

WEEKEND EDITION

95 CENTS + TAXES

PM#0040007682

FRIDAY, JULY 8, 2016

Ayer's Cliff mayor says a cell tower is coming

By Matthew McCully

During a phone interview on Wednesday, Ayer's Cliff Mayor Alec Van Zuiden made it clear that a Videotron cellular tower will be coming to town. The only question now is where and what size.

The options on the table are the original location, a private property at the end of Pierce Street, but for a 50-metre mono pole instead of the 65-metre tower first proposed, or a 40-metre mono pole on town-owned land on Brown's Hill next to the reservoir.

"If we do nothing, one is coming," he said, adding that the town's April resolution for the full rejection of a tower on the territory would not hold salt with the Ministry of Innovation, Science and Economic Development (ISED-also known as Industry Canada), were they called to intervene.

When asked if an official ruling had come from ISED, Van Zuiden said the town had not been pressured, but encouraged to find a compromise with Videotron.

"If we say no, there is nothing preventing Videotron from going back to ISED," Van Zuiden said, adding, "There is no telling what they would ask for."

The options on the table at the moment are more moderate than the original 65-metre tower proposal. Van Zuiden explained that Videotron could approach ISED and get a green light for the original project, rather than one of the alternatives.

"Right or wrong, that's the way it's played," Van Zuiden said, explaining that beyond municipal authority, there

CONT'D ON PAGE 5

They're off!

2016 Trek of Courage challenges childhood cancers



GORDON LAMBIE

By Gordon Lambie

The Eastern-Townships leg of the annual Charles Bruneau bike tour set out from the CIUSSS de L'Estrie - CHUS in Fleurimont just after 9am on Thursday. Entitled the "Trek of Courage," the two-day, 300km route will see 34 cyclists travel from Sherbrooke to Bromont to Boucherville as a part of a province wide initiative to combat child-

hood cancers.

The riders will complete their journey today by meeting up with the more than 500 riders from five other treks that have set out from as far away as Gatineau and Quebec City, cycling a combined overall distance of close to 1700 kilometers. This year's goal is to raise \$3 million for research and treatment of pediatric cancers. Fundraising efforts are active throughout the ride,

meaning that the end result of the fundraiser will not be known until everyone has arrived at their final destination.

Since its first edition in 1995, the Charles Bruneau bike tour has raised \$18,000 and covered over 20,000km of terrain. More information about the tour is available at [tourcibc.charles-bruneau.qc.ca](http://tourcibc.charles-bruneau.qc.ca) or by calling 1-877-256-0404.

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## Weather

**TODAY:**  
CLOUDY




HIGH 23  
LOW 16

**SATURDAY:**  
PERIODS OF RAIN




HIGH 20  
LOW 13

**SUNDAY:**  
PERIODS OF RAIN




HIGH 16  
LOW 11

**MONDAY:**  
MIX OF SUN AND CLOUDS



HIGH 23  
LOW 11

**TUESDAY:**  
MIX OF SUN AND CLOUDS



HIGH 25  
LOW 12

# How can you live through tragedy, yet still love life?

## 'Despite all the horrible things she lived and saw, she remained a gracious woman'



### GOOD READS LENNOXVILLE LIBRARY

Nancy Chrétien was the president of the board of the Lennoxville Library for some four-and-a-half years, and ended her term about a year ago. But when it comes to the library, she's a lifer!

So, when's the last time she popped in?

"Ha, ha, ha! You are so funny! Do you really think I have time to get down to the library to borrow a book?"

Oops.

Chrétien's still reading, but not in the same way. She's overwhelmed - in a good way, in a challenging herself way - by her textbooks. Like *The Jossey-Bass Reader On Educational Leadership*, a classroom text; the Lennoxville Library doesn't have it.

While still holding a full-time job, Chrétien has gone back to school. She's working on a Master's degree in Leader-

ship at Bishop's University.

"I am quite enjoying most of the readings. They are very relevant to what I am experiencing at work these days. Leadership is what I am interested in. I want to understand what makes a leader successful and how this can impact the motivation of others to perform or follow."

Chrétien has spent some six years in various leadership positions at the library, for example, as a volunteer, sitting on the board, working with a mix of volunteers and paid staff. It was just the right combo to whet her appetite for more. So she went back to school.

But years before that, she read. There were many, many books along the way.

The first one to truly impact her thinking was *The Diary Of A Young Girl*, by Anne Frank, read when Chrétien was young (it's at C-226 on Lennoxville Library shelves). Anne Frank, of course, was a Jewish girl who hid from the Nazis with her family.

Chrétien found the story to be deeply affecting. "War always scared me. I hated having to watch historical movies about war. The explicit scenes were very disturbing to me.

"What I appreciated about the book is that it allowed me to focus on the characters and less on the gruesome scenes. So reading books about the war was oddly easier for me to digest... I have always been fascinated by how life experiences shape a person and how a person could live through such tragic times and yet not be totally destroyed. What makes one Holocaust survivor love people and life itself while another would be so bitter or even regret being alive."

Anne Frank was eventually betrayed, likely by a friend, and died in a concentration camp.

Discovered after World War II in the attic in which Frank and her family hid, the pages of the diary were edited by her father, the only family member who survived. It was first published in the Netherlands in 1947.

The young girl, who grows into a young woman as she writes, continues to impact Chrétien's thinking. "I admired Anne Frank... she was so brave. Shortly after reading the book, I met a Polish Holocaust survivor and she shared her story of living in a camp. She had the tattoo on her arm. She shared her horror stories of being a prisoner during the war. Despite all the horrible things she lived and saw, she remained a gracious woman, who was so thankful to be free and alive.

"So, when I think I have had a bad day, I reflect on the Anne Franks of this world and am thankful for all I have."

Chrétien went on to read many more books, of course. "I have read novels, suspense, auto/biographies, self-help. I have read on occasion a historical novel. It really comes down to, 'Am I interested in the subject or topic?,' 'Can I relate to this?,' or 'Is this something I need to know?,' I really don't have one particular genre, I just like to jump around depending on my mood."

One of the last books she recalls signing out of the library was a John Grisham thriller. "I went on a John Grisham spree for a while. It seems when I find an author or writing style I like, I binge read." (Grisham's legal thrillers are in Adult Fiction, in Large Print and in Audio; he's also written Young Adult thrillers and sports novels - and check our DVD collection for the films based on his books.)

Over the school year, Chrétien didn't need the library. She has a wish list, though: "I do want to read *I Am Malala*, so maybe that can be a summer read for me. Until then, I am resigned to Robert's *Rules of Order*, government regulations and academic writings on leadership!"

Malala Yousafzai's book, about surviving a vicious attack by the Taliban because she dared to want an education, is in Biography, at 920.93.

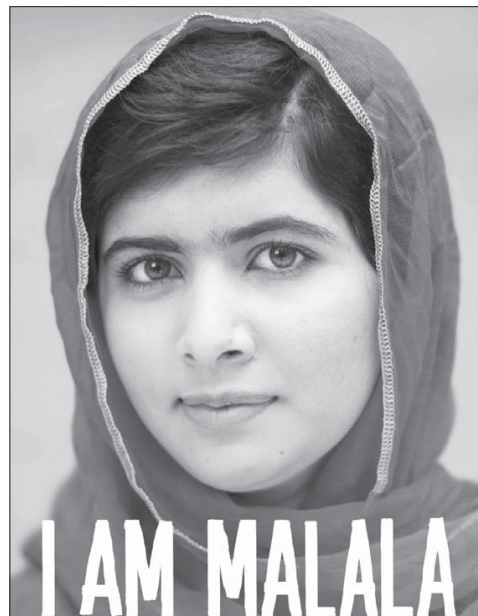
As classes end and Chrétien catches up on her paid work, she'll soon have (a bit of) time to read for fun again. When she does, the Lennoxville Library will be there.

### BOOK ENDS

The children's TD Summer Reading Club has already begun; check in with Lennoxville Library staff for more info. Many of our children's activities and adult book clubs are on summer break, but will be back in the fall.

Lennoxville Library membership is free to all residents of Sherbrooke (this is because the City of Sherbrooke is our principal sponsor). Books and audio books are always free to members; DVDs are \$1 (the money will be used to keep the collection up to date).

The Lennoxville Library is at 101 Queen Street, corner of College. E-mail [bibliolen@gmail.com](mailto:bibliolen@gmail.com) or phone 819-562-4949. The website is at [www.bibliolennoxvillelibrary.ca](http://www.bibliolennoxvillelibrary.ca). Older book reviews and reading suggestions are on our blog at [bibliolennlibrary.wordpress.com](http://bibliolennlibrary.wordpress.com).



## Ben by Daniel Shelton



# LOCAL NEWS

*"We're a 37 room luxury hotel. There's many days where if we had 100 rooms we'd be full but we just don't have the capacity," Stafford said*

## Hovey Manor ranked first in Canada, 19th in the world overall

By Gordon Lambie

The Hovey Manor in North Hatley is celebrating after having been named not only the best Resort and Inn in Canada, but also number 19 in the world by Travel and Leisure magazine this week.

"There were only two Canadian Hotels that made the top 100 in the world list," said Jason Stafford, Managing Director of Hovey Manor. "There's us at number 19 and Fogo Island at number 52."

Calling the announcement huge news for the relatively small luxury hotel, Stafford noted that the fact that

Hovey was ranked so highly speaks volumes about the way the international luxury travel market is being judged.

"There's many hotels that are on these lists that have operating budgets where one day of their operations would be our entire operating budget for a year," the Managing Director said. "It shows that the luxury travel industry carves out a place for small actors who are offering unique experiences."

The number one ranked Nihiwatu resort in Indonesia, for example, has accommodations that charge as much as \$12,000 per night.

"These rankings are really trying to

pay attention to the boutique properties that are offering unique experiences," Stafford said. "That's what we're trying to do."

Though the Manor Director was clearly pleased with the news, he credited the hotel's ongoing success to the dedication of its staff and to a large body of loyal returning guests.

"We're a 37 room luxury hotel. There's many days where if we had 100 rooms we'd be full but we just don't have the capacity," Stafford said. "We've been very lucky to have a very solid base of loyal guests who have come to us many times a year for years and years."

This marks the third year in a row that the Hovey Manor has received a significant industry ranking. In 2014 the hotel was ranked best hotel in Eastern Canada by Condé Nast Traveler, and in 2015 the same publication named them number five in Canada overall.

The Travel+Leisure World's Best Awards rely on guest experiences. Hotel/resort rankings are based on readers' ratings of five characteristics: rooms/facilities, location, service, restaurants/food and value. The 2016 results will be featured in the August issue of the magazine, as well as on [www.travelandleisure.com](http://www.travelandleisure.com).

## Magog beach closed for high bacteria levels

Record Staff  
SHERBROOKE

The City of Magog has been forced to close access to the Plage de Cantons, because results of a analysis of sample taken Monday showed that water at the beach failed to meet government bacteriological quality standards.

Residents and visitors, therefore, must refrain from swimming at the beach until further notice. The situation will be reassessed in 24 hours.

This closure comes following a 'D' grade from the last sampling. Environment Division coordinator Elyse Ménard explains that "a high concentra-

tion of fecal coliform depends on several factors, including, the oppressive heat, runoff of rainwater, and the presence of waterfowl." A new sample was taken today (Thursday) to possibly reopen the beach in time for the weekend.

The City of Magog, points out that the public can still enjoy can e the East and West beaches at Bay-de-Magog park, which were respectively rated A (Excellent) and B (right) during the same sampling.

For more information on water quality and the state of the beaches, the City of Magog invites the public to visit its website at [ville.magog.qc.ca/plages](http://ville.magog.qc.ca/plages) or its Info-Plage service by dialing 819 746-2464.

## 45th Annual Great Memphremagog Library Book Sale

Record Staff  
SHERBROOKE

The Friends of the Memphremagog Library are inviting the public to its 2016 Great Book Sale, from July 21 to 23, at La Ruche high school, at 1255 Boulevard des Étudiants in Magog, according to the following schedule:

Thursday, July 21: 6-9 p.m.

Friday, July 22: 9 a.m. to 9 p.m.

Saturday, July 23: 9 a.m. to 2 p.m.

Once again, more than 50 000 French and English books have been gathered, and sorted by volunteers throughout the year. Books in good condition and sometimes new are available in all areas such as family, psychology, novels, children's literature, comics, cooking, collections, CDs, DVDs, etc. The majority of books sell for between \$0.50

and \$2. Series or collections of books sell for \$5 to \$10.

Profits from the sale will go to fund more activities directly related to our mission:

- to contribute to the promotion and visibility of the library;
- to maintain the taste for and the pleasure of reading among citizens;
- to promote access to the Internet and new digital media;
- to contribute to better inform consumers and the general public about collections and library services;
- to support various library animation programs;
- to participate in the development of its IT environment.

## Domestic spat leads to major bust

Record Staff

A 22-year old Rock Forest resident has learned the hard consequences of domestic disputes Wednesday morning when police came to his home for a routine check following a complaint of a domestic quarrel.

While looking into the incident, Sherbrooke Police investigators discovered 2,273 methamphetamine tablets, 243 grams of marijuana, and a gun.

The man is well known to police, and will be charged with possession of narcotics for the purpose of trafficking Thursday in Sherbrooke.



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# Shazamfest growing older and moving forward

By Rachel Newcombe  
Special to The Record

Shaping up for its 11th year next weekend, the people of the Townships have become fairly familiar with the self-described neo-vaudeville performance festival that is Shazamfest in Barnston West. Co-founder and hands-on coordinator Ziv Przytyk discussed the challenges and the joys that come with running such an event.

The goal was a simple one when Przytyk and his fellow coordinator Janet Sutherland started the event. They wanted to, "create opportunity for the arts in rural areas," he said.

This particular culture and arts festival incorporates everything from musical performances, a burlesque show, a vendor village, massage therapists by the river, and a multitude of children's activities.

Pulling off an event like this is no small feat. Running a cultural event takes dedication, and as Przytyk said, "You don't do it for the money." With 11 years and several expansions of the festival under his belt, Przytyk admitted that it would be nice to have more help.

"There's a lot of people who put in the time," Przytyk said. "It takes about 50 volunteers to run the show." He added that in terms of sheer onsite volunteer hours, he put in the highest number.

With all the preparations that go into the festival before, during and after Shazamfest, "we would love to have

more people to help," Przytyk commented, but admitted that the need for additional aid was not a dire one.

Despite a personal investment in Shazamfest, "I would really like to take more of a backseat," Przytyk said. With this in mind, he added that they would be holding a general meeting during Labour Day weekend to vote some people onto the board.

Przytyk added that despite his passion for Shazamfest, it was important to, "bring new life and new breath," into the festival.

That personal investment goes back to the very start of Shazamfest. Not just Captain Marvel's signature phrase, Shazam has been the name of the farm since Przytyk's family moved there. "We've been living here since 1981, 1982," he said.

Already equipped with the space, Shazamfest came about through a series of fortunate events for Przytyk.

"I wanted to join the circus," Przytyk said of his younger self's ambitions. As he grew older, that ambition changed into starting a carnival like festival. This was made possible when a circus group called Carmagnole took a break.

Friends with the performers, Przytyk said, "I inherited a lot of stuff from them." These props and the equipment, plus the sets and stages Przytyk built, launched the first Shazamfest people have now come to know and love.

That love is one that Przytyk said has room to grow and spread. "We need



RACHEL NEWCOMBE

That lightning bolt will have an xi on it come next week. Ziv Przytyk said that preparations for this year's festivities were going well.

more people," he commented, regarding the festival attendees.

Last year he estimated that 1,600 people passed through the gates during the course of the weekend, and that while their numbers have been steadily on the rise, more would be nice, "We could easily sustain 3,000," he said.

Still, the crowds Shazamfest attracts each year is nothing to sneeze at. More of a carnival than a music festival, Przytyk said that in the past few years, with their acts expanding, this has really become the truth, especially in terms of children and family-friendly activities.

"What's changed is the amount of kids. It changed the atmosphere. It made it better," Przytyk said excitedly. Shazamfest will be offering family friendly workshops, games, and even a day care from 5 p.m. to 9 p.m. Last year, according to Przytyk, 300 kids under the age of 12 were in attendance.

Przytyk added that they had no plans to stop expanding their acts or broadening their fan base any time soon. "We've had some crazy acts over the years," he chuckled. "We like the unusual and the absurd." While most of these acts are from Quebec, many of the

attendees bring an international element to the festival.

"We are Canadian, and one in four Canadians are born outside of the country," he said, stressing the importance of bringing people of different backgrounds and attitudes together. "By bringing tons of diverse people together, that makes the best parties," Przytyk laughed, adding that everyone who came had fun.

This is a sentiment that is echoed by one of Przytyk's employees, who said working there was one of the best jobs he'd ever had. "With Ziv, we always have fun," he said. Fun is most definitely the byword of Shazamfest.

When asked if this year's festivities would be as good as last year's, Przytyk was happily adamant. "I know it will be," he said, adding that when people walked in, he wanted them to feel, "An overwhelming sense of joy."

So Shazam away, Townshippers. Shazam away.

Shazamfest will take place July 15 - July 17. For tickets, artist lineups, and any other additional information, visit [www.shazamfest.com](http://www.shazamfest.com).

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## Bear sighted on Massawippi Axis bike trail

Record Staff  
SHERBROOKE

Police say the bear is reported to have chased after people. The sighting occurred around 1 p.m.

A bear was spotted, early Wednesday afternoon near the bike path between Bishop's and Capleton mine. Cyclists were barred on part of the Massawippi Axis, Sherbrooke Police say.

Destination Sherbrooke was called to the scene and blocked the bike path..

The Estrie Directorate for the Protection of the wildlife was notified and has also responded.

# Cell tower is coming

CONT'D FROM PAGE 1

are some decisions that fall under the jurisdiction of provincial and federal bodies.

The town was first approached by Videotron in September, 2015 regarding the cellular tower project, but it wasn't until a public consultation held in January of this year that the debate became heated.

During the consultation, the mayor, who moderated the meeting, was accused of coming off like a salesman for Videotron, appearing fully in favour of the construction of the 65-metre tower on Pierce Street.

Strong opposition from members of the public in attendance led to the formation of a citizens' group, which circulated a petition against the tower, and also hosted an information session of their own in February, discussing the potential health risks and environmental impacts of cellular towers and microwave radiation.

Videotron then abandoned the Pierce Street project, but continued discussions with the town.

According to Van Zuiden, council proposed eight alternative locations for a tower on the territory, and Videotron studied the possibilities. During the April 4 council meeting, however, council pulled an about-face, voting to reject the eight alternative locations and refuse a cell tower project altogether on the territory.

On Monday, May 9, the town met with ISED representatives.

The town remained tight-lipped regarding the details, but on Tuesday, May 10 around 4 p.m. Ayer's Cliff Councillor Patrick Proulx added a post to a Facebook page he moderates called 'What's up Ayer's Cliff', referring to the recent meeting between the town and ISED. Proulx's post suggested that the construction of a tower on the territory was imminent, and the only details up for negotiation were the height and location. Within hours, the post was removed.

On Wednesday, May 11, the office of Brome-Missisquoi Member of Parliament Denis Paradis released a letter directed to ISED Minister Navdeep Bains, asking for a moratorium on the construction of cellular towers in the region.

Paradis' letter was accompanied by a letter from January, drafted and signed by 16 mayors from the region, including Van Zuiden, asking for more power in decisions regarding land use in their municipalities, and asking Paradis to bring their concerns to the House of Commons.

The Record contacted ISED for comment on Tuesday afternoon and received the following response on Thursday afternoon.

Question: Can you confirm Ayer's Cliff municipal council was told by ISED that it would be in their best interest to come to an agreement with Videotron or else ISED would step in and impose a tower with absolutely no say from council? (In short, is ISED currently involved as a mediator, or is the matter still being worked on at a municipal level, to your knowl-

edge?)

Response: Innovation, Science and Economic Development Canada takes an active role and is available throughout all steps of the process to clarify the antenna siting procedures, as well as to explain the roles and responsibilities of the parties and answer any questions concerning options or alternatives that may be available. The Department does not mediate disagreements between parties; rather it provides guidance as requested. In the case of an impasse the Department looks at the interests of both sides and makes a final decision on the tower placement.

Our understanding is the municipality and the proponent in this case are still working on this proposal, and are close to an agreement without involvement from ISED. The municipality and proponent are best suited to respond to further questions relating to the status of their agreement.

The Record also asked for an update regarding Paradis' letter asking for a moratorium on cell tower construction in the Townships. ISED replied that the request had been received and is currently under review.

Based on the visual impact and its distance from the centre of town, Van Zuiden said the Brown's Hill location at this point seems the most favourable. Not wanting to buy consensus, he pointed out that the revenue generated from the rental of space for the

Videotron mono pole would mean \$8,400 annually for the town.

"I was ready Monday night to vote on a resolution by consensus," he said.

Other council members proposed a referendum where the population could decide between the two cell tower options, but Van Zuiden pointed out that council had been elected to make the tough calls, and would never be able to please everybody.

The town will, however, provide an opportunity on July 14 between 11 a.m. and 6 p.m. for citizens to visit the town hall and see the details of the two proposals on the table, complete with visual maps.

"We want people to comment," he said, in the interests of being open and transparent.

Videotron representatives are hoped to be in attendance to answer questions, Van Zuiden added.

When asked if Ayer's Cliff had simply given up the fight to refuse a tower on the territory, Van Zuiden preferred to look at it as an attack on two fronts.

"That would be lovely," he said, if a moratorium were imposed, "but it's not moving."

"If we do nothing, one is coming," Van Zuiden said.

Ayer's Cliff developed protocols and guidelines in 2014 in collaboration with ISED, regarding cellular towers on the territory. The maximum tower height agreed upon in those guidelines, taking into account the town's status as a 'coeur villageois' in a zone with tourism potential, was 30 metres.

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# EDITORIAL

Oil prices have fallen so low that some more damaging activities are becoming unprofitable, a record number of coal companies are going bankrupt or filing for bankruptcy, and fewer coal mines are operating in the U.S.

## SCIENCE MATTERS

# Broken records define the climate crisis

By David Suzuki

We're living in a time of records. More renewable energy came on stream in 2015 than ever — 147 gigawatts, equal to Africa's entire generating capacity — and investment in the sector broke records worldwide. Costs for producing solar and wind power have hit record lows. Portugal obtained all its electricity from renewable sources for four straight days in May — the longest achieved by any country — and Germany was able to meet 90 per cent of its electricity needs with renewable power for a brief period. Clean energy employment and job growth now outpace the fossil fuel industry by a wide margin.

That's just a portion of the good news. Oil prices have fallen so low that some more damaging activities are becoming unprofitable, a record number of coal companies are going bankrupt or filing for bankruptcy, and fewer coal mines are operating in the U.S.

But are the good records enough to help us deal with the bad? Global average temperatures are hitting record highs every recent month and year, and atmospheric concentrations of greenhouse gases are rising steadily, to levels unheard of in human history. Arctic sea ice is vanishing at unprecedented levels, mass bleaching is killing the Great Barrier Reef, and record-setting droughts, floods, heatwaves and extreme weather are happening around the world.

As Prof. Stefan Rahmstorf of Germany's Potsdam Institute for Climate Impact Research told the Guardian: "These are very worrying signs and I think it

shows we are on a crash course with the Paris targets unless we change course very, very fast. I hope people realize that global warming is not something down the road, but it is here now and is affecting us now."

The Paris Agreement, accepted in December by most nations, offered hope that world leaders are aware of this serious problem and know that unless we quickly employ a range of solutions — from renewable energy to reducing consumption to changing dietary and agricultural practices — humanity is at risk.

Despite overwhelming evidence for human-caused climate change, the fossil fuel industry continues to employ shady people and organizations to fool fearful and apparently blind followers into believing the problem doesn't exist or isn't serious enough to worry about. Their messaging follows a pattern: Spread a simplistic lie until it becomes so discredited that few people accept it and then move on to another simplistic lie.

The most recent from Canadian industry propagandists like Patrick Moore, Tom Harris (of the misnamed International Climate Science Coalition) and their pals at organizations like the U.S. Heartland Institute is that CO2 is not a pollutant, just a benign or beneficial gas that stimulates plant growth. It's true CO2 is good for plants. So is nitrogen, but when it runs into waterways and the oceans, it pollutes them. Overwhelming scientific evidence proves that increased atmospheric CO2 is a major cause of global warming. The profound effects of that warming are already here, and new and frightening aspects are also coming to light, such as ocean oxygen depletion.

RIO 2016...



Recent bankruptcy filings for Peabody Energy showed the U.S. coal company owes money to a range of deniers and their organizations, including the also misnamed Calgary-based Friends of Science. It claims the sun and not human activity drives climate change (and that the world is cooling, not warming), a ridiculous assertion, often repeated by coal companies, that real scientists have thoroughly debunked. Extensive research shows coal, oil and gas interests have pumped huge amounts of money into these denial campaigns, all the while knowing that human-caused climate change is real and dangerous.

It's good that deniers' voices are being drowned out by evidence and rational arguments and that solutions are becoming better, cheaper and more readily available daily. But we no longer

have time to allow compromised politicians, greedy industrialists and dishonest organizations to stall progress. We need record numbers of people to do all they can — develop solutions, write letters, sign petitions, talk to politicians, vote and take to the streets — to demand that governments, industry and society treat climate change with the seriousness it deserves.

Humanity's fate depends on the choices we make today. We can't let a polluting sunset industry and its minions block progress to a cleaner, healthier future.

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 [www.davidsuzuki.org](http://www.davidsuzuki.org).

## Letters

### The Budget Surplus

DEAR EDITOR;

The Coalition of Adapted Transit Users of Metropolitan Sherbrooke (RUTASM) has heard, just like all

citizens of Quebec, the statements from Finance Minister Leitão announcing a \$1.7 billion surplus for 2015-2016 and the Prime Minister commit to a priority of reinvesting in health and education.

It was a promise Mr. Couillard made during the elections of April 2014 and RUTASM, like many other disability organizations, wrote to tell him not to forget about the development of adapted transportation.

tion the subsidy freeze, resulting in full cuts and rule changes in various transportation services.

Will the disabled people who-use public and adapted transport be heard this time?

We return to the charge now, fearful alongside unions and bureaucrats justifiably disgruntled over cuts. Now the CIUSSS Estrie - CHUS has already announced that among open positions "there will be many posts in administrative areas "(La Tribune 6-7-16).

Following the recent announcement of future investments from the federal government for public transport, will we have commitments on the part of municipalities and public carriers to resume the development of regular and adapted public transportation?

The most vulnerable people in health and education have been pushed aside since 2014. In adapted transit, there were non-payments for surplus traffic, and halts to vital services, not to men-

RAYMOND DUQUETTE  
CHAIRMAN  
FRANCE CROTEAU  
COORDINATOR, RUTASM

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

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### PRINT SUBSCRIPTIONS

QUEBEC:			GST	PST	TOTAL
1 YEAR	135.60	6.78	13.53		\$155.91
6 MONTHS	71.19	3.56	7.10		\$81.85
3 MONTHS	36.16	1.81	3.60		\$41.57

### ON-LINE SUBSCRIPTIONS

QUEBEC:			GST	PST	TOTAL
1 YEAR	71.50	3.58	7.13		\$82.21
1 MONTH	6.49	0.32	0.65		\$7.46

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# COLUMNIST

What I do have though is wonderful friends, great experiences, and a deep feeling of satisfaction about how my life has touched the hearts of others.

ONE COLUMN, FOUR VOICES

## Opening to the Spirit

Today's word: Worth

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

1) How much is your house worth? How about your car? What is that politician's net worth? Does a financial bottom line make someone more valuable or wise? Donald Trump seems to talk incessantly about how much he is worth. Are we any better when we pigeonhole people by how many assets they have accumulated, or rate their importance by money?

One of the more challenging tasks we all face as ministers is doing funerals, services of memory and appreciation. In those moments of grief what truly matters is not a bank balance, but how many friends they have helped, or how they have made a difference in their community. Their worth has far more to do with how they have spent their time, a far more precious commodity.

I certainly haven't accumulated a stock portfolio. I don't own a home, and last year my battered up old Buick prompted a friend to give me a car. Donald Trump would not be impressed by my net worth. What I do have though is wonderful friends, great experiences, and a deep feeling of satisfaction about how my life has touched the hearts of others.

A life lived passionately, time spent helping others or speaking out against injustice, lovingly creating healing communities, all these qualities mean far more than money. That is a life worth living.

2) Like two equally weighted plates on the scale, when we think of worth, we often think of cost and expect the price of anything should be balanced and equal in direct relation to its worth. As children I learned the value of money with my siblings by carefully spending our weekly allowance at penny counter of the local grocery. Between two candy bars of equal price, wasn't it obvious that the bigger was worth more? Later I discovered "grown up chocolate" and learned to choose quality over quantity.

Every day we are challenged to decide how we will measure the worth of things; and that is true of the worth of life itself.

One of the core principles of my faith tradition is a commitment to affirm and promote "the inherent worth and dignity of every person." Inherent, I like to imagine, means "in here", a worth that comes from within, not conveyed by any outside quality. Inherent worth is what we are born with, and dignity is the

equality conveyed by the very author of existence itself. It has nothing to do with how big we are, or what colour, or how smart, or whether we are strong or weak, male or female or genders we have yet to name.

The inherent worth of every individual is a principle that universal in its truth but hardly so in its recognition or application. Our work for justice demands a vision that someday, the shared recognition of this inherent worth will become a global reality, and human dignity will be the hallmark of all our interactions.

3) There are some harsh lessons about how society views our worth.

I was living in Ottawa when a young university student went missing, and was found murdered on a bike path. Her photo was frontpage news for days: first while they were searching, and then once her body was found and the murder investigation was underway. We were told that dozens of police officers were on the case, and were reassured that whoever had murdered this "promising young student" would be found.

Meanwhile, in another large Canadian city, not too far away, the sister of a friend of mine was missing. Her roommates had called my friend to say that they were worried, and that they suspected foul play. Police had been contacted but were doing nothing. The body of my friend's sister was found a couple of weeks later by a hiker. It looked like a death by drowning. Despite the protests by her friends, there was no investigation beyond a quick decision by police that it was an accident.

Two young women were missing and found dead in the same week. One had dozens of police on her case, and one was ignored. One was front page news and the other was just another dead aboriginal woman, maybe somewhere on page seven or eight, but probably not reported on at all.

Our stomachs should turn at this ongoing injustice. Reconciliation is not a task only for the aboriginal people of Canada; it is a task for all of us. We should demand that our governments, our police forces, and ourselves do better. We are all of the same worth, and it is about time that society started acting that way.

4) If you have ever had a business selling artwork or fine handicrafts you know that pricing can be a very strategic part of your

marketing plan. If priced too low, rather than selling well, your art may be under appreciated. Priced very high some will think the piece is an important work simply because it is expensive.

In our market-based economy, it is easy to fall into the trap of evaluating the worth of an item, an activity or even a person by how much it costs or how much they make. Yet the heart of the Christian message is that every living creature has an intrinsic value regardless of the monetary value we may assign.

How often do we under estimate something because it is free? A fabulous sunset, a hug from a good friend, a cool glass of clean, fresh water: as MasterCard says, these things are priceless! The more we try to bottle, bag or otherwise capture these priceless things, the more we undermine our sense of appreciation of all the gifts and graces that come our way. Let's make a list of a few of these priceless things, turn it into a prayer and finish it with thanks giving.

**One word, four voices - now add your own: How do you determine what is of worth?**

*Rev. Mead Baldwin pastors the Hatley, Waterville & North Hatley United Churches; Rev. Canon W. Lynn Dillabough coordinates the Anglican Deanery of Saint Francis; Rev. Lee Ann Hogle ministers to the Ayer's Cliff, Magog & Georgeville United Churches; Rev. Carole Martignacco pastors UUEstrie - the Unitarian Universalists in North Hatley.*

## Alexandre Martineau to be evaluated again

Record Staff  
SHERBROOKE

A young Sherbrooke man will undergo a psychiatric evaluation to see if he meets the criteria for criminal responsibility in a case of attempted murder against two elderly people on Mézy St. in Sherbrooke.

Alexandre Martineau, 21, faces charges of attempted murder and aggravated assault involving

an attack on his 75-year old grandfather and his 73-year old grandmother, whom he allegedly attacked with knives in their home on June 9. Last week, Martineau was declared fit to face court proceedings.

This new evaluation will be conducted within the next thirty days to assess the accused based on criteria outlined in section 16 of the Criminal Code.

The case will return to court on August 5.

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You can contact Portfolio Manager and Vice President Richard Adam at 819-829-5540 or richard.adam@rbc.com.



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# TALK

YOUR WEEKLY GUIDE TO TOWNSHIPS CULTURE

JULY 8 - JULY 14, 2016

## Pardi balances traditional country with modern flair



COUNTRY CONNECTION

JESSIE AULIS

rise, on June 17. California Sunrise is the follow-up to Pardi's celebrated debut album, *Write You A Song*, featuring his Gold-selling Top 10 hit, "Up All Night."

Well known for his blend of traditional and modern country, Jon Pardi effortlessly combines the old with the new for his 12-song sophomore release, *California Sunrise*. Many songs in the new collection are about relationships.

Once again, Pardi's talent as well as the production make the songs stand out. The artist has often been praised for sticking to his traditional country roots. The California native truly has a traditional country soul.

In the studio, Pardi and producer Bart Butler captured the infectious energy of

a live show on *California Sunrise* by recording each song with a full band. Somehow the album offers a good mix between traditional country and modern country, which makes for a fresh sound.

The album opens with "Out of Style." The song stresses that singing about cold beers and complaining about working hard all week, will never go out of style. The song is a bit longer than usual, but it allows Pardi and the band to show off their musicianship.

This song is a perfect example of how Pardi can balance traditional country with a modern day flair. He sings about the secret of successful songwriting: "Write about the things you know about. If there's anything that you don't know about just stick around and you'll find out before too long," he sings. A driving drum beat accompanies fiddle, pedal steel and electric guitar throughout the five-minute jam.

Pardi's high-energy performances perfected on stages throughout California (when he was still honing his skills) as well as the honky-tonk style and California sound that he infuses in most of the songs makes him a unique artist.

His current single and the lead single of the album, "Head Over Boots" is about this guy who falls for a woman and it is clear that she is the one when he sings: "You're the one I want, you're the one I need/Baby, if I was a king, ah,/you would be my queen/You're the rock in my roll/You're good for my soul, it's true/I'm head over boots for you."

It is a catchy, swinging, mid-tempo tune while on "Can't Turn You Down" he finds himself dancing in his bedroom with the same girl.

"Dirt on my Boots" offers country lyrics set to a funky modern melody perfect to hit the dance floor. The song is about a farmer who, after a long day, cleans up to take his girl for a night of dancing and fun.

The record itself offers very lush production and arrangements. It's well recorded, and Pardi's vocals shine front and center. There's plenty of guitar work supported by well-placed fiddle and steel guitar.

There's also the more traditional "Cowboy Hat," about the love this guy has for his woman, and how he loves seeing her in nothing, but his cowboy hat. It

CONT'D ON PAGE 15

QUÉBEC ISSIME

# COWBOYS

FROM WILLIE TO DOLLY

THIS SUMMER  
IN SHERBROOKE!

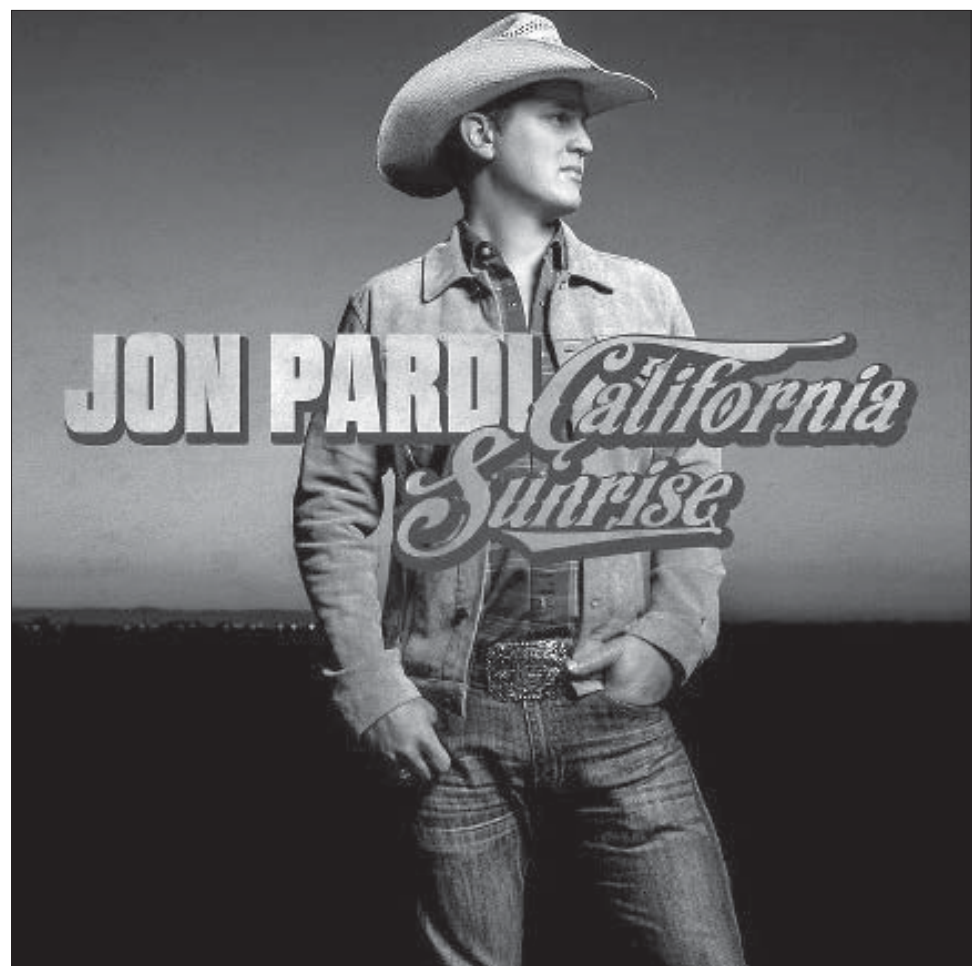
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# Photography vernissage at Vieux Forgeron Art Gallery Saturday

Whether, as the expression goes, we work to live or live to work, most of us are creative in our endeavours. Three photographers study the theme of work from a rural and urban perspective: "Milk" and "Heart in our Hands," an exhibition of photography at the Vieux Forgeron Art Gallery in Stanstead, July 7-24.

Mark Linton, resident of Derby Line just across the border from Stanstead, has spent many years surrounded by the rolling green fields and forests of Vermont. His interest in rural architecture and focus on photographing barns evolved into a fascination with the people who used them – the dairy farmers. "Daring" people who work long hard days at the mercy of the weather and market prices to provide people with fresh milk and milk products. Though many of us in the Township's live near dairy farms, unless we are farmers ourselves we may not necessarily have a sense of the enormity of responsibility and what it actually takes, to produce that litre of milk. His photographs attempt to do just this.

Montreal-born Carole Daoust and Jean-Paul Meeschaert, originally from France and now living in Montreal have collaborated together to present a series of photographs that look at people at work in the various trades in the city. Trained in contemporary dance, Daoust has always been observant of the everyday gesture and movement by people as they go about their daily tasks. Meeschaert, a teacher at the Aero Technical School in St. Hubert, has spent his life since a young child taking photographs. Together they have walked the streets of Montreal finding willing partici-



Mark Linton's "Milk"

pants to be photographed as they do their particular job or craft with the idea of capturing that particular gesture that reflects the "heart" in the things that they do. Both are members of the Photo Club of Verdun in Montreal.

And finally, "Greece, Refugees and Love," a multi-media documentary installation – interviews of volunteers and locals about the solidarity work they have done in Greece and testimony by refugees of their experience, will continue as a semi-permanent exhibition.

Please join us for the vernissage Saturday, July 9 from 5-7, 240a Dufferin St. in Stanstead. Gallery hours are Thurs-Sun, 11-6 pm. [www.levieuxforgeron.com](http://www.levieuxforgeron.com).

# MAC Center for the Arts presents the sixth annual Art in Bloom

The sixth annual Art in Bloom will open on July 21 at MAC Center for the Arts, 158 Main Street, Newport with a reception beginning at 5 p.m. Working in concert are the members of the Four Seasons Garden Club and MAC Center for the Arts exquisitely tailoring the annual fundraiser where nature meets art. July 21 is a ticketed event to benefit both organizations.

A summertime favorite, Art in Bloom boasts over 20 floral arrangements that glean their inspiration from the magnificent artwork currently on display in the MAC Gallery. Interpretation and unique creativity provide this festival of insouciant charm and patrons can enjoy these displays through Saturday July 23; open to the public.

Come gaze upon the distinctive presentations on both levels of the gallery with the Art in Bloom in the main gallery (July 22-23) and the summer exhibition – Phyllis J Hammond – A Retrospective in the lower gallery (through September 10). You will not be disappointed.

MAC Center for the Arts and Four Seasons Garden Club are non-profit 501 (c) 3. For tickets or more information, please call 802 334 1966 or visit the web – [www.maccenterforthearts.com](http://www.maccenterforthearts.com) and/or [fourseasonsgardenclub.org](http://fourseasonsgardenclub.org).



# 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			
WPZZ 5	-	Newschannel 5 at 6AM		Today					LIVE with Kelly		Today		Today			
CBMT 6	206 301	Daybreak		Cat in the Hat	Arthur	Napkin Man	Daniel Tiger	Arthur	Napkin Man	Bookaboo	Daniel Tiger	Best Recipes	In the Kitchen			
CHLT 7	107 718	F M T W Th	Salut, bonjour! (N) (SC)										(:29) *** "Le Vent du nord" (2005, Drame) Charlize Theron, Sean Bean. (SC)			
													(:29) * "Mariage 101" (2007) Robin Williams. Tom & Jerry Looney tunes			
													(:29) *** "Kate et Léopold" (2001) Meg Ryan, Hugh Jackman. (DVS) (SC)			
													(:29) ** "Sparkle" (2012, Drame) Jordyn Sparks. Début. (SC) Tom & Jerry			
													(:29) *** "À propos d'hier soir" (2014) Kevin Hart. Début. Looney tunes			
WMTW 8	-	WMTW News 8 at 6am		Good Morning America					LIVE with Kelly		The Meredith Vieira Show		The View			
CKSH 9	108	Zénon	Mike-chevalier	Schtroumpfs	Salmigondis	Arthur	Caillou	Var. Programs	Par ici l'été			Ricardo	Squelettes			
CKMI 11	-	Global News Morning						Morning Show	Huntley Str't	Fresh	Chuck-Day Off	Rachael Ray				
CFCF 12	205 312	CTV News Channel						LIVE with Kelly		The Marilyn Denis Show		The View				
WVNY 22	-	Local 22 News This Morning		Good Morning America					The Dr. Oz Show		Paid Program Hot Bench		The View			
WUTV 60	-	Paid Program	Paid Program	Var. Programs	Paid Program	Paid Program	Friends	The 700 Club		The People's Court		Maury				
CFKS 61	106 726	F M T W Th	Vidéoclips			Punch		Infopublicité	Les infos (N)	Duo (SC)	Souper parfait	Taxi payant	Tic tac show	Fringe (SC)		
						Apollo dans						Opération				
						Taxi payant										
						Ça va brasser										
														NCIS: LA		
WUHF	-	Paid Program	Good Day R	Good Day Rochester			Good Day Rochester	Judge Mathis		The Wendy Williams Show		Jerry Springer				
WETK	-	World News	Classical	Wild Kratts	Ready Jet Go!	Nature Cat	Curious	Daniel Tiger	Daniel Tiger	Sesame Street	Peg Plus Cat	Dinosaur Train	Dinosaur Train			
WCFE	-	Wild Kratts	Wild Kratts	Curious	Curious	Daniel Tiger	Daniel Tiger	Dinosaur Train	Dinosaur Train	Super Why!	Sesame Street	Thomas & Fr.	Arthur			
A&E	615 520	Paid Program	Paid Program	Parking Wars	Parking Wars	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Varied Programs						
BRAVO	620 523	F M T W Th	Cold Squad "Faith" ↻		Due South ↻		Flashpoint "The Other Lane"		Twice in a Lifetime ↻		Twice in a Lifetime ↻		Cold Squad "Faith" ↻			
									The Listener "White Whale"		Motive Angie crosses the line.					
CNN	500 500	New Day		New Day		New Day		CNN Newsroom		CNN Newsroom		At This Hour With				
DISC	520 505	F M T W Th	Mayday "Focused on Failure"										How-Made	How-Made	How-Made	How-Made
					Mighty Ships (DVS)		How It's Made		How It's Made		Canada's Worst Driver				Mighty Ships (DVS)	
					Destruction		Destruction		Cash Cab		Mayday "Edge of Disaster"				Destruction	
					Mighty Ships (DVS)						Mighty Ships (DVS)				Mighty Ships (DVS)	
					Jade Fever		Jade Fever				Highway Thru Hell				Jade Fever	
HIST	522 506	Yukon Gold		Ice Pilots NWT		Canadian Pickers		Varied Programs		Yukon Gold		Canadian Pickers				
RDI	126 730	RDI matin								RDI en direct						
SHOW	616 521	The Outer Limits		The Firm		Movie				Movie						
SLICE	601 562	ET Canada	Till Debt/Part	Bootcamp	Bootcamp	True Crime Scene		Property Virgin	Property Virgin	Income Prop.	Income Prop.	Party Mamas	Party Mamas			
SPIKE	628 584	Paid Program	Varied Programs	Paid Program	Paid Program	Paid Program	Paid Program	Police Videos	Varied Programs							
TLC	521 560	Leah Remini:	Leah Remini:	Leah Remini:				Varied Programs								
TSN	400 400	F M T W Th	SportsCentre										Breakfast at Wimbledon (N)		2016 Wimbledon Championships Men's Semifinals. From the All England Lawn Tennis and Croquet Club. (N) (Live)	
													SportsCentre		SportsCentre	
YOUTH	551 542	Kid vs. Kat	Almost Naked	Squirrel	Numb Chucks	Numb Chucks	Wayside	Sidekick	Almost Naked	(9:50) Spliced	Kid vs. Kat	Rated A	Rated A			

# 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	5 PM	5:30
WCAX	3	-	Across-Fence	The Young and the Restless	Bold/Beautiful	The Talk	Let's Make a Deal	Dr. Phil	Channel 3	The: 30			
WPTZ	5	-	News	Day Jeopardy	Days of our Lives	FABLife	Steve Harvey	The Ellen DeGeneres Show	Newschannel	Newschannel			
CBMT	6	206	301	CBC News-Heather Hiscox	Heartland	Murdoch Mysteries	Grand Designs	Bondi Vet	Dragons' Den				
CHLT	7	107	718	(:02) Le TVA régional	O'	Il était une fois	TVA nouvelles	Les feux de l'amour	Top modèles	(4:55) TVA nouvelles			
WMTW	8	-	-	The Wendy Williams Show	The Chew	General Hospital	Steve Harvey	The Ellen DeGeneres Show	WMTW News 8 at 5PM				
CKSH	9	108	-	F Telejournal M Déjà dimanche (SC) T Les échangistes (SC) W Th	Les échangistes (SC) Déjà dimanche (SC) Les échangistes (SC)	Les contes d'Avonlea (SC)	*** "Quand la mer monte..." (2004) Yolande Moreau. * "La prime" (2012, Action) Katherine Heigl. (DVS) (SC) *** "Rivière sans retour" (1954, Western) Robert Mitchum. ** "Le Pot aux roses" (1997) Kevin Kline, Joan Cusack. (SC) ** "Les Palmes de M. Schutz" (1997) Isabelle Huppert.	Par ici l'été On cuisine avec Ségué Lepage. (N)					
CKMI	11	-	-	Global News	ET Canada	Days of our Lives	The Talk	The Meredith Vieira Show	Money Moron	The Young and the Restless	Global News		
CFCF	12	205	312	CTV News Montreal	The Social	Dr. Phil	Hot, Cleveland	Hot, Cleveland	The Ellen DeGeneres Show	The Dr. Oz Show			
WVNY	22	-	-	Paid Program	Hot Bench	The Chew	Judge Judy	The People's Court	Judge Judy	Judge Judy			
WUTV	30	-	-	The Steve Wilkos Show	Judge	Judge	Judge Mathis	Jerry Springer	Maury	Family Feud	Family Feud		
CFKS	31	106	726	(11:30) Fringe	CSI: Miami	CSI: Miami	Movie		Les Simpson	Les Simpson	Guerre-clans		
WUHF	-	-	363	The Steve Wilkos Show	Divorce Court	Divorce Court	Hot Bench	Hot Bench	Judge Judy	Judge Judy	The People's Court		
WETK	-	-	-	Super Why!	Thomas & Fr.	Peg Plus Cat	Charlie Rose	Curious	Arthur	Nature Cat	Ready Jet Go!	Wild Kratts	World News
WCFE	-	-	-	F SuperNature -- Wild Flyers M Antiques Roadshow T Globe Trekker (DVS) W Arts in Exile Th Lewis & Clark: The Journey of the Corps of Discovery	Underground Love Quilting Rick Steves Cooking	Cat in the Hat	Nature Cat	Ready Jet Go!	Odd Squad (N)	Wild Kratts: Back Wild Kratts	Curious	Curious	Daniel Tiger Daniel Tiger
A&E	615	520		Varied Programs				The First 48	The First 48	The First 48			
BRAVO	620	523		Due South	Flashpoint		Cold Squad	The Listener	Blue Bloods	Criminal Minds			
CNN	500	500		Legal View With Ashleigh	Wolf		CNN Newsroom	CNN Newsroom	The Lead With Jake Tapper	The Situation Room			
DISC	520	505		F How It's Made M T W Th	How It's Made	Mighty Planes (DVS) Mayday: Air Disaster Airshow (DVS) Jade Fever Yukon Men "River Rising"	How It's Made How It's Made How It's Made How It's Made How It's Made	Vegas Rat Rods (DVS) Naked and Afraid Alaskan Bush: Off Grid Deadliest Catch The Last Alaskans	Bitchin' Rides Bering Sea Gold "Jackpot" Alaskan Bush People The Last Alaskans	FantomWorks "Ticket to Ride" How It's Made How It's Made			
HIST	522	506		F M*A*S*H M T W Th	M*A*S*H	7 Days in Hell Pawnation Canada Museum Secrets War Junk: WWI "The Somme" Yukon Gold "Homecoming"	Perfect Storms (DVS) Canadian Pickers Canadian Pickers Klondike Trappers Curse of the Frozen Gold	Treasures Decoded Canadian Pickers "The Bet"	American Pickers Pawn Stars Pawn Stars American Pickers	M*A*S*H M*A*S*H M*A*S*H			
RDI	126	730		Telejournal	Telejournal	RDI en direct	Varied Programs			Le National	Journal		
SHOW	616	521		F Remedy "Testing, Testing" M T W Th	Remedy "Testing, Testing"	** "Metal Tornado" (2011) Greg Evigan. "Storm Seekers" (2009) Daryl Hannah, Dylan Neal. "Sub Zero" (2005) Costas Mandylor, Linden Ashby. "A Woman's Rage" (2008) Brandy Ledford. ** "Til Lies Do Us Part" (2007) Thomas Calabro.	Lost Girl	NCIS "My Other Left Foot"	NCIS "One Shot, One Kill"				
SLICE	601	562		Come Dine	Come Dine	Varied Programs			Million Dollar Listing New York	Law & Order: SVU			
SPIKE	628	584		Varied Programs					Cops	Cops	Cops		
TLC	521	560		48 Hours: Hard Evidence	48 Hours: Hard Evidence	48 Hours: Hard Evidence	Dateline: Real Life Mysteries	Dateline: Real Life Mysteries	Varied Programs	Varied Programs			
TSN	400	400		(11:44) SportsCentre	SportsCentre	Varied Programs	Vancouver Hockey Lunch	Varied Programs	SportsCentre	Interruption			
YOUTH	551	542		Nerds	Squirrel	Almost Naked	(:25) Sidekick	(1:50) Wayside	Kid vs. Kat	Sidekick	Numb Chucks	SpongeBob	SpongeBob

FRIDAY EVENING													JULY 8, 2016		
	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX	3	-	-	Channel 3 News at Six (N)	CBS Evening News/Pelley	Entertainment Tonight (N)	NCIS: Los Angeles Deeks is arrested for murder.	Hawaii Five-0 Unstable Japanese WWII bombs are stolen.	Blue Bloods A mobster is found shot in his car.	Channel 3 News	(:35) The Late Show With Stephen Colbert				
WPTZ	5	-	-	NewsChannel 5 at 6PM (N)	NBC Nightly News - Holt	Jeopardy! (N)	Wheel of Fortune "R&R"	U.S. Olympic Trials Track and Field. (N) (Live)	U.S. Olympic Trials Women's Gymnastics. From San Jose, Calif. (N) (Live)	Newschannel 5 at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon				
CBMT	6	206	301	CBC Montreal News (N)	Exchange-P. Armstrong	Rick Mercer Report	Coronation Street (N)	Schitt's Creek	22 Minutes	Mr. D (DVS)	Mr. D (DVS)	The National (N)	CBC Montreal News (N)	Calgary Stampede on CBC (N)	
CHLT	7	107	718	(5:58) TVA nouvelles (N)	Sucré salé (N) (SC)	Les gags full ado (N) (SC)	* "Un Honnête citoyen" (2009) Jamie Foxx. Un procureur se fait prendre par la vengeance d'un homme. (DVS) (SC)	Bloopers les classiques 4		TVA nouvelles (N)	(:35) Juste pour rire en direct (N) (SC)	(:20) Sucré salé (SC)	(11:50) ** "Les Robots"		
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune "R&R"	Jeopardy! (N)	Shark Tank A fire-starting solution. (N)	(:01) What Would You Do? (N) (SC)	20/20 Jaycee Dugard discusses her new life. (N)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N)			
CKSH	9	108	-	Le Téléjournal/Estrie (N)	Le TJ Extra Estrie (N)	Les Galas 2007 du Festival Grand Rire de Québec (SC)	"Le règne de la beauté" (2014, Drame) Marie-Josée Croze. La vie paisible de Luc change après qu'il rencontre Lindsay.	Le Téléjournal (N) (SC)	Unité 9 Les femmes attendent le résultat des élections.	Unité 9 La relation de Michèle et Shandy. (DVS) (SC)					
CKMI	11	-	-	(5:30) Global News at 5:30	Global National (N)	ET Canada	Entertainment Tonight (N)	NCIS: Los Angeles Deeks is arrested for murder.	Hawaii Five-0 Unstable Japanese WWII bombs are stolen.	Rookie Blue Investigating a series of arsons.	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert			
CFCF	12	205	312	CTV News Montreal (N)	etalk (N)	The Big Bang Theory	Shark Tank A fire-starting solution. (N)	Motive "The Dead Hand" A soldier demands justice. (N)	Blue Bloods A mobster is found shot in his car.	News-Lisa	CTV News Montreal	The Big Bang Theory			
WVNY	22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N)	Shark Tank A fire-starting solution. (N)	20/20 Jaycee Dugard discusses her new life. (N)	Local 22 News (N)	(:35) Jimmy Kimmel Live (N)				
WUTV	30	-	-	The Big Bang Theory	Judge Judy (N)	Judge Judy (N)	Family Feud (N)	Rosewood Rosie worries about Villa's path. (N)	MasterChef The cooks must re-create a lobster dish. (N)	2 on Your Side	Seinfeld "The Stakeout" (N)	Two and a Half Men	Two and a Half Men	Crazy Talk (N)	
CFKS	31	106	726	Atomes crochus	Souper parfait	L'arbitre	SQ	911 "Fusillade"	** "Next" (2007) Nicolas Cage, Julianne Moore. Début. Un homme qui voit l'avenir tente d'arrêter des terroristes.	Atomes crochus	Vidéo clips	Appelez & gagnez			
WUHF	-	-	363	Modern Family (N)	Modern Family (N)	The Big Bang Theory	The Big Bang Theory	Rosewood Rosie worries about Villa's path. (N)	MasterChef The cooks must re-create a lobster dish. (N)	2 Broke Girls (N)	2 Broke Girls (N)	Paid Program			
WETK	-	-	-	PBS NewsHour (N)	BBC News-night	Vermont This Week (N)	Washington Week	Charlie Rose -- The Week	The Great British Baking Show "Biscuits" (N)	A Few Good Pie Places (N)	Nightly Business Report	Charlie Rose (N)			
WCFE	-	-	-	World News America	Nightly Business Report	PBS NewsHour (N)	Mountain Lake Journal	New York Now	The Great British Baking Show "Biscuits" (N)	Arts in Exile	BBC World News	Charlie Rose (N)			
A&E	615	520		The First 48 A college student is stabbed. (N)	Duck Dynasty (N)	Duck Dynasty (N)	Duck Dynasty (N)	Duck Dynasty (N)	Duck Dynasty (N)	(:03) Duck Dynasty (N)	(:32) Duck Dynasty (N)	(:03) Duck Dynasty (N)	(:33) Duck Dynasty (N)	(12:03) Duck Dynasty (N)	
BRAVO	620	523		Flashpoint Gun runners confront the team. (N)	Twice in a Lifetime A socialite questions her marriage.	Bones Booth's brother has surprising news. (N)	Bones Uniquely disfigured remains. (N)	Bones Partially skeletonized body is found. (N)	Bones Brennan and Booth's first case together. (N)	Criminal Minds					
CNN	500	500		The Situation Room (N)	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	CNN Tonight w/ Don Lemon	Morgan Spurlock Inside	Declassified: Untold Stories	Declassified					
DISC	520	505		How It's Made	How It's Made	Mighty Ships "North Sea Giant" (DVS)	Bering Sea Gold The Christine Rose goes to the Bluff.	Alaskan Bush People The wolfpack is on high alert.	Mayday Two engines on a brand new jet fail. (N)	Mayday Flight 38 crashes at Heathrow Airport. (N)	Alaskan Bush People				
HIST	522	506		Perfect Storms Weather conditions save Moscow in 1941.	7 Days in Hell A pirate escape scenario from 1721. (N)	Alone Food sources dwindle as winter arrives. (N)	Tutankhamun Decoded New investigation of Egypt's boy king. (N) (DVS)	Secret Life Of... (N)	Treasures Decoded How the Great Pyramid was built. (N)	Ghost Planes					
RDI	126	730		Le Téléjournal (N) (SC)	RDI économie (N) (SC)	24/60 (N) (SC)	Les grands reportages (N) (SC)	Le Téléjournal (N) (SC)	Le Téléjournal (N) (SC)	RDI économie (N) (SC)	Le National (N) (SC)	24/60 (SC)	Les grands reportages		
SHOW	616	521		Remedy Brian tries to improve his interactions. (N)	Beauty and the Beast (N)	"Ghost Storm" (2012) Crystal Allen, Carlos Bernard. A supernatural electrical storm threatens an island. (N)	** "Arctic Blast" (2010) Michael Shanks. A physicist must save the world from a new ice age. (N)	Outlander (N)							
SLICE	601	562		Property Virgins (N)	Property Virgins (N)	Intervention Canada "Wes" Wes uses crystal meth. (N)	Property Virgins (N)	Tori & Dean: Cabin Fever	Tori & Dean: Cabin Fever	"Fatal Performance" (2012) Nicholle Tom. A woman learns the devious truth about her impersonation. (N)	Property Virgins (N)				
SPIKE	628	584		Jail: Las Vegas (N)	Cops "Arizona" (N)	Cops Sting on a drug dealer. (N)	Cops "West Palm Beach" (N)	Cops High-speed pursuit. (N)	Cops "Palm Beach" (N)	Cops (N)	Cops "Love Bites" (N)	Cops (N)	Cops "That's My Grill" (N)	Cops (N)	Jail: Las Vegas (N)
TLC	521	560		Deadly Women "Killer Kin" Relatives that help in murder.	Deadly Women A California woman commits a deadly sin.	Killer Women "Mastermind to Murder" (Series Premiere) (N)	Women in Prison A former army officer turns to drugs.	(:01) Killer Women "Mastermind to Murder" (N)							
TSN	400	400		SportsCentre (N) (Live)	CFL Football Calgary Stampeders at Ottawa Redblacks. From TD Place Stadium in Ottawa. (N)	CFL Football Saskatchewan Roughriders at Edmonton Eskimos. From Commonwealth Stadium in Edmonton, Alberta. (N) (Live)									
YOUTH	551	542		SpongeBob	SpongeBob	SpongeBob	"Bon Voyage Charlie Brown"	Game On (N)	Assembly	Assembly	Max & Shred	Laughs: Gags	Laughs: Gags	Bon Voyage	

# Your week on TV

SATURDAY DAYTIME																	JULY 9, 2016		
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) (LIVE)			Lucky Dog (EL)	Dr. Chris: Pet Vet	Innovation Nation	The Inspectors	Paid Program	Paid Program	Incredible Dog Challenge "St. Pete, FL"	Auto Racing Lucas Oil Late Model Dirt Series.	PGA Tour Golf From July 6, 2014. (LIVE)				
WPTZ	5	-	-	2016 Tour de France Stage 8. From Pau to Bagnères-de-Luchon. (N) (LIVE)										European PGA Tour Golf Open, Third Round. (N) (LIVE)	Aberdeen Asset Management Scottish	Building 43 (LIVE)	Motorcycle Racing		
CBMT	6	206	301	Super Why!	Napkin Man	Arthur (LIVE)	Cat in the Hat	Daniel Tiger	Arthur (LIVE)	Super Why!	Daniel Tiger	Our Montreal (LIVE)	Absolutely Canadian "Finding Al" (LIVE)	Calgary Stampede on CBC (N) (LIVE)					
CHLT	7	107	718	(6:00) Salut, bonjour! Week-end (N) (SC)				Québec	Tous à vélo (N)	Signé M (SC)	Arrive en campagne	TVA nouvelles (N)	Ma liste à moi (SC)	Viens voir ici (N)	Infopublicité (SC)	Les looney tunes (LIVE)	Les gags full ado	(:15) ** "Hidalgo" (2004, Aventures) (SC)	
WMTW	8	-	-	Good Morning America (N) (LIVE)	Jack Hanna	Ocean Mysteries	Sea Rescue (EL)	The Wildlife Docs	Rock the Park	Born to Explore	Awesome Adventure	Paid Program	Sexy Skin Secret	CIZE Dance	World of X Games (N)	2016 Wimbledon Championships			
CKSH	9	108	-	Sonic Boom	Annedroids	Brigade animo	Motel Monstre	Code Max (SC)	Le TJ Extra Estrie	Ricardo (SC)	L'épicerie (SC)	Telejournal	Je vais à Rio (SC)	1001 vies "La fiancée de la mer" (N) (SC)	Eli Stone (DVS) (SC)	Commissaire Brunetti (SC)			
CKMI	11	-	-	Fish'n Canada	Real Fishing	Advent. North	Fishful Thinking	Secret Life Of... (LIVE)	Paid Program	Powerboat Television	Driving Television	Ice Pilots NWT "A Tale of Two Pilots"	Property Virgins (LIVE)	Princess (LIVE)	Entertainment Tonight (N) (LIVE)	*** "Earthstorm" (2006) (LIVE)			
CFCF	12	205	312	The Social (LIVE)	It Is Written (LIVE)	Celebrity Style Story	Operation Smile (LIVE)	It Is Written (LIVE)	etalk (LIVE)	SportsCentre (LIVE)	Corner Gas (LIVE)	Corner Gas (LIVE)	Canada's Worst Driver	Cash Cab (LIVE)	Moneytalk (LIVE)				
WVNY	22	-	-	Good Morning America (N) (LIVE)	Jack Hanna	Ocean Mysteries	Sea Rescue (EL)	The Wildlife Docs	Rock the Park	Born to Explore	Paid Program	Paid Program	Paid Program	Paid Program	World of X Games (N)	2016 Wimbledon Championships			
WUTV	80	-	-	Make \$\$ in Real Estate Locally	Make \$\$ in Real Estate Locally	Paid Program	Cooking Made	Copper Chef	Paid Program	Raw Travel (N)	Raceline	Big Bang Theory	Big Bang Theory	UFC 200: It's Time (N) (LIVE)	2016 U.S. Women's Open Third Round. (N)				
CFKS	61	106	726	Aubaines & cie (N)	Trucs & cie (N)	RPM La Tesla Model S P85D.	RPM Plus	Tout s'embellit	Infopublicité	"Un bonheur n'arrive jamais seul" (2012) Gad Elmaleh. Sacha Jovovich, Oded Fehr, Ali Larter. (LIVE)	"Nigaud de prof"								
WUHF	-	363	-	Career Day (LIVE)	Think Big (LIVE)	Great Big World	The Young Icons	Paid Program	Cooking Made	Copper Chef	Paid Program	Judge Judy (LIVE)	Judge Judy (LIVE)	Modern Family (LIVE)	Modern Family (LIVE)	UFC 200: It's Time (N) (LIVE)	2016 U.S. Women's Open Third Round. (N)		
WETK	-	-	-	Curious George	Nature Cat (LIVE)	Outdoor Journal	MotorWeek (N)	Family Ingredients	Cooking School	Ellie's Real	Test Kitchen	Cook's Country	This Old House (LIVE)	This Old House (LIVE)	Ask This Old House	Rough Cut-Mac	Food Forward (LIVE)	Antiques Roadshow	
WCFE	-	-	-	Curious George	Nature Cat (LIVE)	Ready Jet Go! (EL)	Wild Kratts	Greener World	Painting	This Old House (LIVE)	This Old House (LIVE)	Jacques Pépin	Cooking School	Martha Bakes (LIVE)	Lidia's Kitchen (LIVE)	Ellie's Real	Sara's Weeknight	Test Kitchen	Steven Raichlen's
A&E	615	520	-	Flipping Vegas "Grow House" (LIVE)	House Hunting	House Hunting	House Hunting	House Hunting	Criminal Minds "The Tribe" (LIVE)	Criminal Minds Psychopathic killer. (LIVE)	Criminal Minds "The Fisher King, Part 2"	Criminal Minds "The Perfect Storm" (LIVE)	Criminal Minds "The Perfect Storm" (LIVE)	Wahlburgers (LIVE)	Wahlburgers (LIVE)				
BRAVO	620	523	-	Twice in a Lifetime "War of the Poseys"	Missing Brooke tries to stop an execution. (LIVE)	Murder in the First "Tropic of Cancer" (LIVE)	Guilt Bullies attack Grace on social media.	Criminal Minds "The Bittersweet Science"	Criminal Minds "The Bittersweet Science"	Animal Kingdom "Flesh Is Weak" (LIVE)	Bones Booth's brother has surprising news.	Bones Uniquely disfigured remains. (LIVE)	Bones Uniquely disfigured remains. (LIVE)						
CNN	500	500	-	New Day Saturday (N)	Smerconish (N) (LIVE)	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN News	Vital Sign	CNN Newsroom						
DISC	520	505	-	Bering Sea Gold "All In" (LIVE)	Alaskan Bush People "Shots in the Dark"	How It's Made	How It's Made	Mayday Two engines on a brand new jet fail.	Bering Sea Gold "All In" (LIVE)	Mayday "The Heathrow Enigma" (LIVE)	Mayday Two engines on a brand new jet fail.	Canada's Worst Driver "The Checkered Flag"							
HIST	522	506	-	Paid Program (LIVE)	Paid Program (LIVE)	Paid Program (LIVE)	Paid Program (LIVE)	Ice Road Truckers "Icy Alliance" (LIVE)	Yukon Gold "Double Down" (LIVE)	Curse of the Axe Archaeologists unearth a Huron village. (LIVE) (DVS)	Forged in Fire "Viking Battle Axe" (LIVE)	Forged in Fire "Crusader Sword" (LIVE)							
RDI	126	730	-	(6:00) RDI matin weekend (N) (SC)				RDI en direct (N)	RDI économique	Telegen	Telegen	Le National	RDI en direct (N)	RDI en direct (N)	RDI en direct (SC)	RDI en direct (SC)	RDI en direct (SC)	RDI en direct (SC)	
SHOW	616	521	-	Paid Program (LIVE)	Paid Program (LIVE)	Paid Program (LIVE)	Paid Program (LIVE)	** "I, Robot" (2004) Will Smith. A homicide detective tracks a dangerous robot in 2035. (LIVE)	** "Resident Evil: Retribution" (2012, Horror) Milla Jovovich, Michelle Rodriguez. (LIVE)	** "Resident Evil: Extinction" (2007, Horror) Milla Jovovich, Oded Fehr, Ali Larter. (LIVE)									
SLICE	601	562	-	Paid Program (LIVE)	21 DAY FIX (LIVE)	Paid Program (LIVE)	Paid Program (LIVE)	"Fatal Performance" (2012, Suspense) Nicholle Tom, David Palfy, Steve Bacic. (LIVE)	Princess (LIVE)	Princess (LIVE)	*** "The Descendants" (2011) George Clooney. A man navigates unfamiliar waters after his wife's accident. (LIVE)	"Snow White"							
SPIKE	628	584	-	Paid Program (LIVE)	Try Total Gym	**** "The Dark Knight" (2008, Action) Christian Bale, Heath Ledger, Aaron Eckhart. Batman battles a vicious criminal known as the Joker. (LIVE)	**** "The Dark Knight Rises" (2012, Action) Christian Bale, Anne Hathaway, Tom Hardy. Batman faces a masked villain named Bane. (LIVE)												
TLC	521	560	-	Makeup!	CIZE Dance	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Couponing	Extreme Time Cheaters	Skin Tight Lindsey's athletic dreams suffer.	Skin Tight "Lauana and Tim" (LIVE)				
TSN	400	400	-	Breakfast at Wimbledon (N) (LIVE)	2016 Wimbledon Championships Women's Final. From the All England Lawn Tennis and Croquet Club. (N) (LIVE)												MLS Soccer: Galaxy at Sounders		
YOUTH	551	542	-	Nerds	Sponge.	Sponge.	Sponge.	Sponge.	Turtles	Sponge.	"Bon Voyage Charlie Brown"	Game On	Parents	Parents	Parents	Parents			

SATURDAY EVENING																	JULY 9, 2016		
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 From July 6, 2014. (LIVE)			Channel 3 News	Weekend News	Entertainment Tonight (N) (LIVE)	Angel From Hell	Angel From Hell	NCIS: Los Angeles (LIVE)	48 Hours (N) (LIVE)	Channel 3 News	Person of Interest "Q & A" (LIVE)				
WPTZ	5	-	-	Motorcycle Race	Horse Racing Belmont Oaks & Suburban Handicap. (N) (LIVE)	News-Channel 5	Nightly News	Jeopardy! (LIVE)	Wheel of Fortune	U.S. Olympic Trials Track and Field. (N)	American Ninja Warrior "Philadelphia Qualifier" Competitors in Philadelphia. (LIVE)	Newschannel 5	(:29) Saturday Night Live (LIVE)						
CBMT	6	206	301	Equestrian ATCO Queen Elizabeth II Cup. From Spruce Meadows in Calgary. (N) (LIVE)	Montreal News	Catch the Dream (LIVE)	Short Film Face Off (Season Finale) (N) (LIVE)	Murdoch Mysteries "Glory Days" (LIVE)	Follow the Money (N)	Calgary Stampede on CBC (N) (LIVE)	Winnipeg Comedy								
CHLT	7	107	718	(3:15) ** "Hidalgo" (2004, Aventures) Viggo Mortensen, Omar Sharif. (SC)	TVA nouvelles (N)	*** "Capitaine America: Le premier vengeur" (2011, Action) Chris Evans, Hayley Atwell, Sebastian Stan. (SC)	(8:53) *** "Elysium" (2013) Matt Damon, Jodie Foster, Sharlto Copley. Début. (SC)	(:02) TVA nouvelles	(:32) ** "Le Jour où la terre s'arrête"										
WMTW	8	-	-	(3:00) 2016 Wimbledon Championships Women's Final. (N Same-day Tape) (LIVE)	WMTW News 8 at	World News	Wheel of Fortune	Jeopardy! (LIVE)	People's List (N) (LIVE)	20/20: In an Instant "He Picked the Wrong Girl" (N) (LIVE)	WMTW News 8	Rizzoli & Isles "The Beast in Me" (LIVE)							
CKSH	9	108	-	(3:00) Commissaire Brunetti (SC)	La semaine verte (SC)	TJ Estrie	Le nouveau	La petite séduction (SC)	Les enfants de la télé (SC)	1001 vies Les métiers traditionnels. (N)	Le Téléjournal	** "La Proposition" (2009) Sandra Bullock, Ryan Reynolds. (DVS) (SC)							
CKMI	11	-	-	(3:00) *** "Earthstorm" (2006) (LIVE)	Weird or What? (LIVE)	Global News at 6	Global National	16x9 Interview with Zachary Miller. (LIVE)	Private Eyes "Partners in Crime"	"Lost & Found" (2014, Documentary) Premiere. (DVS)	First Dates	Global News	(:29) Saturday Night Live (LIVE)						
CFCF	12	205	312	The Marilyn Denis Show (N) (LIVE)	The Social (N) (LIVE)	etalk (LIVE)	CTV News Montreal (N) (LIVE)	W5 Secrecy laws of hospitals. (LIVE)	The Amazing Race Canada (LIVE)	Orphan Black "The Stigmata of Progress"	The Bridge A retired cop is murdered. (LIVE)	News-Rinaldo	CTV News Montreal (12:05) Castle (LIVE)						
WVNY	22	-	-	(3:00) 2016 Wimbledon Championships Women's Final. (N Same-day Tape) (LIVE)	World News	Local 22 News (N)	Paid Program	Paid Program	People's List (N) (LIVE)	20/20: In an Instant "He Picked the Wrong Girl" (N) (LIVE)	Local 22 News (N)	Elementary Sherlock investigates a death.							
WUTV	80	-	-	(3:00) 2016 U.S. Women's Open Third Round. From CordeValle in San Martin, Calif. (N) (LIVE)	MLB Baseball Washington Nationals at New York Mets. (N) (LIVE)	2 on Your Side at 10	Big Bang Theory	Party Over Here	The Grinder	Real Estate									
CFKS	61	106	726	(3:30) *** "Nigaud de professeur" (1996) Eddie Murphy.	** "Wimbledon" (2004, Com. Sentimentale) Kirsten Dunst, Paul Bettany, Sam Neill.	**** "Terminator" (1984) Arnold Schwarzenegger, Linda Hamilton. Début.	(:45) ** "Meurtre en équilibre" (2002) Sandra Bullock. Deux jeunes tueurs essaient de jouer avec une détective.	Appellez & gagnez											
WUHF	-	363	-	(3:00) 2016 U.S. Women's Open Third Round. From CordeValle in San Martin, Calif. (N) (LIVE)	MLB Baseball Washington Nationals at New York Mets. (N) (LIVE)	WHAM News	Communty (LIVE)	Party Over Here	The Grinder	ROH Wrestling									
WETK	-	-	-	Antiques Roadshow	Mineral Explorers	Charlie Rose	NewsHour Wk	Father Brown "The Truth in the Wine" (LIVE)	As Time Goes By	Mulberry	Yes, Minister	Vicious "Sister"	Miss Fisher's Murder Mysteries (LIVE)	Scott & Bailey (LIVE)	Austin City Limits (LIVE)	Infinity Hall Live			
WCFE	-	-	-	Antiques Roadshow "Anaheim" (LIVE)	Globe Trekker "East Texas" (DVS)	R. Steves' Europe	NewsHour Wk	Mountain Lake	New York Now	New Tricks "Dead Poets" (LIVE)	Death in Paradise (LIVE)	Luther News interrupts Luther's date.	Underground	Austin City Limits (LIVE)					
A&E	615	520	-	Wahlburgers (LIVE)	Wahlburgers (LIVE)	Wahlburgers (LIVE)	Wahlburgers (LIVE)	The First 48 Home invasion. (LIVE)	The First 48 "Alias; Duel" (LIVE)	The First 48: Drugs Kill (LIVE)	The First 48: Bad Company (N) (LIVE)	(:03) The First 48: Bad Company (N) (LIVE)	The First 48: Deadly Sexual Encounters	The First 48					
BRAVO	620	523	-	Bones Partially skeletonized body is found.	Bones (LIVE)	Twice in a Lifetime "War of the Poseys"	Missing Brooke tries to stop an execution.	Criminal Minds "The Bittersweet Science"	Animal Kingdom "Flesh Is Weak" (LIVE)	Guilt "Exit Wounds" (LIVE)	19-2 Ben gets in trouble with homicide. (LIVE)	Murder in the First							
CNN	500	500	-	CNN Newsroom	CNN Newsroom	Smerconish	CNN Newsroom	Anthony Bourd.	Anthony Bourd.	Anthony Bourd.									
DISC	520	505	-	Bering Sea Gold "All In" (LIVE)	Alaskan Bush People "Shots in the Dark"	How It's Made	How It's Made	How It's Made	How It's Made	Deadliest Catch: The Bait "Trials by Fire"	Deadliest Catch "Fire at Sea Part 1" (LIVE)	Bitchin' Rides "Double Trouble" (LIVE)	How-Made	How-Made	Deadliest Catch				
HIST	522	506	-	Forged in Fire "The Roman Gladiator"	Forged in Fire "The Elizabethan Rapier"	Ice Road Truckers "Icy Alliance" (LIVE)	Yukon Gold "Double Down" (LIVE)	Vikings Ecbert agrees to support Kwenthrith.	Curse of the Axe Archaeologists unearth a Huron village. (LIVE) (DVS)	Yukon Gold "Double Down" (LIVE)	Forged in Fire (LIVE)								
RDI	126	730	-	RDI en direct (N)	L'épicerie (N) (SC)	Le Téléjournal	Journal France 2	La semaine verte (N) (SC)	RDI en direct (N)	RDI en direct (SC)	Découverte (N) (SC)	Le Téléjournal	Les grands reportages	Le Téléjournal	Le Téléjournal	Le National	Le Téléjournal		
SHOW	616	521	-	** "I, Robot" (2004) Will Smith. A homicide detective tracks a dangerous robot in 2035. (LIVE)	** "Arctic Blast" (2010, Science Fiction) Michael Shanks, Alexandra Davies. (LIVE)	** "I, Robot" (2004) Will Smith. A homicide detective tracks a dangerous robot in 2035. (LIVE)	** "Resident Evil: Retribution" (2012) Milla Jovovich. (LIVE)												
SLICE	601	562	-	(3:30) ** "Snow White and the Huntsman" (2012, Fantasy) Kristen Stewart. (LIVE)	"My Life as a Dead Girl" (2014) Cassandra Scerbo, Chad Rook. Premiere. (LIVE)	Après Ski "Last Run" (LIVE)	** "Divergent" (2014) Shailene Woodley, Theo James. Premiere. A young woman discovers a plot to destroy those like her. (LIVE)	** "Divergent"											
SPIKE	628	584	-	"Dark Knight"	Cops "On Thin Ice"	Cops (LIVE)	Cops (LIVE)	Cops (LIVE)	Cops (LIVE)	Cops (LIVE)	Cops (LIVE)	Jail: Big Texas (LIVE)	Cops (LIVE)	Cops (LIVE)	Cops (LIVE)	Cops "On Thin Ice"	"Dark Knight"		
TLC	521	560	-	Skin Tight "Megan and Yalena" (LIVE)	48 Hours: Hard Evidence (LIVE)	48 Hours: Hard Evidence (LIVE)	48 Hours: Hard Evidence (LIVE)	48 Hours: Hard Evidence (LIVE)	48 Hours: Hard Evidence (LIVE)	48 Hours: Hard Evidence (LIVE)	48 Hours: Hard Evidence (LIVE)	48 Hours: Hard Evidence (LIVE)	48 Hours: Hard Evidence (LIVE)	48 Hours: Hard Evidence (LIVE)	48 Hours: Hard Evidence (LIVE)	48 Hours: Hard Evidence (LIVE)			
TSN	400	400	-	(3:00) MLS Soccer Los Angeles Galaxy at Seattle Sounders FC.	Golf Talk Canada	SportsCentre (N) (LIVE)	Score Golf TV	MLS Soccer BMO Field in Toronto. (N) (LIVE)	Chicago Fire at Toronto FC. From BMO Field in Toronto. (N) (LIVE)	SportsCentre	MLS Soccer Colorado Rapids at Vancouver Whitecaps FC. (N) (LIVE)	SportsCentre							
YOUTH	551	542	-	Kung Fu	Kung Fu	Kung Fu	Kung Fu	Assembly	Stanley	Just Kid	Just Kid	*** "Ghostbusters" (1984) Bill Murray. (LIVE)	Game On	Assembly	Gags	Gags	Ghostbust		



# Your week on TV

MONDAY EVENING													JULY 11, 2016		
Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX 3	-	-	Channel 3 News at Six (N)	CBS Evening News/Pelley	Entertainment Tonight (N)	Mom (N)	2 Broke Girls (N)	Scorpion "Adaptation" Drugs are smuggled via drones. (N)	(9:59) BrainDead Luke tries to reopen the government.	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (N)	(:35) The Late Show With Stephen Colbert (N) (N)	(:35) The Late Show With Stephen Colbert (N) (N)	(:35) The Late Show With Stephen Colbert (N) (N)	
WPTZ 5	-	-	NewsChannel 5 at 6PM (N)	NBC Nightly News - Holt	Jeopardy! (N)	Wheel of Fortune (N)	American Ninja Warrior "Los Angeles Finals" Contestants return to Los Angeles. (N) (N) (DVS)	Spartan: Ultimate Team Challenge (N)	Newschannel 5 at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (N)		
CBMT 6	206	301	CBC Montreal News (N)	Exchange-P. Armstrong	Hello Good-bye (N)	Coronation Street (N) (N)	Murdoch Mysteries "Barenaked Ladies" (DVS)	The Book of Negroes (Part 4 of 6) (DVS)	The National (N) (N)	CBC Montreal News (N)	Calgary Stampede on CBC (N) (N)	Calgary Stampede on CBC (N) (N)	Calgary Stampede on CBC (N) (N)		
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Sucré salé (N) (SC)	Ma maison bien aimée (SC)	L'heure est humaine -- Laurent Paquin (N) (SC)	Accès illimité Maripier Morin et Brandon Prust. (SC)	TVA nouvelles (N)	(:35) Juste pour rire en direct (N) (SC)	(:20) Sucré salé (SC)	(11:50) "Bleu d'enfer 2"	(:20) Sucré salé (SC)	(11:50) "Bleu d'enfer 2"		
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	The Bachelorette Jordan makes a shocking admission. (N) (N)	(:01) Mistresses A visitor upturns Karen's life. (N) (N)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N) (N)	(:35) Jimmy Kimmel Live (N) (N)	(:35) Jimmy Kimmel Live (N) (N)	(:35) Jimmy Kimmel Live (N) (N)		
CKSH 9	108	-	Le Téléjournal/Estrie (N)	TJ-Grand Mtl	Squelettes-plac.	Les Parent (DVS) (SC)	Le combat des villes (N) (SC)	Les échangistes (N) (SC)	Le Téléjournal (N) (SC)	Par ici l'été (SC)	Luther (N) (DVS) (SC)	Luther (N) (DVS) (SC)	Luther (N) (DVS) (SC)		
CKMI 11	-	-	(5:30) Global News at 5:30	Global National (N) (N)	ET Canada	Entertainment Tonight (N)	Containment Jake considers his options. (N) (N)	The Night Shift The hospital deals with racial protests. (N)	(9:59) BrainDead Luke tries to reopen the government.	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (N)	(:35) The Late Show With Stephen Colbert (N) (N)	(:35) The Late Show With Stephen Colbert (N) (N)		
CFCF 12	205	312	CTV News Montreal (N) (N)	etalk (N) (N)	The Big Bang Theory (N)	American Ninja Warrior "Los Angeles Finals" Contestants return to Los Angeles. (N) (N) (DVS)	(:01) Mistresses A visitor upturns Karen's life. (N) (N)	News-Lisa	CTV News Montreal (N)	The Daily Show	(:35) Jimmy Kimmel Live (N) (N)	(:35) Jimmy Kimmel Live (N) (N)	(:35) Jimmy Kimmel Live (N) (N)		
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) (N)	The Bachelorette Jordan makes a shocking admission. (N) (N)	(:01) Mistresses A visitor upturns Karen's life. (N) (N)	Local 22 News (N)	(:35) Jimmy Kimmel Live (N) (N)	(:35) Jimmy Kimmel Live (N) (N)	(:35) Jimmy Kimmel Live (N) (N)	(:35) Jimmy Kimmel Live (N) (N)		
WUTV 60	-	-	The Big Bang Theory (N)	Judge Judy (N)	Judge Judy (N)	Family Feud (N)	So You Think You Can Dance "The Next Generation: Top 10 Perform" The top 10 dancers perform. (N) (N) (Live) (N)	2 on Your Side Seinfeld "The at 10 (N) Ex-Girlfriend"	Two and a Half Men (N)	Two and a Half Men (N)	Crazy Talk (N) (N)	Two and a Half Men (N)	Crazy Talk (N) (N)		
CFKS 61	106	726	Atomes crochus	Souper parfait	Les détestables	Ça va brasser "La Fabrique"	CSI: Miami Un secret du passé refait surface. (SC)	Le mentaliste "Pour l'honneur" La mort d'un médecin.	Atomes crochus	Un gars le soir	Appelez & gagnez	Atomes crochus	Un gars le soir		
WUHF -	363	-	Modern Family (N)	Modern Family (N)	The Big Bang Theory (N)	The Big Bang Theory (N)	So You Think You Can Dance "The Next Generation: Top 10 Perform" The top 10 dancers perform. (N) (N) (Live) (N)	13WHAM News at 10 on Fox Rochester (N) (N)	2 Broke Girls (N) (N)	2 Broke Girls (N) (N)	Paid Program (N) (N)	2 Broke Girls (N) (N)	Paid Program (N) (N)		
WETK -	-	-	PBS NewsHour (N) (N)	The This Old House Hour (N) (N)	Antiques Roadshow An auto-graphed electric guitar. (N)	Antiques Roadshow "Vintage Houston" (N) (N)	Mary Tyler Moore: A Celebration (N) (N)	Nightly Business Report	Charlie Rose (N) (N)	Charlie Rose (N) (N)	Charlie Rose (N) (N)	Charlie Rose (N) (N)	Charlie Rose (N) (N)		
WCFE -	-	-	World News America	Nightly Business Report	PBS NewsHour (N) (N)	Antiques Roadshow An auto-graphed electric guitar. (N)	Antiques Roadshow "Vintage Houston" (N) (N)	Who Killed the Princes in the Tower? (N) (N)	BBC World News (N)	Charlie Rose (N) (N)	Charlie Rose (N) (N)	Charlie Rose (N) (N)	Charlie Rose (N) (N)		
A&E 615	520	-	The First 48 A man is discovered on broken glass. (N)	The First 48 Two Dallas men are gunned down. (N)	The First 48 An Atlanta woman is strangled. (N)	The First 48 Two fatal shootings are investigated. (N)	The First 48 Fatal gambling dispute; double murder. (N)	(:03) The First 48 (N) (N)	(12:03) The First 48 (N) (N)	(12:03) The First 48 (N) (N)	(12:03) The First 48 (N) (N)	(12:03) The First 48 (N) (N)	(12:03) The First 48 (N) (N)		
BRAVO 620	523	-	Flashpoint Parents of a sick boy hold up a bank. (N)	Motive "Calling the Shots" Angie crosses the line. (N)	Blue Bloods An undercover detective is killed. (N) (N)	Murder in the First Hildy tracks down a fugitive. (N) (N)	19-2 "Bitch" A tempting proposition for Nick. (N) (N)	Motive "Calling the Shots" Angie crosses the line. (N)	Criminal Minds (N) (N)	Criminal Minds (N) (N)	Criminal Minds (N) (N)	Criminal Minds (N) (N)	Criminal Minds (N) (N)		
CNN 500	500	-	The Situation Room (N)	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Anderson Cooper 360 (N)	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	Cooper 360	Cooper 360	Cooper 360	Cooper 360	Cooper 360		
DISC 520	505	-	How It's Made (N)	How It's Made (N)	Made by Destruction (N)	Made by Destruction (N)	How It's Made (N)	How It's Made (N)	Alaskan Bush People "Judgement Day" (N) (N)	How It's Made (N) (N)	How It's Made (N) (N)	How It's Made (N) (N)	Alaskan Bush People (N) (N)		
HIST 522	506	-	Canadian Pickers Scott and Sheldon visit Saskatchewan.	Canadian Pickers "Mystery Map" (N) (DVS)	Hardcore Heroes Stories of Drew Dix and Viktor Leonov.	*** "Black Hawk Down" (2001, War) Josh Hartnett, Ewan McGregor, Tom Sizemore. U.S. soldiers meet with disaster in 1993 Mogadishu, Somalia. (N) (N)	*** "Black Hawk Down" (N) (N)	*** "Black Hawk Down" (N) (N)	*** "Black Hawk Down" (N) (N)	*** "Black Hawk Down" (N) (N)	*** "Black Hawk Down" (N) (N)	*** "Black Hawk Down" (N) (N)	*** "Black Hawk Down" (N) (N)		
RDI 126	730	-	Le Téléjournal (N) (SC)	RDI économie (N) (SC)	24/60 (N) (SC)	Les grands reportages Les femmes qui admiraient Hitler.	Le Téléjournal (N) (SC)	RDI économie (N) (SC)	Le National (N) (SC)	24/60 (SC)	Les grands reportages	Les grands reportages	Les grands reportages		
SHOW 616	521	-	Remedy The outbreak of a mysterious infection. (N)	** "Seeds of Destruction" (2011, Science Fiction) Adrian Pasdar, James Morrison. (N) (DVS)	12 Monkeys Cole and Raily stop the final paradox. (N) (N)	Hunters The ETU trusts an unlikely informant. (N) (N)	NCIS "The Good Samaritan" Naval officers targeted. (N)	12 Monkeys (N) (N)	12 Monkeys (N) (N)	12 Monkeys (N) (N)	12 Monkeys (N) (N)	12 Monkeys (N) (N)	12 Monkeys (N) (N)		
SLICE 601	562	-	Property Virgins (N) (N)	Property Virgins (N) (N)	Come Dine Canada	Come Dine Canada	Property Virgins (N) (N)	Property Virgins (N) (N)	The Real Housewives of Orange County (N) (N)	Tori & Dean: Cabin Fever	Tori & Dean: Cabin Fever	Untouchable "Power Corrupts" (N) (N)	Housewives/OC (N) (N)		
SPIKE 628	584	-	Cops (N) (N)	Cops (N) (N)	Cops (N) (N)	Cops (N) (N)	Cops (N) (N)	Cops (N) (N)	Catch a Contractor	Catch a Contractor	Catch a Contractor	Catch a Contractor	Jail (N) (N)		
TLC 521	560	-	My Giant Life Haleigh and Bryan have an apartment. (N)	My Giant Life Lindsay regrets a night of drinking. (N)	My Giant Life Lindsay regrets a night of drinking. (N)	My Giant Life "Tall Freak" Katja and Julie make up. (N)	My Giant Life Lindsay has surgery for her double chin. (N)	My Giant Life Lexie reunites with her fiancée. (N) (N)	My Giant Life Lindsay regrets a night of drinking. (N)	My Giant Life Lindsay regrets a night of drinking. (N)	My Giant Life "Tall Freak" (N) (N)	My Giant Life Lindsay regrets a night of drinking. (N)	My Giant Life "Tall Freak" (N) (N)		
TSN 400	400	-	SportsCentre (N) (Live) (N)	That's Hockey	EURO Tournament Review Show (N) (N)	Motorcycle Racing	STIHL Timber-sports	SC (N) (N)	Behind the Board (N)	Behind the Board (N)	CFL: Around the Table	CFL: Around the Table	SportsCentre (N) (N)		
YOUTH 551	542	-	Assembly	Assembly	Bella	Max & Shred	Just Kidding	Just Kidding	Laughs: Gags	Laughs: Gags	Haunting	Haunting	Just Kidding		

TUESDAY EVENING													JULY 12, 2016		
Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX 3	-	-	Channel 3 News at Six (N)	CBS Evening News/Pelley	Entertainment Tonight (N)	NCIS "Saviors" Insurgents in Sudan attack doctors. (N)	Zoo The team tries to get to Gen. Davies. (N) (N)	NCIS: New Orleans A blackout in New Orleans. (N)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (N)	(:35) The Late Show With Stephen Colbert (N) (N)	(:35) The Late Show With Stephen Colbert (N) (N)	(:35) The Late Show With Stephen Colbert (N) (N)		
WPTZ 5	-	-	NewsChannel 5 at 6PM (N)	NBC Nightly News - Holt	Jeopardy! (N)	Wheel of Fortune (N)	America's Got Talent "The Judge Cuts 1" Contestants advance to the next round. (N) (N)	Maya & Marty (N) (N)	Newschannel 5 at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (N)		
CBMT 6	206	301	CBC Montreal News (N)	Exchange-P. Armstrong	Just for Laughs: Gags	Coronation Street (N) (N)	Rick Mercer Report (N)	22 Minutes (N) (N)	Still Standing "Telkwa, BC" (N) (N)	Baroness Von Sketch Show	The National (N) (N)	CBC Montreal News (N)	Calgary Stampede on CBC (N) (N)		
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Sucré salé (N) (SC)	À couteaux tirés (SC)	Animal	Chicago Fire: Caserne 51 "Le fruit défendu" (N) (SC)	Esprits criminels Kevin devient jaloux. (DVS) (SC)	TVA nouvelles (N)	(:35) Juste pour rire en direct (N) (SC)	(:20) Sucré salé (SC)	(11:50) *** "Duplicité"	(:20) Sucré salé (SC)		
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	The Middle "The Rush" (N) (SC)	Fresh Off the Boat (N) (N)	Fresh Off the Boat (N) (N)	The Real O'Neals (N)	To Tell the Truth The world's longest fingernails. (N) (N)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N) (N)		
CKSH 9	108	-	Le Téléjournal/Estrie (N)	TJ-Grand Mtl	Squelettes-plac.	Je vais à Rio (N) (SC)	Remue-ménage Les adultes adoptés. (N) (SC)	Les échangistes (N) (SC)	Le Téléjournal (N) (SC)	Par ici l'été (SC)	Médecins de combat (N) (DVS) (SC)	Médecins de combat (N) (DVS) (SC)	Médecins de combat (N) (DVS) (SC)		
CKMI 11	-	-	(5:30) Global News at 5:30	Global National (N) (N)	ET Canada	Entertainment Tonight (N)	NCIS "Saviors" Insurgents in Sudan attack doctors. (N)	Vikings Ragnar and Floki are still at odds. (DVS) (N)	Maya & Marty (N) (N)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (N)	(:35) The Late Show With Stephen Colbert (N) (N)	(:35) The Late Show With Stephen Colbert (N) (N)		
CFCF 12	205	312	CTV News Montreal (N) (N)	etalk (N) (N)	The Big Bang Theory (N)	The Amazing Race Canada (N) (N) (DVS)	Zoo The team tries to get to Gen. Davies. (N) (N)	Motive "Foreign Relations" Angie partners with an agent.	News-Lisa	CTV News Montreal (N)	The Daily Show	(:35) Jimmy Kimmel Live (N) (N)	(:35) Jimmy Kimmel Live (N) (N)		
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) (N)	The Middle "The Rush" (N) (SC)	Fresh Off the Boat (N) (N)	Fresh Off the Boat (N) (N)	The Real O'Neals (N)	To Tell the Truth The world's longest fingernails. (N) (N)	Local 22 News (N)	(:35) Jimmy Kimmel Live (N) (N)		
WUTV 60	-	-	The Big Bang Theory (N)	Judge Judy (N)	Judge Judy (N)	MLB on FOX Pregame (N)	2016 MLB All-Star Game The biggest names in baseball gather in San Diego for the 87th All-Star Game. (N) (N) (Live)	2016 MLB All-Star Game The biggest names in baseball gather in San Diego for the 87th All-Star Game. (N) (N) (Live)	Two and a Half Men (N)	Two and a Half Men (N)	Crazy Talk (N) (N)	Two and a Half Men (N)	Crazy Talk (N) (N)		
CFKS 61	106	726	Atomes crochus	Souper parfait	Tout s'embellit avec Julie	Tout s'embellit avec Julie	** "Les 50 premiers rendez-vous" (2004) Adam Sandler. Un homme tombe amoureux d'une femme amnésique.	L'arbitre Le cadeau empoisonné.	Atomes crochus	Un gars le soir	Appelez & gagnez	Atomes crochus	Un gars le soir		
WUHF -	363	-	Modern Family (N)	Modern Family (N)	The Big Bang Theory (N)	MLB on FOX Pregame (N)	2016 MLB All-Star Game The biggest names in baseball gather in San Diego for the 87th All-Star Game. (N) (N) (Live)	2016 MLB All-Star Game The biggest names in baseball gather in San Diego for the 87th All-Star Game. (N) (N) (Live)	13WHAM News at 10 on Fox Rochester (N) (N)	13WHAM News at 10 on Fox Rochester (N) (N)	Paid Program (N) (N)	13WHAM News at 10 on Fox Rochester (N) (N)	Paid Program (N) (N)		
WETK -	-	-	PBS NewsHour (N) (N)	Greener World	Outdoor Journal	The White House: Inside Story The 200-year history of the White House. (N) (N)	The White House: Inside Story The 200-year history of the White House. (N) (N)	Frontline A report from Saudi Arabia. (N) (N)	Nightly Business Report	Charlie Rose (N) (N)	Charlie Rose (N) (N)	Charlie Rose (N) (N)	Charlie Rose (N) (N)		
WCFE -	-	-	World News America	Nightly Business Report	PBS NewsHour (N) (N)	The White House: Inside Story The 200-year history of the White House. (N) (N)	The White House: Inside Story The 200-year history of the White House. (N) (N)	Frontline A report from Saudi Arabia. (N) (N)	BBC World News (N)	Charlie Rose (N) (N)	Charlie Rose (N) (N)	Charlie Rose (N) (N)	Charlie Rose (N) (N)		
A&E 615	520	-	Flipping Vegas A former frat house needs repair work. (N)	Zombie House Flipping "Double Down" (N) (N)	Zombie House Flipping "Ranger Danger" (N) (N)	Zombie House Flipping "The Smell of Money" (N) (N)	Zombie House Flipping A zombie house from the 90's.	(:03) Zombie House Flipping (N) (N)	Zombie Flip (N) (N)	Zombie Flip (N) (N)	Zombie Flip (N) (N)	Zombie Flip (N) (N)	Zombie Flip (N) (N)		
BRAVO 620	523	-	Flashpoint A girl is abducted from her house. (N)	Motive Angie and Vega investigate two murders. (N)	Pretty Little Liars (N) (N)	Guilt (N) (N)	Animal Kingdom J faces a moral dilemma. (N) (N)	(:15) Motive Angie and Vega investigate two murders. (N)	Criminal Minds (N) (N)	Criminal Minds (N) (N)	Criminal Minds (N) (N)	Criminal Minds (N) (N)	Criminal Minds (N) (N)		
CNN 500	500	-	The Situation Room (N)	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	CNN Town Hall: Paul Ryan	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	Paul Ryan	Paul Ryan	Paul Ryan	Paul Ryan	Paul Ryan		
DISC 520	505	-	How It's Made (N)	How It's Made (N)	Highway Thru Hell "Casualties of War" (DVS)	Deadliest Catch: The Bait "Ablaze at Sea" (N) (N)	Deadliest Catch Captain Sig and crew fight a fire. (N)	The Last Alaskans Tyler and Ashley's success is at risk.	How It's Made (N) (N)	How It's Made (N) (N)	Deadliest Catch (N) (N)	How It's Made (N) (N)	Deadliest Catch (N) (N)		
HIST 522	506	-	Restoration Garage Two mechanics butt heads. (N)	Canadian Pickers "Drive to Win" (N) (DVS)	Hardcore Heroes "For a Greater Cause" (N) (N)	** "Tears of the Sun" (2003, Action) Bruce Willis, Monica Bellucci. Navy SEALs protect Nigerian refugees from ruthless rebels. (N) (N)	** "Tears of the Sun" (N) (N)	Battle Factory (N) (N)	** "Tears of the Sun" (N) (N)	** "Tears of the Sun" (N) (N)	** "Tears of the Sun" (N) (N)	** "Tears of the Sun" (N) (N)	** "Tears of the Sun" (N) (N)		
RDI 126	730	-	Le Téléjournal (N) (SC)	RDI économie (N) (SC)	24/60 (N) (SC)	Les grands reportages "Sur la route avec Socrates" (N)	Le Téléjournal (N) (SC)	RDI économie (N) (SC)	Le National (N) (SC)	24/60 (SC)	Les grands reportages	Les grands reportages	Les grands reportages		
SHOW 616	521	-	Remedy A secret from Bruno's past is revealed. (N)	"Get Out Alive" (2015) Beverly Mitchell, Steve Bacic. A couple have to put aside their problems to survive. (N) (N)	Rookie Blue Sam plans a getaway with Andy. (N)	Lost Girl The aftermath of a storm. (N) (N) (DVS)	NCIS "Bete Noir" Man holds hostages in the lab. (N) (N)	NCIS (N) (N)	NCIS (N) (N)	NCIS (N) (N)	NCIS (N) (N)	NCIS (N) (N)	NCIS (N) (N)		
SLICE 601	562	-	Property Virgins (N) (N)	Property Virgins "Josh" (N) (N)	Come Dine Canada	Come Dine Canada	Tori & Dean: Cabin Fever	Tori & Dean: Cabin Fever	See No Evil A teen vanishes from a department store. (N)	Surviving Evil A suicidal teen is abducted at gunpoint. (N)	Handsome Devils A family man hides a dark secret. (N)	See No Evil (N) (N)	See No Evil (N) (N)		
SPIKE 628	584	-	Tattoo Nightmares	Tattoo Nightmares	Tattoo Nightmares	** "Four Brothers" (2005, Crime Drama) Mark Wahlberg, Tyrese Gibson. Siblings seek revenge for their adoptive mother's murder. (N)	Wahlberg, Tyrese Gibson. Siblings seek revenge for their adoptive mother's murder. (N)	Tattoo Nightmares	Tattoo Nightmares	Tattoo Nightmares	Tattoo Nightmares	Tattoo Nightmares	*** "I Am Legend" (N) (N)		
TLC 521	560	-	My Giant Life Lexie reunites with her fiancée. (N) (N)	Little People, Big World The family heads to Hawaii. (N)	Little People, Big World: Back to the Farm (N) (N)	Little People, Big World "Episode 23" (N) (N)	(:01) My Giant Life Lindsay drinks with friends at a bar. (N)	(:02) Little People, Big World "Episode 23" (N) (N)	(12:02) My Giant Life (N) (N)	(12:02) My Giant Life (N) (N)	(12:02) My Giant Life (N) (N)	(12:02) My Giant Life (N) (N)	(12:02) My Giant Life (N) (N)		
TSN 400	400	-	SportsCentre (N) (Live) (N)	That's Hockey	CFL 30 (N) (N)	2016 UEFA European Championship Final: Teams TBA. From Stade de France in Saint-Denis, Ile-de-France, France.	EURO Tournament Review Show (N) (N)	SC (N) (N)	Motorcycle Racing	SportsCentre (N) (N)	SportsCentre (N) (N)	SportsCentre (N) (N)	SportsCentre (N) (N)		
YOUTH 551	542	-	Assembly	Assembly	Thundermans	Assembly	Just Kidding	Just Kidding	Laughs: Gags	Laughs: Gags	Haunting	Haunting	Just Kidding		

# Your week on TV

## WEDNESDAY EVENING JULY 13, 2016

Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX 3	-	Channel 3 News at Six (N)		CBS Evening News/Pelley	Entertainment Tonight (N)	Big Brother House guests vie for the power of veto. (N) o		Criminal Minds Children are taken while parents sleep. o		American Gothic Garrett gives into temptation. (N) o		Channel 3 News	(:35) The Late Show With Stephen Colbert (N) o		
WPTZ 5	-	NewsChannel 5 at 6PM (N)	NBC Nightly News - Holt	Jeopardy! (N) o	Wheel of Fortune	America's Got Talent "The Judge Cuts 2" Contestants advance to the next round. (N) o				The Night Shift "All In" The team treats Toper's mom.		Newschannel 5 at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon o		
CBMT 6	206	301	CBC Montreal News (N)	Exchange--P. Armstrong	Interrupt This Program o	Coronation Street (N) o	Dragons' Den A company hopes to win a deal. o	The Romeo Section "Repel Monkey" o		The National (N) o		CBC Montreal News (N)	Calgary Stampedo on CBC (N) o		
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Sucre salé (N) (SC)	Tranches de vie (SC)	LOL :- (SC)	Du talent à revendre o (SC)	Sur invitation seulement "Last Call, dernier service"		TVA nouvelles (N)	(:35) Juste pour rire en direct (N) (SC)	(:20) Sucre salé (SC)	"Délivrez-nous du mal"		
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune	Jeopardy! (N) o	The 2016 ESPYs Celebrating the best moments of the year in sports; John Cena hosts. (N) o					WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live "Jeff Bridges; Garbage" o		
CKSH 9	108	-	Le Téléjournal/Estrie (N)	TJ-Grand Mtl	Squelettes-plac.	L'épicerie (N) (SC)	La petite séduction (N) (SC)	Les échangistes (N) (SC)		Le Téléjournal (N) (SC)	Par ici l'été (SC)		Zone doc La mer Morte s'évapore et se meurt. (SC)		
CKMI 11	-	-	(5:30) Global News at 5:30	Global National (N) o	ET Canada	Entertainment Tonight (N)	Big Brother House guests vie for the power of veto. (N) o	You, Me and the Apocalypse (N) o (DVS)		American Gothic Garrett gives into temptation. (N) o		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) o		
CFCF 12	205	312	CTV News Montreal (N) o		etalk (N) o	The Big Bang Theory	MasterChef Cooking for 101 veterans. (N) (DVS)	Criminal Minds Children are taken while parents sleep. o		Saving Hope o		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) o	The 2016 ESPYs Celebrating the best moments of the year in sports; John Cena hosts. (N) o					Local 22 News (N)	(:35) Jimmy Kimmel Live "Jeff Bridges; Garbage" o		
WUTV 60	-	-	The Big Bang Theory	Judge Judy (N) o	Judge Judy (N) o	Family Feud (N) o	MasterChef Cooking for 101 veterans. (N) (DVS)	Wayward Pines Jason receives devastating news. (N)		2 on Your Side at 10 (N)	Seinfeld "The Busboy" o	Two and a Half Men o	Two and a Half Men o	Crazy Talk Topless men.	
CFKS 61	106	726	Atomes crochus	Souper parfait	Les détestables	Punch "Rémi Chassé" (N)	Personne d'intérêt Reese tente de quitter le pays. o	Mémoire sous enquête "Une allée inattendue" o (SC)		L'arbitre		Atomes crochus	Un gars le soir	Appelez & gagnez	
WUHF	-	363	Modern Family o	Modern Family o	The Big Bang Theory	The Big Bang Theory	MasterChef Cooking for 101 veterans. (N) (DVS)	Wayward Pines Jason receives devastating news. (N)		13WHAM News at 10 on Fox Rochester (N) o		2 Broke Girls o	2 Broke Girls o	Paid Program	
WETK	-	-	PBS NewsHour (N) o		Globe Trekker Delhi's old quarters; Taj Mahal.		Supernature -- Wild Flyers Survival in the sky. (N) o	NOVA Humans face challenges. o (DVS)		9 Months That Made You "The Final Countdown" o		Nightly Business Report		Charlie Rose (N) o	
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N) o		Supernature -- Wild Flyers Survival in the sky. (N) o	NOVA Humans face challenges. o (DVS)		9 Months That Made You "The Final Countdown" o		BBC World News		Charlie Rose (N) o	
A&E	615	520	The First 48 Detectives respond to two homicides. o		Duck Dynasty o	Duck Dynasty o	Duck Dynasty o	Duck Dynasty o		(:01) Wahlburgers (N) o	(:32) Black and White o	Wahlburgers: Extra Helping	(:33) Duck Dynasty	(12:03) Duck Dynasty o	
BRAVO	620	523	Flashpoint The team's actions are questioned. o		Motive "The Glass House" A father is murdered. o		Blue Bloods "Exiles" Danny makes a shocking discovery.	Suits "To Trouble" Mike transitions to prison life. o		Motive o (DVS)		Motive "The Glass House" A father is murdered. o		Criminal Minds o	
CNN	500	500	The Situation Room (N)		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)	Anderson Cooper 360 (N)		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon		Cooper 360	
DISC	520	505	How It's Made	How It's Made	Jade Fever "500 Bolts"	Jade Fever "Loaded"	The Last Alaskans Tyler and Ashley's success is at risk.	Dark Woods Justice Koliis finds a timber theft suspect.		Alaskan Bush People "Judgement Day" o		How It's Made	How It's Made	The Last Alaskans	
HIST	522	506	War Junk: WWI Exploring a 100-year old German tunnel.		Klondike Trappers Guy has to walk for 15 hours. o		Hardcore Heroes Carlos Hathcock; Max Hardberger.	*** "Olympus Has Fallen" (2013, Action) Gerard Butler, Aaron Eckhart, Morgan Freeman. A disgraced agent must rescue the president. o				Battle Factory o	"Olympus Has Fallen"		
RDI	126	730	Le Téléjournal (N) (SC)	RDI économie (N) (SC)	24/60 (N) (SC)		Les grands reportages (N) (SC)	Le Téléjournal (N) (SC)	Le Téléjournal (N) (SC)	RDI économie (N) (SC)	Le National (N) (SC)	24/60 (SC)		Les grands reportages	
SHOW	616	521	Remedy "Scary Bears" Melissa is sent into a tailspin. o		** "Premonition" (2004) Casper Van Dien. A man suffers frightening visions after a brush with death. o (DVS)		Mr. Robot The societal impact of the show. o		Mr. Robot "Eps2.0unm4sk-pt. 2" (Season Premiere) (N)		Mr. Robot "Eps2.0unm4sk-pt. 2" (N) o		NCIS "Un-SEALED" o		
SLICE	601	562	Property Virgins o	Property Virgins o	Come Dine Canada	Come Dine Canada	Come Dine Canada	Come Dine Canada		The Real Housewives of New York City (N) o		Flipping Out Jeff and the gang move into a flip. o	Brainwashed A woman is held captive for seven years.	Housewives/ NYC	
SPIKE	628	584	(5:30) Hungry Investors		** "Four Brothers" (2005, Crime Drama) Mark Wahlberg, Tyrese Gibson. Siblings seek revenge for their adoptive mother's murder. o		Wahlberg, Tyrese Gibson. Siblings seek revenge for their adoptive mother's murder. o		*** "I Am Legend" (2007, Science Fiction) Will Smith, Alice Braga, Dash Mihok. Bloodthirsty plague victims surround a lone survivor. o		** "The Marine" (2006) John Cena, Robert Patrick. o				
TLC	521	560	Say Yes to the Dress o	Say Yes to the Dress o	I Am Jazz Jazz visits a local radio show. o		My Big Fat Fabulous Life: Extra Fabulous (N) o	My Big Fat Fabulous Life "Cereal Stalker" (N) o		(:01) I Am Jazz Jazz explores breast surgery. (N) o		(:02) My Big Fat Fabulous Life "Cereal Stalker" o	(12:02) I Am Jazz		
TSN	400	400	SportsCentre (N) (Live) o		CFL on TSN Pregame (N)	CFL Football	Ottawa Redblacks at Toronto Argonauts. From BMO Field in Toronto. (N) (Live) o			MLS Soccer Real Salt Lake at Vancouver Whitecaps FC. From BC Place Stadium in Vancouver, British Columbia.					
YOUTH	551	542	Assembly	Assembly	Henry Danger	Stanley Dyn.	Just Kidding	Just Kidding	Laughs: Gags	Laughs: Gags	Haunting	Haunting	Just Kidding	Just Kidding	Laughs: Gags

## THURSDAY EVENING JULY 14, 2016

Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News/Pelley	Entertainment Tonight (N)	The Big Bang Theory o	(:31) Life in Pieces		Big Brother Eviction; head of household competition. (N)	(9:59) Code Black "The Fifth Stage" o	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) o		
WPTZ 5	-	-	NewsChannel 5 at 6PM (N)	NBC Nightly News - Holt	Jeopardy! (N) o	Wheel of Fortune	Spartan: Ultimate Team Challenge o		Spartan: Ultimate Team Challenge (N) o		Aquarius "Piggies" Hodiak investigate's a new clue. (N)	Newschannel 5 at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon o		
CBMT 6	206	301	CBC Montreal News (N)	Exchange--P. Armstrong	22 Minutes o	Coronation Street (N) o	The Nature of Things The eagle has landed. o		Keeping Canada Alive o		The National (N) o	CBC Montreal News (N)	Calgary Stampedo on CBC (N) o		
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Sucre salé (N) (SC)	Arrive en campagne (N)	Vlog (SC)	"Sur le rythme" (2011) Mylène St-Sauveur. Début. Une fille passe une audition auprès d'un chorégraphe. (SC)			TVA nouvelles (N)	(:35) Juste pour rire en direct (N) (SC)	(:20) Sucre salé (SC)	** "Mercure à la hausse"		
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune	Jeopardy! (N) o	BattleBots The robots go head-to-head. (N) o	Greatest Hits Performances include Bret Michaels. (N) o		Match Game o		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live o		
CKSH 9	108	-	Le Téléjournal/Estrie (N)	TJ-Grand Mtl	Squelettes-plac.	Toi & moi (DVS) (SC)	Prière de ne pas envoyer de fleurs Sébastien Benoît.	Les échangistes (N) (SC)		Le Téléjournal (N) (SC)	Par ici l'été (SC)		Les grandes entrevues François Massicotte. (SC)		
CKMI 11	-	-	(5:30) Global News at 5:30	Global National (N) o	ET Canada	Entertainment Tonight (N)	Bones A diamond is found in a corpse. (N) (DVS)	Big Brother Eviction; head of household competition. (N)		(9:59) Private Eyes "I Do, I Do" (N) (DVS)		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) o		
CFCF 12	205	312	CTV News Montreal (N) o		etalk (N) o	The Big Bang Theory	The Big Bang Theory (:31) The Big Bang Theory	The Big Bang Theory o	The Big Bang Theory o	Bosch (Series Premiere) (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) o	BattleBots The robots go head-to-head. (N) o	Greatest Hits Performances include Bret Michaels. (N) o		Match Game o		Local 22 News (N)	(:35) Jimmy Kimmel Live o		
WUTV 60	-	-	The Big Bang Theory	Judge Judy (N) o	Judge Judy (N) o	Family Feud (N) o	Bones A diamond is found in a corpse. (N) (DVS)	Home Free The contestants sharpen their skills. (N) o		2 on Your Side at 10 (N)	Seinfeld o	Two and a Half Men o	Two and a Half Men o	Crazy Talk o	
CFKS 61	106	726	Atomes crochus	Souper parfait	Chicago Police Burgess et Atwater font une découverte.		CSI: Miami "Vents contraires" (N) o (SC)	CSI: Miami L'équipe est à la recherche. (N) o (SC)		L'arbitre		Atomes crochus	Un gars le soir	Appelez & gagnez	
WUHF	-	363	Modern Family o	Modern Family o	The Big Bang Theory	The Big Bang Theory	Bones A diamond is found in a corpse. (N) (DVS)	Home Free The contestants sharpen their skills. (N) o		13WHAM News at 10 on Fox Rochester (N) o		2 Broke Girls o	2 Broke Girls o	Paid Program	
WETK	-	-	PBS NewsHour (N) o		The Women's List: American Masters o		Independent Lens Ballet dancer Misty Copeland. o	The Doctor Blake Mysteries "All That Glitters" o		Luther Luther is determined to protect Jenny. o		Nightly Business Report		Charlie Rose (N) o	
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N) o		Masterpiece Classic "Downton Abbey" Rumors about Mary's virtue. o	Masterpiece Classic Two women break the law. o		Antiques Roadshow		BBC World News		Charlie Rose (N) o	
A&E	615	520	The First 48 "Murder Rap" A bullied teen is murdered. o		The First 48 Body found in a creek bed. o		The First 48 "Last Words" (:24) The First 48 o	The First 48 A drive-by shooting case in Atlanta. (N)		(:01) 60 Days In Participants detail their time in jail. (N) o		(:03) Black and White o	(:33) The First 48 o	(12:03) The First 48	
BRAVO	620	523	Flashpoint Corruption involving Spikes old mentor. o		Motive Clues lead the team to a sweet florist. o		Blue Bloods A cartel attack leaves Baez wounded. o	"Lost Letter Mysteries: Truth Be Told" (2015) Eric Mabius. The Postables deliver a soldier's letter to a bullied teen. o		Motive Clues lead the team to a sweet florist. o		Motive Clues lead the team to a sweet florist. o		Criminal Minds o	
CNN	500	500	The Situation Room (N)		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)	Anderson Cooper 360 (N)		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon		Cooper 360	
DISC	520	505	How It's Made	How It's Made	How-Made	How-Made	Vegas Rat Rods A Chevy C10 becomes a true monster.	Bitchin' Rides Dave and Kevin tackle a unique project.		Street Outlaws "Knockin' on Heaven's Door" Chief races Brian Chucky Davis. (N) o		How It's Made	How It's Made	Vegas Rat Rods	
HIST	522	506	Curse of the Frozen Gold "Waking the Curse" o		Yukon Gold "Homecoming" Big Al returns to gold mining.		Alone: A Deeper Cut "Winter's Fury" (N) o	Alone "Into the Abyss" The participants face starvation.		** "Behind Enemy Lines" (2001) Owen Wilson. An American flight navigator is stranded in war-torn Bosnia. o		Alone "Into the Abyss"		Les grands reportages	
RDI	126	730	Le Téléjournal (N) (SC)	RDI économie (N) (SC)	24/60 (N) (SC)		Les grands reportages (N) (SC)	Le Téléjournal (N) (SC)	Le Téléjournal (N) (SC)	RDI économie (N) (SC)	Le National (N) (SC)	24/60 (SC)		Les grands reportages	
SHOW	616	521	Remedy Rebecca comes to the ER with paralysis. o		** "The Perfect Assistant" (2008, Drama) Rachel Hunter. A woman wants to tell her married boss that she loves him.		Beauty and the Beast "Point of No Return" o		Royal Pains "False Start" Hank treats a rookie athlete.		NCIS "Missing" A Marine explosives expert disappears.		NCIS "Split Decision" o		
SLICE	601	562	Property Virgins o	Property Virgins o	Come Dine Canada	Come Dine Canada	Hockey Wives The wives prepare for the new season.	Chrisley Knows Best	Chrisley Knows Best	Flipping Out Jenni strives to keep a client happy. (N) o		Surviving Evil A suicidal teen is abducted at gunpoint. o	Chrisley Knows Best		
SPIKE	628	584	Cops "Coast to Coast" o	Cops o	Lip Sync Battle o	Lip Sync Battle o	Lip Sync Battle o	Lip Sync Battle o	Lip Sync Battle o	Lip Sync Battle (N) o	Lip Sync Battle o	Lip Sync Battle o	Lip Sync Battle o	Lip Sync Battle o	
TLC	521	560	Say Yes to the Dress o	Say Yes to the Dress o	My 600-Lb. Life June eats to cope with her son's death.		My 600-Lb. Life Bettie Jo relies on her husband. o	Extreme Weight Loss "Wally" o		Skin Tight: Transformed "Melissa and Jeff" (N) o		My Big Fat Fabulous Life "Cereal Stalker" o	Skin Tight: Transformed		
TSN	400	400	SportsCentre (N) (Live) o		The Amazing Race Canada (N) o		CFL on TSN Pregame (N)	CFL Football Edmonton Eskimos at Winnipeg Blue Bombers. From Investors Group Field in Win-				SportsCentre (N) (Live) o			
YOUTH	551	542	Assembly	Assembly	School	Max & Shred	Just Kidding	Just Kidding	Laughs: Gags	Laughs: Gags	Haunting	The Haunting	Just Kidding	Just Kidding	Just Kidding

# Pardi

CONT'D FROM PAGE 8

is a reminder of something you could have heard on country radio in the 90s. This one has hit written all over it.

On "Night Shift," Pardi sings about this man who works really hard, but looks forward to the "night shift" with his wife in bed. It is a sentimental and sensual number which plays to the blue-collar sensibility of work hard, play harder.

"She Ain't In It" may be one of the best written tune on the record. It was written by Clint Daniels and Wynn Varble (who wrote many tunes for Darryl Worley as well as "Waitin' On A Woman" for Brad Paisley). It really sounds like something straight off a classic Alan Jackson album.

Here, Pardi sings about his broken heart, and how it's prevented from going out and living his life. It is one of the highlight on this album. He's now ready to resume his normal life as long as his ex-girlfriend isn't involved.

If he meets her in a bar, the hurt will resurface and it scares him to just think about her. The soaring strings and acoustic guitar make you feel the pain even more.

"Paycheck" is about a man hoping his paycheck will help take his work blues away, as he spends it at the bar. The country rock production combined with the catchy lyrics makes it easy to sing along with. It's your standard drinking, blue-collar song that is solid, yet unspectacular.

"Lucky Tonight" offers some traditional arrangement. The song is about a man who is trying to move past heart-break. This is a simple but solid ballad. "California Sunrise," the title track is another highlight on this album.

Pardi sings about the love he has for his woman and he compares it to the California sunrise he sees back home. Pardi ends the album on a strong note singing with nostalgia: "In that California sunrise/She took me to heaven and so much more/Like nothing I've ever seen before/In that California sunrise/Take me on back."

Jon Pardi delivers a solid sophomore album. He seems to want to bring back that traditional, early 90s country sound and for the most part, this album does it pretty well.

## MUSIC

July 9

**Dance at the Ives Hill Community Hall** on Saturday, July 9 from 8 p.m. to midnight. **Music by the Country Swingers.** Admission \$8. Refreshments available. All welcome.

July 9

**THE VILLAGE OF NORTH HATLEY PRESENTS: FREE CONCERTS AT THE GAZEBO IN DREAMLAND PARK (CAPELTON & MAIN).** Every weekend during July and August. **THIS WEEKEND:** Saturday July 9th at 7:30 pm - **THE SINGLES.** In case of rain, concert at the North Hatley Community Centre (3127 Capelton).

July 9

**"PORTER ON TAP" performs at THE PIGGERY THEATRE on SATURDAY, JULY 9 at 8 p.m. Tickets are \$20.** Have a fun evening with The Porter Family and Friends as they sing country music old and new. Tel: 819-842-2431.

July 10

There will be a concert of **inspirational music by St. Luke's Choir** at 7 p.m. on Sunday, July 10 at St. James Anglican Church Foster, 725 Lakeside. Refreshments will be served after. Everyone is welcome.

July 10

Come and enjoy **Brent Sheldon at the Stanstead Legion** on Sunday, July 10 from 2 p.m. to 5 p.m. **Donations at the door.** All members and non-members welcome. Come and support our local Legion.

July 15

**"THE GREATEST STANDARDS", a musical revue,** on Friday, July 15 at 8 p.m. at The Piggery Theatre. A pot pourri of musical standards like Streisand, Sinatra, Celine performed by Marie Claude Dubeau and Joffrey Pinel with dancers Melanie Martin and Mathieu Casavant. Tel: 819-842-2431.

July 22

This week's dance has been **CAN-**

**CELED** and rescheduled for Friday, July 22. **MS Branch 2000 DANCE** will be on a new day this week, Friday, July 22 at the Austin Municipal Hall, Millington Road. Listen to the country band "Mike Sheldon's One Man Band" from 6 p.m. to 10 p.m. Share your talent during open mic. Light snacks served at 7:30 p.m. This Dance will make or break further dances, so please bring your friends. Admission \$10.

## EVENTS

every Saturday

**Knowlton Indoor Flea Market** every Saturday, with raffle, at 591 Knowlton Road from 8 a.m. to 4 p.m. Antiques and knick-knacks. 450-577-2186.

July 9

**GEORGEVILLE ANNUAL BOOK SALE** on Saturday, July 9 from 9 a.m. to noon at Murray Memorial Hall in Georgeville. Beautiful books, history, fiction, children's. All in the \$1 and \$2 price range.

July 10

The annual **Moe's River Strawberry Ice Cream Social**, Sunday, July 10, 2 p.m. to 5 p.m., Moe's River Church. Parking in the Mill Yard and in Ronnie Haseltine's yard. **Bring your own lawn chairs.** There will be music, dancing, raffles, great conversation, desserts, and, of course, ice cream and strawberries!

July 15, 16 & 17

**Sentier Artistique des Haut-Boises.** Visit the studios of 12 Haut Saint-Francois artists, July 15, 16 & 17, 11 a.m. to 5 p.m. For info call 819-889-2549.

July 16 & 17

**BIG BOOK SALE at the Pettes Memorial Library**, 276 Knowlton Road, Lac Brome on Saturday, July 16 from 8 a.m. to 4 p.m. and Sunday, July 17 from 9 a.m. to 3 p.m.

July 21

**THE PIGGERY THEATRES HOUSE &**

**Fridays: LUNCH SPECIAL**  
**8 for \$8.88** 8 meal choices comes with 2 sides  
 TONIGHT 5:00 → 9:00 PM  
**ORDER ANY MEAL FEATURING SHRIMP AND GET 50% MORE SHRIMP FREE!**  
**Golden Lion Pub and Brewery in Lennoxville**

**GARDEN FUNDRAISER** on Thursday, July 21 from 9:30 a.m. to 4:30 p.m. Enjoy a visit and tour of some of the areas more interesting homes and gardens. Box lunch included. Tel: 819-842-2431, www.piggery.com.

## EXHIBITS

July 9

**VERNISSAGE: Saturday, July 9 from 5-7. Exhibition of photography: a study of rural and urban work.** 'Milk' Mark Linton, 'Heart in Our Hands' Carole Daoust and Jean-Paul Meeschaert. 'Greece, Refugees, and Love', a multi-media documentary installation continues as a semi-permanent exhibition. July 7-24 at the Vieux Forgeron Art Gallery, Stanstead. All are welcome! 240A Dufferin Street. **Thurs-Sun 11-6.** www.levieuxforgeron.com

July 10

**North Hatley Library ART SHOWS:** "Old birds of winter," an exhibition by art naive painter Naisi LeBaron, will be presented from July 10 to 23. **VERNISSAGE: July 10 from 4 p.m. to 6 pm.** Library hours: Mon to Fri. 10 to 12.30, Wed 6 to 8.30, Sat. 10 to 3. 165 Main Street. www.nhlibrary.qc.ca

# "Watch me, Grandma!"



Macular degeneration is the leading cause of blindness in Canada. It can destroy your central vision in a few short months and the ability to see the faces of those you love. If you experience any change in vision, consult your eye-care professional.



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# Local Sports

Laster says, "I like to follow a routine. I run three times per week for 40 minutes. My runs are at an organized pace."

## Author Eric Laster is a poet in motion, reciting his lines while running



A RUNNER'S MIND

CHRISTINE BLANCHETTE

Some runners work out to the beat of their music while others, like avid runner, punk rocker, ghost writer and author Eric Laster of *Static* enjoys reciting or memorizing lines from well known poets Emily Dickenson and Henry Wadsworth Longfellow. To suggest that Laster's source of inspiration is rare among runners would not be an ex-

aggeration in the slightest.

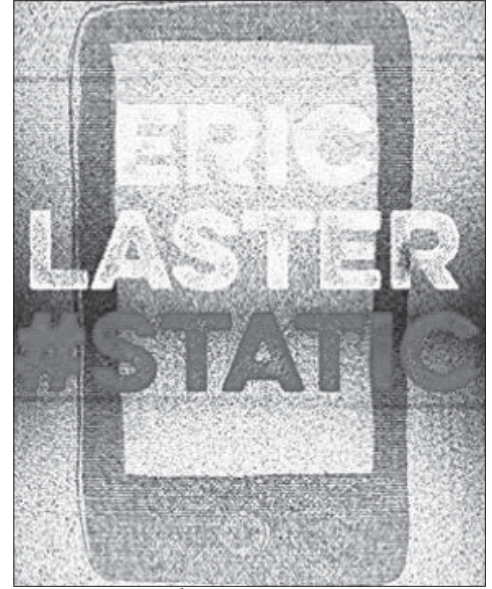
In a phone interview from his Los Angeles home, Laster shares his passion for running and writing and for poetry. Laster says, "I like to follow a routine. I run three times per week for 40 minutes. My runs are at an organized pace. To keep my pace I memorize poems such as *A Psalm of Life*, by Longfellow. After that, (running) I write, write and write. I need the physical part and that is why I started running and I (also) walk my dogs every day."

Laster finds reciting poetry keeps him on pace and following healthy eating habits such as making kale salads, cooking salmon once a week and eating fresh vegetables and fruits provides the nutrients and energy he needs. The writing bug for Laster didn't start on a happy one. "I first started writing only when I was angry it (anger) was the motive." By the time he turned 24, Laster wrote a

kids book for middle graders and then wrote songs to it – punk rock. But later on he had a successful stint as a New York Times best-selling ghostwriter. In 2014, he re-launched under his own name with the middle-grade novel *Welfy Q. Deederthoth: Meat Purveyor, World Savior*, which won the 2015 Independent Published Book Award (IPPY) silver medal for Best Juvenile/Young Adult Fiction, as well as Mom's Choice Award.

Laster's new book *Static* was released on April 19th under best-selling author and hit movie producer Frank Beddor's publishing company, Automatic Publishing.

Laster notes, "The book is a paranormal mystery and is a coming of age story." The book combines themes of love, family dysfunction and death. The book is for all ages and the feedback from the book has been excellent in Canada and the United States.



[www.runwithit.ca](http://www.runwithit.ca)

Twitter: @christineruns

YouTube – runwithitcb1

## Philippe Bédard nominated to Team Canada for Rio 2016 Paralympic Games in wheelchair tennis

TORONTO

Tennis Canada and the Canadian Paralympic Committee announced Monday that Philippe Bédard



COURTESY CANADIAN PARALYMPIC COMMITTEE

(Bromont, Que.) has been officially nominated to compete for Canada in wheelchair tennis at the Rio 2016 Paralympic Games in September.

"This is an amazing achievement," Bédard said. "I've worked extremely hard for this and now that it's official, I couldn't be prouder. I will represent Canada this summer in Rio with the determination and the intensity that got me there. And I'll be smiling the whole way."

This will be the second Paralympic Games for the 35-year-old, who also competed in London 2012 and reached the second round. He is currently ranked world No. 43 and has won three ITF titles this year in Puerto Rico, Niagara Falls, and Windsor.

Last season, Bédard captured Canada's historic first-ever wheelchair tennis medal alongside Joel Dembe, winning bronze in men's doubles at the Toronto 2015 Parapan Am Games.

"A huge congratulations to Philippe

for qualifying for his second Paralympic Games," said Kelly Murumets, president and CEO, Tennis Canada. "We are so wildly proud of Philippe and everything he has accomplished. He could not be more deserving of this honour. We know he will represent Canada well and be an excellent ambassador for both our sport and our country in Rio. Good luck, and we will be cheering you on loudly!"

Wheelchair tennis at Rio 2016 will feature six events – men's, women's, and quad singles and doubles. Bédard will compete alongside 51 other athletes in the men's singles competition. To qualify for Rio, he was the recipient of one of 12 International Tennis Federation Bipartite Commission Invitation places for the men's singles draw, awarded by the ITF Wheelchair Tennis Committee and the International Paralympic Committee.

"Philippe Bédard continues to be a trailblazer for Canada in wheelchair ten-

nis," said Canada's Chef de Mission Chantal Petitclerc. "He made history last summer when he and Joel Dembe won Canada's first ever major Games medal in the sport at the Toronto 2015 Parapan American Games. And his results so far in 2016 show he is ready to raise the bar again at the Paralympic Games."

"Congratulations to Philippe Bédard who has earned a spot on the Canadian Paralympic Team headed to Rio this summer," said the Honorable Carla Qualtrough, Minister of Sport and Persons with Disabilities. "I know that Philippe will give his all for the Maple Leaf as he pushes for a peak performance in a few short months. All Canadians are behind you."

Philippe Bédard will be supported in his preparations for Rio by coach Christian Gingras (Quebec City, Que.)

## Italian striker Matteo Mancosu joins the Montreal Impact

MONTREAL

The Montreal Impact announced on Thursday the acquisition of Italian striker Matteo Mancosu, on loan from Italian club Bologna Fc 1909 for a full year, until June 2017. Mancosu will join the club upon receiving his international transfer certificate.

Mancosu, 31, played the 2015-16 season in Serie A, scoring two goals in 21 games and 899 minutes. He began the season with Bologna Fc 1909 before play-

ing the second part of the season on loan with Carpi F.C. 1909. He also appeared in two Coppa Italia games, scoring one goal for Carpi in a 2-1 loss in the quarterfinal round against A.C. Milan.

"We are happy to add another experienced striker to our roster," said Impact technical director Adam Braz. "He is someone who will complement our other attacking players and provide another attacking option for the second half of the season and beyond."

Mancosu finished as the top goal-

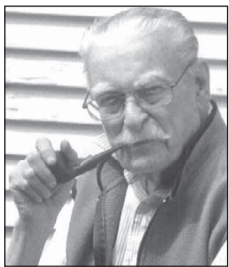
scorer in Serie B in 2013-14, scoring 26 goals in his first season in the Italian second division with club Trapani Calcio, playing a total of 40 games and 3,407 minutes, including 35 starts. He recorded four multi-goal games and also scored twice in three Coppa Italia games. He had previously helped Trapani win promotion to Serie B following its 2012-13 season.

In the 2014-15 season with Trapani, Mancosu scored 10 goals in 19 games and 1,546 minutes in Serie B, including

17 starts, before being acquired by Bologna Fc 1909 in January 2015. He helped the club from Emilia-Romagna win its Serie A promotion, appearing in 15 regular season games, including nine as a starter, and two playoff games.

Originally from Cagliari, he was part of the youth system of hometown club Scuola Calcio Johannes. He also played for Italian clubs Atletico Calcio, Nuorese, Villacidrese, Latina and Vigor Lamezia over his career.

**Death**



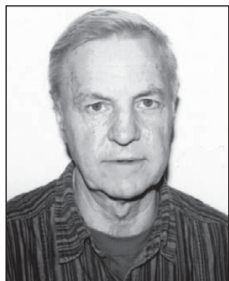
**John BOYNTON**

Peacefully at the Connagh Home, North Hatley, Que., on Tuesday, June 28, 2016 at the age of

93 years. John Charles Boynton beloved husband of the late Dorothy Margaret (Peg) Chitty. John was the loving father of Donald (Wendy) and Peter (Sue-Marie) and cherished grandfather of Sean-Paul. John is survived by his brother Gordon and was the dear uncle of Roger, Everett (June), Orma (David), Mary (David) and also of several great nieces and nephews. In respect of his wishes, cremation was held. In keeping with John's dedication and deep relationship to both churches in Georgeville, visitation will be held at the Georgeville United Church, on July 9, 2016 from 1 to 2:45 p.m. A Legion Service will be held at 2:45 p.m. Veterans please attend. Service will be followed by the funeral service at St. Georges Anglican Church at 3 p.m. The Rev. Canon Dean Ross officiating, assisted by the Rev's Deane and Doreen Moffat. Interment will follow at the MacPherson Cemetery. As memorial tributes, donations to the Georgeville Historical Society, 4600 Ch. Georgeville, Georgeville, QC J0B 1T0 or to the charity of your choice will be gratefully acknowledged by the family.

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

**Death**



**Douglas LASSEMBA (1938-2016)**

At the Centre de Santé Courville, July 3rd, 2016, at the age of 78 years, passed away Mr. Douglas Lassemba, residing in Waterloo.

Predeceased by his parents the late Charley Lassemba and Edna Burnham, he leaves to mourn his children: Sharon (Lenny Alsop), Sandra, Vincent (Mony Lefebvre), Terry, Sheila (Dave Gibbs), his son the late Ricky, his brothers: the late Gordon, Larry (Diane), his sister the late Margaret, his friends Madeleine Sirois and Lynda Dowdal, and his grandchildren, nieces and nephews, other family and friends.

The family wishes to thank the staff of the Centre de Santé Courville for their excellent care and compassion shown to the Lassemba family.

A graveside service will be held at the Waterloo cemetery, September 24, 2016 at 1:00 p.m. Interment will follow.

**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**



**Angus Peter MacMillan**  
June 7, 1931 - June 25, 2016

Loving and devoted husband of Elaine K. (MacLeod) MacMillan, father of Gordon (Candace), grandfather of Rebecca, Chelsea, Katrina and Samantha, and great grandpa to Marilee and Etienne. Also left to mourn are his sister Sarah (late Murray) MacDonald, sister-in-law Carol (Lloyd) Darlington, nephew Keith, nieces Marilyn, Lori and Sheryl, several great-nieces and nephews, and many friends.

As per Angus' wishes there will be no visitation.

A graveside service will be held at the Gould Cemetery on July 9, 2016 at 11 a.m.

In lieu of flowers, donations to the Gould Cemetery (c/o Lena Morrison, 444 Rte 161 North, Stornaway, QC J0B 3J0) would be appreciated by the family.

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

**Death**



**Helen Maskell Matthews (1926-2016)**

Helen Maskell Matthews passed away peacefully at the Brome-

Missisquoi-Perkins Hospital, June 30th, 2016, at the age of 89. She was the daughter of Cecil Maskell and Irene Duguay and wife of the late Ashton Matthews. She was the mother of Connie Rhicard (Gilbert), and Bob Matthews (Faye). Sadly missed by grandchildren: Amy (Gus), Jonathan (Karolyn), Pam (Jakub), Chris (Doug). She also leaves to mourn her six great-grandchildren, dear friend Willy and sister Doris. Helen is also predeceased by sisters Olga Jean, Myrtle and Joyce.

The family wishes to thank the kind and caring staff at the Manoir Lac Brome, especially nurse Stephanie as well as the medical and nursing staff at the BMP hospital for their compassionate care.

As per her wishes, there will be no visitation. Interment will be held at the Cookshire Cemetery on July 30, 2016 at 2 p.m. in Cookshire.

In lieu of flowers, donations to the Cookshire Cemetery Association (P.O. Box 1000, 1025 Pope St., Cookshire, QC J0B 1M0) would be appreciated.

**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.

**Card of Thanks**

**CLARKE, Charles** - Many thanks to all those who supported Charley and family during his courageous battle with Cancer. To those who transported us to the countless trips for appointments, surgery, chemotherapy and radiation therapy. Special thanks to Sharon who provided support and that special ray of sunshine she always brings with her; to Sandra, and Ron and Amy who were always there when needed. Also to Flo who drove him to the hospital many times for Community Aid and became a friend. Special thanks also to the doctors in the chemo and radiation departments of the CHUS and our special nurse Josee Duchanne, and Angela who were so kind to us. Thank you to Brenda Lee, Dr. Frazer, Cathy Frank, and all the staff on Norton 3 for the care and friendship given to Charley at the Wales Home. A special thanks to Pam and her dad Glenn Brock who we will never forget, and to Ron Olson for the many rides to the Home. Thanks to Frank Wilson and the staff at Cass Funeral Home for all their help and compassion. Also to Julie Lin-court for her help in providing a place at the Manoir for the reception following the funeral. Last, but not least, I would like to thank all who sent cards, flowers and phoned with their condolences and support. This includes the nurses who worked in the ICU at the Sherbrooke Hospital who I always considered my extended family.

**EILEEN and family**  
**SHEILA (STEVE),**  
**MICHAEL AND TERRY**

**Card of Thanks**

**NICHOLS-BOWEN:** We wish to thank everyone who helped in any way to make our 25th Wedding Anniversary party so enjoyable. Thanks to all who organized the event, to those who brought the delicious food and the ones who did the barbecuing. Many thanks to Ellie Bailey for making the beautiful and delicious Anniversary cake. Thanks to all who came to St. James Church Hall in Hatley on June 26 to help us celebrate and for all the cards, gifts and best wishes. Everything was very much appreciated.

**KATHY & LANCE BOWEN**  
Waterville, Quebec

**Cemetery Meeting**

**HUNTINGVILLE CEMETERY**  
The annual meeting of the Huntingville Cemetery will be held on Monday, July 11 at 7 p.m. at the School House.

**Death**

**Frances Mary LEGER (FISK)**

Aged 92 of Vancouver, BC, passed away at her home on June 26, 2016. Born in Granby, Que., on March 31, 1924, she was the daughter of the late Maude and Horace Fisk and wife of her late husband, J. A. (Art) Leger. She is survived and will be greatly missed by her daughters Barbara, Lorraine, and Theresa, son Raymond, and grandchildren Andrew and Pamela Jensen, and great-grandchildren Grace, Faith, Trinity, and Lukas.

A graveside service will take place in St. Paul d'Abbotsford at a later date. In lieu of flowers, donations can be made to the charity of your choice. Mom always loved animals.



**DO JUST ONE THING**  
By Danny Seo

Sure, shopping at flea markets, tag sales and garage sales is a great way to save money and reuse items, but as green as it is to shop at these sales, there are certain items you should never buy. One item to avoid is used cookware; since Teflon and the chemical PFOA are being phased out in cookware, older pots and pans can still have it. But older cast-iron cookware is fine to buy, even if it's in worn shape. It's easy to refurbish old cast iron.

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# Church Services

## Anglican

### GEORGEVILLE

July 10: Georgeville Anglican welcomes you to a service of Holy Communion at 8:30 a.m. (BCP) and at 10:00 a.m. (BAS) with Dr. Peter Slater celebrant and with Mrs. Sarah Hoblyn as organist.

### LENNOXVILLE

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

### NORTH HATLEY

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

### SHERBROOKE

July 10 at 11:00 a.m. at the Church of the Advent, 473 Bowen St. S., Sherbrooke, welcomes you to a service of Holy Communion with the Ven. Dean E. Ross officiating.

## Presbyterian

### LENNOXVILLE

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

## United

### AYER'S CLIFF - MAGOG

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

### HATLEY/WATERVILLE

Sunday, July 10, 9:30 a.m. Hatley United and 11:00 a.m. Waterville/North Hatley United. Rev. Mead Baldwin 819-837-1112.

### LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to worship with Rev. Linda Buchanan on Sunday, July 10, 2016 at 10:00 AM. 819-565-8449; website - lennoxvilleunited-church.com

### SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, the Rev. Samuel V. Dansokho, minister. During the month of July we are worshipping at Lennoxville United Church, 6 Church Street, Lennoxville at 10 a.m. All are welcome! Service en français à 9 h dans la chapelle de Plymouth-Trinity; veuillez entrer par la porte derrière l'église. Bienvenue à toutes et à tous!

# Nutrition facts label will help you choose a healthy cereal



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

**DEAR DOCTOR K:** I love to eat cereal for breakfast, but I've heard that many cereals aren't all that healthy. What should I look for in a healthy cereal?

**DEAR READER:** Walk into any grocery store and you'll see shelves packed full of breakfast cereals all touting important health benefits. Labels and

marketing promises on boxes can be confusing – and sometimes misleading. I spoke with Kathy McManus, director of the Department of Nutrition at Harvard-affiliated Brigham and Women's Hospital. She recommends reading ingredient lists carefully and choosing cereals that meet the following criteria:

– **WHOLE GRAINS.** Many cereals are made with refined grains, which are full of carbohydrates that easily and rapidly turn into simple sugars. The absorption of these sugars from the gut causes your blood sugar to spike. These spikes cause your pancreas to "over-work" making insulin. This, in turn, can raise a person's risk of getting Type 2 diabetes, the most common kind of diabetes.

Instead, look for a breakfast cereal made of corn, whole wheat or brown rice. These are whole grains rich in fiber, vitamins, minerals and antioxidants. The process of converting whole grains into simple sugars takes longer, so blood sugar levels rise in a more even and constant fashion.

– **FIBER** is the indigestible component of plant food that's vital for good health. It lowers blood sugar and cholesterol, and it can help reduce the risk of cardiovascular disease, diabetes and obesity. Women should consume 21 to 25 grams of fiber per day, while men should aim for 30 to 38 grams per day. Look for cereals that contain 5 or more grams of fiber per serving.

– **LOW SUGAR.** Choose cereals that

provide no more than 5 grams of sugar per serving. Unfortunately, that may be easier said than done. Most cold cereals in the United States come preloaded with added sugars. To know how much sugar you're getting, read the Nutrition Facts label on the side of the cereal box. And avoid cereals that have been "frosted" with layers of sugar.

– **LOW SODIUM.** Sodium hides in many unexpected foods, and cereal is one of them. The current dietary guidelines recommend limiting sodium to 2,300 mg per day. For people 51 and older, and those of any age who are African-American or who have high blood pressure, diabetes or chronic kidney disease, guidelines recommend no more than 1,500 mg per day. So look for cereals with no more than 200 mg of sodium per serving.

– **LOW CALORIES.** Most cereals list a serving size as one cup or just three-quarters of a cup. That's far less than the average bowl can hold. Your best bet is to look for cereals with less than 150 calories per serving. Then, use a measuring cup when serving yourself.

Finally, complement your cereal with some low-fat milk for protein and calcium, and add fresh fruit for natural sweetness and fiber.

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

## SUDOKU

Difficulty: 5 (of 5)

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

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PREVIOUS SOLUTION

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

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

PREVIOUS SOLUTION

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

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PREVIOUS SOLUTION

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

Difficulty: 4 (of 5)

## SUDOKU

# Love and basketball

FRIDAY, JULY 8, 2016

## Annie's Mailbox

**Dear Annie:** I love basketball, but my husband has no interest in it. Our two boys, ages 6 and 8, play at school sometimes but have not yet discovered what a great game it is. I grew up with two brothers who played all the time, and I was a tomboy for most of my childhood, falling in love with basketball at an early age. We live in a big city with an NBA team, and my one luxury in life, which is an annual gift from my husband, is my season tickets to our team's home games.

Season ticket holders are assigned the same seat for every home game. The man sitting next to me this past season is friendly and intelligent, and best of all, he loves basketball. Over the first few weeks of the season, we struck up a friendship. At first, it was just about basketball, chatting at halftime, cheering when we won, that sort of thing. Then we started meeting before and after the games, and he told me he is sick of his wife and their only child is a brat. I can't wait for next season to start so we can have an airtight excuse for seeing each other. Until then, we have to sneak around. I keep dreaming of running away with him and starting a new family based on our love of basketball. I can picture my two sons playing basketball with him, getting guidance and having fun. In my dreams, that would be heaven. What do you think? — A Basketball Fanatic

**Dear Fanatic:** Heaven? If you act on your fantasies, you are asking for an early death, and heaven is not where you'll end up. Your two children and his child are dependent on both of you. Get your thumb out of your mouth and grow up. You are playing with fire, not free throws, and it is time to reinvest in your marriage. Those three young lives depend on it. Your husband buys you season tickets to the game you love, and you repay him by ... cheating on him? He sounds like a good guy who deserves better.

**Dear Annie:** My uncle has been a passionate stamp collector for the past decade, ever since his retirement. He has said that he loses track of time as he pursues rare stamps, catalogs them and studies intricate details of each one. He has a network of friends who share his hobby. Most are great, but one of them persuaded my uncle to let him stay at his house, and the next thing you know, some of his most treasured stamps were missing. Of course, his guest denied taking them, and my uncle had no proof. But about a year later, some of them showed up for sale on eBay. My uncle contacted the authorities, who alerted the seller that he was offering stolen merchandise, which led back to the man who had stayed at his house. My uncle wanted to prosecute but then said it would be too much of a hassle. He only got back half of the stamps that were stolen, and now he is very guarded about making friends in the hobby.

I always thought that his passion for stamp collecting was keeping him alive, but now I am worried that he has shut down. He really doesn't trust anybody in his hobby. My uncle and I have always had a unique bond, and I feel so sad for him. What can I do to help him renew his enthusiasm? — Helpless and Seeking Solutions

**Dear Helpless:** Your uncle no doubt subscribes to the notion that fool him once, it's your fault, but fool him twice and it's his. Because you are close to your uncle, I'd suggest asking him about his longtime friends in the hobby. You could reach out to them to ask for their help. They may have had similar experiences. As long as your uncle continues to pursue his hobby — albeit with caution — and his old friends are with him, the odds are good that he will be enjoying his stamps as much as ever. It just takes time.

**Dear Annie:** My girlfriend and I have another roommate in a two-bedroom place. I usually go to Costco for the household necessities, such as toilet paper and paper towels, because it's cheaper. The three of us split the cost evenly to make the math easy.

This time around, our roommate decided to go to a fancy-schmancy supermarket and pay exorbitant prices for organic versions of the same household items we previously bought at Costco. He even bought two-ply toilet paper that came from a recycled rain-forest or something instead of our usual off-brand single-ply.

We had no idea he was going to blow the bank on non-GMO, eco-friendly coffee filters, but when he came home, he gave us the receipt and asked us to split it with him. The total cost was three times what we usually spend.

I feel awkward. He should have told me he was going. I would have suggested Costco. I don't want to split it three ways, because I don't think it's fair. On the other hand, I don't want to just stick him with the bill. — Frugal Roommate

**Dear Frugal:** You need to take an economy-sized chill pill. If you feel as if you are acting like a jerk about it, then you probably are acting like a jerk.

Your roommate was just trying to be helpful. Pay your third of the expenses — with no griping. Then discuss setting a budget for household items. Instead of being forced to go to Costco, he's free to shop wherever he wants, as long as he doesn't exceed the budget. Don't be such a control freak. And that fancy two-ply toilet paper may make you more comfortable when you sit down to discuss this, so remember, little luxuries can go a long way.

**Dear Annie:** My puppy, a beagle/Labrador mix, is 1 year old and does everything puppies do. She's adorbs. She's a traffic-stopper. My heart melts

when I see her. But she also does her business in the house, chews on everything and has seemingly endless amounts energy. She is still in training and will be in training for another year — at least.

One of the things we're working on is getting her to stop jumping up on people. If she starts to jump, I'm supposed to turn around and ignore her until she stops. I do this at home, and it works well.

But whenever I take her for walks, strangers see what a cutie she is and want to pet her. When they approach her and she jumps, they say that typical phrase I've come to hate: "Oh, it's OK. I don't mind." I get so frustrated with these people. I find myself snapping back at them, "But I do!" I am having trouble being patient with every single person who does this, because I feel as though every time it happens, it ruins the progress of my pup's training.

I don't know what to say to strangers anymore. — Puppy Parent

**Dear Puppy:** It's time for you to be the alpha dog. You must assert your dominance over your pup's interactions with strangers. The people who are doing this have obviously never had to train a dog before, so they're probably really confused when you snap at them — ostensibly just for petting your dog.

Recognize the warning signs and stop the troublesome behavior before it starts. The next time you see an approaching stranger giving your dog that oh-my-gosh-let-me-hug-you look, say, "You can pet her, but she's in training, so please don't let her jump. If she does, turn your back on her."

You have to be proactive and take control of the situation early — like any good leader of the pack.

Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).

**HAPPY 90<sup>TH</sup> BIRTHDAY**  
**Marjorie Edwards**  
 July 15, 2016



If you wish to surprise Mom with a card or call, she now resides close to family at the Maplewood Retirement Community in Ottawa. Address: #503 - 340 Industrial Ave., Ottawa, Ontario K1G 3Z6 Phone: 1.613.907.3430

Love from David, Gail, Colin & Fiona,  
 Bruce, Debi, Charlie, Sara & Daniel  
 and Dorothy Jane

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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.

“ KZY DMUZK MI PXW XB CXIK ... MW  
 KZY UOJ NWH XFK KZYBY XW KZY  
 BXNH, CXWU SYDXBY M HNWVY FWHYB  
 KZXIY CMUZKI.” — JFZNJJNH NCM

Previous Solution: “I fantasize and idealize myself as Bugs Bunny, but I know deep down I'm Daffy Duck.” — Patton Oswalt

TODAY'S CLUE: *λ aenbθ O*

**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.

“ JVIG NYX'DI MXZL TG TOLYD, BTNRI  
 GYL LVI LYW YE LVI KFZL SXNZ, NYX  
 SIL OYGZLTGL DIMIOLFYG TGC FL'Z  
 EXG.” — CTPFC TDHXILLI

TODAY'S CLUE: *B equals M*

Previous Solution: “The fight is won or lost ... in the gym and out there on the road, long before I dance under those lights.” — Muhammad Ali

**ALLEY OOP**



**ARLO & JANIS**



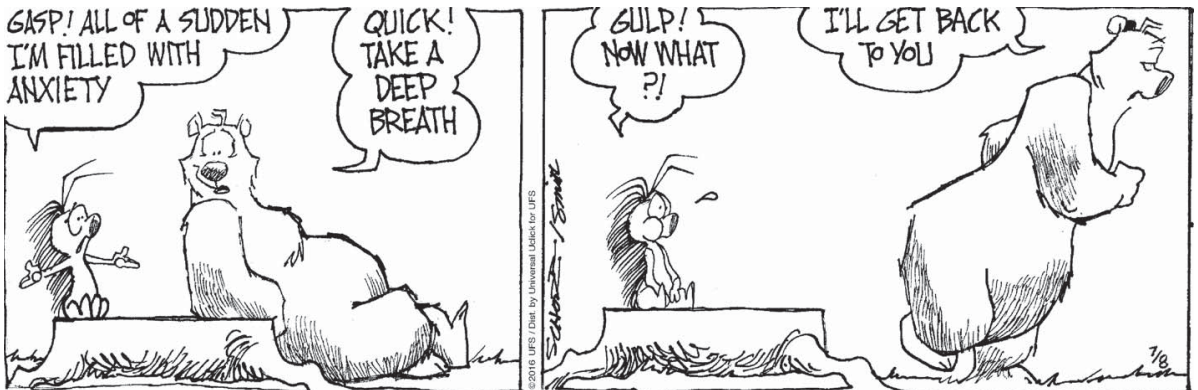
**THE BORN LOSER**



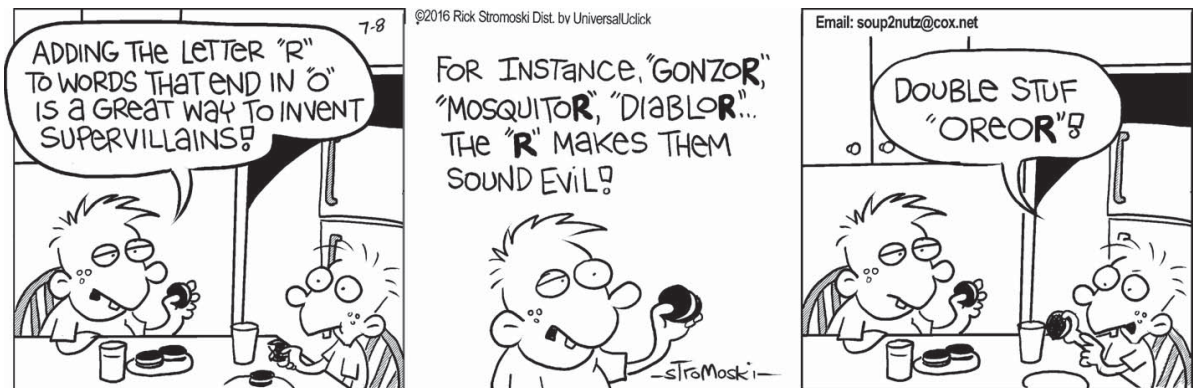
**FRANK AND ERNEST**



**GRIZWELLS**



**SOUP TO NUTS**



**REALITY CHECK**



**HERMAN**



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**294 Events**

**2016 NORTH HATLEY ANTIQUE and Folk Art Show** at the North Hatley Curling Club, 3245 Capelton. Opening Night Fundraiser, Friday, July 8, 6:30 p.m. to 9 p.m., \$30. Saturday, July 9 and Sunday, July 10, 10 a.m. to 5 p.m., \$5. Presented by the North Hatley Recreation Society. Info: www.northhatleyantiques.com

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**340 Garage Sales**

**EAST BOLTON**  
 Saturday, July 9, 9 a.m. to 3 p.m. Proceeds to Montreal Children's and St. Justin's Hospital Foundations. 500 Missisquoi (Route 245), East Bolton. Multiple families. No early birds.

**KNOWLTON**  
 26 Lansdowne on Saturday, July 9 from 8 a.m. to 4 p.m. and Sunday, July 10 from 9 a.m. to 3 p.m. Still downsizing, preparing to move.

**SUTTON**  
 Big Garage Sale, inside, Saturday and Sunday, July 9 & 10, 8 a.m. to 5 p.m., behind the Post Office in Sutton. Something for everyone! Everything must go! Antiques, restaurant equipment (mixer, slicer, ice machine, etc.), cast iron radiators, misc. construction items.

**WAY'S MILLS**  
 Garage Sale at 2103 chemin Way's Mills (Town of Way's Mills), July 8, 9 and 10, 8 a.m. to 5 p.m. Rain or shine.

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**485 Public Notices**

**485 Public Notices**

**PUBLIC NOTICE**  
 CITY OF SHERBROOKE

**BOROUGH of Lennoxville**

**Minor Exceptions**

**Planned lot #5 890 827**  
**Planned lot #5 890 826**

**TO ALL INTERESTED PARTIES:**

TAKE NOTE that at the Lennoxville Borough Council meeting, of the Ville de Sherbrooke, which will be held on July 26, 2016, at 5 p.m. in the borough office at 150 Queen Street, Sherbrooke, the Council will decide on the following minor exception requests:

1. Regarding **planned lot #5 890 827**, on the Québec cadastre, located in residential zone Ra-32, of By-law #648-97, from the zoning of the former Town of Lennoxville, to authorize an exception on the planned lot #5 890 827 on the Québec cadastre previously constructed in order to authorize a lot size of 468.4 m<sup>2</sup> and minimum width at the street of 15.24 m.
2. Regarding **planned lot #5 890 826**, on the Québec cadastre, located in the residential zone Ra-32, of By-law #648-97, from the zoning of the former Town of Lennoxville, to authorize an exception to permit construction on planned lot #5 890 826 on the Québec cadastre even though its size of 468.7 m<sup>2</sup> and minimum width at the street of 15.24 m does not currently comply with the subdivision By-law #705 in effect.

Any interested party may express themselves to the Borough Council regarding these requests.

**GIVEN AT SHERBROOKE, this July 8, 2016**

André Blais  
 Secretary, Borough Council



www.ville.sherbrooke.qc.ca

**Call before 12:30 p.m. to make sure your ad appears the next day.**

## Flatbread patty melts fill kitchen with beckoning aroma

KITCHEN SCOOP  
By Alicia Ross

Today's recipe for Flatbread Patty Melts almost didn't make it to the photo shoot; the heavenly smell of sauteed onions coupled with the cheesy, moist burger with slaw on warm flatbread beckoned my family to the kitchen. I literally had to hold them back so I could shoot the photo to accommodate the recipe.

It was a bittersweet moment when I remembered how my daughters used to rush into the kitchen, begging to taste today's test recipe. Now grown, they are both pursuing their dreams and living abroad, so we gather together only once a year.

There are a zillion ways to make a patty melt, but we enjoy a straightforward version with extra-lean ground beef, sharp cheddar cheese, grilled onions piled high on flatbread and, of course, topped with coleslaw. I was able to rescue one sandwich quick enough to plate it and snap a photo. But then it was gone almost as quickly as I made it. I hope you enjoy these patty melts as much as we did. Here's to the Ross girls!

Suggested menu:  
Flatbread Patty Melts  
Fresh melon slices  
Sweet ice tea

### FLATBREAD PATTY MELTS

Start to finish: 20 minutes  
Serves: 4

1 medium yellow onion  
1 tablespoon extra-virgin olive oil  
4 (4-ounce) extra-lean hamburger patties  
Salt and black pepper to taste  
Four pieces flatbread  
4 slices cheese (1 slice per Patty Melt) (I used cheddar, but any kind will do.)  
1 cup finely chopped Southern-style slaw  
Condiments of choice

Preheat oven to 350 degrees.  
Peel and thinly slice the onions. Heat

the olive oil in a medium-large skillet over medium heat. Add the onion and saute until caramelized, about five minutes. Remove from skillet and set aside.

Using two pieces of wax paper or plastic wrap, flatten each hamburger patty to no more than 1/4-inch thick. Salt and pepper both sides to taste, and add to the skillet. Cook on each side 2 to 4 minutes or as desired.

Place the flatbread on a foil-lined cookie sheet or baking pan. Cut each hamburger patty in half and place on one side of the flatbread. Cover with cheese slice and onions. Bake for five minutes or until the flatbread is heated through and the cheese is melted. Remove from oven, top with slaw, fold and serve immediately with desired condiments.

Approximate values per serving: 495 calories, 19 g fat (5.4 g saturated), 86 mg cholesterol, 38 g protein, 41 g carbohydrates, 4 g dietary fiber, 445 mg sodium.

\*\*\*

(Alicia Ross is the co-author of "Desperation Dinners!" (Workman, 1997), "Desperation Entertaining!" (Workman, 2002) and "Cheap. Fast. Good!" (Workman, 2006). Contact her at Kitchen Scoop, c/o Universal Uclick, 1130 Walnut St., Kansas City, MO 64106, or send



PHOTO BY ALICIA ROSS FOR KITCHEN SCOOP

email to [tellus@kitchenscoop.com](mailto:tellus@kitchenscoop.com). Or visit the Kitchen Scoop website at [www.kitchenscoop.com](http://www.kitchenscoop.com).)

## The pros and cons of meds through the mail

FROM CONSUMER REPORTS®  
By the editors of Consumer Reports

Does having your medication mailed to your door sound appealing? More than one-third of respondents in a 2013 Consumer Reports survey got at least some of their prescriptions through a mail-order pharmacy during the previous 12 months with the expectation of paring their costs.

The discounts are often significant, especially for drugs that people take regularly, like those for diabetes or high blood pressure, notes Consumer Reports. Depending on your insurer's pharmacy-benefit manager (who buys in bulk from manufacturers and passes along the savings), you might be able to order a three-month supply of some drugs for a co-payment of just a few dollars. In some cases, you might be eligible to get some generic medications for a \$0 co-pay, including free shipping. Plus, there's no need to go to a drug-store.

Sounds like a great deal, doesn't it? It certainly can be — but not always. Here are the pluses and minuses:

— Not all meds should be mail-ordered. Because mail programs usually ship a 90-day supply at a time, they're ideal for drugs used on an ongoing basis, not those you need immediately or briefly. And certain drugs, including some for pain and insomnia, have shipping restrictions.

— Savings aren't guaranteed. Before ordering, see what your insurer's plan will charge for mail-ordering and shipping your meds. Consumer Reports suggests checking your local pharmacy's prices, too; many now offer 90-day prescriptions with low co-pays. And chain and big-box stores have many generics at deep discounts. Kmart, Sam's Club, Walgreens and Wal-Mart, for example, offer a 90-day supply of dozens of generics for only \$10, and that usually includes free shipping. (In some cases, there's an annual membership fee.)

— You might have to request generics.

Mail-order pharmacies can sometimes be slow to make generics available to customers, though that gap has narrowed. To ensure that you don't get stuck with a pricier brand-name drug, ask your doctor to prescribe a generic — and to state it clearly on the prescription.

— You might need two prescriptions to start. To ensure that you'll have enough medication while you wait for your insurer to process your new order — which can take up to two weeks — ask your doctor for two prescriptions, one for a 30-day supply to be filled right away at a local pharmacy and one for a 90-day mail-order supply.

— You should keep your pharmacists in the loop. It's best to fill all prescriptions at one pharmacy so your pharmacist can alert you to possible drug interactions, recalls and more. If you get maintenance medication via mail-order and drugs you need occasionally at a walk-in pharmacy, let each one know all of the medication you're taking and update them regularly about

any changes.

— Automatic refills can be useful, but ... If you know you'll be taking a medication at a set dosage for a long time, consider getting automatic refills so you don't have to renew that prescription every three months. But if you stop taking the drug or your dose changes, you might have to inform the mail-order pharmacy. Otherwise, you might get drugs you don't need. Consumer Reports says to ask your insurer whether its service will alert you before shipping medication. (Medicare Part D drug plans require mail-order pharmacies to get the OK from a patient or caregiver before shipping a new prescription or refill.)

— Timing can be tricky. Because medication might not always arrive on time, make sure you set up orders online or over the phone at least two weeks before you'll run out if you don't have automatic refills.

To learn more, visit [ConsumerReports.org](http://ConsumerReports.org).

# Your Birthday

FRIDAY, JULY 8, 2016

Positive changes to the way you do things will open up doors that have been closed in the past. Your interest in others will encourage a beneficial lifestyle alteration that could lead to a better, less stressful future. A move or change at home is favored.

**CANCER** (June 21-July 22) — Personal improvements, romance and domestic changes will be satisfying. Put together a doable workout routine and a healthy diet. Set aside a space geared toward helping you reach your goal.

**LEO** (July 23-Aug. 22) — Shake things up a bit. If you get a chance to present what you have to offer, you will have an opportunity to change your position or add to your responsibilities.

**VIRGO** (Aug. 23-Sept. 22) — Make the effort to talk to someone going through a tough time. Your input will make a difference. You will gain respect and perhaps an unusual reward.

**LIBRA** (Sept. 23-Oct. 23) — Don't let someone's negativity stop you from following through with your plans. If you give in once, you will be expected to do so over and over again. You can't always keep the peace.

**SCORPIO** (Oct. 24-Nov. 22) — You can outmaneuver anyone you encounter. Do things differently in order to draw attention, suggestions and a chance to use your skills in ways that are more satisfying and rewarding.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Stick to what you know you can achieve. If you set your goals too high, someone will criticize you for your lack of consistency. Keep your plans simple.

**CAPRICORN** (Dec. 22-Jan. 19) — Investigate your options and check out all the angles before you make a decision that could affect your financial position. Romance is encouraged, and joint ventures look promising.

**AQUARIUS** (Jan. 20-Feb. 19) — You'll get the recognition you want if you put your skills and knowledge on the line and offer some unique ideas. A past experiment will come in handy now.

**PISCES** (Feb. 20-March 20) — A physical change will lead to compliments and plenty of attention from someone you fancy. Partnerships are highlighted, along with romance and serious plans for the future.

**ARIES** (March 21-April 19) — Don't let anyone push you around or take advantage of your ability to get things done. Focus on what you can do for yourself.

**TAURUS** (April 20-May 20) — Make plans to enjoy the company of friends, family or a loved one. If you open your doors and mix business with pleasure, an unexpected offer will come your way.

**GEMINI** (May 21-June 20) — Protect what you've worked so hard to acquire. Don't let anyone take advantage of you or put pressure on you to do things that aren't in your best interest.

FRIDAY, JULY 8, 2016

# The proof comes from the auction

By Phillip Alder

Sir Francis Bacon, who served as both Attorney General and Lord Chancellor of England and died in 1626, said, "By far the best proof is experience."

Especially at the bridge table, experience certainly helps, and you hope to use it to find the best play or defense.

In today's deal, what do you think of the auction? How should South play in three hearts? West cashes his three top diamonds, then leads the spade eight (top of nothing) to South's ace.

Textbooks tell you to open one diamond with 4-4 in the minors, but one can understand North's preference for one club. Then, after South responds one heart, North should raise to two hearts. To rebid one no-trump with no pointed-suit stoppers cannot be right. If three no-trump is the best contract, it surely should be played by South. Then, South might pass out two hearts, but a vulnerable game bonus is a strong lure, so he invites game. (Yes, South might rebid three diamonds, a help-suit game-try.) North is understandably not interested.

South has lost three tricks, so can afford only one trump loser. This requires finding an opponent with exactly ace-doubleton — but is it East or

				North	07-08-16
				♠ J 5	
				♥ Q 7 4	
				♦ 7 6 3 2	
				♣ A K Q J	
West			East		
♠ 8 7 4 3			♠ Q 10 9 6 2		
♥ J 10 8			♥ A 9		
♦ A K Q			♦ J 10 8		
♣ 9 5 2			♣ 6 4 3		
				South	
				♠ A K	
				♥ K 6 5 3 2	
				♦ 9 5 4	
				♣ 10 8 7	
				Dealer: West	
				Vulnerable: Both	
South	West	North	East		
	Pass	1♣	Pass		
1♥	Pass	2♥	Pass		
3♥	Pass	Pass	Pass		
				Opening lead: ♦ A	

West?

There are times when a pass is as informative as a bid. Here, West passed as dealer, but has produced nine points in diamonds. He cannot have the heart ace. Declarer should play a club to the dummy, lead a heart to his king, and play a low heart from both hands on the next round of the suit. When the ace comes fluttering down, the contract makes.

# CROSSWORD

**Across**

- 1 Wrap alternatives
- 6 Ill-fated Corleone hoodlum Luca
- 11 TD scorers
- 14 Response to a raise
- 15 Element #86
- 16 Fish whose blood is poisonous to humans
- 17 Art-loving athlete?
- 19 "Agnus \_\_\_"
- 20 Home of the annual Norwegian Wood music festival
- 21 Heineken symbol
- 22 Quick
- 24 Sign on a door
- 26 Texas county bordering New Mexico
- 28 "\_\_\_ Irish Rose"
- 31 What you don't know about audio equipment?
- 34 Chinese checkers, e.g.

- 36 Firm
- 37 Fruit juice brand
- 38 Break up
- 40 Goddess sister of Selene
- 41 World Heritage Site org.
- 44 Ban delivery
- 47 Difficult situation at Bed Bath & Beyond?
- 49 Foreigner in "Taxi"
- 50 Greensboro Grasshoppers' baseball level
- 51 Surprised sounds
- 53 Appreciative sounds
- 54 Wine holders
- 56 "The Ghost of Frankenstein" role
- 60 "Away From \_\_\_": Julie Christie movie
- 61 Gem of a night out?
- 64 Turkish bigwig
- 65 Sculpted trunk
- 66 Chocolate-caramel candies

**letters**

- 23 Woman whom Goya also painted clothed
- 25 Military support gp.
- 27 Memory aids
- 28 Intensify
- 29 Brain-controlled transportation devices
- 30 "Something's fishy"
- 32 Adversity, in the RAF motto
- 33 "We R Who We R" singer
- 35 Catty remarks
- 39 Actively operating

- 42 Hit, in a way
- 43 Mollycoddles
- 45 West Bank initials
- 46 Not a hard nut to crack
- 48 "Les Misérables" inspector
- 52 EVINE Live competitor
- 53 Libya neighbor
- 55 Archaeologist's handle
- 57 Severe blow
- 58 Pure propane's lack
- 59 Come to a halt
- 62 Intl. broadcaster since 1942
- 63 Hurdle for srs.

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67 It ends 11/6/2016 in the U.S.  
 68 Evil figure  
 69 "No good movie is too long and no bad movie is short enough" speaker

**Down**

- 1 \_\_\_ de gallo
- 2 Stern rival
- 3 Crossing cost
- 4 Signing facilitator
- 5 Poker great Ungar
- 6 Members of a flock
- 7 Punjabi prince
- 8 Flipped over
- 9 A behavioral sci.
- 10 Laundry challenge
- 11 Visibly embarrassed
- 12 Time for a cold one
- 13 Skirt feature
- 18 Web feed document

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# Your Birthday

## SATURDAY, JULY 9, 2016

Your imagination will encourage you to be more receptive to ideas presented to you this year. Working alongside innovative people will help you acknowledge what you have to offer and how you can contribute. A passionate approach to life will bring interesting people to your door.

**CANCER** (June 21-July 22) — Change what isn't working for you. Take the opportunity to make your life better. Put a plan together that will help you fit in the things you love doing most. Romance is highlighted.

**LEO** (July 23-Aug. 22) — Step outside your comfort zone if it will help you bring about positive change in your community or to your personal direction. It's up to you to make things happen.

**VIRGO** (Aug. 23-Sept. 22) — Take a moment to figure out what will help you the most, and put your mind and body to the test. What you do will impress someone very special or influential.

**LIBRA** (Sept. 23-Oct. 23) — An unexpected turn of events will leave you in a position that will require you to take action. Now is not the time to procrastinate. Trust in your ability.

**SCORPIO** (Oct. 24-Nov. 22) — Take a day trip or get together with people you find stimulating. A romantic evening or unusual activity with a loved one will bring about positive change in your life.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Your

love of adventure can lead to trouble. Be cautious, and look before you leap. Emotional problems will surface if you make assumptions or fail to get your facts straight.

**CAPRICORN** (Dec. 22-Jan. 19) — Use your experience to make the right decision. Getting together with people you haven't seen for some time will spark memories that could lead to an interesting reunion.

**AQUARIUS** (Jan. 20-Feb. 19) — Question the way you feel about the work you do and the people you associate with. It's time for a change if you feel dissatisfied. Personal alterations will lead to professional decisions.

**PISCES** (Feb. 20-March 20) — Focus on what you want to achieve. Partnerships look promising. Love, romance and a fun-filled day will lead to a positive lifestyle change.

**ARIES** (March 21-April 19) — Don't let negativity bring you down. If you look beyond recent setbacks, you will see a clear picture of what you should pursue next. Prepare to bring about positive changes.

**TAURUS** (April 20-May 20) — Spending time with someone you love or making family plans will bring you closer together. Making home improvements or hosting an event is favored. Put your energy into something worthwhile.

**GEMINI** (May 21-June 20) — Progress comes from hard work, not loose talk. If you get things up and running, you'll get a good response from those you are trying to impress.

## SUNDAY, JULY 10, 2016

Learning, traveling and discovering people, places and things will broaden your perspective on life and help you decide what possibilities you should strive to pursue. Relationships will make a difference to the way you move forward. Choose your allies and partners carefully if you want to reach your goals.

**CANCER** (June 21-July 22) — Make plans to do something with family or friends. Socializing will do you good and push you to try new things. Embrace an adventure that comes your way.

**LEO** (July 23-Aug. 22) — If you take a practical approach to life and how you earn your living, you will ease the stress you've been feeling about your future. Do what you love the most.

**VIRGO** (Aug. 23-Sept. 22) — Spice up your life and looks. Concentrate on making your life more pleasant. Don't give in to selfish demands. Get involved in something you believe in.

**LIBRA** (Sept. 23-Oct. 23) — Refuse to let anyone discourage you. If you have plans, follow through with them. Discipline and effort will bring about positive change. Troublesome personal relationships should be questioned and dealt with.

**SCORPIO** (Oct. 24-Nov. 22) — Taking a day trip or making positive domestic or lifestyle changes will bring you satisfaction and greater intimacy with a loved one. Physical improvements will boost your confidence.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Be

careful how you deal with others. Keep your personal position hidden. It's best to observe before taking action. Avoid temptation and indulgence. Work toward building a better life.

**CAPRICORN** (Dec. 22-Jan. 19) — Keep your emotions out of any conversation you have. You are best off remaining mysterious about your beliefs or plans. Don't present your thoughts until you are fully prepared.

**AQUARIUS** (Jan. 20-Feb. 19) — Help someone in need. Your kind gesture will be appreciated, and you will gain experience that will help you out in the future. An offer will surprise you.

**PISCES** (Feb. 20-March 20) — Your sincerity and desire to help will bring high rewards. Enhance an important relationship by planning a romantic evening. A physical change you make will be admired.

**ARIES** (March 21-April 19) — Don't argue. Your best recourse is to work at becoming a better you. Physical and mental improvements will lead to an improved emotional state. Focus on yourself, not on trying to change others.

**TAURUS** (April 20-May 20) — Traveling will help you sort out some weighty issues concerning your future. Mix business with pleasure in order to gain insight into how best to advance.

**GEMINI** (May 21-June 20) — Avoid a dispute with a friend or loved one. You will face a no-win situation if you make assumptions without having all the facts. Home or personal improvements will bring good results.

## Expo Antique Farm Machinery

Congratulations to Nelaon McCourt, who won the Trophy for the Expo antique Tractors, which was held on June 25 at the Richmond Fair Grounds.



Left to right: Nelson McCourt and Laurent Noel, co-ordinator for the Expo Antique Farm Equipment.



The Reo Truck, that stood guard over the Expo Antique Farm Machinery. The proud owner of the Reo is Laurent Noel.

Submitted by  
Marlene Goodenough

## GLIMPSES OF THE PAST



Collection John J. Penhale, Sherbrooke Historical Society

The funeral of Colonel John J. Penhale was held in Sherbrooke on August 31, 1926. Born in England, he arrived in the Eastern Townships in 1887. He held various upper management positions in Asbestos Corp., in Thetford Mines. In his youth, he joined the 53<sup>rd</sup> Regiment as lieutenant, and later became captain. He was mobilized in 1914, landed in France in 1915, and remained in Europe throughout World War I, during which he was awarded a number of distinctions, and was promoted to the rank of colonel. At his funeral, men from the Sherbrooke Regiment marched behind his casket, which was transported on an artillery carriage.

### WANT TO KNOW MORE ?

Visit the exhibit, *The Sherbrooke Hussars, more than a regiment. 150 years of Traditions and Loyal Service*, presented in the American Biltrite room of the Sherbrooke Historical Society.

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