecers do not like to hear that they are like Americans, or that they are becoming more like Americans, but this is a reality that should not be ignored any more than the symptoms of a disease should be ignored.

It is with malice toward none that I share what I see with the good people of Quebec. Just as it is with malice toward none that I sometimes say to others: "Parlez Bleu." I am mindful that "Speak White" was not so long ago a phrase that rolled from the lips of some Quebec Anglophones, and I am mindful that "Speak White" is a derogatory phrase, so I feel obliged to emphasize that when I say, "Parlez Bleu," I do not wish to cause anyone to feel insulted. Rather, I wish to invite people to stand together, and use a common language, to speak in one voice, for the values they hold in common.

This brings me to a thought – to many, I'm sure, a controversial thought – concerning a charter of values for Quebec. If the fundamental values of Quebec were to be documented in writing, declared in a, "Charter of Values," or a, "Declaration of Values," it would show that there is a different value system operating in Quebec than in the U.$.A. or Canada. First and foremost, it would show that women are more respected in Quebec, and the values that are traditionally more associated with women are more evident in Quebec than in the larger part of Canada or the states.

Writing such a charter, or declaration, would also provide an opportunity to answer the question: "What does Quebec want?"

I believe the people of Quebec can answer this question in one voice, and that they should.

John-Jean Ofrias is a writer and a professor of Social Science at Suffolk Community College in New York. He lives on Long Island, N.Y. and in Sutton.

Why Chéribourg residents say 'NO!'

by Marc-Gilles Bouchard

The constant effort by the property owners and residents of the Chéribourg area, since its inception in 1970, to preserve the pristine natural environment by integrating habitats harmoniously and avoiding interference with the movement of wildlife allows for the recognition of their acquired rights as a conservation area. The heritage site is integrated into Orford National Park as the top location for passage and refuge for deer, birds, and many mammals found in the park. Some threatened species frequent this area and it is a frequently used migration corridor.

We should remember that the area is part of a protected area recognized and supported by various levels of government: the Appalachian Corridor.

We must denounce the fact that, in contravention the process imposed by Industry Canada itself through the Canadian Environmental Assessment Act, the Appalachian Corridor and the Ministry of Forests, Wildlife and Parks, who are responsible for the ground within a 120-metre radius of the tower projected, were not consulted.

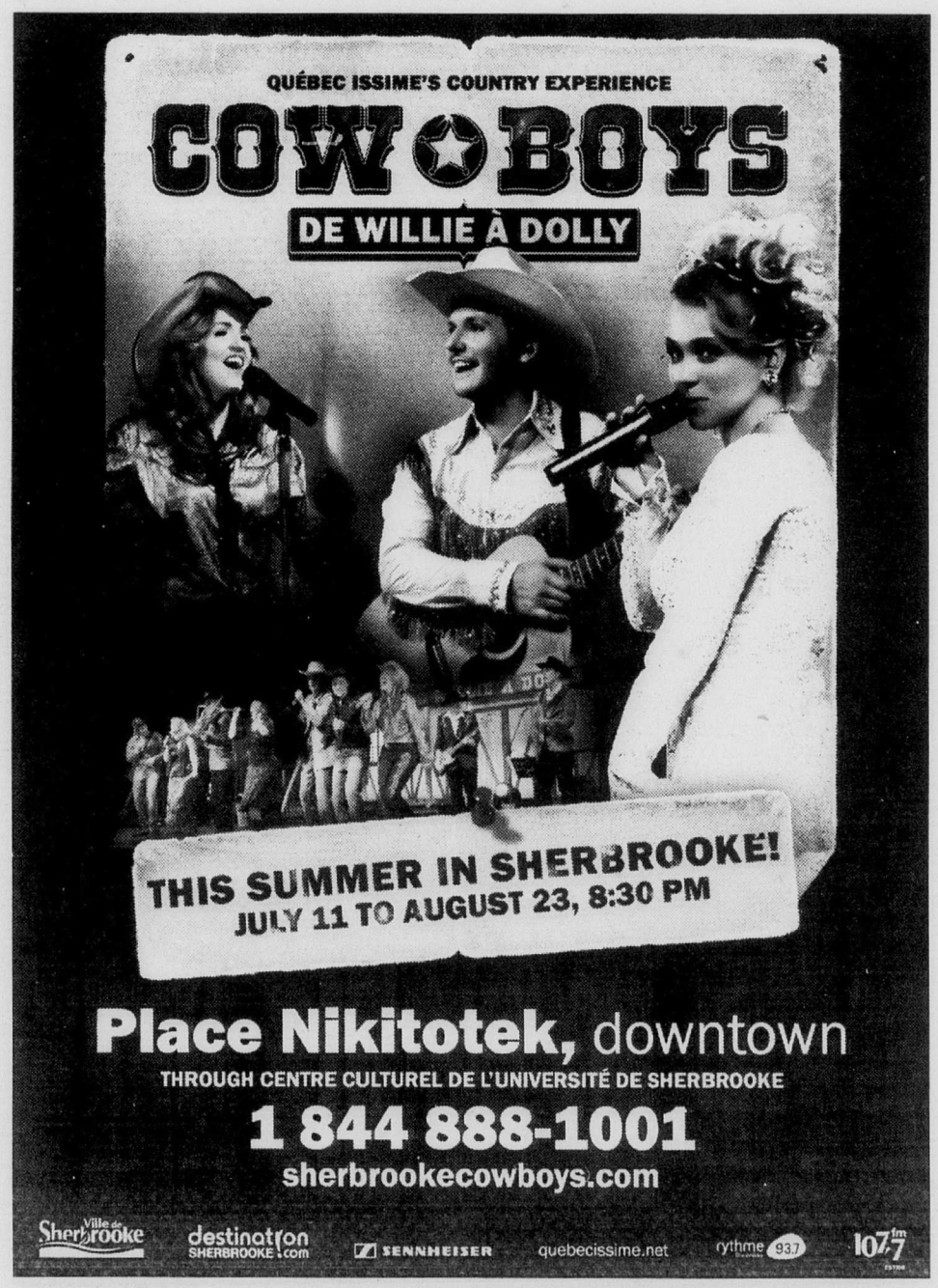
Moreover, Domaine Chéribourg offers potential to be classified as a national heritage site. It integrates many protected areas such as ponds, woodlands, and a large part of its neighboring areas are perfectly contiguous with the national park. It is a haven for 288 similar homes where the quality of the forest cover, lakes, dirt roads, and lack of streetlights as well as security and a peaceful life without pollution is priceless.

The installation of a 40-metre communication tower in the heart of the highest sector and the most peaceful area, visible from the panoramic Highway 141 as well as from the golf course, the slopes of the ski resort, and even the heart of the park at the summit of Pine Hill, constitute an outrageous scar on the wonderful landscapes that we have the honour to share with the entire planet. The Township of Orford is breaking its own zoning rules. How much is this tower worth compared to this attraction and this richness?

Several environmental, legal, and regulatory facts fully justify the refusal of this project, as expressed by Domaine Chéribourg residents and their supporters. Due to the unacceptable proximity to the tower and its facilities to neighboring properties and a location less than two meters from the wall of a critical water reservoir that has been a green space for decades, the authorization of such a tower is also in contravention of municipal zoning regulations.

Bell Mobility and its municipal partners should seriously consider an alternative that complies with the rules of sustainable development and social and ecological acceptability. That elected officials have announced that they would make their decision on August 4, disregarding the public consultation process is simply shocking. This will allow them to disregard a petition to be filed on that date which expresses Domain Chéribourg residents' refusal to accept this tower.

Marc-Gilles Bouchard is a landowner and permanent resident of Domaine Chéribourg



THE RECORD

TALK

YOUR WEEKLY GUIDE TO TOWNSHIPS CULTURE

JULY 25 - JULY 31, 2014

No guarantees

Our society is totally obsessed with "making it big." Success, as we understand it to be most of the time, s the attainment of wealth, position ınd honours, instead of simply seeing it ıs the favourable termination of attempts or endeavours; the accomplishment of one's goals whatever they may be.

Even crooks and delinquents are respected as long as they amass a fortune and manage to "get away with it." It would explain why Justin Bieber is preoccupied with being a bad guy. It seems society prefers pop/rock stars to be on the dark side.

No matter how we look at it, an obsession with something that leads to success is perfectly fine. Never mind that there's not enough room at the top for everyone.

"We are so obsessed with 'making it' these days we've lost sight of what it means to be successful on our own terms," says columnist Zosia Mamet – Glamor magazine. "As women we have internalized the idea that every morning we wake up, we have to go for the f–king gold. You can't just jog; you have to run a triathlon...who in her right mind would want to do that? And who would even be able to?" It's no different for men.

Well, if we have to be obsessed with success we might as well justify our behaviour: "Obsession is usually looked upon as an unhealthy fixation," says writer Paul Hudson — Elite Daily, "however, obsession needn't be unhealthy. In fact, finding a healthy obsession is what most people will characterize as a purpose for living...it is the key to become greatly successful in any field."

However, what is a healthy obsession? Can we justify our educational institutions, for example, pushing our children out into the world with confidence in a belief system that's based on success? What about the stress?

"Kids are expected not just to be good, they're expected to be good at everything," says Madeline Levine, a practicing clinical psychologist and author of

CONT'D ON PAGE 15

MAURICE SINGFIELD

COURTESY OF STOP! TV

Pascal Gauthier performing on the STOP! set.

GLIMPSES OF THE PAST

Léonidas Bachand Fonds. Sherbrooke Historical Socety.

In 1837, when Louis Daguerre successfully creates the first daguerreotype, there are other processes on the market. However, they all have one fatal flaw—the image disappears when exposed to light! The daguerreotype, created from a photosensitive silver plate inserted in a camera, is the first photographic process making it possible to create permanent images. However, only one copy of an image can be made.

WANT TO KNOW MORE ?

Visit the bilingual exhibit, *Through the Lens*, in the American Biltrite room of the Sherbrooke Historical Society.

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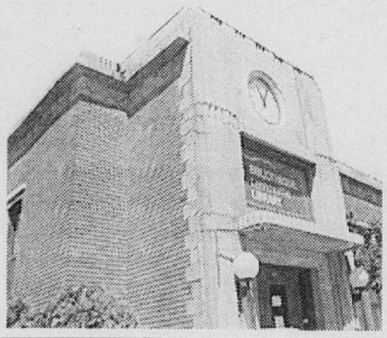
Residents owe their livelihoods to the students, but resent the dependence

Two women reshape their lives as they learn to learn from others



GOOD READS

ELEANOR BROWN

Insecure people believe they're at fault for everything, and so they interpret everything as being about them. People are always being mean to them, and obviously purposely so. It's a nasty circle, where the insecure become ever more sad, and perhaps even angry and bitter.

Their friends must be patient, and reassuring.

The insecure are also well-intentioned people, and they certainly don't want to be unhappy. Or at least, they think they don't want to be unhappy.

The Quilter's Apprentice (by Jennifer Chiaverini, 2000), is the tale of the insecure Sarah McClure, an accountant who hates her chosen career, but who has stuck with it while her unemployed husband has been looking for a job. Finally, both jump into the abyss – and move to a different city. Hubby gets a landscaping job immediately, but she struggles. There is a glut of trained accountants, and she really doesn't have the experience or the training to anything else, although she seems to think she deserves jobs in other professions.

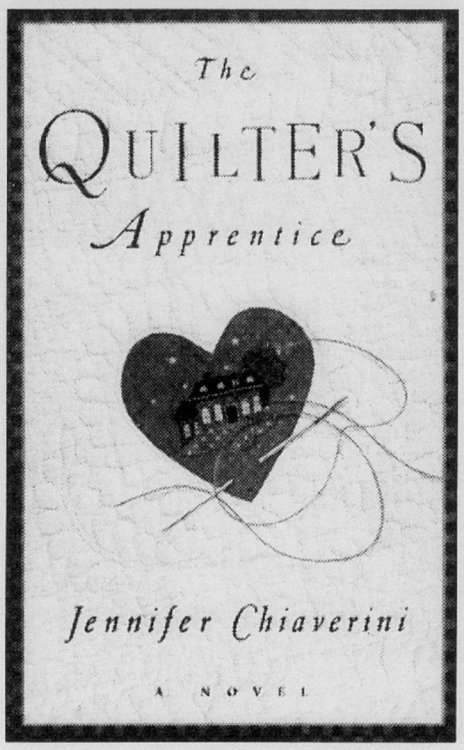
When she's finally offered a position that would give her a steady income, even if it's just a short contract, Sarah wants to turn it down. She's looking for a proper, professional job, not one involving cleaning and sorting a lifetime of possessions for the elderly woman who's just inherited a rundown mansion. Mrs. Compson has stubbornly refused to return to the family home for decades, but now finds herself with sole possession of it.

Eventually, Sarah accepts the job, but in exchange for quilting lessons. The solitary and cantankerous Mrs. Compson is, it turns, one of the best quilters around.

As the quilt is created, Sarah is both enchanted and concerned by the stories Mrs. Compson begins to tell about her past.

The heartbroken Mrs. Compson, of German descent, came of age during the Second World War.

Quilters (or fans of quilting) will recall their own stumbling beginnings at cutting templates and matching pieces to each other, and the debate over hand-sewing versus machine sewing.



The creation of Sarah's quilt patterns a growing friendship and the glimmerings of life lessons to be learned, on both sides.

Here's a bonus for Lennoxville readers: the new McClure home is a university town. "Waterford, Pennsylvania, was a town of about 35,000 people, except when Waterford College was in session and the population rose by 15,000 young adults. The downtown bordered the campus, and, aside from a few city government offices, consisted mainly of bars, faddish restaurants, and shops catering to the students. The local residents knew they owed their livelihoods to the transient student population, and although they were grateful for the income, many resented the dependence.

"Sometimes the town's collective resentment erupted in a flurry of housing and noise ordinances, and the students would strike back with boycotts and sarcastic editorials in the school newspaper."

The Quilter's Apprentice is filed in adult fiction.

A Month Of Summer (by Lisa Wingate, 2008) is filed in the large-print section. Rebecca Macklin is insecure in a very different way. She's a successful immigration lawyer and clothing boutique owner, married to another lawyer and mother to a nine-year-old girl.

But she was raised to despise her father. He left for another woman when she was a child. Rebecca refused to visit him when the court ordered a month of summer vacation with him. And she's refused to see him ever since.

Her father accepted her choice (and her mother's banishment of him from his daughter's life). But Rebecca sees this as abandonment, rather than her father doing as she'd demanded.

She's now fortysomething.

CONT'D ON PAGE 15

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		Dr. Phil		The Price Is Right	
WPTZ 5	-	-		Newschannel 5 Today at 6AM		Today				Live! With Kelly and Michael		Today		Today	
CBMT 6	206	301		CBC News Now		Daniel Tiger	Arthur	Bo on the Go!	Busytown	Super Why!	Napkin Man	Bookaboo	Doodlebops	Best Recipes	In the Kitchen
CHLT 7	107	718	F	Salut, bonjour! (N) (SC)							⋆ "Pistes troubles" (2004, Suspense) Ashley Judd. (SC)				Looney tunes
			M								⋆⋆ "Une vie inachevée" (2005, Drame) Robert Redford. (SC)				Road Runner
			T								⋆⋆ "L'homme parfait" (2005) Hilary Duff, Chris Noth. (SC)				Looney tunes
			W								⋆⋆ "Toi, moi et Dupree" (2006, Comédie) Owen Wilson. (SC)				
			Th								⋆⋆ "Les Aventures de bébé" (1994) Joe Mantegna. (SC)				
WMTW 8	-	-		WMTW News 8 at 6am		Good Morning America				Live! With Kelly and Michael		Bethenny		The View	
CKSH 9	108	-		Willa	Mécanimaux	Var. Programs	Toc toc toc	Maths	Quelle histoire!		Alors on jase!			Ricardo	Paquet voleur
CKMI 11	-	-		Morning News						Morning Show	Huntley Str't	The Doctors		Museum Secrets	
CFCF 12	205	312		Canada AM						Live! With Kelly and Michael		Dr. Phil		The View	
WVNY 22	-	-		ABC 22 This Morning		Good Morning America				The Dr. Oz Show		The Doctors		The View	
WUTV 30	-	-		Var. Programs	No Dieting	Varied Programs			Friends	The 700 Club		The People's Court		Maury	
CFKS 31	106	726	F	Ça commence bien! (N)		Ça commence bien! (N)				Atomes croch	Ça commence	Rire et délire	Rire et délire	NCIS: Los Angeles	
			M												
			T												
			W												
			Th											Merlin (Partie 1 de 2) (SC)	
WUHF	-	363		Paid Program	Always Sunny	Good Day Rochester				Paternity Court	Paternity Court	Jerry Springer		Judge Mathis	
WETK	-	-		Newsline	Body Electric	Yoga	Classical Strt	Varied Programs							
WCFE	-	-		Var. Programs	France News	Kazakh-News	Hello Vietnam	Var. Programs	EuroNews	Newsline	NHK Program	Arirang News	RT News	UN1 Ukraine	Inside Taiwan
A&E	615	520		Paid Program	Paid Program	Bounty Hunter	Bounty Hunter	Bounty Hunter	Var. Programs	Criminal Minds	Var. Programs	Criminal Minds	Var. Programs	CSI: Miami	Var. Programs
BRAVO	620	523	F	Cold Squad "Edmund Kritch"		Due South "Flashback" CC		Flashpoint "Good Cop"		Missing "M.I.A."		Cold Squad "Edmund Kritch"		Due South "Flashback" CC	
			M							Twice in a Lifetime					
			T												
			W												
			Th												
CNN	500	500		New Day						CNN Newsroom		CNN Newsroom		This Hour w/ Berman	
DISC	520	505	F	Mayday "Alarming Silence"		Megaspeed "Baja 1000"		Cash Cab	Cash Cab	Nerve Center CC (DVS)		Manufactured	Manufactured	Jacked! "Jacked Up!"	
			M			Salvage Hunters CC				Shred!	Never Ever Do	How It's Made	How It's Made	Cold Water Cowboys	
			T			Canada's Worst Driver Ever				Highway Thru Hell		Licence to Drill: Louisiana		Auction Kings	Auction Kings
			W			Mighty Ships "Ibn Battuta"				Pyros "Istanbul" CC (DVS)		Mayday "Frozen in Flight"		Fool's Gold	Fool's Gold
			Th			Don't Drive Here				Salvage Hunters CC		Jacked! "Jacked Up!"		Highway Thru Hell	
HIST	522	506		Museum Secrets		Canadian Pickers		Varied Programs		Yukon Gold		Museum Secrets		Canadian Pickers	
RDI	126	730		(5:30) RDI matin				Téléjournal	RDI matin		RDI en direct				Var. Programs
SHOW	616	521		Vikings		Lost Girl		Rookie Blue		Movie				Lost Girl	
SLICE	601	562		ET Canada	Princess	Till Debt/Part	Till Debt/Part	Property Virgin	Property Virgin	For Rent	Princess	Till Debt/Part	Till Debt/Part	Property Virgin	Property Virgin
SPIKE	628	584		Var. Programs	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Varied Programs					
TLC	521	560		Family S.O.S. With Jo Frost		19 Kids-Count	19 Kids-Count	19 Kids-Count	19 Kids-Count	Cake Boss	Cake Boss	Pregnant	Pregnant	Weddings	Var. Programs
TSN	400	400	F	SportsCentre CC		SportsCentre CC		SportsCentre CC		SportsCentre CC		SportsCentre CC		SportsCentre CC	
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YOUTH	551	542		Kid vs. Kat	Almost Naked	League/Evil	Sidekick	Numb Chucks	Numb Chucks	Nerds	Squirrel	(9:50) 6TEEN	(:40) Wayside	(:05) Sidekick	League/Evil

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		The Ellen DeGeneres Show		Channel 3	The: 30
WPTZ 5	-	-		Bethenny		Days of our Lives		Katie		Steve Harvey		Judge Judy	Judge Judy	First at Five	5:30 Now!
CBMT 6	206	301		CBC News Now		Republic of Doyle		Steven and Chris		Heartland		Dragons' Den		CBC News	CBC News
CHLT 7	107	718		TVA régional	TVA nouvelles	Désordre extrême		Dr House		Estrie	Les feux de l'amour		Top modèles	(4:55) TVA nouvelles	
WMTW 8	-	-		Steve Harvey		The Chew		General Hospital		Dr. Phil		The Ellen DeGeneres Show		WMTW News 8 at 5PM	
CKSH 9	108	-	F	Telejournal	Squelettes	Pénélope McQuade (SC)		Inspecteur Barnaby "Le cavalier sans tête" (SC)				Cap sur l'été (N) (SC)			Paquet voleur
			M			Viens-tu faire un tour?		**"Les Aventures extraordinaires d'Adèle Blanc-Sec"** (2010)							
			T			Pénélope McQuade (SC)		★★★ **"Régina"** (2002) Sigurbjorg Alma Ingolfsdottir. (SC)							
			W					**"Je ne suis pas coupable"** (2003, Policier) David Suchet. (SC)							
			Th					★★★ **"Coco avant Chanel"** (2009) Audrey Tautou. (SC)							
CKMI 11	-	-		Sarah's House	ET Canada	Days of our Lives		The Talk		The Queen Latifah Show		Till Debt/Part	The Young and the Restless		Property Virgin
CFCF 12	205	312		CTV News		The Social		The Marilyn Denis Show		Hot, Cleveland	Hot, Cleveland	The Ellen DeGeneres Show		The Dr. Oz Show	
WVNY 22	-	-		Varied Programs		The Chew		General Hospital		The People's Court		Family Feud	Family Feud	The Dr. Oz Show	
WUTV 30	-	-		The Steve Wilkos Show		Judge Alex	Judge Alex	Judge Mathis		Jerry Springer		Maury		Family Feud	Family Feud
CFKS 31	106	726		Ça commence	Infopublicité	CSI: NY		Varied Programs				Les Simpson	Les Simpson	Guerre-clans	Guerre-clans
WUHF	-	363		The Steve Wilkos Show		The Test		The Trisha Goddard Show		Maury		Judge Judy	Judge Judy	The People's Court	
WETK	-	-		Varied Programs								Charlie Rose		Daniel Tiger	Dinosaur Train
WCFE	-	-	F	China Beat (N)	Euromaxx	Midday (N)		Late Lunch Live (N)		Tonight With Vincent Browne		Korea Today (N)		RT News (N)	Journal (N) (EI)
			M									Newsroom	After 10		
			T									Korea Today			
			W												
			Th												
A&E	615	520		CSI: Miami	Var. Programs	Criminal Minds		Criminal Minds		The First 48		The First 48		The First 48	
BRAVO	620	523		Flashpoint		The Listener		Cold Squad		Due South		Criminal Minds		Criminal Minds	
CNN	500	500		Legal View With Ashleigh		Wolf		CNN Newsroom		CNN Newsroom		The Lead With Jake Tapper		The Situation Room	
DISC	520	505	F	Don't Drive Here		Mayday CC		Megaspeed "Baja 1000"		Car Sharks	Car Sharks	Overhaulin' Top 10		Overhaulin' "Josh's '63 Nova"	
			M					Don't Drive Here		Pyros "Istanbul" CC (DVS)		Manufactured	Manufactured	Dude, You're Screwed	
			T			Highway Thru Hell "Deadlift"		How It's Made	How It's Made	Game of Stones CC		Auction Kings	Auction Kings	MythBusters CC	
			W			Mayday "Blind Landing" CC		Ice Cold Gold CC		Deadliest Catch: On Deck		Deadliest Catch CC		Bering Sea Gold: Under	
			Th	Mighty Ships "Umiak I" CC		World's Strangest (N)		Overhaulin' "Josh's '63 Nova"		Fool's Gold	Fool's Gold	Mighty Ships "USS Kentucky"		Naked and Afraid	
HIST	522	506	F	M*A*S*H	M*A*S*H	Museum Secrets CC		Yukon Gold "Winter Gamble"		Canadian Pickers CC		American Pickers CC		M*A*S*H	M*A*S*H
			M							Miracles Decoded CC		Museum Secrets			
			T							Breathing Fire: Secret Weapon of the Somme CC (DVS)					
			W							Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars		
			Th							Miracles Decoded CC		Restoration	Restoration		
RDI	126	730		Telejournal	La Periode de questions		RDI en direct	RDI en direct	RDI en direct	RDI en direct	RDI en direct	RDI en direct	RDI en direct	Téléjournal	Journal
SHOW	616	521	F	Rookie Blue "Monster"		Jack of Diamonds A jewel thief and a tennis pro join forces.				Lost Girl CC		★★★ **"Double Jeopardy"** (1999) Tommy Lee Jones. CC			
			M			★★★ **"Goodnight for Justice"** (2011) Luke Perry. CC						Mrs Brown's	Mrs Brown's	Law & Order: UK "Safe" CC	
			T			**"Committed"** (2011) Andrea Roth, Richard Burgi. CC						**"Whiskey Business"** (2012, Comedy) Pauly Shore. CC			
			W			★★ **"Lost Treasure of the Grand Canyon"** (2008)						**"Intimate Stranger"** (2006) Kari Matchett. CC (DVS)			
			Th			★★ **"Metal Shifters"** (2011) Kavan Smith. CC (DVS)						★★ **"Rush Hour 2"** (2001) Jackie Chan, Chris Tucker. CC			
SLICE	601	562		Property Virgin	Property Virgin	Princess	Till Debt/Part	48 Hours Mystery		Secret Millionaire		Varied Programs			
SPIKE	628	584		Varied Programs								Cops	Var. Programs	Cops	Cops
TLC	521	560		Weddings	Var. Programs	19 Kids-Count	19 Kids-Count	19 Kids-Count	19 Kids-Count	Island Medium	Island Medium	Say Yes: ATL	Say Yes: ATL	Say Yes	Say Yes
TSN	400	400		SportsCentre		Varied Programs						Baseball Tonight		Off Record	Interruption
YOUTH	551	542		Kid vs. Kat	Almost Naked	Monster-Club	(:35) 6TEEN	Wayside	Sidekick	Squirrel	Var. Programs	SpongeBob	Var. Programs	Odd Parents	SpongeBob

FRIDAY EVENING — JULY 25, 2014

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News/Pelley	Entertainment Tonight (N)	CSI: Crime Scene Investigation "Passed Pawns"		Hawaii Five-0 One of Grover's friends disappears.		Blue Bloods Danny and Baez investigate a kidnapping.		Channel 3 News	(:35) Late Show With David Letterman CC	
WPTZ 5	-	-	NewsChannel 5 at 6PM (N)	NBC Nightly News (N)	Jeopardy! (N) CC	Wheel of Fortune CC	Dateline NBC (N) CC				(:01) Crossbones "Beggarman" (N) CC (DVS)		Newschannel 5 Nightcast	(:34) The Tonight Show Starring Jimmy Fallon (N) CC	
CBMT 6	205	301	CBC News: Montreal (N)	Coronation Street (N)	Rick Mercer Report CC	Just for Laughs: Gags	Mr. D "Assistant Leung"	The Ron James Show	CBC Winnipeg Comedy Festival (N) CC		The National (N) CC		CBC News: Montreal	Stromboulopoulos	Commonwealth
CHLT 7	107	718	(5:56) TVA nouvelles (N)	Sucré salé (N) (SC)	Nabila Ben Youssef: drôlement libre (N) (SC)		★★★ **"Top Gun"** (1986, Action) Tom Cruise, Kelly McGillis. Les tribulations amoureuses d'un jeune pilote d'élite. (SC)				TVA nouvelles (N)	(:35) Juste pour rire en direct (N) (SC)		(:20) Sucré salé (SC)	**"Stardust : Le Mystère"**
WMTW 8	-	-	WMTW News 8 at 6PM	ABC World News	Wheel of Fortune CC	Jeopardy! (N) CC	Shark Tank All-inclusive project kits. CC (DVS)		What Would You Do? CC		20/20 CC		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live CC	
CKSH 9	108	-	Le Téléjournal/Estrie	Plan de match	"Cabotins" (2010) Rémy Girard, Pierre-François Legendre. Un ex-producteur se retrouve pratiquement ruiné. (SC)				Zone doc Les orphelins du SIDA en Zambie. (N) (SC)		Le Téléjournal (N) (SC)	(:45) Cap sur l'été (SC)		(:45) ★★★ **"Another Earth"** (2011) Brit Marling. (SC)	
CKMI 11	-	-	(5:59) Evening News (N)	Global National (N)	ET Canada	Entertainment Tonight (N)	The Blacklist A crime lord becomes the next target.		Hawaii Five-0 One of Grover's friends disappears.		(:01) Crossbones "Beggarman" (N) CC (DVS)		News Final (N) CC	ET Canada	The Test CC
CFCF 12	205	312	CTV News (N) CC		etalk (N) CC	The Big Bang Theory CC	CSI: Crime Scene Investigation "Passed Pawns"		Criminal Minds A suspect targets people in Detroit.		Blue Bloods Danny and Baez investigate a kidnapping.		News-Lisa	CTV News (N) CC	The Big Bang Theory
WVNY 22	-	-	ABC 22 News (N)	ABC World News	ABC 22 News (N)	Inside Edition (N) CC	Shark Tank All-inclusive project kits. CC (DVS)		What Would You Do? CC		20/20 CC		ABC 22 News (N)	(:35) Jimmy Kimmel Live CC	
WUTV 30	-	-	The Big Bang Theory CC	Judge Judy CC	Judge Judy CC	Two and a Half Men	MasterChef A dish using Alaskan king salmon.		24: Live Another Day "Day 9: 10:00 P.M.-11:00 A.M."		2 on Your Side at 10 (N)	Two and a Half Men	The Simpsons CC	How I Met Your Mother	The Middle "The Trip"
CFKS 31	106	726	Atomes crochus (SC)	Souper parfait	L'arbitre (SC)		Meurtrières L'univers tabou des femmes assassines. (N)		Journal d'un vampire "Son autre visage" (N)		Génération Inc. (SC)	Par-dessus le marché	Martin Horik : Octane (SC)	L'instant gagnant (N)	
WUHF	-	363	Modern Family CC	Modern Family CC	The Big Bang Theory CC	The Big Bang Theory CC	MasterChef A dish using Alaskan king salmon.		24: Live Another Day "Day 9: 10:00 P.M.-11:00 A.M."		13WHAM News at 10 on Fox Rochester (N) CC		The Arsenio Hall Show CC		Seinfeld "The Pen" CC
WETK	-	-	Martha Speaks	WordGirl CC (DVS)	Arthur (EI) CC (DVS)	Wild Kratts (EI) CC	Masterpiece Mystery! Sherlock searches for a woman's killer. CC (DVS)			DCI Banks "Friend of the Devil" The murder of a paralyzed woman. CC			Death in Paradise "Murder on the Plantation" CC		PBS NewsHour (N)
WCFE	-	-	RTE News: Six One (N)	South Asia Newsline (N)	The World This Week		RT News (N) (EI) CC	Asia This Week	Cesare Mori (Part 2 of 2)				Biz Asia America (N) CC		Cesare Mori (Part 2 of 2)
A&E	615	520	Criminal Minds "The Company" CC (DVS)		Criminal Minds A gang of suspected murderers.		Criminal Minds Targeted killings in Florida. CC (DVS)		Criminal Minds A stalker targets college students.		Criminal Minds The team travels to North Carolina.		(:02) Criminal Minds Bodies are found buried in Florida.		(12:01) Criminal Minds
BRAVO	620	523	Missing "M.I.A." A woman claims her brother is alive.		Flashpoint Team One faces a rioting crowd.		Murder in the First Terry and Hildy try to find the truth.		Criminal Minds The BAU tracks a ritualistic killer.		The Listener The team must find a treasure.		19-2 "Lovers" Squad 19 is pulled into a raid. CC		Criminal Minds CC
CNN	500	500	(5:00) The Situation Room		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		The Sixties "1968"		Spotlight	Unguarded	Death Row Stories		Death Row
DISC	520	505	How It's Made CC	How It's Made CC	Salvage Hunters Drew and Tee head to Ireland. CC		Vegas Rat Rods 1928 Buick converted to an electric car.		Mayday "Dead Tired" CC		Mayday "I'm the Problem" CC		Mayday "Fire in the Hold" CC		Mayday "Dead Tired"
HIST	522	506	Canadian Pickers "Nothing to Spare" CC (DVS)		Treasure Trader CC	Treasure Trader CC	American Pickers The guys travel to Italy. CC		Snake Monster: Titanoboa! Titanoboa is known as the largest snake. CC (DVS)				Yukon Gold Ken needs fuel when winter comes early.		American Pickers CC
RDI	126	730	Le National (SC)	RDI économie (SC)	24/60 (SC)		Grands reportages Le portrait de Gérard Poirier. (SC)		Le Téléjournal (SC)		Le National	RDI économie (SC)	24/60 (SC)		Grands reportages
SHOW	616	521	Rookie Blue Division 15 is placed under quarantine.		Continuum An officer comes from the future.		Jack of Diamonds A jewel thief and a tennis pro join forces. CC				★★ **"Eagle Eye"** (2008, Action) Shia LaBeouf, Michelle Monaghan. Two strangers become pawns of a mysterious woman. CC				
SLICE	601	562	Til Debt Do Us Part CC	Til Debt Do Us Part CC	Border Security CC	Border Security CC	Murder in Paradise "Ghost Ship Of Bimini"		Surviving Evil A suicidal teen is abducted at gunpoint.		A Stranger in My Home "Kowalski" CC		Brainwashed Evolution of a domestic terrorist group.		Friends CC
SPIKE	628	584	Cops CC	Cops CC	Cops CC	Cops CC	Cops "Coast to Coast"	Cops "Coast to Coast"	Bellator MMA Live: Summer Series (N)				(:15) The Best of Glory Kickboxing (N)		(12:15) Jail CC
TLC	521	560	Borrowed, New	Borrowed, New	Say Yes to the Dress: The Big Day "Kristi" CC		Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	(:01) Build a Bride (N)	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	(12:01) Build a Bride CC
TSN	400	400	SportsCentre (N) (Live) CC		That's Hockey! (N)	Pardon the Interruption	30 for 30 (N) CC			CFL on TSN Pregame (N)	CFL Football Winnipeg Blue Bombers at BC Lions. From BC Place Stadium in Vancouver, B.C. (N) (Live) CC				
YOUTH	551	542	Sam & Cat	Every Witch	"Dear Dumb Diary" (2013) Emily Alyn Lind. CC				Undercover	The Next Star	Cook'd CC	Cache Craze	Assembly	Boys	Dear-Diary

Your week on TV

SATURDAY DAYTIME — JULY 26, 2014

	Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30
WCAX 3	-	-	CBS This Morning: Saturday (N)				Lucky Dog "Sadie"	Dr. Chris Pet Vet	All In With Laila Ali	Game Changers	Paid Program	Fix Your Hair	Incredible Dog Challenge From Atlanta.		Lucas Oil Off Road Racing (Taped)		PGA Tour Golf	
WPTZ 5	-	-	(7:00) Today (N)		Teen Kids News (N)	Hanna Into the Wild	The Chica Show (El)	Noodle/ Doodle	Justin Time (El)	Tree Fu Tom (El)	LazyTown	Zou (El)	Buck McNeely	Lakes Fishing	Auto Racing		Red Bull Signature Series (N)	
CBMT 6	206	301	Animal Mechanic	Super Why!	(:05) Artzooka	Cross Country	Arthur	My Goldfish Is Evil!	It's Edible Incredible!	Cat in the Hat	Absolutely Canadian		The F Word (DVS)		the fifth estate		Best Recipes Ever	In the Kitchen
CHLT 7	107	718	(6:00) Salut, bonjour! Week-end (N) (SC)				Québec par coeur	Culture vélo (SC)	La Cible "Joies de la famille" (SC)		TVA nouvelles (N)	Qu'est-ce qu	Viens voir ici (N)	Infopublicité (SC)	★★ "Scooby-Doo" (2002, Comédie) Freddie Prinze Jr. (SC)		"Au"	
WMTW 8	-	-	Good Morning America (N)		Jack Hanna	Ocean Mysteries	Born to Explore	Sea Rescue (N)	The Wildlife Docs	Expedition Wild (N)	Awesome Adventure	Larry King Spc.	Your Home Team		We Have a Dream		World of X Games (N)	
CKSH 9	108	-	Spirou et Fantasio	Doigts croisés	Gawayn (N) (SC)	Erky Perky (N) (SC)	Magi-nation (N)	Mission Mayday	Aventures de Tintin	L'épicerie (SC)	Telejournal	Monde-parlait	Amour, haine et propagande (SC)		★★★ "Les Aventures de Kit Kittredge" (2008) Abigail Breslin, Joan Cusack. (SC)			
CKMI 11	-	-	Fish'n Canada	Real Fishing	Advent. North	Fishful Thinking	William Shatner's Weird or What?		Powerboat Television	Driving Television	Canadian Made	The Simpsons	The Simpsons	The Simpsons	PGA Pre-Game Show (N)		PGA Tour Golf	
CFCF 12	205	312	Canada AM Weekend		The Marilyn Denis Show (N)		World Vision		It Is Written	Children's Villages	SportsCentre		The Social		Canada's Worst Driver		Cash Cab	Celebrity Style Story
WVNY 22	-	-	Good Morning America (N)		Jack Hanna	Ocean Mysteries	Born to Explore	Sea Rescue (N)	The Wildlife Docs	Expedition Wild (N)	Best	Paid Program	Derm Exclusive!	Paid Program	Paid Program	Derm Exclusive!	World of X Games (N)	
WUTV 30	-	-	Slim Your Belly!	P90X3	Pain Relief Secret	Slim Your Belly!	Paid Program	Paid Program	Paid Program	Paid Program	Raw Travel (N)	Tummy Tuck	Two and a Half Men	Two and a Half Men	Big Bang Theory	Big Bang Theory	Larry King	Paid Program
CFKS 31	106	726	Aubaines & cie (N)		Trucs & cie (N)		RPM (SC)		Puissance 3 (SC)		★★ "La Fièvre des planches" (2009, Drame) Asher Book, Kristy Flores, Paul Iacono. (SC)				(:15) ★★★ "Jumeaux" (1988, Comédie) Arnold Schwarzenegger, Danny DeVito. (SC)			
WUHF	-	363	Career Day	Think Big	Great Big World	The Young Icons	Paid Program	Paid Program	Paid Program	Paid Program	★★★ "Kill Bill: Vol. 2" (2004, Action) Uma Thurman, David Carradine. An assassin confronts her former boss and his gang.						Two and a Half Men	Two and a Half Men
WETK	-	-	Room to Breathe		"Play Again" (2010, Documentary)		NOVA Fossils offer clues about early life.		Bold Visions	Wilderness: Debate	The Great	Pedal America	Peregrine Dme	Getting Away	Outdoor Journal	Outdoor Journal	Sudan's Secret Side (DVS)	
WCFE	-	-	Euromaxx Highlights	Tomorrow Today	In Focus	Drive It	European Journal	After 10	World Affairs Today		My India (N)	Newsweek South Asia	Global 3000	In Good Shape	Hablemos de Salud		Maigret Murdered maid.	
A&E	615	520	Criminal Minds "Divining Rod"		Criminal Minds "Profiling 101"		Criminal Minds "The Silencer"		Flipping Vegas Creepy coldblooded creatures.		60 Seconds to Sell "Upsizing/Downsizing"		Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars
BRAVO	620	523	Couch	People's Couch	Twice in a Lifetime		Missing "White Whale"		Criminal Minds "The Lesson" (DVS)		★★★ "The Talented Mr. Ripley" (1999) Matt Damon, Gwyneth Paltrow. A young man murders then impersonates a wealthy playboy.						★★★ "The Fugitive" (1993) Harrison Ford.	
CNN	500	500	New Day Saturday (N)		Smerconish (N) (Live)		CNN Newsroom With Fredricka Whitfield (N)								Your Mney	CNN News	CNN Newsroom	
DISC	520	505	Vegas Rat Rods "Electro Rod" (DVS)		Mayday "Dead Tired"		Airplane Repo "Repo Roulette"		Mayday "I'm the Problem"		Bering Sea Gold		Mayday "Fire in the Hold"		Mayday "I'm the Problem"		Yukon Men Predators descend upon Tanana.	
HIST	522	506	Paid Program	Paid Program	Paid Program	Paid Program	Treasures Decoded "Jesus' Wife"		★★ "The Da Vinci Code" (2006) Tom Hanks, Audrey Tautou. A religious mystery could rock foundations of Christianity. (DVS)						★★ "Angels & Demons" (2009, Suspense) Tom Hanks, Ewan McGregor.			
RDI	126	730	(5:30) RDI matin						RDI en direct (SC)	RDI économie	Telejournal	Telejournal	Le National	RDI en direct (SC)	RDI en direct (SC)	La facture (SC)	RDI en direct (SC)	RDI en direct (SC)
SHOW	616	521	Paid Program	Paid Program	Paid Program	Paid Program	★★ "Hurricane Hunters" (1974, Drama) Larry Hagman, Martin Milner, Jessica Walter.				★★★ "Double Jeopardy" (1999, Suspense) Tommy Lee Jones, Ashley Judd.				★★ "Eagle Eye" (2008, Action) Shia LaBeouf, Michelle Monaghan, Rosario Dawson.			
SLICE	601	562	Cindy's Secrets	Cold Plasma	Surviving Evil "Nobody's Victim"		A Stranger in My Home "Kowalski"		48 Hours Mystery		48 Hours Mystery		The Real Housewives of New York City		The Undateables		The Real Housewives of Orange County	
SPIKE	628	584	Total Gym for $14.95	Shaun T's Focus T25	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Auction Hunters	Cops Sting.	Cops	Cops	Cops
TLC	521	560	21 Day Fix	Sexy Face	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Untold Stories of the E.R.		Untold Stories of the E.R.		Untold Stories of the E.R.	
TSN	400	400	Formula One Racing		SportsCentre		SportsCentre		SportsCentre		Golf Senior Open Championship, Third Round. From Porthcawl, South Wales. (N) (Live)				Score Golf Television	Fins & Skins	NASCAR Racing	
YOUTH	551	542	Chucks	Rabbids	Sponge.	Monsters	Sanjay	Bread	Chucks	BeyWar.	Pokémon	Power	Yu-Gi-Oh!	B-Daman	Under.	Under.	Under.	Under.

SATURDAY EVENING — JULY 26, 2014

	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 RBC Canadian Open, Third Round. From Ile Bizard, Quebec. (N)				Channel 3 News	Evening News	Entertainment Tonight (N)		To Be Announced		Bad Teacher	Bad Teacher	48 Hours A priest is suspected of murder.		Channel 3 News	CSI: Miami "Wolfe in Sheep's Clothing"	
WPTZ 5	-	-	Red Bull Series	Beach Volleyball World Series. From Long Beach, Calif. (Taped)			News-Channel 5	Nightly News	Jeopardy!	Wheel of Fortune	Dateline NBC				The Blacklist "Ivan"		Newschannel 5	(:29) Saturday Night Live	
CBMT 6	206	301	2014 Commonwealth Games Day Three. From Glasgow, Scotland. (N)				CBC News at 6	Marketplace	Maple Mayhem		The Best Laid Plans "Running to Lose"		★★★ "Take This Waltz" (2011) Michelle Williams. A married woman considers an affair with her neighbor.				Comedy	Camelot	
CHLT 7	107	718	(3:30) ★★ "Au coeur de la terre" (2003, Action) Aaron Eckhart, Hilary Swank. (SC)				TVA nouvelles (N)	★★ "Le Royaume interdit" (2008, Action) Jackie Chan, Jet Li, Michael Angarano. (SC)			(:28) ★★ "L'oeil du mal" (2008, Action) Shia LaBeouf, Michelle Monaghan. (SC)			(:45) TVA nouvelles		(:15) ★★ "Le Loup-garou" (2010) Benicio Del Toro. Début.			
WMTW 8	-	-	ESPN Sports Saturday (N)				WMTW News 8	World News	Paid Program	Jeopardy!	Marvel's Agents of S.H.I.E.L.D.		Marvel's Agents of S.H.I.E.L.D.		Nightline Prime (N)		WMTW News 8	Red Carpet	CSI: Miami
CKSH 9	108	-	Pérusse cité	Humanima	La semaine verte (N) (SC)		Le Télé-journal (N)	La petite vie (SC)	La petite séduction (SC)		Les enfants de la télé (SC)		Luther (DVS) (SC)		Le Télé-journal (N)	★★ "Le Choc des Titans" (2010, Fantastique) Sam Worthington, Liam Neeson. (SC)			
CKMI 11	-	-	(3:00) PGA Tour Golf RBC Canadian Open, Third Round. From Ile Bizard, Quebec. (N)				Evening News (N)	Global National	Bad Teacher	Bad Teacher	March of the Dinosaurs Dinosaurs descended upon the North Pole. (DVS)				Crash & Burn (DVS)		News Final	(:29) Saturday Night Live	
CFCF 12	205	312	Celebrity	24 CH	etalk	App Central	CTV News (N)		W5 (DVS)		The Amazing Race Canada		The Listener "The Fugitive"		Bitten "Prisoner" Jeremy is poisoned.		News-Rinaldo	CTV News (N)	(12:05) "Normal"
WVNY 22	-	-	ESPN Sports Saturday (N)				World News	Local News	Extra (N)		Marvel's Agents of S.H.I.E.L.D.		Marvel's Agents of S.H.I.E.L.D.		Nightline Prime (N)		Local News	Burn Notice "Turn and Burn"	
WUTV 30	-	-	Soccer International Champions Cup -- Manchester United FC vs. AS Roma. (N)				UFC: Lawler vs. Brown - Prelims (N) (Live)				UFC: Lawler vs. Brown (N) (Live)				2 on Your Side at 10	Big Bang Theory	Animation Domination High-Def		Cheaters
CFKS 31	106	726	(:15) ★★★★ "Terminator 2: le jugement dernier" (1991, Science-fiction) Arnold Schwarzenegger, Linda Hamilton. (SC)						(:15) ★★★ "Terminator 3: la guerre des machines" (2003) Arnold Schwarzenegger, Nick Stahl. (SC)				★★ "Le 6e jour" (2000, Science-fiction) Arnold Schwarzenegger, Tony Goldwyn, Michael Rapaport. (SC)						L'instant gagnant
WUHF	-	363	Soccer International Champions Cup -- Manchester United FC vs. AS Roma. (N)				UFC: Lawler vs. Brown - Prelims (N) (Live)				UFC: Lawler vs. Brown (N) (Live)				WHAM News	Paid Program	Animation Domination High-Def		Ring of Honor Wr.
WETK	-	-	In the America	Expeditions	The Reagan Presidency		The Reagan Presidency		The Reagan Presidency		America in Primetime (DVS)		America in Primetime "Man of the House"		Michael Wood's Story of England		Michael Wood's Story of England		America-Prime
WCFE	-	-	(3:00) Maigret Murdered maid.		RT News (N) (El)	Journal (N)	My India	NHK Programming	France 24 News (N) (El)		RT News (N) (El)	NHK Special	Maria Wern "Not Even the Past"			Wallander	Asia This Week	NHK Programming	Maria Wern
A&E	615	520	★★★ "Gladiator" (2000) Russell Crowe, Joaquin Phoenix. A fugitive general becomes a gladiator in ancient Rome.						Criminal Minds "Demonology"		Criminal Minds "Omnivore"		Criminal Minds "House on Fire"		Criminal Minds Serial killer targeting coeds.		(:02) Criminal Minds "A Shade of Gray"		Criminal Minds
BRAVO	620	523	(3:00) ★★★ "The Fugitive" (1993) Harrison Ford, Tommy Lee Jones, Sela Ward.				Twice in a Lifetime		Due South "The Man Who Knew Too Little"		Missing "White Whale"		Unforgettable A city official is murdered.		Person of Interest "Allegiance"		People's Couch	People's Couch	"The Fugitive"
CNN	500	500	News	Gupta	CNN Newsroom		CNN Newsroom		The Sixties		The Sixties		The Sixties		The Sixties "1968"		The Sixties		The Six
DISC	520	505	Vegas Rat Rods "Electro Rod"		Mayday "Dead Tired"		How It's Made	How It's Made	How It's Made	How It's Made	Overhaulin' "Josh's '63 Nova"		Deadliest Catch		Chrome Underground "Blind Sided" (N)		Close Encounters	Close Encounters	Deadliest Catch
HIST	522	506	(2:00) ★★ "Angels & Demons" (2009)		God vs. Satan: The Final Battle				Treasures Decoded "Jesus' Wife"		Bible Secrets Revealed (N)		★★ "The Da Vinci Code" (2006) Tom Hanks, Audrey Tautou. A religious mystery could rock foundations of Christianity. (DVS)						God vs. Satan
RDI	126	730	RDI en direct (SC)	Journal Fr. 2	Le Télé-journal	L'épicerie (SC)	La semaine verte (SC)		RDI en direct (SC)	Monde-parlait	Découverte (SC)		Le Télé-journal	Grands reportages (SC)		L'épicerie (SC)	Le Télé-journal	Monde-parlait	Le Télé-journal
SHOW	616	521	★★ "Eagle Eye"	★★ "X-Men: The Last Stand" (2006, Action) Hugh Jackman. A cure for mutations divides the X-Men.					Vikings King Horik returns to Kattegat.		★★ "Hurricane Hunters" (1974, Drama) Larry Hagman, Martin Milner.				★★ "Mr. & Mrs. Smith" (2005) Brad Pitt. A husband and wife are assassins for rival organizations.				
SLICE	601	562	The Millionaire Matchmaker		Border Security	Border Security	Murder in Paradise (DVS)		Surviving Evil "Nobody's Victim"		A Stranger in My Home "Kowalski"		★★★ "21 Jump Street" (2012) Jonah Hill. Young cops go under cover as high-school students.						★★★ "21 Jump Street" (2012)
SPIKE	628	584	Cops	Cops	Cops "Liar Liar"	Cops	Cops	Cops	Cops	Cops	Cops (N)	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops
TLC	521	560	Untold Stories of the E.R. "Deep Trouble"		Untold Stories of the E.R. "Frozen"		Untold Stories of the E.R.		Untold Stories of the E.R. "Rattled"		Untold Stories of the E.R.		Untold Stories of the E.R. "Turtle Trouble"		Sex Sent Me to the E.R. (N)		Untold Stories of the E.R. "Turtle Trouble"		Sex Sent Me to the
TSN	400	400	30 for 30		Soccer Arsenal FC at New York Red Bulls. From Red Bull Arena in Harrison, N.J. (N)				CFL Football Ottawa RedBlacks at Hamilton Tiger-Cats. From Alumni Stadium in Guelph, Ontario. (N) (Live)						CFL Football Toronto Argonauts at Saskatchewan Roughriders. (N) (Live)				
YOUTH	551	542	Cache	Cache	Cache	Cache	Assembly	Under.	Cache	Cook'd	Movie				Japanizi	Boys	Haunting	Haunting	Movie

Your week on TV

SUNDAY DAYTIME — JULY 27, 2014

	Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30
WCAX 3	-	-	Channel 3 News Sunday Morning (N)		CBS News Sunday Morning (N)		Face the Nation (N)		15 Minute Meals		Paid Program	Surgeon General	Incredible Dog Challenge		Road to the PGA Championship (N)		PGA Tour Golf	
WPTZ 5	-	-	Today (N)		Meet the Press (N)		On the Money (N)	Homeowner	Paid Program	Paid Program	The Closer "Tijuana Brass"		Paid Program	Paid Program	2014 Tour de France Review Show (N)			Beach Volleyball
CBMT 6	206	301	Coronation Street	Coronation Street	Coronation Street	Coronation Street	Coronation Street	Marketplace	Our Montreal Karnick. Host Sonali		Maamuitaau	Mansbridge	Q With Jian Ghomeshi (N)		2014 Commonwealth Games Day Four. From Glasgow, Scotland. (N Same-day Tape)			
CHLT 7	107	718	(6:00) Salut, bonjour! Week-end (N) (SC)				★★ "Les folies de Dick et Jane" (2005) Jim Carrey, Téa Leoni. (SC)			(:45) Road Runner	TVA nouvelles (N)	La victoire de l'amour	Qu'est-ce qu	Infopublicité (SC)	★★ "Ne réveillez pas une souris qui dort" (1997, Comédie) Nathan Lane, Lee Evans. (SC)			
WMTW 8	-	-	Good Morning America (N)		This Week W/ George Stephanopoulos		This Old House	Teen Kids News (N)	Made in Hollywood	Derm Exclusive!	Dr. Ian Smith's Health Secrets		Sheer Cover	Paying for TV	Paid Program	Paid Program	GSL: 50 Greatest Legends	
CKSH 9	108	-	Les roltronics (N)	Doigts croisés	Gawayn (N) (SC)	Erky Perky (N) (SC)	Le Jour du Seigneur (N) (SC)		Découverte "Planète Terre: les déserts"		Telejournal	La semaine verte (SC)		Second Regard (N)	Les Jeux du Commonwealth 2014 (SC)		Poirot La mort suspecte des Ravenscroft.	
CKMI 11	-	-	Fishful Thinking	16x9		Lorna Dueck	Joel Osteen	Paid Program	Ancestors in the Attic	The Re-Inventors	Ice Pilots NWT "Over Seas" (DVS)		The Simpsons	The Simpsons	Road to the PGA Championship (N)		PGA Tour Golf	
CFCF 12	205	312	App Central	Atmos. Miracle	Paid Program		Trucker TV	Church of the Rock	SportsCentre		W5 (DVS)		★★ "Mickey Blue Eyes" (1999, Romance-Comedy) Hugh Grant, James Caan.				Cash Cab	etalk
WVNY 22	-	-	Good Morning America (N)		This Week W/ George Stephanopoulos		Key of David	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Fast Joint Relief	Paid Program	Sexy Face at	Paid Program	Joint Relief	The Perfect Yard
WUTV 30	-	-	Earnest Angley		FOX News Sunday With Chris Wallace (N)		Key of David	P90X3	Mary Lost 61 Lbs!	Youthful	★★ "Fantastic Four: Rise of the Silver Surfer" (2007) Ioan Gruffudd, Jessica Alba.				★★ "The Sorcerer's Apprentice" (2010, Fantasy) Nicolas Cage, Jay Baruchel, Alfred Molina.			
CFKS 31	106	726	Aubaines & cie (N)		Trucs & cie (N)		RPM (SC)		Puissance 3 (SC)		Par-dessus le	★★ "La Promotion" (2008) Seann William Scott, John C. Reilly. (SC)			(:15) ★★ "Demi-frères" (2008, Comédie) Will Ferrell, John C. Reilly, Richard Jenkins.			
WUHF	-	363	The Secret	Key of David	FOX News Sunday With Chris Wallace (N)		Sexy Face	Workout	21 DAY FIX	The Secret	★★ "Jersey Girl" (2004) Ben Affleck. A young woman changes the life of a single father.				★★ "Confessions of a Teenage Drama Queen" (2004, Comedy) Lindsay Lohan.			
WETK	-	-	Outdoor Journal	Outdoor Journal	Nature Humans affect the natural world.		Environmental	My Wild Affair		Great Performances at the Met "Anna Bolena" An untrue king drives his queen insane.							Masterpiece Mystery! (N) (DVS)	
WCFE	-	-	France 24 News (N)	CrossTalk (N)	World Affairs Today		Global Ethics	After 10	Taiwan Outlook (N)		Close up	In the Newsroom	European Journal	drive it!	Hablemos de Salud		Don Matteo	
A&E	615	520	Criminal Minds "Profiling 101"		Criminal Minds "The Silencer"		Criminal Minds "Hit" (DVS)		Criminal Minds "Run" (DVS)		Longmire Investigating the murder of a farmer.		★★★ "Gladiator" (2000) Russell Crowe, Joaquin Phoenix, Connie Nielsen. A fugitive general becomes a gladiator in ancient Rome.					
BRAVO	620	523	Due South "The Man Who Knew Too Little"		Twice in a Lifetime "Daddy's Girl"		Missing Jess goes under cover.		Unforgettable A city official is murdered.		Couch	★★★ "Troy" (2004, Adventure) Brad Pitt, Eric Bana, Orlando Bloom. Achilles leads Greek forces in the Trojan War.						"The Mummy"
CNN	500	500	New Day	Politics	State of the Union		Fareed Zakaria GPS		Reliable Sources (N)		State of the Union		Fareed Zakaria GPS		CNN Newsroom (N)		CNN Newsroom (N)	
DISC	520	505	How It's Made	How It's Made	Canada's Worst Driver (DVS)		River Monsters "American Killers"		River Monsters "Pack of Teeth"		Dude, You're Screwed "Conquering Alaska"		River Monsters "The Mutilator"		Overhaulin' "Josh's '63 Nova"		Deadliest Catch	
HIST	522	506	Paid Program	Paid Program	Paid Program	Cold Plasma	Pawn Stars	Pawn Stars	Counting Cars	Counting Cars	Restoration	Restoration	101 Inventions That Changed the World Human ingenuity advances the species.				American Restoration "Blast Off!"	
RDI	126	730	(5:30) RDI matin						RDI en direct (SC)	L'épicerie (SC)	Le Téléjournal	Découverte (SC)		RDI en direct (SC)	RDI en direct (SC)	RDI en direct (SC)	RDI en direct (SC)	
SHOW	616	521	Paid Program	Paid Program	Paid Program	Paid Program	"Crimes of the Mind" (2014, Drama) Christina Cox, Tina Ivlev, Paula Trickey.				Sherlock Sherlock and John lock horns with an old enemy in one final problem.				★★★ "The Bourne Supremacy" (2004, Suspense) Matt Damon, Franka Potente.			
SLICE	601	562	Paid Program	Cold Plasma	Party Mamas	Party Mamas	Party Mamas	Party Mamas	Party Mamas	Party Mamas	Friends	Friends	Friends	Friends	Friends	Friends	★★ "Paul Blart: Mall Cop" (2009)	
SPIKE	628	584	Total Gym for $14.95	Rocket - Fueled!	Off Road	Engine Power	Truck Tech	Detroit Muscle	Bar Rescue "In a Pinch"		Bar Rescue		Bar Rescue "Characters Assassination"		Bar Rescue "Attack of the Yummy Mommies"		Hungry Investors "The Steak Mistake"	
TLC	521	560	(7:00) Paid Program	21 Day Fix	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Sister Wives "Meri Drops a Bomb"		Sister Wives "Polygamists in a Shark Tank"	
TSN	400	400	(7:55) Formula One Racing Hungarian Grand Prix. From the Hungaroring, Budapest. (N)				The Reporters	SportsCentre	SportsCentre		NASCAR Sprint Cup Prerace (N)		NASCAR Racing Sprint Cup: John Wayne Walding 400 at The Brickyard. From Indianapolis Motor Speedway in Indianapolis. (N)					
YOUTH	551	542	Pet Shop	Assembly	Sam & Cat	Hathaways	Assembly	Mr. Young	Under.	Cache	Cook'd	Japanizi	Next Star	Just Kid	★★★ "Robots" (2005) Halle Berry			

SUNDAY EVENING — JULY 27, 2014

	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 RBC Canadian Open, Final Round. From Ile Bizard, Quebec. (N)				Channel 3 News	Evening News	60 Minutes (N)		(:01) Big Brother New heads of households.		Unforgettable "A Moveable Feast" (N)		Reckless "Bloodstone" (N)		Channel 3 News	CSI: Miami "Chip/Tuck"	
WPTZ 5	-	-	(3:30) Beach Volleyball World Series.		Horse Racing Haskell Invitational. (N)		News-Channel 5	Nightly News	American Ninja Warrior "Dallas Finals" The Dallas finals course; Salmon Ladder.				Chicago Fire "A Dark Day" (DVS)		Chicago PD "8:30 PM" (DVS)		Newschannel 5	★★ "The Tempest" (2010) Helen Mirren.	
CBMT 6	206	301	Laughs: Gags	Mr. D	★★ "Beethoven" (1992, Comedy) Charles Grodin, Bonnie Hunt, Dean Jones.				Heartland "Better Days" (DVS)		Doc Zone "Wind Rush" (DVS)		True Crime Canada (N) (DVS)		The National (N)		CBC News	★★ "The Trotsky" (2009) Jay Baruchel.	
CHLT 7	107	718	(:02) ★★ "La Famille Johnson en vacances" (2004) Cedric the Entertainer. (SC)				TVA nouvelles (N)	Jumeaux 2014	Vlog (SC)	Du talent à revendre (N) (SC)		★★★ "Spider-Man 2" (2004, Action) Tobey Maguire, Kirsten Dunst, James Franco. (SC)					(:06) TVA nouvelles	(:36) ★★ "Chasse à l'homme" (2003) (SC)	
WMTW 8	-	-	The Assets "Check Mate" (N)		The Assets "Small Useless Truth" (N)		WMTW News 8	World News	Wipeout "Blind Date: Falling for You" Pairs of single contestants compete. (N)				Rising Star (N) (Live)		Castle "Dressed to Kill"		WMTW News 8	CSI: Miami "Chip/Tuck"	
CKSH 9	108	-	(3:00) Poirot "Une mémoire d'éléphant"		Les chefs! La revanche (SC)		Le Télé-journal (N)	Découverte "Voyage au coeur des océans"		Animo (N) (SC)	Viens-tu faire un tour? (N)		Les galas du Grand Rire 2013 (N) (SC)		Le Télé-journal (N)	"Le torrent" (2012, Drame) Laurence Leboeuf, Dominique Quesnel. (SC)			
CKMI 11	-	-	(3:00) PGA Tour Golf RBC Canadian Open, Final Round. From Ile Bizard, Quebec. (N)				Evening News (N)	Global National	The Simpsons	Bob's Burgers	(:01) Big Brother New heads of households.		Family Guy	American Dad	Reckless "Bloodstone" (N)		News Final	Ancestors/ Attic	PGA Tour Canada
CFCF 12	205	312	The Social		The Amazing Race Canada		CTV News (N)		Big Bang Theory	Hot in Cleveland	Unforgettable "A Moveable Feast" (N)		Rising Star (N) (Live)		Castle "Dressed to Kill"		News-Rinaldo	CTV News (N)	The Mentalist
WVNY 22	-	-	The Assets "Check Mate" (N)		The Assets "Small Useless Truth" (N)		World News	ABC 22 News (N)	Wipeout "Blind Date: Falling for You" Pairs of single contestants compete. (N)				Rising Star (N) (Live)		Castle "Dressed to Kill"		Local News	Private Practice Jake offers Amelia support.	
WUTV 30	-	-	Buffalo for Real TV	Tummy Tuck	Icelandic Health	Derm Exclusive!	Paid Program	Paid Program	American Dad	Bob's Burgers	The Simpsons	The Simpsons	Family Guy	American Dad	2 on Your Side at 10	Big Bang Theory	Ring of Honor Wrestling		Seinfeld
CFKS 31	106	726	"Demi-frères"	★★ "Le Petit Nicky" (2000, Comédie) Adam Sandler, Patricia Arquette, Harvey Keitel.				★★★ "Entretien avec un vampire" (1994) Tom Cruise. Un vampire raconte les événements tragiques de sa vie.					★★ "Constantine" (2005) Keanu Reeves, Rachel Weisz. Un suicidé ressuscité vient en aide à une policière.					L'instant gagnant (N)	
WUHF	-	363	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Modern Family	Paid Program	American Dad	Bob's Burgers	The Simpsons	The Simpsons	Family Guy	American Dad	WHAM News	30 Rock	Paid Program	The Secret	Arsenio Hall
WETK	-	-	Masterpiece	Out of the Ordinary		John Glenn: A Life of Service		(:27) Rocket Men First 50 years of NASA missions.			NOVA "At the Edge of Space"		Frontline "Poor Kids"		Make Me Nurturing intelligence in babies.		Your Inner Fish "Your Inner Fish"		Raw to Ready
WCFE	-	-	Don Matteo		RT News (N) (EI)	Journal (N)	Newsweek-Asia	South Asia Fo	France 24 News (N) (EI)		RT News (N)	Newsline (N)	Sebastian Bergman: The Cursed One A police profiler investigates a murder. (N)				Americas Now (N)		Sebastian Bergman:
A&E	615	520	Big Smo	Big Smo "Workin'"	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	(:31) Duck Dynasty	(:02) Duck Dynasty	(:32) Duck Dynasty	Duck Dynasty
BRAVO	620	523	(3:30) ★★★ "The Mummy" (1999) Brendan Fraser, Rachel Weisz, John Hannah.				★★ "The Mummy Returns" (2001) Brendan Fraser. Two evil forces pursue the son of adventurer Rick O'Connell.				People's Couch		★ "The Three Musketeers" (2011, Action) Matthew MacFadyen, Milla Jovovich.				(:15) ★★ "Legend" (1985) Tom Cruise, Mia Sara.		
CNN	500	500	CNN Newsroom (N)		CNN Newsroom (N)		CNN Newsroom (N)		Weed 2: Cannabis		The Hunt		The Hunt		Death Row Stories		The Hunt		The Hunt
DISC	520	505	Chrome Underground "Blind Sided"		Dangerous Flights "Ice Breaker"		Alien Encounters (Part 1 of 4)		Alien Encounters (Part 2 of 4)		Alien Encounters (N) (Part 3 of 4)		Alien Encounters (N) (Part 4 of 4)		Naked and Afraid Nicaraguan rain forest.		MythBusters "Mythsion Impossible"		Alien Encounters
HIST	522	506	Counting Cars	Counting Cars	Pawn Stars	Pawn Stars	Restoration	Restoration	Pawn Stars	Pawn Stars	The Big History of Everything Narrative of the universe and humanity.				Miracles Decoded (N)		Treasures Decoded "The Turin Shroud"		Pawn Stars
RDI	126	730	RDI en direct (SC)	Journal France 2	Le Télé-journal	Monde-parlait	Grands reportages (SC)		RDI en direct (SC)	RDI en direct (SC)	Grands reportages (SC)		Le Télé-journal	Découverte (SC)		Second Regard	Le Télé-journal	L'épicerie (SC)	Le Télé-journal
SHOW	616	521	★★ "The Tourist" (2010, Suspense) (PA) Johnny Depp, Angelina Jolie.				Defiance "This Woman's Work"		Rookie Blue "For Better, For Worse"		Lost Girl Bo has gone missing.		Remedy A car accident evokes trauma.		★★ "Rambo" (2008, Action) Sylvester Stallone, Julie Benz, Matthew Marsden.				"Book of El"
SLICE	601	562	(3:00) ★★ "Paul Blart: Mall Cop"		★★ "The Dukes of Hazzard" (2005, Comedy) Johnny Knoxville. (DVS)				Money Moron	Money Moron	Money Moron	Money Moron	Money Moron	Money Moron	Intervention Canada "Holley"		Brainwashed "Devil's Disciple"		"Blart: Mall Cop"
SPIKE	628	584	Hungry Investors		Bar Rescue "Taxed Out in Texas"		Bar Rescue		Bar Rescue A bar with a golf theme.		Bar Rescue "Brawlin' Babes"		Bar Rescue "Hostile Takeover"		Franken-food (N)	Franken-food	Bar Rescue "I Smell a Rat"		Bar Rescue
TLC	521	560	Sister Wives	Sister Wives	Sister Wives "Growing up Polygamist"		Sister Wives "Four Wives in Two RVs"		Sister Wives		Sister Wives "Every Brown Revealed"		Sister Wives "Tell All" (N)		Escaping Alaska (Series Premiere) (N)		Sister Wives "Tell All"		Escaping Alaska
TSN	400	400	NASCAR Racing	Motoring 2014 (N)	MLS Soccer FC Dallas at Vancouver Whitecaps FC. (N) (Live)				Baseball: Sunday Night Countdown		MLB Baseball Los Angeles Dodgers at San Francisco Giants. From AT&T Park in San Francisco. (N) (Live)				SportsCentre (N) (Live)				World Series/Poker
YOUTH	551	542	★★ "Jimmy Neutron: Boy Genius" (2001)				★★ "Monsters vs. Aliens" (2009)				Super Evil	Under.	Next Star	Cook'd	Japanizi	Boys	Haunting	R.L. Stine	Monsters

Your week on TV

MONDAY EVENING — JULY 28, 2014

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News/Pelley	Entertainment Tonight (N)	2 Broke Girls	Mom	Mike & Molly	Two and a Half Men	Under the Dome Julia takes over as the town's leader. (N)		Channel 3 News	(:35) Late Show With David Letterman (N)	
WPTZ 5	-	-	NewsChannel 5 at 6PM (N)	NBC Nightly News (N)	Jeopardy! (N)	Wheel of Fortune	Running Wild With Bear Grylls "Zac Efron"		American Ninja Warrior "Miami Finals" Top competitors face the finals course. (N) (DVS)				Newschannel 5 Nightcast	(:34) The Tonight Show Starring Jimmy Fallon (N)	
CBMT 6	206	301	CBC News: Montreal (N)	Coronation Street (N)	Rick Mercer Report	Just for Laughs: Gags	Murdoch Mysteries Murdoch faces his fears.		Secrets & Lies Ben grows desperate to clear his name.		The National (N)		CBC News: Montreal	Stroumboulopoulos	Commonwealth
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Sucré salé (N) (SC)	LOL :-) (SC)	Tranches de vie (SC)	Juste pour rire "Juste pour Laval" (Partie 2 de 2) (SC)		On connaît la chanson "ADO" (SC)		TVA nouvelles (N)	(:35) Sucré salé (N) (SC)	(:05) ★★ "Conte au coeur de l'Arctique" (2007) Narrated by Queen Latifah. (SC)		
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune	Jeopardy! (N)	The Bachelorette (Season Finale) Andi faces a decision. (N)				(:01) The Bachelorette Andi discusses her decision. (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live	
CKSH 9	108	-	Le Téléjournal/Estrie	TJ-Grand Mtl	Squelettes-plac.	Les Parent (SC)	Les chefs! La revanche Hot-dog gastronomique. (N)		Pénélope McQuade (N) (SC)		Le Téléjournal (N) (SC)	(:45) Cap sur l'été (SC)		(:45) Dre Grey, leçons d'anatomie (SC)	
CKMI 11	-	-	Evening News (N)	Global National (N)	ET Canada	Entertainment Tonight (N)	Running Wild With Bear Grylls "Zac Efron"		Hotel Hell The Hotel Monticello in Longview, Wash. (N)		Under the Dome Julia takes over as the town's leader. (N)		News Final (N)	ET Canada	The Test
CFCF 12	205	312	CTV News (N)		etalk-Music	The Big Bang Theory	MasterChef The cooks prepare romantic dinners. (N)		The Listener The murder of a billionaire. (N)		Criminal Minds (DVS)		News-Lisa	CTV News (N)	Daily Show/ Jon Stewart
WVNY 22	-	-	ABC 22 News (N)	ABC World News	ABC 22 News (N)	Inside Edition (N)	The Bachelorette (Season Finale) Andi faces a decision. (N)				(:01) The Bachelorette Andi discusses her decision. (N)		ABC 22 News (N)	(:35) Jimmy Kimmel Live	
WUTV 30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Two and a Half Men	MasterChef The cooks prepare romantic dinners. (N)		Hotel Hell The Hotel Monticello in Longview, Wash. (N)		2 on Your Side at 10 (N)	Two and a Half Men	The Simpsons	How I Met Your Mother	The Middle
CFKS 31	106	726	Atomes crochus (SC)	Souper parfait	Et si? (SC)	Ça va brasser (N)	CSI: NY La belle quarterback a été assassinée. (SC)		Le mentaliste L'équipe enquête sur un double meurtre.		Brassard en direct	Un gars le soir (SC)	Opération séduction (SC)	L'instant gagnant (N)	
WUHF	-	363	Modern Family	Modern Family "My Hero"	The Big Bang Theory	The Big Bang Theory	MasterChef The cooks prepare romantic dinners. (N)		Hotel Hell The Hotel Monticello in Longview, Wash. (N)		13WHAM News at 10 on Fox Rochester (N)		The Arsenio Hall Show		Seinfeld "The Tape"
WETK	-	-	Martha Speaks	WordGirl (DVS)	Arthur (EI) (DVS)	Wild Kratts (EI)	John Glenn: A Life of Service		Rocket Men First 50 years of NASA missions.			(:33) Hawking Stephen Hawking's rise to fame.		Bold Visions: Women	PBS News-Hour (N)
WCFE	-	-	RTE News: Six One (N)	South Asia Newsline (N)	The Debate (N) (EI)		RT News (N) (EI)	Newsline (N) (EI)	Don Matteo (N)		Don Matteo (N)		Biz Asia America (N)		Don Matteo
A&E	615	520	The First 48 A man is killed while being robbed.		Criminal Minds Rossi revisits a 25-year-old case.		Criminal Minds Killer targets families in the Midwest.		Criminal Minds A killer who strikes before Halloween.		Longmire Branch's behavior causes concern. (N)		(:02) Longmire Branch's behavior causes concern.		(12:01) Criminal Minds
BRAVO	620	523	The Listener Toby disturbs a crime scene. (DVS)		Flashpoint Team One faces a serial robber.		Blue Bloods Danny faces a dilemma over a gun.		Cold Justice The team gives updates on past cases. (N)		Murder in the First (N)		The Listener Toby disturbs a crime scene. (DVS)		Criminal Minds
CNN	500	500	Situation Rm	Crossfire (N)	Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Morgan Spurlock Inside Man		CNN Tonight (N)		Anderson Cooper 360		Inside Man
DISC	520	505	How It's Made	How It's Made	Canada's Worst Driver Ever (DVS)		How It's Made (N)	How It's Made (N)	Game of Stones Gem Guys trek the foothills of Turkey.		Auction Kings	Auction Kings	How It's Made	How It's Made	Game of Stones
HIST	522	506	Finding the Fallen A desperate act of bravery.		Breathing Fire: Secret Weapon of the Somme A search for a giant flamethrower lost at the battle site of the Somme.				★★★ "War Horse" (2011, Historical Drama) Emily Watson, David Thewlis, Jeremy Irvine. A horse sees joy and sorrow during World War I.						Pawn Stars "I Herd That"
RDI	126	730	Le National (SC)	RDI économie (SC)	24/60 (SC)		1000 jours pour la planète		Le Téléjournal (SC)		Le National	RDI économie (SC)	24/60 (SC)		Planète
SHOW	616	521	Rookie Blue Protecting an informant from a gang.		Continuum Kiera has found her way home. (DVS)		"Goodnight for Justice: The Measure of a Man" (2012, Western) Luke Perry, Cameron Bright, Teach Grant.				Mrs Brown's Boys	(:45) Mrs Brown's Boys "SuperMammy"		Working the Engels	NCIS "Dead Man Walking"
SLICE	601	562	Til Debt Do Us Part	Til Debt Do Us Part	Property Virgins "Mark"	Property Virgins	Secret Millionaire Self-made millionaire Jeff Usner.		Friends (DVS)	Friends (DVS)	The Real Housewives of New York City (N)		Til Debt Do Us Part	Til Debt Do Us Part	Friends (DVS)
SPIKE	628	584	(5:00) ★★ "Couples Retreat" (2009) Vince Vaughn. Four couples endure therapy sessions at a tropical resort.				★★ "Couples Retreat" (2009, Comedy) Vince Vaughn, Jason Bateman, Jon Favreau. Four couples endure therapy sessions at a tropical resort.						★★ "Couples Retreat" (2009, Comedy) Vince Vaughn, Jason Bateman.		
TLC	521	560	Extreme Couponing	Extreme Couponing	Undercover Boss Rollins, Inc., President John Wilson.		Undercover Boss "Oriental Trading Company"		Undercover Boss The president of Roto-Rooter.		Undercover Boss "Modell's Sporting Goods"		Undercover Boss Rollins, Inc., President John Wilson.		Undercover Boss
TSN	400	400	SportsCentre (N) (Live)		That's Hockey! (N)	Pardon the Interruption	30 for 30				SportsCentre (N) (Live)			Best Of Off the Record	World Series of Poker
YOUTH	551	542	Sam & Cat	Every Witch	The Next Star	Undercover	Just Kidding	Laughs: Gags	"Nicky Deuce" (2013)		That's-Weird	Mr. Young	My Babysitter	Haunting	Beverly

TUESDAY EVENING — JULY 29, 2014

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News/Pelley	Entertainment Tonight (N)	NCIS A controversial crime scene. (DVS)		NCIS: Los Angeles A suspected war criminal.		(:01) Person of Interest "Liberty"		Channel 3 News	(:35) Late Show With David Letterman (N)	
WPTZ 5	-	-	NewsChannel 5 at 6PM (N)	NBC Nightly News (N)	Jeopardy! (N)	Wheel of Fortune	Food Fighters A home chef competes against Cat Cora.		America's Got Talent "Quarter Finals 1" Twelve of the top 48 acts perform. (N)				Newschannel 5 Nightcast	(:34) The Tonight Show Starring Jimmy Fallon (N)	
CBMT 6	206	301	CBC News: Montreal (N)	Coronation Street (N)	Rick Mercer Report	Just for Laughs: Gags	Rick Mercer Report	22 Minutes	Arctic Air Krista and Tag's relationship is tested.		The National (N)		CBC News: Montreal	Stroumboulopoulos	Commonwealth
CHLT 7	107	718	(5:56) TVA nouvelles (N)	Sucré salé (N) (SC)	Les gags (N) (SC)	Rock et Roland (SC)	Chicago Fire: Caserne 51 "Le bar d'Hermann" (SC)		Esprits criminels "L'effet Pygmalion" (DVS) (SC)		TVA nouvelles (N)	(:35) Sucré salé (SC)	(:05) "Océan noir 2: La Dérive" (2006) Susan May Pratt, Richard Speight Jr. (SC)		
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune	Jeopardy! (N)	Extreme Weight Loss "Cassie" A 39-year-old woman works to get fit. (N)				Celebrity Wife Swap D.J. Paul and Plaxico Burress.		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live	
CKSH 9	108	-	Le Téléjournal/Estrie	TJ-Grand Mtl	Squelettes-plac.	Monde-parlait	Vengeance Nolan tente de retrouver Padma. (N) (SC)		Pénélope McQuade (N) (SC)		Le Téléjournal (N) (SC)	(:45) Cap sur l'été (SC)		(:45) Dre Grey, leçons d'anatomie "Jouer gros" (SC)	
CKMI 11	-	-	(5:59) Evening News (N)	Global National (N)	ET Canada	Entertainment Tonight (N)	NCIS A controversial crime scene. (DVS)		NCIS: Los Angeles A suspected war criminal.		(:01) Remedy First day on the job; A new connection.		News Final	ET Canada	The Test
CFCF 12	205	312	CTV News (N)		etalk-Fashion	The Big Bang Theory	Anger Management	The Goldbergs	The Amazing Race Canada (N) (DVS)		(:01) Person of Interest "Liberty"		News-Lisa	CTV News (N)	Daily Show/ Jon Stewart
WVNY 22	-	-	ABC 22 News (N)	ABC World News	ABC 22 News (N)	Inside Edition (N)	Extreme Weight Loss "Cassie" A 39-year-old woman works to get fit. (N)				Celebrity Wife Swap D.J. Paul and Plaxico Burress.		ABC 22 News (N)	(:35) Jimmy Kimmel Live	
WUTV 30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Two and a Half Men	Family Guy (DVS)	Brooklyn Nine-Nine	New Girl "Exes"	The Mindy Project	2 on Your Side at 10 (N)	Two and a Half Men	The Simpsons	How I Met Your Mother	The Middle
CFKS 31	106	726	Atomes crochus (SC)	Souper parfait	Taxi payant (SC)	Par-dessus le marché (SC)	CSI: Miami Un homme périt dans un incendie.		NCIS: Los Angeles Kensi est mise en détention.		Brassard en direct	Un gars le soir (SC)	Opération séduction (SC)	L'instant gagnant (N)	
WUHF	-	363	Modern Family	Modern Family	The Big Bang Theory	The Big Bang Theory	Family Guy (DVS)	Brooklyn Nine-Nine	New Girl "Exes"	The Mindy Project	13WHAM News at 10 on Fox Rochester (N)		The Arsenio Hall Show		Seinfeld "The Nose Job"
WETK	-	-	Martha Speaks	WordGirl (DVS)	Arthur (EI) (DVS)	Wild Kratts (EI)	The Café	Hebburn	Moone Boy	(:26) Moone Boy	POV Earthquake survivors of Beichuan, China.		Japanese American Lives		PBS News-Hour (N)
WCFE	-	-	RTE News: Six One (N)	South Asia Newsline (N)	The Debate (N) (EI)		RT News (N) (EI)	Newsline (N) (EI)	Nicolas le Floch "The Phantom of the Rue Royale" Girl strangled to death.				Biz Asia America (N)		Nicolas le Floch
A&E	615	520	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Shipping Wars (N)	(:31) Shipping Wars (N)	(:02) Storage Wars	(:32) Storage Wars	(12:01) Storage Wars
BRAVO	620	523	The Listener A patient may be linked to Toby's past.		Flashpoint The team investigates a kidnapping.		Blue Bloods Danny reopens a closed case.		Saving Hope "Vamonos" Alex puts a surgery on hold.		Perception "Bolero" A gallery owner dies. (N)		The Listener A patient may be linked to Toby's past.		Criminal Minds
CNN	500	500	Situation Rm	Crossfire (N)	Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		CNN Special Report (N)		CNN Tonight (N)		Anderson Cooper 360		Spec'l Report
DISC	520	505	How It's Made	How It's Made	Mighty Ships "Ibn Battuta" (DVS)		Ice Cold Gold Time and patience is running out. (N)		Deadliest Catch: On Deck (N)		Deadliest Catch Sig orders a classic Northwestern grind.		Game of Stones Gem Guys trek the foothills of Turkey.		Deadliest Catch
HIST	522	506	Canadian Pickers "Yukon Bound" (DVS)		Restoration Garage Alex's ego takes a hit.		Counting Cars	Counting Cars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Yukon Gold Snow threatens to bury Ken's pay dirt.		Pawn Stars
RDI	126	730	Le National (SC)	RDI économie (SC)	24/60 (SC)		Grands reportages (SC)		Le Téléjournal (SC)		Le National	RDI économie (SC)	24/60 (SC)		Grands reportages
SHOW	616	521	Rookie Blue Andy and Swarek track a kidnapper.		Continuum Murder victims begin showing up.		"Committed" (2011) Andrea Roth, Richard Burgi. Celeste discovers her superior has committed her.				Rookie Blue Andy and Nick share an intimate moment.		Lost Girl "Destiny's Child" Bo fights to get answers.		NCIS "Iceman"
SLICE	601	562	Til Debt Do Us Part	Til Debt Do Us Part	Property Virgins	Property Virgins	Secret Millionaire Entrepreneur Debbie Johnston.		Friends (DVS)	Friends (DVS)	The Real Housewives of Orange County "Point 'Break'"		Til Debt Do Us Part	Til Debt Do Us Part	Friends (DVS)
SPIKE	628	584	Cops "In Denial"	Jail	Cops	Cops	Cops "Coast to Coast"	Cops "Coast to Coast"	Cops	Cops	Cops	Cops	Cops	Jail	Jail
TLC	521	560	Extreme Couponing: Holiday Hauls		Extreme Couponing		Next Great Baker "Nightmare on Baker Street"		Next Great Baker A life size cake of Theresa Caputo. (N)		Buddy's Bakery Rescue "Not Jus' Donuts" (N)		Next Great Baker A life size cake of Theresa Caputo.		Buddy's Bakery Rescue
TSN	400	400	SportsCentre (N) (Live)		Horse Racing Prince of Wale's Stakes. (N)		Boxing Terence Crawford vs. Yuriorkis Gamboa. (Taped)				SportsCentre (N) (Live)			Best Of Off the Record	Motoring 2014
YOUTH	551	542	Assembly	Every Witch	Cook'd (N)	Undercover	Just Kidding	Laughs: Gags	"Cyberbully" (2011) Emily Osment, Kelly Rowan.				My Babysitter	Haunting	Derby Stallion

Your week on TV

WEDNESDAY EVENING — JULY 30, 2014

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News/Pelley	Entertainment Tonight (N)	Big Brother House guests vie for the power of veto. (N)		Extant "Shelter" Sparks tries to quarantine Molly. (N)		Criminal Minds Zeroing in on a ritualistic killer.		Channel 3 News	(:35) Late Show With David Letterman (N)	
WPTZ 5	-	-	NewsChannel 5 at 6PM (N)	NBC Nightly News (N)	Jeopardy! (N)	Wheel of Fortune	America's Got Talent "Cut-down" (N)		America's Got Talent "Results" (N) (Live)		(:01) Taxi Brooklyn A stalker's wife is found dead. (N)		Newschannel 5 Nightcast	(:34) The Tonight Show Starring Jimmy Fallon (N)	
CBMT 6	206	301	CBC News: Montreal (N)	Coronation Street (N)	Rick Mercer Report	Just for Laughs: Gags	Dragons' Den A Dragon gets whipped into shape.		Republic of Doyle Jake, Mal and Des discover a murder.		The National (N)		CBC News: Montreal	Stroumboulopoulos	Commonwealth
CHLT 7	107	718	(5:56) TVA nouvelles (N)	Sucré salé (N) (SC)	Les gags (SC)	Caméra Café (SC)	★★★ "Des gars modèles" (2008) Seann William Scott. Deux hommes doivent aider des garçons impressionnables.				TVA nouvelles (N)	(:35) Sucré salé (SC)	(:05) The Last Templar Un archéologue enquête sur les secrets des Templiers. (N)		
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune	Jeopardy! (N)	The Middle "The 100th"	The Goldbergs	Modern Family	(:31) The Middle	Motive A man trampled by his horse. (N) (DVS)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live	
CKSH 9	108	-	Le Téléjournal/Estrie	TJ-Grand Mtl	Squelettes-plac.	L'épicerie (N) (SC)	La petite séduction (N) (SC)		Pénélope McQuade (N) (SC)		Le Téléjournal (N) (SC)	(:45) Cap sur l'été (SC)		(:45) Dre Grey, leçons d'anatomie (SC)	
CKMI 11	-	-	(5:59) Evening News (N)	Global National (N)	ET Canada	Entertainment Tonight (N)	Big Brother House guests vie for the power of veto. (N)		Extant "Shelter" Sparks tries to quarantine Molly. (N)		Rookie Blue "Fragments" (DVS)		News Final (N)	ET Canada	The Test
CFCF 12	205	312	CTV News (N)		etalk: The Best So Far	The Big Bang Theory	So You Think You Can Dance "Top 14 Perform & Eliminations" The hopefuls perform; eliminations. (N) (Live)				Motive A man trampled by his horse. (DVS)		News-Lisa	CTV News (N)	Daily Show/ Jon Stewart
WVNY 22	-	-	ABC 22 News (N)	ABC World News	ABC 22 News (N)	Inside Edition (N)	The Middle "The 100th"	The Goldbergs	Modern Family	(:31) The Middle	Motive A man trampled by his horse. (N) (DVS)		ABC 22 News (N)	(:35) Jimmy Kimmel Live	
WUTV 30	-	-	The Big Bang Theory	Judge Judy "Store Rage!"	Judge Judy	Two and a Half Men	So You Think You Can Dance "Top 14 Perform & Eliminations" The hopefuls perform; eliminations. (N) (Live)				2 on Your Side at 10 (N)	Two and a Half Men	The Simpsons	How I Met Your Mother	The Middle
CFKS 31	106	726	Atomes crochus (SC)	Souper parfait	Les prix Juneau (N)	Apollo dans l'frigo (SC)	Personne d'intérêt "Le bouc émissaire" (SC)		Mémoire sous enquête Une enquête devient dangereuse.		Brassard en direct	Un gars le soir (SC)	Opération séduction (SC)	L'instant gagnant (N)	
WUHF	-	363	Modern Family	Modern Family	The Big Bang Theory	The Big Bang Theory	So You Think You Can Dance "Top 14 Perform & Eliminations" The hopefuls perform; eliminations. (N) (Live)				13WHAM News at 10 on Fox Rochester (N)		The Arsenio Hall Show		Seinfeld
WETK	-	-	Martha Speaks	WordGirl (DVS)	Arthur (EI) (DVS)	Wild Kratts "Aqua Frog"	Last Tango in Halifax Celia introduces Alan to her sister.		Inspector Morse Art-theft victim dies mysteriously.		Scott & Bailey Mother who has been brutally raped.		Extraordinary Women "Madame Chiang Kai-Shek"		PBS NewsHour (N)
WCFE	-	-	RTE News: Six One (N)	South Asia Newsline (N)	The Debate (N) (EI)		RT News (N) (EI)	Newsline (N) (EI)	Nicolas le Floch "The Nicolas Le Floch Affair" Nicolas Le Floch suspected of a crime.				Biz Asia America (N)		Nicolas le Floch
A&E	615	520	Duck Dynasty	Big Smo "The Grambler"	Duck Dynasty Surprise wedding for Phil and Kay.		Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty "De-Bug Life"	Duck Dynasty (N)	(:38) Big Smo (N)	(:08) Big Smo "Smitney"	(:35) Duck Dynasty	(12:01) Duck Dynasty
BRAVO	620	523	The Listener Toby helps a woman regain her memory.		Flashpoint The team deals with a member's secret.		Blue Bloods Danny and Jackie protect a witness.		Suits (N)		Graceland (N)		The Listener Toby helps a woman regain her memory.		Criminal Minds
CNN	500	500	Situation Rm	Crossfire (N)	Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Anthony Bourdain Parts		CNN Tonight (N)		Anderson Cooper 360		Anthony
DISC	520	505	How It's Made	How It's Made	Don't Drive Here "Ulaan Bataar" (DVS)		Fool's Gold (DVS)	Fool's Gold (DVS)	Deadliest Catch Sig orders a classic Northwestern grind.		Naked and Afraid "Jungle Love" Nicaraguan rain forest.		Overhaulin' A U.S. Air Force veteran's classic car.		Fool's Gold (DVS)
HIST	522	506	Canadian Pickers "Bad to the Bone"		Pawn Stars	Pawn Stars	American Restoration	American Restoration	Pawn Stars "Stuff It"	Pawn Stars	Miracles Decoded Visiting heaven; curing disease.		Yukon Gold An employee keeps breaking equipment.		Pawn Stars "Stuff It"
RDI	126	730	Le National (SC)	RDI économie (SC)	24/60 (SC)		Grands reportages "Mourir pour varsovie" (SC)		Le Téléjournal (SC)		Le National	RDI économie (SC)	24/60 (SC)		Grands reportages
SHOW	616	521	Rookie Blue A challenging training exercise.		Continuum "Matter of Time" A scientist is murdered.		Lost Girl "Destiny's Child" Bo fights to get answers.		Remedy An awkward dinner and a revelation.		★★ "Rush Hour 2" (2001, Action) Jackie Chan. Detectives battle a Hong Kong gangster and his henchmen.				NCIS "Cover Story"
SLICE	601	562	Til Debt Do Us Part	Til Debt Do Us Part	Property Virgins	Property Virgins	Secret Millionaire Jay Deutsch travels to Pheonix.		Dance Moms A new girl tries out for Abby's team.		Dance Moms Christi considers home school for Chloe.		Til Debt Do Us Part	Til Debt Do Us Part	Dance Moms
SPIKE	628	584	Cops	Jail	Cops "Seattle/ Tacoma"	Cops High-speed chase.	Cops "Coast to Coast"	Cops	Cops "Seattle-Tacoma"	Cops Screams.	Cops	Cops	Cops	Cops	★★★ "Die Hard" (1988)
TLC	521	560	Undercover Boss Tilted Kilt President Ron Lynch.		Undercover Boss Paul Damico goes under cover.		Who Do You Think You Are? "Lisa Kudrow"		Who Do You Think You Are? "Jesse Tyler Ferguson" (N)		Who Do You Think You Are? "Rob Lowe"		Who Do You Think You Are? "Jesse Tyler Ferguson"		Who Do You
TSN	400	400	SportsCentre (N) (Live)		That's Hockey! (N)	World Series of Poker Big One for One Drop. (N)	MLS Soccer Vancouver Whitecaps FC at Chicago Fire. From Toyota Park in Bridgeview, Ill. (N) (Live)				SportsCentre				The Amazing Race Canada
YOUTH	551	542	Hathaways	Every Witch	Japanizi	Cache Craze	Just Kidding	Laughs: Gags	"Radio Rebel" (2012) Debby Ryan, Sarena Parmar.				My Babysitter	Haunting	Fat Albert

THURSDAY EVENING — JULY 31, 2014

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News/Pelley	Entertainment Tonight (N)	The Big Bang Theory	(:31) The Millers	(:01) Big Brother (N) (Live)		Elementary A former assassin is killed.		Channel 3 News	(:35) Late Show With David Letterman (N)	
WPTZ 5	-	-	NewsChannel 5 at 6PM (N)	NBC Nightly News (N)	Jeopardy! (N)	Wheel of Fortune	Hollywood Game Night		Welcome to Sweden (N)	Working the Engels (N)	Last Comic Standing "Finals - Top 5 to 4" (N)		Newschannel 5 Nightcast	(:34) The Tonight Show Starring Jimmy Fallon	
CBMT 6	206	301	CBC News: Montreal (N)	Coronation Street (N)	Rick Mercer Report	Just for Laughs: Gags	The Nature of Things Part wolf, part coyote.		Doc Zone A modern view of a 200-year-old war.		The National (N)		CBC News: Montreal	Stroumboulopoulos	Commonwealth
CHLT 7	107	718	(5:56) TVA nouvelles (N)	Sucré salé (N) (SC)	Vlog Inv.: Réal Béland.	Un sur 2 (SC)	★★ "StreetDance" (2010) Nichola Burley, Richard Winsor. Deux groupes doivent apprendre à travailler ensemble. (SC)				TVA nouvelles (N)	(:35) Sucré salé (SC)	(:05) Le Dernier Templier Un archéologue enquête sur les secrets des Templiers. (N)		
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune	Jeopardy! (N)	The Quest Players rely on their skills.		Rookie Blue Duncan reveals new evidence. (N)		NY Med (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live	
CKSH 9	108	-	Le Téléjournal/Estrie	Sortir	Squelettes-plac.	Un gars, une fille (SC)	Les Boys "L'Arnaque"	Les Boys (SC)	Pénélope McQuade (N) (SC)		Le Téléjournal (N) (SC)	(:45) Cap sur l'été (SC)		(:45) Les Soprano "Amours interdites" (SC)	
CKMI 11	-	-	(5:59) Evening News (N)	Global National (N)	ET Canada	Entertainment Tonight (N)	Working the Engels	(:31) The Millers	(:01) Big Brother (N) (Live)		Elementary A former assassin is killed.		News Final (N)	ET Canada	The Test
CFCF 12	205	312	CTV News (N)		etalk Presents	The Big Bang Theory	The Big Bang Theory	(:31) Two and a Half Men	Gang Related Jessica makes a shocking discovery. (N)		19-2 "Islands" A member of the squad is assaulted.		News-Lisa	CTV News (N)	Daily Show/ Jon Stewart
WVNY 22	-	-	ABC 22 News (N)	ABC World News	ABC 22 News (N)	Inside Edition (N)	The Quest Players rely on their skills.		Rookie Blue Duncan reveals new evidence. (N)		NY Med (N)		ABC 22 News (N)	(:35) Jimmy Kimmel Live	
WUTV 30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Two and a Half Men	Sleepy Hollow Ichabod Crane ends up in the future.		Gang Related Jessica makes a shocking discovery. (N)		2 on Your Side at 10 (N)	Two and a Half Men	The Simpsons	How I Met Your Mother	The Middle
CFKS 31	106	726	Atomes crochus (SC)	Souper parfait	Price Is Right: À vous de jouer! (SC)		Rire et délire (SC)		Pan Am Un agent double russe. (SC)		Brassard en direct	Un gars le soir (SC)	Opération séduction (SC)	L'instant gagnant	
WUHF	-	363	Modern Family	Modern Family "Pilot"	The Big Bang Theory	The Big Bang Theory	Sleepy Hollow Ichabod Crane ends up in the future.		Gang Related Jessica makes a shocking discovery. (N)		13WHAM News at 10 on Fox Rochester (N)		The Arsenio Hall Show		Seinfeld "The Red Dot"
WETK	-	-	Martha Speaks	WordGirl The Learnerer.	Arthur (EI) (DVS)	Wild Kratts (EI)	Market Warriors Unique lighting.		Austin City Limits "Phoenix" French band Phoenix.		Live From the Artists Den "Tim McGraw"		Roadtrip Nation	Film School Shorts	PBS NewsHour (N)
WCFE	-	-	RTE News: Six One (N)	South Asia Newsline (N)	The Debate (N) (EI)		RT News (N) (EI)	Newsline (N) (EI)	Frank Riva "The Man From Nowhere" (N)				Biz Asia America (N)		Frank Riva
A&E	615	520	The First 48 A homeless man is murdered.		The First 48 A good Samaritan is gunned down.		The First 48 Detectives investigate a murder.		After the First 48 Homicide suspects turn on each other.		(:01) Beyond Scared Straight (Season Finale) (N)		(:02) The First 48 A shooting victim is found in an alley.		(12:01) The First 48
BRAVO	620	523	The Listener McCluskey recruits Toby on a case.		Flashpoint The team gains a new recruit. (DVS)		Blue Bloods An investor dies suspiciously.		Rush (N)		Missing Brooke tries to stop an execution.		The Listener McCluskey recruits Toby on a case.		Criminal Minds
CNN	500	500	Situation Rm	Crossfire (N)	Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		The Sixties "1968" (N)		The Sixties "1968"		Anderson Cooper 360		The Sixties
DISC	520	505	How It's Made	How It's Made	How It's Made	How It's Made	Dallas Car Sharks (N)	Dallas Car Sharks (N)	Overhaulin' Top 10 Chip and Chris recall favorite episodes.		Overhaulin' Top 10 Chip and Chris recall favorite episodes.		How-Made	How-Made	Dallas Car Sharks
HIST	522	506	Canadian Pickers A barbershop honors a hockey team.		Miracles Decoded Visiting heaven; curing disease.		Ancient Aliens "The Einstein Factor"		Pawn Stars	Pawn Stars	American Pickers Mike and Frank head to Sicily.		Yukon Gold A crew member's dismissal.		Pawn Stars
RDI	126	730	Le National (SC)	RDI économie (SC)	24/60 (SC)		Grands reportages (SC)		Le Téléjournal (SC)		Le National	RDI économie (SC)	24/60 (SC)		Grands reportages
SHOW	616	521	Rookie Blue A vigilante steals Gail's uniform.		Continuum Kiera must protect her grandmother.		Vikings "Unforgiven" King Horik returns to Kattegat.		Vikings "Blood Eagle" Ragnar and King Horik clash.		Defiance "If You Could See Her Through My Eyes" (N)		Strike Back Stonebridge and Crawford find Clare.		NCIS A blind photographer.
SLICE	601	562	Til Debt Do Us Part	Til Debt Do Us Part	Property Virgins	Property Virgins	Secret Millionaire Wing Lam travels to Mobile, Ala.		The Millionaire Matchmaker		The Undateables A look back on previous guests.		Til Debt Do Us Part	Til Debt Do Us Part	Matchmaker
SPIKE	628	584	Cops	Jail The jails of Las Vegas.	Cops In Albuquerque.	Cops	Cops "In Denial No. 3"	Cops	iMPACT Wrestling (N)				Comic-Con All Access (N)		Cops "Street Patrol No. 2"
TLC	521	560	Extreme Couponing	Extreme Couponing	Leah Remini: It's All Rela	Leah Remini: It's All Rela	Here Comes Honey	Here Comes Honey	Here Comes Honey	Here Comes Honey	Leah Remini: It's All Rela	Leah Remini: It's All Rela	Here Comes Honey	Here Comes Honey	Leah Remini: It's All Rela
TSN	400	400	SportsCentre (N) (Live)		CFL Football Winnipeg Blue Bombers at Hamilton Tiger-Cats. From Alumni Stadium in Guelph, Ontario. (N) (Live)						SportsCentre (N) (Live)			Best Of Off the Record	NASCAR Racing
YOUTH	551	542	Thundermans	Every Witch	Mr. Young "Mr. Finale"		Just Kidding	Laughs: Gags	★★★ "Harriet the Spy: Blog Wars" (2010) Jennifer Stone.				My Babysitter	Haunting	Daddy Day

STOP! TV

CONT'D FROM PAGE 8

The Price of Privilege. "This notion that children are supposed to be good at absolutely everything they do is so unbelievably wrong, and not only wrong, but damaging.

"The pressure has manifested itself in a dramatic rise in teen mental health problems, increased incidences of cheating and a pervading stress that characterizes the lives of many students," says Denise Pope, a lecturer and director of SOS (Stressed-Out Students).

"In addition to causing psychological stress, the fixation on achievement is impeding the process of true education," says Maureen Powers, dean of students at Stanford. "If all you've done is filled your pail with a bunch of A's and a bunch of titles, and you haven't had a passion for genuine learning, you will have people who have very high grades but who are not up to the job."

We all know about the graduation speeches by successful people stressing individuality and confidence in oneself. The great Oscar Wilde once said, "Be yourself — everybody else is already taken." But we can also become obsessed with "being yourself."

"Nobody who has ever achieved anything impressive or made an outstanding contribution to anything," states Tomas Chamorro-Premuzic, Ph.D. — Professor of Business Psychology at UCL and NYU, "has managed to do so without a certain level of obsessiveness. You can be a gifted musician...but unless you work on both your strengths and weaknesses you will end up being a wasted talent at worst, or an underachiever at best."

What about the thousands of talented musicians who have had the so-called "healthy obsession" with their career choices and worked hard on their strengths and weaknesses only to find themselves earning a living in an unrelated field? Do they qualify as wasted talent or underachievers?

Maybe as a society we should stop believing success to be a given just because we've done our homework and think of it as something attainable when the timing is right. Luck is a big part of being successful. Plainly put: there are no guarantees.

In the weeks ahead, STOP! will be featuring Pascal Gauthier, a tenor from Waterloo with a healthy obsession, we hope, in his field of study. Our TV crew was lucky enough to capture his performance in Granby last May. We'll let you decide if he is wasting his talent or underachieving.

To watch the latest STOP! show please follow this link: youtube.com/mauricesify. For people in the Brome Missisquoi and Shefford regions you can catch the show on Videotron's MAtv community cable TV, channel 9.

Good Reads

CONT'D FROM PAGE 9

Even now, when the stepmom writes begging for a reconciliation, before her father's Alzheimer's completely destroys his mind, Rebecca refuses.

"She urged me to make peace with him while I could. I responded that I felt no animosity about the situation. It simply was what it was. She asked if there was anything she could do to convince me to come before it was too late. I admitted, quite frankly, that I didn't think so."

In fact Rebecca's anger, her bitterness about her father's perceived lack of love, remain. The insecurity has worn its way into her marriage.

Suddenly, from a few cities over, Dallas police call, telling her her stepmother's had a stroke and cannot move; her mentally disabled stepbrother and her non compos mentis father are home alone, living in filth.

Rebecca feels obliged to go, and is shocked at the squalor. Her happily middle-class father appears to have no money and no help. Her stepmother can't speak, much less offer any assistance, nor even any information.

The chapters in A Month Of Summer alternate narrators, from Rebecca to the mute stepmother, who struggles daily with her own unresponsive body and her worry – about Rebecca's presence, about her disabled son, about her husband's care. Rebecca, in turn, finds herself trapped with a senior she hates, who's suffering from dementia, and a half-brother who can't do much more than dress himself and make peanut butter sandwiches to feed himself, morning, noon and night.

Change is difficult for all of the people in this complex family.

Nadine Gordimer

Nadine Gordimer died this month, aged 90. Born in South Africa to European immigrants, Gordimer was a moral voice condemning apartheid. Three of her novels were banned (A World of Strangers, Burger's Daughter, and July's People). As the Guardian notes, she "was awarded the Nobel prize for literature in 1991 for novels and short stories that reflected the drama of human life and emotion in a society warped by decades of white-minority rule.

"Many of her stories dealt with the themes of love, hate and friendship under the pressures of the racially segregated system that ended in 1994, when Nelson Mandela became South Africa's first black president.

"She was called one of the great 'guerrillas of the imagination' by the poet Seamus Heaney, and a 'magnificent epic writer' by the Nobel committee."

Book Ends

The 2014 TD Summer Reading Club Program is running to August 7, for young people aged 5 to 12, in both English (Wednesday afternoons from 1 to 3) and French (Thursday afternoons, same time). Each workshop is filled with reading, crafts and activities. Space is limited, registration is required.

If you're housebound, we can bring books to you through Books on Wheels. We also have large-print books and audio books, plus an Easy Reads section. We also have sections for Young Adult novels and graphic novels, plus children's non-fiction and fiction (filed by suggested age). Inter-library loans and ebook rentals are now available! Library membership is free for residents of Sherbrooke.

What's On

MUSIC

July 26 & 27

North Hatley - Massawippi Music Festival, Dreamland Park, North Hatley. Free, all welcome! For more information visit www.northhatleyrec.com/concerts. Wesli - Reggae / World Beat, Saturday, **July 26, 7 p.m. to 9 p.m. Hatley Baroque Quartet, Sunday, July 27, noon to 1 p.m.**

July 27

St. Luke's Choir will present an evening of inspirational music at St. James Anglican Church Foster, 725 Lakeside, on Sunday July 27 at 7 p.m. Join us to listen to a full program of music and to join in on some of the hymns. Refreshments after in the hall. Information Richard or Kate 450-539-1123

EVENTS

Wed., Friday, Saturday & Sunday

The Royal Canadian Legion, Branch #10, 971 Galt St. East, Sherbrooke hold the following events every week. **Wednesday:** Bean Bag Toss fun afternoon at 1:30 p.m. **Friday:** Suppers at 5 p.m., Fun Darts at 7 p.m. **Saturday:** Dances at 8:30 p.m. **Sunday:** Dances at 1:30 p.m. **Come out and support the Legion.** Info: 819-563-4944.

July 25

Ives Hill Dance, Friday Night, The Country Swingers, 8 p.m. to Midnight. Admission $8.00 at the door. Ron Dave, Art and Willie

July 25

MacAulay Crooks Duo live on the patio. Friday July 25 at the Lion Pub and Brewery, at the lights in Lennoxville. Music starts at **5:00 p.m.**

July 26

Ayer's Cliff Fairgrounds at 7:00 p.m. Saturday July 26. Sidney Aulis will be impersonating Freddy Fender and Elvis. Special guest Steve Aulis. Admission $20.00

July 26

BBQ Fundraiser for Trinity Anglican Church, Iron Hill. Lamb, Turkey, Potatoes, Salads, Rolls and Dessert. Cash Bar (Beer and Wine). Cocktails: 5 p.m. Dinner: 6 p.m. Adults: $20. $25 if picked up at the door. Information: Doug (450)263-2579, Eric (450)263-2589, Winston (450)263-3372, Lena (450)243-6291. 218 Iron Hill Road, **Iron Hill, Quebec.**

July 27

Three Link Fraternity, Princess Rebekah Lodge #4 would like to invite you to our Chicken Pie Supper on Sunday, July 27, 2014 at 4150 Route 147, Waterville (Huntingville). Chicken, sauce, biscuits, the "fixins" and homemade pies for dessert! We will be pleased to serve you from 4:30 p.m. to 6 p.m. We have a family price. Remember, that this is all you can eat! This is a great opportunity to support our community projects. If you would like more information on any of these projects, please come to our supper or contact Princess Rebekah Lodge, IOOF at princess4ioof@yahoo.ca or 819-562-3222. Come on out, have a great meal, and help us help you and your community!

July 27

TRENHOLM UNITED CHURCH Come and join us in worship and fellowship on Sunday, July 27 at 11:00 a.m. Our service will be followed by a BOX-LUNCH PICNIC and fun AUCTION! Auction items usually include home baking, pickles, jams, jellies, household items, and a variety of fun stuff! Have anything to donate? Bring it along! All proceeds go to the church. Refreshments will be provided, just bring your box lunch and a lawn chair!

August 2

The Royal Canadian Legion, Branch #10, 971 Galt St. East, Sherbrooke will be holding a Roast Beef Supper with all the trimmings, dessert and coffee, on **Saturday, August 2 at 6 p.m. For more information call 819-563-4944.**

August 2

Back by popular demand, The Town of Brome Lake First Responders and Firemen's Association will host their 3rd Community BBQ on Saturday August 2, 2014 at 5:00 p.m. at the Brome Fair grounds in Brome. A dance with the band MAC3 will follow supper. Tickets are available at Eureka and the Sears pickup counter in Knowlton or from the Firemen and First Responders. **Cost: adults $15. Children 6-12 $8., 6 and under Free.** Proceeds will benefit both organizations equally. Our Firemen's many projects include watching over children's safety in case of fire and helping our citizens in need. First Responders use their funds to purchase and maintain equipment to better assist citizens in need. See you there in support of these two very needed and much appreciated teams of volunteers in our community.

August 27

This Sunday, July 27, bring "all Creatures Great and Small" to a Pet Blessing at **St-George's Church, Georgeville at 10 a.m.**

August 30

Danville, 136 Grove Street, August 30, 15 Annual Antique Farm Machinery show, antique cars, and Flea Market 9 - 5. Entertainment with Buck Sayers from 3:30 - 5:30 and 7:00 - 9:00 p.m. Steak B.B.Q. 5:30 - 6:30. **Supper & dance $17.00, Dance only $7.00 Reservations: 819-848-1421 or 819-434-1005.** Anyone wishing to make a donation to the silent auction may contact one of the above numbers.

EXHIBITS

until August 31

Uplands is presenting an exhibit by artist SARA PECK COLBY for the summer. The exhibit presenting her "Recent Works" will be on display **until August 31, 2014. Uplands, 9 Speid Street, Sherbrooke (Lennoxville) is open Tuesday to Sunday from 10 a.m. to 4:30 p.m.** Info: (819) 564-0409.

THEATRE

July 24, 25 and 26

Piggery Theatre presents "HARVEST" playing the 24, 25 and 26 of July. Be careful who you rent to! This award winning comedy starring Karen Cromar and Glen Bowser performing multiple characters. It is the story of a couple who rent their farm to a nice young man only to discover that he has transformed it into a marijuana farm. **Tel: 819-842-2431, www.piggery.com**

August 1, 2, 3, 5, 6 & 7

Sunshine Theatre Productions presents: 'Art' by Yasmina Reza, translation by Christopher Hampton on August 1, 2 & 3 and 5, 6 & 7 at 8 p.m. With an accomplished cast of professional actors, Frank Fontaine, Doug Hooper and Ralph Steiner, the comedy 'Art' will be performed at The Lakeview Inn in Knowlton. Tickets can be be reserved in advance by calling 450-538-1055, or purchased at Brome Lake Books and Townshippers' office at the Tennis Club at 584 Knowlton Rd. Tickets cost $25 (with advance purchase, seniors' tickets are $20). A special Pre-Theatre Dinner is available at the Lakeview Inn at 6 p.m., call 450-243-6183 to book your table.

52629
lion
2x35

Local Sports

The QSLL playoffs are set for next weekend. The Extreme will host Game 2 of the league semifinal.

Extreme thump Tomahawks 15-4; playoffs next

Record Staff
SHERBROOKE

The Sherbrooke Extreme closed out its first Quebec Senior Lacrosse League season with a resounding 15-4 victory over the Kahnawake Tomahawks before 111 fans in Fleurimont, Wednesday. It was the fourth straight victory for the Extreme (4-12) over their expansion cousins, who fall to 1-14 with one game remaining.

The Extreme offence was led by a pair of Bishop's Gaiters, as Alex Millin scored five points on three goals and two assists, while Andre Laleune had six points (one goal, five assists). The Extreme also got pairs from Francis Côté, Zach Winquist, Christopher Lacroix, Olivier Damphousse, Alex Hamel and a single from Dave Lapointe.

Lapointe finishes the season as the team's scoring leader, with 24 goals and 46 points in 16 games, while Mathieu Lavoie had 42 points, with nine goals.

For the Tomahawks, three goals came from forward Nick Angus, with the other off the stick of Kossi McComber.

Sherbrooke played young goaltender Sacha Lowry-Gagnon, who stopped 26 of 30 shots he saw. For Kahnawake, Stacey Owen started the game, conceding 10 goals off 36 shots in 31 minutes. Peter Paul played the remaining 29 minutes, allowing five goals on 28 shots.

The game was a physical affair, with 116 penalty minutes doled out, including a number of fights, capped by a tilt between Sam Norton and Jeremiah Bergeron as the final buzzer sounded.

The Tomahawks have one game remaining this year, tonight as they play their reserve-mates, the league-leading Kahnawake Mohawks in Chateauguay. If the Mohawks win, they would face fourth-place Sherbrooke in the first round of the playoffs.

Sherbrooke recognized their players of the year on Wednesday, with offensive honours going to Lapointe, the defensive nod to Winquist and Millin being named rookie of the year.

The QSLL playoffs are set for next weekend, August 1-3. The Extreme will host Game 2 of the best-of-three league semifinal, and announced last night that the game will be held on Saturday, Aug. 2 at 7 p.m. at the Gerard-Couillard Arena in Coaticook.

Coaticook previously hosted a regular-season game on July 11, drawing 318 fans, a regular-season high for the Extreme.

Tickets for the game are available in Coaticook by contacting Shannon Paxton (819-570-7777) or in Sherbrooke by contacting team president Donald Demers (819-829-1515 or donald@promoposte.com).

A sight for sore eyes awaits outdoors if you can just put down the phone

A Runner's Mind

Christine Blanchette

For some in this technologically driven society, it can be difficult to unplug from our smartphones, tablets or desktop computers. I confess to being one of those who texts, emails in public transit, or carries my phone while running.

I am addicted to running, but also to my phone. While I've not yet juggled three oranges while running uphill checking my emails, it sure feels like it. The fact I still haven't fallen arse-over-teakettle while multitasking only indicates my guardian angels are on the ball or I have enough horseshoes.

Being outdoors is good for our physical and mental health and for our eyes as well. It may be difficult to leave the electronic devices at home, but our eyes may be taking a toll by staring daily into the small, smaller or smallest screens.

In an email interview with Dr. Jessica Chan, doctor of optometry at the Mount Pleasant Optometry Clinic in Vancouver, she reveals why it is important to give your eyes a rest.

"There is no doubt that computer usage has increased rapidly through the years. In 2012, Statistics Canada showed that 86 per cent of households in B.C. have access to Internet compared to 79 per cent in 2010.

This percentage is increasing and we are using our gadgets more and more outside of the household and work settings, especially with hand-held devices."

Dr. Chan continued, "Prolonged and continuous activities on a computer or close-up gadget can result in a temporary condition known as 'computer vision syndrome.' The symptoms include eye strain, fatigue, intermittently blurred vision, red eyes, dry eyes and even headaches."

Dr. Chan believes the best treatment for computer vision syndrome is to properly rest the eyes and to refocus at a different distance.

"Any activities that allow our eyes to focus on the far distance are a great break from all the close-up work we have to do. Running is a great example that allows us to take in the environment around us and focus on objects that are further away.

"Computer vision syndrome was just termed within the last eight years by the American Optometric Association. Since computer and smartphone use has increased so much in the past decade, most people do not realize how much effect these gadgets have on their eyes."

Dr. Chan, also a runner, has some advice for those who carry their phones: "Smartphones are amazing devices. When I'm on my runs, the cell phone is my watch, my GPS tracker, and my music player. Carrying your phone on your run is a great idea as long as you are not looking at your phone while you are running."

She went on to note, "Recently, there has been a lot of research into the negative effects of the blue-violet light being emitted by LED lights. This very specific wavelength of blue light has been shown to harmfully affect retinal cells. Computer monitors, tablet screens and phone screens mostly use LED light sources.

"With accumulated exposure to this blue light, there are studies that have shown increased retinal cell damage, which can potentially increase the chances of age-related macular degeneration. Not all blue lights are bad, and there are new lenses with special coatings that specifically block off this particular wavelength of harmful blue light.

"Another way to protect our eyes is to take breaks from our screens. Those who need the most protection from this blue light are people who work prolonged hours in front of computers and those with higher risks for age-related macular degeneration (e.g. if there is a family history)."

Dr. Chan says with computer usage there is a simple rule she calls the 20-20-20 rule. For every 20 minutes of computer use, take at least a 20 second break and try to re-focus on an object 20 feet away. This will help relax the focusing system.

Another tip: Wear sunglasses to help protect you from the sun's ultraviolet rays, even on cloudy days, when running. If you are attached to your gadgets, learn to turn off your phone and unplug yourself before heading for the great outdoors.

www.runwithit.ca
Twitter: @christineruns
You Tube channel: runwithitcb1

Habs avoid arbitration, sign Eller to 4-yr deal

The Canadian Press
MONTREAL

The Montreal Canadiens avoided arbitration with centre Lars Eller, agreeing to terms of a four-year contract with the 25-year-old Thursday that reportedly pays him an average of US$3.5 million a season.

"Now it's up to me to go out and play the best hockey I can," he said by phone from the airport in Toronto, where he was waiting to catch a flight home to Denmark.

"This (Montreal) was the place I want to be. Four years was a term that both sides have been working on for quite some time."

Eller was scheduled to have an arbitration hearing on Friday. He reportedly asked for $3.1 million for next season while the team offered $1.65 million.

"Going to arbitration was really a last resort if all other options failed," he said.

"We are very pleased to have agreed upon a long term agreement with Lars Eller," general manager Marc Bergevin said in a statement. "He is an important part of our group of young veterans.

"He has a tremendous work ethic and a great attitude. He is the type of player you can rely on for his play at both ends of the rink. Lars can play big minutes against the opponents' top players and still be an offensive threat. We are confident he will reach his full potential and become an impact player who will compete at a high level for many years to come."

"Of course it's been a very mixed season for me performance wise. Certainly my playoffs probably helped my situation, there's no doubt about that. But this goes longer than just one playoff. I've been here for four years now. . .

"They know what they have in me and I know what I have in them."

The six-foot-two 215-pound Eller has 45 goals and 103 points in 286 career NHL games. He was drafted 13th overall by St. Louis in 2007 and was acquired by Montreal on June 17, 2010, along with Ian Schultz, for goalie Jaroslav Halak.

Death

Kathleen (Kay) VAUX HOWELL

1920 - 2014

Passed away peacefully on Tuesday June 17, 2014. Beloved wife of the late Robert Vaux, mother, grandmother, great grandmother, sister, aunt and friend. A beautiful soul who gave so much to our lives. Thank you for your love and support – the boiled raisin buns, the meat pies, the sewing, the art and the knowledge that you were always there for us. You will live on in our hearts and thoughts. Thank you – well done!

Visitation will begin at 10:00 a.m. on Sunday, July 27, 2014 at LES RÉSIDENCES FUNÉRAIRES BESSETTE OF WATERLOO, followed by a memorial service at 11:00 a.m. at the Funeral Home and burial at Fulford Cemetery.

Donations to ALS or the charity of your choice would be appreciated in lieu of flowers.

Les Résidences Funéraires Bessette
5034 Foster Street, Waterloo, QC
Tel.: (450) 539-1606 or 1 888 730-6666
Fax: (450) 777-4393
www.famillebessette.com
Member of the C.T.Q.

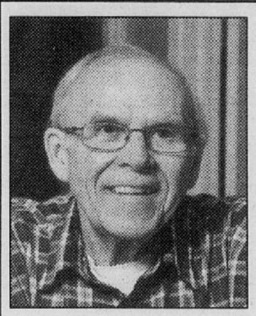
Death

Rolland KIRBY (1929- 2014)

Passed away peacefully on July 18, 2014 at Pinecroft Residence in Magog, QC at the age of 85.
He will be sadly missed by his children William (Paulette), Steven (Anyck) and Sharon (Perry), as well as the mother of his children Elizabeth Green. Grandchildren David (Donna), Jonathan, Nicholas, Thomas, William and great-granddaughter Erika. Step-grandfather to Tammy, Nathan and Skyler. Predeceased by many brothers and sisters and in-laws/family members, as well as leaving behind his surviving siblings George (Tootie), Ernest, Robert and Beatrice Sevigny, and sister-in-law Winifred Kirby, and many nieces and nephews and friends who loved him. He will be sadly missed by his companion and good friend Margaret Lemieux who was with him when he passed.
Honouring his wishes there will be a private burial at Pine Hills Cemetery in Magog.

RESIDENCE FUNERAIRE LEDOUX MAGOG
150 Sherbrooke, Magog, QC
PHONE: 819-843-4473
FAX: 819-843-4563
ledoux@netrevolution.com

Death



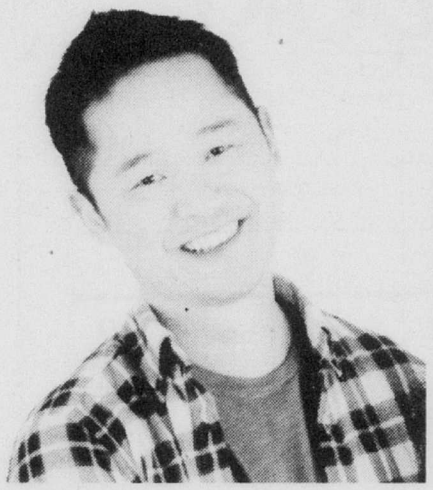
Douglas N. FLETCHER
November 27, 1937 – July 16, 2014

"I lived, I loved, I laughed...I left"

It is with deep sadness that we announce the passing of Doug. He died peacefully in his sleep at Les Residences Soleil, in Sherbrooke. He was the only son of Nelson P. Fletcher and Hazel Harvey.
Doug leaves to mourn his loving wife of 54 years, Louise Audet, along with his beloved children and grandchildren. Patricia (Kirby Cunha), Olivia; John Fletcher (Sonya Page), Dylan and Rowan; Kathryn (Scott Robinson), Alyssa, Arielle and Aaron. He was a very devoted husband, father and grandfather and was 'chauffeur' to all of his family, for most of his life...He will be truly missed.
Doug's work, along with the people, were his lifeline. He never wanted to retire and his wishes came true. He received his last vacation pay this past week from Imprimerie Martineau.
As busy as Doug was, raising a family and working, he was also a very active member of the community. People and laughter went hand in hand for Doug, we will all miss him. We will be having a "Celebration of Life" on Saturday, July 26 in his memory.
Visitation will be held at Cass Funeral Homes, 3006 College Street, Lennoxville, on Friday, July 25 between 2 to 4 p.m. and 7 to 9 p.m. and the funeral will be at St. Patrick's Church, Gordon St., Sherbrooke on Saturday July 26 at 10 a.m.
Donations to the charity of your choice would be greatly appreciated.

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

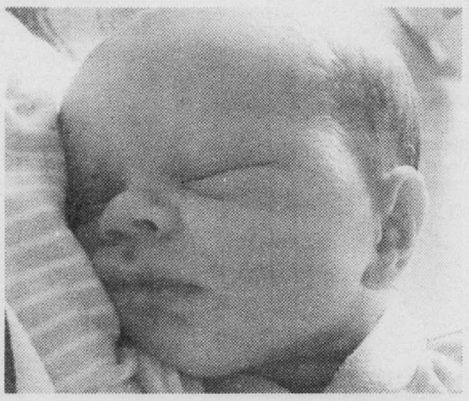
DO JUST ONE THING



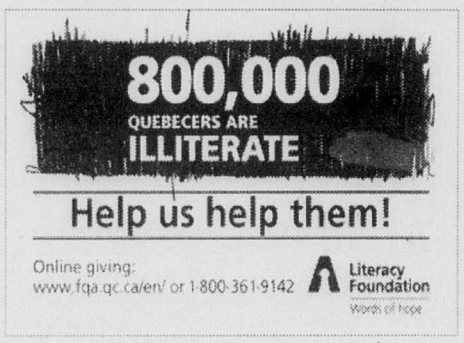
By Danny Seo

The summer months are a good time to see if your attic has been home to squirrels over the cold winter months. As the attic gets hot in the summer, the rodents will leave and take up residence in holes in trees. To see if your attic is home to squirrels, enter the attic without any lights on during the day. If you see light shining through from the outside in small holes, this is likely the entrance they created to get inside. Plug these holes with wire mesh. Just be sure to take this preventative measure in mid or late summer when the squirrels' litters are old enough to vacate the nest to live on their own.

Birth



BOYNTON-COMEAU, Alexia Grace born on July 12, 2014 to proud parents Kyle Comeau & Ashley Boynton. Proud grandparents "Beaver" Comeau (Jackie), Trudy Simoneau of Stanstead and June & Everett Boynton of Lennoxville.



Death

Gladys Agnes DUSTIN (nee Smith)

Peacefully at the BMP Hospital, on Wednesday, July 23, 2014. Beloved wife of the late Randolph Dustin. Loving daughter of the late Agnes McComb and the late Robert Smith. Dear sister of Robert (Bob) Smith. Gladys is survived by many nieces, nephews, friends and relatives.

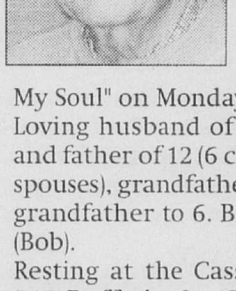
Visitation will be held at the Cass Funeral Home, 900 Clough St., Ayer's Cliff, on Sunday, July 27, 2014 from 2 to 4 p.m. and 7 to 9 p.m. A funeral service will be held on Monday, July 28, 2014 at 11 a.m. in the St. George's Anglican Church, Ayer's Cliff. Interment to follow in the Ayer's Cliff Protestant Cemetery.

Gladys was a long time member of the Women's Institute of Cowansville. A very special thank you to Linda Jacob-Persons and Jamie Lee for care above and beyond the call. Many thanks to Dr. Jean-Philippe Garant and Staff at the BMP.

Donations to the Heart and Stroke, 100-2630, King West St. Sherbrooke, QC J1J 2H1 would be greatly appreciated.

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

Death



Walter SCOTT

Passed away peacefully in the presence of many family members who were singing, "It Is Well With My Soul" on Monday, July 21, 2014.
Loving husband of Winnifred Scott and father of 12 (6 children and their spouses), grandfather of 28 and great-grandfather to 6. Brother to Marian (Bob).
Resting at the Cass Funeral Home, 545 Dufferin St., Stanstead, QC on Thursday, July 24, 2014 from 6 to 9 p.m. A funeral service will be held on Saturday, July 26, 2014 at 1:30 p.m. at the Assemblée Chrétienne de Stanstead, 9 Hackett St., Stanstead. Following the reception, there will be a short hymn sing.
Those wishing to express condolences would be encouraged to send a donation to MSC Canada in lieu of flowers: 101 Amber St. Unit 16 Markham, Ontario L3R 3B2.

Absent from the body, present with his Lord.

CASS FUNERAL HOMES
545 Dufferin St., Stanstead QC
PHONE: 819-876-5213
FAX: 819-876-5213
stanstead@casshomes.ca
www.casshomes.ca

Church Services

Anglican

GEORGEVILLE

July 27, Georgeville Anglican - Morning prayer at 10:00 a.m. with the annual service of the Blessing of Pets. The Ven. Dean E. Ross officiating. Please note - no 8:30 a.m. service.

LENNOXVILLE

Saint George's Anglican Church, Lennoxville, at 84 Queen St., celebrates Holy Communion every 1st & 3rd Sunday at 10 a.m. and every 2nd & 4th Sunday at 8 a.m. Morning Prayer is held every 2nd & 4th Sunday at 10 a.m. 819-346-5564.

Mennonite

EUSTIS

You are invited to a worship service at Christ Church Hall, Eustis, on Sunday July 27 at 2:30 p.m. Service held by Wolcott Mennonite Church from Wolcott, Vermont. For information, call 802-888-5277 or 819-837-2510.

Presbyterian

LENNOXVILLE

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

Unitarian Universalist

NORTH HATLEY

Unitarian Universalists in the Estrie (UUEstrie), 201 Main St., North Hatley, Sunday, July 27, at 10:30 a.m. Afraid to be Jewish. Thomas Pick. Story of growing up as Christian, hiding Jewish heritage. All are welcome. www.uuestrie.ca, 819-842-4146.

United

LENNOXVILLE

Lennoxville United Church will be worshipping at Plymouth-Trinity United Church, 380 Dufferin Street in Sherbrooke, on July 27 at 10:30 a.m.

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill. Tel:819-346-6373. Leslie Young, organist. Sunday, July 27, Sunday worship is at 10:30 a.m. Shanna Bernier will be leading worship. There are activities for children during worship. Everyone welcome.

HATLEY/WATERVILLE

Sunday, July 27. 9:30 a.m. service Hatley United & 11:00 a.m. Waterville/North Hatley United. Rev. Mead Baldwin, 819-837-1112.

SUDOKU

Difficulty: 4 (of 5)

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

7-24-14 ©2014 JFS/KF Dist. by Universal Uclick for UFS

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

PREVIOUS SOLUTION

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

Dunham Women's Institute

On July 8, 2014 the Members of Dunham Women's Institute met at the Selby Lake Cottage of Joyce Martin. The meeting was called to order at 10:45 a.m. by Joyce Proctor Martin who thanked Joyce Martin for being the Hostess and all eleven Members for coming. The weather was perfect and we held the meeting on the front lawn. The Mary Stewart Collect and Salute to the Canadian Flag was repeated in unison.

MOTTO: We could take a lesson from the weather; it pays no attention to criticism.

ROLL CALL: Bring an item(or a plant) for sharing or exchanging with the group. The Minutes of the June Meeting were read, approved as read and signed by the President. Correspondence: An invitation was received from Richmond County to attend a Special Meeting. Thinking of You Cards will be sent to member Edie Holiday and to a one-time Member, Peggy Godsoe and a Sympathy Card will be sent to Edwina Garrick and Family for the loss of Mrs Annie Garrick, Edwina's Mother in-Law. There was a motion made and accepted that Edie Holiday become one of our Honorary Members. Judy Page Jones gave updates of the Q.W.I. and F.W.I.C. She spoke about the Trip to Gaspe. Program: Sunshine Chairperson, Paula Schmidt gave an update and asked everyone to make a list of five things that happened the previous day that made each person feel happy. Many happy moments were mentioned. Paula had a drawing and Joyce Proctor Martin was the winner of the prize. For the August 5 outing- members will meet at the Anglican Church and carpool to the Tibbets Schoolhouse, Star Cafe and the Brome County Museum.

The meeting was adjourned, grace was repeated and a delicious B.B.Q. lunch was enjoyed with Chef Joyce at the Grill.

Submitted by
Jean Reid Page,
Publicity Chairperson

SUDOKU

Difficulty: 5 (of 5)

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

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

PREVIOUS SOLUTION

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

SUDOKU

Difficulty: 4 (of 5)

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

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

PREVIOUS SOLUTION

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

I do not want a confrontation, just a fair shake for our beloved father

FRIDAY, JULY 25, 2014

Annie's Mailbox

Dear Annie: I have two siblings with whom I have shared most everything. Now that my dad is slipping mentally and physically, we have decided to sell his home and move him into a memory care facility.

My two siblings simply ignored my recommendation that we give the listing to our real estate agent. Annie, within the past 15 years, my wife and I have sold three homes and purchased two through our very capable Realtor, while my siblings have not been in the housing market for 20 years. Instead, my brother wants his newly licensed Realtor friend to sell the house, even though she has never sold one. My sister wants her son-in-law, who recently graduated college and works at his mother's real estate firm, to handle the sale.

I recognize that there are individual interests here. But the additional problem is which facility my father goes to. Two are close to all of us. But my brother and sister want to move Dad into an independent living facility we visited three years ago that does not include an assisted living option and is farther away.

I do not want a confrontation, just a fair shake for our beloved father, but I am afraid I have no input. Any suggestions? — Under the Table in Indiana

Dear Indiana: Is there an unbiased friend or relative who would act as a mediator? It might help for you and your siblings to be in the same room discussing these options with someone whose opinion all of you trust and respect. Before this situation produces resentment and finger pointing, please ask your siblings to consider this option to avoid ill will down the road.

Dear Annie: I am a woman in my 50s, and I used to have bad acne. My skin is mainly cleared up, but I'm left with rough patches and brown spots. I try to conceal it with makeup, but several times a day, I catch someone staring at my skin. Their eyes immediately turn away when I see them looking, but the embarrassment is deep.

I don't wear much makeup, just a tinted moisturizer, as I don't want a mask. I've tried more coverage, and people still look. I realize they aren't trying to be mean. They can't help themselves. My own children have done it. It has made me reclusive, and I only like to go out when it's night and the lights are dim.

I can't afford a chemical peel. Please tell me what I can say to these people or whether I should just try to ignore it. — Ashamed

Dear Ashamed: There is no reason to be ashamed of your face. You already know that people aren't trying to be cruel, so it would help if you could accept your face as it is. What do you care what strangers think of your skin? If you want better coverage, you can find Dermablend at most cosmetic counters. You also can ask for assistance there and at makeup specialty stores. And please make an appointment with a dermatologist to see what other remedies are available in your price range.

Dear Annie: I read the letter from "Different Gods," who is pagan and doesn't want to celebrate Christmas with her boyfriend's parents. I believe she is showing a lack of respect.

My stepfather married my mother when we were adults. He was Jewish, and we are Christian. Every year, he purchased Christmas gifts for everyone and participated in Christmas dinner. We also helped him celebrate Hanukkah by lighting the candles and eating traditional Jewish foods.

We didn't have to believe in each other's traditions. It is a sign of respect to participate. Going to church and praying are not necessary. Compromising is more than just showing up. — Respectful of All

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column.

Jean K.

Born in July of '24, to Christie and to John
Jean Katherine made her entrance, gentle as a fawn
Her roots go back to Lewis, she grew up on the Yard
This Scottish lass, with lots of class, was anything but hard

Strong values that were bred in her, have stood through all these years
Her loyalty, her honesty, her goodness and her cheer
Combine all of this with her faith, so strong
This makes up our Mom, who we've loved for so long

Finding time and the means to make us all feel loved
Mostly alone, with only help from above
Though it seems like just yesterday, she was spanking my bum
Try as I might, I can't remember how come

I'm sure I deserved what ever I got
I'm not sure I deserved all the love, there was a lot
Through all of the struggles, smiles and the strife
This often was the lot of a Rail Man's wife

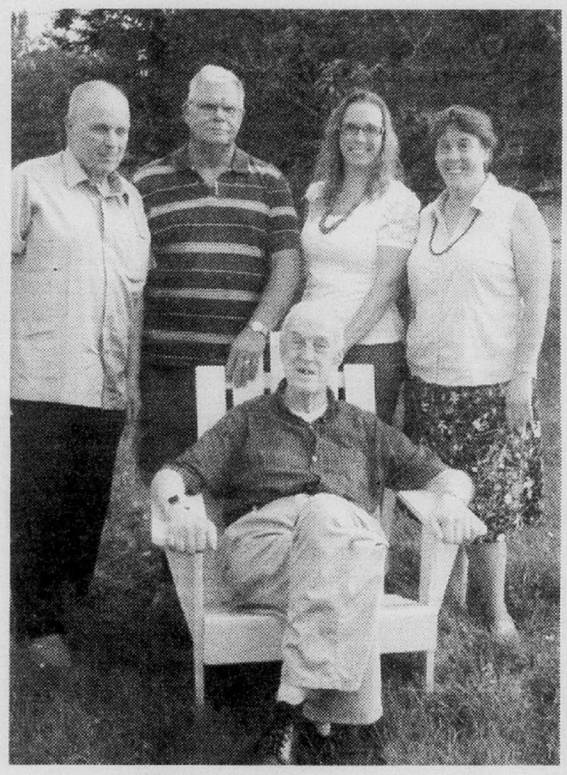
The measure of a person is often what's said
By the people they've touched, by the life that they've led
If this is the case, then dear Mom there's no doubt
You are loved and respected by so many throughout

She kept us on point, she kept us on track
She taught us our manners and to never talk back
She is all of the good in all of our souls
She taught us to dream and to reach for our goals

We think no one can know all the feelings we feel
That no one could know when our pain is so real
When we're happy or sad, one feeling or another
There is one who knows all and that one is your Mother

Happy 90th Birthday to Jean K. MacIver - July 27, 2014
With so much love from all of your family!
Dale, Dannie, Gloria, Barbara, Kevin, Dalton
Grandchildren and Great-Grandchildren

Birthday celebration



Gordon Boynton,
formerly of Bury,
celebrated his 90th birthday on July 15.
His children, Roger of Thailand, Everett of Lennoxville, Orma Bauman of Texas and Mary Meed of New Brunswick, all gathered at Mary's home to honour his special day.

N
W E
S
Canadian Red Cross
Quebec Division
Anywhere. Anytime.
1-800-592-7649
www.redcross.ca

To our **Dad** on July 3rd and our **Mom**, today, July 25th

Happy 85th Birthday

to our parents who have inspired and are still inspiring us today.

With Love
from All Your Family

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.

"D TMY'F HZDFW HDFGLVF M ZWMRWZ. DF'P OZWTDPWJK JDSW M SDPP — KLV TMY'F RL DF MJLYW."

— ILGY TGWWAWZ

Previous Solution: "I don't think women are better than men, I think men are a lot worse than women." — Louis C.K.

TODAY'S CLUE: d sıəuɒɓ O

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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.

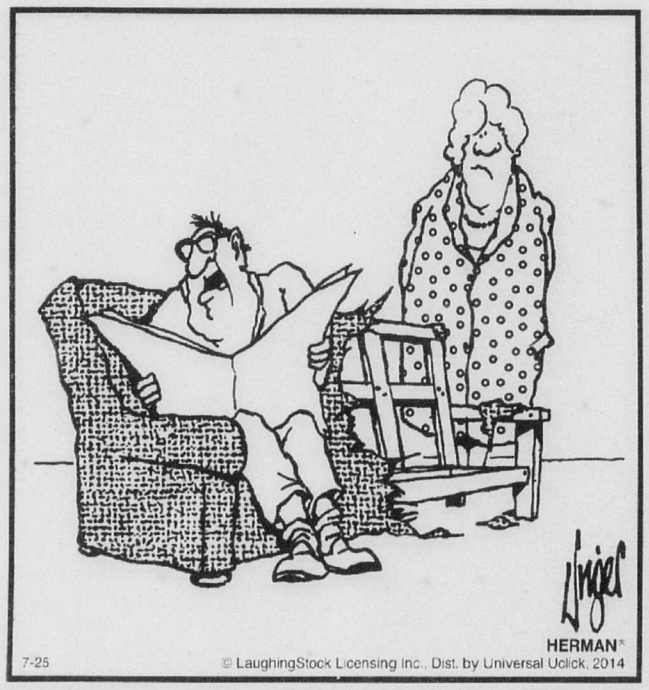
"SLP CGFFPRS OLVYYPEFP GE EPJ MBYPVER LVR CPPE SM NGEI JMBAPBR JLM OVE OYGDC V YVIIPB VNSPB YKEOL." — LVBBT VEIPBRME

TODAY'S CLUE: M equals D

Previous Solution: "I can't write without a reader. It's precisely like a kiss — you can't do it alone." — John Cheever

Kit n' Carlyle

Herman



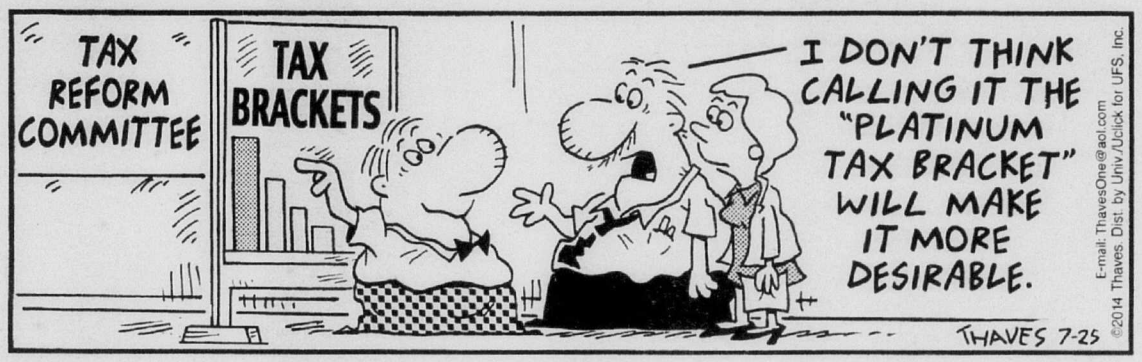
"The cat had a fit!"

Alley Oop

Arlo & Janis

The Born Loser

Frank And Ernest



Grizwells

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www.diabete.qc.ca

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E-MAIL: classad@sherbrookerecord.com
OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND 4:00 P.M.

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DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
OR MAIL YOUR PREPAID CLASSIFIED ADS TO
THE RECORD, P.O. BOX 1200, SHERBROOKE, QUEBEC J1H 5L6

001 Property For Sale

OPEN HOUSE
Sunday, July 27 from 2-4

37 Parkdale, Lennoxville

Three bedroom bungalow, hardwood floors, fireplace, large rooms, central location.

See you Sunday!

Helen Labrecque
Real Estate Broker
Cell: **819-572-1070**
hlabrecque@sutton.com
819-820-0777 Sutton Groupe Sutton-immobilier Estrie

001 Property for Sale

ALL NEW COTTAGE for sell in Stanstead (new residential development). Charming place and lots of extras included. Reduced price for quick sale. Info: c.hauben@groupedmp.com

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LENNOXVILLE - 3070 College Street. 4 1/2, balcony, **renovated.** $525. per month. Available now. Near bus and university. No dogs. No smoking. Call 819-575-1824.

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INTERIOR HEAVY EQUIPMENT Operator School. No simulators. In-the-seat training. Real world tasks. Weekly start dates. Job board! Funding options. Sign up online! iheschool.com, 1-866-399-3853.

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For **.50** a word **- bold** it.

100 Job Opportunities

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Whistler Blackcomb is coming to Montreal on September 10th and 11th to interview for the upcoming 2014-2015 winter season!

You have read the articles in the magazines, seen glimpses in the ski and snowboard movies, heard all about it from your friends. Now it is your turn to experience the magic of Whistler!

Candidates can apply direct on www.whistlerblackcomb.com/jobs under our "FAIRS" tab to be considered for an interview.

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Full-time, part-time
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More than 35 hours/week
Position starts immediately

The pharmacy technician assists the pharmacist in the processing of prescriptions, the greeting of patients until the medication is provided to the customer. Some of the duties of the pharmacy technicians are:
- Offering an exemplary customer service
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- Answer the telephone
- Refer the patients to the pharmacists whenever appropriate
- Place merchandise in the pharmacy
* The tasks mentioned above are listed for informational purposes.

Education: None
Experience: 1 to 2 years experience
French Language: Some knowledge
English Language: Very good knowledge
Other: Rx-Pro
Diploma for Pharmacy Technology Assistant is a plus

Send your resume
by fax: (819) 820-0433, Attn.: Rachel Lajeunesse
By phone: (819) 569-3601,
person to contact: Rachel Lajeunesse
In person: At the address specified below.

147 Queen Street, Lennoxville 819-569-3601

Jean Coutu Santé Beauté
Rachel Lajeunesse, Sylvie Lussier
Marie-Claude Lapointe

100 Job Opportunities

EMPLOYEE FULL TIME, PART TIME Dairy Farm in Bury. Salary depends on experience. Fax resume to 819-872-1190 or call 819-872-3760

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145 Miscellaneous Services

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150 Computers

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

190 Cars For Sale

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275 Antiques

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

290 Articles For Sale

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STEEL BUILDINGS / Metal Buildings. Up to 60% off! 30x40, 40x60, 50x80, 60x100, 80x100, sell for balance owed. Call 1-800-457-2206. www.crownsteelbuildings.ca

290 Articles For Sale

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STEEL BUILDINGS / Metal Buildings 60% off! 20x28, 30x40, 40x62, 45x90, 50x120, 60x150, 80x100, sell for balance owed! Call 1-800-457-2206, www.crownsteelbuildings.ca

294 Events

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295 Articles Wanted

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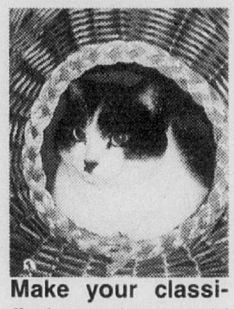
WALES HOME RESIDENT wants to purchase a second hand scooter in relatively good condition. 819-826-2118

330 Pets



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340 Garage Sales

AYER'S CLIFF
839 Clough Street, Saturday, July 26, and Sunday, July 27.

EASTMAN
205 Rang du Rocher at the Longhouse on weekends only until August 31 from 9 a.m. - 4 p.m. Household goods, some furniture, Avon collectibles, train lanterns, train motorcars. Something for everyone!

NORTH HATLEY
The Piggery Theatre at 215 ch. Simard, Ste. Catherine de Hatley, is holding a **Sunday Market and Garage Sale every Sunday,** until September 14, from 11 a.m. to 1 p.m. Selling cheeses, baking, fresh produce and the Piggery Barn has antiques, household goods, paintings, books and clothing.

SAWYERVILLE
Multifamily garage sale, Saturday July 26, 8:00 a.m. to 4:00 p.m. 14 Julia St Sawyerville Qc. Rain or shine. Something for everyone!

STANSTEAD
Saturday only, 9 to 5. 1090 Fairfax Road in the back where the shed is. Two family sale, so lots of stuff.

Looking for a job or qualified personnel? Consult our Classified ads!

CLASSIFIED

340 Garage Sales

WATERLOO
39 Dufferin. (Off Rte. 112) Gi-normous garage/antique sale. July 26, 27 (9 a.m. - 4 p.m.) Pine cupboard, church bench, trunks, bells, toys, crafts plus household and garage stuff.

345 Flea Markets

SUTTON
Sutton Saturday Market. Open until October 11, 8 a.m. to 3 p.m., 2 Curley St., Sutton. (450) 538-6748.

405 Found

ROTTWEILER FOUND, Route 112, Ascot Corner. Call: 819-564-8404.

425 Bus. Opportunities

SAWMILLS FROM ONLY $4397. Make money and save money with your own bandmill - cut lumber any dimension. In stock ready to ship. Free info & DVD: www.NorwoodSawmills.com/400OT. 1-800-566-6899 ext: 400OT.

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TRUE PSYCHICS! For answers call now, 24/7, toll free 1-877-342-3032, mobile #4486, www.truepsychics.ca.

440 Miscellaneous

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It pays to advertise in the classifieds

440 Miscellaneous

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Fast and convenient!
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1 888 473-4636
HEART AND STROKE FOUNDATION

He refuses to take walks with me and will not help around the house

Annie's Mailbox

Dear Annie: My husband and I have been married for 10 years. We have no children.

My biggest problem is his weight. He has put on a lot of poundage in the past several years and is definitely not the guy I married. I don't claim to be a princess, but I stay pretty fit. I am not attracted to him sexually because of his rolls of fat. I am saddened.

We love each other dearly, but my husband refuses to take walks with me and will not help around the house. I know I should love him with my heart, so how do I get around this problem? — California Dreamin'

Dear California: You cannot force your husband to do anything about his weight. He must want to do it for himself. Tell him you are worried about his health. Ask him to talk to his doctor about his weight (or leave a message for the doctor with your concerns). Explain that his unwillingness to help around the house or work on his weight is undermining your respect for him. Beyond that, please be patient. Try to love him as he is, for all of the other qualities he brings to the marriage and for the things that attracted you to him in the first place.

Dear Annie: My fiance and I are getting married in a few months. This will be the second marriage for both of us. We have decided to have a small private ceremony for our immediate family, with an open house for other family and friends.

We are sending out invitations for our open house, but I am unsure whether I should register for gifts. What do you think would be the best way to handle this? Gifts are nice, but not necessary. — Bride-to-Be

Dear Bride: People will want to buy you a wedding present, and a registry helps them know what you want. It's perfectly OK to register. However, it is not appropriate to put this information in the invitation. If someone should ask, you may tell them where you are registered.

Dear Annie: I read the letter from "Jaded and Voting with Our Wallets," who is upset that people who have never invited her over for a cup of coffee have the nerve to send her an invitation to their child's graduation or wedding.

I have the same problem, but with my children. I'm always invited to all kinds of parties and showers, but never to the homes of my three children for a meal of any kind.

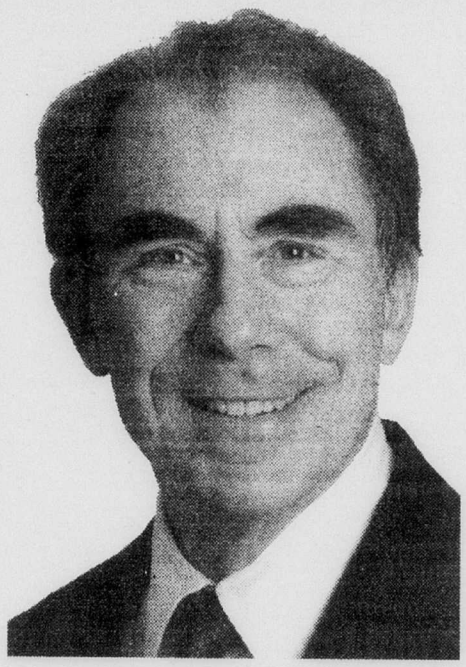
My son and daughter-in-law lived with me for a year and were not too happy to leave, because I did all the cooking, cleaning and laundry. I finally asked them to find their own place, but they still showed up every weekend to be fed. When they found a house to buy, they had to borrow money from me, even though I hadn't done that for my other children. I insisted they repay it monthly, which they did, but I never heard the end of it from his resentful siblings.

I have always loved to cook and entertain, and over the years, I've had many parties for my extended family. But other than invitations where a gift is required, they have never reciprocated.

I never hear from any of them now, and parties go on without me. I have a great-granddaughter who is 2 years old, and I've never met her. I'm 76, waiting for two knee replacements and don't have the money or energy to entertain. At first, I cried not to see my family. I now spend time with people who enjoy being with me and try not to think about how ungrateful and distant my children are. Needless to say, there will be no inheritance when I die. — Used, but Got Over It

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column.

Try couples therapy before problems become severe



ASK DOCTOR K
by Anthony L. Komaroff, M.D.

DEAR DOCTOR K: My husband and I have been happily married, more or less, for 25 years. But lately we're fighting more. A friend suggested couples therapy. Can you tell me more about it?

DEAR READER: I don't feel as comfortable answering questions about relationships as more traditionally "medical" problems. I'm not Dr. Phil or Dr. Ruth. That said, here are my thoughts.

With age, things often become ripe, but they can also turn stale. That's true of any long-standing relationship, starting with marriage. Challenges to one person's life — such as a job crisis — can bring out that person's worst, causing pain to the person's partner. When either partner is facing challenges, that person needs more support and attention than usual and may become irritable if the support is not there. Also, when the needed support is not there from a spouse, sometimes other companions fill the void. Preserving a marriage can be hard work, and I think that's true for most people.

When most people think about psychotherapy, they think about one-on-one therapy — one person with a psychotherapist. Such therapy can be very helpful; it can help you think about issues in new ways and suggest productive remedies. But couples therapy has the advantage of focusing directly on the relationship. With both partners present, a neutral therapist asks questions, teaches new skills, and provides reassurance, guidance and support.

When both you and your spouse work together with a therapist, it avoids the implication that only one person in the relationship has a "problem." Equally important, it says that the problem you jointly have can be solved by the two of you working together.

A couples therapist can help you examine a current or ongoing issue and decide what changes you might need to make. She or he will help you eliminate misunderstandings, unreasonable expectations and mistaken assumptions.

A good couples therapist will take an active role. Let's say you and your partner are getting sidetracked or your exchanges are turning into angry outbursts. The therapist will interrupt, comment, and help you find a more positive tone or focus. However, the therapist shouldn't dictate what you should do, or act as a judge in disputes.

If you decide to try couples therapy, it's important to see someone with expertise. Therapists who treat couples require specific skills and training. Whether a therapist is a psychiatrist, psychologist, social worker or licensed marriage and family therapist matters less than couple-specific training and experience. To find someone in your area, check the website of the American Association for Marriage and Family Therapy (aamft.org).

Before you commit to a therapist, request a trial session. This will give you a sense of whether the therapist's working style is comfortable for both you and your partner.

Finally, don't wait until your problems become severe to consider couples therapy. The sooner you take action, the easier it may be to work through your issues.

(Dr. Komaroff is a physician and professor at Harvard Medical School. To send questions, go to AskDoctorK.com, or write: Ask Doctor K, 10 Shattuck St., Second Floor, Boston, MA 02115.)

FRIDAY, JULY 25, 2014

	North ♠ A J ♥ 8 4 3 ♦ A J 9 7 2 ♣ 8 5 4	07-25-14
West ♠ K 9 8 5 2 ♥ 9 5 ♦ K 3 ♣ 10 9 7 2		East ♠ Q 10 6 3 ♥ 10 7 6 2 ♦ Q 6 ♣ K 6 3
	South ♠ 7 4 ♥ A K Q J ♦ 10 8 5 4 ♣ A Q J	

Dealer: South
Vulnerable: Both

South	West	North	East
1 NT	Pass	3 NT	All pass

Opening lead: ♠ 5

Be realistic, not impractical

By Phillip Alder

Scott Adams, a cartoonist and writer, said, "Never base your budget requests on realistic assumptions, as this could lead to a decrease in your funding."

Never base your declarer play or defense on unrealistic assumptions, as this could lead to a decrease in your trick-taking.

In this deal, for example, how should South play in three no-trump after West leads a fourth-highest spade five?

South is not wildly enthusiastic about opening one no-trump with two weak suits, but he has no realistic choice. If he opens one diamond and North responds one spade, what would South do then? Yes, here North would make a limit raise in diamonds. Then South could rebid three hearts to show his stopper in that suit, North would bid three spades, and South would sign off in three no-trump. That sequence, though, gives the defenders much more information.

South starts with seven top tricks: one spade, four hearts, one diamond and one club. Given the spade lead, declarer does not have time to play on diamonds. Realistically, he would surely lose at least four spades and one diamond. Instead, he must hope that the club finesse is working. And there isn't a moment to lose. After winning the first or second trick with dummy's spade ace, South must take a club finesse. When it wins, he returns to the dummy with a diamond, takes a second club finesse and claims.

Finally, note that five diamonds is worse than three no-trump, because it relies on a good diamond position and the club finesse.

Your Birthday

FRIDAY, JULY 25, 2014

You have what it takes to move forward positively, but you are inclined to let self-doubt and insecurity stand between you and victory. Trust your intuition to help you discover trends that will help attract interest and attention to your ideas.

LEO (July 23-Aug. 22) — Good fortune is heading in your direction. Look at an investment opportunity that you feel has potential. Put forth an effort and spruce up your surroundings.

VIRGO (Aug. 23-Sept. 22) — You will receive the help you're looking for if you ask. If you express your feelings truthfully, the people you encounter will pitch in and help you reach your goal.

LIBRA (Sept. 23-Oct. 23) — Your unusual way of facing problems will be of assistance to a friend in need. Simple solutions based on your intuitive intelligence will lead to success.

SCORPIO (Oct. 24-Nov. 22) — Make physical activity part of your day in order to feel rejuvenated. Meeting people from different walks of life will teach you valuable information. Network to gain support.

SAGITTARIUS (Nov. 23-Dec. 21) — Do your best to clear up a misunderstanding. Making amends will lead to better sleep and new possibilities. Forgive, forget and move forward.

CAPRICORN (Dec. 22-Jan. 19) — Your willingness to pitch in and help will result in a new friend and ally. You'll get the assistance you need to turn your venture into a success.

AQUARIUS (Jan. 20-Feb. 19) — Pare down your ideas if you want to make headway. Focus on the thing that moves you the most and see it through. Put quality, not quantity, first.

PISCES (Feb. 20-March 20) — Get your friends together and check out a local attraction. If you make plans, your peers will look up to you. The more diverse your interests, the more popular you will become.

ARIES (March 21-April 19) — Taking advantage of monetary matters will improve your financial situation. Keep your mind open to new ideas regarding investments or savings. You will receive a helpful tip from an expert.

TAURUS (April 20-May 20) — New partnerships could prove prosperous. Join a cause or group and make new friends. Those sharing your views will help you reach your goals. Love is in the stars.

GEMINI (May 21-June 20) — Don't let your disappointment show. If something is puzzling you, ask questions so you can figure out how to fix what's gone wrong. Don't give up when a couple of adjustments are all that's required.

CANCER (June 21-July 22) — Your thirst for knowledge will lead you to cultural events or exotic destinations. These will help you discover interesting facts, new philosophies and lifestyle options that are apt to suit you down to the ground.

SATURDAY, JULY 26, 2014

Follow your instincts to a prosperous future. Plan a trip or redevelop an old goal or creative endeavor. People you encounter will be glad to lend you a helping hand on your journey upward. You are at a crossroads, and must prepare for new beginnings.

LEO (July 23-Aug. 22) — Variety is the spice of life. Get involved in as many activities and recreational pastimes as you can. The new experiences and friendships that result will keep you stimulated.

VIRGO (Aug. 23-Sept. 22) — Make sure you are compatible with the other party before forming a partnership. Working methods, time management and response to pressure should all be evaluated. It's better to be safe than sorry.

LIBRA (Sept. 23-Oct. 23) — A loved one could use a little nurturing. Be sensitive to the feelings of others, and you will gain respect and an ally who will back you when needed. Show compassion.

SCORPIO (Oct. 24-Nov. 22) — You can smooth out business relationships by learning more about your colleagues. Be friendly and approachable, but keep your personal details out of the conversation. Instead, listen and learn.

SAGITTARIUS (Nov. 23-Dec. 21) — Your popularity is growing. Although you have set a high standard, continue with your self-improvement plans. You will be admired for the positive personal changes you undertake.

CAPRICORN (Dec. 22-Jan. 19) — An unsettling confrontation can be expected. Complete as much as possible before someone challenges you or goads you into an argument. You can avoid trouble if you keep a low profile.

AQUARIUS (Jan. 20-Feb. 19) — Some positive changes are heading your way. An old friend is likely to surface. Reconnecting with a phone call or email will remind you of the good times you had together.

PISCES (Feb. 20-March 20) — You need to take decisive action regarding a situation that you're currently facing. You have everything you need, but your dreams will not come true until you have put your plans in motion.

ARIES (March 21-April 19) — Consider minor changes to your home or lifestyle. Look at your options before spending a lot of money on something. Once you have investigated the possibilities, you will make an ideal choice.

TAURUS (April 20-May 20) — If you are looking to move forward in your career, find out everything you can about your chosen field. Social media, libraries or even your workplace will help you to prepare your strategy.

GEMINI (May 21-June 20) — Someone has been singing your praises. You must be ready to take action and prove your worth. The window of opportunity for positive change will be small. Take the plunge.

CANCER (June 21-July 22) — Your creative juices are flowing. Keep yourself active mentally and physically, and get the most out of your day. Take on new challenges and activities in order to feel motivated.

SUNDAY, JULY 27, 2014

This will be an engaging year. Your finances will take an upward swing. Unexpected legal or medical matters should not be left to chance. Joint ventures will hold you back. Use your intuition to find a financial investment that suits your needs.

LEO (July 23-Aug. 22) — Your inquisitive nature will result in an interesting travel opportunity. You will be able to learn a great deal about other people and their ways of life by researching different cultures.

VIRGO (Aug. 23-Sept. 22) — Keep a close eye on your cash. Charity begins at home; don't donate to a cause that you know little about. Generosity will impress the wrong person. Avoid being taken for granted.

LIBRA (Sept. 23-Oct. 23) — Now is not the time to bring up past disagreements. You may not see eye to eye with someone, but you must at least consider the changes suggested.

SCORPIO (Oct. 24-Nov. 22) — Collaboration and joint ventures will benefit you. Show how valuable you can be, but be sure to give credit where credit is due. Celebrate victory as a group.

SAGITTARIUS (Nov. 23-Dec. 21) — Continue to improve your self-image. Whether it be a fitness program, diet plan or some other activity, take positive steps toward the goal you have in mind. Your perseverance will pay off.

CAPRICORN (Dec. 22-Jan. 19) — Pursue some solitary activities. Relatives and friends will not be sympathetic to your difficulties. Your complaints will fall on deaf ears, so keep personal issues a secret.

AQUARIUS (Jan. 20-Feb. 19) — It's time for an excursion. Check out local attractions that have piqued your interest, or go for a short, unplanned adventure. This wanderlust will take you somewhere interesting.

PISCES (Feb. 20-March 20) — If financial independence is what you're looking for, you will need to start by investing wisely, setting a budget and reducing spending. Ask an expert for advice regarding better money management.

ARIES (March 21-April 19) — You may have a problem avoiding trouble. Burn up all of your excess energy by engaging in creative, constructive endeavors. Consider getting rid of junk you no longer need.

TAURUS (April 20-May 20) — Communicating with people in positions of power will lead to problems. Work on solitary projects, and choose another time to deal with personal paperwork or governmental agencies.

GEMINI (May 21-June 20) — Get involved in an environmental group or other conscientious organization. While your input and enthusiasm are valuable, you must let others have their say as well. Sharing will lead to success.

CANCER (June 21-July 22) — Little changes you make at home will be rewarding. Avoid meddling or picking sides in an argument. Keep your composure and your distance. Look out for your best interest.

E-mail your social notes to classsad@sherbrookerecord.com

CROSSWORDS

Across
1 Went through with
4 Places to get stuck
8 Mr. Miyagi's art
14 Prefix with hazard
15 Oft-fried vegetable
16 Army chopper
17 *Beach scuttler
19 One concerned with show horses?
20 101 course, briefly
21 "Later"
23 Filmmaker Riefenstahl
24 *Platform used when mooring ships
27 "Later"
29 Phrase of clarification
30 Part
31 Selma, to Bart
34 Shindigs, ultimately?
38 Scandinavian rug
39 *Headwear for a hose user
41 Soc. Sec. supplement
42 Kind of pain?
44 Victim of Atalanta in the Calydonian Hunt
45 Sixth-day creation
46 Verdi motif
48 Places to see bowlers
50 *Lego unit
55 Tolstoy title name
56 Secure, in a way
57 Impose fraudulently
60 Disconcerting looks
62 Wheels on loan ... or, as the circles show, what four puzzle answers have done?
64 Demand upon reaching the other side
65 Fictional blue bovine
66 The Wildcats of the Big 12 Conf.
67 Rains hard?
68 Dutch town
69 Ella, in the States

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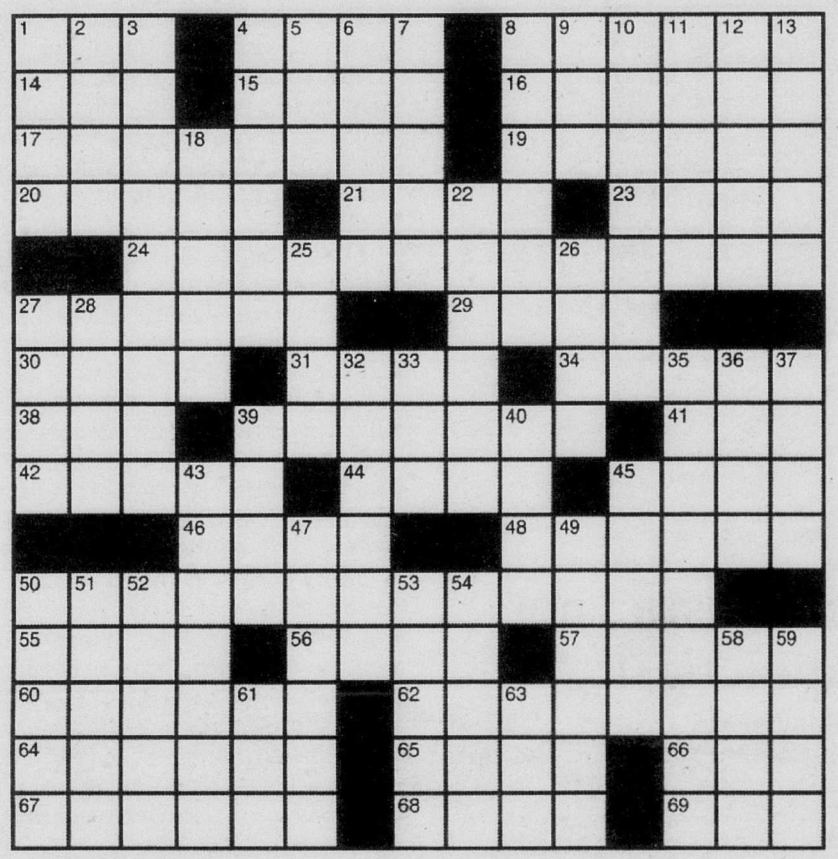
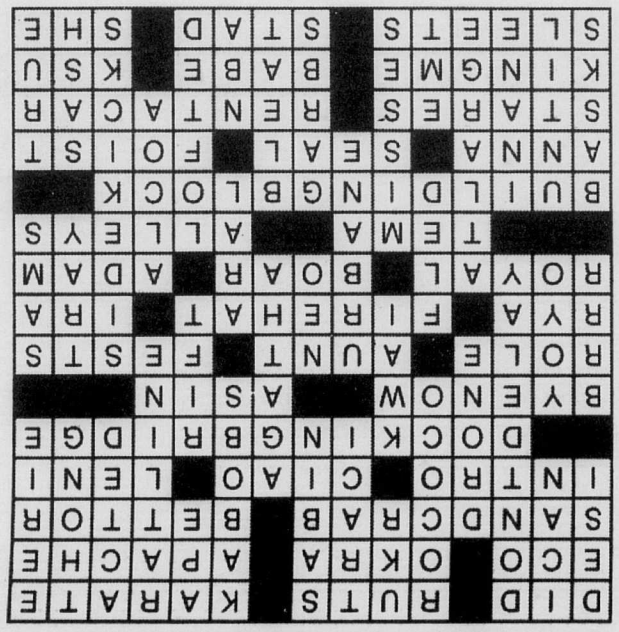
Down
1 Fred : William :: Ricky : __
2 Positive words
3 Urgent ad words
4 Florid 18th-century style
5 The Dnieper flows through it: Abbr.
6 Bingham of "Baywatch"
7 '50s vaccine pioneer
8 Skewered fare
9 Arboreal critter
10 Rope ladder rung
11 Pretended to be
12 Adventurous beachwear
13 Creepy
18 Go on and on
22 Mystery award
25 River in a 1957 Best Picture title
26 One may lead to a feud
27 Cold response
28 Fluctuate wildly
32 Cosmopolitan
33 "The Matrix" hero
35 Robin and others
36 Room service item
37 BJ's competitor
39 Bolted
40 Sea once fed by the Amu Darya River
43 Out there
45 Metal giant
47 Air balls, e.g.
49 Hit in the air
50 Luxuriates
51 Up to
52 Silly
53 Clothes
54 Pasture call
58 Ceremonial accessory
59 "Indeed"
61 ER staff member
63 Spurs' org.



Across
1 Bounty mutineer
10 __ ordo seclorum: Great Seal words
15 Poe title locale
16 Words of refusal
17 Versatile seasoning
18 Singer's better half?
19 Screwball
20 Mariner's direction
22 Game similar to pinochle
23 Letters after Sen. Jeanne Shaheen's name
24 Spend leisurely, with "away"
26 Zap, in a way
27 __ Provinces
30 __ tight
31 Informer
34 Chose, in a way
35 "On __ Majesty's Secret Service"
36 Fighting
37 Nucleic acid sugar
39 She played Mia in "Pulp Fiction"
40 '90s-'00s reliever Robb
42 Kitchen set
43 Base
44 Pretax figure
46 Rat-__
48 Kind of line
49 2000 Richard Gere role
52 Nodding
53 FICA benefit
54 Madewell parent company
56 Like rock's U2
58 Cyan relative
61 Cobra feature
62 Credit card charge, perhaps
63 Utopias
64 Rang true
24 Reports
25 Get going
27 Soprano group
28 Graphic novelist Moore et al.
29 Twin Cities suburb
31 Explore with a tank
32 Garden color
33 Women's issue, familiarly
38 Where Antwerp is: Abbr.
41 Jordan, e.g.
42 Common Internet symbol
45 Three in one
47 Holyfield rival
49 Go with the flow
50 Take in again
51 Coarse cloth
54 California's San __ Capistrano
55 Part of a fast-food meal, maybe
57 __ Pinafore
59 "ER" extras
60 Status chaser?



Down
1 Game attendees
2 Province of southern China
3 Clinton Labor secretary Robert
4 "Nothing's broken!"
5 "Spider-Man" movie company
6 __-80: old computer
7 Grocery chain initials
8 Starbucks request
9 Big name in streaming
10 "__ for Noose": Grafton novel
11 Horace, for one
12 One in a bar lineup
13 Most restless
14 Growing symbol
21 Recklessness