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Immigration bill would wipe out 18,000-applicant backlog, impose French and values conditions

By Matthew McCully

Coalition Avenir Quebec Immigration Minister Simon Jolin-Barrette tabled Bill 9,

An Act to increase Québec's socio-economic prosperity and adequately meet labour market needs through successful immigrant integration yesterday at the National Assembly.

Included in the bill is a provision to essentially throw away the 18,000 current immigration applications, some of which were filed up to two years ago. Their application fees, amounting to roughly $19 million would be reimbursed, and they can then reapply, along with new applicants, under the new criteria included in the proposed bill.

During a press conference held yesterday, Jolin-Barrette compared the immigration bill to the Tinder dating app.

Rather than long walks on the beach or Netflix and chill, immigrants coming to Quebec should like speaking French,

CONT'D ON PAGE 3

The Record turns 122 on Saturday



By Matthew McCully

Thanks to our loyal readers, subscribers and advertisers, The Record is proud to celebrate 122 years as the daily voice of English-speaking Townshippers.

This photo was taken by Record photographer Gordon Riff on Oct.16, 1937 and features the newsies who used to deliver the paper by bicycle.

During that time, The Record's office was situated on Wellington Street.

According to Carl Riff, the photographer's son, the reflection in the window of the building shows a hotel that was across the street facing the office. Riff said that the hotel burned down the day after the photo was taken.



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Weather



TODAY:
RAIN

HIGH -2
LOW -15



SATURDAY:
SUNNY

HIGH -11
LOW -18



SUNDAY:
SUNNY

HIGH -10
LOW -20



MONDAY:
SUNNY

HIGH -12
LOW -18



TUESDAY:
60% CHANCE
OF FLURRIES

HIGH -4
LOW -6

Three Junes, by Julia Glass



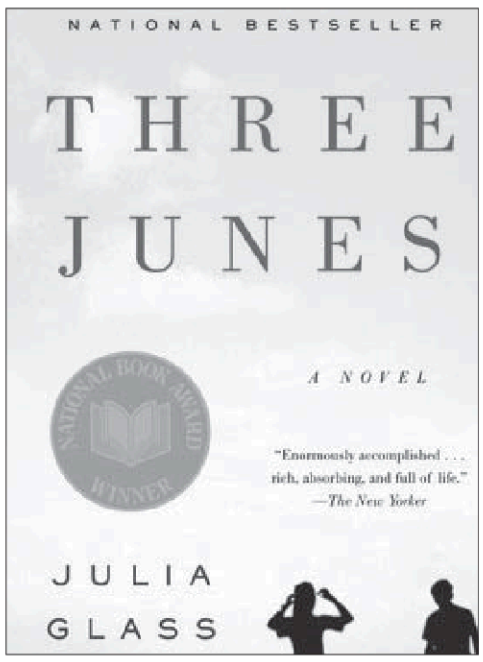
Good Reads

Lennoxville Library

Reviewed by Melanie Cutting

Let me say right at the outset, I wish I'd written this book. Or, at least, I wish had the literary skills to have written this book. It has really been a while since I found myself turning the pages of such a satisfying and enjoyable novel. So, exactly who is Julia Glass, and why have I never heard of her? Ms. Glass, now 62, is an American novelist. Coming a little late to the game, Three Junes, published in 2002, was her debut novel. That year it won the National Book Award for Fiction, and became a best-seller. Since then, the author has produced five more works of fiction, including I See You Everywhere, winner of the Binghamton University John Gardner Fiction Book Award, and most recently, A House Among the Trees (2017). Why she is not better known is a mystery to me, because her very assured prose, especially her delineation of character, place and especially, food, is superb.

Synopsis



Three Junes is the story of the McLeod family, spanning the decade from 1989-99, with many stopovers in earlier years. Starting off in Scotland, the first of the novel's three chapters (Collies, Upright, Boys - each set in the month of June) introduces us to paterfamilias Paul, recently widowed publisher of the Dumfies-Galloway newspaper founded by Paul's father, and now on a restorative touring holiday in Greece. Through the generous use of flashbacks, we learn that Paul's wife of many years, Maureen, the usually hale and hearty breeder and trainer of border collies, has succumbed to lung cancer, and the family has assembled at their home in the country outside of Prestwick for the funeral. We are introduced to Paul and Maureen's three sons, Fenno and twins Dennis and David, now in their thirties, and their respective families. This first chapter, the shortest, is largely devoted to Paul's experience in Greece, and the people he meets. One of these individuals, Fern, will play a small but vital role, and an even larger role in the third chapter of the book.

The second—and longest—chapter is devoted to eldest son Fenno's life as an expat living and working in New York City. Again deftly utilizing the technique of flashing back to earlier points in his life, we initially meet Fenno in 1995 when he has returned home to Scotland for his father's funeral. As he recalls earlier trips, the reader learns many things about Fenno, most notably that he is gay, a fact that had somehow eluded his father's knowledge for most of his life. Fenno owns a successful Manhattan bookstore, Plume, dedicated to both literature and ornithology, with his friend and mentor, Ralph. This bleak period in America history, the height of the AIDS epidemic that was particularly devastating in major urban centres, has informed Fenno's behavior: "Upright, I would tell myself as I savored the visual innuendos of a trimly mustached business student, as I pictured us falling together into my bed. Stay upright and you will stay alive." A central player in this chapter (and in Fenno's life), is his music critic friend Mal, short for Malachy. Mal is HIV positive, and periodically so ill that Fenno is often certain that he has come to the end; surprisingly, though, Mal is tougher than he looks, and still possessed of the sharpest tongue in N.Y.C.

Arranging Paul's funeral, never the smoothest of activities, proves especially onerous for the McLeod brothers. David, an equine veterinarian, and his wife Lillian have remained psychologically and geographically the closest to Paul. David's resentment of Fenno is palpable, and it all comes to a head as family secrets are let out of the closet, and jealousies on the part of both brothers threatens to ruin what is left of their relationship. Meanwhile, brother Dennis, his overbearing French wife Véronique and their three little girls, are caught up in the heady atmosphere at the family estate, as Dennis plays chef for the extravagant meal which forms the centrepiece of the funeral.

Chapter 3, although entitled "Boys", reintroduces Fern, the free-spirited fellow tourist and artist who so captivated Paul 10 years earlier when both were participants on that excursion to Greece. Fern has been invited by her former lover, Tony,(also Fenno's former lover!) to the Long Island beach house which, coincidentally, belongs to Fenno's business partner Ralph. In due time, Fenno turns up with his dog, Rodgie, who has died and will now be buried on the grounds of the beach house. Yet another funeral forms an important element in Fenno's life. However, the chapter belongs to Fern. The years since her time in Greece have not been kind, although she is now pregnant and tenuously encoupled with Stavros. The bond she strikes up with Fenno brings the story full circle, and the reader is left to imagine how their pasts, linked through Paul, will impact their future.

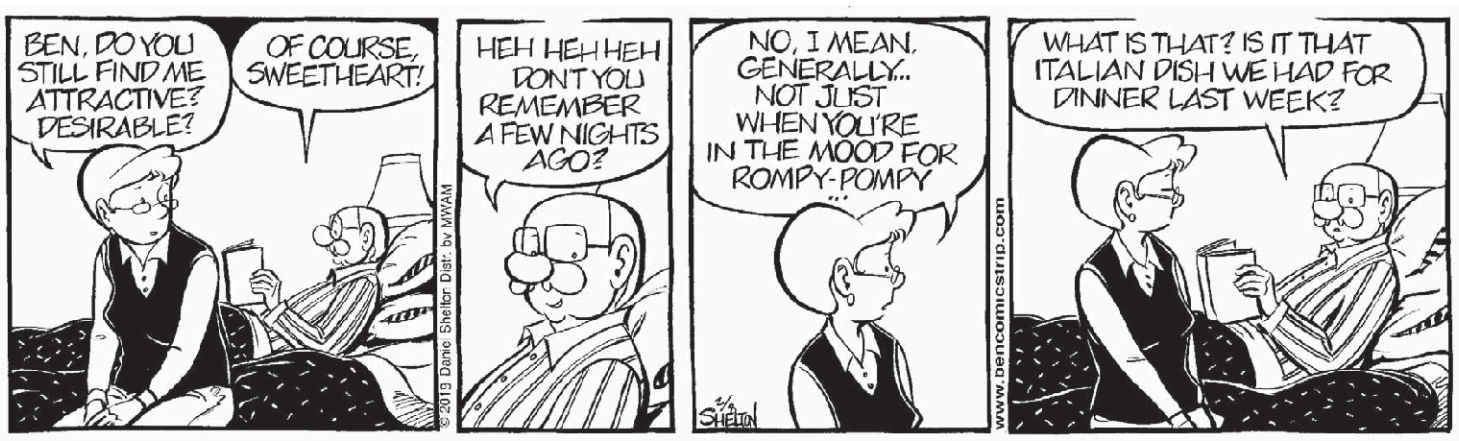
"Word alchemist Julia Glass weaves gold into straw into gold again in this novel that proves to us that neither ancient privileges nor modern passions absolve us from the regrets losses, comforts and ineffable joys of family love...Our only longing on finishing Three Junes is that we do not have four, because Julia Glass's steady hand at our back is an uncommon pleasure." National Book Award Fiction Judges, 2002.

I sincerely hope that Ms. Glass was able to get past the curse of an award-winning first novel and produce equally worthy books in the ensuing years. Her beautiful prose, highlighted by her accessible and astute use of literary techniques, humour and genuine sympathy and understanding of the human condition, recommend her as an author with whom I definitely hope to spend some more time.

Julia Glass is a Distinguished Writer in Residence at Emerson College. She lives with her family in Marblehead, Massachusetts.

This book is available at the Bibliothèque Lennoxville Library.

Ben by Daniel Shelton



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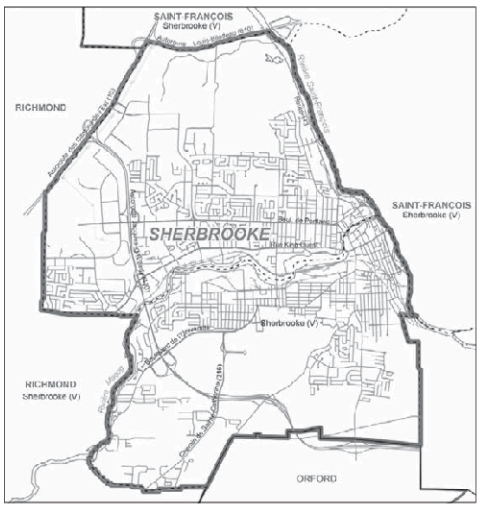
LOCAL NEWS

"I want to work with my neighbouring representatives," she said, explaining that she is already working closely with Orford MNA Gilles Belanger on the Coventry file.

Christine Labrie working to balance opposition and cooperation

By Gordon Lambie

In last October's Provincial Election, Sherbrooke MNA Christine Labrie was the only person to be elected in the Eastern Townships who was a member of a party other than the majority Coalition Avenir Quebec (CAQ). Four months out from election night, the Quebec Solidaire (QS) Critic for Education, Sports and Recreation, Families, and the Status of Women said that she is settling into her new role well.



The Sherbrooke electroral division is distinct in the Eastern Townships in that it is composed entirely of the central section of the city of Sherbrooke and includes no other municipalities. Despite this close tie to the City of Sherbrooke, however, MNA Christine Labrie told The Record that she is receiving interest from people in other neighbouring ridings who are seeking a more progressive voice.

"We are starting to be really efficient," Labrie said sharing that even though she is the only representative of her party this side of Montreal, she does not feel isolated. While stating that she intends to work in open cooperation with her CAQ neighbours on matters of importance to the region, the MNA said that being the only opposition voice in the Townships has meant that she has become a person sought out by groups who don't feel they are heard by the government.

"It puts a big pressure on me and the work we are doing here," Labrie said. "It's like I have become the progressive MNA for the region."

The Sherbrooke MNA said that she has been approached by several community groups and organizations both inside and outside of her riding who feel like they do not have the support of the CAQ. Among these she listed renters' associations, local labour unions, and the local school boards.

"They know that they will have an attentive ear here," she said, adding that she is happy to listen even if she does not have the resources to take on the challenges of those in ridings outside her own. "When people ask, what is the value of an MNA who is not a part of the government, and is there a point? We can see here that the answer is yes."

Right now Labrie said that her focus is on environmental matters in the Townships, with particular attention to the matter of the Coventry Dump expansion south of the border, and the question of improving mass transit systems in Sherbrooke.

"I want to work with my neighbouring representatives," she said, explaining that she is already working closely with Orford MNA Gilles Belanger on the Coventry file. "We both agree that this is a matter of environmental and public health."

Given the fact that the CAQ and Quebec Solidaire occupy fairly opposite ends of the political spectrum, Labrie said that she's sure that at some point in the next four years she will find herself butting heads with the other local politicians, but it hasn't happened yet.

"I will be happy to collaborate with them as often as necessary," she said. "We are working for the region."

On the mass transit file, which her party has identified as a provincial priority, Labrie said that Quebec Solidaire has asked Premier Francois Legault to present clear actions beyond just the expansion of the Montreal Metro and the tramway project in Quebec City. On the local level, she said she would like to see priority bus lanes and improved service along King Street in Sherbrooke to prioritize sustainable modes of transportation in the city and move away from a dependency on cars.

Labrie said that although people asked a lot of questions about her party during last year's election campaign, the tone has changed to one of encouragement since she entered office.

"People are very open to what we are proposing and encouraged by the way we work," the MNA said, explaining that she feels Quebec Solidaire's expansion



GORDON LAMBIE

off of the island of Montreal helped to raise the party's profile in the public awareness.

Asked about her discussion with local school boards, Labrie said that she has met with all the school boards in the Estrie region, including the Eastern Townships School Board.

"There were many questions about how to make the role of a school board better known." She said. "I think that it was well understood by the commissioners that people don't necessarily see the work they are doing."

The MNA said that she feels that the boards have a legitimate role to play, particularly when it comes to ensuring equity between different schools and helping to provide resources on a larger scale than an individual school can manage on its own, but argued that they need to work to make their efforts more clear.

Immigration bill

CONT'D FROM PAGE 1

aligning with 'Quebec Values' and be ready and willing to work in the region of the province where the labour need is greatest.

Article 9-21.1. points out " When selecting a foreign national, the Minister may impose conditions on the foreign national which affect the permanent residence granted under the Immigration and Refugee Protection Act (Statutes of Canada, 2001, chapter 27) in order to ensure, among other things, the protection of public

health, the meeting of regional and sectoral labour needs, the regional or sectoral

creation of enterprises or the financing of such enterprises, or the foreign

national's linguistic, social or economic integration."

The bill also includes conditions to ensure that successful immigration applicants stay in the province, under penalty of losing permanent resident status.

"Moreover, the bill empowers the government to determine, by regulation, conditions affecting a foreign national's permanent residence which the Minister may impose when selecting such a foreign national. It also empowers the Minister to cancel an invitation to file an application for selection made in error to a foreign national."

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School Page

Cookshire Elementary School

The Fugitive: A Christmas Story

For the months of November and December, students from Pre-K to Grade 6 practiced for their annual Christmas play and concert. The Grade 5/6 performed a Christmas play titled, "The Fugitive: A Christmas Story" while the other classes performed Christmas songs in between the scenes. "The Fugitive: A Christmas Story" was a sequel to last years' play. Santa allegedly runs over Grandma with his sleigh and goes on the run as Grandma seeks compensation for her injuries in court and Santa is chased by the authorities. Detective Jack "Frost" Masterson, with help from his partner Robin and Santa's elves, discover that Grandma isn't as truthful as she may seem and Santa's name is cleared. All the students performed excellently and it was a nice way to head into the holidays.



CES Intramural Dodgeball

With the culmination of the Intramural Soccer league in the fall, students then turned to dodgeball. Four teams were made of students from Grade 4 to Grade 6, and each recess they battle it out. On Friday, all four teams play in what has become Friday Frenzy and never disappoints. The Flamethrowers, Crazy Targets, Mighty Fighters, and Venom Raptors are all very close in the standings, which will make for an interesting end of season. A trophy is given out to the winning team and every player enjoys a pizza party with some fun awards given out to remember the memorable moments of the Intramural Dodgeball League.

Intramurals is very important at CES because it allows for the students to have increased physical activity while decreasing the incidents on the playground. Students from all the grades are mixed together and each child must learn and practice playing together, which prepares them for the Cycle 3 sport's tournaments throughout the year.



Ski Trip to Mont Orford

The Cycle 3 ski trip has turned into a fun annual winter event and this year proved no different. Despite the possibility of bad weather, Cycle 3 and the numerous parent volunteers enjoyed a great day on the mountain. They participated in a beginner's course in the morning and were allowed to ski all afternoon. In spite of a few tumbles, Cycle 3 braved the cold and snow to have an unforgettable day.



Cycle 3 Basketball

Our Cookshire Cougars travelled to Alexander Galt for a basketball tournament against Pope Memorial, Sawyerville, and North Hatley. Both the boys and girl's teams competed excellently and were very excited to play. Many parents came to cheer on our teams and see the hard work each and every student put into practicing this year. The boys won two games and tied the third while the girls lost all three, but kept the games very close. Everyone enjoyed the little tournament and our Grade fives are anxious for next year.



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Sherbrooke's Collège du Sacré-Cœur closes its doors for good

By Emilie Hackett
Special to the Record

The Collège du Sacré-Cœur (CSC) will be closing down at the end of the current school year. Members of CSC solidarity cooperative held an assembly on Feb. 6, where they all voted in favour of the shut-down. The private school was first opened in 1945 by les Filles de la Charité du Sacré-Coeur de Jésus. The first all-girls college of its kind in Sherbrooke, the CSC started accepting male students just last year.

"Our main concern is accompanying our students and staff in this difficult transition. Various measures will immediately be established to facilitate the students' application at other schools and to support our staff as they search for a new job. Our main goal is to diminish the uncertainties caused by this situation so that our students can concentrate on their studies and can finish off the year in peace," expressed Pierre Rodier, chairman of the CSC board of directors. The school operated as a multi-stakeholder cooperative, which invited parents to have a say in every decision made for the school.

Low enrolment was to blame for the shut-down, according to Rodier. In recent years, the CSC struggled to recruit new students. The solidarity coop voted in favour of gender diversity and a pedagogical approach that favoured independent learning in May 2018 to remedy to the recruitment issue. However, only 16 level one students – including a meager six boys – applied for the 2019-2020.

"We realized that it was not enough to guarantee the college's sustainability. We shared our numbers with all our coop members and realized that shutting down was the only responsible option," added Rodier. "Our school was founded in the name of excellence 74 years ago, and it is the name of excellence that we will be ending this wonderful adventure."

A support group was established yesterday morning at the school to assist the students and staff. Rodier explained that they have already contacted the governing bodies of the other private schools in Sherbrooke to help the CSC students find a new school.

"Three years ago, we had about 450 students. This year, we had 182, with 60 graduating students. The Collège is viable with around 300 students with a maximum capacity of 500," he mentioned. "We implemented a pedagogical renewal. Even if the school was mixed-gender, the boys and girls only coexisted during extracurriculars. All classes were unisex and promoted independent learning. Like many Scandinavian schools, we are at the cutting edge of education, but maybe not everyone is ready for it."

Collaborations with other institutions were also considered, but the school's coop status complicated the issue. "We are a solidarity cooperative. If we were to merge with an institution, that institution would have to change its legal status to a solidarity cooperative as well," unraveled Rodier.

Raymond Lepage, the CSC's interim principal since early January, expressed his disappointment as well: "The objective was to find a way to renew the college. There was a lovely family atmosphere. All the teachers knew the kids on a first name basis. It's unfortunate to see this come to and end."

"I attended CSC from 2010 to 2015," said Geneviève Robidas, who now fills in at the secretariat from time to time. "I would manage applications and I couldn't help but notice that there were so little. I don't think the arrival of male students helped. The frequent direction changes did not help to the college's stability." Robidas chose to attend because her dance school was affiliated to the college and she loved to play basketball. She recalled that she was able to be heavily implicated at the school: "I participated in a million committees, and there were so many shows, school outings and trips. It's really unfortunate."

Stéphanie Dion, a 2012 graduate, also revealed she was saddened by the news. "My mom had attended the college as well, and I remember visiting the school and feeling at home immediately. When I heard they were going to integrate boys into the school I realized they weren't doing well. I remember telling myself they would not have much time left before they shut down. I just didn't think it would happen this quickly," she said. Dion added that she would always cherish the many friendships she formed while at the CSC.



Good samaritan

Thursday morning , February 7th, a Provigo tractor-trailer lost traction at Robert Lafond's Store in Lennoxville. It blocked Speid Street.

Luckily for the driver (and for the driving public), Jim Davidson, a familiar resident of the neighborhood, found out about the situation.

Jim arrived with his bucket loader and pulled the truck forward my means of a tow chain. It's all that was needed for the situation to be resolved.

Submitted by John Cogan



PHOTOS BY JOHN COGAN

Before the tow



During the tow.

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Editorial

Some will argue that nothing less than a strict vegetarian or vegan diet will save humanity.

Science matters

Diet for a healthy planet and people

By David Suzuki

Just as avoiding climate catastrophe isn't the only reason to phase out fossil fuels, it's not the only reason to curtail meat consumption.

Phasing out fossil fuels will reduce habitat destruction and land, air and water pollution — and leave us reserves for fuels that remain necessary and for other petrochemical products. Reducing meat consumption has similar environmental benefits regarding air, land and water protection, and it's good for individual health, not to mention the pocketbook!

A recent study in The Lancet states, "A large body of work has emerged on the environmental impacts of various diets, with most studies concluding that a diet rich in plant-based foods and with fewer animal source foods confers both improved health and environmental benefits." The report, "Food in the Anthropocene: the EAT–Lancet Commission on healthy diets from sustainable food systems," was prepared by "37 leading scientists from 16 countries in various disciplines including human health, agriculture, political sciences and environmental sustainability."

Health Canada has also picked up on the healthier eating trend. Its new food guide eliminates food groups from guides going back to 1942 and recommends following more plant-based diets with fewer animal products and processed foods, and making water the preferred drink.

Although the food guide is "designed to help people follow a healthy diet," the Lancet report makes the case that "How food is produced, what is consumed, and how much is lost or wasted all heavily shape the health of both people and planet."

Focusing on food production and consumption, it states: "Unhealthy diets now pose a greater risk to morbidity and mortality than unsafe sex, alcohol, drug and tobacco use combined. Global food production threatens climate stability and ecosystem resilience and constitutes the single largest driver of environmental degradation and transgression of planetary boundaries. Taken together the outcome is dire. A radical transformation of the global food system is urgently needed."

Transformation to healthy diets for 10 billion people by 2050 will require more than doubling "consumption of healthy foods such as fruits, vegetables, legumes and nuts," and reducing at least by half "global consumption of less healthy foods such as added sugars and red meat." The researchers note this means "primarily by reducing excessive consumption in wealthier countries," and that "the role of animal source foods in people's diets must be carefully considered in each context and within local and regional realities."

The food guide is a good resource that contains tips for following a healthier diet — even recipes. As for environmental impacts, the Lancet report found switching to more plant-based diets and improvements in food production practices would help reduce negative impacts related to climate change, land-system change, freshwater use, nitrogen and phosphorous cycling and biodiversity loss.

The researchers found moving to sustainable food production could shift land use from "being a net source of carbon to becoming a net sink of carbon." However, reducing significant emissions of greenhouse gases such as methane and nitrous oxide from agriculture, especially meat production, while necessary, is challenging.

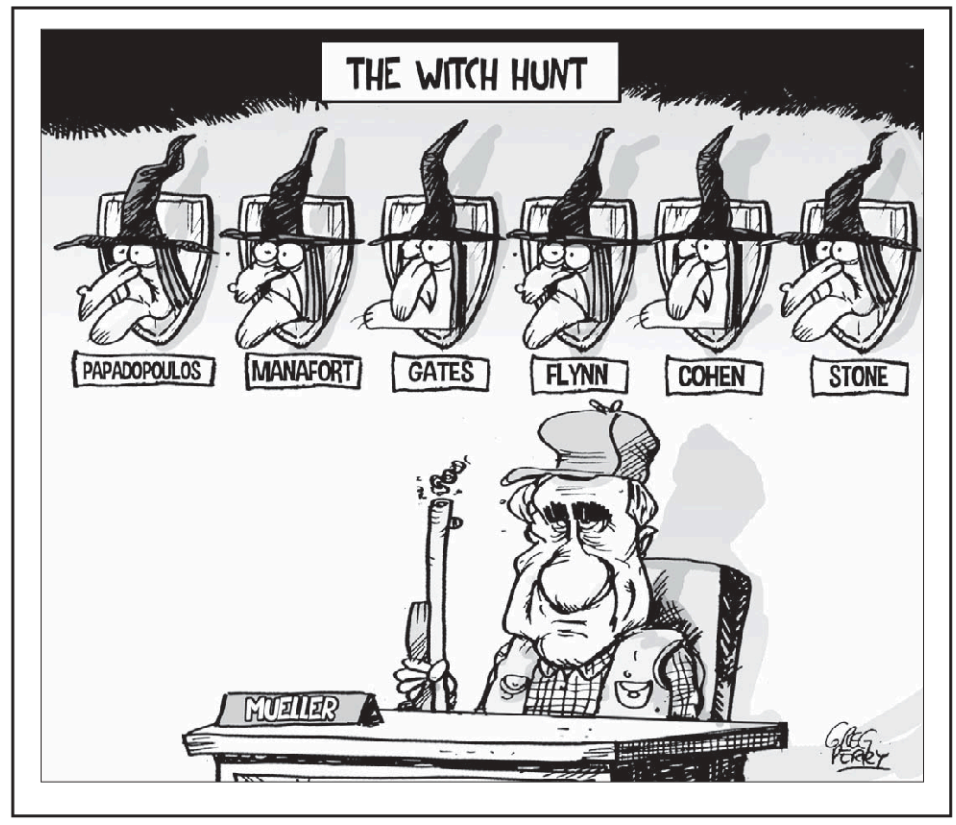
Some will argue that nothing less than a strict vegetarian or vegan diet will save humanity. Previous research shows that vegetarian diets are better for good health, the environment and climate than meat-based diets, and vegan diets slightly better. But the Lancet report notes that such diets aren't practical for everyone and that a significant shift away from meat, dairy, processed foods and sugars — combined with better agricultural and food-production practices and food waste reduction — is a practical way to ensure the world's growing human population has access to nutritious diets while protecting Earth's life-support systems.

Food waste is a major issue. In Canada alone, 58 per cent of all food produced — 35.5 million tonnes a year — is lost or wasted, according to a report by Second Harvest, a Toronto agency that redistributes surplus food. That translates into a $49 billion annual cost and 56.6 million tonnes of carbon dioxide-equivalent emissions, the report, "The Avoidable Crisis of Food Waste," finds.

Addressing climate change and other environmental issues and improving global human health are possible and necessary. As the Lancet report states, "The data are both sufficient and strong enough to warrant immediate action." We can all eat well, for our health and the planet's.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Editor Ian Hanington.

Learn more at https://davidsuzuki.org/.



Letters

CAQ education plan favours parents

Disappointment does not begin to describe my reaction to The Record editorial on Feb. 5 : "Get ready for his comupins."

Regarding the Coalition Avenir Quebec school board reform plan, Sharon McCully, warns Education Minister Jean-François Roberge that he is about "to get schooled by Anglos on the English-speaking community's historic, cultural and legal right to democratically elect representatives to manage their schools."

She starts her article by making reference to Parti Québécois Education Minister Camille Laurin, who in 1983, wanted "to dismantle locally-elected school boards" but was forced to back down. Around 1997, Education Minister Pauline Marois transformed confessional boards (Protestant and Catholic) to linguistic boards - English and French. (In 1998, Francois Legault became minister of education and there was not one word about scrapping school board elections.)

At any rate, Mrs. McCully continues by stating that "our own board would be wise to ponder what parents really mean when the say they want greater say in school board decisions and policies."

This is true for every board, and this is the reason the preamble of Quebec Liberal Party school board reform Bill 86, in 2015, clearly states :

"...to give schools a greater say in decision-making and ensure parents' presence within each board's decision-making body."

And that's where the disappointment lies: the editorial does not mention the QLP once, nor its plan, which the CAQ is roughly following.

Chris Eustace
Montreal

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COLUMNIST

The message of Jesus also keeps it's relevance. His message of unconditional love, peace, justice, and compassion created new vibrant communities

ONE COLUMN, FOUR VOICES

Open to the Spirit

Today's word: Timelessness

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

1) So much of our living on earth is measured in minutes and hours and days and years. Science tells us we are in constant movement along a linear path that is measured this way. Our minds have difficulty imagining anything that sits outside these parameters. Time-based events have been described as events that take place on the horizontal axis. According to many theologians, however, the world of the spirit takes place on a vertical axis. Searching for meaning and purpose go beyond our time-bound bodies. I remember watching Nelson Mandela's release from jail after 27 years or imprisonment. He walked down a long, long road, symbolic of the long journey towards freedom for his people. The streets were lined with well-wishers and reporters. The TV commentators spoke in hushed tones.

I felt I was witnessing the triumph of the human spirit against overwhelming odds. This spirit was not broken nor embittered through torture or solitary confinement or the absence of loved ones. This spirit grew in grace and love for even his tormentors.

Truly it was a timeless moment, food for inspiration for generations to come.

2) What is your favourite movie of all time? My choice is Casablanca. Set in the early days of World War II, it describes the ill-fated love of two people in a chaotic situation. It has such famous lines as: "Here's looking at you kid", "We'll always have Paris", "The problems of three little people don't amount to a hill of beans in this carzy world". It deals with refugees seeking a new life in America, war, corruption, personal sacrifice, and of course love. I'm not sure why the word we chose this week made me think of "Casablanca". But perhaps it reminds me that the turmoil of today is not that much different what society has struggled with before. This movie is timeless.

I also believe the stories of the Bible are timeless. The message of Jesus also keeps it's relevance. His message of unconditional love, peace, justice, and compassion created new vibrant communities. The parables he told, for example, still resonate, like: "The Prodigal Son", "The Sower and the seeds" "The Shepherd and the lost sheep" or "The Good Samaritan". I remember a church youth group where one of the teenagers brought a friend who had never hard any stories from the bible. Her parents had chosen to isolate her from any religious teaching. Each time I shared a story she had the most amazing perspective. She often was far more engaged than the church kids.

There's a tendency in our postmodern world to throw away everything from the past. The faith stories from all religions are cast aside, as people see little relevance for their message. I disagree. Like the movie Casablanca, some things truly are timeless.

3) There is a quote in Jungian circles about the Bushmen of the Kalahari, who say there are two kinds of hunger. On the most basic level there is the small hunger that keeps us busy seeking sustenance to keep the body alive. But once our physical hunger has been satisfied, we experience by virtue of being human a greater level of need, the hunger for meaning.

I believe in the timelessness of human spirit. The world's treasury of myths, legends, stories, poetry, song, religions and arts of all cultures are the legacy we humans inherit that transcends our own existence in time. Mythologist Joseph Campbell helped open our minds to the symbolism of our diverse cultural heritage, as did the psychologist Carl Jung in helping us understand the underlying archetypes that resurface in all forms of meaning we humans have invented. Over and over through all time we hunger to know: who are we, where are we, why are we here?

Timelessness has become a fascination for me. When my newest quarterly issue of Parabola arrives, I welcome it as a long-awaited visit from a wise guru. For days and weeks I live within its pages, exploring eternal themes. Themes that are much like these words we four write to every week here in this Record column. If there is one sustaining note playing in the background of our Open to the Spirit adventure, it might be this commitment to explore what is timeless, in order to feed our own soul's hunger and nurture the sacred in each of us.

We spend much of our lives satisfying the first hunger, keeping the body alive. But the hunger for meaning erupts to remind us we are both body and spirit. Within the time-bound context of our lives, let us remember to take "time out" to absorb and reflect, to dream, to contemplate and find meaning, make old meanings our own, or create fresh meanings to enrich our lives. By so doing, we weave the eternal into our own small corner of time.

4) Timelessness. How rarely I have visited this place. Very occasionally, in meditation or prayer, or sometimes during a walk in the woods, does my sense of time drop away.

Mostly, I am on the clock. Even at the bedsides of the dying, I cringe to admit how often my mind travels to the next thing. How long can I stay? What time is the next meeting or commitment?

But there are moments when all is clear. Moments when I know that there is no difference between now and later, no deadline other than the call to be present to whatever is happening right now, no division between heaven and earth.

Then comes the rushing again: four more minutes on the clock as we write about timelessness, one more hour until plans for dinner, three more days until Sunday, twelve years until retirement. What a lot of nonsense.

Perhaps someday I will master the art of timelessness. Perhaps I can live with one foot in the stream of time and one on the eternal shore. Perhaps I will be able to get things done while knowing that the only requirement is to let myself be.

In the meanwhile, I have an oh-so-important to-do list. I have deadlines and commitments and not enough time. Someone somewhere is laughing at my pride. Someone somewhere is inviting me to rest.

One word, four voices - now it's your turn to reflect: How do you experience the sacred dimension of timelessness?

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.

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Valentine's at the EastSide Restaurant & Pub
Canadian $ at Par!
Elegant Formal Dining with Select Valentine's Menu & Feature Combo Platters for Couples
Live Music with Chris Nicotera!
Hot Lips • Passionate Prime Rib N' Crab • Harbor Heart Throb • Sweetheart Serenade
Combos include choice of four appetizers, salad, Yukon mashed & delectable dessert platter for two!
Select Menu Featuring: Swordfish, Roasted Chicken, CAB Delmonico, Lasagna Bake, Filet Mignon, Lobster Stuffed Shrimp, Prime Rib, Steak Pappardelle, Vegan Ratatouille, Ravioli & Frenched Veal Chop
Thursday February 14th Reservations Appreciated 802 334 2340 47 Landing Street, Newport VT

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The Record

TALK

Your Weekly Guide to Townships Culture

February 8 - February 15, 2019

Estria Woodwind Quintet offers a romantic program

Record Staff

On the occasion of the feast of St. Valentine, the Estria Concerts series is proposing two presentations of its romantic production entitled, "À tour d'anches".

Saturday Feb, 16 at 3 p.m. at St. Elizabeth's Church in North Hatley (3115 Capelton Road) and Sunday Feb. 17 at 3 p.m. at the Uplands Cultural and Heritage Centre in Sherbrooke (9 Speid Street), the clarinetist Pauline Farrugia will perform a concert with her husband, oboist Étienne de Médicis, and the talented pianist Tristan Longval-Gagné.

The program will include romantic and nostalgic works such as the Three Romances by Robert Schumann, The Shepherd on the Rock by Franz Schubert, The clarinet sonata by Francis Poulenc, The Three Preludes by George Gershwin, a Morceau de salon by Johann Wenzel Kalliwoda and a magnificent Adagio for oboe by Johann Sebastian Bach. And for an additional romantic touch, the clarinetist will also be performing two works on the saxophone : a sonata by George Friedrick Handel and the romantic Aria for saxophone by Eugène Bozza.

The cost of admission to the concerts is $15 for general admission and $10 for students and 60+. The public may reserve at 819-842-1072 or at estria@cgocable.ca. Please note that reservations are mandatory for the concert at Uplands as space is extremely limited.

Source: Pauline Farrugia, The Estria Quintet



MARTIN BLACHE

Pauline Farrugia



MARTIN BLACHE

Étienne de Médicis



ÉLISABETH CLOUTIER

Tristan Longval-Gagné.

Sherbrooke to celebrate La Fête Nationale downtown

Record Staff

The City of Sherbrooke has announced that it will celebrate La Fête Nationale in downtown on Sunday, June 23.

"As soon as we became aware that the Société nationale de l'Estre had chosen the city of Coaticook for the regional Fête Nationale celebrations, we commissioned Animation Centre-ville to set up a program that will gather the entire population in a festive neighborhood atmosphere," said Mayor Steve Lussier.

The City is providing four places all told on its territory to celebrate. In addition the city center, citizens can gather at Olivier Chauveau Park in the des Nations district, as well as Nault Park in the Borough of Brompton-Rock Forest-Saint-Élie-Deauville , where neighborhood parties will be held as well as at Victoria Park, in the Borough of Fleurimont, where the Quatre-Saisons Golden Age Outdoor Club will also be hosting a celebratory event.

The program for the Downtown celebration will be announced in the coming weeks.

"Sherbrooke, as regional capital, will celebrate Quebec's Fête Nationale with joy and pride", concluded Lussier.

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Ski-Doo Grand Prix starts today in Valcourt

Record Staff

The 37th annual Grand Prix Ski-Doo de Valcourt gets started this weekend, with the site opening at 10 a.m. this morning.

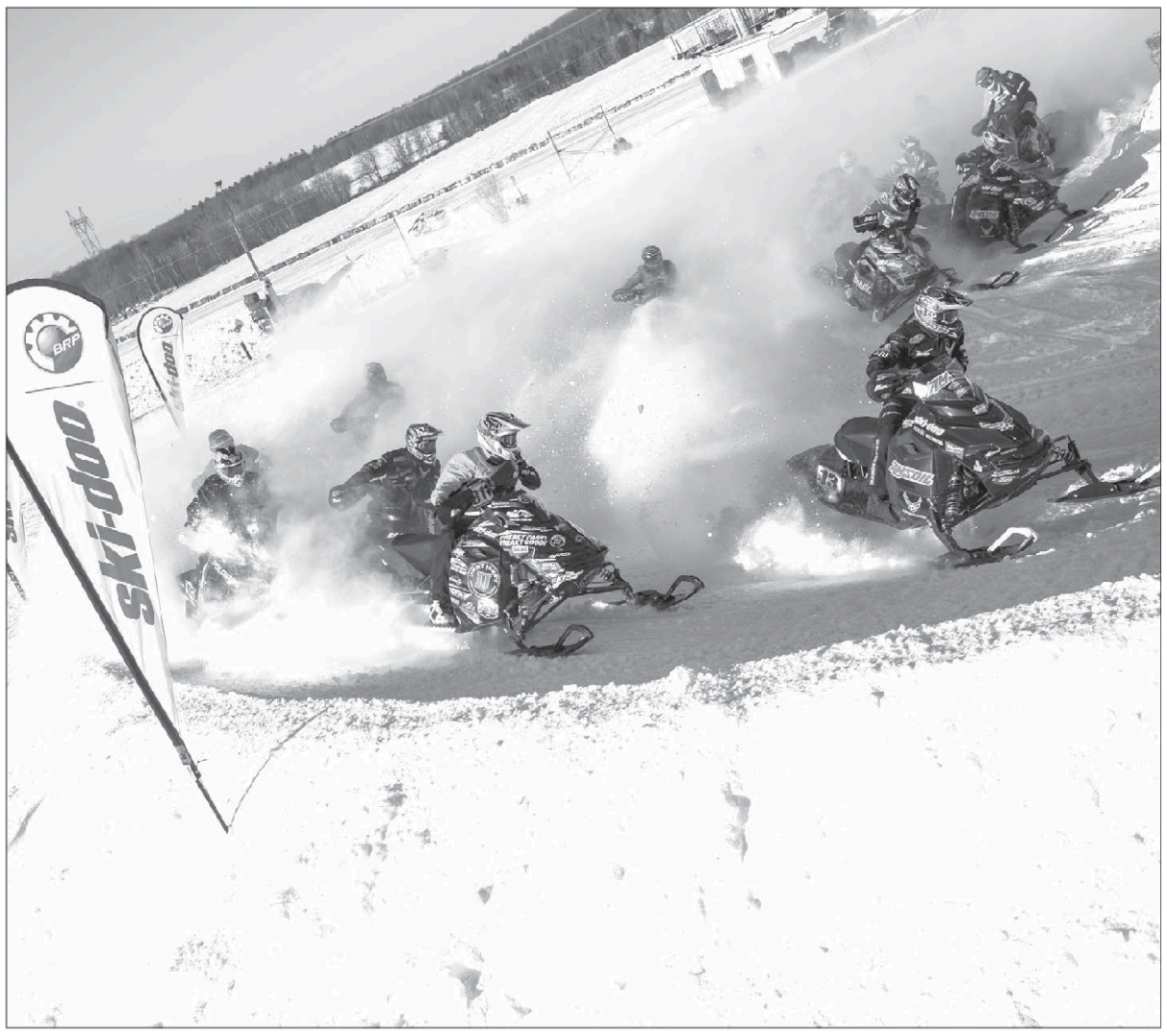
The region's only race of snowmobiles, all-terrain vehicles (ATVs), motorbikes on ice, and high performance snowmobiles, the Grand prix draws participants from across North America and regularly attracts close to 30,000 people to the small community northeast of Waterloo.

This year 273 athletes will be competing in 171 starts between 11:30 Friday morning and the grand finals which start at 12:30 on Sunday. In addition to the race program, the weekend schedule also includes live entertainment, a family zone with games for children, and autograph sessions and opportunities to meet with the racers.

The Valcourt Grand Prix has been running since 1983, when it was founded by the Fédération des Clubs de Motoneigistes du Québec (FCMQ) as the Festival International de la Motoneige, or international snowmobile festival. Supported by Bombardier, because of their company's link to the history of the snowmobile, the inaugural event attracted more than 15,000 snowmobilers from across North America.

Valcourt is famously the hometown of Joseph Armand Bombardier, inventor of the ski-doo and founder of the Bombardier company that continues to make its mark in Quebec and around the world today through the production of varied transportation vehicles. Bombardier separated from its recreational products division in 2003, with the latter becoming a new company BRP, which is still headquartered in the small community today. The community is also home to the Bombardier innovation museum, which traces the history of Bombardier and his company from its founding to the present day.

For more information about the Grand Prix check out https://www.grandprixvalcourt.com/en or call 1-450-532-3443



COURTESY

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 Third 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	Monstres	Geronimo	Varied Programs		RDI matin	Marina Orsini			Ricardo	Silence
CKMI 11	-	-		Global News Morning						Morning Show	Decked Out	Anna Olson	Eat St.	Leave-Bryan	Income Prop.
CFCF 12	205	312		Your Morning		Your Morning		Your Morning		Live with Kelly and Ryan		The Marilyn Denis Show		The View	
WVNY 22	-	-		Local 22 News This Morning		Good Morning America				The Dr. Oz Show		Paid Program	Paid Program	The View	
WUTV 30	-	-		Paid Program	Var. Programs	2 on Your Side Daybreak		Var. Programs	Forensic Files	Repair Secret!	Var. Programs	Couples Court	Couples Court	Face the Truth	Face the Truth
CFKS 31	106	726	F	NVL	Moment V	Moment V	NVL en bref	Moment V	NVL en bref	Moment V	NVL en bref	Histoire	Histoire	Marvel: les agents	
			M	NVL week-end								Infopublicité	Infopublicité		
			T	NVL											
			W												
			Th												
WUHF	-	363		Var. Programs	Good Day R	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		Var. Programs	Paid Program	The First 48		The First 48		The First 48		Varied Programs			
BRAVO	620	523	F	**"Welcome Home"** (2015) Luke Perry, Camille Sullivan.				**Flashpoint** "Custody"		**"Welcome Home"** (2015) Luke Perry, Camille Sullivan.				**Flashpoint** "Custody"	
			M	★★ **"Corner Gas: The Movie"** (2014) Brent Butt.						★★ **"Corner Gas: The Movie"** (2014) Brent Butt.					
			T	**"No Clue"** (2013, Comedy) Brent Butt, Amy Smart.						**"No Clue"** (2013, Comedy) Brent Butt, Amy Smart.					
			W	**"To Be Fat Like Me"** (2007, Docudrama) Kaley Cuoco.						**"To Be Fat Like Me"** (2007, Docudrama) Kaley Cuoco.					
			Th	**"Pregnant at 17"** (2016, Suspense) Josie Bissett.						**"Pregnant at 17"** (2016, Suspense) Josie Bissett.					
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** "Dead Weight"		**Mayday** "Deadly Mission"		**Mayday**		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		Border	Border
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		Ransom		Travelers		Movie				Movie			
SLICE	601	562		ET Canada	Say Yes-Dress	Varied Programs									
TLC	521	560		Varied Programs											
TSN	400	400	F	SportsCentre	SportsCentre	SportsCentre		SportsCentre		SportsCentre		SportsCentre		SportsCentre	
			M												
			T												
			W												
			Th												
YOUTH	551	542		Cloudy, Meat	Loud House	Loud House	Loud House	SpongeBob	SpongeBob	Mysticons	Mysticons	Cloudy, Meat	The ZhuZhus	Go Away Uni	Chuck's

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Your week on TV

WEEKDAY AFTERNOON

	Bell	Star	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
WCAX 3	-	-	Across/ Fence	The Young and the Restless		Bold/Beautiful	The Talk		Let's Make a Deal		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		Bondi Vet		Murdoch Mysteries	
CHLT 7	107	718	(:13) Le TVA régional		Movie			Tom & Jerry	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	Nouvelle adresse "Croire"		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		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	-	- F	Nature "Arctic Wolf Pack"		Underground	Ready Jet Go!	Peg & Cat	Arthur (EI)	Odd Squad	Odd Squad	Let's Go Luna!	Nature Cat	Daniel Tiger	Curious
		- M	Antiques Roadshow		Love Quilting									
		- T	Globe Trekker (DVS)		Rick Steves									
		- W	Finding Your Roots		Cooking									
		- Th	NOVA Human activity in space.		Mountain Lake									
A&E	615	520	Varied Programs											
BRAVO	620	523	Movie				Flashpoint		Varied Programs					
CNN	500	500	Inside Politics		Brianna Keilar		CNN Newsroom		CNN Newsroom		The Lead With Jake Tapper		Situation Room With Wolf	
DISC	520	505 F	CSI: New York "Fare Game"		CSI: New York "Cool Hunter"		Highway Thru Hell		MythBusters		CSI: New York "Fare Game"		CSI: New York "Cool Hunter"	
		- M												
		- T												
		- W												
		- Th												
HIST	522	506 F	American Pickers		Pawn Stars	Pawn Stars	Counting Cars	Counting Cars	Forged in Fire "The Shamshir"		Pawn Stars	Pawn Stars	Counting Cars	Counting Cars
		- M	Canadian Pickers		American Pickers		Pawn Stars	Pawn Stars			Oak Island: Drilling Down		Pawn Stars	Pawn Stars
		- T									Oak Island: Digging Deeper			
		- W												
		- 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	Ransom "The Enemy Within"		Travelers "21C"		Bull "No Good Deed"		NCIS		NCIS The death of a Marine.		Bull "No Good Deed"	
		- M												
		- T												
		- W	Private Eyes "The Code"		Continuum "Minute by Minute"									
		- Th												
SLICE	601	562	Varied Programs		Say Yes-Dress	Say Yes-Dress	Varied Programs							
TLC	521	560	Hoarding: Buried Alive		Hoarding: Buried Alive		My 600-Lb. Life		My 600-Lb. Life		Say Yes	Say Yes	Say Yes	Say Yes
TSN	400	400	SportsCentre	SportsCentre		NFL Live	Varied Programs			Outside Lines	ESPN FC	Questionable	Around/Horn	Interruption
YOUTH	551	542	Loud House	SpongeBob	Mysticons	Go Away Uni	Cloudy, Meat	Cloudy, Meat	Cloudy, Meat	SpongeBob	SpongeBob	Loud House	Loud House	Nicky, Ricky

FRIDAY EVENING — FEBRUARY 8, 2019

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News	Entertainment Tonight (N)	Big Brother: Celebrity Edition (N)				Blue Bloods Danny goes against a direct order. (N)		Channel 3 News	(:35) The Late Show With Stephen Colbert (N)	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N)	Wheel of Fortune (N)	Blindspot Patterson and Rich set off for a cure. (N)		The Blacklist Red is sent to a medical institution. (N)		Dateline NBC (N)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon	
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	Schitt's Creek	Coronation Street (N)	marketplace (N)	The Stats of Life (N)	CBC Docs POV A man claims he's going to space.		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 enquête sur de nouveaux éléments. (SC)		TVA nouvelles (N)	(:35) Denis Lévesque (N) (SC)		(:35) ⋆ "Moi, Frankenstein" (2014) Aaron Eckhart. (SC)	
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	Be My Valentine, Charlie Brown		20/20 "Black Widow" Wife convicted of murdering her husband. (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 Le carrousel ne semble pas collaborer. (N)		Prière de ne pas envoyer de fleurs "Dominic et Martin"		Ouvrez les guillemets (N)	Les poilus (SC)	Le téléjournal (N) (SC)		(:06) "Scratch" (2015) Raphaël Joseph Lafond, Fayolle Jean Jr. Premiere. (SC)		
CKMI 11	-	-	Global National (N)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Big Brother: Celebrity Edition (N)				The Blacklist Red is sent to a medical institution. (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	Blindspot Patterson and Rich set off for a cure. (N)		American Housewife (N)	The Kids Are Alright (N)	Blue Bloods Danny goes against a direct order. (N)		News-Lisa	CTV News Montreal (N)	The Big Bang Theory
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N)	Be My Valentine, Charlie Brown		20/20 "Black Widow" Wife convicted of murdering her husband. (N)				Local 22 News (N)	(:35) Jimmy Kimmel Live	
WUTV 30	-	-	The Big Bang Theory	Judge Judy (N)	Judge Judy (N)	Family Feud (N)	Hell's Kitchen "A Rollercoaster Ride; The Grand Finale" (Season Finale) The chefs receive unexpected help. (N)				2 on Your Side at 10 (N)	Seinfeld	Two and a Half Men	Two and a Half Men	Last Man Standing
CFKS 31	106	726	Souper parfait	Souper parfait	Rire et délire	Rire et délire	Huissiers (N)	Les effaceurs (N)	Haute sécurité	Code 111	Gotham Une nouvelle équipe de terrain. (SC)		Souper parfait	NVL (N)	Infopublicité
WUHF	-	363	Modern Family	Modern Family	The Big Bang Theory	The Big Bang Theory	Hell's Kitchen "A Rollercoaster Ride; The Grand Finale" (Season Finale) The chefs receive unexpected help. (N)				13WHAM News at 10 on Fox Rochester (N) (Live)		DailyMailTV (N)	The Simpsons	CMA Awards - Live!
WETK	-	-	PBS NewsHour (N)		BBC News-night	Vermont This Week (N)	Washington Week (N)	Firing-Hoover	Live From Lincoln Center "Pipeline" A teacher tries to help her son. (DVS)			Ken Karlewicz	Amanpour and Company (N)		BBC World News
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N)		Mountain Lake Journal	New York Now	Live From Lincoln Center "Pipeline" A teacher tries to help her son. (DVS)			Fannie Lou Hamer	BBC World News	Amanpour and Company (N)	
A&E	615	520	(5:00) Live PD "Live PD -- 02.02.19"				(:06) Live PD: Rewind "Live PD: Rewind No. 189" (N)		Live PD "Live PD -- 02.08.19" (N)						Live PD
BRAVO	620	523	Bones Remains emit a green glow.		Bones Brennan's father reappears in her life.		Bones A skull smashes the windshield of a car.		Bones A soccer mom is blown up in her minivan.		Bones A decomposed body is found in the woods.		Bones Coffins litter a cemetery's grounds.		Bones
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 "Deadlift" (DVS)		MythBusters Testing the "Indiana Jones" franchise.		Heavy Rescue: 401 "Only Getting Worse"		⋆⋆⋆ "Indiana Jones and the Temple of Doom" (1984) Harrison Ford. Premiere. Indy squares off against bloodthirsty Indian cultists.				Made by Destruction		Highway Thru Hell
HIST	522	506	American Pickers Ultra-rare motorcycle parts.		Swamp People Joey has a new secret weapon.		Rust Valley Restorers Connor restores a Chevy II.		American Pickers "Junkyard Wizard"		American Pickers Bubbletop cars; automobilia.		American Pickers Ultra-rare motorcycle parts.		American Pickers
PARMT	628	584	Tattoo Nightmares	Tattoo Nightmares	⋆⋆⋆⋆ "Forrest Gump" (1994, Comedy-Drama) Tom Hanks, Robin Wright, Gary Sinise. A slow-witted Southerner experiences 30 years of history.							Tattoo Nightmares	Tattoo Nightmares	Tattoo Nightmares	Tattoo Nightmares
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 The team tries to replace Ziva.		NCIS "Reunion" The death of a Marine.		Bull "No Good Deed" Bull is asked to help a teacher.		⋆⋆ "Delivery Man" (2013, Comedy) Vince Vaughn, Chris Pratt. A former sperm donor discovers that he fathered hundreds.					⋆⋆ "Delivery Man" (2013) Vince Vaughn.	
SLICE	601	562	The Jury Speaks Original jurors discuss the verdict.		The Jury Speaks Jurors discuss the O.J. Simpson trial.		Million Dollar Listing Los Angeles "Pony Up"		Married at First Sight (N)		⋆⋆⋆ "Les Misérables" (2012, Musical) Hugh Jackman, Russell Crowe. Former prisoner Jean Valjean flees a persistent pursuer.				
TLC	521	560	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress "I'm Having a Moment"		Dr. Pimple Popper Brothers with matching lumps; a horn.		I Am Jazz "It's a Girl!" Jazz suffers a major complication. (N)				Dr. Pimple Popper Ronen has a large, mysterious lump.		Dr. Pimple Popper
TSN	400	400	SportsCentre (N) (Live)		NBA Basketball Denver Nuggets at Philadelphia 76ers. (N) (Live)					SportsCentre (N)	NBA Basketball Miami Heat at Sacramento Kings. From Golden 1 Center in Sacramento, Calif. (N) (Live)				
YOUTH	551	542	Henry Danger	Cousins, Life	Star Falls (N)	Star Falls (N)	⋆⋆ "Legend of the Guardians: The Owls of Ga'Hoole"				Star Falls	Star Falls	Just Kidding	Just Kidding	Legend

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Your week on TV

SATURDAY DAYTIME — FEBRUARY 9, 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)				**Lucky Dog** "Sammy"	**Dr. Chris: Pet Vet** (N)	**Innovation Nation**	**The Inspectors**	**Golf** AT&T Pebble	**NCAA Bracket**	**College Basketball** Kentucky at Mississippi State. (N) (Live)				**PGA Golf**	
WPTZ 5	-	-	**(7:00) Today** (N)		**Teen Kids News** (N)	**Hanna Into the Wild**	**The Voyager**	**Earth Odyssey**	**Consumer 101** (N)	**Naturally, Danny Seo**	**Vets Saving Pets**	**Champ Within**	**2019 FIS World Championships** Snowboard Halfpipe/Freestyle Halfpipe. Finals. From Deer City, Utah. (N) (Live)					**Alpine Skiing**
CBMT 6	206	301	**The Furchester Hotel**	**PJ Masks**	**True Rainbow**	**Addison**	**What He Ate**	**(:36) Beat Bugs**	**(:15) Booka-boo**	**(:28) Stella and Sam**	**Alpine Skiing**		**Hockey Day-Celebrating the Game**		**NHL Hockey** Winnipeg Jets at Ottawa Senators. (N) (Live)			
CHLT 7	107	718	**(6:00) Salut bonjour week-end** (N) (SC)				**Bien** (N) (SC)	**Deux filles le matin** (SC)		**Propulsion** (N) (SC)	**TVA nouvelles** (N)	**Chacun sa route** (N)	**Infopublicité** (SC)	**(:45) ★★ "Rapides et dangereux"** (2001) Vin Diesel. Un policier s'infiltre dans un groupe de coureurs. (DVS) (SC)					
WMTW 8	-	-	**Good Morning America** (N)		**Jack Hanna**	**Ocean Treks**	**Rescue Heroes** (N)	**The Great Dr. Scott**	**Rock the Park** (N)	**Vacation Creation**	**AAA Benefits**	**PiYo Workout!**	**Paid Program**	**Paid Program**	**Paid Program**	**Paid Program**	**Winter X Games** Aspen Anthology, Part 2.	
CKSH 9	108	-	**Nils Holgersson**	**Hôtel Transyl**	**Les sapiens**	**Les sapiens**	**Science ou magie**	**(:41) Edgar et Ellen**	**Podium** (N)	**Estrie**	**Téléjournal**	**La facture** (SC)	**Enquête** (SC)		**Au suivant** (SC)		**Inspecteur Barnaby** (DVS) (SC)	
CKMI 11	-	-	**Fish'n Canada**	**Real Fishing**	**Adv'ture North**	**Fishful Thinking**	**Fish TV**	**Paid Program**	**Powerboat Television**	**Driving Television**	**Food Truck Face Off**		**Airport: Below Zero** "To BB or Not to BB"		**Holmes Inspection** "Bigger Bungle"		**"Perfect Match"** (2015) Danica McKellar.	
CFCF 12	205	312	**Mom and Dad**	**Mom and Dad**	**Operation Smile**		**One World Kitchen**	**Flour Power**	**Written Canada**	**Cash Cab**	**SportsCentre** (N) (DVS)		**Moneytalk** (N)	**Where To I Do?**			**"The Rolling Stones: Havana Moon"** (2016) Mick Jagger, Keith Richards. Premiere.	
WVNY 22	-	-	**Good Morning America** (N)		**Jack Hanna**	**Ocean Treks**	**Rescue Heroes** (N)	**The Great Dr. Scott**	**Rock the Park** (N)	**Vacation Creation**	**Paid Program**	**AAA Benefits**	**Paid Program**	**Paid Program**	**Paid Program**	**Paid Program**	**Winter X Games** Aspen Anthology, Part 2.	
WUTV 30	-	-	**Paid Program**	**More Hair**	**Erie Extreme**	**More Hair**	**Car Repair Secret!**	**Airbrushed Beauty**	**Power Air Fryer Oven**	**Hoops Tip-Off**	**College Basketball** Wisconsin at Michigan. From Crisler Center in Ann Arbor, Mich. (N)				**College Hoops**	**College Basketball** Villanova at Marquette. (N) (Live)		
CFKS 31	106	726	**Leurre juste**	**NVL weekend** (N)	**Mémoire sous enquête** "Une note de trop"		**RPM** La Hyundai Accent cinq portes GLS.		**RPM Plus**		**Infopublicité**	**La guerre des clans**	**Taxi payant**	**Taxi payant**	★★ **"Coeur et trio"** (1987, Drame sentimental) Eric Stoltz, Mary Stuart Masterson.			
WUHF	-	363	**Xploration Space**	**Awesome Planet**	**Weird but True**	**Xploration DIY Sci**	**Car Repair Secret!**	**Airbrushed Beauty**	**Power Air Fryer Oven**	**Hoops Tip-Off**	**College Basketball** Wisconsin at Michigan. From Crisler Center in Ann Arbor, Mich. (N)				**College Hoops**	**College Basketball** Villanova at Marquette. (N) (Live)		
WETK	-	-	**Healthy Brain -- Happy Life With Dr. Suzuki**		**Rick Steves' Europe: Great German Cities** Exploring five German cities.				**Delicious Europe**	**Martha Bakes**	**Test Kitchen**	**Cook's Country**	**Ken Burns: The Civil War** "The Civil War" 25th anniversary.				**The Beatles: Eight Arms to Hold You**	
WCFE	-	-	**Wild Kratts**	**Wild Kratts**	**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**	**Moveable Feast**
A&E	615	520	**Flipping Vegas** "Dog House"		**Flipping Vegas**		**Vacation Rental**	**You Can't Turn That**	**Zombie House Flipping** "Double Down"		**60 Days In** The participants are tested.		**60 Days In** "Smells Like a Rat"		**Live PD** "Live PD -- 10.20.17" Riding along with law enforcement.			
BRAVO	620	523	**Bones** A body is found in a crater.		**Bones** Remains emit a green glow.		**Bones** "Stargazer in a Puddle"		**Bones** A skull smashes the windshield of a car.		**Bones** "The Soccer Mom in the Mini-Van"		**Bones** "Death in the Saddle"		**Blue Bloods** "The Road to Hell"		**Blue Bloods** A police officer disappears.	
CNN	500	500	**New Day Weekend**		**Smerconish** (N)		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**	
DISC	520	505	**Heavy Rescue: 401** "Only Getting Worse"		**Tanked**		**North Woods Law** "Deer Detectives"		**North Woods Law** "The Nick of Time"		**Homestead Rescue** "Bearanoia"		★★★ **"Indiana Jones and the Temple of Doom"** (1984, Adventure) Harrison Ford, Kate Capshaw.					**Destruction**
HIST	522	506	**Border Security**	**Border Security**	**Border Security**	**Border Security**	**Canadian Pickers** "Nothing to Spare"		**Canadian Pickers** "Digging Deep"		**American Pickers** "Junkyard Wizard"		**American Pickers**		**American Pickers**		**American Pickers** "Space Ranger"	
PARMT	628	584	**Bar Rescue** Taffer revisits transformations.		**Bar Rescue**		**Bar Rescue**		**Bar Rescue**		**Bar Rescue** "Back to the Bar: Tough Love"		**Bar Rescue** Revisiting Tradewinds; 22 Klicks.		**Bar Rescue**		**Bar Rescue** Taffer revisits The Comeback.	
RDI	126	730	**(5:30) RDI matin weekend** (N) (SC)				**L'info** (N)	**L'info** (N)	**L'info** (N)	**L'info** (N)	**Téléjournal**	**Téléjournal**	**Le national**	**L'info** (N)	**L'info** (N)	**L'info** (N)	**L'info** (N)	**L'info** (N)
SHOW	616	521	**(7:00) "A Warden's Ransom"** (2014)		★★★ **"Furious 7"** (2015, Action) Vin Diesel, Paul Walker, Dwayne Johnson. A dead man's brother seeks revenge on the Toretto gang.						★★ **"X-Men: Apocalypse"** (2016) James McAvoy, Michael Fassbender. Professor X and Raven battle the immortal mutant Apocalypse.						★★★ **"The Bourne Legacy"** (2012)	
SLICE	601	562	**Paid Program**	**Paid Program**	**Paid Program**	**Paid Program**	**Will & Grace**	**Will & Grace**	★★★ **"(500) Days of Summer"** (2009) Joseph Gordon-Levitt, Zooey Deschanel.				★★ **"The Change-Up"** (2011, Comedy) Ryan Reynolds, Jason Bateman.				★★ **"Rumor Has It ..."** (2005) Jennifer Aniston.	
TLC	521	560	**Four Weddings** "... and a Hurricane"		**Four Weddings** "... And a Volcano"		**Four Weddings** "... And a Mechanical Bull"		**Untold Stories of the E.R.** "Clueless!"		**Untold Stories of the E.R.**		**Untold Stories of the E.R.**		**Untold Stories of the E.R.** "Diagnose Me!"		**Untold Stories of the E.R.**	
TSN	400	400	**(7:30) Premier League Soccer** Fulham FC vs Manchester United FC.			**Pregame**	**Premier League Soccer** Crystal Palace FC vs West Ham United FC. (N) (Live)				**Pregame**		**Premier League Soccer** Brighton & Hove Albion FC vs Burnley FC. (N) (Live)			**Motoring TV**	**PGA Golf**	
YOUTH	551	542	**Sponge.**	**Loud**	**Loud**	**Loud**	**Turtles**	**Turtles**	**Turtles**	**Loud**	**"Legend of the Guardians-Ga'Hoole"**				**Sponge.**	**Sponge.**	**Sponge.**	**Loud**

SATURDAY EVENING — FEBRUARY 9, 2019

	Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	**(3:00) PGA Tour Golf** Pebble Beach Pro-Am, Third Round. (N) (Live)				**Channel 3 News**	**Weekend News**	**Entertainment Tonight** (N)		**Alliance Pregame**	**AAF Football** San Diego Fleet at San Antonio Commanders. From the Alamodome in San Antonio. (N) (Live)					**Channel 3 News**	**Friends**	**NCIS: N.O.**
WPTZ 5	-	-	**Alpine Skiing**	**Track and Field** Millrose Games. (N) (Live)			**NBC5 News at 6**	**Nightly News**	**Jeopardy!**	**Wheel of Fortune**	**America's Got Talent** "The Champions Five" Champions from around the world compete.				**Saturday Night Live** (N)		**NBC5 News**	**(:29) Saturday Night Live** "Halsey" (N)	
CBMT 6	206	301	**NHL Hockey:** Jets at Senators		**Hockey Day-Celebrating**		**Montreal News**	**Hockey Central**	**NHL Hockey** Toronto Maple Leafs at Montreal Canadiens. From the Bell Centre in Montreal. (N) (Live)						**NHL Hockey** Calgary Flames at Vancouver Canucks. (N) (Live)					
CHLT 7	107	718	**(3:51) ★★ "Ça va faire boom"** (2012, Comédie) Kevin James, Salma Hayek. (SC)				**TVA nouvelles** (N)	★★ **"Thor: un monde obscur 3D"** (2013, Action) Chris Hemsworth, Natalie Portman. (SC)			**(:45) ★★ "Le mécano: résurrection"** (2016) Jason Statham, Jessica Alba. (DVS) (SC)				**(:45) TVA nouvelles**		**(:15) ★★★ "La mort dans la peau"** (2004) Matt Damon.		
WMTW 8	-	-	**X Games**		**Foot Pain**	**Try Yoga**	**WMTW News 8 at**	**World News**	**Wheel of Fortune**	**Chronicle 8**	**NBA**	**NBA Basketball** Oklahoma City Thunder at Houston Rockets. From the Toyota Center in Houston. (N)					**WMTW News 8**	**Rizzoli & Isles** (Joined in Progress)	
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** "Conseils de père"		**Le téléjournal**	**Doc humanité** "Hymne migratoire"		**Dre Grey, leçons d'anatomie**	
CKMI 11	-	-	**(3:00) "Perfect Match"** (2015)		**Leave It to Bryan**	**Focus Montreal**	**Global News at 6**	**Global National**	**Border Security**	**Border Security**	**Private Eyes** "Boardwalk Empire"		**Mary Kills People** "Bloody Mary"		**Remedy** "Life in Technicolour"		**Global News**	**(:29) Saturday Night Live** "Halsey" (N)	
CFCF 12	205	312	**"Rolling Stones"**	**The Social** (N)	**Seinfeld**	**Big Bang Theory**	**CTV News Montreal** (N)		**W5** A whistleblower talks; investors in PEI.		**The Launch** A group of artists audition.		**Carter** "The Astronaut & the Lion King"		**Cardinal** "Jack" (DVS)		**News-Rinaldo**	**CTV News Montreal**	**(12:05) Pop Life**
WVNY 22	-	-	**X Games**		**Springsteen**	**Robin Williams**	**World News**	**Local 22 News** (N)	**Extra** (N)		**NBA**	**NBA Basketball** Oklahoma City Thunder at Houston Rockets. From the Toyota Center in Houston. (N)					**Local 22 News** (N)	**Extra**	
WUTV 30	-	-	**College Basketball**	**College Hoops**	**College Basketball** Utah at UCLA. From Pauley Pavilion in Los Angeles. (N) (Live)				**Two and Half Men**	**Two and Half Men**	**9-1-1** A stampede at a toy store.		**The Passage** "Whose Blood Is That?"		**2 on Your Side at 10**	**Big Bang Theory**	**Hell's Kitchen** "A Rollercoaster Ride"		**Waylon Jennings**
CFKS 31	106	726	★★ **"Comment perdre son mec en 10 jours"** (2003) Kate Hudson, Matthew McConaughey, Adam Goldberg.					★★ **"La Saint-Valentin"** (2010) Jessica Alba. Des individus vivent diverses péripéties amoureuses.					**(:15) ★★ "Proposition indécente"** (1993) Robert Redford, Demi Moore. Une épouse se fait offrir de l'argent pour une nuit d'amour.						**Infopublicité**
WUHF	-	363	**College Basketball**	**College Hoops**	**College Basketball** Utah at UCLA. From Pauley Pavilion in Los Angeles. (N)				**Big Bang Theory**	**Big Bang Theory**	**9-1-1** A stampede at a toy store.		**The Passage** "Whose Blood Is That?"		**WHAM News**	**Engagement**	**Hell's Kitchen** "A Rollercoaster Ride"		**ROH Wrestling**
WETK	-	-	**(3:00) The Beatles: Eight Arms to Hold You**			**NewsHour Wk**	**Father Brown** Miscarriage of justice.		**As Time Goes By**	**Keep-Appear**	★★★ **"Won't You Be My Neighbor?"** (2018, Documentary) Premiere.				**Death in Paradise**		**ACL Presents: Americana**		**Underground**
WCFE	-	-	**Antiques Roadshow** "Ca' d'Zan"		**Samantha Br**	**Travelscope**	**Brewed In New York**	**NewsHour Wk**	**Mountain Lake**	**New York Now**	★★★ **"Won't You Be My Neighbor?"** (2018, Documentary) Premiere. (DVS)				**Jamestown** Rumors of a goldmine.		**Underground**	**ACL Presents: Americana**	
A&E	615	520	**(2:00) Live PD** "Live PD -- 10.20.17"		**Live PD** "Live PD -- 02.01.19"						**(:06) Live PD: Rewind**		**Live PD** "Live PD -- 02.09.19" (N)						**Live PD**
BRAVO	620	523	**Blue Bloods** "Help Me Help You"		**The Closer** The wedding day has arrived.		**The Closer** A quadruple murder.		**The Closer** "Blood Money"		**Criminal Minds** A series of fatal shootings.		**Law & Order: Special Victims Unit**		**The Rookie** (DVS)		**Magnum P.I.**		**The Closer**
CNN	500	500	**CNN Newsroom**		**CNN Newsroom**		**S. E. Cupp Unfiltered**		**The Van Jones Show**		**CNN Newsroom**		**The Eighties**		**The Nineties**		**The 2000s**		**Eighties**
DISC	520	505	**Heavy Rescue: 401** "Only Getting Worse"		**To Be Announced**		**Mayday** American Airlines Flight 77.		**Mayday** "Disaster at Tenerife"		**Mayday** "Deadly Silence" (DVS)		**Mayday** National Airlines Flight 102.		**Mayday** "Deadly Distraction"		**Mayday** Three horrifying accidents.		**Mayday**
HIST	522	506	**Pawn Stars** "Pawn It Out of the Park"		**Pawn Stars**	**Pawn Stars**	**Pawn Stars**	**Pawn Stars**	**American Pickers**		**American Pickers** "Space Ranger"		**Sniper: The Ultimate Competition** Active duty snipers compete. (N)				**Pawn Stars** "Pawn It Out of the Park"		**Sniper**
PARMT	628	584	**Bar Rescue**		**Bar Rescue**		★★★ **"Dumb & Dumber"** (1994) Jim Carrey. Two witless wonders take a cash-laden briefcase to Aspen.					**Bar Rescue**		**Bar Rescue**		★★★ **"Dumb & Dumber"** (1994, Comedy) Jim Carrey, Jeff Daniels.			
RDI	126	730	**L'info** (N)	**Journal France 2**	**Le téléjournal**	**L'épicerie** (SC)	**Le téléjournal**	**Le téléjournal**	**Le national** (N)	**(:31) Le national**	**(:01) Enquête** (SC)		**Le téléjournal**	**Second regard**	**Le téléjournal**	**Le national** (N)	**(:01) Les grands reportages** (SC)		**Le téléjournal**
SHOW	616	521	**(3:00) ★★★ "The Bourne Legacy"** (2012) Jeremy Renner, Rachel Weisz.				★★★ **"Furious 7"** (2015, Action) Vin Diesel, Paul Walker. A dead man's brother seeks revenge on the Toretto gang.						★★ **"X-Men: Apocalypse"** (2016, Action) James McAvoy. Professor X and Raven battle the immortal mutant Apocalypse.						**"Bourne Legacy"**
SLICE	601	562	**(3:00) ★★ "Rumor Has It ..."** (2005)		★★★ **"(500) Days of Summer"** (2009) Joseph Gordon-Levitt, Geoffrey Arend.				★★ **"The Change-Up"** (2011, Comedy) Ryan Reynolds, Jason Bateman.				★★ **"Rumor Has It ..."** (2005, Comedy) Jennifer Aniston, Kevin Costner.				★★ **"The Change-Up"** (2011, Comedy) Ryan Reynolds.		
TLC	521	560	**Untold Stories of the E.R.**		**Say Yes, Dress**	**Say Yes, Dress**	**Say Yes, Dress**	**Say Yes, Dress**	**Say Yes to the Dress**		**Say Yes to the Dress** "The WAG" Bride Lyndzie wants a royal wedding. (N)				**Say Yes to the Dress**		**Say Yes to the Dress**		**Say Yes, Dress**
TSN	400	400	**(3:00) PGA Tour Golf** Pebble Beach Pro-Am, Third Round. (N) (Live)				**SportsCentre** (N) (Live)		**Raptors Game Day**	**NBA Basketball** Toronto Raptors at New York Knicks. From Madison Square Garden in New York. (N)					**SportsCentre** (N) (Live)		**SportsCentre** (N) (Live)		**SportsCentre**
YOUTH	551	542	**Loud**	**Loud**	**Lip Sync**	**Lip Sync**	★★★ **"The Croods"** (2013)				★★ **"Diary of a Wimpy Kid: Dog Days"**				**ReBoot**	**ReBoot**	**Assembly**	**Assembly**	**Croods**

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Your week on TV

SUNDAY DAYTIME — FEBRUARY 10, 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** (N)		**Bull Riding**		**College Basketball** Ohio State at Indiana. (N) ⫾ (Live) CC		**PGA Golf**			
WPTZ 5	-	-	**Sunday Today With Willie Geist** (N) CC		**Meet the Press** (N) ⫾ CC		**Soledad O'Brien**	**On the Money** (N)	**Rizzoli & Isles** "Love Taps" ⫾ CC		**Chaos & Kindness**	**NHL Hockey** St. Louis Blues at Nashville Predators. From the Bridgestone Arena in Nashville, Tenn. (N) ⫾ (Live)			**Alpine Skiing**			
CBMT 6	206	301	**Coronation Street** ⫾	**Coronation Street** ⫾	**Coronation Street** ⫾	**Coronation Street** ⫾	**Coronation Street** ⫾	**Coronation Street** ⫾	**Weekly-Wendy**	**Maamuitaau** (N)	**Speed Skating**		**Alpine Skiing**		**2019 FIS World Championships** Women's Freeski Halfpipe, Finals. (Taped) ⫾ CC			
CHLT 7	107	718	**(6:00) Salut bonjour week-end** (N) (SC)				**⋆⋆ "Les garçons sont de retour"** (2009, Com. dramatique) Clive Owen, Emma Booth. (SC)				**TVA nouvelles** (N)	**La victoire de l'amour**	**Infopublicité** (SC)	**Les looney tunes** ⫾	**(:15) ⋆⋆ "Angry Birds: le film"** (2016, Enfants) Voices of Jason Sudeikis, Josh Gad. (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**	**Foot Pain**	**Try Yoga**	**Paid Program**	**Paid Program**	**Paid Program**	**Larry King Sp.**	**NBA**	**NBA Basketball**
CKSH 9	108	-	**Organisation**	**Geronimo Stilton**	**Mysticons** ⫾ (SC)	**Oniva!** (N) (SC)	**(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)		**⋆⋆⋆ "Le bon dinosaure"** (2015, Enfants)	
CKMI 11	-	-	**Fishful Thinking**	**Mummies Alive** "Hero of Herculaneum"		**Context: Beyond**	**Joel Osteen** (N)	**Paid Program**	**The West Block** (N)	**Focus Montreal**	**Entertainment Tonight** (N) ⫾ CC		**Hockey Wives** "The Puck Stops Here"		**Decked Out**	**Decked Out**	**⋆⋆ "27 Dresses"** (2008) Katherine Heigl.	
CFCF 12	205	312	**Children's Villages**	**The Social** (N) CC	**Operation Smile** ⫾ CC		**Context: Beyond**	**Church of the Rock**	**Question Period** (N) ⫾ (Live) CC		**SportsCentre** (N) ⫾ CC		**Bonacini's Italy** ⫾	**One World Kitchen** ⫾	**"The Rolling Stones Olé, Olé, Olé!: A Trip Across Latin America"** (2016) Mick Jagger.			
WVNY 22	-	-	**Good Morning America** (N) ⫾ CC		**This Week W/ George Stephanopoulos**		**What Matters**	**The Key of David**	**AAA Benefits**	**More Hair**	**Paid Program**	**AAA Benefits**	**Airfryer Oven**	**Paid Program**	**Larry King Sp.**	**Paid Program**	**NBA**	**NBA Basketball**
WUTV 30	-	-	**The Ernest Angley Hour**		**FOX News Sunday With Chris Wallace** (N)		**Sharyl Attkisson**	**The Key of David**	**More Hair**	**More Hair**	**NASCAR Monster Energy Series** Daytona 500, Qualifying. (N) ⫾ (Live)				**The Masters Agility Championship at Westminster** (N) ⫾			
CFKS 31	106	726	**Il est écrit**	**NVL weekend** (N)	**Mémoire sous enquête** "Atout charme" (SC)		**RPM** L'essai de deux minifourgonnettes. (N)		**RPM Plus** (N)		**Zone VL**	**Infopublicité**	**Rire et délire**		**⋆⋆ "L'autre femme"** (2014, Com. Sentimentale) Cameron Diaz, Leslie Mann, Kate Upton.			
WUHF	-	363	**Wild America**	**Robert Jeffress**	**FOX News Sunday With Chris Wallace** (N)		**Sharyl Attkisson**	**Rochester Press Box**	**Airfryer Oven** CC		**NASCAR Monster Energy Series** Daytona 500, Qualifying. (N) ⫾ (Live) CC				**The Masters Agility Championship at Westminster** (N) ⫾ CC			
WETK	-	-	**Feel Better Fast and Make It Last**		**⋆⋆⋆ "The Beatles: Eight Days a Week -- The Touring Years"** (2016, Documentary) Paul McCartney, Ringo Starr.					**Vermont This Week**	**Classical Rewind** Classical masterpieces. ⫾ CC			**Rick Steves**	**Beerology: Vermont IPA**		**Rick Steves**	**Ken Burns-Civil**
WCFE	-	-	**Wild Kratts** CC	**Wild Kratts** CC	**Washington Week**	**Scully: World**	**Mountain Lake**	**New York Now** CC	**NOVA** The Egyptian pyramids. ⫾		**Secrets of the Dead** ⫾ CC		**Egypt's Treasure Guardians** ⫾ CC		**Secrets of the Dead** ⫾ CC (DVS)		**Tutankhamun**	**Italy's**
A&E	615	520	**Hoarders** A woman's hoarding increases. ⫾		**Hoarders** "Roy; Loretta" ⫾ CC		**Hoarders** "Constance and Jeri Jo" ⫾ CC		**Hoarders** "Ellen & Gloria" ⫾ CC		**Hoarders** "Judy" ⫾ CC		**Live PD Presents**	**Live PD Presents**	**Live PD Presents**	**⋆⋆⋆ "Déjà Vu"** (2006) Denzel Washington, Val Kilmer. ⫾ CC		
BRAVO	620	523	**Blue Bloods** "Help Me Help You" ⫾		**Magnum P.I.** ⫾ CC		**The Rookie** ⫾ CC (DVS)		**Law & Order: Special Victims Unit** "Part 33"		**Criminal Minds** A series of fatal shootings.		**The Closer** The wedding day has arrived.		**The Closer** A quadruple murder. ⫾ CC		**The Closer** The kidnapping of a rich financier.	
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** Tank inside a tree; coffin aquarium.		**North Woods Law** "Crossing the Line"		**North Woods Law** "Out of Control" CC		**Scaled** An amazing idea for a terrarium.		**Cold Water Cowboys** "Man Overboard"		**Vintage Tech**	**Vintage Tech**	**MythBusters** The ability of hit men. CC	
HIST	522	506	**Rust Valley Restorers** "Race to the Finish!"		**American Pickers** "Pedal Pushers" ⫾ CC		**American Pickers** "Picker's Dozen" ⫾		**Rust Valley Restorers** "Race to the Finish!"		**Counting Cars** CC	**Counting Cars** CC	**Forged in Fire** "The Pipe Tomahawks" ⫾		**Forged in Fire** Smiths create a boar spear.		**Pawn Stars** "Triple Crown Pawn" CC	
PARMT	628	584	**Bar Rescue** "Ice, Mice, Baby" CC		**Bar Rescue** CC	**Bar Rescue** A management-heavy staff.		**Bar Rescue** "Pole Without a Purpose"		**Bar Rescue** "Weird Science" CC		**Bar Rescue** The Abbey Pub is on its last legs.		**Bar Rescue** "Mystique or Murder?" CC		**Bar Rescue** Customers bring their own alcohol.		**Bar Rescue** 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	**"Under Fire"** (2016, Mystery) Andrea Bowen, Yasmeene Ball, Jim Thorburn. ⫾ CC				**⋆⋆ "Jack Ryan: Shadow Recruit"** (2014) Chris Pine. Ryan uncovers a Russian plot to collapse the U.S. economy. ⫾				**⋆⋆⋆ "The Bourne Legacy"** (2012) Jeremy Renner, Rachel Weisz. Jason Bourne's actions have consequences for a new agent. ⫾ CC							**⋆⋆ "San Andreas"**
SLICE	601	562	**Paid Program** ⫾	**Paid Program** ⫾	**Paid Program** ⫾	**Paid Program** ⫾	**⋆⋆ "Rumor Has It ..."** (2005, Comedy) Jennifer Aniston, Kevin Costner. ⫾ CC				**⋆⋆ "Beastly"** (2011) Alex Pettyfer. A teen must find true love to break a curse. ⫾ CC				**⋆⋆ "Practical Magic"** (1998, Comedy-Drama) Sandra Bullock, Nicole Kidman. ⫾ 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** "The WAG" ⫾ CC		**Seeking Sister Wife** ⫾ CC		**Seeking Sister Wife** "Failure to Launch" ⫾	
TSN	400	400	**Pregame**	**Premier League Soccer** Tottenham Hotspur FC vs Leicester City FC. (N) (Live) CC			**SportsCentre**		**SportsCentre** CC		**NASCAR Monster Energy Series** Daytona 500, Qualifying. (N) (Live) CC				**EOAN 2018: The Bailey Experience**		**PGA Golf**	
YOUTH	551	542	**Go Away**	**Loud**	**Loud**	**Loud**	**Sponge.**	**Sponge.**	**Turtles**	**Hunted**	**⋆⋆⋆ "The Croods"** (2013, Children's) ⫾ CC				**Sponge.**	**Sponge.**	**Sponge.**	**Loud**

SUNDAY EVENING — FEBRUARY 10, 2019

	Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	**(3:00) PGA Tour Golf** Pebble Beach Pro-Am, Final Round. (N) ⫾ (Live) CC					**Channel 3 News**	**Grammy Red Carpet Live** (N) CC		**The 61st Annual Grammy Awards** Excellence in the recording industry. (N) ⫾ (Live) CC						**Channel 3 News**		**NCIS: N.O.**
WPTZ 5	-	-	**Alpine Skiing**	**2019 FIS World Championships** Snowboard Slopestyle. (N)			**NBC5 News at 6**	**Nightly News**	**⋆⋆⋆ "Fantastic Beasts and Where to Find Them"** (2016, Fantasy) Eddie Redmayne, Katherine Waterston, Dan Fogler. Premiere. ⫾						**Dateline NBC** ⫾ CC		**NBC5 News**	**Soledad O'Brien**	**Castle** ⫾ CC
CBMT 6	206	301	**"The Legend of Sarila"** (2013, Children's) Voices of Christopher Plummer. ⫾ CC				**When Calls the Heart** "The Dance" ⫾		**Heartland** "Change of Heart" (N) ⫾		**And Then There Were None** The guests on Soldier Island are dying, one by one. CC				**The National** (N) ⫾ CC		**Montreal News**	**Weekly-Wendy**	**q** (N) ⫾ CC
CHLT 7	107	718	**"Angry Birds"**	**(:20) "Astérix: le domaine des dieux"** (2014, Comédie) (SC)			**TVA nouvelles** (N)	**Vlog** (N) (SC)	**La voix** "Les auditions à l'aveugle" Les coachs choisissent à l'aveugle. (SC)				**(:15) La vraie nature** (SC)		**(:15) TVA nouvelles**	**(:45) ⋆⋆⋆ "Crimson Peak"** (2015) Mia Wasikowska, Jessica Chastain. Premiere. (SC)			
WMTW 8	-	-	**(3:30) NBA Basketball** Los Angeles Lakers at Philadelphia 76ers. (N) (Live) CC				**WMTW News 8 at**	**World News**	**America's Funniest Home Videos** ⫾		**America's Funniest Home Videos** ⫾		**Shark Tank** A cold brew coffee kit. ⫾		**(:01) Shark Tank** ⫾ CC (DVS)		**WMTW News 8**	**Soledad O'Brien**	**Person of Interest**
CKSH 9	108	-	**(3:00) ⋆⋆⋆ "Le bon dinosaure"** (2015)		**Esprit critique** (N) (SC)		**Téléjournal Estrie**	**Découverte** (N) (SC)		**Ici Laflaque** (N)	**Tout le monde en parle** (N) (SC)					**Le téléjournal**	**(10:55) Infoman**	**(:25) Pour l'amour du country** "Outlaws"	
CKMI 11	-	-	**(3:00) ⋆⋆ "27 Dresses"** (2008) CC		**Ice Road Truckers** "World's End" CC		**Global News at 6**	**Global National**	**Border Security**	**Border Security**	**9-1-1** "Stuck" ⫾ CC (DVS)		**NCIS: Los Angeles** "Forasteira" ⫾		**Ransom** "Semaphore" ⫾ CC		**Global News**	**The West Block**	**Focus Montreal**
CFCF 12	205	312	**Mike & Molly** ⫾	**Mike & Molly** ⫾	**The Goldbergs** ⫾	**Big Bang Theory**	**CTV News Montreal** (N) ⫾ CC		**Thank You Canada** Canada's top figure skaters perform. (N) ⫾ CC				**Criminal Minds** ⫾ CC (DVS)		**Criminal Minds** ⫾ CC (DVS)		**News-Rinaldo**	**CTV News Montreal**	**South Park** ⫾
WVNY 22	-	-	**(3:30) NBA Basketball** Los Angeles Lakers at Philadelphia 76ers. (N) (Live) CC				**World News**	**Local 22 News** (N)	**America's Funniest Home Videos** ⫾		**America's Funniest Home Videos** ⫾		**Shark Tank** A cold brew coffee kit. ⫾		**(:01) Shark Tank** ⫾ CC (DVS)		**Local 22 News** (N)	**Graham Bensinger**	**Judge Judy** ⫾
WUTV 30	-	-	**Masters Agility**	**PBA Bowling** Tournament of Champions. From AMF Riviera Lanes in Fairlawn, Ohio.				**Big Bang Theory**	**The Simpsons** ⫾	**Bob's Burgers**	**The Simpsons** (N)	**Bob's Burgers**	**Family Guy** (N)	**The Cool Kids** ⫾	**2 on Your Side at 10**	**Sharyl Attkisson**	**Ring of Honor Wrestling** CC		**Seinfeld** ⫾ CC
CFKS 31	106	726	**(:15) ⋆⋆ "La marieuse"** (2001) Jennifer Lopez. Une organisatrice de mariages s'éprend d'un client fiancé.					**(:18) ⋆⋆ "P.S. Je t'aime"** (2007) Hilary Swank. Une veuve reçoit des messages laissés par son mari.					**(:02) ⋆⋆⋆ "Grossesse surprise"** (2007) Seth Rogen, Katherine Heigl. Une journaliste tombe enceinte après une aventure d'un soir.						**Moment V**
WUHF	-	363	**Masters Agility**	**PBA Bowling** Tournament of Champions. From AMF Riviera Lanes in Fairlawn, Ohio.				**Modern Family** ⫾	**The Simpsons** ⫾	**Bob's Burgers**	**The Simpsons** (N)	**Bob's Burgers**	**Family Guy** (N)	**The Cool Kids** ⫾	**WHAM News**	**Sharyl Attkisson**	**Engagement**	**Springsteen**	**2 Broke Girls** ⫾
WETK	-	-	**(3:30) Ken Burns: The Civil War** "The Civil War" 25th anniversary.			**NewsHour Wk**	**The Dictator's Playbook** ⫾ CC		**The Great British Baking Show** CC		**Victoria on Masterpiece** ⫾ CC		**Victoria on Masterpiece** (N) ⫾ CC		**Margaret: The Rebel Princess** (N) CC		**Call the Midwife** ⫾ CC		**Victoria-Master**
WCFE	-	-	**Italy's**	**Italy's**	**(:11) Italy's Invisible Cities** "Florence"		**(:02) Secrets of the Dead** ⫾ CC		**The Great British Baking Show** "Final"		**Victoria on Masterpiece** ⫾ CC		**Victoria on Masterpiece** (N) ⫾ CC		**Margaret: The Rebel Princess** (N) CC		**Variety Studio**	**Variety Studio**	**Victoria-Master**
A&E	615	520	**(2:30) ⋆⋆⋆ "Déjà Vu"** (2006) ⫾ CC		**⋆⋆⋆ "American Gangster"** (2007) Denzel Washington. A chauffeur becomes Harlem's most-powerful crime boss. ⫾ CC						**⋆⋆⋆ "John Wick"** (2014, Action) Keanu Reeves, Michael Nyqvist, Alfie Allen. ⫾ CC				**(:01) ⋆⋆ "Walking Tall"** (2004, Action) The Rock, Johnny Knoxville. ⫾ CC			**"John Wick"** ⫾
BRAVO	620	523	**"Murder She Baked: A Deadly Recipe"** (2016, Mystery) Alison Sweeney. ⫾ CC				**"Murder, She Baked: Just Desserts"** (2017) Alison Sweeney, Cameron Mathison. ⫾ CC				**"Garage Sale Mystery: Guilty Until Proven Innocent"** (2016) Lori Loughlin. ⫾ CC				**"Murder She Baked: A Deadly Recipe"** (2016, Mystery) Alison Sweeney. ⫾ CC				**"Murder, Baked"**
CNN	500	500	**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Special Report** (N) CC			**Anthony Bourd.**		**Anthony Bourd.**	
DISC	520	505	**MythBusters** "Unfinished Business" ⫾		**Big Bang Theory**	**Big Bang Theory**	**Big Bang Theory**	**Big Bang Theory**	**MythBusters Jr.** CC		**The Last Alaskans** "Two Kills" (N) CC		**Alaska: The Last Frontier Exposed** (N)		**Alaska: The Last Frontier** (N) ⫾ CC		**Big Bang Theory**	**Big Bang Theory**	**Big Bang Theory**
HIST	522	506	**American Pickers** "Frank's Big Day" ⫾		**American Pickers** "Pedal Pushers" ⫾		**American Pickers** "Picker's Dozen" ⫾		**Forged in Fire** "The Pipe Tomahawks" ⫾		**Knight Fight** "Romans vs. Barbarians"		**The Curse of Oak Island: Digging Deeper**		**The Curse of Oak Island** (N) ⫾ CC		**Project Blue Book** "Foo Fighters" CC		**Digging Deeper**
PARMT	628	584	**(3:30) Bar Rescue**	**Bar Rescue** Splitting one bar into two.		**Bar Rescue** A son's excessive drinking.		**Bar Rescue** CC		**Bar Rescue** CC		**Bar Rescue** CC		**Bar Rescue** "Mississippi Rears" CC		**Bar Rescue** "Hard Cleared for Takeoff"		**Bar Rescue** "Hard Heads and Softballs"	
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	**(3:30) ⋆⋆ "San Andreas"** (2015, Action) Dwayne Johnson, Carla Gugino. ⫾ CC				**⋆⋆ "Jack Ryan: Shadow Recruit"** (2014, Action) Chris Pine, Kevin Costner, Kenneth Branagh. ⫾ CC					**⋆⋆ "San Andreas"** (2015) Dwayne Johnson. A rescue pilot must save his family after an earthquake. ⫾ CC					**⋆⋆ "Jack Ryan: Shadow Recruit"** (2014) Chris Pine. ⫾ CC		
SLICE	601	562	**"Practical Magic"**	**⋆⋆ "Beastly"** (2011) Alex Pettyfer. A teen must find true love to break a curse. ⫾ CC				**⋆⋆ "Practical Magic"** (1998) Sandra Bullock. Two sisters face obstacles because of their witchcraft. ⫾ CC					**Backyard Envy** "Not So Grey Gardens" ⫾		**The Real Housewives of Atlanta** (N) CC		**Million Dollar Listing Los Angeles** CC		**Backyard Envy** ⫾
TLC	521	560	**Sister Wives** "Meri, on Her Own..." Meri's offer on the B&B is accepted. ⫾ CC				**Sister Wives** "More to Love: Sister Wife Secrets" Meri's plans to buy the B&B. (N) ⫾				**Sister Wives** "Kody Wants Out" Mitch and Aspyn's engagement. (N) ⫾ CC				**Seeking Sister Wife** "Coming Out Plural"		**(:01) Dr. Pimple Popper** ⫾ CC		**Sister Wives** ⫾
TSN	400	400	**(3:00) PGA Tour Golf** Pebble Beach Pro-Am, Final Round. (N) (Live) CC					**SportsCentre** (N) (Live) CC		**EOAN 2018: The Bailey Experience**	**NBA Basketball** Miami Heat at Golden State Warriors. From Oracle Arena in Oakland, Calif. (N) (Live) CC						**SportsCentre** (N) (Live) CC		**SC With Jay**
YOUTH	551	542	**Loud**	**Loud**	**Barbie**	**Go Away**	**⋆⋆⋆ "How to Train Your Dragon"** (2010) ⫾ CC						**Star Falls**	**Star Falls**	**Star Falls**	**ReBoot**	**ReBoot**	**Assembly**	**Assembly**	**Dragon**

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Violin and guitar featured in Plymouth-Trinity concert

Record Staff

Guitar and violin make for a duet of delightful sounds offered by two artists of compelling talent. Laurence Kayaleh is a violinist returns with a new collaborator, Michael Kolk, on guitar. These renowned artists will present a program of choice for la Maison d'Opéra et de Concerts de Sherbrooke on Feb. 10, 2019, at 3 p.m. at Plymouth-Trinity United Church in Sherbrooke. The musical conversation between these two internationally acclaimed concert soloists will allow the audience to experience, in an intimate setting, all the richness of their expressiveness and musicality in Paganini and de Falla,.

Laurence Kayaleh has given recitals on the great stages of the world as a guest soloist and her track record is filled with collaborations with symphony orchestras of many cities, such as Bern, Basel, Zurich, Modena, Bologna, Brussels, Moscow, Prague, Sofia , Washington, Paris, Montreal, Caracas, and others, where she has worked with renowned conductors. She has recorded, for NAXOS, the complete works for violin and piano by N. Medtner, A. Honegger, and G. Catoire. Invited to international festivals, she gives master classes just and sits as a juror for international competitions. She is back for a second concert in Sherbrooke this season.: Pierre Petit, a critic for Le Figaro, describes her as "L'Archet Royal" ("Royal Bow"), in reference to the golden tone she creates with her instrument. She plays on a Pietro Guarneri violin, built by the Venetian master 1742.

During his career, Michael Kolk has established himself as one of the most accomplished classical guitarists in Canada. He has performed in North America and in Europe and his discography includes six recordings for the record labels Naxos, Alma Records, and Deosonic Music, which are regularly featured on Canadian and American radio channels. He has collaborated with classical and popular musicians, and made his debut as a guest soloist with the Toronto Philharmonia.

He has performed with the Canadian Opera Company, Opera in Concert, Tapestry Opera and CineConcerts and has won numerous awards in dedicated guitar competitions. He holds an ARCT Diploma in Performance from the Royal Conservatory and a Master's Degree in Interpretation from the University of Toronto. Liona Boyd praised him as "one of the most brilliant and expressive classical guitarists I've ever heard in my life".

Tickets for the concert are on sale at the door, Plymouth-Trinity United Church, 380 Dufferin St. Sherbrooke, General Admission: $35, $15 for those 25 years and under and $30 for those 65 and over: Children 12 and under are admitted free of charge. Tickets are also on sale now on the website: www.maisond-operaconcerts.com.



(PHOTOS: LA MAISON D'OPÉRA ET DE CONCERTS DE SHERBROOKE)
Laurence Kayaleh



Michael Kolk

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Penny Ward
Consultant



What's your face?

Awareness campaign on immigrant integration in the Coaticook region

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Your week on TV

MONDAY EVENING — FEBRUARY 11, 2019

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	**Channel 3 News at Six** (N)		**CBS Evening News**	**Entertainment Tonight** (N)	**The Neighborhood** (N)	**Man With a Plan** (N)	**Big Brother: Celebrity Edition** (N)		**Bull** Bull tries to help his friend Nathan. (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)	**America's Got Talent** "The Champions Finals" The top 12 finalists perform. (N)				**Manifest** Another non-passenger has callings. (N)		**NBC5 News at 11** (N)	**(:34) The Tonight Show Starring Jimmy Fallon** (N)	
CBMT 6	206	301	**CBC Montreal News** (N)	**Just for Laughs: Gags**	**Coronation Street** (N)	**Coronation Street** (N)	**Murdoch Mysteries** A man is electrocuted. (N)		**(:01) Coroner** Jenny conducts her first inquest. (N)		**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**	**En tout cas** (N) (SC)	**L'échappée** Rosalie revient à l'Échappée. (N) (SC)		**Les invisibles** Une vérificatrice débarque à l'agence. (N)		**TVA nouvelles** (N)	**(:35) Denis Lévesque** (N) (SC)		**(:35) Deux filles le matin** Anne-Élisabeth Bossé. (SC)	
WMTW 8	-	-	**WMTW News 8 at 6PM** (N)	**ABC World News**	**Wheel of Fortune** (N)	**Jeopardy!** (N)	**The Bachelor** "2306" Vietnam's Cam Ranh coast. (N)				**The Good Doctor** "Tough Titmouse"		**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** Olivia aide sa mère. (N) (DVS)		**Les pays d'en haut** Youville n'est d'aucune aide. (N)		**Le téléjournal** (N) (SC)		**(:05) Entrée principale** (SC)		
CKMI 11	-	-	**Global National** (N)	**(:29) Global News at 6:30**	**ET Canada**	**Entertainment Tonight** (N)	**The Neighborhood** (N)	**Man With a Plan** (N)	**Big Brother: Celebrity Edition** (N)		**Bull** Bull tries to help his friend Nathan. (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** Conrad tries to surprise Nic. (N)		**Law & Order: Special Victims Unit** (DVS)		**The Good Doctor** "Tough Titmouse"		**News-Lisa**	**CTV News Montreal** (N)	**The Daily Show**
WVNY 22	-	-	**Local 22 News** (N)	**ABC World News**	**Local 22 News** (N)	**Inside Edition** (N)	**The Bachelor** "2306" Vietnam's Cam Ranh coast. (N)				**The Good Doctor** "Tough Titmouse"		**Local 22 News** (N)	**(:35) Jimmy Kimmel Live**	
WUTV 30	-	-	**The Big Bang Theory**	**Judge Judy** (N)	**Judge Judy** (N)	**Family Feud** (N)	**The Resident** Conrad tries to surprise Nic. (N)		**The Passage** Brad and Amy strategize an escape plan.		**2 on Your Side at 10** (N)	**Seinfeld** "The Conversion"	**Two and a Half Men**	**Two and a Half Men**	**Last Man Standing**
CFKS 31	106	726	**Souper parfait**	**Souper parfait**	**Rire et délire** (N)	**Mets-y le paquet** (N)	**Maître du chantier** (N)		**L'open mic de...** (N)	**Scorpion** L'équipe aide une chirurgienne coincée. (SC)	**Rire et délire**		**Souper parfait**	**NVL** (N)	**Moment V**
WUHF	-	363	**Modern Family** "Mother!"	**Modern Family**	**The Big Bang Theory**	**The Big Bang Theory**	**The Resident** Conrad tries to surprise Nic. (N)		**The Passage** Brad and Amy strategize an escape plan.		**13WHAM News at 10 on Fox Rochester** (N) (Live)		**DailyMailTV** (N)	**The Simpsons**	**Paid Program**
WETK	-	-	**PBS NewsHour** (N)		**The This Old House Hour** A tour of the yard and barn.		**Antiques Roadshow** "Ca' d'Zan" (N)		**Antiques Roadshow** Movie poster for "The Wild One."		**Independent Lens** "Hale County This Morning, This Evening" The lives of black men.			**Amanpour and Company** (N)	
WCFE	-	-	**World News America**	**Nightly Business Report**	**PBS NewsHour** (N)		**Antiques Roadshow** "Ca' d'Zan" (N)		**Antiques Roadshow** Movie poster for "The Wild One."		**Dunkirk** "Evacuation" Evacuation begins.		**BBC World News**	**Amanpour and Company** (N)	
A&E	615	520	**(5:00) Biggie: The Life of Notorious B.I.G.** Life story of the influential rapper.				**"Michael Jackson: The Life of an Icon"** (2011) David Gest. Clips and interviews spotlight the life of the king of pop.				**(:01) ★★★ "Studio 54"** (2018) Ian Schrager. Studio 54 becomes a popular New York City nightclub in 1977.				**"Michael Jackson"**
BRAVO	620	523	**Major Crimes** "Jailbait" The squad must find a prisoner.		**Major Crimes** "All In" A body is found at a country club.		**Major Crimes** "Curve Ball" A baseball scout is found dead.		**I Am the Night** Jay is visited by Billis and the police. (N)		**(:05) Major Crimes** A 19-year-old prostitute is murdered.		**Major Crimes** The team works to capture a killer.		**Major Crimes**
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** Veteran driver Scott returns.		**MythBusters** Adam and Jamie test "The A-Team."		**MythBusters Jr.** (N)		**Homestead Rescue** Matt creates a meat smoker. (N)		**Gold Rush: White Water** "The Nugget Trap" (N)		**The Last Alaskans** Krin and Scott track a caribou herd.		**Homestead Rescue**
HIST	522	506	**American Pickers** "Hydro Homestead" (DVS)		**The Curse of Oak Island: Digging Deeper**		**The Curse of Oak Island** "Slipway When Wet"		**Pawn Stars** Vampire defense kit; James Whistler art. (N)		**American Pickers** "Presidential Picks" (N)		**American Pickers** "Hydro Homestead" (DVS)		**Pawn Stars**
PARMT	628	584	**Bar Rescue** Swanky Bubbles is a failing bar.		**Cops** "Palm Beach"	**Cops** "Indianapolis"	**Cops** "Fort Worth"	**Cops** "Atlanta"	**Cops** "Coast to Coast"	**Cops** "Liar, Liar No. 6"	**Cops** (N)	**Cops** "Coast to Coast"	**Cops**	**Cops** In Arizona.	**Cops** County jail; accident.
RDI	126	730	**(5:59) Le national** (N)	**(:31) RDI économie** (N)	**(:01) 24/60** (N) (SC)		**Les grands reportages** (N) (SC)		**Le téléjournal avec Céline Galipeau** (N) (SC)		**Mordus de politique** (SC)		**Le national** (N) (SC)	**(:31) Le national** (N)	**(12:01) 24/60** (SC)
SHOW	616	521	**NCIS** "The Inside Man" A blogger turns up dead.		**NCIS** "Good Cop, Bad Cop" A Marine's body surfaces.		**Bull** "The Devil, the Detail" Bull sues a drug company.		**Luther**		**(:15) ★★★ "Mission: Impossible III"** (2006) Tom Cruise, Philip Seymour Hoffman. Agent Ethan Hunt faces the toughest villain of his career.				
SLICE	601	562	**The Real Housewives of New Jersey**		**The Real Housewives of Atlanta** "Lost in Translation"		**Vanderpump Rules** Sandoval and Schwartz scramble.		**Vanderpump Rules** Lala and friends fly on a private jet.		**Below Deck** The crew members discuss season six.		**The Real Housewives of New Jersey**		**Vanderpump Rules**
TLC	521	560	**Say Yes to the Dress**	**Say Yes to the Dress**	**Say Yes to the Dress** "Morticia Addams in a Good Way"		**Counting On** "Countdown to the New Season" (N)		**Counting On** Jinger's labor takes an unexpected turn.		**(:01) Our Twinsane Wedding** (N)		**(:01) Little People, Big World**		**Counting On**
TSN	400	400	**SportsCentre** (N) (Live)		**That's Hockey** (N)	**EOAN 2018: Man vs. Machine** (N)	**Thank You Canada** Canadian figure skating greats embark on the Thank You Canada Tour. (N)				**SportsCentre** (N) (Live)				**SC With Jay and Dan** (N)
YOUTH	551	542	**Henry Danger**	**Knight Squad**	★★★ **"Over the Hedge"** (2006) Voices of Bruce Willis.				★★★ **"Over the Hedge"** (2006) Voices of Bruce Willis.				**Just Kidding**	**Just Kidding**	**Over-Hedge**

TUESDAY EVENING — FEBRUARY 12, 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** "She" A 9-year-old girl is found hiding. (N)		**FBI** A couple goes on a robbery spree. (N)		**NCIS: New Orleans** A Navy entomologist disappears. (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)	**Ellen's Game of Games** "Gone With the Win" (N)		**This Is Us** Kevin tries to help Nicky. (N)		**(:01) New Amsterdam** "The Blues" (N) (DVS)		**NBC5 News at 11** (N)	**(:34) The Tonight Show Starring Jimmy Fallon** (N)	
CBMT 6	206	301	**CBC Montreal News** (N)	**Just for Laughs: Gags**	**Schitt's Creek**	**Coronation Street** (N)	**Kim's Convenience** (N)	**22 Minutes**	**Schitt's Creek** (N)	**Cavendish** "The Coven"	**The National** (N)		**CBC Montreal News** (N)	**Interrupt This Program**	**Coronation Street**
CHLT 7	107	718	**(5:58) TVA nouvelles** (N)	**Le tricheur** (N) (SC)	**(6:59) World of Dance: la compétition** (SC)		**O'** Gloria et Jacqueline sont à la clinique. (N) (SC)		**L'heure bleue** Clara ne veut plus de lien avec Thomas.		**TVA nouvelles** (N)	**(:35) Denis Lévesque** (N) (SC)		**(:35) Deux filles le matin** Anne-Élisabeth Bossé. (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** Nolan invites everyone over for a party. (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** L'agent Choquette demande conseil. (N)		**5e rang** Marie-Luce est peinée et déçue. (N) (DVS)		**Le téléjournal** (N) (SC)		**(:05) Entrée principale** (SC)		
CKMI 11	-	-	**Global National** (N)	**(:29) Global News at 6:30**	**NCIS: New Orleans** A Navy entomologist disappears. (N)		**NCIS** "She" A 9-year-old girl is found hiding. (N)		**FBI** A couple goes on a robbery spree. (N)		**(:01) New Amsterdam** "The Blues" (N) (DVS)		**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**	**Ellen's Game of Games** "Gone With the Win" (N)		**This Is Us** Kevin tries to help Nicky. (N)		**The Rookie** Nolan invites everyone over for a party. (N)		**News-Lisa**	**CTV News Montreal** (N)	**The Daily Show**
WVNY 22	-	-	**Local 22 News** (N)	**ABC World News**	**Local 22 News** (N)	**Inside Edition** (N)	**American Housewife** (N)	**The Kids Are Alright** (N)	**blackish** (N) (DVS)	**Splitting Up Together** (N)	**The Rookie** Nolan invites everyone over for a party. (N)		**Local 22 News** (N)	**(:35) Jimmy Kimmel Live**	
WUTV 30	-	-	**The Big Bang Theory**	**Judge Judy** (N)	**Judge Judy** (N)	**Family Feud** (N)	**Lethal Weapon** Trish prepares her campaign for D.A.		**The Gifted** "calaMity" Reeva intensifies security. (N)		**2 on Your Side at 10** (N)	**Seinfeld** "The Stall"	**Two and a Half Men**	**Two and a Half Men**	**Last Man Standing**
CFKS 31	106	726	**Souper parfait**	**Souper parfait**	**Rire et délire** (N)	**Taxi payant**	**Je suis chef** Francis, Kim, Hugo, Jaja, José et Mario.		**L'open mic de...** (N)	**NCIS: Los Angeles** Callen envisage toutes les options.	**Rire et délire**		**Souper parfait**	**NVL** (N)	**Moment V**
WUHF	-	363	**Modern Family**	**Modern Family**	**The Big Bang Theory**	**The Big Bang Theory**	**Lethal Weapon** Trish prepares her campaign for D.A.		**The Gifted** "calaMity" Reeva intensifies security. (N)		**13WHAM News at 10 on Fox Rochester** (N) (Live)		**DailyMailTV** (N)	**The Simpsons**	**Paid Program**
WETK	-	-	**PBS NewsHour** (N)		**Born to Explore-Wiese**	**Weekends With Yankee**	**Finding Your Roots With Henry Louis Gates, Jr.** (N)		**American Experience** The U.S. Navy's SEALAB. (N)		**Frontline** Doctor is accused of abusing boys.		**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.** (N)		**American Experience** The U.S. Navy's SEALAB. (N)		**Frontline** Doctor is accused of abusing boys. (N)		**BBC World News**	**Amanpour and Company** (N)	
A&E	615	520	**The First 48** A young father is abducted and murdered.		**Hoarders** A hoarder moves into her sister's home.		**Hoarders** "Sandra" New homeowners must evict a hoarder.				**(:01) Many Sides of Jane** "New Memories" (N)		**(:04) The First 48** Gunmen open fire on a porch.		**(12:03) Hoarders**
BRAVO	620	523	**The Closer** A suspect's unbreakable alibi.		**The Closer** "Next of Kin" Search for a gang.		**The Closer** "Next of Kin" Search for a gang.		**The Closer** "Controlled Burn" An arson investigation.		**The Closer** A tour company owner is found dead.		**The Closer** Squad investigates death of accountant.		**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** "Two Guys, Two Trucks"		**MythBusters** Challenging virtual worlds.		**Gold Rush: Pay Dirt** "Broken Bones" (N)		**Gold Rush** Experts step in to help the miners. (N)		**Heavy Rescue: 401** "Your Heart Sinks" (N)		**Alaska: The Last Frontier** "High and Dry"		**Gold Rush** "Gold Gurus"
HIST	522	506	**American Pickers** "Risks and Rewards" (DVS)		**Pawn Stars** Vampire defense kit; James Whistler art.		**American Pickers** "Presidential Picks"		**Forged in Fire** Seven competitors return to the forge.		**Project Blue Book** Green fireballs nearly cause a disaster.		**American Pickers** "Risks and Rewards" (DVS)		**Forged in Fire**
PARMT	628	584	**Ink Master: Redemption**	**Ink Master: Redemption**	**Ink Master: Angels** A search for Little Rock's best artists.		**Ink Master: Angels** The Angels land in Savannah, Ga.		**Ink Master: Angels** "Can't Nail a Cactus"		**Ink Master: Angels** The Angels hit Oklahoma City.		**Ink Master: Angels** Hunting for Atlanta's best artist.		**Ink Master: Angels**
RDI	126	730	**(5:59) Le national** (N)	**(:31) RDI économie** (N)	**(:01) 24/60** (N) (SC)		**Les grands reportages** "Amours criminels" (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** Joke-loving Marine is found dead.		**NCIS** Two mercenaries are found dead.		**Bull** Bull finds himself working a case solo.		**Roswell, New Mexico** Isobel has a series of blackouts. (N)		**The Magicians** Kady gets a puppy.		**Roswell, New Mexico** Liz turns to Kyle.		**Roswell, New Mexico**
SLICE	601	562	**The Real Housewives of Beverly Hills**		**Vanderpump Rules** Lala and friends fly on a private jet.		**Backyard Envy** "Not So Grey Gardens"		**The Real Housewives of Beverly Hills**		**Million Dollar Listing Los Angeles** "Pony Up"		**The Real Housewives of New Jersey**		**Real Housewives/Beverly**
TLC	521	560	**Say Yes to the Dress** "The WAG"		**My Big Fat Fabulous Life** "Fat Hating is Real"		**My Big Fat Fabulous Life** "Big Girls Don't Cry" (N)		**I Am Jazz** Jazz gets a boyfriend. (N)		**Seeking Sister Wife** Vanesa throws a curve ball.		**My Big Fat Fabulous Life** "Fat Hating is Real"		**My Big Fat Fabulous Life**
TSN	400	400	**SportsCentre** (N) (Live)		**That's Hockey** (N)	**SC** (N)	**January Plays of the Month**	**January Bloopers**	**College Basketball** Duke at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (Live)				**SportsCentre** (N) (Live)		**SC With Jay and Dan** (N)
YOUTH	551	542	**Henry Danger**	**Knight Squad**	★★★ **"Shaun the Sheep Movie"** (2015, Children's)				★★★ **"Fantastic Mr. Fox"** (2009) Meryl Streep				**Just Kidding**	**Just Kidding**	**Shaun Sheep**

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Your week on TV

WEDNESDAY EVENING — FEBRUARY 13, 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 World's Best** "The Auditions, Part 3" (N) 🎧 CC		**Big Brother: Celebrity Edition** (Season Finale) (N) 🎧 CC				**Channel 3 News**	**(:35) The Late Show With Stephen Colbert** 🎧 CC	
WPTZ 5	-	-	**NBC5 News at 6** (N)	**NBC Nightly News - Holt**	**Jeopardy!** (N) 🎧 CC	**Wheel of Fortune** (N) 🎧	**Chicago Med** Charles has an awkward first date. (N) 🎧		**Chicago Fire** A boys' hockey team is endangered. (N) 🎧		**Chicago P.D.** Upton and Burgess enter a bad situation.		**NBC5 News at 11** (N)	**(:34) The Tonight Show Starring Jimmy Fallon** (N) CC	
CBMT 6	206	301	**CBC Montreal News** (N)	**Just for Laughs: Gags**	**Schitt's Creek** 🎧	**Coronation Street** (N) 🎧	**Burden of Truth** Joanna struggles at work. (N) 🎧		**Unspeakable** Ben's quest for revenge intensifies. (N) CC		**The National** (N) 🎧 CC		**CBC Montreal News** CC	**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** (SC)	**Lachés lousses** Nos invités deviennent spécialistes. (N)		**Victor Lessard** L'énigme du Bonhomme pendu se révèle.		**TVA nouvelles** (N)	**(:35) Denis Lévesque** (N) (SC)		**(:35) Deux filles le matin** Anne-Elisabeth Bossé. (SC)	
WMTW 8	-	-	**WMTW News 8 at 6PM** (N)	**ABC World News**	**Wheel of Fortune** (N) 🎧	**Jeopardy!** (N) 🎧 CC	**The Goldbergs** (N) 🎧	**Schooled** (N) CC (DVS)	**Modern Family** 🎧	**(:31) Single Parents** (N)	**Match Game** Jason Alexander; Niecy Nash. (N) 🎧		**WMTW News 8 at 11** (N)	**(:35) Jimmy Kimmel Live** 🎧 CC	
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** (N) (SC)		**Cheval-Serpent** Pete a réussi à retracer quelqu'un. (N)		**Le téléjournal** (N) (SC)		**(:05) Entrée principale** (SC)		
CKMI 11	-	-	**Global National** (N) 🎧	**(:29) Global News at 6:30**	**Chicago P.D.** Upton and Burgess enter a bad situation.		**Chicago Med** Charles has an awkward first date. (N) 🎧		**Big Brother: Celebrity Edition** (Season Finale) (N) 🎧 CC				**Global News at 11** (N)	**(:35) The Late Show With Stephen Colbert** (N) CC	
CFCF 12	205	312	**(5:59) CTV News Montreal** (N) 🎧 CC		**etalk** (N) 🎧 CC	**The Big Bang Theory** CC	**The Launch** A group of artists audition. (N) 🎧		**Grey's Anatomy** A sea of patients floods the hospital. (N)		**Match Game** Jason Alexander; Niecy Nash. (N) 🎧		**News-Lisa**	**CTV News Montreal** (N)	**The Daily Show**
WVNY 22	-	-	**Local 22 News** (N)	**ABC World News**	**Local 22 News** (N)	**Inside Edition** (N) 🎧 CC	**The Goldbergs** (N) 🎧	**Schooled** (N) CC (DVS)	**Modern Family** 🎧	**(:31) Single Parents** (N)	**Match Game** Jason Alexander; Niecy Nash. (N) 🎧		**Local 22 News** (N)	**(:35) Jimmy Kimmel Live** 🎧 CC	
WUTV 30	-	-	**The Big Bang Theory** CC	**Judge Judy** (N) 🎧 CC	**Judge Judy** (N) 🎧 CC	**Family Feud** (N) 🎧 CC	**Gordon Ramsay's 24 Hours to Hell and Back** (N) 🎧		**The Masked Singer** The remaining six singers perform.		**2 on Your Side at 10** (N)	**Seinfeld** 🎧 CC	**Two and a Half Men** 🎧	**Two and a Half Men** 🎧	**Last Man Standing** 🎧
CFKS 31	106	726	**Souper parfait**	**Souper parfait**	**Rire et délire** (N)	**Rire et délire**	**Phil s'invite** "Phil s'invite chez Pier-Luc Funk" (N)		**L'open mic de...** (N)	**Seal team: coeur et courage** Jason doit compter sur Clay.		**Rire et délire**	**Souper parfait**	**NVL** (N)	**Moment V**
WUHF	-	363	**Modern Family** 🎧	**Modern Family** 🎧	**The Big Bang Theory** CC	**The Big Bang Theory** CC	**Gordon Ramsay's 24 Hours to Hell and Back** (N) 🎧		**The Masked Singer** The remaining six singers perform.		**13WHAM News at 10 on Fox Rochester** (N) (Live) CC		**DailyMailTV** (N) 🎧 CC	**The Simpsons** 🎧	**Paid Program** CC
WETK	-	-	**PBS NewsHour** (N) 🎧 CC		**Crossroads** "Jim Mee"	**Outdoor Journal**	**Nature** How the Vikings lived in the Americas. (N) 🎧		**NOVA** "Rise of the Rockets" Human activity in space. (N)		**The Dictator's Playbook** "Idi Amin" (N) 🎧 CC		**Amanpour and Company** (N) 🎧 CC		**Nightly Business Report**
WCFE	-	-	**World News America**	**Nightly Business Report**	**PBS NewsHour** (N) 🎧 CC		**Nature** How the Vikings lived in the Americas. (N) 🎧		**NOVA** "Rise of the Rockets" Human activity in space. (N)		**The Dictator's Playbook** "Idi Amin" (N) 🎧 CC		**BBC World News** CC	**Amanpour and Company** (N) 🎧 CC	
A&E	615	520	**Storage Wars** "Lock & Roll"	**Storage Wars** 🎧 CC	**Storage Wars** 🎧 CC	**Storage Wars** 🎧 CC	**Storage Wars** 🎧 CC	**Storage Wars** 🎧 CC	**Storage Wars** 🎧 CC	**Storage Wars** 🎧 CC	**(:01) Storage Wars** CC	**(:32) Storage Wars** CC	**(:04) Storage Wars** CC	**(:34) Storage Wars** CC	**(12:03) Storage Wars** 🎧
BRAVO	620	523	**Unforgettable** "Til Death" A married couple is murdered.		**Unforgettable** Carrie apprehends an elusive assassin.		**Unforgettable** "Past Tense" A cabdriver is murdered. 🎧		**To Be Announced**		**Suits** (N) 🎧 CC		**Unforgettable** An assassination plot. 🎧 CC		**Unforgettable** 🎧 CC
CNN	500	500	**Situation Room With Wolf**		**Erin Burnett OutFront** (N)		**Anderson Cooper 360** (N)		**Cuomo Prime Time** (N) CC		**CNN Tonight w/ Don Lemon**		**CNN Tonight w/ Don Lemon**		**Cooper 360**
DISC	520	505	**Highway Thru Hell** "Sometimes The Patient Dies"		**MythBusters** "Transformers" Mechanical metamorphosis.		**Mayday** Flight's emergency landing in Anchorage.		**Moonshiners: Outlaw Cuts** Josh turns to his roots. (N)		**Moonshiners** (N) 🎧 CC		**Heavy Rescue: 401** "Your Heart Sinks" CC (DVS)		**Mayday** CC (DVS)
HIST	522	506	**American Pickers** Mike and Frank pick the Big Apple. 🎧		**Project Blue Book** Green fireballs nearly cause a disaster.		**Forged in Fire** Seven competitors return to the forge.		**Forged in Fire: Cutting Deeper** "The Kilij" (N) CC		**Knight Fight** The Normans versus the Saxons. (N) CC		**American Pickers** Mike and Frank pick the Big Apple. 🎧		**Forged in Fire**
PARMT	628	584	**Life or Debt** A Long Island DJ needs help. CC		**Life or Debt** A couple has $300,000 in debt. CC		**Life or Debt** Facing the truth about bank accounts. CC		**Life or Debt** Victor tries to save a Miami family. CC		**Life or Debt** A single mom works to make ends meet.		**Life or Debt** A postal worker needs financial help. CC		**Life or Debt** CC
RDI	126	730	**(5:59) Le national** (N)	**(:31) RDI économie** (N)	**(:01) 24/60** (N) (SC)		**Les grands reportages** (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 helps Vance face his demons. 🎧 CC		**NCIS** "Power Down" Citywide blackout. 🎧 CC		**Bull** A girl wants her parents to divorce. 🎧 CC		**Marvel's Runaways** "Past Life" (N) 🎧 CC		**The Magicians** Josh gives Margo a muffin. (N) 🎧 CC		**Marvel's Runaways** "Last Rites" 🎧 CC		**Marvel's Runaways** CC
SLICE	601	562	**Vanderpump Rules** Sandoval and Schwartz scramble. 🎧		**The Real Housewives of Beverly Hills** 🎧 CC		**The Real Housewives of New Jersey** 🎧 CC		**The Real Housewives of New Jersey** (N) 🎧 CC		**Vanderpump Rules** Lala and friends fly on a private jet.		**The Real Housewives of New Jersey** 🎧 CC		**Housewives/ NJ**
TLC	521	560	**My 600-Lb. Life** "Lacey's Story" Lacey must rally her divorced parents. 🎧 CC				**My 600-Lb. Life** "Brandon's Story" Brandon is a musician. (N) 🎧				**Family by the Ton** "A Matter of Life & Death" (N) 🎧		**My 600-Lb. Life** Struggling to make a positive change. 🎧		**My 600-Lb. Life** 🎧
TSN	400	400	**SportsCentre** (N) (Live) CC		**Raptors Game Day** (N)	**NBA Basketball** Washington Wizards at Toronto Raptors. From Scotiabank Arena in Toronto. (N) (Live) CC					**NBA Basketball** Golden State Warriors at Portland Trail Blazers. From Moda Center in Portland, Ore. (N) (Live) CC				
YOUTH	551	542	**Henry Danger**	**Knight Squad**	★★★ **"Paddington"** (2014) Hugh Bonneville. 🎧 CC				★★★ **"Paddington"** (2014) Hugh Bonneville. 🎧 CC				**Just Kidding**	**Just Kidding**	**Paddington**

THURSDAY EVENING — FEBRUARY 14, 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 Big Bang Theory** 🎧	**(:31) Young Sheldon** 🎧	**(:01) Mom** (N) 🎧 CC	**Fam** "Pregnant Pause"	**S.W.A.T.** "Fallen" A patrol officer is killed. (N) 🎧 CC		**Channel 3 News**	**(:35) The Late Show With Stephen Colbert** 🎧 CC	
WPTZ 5	-	-	**NBC5 News at 6** (N)	**NBC Nightly News - Holt**	**Jeopardy!** (N) 🎧 CC	**Wheel of Fortune** (N) 🎧	**The Titan Games** (N) 🎧 CC		**Brooklyn Nine-Nine** (N)	**Will & Grace** (N) 🎧	**Law & Order: Special Victims Unit** "Brothel" (N) 🎧		**NBC5 News at 11** (N)	**(:34) The Tonight Show Starring Jimmy Fallon** (N) CC	
CBMT 6	206	301	**CBC Montreal News** (N)	**Just for Laughs: Gags**	**Schitt's Creek** 🎧	**Coronation Street** (N) 🎧	**Dragons' Den** The Dragons want passionate pitches. (N)		**Workin' Moms** (N) 🎧	**Little Dog** (N) CC (DVS)	**The National** (N) 🎧 CC		**CBC Montreal News** (N)	**Canadian Reflections** (N)	**Coronation Street** 🎧
CHLT 7	107	718	**(5:58) TVA nouvelles** (N)	**Le tricheur** (N) (SC)	**LOL :-)** (SC)	**La dérape** (N) (SC)	**Le bon docteur** Un vol survient dans une épicerie. 🎧		**J.E.** (N) (SC)		**TVA nouvelles** (N)	**(:35) Denis Lévesque** (N) (SC)		**(:35)** ★★ **"Magic Mike XXL"** (2015) Channing Tatum. (SC)	
WMTW 8	-	-	**WMTW News 8 at 6PM** (N)	**ABC World News**	**Wheel of Fortune** (N) 🎧	**Jeopardy!** (N) 🎧 CC	**Grey's Anatomy** A sea of patients floods the hospital. (N)		**(:01) A Million Little Things** "the rock" (N) 🎧 CC		**How to Get Away With Murder** (N) 🎧 CC		**WMTW News 8 at 11** (N)	**(:35) Jimmy Kimmel Live** 🎧 CC	
CKSH 9	108	-	**(5:59) Le téléjournal Estrie**	**(:31) RDI économie** (N)	**District 31** (N) (SC)	**Infoman** (N) (SC)	**1res fois** Les fêtes d'ado de Debbie Lynch-White. (N)		**Enquête** (N) (SC)		**Le téléjournal** (N) (SC)		**(:05) Entrée principale** (SC)		
CKMI 11	-	-	**Global National** (N) 🎧	**(:29) Global News at 6:30**	**ET Canada**	**Entertainment Tonight** (N)	**The Titan Games** (N) 🎧 CC		**Schooled** (N) CC (DVS)	**Will & Grace** (N) 🎧	**S.W.A.T.** "Fallen" A patrol officer is killed. (N) 🎧 CC		**Global News at 11** (N)	**(:35) The Late Show With Stephen Colbert** 🎧 CC	
CFCF 12	205	312	**(5:59) CTV News Montreal** (N) 🎧 CC		**etalk** (N) 🎧 CC	**The Big Bang Theory** CC	**The Big Bang Theory** 🎧	**(:31) Young Sheldon** 🎧	**(:01) Cardinal** "Lemur" Cardinal makes an arrest. (N) 🎧		**Law & Order: Special Victims Unit** "Brothel" (N) 🎧		**News-Lisa**	**CTV News Montreal** (N)	**The Daily Show**
WVNY 22	-	-	**Local 22 News** (N)	**ABC World News**	**Local 22 News** (N)	**Inside Edition** (N) 🎧 CC	**Grey's Anatomy** A sea of patients floods the hospital. (N)		**(:01) A Million Little Things** "the rock" (N) 🎧 CC		**How to Get Away With Murder** (N) 🎧 CC		**Local 22 News** (N)	**(:35) Jimmy Kimmel Live** 🎧 CC	
WUTV 30	-	-	**The Big Bang Theory** CC	**Judge Judy** (N) 🎧 CC	**Judge Judy** (N) 🎧 CC	**Family Feud** (N) 🎧 CC	**Gotham** Gordon assembles an unlikely team. (N) 🎧		**The Orville** "Deflectors" (N) 🎧 CC (DVS)		**2 on Your Side at 10** (N)	**Seinfeld** "The Susie" CC	**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** Une enquête sur une série d'attaques. 🎧		**Rire et délire**	**Souper parfait**	**NVL** (N)	**Moment V**
WUHF	-	363	**Modern Family** 🎧	**Modern Family** 🎧	**The Big Bang Theory** CC	**The Big Bang Theory** CC	**Gotham** Gordon assembles an unlikely team. (N) 🎧		**The Orville** "Deflectors" (N) 🎧 CC (DVS)		**13WHAM News at 10 on Fox Rochester** (N) (Live) CC		**DailyMailTV** (N) 🎧 CC	**The Simpsons** 🎧	**Paid Program** CC
WETK	-	-	**PBS NewsHour** (N) 🎧 CC		**Meet The Makers** (N)	**Rick Steves' Europe** CC	**Victoria & Albert: The Wedding** 🎧 (Part 1 of 2) CC		**Victoria & Albert: The Wedding** Reconstructing the royal wedding. 🎧 CC			**Delicious Europe**	**Amanpour and Company** (N) 🎧 CC		**Nightly Business Report**
WCFE	-	-	**World News America**	**Nightly Business Report**	**PBS NewsHour** (N) 🎧 CC		**New Tricks** Asian community liaison officer. 🎧 CC		**Death in Paradise** The team faces a difficult case. CC		**The Coroner** A pirate festival provides a cover. 🎧 CC		**BBC World News** CC	**Amanpour and Company** (N) 🎧 CC	
A&E	615	520	**The First 48** Elderly woman strangled; student shot. 🎧		**The First 48** Killing of a Dallas couple. 🎧 CC		**The First 48** A casino visitor goes missing. (N) 🎧 CC		**The First 48 Presents: Homicide Squad Atlanta** 🎧 CC		**(:01) 60 Days In** Some participants hit a breaking point.		**(:04) The First 48** A reformed man is gunned down. CC		**(12:03) The First 48** CC
BRAVO	620	523	**Criminal Minds** A serial killer in Wisconsin. CC (DVS)		**Criminal Minds** A congressman's wife disappears. 🎧		**"Garage Sale Mystery: Guilty Until Proven Innocent"** (2016, Mystery) Lori Loughlin, Sarah Strange. 🎧				**Criminal Minds** The team searches for a killer. 🎧		**Criminal Minds** "Scream" Kate worries about her niece.		**Criminal Minds** 🎧
CNN	500	500	**Situation Room With Wolf**		**Erin Burnett OutFront** (N)		**Anderson Cooper 360** (N)		**Cuomo Prime Time** (N) CC		**CNN Tonight w/ Don Lemon**		**CNN Tonight w/ Don Lemon**		**Cooper 360**
DISC	520	505	**Highway Thru Hell** "Still Got It" CC (DVS)		**MythBusters** Testing two tales of daredevil drifting. 🎧		**Trans Am** Scott rebuilds a Super Duty Trans Am. (N)		**Bitchin' Rides** A '63 Corvette gets upgrades. (N) CC		**To Be Announced**		**To Be Announced**		**Trans Am** CC
HIST	522	506	**American Pickers** The guys are stunned by storefronts.		**Forged in Fire: Cutting Deeper** "The Kilij" 🎧 CC		**Knight Fight** The Normans versus the Saxons. 🎧 CC		**Swamp People** "Leviathans" (N) 🎧 CC		**Truck Night in America** "Up the Creek" 🎧 CC		**American Pickers** The guys are stunned by storefronts.		**Swamp People** 🎧 CC
PARMT	628	584	**Caraoke Showdown**	**Caraoke Showdown**	**Caraoke Showdown**	**Caraoke Showdown**	**Caraoke Showdown**	**Caraoke Showdown**	**Lip Sync Battle** (N) CC	**(:32) Lip Sync Battle** CC	★★★ **"The Wedding Singer"** (1998) Adam Sandler, Drew Barrymore. A 1980s wedding crooner attempts to find true love. 🎧 CC				
RDI	126	730	**(5:59) Le national** (N)	**(:31) RDI économie** (N)	**(:01) 24/60** (N) (SC)		**Les grands reportages** Une crise de dénatalité au Japon.		**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** Team investigates the death of a Marine. 🎧 CC		**NCIS** "Faith" Gibbs' father visits for the holidays. CC		**Bull** Bull helps a teen arrested for robbery. 🎧		**Legacies** Hope, Lizzie, Josie and MG are punished. 🎧		**Supergirl** Supergirl searches for Agent Liberty. 🎧 CC		**Legacies** Landon's disappearance raises suspicion.		**Legacies** 🎧 CC (DVS)
SLICE	601	562	**Backyard Envy** Clients are allergic to bees; rooftop. 🎧		**Will & Grace** 🎧 CC	**Will & Grace** 🎧 CC	**Will & Grace** 🎧	**Will & Grace** 🎧 CC	**Million Dollar Listing Los Angeles** "Failure to Launch" (N)		**Backyard Envy** New clients have a limited budget. (N) 🎧		**The Real Housewives of New Jersey** 🎧 CC		**Million Dollar LA**
TLC	521	560	**Say Yes to the Dress** 🎧	**Say Yes to the Dress** 🎧	**Say Yes to the Dress** 🎧	**Say Yes to the Dress** 🎧	**Dr. Pimple Popper** Chuck has a Popeye-shaped bump.		**Dr. Pimple Popper** Taylore has unsightly elf-like bumps.		**My 600-Lb. Life** "Supersized: Brandon's Story" (N) 🎧				**Dr. Pimple Popper** 🎧
TSN	400	400	**SportsCentre** (N) (Live) CC		**NASCAR Monster Energy Series** Gander RV Duel 1 At Daytona. From Daytona International Speedway in Daytona Beach, Fla. (N) (Live) CC						**SportsCentre** (N) (Live) CC		**SportsCentre** (N) (Live) CC		**SC With Jay and Dan** (N)
YOUTH	551	542	**Henry Danger**	**Thundermans**	★★★ **"The Princess and the Frog"** (2009) 🎧 CC				★★★ **"The Princess and the Frog"** (2009) 🎧 CC				**Just Kidding**	**Just Kidding**	**Princess-Frog**

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Magog Fête des neiges celebration continues this weekend

Record Staff

After a busy first weekend with hundreds of festival-goers taking part, Magog's Fête des neiges continues its 25th anniversary celebration at Merry Point Park this weekend, Feb. 9 and 10.

Sports and animals will be central to the celebrations along with bubble football, cardio on snow, the pony carousel, and the long-awaited return of cart rides. In addition, ice sports enthusiasts will be able to sharpen their skates for free before embarking on the scenic ice trail.

In addition, during these last two days of the event, it will be possible to enjoy the Ferris wheel, tube slides, and inflatable games. Various other activities including zumba classes are also on the menu. Visitors will also be able to meet mascots and warm up at the Uniprix "Petits Flocons" stop.

The traditional fireworks, an explosion of colors on beautiful Lake Memphremagog will take place on Saturday at 6 p.m. This magical show will be preceded by a lively musical performance by Les Kick Ball Change.

Full details of event scheduling are available at www.fetedesneigesdemagog.com as well as on the Fête des neiges de Magog Day Facebook page.

Municipal regulations prohibit animals at Merry Point Park.

Schedule

Saturday, Feb. 9 from 10 am to 6 p.m.

Sunday, Feb. 10 from10 a.m. to 4:30 p.m.

THE RECORD
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What's On

Music

February 9

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

February 9

Dance with Movin On at The Hut, A.N.A.F. Unit #318, 300 St. Francis, Lennoxville on Saturday, February 9 at 8 p.m. **Admission: $10. 18+ welcome.**

February 16

Dance with New Wrangler's (Dave McBurney and friends) at The Hut, A.N.A.F. Unit #318, 300 St. Francis, Lennoxville on Saturday, February 16 at 8 p.m. **Admission: $10. 18+ welcome.**

February 16 & 17

Estria presents a Valentine's weekend of concerts on Saturday, February 16 at 3 p.m. at **St. Elizabeth's Church in North Hatley** and Sunday, February 17 at 3 p.m. at the **Uplands Cultural and Heritage Centre in Sherbrooke** (Lennoxville). Oboist Étienne de Médicis and clarinettist (+ saxophonist) Pauline Farrugia will join pianist Tristan Longval-Gagné in presenting a selection of romantic and virtuosic works by composers Robert Schumann, Franz Schubert, Francis Poulenc, Johann Wenzel Kalliwoda, Jacques Ibert and Eugène Bozza. **Admission charged ($15 general and $10 for students and 60+).** Please contact 819-842-1072 or estria@cgocable.ca for reservations or for more information.

February 20

Aaron Pritchett – Out on the Town Tour, with very special guest Kira Isabella and featuring David James, will be at **The Gait, Bishop's University, Lennoxville** on February 20 at 8 p.m. Doors open at 7 p.m. **Tickets ($25)** available at ovation.ca, Centennial Theatre ticket office 819-822-9692.

Events

February 9

Surprise your valentine with something Hand-Crafted Locally! Marché des Artisanats Dunham is hosting a craft sale. Starting February 9. Jewelry, soaps, small furnishings, pens, crocheted soft shoes, honey, jams, boxed maple products, shoulder bags, table coverings, hand painted signs, hats, scarves, lots of art, and more for men, women, and kids. 3786 rue Principale, Dunham. Come before Valentine's Day! Open Thursday and Friday afternoons, Saturday and Sunday.

February 9

Massawippi Dart League open mixed doubles Dart Tournament, for the benefit of La Maison Aube-Lumière, on Saturday, February 9 at **The Hut**, A.N.A.F. Unit #318, 300 St. Francis, Lennoxville. Registration: 1 p.m. to 2 p.m. Starts at 2 p.m. sharp. Everyone welcome to come play darts for a good cause!

February 9

2019 Marion L. Phelps Memorial Lecture Series, at the Brome County Historical Society, 15 St. Paul, Knowlton lectures start at 1 p.m. Information 450-243-6782 (lectures are in English). Presented by Jimmy Manson. Part 2: Important Issues and People in Eastern Townships' History between the 1837-38 Rebellions and the Annexation Manifesto. February 9 - The Misrepresented Missionary: Stanstead's Jason Lee and the Oregon Boundary Dispute. February 16 - A Majority Restored: Reaction to the Durham Report and the act of Union in the Eastern Townships. February 23 - Squatters need not apply: A History of Land Allocation in the Eastern Townships during the First Half of the 19th Century.

February 10

St. Valentine's Day Brunch on Sunday, February 10 at Beulah United Church, 967 Main Street, Ayer's Cliff from 11 a.m. to 1 p.m. Bring that "EGGS"tra special someone and enjoy a home cooked meal of ham, sausage, bacon, scrambled eggs, baked beans, pancakes with real maple syrup, toast, fruit salad, coffee, tea and orange juice. All are welcome. It's the event you have BEAN waiting for! **Adults $10, children 5 to 12 years old $5, under 5 are free.**

February 13

The Canadian Federation of University Women (CFUW), Sherbrooke and District, will welcome Brigitte Roy and Lysianne Reula-Sheard as guests of its Speaker's Programs on Wednesday, February 13. Ms. Roy is a manager and Ms. Reula-Sheard a volunteer at La Maison Aube-Lumière which offers quality palliative care to terminally ill cancer patients, this free of charge. **The first part of the conference will focus on the mission and vision of Aube-Lumière. In the second part of their presentation, Ms. Roy and Ms. Reula-Sheard will discuss their fundraising responsibilities and activities at Aube-Lumière,** including their past participation in a fundraising trek in the Alps (video) and in the upcoming Challenge of the Extreme in Peru 2019. Wednesday, February 13, 3 p.m., St Andrew's Presbyterian Church Hall, 256 Queen Street, Lennoxville, accessible to persons with reduced mobility.

February 16

Chicken Pie Supper, sponsored by the Ladies Auxiliary of the Richmond Legion, will be held on Saturday, February 16 starting at 5:30 p.m. at the Legion, 235 College St. North, Richmond. **$10 per person**. Music starts at 4 p.m. Tickets must be reserved in advance by calling 819-826-3444.



February 20

CHEP Video Conference: Women's Heart Health, Wednesday, February 20, starts at 10 a.m. (please arrive early), Richmond Regional High Community Learning Centre (375 Armstrong). Free to join; no reservation required.

February 20

Notice is hereby given that the **Bibliothèque Lennoxville Library will hold its 2018 annual general meeting** on Wednesday, February 20, 2019 at 7 p.m. at the Library, 101 Queen Street, Sherbrooke. The agenda is available on the Library's website www.bibliolennoxvillelibrary.ca. All Library members are eligible to vote at the annual general meeting. Everyone is welcome.



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Local Sports

Did you know, there are approximately 10 million people worldwide who regularly Nordic walk. It is quickly spreading throughout Europe and North America.

Nordic walking offers many benefits as cross trainer for runners



A RUNNER'S MIND

CHRISTINE BLANCHETTE

Cross training is excellent for most athletes regardless of their sport and especially for runners. It keeps your mind fresh while allowing your body to recover from the rigors of daily workouts. In winter, some runners will weight train, snow shoe and swim to keep fit during running off days. Now you can include Nordic Walking as a cross training option to improve overall fitness. An online article by Kraig Becker in HealthyWay titled, What Is Nordic Walking and Is It an Alternative to Running, takes a deeper dive into the activity. "If you're looking to add a new element to your usual workout routine that doesn't involve running, Nordic walking is an excellent alternative," Becker says, adding, "Mixing in this type of exercise will increase your upper body strength, reduce your blood pressure, and build stronger lungs and heart."

There are other health benefits to Nordic walking such as core strengthening, improving, assisting and promoting proper standing and walking posture, improved stability, balance, and increased range of motion.

Fun fact: Did you know, there are approximately 10 million people worldwide who regularly Nordic walk. It is quickly spreading throughout Europe and North America.

Dr. Jack Taunton, former Chief Medical Officer for the Vancouver 2010 Winter Olympics and Paralympics Games and CMO for Canada at the Sydney Olympics has completed 62 marathons with a best performance of 2:25:29 and countless road races. Dr. Taunton, who now Nordic walks said, "I use my Nordic poles for any walking I do because I lost balance sensation and power to my foot, ankle, quad, and hip flexors. I do long walks for training every day. Longest is four hours on weekends and alternate two and half hours faster and three hours at moderate pace. Attack the hills and twice a week now, can do hill repeats - wear a heart rate monitor."

You could say Nordic Walking has been a Godsend to Dr. Taunton, who has endured seven major spine surgeries since 2010. He said: "I can stay fit. Thirty per cent more energy output using your arms with the poles and you are upright in a biomechanical better position to walkers or crutches."

Amy Ku, an avid runner since 2009 shares her passion for this type of workout. She says, "I started pole walking in 2014. I had developed a heart issue and running was not recommended. I was lucky that one member of the (running store run club), Al, was a pole walker. So I asked him to teach me to walk with proper form. I also took training so I can practice on my own. I completed two half-marathons using poles. In 2017, I started running once again. I now alternate running with pole walking workouts regularly. Pole walking makes for great cross training as it provides a full body workout."

For Ku walking with poles has given her great arm and core strength. She says, "Walking with poles engages 95 per cent of your body muscles which makes for a much more balanced workout than just walking alone or running."

For those who want to start Nordic walking, she shared her tips:

1. Invest in a good pair of poles for optimum comfort and durability.

2. Find someone experienced to teach you how to walk with poles, and the proper forms. Technique is important in order to maximize the benefits.

3. Walk with a group helps to build confidence and makes long walks feel effortless.

4. Walk regularly and practice your techniques. It may feel awkward at first, but it won't take long before it becomes second nature.

5. You don't have to be in a race to walk. Train for your health!

If you love walking and looking for a new cross training activity, then why not try Nordic walking? What better time to start with February being Heart Month.

www.runwithit.ca
Twitter: @christineruns
Instagram: runwithit_christineblanchette
Run With It on YouTube - runwithit



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Church Services

Anglican

LENNOXVILLE

Saint George's Anglican Church, Lennoxville, 84 Queen Streeet. 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.

SHERBROOKE

Church of the Advent, Diocese of Quebec, 473 Bowen South, Sherbrooke. You are invited to pray with us on Sunday, February 10 at 11 a.m. Morning Prayer Service lead by Roy Stinson. Please note on Sunday, February 17 at 1 p.m. Holy Communion will be lead by the Venerable Dr. Edward Simonton, OGS, Vicar General.

Presbyterian

LENNOXVILLE

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

United

AYER'S CLIFF - MAGOG

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

LENNOXVILLE

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

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, www.plymouthtrinitychurch.org, welcomes all of you to our English service at 10:30 a.m. on Sunday, February 10. All are welcome! And save the date: our annual congregational meeting will follow our bilingual February 17 service (plus a Mission & Service luncheon). Nous vous souhaitons la bienvenue à notre culte en français le dimanche, 10 février, à 13 h (dans la chapelle, entrez par la porte arrière dans l'aire de stationnement). Cordiale bienvenue à tout le monde. Minister: Rev. Samuel V. Dansokho.

WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church, Sunday, February 10, 11 a.m., with Mead Baldwin. Sunday School. Rev. Mead Baldwin 819-837-1112.

A Dutch oven may be key to a better butternut squash soup

By America'S Test Kitchen

Butternut squash soup is a fall staple, but many recipes fail to live up to their potential, ending up too sweet or with too little squash flavour - plus, prepping the squash can be time-consuming and unwieldy. We found the solution to these problems in our Dutch oven.

We sauteed a shallot in butter with the reserved squash seeds and fibers before adding water for a flavourful, squash-enhanced liquid that we then used for steaming the squash.

The Dutch oven's ample size provided plenty of room for steaming, and we could drop the squash in unpeeled and quartered, which cut out lots of prep time. To complete our soup, we scooped out the cooked squash from its skin and then pureed it with some of the strained steaming liquid for a perfectly smooth texture.

Some heavy cream added richness, and a little brown sugar and curry powder balanced the squash's earthy flavour. A tart apple, such as a Granny Smith, adds a nice contrast to the sweet squash, but any type of apple may be used.

CURRIED BUTTERNUT SQUASH AND APPLE SOUP

Servings: 4-6

Start to finish: 1 hour, 15 minutes

6 slices hearty white sandwich bread, crusts removed, cut into 1/2 inch pieces (3 cups)
3 tablespoons unsalted butter, melted, plus 4 tablespoons unsalted butter
Salt and pepper
1 large shallot, chopped
2 1/2 pounds butternut squash, quartered and seeded, fibers and seeds reserved
6 cups water
1 large apple, peeled, cored, and quartered
1/2cup heavy cream
2 teaspoons curry powder
1 teaspoon packed dark brown sugar

Adjust oven rack to middle position and heat oven to 350 F. Toss bread with melted butter, season with salt and pepper, and spread onto rimmed baking sheet. Bake until golden brown and crisp, 20 to 25 minutes, stirring halfway through baking. Set aside to cool. (Croutons can be stored at room temperature for up to 3 days.)

Melt 2 tablespoons butter in Dutch oven over medium heat. Add shallot and cook until softened, 2 to 3 minutes. Stir in squash seeds and fibers and cook until butter turns orange, about 4 minutes.

Stir in water and 1 teaspoon salt and bring to simmer. Place squash, cut side down, and apple in steamer basket and lower basket into pot. Cover and steam until completely tender, 30 to 40 minutes.

Using tongs, transfer squash to rimmed baking sheet. Let squash cool slightly, then scrape flesh from skin using soupspoon; discard skin.

Strain cooking liquid through fine-mesh strainer into bowl. Working in batches, process squash and 3 cups strained cooking liquid in blender until smooth, 1 to 2 minutes, then return to clean pot. Stir in cream, curry powder, sugar, and remaining 2 tablespoons butter and bring to brief simmer over medium-low heat. Adjust consistency as needed with remaining strained cooking liquid. Season with salt and pepper to taste. Top individual portions with croutons before serving.

Nutrition information per serving: 556 calories; 284 calories from fat; 32 g fat (19 g saturated; 1 g trans fats); 91 mg cholesterol; mg sodium; 66 g carbohydrate; 9 g fiber; 17 g sugar; 8 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit https://www.americastestkitchen.com. Find more recipes like Curried Butternut Squash and Apple Soup in "Cook It In Your Dutch Oven ."

(The Associated Press)

SUDOKU

DIFFICULTY RATING: ★★★★☆

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

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

PREVIOUS SOLUTION

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

SUDOKU

DIFFICULTY RATING: ★★★★★

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

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PREVIOUS SOLUTION

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

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

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In Memoriam

JOHNSTON, Shirley - In fond and loving memory of a dear mother who passed away February 8, 2009.

Softly the leaves of memory fall,
Gently we gather, treasure them all,
Some may forget now that you are gone,
We will remember no matter how long.

Your loving family
BILL, MELVIN, PAULINE

In Memoriam



MOORE, Jimmy: May 1, 1928 – January 18, 2014. Much loved husband, father and papa.

Always in our hearts.

Death



Jessie Wentworth (1932-2019)

At the Brome-Missisquoi-Perkins Hospital, January 30th, 2019, at the age of 86, passed away Mrs. Jessie Wentworth, wife of the late Mr. Jan Chayer, residing in Abercorn.

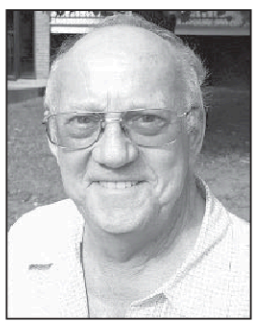
She leaves to mourn her daughter Diane Sévigny Leavitt, her grandchildren: Donnie Leavitt, Amanda Davis (and her father John Davis); her great-grandchildren: Chelsea, Bradley, Wyatt; her great-great-grandchildren and other relatives and friends.

Cremation was held at Les Jardins Funéraires Bessette Crematorium in Granby.

Funeral will be held at a later date.

Les Résidences Funéraires Bessette
5034 Foster St., Waterloo QC
PHONE: 450-539-1606
FAX: 450-539-3035
www.famillebessette.com
Member of the C.T.Q.

Death



Ross LESTER (1952–2019)

Died peacefully at the Charles LeMoyne hospital, with family by his side, February 1, 2019 at the age of 66. Beloved father of Michael and Melissa (Bryan).

He leaves to mourn his sister Sylvia and his brothers William, Neal (Sandra), Harold, and Elmer, nieces and nephews.

He will be greatly missed by family and friends.

Visitation will take place at the Cass Funeral Home, 295 Principale St. S., Richmond, QC on Saturday, February 16, 2019 from 1:00 to 3:00 p.m., followed by a memorial service at 3:00 p.m.

Interment will take place at a later date.

CASS FUNERAL HOMES
295 Principale S., Richmond QC
PHONE: 819-826-2502
FAX: 819-564-4423
www.casshomes.ca

Death



Howard Franklin DAVIES (1927-2019)

Passed away peacefully at the CSSS Memphremagog hospital on January 30, 2019.

Beloved husband of Reta (Dempsey), dear father of Linda, and brother of Ruth Hands, Bolton, Ont.

He was predeceased by his parents, brothers Everett (late Evelyn) and Malcolm (late Vera), brothers-in-law and sisters-in law Bert & Irene Arbery, Gordon & Gertie Bedard, Gordon & Phyllis Dempsey and leaves to mourn nephews, nieces and friends.

He was a lifelong member of the Ascot Masonic Lodge No. 30, Lennoxville, Que. and the Sherbrooke Snow Shoe Club.

The family wishes to thank the staff of the Manoir Stanstead for the loving and kind care.

A graveside service will be announced in the spring.

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

In Memoriam

WRIGHT, Forrest – In loving memory of a husband, father and grandfather who passed away February 8, 2015.

We think of you every day.
You are loved by all your family.

MARION WRIGHT
CHILDREN and
GRANDCHILDREN

Card of Thanks

DUSTIN – We wish to acknowledge with much appreciation your kind expressions of sympathy in the recent death of our beloved brother, Weldon. Even though his health was failing, he continued to walk by faith, not by sight. May he enjoy his hockey from a higher view.

Our thanks to all.
LETA, LORNA, LILLIAN & WYNN



Death



Maureen (Greene) KILBRIDE
1934-2019

Maureen Margaret Kilbride (Greene) passed away on Saturday, January 27, 2019 at the Brome-Missisquoi-Perkins hospital. A sincere thank you to Drs. Desy and Munger and all the staff of the hospital for the good care Maureen had during her last days.

She leaves behind her beloved husband Thomas (Tom) of 59 years. She also leaves to mourn her sister Beverly of Ridgetown, ON and Brian Sr. (Carol), of Knowlton, QC. Maureen was special to her nieces and nephews: Sue (Ken) McLarty – Ridgetown, ON, Janice (Bill) Krawchuck – Fernie BC, Brian Greene Jr. – Knowlton, QC and Jeff Greene – Montreal, QC as well as her extended family of great nieces and nephews. Maureen will be lovingly remembered by her family and friends.

Born in Montreal on May 3, 1934, the daughter of Hazel (Timm) and Frank Greene, she lived much of her life in her home of Brome Lake.

Maureen retired in 1982 after successful professional careers at both the Queen Elizabeth Hotel and Magnasonic.

Upon her retirement Maureen enjoyed many activities in the Knowlton area, from bridge club and golf to helping out at her church and the local food bank. She enjoyed camping with the love of her life, Tom, and supported his bluegrass music passion.

A celebration of Maureen's Life will be held at: St. Edouard Church, 366 Knowlton Rd., Knowlton, QC on Saturday, May 18, 2019 with visitation at 10 a.m. and service at 11 a.m.

Donations in Maureen's memory can be made to a charity of your choice.

Condolences may also be sent via our website at: www.complexebm.com

Arrangements entrusted to:

BROME-MISSISQUOI FUNERAL COMPLEX **PHONE: 450-266-6061**
402 rue de la Rivière, Cowansville QC **FAX: 450-266-6057**
www.complexebm.com

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Happy 60th Anniversary

Card Shower



Our parents **Nancy & Jean-Paul Dubois**
will be married 60 years on February 14!
If you would like to share in their celebration by
sending a card we know it would be
so very special to them and the family.

Their address is:
102 St. Jean
Richmond, QC J0B 2H0

Datebook

FRIDAY, FEBRUARY 8, 2019

Today is the 39th day of 2019 and the 50th day of winter.

TODAY'S HISTORY: In 1587, Mary, Queen of Scots, was executed on suspicion of plotting to murder her cousin Queen Elizabeth I.

In 1910, the Boy Scouts of America was incorporated.

In 1915, D.W. Griffith's "The Birth of a Nation" premiered in Los Angeles with the title "The Clansman."

In 1971, the NASDAQ stock exchange began trading.

In 1996, President Bill Clinton signed the Telecommunications Act of 1996 into law, leading to a drastic overhaul of U.S. media regulations.

TODAY'S BIRTHDAYS: William Tecumseh Sherman (1820-1891), U.S. general; Jules Verne (1828-1905), author; Lana Turner (1921-1995), actress; Jack Lemmon (1925-2001), actor; James Dean (1931-1955), actor; John Williams (1932-), composer; Ted Koppel (1940-), journalist; Nick Nolte (1941-), actor; Robert Klein (1942-), comedian/actor; Mary Steenburgen (1953-), actress; John Grisham (1955-), author; Gary Coleman (1968-2010), actor; Mary McCormack (1969-), actress; Seth Green (1974-), actor/producer; Klay Thompson (1990-), basketball player.

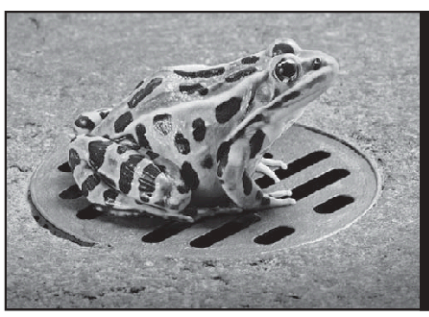
TODAY'S FACT: The first movie ever to be screened privately at the White House was "The Birth of a Nation," which Woodrow Wilson viewed in 1915.

TODAY'S SPORTS: In 1998, Finland beat Sweden 6-0 in the first women's Olympic ice hockey game.

TODAY'S QUOTE: "Anything one man can imagine, other men can make real." — Jules Verne, "Around the World in Eighty Days"

TODAY'S NUMBER: 2.35 million - estimated youth membership of the Boy Scouts of America in 2017.

TODAY'S MOON: Between new moon (Feb. 4) and first quarter moon (Feb. 12).



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Ducks Unlimited Canada
CANADA'S CONSERVATION COMPANY

Your Birthday

FRIDAY, FEBRUARY 8, 2019

Keep personal secrets, passwords and information to yourself. If you want to make changes, put your plans in motion before you share your intentions. The less others know about your business, the less interference you will face. You must complete your mission before you toot your horn.

AQUARIUS (Jan. 20-Feb. 19) — Don't use force when you can use intelligence to get what you want. An opportunity will present itself if you put in the physical effort required to get what you want.

PISCES (Feb. 20-March 20) — Don't let your enthusiasm allow others to take advantage of you. Only offer what's reasonable and required when lending a helping hand. Donate time, not cash.

ARIES (March 21-April 19) — Take care of business before you move on to more pleasurable pastimes. Being responsible will help protect you from falling out of favor when an opportunity or promotion comes along.

TAURUS (April 20-May 20) — Take a close look at what you are doing and consider what you want to do moving forward. Making a couple of changes or picking up additional skills will enhance your chance to advance.

GEMINI (May 21-June 20) — Think big, but don't take on the impossible. You'll have some good ideas that will make you stand out. Don't let anyone take credit for your work or suggestions.

CANCER (June 21-July 22) — Weigh the pros and cons before you make a choice. Taking a responsible step forward will end up giving you greater freedom to use your ideas, skills and experience in the future.

LEO (July 23-Aug. 22) — Make plans to get out with people who inspire you to be your best. Networking will lead to a discussion that will promote a joint venture or new opportunity.

VIRGO (Aug. 23-Sept. 22) — Make plans with people you love to spend time with. A personal change will improve your life, and updating your appearance will invite compliments. Romance is in the stars.

LIBRA (Sept. 23-Oct. 23) — Look for something you can do with a loved one. A change of heart will help improve your personal life and give you something to look forward to. Romance is encouraged.

SCORPIO (Oct. 24-Nov. 22) — Do something creative or try something you've never done before. Expand your interests and friendships to discover a hidden talent. Romance is highlighted.

SAGITTARIUS (Nov. 23-Dec. 21) — Be careful with whom you share personal information. Someone will take advantage of your generosity. Use intelligence when faced with a competitive situation. Get together with friends or relatives.

CAPRICORN (Dec. 22-Jan. 19) — Add a little flair to whatever you do. A creative approach to an old idea or project will inspire enthusiasm. If you evaluate an important relationship, it will bring you and the other party closer together.

SATURDAY, FEBRUARY 9, 2019

Size up whatever comes your way and make the most of it. Your confidence and willingness to take charge and get things done will result in numerous opportunities to advance. Don't let emotional situations stand in your way when you can use them to fuel your desire to achieve.

AQUARIUS (Jan. 20-Feb. 19) — Start moving and don't stop until you reach your goal. The more you put in, the more you will get out. If you trust and believe in your abilities, you will make a difference.

PISCES (Feb. 20-March 20) — Calculate each move methodically. Don't share too much information with others. Focus on what you can do without jeopardizing your reputation. Be responsible and choose stability over chaos.

ARIES (March 21-April 19) — Emotions will flare up when it comes to matters that concern your position or status. Don't let anger get the better of you. A rational approach will help you get your way.

TAURUS (April 20-May 20) — Personal changes can be made, as long as your motives are good. If emotions drive your actions, you will end up in an awkward position. Focus inward and make personal or physical improvements.

GEMINI (May 21-June 20) — Stay focused on what's important to you. An interesting offer will affect you personally and professionally. Mull over the details before you make a decision or commitment.

CANCER (June 21-July 22) — You'll be at odds when dealing with decisions regarding a personal relationship. Consider every scenario and be open to suggestions before you proceed. Romance is encouraged.

LEO (July 23-Aug. 22) — Sign up for something that interests you or take a day trip that will give you a broader view of what's available. A joint venture or new beginning looks promising.

VIRGO (Aug. 23-Sept. 22) — You'll have trouble making a decision. Too many choices or not enough information will leave you confused. Talk to an expert or someone you trust to give you wise advice.

LIBRA (Sept. 23-Oct. 23) — Address issues that have been causing you grief. Don't let anger take control. As long as you stay calm and offer alternative solutions, you will have something to look forward to.

SCORPIO (Oct. 24-Nov. 22) — Live and learn. If you interact with people you find creative or unique, it will spark your imagination. Taking a day trip or attending a reunion will encourage you to make personal changes.

SAGITTARIUS (Nov. 23-Dec. 21) — Host a get-together. Listening to what others have to say will give you the incentive to make a long-overdue change. A new beginning or direction is encouraged.

CAPRICORN (Dec. 22-Jan. 19) — Don't feel you must make a move because someone else does. Walk away from situations that appear to have too many variables or unpredictable people involved.

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.

"B MKLY KFRKOV DNBYJ DC SY K RCAKX RMC ENCDYZDV CDMYN RCAYX. ... B RKV NKBVYJ SO K WYABXBVD ACDMYN." — XBZCFY PBJAKX

Previous Solution: "I'm not afraid of chaos, and I'm happy talking to strangers. I really love not knowing where I'm going." — Fiona Shaw

TODAY'S CLUE: S stands for V

CELEBRITY CIPHER
by Luis Campos

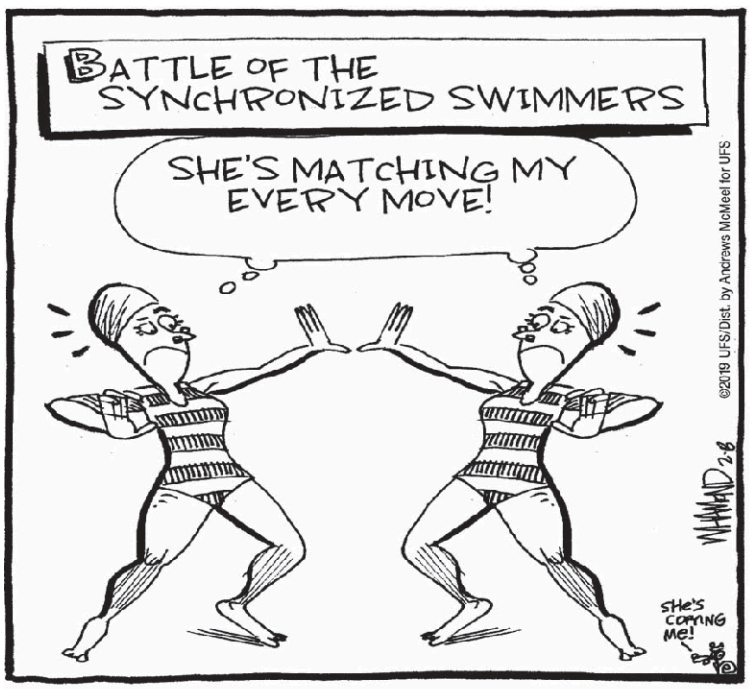
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"VITFLATFV AL'V IZOC LI XASF CIGPVFBY O NOL IJ LEF DOHZ OJK VOC, 'LEOL MOV HIIB. LEOL TOKF TF YFFB XIIK.'" — VFDOVLAOJ VLOJ

TODAY'S CLUE: U stands for G

Previous Solution: "I have always tried to be a woman who protects other women. ... I was raised by a feminist mother." — Nicole Kidman

REALITY CHECK



HERMAN

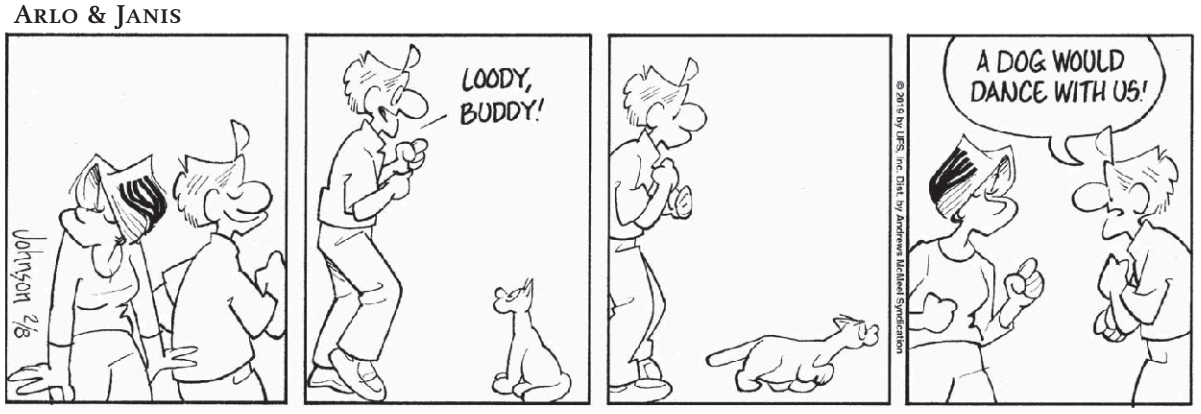


"Can I sit up in the front of the plane?"

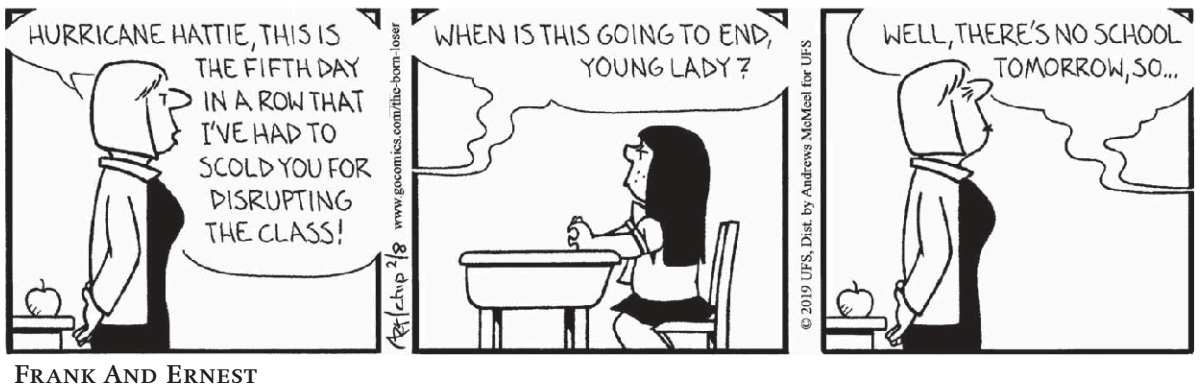
ALLEY OOP



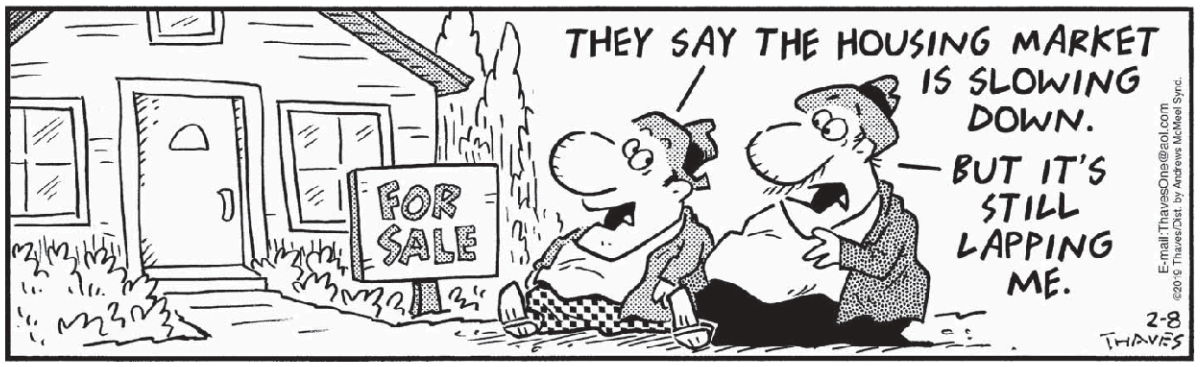
ARLO & JANIS



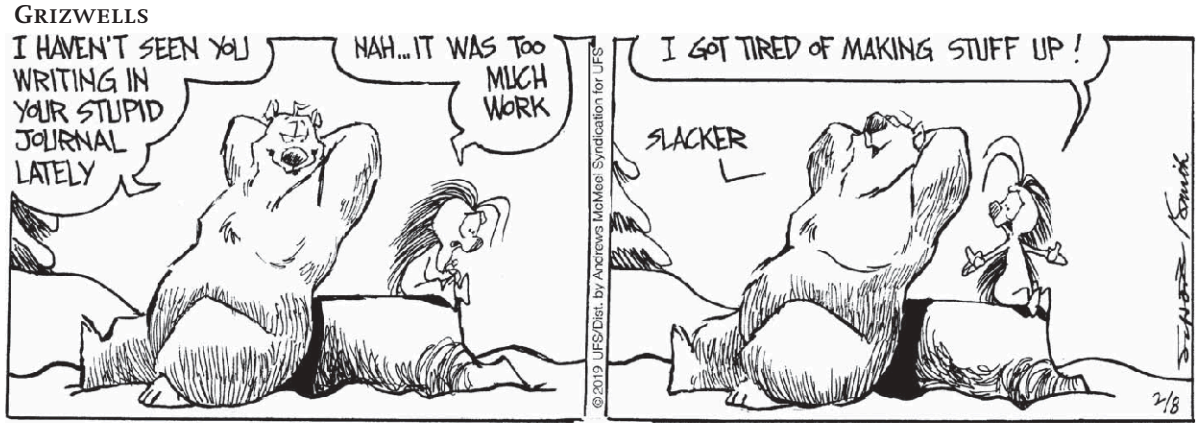
THE BORN LOSER



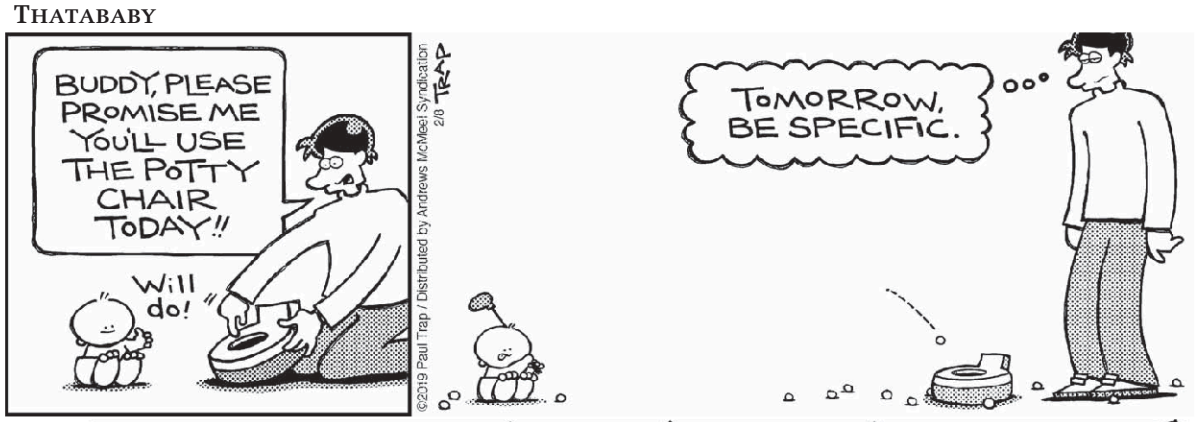
FRANK AND ERNEST



GRIZWELLS



THATABABY





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

CLASSIFIED

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
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100 Job Opportunities

MANOIR HOVEY

Manoir Hovey, 5-star lakeside inn in North Hatley, is currently hiring:

Registered Massage Therapist

- Full time position
- Must be bilingual (French/English)
- Flexible schedule and dynamic team

Please send your application by email to marketing@manoirhovey.com or in person at 575 rue Hovey, North Hatley, QC

100 Job Opportunities

145 Miscellaneous Services

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

275 Antiques

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

395 Home Improvement

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

Want your ad to stand out? For **.50** a word **- bold** it.

Jumping into the dating game

Dear Annie

FRIDAY, FEBRUARY 8, 2019

Dear Annie: I'm a 74-year-old single man who has never been in circulation.

I have relatives, friends and others who keep asking me, "When are you getting married?" I don't even know where to start with dating. I don't know what it is these days or whether it even exists for me. Should I have announcements printed to let people know I'm looking to date? Should I run a notice in the newspaper? Or should I simply tell people at a family dinner? We have a family dinner coming up on Valentine's Day, so I thought then might be a good time to do it. It needs to be known that not all of us are socially active and successful. More than a few of us are simply passed over, ignored or rejected, both men and women. And our chances are not improved by having to tell others that we've never really dated. I was never invited to social gatherings. As a result, I don't have some of the skills needed. I don't know the latest dances, etc. Any ideas or suggestions? — 74-Year-Old Wallflower

Dear Wallflower: It's time for you to branch out from that wall and grow into the person you were always meant to be. Start this process by reaching out to friends and family. Let them know you're interested in dating and looking for guidance. As Bill Withers sang, "no one can fill those of your needs that you won't let show."

You also need to overhaul your mindset from that of a passive spectator to that of an active participant. You mention being "passed over," as if dating were a schoolyard basketball game in which everyone but you got picked for a team. That sort of thinking is toxic and paralyzing — and incredibly hard to shake on your own. A professional counselor could help you open up and get away from that wall you've been clinging to for so long. Make an appointment today.

Dear Annie: I've been wanting to go vegan for a while now, but I'm scared it would have nutritional repercussions. I've eaten meat my whole life, and I want to make sure my body wouldn't miss out on the nutrients it needs if I adopted this extreme diet change. How can I switch my diet to vegan while maintaining good nutrition? Also, I hear that a vegan diet is more expensive than a mainstream omnivore diet. Is that necessarily true? — Veering to Vegan

Dear Veering to Vegan: A vegan diet — one rich in fruits, vegetables and whole grains — can be very healthful and affordable, with a little planning. You might be surprised to learn how many plant sources of protein there are, including lentils, beans, nuts, seeds, tofu, oats, broccoli, spinach (Popeye knew what he was doing) and many others. Most of the aforementioned are also good sources of iron — and as an added bonus, they're all relatively affordable. If you make such foods the staple of your vegan diet, you'll most likely find yourself spending less on groceries, not more. The one thing you can't get sufficient amounts of from a vegan diet is vitamin B-12, so be sure to take a supplement for that. And of course, the big caveat to all of this is that I'm no doctor. Please talk to a dietitian or your physician about planning a diet that meets all your needs.

"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.

NEA Crossword Puzzle

ACROSS

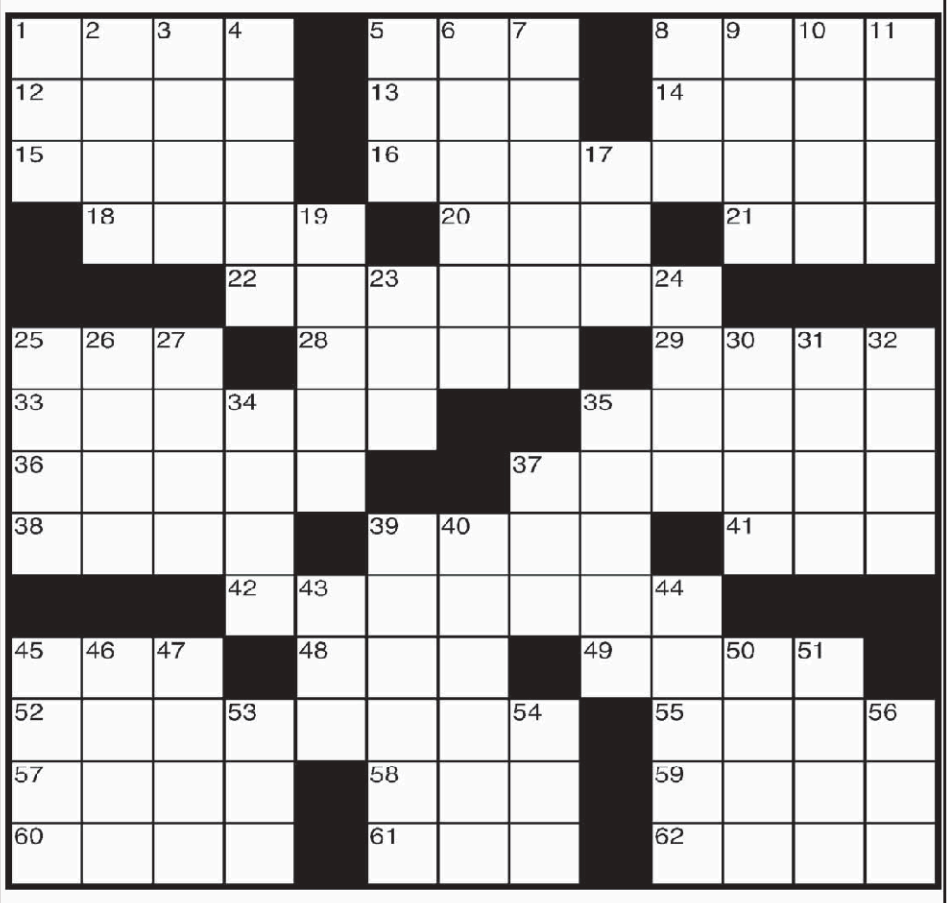
1 Filly's footfall
5 Chem room
8 Organize
12 Met role
13 1040 expert
14 Port near Mauna Loa
15 Water pipe
16 Loathed
18 Hazard to ships
20 Rain slicker
21 HP products
22 Devotion
25 Deli units
28 Cousin's mother
29 "Frozen" sister
33 "1984" author
35 Carpenter's supply
36 Lumpy fruits
37 Universe
38 Ferber or Best
39 Flightless birds
41 Dog or cat
42 Enjoyed the taste
45 Ms. Thurman
48 — up (abate)
49 Hawk
52 Immediately (2 wds.)
55 Gaudy
57 Bookbinder's need
58 — -Star Pictures
59 Carry off
60 Dutch cheese
61 9-digit ID
62 Church response

DOWN

1 Rotating part
2 Polygraph flunker
3 "Garfield" dog
4 Discussion group
5 Display style
6 Tarzan's moniker
7 Volcanic rock
8 Frat letter
9 Speech problem
10 Obi-Wan portrayer
11 Gets sleepy
17 Interest amt.
19 Paddock youngsters
23 "Westworld" name
24 Team cheers
25 Go at an easy gait
26 Brought up
27 Ballet lake
30 Floppy
31 Tart plum
32 Prof. rank
34 Periods
35 Sense organs
37 Stray dog
39 Occasions
40 Drives along
43 Plane hgt.
44 Gamma successor
45 Craving
46 Bland
47 Water, to Pedro
50 Fertile soil
51 "Cool Hand —"
53 Garment edge
54 Triumph
56 Lair

Answer to Previous Puzzle

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



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NEA Crossword Puzzle

ACROSS

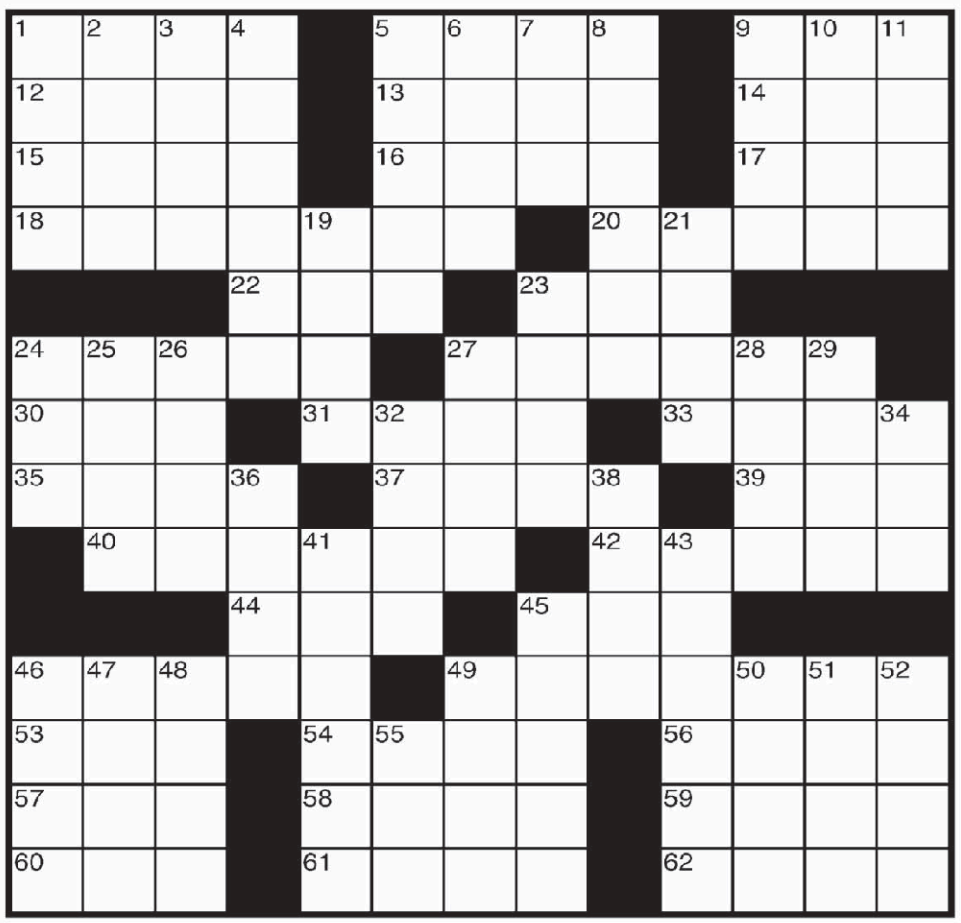
1 Captain's shout
5 Pairs
9 Big clumsy guy
12 Take the bait
13 Waikiki's island
14 1,101, to Caesar
15 Frat letter
16 Rounded hill
17 Join on
18 Festooned
20 A Polo
22 Convent dweller
23 Fasten
24 Swipe
27 Pot
30 Chicago's st.
31 Move a little
33 Peeved
35 Spotted, as a horse
37 Listen
39 Command
40 Noted sci-fi writer
42 Bassoon relatives
44 Tune
45 Med. plan
46 Ices
49 Exercised, as power
53 Subside
54 Overcharge
56 "Cope Book" aunt
57 Wahine's welcome
58 Sidle past
59 Locomotive must
60 Strong alkali
61 Gardener's purchase
62 Monstrous giant

DOWN

1 "Waterloo" group
2 Went quickly
3 Director — Preminger
4 Wishes for
5 Subway fare
6 Harry Potter's accessory
7 Cry of discovery
8 Acquiesce
9 Sharif of the movies
10 Heavy metal band
11 Popular dog name
19 Crazy
21 Hill builders
23 Dijon dad
24 Body joint
25 Lamb's pen name
26 Seine moorages
27 Ukraine city
28 Gray wolf
29 Canal of song
32 Odin's son
34 Koch and Wynn
36 Clock's front
38 Igloo shape
41 Young ladies
43 Short jacket
45 Followed the trail
46 Amoebas have one
47 Yield to
48 Oscar's cousin
49 Worker's pay
50 Wind resistance
51 Mideast VIP
52 Wide valley
55 Shelley offering

Answer to Previous Puzzle

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



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Your Birthday

SUNDAY, FEBRUARY 10, 2019

Personal changes are encouraged. Consider your options and use your intelligence and charm to outmaneuver anyone trying to interfere in your business. Know what you want to achieve and don't stop until you reach your destination. Stay focused on productivity and achieving personal and professional success.

AQUARIUS (Jan. 20-Feb. 19) — Learn from experience to avoid getting involved in issues that can be costly financially or emotionally. How you treat others will make a difference when you want something in return.

PISCES (Feb. 20-March 20) — Don't let your desire to please others cost you emotionally or financially. Someone will take advantage of you if you are too accommodating. Only offer what's feasible.

ARIES (March 21-April 19) — Look for opportunities to discover something you enjoy doing. Sign up for a course, or practice a skill you would like to use to earn extra cash.

TAURUS (April 20-May 20) — Visit someone who always offers good advice. Personal changes can be made if you set the wheels in motion. A physical improvement will give you the incentive to try something new.

GEMINI (May 21-June 20) — Don't be too vocal about your plans. Research the possibility of making a move that will allow you to earn more, lower your overhead or start the next chapter of your life.

CANCER (June 21-July 22) — Don't be a follower. It doesn't matter what other people do; you have to follow your heart and do what's best for yourself. Charm will help when dealing with a loved one.

LEO (July 23-Aug. 22) — If you make a promise, follow through. Your reputation will be at stake if you talk big and do little. If you set an example, you will position yourself to excel.

VIRGO (Aug. 23-Sept. 22) — Someone you are close to won't be happy with the choices or plans you make. Don't miss out on an opportunity because someone is being manipulative.

LIBRA (Sept. 23-Oct. 23) — You may feel you need to make a change, but it won't be as easy as you think. Listen to good advice before you get involved in something risky.

SCORPIO (Oct. 24-Nov. 22) — Get together with people who share your interests. Someone you meet while traveling will offer a tempting suggestion. Gather facts and consider the possibilities.

SAGITTARIUS (Nov. 23-Dec. 21) — An idea you have should be considered carefully. A change that will affect the people you love will be met with opposition. Offer incentives that are too good to resist.

CAPRICORN (Dec. 22-Jan. 19) — Sit tight and see what unfolds. Time is on your side, and keeping your distance from any sort of disruption is in your best interest. Concentrate on personal improvements.

FRIDAY, FEBRUARY 8, 2019

Stop their four and end with 10

By Phillip Alder

Claude Debussy said, "Music is the arithmetic of sounds as optics is the geometry of light."

Bridge is the arithmetic of tricks. If your opponents take four tricks, it is very difficult for you to win 10! Bear that in mind when playing in four of a major.

Today's deal is an example. West leads the diamond four against South's four-heart contract. What should declarer do?

When North raised to two hearts, South made a help-suit game-try in his weak suit. If North also had club losers, South wanted to stop short of game. But North liked his king-doubleton, so jumped to four hearts.

This ought to have persuaded West to lead the club jack, which would have defeated the contract, assuming East shifted to a diamond after taking two club tricks.

Note also that if North had advanced with one spade and reached four spades, that could have been defeated after an initial diamond lead.

South sees 10 tricks: four spades, five hearts and one diamond. Fine, but he should also worry about losers. He might concede one spade, one diamond and two clubs; surely East has the club ace over dummy's king. However, if declarer will lose two club tricks, West must get on lead to shift to the suit. To stop that, South just has to duck the first trick, letting East take the trick with his jack. (He plays the jack to find out who has the queen; he knows West is not underleading the ace.)

South wins the diamond return, draws trumps, takes the spade finesse and makes his contract.

North 02-08-19
♠ A 10 9 5 2
♥ J 6 4
♦ 7 6 3
♣ K 8

West
♠ 7 6 3
♥ 7 2
♦ Q 8 4
♣ J 10 5 3 2

East
♠ K 4
♥ 8 5 3
♦ K J 9 5 2
♣ A Q 9

South
♠ Q J 8
♥ A K Q 10 9
♦ A 10
♣ 7 6 4

Dealer: East
Vulnerable: East-West

South	West	North	East
			1♦
1♥	Pass	2♥	Pass
3♣	Pass	4♥	All Pass

Opening lead: ♦ 4

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Bishop's women's basketball to shoot for the cure



By Emilie Hackett
Special to the Record

The Bishop's University women's basketball team will be hosting its 12th edition of Shoot for the Cure on Saturday Feb. 9 at 6 p.m. as they face Université de Laval in Lennoxville. Shoot for the Cure is a U Sports initiative that raises funds for breast cancer research through the Canadian Cancer Society (CCS) and other related local charities. The project was originally proposed by Rod Gilpin, former women's coach and current head coach for the men's team at Bishop's.

Every year, the Gaiters will wear their pink uniforms for the game and play with a pink ball, to raise awareness about breast cancer. "The women's team will then canvas the crowd for donations during the first quarter of the men's game," which starts at 8 p.m. on Saturday, explained Bishop's University's sports information and sponsorship coordinator Martin Rourke. There will also be donation boxes at the door of Mitchell Gym.

A staggering success since its launch in fall 2007, Shoot for the Cure has accumulated over $1.25 million in donations to this day. Since 2011, all 47 U Sports women's basketball teams have participated every year.

"It is always refreshing to see young adults support the breast cancer cause. Funds raised through Shoot for the Cure fund groundbreaking breast cancer research in areas of risk reduction, screening, diagnosis, prognosis and treatment," mentioned Jaime Legere, Atlantic director of development for the Canadian Cancer Society in the U Sports press release.

A cheque with the total funds raised for the 2018-19 season will be presented to CCS during the gold medal game of the 2019 U Sports Women's Basketball Final 8, hosted by Ryerson University in Toronto.

The Gaiters will have to be fierce against their opponents for weekend, the Rouge et Or, number one team in the country. Undefeated 11-0 in the RSEQ and 22-0 in U Sports, they outscored the other teams by 249 points in the standings.





PHOTOS COURTESY OF REBECCA ARMSTRONG

The Gaiters will slip on their pink jerseys for the 12th year in a row to raise funds for breast cancer.

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