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RECORD
THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

WEEKEND EDITION

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Ready, set, sugar!

By Emilie Hackett
Special to the Record

The sugaring season has yet to start for most of the maple producers in the Eastern Townships because of the inconsistent weather, resulting in one of the latest starts in recent years.

"You just have to go through the motions," said Amy Lavallee, who produces maple syrup in Cookshire-Eaton with her husband, Jason Hafford. "It's an industry that really depends on Mother Nature, on every single aspect."

Lavallee is a social work technician at Alexander Galt Regional High School but also looks after a 25-hectare sugar bush every spring. Her 3,500-some taps allow for her 60-seater sugar shack, Le Jardin Sucré, to be booked out every weekend.

"We've been in operation for about 20 years. My huband's family farm was right down the road from a sugar cabin that had gone up for sale, so we decided to dive into the maple industry!" she explained.

"Sugaring is something that fluctuates with temperature, and Mother Nature plays a huge role in how much sap we get, its quality, its longevity, and the collection period," explained Lavallee, who prior to the cabin's purchase, had only basic knowledge of the maple industry. "Unfortunately, this is not

CONT'D ON PAGE 3

Homes chosen as "one book to move you" in Lennoxville

GORDON LAMBIE

Stephanie McCully, Heather Davis, Michelle Murray, Claire Grogan, and Wade Lynch preparing to defend their chosen books on Wednesday night. In the end it was Murray's book Homes that was chosen by the local audience as the "one book to move you" with Lynch's book Brother coming in second place.

By Gordon Lambie

It was Michelle Murray's presentation on the book Homes by Abu Bakr al Rabeeah that came out on top at the Canada Reads foreshadow event in Lennoxville Wedensday night. The memoir of al Rabeeah, now a high school student in Edmonton, tells the story of his family's displacement from Iraq, to Syria, to Canada in the midst of Civil war.

"Homes looks like a small, unassuming book," Murray said as she began her presentation, the third of the night, "but this is, in fact a huge story with

CONT'D ON PAGE 5

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Weather

TODAY:
SNOW
10-15CM

HIGH 2
LOW -1

SATURDAY:
FLURRIES

HIGH 1
LOW -8

SUNDAY:
MIX OF SUN
AND CLOUDS

HIGH 2
LOW -9

MONDAY:
PERIODS OF
SNOW

HIGH -4
LOW -13

TUESDAY:
60% CHANCE
OF FLURRIES

HIGH -2
LOW -15

Today's leaders for tomorrow

Good Reads

Lennoxville library

I have spent most of my adult life working with children and youth. I am a parent to two young girls. I have heard folks say many times, with the best of intentions, that youth are tomorrow's leaders. I think the gatekeepers of "leadership" are inadvertently holding kids back. I do not think kids are leaders of the future. I think they can lead us right now.

Last Friday millions of children, youth, and adults skipped school and work to march for climate justice. If you missed this news story amidst all the tragedy and distressing things going on throughout the world, I forgive you. The news was hard last week. This movement began with Greta Thunberg, a 16-year-old climate activist from Sweden. In August 2018 she began skipping school on Fridays and camping outside the Swedish Parliament demanding that her government and other governments make rapid changes to emissions and other human-caused pollutions in order to combat rapid climate changes that are affecting our planet. "The climate crisis has already been solved. We already have all the facts and solutions," Thunberg says. "All we have to do is to wake up and change." Her story and simple actions inspired kids in more than 112 countries to skip school last Friday and to march in the streets for action.

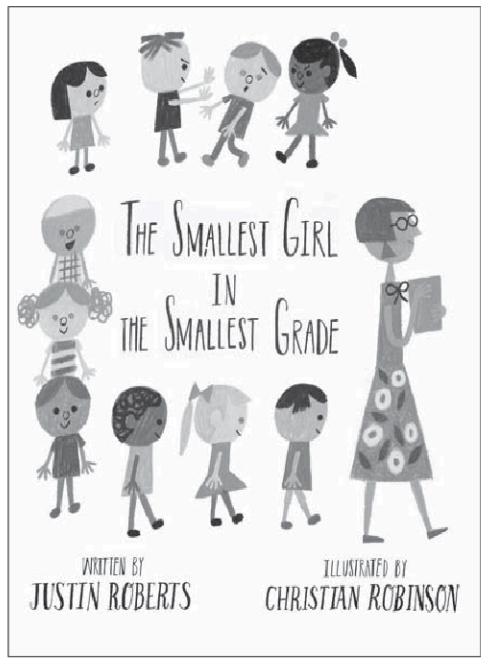
> *"All we have to do is to wake up and change."*

I believe that children are powerful leaders. They are innovative and emboldened, and they have everything to lose if our world does not get better. Teaching kids that they can make a difference in their communities by standing up for injustice is one of the most powerful actions a parent can take.

If you are a serial reader of Good Reads, and therefore a serial reader of my YA – Kid-lit version, which happens every 5 or 6 weeks, then you know that the purpose of this column is to review books and to recommend specific volumes which are available at our local Lennoxville Library. That is always part of my objective, but I also take very seriously the hats I wear as a parent, a youth worker and an educator. I use the library and its collection as a jumping off point for many conversations. Books are one of many tools for talking about the hard stuff that kids are facing in the world. I want my children, and the youth I work with to feel that they have an important voice in the world. One of the more tired and frustrating phrases I hear, is that the youth are the future leaders (of the Church, government, education system, etc). Youth have a voice of passion and wisdom in the world today, and waiting to act doesn't benefit anyone except those who hold power in the status quo.

So many good books encourage empowerment, activism, strength and leadership. I have written about some of them before. Munch's Paperbag Princess, Gilman's Jillian Jiggs and A is for Activist by Innosanto Nagara are all treasures.

The Smallest Girl in the Smallest Grade was written by Grammy-nominated children's musician Justin Roberts, and is illustrated with vibrant artwork from award-winning illustrator Christian Robinson. It tells the tale of an observant young girl, Sally, who sees unsettling and hurtful things happening in her school and community. She finds the courage to stand up against the pain she is seeing. "I'm tired of seeing this terrible stuff. Stop hurting each other! This is enough!" What follows in the story gives me goosebumps every time I read it. Everyone in the cafeteria stops, and stands in solidarity with her. In a moment reminiscent of the resistant hand raising in The Hunger Games when District 11 pays homage to heroine Katniss, all the little kids and adults in her cafeteria stand and raise their hands. They stand together, but a child leads them. This book is beautiful, with colourful illustrations depicting the diverse tapestry of human beings. I recommend reading this book and talking to kids about what they want to do for the world, not when they are grown up, but now as kids. If one little girl skipping school can make millions of people pay more attention to a global crisis, then I have faith that we should be letting the kids run the show, because so far the grown-ups have not been solving the problems. Go inspire a kid! Take them to the library, read a good book and empower them to change the world even if they are the smallest one in the smallest grade.



> *"I'm tired of seeing this terrible stuff. Stop hurting each other! This is enough!"*

-Shanna Bernier

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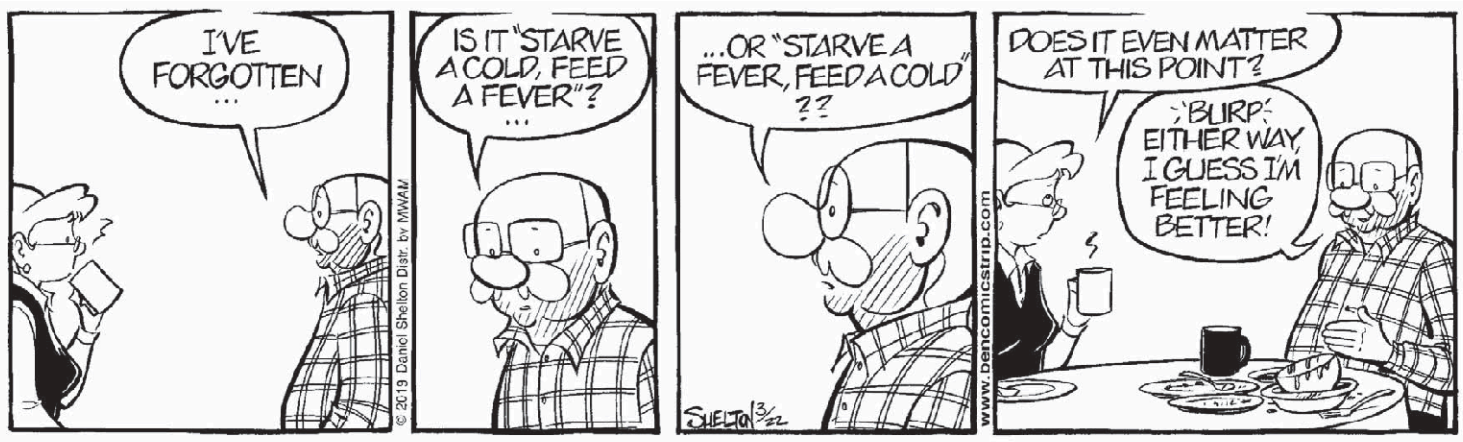
Ben by Daniel Shelton



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LOCAL NEWS

Potholes are caused by the combination of the effects of water infiltration under the roadway, freezing, thawing, and traffic flow.

City sets out to fix potholes

Record Staff

The City of Sherbrooke is actively working to patch potholes during the thawing period and wants to remind people of some tips to prevent vehicle damage.

First, it is important to know that tires that are over-inflated increase the risk of breaking the structure.

If it is impossible to get around a pothole, avoid abrupt braking. This can break the wheel of the vehicle. Decreasing driving speed is a good choice when the roadway is badly damaged or when a build-up of water is on the road. The accumulation is probably hiding a pothole. Adapting your driving to road and weather conditions is always the best option.

After a significant impact on your vehicle, it is always a good idea to check the wheel alignment.

Potholes are caused by the combination of the effects of water infiltration under the roadway, freezing, thawing, and traffic flow. The many freeze and thaw events we have seen in recent months have resulted in more potholes than usual. The public can rest assured that teams are hard at work to patch potholes as soon as possible. Moreover, since last week, the City of Sherbrooke has doubled its workforce to patch potholes on its territory. If someone sees a pothole of a significant size, they are asked to report it at any time to 819-821-5858 or at sherbrooke.ca/nidsdepoule and Roads and Maintenance teams will get to it quickly to plan a repair as soon as possible.

Since 1993, the law has relieved municipalities of any liability for material damage to tires or vehicle suspension caused by the condition of the roadway. However, it is still possible to file a claim with the City in the case of negligence or fault for any other damage to a vehicle. In all cases, the onus is on the motorist to prove that the municipality was aware of the presence of the pothole in question, but did not act with due diligence to carry out repairs within a reasonable time. To make a claim, people are invited to complete the form available at sherbrooke.ca/reclamation.

MATTHEW MCCULLY

Ready, set, sugar!

CONT'D FROM PAGE 1

looking to be a great year. If it continues the way it's going, it will be a short season. It's getting warm too quickly and the snow is melting too fast. Our biggest fear is that the trees will bud very soon, and once they do, we can forget about the sap."

According to Lavallee, the ideal sap collection weather is tricky to obtain, especially with the effects of climate change. "Preferable conditions would be around plus five degrees Celsius during the day, and around minus three degrees Celsius at night. We also need some sunshine, but not too much as to make the snow melt. Snow on the ground ensures that the base of the maple trees is nice and cool," she mentioned. "Temperature and the amount of precipitations make a big difference because a frozen ground helps prolong the season, and we haven't had much of a deep freeze lately."

"I can definitely see a change in climate in the last five years, sadly," she stated. "The weather has definitely been more inconsistent than in the previous 10, and what we have seen lately has really shown drastic changes from one day to the next. The maple industry is completely in the hands of Mother Nature."

The sugaring season is unpredictable, just like Quebec's recent weather. "Last year, we boiled sap many times, for months. The sap would stop flowing for many days and start back up because of the fluctuation in temperature," said Lavallee. "The shortest season I ever saw in my career was eight total days of sap flow, and the longest was about two months of on and off flow."

RECORD ARCHIVES

Lavallee says her operation mostly produces AA and A grade syrup.

"The grade we obtain depends on the weather, on the sap water, on your boiling system and your boiling methods. We use an osmosis separator, which helps separate the maple sugar from the sap and helps reduce boiling time. This usually results in a AA or A grade syrup," she described. "AA makes for a lighter, more liquid syrup that has a softer maple flavour. A has more of a medium amber quality to it, and a stronger maple flavour."

To facilitate the collection of their syrup, Lavallee uses a pipeline. "It's the ideal method for the sheer fact that it allows you to collect more sap in a timely manner. With 25 hectares, it would be a lot of land to cover by foot. It also helps get a maximum amount of sap out because the pump system helps extract it as well as its gravity component. Buckets only rely on the spout."

Sugaring is much more than just a hobby for the Cookshire-Eaton resident, as she juggles her job at Alexander Galt and the operations at the sugar shack.

"It takes 40 gallons of sap water to produce just one gallon of maple syrup," she said, explaining that she also makes a variety of maple products, like maple cones, maple taffy and maple butter.

"Our sugar shack is very busy throughout the season," she added. "It's a buffet-style meal that must be reserved, and it's more family-orientated. We can host a maximum of 60 people, and we're only open on the weekends, because that's when I'm not working!" she chuckled.

"A sugar shack needs to have its maple baked beans. Along with pork rinds, that's just a necessity. Our maple syrup dumplings, or 'grand-pères' as we call them, are also a staple, along with eggs in syrup. I think every part of the menu is crucial to a good sugar shack meal," said Lavallee.

As a Union des producteurs agricoles (UPA) member, Lavallee has to give out 25 per cent of the syrup she collects to the Quebec government.

"People can come and buy maple products from the sugar cabin, and what they buy in stores is just a mix of all the syrup the UPA has gathered, so you never know where it actually comes from. I always suggest that people buy directly from sugar cabins, because you know what you're getting. Everyone's syrup tastes differently," she stated. "My neighbours down the road produce syrup too and it still doesn't taste the same as mine! No two syrups taste the same because it all comes down to the nutrients and minerals in the particular trees you have and the way you cook your sap. It results in different grades, textures, and tastes."

Not all maple producers function under the UPA. When they have less than 1,500 taps, they are not required to be members. Gérald Moffat, who has 750 trees, took up maple sugaring as a hobby.

"I started producing maple syrup about 10 years ago, it was just something that I felt would be a pleasant hobby. I have the land and I knew that we had a good area around here because my neighbour also produces maple syrup."

Moffat uses a mix of tubes and buckets to produce his artisanal syrup. "I use the artisanal method, as I have a wood-fueled evaporator. A lot of big producers will use separators to accelerate the process. I boil my sap for about an hour and a half to make one gallon of syrup," he said. "Bigger operations use machines that will get rid of most of the water so there will be higher concentration of maple sugar water.It will take them about 15 minutes to produce the one gallon of maple syrup."

However, the quicker is not always the better, according to him. "Separators can take away minerals as well, which leads to a different taste. It's a very different process but I think the artisanal one favorizes quality over quantity. During the sugaring season I'll work every day the tap is running from 8 a.m. to 5 p.m., just like a work day. Bigger operations can run up to 24 hours a day on rotation with various employees and machines," he remarked.

Budget protest to remind CAQ of pledges

MATTHEW MCCULLY

While waiting for the provincial budget to be unveiled, members of the Association Des Locateurs de Sherbrooke gathered in front of Sherbrooke Town hall to remind local representatives of the CAQ government's pledges to support social housing.

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Meals on wheels week

Last week, Community Aid sent out a note asking meals on wheels recipients two questions:

How has meals on wheels made a difference in your life?

What is your favourite aspect of receiving meals on wheels?

The following are some of the responses that came back to Community Aid.

One client in particular shared all of the following.

How Meals-on-Wheels has made a difference in my life:
- I can stop worrying about whether I'm eating the right things.
- I can tell my family to stop worrying about whether I'm eating the right things.
- With Meals-on-Wheels, there's always enough that I can leave some for supper.
- It gives me something to tell my nephew about when he calls to check on me.
- I wouldn't be able to stay in my own apartment if I didn't have MoW.

Favorite aspects of receiving Meals-on-Wheels:
- The meals are a lot more interesting than a peanut-butter sandwich.
- There's more variety than my fridge has seen in a decade.
- It's a lot healthier than what's in my fridge.
- There's never any blue fuzz on the food you guys bring me.
- I look forward to the smiling face on the other side of the door when I open it.
- The drivers! I know they're not getting paid to do this.
- Wow! What a place to live! I'm glad I stayed in Lennoxville.

"Great personnel. Friendly, polite, good variety in meals. Cream soups are better than broths. Thanks for your service."

"I know I am getting 3 great meals a week and it encourages me to cook at least one big meal on the weekend. I also want to thank all the volunteers as they are really kind, and also the cooks. The food is great. Thanks."

"I really enjoy the meals. The delivery girls are very nice. It's been a long winter. Thanks to all the crew."

"I can't say enough good things about Meals on Wheels! In our circumstances, it has made our lives so much easier, so much less stress worrying about meals, and volunteers are cheerful, helpful and a real blessing! Kudos to the chefs as well!"

"I appreciate receiving the Meals on Wheels meals very much. Please keep them coming."

"The Meals on Wheels are all good. Three days a week I don't cook. Thank you all: the cooks and drivers I don't see. All of you have a nice day."

"C'est bon, je l'aime beaucoup."

"On est satisfait des repas."

"Supports the members of the community to live independently. Allows us to eat nourishing meals to maintain health and wellbeing at a reasonable cost. These services strengthen our communities."

Meals on wheels through the years.

RECORD ARCHIVES

In August of 2015 the Community Aid meals on wheels program had some special visitors. Steven Gunn and his dog Rose were travelling across North America on a mission to inspire people to volunteer and get involved in their communities.
Rose was not allowed in the kitchen, but waited patiently in the front of the Community Aid office.

RECORD ARCHIVES

A photo of Marguerite Chapdelaine delivering Meals on Wheels in 2006. She began volunteering shortly after her retirement. Chapdelaine said she enjoys socializing, particularly with one client whom she saves till last so she can sit down and stay awhile.

"I don't have a car, so getting to and from the grocery store is a problem – especially in winter. Having 'MOW' has lifted a huge weight off my shoulders. I'm eating better, more variety, good food and enjoying it."

"I am a 97 year old lady, handicapped and living alone, using a walker to get around, so am 'housebound.' Therefore, Meals on Wheels are a great blessing to me and vitally important. So much appreciated! Also, the cheerful, gracious deliverers give me an 'uplift'! Grateful. Thanks!"

"As a senior and caregiver, having Meals on Wheels has made meal preparations much easier. We can just pop our plates in the microwave. We appreciate the efforts of all the volunteers who prepare and deliver the meals."

RECORD ARCHIVES

In 2010, Scott Stevenson, owner of Stevenson & Writers, decided to donate around 65 gift bags to accompany the Christmas meals on wheels delivery.
"The idea was to let the meals-on-wheels recipients know that there are many people in the community thinking of them and sending a little extra Christmas cheer their way," Stevenson said.

"The 3 days a week we have meals are eagerly waited for, at my age I don't have to worry what I'll have. I peek under to see what surprise awaits. Good meals. Really enjoy the friendly volunteers that bring them, always a cheery 'hello' and smiles no matter what the weather. Thanks to everyone who keeps this going."

"I am a 'super senior' approaching 80. I am not mobile and unable to prepare my own meals. Meals on Wheels has been a godsend for me. The meals are always tasty. I look forward to seeing the volunteer delivery persons 3 times a week!"

"Every Monday, Wednesday and Friday, Meals on Wheels sure breaks up the week and gives us something to look forward to. The delivery people are so nice and cheerful and I look forward to their visit. The meals are such a nice variety and some things I can't cook for myself."

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Quebec tables fifth consecutive balanced budget using billions left over from Liberals

By Giuseppe Valiante
THE CANADIAN PRESS

Quebec continues to swim in cash, and the Coalition Avenir Quebec government found itself in the enviable position Thursday of being able to spend lavishly in its first budget, using billions left over by its Liberal predecessors.

After a $5.6 billion-surplus in the previous fiscal year, Finance Minister Eric Girard's 2019-20 budget increases overall spending by 5 per cent, pays down debt and begins phasing out an unpopular daycare fee increase imposed by the Liberals.

Girard projects that Quebec will end the fiscal year with a $2.5-billion surplus, the province's fifth consecutive year without a deficit. The budget contains a pessimistic note, however, as the province's economic outlook is set to darken with lower growth and a labour shortage that risks being aggravated by the new government's immigration policy.

Economic growth is forecast at 1.8 per cent in 2019 and 1.5 per cent in 2020, down from 2.3 per cent in 2018.

"This is the last budget with room to manoeuvre," said Liberal finance critic Carlos Leitao, whose four preceding years as finance minister helped the province balance its books.

Even Girard began his remarks to reporters Thursday acknowledging that the Liberals left the province's books in good shape, though he credited "generous" federal transfers and the strong global economy instead of his predecessor.

Leitao said "federal transfers helped, but the biggest component was indeed, our own revenues that were much higher than expected because the economy was functioning well and employment was high." Total revenues for the coming fiscal year are forecast at $115.6 billion, including $24.9 billion in federal transfers.

Leitao said the current government is going to have budget troubles after this fiscal year if it doesn't get spending under control.

Despite widespread labour shortages across the province and an aging population, Premier Francois Legault is moving ahead with a 20-per-cent reduction in immigration in 2019. Girard's budget includes measures to soften the blow, such as tax credits to encourage seniors to stay in the workforce and money for immigrants to find jobs that meet their skills.

The Legault government has justified the immigration cuts by saying too many newcomers are failing to integrate into Quebec society and find work that matches their skills. Girard told reporters Thursday the reduction in annual immigration will help solve the problem of labour shortages across the province, not make it worse.

He said any reduction is "temporary" and will serve to "improve all our programs." When the programs improve, he argued, Quebec will increase the number of annual immigrants and they will be better integrated into the workforce.

The budget includes $730 million over five years to "promote better integration" of immigrants. Girard said that cash envelope includes $146 million for "a personalized program for every immigrant in this province." Details about the personalized services will be announced at a later date, he said.

Girard's budget follows through on election promises to invest more in education and health, portfolios that will benefit from spending increases of 5.1 per cent and 5.4 per cent, respectively, in 2019-20.

There are no income tax reductions, but roughly 140,000 families will pay less beginning this year for childcare. The Liberals introduced additional fees for daycare spots tied to family income. Households making less than $50,000 a year currently pay $8.25 a day, per child, while a family making $200,000 pays more than $22 a day, per child.

The Coalition's new plan reduces all additional contributions for middle-class and wealthier families and by 2022, every Quebec family, regardless of income, will pay roughly $9 a day.

The budget also allocates $200 million in 2019-20 toward reducing school tax rates, part of a three-year initiative to establish a single rate across the province.

Quebec's economic health has led to its debt burden being the lowest in 20 years. The province's gross debt in 2019 stands at roughly $200 billion, or 46.1 per cent of gross domestic product. That is still the second-highest percentage in Canada, after Newfoundland and Labrador.

The budget also addresses Legault's policy on corporate head offices, a sensitive issue in a province that has seen many company headquarters leave Montreal over the decades. The government plans to spend $1 billion to help "strategic businesses" and to retain head offices.

Girard said "the program wasn't designed for SNC-Lavalin," but it could be used to keep the embattled company in Montreal. Observers say the engineering and construction giant could be at risk of takeover, in part because of an upcoming criminal trial on corruption charges.

Girard said Quebec needs to give itself the means to buy shares in companies the province considers important to the economy.

"I have been the treasurer of the National Bank of Canada," Girard told reporters, about his former employer with its headquarters in Montreal. "When you have a head office on your territory this is where the decisions are made. It's important and we want to support that."

Winter's not dead yet!

Record Staff

Although it has disappeared from the calendar for a few days, winter has not said its last word.

Townshippers can expect at least one more blast form winter this weekend, receiving several inches of snow Friday and Saturday. Accumulations could range between 15 and 25 centimeters depending on the sector, Environment Canada said.

The agency is predicting heavy snow with temperatures hovering around 1 and 2 degrees, there will be episodes of rain and slush.

According to Environment Canada, In the Sherbrooke area, accumulation of 15 centimeters is expected, but will reduce to between five to ten centimeters after it becomes compacted.

Snowfall is expected to start today and end on Saturday during the day.

Subsequently, a cold front will settle in making nights at the beginning of the week colder than normal for this time of the year. Warmer temperatures are expected to follow.

Police warn of counterfeit $5 USD bills

Record Staff

The Sherbrooke Police is alerting the public to the fact that several counterfeit $5 USD bills have been spotted in circulation. The banknotes bear the serial number: LGQ03229158. The fake bills are easily identifiable, since they contain Chinese characters. If you have received a fake bill, contact the Sherbrooke Police immediately at (819) 821-5555.

The Bank of Canada website (www.bankofcanada.ca) provides information to help business owners and members of the public know how to spot counterfeit notes and how to avoid being stuck with counterfeit Canadian or US notes.

Homes chosen

CONT'D FROM PAGE 1

multiple layers. There's just so much here. It is, indeed, one book to move you."

Murray's statement with regard to her book, "there is just so much here," could have been applied to the night as a whole, as the large crowd that assembled for the event was asked to pass judgment on five books, each full of powerful, moving experiences. In thirteen minute limits that some speakers were hard-pressed to stay within, each speaker did her or his best to explain why audience members should find their book the most moving.

"It was very tight but Homes was the one that the majority of the people who were there last night thought was the one book to move you," said Heather Thomson, chair of the Lennoxville Library's board of directors. "The very, very close runner up was Brother."

Thomson said that the organizing team for the event was very pleased with the turnout for the event, estimating that as many as 75 people came out to listen and cast their vote. She noted that the audience was not limited to Lennoxville, pointing out that one participant came from as far away as Mansonville.

"People are interested in literature and what it has to say to us," Thomson said. "We are a community of readers."

The official Canada Reads competition will take place on March 25-28 at 11 a.m. each day. The daily debates will be streamed online on the CBC website at https://www.cbc.ca/books/canadareads, as well as broadcast on CBC radio and, later in the day, broadcast on television.

"It will be interesting to see how we compare with the CBC one next week," Thomson said.

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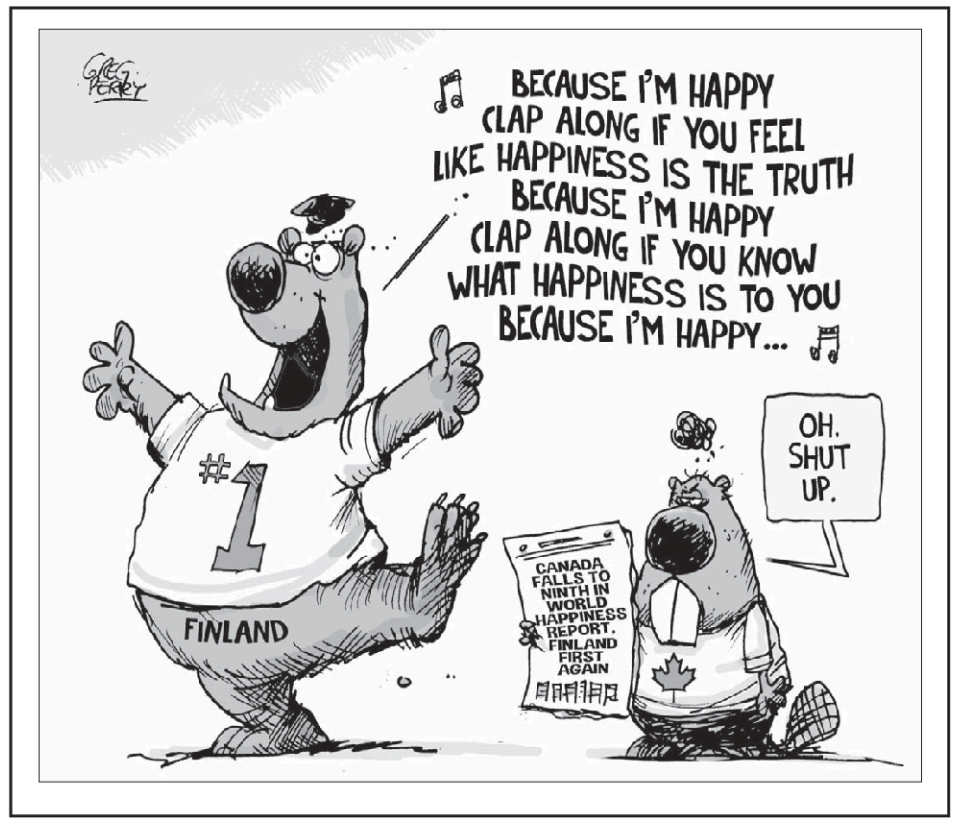
Editorial

The Quebec Community Newspapers Association represents close to 30 English newspapers across Quebec, delivering local news to over 700,000 readers.

Commentary

Quebec Community Newspapers Association – New Federal Budget



The 2019 Federal budget held very little for Quebec's Minority Language weekly newspapers, according to the Quebec Community Newspapers Association (QCNA). "Last autumn, Finance Minister Bill Morneau said strong journalism is essential for a healthy democracy and that more details would be in the federal budget," explains QCNA Executive Director, Sylvie Goneau. Today, the government came through with more details on the Federal tax credit for journalists. Surprisingly, the government missed the target if it is trying to help ensure the financial viability of local news, and especially the viability of smaller newspapers serving minority language communities. "The budget announcement comes at a crucial time for our members," adds Lily Ryan, interim QCNA president. "We were confident the government would help strengthen smaller newspapers. Many local papers have closed in recent years, and some are barely hanging on. When a local paper closes the community at large suffers."

The only section for media in today's announcement by Minister Morneau came in the form of a tax credit for labour. The following details are outlined in the budget; to benefit from the tax credit, a newspaper is required to regularly employ two or more journalists in the production of its content, dealing at arm's length with the organization, and it must not be significantly engaged in the production of content. "The problem is with the conditions and limitations of the program. Some of our member newspapers do not have the resources to employ more than one journalist and often, the editor also writes news articles. With today's announcement, small newspapers are at a greater dissadvantage as the corporates gain a tax credit, with nothing for the most precarious ones," explains Sylvie Goneau Executive Director of QCNA.

The preliminary information received say that the government still has to choose members of the population to form a committee of experts. The committee will define elements of the program, then set it up through a Secretariat before looking at requests. A process expected to take us well into 2021 before newspapers see the first reimbursement. "The government has forgotten the urgency of the matter and is under-estimating the fragility of local newspapers across Quebec. If we are to survive and thrive in the digital era, we first must have the financial stability to produce news, and that is something more and more difficult for the smaller newspapers in minority communities," says Ms. Ryan.

The Quebec Community Newspapers Association represents close to 30 English newspapers across Quebec, delivering local news to over 700,000 readers. Most of the papers provide information to communities that would otherwise receive very little or no news about their localities. Recent studies show that 80 % of households that receive a local paper, read it cover to cover. "The local newspaper is very close to the community, and we are often the only reporters at municipal council meetings. Political programs do not influence our news, but we do need programs so we can continue reporting and keep our communities informed about politics and cultural activities, including local school events," explains Ms. Ryan. 'It's not too late for the government to revise the tax credit criteria to make the initiative helpful to all media, including the official language ones serving minority language communities," concludes Ms. Ryan.

SOURCE Quebec Community Newspapers Association (QCNA)

Registration for Magog summer clubs begins in April

Record Staff

The City of Magog is advising citizens that the registration period for the Summer Club and the Teen Club will begin on Friday, April 12. Parents wishing to register their children will be able to do so online on the City's website at ville.magog.qc.ca/inscriptions. Valid proof of residency cards of the parent and child are required.

It will also be possible to register in person at the community center on Friday, April 12, from 1:30 p.m. to 8 p.m. and Saturday, April 13, from 9 a.m. to noon. After these dates, in-person registrations can be made during the community center's opening hours, Monday to Thursday, 8 a.m. to noon and 1 p.m. to 4:30 p.m. as well as Friday, 8 a.m. to noon.

Summer Club:

- Children from 6 to 11 years old.
- June 25 to August 9 (closed June 24 and July 1)

Teen Club:

- Young people from 12 to 15 years old.
- June 25 to August 1 (closed June 24 and July 1) Please note that the number of places is limited.

Flyers describing each of these camps are available on the city's website.

Each year, the Summer Club and Teen Club welcome nearly 645 young people spread over different animation sites in every corner of the city. Activities of all kinds, in addition to outings and swimming, are organized by the animators. A good time is guaranteed for all ages and all tastes to fully take advantage of the summer.

For more information on fees and registration, citizens are invited to consult the ville.magog.qc.ca/camps website or contact the secretariat of the Culture, Sport and Community Life Department at 819 843- 3333, ext. 814.

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COLUMNIST | *One of the greatest testaments to the human spirit is our ability to endure the tough times and the hibernation times, to rise from the ashes of past defeats and start anew.*

ONE COLUMN, FOUR VOICES

Open to the Spirit

Today's word: Spring

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

1) This week as we scrape the ice off our windshields, and walk carefully over the snow on our sidewalks spring seems far, far away, yet when this column reaches our readers it will be officially here. Soon we will see crocus and other flowers begin to surface. This is the season of resurrection, both for the physical world, and for us. I won't be long until we watch the sun rise on Easter morning and sing Hallelujah.

A number of years ago I was going through some very difficult personal issues. I wrote a poem that gave me hope and helped me see a brighter future. I thought this might be an appropriate time to share it.

END OF THE ICE AGE
Sunlight
Thawing
Melting into life
Drip
Drip
Drip
Ice cracks
Leaving winter behind
Life stretches into being
Released from the cold
A heart begins to beat

May the coming of spring bring you hope, both for creation, and also for your personal lives.

2) The snow is melting. The sky is brighter in the evening. The sap has started to run. Signs of spring are all around - and what a joy to the human spirit that is! The old timers are proving to themselves that they are not so old after all, as they begin the tapping of the trees and my friends are going car shopping!

Each season affects us in different ways. Summertime may cause us to slow down and pace ourselves in the heat of the lazy, hazy days. Fall has us reflecting on endings, preparing for harsher times and sharpening our intellectual pencils as the school year begins. Wintertime brings out the hibernation bear for many, staying close to home fires and home-cooked meals. Springtime brings a breath of fresh air through the front door, singing to us of renewal, revival and maybe even resurrection. These old bones take inspiration from the budding of the most crooked, gnarled old maple tree on the street.

One of the greatest testaments to the human spirit is our ability to endure the tough times and the hibernation times, to rise from the ashes of past defeats and start anew. I remember writer and theologian Lytta Basset recounting how she had taken her many years of doubting as a sign that her faith was a very weak one. She lamented her lack of certainty, fearing that was a sign that she had entered the dead days of a faithless winter. At some point though she was reminded that winter is just another season. Fall and winter days are times to consolidate, jettison what no longer gives life, and strengthen our capacity to endure the tough times. We are spiritual beings having a human experience.

We are fragile, temporary and easily side-tracked down unproductive pathways. Yet springtime comes round each year to perk us up and get us going again. Doubts are not a bad thing; they keep us humble. They ask us to take another look at our assumptions and respect the diversity of human experience. Springtime revives our hopes and has us admiring the amazing capacity of Mother Nature to renew, refresh and offer us moments of sheer awe. The creative capacity to bring forth such beauty tends to banish doubts and replace them with moments of gratitude. Life is full of such splendour and grace! Thanks be to God. Amen.

3) Spring as I grew up on the Midwest prairies was very like in Quebec - diffident, not compelled to coincide with the calendar. We loved the sparkly white stuff, and as a family enjoyed snowshoeing, skating, toboggan slides, and neighborhood broomball (a backyard version of hockey). One year winter had been dragged on long and cold like this one. Everyone agreed we were more than ready for a change of season.

One morning on our way to Sunday mass, I remember looking sadly out the car windows at snow banks piled higher than ever on either side. I nudged my sister and pointed. The road ahead was icy, snow swirled and the wind howled. Beneath our heavy winter wraps, we were dressed in new pastel Easter finery, wrapped in wooly scarves but wearing flowered headbands; shiny white patent shoes were crammed into rubber boots.

Dad was whistling an Easter hymn from the driver's seat, something about light breaking forth - and suddenly I'd had it. "How come," I muttered loud enough for all to hear, "if God knows it's Easter - why doesn't he just send us Spring to go with it?" The whistling stopped as he thought a bit. "Maybe he wants to send us hope and trust, and the only way to teach us is to make us wait for what we know will finally come."

Spring this year is like that. This week we observed the Vernal Equinox, not Spring itself but definitely a signal heralding changes to come. We're headed in the right direction, even as snow keeps swirling relentlessly down. Wait for it. Warmth will surely come. And if you, like the very Earth beneath our feet, carry Spring in the depths of your heart, it's already here. Lying in wait under all this - still sparkly - white stuff. I bid you hope and trust in the renewed creation ever present and soon to be revealed.

4) Not yet. Nature has no need of calendars. And if she decides it is not spring yet, it is not spring.

We know that spring will happen. We see signs. Confused robins. Thinner ice. Most of all, the sunshine. The sun is our one reliable clue that warmth and not just light are on the way. Winter never lasts forever.

The same is true for the winters of our soul. We all have times of darkness. We all pass through times of danger. During these dark nights we can forget to look for signs of spring. We can even forget that spring will come.

A beautiful thing we can do for each other is to be that sign of light and warmth during the dark times. When we are grieving or lost, our friends and family can come to us and remind us who we are and how we belong. At our best, the church is a place for this too, where we are reminded not only of our connection to other people but to God.

Spring will follow winter. Hope comes to those who wait, sometimes when we wait without hope, especially if there are people who wait with us.

Soon the streams and rivers will break free from their ice. Things will start to flow. Welcome spring!

One word, four voices - and as always, it's your turn now: Is your spirit ready for Spring?

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

Spring load restrictions come into force next week

Record Staff

The official 'spring thaw' period, during which authorized load limits are reduced due to weakening of the carrying capacity of the road network will begin this coming Monday, March 25 for Zone 1, which includes most of the Townships.

For zones 2 and 3, the target date is Monday, April 1.

As in previous years, the start and end dates of this period have been modulated to reflect the climatic context of each of the three zones. These dates cover not only the actual thaw, but also the period during which the pavement recovers its bearing capacity.

It is important to note, however, that the load restriction period can be advanced, suspended, or delayed depending on changing weather conditions.

During this period of additional load restrictions, the road controllers will intensify their heavy truck weighing activities, both at checkpoints and on the road network. These interventions will cover the entire fleet of heavy vehicles.

The load restrictions imposed during the thaw are intended to protect road assets for the benefit of all road users. The preservation of a secure network is at the heart of the concerns of the Ministère des Transports and the Société de l 'assurance automobile du Québec.

Zone 1: covers the south of Quebec, including the major centers of Gatineau, Montreal, Sherbrooke, Trois-Rivières, and Quebec City, and extends to Rivière-du-Loup. Zone 2: is located directly north of Zone 1 and includes the La Vérendrye and Laurentides wildlife reserves, as well as Témiscaminque, Saguenay, Lac-Saint-Jean, Côte-Nord, Rimouski, Gaspésie, and Îles-de-la-Madeleine.

Zone 3 is located north of zone 2 and includes Abitibi, the Chibougamau-Chapais region, and the Ashuapmushuan wildlife reserve.

"Thaw" signs are posted on public highways in Quebec only during the thaw period and indicate the obligation to comply with the current load restrictions.

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The Record

TALK

Your Weekly Guide to Townships Culture

March 22 - March 28, 2019

BU Singers back with "Gospel and Other Good News"

By Gordon Lambie

The BU singers have been hard at work over this semester rehearsing for their concert next Friday night.

The Bishop's University Singers' annual spring concert is coming up next Friday, March 29, built, this year, around the theme of gospel music.

"The attraction of Gospel and Gospel-inspired music is its deep joy," said the choir's Artistic Director James Crooks, "For me, no other form of choral music captures it so effectively."

The concert will feature a number of Gospel standards such as How I Got Over, His Eye is on the Sparrow, The Storm is Passing Over, as well as many Gospel-inspired secular pieces including Heaven Help Us All, I'll Remember You, This is Me, and Light of a Clear Blue Morning.

This year marks a brief return for Crooks to the role of choir director during a one-term temporary leave on the part of Fannie Gaudette, who took over the role from him five years ago.

"I never thought I'd come back," he said, explaining that although there are many positive aspects to directing the choir there is a large amount of performance-related pressure that he wasn't eager to revisit. Now one week out from the show, however, he added that, "it's pretty fun. I've got no complaints."

Crooks also clarified that although Gaudette has been on leave for this semester, she will have a few parts to play in the concert itself.

"It's nice that she can keep her streak of shows going," he said.

As has become tradition, the concert will also feature the performance of a returning choir member. In this case, "Gospel and Other Good News" will feature Singers alumna Karla Mundy, from the class of 2001, who is now a well established choir director and singer in the Vancouver area.

"She was a big star in the choir, and a fantastic piano player," Crooks said, describing the former student as "a mover and a shaker" in the west-coast choral community. "She gives workshops now all over North America."

Given her experience and expertise, Mundy will be featured not just as a soloist, but also as a conductor of her own arrangements.

"She'll conduct the first two songs of the second half," Crooks explained.

In a break with past years, the Singers' show is a one-night only event this year, something the choir director said has its ups and downs. While on the one hand, they expect a very good crowd, on the other, there is only one chance to get everything right.

"The spirit is good," Crooks said of the seventy or so members of the choir, noting that the added pressure isn't bringing the group's energy or enthusiasm down.

The Choir's ongoing interest in supporting local causes continues as well, in that the Mae Sot Education Project will once again have a table set up in the theatre lobby.

"We're happy to support them," Crooks said, adding that the choir is also trying to help support local artists by featuring the landscape photography of Tom Standish in the form of projections during several songs. "His stuff is fantastic," he added. "I think we need to support local artists as much as we can."

The BU Singers take to the Centennial Theatre stage at 8 p.m. next Friday.

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Music shines at Richmond Art Centre in April

Record Staff

The first weekend of April, the Richmond Art Center will welcome the bands Kaïn on April 5 and Bears of Legend on April 6.

Kaïn

A favourite of Quebecers, Kaïn will go on stage in an intimate setting. The band, who have been working in the Quebec music scene for more than a decade will be able to rally the crowd with classics such as Embarque ma belle, as well as excerpts from their most recent album Welcome Bonheur.

A little over a year ago, the band added a new member, John Anthony Gagnon Robinette, as a new guitarist. A young mutli-instrumentist of considerable talent, he has shared the stage with many established artists for several years. He came to consolidate an important turning point in the band's career as he launched his most recent album.

BEARS OF LEGEND

The impressive band Bears of Legend delivers a unique and quirky blend of folk, classical, and progressive rock poems that are both imaginative and mysterious. They are considered one of the most active and energetic bands on the Quebec scene.

Their most recent album breaks new ground with a rich concept and mesmerizing fantasy imagery. Folk instruments well in hand, Bears of Legend surprises on Ghostwritten Chronicles with original arrangements, powerful vocal harmonies and epic orchestral themes.

To purchase tickets: www.centredartderichmond.ca

(FACEBOOK)

Quebec folk-rockers Bears of Legend perform at the Richmond Art Centre, April 6.

Memphremagog Library extends hours

Record Staff

Effective as of this week, the opening hours for the Memphrémagog Library have are extended.

The Library will now open thirty minutes earlier than the times stated in the current schedule, or 9:30 a.m. Tuesday to Saturday and 11:30 a.m. Sunday.

During these hours, the Memphremagog Library will be in "open access" mode meaning that citizens will have access to books, computers and be able to make returns in the chute available. However, they will not be able to borrow documents until the loan counter opens at 10 a.m.

Françoise Ménard, section head at the Library, explained that "this is a pilot project. It is a practice used more and more by other libraries in Quebec to offer self-service periods and allow citizens enjoy the facilities. For example, those who want to use the Internet will now be able to come to the library earlier in the morning."

Your week on TV

WEEKDAY MORNING

	Bell	Star		6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30
WCAX 3	-	-		Channel 3 News Morning		CBS This Morning				Rachael Ray		The Doctors		The Price Is Right	
WPTZ 5	-	-		NBC5 News Today		Today				Live with Kelly and Ryan		Today 3rd Hour		Today-Kathie Lee & Hoda	
CBMT 6	206	301		Daybreak		What He Ate	Beat Bugs	Becca's Bunch	The Furch	Wandering	Beat Bugs	Napkin Man	Daniel Tiger	Dragons' Den	
CHLT 7	107	718	F	Salut bonjour (N) (SC)								Bien (SC)	Les rénos	Le tricheur	Mario Dumont
			M									(9:59) Deux filles le matin (N)			
			T												
			W												
			Th									Ça finit bien la semaine (SC)			
WMTW 8	-	-		WMTW News 8 at 6am		Good Morning America				Live with Kelly and Ryan		Steve		The View	
CKSH 9	108	-		Trullalleri	Ranger Rob	Chasseurs de	Geronimo	Salmigondis	Jack camions	RDI matin	Marina Orsini			Ricardo	Silence
CKMI 11	-	-		Global News Morning						The Morning Show		Sarah's House	Donut Shwdwn	Leave-Bryan	Income Prop.
CFCF 12	205	312		Your Morning		Your Morning		Your Morning		Live with Kelly and Ryan		The Marilyn Denis Show		The View	
WVNY 22	-	-		Local 22 News This Morning		Good Morning America				The Dr. Oz Show		Paid Program	Paid Program	The View	
WUTV 30	-	-		Paid Program	Paid Program	2 on Your Side Daybreak		Var. Programs	Forensic Files	Varied Programs		Couples Court	Couples Court	Face the Truth	Face the Truth
CFKS 31	106	726	F	NVL	Moment V	Moment V		Moment V	NVL en bref	Moment V	NVL en bref	Histoire	Histoire	Scorpion (SC)	
			M	NVL week-end								Infopublicité	Infopublicité		
			T	NVL											
			W												
			Th												
WUHF	-	363		Good Day Rochester		Good Day Rochester		Good Day Rochester		Judge Mathis		The Wendy Williams Show		Face the Truth	Face the Truth
WETK	-	-		Classical	World News	Ready Jet Go!	Wild Kratts	Nature Cat	Curious	Let's Go Luna!	Daniel Tiger	Daniel Tiger	Pinkalicious	Sesame Street	Splash
WCFE	-	-		Peg & Cat	Odd Squad	Curious	Let's Go Luna!	Daniel Tiger	Daniel Tiger	Wild Kratts	Dinosaur Train	Splash	Sesame Street	Pinkalicious	Arthur
A&E	615	520		Paid Program	Paid Program	The First 48	Var. Programs	The First 48	Var. Programs	The First 48	Var. Programs	The First 48	Varied Programs		
BRAVO	620	523	F	"Sometimes the Good Kill" (2017) Susie Abromeit.				Flashpoint "A Call to Arms"		"Sometimes the Good Kill" (2017) Susie Abromeit.				Flashpoint "A Call to Arms"	
			M	"Shades of Black: The Conrad Black Story" (2006)						"Shades of Black: The Conrad Black Story" (2006)					
			T	"Reasonable Doubt" (2014) Dominic Cooper.						"Reasonable Doubt" (2014) Dominic Cooper.					
			W	"Pregnant at 17" (2016, Suspense) Josie Bissett.						"Pregnant at 17" (2016, Suspense) Josie Bissett.					
			Th	"Far From Home" (2014, Drama) Barry Watson.						"Far From Home" (2014, Drama) Barry Watson.					
CNN	500	500		New Day With Alisyn		New Day With Alisyn		New Day With Alisyn		CNN Newsroom With Poppy		CNN Newsroom With Poppy		At This Hour-Kate	
DISC	520	505	F	Mayday "Pilot Betrayed"		Mayday "Deadly Display"		Mayday "Imperfect Pitch"		Highway Thru Hell		North Woods Law		North Woods Law	
			M												
			T												
			W												
			Th												
HIST	522	506		Canadian Pickers		Ice Road Truckers		Yukon Gold		Ice Road Truckers		Canadian Pickers		Security	Security
PARMT	628	584		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue	
RDI	126	730		(5:00) RDI matin							L'info				Isabelle Richer
SHOW	616	521		Rookie Blue		Mary Kills People		Movie				Movie			
SLICE	601	562		ET Canada	Say Yes-Dress	Varied Programs									
TLC	521	560		7 Little Johnstons		7 Little Johnstons		Counting On		Counting On		Say Yes: ATL	Var. Programs	Say Yes to the Dress: Atlanta	
TSN	400	400	F	2019 World Women's Curling		SportsCentre		SportsCentre		SportsCentre		SportsCentre		SportsCentre	
			M	SportsCentre	SportsCentre		SportsCentre		SportsCentre		SportsCentre		SportsCentre		SportsCentre
			T												
			W												
			Th												
YOUTH	551	542		Loud House	Loud House	Loud House	Loud House	SpongeBob	SpongeBob	SpongeBob	Hunted	Cloudy, Meat	Cloudy, Meat	Go Away Uni	SpongeBob

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Your week on TV

WEEKDAY AFTERNOON

	Bell	Star	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
WCAX 3	-	-	Across/ Fence	The Young and the Restless		Bold/Beautiful	The Talk	Var. Programs	Let's Make a Deal		Family Feud	Family Feud	Channel 3	3 News
WPTZ 5	-	-	NBC5 News	Daily Blast	Days of our Lives		Steve		Dr. Phil		The Ellen DeGeneres Show		NBC5 News	NBC5 News
CBMT 6	206	301	CBC News Network		Escape to the Country		Grand Designs		Heartland		Canada Reads 2019		Murdoch Mysteries	
CHLT 7	107	718	(:13) Le TVA régional		Movie				TVA nouvelles	Les feux de l'amour		Top modèles	(4:58) TVA nouvelles	
WMTW 8	-	-	News	Access	Strahan & Sara		General Hospital		The Ellen DeGeneres Show		WMTW News 8 at 4pm		WMTW News 8 at 5PM	
CKSH 9	108	- F	Téléjournal	Second regard	Lumière sur... (DVS) (SC)		Virginie (SC)	Virginie (SC)	Belles histoires des		Entrée principale "Les meilleurs moments" (N)			Silence
		- M		Chien										
		- T		Monde-parlait										
		- W		La facture										
		- Th		L'épicerie										
CKMI 11	-	-	Global News	ET Canada	Days of our Lives		The Talk	Var. Programs	Rachael Ray		Millionaire	The Young and the Restless		Global News
CFCF 12	205	312	CTV News Montreal		The Social		Dr. Phil		The Dr. Oz Show		The Ellen DeGeneres Show		CTV News Montreal at 5	
WVNY 22	-	-	Hot Bench	Hot Bench	Strahan & Sara		General Hospital		The People's Court		Judge Judy	Judge Judy	Judge Judy	Judge Judy
WUTV 30	-	-	The Steve Wilkos Show		Maury		Judge Mathis		The Doctors		Steve		Family Feud	Family Feud
CFKS 31	106	726	Guerre-clans	Movie				Movie				Les Simpson	Les Simpson	Guerre-clans
WUHF	-	363	The Steve Wilkos Show		Maury		Var. Programs	Divorce Court	Hot Bench	Hot Bench	Judge Judy	Judge Judy	The People's Court	
WETK	-	-	Dinosaur Train	Cat in the Hat	Sesame Street	Super Why!	Pinkalicious	Let's Go Luna!	Odd Squad	Varied Programs				World News
WCFE	-	- M	Nature (DVS)		Underground	Ready Jet Go!	Peg & Cat	Arthur (EI)	Odd Squad	Odd Squad	Let's Go Luna!	Nature Cat	Daniel Tiger	Curious
		- T	Antiques Roadshow		Love Quilting									
		- W	Ireland's Wild Coast		Rick Steves									
		- Th	Finding Your Roots		Cooking									
			NOVA		Mountain Lake									
A&E	615	520	Varied Programs										The First 48	Var. Programs
BRAVO	620	523	Movie				Flashpoint		Varied Programs					
CNN	500	500	Inside Politics		CNN Right Now		CNN Newsroom		CNN Newsroom		The Lead With Jake Tapper		Situation Room With Wolf	
DISC	520	505 F	CSI: New York "Enough"		CSI: New York "Dead Inside"		Highway Thru Hell		MythBusters		CSI: New York "Enough"		CSI: New York "Dead Inside"	
		505 M											Gold Rush: White Water	
		505 T											CSI: New York	
		505 W												
		505 Th												
HIST	522	506 F	Canadian Pickers		American Pickers		Pawn Stars	Pawn Stars	Forged in Fire		Restoration	Restoration	Mountain Men	
		506 M					Forged in Fire: Cutting Deeper "Night of Redemption" Smiths salvage steel from a junkyard.						Forged in Fire	
		506 T					Lost Gold of World War II		Forged in Fire		Buried: Knights Templar		Mountain Men	
		506 W					Pawn Stars	Pawn Stars						
		506 Th												
PARMT	628	584	Bar Rescue		Bar Rescue		Varied Programs							
RDI	126	730	Téléjournal	Les ex		L'info					(3:59) Mordus de politique		En direct avec Patrice Roy	
SHOW	616	521 F	Rookie Blue "Moving Day"		Mary Kills People		NCIS "Secrets" (DVS)		NCIS "Psych Out"		NCIS "Need to Know"		NCIS "Secrets" (DVS)	
		521 M												
		521 T												
		521 W			Beauty and the Beast									
		521 Th												
SLICE	601	562	Varied Programs		Say Yes-Dress	Say Yes-Dress	Varied Programs							
TLC	521	560	Say Yes	Say Yes	Say Yes	Say Yes	My 600-Lb. Life		Varied Programs		90 Day Fiancé: Before the 90		Varied Programs	
TSN	400	400	SportsCentre	SportsCentre	Varied Programs							Questionable	Around/Horn	Interruption
YOUTH	551	542	SpongeBob	Loud House	Loud House	Go Away Uni	Double Dare	Henry Danger	SpongeBob	SpongeBob	SpongeBob	Loud House	Loud House	Nicky, Ricky

FRIDAY EVENING — MARCH 22, 2019

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		2019 NCAA Basketball Tournament TBA vs Duke. Duke awaits the winner of the First Four contest between NC Central and North Dakota State. (N)				2019 NCAA Basketball Tournament UCF vs VCU. (N) (Live)						Channel 3 News
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N)	Wheel of Fortune (N)	Blindspot The FBI is hot on Madeline's heels. (N)		The Blacklist Cooper makes an appeal on Red's behalf.		Dateline NBC (N)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N)	
CBMT 6	206	301	CBC Montreal News (N)	Coronation Street (N)	Figure Skating ISU World Championships.		marketplace (N)	Under New Management	CBC Docs POV The story behind a serial killer. (N)		The National (N)		CBC Montreal News (N)		Coronation Street
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	Ça finit bien la semaine (N) (SC)		Du talent à revendre (SC)		La liste noire Liz et Red pourchassent un criminel.		TVA nouvelles (N)	(:35) Denis Lévesque (N) (SC)	(:35) ★★ "Le duel" (2016) Woody Harrelson. Premiere.		
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	Fresh Off the Boat (N)	Speechless (N)	20/20 A woman shoots her three young children. (N)				WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live	
CKSH 9	108	-	(5:59) Le télé-journal Estrie	Le TJ Extra ICI Estrie (N)	Au suivant Des manches crève-coeur sont prévus. (N)		Prière de ne pas envoyer de fleurs (N) (SC)		Ouvrez les guillemets (N)	Les poilus (SC)	Le téléjournal (N) (SC)		(:06) "Autrui" (2015, Drame) Robin Aubert, Brigitte Pogonat. Premiere. (SC)		
CKMI 11	-	-	Global National (N)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Chicago Med Justice is sought tor Dr. Charles.		The Blacklist Cooper makes an appeal on Red's behalf.		Private Eyes Shade and Angie look for a woman.		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert	
CFCF 12	205	312	(5:59) CTV News Montreal (N)		etalk (N)	The Big Bang Theory	Blindspot The FBI is hot on Madeline's heels. (N)		American Housewife (N)	The Kids Are Alright (N)	Criminal Minds A race to take down Mr. Scratch.		News-Lisa	CTV News Montreal (N)	The Big Bang Theory
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N)	Fresh Off the Boat (N)	Speechless (N)	20/20 A woman shoots her three young children. (N)				Local 22 News (N)	(:35) Jimmy Kimmel Live	
WUTV 30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud	Last Man Standing (N)	The Cool Kids (N)	Proven Innocent A girl convicted of killing her mother.		2 on Your Side at 10 (N)	Seinfeld "The Wink"	Two and a Half Men	Two and a Half Men	Last Man Standing
CFKS 31	106	726	Souper parfait	Souper parfait	Rire et délire	Rire et délire	Ambulances animales (N)	Les effaceurs (N)	Haute sécurité	Code 111	Gotham "Le fils de Gotham" Gordon affronte un individu.		Souper parfait	NVL (N)	Infopublicité
WUHF	-	363	Modern Family	Modern Family	The Big Bang Theory	The Big Bang Theory	Last Man Standing (N)	The Cool Kids (N)	Proven Innocent A girl convicted of killing her mother.		13WHAM News at 10 on Fox Rochester (N) (Live)		DailyMailTV (N)	The Simpsons	Paid Program
WETK	-	-	PBS NewsHour (N)		BBC News-night	Vermont This Week (N)	Washington Week (N)	Firing-Hoover	Great Performances The life of soprano Birgit Nilsson. (N)			Art Basel: A Portrait	Amanpour and Company (N)		BBC World News
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N)		Mountain Lake Journal	New York Now	Great Performances The life of soprano Birgit Nilsson. (N)			Breaking Big	BBC World News	Amanpour and Company (N)	
A&E	615	520	(5:00) Live PD "Live PD -- 02.24.18" Riding along with law enforcement.				Live PD: Rewind "Live PD: Rewind No. 201" (N)		Live PD "Live PD -- 01.19.18" Riding along with law enforcement.						Live PD
BRAVO	620	523	Bones Mutilated remains of a chicken farmer.		Bones Investigating a little person's death.		Bones Human remains are found.		Bones Remains of a gamer are found.		Bones A man dressed as Santa is blown up.		Bones Human remains are found by a railroad.		Bones Block party.
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Anderson Cooper 360 (N)		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon		Cooper 360
DISC	520	505	Highway Thru Hell "Ice Storm" (DVS)		MythBusters Reconstructing a Hollywood movie stunt.		Heavy Rescue: 401 An operator gets in over his head.		Hellfire Heroes A man gets trapped in his truck.		American Chopper The team builds a military-style bike.		Mayday "Getting Out Alive"		Highway Thru Hell
HIST	522	506	American Pickers "Cowzilla in Colorado"		Swamp People Ronnie wins extra tags in a poker game.		Hitler's Secret Tunnels Tunnels that may contain Nazi secrets.				Lost Gold of World War II "Death on the Mountain"		American Pickers "Cowzilla in Colorado"		Pawn Stars
PARMT	628	584	Ink Master Artists tattoo difficult spots.		Ink Master Teams must tattoo epic battle scenes.		Ink Master The artists must tattoo galaxies.		Bellator MMA Live Emmanuel Sanchez returns for a featherweight rematch with Georgi Karakhanyan. (N)				(:15) Ink Master The artists face the opposing coach.		Ink Master
RDI	126	730	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)		Les grands reportages (N) (SC)		Le téléjournal avec Pascale Nadeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)
SHOW	616	521	NCIS "Psych Out" Investigating a suspected suicide.		NCIS "Need to Know" The team investigates a murder.		NCIS "Secrets" A dead captain in an unusual costume.		★★ "Green Lantern" (2011, Action) Ryan Reynolds, Blake Lively, Peter Sarsgaard. A test pilot joins a band of intergalactic warriors. (DVS)					★★★ "Deadpool" (2016, Action) Ryan Reynolds.	
SLICE	601	562	Stripped Ali and Justin embark on a experiment.		Chrisley Knows Best	Million Dollar Listing Los Angeles "Dubai It" Tracy travels to Dubai.			Married at First Sight Decision day looms closer. (N)		★ "Very Bad Things" (1998, Drama) Christian Slater, Cameron Diaz, Daniel Stern. An accidental death fuels violence and immorality.				
TLC	521	560	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress		My 600-Lb. Life "Supersized: Brandon's Story" Musician Brandon has a weight problem. (N)				My 600-Lb. Life "Supersized: Maja's Story" Maja begins her weight-loss journey. (N)				My 600-Lb. Life
TSN	400	400	2019 NCAA Basketball Tournament First Round Whip-Around Coverage. (N) (Live)												
YOUTH	551	542	Henry Danger	Cousins, Life	Knight Squad	Thundermans	★★★ "Inside Out" (2015) Voices of Amy Poehler.				★★★ "Inside Out" (2015) Voices of Amy Poehler.				Hairspray

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Your week on TV

SATURDAY DAYTIME — MARCH 23, 2019

	Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30
WCAX 3	-	-	**CBS This Morning: Saturday** (N) 🎧 CC				**Lucky Dog** "Dean"	**Dr. Chris: Pet Vet**	**Innovation Nation**	**The Inspectors**	**2019 NCAA Basketball Tournament** Second Round: Teams TBA. (N) 🎧 (Live) CC					**2019 NCAA Basketball Tournament** Second Round: Teams TBA.		
WPTZ 5	-	-	**(7:00) Today** (N) 🎧 CC		**Teen Kids News** (N)	**Hanna Into the Wild**	**The Voyager**	**Earth Odyssey**	**Consumer 101** CC	**Naturally, Danny Seo**	**Vets Saving Pets**	**Champ Within**	**Greatest Sports Legends: Class of 1977**		**Sports Gone Wild**		**PGA Golf**	
CBMT 6	206	301	**The Furchester Hotel**	**PJ Masks** 🎧	**True Rainbow**	**Addison** 🎧 CC	**What He Ate**	**(:36) Beat Bugs** 🎧	**(:15) Bookaboo** 🎧	**(:28) Stella and Sam**	**Our Montreal** (N) CC		**Curling** Canadian Mixed Doubles Championship, Elimination Round. From Fredericton, N.B.				**Figure Skating**	
CHLT 7	107	718	**(6:00) Salut bonjour week-end** (N) (SC)				**Bien** (N) (SC)	**Deux filles le matin** "Les dépendances"		**Propulsion** (N) (SC)	**TVA nouvelles** (N)	**Chacun sa route** (N)	**Infopublicité** (SC)	**(:45) ★★ "Hommes en noir II"** (2002, Action) Tommy Lee Jones, Will Smith. (DVS) (SC)				**"Rapidesdang."**
WMTW 8	-	-	**Good Morning America** (N) 🎧 CC		**Jack Hanna**	**Ocean Treks**	**Rescue Heroes** (N)	**The Great Dr. Scott**	**Rock the Park**	**Vacation Creation**	**CommuNITY**	**Never Fear**	**Paid Program**	**Paid Program**	**World of X Games** (N) CC		**Overwatch League** Stage 1 Playoffs. (N)	
CKSH 9	108	-	**Nils Holgersson**	**Hôtel Transyl**	**Les sapiens**	**Les sapiens**	**Science ou magie**	**aven Blinky Bill**	**Podium** (N)	**Estrie**	**Téléjournal**	**La facture** (SC)	**Enquête** L'incontinence urinaire. (SC)		**Au suivant** (SC)		**Inspecteur Barnaby** "Chaînes brisées" 🎧	
CKMI 11	-	-	**Fish'n Canada**	**Real Fishing**	**Adv'ture North**	**Fishful Thinking**	**Fish TV** CC	**Paid Program**	**Powerboat Television**	**Driving Television**	**Holmes Makes It Right** "House Sandwich"		**Airport: Below Zero** "Playing With Fire"		**Leave It to Bryan**	**See No Evil** "Skylar Neese"		**"Run for Your Life"**
CFCF 12	205	312	**Mom and Dad**	**Mom and Dad**	**Operation Smile** 🎧 CC		**One World Kitchen**	**Flour Power**	**Written Canada**	**Cash Cab** 🎧	**Sidelines** 🎧 CC	**Sidelines** 🎧 CC	**Moneytalk** (N) CC	**Where To I Do?** 🎧	★★ **"McFarland"** (2015, Docudrama) Kevin Costner, Maria Bello. 🎧 CC (DVS)			
WVNY 22	-	-	**Good Morning America** (N) 🎧 CC		**Jack Hanna**	**Ocean Treks**	**Rescue Heroes** (N)	**The Great Dr. Scott**	**Rock the Park**	**Vacation Creation**	**Larry King Sp.**	**AAA Benefits**	**Paid Program**	**Paid Program**	**World of X Games** (N) CC		**Overwatch League** Stage 1 Playoffs. (N)	
WUTV 30	-	-	**Cooking Emeril**	**More Hair**	**Paid Program**	**Try Yoga**	**Cooking Emeril**	**Paid Program**	**Airbrushed Beauty**	**Power Air Fryer Oven**	**Raw Travel** 🎧	**World Surf League Season Preview** (N) 🎧		**NASCAR RaceDay**	**NASCAR Gander**			
CFKS 31	106	726	**Leurre juste**	**NVL weekend** (N)	**Marvel: les agents du S.H.I.E.L.D** 🎧 (SC)		**RPM**		**RPM Plus**		**Infopublicité**	**La guerre des clans**	**Taxi payant**	**Taxi payant**	★★ **"Alerte sous la terre"** (1997, Action) Steven Seagal, Marg Helgenberger.			
WUHF	-	363	**Xploration Space**	**Awesome Planet**	**Weird but True**	**Xploration DIY Sci**	**Cooking Emeril**	**Paid Program**	**Airbrushed Beauty**	**Power Air Fryer Oven**	**Modern Family** 🎧	**World Surf League Season Preview** (N) 🎧		**NASCAR RaceDay**	**NASCAR Gander**			
WETK	-	-	**(7:00) Food: What the Heck Should I Eat?** 🎧		**Outdoor Journal**	**MotorWeek** (N)	**Lidia's Kitchen** 🎧	**Simply Ming** 🎧	**Kimball's Milk Street**	**Martha Bakes** 🎧	**Test Kitchen**	**Cook's Country**	**Woodwright**	**This Old House** 🎧	**Ask This Old House**	**Antiques Roadshow** "Washington, DC"		**Great Performances**
WCFE	-	-	**Wild Kratts** CC	**Wild Kratts** CC	**Odd Squad**	**Odd Squad**	**Craft-Legacy**	**Greener World**	**This Old House** 🎧	**Ask This Old House**	**Kimball's Milk Street**	**Cooking School**	**Martha Bakes** 🎧	**Lidia's Kitchen** 🎧	**Mexican Table**	**Cook's Country**	**Test Kitchen**	**My Greek Table**
A&E	615	520	**Zombie House Flipping** 🎧 CC		**Tiny House Nation** 🎧 CC		**Vacation Rental Potential** "Galveston" CC		**Rustic Remodel** (N) 🎧 CC		**Live PD: Rewind** "Live PD: Rewind No. 74"		**Live PD: Rewind** "Live PD: Rewind No. 80"		**Live PD** "Live PD -- 11.18.17" Riding along with law enforcement. 🎧 CC			
BRAVO	620	523	**Bones** Charred human remains. 🎧 CC		**Bones** 🎧 CC		**Bones** Investigating a little person's death.		**Bones** Human remains are found. 🎧 CC		**Bones** Remains of a gamer are found. 🎧		**Bones** A man dressed as Santa is blown up.		**Blue Bloods** "Unbearable Loss" 🎧		**Blue Bloods** "Genetics" 🎧 CC (DVS)	
CNN	500	500	**New Day Weekend**		**Smerconish** (N) CC		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**	
DISC	520	505	**Heavy Rescue: 401** "Only One Shot"		**Tanked** A Toyota Highlander aquarium. CC		**North Woods Law** "The Rescuers" CC		**North Woods Law** "Long Shot" CC		**Homestead Rescue** "Grizzly Bait" CC		**Mayday** "Getting Out Alive" CC		**Mayday** Korean Air Cargo flight crashes.		**Hellfire Heroes** "Wheels That Fail"	
HIST	522	506	**Border Security** 🎧	**Border Security** 🎧	**Border Security** 🎧	**Border Security** 🎧	**Canadian Pickers** 🎧 CC (DVS)		**Canadian Pickers** "Picking the UK" 🎧		**Hitler's Secret Tunnels** Tunnels that may contain Nazi secrets. 🎧 CC				**Lost Gold of World War II** 🎧 CC		**God Code** 🎧 CC	
PARMT	628	584	**Bar Rescue** A military hero needs a rescue.		**Bar Rescue** "Demolition Man" CC		**Bar Rescue** "Gone in a Flash" CC		**Bar Rescue** A stepson fails as bar manager.		**Bar Rescue** "Till Debt Do Us Part" CC		**Bar Rescue** "Antisocial Media" CC		**Bar Rescue** "The Lost Episode" CC		**Bar Rescue** "Not Cleared for Takeoff"	
RDI	126	730	**(5:30) RDI matin weekend** (N) (SC)				**L'info** (N) (SC)	**L'info** (SC)	**L'info** (N) (SC)	**L'info** (SC)	**Téléjournal**	**Téléjournal**	**Le national**	**L'info** (N) (SC)	**L'info** (N) (SC)	**L'info** (SC)	**L'info** (N) (SC)	**L'info** (SC)
SHOW	616	521	**(7:00) "A Life Interrupted"** (2007) 🎧		**NCIS** The team investigates a murder. 🎧		★★ **"Green Lantern"** (2011) Ryan Reynolds. A test pilot joins a band of intergalactic warriors. 🎧 CC (DVS)				★★ **"Suicide Squad"** (2016, Action) Will Smith, Jared Leto, Margot Robbie. Armed supervillains unite to battle a powerful entity. 🎧 CC							**"X-Men Origins"**
SLICE	601	562	**Paid Program** 🎧	**Try Yoga!**	**Paid Program** 🎧	**Paid Program** 🎧	**Married at First Sight** "Doomed or Devoted"		**Stripped** "Richie Skye" 🎧 CC		★★ **"The Change-Up"** (2011, Comedy) Ryan Reynolds, Jason Bateman. 🎧 CC				★★ **"He's Just Not That Into You"** (2009) Ben Affleck, Jennifer Aniston. 🎧 CC			
TLC	521	560	**Say Yes: ATL**	**Say Yes: ATL**	**Say Yes: ATL**	**Say Yes: ATL**	**Say Yes: ATL**	**Say Yes: ATL**	**Say Yes: ATL**	**Say Yes: ATL**	**Say Yes: ATL**	**Say Yes: ATL**	**Untold Stories of the E.R.** "Why Am I Blue?"		**Untold Stories of the E.R.** "Shredded!" 🎧		**Untold Stories of the E.R.** 🎧 CC	
TSN	400	400	**SportsCentre** CC		**2019 World Women's Curling Championship** First Semifinal: Teams TBA. (N) (Live) CC						**Motoring TV** CC		**NASCAR Monster**	**SC** CC	**2019 World Women's Curling Championship** Second Semifinal: Teams TBA. (N) (Live) CC			
YOUTH	551	542	**Go Away**	**Loud**	**Loud**	**Loud**	**Sponge.**	**Sponge.**	**Turtles**	**Loud**	★★★ **"Inside Out"** (2015, Children's) 🎧 CC				**Sponge.**	**Sponge.**	**Sponge.**	**Loud**

SATURDAY EVENING — MARCH 23, 2019

	Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	**2019 NCAA Basketball Tournament**		**2019 NCAA Basketball Tournament** Second Round: Teams TBA. (N) 🎧 (Live) CC					**2019 NCAA Basketball Tournament** Second Round: Teams TBA. (N) 🎧 (Live) CC					**48 Hours** (N) 🎧 CC		**Channel 3 News**	**Friends** 🎧 CC	**NCIS: N.O.**
WPTZ 5	-	-	**(3:00) PGA Tour Golf** Valspar Championship: Third Round. (N) 🎧 (Live)				**NBC5 News at 6**	**Nightly News**	**Jeopardy!** 🎧 CC	**Wheel of Fortune**	**World Figure Skating Championships** Ladies' & Men's Free Skate. (Taped) 🎧				**Saturday Night Live** (N) 🎧 CC		**NBC5 News**	**(:29) Saturday Night Live** "Halsey" CC	
CBMT 6	206	301	**(3:00) Figure Skating** ISU World Championships, Men's Free Program. (N) CC				**Montreal News**	**Hockey Central**	**NHL Hockey** New York Rangers at Toronto Maple Leafs. From Scotiabank Arena in Toronto. (N) 🎧 (Live) CC						**NHL Hockey** Calgary Flames at Vancouver Canucks. (N) 🎧 (Live) CC				
CHLT 7	107	718	**(3:26) ★★ "Rapides et dangereux 5"** (2011, Action) Vin Diesel, Paul Walker. (DVS) (SC)				**TVA nouvelles** (N)	★★★ **"Les avengers: le film"** (2012) Robert Downey Jr., Chris Evans. De super héros s'unissent pour sauver le monde. (DVS) (SC)					**(:22) ★★★ "Lucy"** (2014, Action) Scarlett Johansson. (SC)				**(:04) TVA nouvelles**	**(:34) ★★ "Transformers: la revanche"**	
WMTW 8	-	-	**(3:00) Overwatch League** Stage 1 Playoffs. From Blizzard Arena in Burbank, Calif. (N)				**WMTW News 8 at**	**World News**	**Paid Program**	**Jeopardy!** 🎧 CC	**American Idol** "202 (Auditions)" Aspiring singers perform for the judges. 🎧 CC				**20/20** 🎧 CC		**WMTW News 8**	**Rizzoli & Isles** "Dangerous Curve Ahead"	
CKSH 9	108	-	**(3:00) Inspecteur Barnaby** (DVS) (SC)		**La semaine verte** (N) (SC)		**Téléjournal Estrie**	**La petite vie** (SC)	**En direct de l'univers** (N) (SC)		**Deuxième chance** (N) (SC)		**Notre vie** "Réalité décevante" (N) 🎧		**Le téléjournal**	**Doc humanité** "Exil au Far West" (N)		**Dre Grey, leçons d'anatomie** 🎧	
CKMI 11	-	-	**(3:30) "Run for Your Life"** (2014) Amy Smart, Aislyn Watson. CC		**Focus Montreal**		**Global News at 6**	**Global National**	**Border Security**	**Border Security**	**Ransom** "Justice" 🎧 CC (DVS)		**Rookie Blue** "Blink" A holdup at a diner.		**Rookie Blue** "All by Her Selfie" 🎧 CC		**Global News**	**(:29) Saturday Night Live** "Halsey" CC	
CFCF 12	205	312	**(2:00) ★★ "McFarland"** (2015) 🎧		**Seinfeld** 🎧	**Big Bang Theory**	**CTV News Montreal** (N) 🎧 CC		**W5** Stories of mothers; a mission. (N) 🎧		**Jann** 🎧	**Big Bang Theory**	**Carter** Harley gets in on a commercial. 🎧		**Carter** An obnoxious radio DJ is murdered.		**News-Rinaldo**	**CTV News Montreal**	**(12:05) Pop Life**
WVNY 22	-	-	**(3:00) Overwatch League** Stage 1 Playoffs. From Blizzard Arena in Burbank, Calif. (N)				**World News**	**Local 22 News** (N)	**Extra** (N) 🎧 CC		**American Idol** "202 (Auditions)" Aspiring singers perform for the judges. 🎧 CC				**20/20** 🎧 CC		**Local 22 News** (N)	**Extra** 🎧 CC	
WUTV 30	-	-	**NASCAR Gander**	★★ **"The Adventures of Buckaroo Banzai"** (1984) Peter Weller, John Lithgow.			**Big Bang Theory**	**Two and Half Men**	**Two and Half Men**		**MasterChef** Carnival-themed competition.		**9-1-1** Bobby meets Athena's parents. 🎧		**2 on Your Side at 10**	**Big Bang Theory**	**Gordon Ramsay's 24 Hours to Hell**		**Paid Program**
CFKS 31	106	726	**(:15) ★★★ "Les désastreuses aventures des orphelins Baudelaire d'après Lemony Snicket"** (2004) Jim Carrey.				★ **"G.I. Joe: le réveil du cobra"** (2009) Channing Tatum, Dennis Quaid. Des soldats d'élite luttent contre Destro.						★ **"La loi du milieu"** (2000) Sylvester Stallone. Un tueur professionnel veut venger la mort de son frère.					**NVL weekend**	**Infopublicité**
WUHF	-	363	**NASCAR Gander**	**Rochester Press Box**	**Ring of Honor Wrestling** (N) CC		**Modern Family** 🎧	**Modern Family** 🎧	**Big Bang Theory**	**Big Bang Theory**	**MasterChef** Carnival-themed competition.		**9-1-1** Bobby meets Athena's parents. 🎧		**WHAM News**	**Engagement**	**Gordon Ramsay's 24 Hours to Hell**		**ROH Wrestling**
WETK	-	-	**(3:30) Great Performances** Tribute to producer David Foster. 🎧		**NewsHour Wk**		**Father Brown** "The Dance of Death" 🎧		**As Time Goes By**	**Keep-Appear**	**Rev.** 🎧 CC	**Upstart Crow** 🎧	**Doc Martin** 🎧 CC		**The Doctor Blake Mysteries** 🎧 CC		**Austin City Limits** 🎧 CC		**Underground**
WCFE	-	-	**Antiques Roadshow** "Washington, DC"		**Samantha Br**	**Connect NY** 🎧 CC	**NewsHour Wk**	**Mountain Lake**	**New York Now**		**Miss Marple** "Sleeping Murder" CC		**Call the Midwife** 🎧 CC		**Jamestown** Henry flaunts his wealth. 🎧		**Underground**	**Austin City Limits** 🎧 CC	
A&E	615	520	**(2:00) Live PD** "Live PD -- 11.18.17" CC		**Live PD** "Live PD -- 12.15.17" Riding along with law enforcement. 🎧 CC						**Live PD: Rewind** (N) 🎧 CC		**Live PD** "Live PD -- 01.12.18" Riding along with law enforcement. 🎧 CC						**Live PD** 🎧 CC
BRAVO	620	523	**Blue Bloods** "Not Fade Away" 🎧		**The Closer** "In Custody" 🎧 CC		**The Closer** "Layover" 🎧 CC		**The Enemy Within** "Confessions" CC		**Whiskey Cavalier** 🎧 CC (DVS)		**Law & Order: Special Victims Unit** 🎧		**The Rookie** "Greenlight" CC (DVS)		**Magnum P.I.** 🎧 CC		**The Closer** 🎧
CNN	500	500	**CNN Newsroom**		**CNN Newsroom**		**S. E. Cupp Unfiltered**		**The Van Jones Show**		**CNN Newsroom**		**Tricky Dick** CC		**CNN Special Report**		**The Eighties** CC		
DISC	520	505	**Heavy Rescue: 401** "Only One Shot"		**Mayday** "Getting Out Alive" CC		**Heavy Rescue: 401** CC (DVS)		**Heavy Rescue: 401** "One Twisted Mess"		**Heavy Rescue: 401** "The 401 Is Calling"		**Heavy Rescue: 401** CC (DVS)		**Heavy Rescue: 401** "Only Getting Worse"		**Heavy Rescue: 401** "Your Heart Sinks"		**Heavy Rescue**
HIST	522	506	**(3:00) God Code** 🎧 CC		**Buried: Knights Templar**		**Buried: Knights Templar**		**Buried: Knights Templar**		**Buried: Knights Templar**		★★★ **"Braveheart"** (1995, Historical Drama) Mel Gibson, Sophie Marceau. A Scottish rebel rallies his countrymen against England. 🎧 CC						
PARMT	628	584	**Bar Rescue** Taffer revisits The Cajun Belle.		**Bar Rescue** "Raising Arizona" CC		**Bar Rescue** CC		**Bar Rescue** "Fallen Angels" CC		**Bar Rescue** A military hero needs a rescue.		**Bar Rescue** "Demolition Man" CC		**Bar Rescue** "Gone in a Flash" CC		**Bar Rescue** "Chase Lounge" CC		**Bar Rescue** CC
RDI	126	730	**L'info** (N) (SC)	**Journal France 2**	**Le téléjournal**	**L'épicerie** (SC)	**Le téléjournal**	**Le téléjournal**	**Le national** (N)	**(:31) Le national**	**(:01) Enquête** L'incontinence urinaire. (SC)		**Le téléjournal**	**Second regard**	**Le téléjournal**	**Le national** (N)	**(:01) Les grands reportages** (SC)		**Le téléjournal**
SHOW	616	521	**(3:30) ★★ "X-Men Origins: Wolverine"** (2009, Action) Hugh Jackman. 🎧 CC				★★ **"Suicide Squad"** (2016, Action) Will Smith, Jared Leto, Margot Robbie. Armed supervillains unite to battle a powerful entity. 🎧 CC						★★★ **"Deadpool"** (2016) Ryan Reynolds. Deadpool hunts down the man who nearly destroyed his life. 🎧				★★ **"X-Men Origins: Wolverine"** (2009) 🎧		
SLICE	601	562	**"He's Just Not"**	★★ **"The Change-Up"** (2011, Comedy) Ryan Reynolds, Jason Bateman. 🎧 CC			★★ **"He's Just Not That Into You"** (2009) Ben Affleck. Men and women navigate through complex relationships.						★★ **"Hall Pass"** (2011) Owen Wilson. Two married men get one week to do whatever they please. 🎧 CC				★★ **"The Change-Up"** (2011) 🎧 CC		
TLC	521	560	**Untold Stories of the E.R.** 🎧 CC		**Untold Stories of the E.R.** "Dr. Bikini" 🎧		**Untold Stories of the E.R.** 🎧 CC		**Trading Spaces** "Battle of the Decades"		**Trading Spaces** "Fit for a Queen" (N) 🎧		**(:02) While You Were Out** (N) 🎧		**(:03) Nate & Jeremiah by Design** (N) CC		**(:03) Trading Spaces** 🎧 CC		**Trading Spaces**
TSN	400	400	**2019 World Women's Curling**		**NCAA Tip-Off** (N) (Live)		**2019 NCAA Basketball Tournament** Second Round Whip-Around Coverage. (N) (Live)												**SportsCentre**
YOUTH	551	542	**Loud**	**Loud**	**"The SpongeBob SquarePants Movie"** 🎧				**Henry**	**Henry**	**Kids' Choice Awards 2019**		**"The SpongeBob SquarePants Movie"** 🎧				**Game On**		★★ **Rio 2**

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Your week on TV

SUNDAY DAYTIME — MARCH 24, 2019

	Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30
WCAX 3	-	-	**Channel 3 News Sunday Morning** (N)		**CBS News Sunday Morning** (N) 🎧 CC			**Face the Nation** (N) 🎧 CC		**Tails of Valor**	**2019 NCAA Basketball Tournament** Second Round: Teams TBA. (N) 🎧 (Live) CC					**2019 NCAA Basketball Tournament** Second Round: Teams TBA.		
WPTZ 5	-	-	**Sunday Today With Willie Geist** (N) CC		**Meet the Press** (N) 🎧 CC		**Soledad O'Brien**	**On the Money** (N)	**Rizzoli & Isles** "Cops vs. Zombies" 🎧 CC		**NHL Live** (N) 🎧 (Live)	**NHL Hockey** Philadelphia Flyers at Washington Capitals. From Capital One Arena in Washington, D.C. (N) 🎧 (Live)					**PGA Golf**	
CBMT 6	206	301	**Coronation Street** 🎧	**Coronation Street** 🎧	**Coronation Street** 🎧	**Coronation Street** 🎧	**Coronation Street** 🎧	**Coronation Street** 🎧	**Weekly-Wendy**	**Land & Sea** (N) 🎧	**Figure Skating** ISU World Championships, Ice Dance Free Dance. From Saitama City, Japan.				**Curling** Canadian Mixed Doubles Championship Final. From Fredericton, N.B. (N) 🎧 (Live) CC			
CHLT 7	107	718	**(6:00) Salut bonjour week-end** (N) (SC)				**★★★ "Une vie fantastique"** (2016) Viggo Mortensen. Une famille qui habite dans la nature va à l'extérieur. (SC)				**La victoire de l'amour**		**Infopublicité** (SC)	**★★★ "Stardust: le mystère de l'étoile"** (2007, Fantastique) Claire Danes, Charlie Cox. (DVS) (SC)				
WMTW 8	-	-	**Good Morning America** (N) 🎧 CC		**This Week W/ George Stephanopoulos**		**Soledad O'Brien**	**Teen Kids News** (N)	**Made in Hollywood**	**Wild About Animals**	**CommUNITY**	**Conversation**	**Paid Program**	**Cooking Emeril**	**Paid Program**	**Larry King Sp.**	**Overwatch League** Stage 1 Finals. (N)	
CKSH 9	108	-	**Organisation**	**Geronimo Stilton**	**Mysticons** (N) (SC)	**(:29) Oniva!** (N)	**(9:59) Le jour du Seigneur** (N) (SC)		**Les coulisses du pouvoir** (N) (SC)		**Téléjournal**	**La semaine verte** (SC)		**Second regard** (N)	**100 pour 100 local** (N) (SC)		**★★★ "Bienvenue chez les Robinson"**	
CKMI 11	-	-	**Fishful Thinking**	**Treasures Decoded** "Spear of Destiny"		**Context: Beyond**	**Joel Osteen** CC	**Paid Program**	**The West Block**	**Focus Montreal**	**Entertainment Tonight** (N) 🎧 CC		**The Baker Sisters**	**The Baker Sisters**	**Ice Road Truckers** "Break on Through"		**★★ "Man of Steel"** (2013) Henry Cavill.	
CFCF 12	205	312	**Children's Villages**	**The Social** (N) CC	**Operation Smile** 🎧 CC		**Context: Beyond**	**Church of the Rock**	**Question Period** (N) 🎧 CC		**SportsCentre** (N) 🎧 CC (DVS)		**Bonacini's Italy** 🎧	**One World Kitchen** 🎧	**★★ "Iron Man 2"** (2010, Action) Robert Downey Jr., Gwyneth Paltrow. 🎧 CC (DVS)			
WVNY 22	-	-	**Good Morning America** (N) 🎧 CC		**This Week W/ George Stephanopoulos**		**What Matters**	**The Key of David**	**AAA Benefits**	**Larry King Sp.**	**Paid Program**	**AAA Benefits**	**Airfryer Oven**	**Paid Program**	**Paid Program**	**Paid Program**	**Overwatch League** Stage 1 Finals. (N)	
WUTV 30	-	-	**The Ernest Angley Hour**		**FOX News Sunday With Chris Wallace** (N)		**Sharyl Attkisson**	**The Key of David**	**More Hair**	**More Hair**	**Raceline**	**Big Bang Theory**	**★★ "Orange County"** (2002, Comedy) Colin Hanks, Jack Black, Catherine O'Hara.				**★★ "The Out-of-Towners"** (1999)	
CFKS 31	106	726	**Il est écrit**	**NVL weekend** (N)	**Marvel: les agents du S.H.I.E.L.D** 🎧 (SC)		**RPM** (N)		**RPM Plus** (N)		**Zone VL**	**Infopublicité**	**Rire et délire**	**(:28) Rire et délire**	**★★ "Le jeu du défi"** (1987, Science-fiction) Arnold Schwarzenegger, Maria Conchita Alonso.			
WUHF	-	363	**Wild America**	**Pathway to Victory**	**FOX News Sunday With Chris Wallace** (N)		**Sharyl Attkisson**	**Rochester Press Box**	**Paid Program**	**Emeril**	**Ring of Honor Wrestling** (N) CC		**★ "Let It Ride"** (1989, Comedy) Richard Dreyfuss, David Johansen, Teri Garr. CC				**★★ "Orange County"** (2002) Colin Hanks.	
WETK	-	-	**Pinkalicious**	**Curious George**	**Let's Go Luna!**	**Nature Cat** CC	**Ready Jet Go!** 🎧 (EI)	**Wild Kratts** CC	**Firing-Hoover**	**Vermont This Week**	**Downton Abbey on Masterpiece** 🎧		**Tales from the Royal Bedchamber** 🎧 CC		**Quebec: The Great Resistance**			**Retire Safe**
WCFE	-	-	**Wild Kratts** CC	**Wild Kratts** CC	**Washington Week**	**Scully: World**	**Mountain Lake**	**New York Now** CC	**NOVA** "Wild Ways" Wildlife corridors. 🎧		**Nature** "Charlie and the Curious Otters" 🎧		**Great Performances at the Met** "Aida" Giuseppe Verdi's Egyptian epic "Aida." 🎧 CC					
A&E	615	520	**Hoarders** "Wilma; Nora" 🎧 CC		**Hoarders** "Andy & Becky" A couple battle the city government. 🎧 CC				**Hoarders** "Linda" A mother's sanity is questioned. 🎧 CC				**The Toe Bro** A girl fights a stubborn wart.		**The Toe Bro** Drummer with a painful wart. 🎧		**Live PD Presents**	**Live PD Presents**
BRAVO	620	523	**Blue Bloods** "Not Fade Away" CC (DVS)		**Magnum P.I.** 🎧 CC		**The Rookie** "Greenlight" 🎧 CC (DVS)		**Law & Order: Special Victims Unit** 🎧		**Whiskey Cavalier** 🎧 CC (DVS)		**The Enemy Within** "Confessions" CC		**The Closer** "In Custody" 🎧 CC		**The Closer** "Layover" 🎧 CC	
CNN	500	500	**Inside Politics** (N)		**State/Union**		**Fareed Zakaria GPS**		**Reliable Source**		**State/Union**		**Fareed Zakaria GPS**		**CNN Newsroom**		**CNN Newsroom**	
DISC	520	505	**Insane Pools: Off the Deep End** CC		**Tanked** Interactive carousel tank exhibit.		**North Woods Law** "Warden Warriors"		**North Woods Law** "Moose Mania" CC		**Scaled** A sci-fi fantasy-themed enclosure.		**Cold Water Cowboys** "Go With Your Gut"		**Highway Thru Hell** "Bridge Battle"		**MythBusters** Dynamite-firing crossbow. CC	
HIST	522	506	**Rust Valley Restorers** "Happy Endings" 🎧		**American Pickers** "Rock 'n' Roll Heaven"		**American Pickers** "Pick This Way" CC		**Rust Valley Restorers** "Happy Endings" 🎧		**Counting Cars** CC	**Counting Cars** CC	**Forged in Fire** "Barbarian Sword" CC		**Forged in Fire** "Knights Templar" 🎧		**Pawn Stars** 🎧	**Pawn Stars** 🎧
PARMT	628	584	**Bar Rescue** "Mother Doesn't Know Best"		**Bar Rescue** Splitting one bar into two. 🎧		**Bar Rescue** Las Vegas' first gay nightclub.		**Bar Rescue** "Swinging From the Rafters" 🎧		**Bar Rescue** Jon helps a former strip club. 🎧		**Bar Rescue** "Vulgar Vixens" 🎧 CC		**Bar Rescue** "Bar Over Troubled Water" CC		**Bar Rescue** "Beach Bummer" 🎧 CC	
RDI	126	730	**(5:30) RDI matin weekend** (N) (SC)				**L'info** (N)	**L'info** (N)	**Les coulisses du pouvoir** (N) (SC)		**Téléjournal**	**Téléjournal**	**Podium** (SC)	**L'info** (N)	**L'info** (N)	**L'info** (N)	**L'info** (N)	**L'info** (N)
SHOW	616	521	**"Sleepwalking in Suburbia"** (2017, Suspense) Lucie Guest, Emilie Ullerup. 🎧 CC				**Border Security** 🎧	**★★ "Suicide Squad"** (2016, Action) Will Smith, Jared Leto, Margot Robbie. Armed supervillains unite to battle a powerful entity. 🎧 CC					**★★ "The Wolverine"** (2013, Action) Hugh Jackman. Wolverine confronts the prospect of real mortality. 🎧 CC					
SLICE	601	562	**PiYo Workout!** 🎧	**Paid Program** 🎧	**Try Yoga!**	**Paid Program** 🎧	**★ "The Choice"** (2016) Benjamin Walker. A medical student begins a romance with her new neighbor. 🎧 CC					**★★ "He's Just Not That Into You"** (2009) Ben Affleck. Men and women navigate through complex relationships. 🎧					**★ "The Choice"** (2016) 🎧 CC	
TLC	521	560	**Say Yes to the Dress**	**Say Yes to the Dress**	**Say Yes to the Dress**	**Say Yes to the Dress**	**Say Yes to the Dress**	**Say Yes to the Dress**	**Say Yes to the Dress**	**Say Yes to the Dress**	**Say Yes to the Dress**	**Say Yes to the Dress**	**Say Yes to the Dress**	**Say Yes to the Dress**	**Say Yes to the Dress**	**Say Yes to the Dress**	**Say Yes to the Dress**	**Say Yes to the Dress**
TSN	400	400	**SportsCentre** CC		**SportsCentre** CC		**SportsCentre** CC		**SportsCentre** CC		**SportsCentre**	**2019 IMSA Weathertech SportsCar**		**NASCAR Cup**	**NASCAR Monster Energy Series** STP 500. From Martinsville Speedway in Martinsville, Va.			
YOUTH	551	542	**Go Away**	**Loud**	**Loud**	**Loud**	**Sponge.**	**Sponge.**	**Turtles**	**Ninjago**	**★★★ "The SpongeBob SquarePants Movie"**				**Sponge.**	**Sponge.**	**Sponge.**	**Loud**

SUNDAY EVENING — MARCH 24, 2019

	Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	**2019 NCAA Basketball Tournament**		**2019 NCAA Basketball Tournament** Second Round: Teams TBA. (N) 🎧 (Live) CC				**60 Minutes** (N) 🎧 CC		**God Friended Me** "Return to Sender"		**NCIS: Los Angeles** "Born to Run" (N) 🎧		**Madam Secretary** (N) 🎧 CC		**Channel 3 News**	**Outdoorsman**	**NCIS: N.O.**
WPTZ 5	-	-	**(3:00) PGA Tour Golf** Valspar Championship: Final Round. (N) 🎧 (Live)				**NBC5 News at 6**	**Nightly News**	**Ellen's Game of Games** 🎧 CC		**World of Dance** "The Duels 2" Junior team acts face off in duels. (N) 🎧 CC				**Good Girls** "Pick Your Poison" (N) 🎧		**NBC5 News**	**Soledad O'Brien**	**Castle** CC
CBMT 6	206	301	**★★ "The Game Plan"** (2007) Dwayne "The Rock" Johnson, Madison Pettis. 🎧 CC				**When Calls the Heart** "Love Comes First"		**Heartland** "The Long Road Home" 🎧		**The Nature of Things** "Turtle Beach" (N) 🎧		**The Fifth Estate** (N) 🎧 CC (DVS)		**The National** (N) 🎧 CC		**Montreal News**	**Weekly-Wendy**	**q** (N) 🎧 CC
CHLT 7	107	718	**★★★ "Histoire de dauphin 2"** (2014, Enfants) Harry Connick Jr., Ashley Judd. (SC)				**TVA nouvelles** (N)	**Vlog** (N) (SC)	**La voix** "Duels" La deuxième ronde des duels. (N) (Part 2 of 3) (SC)				**(:15) La vraie nature** (N) (SC)		**(:15) TVA nouvelles**	**(:45) "Floride"** (2015) Jean Rochefort. Claude Lherminier décide de rendre visite à sa fille.		
WMTW 8	-	-	**(3:00) Overwatch League** Stage 1 Finals. From Blizzard Arena in Burbank, Calif. (N)				**WMTW News 8 at**	**World News**	**America's Funniest Home Videos** 🎧		**American Idol** "206 (Hollywood Week)" Solo and group performances. (N) 🎧 CC				**(:01) Shark Tank** (N) 🎧 CC (DVS)		**WMTW News 8**	**Soledad O'Brien**	**Person of Interest**
CKSH 9	108	-	**(3:00) "Bienvenue chez les Robinson"**		**Esprit critique** (SC)		**Téléjournal Estrie**	**Découverte** (N) (SC)		**Ici Laflaque** (N)	**Tout le monde en parle** (N) (SC)					**Le téléjournal**	**(10:55) Pôle Sud** (N) (SC)		**(12:03) Infoman**
CKMI 11	-	-	**(3:00) ★★ "Man of Steel"** (2013, Action) Henry Cavill, Amy Adams. CC				**Global News at 6**	**Global National**	**Border Security**	**Border Security**	**Big Brother Canada** (N) CC		**NCIS: Los Angeles** "Born to Run" (N) 🎧		**Madam Secretary** (N) 🎧 CC		**Global News**	**The West Block**	**Focus Montreal**
CFCF 12	205	312	**★★ "Iron Man 2"**	**Mike & Molly** 🎧	**The Goldbergs** 🎧	**Big Bang Theory**	**CTV News Montreal** (N) 🎧 CC		**God Friended Me** "Return to Sender"		**World of Dance** "The Duels 2" Junior team acts face off in duels. (N) 🎧 CC				**The Enemy Within** "Confessions" (N) 🎧		**News-Rinaldo**	**CTV News Montreal**	**South Park** 🎧
WVNY 22	-	-	**(3:00) Overwatch League** Stage 1 Finals. From Blizzard Arena in Burbank, Calif. (N)				**World News**	**Local 22 News** (N)	**America's Funniest Home Videos** 🎧		**American Idol** "206 (Hollywood Week)" Solo and group performances. (N) 🎧 CC				**(:01) Shark Tank** (N) 🎧 CC (DVS)		**Local 22 News** (N)	**Graham Bensinger**	**Judge Judy** 🎧
WUTV 30	-	-	**(3:00) ★★ "The Out-of-Towners"** (1999)		**Paid Program**	**Cop Cam**	**Ring of Honor Wrestling** (N) CC		**The Simpsons** 🎧	**Bob's Burgers**	**The Simpsons** (N)	**Bob's Burgers**	**Family Guy** (N)	**Family Guy** 🎧	**2 on Your Side at 10**	**Sharyl Attkisson**	**Ring of Honor Wrestling** (N) CC		**Seinfeld** 🎧 CC
CFKS 31	106	726	**★★★ "Les Simpson: le film"** (2007, Comédie) Julie Kavner				**(:45) ★★ "Soyons flics"** (2014, Comédie) Jake Johnson, Damon Wayans Jr. Deux amis se déguisent en policiers.				**★★ "Dom Hemingway"** (2013, Policier) Jude Law, Richard E. Grant, Demián Bichir.				**★ "Les dents de la mer 4"** (1987) Lorraine Gary, Lance Guest. Premiere.				**Moment V**
WUHF	-	363	**(3:00) ★★ "Orange County"** (2002) CC		**Paid Program**	**Paid Program**	**Ring of Honor Wrestling** (N) CC		**The Simpsons** 🎧	**Bob's Burgers**	**The Simpsons** (N)	**Bob's Burgers**	**Family Guy** (N)	**Family Guy** 🎧	**WHAM News**	**Sharyl Attkisson**	**Engagement**	**Paid Program**	**2 Broke Girls** 🎧
WETK	-	-	**(3:30) Retire Safe & Secure With Ed Slott** 🎧 CC			**NewsHour Wk**	**Bardo: A Night**	**Music Voyager**	**The Great British Baking Show** CC		**Prince Charles at 70** (N) 🎧 CC		**"King Charles III"** (2017) Tim Pigott-Smith. King Charles III deals with political chaos. 🎧				**Call the Midwife** 🎧 CC		**Prince Charles**
WCFE	-	-	**The Adirondacks** Mountains in New York. 🎧 CC				**The Queen's Garden** 🎧 CC		**The Great British Baking Show** CC		**Prince Charles at 70** (N) 🎧 CC		**"King Charles III"** (2017) Tim Pigott-Smith. King Charles III deals with political chaos. 🎧				**POV** "306 Hollywood" Siblings excavate grandmother's house.	
A&E	615	520	**Live PD Presents**	**Live PD Presents**	**★★ "Armageddon"** (1998, Science Fiction) Bruce Willis, Billy Bob Thornton. A hero tries to save Earth from an asteroid. 🎧 CC						**★★★ "American Gangster"** (2007) Denzel Washington. A chauffeur becomes Harlem's most-powerful crime boss. 🎧 CC						**(:04) Mobsters** Heroin kingpin Frank Lucas.		**"American"**
BRAVO	620	523	**Emma Fielding Mysteries** "Site Unseen" A body is found during a dig. 🎧 CC				**"Garage Sale Mysteries: The Pandora's Box Murders"** (2018) Lori Loughlin. 🎧 CC				**"Garage Sale Mystery: The Mask Murder"** (2018) Lori Loughlin, Steve Bacic. 🎧 CC				**Emma Fielding Mysteries** "Site Unseen" A body is found during a dig. 🎧 CC				**"Garage Sale"**
CNN	500	500	**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**Tricky Dick** (N) CC		**The Bush Years**		**Tricky Dick** CC		**Tricky**
DISC	520	505	**MythBusters** "Backseat Getaway Driver"		**Big Bang Theory**	**Big Bang Theory**	**Big Bang Theory**	**Big Bang Theory**	**Mighty Trains** "Rocky Mountaineer"		**The Last Alaskans** "Biting Back" (N)		**Alaskan Bush People: Off the Grid** (N)		**Alaskan Bush People** (N) CC		**Big Bang Theory**	**Big Bang Theory**	**Big Bang Theory**
HIST	522	506	**American Pickers** "Slim Pickings" 🎧		**American Pickers** 🎧 CC		**American Pickers** "Pick This Way" 🎧		**Forged in Fire** "Barbarian Sword" CC		**Forged in Fire: Cutting Deeper** (N) CC		**The Curse of Oak Island: Drilling Down**		**The Curse of Oak Island** "Clue or False?"		**Lost Gold of World War II** 🎧 CC		**Drilling Down**
PARMT	628	584	**Bar Rescue** 🎧 CC		**Bar Rescue** "Brokedown Palace" CC		**Bar Rescue** "Mandala Down" 🎧 CC		**Bar Rescue** "Bikini Bust" 🎧 CC		**Bar Rescue** A death-metal concert bar. 🎧		**Bar Rescue** "Phishing for Answers" CC		**Bar Rescue** Brothers can't see eye to eye.		**(:01) Bar Rescue** 🎧 CC		**Bar Rescue** CC
RDI	126	730	**L'info** (N)	**Journal France 2**	**Le téléjournal**	**La facture** (SC)	**Le téléjournal**	**Le téléjournal**	**Le national** (N)	**(:31) Le national**	**(:01) Découverte** (N) (SC)		**Le téléjournal**	**(:31) Les coulisses du pouvoir** (SC)	**Le national** (N)		**(:01) La semaine verte** (SC)		**Le téléjournal**
SHOW	616	521	**"The Wolverine"**		**★★ "Batman v Superman: Dawn of Justice"** (2016, Action) Ben Affleck, Henry Cavill. Batman embarks on a personal vendetta against Superman. 🎧 CC						**Supergirl** "The House of L" (N) 🎧 CC				**★★ "The Wolverine"** (2013, Action) Hugh Jackman, Hiroyuki Sanada. Wolverine confronts the prospect of real mortality. 🎧 CC				**"Batman v Sup"**
SLICE	601	562	**(3:00) ★ "The Choice"** (2016) Benjamin Walker. 🎧 CC				**★★ "Dear John"** (2010) Channing Tatum. A soldier and the woman he loves stay in touch through letters. 🎧				**Don't Be Tardy ...**	**Don't Be Tardy ...**	**Married to Medicine Los Angeles** (N) 🎧		**The Real Housewives of Atlanta** (N) CC		**Don't Be Tardy ...**	**Don't Be Tardy ...**	**Married to Med. LA**
TLC	521	560	**Say Yes, Dress**	**Say Yes, Dress**	**Say Yes to the Dress** 🎧 CC		**Sister Wives** Aspyn and Mitch are getting married. (N) 🎧				**Sister Wives** "Kody's Secret Plan" The wives tell the kids they are moving. (N) 🎧				**Seeking Sister Wife** (N) 🎧		**(:01) Dr. Pimple Popper** 🎧 CC		**Sister Wives** 🎧
TSN	400	400	**(2:00) NASCAR Monster Energy Series** STP 500. (N) (Live)				**SportsCentre** (N) (Live) CC		**2019 NCAA Basketball Tournament** Second Round Whip-Around Coverage. (N) (Live) CC										**SC With Jay**
YOUTH	551	542	**Loud**	**Loud**	**Barbie**	**Cousins**	**★★ "Shrek Forever After"** (2010) 🎧 CC				**Game On**		**★★ "Shrek Forever After"** (2010) 🎧 CC			**Star Falls**	**Star Falls**	**Star Falls**	**Shrek**

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Shazamfest on the hunt for local talent for 14th edition

Battle of the bands on Saturday

Record Staff

The Shazamfest annual battle of the bands, an effort to recruit talent for the summer festival, will take place this Saturday, March 23 at Le Murdoch in Sherbrooke.

As ShazamFest preps for its 14 th edition (July 11-14), the festival's team continues its quest to highlight upcoming local talent from all over the Townships.

For Saturday's event, 10 bands and musical acts have been selected for a chance to win cash prizes and two coveted spots on ShazamFest XIV's main stage in July. With help from the audience, jury members will award one grand prize and two runner-up prizes.

The bands featured in this weekend's competition will include:

• The Southern Cross – Duo of local Argentinians playing some serious guitar rock and roll.

• L'Hippie Chromé – Alternative rock trio from Sherbrooke.

• Monkey Rooster – Full-flavoured rock and roll trio from Sherbrooke.

• Eleven Dust – Four local 16-year-olds with a mix from psychedelic to hard rock.

• Echo Funk – Montcalm High School's premiere funk band.

• Cayenne – Power trio playing rock, blues, jazz, funk.

• Nadz T.N.T – Duo with original songs in a pop-rock-blues-folk style.

• Scrap Matou – Seven-piece band from Montreal with a mix of folk rock and swing.

• Banitsa – Five-piece band from Montreal playing traditional Balkan and gypsy music.

• Charley Déguédine – A mix of Quebfunk-rock, landing between Primus & Mononc' Serge.

The winner of the battle of the bands contest will be awarded $500, a 45-minute set on the main stage at Shazamfest XIV and an extra weekend pass for each band member.

The runner-up will receive $300 as well a 45-minute set at Shazamfest and an additional weekend pass per band member.

The band that places third in the competition will receive two Shazamfest passes per band member.

For the competition on Saturday, each band will have a total of 45-60 minutes to set up and perform.

Half the points will be awarded by five local judges (2 from the ShazamFest team + a panel of 3

local artists) & the other half by the public.

Le Murdoch is located at 180 Galt West in Sherbrooke.

The event will begin at noon on Saturday.

Admission to the battle of the bands is $5.

Dierks Bentley joins list of performers for NFL Draft

The Associated Press

Country star Dierks Bentley has joined the list of scheduled performers for next month's NFL Draft festivities.

Bentley will perform a free outdoor concert April 27 in downtown Nashville to coincide with the draft and the running of the Nashville Marathon.

Grammy-winning country performer Tim McGraw and Grammy-winning gospel singer CeCe Winans already had been announced as scheduled performers the week of the draft. McGraw will hold a free outdoor concert April 26. Winans will sing the National Anthem on April 25.

NFL officials have said more than 20 singers or bands will perform.

The draft will take place on an outdoor stage in downtown Nashville with additional events for fans at the NFL Draft Experience to be held outside Nissan Stadium, home of the Tennessee Titans.

Donny and Marie Osmond announce end of Las Vegas residency

The Associated Press

Donny and Marie Osmond say they will end their Las Vegas show later this year, concluding an 11-year run on the Strip.

The brother-sister duo made the announcement during an appearance on "Good Morning America" on Thursday.

Their final performance at the Flamingo Las Vegas is scheduled for Nov. 16.

According to the casino, the duo launched their residency in September 2008, planning for just a six-week concert engagement.

The casino says the residency was extended again and again, marking a decade of performances last year.

The pair says they will continue performing in some fashion.

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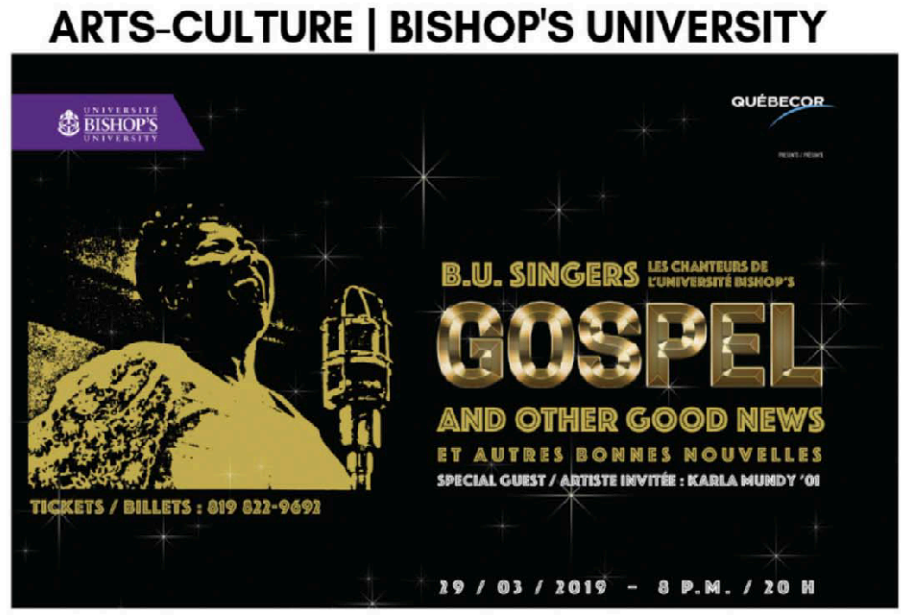

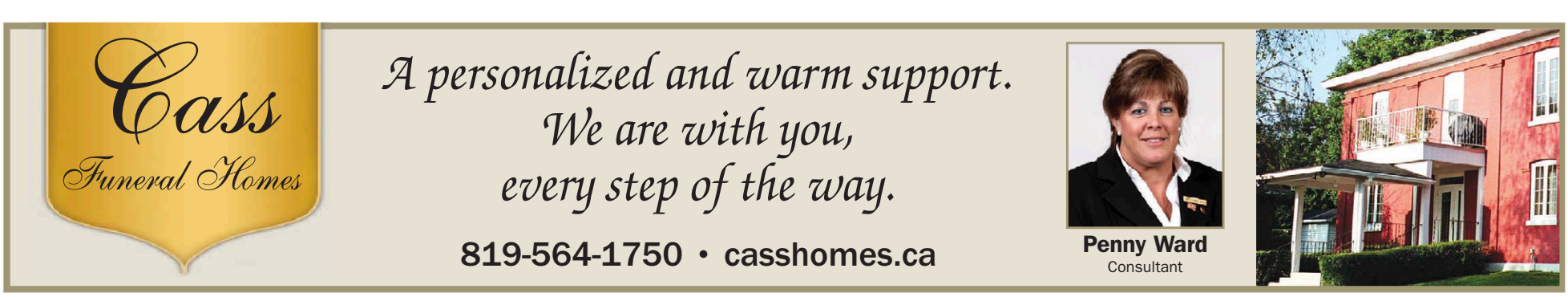

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Your week on TV

MONDAY EVENING — MARCH 25, 2019

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	**Channel 3 News at Six** (N)		**CBS Evening News**	**Entertainment Tonight** (N)	**The Neighborhood** (N)	**Man With a Plan** (N)	**Magnum P.I.** Magnum and Higgins get "yacht-jacked."		**Bull** Bull's romantic rival asks for his help. (N)		**Channel 3 News**	**(:35) The Late Show With Stephen Colbert**	
WPTZ 5	-	-	**NBC5 News at 6** (N)	**NBC Nightly News - Holt**	**Jeopardy!** (N)	**Wheel of Fortune** (N)	**The Voice** "The Battles, Part 1" The artists perform dueling duets. (N)				**The Enemy Within** Keaton and the team spy on Cruz.		**NBC5 News at 11** (N)	**(:34) The Tonight Show Starring Jimmy Fallon**	
CBMT 6	206	301	**CBC Montreal News** (N)	**Just for Laughs: Gags**	**Coronation Street** (N)	**Coronation Street** (N)	**Murdoch Mysteries** Murdoch orchestrates a sting. (N)		**(:01) Street Legal** "Homecoming" (N) (DVS)		**The National** (N)		**CBC Montreal News** (N)	**Hello Goodbye**	**Coronation Street**
CHLT 7	107	718	**(5:58) TVA nouvelles** (N)	**Le tricheur** (N) (SC)	**Un zoo pas comme les**	**Bloopers TVA** (SC)	**L'échappée** Samantha donne un ultimatum à Cécile. (SC)		**Les invisibles** Marc Messier veut régler ses obsèques.		**TVA nouvelles** (N)	**(:35) Denis Lévesque** (N) (SC)		**(:35) Deux filles le matin** (SC)	
WMTW 8	-	-	**WMTW News 8 at 6PM** (N)	**ABC World News**	**Wheel of Fortune** (N)	**Jeopardy!** (N)	**American Idol** "207 (Hollywood Week)" (N)				**The Fix** Ezra tries to clean up Sevvy's image. (N)		**WMTW News 8 at 11** (N)	**(:35) Jimmy Kimmel Live**	
CKSH 9	108	-	**(5:59) Le téléjournal Estrie**	**(:31) RDI économie** (N)	**District 31** (N) (SC)	**Lâcher prise** (N)	**Une autre histoire** (Season Finale) (N) (DVS)		**Véronic Dicaire: autrement** (N) (Part 2 of 2)		**Le téléjournal** (N) (SC)		**(:05) Entrée principale** (SC)		
CKMI 11	-	-	**Global National**	**(:29) Global News at 6:30**	**ET Canada**	**Entertainment Tonight** (N)	**The Neighborhood** (N)	**Man With a Plan** (N)	**9-1-1** How Chimney joined Station 118. (N)		**Bull** Bull's romantic rival asks for his help. (N)		**Global News at 11**	**(:35) The Late Show With Stephen Colbert**	
CFCF 12	205	312	**(5:59) CTV News Montreal** (N)		**etalk** (N)	**The Big Bang Theory**	**The Resident** Bell rushes to Kit's aid. (N) (DVS)		**Magnum P.I.** Magnum and Higgins get "yacht-jacked."		**The Fix** Ezra tries to clean up Sevvy's image. (N)		**News-Rinaldo**	**CTV News Montreal** (N)	**The Daily Show**
WVNY 22	-	-	**Local 22 News** (N)	**ABC World News**	**Local 22 News** (N)	**Inside Edition** (N)	**American Idol** "207 (Hollywood Week)" (N)				**The Fix** Ezra tries to clean up Sevvy's image. (N)		**Local 22 News** (N)	**(:35) Jimmy Kimmel Live**	
WUTV 30	-	-	**The Big Bang Theory**	**Judge Judy**	**Judge Judy**	**Family Feud**	**The Resident** Bell rushes to Kit's aid. (N) (DVS)		**9-1-1** How Chimney joined Station 118. (N)		**2 on Your Side at 10** (N)	**Seinfeld** "The Secret Code"	**Two and a Half Men**	**Two and a Half Men**	**Last Man Standing**
CFKS 31	106	726	**Souper parfait**	**Souper parfait**	**Rire et délire**	**Mets-y le paquet** (N)	**(7:59) Maître du chantier** (N)		**L'open mic de...** (N)	**Scorpion** L'équipe se dirige vers l'Afrique. (SC)		**Rire et délire**	**Souper parfait**	**NVL** (N)	**Moment V**
WUHF	-	363	**Modern Family**	**Modern Family**	**The Big Bang Theory**	**The Big Bang Theory**	**The Resident** Bell rushes to Kit's aid. (N) (DVS)		**9-1-1** How Chimney joined Station 118. (N)		**13WHAM News at 10 on Fox Rochester** (N) (Live)		**DailyMailTV** (N)	**The Simpsons**	**Paid Program**
WETK	-	-	**PBS NewsHour** (N)		**The This Old House Hour**		**Antiques Roadshow** Chrysler Turbine model and manual.		**Women, War & Peace** Women unite.		**Women, War & Peace** "The Trials of Spring" (N)		**Amanpour and Company** (N)		**Nightly Business Report**
WCFE	-	-	**World News America**	**Nightly Business Report**	**PBS NewsHour** (N)		**Antiques Roadshow** Chrysler Turbine model and manual.		**Women, War & Peace** Women unite.		**Women, War & Peace** "The Trials of Spring" (N)		**BBC World News**	**Amanpour and Company** (N)	
A&E	615	520	**The First 48** A young mother is beaten to death.		**The First 48** A victim's car may reveal his killer.		**The First 48** Young thugs terrorize a neighborhood.		**The First 48** Deadly home invasion in Atlanta.		**(:01) The First 48** A double shooting in New Orleans.		**(:04) The First 48** "When a Stranger Calls; Sweet 16"		**(12:03) The First 48**
BRAVO	620	523	**Major Crimes** The team investigates a murder.		**Major Crimes** "Taking the Fall" Flynn suffers a setback.		**Major Crimes** The team investigates a man's murder.		**Major Crimes** The team investigates a thief's murder.		**Major Crimes** The unit identifies a murder victim.		**Major Crimes** Four wealthy people are left for dead.		**Major Crimes** "Blackout"
CNN	500	500	**Situation Room With Wolf**		**Erin Burnett OutFront** (N)		**Anderson Cooper 360** (N)		**Cuomo Prime Time** (N)		**CNN Tonight w/ Don Lemon**		**CNN Tonight w/ Don Lemon**		**Cooper 360**
DISC	520	505	**Gold Rush: White Water** Heavy rain means flooding.		**Gold Rush: White Water** "Sacrifice & Sabotage"		**Gold Rush: White Water** "Landslide"		**Gold Rush: White Water** "The Widow Maker"		**Gold Rush: White Water** "Gold Strike"		**The Last Alaskans** Tyler's sled dogs turn on each other.		**Gold Rush: White Water**
HIST	522	506	**The Curse of Oak Island: Drilling Down**		**The Curse of Oak Island** "Clue or False?"		**Jesus: His Life** Joseph's faith is tested.		**Jesus: His Life** Jesus encounters John the Baptist.		**Knightfall** Landry must work to redeem himself.		**Jesus: His Life** Joseph's faith is tested.		**Jesus: His Life**
PARMT	628	584	**Bar Rescue** A man takes a stab at the bar business.		**Cops** "Scary Monsters"	**Cops** "Two Doors Down"	**Cops**	**Cops**	**Cops**	**Cops** "Hit and Run"	**Cops** "Carry a Big Stick"	**Cops**	**Cops** "Sidewalk Licker"	**Cops**	**Cops** "Bathroom Blitz"
RDI	126	730	**(5:59) Le national** (N)	**(:31) RDI économie** (N)	**(:01) 24/60** (N) (SC)		**Les grands reportages** La maladie d'Alzheimer. (N)		**Le téléjournal avec Céline Galipeau** (N) (SC)		**Mordus de politique** (SC)		**Le national** (N) (SC)	**(:31) Le national** (N)	**(12:01) 24/60** (SC)
SHOW	616	521	**NCIS** "The Good Son" The team investigates a murder.		**NCIS** Searching for a Marine in Colombia. (DVS)		**NCIS** "The Tell" Classified information is leaked.		★★★ **"The Bourne Ultimatum"** (2007) Matt Damon, Julia Stiles. Jason Bourne continues to look for clues to unravel his true identity.					**NCIS** A deal is struck with a murderer. (DVS)	
SLICE	601	562	**Vanderpump Rules** "A Housewarming Divided"		**The Real Housewives of Beverly Hills**		**Vanderpump Rules** Still grieving, Lala lashes out.		**Vanderpump Rules** (N)		**Summer House** Danielle forgives Jordan. (N)		**The Real Housewives of Atlanta**		**Vanderpump Rules**
TLC	521	560	**Counting On** Josiah and Lauren reveal tragic news.		**Counting On** John and Abbie's wedding approaches.		**Counting On** Felicity meets her great-grandparents.		**Counting On** "A Bachelor No More" John and Abbie's wedding day. (N)				**(:01) Little People, Big World**		**Counting On**
TSN	400	400	**SportsCentre** (N) (Live)		**That's Hockey** (N)	**February Plays**	**NBA Basketball** Oklahoma City Thunder at Memphis Grizzlies. From the FedEx Forum in Memphis, Tenn. (N) (Live)				**SportsCentre** (N) (Live)				**SC With Jay and Dan** (N)
YOUTH	551	542	**Henry Danger**	**Double Dare**	★★ **"Oliver & Company"** (1988)		★★ **"Oliver & Company"** (1988)				**Game On**	**Game On**	**Just Kidding**	**Just Kidding**	**Oliver & Co.**

TUESDAY EVENING — MARCH 26, 2019

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	**Channel 3 News at Six** (N)		**CBS Evening News**	**Entertainment Tonight** (N)	**NCIS** Vance gets news from the Pentagon. (N)		**FBI** "Apex" A struggle to find justice for victims. (N)		**NCIS: New Orleans** "Reckoning" A missing petty officer.		**Channel 3 News**	**(:35) The Late Show With Stephen Colbert**	
WPTZ 5	-	-	**NBC5 News at 6** (N)	**NBC Nightly News - Holt**	**Jeopardy!** (N)	**Wheel of Fortune** (N)	**Ellen's Game of Games** "Some Like It Hot Hands"		**This Is Us** "R & B" A history of Beth and Randall. (N)		**(:01) The Village** "Good Thing" (N) (DVS)		**NBC5 News at 11** (N)	**(:34) The Tonight Show Starring Jimmy Fallon**	
CBMT 6	206	301	**CBC Montreal News** (N)	**Just for Laughs: Gags**	**Schitt's Creek**	**Coronation Street** (N)	**Kim's Convenience** (N)	**Still Standing** "Vulcan, AB"	**Schitt's Creek** (N)	**Catastrophe** "Episode 4"	**The National** (N)		**CBC Montreal News** (N)	**Crash Gallery**	**Coronation Street**
CHLT 7	107	718	**(5:58) TVA nouvelles** (N)	**Le tricheur** (N) (SC)	**(6:59) World of Dance: la compétition** (SC)		**O'** "Ainsi va la vie..." Anne fait un coma éthylique. (SC)		**L'heure bleue** Thomas n'en démord pas. (SC)		**TVA nouvelles** (N)	**(:35) Denis Lévesque** (N) (SC)		**(:35) Deux filles le matin** (SC)	
WMTW 8	-	-	**WMTW News 8 at 6PM** (N)	**ABC World News**	**Wheel of Fortune** (N)	**Jeopardy!** (N)	**American Housewife** (N)	**The Kids Are Alright** (N)	**blackish** (N) (DVS)	**Splitting Up Together** (N)	**The Rookie** A massive earthquake rocks the city. (N)		**WMTW News 8 at 11** (N)	**(:35) Jimmy Kimmel Live**	
CKSH 9	108	-	**(5:59) Le téléjournal Estrie**	**(:31) RDI économie** (N)	**District 31** (N) (SC)	**La facture** (N) (SC)	**Unité 9** (Series Finale) Steven doit aider Macha. (N)		**5e rang** (Season Finale) Monique est dérangée. (N)		**Le téléjournal** (N) (SC)		**(:05) Entrée principale** (SC)		
CKMI 11	-	-	**Global National**	**(:29) Global News at 6:30**	**ET Canada**	**Entertainment Tonight** (N)	**NCIS** Vance gets news from the Pentagon. (N)		**FBI** "Apex" A struggle to find justice for victims. (N)		**NCIS: New Orleans** "Reckoning" A missing petty officer.		**Global News at 11** (N)	**(:35) The Late Show With Stephen Colbert**	
CFCF 12	205	312	**(5:59) CTV News Montreal** (N)		**The Village** Sarah uncovers more of Katie's secret. (N)		**Ellen's Game of Games** "Some Like It Hot Hands"		**This Is Us** "R & B" A history of Beth and Randall. (N)		**The Rookie** A massive earthquake rocks the city. (N)		**News-Rinaldo**	**CTV News Montreal** (N)	**The Daily Show**
WVNY 22	-	-	**Local 22 News** (N)	**ABC World News**	**Local 22 News** (N)	**Inside Edition** (N)	**American Housewife** (N)	**The Kids Are Alright** (N)	**blackish** (N) (DVS)	**Splitting Up Together** (N)	**The Rookie** A massive earthquake rocks the city. (N)		**Local 22 News** (N)	**(:35) Jimmy Kimmel Live**	
WUTV 30	-	-	**The Big Bang Theory**	**Judge Judy**	**Judge Judy**	**Family Feud**	**MasterChef** The cooks must debone an entire fish. (N)		**Mental Samurai** Contestants answer questions. (N)		**2 on Your Side at 10** (N)	**Seinfeld** "The Pool Guy"	**Two and a Half Men**	**Two and a Half Men**	**Last Man Standing**
CFKS 31	106	726	**Souper parfait**	**Souper parfait**	**Rire et délire**	**Tout s'embellit avec Julie**	**Je suis chef** Sophia, Christian, Charléric et Pierre.		**L'open mic de...** (N)	**NCIS: Los Angeles** L'équipe enquête sur un meurtre.		**Rire et délire**	**Souper parfait**	**NVL** (N)	**Moment V**
WUHF	-	363	**Modern Family**	**Modern Family**	**The Big Bang Theory**	**The Big Bang Theory**	**MasterChef** The cooks must debone an entire fish. (N)		**Mental Samurai** Contestants answer questions. (N)		**13WHAM News at 10 on Fox Rochester** (N) (Live)		**DailyMailTV** (N)	**The Simpsons**	**Paid Program**
WETK	-	-	**PBS NewsHour** (N)		**Bardo: A Night**	**Bardo: A Night**	**Finding Your Roots With Henry Louis Gates, Jr.**		**Women, War & Peace** "Naila and the Uprising" (N)		**Women, War & Peace** A female police unit's mission.		**Amanpour and Company** (N)		**Nightly Business Report**
WCFE	-	-	**World News America**	**Nightly Business Report**	**PBS NewsHour** (N)		**Finding Your Roots With Henry Louis Gates, Jr.**		**Women, War & Peace** "Naila and the Uprising" (N)		**Women, War & Peace** A female police unit's mission.		**BBC World News**	**Amanpour and Company** (N)	
A&E	615	520	**Hoarders** "Linda" A mother's sanity is questioned.				**Hoarders** "Patricia" Three homes filled with discarded items. (N)				**(:01) The Toe Bro** Ingrown toenails grow through flesh.		**(:04) The Toe Bro** Drummer with a painful wart.		**(12:03) Hoarders**
BRAVO	620	523	**The Closer** The LAPD and the FBI investigate a case.		**The Closer** One of Brenda's detectives is ambushed.		**The Closer** The Chief of Police assigns a case.		**The Closer** The squad's holiday plans.		**The Closer** "Jump the Gun" Pope gets some news.		**The Closer** Three soldiers are gunned down.		**The Closer**
CNN	500	500	**Situation Room With Wolf**		**Erin Burnett OutFront** (N)		**Anderson Cooper 360** (N)		**Cuomo Prime Time** (N)		**CNN Tonight w/ Don Lemon**		**CNN Tonight w/ Don Lemon**		**Cooper 360**
DISC	520	505	**Highway Thru Hell** "My Purpose Is To Protect"		**MythBusters** Dynamite-firing crossbow.		**Gold Rush** "Three Sides to Every Story" Parker, Rick and Tony hold a discussion. (N)				**Heavy Rescue: 401** Collin attempts his first solo recovery.		**Alaskan Bush People**		**Heavy Rescue: 401**
HIST	522	506	**Jesus: His Life** Joseph's faith is tested.		**Jesus: His Life** Jesus encounters John the Baptist.		**Knightfall** Landry must work to redeem himself.		**Lost Gold of World War II** "Death on the Mountain"		**Lost Gold of World War II** "X Marks the Spot" (N)		**American Pickers** Mike and Danielle join a salvage crew.		**Lost Gold of World War II**
PARMT	628	584	**Ink Master: Angels** One local artist takes on an Angel.		**Ink Master: Angels** A search for Little Rock's best artists.		**Ink Master: Angels** The final Angel Face Off.		**Ink Master: Angels** The Angels hit Oklahoma City.		**Ink Master: Angels** The Angels head to Baltimore.		**Ink Master: Angels** "Golden Gate Angels"		**Ink Master: Angels**
RDI	126	730	**(5:59) Le national** (N)	**(:31) RDI économie** (N)	**(:01) 24/60** (N) (SC)		**Les grands reportages** Le trafic d'enfants en Europe.		**Le téléjournal avec Céline Galipeau** (N) (SC)		**Mordus de politique** (SC)		**Le national** (N) (SC)	**(:31) Le national** (N)	**(12:01) 24/60** (SC)
SHOW	616	521	**NCIS** Investigating a fire on a Navy vessel. (DVS)		**NCIS** "Up in Smoke" A terrorist targeting the Navy.		**NCIS** The team investigates a warehouse fire.		**Roswell, New Mexico** Isobel turns to Liz for help. (N)		★★ **"Need for Speed"** (2014, Action) Aaron Paul, Dominic Cooper. A street-car racer wants revenge on a treacherous rival.				
SLICE	601	562	**Mexican Dynasties** Doris returns to Mexico City.		**Vanderpump Rules**		**Summer House** Danielle forgives Jordan.		**The Real Housewives of Beverly Hills** (N)		**Mexican Dynasties** "Grudges and Gefilte Fish"		**The Real Housewives of Atlanta** "Tempers in Tokyo"		**Real Housewives/Beverly**
TLC	521	560	**Say Yes to the Dress**	**Say Yes to the Dress**	**My Big Fat Fabulous Life**		**My Big Fat Fabulous Life** "Game Night"		**Drag Me Down the Aisle** A team of experts help a bride.		**Dr. Pimple Popper** "This Is Zit: Nose No Bounds" (N)		**My Big Fat Fabulous Life**		**My Big Fat Fabulous Life**
TSN	400	400	**SportsCentre** (N) (Live)		**That's Hockey** (N)	**NBA Basketball** Chicago Bulls at Toronto Raptors. From Scotiabank Arena in Toronto. (N) (Live)					**SportsCentre** (N)	**NBA Basketball** Washington Wizards at Los Angeles Lakers. From Staples Center in Los Angeles. (N) (Live)			
YOUTH	551	542	**Henry Danger**	**Double Dare**	★★ **"Cheaper by the Dozen"** (2003) Steve Martin.				★★ **"Cheaper by the Dozen"** (2003) Steve Martin.				**Just Kidding**	**Just Kidding**	**Cheaper**

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Your week on TV

WEDNESDAY EVENING — MARCH 27, 2019

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	**Channel 3 News at Six** (N)		**CBS Evening News**	**Entertainment Tonight** (N)	**Survivor** "There's Always a Twist" (N)		**(:01) Million Dollar Mile** (Series Premiere) (N)		**(:01) SEAL Team** A mission to get a terrorist mastermind.		**Channel 3 News**	**(:35) The Late Show With Stephen Colbert**	
WPTZ 5	-	-	**NBC5 News at 6** (N)	**NBC Nightly News - Holt**	**Jeopardy!** (N)	**Wheel of Fortune** (N)	**Chicago Med** A car smashes through the ambulance bay.		**Chicago Fire** Casey and Herrmann are at odds. (N)		**Chicago P.D.** A mayoral candidate is shot by a sniper. (N)		**NBC5 News at 11** (N)	**(:34) The Tonight Show Starring Jimmy Fallon**	
CBMT 6	206	301	**CBC Montreal News** (N)	**Just for Laughs: Gags**	**Schitt's Creek**	**Coronation Street** (N)	**Diggstown** Reggie re-evaluates his marriage. (N)		**Ordeal by Innocence** (N) (El Part 4 of 4)		**The National** (N)		**CBC Montreal News**	**First Play Live**	**Coronation Street**
CHLT 7	107	718	**(5:58) TVA nouvelles** (N)	**Le tricheur** (N) (SC)	**La poule aux oeufs d'or** (N)	**La Voix extra** (N) (SC)	**La recrue** "Premier pas" Refaire sa vie à 40 ans.		**Fugueuse** Damien fait une offre à Fanny. (SC)		**TVA nouvelles** (N)	**(:35) Denis Lévesque** (N) (SC)	**(:35) Deux filles le matin** (SC)		
WMTW 8	-	-	**WMTW News 8 at 6PM** (N)	**ABC World News**	**Wheel of Fortune** (N)	**Jeopardy!** (N)	**The Goldbergs**	**Schooled** (DVS)	**Modern Family**	**(:31) Single Parents**	**Whiskey Cavalier** Will hits it off with a British spy. (N)		**WMTW News 8 at 11** (N)	**(:35) Jimmy Kimmel Live**	
CKSH 9	108	-	**(5:59) Le téléjournal Estrie**	**(:31) RDI économie** (N)	**District 31** (N) (SC)	**L'épicerie** (N) (SC)	**Les enfants de la télé** Une panoplie d'extraits hilarants.		**Luc Langevin: réellement sur scène** (Part 2 of 2) (SC)		**Le téléjournal** (N) (SC)		**(:05) Entrée principale** (SC)		
CKMI 11	-	-	**Global National**	**(:29) Global News at 6:30**	**Big Brother Canada** (N)		**Survivor** "There's Always a Twist" (N)		**(:01) Chicago Fire** Casey and Herrmann are at odds. (N)		**Chicago P.D.** A mayoral candidate is shot by a sniper. (N)		**Global News at 11** (N)	**(:35) The Late Show With Stephen Colbert** (N)	
CFCF 12	205	312	**(5:59) CTV News Montreal** (N)		**etalk** (N)	**The Big Bang Theory**	**The Goldbergs**	**Jann** (N)	**Grey's Anatomy** "Silent All These Years" (N)		**Whiskey Cavalier** Will hits it off with a British spy. (N)		**News-Rinaldo**	**CTV News Montreal** (N)	**The Daily Show**
WVNY 22	-	-	**Local 22 News** (N)	**ABC World News**	**Local 22 News** (N)	**Inside Edition** (N)	**The Goldbergs**	**Schooled** (DVS)	**Modern Family**	**(:31) Single Parents**	**Whiskey Cavalier** Will hits it off with a British spy. (N)		**Local 22 News** (N)	**(:35) Jimmy Kimmel Live**	
WUTV 30	-	-	**The Big Bang Theory**	**Judge Judy**	**Judge Judy**	**Family Feud**	**Empire** Cookie is offered a career game-changer. (N)		**Star** "Toxic" Alex and Gigi's rivalry heats up. (N)		**2 on Your Side at 10** (N)	**Seinfeld** "The Sponge"	**Two and a Half Men**	**Two and a Half Men**	**Last Man Standing**
CFKS 31	106	726	**Souper parfait**	**Souper parfait**	**Rire et délire**	**Rire et délire**	**Phil s'invite** Phil s'invite chez Livia et Maxim Martin. (N)		**L'open mic de...** (N)	**Seal team: coeur et courage** "Le prix à payer" (SC)		**Rire et délire**	**Souper parfait**	**NVL** (N)	**Moment V**
WUHF	-	363	**Modern Family**	**Modern Family**	**The Big Bang Theory**	**The Big Bang Theory**	**Empire** Cookie is offered a career game-changer. (N)		**Star** "Toxic" Alex and Gigi's rivalry heats up. (N)		**13WHAM News at 10 on Fox Rochester** (N) (Live)		**DailyMailTV** (N)	**The Simpsons**	**Paid Program**
WETK	-	-	**PBS NewsHour** (N)		**Crossroads** (N)	**Outdoor Journal**	**Nature** A cheetah raises her five newborn cubs.		**NOVA** How armor was made in medieval times.		**Secrets of the Dead** The legend of King Arthur. (N)		**Amanpour and Company** (N)		**Nightly Business Report**
WCFE	-	-	**World News America**	**Nightly Business Report**	**PBS NewsHour** (N)		**Nature** A cheetah raises her five newborn cubs.		**NOVA** How armor was made in medieval times.		**Secrets of the Dead** The legend of King Arthur. (N)		**BBC World News**	**Amanpour and Company** (N)	
A&E	615	520	**Storage Wars**	**Storage Wars**	**Zombie House Flipping** "A Prank Too Far"		**Zombie House Flipping** "The Complex Duplex"		**Zombie House Flipping** "The Longest Yard" (N)		**(:01) Tiny House Nation** (N)		**(:04) Tiny House Nation** John and Zack help a contractor.		**Zombie Flip**
BRAVO	620	523	**Unforgettable** Probing the case of a missing surgeon.		**Unforgettable** Capt. Russo becomes a murder suspect.		**Gone** "Savior" A series of abductions are linked.		**Project Runway All Stars** "All the World's a Runway"		**Unforgettable** An aerospace engineer is murdered.		**Unforgettable** Contending with a storm and killers.		**Unforgettable** "Game On"
CNN	500	500	**Situation Room With Wolf**		**Erin Burnett OutFront** (N)		**Anderson Cooper 360** (N)		**Cuomo Prime Time** (N)		**CNN Tonight w/ Don Lemon**		**CNN Tonight w/ Don Lemon**		**Cooper 360**
DISC	520	505	**Highway Thru Hell** "A Moment's Notice" (DVS)		**MythBusters** A myth about a backseat getaway driver.		**Bad Chad Customs** "For Kings and Queens" (N)		**Moonshiners** A jar of Popcorn Sutton's shine. (N)		**Moonshiners** An interruption by a bear. (N)		**Heavy Rescue: 401** Collin attempts his first solo recovery.		**Bad Chad Customs**
HIST	522	506	**American Pickers** A designer with a rare collection.		**Lost Gold of World War II** "X Marks the Spot"		**Forged in Fire** "Bagh Nakh Blades"		**Pawn Stars** Photo of Abraham and Mary Todd Lincoln.		**American Pickers** Pennsylvania and North Dakota.		**American Pickers** A designer with a rare collection.		**Pawn Stars**
PARMT	628	584	**Adam Carolla and Friends**	**Adam Carolla and Friends Build Stuff Live**		**Adam Carolla and Friends Build Stuff Live**		**Adam Carolla and Friends Build Stuff Live**		**Adam Carolla and Friends Build Stuff Live**		**Adam Carolla and Friends Build Stuff Live**		**Adam Carolla and Friends Build Stuff Live**	
RDI	126	730	**(5:59) Le national** (N)	**(:31) RDI économie** (N)	**(:01) 24/60** (N) (SC)		**Les grands reportages** "Un mariage royal" (SC)		**Le téléjournal avec Céline Galipeau** (N) (SC)		**Mordus de politique** (SC)		**Le national** (N) (SC)	**(:31) Le national** (N)	**(12:01) 24/60** (SC)
SHOW	616	521	**NCIS** The team searches for Harper Dearing.		**NCIS** "Recovery" NCIS facilities manager is found dead.		**NCIS** The NCIS faces devastating surprises.		**Absentia** Emily tries to save Alice and Flynn.		**The Magicians** Margo hits her step count. (N)		★★★ **"Gone Girl"** (2014, Mystery) Ben Affleck, Rosamund Pike.		
SLICE	601	562	**The Real Housewives of New York City**		**The Real Housewives of Beverly Hills**		**The Real Housewives of New York City**		**The Real Housewives of New York City** (N)		**Vanderpump Rules**		**The Real Housewives of Atlanta** "Lost in Translation"		**Housewives/ NYC**
TLC	521	560	**My 600-Lb. Life** "Aaron's Story" Aaron must learn to care for himself.				**My 600-Lb. Life** "Kelly's Story" Kelly is on the verge of immobility. (N)				**Dr. Pimple Popper** "Supersized: Tumor Takeover" (N)		**My 600-Lb. Life** Susan seeks help to get out on her own.		**My 600-Lb. Life**
TSN	400	400	**SportsCentre** (N) (Live)		**That's Hockey** (N)	**EOAN 2019 - Omega Man: A Wrestling Love Story** (N)	**NBA Basketball** Golden State Warriors at Memphis Grizzlies. From the FedEx Forum in Memphis, Tenn. (N)				**NBA Basketball** Los Angeles Lakers at Utah Jazz. From Vivint Smart Home Arena in Salt Lake City. (N) (Live)				
YOUTH	551	542	**Henry Danger**	**Double Dare**	★★ **"Cheaper by the Dozen 2"** (2005) Steve Martin.				★★ **"Cheaper by the Dozen 2"** (2005) Steve Martin.				**Just Kidding**	**Just Kidding**	**Cheaper**

THURSDAY EVENING — MARCH 28, 2019

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	**Channel 3 News at Six** (N)		**2019 NCAA Basketball Tournament** Regional Semifinal: Teams TBA. (N) (Live)					**2019 NCAA Basketball Tournament** Regional Semifinal: Teams TBA. (N) (Live)					**Channel 3 News**
WPTZ 5	-	-	**NBC5 News at 6** (N)	**NBC Nightly News - Holt**	**Jeopardy!** (N)	**Wheel of Fortune** (N)	**Superstore** "Lovebirds"	**A.P. Bio** (N) (DVS)	**Will & Grace** (N)	**Abby's** "Pilot"	**Law & Order: Special Victims Unit** "Exile"		**NBC5 News at 11** (N)	**(:34) The Tonight Show Starring Jimmy Fallon**	
CBMT 6	206	301	**CBC Montreal News** (N)	**Just for Laughs: Gags**	**Schitt's Creek**	**Coronation Street** (N)	**A Very English Scandal** (N) (Part 1 of 4)		**A Very English Scandal** (N) (Part 2 of 4)		**The National** (N)		**CBC Montreal News** (N)	**Canadian Reflections** (N)	**Coronation Street**
CHLT 7	107	718	**(5:58) TVA nouvelles** (N)	**Le tricheur** (N) (SC)	**LOL :-)** (SC)	**Rêvons maisons** (SC)	**Le bon docteur** Un patient s'identifie comme une fille.		**J.E.** (Season Finale) (N)	**Tu ne m'as pas tuée**	**TVA nouvelles** (N)	**(:35) Denis Lévesque** (N) (SC)		**(:35) "Extraction"** (2015, Suspense) Kellan Lutz. Premiere.	
WMTW 8	-	-	**WMTW News 8 at 6PM** (N)	**ABC World News**	**Wheel of Fortune** (N)	**Jeopardy!** (N)	**Grey's Anatomy** "Silent All These Years" (N)		**(:01) Station 19** An RV crashes into Station 19. (N)		**For the People** The case of a man accused of murder. (N)		**WMTW News 8 at 11** (N)	**(:35) Jimmy Kimmel Live**	
CKSH 9	108	-	**(5:59) Le téléjournal Estrie**	**(:31) RDI économie** (N)	**District 31** (N) (SC)	**Infoman** (N) (SC)	**1res fois** Jean-François Breau et Mélanie Maynard.		**Enquête** (Season Finale) (N) (SC)		**Le téléjournal** (N) (SC)		**(:05) Entrée principale** (SC)		
CKMI 11	-	-	**Global National**	**(:29) Global News at 6:30**	**Entertainment Tonight** (N)	**ET Canada**	**Big Brother Canada** (N)		**Will & Grace** (N)	**Abby's** "Pilot"	**SEAL Team** A mission to get a terrorist mastermind.		**Global News at 11** (N)	**(:35) The Late Show With Stephen Colbert**	
CFCF 12	205	312	**(5:59) CTV News Montreal** (N)		**etalk** (N)	**The Big Bang Theory**	**The Big Bang Theory**	**The Big Bang Theory**	**Station 19** "Baby Boom" An RV crashes into Station 19.		**Law & Order: Special Victims Unit** "Exile"		**News-Rinaldo**	**CTV News Montreal** (N)	**The Daily Show**
WVNY 22	-	-	**Local 22 News** (N)	**ABC World News**	**Local 22 News** (N)	**Inside Edition** (N)	**Grey's Anatomy** "Silent All These Years" (N)		**(:01) Station 19** An RV crashes into Station 19. (N)		**For the People** The case of a man accused of murder. (N)		**Local 22 News** (N)	**(:35) Jimmy Kimmel Live**	
WUTV 30	-	-	**The Big Bang Theory**	**Judge Judy**	**Judge Judy**	**Family Feud**	**Gotham** Nygma deals with his demons. (DVS)		**The Orville** "Identity, Part 1" (DVS)		**2 on Your Side at 10** (N)	**Seinfeld** "The Finale"	**Two and a Half Men**	**Two and a Half Men**	**Last Man Standing**
CFKS 31	106	726	**Souper parfait**	**Souper parfait**	**Rire et délire**	**Rire et délire**	**L'amour est dans le pré** (N)		**L'open mic de...** (N)	**Chicago Police** "La traque" La loyauté d'Antonio.		**Rire et délire**	**Souper parfait**	**NVL** (N)	**Moment V**
WUHF	-	363	**Modern Family**	**Modern Family**	**The Big Bang Theory**	**The Big Bang Theory**	**Gotham** Nygma deals with his demons. (DVS)		**The Orville** "Identity, Part 1" (DVS)		**13WHAM News at 10 on Fox Rochester** (N) (Live)		**DailyMailTV** (N)	**The Simpsons**	**Paid Program**
WETK	-	-	**PBS NewsHour** (N)		**Quebec: A License to Remember** (N)		**Joe Bonamassa -- British Blues Explosion Live** Guitarist Joe Bonamassa performs.			**Brit Floyd: Space and Time -- Live in Amsterdam** Classic rock of Pink Floyd.			**Amanpour and Company** (N)		**Nightly Business Report**
WCFE	-	-	**World News America**	**Nightly Business Report**	**PBS NewsHour** (N)		**New Tricks** Standing loses a poker game.		**Death in Paradise** The team goes to London.		**Happy Valley**		**BBC World News**	**Amanpour and Company** (N)	
A&E	615	520	**The First 48** A young man shot dead in his van.		**The First 48** A man shot while protecting his wife.		**The First 48: Inside Atlanta** "Deadly Rap" (N)		**The First 48: Inside Atlanta** "Taken for a Ride" (N)		**(:01) The First 48: Inside Atlanta** (N)		**(:04) The First 48** A social activist is killed at a bar.		**The First 48: Inside Atlanta**
BRAVO	620	523	**"Garage Sale Mysteries: The Pandora's Box Murders"** (2018, Mystery) Lori Loughlin, Sarah Strange.				**"Garage Sale Mystery: The Mask Murder"** (2018, Mystery) Lori Loughlin, Steve Bacic, Samantha Ferris.				**Project Runway** (N)			**Criminal Minds** Bodies are used in macabre graffiti art.	
CNN	500	500	**Situation Room With Wolf**		**Erin Burnett OutFront** (N)		**Anderson Cooper 360** (N)		**Cuomo Prime Time** (N)		**CNN Tonight w/ Don Lemon**		**CNN Tonight w/ Don Lemon**		**Cooper 360**
DISC	520	505	**Highway Thru Hell** A semi pulls Jamie out on the road.		**MythBusters** Testing ways to beat police road spikes.		**Garage Rehab** Richard commits $300,000 to a build. (N)		**Last Stop Garage** (N)	**Last Stop Garage** (N)	**American Chopper** "Senior's Moment" (N)		**Street Outlaws** "Attitude and Altitude" Racers arrive in Morrison, Colo. (N)		
HIST	522	506	**American Pickers** Mike takes a road trip in a convertible.		**Pawn Stars** Photo of Abraham and Mary Todd Lincoln.		**American Pickers** Pennsylvania and North Dakota.		**Swamp People** Pursuit of the gator that killed a dog. (N)		**Truck Night in America** An epic Green Hell battle. (N)		**American Pickers** Mike takes a road trip in a convertible.		**Swamp People**
PARMT	628	584	**Lip Sync Battle**	**Lip Sync Battle**	**Lip Sync Battle** Showcasing Jackson's greatest hits.		**Lip Sync Battle**	**Lip Sync Battle**	**Lip Sync Battle**	**Lip Sync Battle**	**Lip Sync Battle**	**Lip Sync Battle** Two rounds of performances.	**Lip Sync Battle**		**Lip Sync Battle**
RDI	126	730	**(5:59) Le national** (N)	**(:31) RDI économie** (N)	**(:01) 24/60** (N) (SC)		**Les grands reportages** Le 90e anniversaire de la reine.		**Le téléjournal avec Céline Galipeau** (N) (SC)		**Mordus de politique** (SC)		**Le national** (N) (SC)	**(:31) Le national** (N)	**(12:01) 24/60** (SC)
SHOW	616	521	**NCIS** "Lost at Sea" Investigating a helicopter crash.		**NCIS** "The Namesake" A petty officer is shot.		**NCIS** "Phoenix" The team investigates a Marine's murder.		**Legacies** Unwelcome visitors arrive at the school. (N)		**Happy!** Somehow the filth seems to find Sax.		**NCIS** A retired Marine's name must be cleared.		**NCIS** "One Man's Trash"
SLICE	601	562	**Summer House** Tensions come to a head at the beach.		**Summer House** "Firework Starter" Fireworks continue.		**Summer House** Danielle forgives Jordan.		**Chrisley Knows Best**	**Million Dollar Listing Los Angeles** Great Gatsby-themed open house.			**The Real Housewives of Atlanta**		**Chrisley Knows Best**
TLC	521	560	**Say Yes to the Dress**	**Say Yes to the Dress**	**Say Yes to the Dress**		**My 600-Lb. Life** "Supersized: Aaron's Story" With facts and bonus scenes. (N)				**Untold Stories of the E.R.** "Shark!"		**Untold Stories of the E.R.** Two gunshot victims.		**My 600-Lb. Life**
TSN	400	400	**SportsCentre** (N) (Live)		**2019 NCAA Basketball Tournament** Regional Semifinal Whip-Around Coverage. (N) (Live)										
YOUTH	551	542	**Henry Danger**	**Double Dare**	**Nickelodeon's Kids' Choice Awards 2019**		**Nickelodeon's Kids' Choice Awards 2019**				**Game On**	**Game On**	**Just Kidding**	**Just Kidding**	**Kids' Choice**

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What's On

Music

March 23

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

March 23

Dance with New Wrangler's (Dave Mcburney and friends) at the Hut A.N.A.F. Unit #318, Saturday, March 23, 2019 at 8:30 p.m. **Admission: $10. 18+** welcome.

March 29 & 30

Concert: The JUNO award winning ensemble L'Harmonie des saisons performs the music of J.S. BACH, Brandenburg Concertos and the always delightful Wedding Cantata, with soprano **Hélene Brunet** joining the instrumental team on period instruments under the direction of **Eric Milnes**, NY. The ensemble offers two performances: **Granby**: Galerie d'art Boréart, 279 rue Principale, Friday, March 29, at 7:30 p.m. **Lake Brome**: Creek United Church, 278 chemin de Brill, Saturday, March 30 at 2 p.m. Presale tickets available at www.eventbrite.com, Brome Lake Books, or Bijouterie Gervais. Reservations: 450-539-1309. **Adults: $30 (presale $25), students: $10 and free for children 12 and under.**

March 30

Dance with Big River at the Hut A.N.A.F. Unit #318, 300 St. Francis St. Sherbrooke. Saturday, March 30, 2019 at 8:30 p.m. **Admission: $10. 18+** Welcome.

April 6

To close its 20th and final season of concerts, on Saturday, April 6 at 3 p.m. in **North Hatley's beautiful St. Elizabeth's Church, Estria will present a program of works for woodwind quintet and piano**, by composers Antoine Reicha, Georges Bizet (Carmen Suite), Albert Roussel, Francis Poulenc and Maurice Ravel. Come and join this spectacular group of Eastern Townships musicians (Myriam Genest-Denis, flute; Étienne de Médicis, oboe; Pauline Farrugia, clarinet; Maude Lussier, french horn; Karine Breton, bassoon; and Tristan Longval-Gagné, piano) for an unforgettable final concert. To mark the occasion, all who attend will receive a gift of Estria's two quintet recordings with ATMA Classique, and a celebratory glass will be served after the concert. A**dmission to this event is $15 (general) and $10 (student and 60+).** Please contact 819-842-1072 or estria@cgocable.ca for reservations or for more information.

April 6

Dance with Big River at the Hut A.N.A.F. Unit #318 300 St. Francis, Sherbooke on Saturday, April 6, 2019 at 8:00 p.m. **Admission: $10. 18+** Welcome

April 6

On Saturday, April 6, from 1-5 p.m. at Burroughs Falls in Ayer's Cliff, we will be launching the **"New" Country Music Appreciation Jam! Note: we have made some important new changes; entree fee is now $10 without Buffet , however there'll still be table snacks, 1/2 and 1/2, and door prizes with a fun boobie prize!** And now we'll get to listen and dance to a different featured band each month! On April 6 our featured band is, by popular demand "THE COUNTRY SWINGERS" Folks, this is one "Spring" event you won't want to miss, so come join us, and enjoy some good old Country Music. Please spread the word! Call 819-838-4912 for reservations. See y'all there!

Events

March 23

Wales Home Craft Show, Saturday, March 23 from 9 a.m. – 4 p.m. 506 Route 243 North, Richmond. Main living room and lobby. Large variety of items.

March 23

Pancake Supper, presented by the Eaton Valley IOOF at the Sawyerville Catholic Church basement Saturday, March 23, from 4:30 p.m. to 6:00 p.m. Adults $10, 6-12 $6, 5 and under free. For more information call Darryl Harrison 819-553-8500.

March 23

A pork and salad supper will be held at **"The Hut"**, 300 St. Francis Street, Lennoxville on **Saturday, March 23 from 4:30 p.m. to 6:00 p.m**. Buffet style, no reservations required.

March 24

Three Link Fraternity, Unity Lodge #8, IOOF, would like to remind you that spring is not that far away. Why not come out to meet friends after the long, cold and really snowy winter at our **"all you can eat Brunch"**. This will be held on Sunday, March 24, 2019 at 4150 Rt 147, Waterville (Huntingville). We will be serving from 10:30 a.m. to 1:00 p.m. Scrambled eggs, bacon, sausage, beans, pancakes, toast, coffee, tea and juice. As usual it is **"all you can eat" and we will have take-out available. Just a phone call to 819-679-8493 and we will have your meal ready when you show up! We also have a "family price"**. Make 2019 the year that you will help us with our Community Projects and also enjoy a good meal. Drop in before Church, after Church or just drop in while you are out and about and you will be helping our Organization to help those less fortunate in our area. If you would like any information about Unity Lodge or any of our Projects that you would like to support, drop in for Brunch and ask any of us. We will be more than happy to take the time to explain everything we do. You can also call 819-820-5672, email to unity8ioof@yahoo.ca or visit us on Facebook at - three link fraternity unity lodge #8 ioof. Remember, March 24th, 10:30-1:00, 4150 Rt 147, Waterville (Huntingville), our all you can eat brunch to help our Community Projects. Drop in, we will be waiting!

March 24

Brunch fundraiser for Andrew Lowry Sunday, March 24, 2019 at 11:00 a.m. – 1:00 p.m. at the Kinnear's Mills Community Hall. **Admission $12.** On January 30, 2019, 19 year old Andrew (son of Luce Arguin and Roger Lowry Jr.) was at his job in a meat processing plant in Robertsonville QC when a catastrophic accident destroyed his right hand. Following weeks in a Montreal hospital, doctors had no choice but to amputate his right arm below the elbow. Now that Andrew has returned home, his mom has had to put her job on the back burner and be with him to administer the required antibiotics on a tight schedule. The family is faced with that cost and with the loss of income. There will be more expenses to come. **You can also make a donation (make cheque payable to Heritage Kinnear's Mills with reference to Andrew Lowry. Donation can be dropped off or mailed to MCDC**, 906 Mooney St. West Thetford Mines QC G2G 6H2 (418-332-3851).

March 26

The Age Friendly Municipality (MADA) Committee of the Village of North Hatley will be presenting another afternoon **Tea and Talk for seniors and caregivers** on Tuesday March 26 at 1:30 p.m. at the North Hatley Community Centre (3127 Capelton Road, North Hatley). Special guests Sergeant Steeve Côté, from the Sureté du Québec, and Mrs. Danielle Maynard will be making a bilingual presentation about how to protect against fraud. Coffee, tea and nibbles will be served. **Admission is free and transport is available for area residents** by contacting the municipality at 819-842-2754.

March 26

Resources for Seniors: **Monthly Seminar Series at Grace Village** is back March 26 at 6:30pm. This month we cover Financial/Tax Planning for Seniors. **A small donation of $5** is appreciated. www.gracevillage.ca/SeniorsResources for details

March 27

You are cordially invited to a "Bowling and Politics" discussion with our MP, the Hon. Marie-Claude Bibeau, official candidate for the Liberal Party of Canada. Come discuss current issues at this free event which is open to all. Wednesday, March 27 from 5 p.m. to 6:30 p.m. at the **Stanstead Recreation Center, 160 Railroad Street.** For more info: info@liberalcomptonstanstead.com. Hope to see you there!

March 27

Osher Lifelong Learning Institute launches their Spring lecture season Wednesday, March 27 from 1:00-2:00pm. Hebard State Office Bldg, 100 Main St, Downtown Newport, 2nd FL Conference Rm. Ample free parking. Handicap access. Small entry fee for refreshments provided . TOPIC: Jim Oliver presents "Winning & Losing the Presidency: The Electoral College, Impeachment, and Conviction of the U.S. President". More info? www.learn.uvm.edu/osher or Suzi @ 802-673-9499

March 27 to 30

Pass It On! Clothing Exchange at Oasis Christian Centre, 219 Queen Street, Sherbrooke. Free used clothes. All are welcome. Collecting: Wednesday, March 27 from 3 p.m. to 6 p.m. and Thursday, March 28 from 9 a.m. to 12 p.m. Distributing: Friday, March 29 from 3 p.m. to 9 p.m. and Saturday, March 30 from 9 a.m. to 3 p.m. For more information, please contact Stephanie Goddard: 819-564-1377 or info@oasiscentre.ca.

April 1

Canadian Club of the Yamaska Valley meeting Monday, April 1, 2 p.m., Auberge West Brome, 128 Route 139. **Maître Owen Falquero will present " The Life of A Country Lawyer in the 21 Century"**. Reserve your AWB luncheon at 450-266-7552 / 1-888-902-7663. Club information at 450-243-6524. $10 fee for non-members. **PLEASE NOTE: Tickets for the May 6 spring luncheon/ AGM will be for sale at $23 for members & $30 for non-members.** Information for a June tour will also be available.

April 6

Township Toddlers annual benefit on Saturday, April 6 from 5 p.m. to 7 p.m. Roast beef and pork barbecue. $15/person, $8 for 7-12 yrs and 6 yrs and under free. Auction (arts/crafts) from 7 p.m. to 9 p.m. Dance with Smokin' Country and Friends from 9 p.m. to 1 a.m. **$5/person. Salle des Chevaliers de Colomb**, 224 Christophe Colomb, Cowansville. 450-263-5080. Reservations: Ross 450-266-1716.

April 6

John Luce Memorial Dart Tournament, "The Jolly," on Saturday, April 6 at The Hut, A.N.A.F. Unit 318, 300 St. Francis, Lennoxville. Registration at 1:30 p.m. Play starts at 2 p.m. Bring your own partner. Doubles men/men, ladies/ladies or mixed. Prizes. **$10 admission includes the dance featuring Big River. Proceeds will go to the Frontier Animal Society**. Donations for the silent auction would be very much appreciated, please contact Danny Luce, Pete Sarrasin or Nina Stubbert by visiting our Facebook event on where to drop off your items.. **Everyone 18+ is welcome** to come out and have fun and support the Frontier Animal Society and remember John.

April 7

APRIL IS POETRY MONTH! –Come to the second annual BARDS AND BISCUITS reading, **1 -2:30 p.m., at the North Hatley Library, 165 Rue Main Street**, North Hatley, with Steve Luxton, Derek Webster, Marjorie Bruhmuller, Ann Scowcroft and special guest Carolyn Marie Souaid! Presented by the Canada Council and the League of Canadian Poets.

Exhibits

Until May 26

The Uplands Cultural and Heritage Centre. invites you to discover "Pont des arts – Art Bridge: Our heritage," our new exhibit featuring four women artists from the region, Nina May Owens, Catharine (Minnie) Gill, Kay Kinsman and Ann (Muffy) Malcom Tippet, all of whom have left an important contribution to the Townships' artistic heritage. The exhibit is part of a broader project which combines art and cultural mediation. Please stay tuned for a range of cultural events, activities and conferences related to the exhibition which will be announced this spring. Uplands, 9 Speid Street, Borough of Lennoxville is open Wednesday to Friday from 10 a.m. to 4:30 p.m. and Saturday and Sunday from 1 to 4:30 p.m. The exhibition will run until May 26, 2019.

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Local Sports

When asked to discuss his ultra marathon plans, he said he has chosen two of the most challenging courses, which he has begun preparing for.

Executive Chef Wolfgang Steer dishes up his recipe for healthy living

A RUNNER'S MIND

CHRISTINE BLANCHETTE

Wolfgang Steer is living his dream as an executive chef and competitor in many outdoor sports such as snowboarding, hiking, trail running and ultra marathons. Steer has managed to successfully combine his passions while living in Whistler, B.C., which is a popular year round destination for sports enthusiasts and is basically a hub for those with hard bodies and thick wallets.

Following an active lifestyle and busy career, Steer is literally a chef on the run. In an interview, he explained how his interest developed for food in concert with his spirit for adventure.

His passion for the culinary arts and racing might come as a surprise to some, yet it has always been in his DNA. Some might think the compelling aroma of exquisite meals might take over the brain from any notion of sports competitions, but Steer was having none of it. Originally from a small town in Germany called Schliersee, Steer developed an early interest in cooking. He was only three years old and enjoyed being in the kitchen to see what culinary marvels Mom was conjuring.

Steer says, "I started my apprenticeship at 15 and got my (chef) papers at 18 and then moved to Switzerland to work." While working there as a chef, Steer was able to learn about fine cuisine and enjoyed every opportunity to being outdoors, while gaining knowledge of properly fueling his body.

Fast forward to 2010, he moved to Whistler to work as an executive chef. Steer, a vegetarian, believes in food sustainability. He explains: "Food knowledge or the way we cook food, there is a shift, people are more educated and knowledgeable." Steer believes that people look for fresh ingredients such as beans, kale and locally grown produce and not processed foods. Steer has the advantage of an acute understanding of which foods offer the best nutritional value and follows healthy eating habits to pursue his athletic endeavours.

When asked to discuss his ultra marathon plans, he said he has chosen two of the most challenging courses, which he has begun preparing for. Steer says, "Training just started. I have signed up for the Sinister 7, 100 Mile Ultra, and the Squamish 50/50." The Sinister 7 Ultra is a grueling 100 mile (161km) rugged course in Alberta with 5,687 meters of elevation gain. At the 50/50 event, competitors will be running a 50 miler or a 50km race on trails.

Steer, whose passion for competition has inspired others, says he follows a "Live in the now," philosophy. And after 100 miles non stop, his next meal ought to be one for the ages.

www.runwithit.ca
Twitter: @christineruns
Instagram: runwithit_christineblanchette
YouTube - RunWithIt

COURTESY

Canadian Felix Auger Aliassime books ticket to main draw at Miami Open

The Canadian Press

Canada's Felix Auger-Aliassime has advanced to the main draw at the Miami Open.

The 18-year-old from Montreal defeated Paolo Lorenzi of Italy 7-6 (1), 6-2 in the second and final round of qualifying for the ATP Tour Masters 1000 event on Wednesday.

"I served much better today. I made a few errors in rhythm, in shot location at the beginning but slowly, it came together," Auger-Aliassime said.

"Lorenzi had a good first set. He played well, he was solid. In the tiebreak, I served well again, took my opportunity, And after that, everything was on my side. So overall I'm pretty satisfied with the effort today."

Auger-Aliassime will play fellow qualifier Casper Ruud of Norway on Friday.

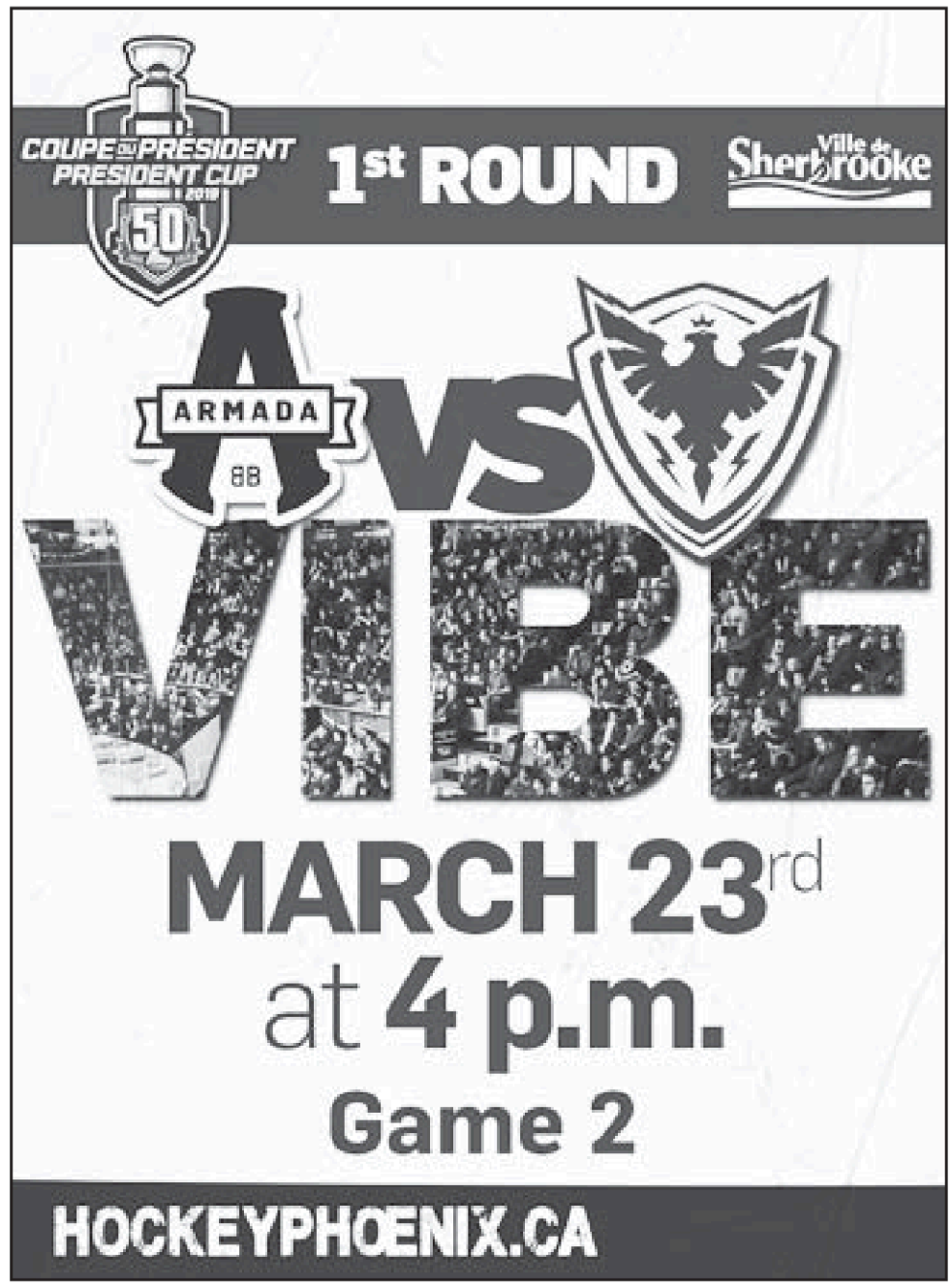
While Auger-Aliassime is ranked 57th in the world after a string of good results over the past month, his ranking was not high enough to secure a spot into the main draw when the entry list came out several weeks ago.

Auger-Aliassime was the second seed in the qualifying draw, while Lorenzi was 17th.

Auger-Aliassime joins No. 20 seed Denis Shapovalov of Richmond Hill, Ont., and No. 12 seed Milos Raonic of Thornhill, Ont., in the main draw. As seeded players, Shapovalov and Raonic get byes.

On the women's side, Bianca Andreescu of Mississauga, Ont., had her first-round match against Irina-Camelia Begu of Romania postponed due to rain. They will make up the match on Thursday morning.

The 18-year-old Andreescu is coming off a stunning run to the title at the BNP Paribas Open in Indian Wells, Calif. Miami organizers rewarded Andreescu with the featured match on centre court on the opening night of the tournament, only to have the rain take her off of it.



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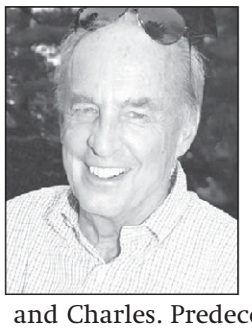
Death



Donald Ritchie FISHER
December 16, 1928 - March 13, 2019

Died on Wednesday, March 13, 2019 at the Wales Home in Cleveland, Quebec, following a multi-year battle with Alzheimer's Disease. Dear husband of Sigrid (née Boyle) and much-loved father of Erika (John), Mark (Laurie-Ann), and Anthony (Margot). He will be sadly missed and lovingly remembered by his eight grandchildren; Caroline, Anna, Hamish, Emma, Claire, Gregory, Nicole and Charles. Predeceased by his brother Ted, Donnie is survived by his sister Mary Miller as well as many loving cousins, nieces and nephews.

Born and raised in Montreal, the son of Eric and Agnes (Stanger) Fisher, Don was forever the entertainer. He loved to make people laugh and laughed the hardest at himself. He led by example, grace and compassion. Don's profession took the family to Toronto during the mid-seventies but he later returned home to Montreal finishing his career with the Southam Newspaper Group. Don relished his twenty-plus years of retirement with Sigrid on his beloved Lake Memphremagog and served proudly as president of Memphremagog Conservation Inc. (MCI).

We are comforted knowing you are now at peace, the legacy of your "joie de vivre" and exceptionally exaggerated (yet elegant) swoops on the slopes will forever live on! - we love you.

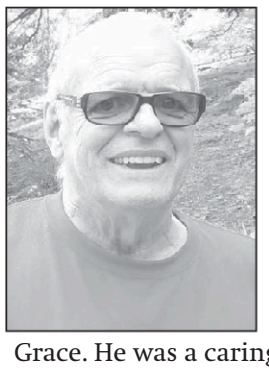
A private cremation was held March 15th.

A special thank you to the compassionate and dedicated caregiving team at The Wales Home.

In lieu of flowers, donations may be made to Memphremagog Conservation Inc.

Website: www.memphremagog.org

Death



Edwin Lloyd MacEachern
(1944-2019)

Edwin Lloyd MacEachern, born April 3rd, 1944, a child of God, passed away from his battle with stage IV cancer at the West Island Palliative Care Residence in Pointe-Claire on March 15th, 2019. A devoted husband to Lise Boucher. Incredible father to Daniel (Marjorie Pinchin), Edwina (Stuart Cornell), and Christina (Peter Byrne). He was a fun-loving grandfather to Jacob, Nicole, Gabriel, Marie Francis, Emmanuelle, Caleb, Logan, and Alicia Grace. He was a caring great-grandfather to Noah and Avery (mother Bryanne Mclevy). Son of the late Daniel Michael MacEachern and the late Mary Francis Gosbee. Also left to mourn are his sisters and brothers, Marguerite (Benoit), the late Donald (Betty), Sara (the late Edmund), Anne (the late Rollie), Eileen (the late George), Blaise (Lise), the late Carroll (Lise) and all of his nieces and nephews and friends.

Resting at the Steve L. Elkas Complex on March 30th, 2019 from 11:30 a.m. to 1:30 p.m. Funeral service will be held in the chapel from 1:30 to 2:30 p.m. In his memory, donations to the West Island Palliative Care Residence would be greatly appreciated.

Matthew 25:23, *"Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness."*

STEVE L. ELKAS FUNERAL HOME
4230 Bertrand-Fabi, Sherbrooke QC
info@steveelkas.com
PHONE: 819-565-1155
FAX: 819-820-8872
www.steveelkas.com

Death

Betty RETCHLESS
(1925-2019)

It is with great sadness that we share the news that our beloved mother, Betty Retchless passed away peacefully at the Wales Home after a spirited battle with pancreatic cancer. Betty was 93 years old and continued to live her life to the fullest right until the end. She was predeceased by her parents Alfred and Jesse Lloyd and her husband Robert. Left to celebrate her legacy are her sons John (JoAnne), Nigel (Carolann) and Andrew (Marie Pier), her grandchildren Rob (Ashley) and Jamie (Emmy) and her great-grandchild Avery.

Born in Manchester England, Betty and Bob emigrated to Canada in 1960 and settled in Magog. She lived her life to the fullest and we should all be so fortunate to have her passion and energy for life.

Mum was a classy, British Lady, with a sharp wit and a big heart full of love. She was sharp until the end, doing her banking online, searching for information on "Googly", as she called it, and posting and sharing on Facebook. She was a cat with 9 lives, defying the medical odds on several occasions only to pick herself up and continue to check boxes on her bucket list, always enjoying an afternoon Gin and Tonic, "just like the Queen" she would say!

A huge thanks to the staff of the Wales Home who provided such amazing care and love in her final weeks. Mum died surrounded by love with family at her side, holding her hand.

You are invited to celebrate Betty's life at the Wales Home in Richmond on - Saturday, April 13th between 2 p.m. and 4 p.m. Mum requested that in lieu of flowers donations could be made to the Pancreatic Cancer Society of Canada or the Wales Home.

STEVE L. ELKAS FUNERAL HOME
4230 Bertrand-Fabi, Sherbrooke QC
info@steveelkas.com
PHONE: 819-565-1155
FAX: 819-820-8872
www.steveelkas.com

† When you can't breathe, nothing else matters!

You suffer from chronic bronchitis or emphysema... You are among the 250 000 Quebecers struggling with a COPD (chronic obstructive pulmonary disease).

We can help you breathe more easily!

The Lung Association's
BREATHWORKS™
Help for People with COPD

1-866-717-COPD (2673)

In Memoriam

SYLVESTER, Albert George – 1937 – 2013

The years fly by, the family grows,
Wish you could see the seeds you sowed.
You've missed so much these last six years,
To think of it brings me to tears.

I know that you'd be glad to hear
There's someone else who's very dear.

We understand each other's pain
And try our best to live again.

'So lucky in our un-luck'
Is how the man describes us,
But you and Maggs will always live
Forever in our hearts.

Love you much,
R.E.

In Memoriam

SYLVESTER - In loving memory of our loving Dad and Grampa, Albert Sylvester who went home to Heaven March 22, 2013

A letter to my Dad,

Dad, throughout my home and office, I have surrounded myself with life's little inspirational sayings such as Live, Love, Laugh, Peace, Family, Faith, Hope, Love, Strength, Courage, Patience, and Forgiveness. But the one that catches my eye every day is; Count your Blessings. Dad I'm so grateful for the many Blessings in my life, for having wonderful, kind and loving parents and siblings who are always there for me no matter what. I am especially blessed with my kind, loving and supportive husband and two precious angels. I wish you were here Dad to see the kids, I know you would be as proud as I am to see how they've grown into thoughtful, caring young adults. Dad as I shed a tear to the closing of yet another chapter in my book of life, I'm scared but ready to embrace with a grateful heart all the new beginnings that this next chapter has in store for us. As it is said in Garth Brook's song, The Dance, "I'm glad I didn't know the way it all would end, the way it all would go. Our lives are better left to chance. I could have missed the pain. But I'd have had to miss the dance." And so my wish for all of you is NOT to miss the dance, but to enjoy it, really hold on to it and dance like there's no tomorrow, appreciate how precious life really is. Only God knows when our dance is over, remember to take time out of your busy lives to cherish each other, to make life long lasting memories with your family and friends and to dance like no one's watching! I love you Dad, I will cherish all the beautiful memories we shared through the years. And finally when it's time for our special dance Dad, I'll hug you for the longest time and whisper in your ear...

Don't forget Dad,
I LOVE YOU the MOSTEST!!

Lovingly remembered and deeply missed by:
JENNIFER, JAMES
KASSANDRA & RYAN-JAMES

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Church Services

Anglican

LENNOXVILLE

Saint George's Anglican Church, Lennoxville, 84 Queen Street. On the 1st, 2nd, 3rd and 5th Sundays we have Holy Communion Service and Sunday School class. Services begin at 11:00 a.m. On the 4th Sunday we have Service of the Word. Services begin at 11:00 a.m. On Wednesdays from 7 p.m. to 8:30 p.m. group discussion on Taylor's book A Secular Age and on Thursdays from 6 p.m. to 7 p.m. Christian meditation. 819-346-5564.

Presbyterian

LENNOXVILLE

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

United

AYER'S CLIFF - MAGOG

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

WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church, Sunday, March 24, 11 a.m., with worship leader Shirley Knutson. Sunday School. Rev. Mead Baldwin 819-837-1112.

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to worship with Rev. Linda Buchanan on Sunday March 24th at 10:00am. Refreshments will be served after worship. Children are always welcome. 819-565-8449; website-lennoxvilleunitedchurch.com

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill – at 819-346-6373 and www.plymouthtrinitychurch.org – welcomes all of you to our English service at 10:30 a.m. on Sunday, March 24, with guest worship leader Allan Marshall, with Sunday school. Stay after the service for our monthly, by donation Mission & Service luncheon. All are welcome! Cordiale bienvenue à tout le monde. Minister: Rev. Samuel V. Dansokho.

Frequently eating fast food associated with a wide range of unhealthful consequences

ASK THE DOCTORS
By Eve Glazier, M.D., and Elizabeth Ko, M.D.

Dear Doctor: Unless I'm cooking, my boyfriend eats only junk food and fast food. He says it's no big deal because he's not overweight and doesn't have high cholesterol or high blood pressure. Is he right?

Dear Reader: There's something important missing in your boyfriend's theory regarding his less-than-stellar eating habits, and that's the word "yet." He isn't overweight and he doesn't have high cholesterol or high blood pressure — yet. But decades of research point to the hard truth that a diet that regularly includes what we refer to as junk food is associated with a wide range of unhealthful and even dangerous consequences.

A survey of this research published a few years ago found that eating fast food more than twice a week increased the risk of high cholesterol and high blood pressure, which top the list of risk factors for cardiovascular disease, heart attack and stroke. It also paved the way for insulin resistance, diabetes, certain cancers, intestinal issues, an increased incidence of obesity and even depression.

Scientists in France recently looked at how a diet of junk food and fast food (the researchers refer to these as "ultra-processed foods") may affect a person's life span. The study, published in February in the journal JAMA Internal Medicine, examined eight years of dietary data collected from middle-aged volunteers in an ongoing nutritional study in France. Among the findings was a correlation between early death and regularly eating ultraprocessed foods. New information is also emerging about the negative effect of these foods on the gut microbiome, including reducing the numbers and diversity of beneficial bacteria.

So what are ultraprocessed foods? They're premade and prepackaged foods whose original ingredients have been transformed with flavorings, additives and preservatives. Quite often, ultra-processed foods achieve their final form via industrial methods like extrusion, molding and milling. The end result is that they're flavor bombs that are high in salt, fat, sugar and calories, and low on fiber and nutrients. Not only are these foods inexpensive and readily available, the balance of salt, sugar, fat and added flavorings has been purposely engineered by food scientists to be irresistible. There's even a term for it — the "bliss point." Small wonder that the bag of cheese puffs or side of french fries is so easy to crave and so hard to put down.

Research shows that the potential ill effects of this type of eating reach the brain as well. Not only are the connections between the neurons in our brains adversely affected by unhealthy diets, so are several molecules related to learning and memory.

All of which brings us back to our original point. If your boyfriend doesn't shift to healthier eating, it's just a matter of time before his body begins to pay the price. But he doesn't have to go cold turkey. When it comes to sweets and "treat" foods, we generally advise our patients to limit them to 20 percent of their total intake. For those with health issues such as hypertension or diabetes, we advise limiting splurges to 10 percent. Change can be hard. If he approaches healthy eating gradually but steadily, it will be easier to succeed.

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

SUDOKU

DIFFICULTY RATING: ★★★★☆

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

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

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

PREVIOUS SOLUTION

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

SUDOKU

DIFFICULTY RATING: ★★★★★

2				4		7		
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8					5			
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60th Wedding Anniversary

Family and friends are invited to celebrate with

George and Estelle Blouin

March 23rd, 2019 from 2 to 4 p.m.

At St. Andrew's Presbyterian Church

1169 route 243, Melbourne, Qc

Not pitching in for dinner

Dear Annie

FRIDAY, MARCH 22, 2019

Dear Annie: My wife and I are both retired seniors. We sold our house and moved to the town where our son, daughter-in-law and grandson live. My wife loves to take the little guy swimming and do many other activities with him. Every Sunday, we have a family dinner at our home. They come with much joy, and we all have a great time together.

My question is about the fact that they never bring anything, such as a bottle of wine, and they have never invited us out to dinner or to have dinner at their home. Are my expectations wrong, or did we simply miss the boat with our son's 42-year upbringing? I would never have visited my mother without the thought of taking her out for dinner or at least bringing her some flowers. — Saddened

Dear Saddened: I'm not sure you have much to be sad about. Congratulations on your grandson and the fact that your son and daughter-in-law want to have family dinner with you every Sunday night. That is lovely. Grandparents and family dinners are such a gift. And you said that they come with joy. Wow, that is amazing!

As far as their bringing something or taking you out to dinner goes, you should have an honest conversation with your son about it and suggest that you go over to his house next week. But if he hesitates, he must have his reasons, and you should accept that. Above all else, you don't want to upset your happy Sunday family dinners.

Dear Annie: I just read the letter from "Disappointed In-Law." Even though I love my children, including their spouses, and grandchildren more than anything in the world, I may be that in-law who doesn't ask them questions. I used to ask questions but too often got the impression that I wasn't doing it right, that I was being too nosy or insensitive or needy. When I asked how I could do better, I was reprimanded for making them uncomfortable by asking. I know they are good kids, and I dearly love them, so I try my best to pay attention and figure out how to do better. It is painful, though, to feel so judged and shut out of their lives. I remind myself they are doing their best, too.

Maybe "Disappointed In-Law" could try saying something like, "Would you like to hear about (blank)?" That way, she could see whether some kind of social awkwardness is getting in the way of better communication. I would be in heaven to hear about anything my kids want to tell me. — Trying

Dear Trying: I commend you for trying. That really is all we can do — try our best with people through open and honest communication and love.

Dear Annie: I just want to say that your response to "Crushing Friend" was spot on. I have been in the same situation for a few months. I have a crush on a friend whom I recently got back in touch with, and it's been hard to keep those feelings in check. It's true that one way or another, feelings are going to come out. I just recently told my friend how I feel about her. It feels good to be able to tell her, yet at the same time, it's hard, so I just wanted to say thank you for your advice. It really helped me to see that I shouldn't feel bad for expressing how I feel. — Hesitant at First

Dear Hesitant: Congratulations for having the courage to express your feelings.

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

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

Your Birthday

FRIDAY, MARCH 22, 2019

Limit how much you share with people. Separate your personal and professional dealings to keep your life running smoothly. A lifestyle change is within reach and should be considered. Keep your plans secret until everything is in place to avoid interference.

ARIES (March 21-April 19) — A change of pace will turn into an unexpected opportunity. What you discover is best kept to yourself until you have had time to iron out any unforeseen problems.

TAURUS (April 20-May 20) — When opportunity knocks, be quick to answer. Make the most out of every offer that comes your way to discover that you have unexpected attributes.

GEMINI (May 21-June 20) — Pay attention to the way you look, how you present yourself and how you treat others. A kind gesture will lead to an interesting offer.

CANCER (June 21-July 22) — Emotionally driven spending or buying someone's affection is not a good idea. Use your imagination to come up with a plan that will keep you busy and out of trouble.

LEO (July 23-Aug. 22) — Make home improvements, pay down debt and spend time with loved ones. A kind gesture will spark someone's interest. Romance is in the stars and will enhance your personal life.

VIRGO (Aug. 23-Sept. 22) — Excess of any kind will lead to emotional uncertainty. Let your intuition guide you when dealing with personal and domestic matters. You can find a way that's best for everyone.

LIBRA (Sept. 23-Oct. 23) — A little pampering will go a long way. Update your image or spend time with someone who makes you feel good to ease stress. Romance is highlighted.

SCORPIO (Oct. 24-Nov. 22) — Make changes that will lower your overhead and alleviate any tension that's building up between you and someone you live with. If you compromise now, you will get what you want at a later date.

SAGITTARIUS (Nov. 23-Dec. 21) — Change should lead to personal growth, improved appearance and better relationships with the people you see daily. Don't let someone from your past swoop in and disrupt your life.

CAPRICORN (Dec. 22-Jan. 19) — Put emotions aside when dealing with friends and relatives. Listen carefully and offer suggestions, but don't take the reins. You are best off focusing on situations closer to home.

AQUARIUS (Jan. 20-Feb. 19) — Don't take a risk that could end in insult or injury. Get along with others and get involved in events that are geared toward helping others. Opportunity will find you.

PISCES (Feb. 20-March 20) — Knowing when to help and when to stand back will make or break your day. Don't let an emotional situation ruin an opportunity. Balance and integrity will help you maintain the status quo.

SATURDAY, MARCH 23, 2019

A personal opportunity is apparent. You will gain knowledge and experience from today's events. Keep an open mind and be prepared to make a move that will accommodate your long-term plans. Love and romance are on the rise and will lead to new beginnings.

ARIES (March 21-April 19) — Personal improvements can be made, but don't overdo it. Subtle changes will have a big impact without breaking the bank. Love and romance are highlighted.

TAURUS (April 20-May 20) — Use your emotional energy wisely to turn a negative into a positive. Show respect for others and be kind and compassionate when someone needs help.

GEMINI (May 21-June 20) — Make clear how you feel and what you want. Once you know if you and someone else are on the same page, it will be easy to decide whether to stay or to go.

CANCER (June 21-July 22) — A partnership will help you reach your personal goals. Learn from your mistakes and surround yourself with helpers, not with takers. A commitment and agreement can be made.

LEO (July 23-Aug. 22) — Don't let emotions get in the way of a good decision. Arguing or physical confrontation should not be the way you solve a problem. Look for a unique solution that benefits everyone.

VIRGO (Aug. 23-Sept. 22) — Travel, socializing and relationships should be priorities. Much can be learned and accomplished through the connections you make. If you are open, you'll receive valuable information.

LIBRA (Sept. 23-Oct. 23) — Romance, personal improvements and putting the past behind you should take precedence over arguing about a moot point. Strive to achieve a simple, moderate and healthy lifestyle.

SCORPIO (Oct. 24-Nov. 22) — Surround yourself with creative people who can spark your imagination and help you flesh out your ideas and make them real and successful. Socializing will lead to partnerships.

SAGITTARIUS (Nov. 23-Dec. 21) — Look inward and consider what's best for you. Don't let someone interfere in your personal life. Make decisions based on your needs, not on what others want. Trust in facts, not in hearsay.

CAPRICORN (Dec. 22-Jan. 19) — A change to where or how you live looks inviting. If you accept the inevitable, you will discover that what transpires is in your best interest.

AQUARIUS (Jan. 20-Feb. 19) — Do what you can to pitch in and help someone or a group, but don't take on so much that you become run-down or risk injury. Monitor your actions and make reasonable gestures.

PISCES (Feb. 20-March 20) — A financial change is heading your way. A gift, a winning or a found object will make your day. Sharing is honorable, but don't let your generosity leave you at a loss.

Sunday's horoscope on page 23

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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.

"U NALO WA NMFBE, U NALO WEO VAX AT NUTO MDJ U NALO REMYUDB UW. ... U'LO BAW M BODOYMWAY WEMW'R RWUNN ZAZZUDB." — PEUWM YULOYM

Previous Solution: "You do have to love your kids enough to let them hate you. But it's the disease that's hating you, not them." — Carol Burnett

TODAY'S CLUE: V equals J

CELEBRITY CIPHER
by Luis Campos

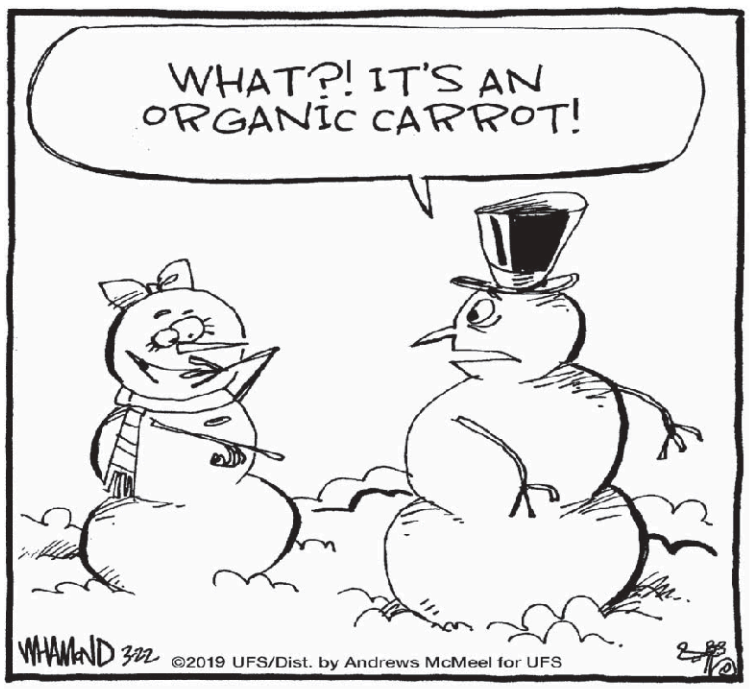
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"D ESZSI BLZS L OSEOS WY YDEDOBDER AF. ... TBSE D HDS, MBSU'IS RWDER MW XLIIU JS WYY L OMLRS." — LERSPL PLEOVAIU

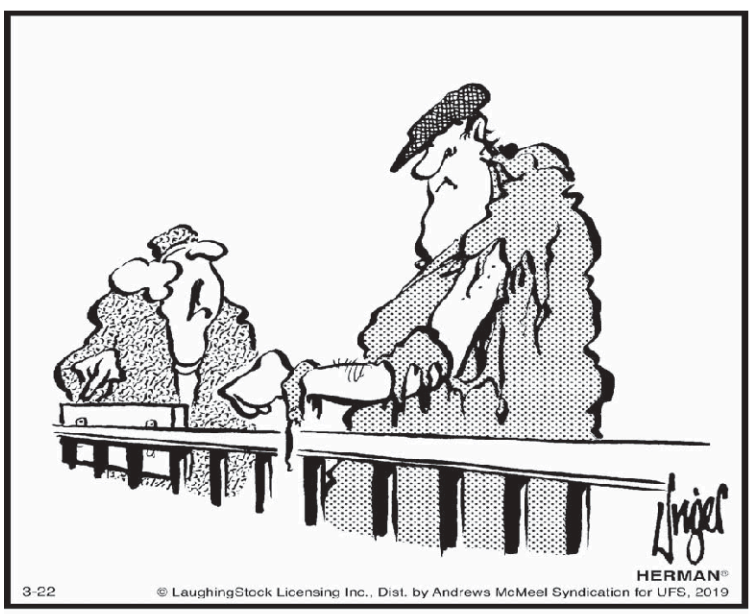
TODAY'S CLUE: W equals T

Previous Solution: "I love to laugh, I love the joy of life and I love sharing it. ... I've got a generator that's still popping." — Chita Rivera

REALITY CHECK



HERMAN



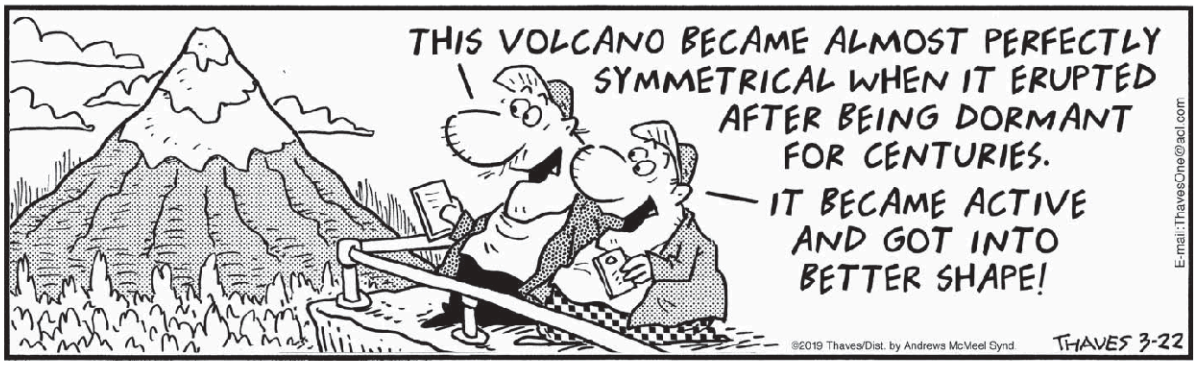
"It says 'Do not feed.' Look at your best coat!"

ALLEY OOP

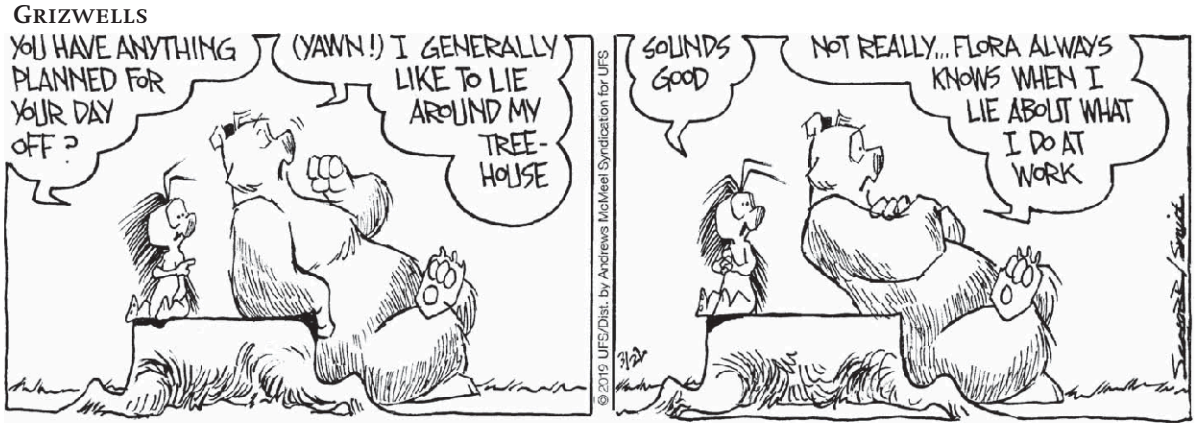
ARLO & JANIS

THE BORN LOSER

FRANK AND ERNEST



GRIZWELLS



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Auld Lang Sine

SHERBROOKE SNOW SHOE CLUB INC.

Members of the Sherbrooke Snow Shoe Club met for their final meeting of the season on Wednesday, February 27th. Given the amount of snow on the ground and the likelihood of more to come during the month of March, it seemed like a premature round-up of the regular season. Alas, the club with its 140 plus years of tradition is reluctant to change and finishing up around the end of February has been one of those traditions handed down through the years.

With a somewhat daunting agenda, president Steve Moore strived to start the meeting on time, promptly at 6:30 p.m. Following the usual opening procedures, the membership enjoyed a buffet-style meal, a virtual smorgasbord of items laid out for the members. Chef Carole and her aid Giselle served the members, leaving the White Knights with little to do but to join in on the feast with the regular members of the club.

Following the meal, the president called the chef and her staff to the head table where he presented Carole with a monetary bonus for the kitchen crew's excellent work over the course of the season. He also presented the two ladies with bouquets of flowers as a special tribute. Not to be outdone, the president also presented flowers to club pianist Janis Graham for her musical accompaniment throughout the year. Both Janis and the kitchen crew travel a significant distance each week to attend the meetings, often over questionable road conditions and for this, the club membership is especially appreciative.

Drawings for the evening's door prizes were then undertaken. The lucky winners on this occasion were past presidents Malcolm Juby and Karl Hunting.

After a few jokes from Dave Moore, Chorister Phil Kerwin conducted the singalong, assisted by Gary MacDonald, and other members. Before Phil could return to his seat, Past President Hugh Bowen made a small presentation to the club's musical conductor. In an effort to keep the Ayer's Cliff resident well-groomed and dapper-looking, he presented the gentleman with a bottle of hair gel on behalf of the members.

The president then conducted a business meeting to tie up all the loose ends relating to club business before the long break till the fall. The highlight of the meeting was the presentation by the nominating chairman Ron Smith of the slate of officers and committee members for the 2019-2020 season. While most positions are pedestrian in nature, there is one posting that always draws the most attention, that is, the position of second vice-president. By the terms of the club's constitution, the first vice succeeds to the presidency, the second vice to first and eventually to president as well. Alas, getting someone to accept the second vice position is not always easy, given the future implications that are attached. Because of this the nomination is perpetually a closely guarded secret, adding to the drama surrounding the proposed slate of nominees announced at the last meeting. On this occasion, most members were surprised to learn that member John Patton had agreed to let his name stand.

The other business of note was the acknowledgement of long-term membership in the club. The president awarded a 50-year membership to Robert Woollerton. A Life Membership representing 25 years as a member of the club was awarded to Gary Vance in absentia.

SSSC President Steve Moore presents Robert Woollerton his 50-year membership certificate.

The business meeting completed, there remained two other items of note on the agenda. The first dealt with the announcement of the winning name for the club's mascot Gus' new girlfriend. The name 'Guscina' proved to be the winning selection submitted by Gary MacDonald. Notwithstanding the gift card from this contest, Gary went on to win the much-anticipated in-house raffle for the club's lightly used large-screen television.

The club members then rose and relocated to the outer hall, where as tradition dictates, the members crossed their arms and clasped the hands of their neighbors in a large circle whereupon they sang the old Scottish tune 'Auld Lang Sine', a club ritual dating back decades marking the end of yet another SSSC season.

Submitted by Steve Moore
SSSC Secretary

Lamb meatballs with orzo, tomatoes and feta

By America'S Test Kitchen

Pasta and meatballs are a perfect match, but for a unique spin on this classic duo we turned to lamb instead of beef or pork, and to orzo instead of spaghetti, and we enhanced the dish with fresh, bold Greek flavours like mint, oregano, and cinnamon.

A panade - a simple paste made from Greek yogurt and panko - kept the meatballs moist and lent the dish welcome tangy flavour. We used our Dutch oven to deeply brown the meatballs and create lots of flavourful fond in the pot. Using some of the rendered fat to cook our aromatics gave our orzo pilaf a super-savory base.

After toasting the orzo to golden brown, we added a combination of white wine and chicken broth and cooked the orzo until it was nearly tender. We were then able to simply nestle our seared meatballs back into the pot to cook them through.

We finished the dish with a bright topping of cherry tomatoes, more fresh mint, and feta, which cut through the richness for a highly satisfying one-pot meal. Depending on the size of your Dutch oven, you may need to brown the meatballs in two batches rather than one.

LAMB MEATBALLS WITH ORZO, TOMATOES AND FETA
Servings: 4
Start to finish: 1 hour, 15 minutes

1/2 cup plain whole-milk Greek yogurt
1/4 cup panko bread crumbs
3 tablespoons water
1 large egg
2 tablespoons minced fresh mint, plus 2 tablespoons torn leaves
4 garlic cloves, minced
2 teaspoons minced fresh oregano or 1/2 teaspoon dried
Salt and pepper
3/4 teaspoon ground cinnamon
1 1/2 pounds ground lamb
2 tablespoons extra-virgin olive oil
1 onion, chopped fine
2 cups orzo
3 cups chicken broth
1/2 cup dry white wine
8 ounces cherry tomatoes, halved
2 ounces feta cheese, crumbled (1/2 cup)

Mash yogurt, panko, and water together with fork in large bowl to form paste. Stir in egg, minced mint, half of garlic, oregano, 1 teaspoon salt, 1/8 teaspoon pepper, and cinnamon until combined. Add ground lamb and knead with your hands until thoroughly combined. Pinch off and roll mixture into 18 separate 1 1/2 inch meatballs.

Heat oil in Dutch oven over medium-high heat until just smoking. Brown meatballs on all sides, 7 to 10 minutes; transfer to plate. Pour off all but 2 -tablespoons fat from pot.

Add onion and 1/2 teaspoon salt to fat left in pot and cook over medium heat until onion is softened and lightly browned, 5 to 7 minutes. Stir in remaining garlic and cook until fragrant, about 30 seconds. Add orzo and cook, stirring frequently, until lightly browned and golden, about 5 minutes.

Stir in broth and wine, scraping up any browned bits. Bring to simmer and cook, stirring occasionally, until most of liquid has been absorbed and orzo is almost tender, 7 to 10 minutes.

Reduce heat to medium-low and nestle meatballs into orzo. Cover and cook until orzo is tender and meatballs are fully cooked through, 5 to 10 minutes. Sprinkle with tomatoes, feta, and torn mint. Serve.

Nutrition information per serving: 986 calories; 336 calories from fat; 37 g fat (14 g saturated; 1 g trans fats); 179 mg cholesterol; 463 mg sodium; 97 g carbohydrate; 6 g fiber; 6 g sugar; 57 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit https://www.americastestkitchen.com .

(The Associated Press)

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NEA Crossword Puzzle

ACROSS

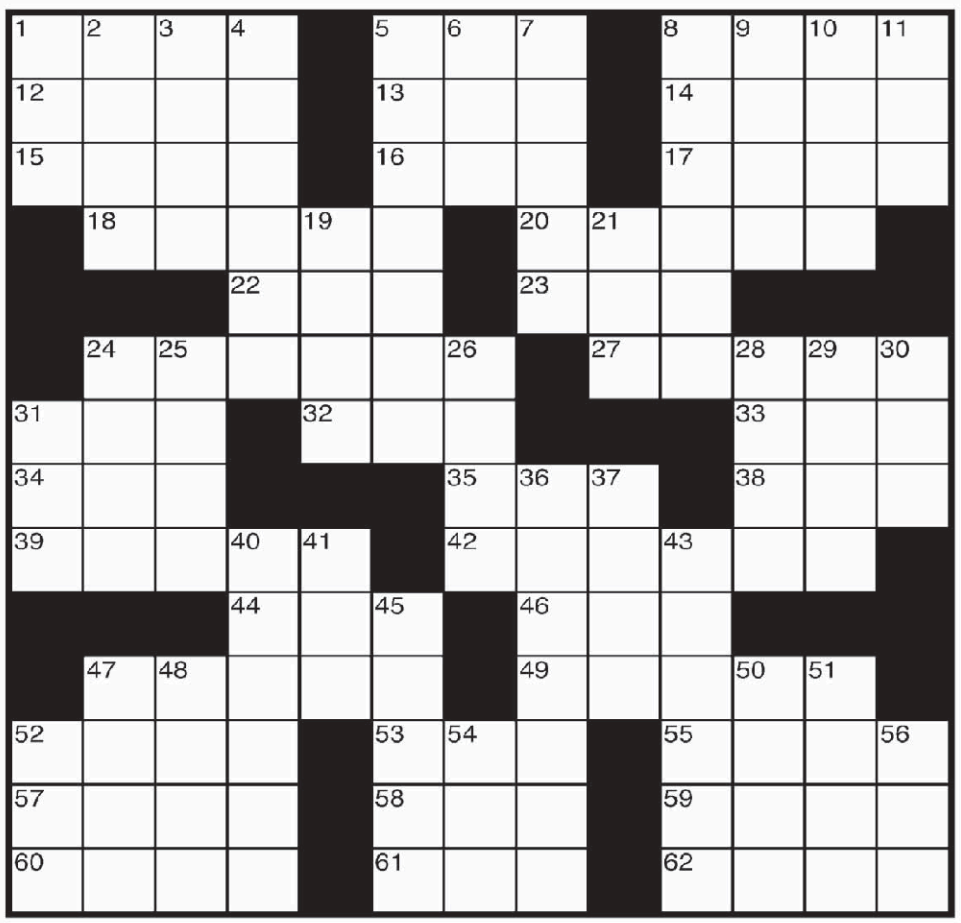
1 Has a snooze
5 Email abbr.
8 Grand in scope
12 Imported cheese
13 — de Janeiro
14 Japanese soup
15 Urn
16 Small business mag
17 Camelot lady
18 Complains
20 Rulers
22 Make fun of
23 Ground cover
24 Corridors
27 Find seats
31 Dispose of
32 Cartoon shriek
33 Bother
34 Malt beverage
35 Gold Medal org.
38 Female principle
39 Dreaded assignment
42 Pat on the back
44 Ell preceder
46 Doctrine
47 Identical
49 Stares open-mouthed
52 Stuff
53 Meadow
55 Mendicant's cry
57 Indistinct shape
58 On the —
59 Mystery board game
60 Mediocre (hyph.)
61 Hindu Mr.
62 So long, in Soho (hyph.)

DOWN

1 Reno loc.
2 Bede or Smith
3 El —, Texas
4 Finger paints
5 Flying toy
6 Triumph
7 Piers
8 Revises
9 Sonar's sound
10 Osiris' wife
11 Food fish
19 Giza's river
21 Debt memo
24 Has a fever
25 Unlucky time
26 Bouncy gait
28 Makes bales
29 Singer — Brickell
30 Prez after Jimmy
31 — Dawn Chong
36 Paper-folding art
37 Pedro's house
40 Hands-on-hips
41 Wild ox of Tibet
43 Collision
45 Shouts
47 The younger Guthrie
48 Cambodia neighbor
50 Raines of 1940s films
51 Filth
52 ABC rival
54 Auditory organ
56 Octopus abode

Answer to Previous Puzzle

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



3-22

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Your Birthday

SUNDAY, MARCH 24, 2019

Knowledge is power. Learning all you can will lead to greater opportunities and connections that will come in handy in the future. Stay on top of your finances and any pending legal matters or settlements. A personal contract will be honored.

ARIES (March 21-April 19) — Be secretive about the way you feel and what you plan to do. It's important to get everything in place quietly to avoid interference or meddling. Emotionally driven spending should be monitored closely.

TAURUS (April 20-May 20) — Put your emotional energy to good use. Lend a helping hand, offer a hug to someone sad or make self-improvements that encourage the best in you.

GEMINI (May 21-June 20) — Look for ways to find a solution instead of seeking to add to the disarray. Go to the root of the problem and fix it using common sense and facts.

CANCER (June 21-July 22) — Participate in events that allow you to show off your creativity, wisdom and ability to help others. How you respond to problems will determine how others will treat you.

LEO (July 23-Aug. 22) — Focus on what's important and take care of pressing matters. Assess important papers and medical issues to discover a way to improve the status quo.

VIRGO (Aug. 23-Sept. 22) — Taking a day trip, visiting an old friend or relative or attending a reunion will bring back memories. Learn from experience and move forward with a positive attitude.

LIBRA (Sept. 23-Oct. 23) — Don't gamble with money, investments or joint ventures. You are best off putting your time and effort into personal growth and expanding your knowledge, skills and earning potential.

SCORPIO (Oct. 24-Nov. 22) — Improve your life, home and relationships. Pour your energy into the changes that will bring out the best in you and in the people you associate with.

SAGITTARIUS (Nov. 23-Dec. 21) — Stick to the truth and only offer what's necessary. A promise made will not be kept, and disappointment in someone's actions will lead you to reevaluate your relationships.

CAPRICORN (Dec. 22-Jan. 19) — Cherish what you've got, and show loyalty and respect to loved ones. If someone tries to disrupt your life, make it clear that you won't put up with meddling.

AQUARIUS (Jan. 20-Feb. 19) — Do what you can, but don't promise more than you can handle. Avoid uncertainty until you have had enough time to assess the situation and figure out the best way to handle matters.

PISCES (Feb. 20-March 20) — Join forces with someone who has as much to offer as you do. There are profits to be made if you work as a team player. An idea can turn into a moneymaking opportunity.

FRIDAY, MARCH 22, 2019

Make the pointer aim misleadingly

By Phillip Alder

Herbert Henry Asquith, the British prime minister from 1908 to 1916, said, "The war office kept three sets of figures. One to mislead the public, another to mislead the Cabinet, and the third to mislead itself."

At the bridge table, you sometimes get the chance to mislead the opponents. How does that apply in this deal? South is in six spades, and West leads the diamond 10.

When North used a transfer bid, South jumped to three spades to show a maximum, four-card spade support and a doubleton somewhere. North, not wishing to give the defenders any more information, bid what he hoped his partner could make.

South started with 11 top tricks: five spades, one heart, four diamonds and one club. He had chances for an extra winner in both hearts and clubs. (Notice that discarding a club or heart from the board on the fourth diamond would not have helped.)

After winning the first trick on the board, South drew trumps ending in hand, then played a club to dummy's nine. If East had won economically with his 10, declarer would have been forced into taking the heart finesse. But East won misleadingly with his queen, realizing that this could not cost. Then East shifted to a low heart, forcing South to commit himself.

What were the mathematics?

The heart suit needed one card well placed: a straight 50 percent. But in clubs, declarer had to find West with both a royal and the 10, which was only 37.7 percent. So, South went with the sums and played his heart queen to make the slam.

North 03-22-19
♠ K Q 10 8 3
♥ 7 4
♦ A J 5
♣ A J 9

West
♠ 5 2
♥ 10 8 6 5
♦ 10 9 8 7
♣ 7 4 2

East
♠ 9 6
♥ K J 9 3 2
♦ 6 4
♣ K Q 10 3

South
♠ A J 7 4
♥ A Q
♦ K Q 3 2
♣ 8 6 5

Dealer: South
Vulnerable: Both

South	West	North	East
1NT	Pass	2♥	Pass
3♠	Pass	6♠	All Pass

Opening lead: ♦ 10

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Datebook

FRIDAY, MARCH 22, 2019

Today is the 81st day of 2019 and the third day of spring.

TODAY'S HISTORY: In 1882, the U.S. Congress passed an act that made polygamy a felony.

In 1933, President Franklin D. Roosevelt signed the Beer and Wine Revenue Act, which legalized the sale of alcoholic beverages.

In 1945, the Arab League charter was adopted in Cairo.

In 1995, cosmonaut Valeri Polyakov returned to Earth after completing the longest single spaceflight in history, at 437 days 18 hours.

In 2017, a terrorist attack near the Palace of Westminster in London left five dead and more than 50 injured.

TODAY'S BIRTHDAYS: Louis L'Amour (1908-1988), author; Karl Malden (1912-2009), actor; Marcel Marceau (1923-2007), mime artist; Stephen Sondheim (1930-), composer; William Shatner (1931-), actor; James Patterson (1947-), author; Wolf Blitzer (1948-), journalist; Andrew Lloyd Webber (1948-), composer; Bob Costas (1952-), sportscaster; Keegan-Michael Key (1971-), actor/comedian; Kathryn Jean Lopez (1976-), journalist; Reese Witherspoon (1976-), actress; J.J. Watt (1989-), football player.

TODAY'S FACT: The Beatles' debut album, "Please Please Me," was released in the United Kingdom on this day in 1963.

TODAY'S SPORTS: In 1894, the Montreal AAA beat the Ottawa Generals 3-1 in the first Stanley Cup championship hockey game.

TODAY'S QUOTE: "I prefer neurotic people. I like to hear rumblings beneath the surface." — Stephen Sondheim

TODAY'S NUMBER: $253.8 billion — total alcoholic beverage sales in the United States in 2018.

TODAY'S MOON: Between full moon (March 20) and last quarter moon (March 27).

Do Just One Thing

By Danny Seo

Here's a good reason to keep a basket of clean socks by the front door: So your guests aren't walking in your home with bare feet! It has become commonplace for people to leave their shoes by the front door of homes they are visiting, because the soles of shoes can drag dirt, grime, fertilizer residue and chemicals into the home. Guests who aren't accustomed to this might feel uncomfortable at first, but clean, cozy socks or slippers kept by the door can keep your house clean and your guests' feet comfortable, too.

Ladies Auxiliary Royal Canadian Legion Richmond

The regular meeting of the ladies auxiliary was held in the lounge on March 19th.After the opening ceremonies were performed, Cmde Bev. asked Cmde Anne to read the minutes of the last meeting and they were accepted by Cmdes Christine and Patsy. The treasurer gave her report and was accepted. Bills were presented by Cmde Dawn including M.S. and a donation in memory of a member and these were paid. Cmde Bev. will attend a special event March 25th for a book launch. Our volunteer this year will be Cmde Anne Clarke and she will take three guests with her. All were in favor. One new member (Amanda Woodford) was welcomed. Plans for the next card party on March 28th were discussed and all were in order. We will be holding our usual Flea Market and bake sale on April 6th 9 am to 12 noon .Cmde Linda Bernard will be canvasing for bake sale items and articles for flea market (NO Clothing) would be appreciated. The half and half was won by Helen Knowles As there was no further business the meeting was adjourned. A pleasant coffee and fancy bread was enjoyed by all.

In Comradeship,
Bev (Publicity)

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