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Beating the heat

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THE

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Robby Johnson: From Quebec to Nashville, and back

Talk - Page 8

WEEKEND EDITION

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Heat wave advice

By Gordon Lambie

Following the announcement, Thursday morning, that the number of deaths related to the intense heat over the last few days has climbed to seven in the Estrie Region, The City of Sherbrooke put out a call to its population to check in on their neighbours. In particular, the call went out to landlords of larger apartment complexes to check in on their more vulnerable tenants and see how they are handling the heat.

According to Doctor Mélissa Généreux, Director of Public Health with the CIUSSS de L'Estrie-CHUS, the regional health and social services establishment, similar appeals have been made by a range of local municipalities.

"As of this morning we have approximately 40 cases of health issues related to the heat," Doctor Généreux said. "This could be things that are fairly benign right up to death."

The public health director said that that number is a conservative estimate based on the fact that information is coming in from a number of overlapping sources. She added, however, that there are seven deaths included in that 40 so far, all of which

CONT'D ON PAGE 4

North Hatley public beach, town caught between a fence and a hard place



MATTHEW MCCULLY

By Matthew McCully

Since assuming control of the management of the public beach in North Hatley, the town has come under fire for locking the front gate, preventing access outside of supervised operating hours.

The town recently obtained a legal opinion from the Monty Sylvestre, conseillers juridiques inc. firm regarding liability exposure relative to the management of the beach, to explore whether leaving the gate open after hours were a plausible option.

The opinion, made available to the

COT'D ON PAGE 3

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Weather



TODAY:
SHOWERS

HIGH 21
LOW 8



SATURDAY:
SUNNY

HIGH 22
LOW 8



SUNDAY:
SUNNY

HIGH 27
LOW 12



MONDAY:
CLOUDY

HIGH 27
LOW 15



TUESDAY:
60% CHANCE
OF SHOWERS

HIGH 25
LOW 12

Aiden Higgins: Who Knew?



Good Reads

Lennoxville library

You will no doubt have concluded by now that I have more than a passing preference for Irish literature, and I was recently both embarrassed and delighted to discover the existence of Aiden Higgins—embarrassed because I had never heard of him before; delighted because in Higgins I have discovered a writer who nudges up comfortably alongside John Banville and James Joyce.

Langrishe Go Down was published in 1966, and subsequently reprinted (see discussion below). It earned Higgins the James Tait Black Memorial Prize, and it was then filmed for television with a screenplay by Harold Pinter. But the author has remained in sufficient obscurity to merit the label "writer's writer" [TLS].

The novel is unabashedly modernist, so not straightforward in terms of perspective or narrative technique. There are frequent dreamy spans of stream of consciousness in which various impressions are combined to create what are generally bleak mental pictures. Some of the renderings of the local populace—travellers on a bus, a cemetery worker—are reminiscent of James Joyce in The Dubliners. Also, Higgins' attention to geographical detail—specifics of streets, buildings, rivers, etc. in Celbridge and in Dublin—also resemble vintage Joyce. Unfortunately, at times the scattered impressions create some uncertainty as to what actually happens. It seems that Higgins wants the reader to witness events through the emotionally charged filters of the characters— misconceptions and all.



The story, such as it is, concerns a family in decline. Three "spinster" Langrishe sisters—Helen, Imogen, and Lily—preside over a decaying mansion in Celbridge/Donycomper, aka Domhnach Compair, in county Kildare, just west of Dublin. The mansion's barn, outbuildings, and lodges were all worked in the past by servants or tenants. But the patriarch, Robert Langrishe, through arbitrariness, idleness, and impracticality ran the place into the ground before his death ten years previously. The sisters are now reduced to selling the old trees from the estate for lumber. Through flashbacks and other contextual information we learn that a succession of notable families have occupied the grand house since the early eighteenth century. As things progress it is evident that the wheel of fortune has turned and the family's tenure in the manor is coming to an end.

It is 1937 and one of the sisters—Helen—is returning to the family mansion from Dublin. We see her on a bus, surrounded by a smoking, seething, sweating, vulgar humanity. She fairly quails before the onslaught. We soon discover that her sisters are also ill-equipped for their fall from gentility. Helen is later bemused by the fragmented and obscured gravestones and monuments in the cemetery. It seems that Higgins is in some way querying the Irish notion of history —its validity, accuracy, its value.

You won't want to blink while you are reading. The narrative focus on Helen abruptly shifts to the younger sister Imogen, and the story subsequently unfolds from her perspective. The time shifts to five years previously when she allows herself to be seduced by a young German scholar, Otto Beck, whose selfish affection she finds irresistible. It is as if one of Jane Austen's staid Bennett sisters suddenly transforms into Lady Chatterley; Imogen casts aside her Catholic reserve and utterly surrenders her sensual side to Otto (trigger warning—some adult content!).

The German scholar is an odd character. He is an expert hunter, ferreter, womanizer and a veteran of WW I (on the German side, as one might expect). He has been allowed by Langrishe patriarch to stay in the manor lodge, free of charge. Curiously, the title of his thesis is [translated from the German] "The Ossianic Problem and the Actual Folk Sagas and Customs of 17th-Century Ireland, with special reference to the work of Goethe and the Brothers Grimm: A Sociological-Philological-Critical Study"!!! Otto is a hyper-intellectual; Imogen is quite innocent and simple in nature. It seems that Otto Beck has become a master of Irish history and consciousness while the Irish characters—who are actually living and breathing the history—have no idea of their history or their destiny. Re the relationship, the reader is almost conditioned to expect a dire outcome (especially given the three spinster daughters introduced before the flashback!) So the entire affair has profoundly desperate undertones.

Some curiosities....The novel was published in 1966, then reprinted subsequently in a different font. Higgins took advantage of the change to add additional material to some chapters. Thus we sometimes see a line of narrative presented one way, and then re-presented with the same information but different wording. It is like watching a movie in which out-takes are thrown in with the final sequences. Modernist experimentation or editing error? Inquiring minds wonder.

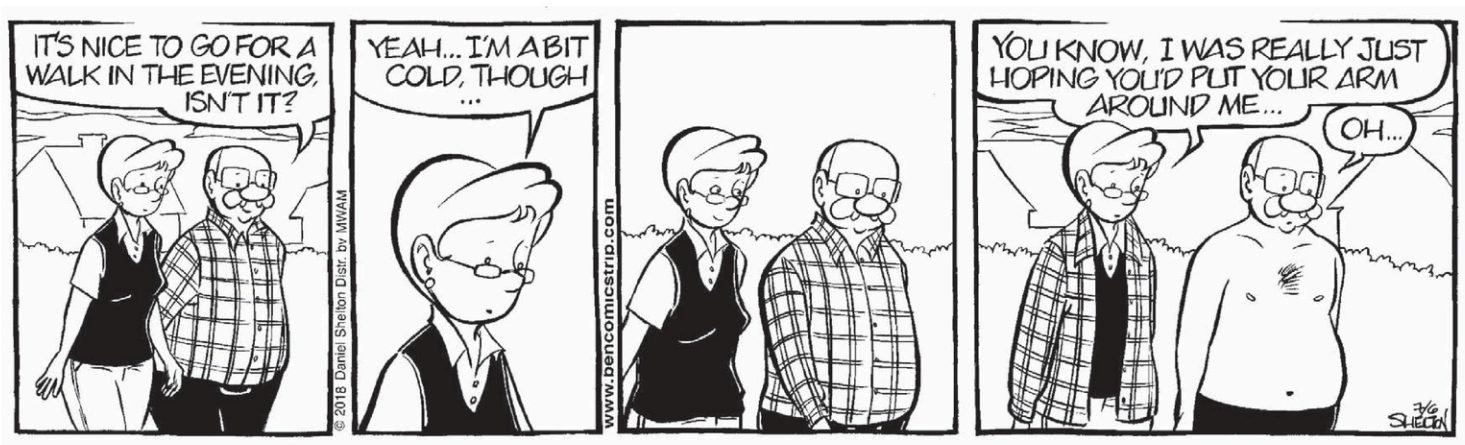
Also noteworthy is Higgins' clever and ironic evocation of images. For example, in one scene Otto and Imogen consummate a sexual encounter in a decaying room of the lodge as the trunk of an old elm tree is being dragged off to the lumberyard. Clearly, the old order is changing and yielding place to...well, Who knows?

Overall, Higgins provides a poignant sequence of settings and images—the Church in Donycomper, the desolate village, the overgrown churchyard and cemetery, the somewhat over-lush surroundings, which collectively emphasize the almost preordained destruction of the Irish land-owning upper class. Higgins also alludes through newspaper headlines to foreign events—the bombardment of Madrid (Spanish Civil War), the arming of Italy, the construction of airbases in Sardinia. These, in tandem with the references to the rise of Nazism in Germany, evoke an Ireland that is soft and vulnerable to outside influence. This vulnerability is subtly reinforced in the exchanges between Otto and Imogen: "You're so soft ... Some soft spineless insect that's been trodden on. I can feel you beginning to curl up at the sides."

—Stephen Sheeran

Alas, copies of Langrishe Go Down are hard to come by! Inquire at your local library.

Ben by Daniel Shelton



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LOCAL NEWS

"We've been telling them that for the last year," Page said, but community members opposed to the beach being closed doubted the validity of the town's legal claims.

North Hatley public beach

CONT'D FROM PAGE 1

public on Thursday morning, suggested that the town would indeed be liable if it were to tolerate or allow access to the beach outside of operating hours.

The issue stems from the fact that there is currently a fence surrounding the public beach.

An excerpt from the opinion reads: "Although the Municipality is not obligated to fence off a beach area, we are of the opinion that once the fence is installed, it must be used for the purpose for which it was intended and that the public expects, that is to prevent the public from accessing the beach area outside operating hours."

For over 50 years, the public beach was managed by a non-profit organization, the North Hatley Recreational Society (NHRS).

With a combination of fundraisers, donations and annual contributions from the municipality, the NHRS managed all beach activities including tennis, swimming and sailing lessons, and also lifeguard supervision during operating hours.

While the fence around the beach was installed under the tenure of the NHRS, the beach remained accessible outside of operating hours for those in the community who enjoy early morning dips and moonlight swims.

It wasn't until last year when the town, under the pressure of more rigid safety requirements, passed a resolution requiring the NHRS to lock the front gate of the beach after operating hours.

According to North Hatley Mayor Michael Page, there were complaints last year when the rule was applied, but some residents took advantage of a hole between the fence and a hedge to continue using the beach after hours.

The situation has changed this year. During a construction project at the beach, the hole was repaired. Now, short of jumping the fence, there is no access point when the gate is closed and locked.

The beach access issue was compounded by the NHRS' decision to step away from the management of the beach this summer for the first time in over 50 years, saying that it would not be able to operate under new conditions imposed by the Municipality.

Among the conditions, alleged to have been presented as non-negotiable, were free access for North Hatley residents, higher user fees for non-residents and increased supervised hours, which the NHRS believed, based on the accounting of previous years, would lead to a deficit.

The locking of the gate was also a bone of contention.

"Preventing access to one of the few public beaches is, according to the NHRS, a decline in the quality of life of residents of the region," the NHRS stated in an explanation of its decision to suspend activities at the public beach this summer.

"I can understand their frustration," Mayor Page said. "It's not that we want it locked. We want people to have access," he said, explaining that the hours this year have been extended until 9 p.m.

The problem, according to Page, is that the newly acquired legal opinion doesn't give much of a margin for interpretation.

"We've been telling them that for the last year," Page said, but community members opposed to the beach being closed doubted the validity of the town's legal claims.

Now that the town has a legal opinion in writing and a demonstrated desire from residents to use the beach outside of operating hours, leaving the gate unlocked or removing the fence is easier said than done.

Another excerpt from the legal opinion illustrates the town's dilemma: "The Municipality is not obligated to fence off a beach area. The Municipality can as such remove the gate. Removing the fence is not susceptible, in of itself, of establishing the grounds for liability on the part of the Municipality. However, removing the fence for the purpose of allowing the public to have access to the beach outside operating hours can be the grounds for liability on the part of the Municipality. In fact and as previously mentioned, the Municipality cannot tolerate or allow that the public have access to the beach outside operating hours at the risk of liability."

"I'm tired of hearing 50 years ago..." Page said. "Fifty years ago hockey players didn't wear helmets, cars didn't have seatbelts. Things change, and sometimes, for the better," Page said, explaining that the safety of the population is the town's primary concern.

Page said that council will hear what the community has to say about the legal opinion at the upcoming council meeting on Monday, July 9.

"We'll see if the tone has changed, see how they feel about it," he said.

"If they can present an alternative, we're not opposed to it," Page said.

Keeping it cool at Manoir St-Francis

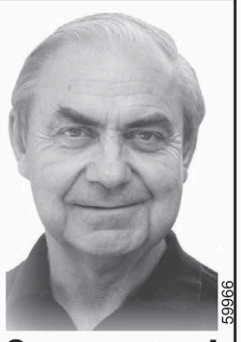


We have been trying to beat the heat at Le Renaissance Manoir St-Francis this week by having daily impromptu popsicle parties where popsicles, lemonade and other refreshing treats are served. Our nurses have been knocking on peoples doors to make sure that everyone is staying cool and we have daily announcements to make sure everyone remembers to drink plenty of water, to come to the air conditioned common rooms if they need and to not overdo it physically. - Submitted by Julie Paquette

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Health Agency inaugurates new spaces at Farnham nursing home

Record Staff

The CIUSSS de l'Estrie - CHUS and the Les Foyers Farnham Foundation inaugurated new spaces at the Centre d'hébergement de Farnham. Residents will now benefit from an expanded living environment that is better adapted to their needs and that promotes their well-being and quality of life.

The renovations took place between June 2017 and May 2018. The Farnham Ambulance Service was a major partner in the project.

"The Les Foyers Farnham Foundation members are pleased to have contributed to this major project as it makes a significant difference for seniors in our community," said Marc Longpré, Chair of the Foundation's Board of Directors.

"Everything has been designed to promote the quality of life of residents in this project," said Jacques Fortier, chairman of the board of CIUSSS Estrie - CHUS.

A large dining room with several windows and views of the garden was an integral part of the expansion on the ground floor. Among the improvements are a new nursing station that provides privacy, the relocation of the hair salon, the addition of a shower room and a family lounge.

A covered outdoor walkway between the Centre d'hébergement Farnham and the Gérard-Harbec home allows residents of both centers to travel sheltered from the weather for their leisure activities and socialization. Large outdoor common gardens with concrete paths, benches and swings have also been set up between the two facilities.

The kitchen located in the basement has been considerably enlarged and refurbished, in addition to being equipped with new appliances. This new configuration of food service work areas optimizes meal preparation.

Heat wave advice

Cont'd from page 1

happened in the community, not in a hospital or a long term care home.

"There have been no children," Généreux clarified. "They are all middle aged adults or older."

The public health director said that all of the deaths fit, "the classic risk factor profile," of either being elderly or having some form of chronic illness that made them more vulnerable to the heat.

In light of that information, she welcomed the initiative of local communities to encourage check-ins.

In situations of high heat and humidity, the public is reminded to remain hydrated, find ways to stay cool, and reduce the amount of physical work being done. If you or a loved one begin to feel unwell, you are encouraged to find a cool environment and call 811 before symptoms become too severe.

Beating the heat



COURTESY

To beat the heat, the employees of Lennoxville's Jean-Coutu Pharmacy handed out over 300 free bottles of water to passers-by on Thursday

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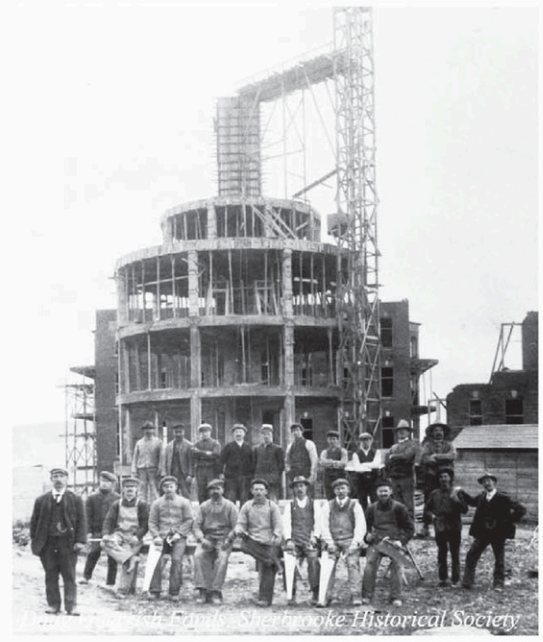
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GLIMPSES OF THE PAST



The St-Vincent-de-Paul hospital construction project took shape in 1896 under the leadership of Bishop Paul Larocque. As for the institution's location, the significant growth of the eastern district at the turn of the 20th century, along with the arrival of the streetcar, made the area a solid candidate for the hospital. In July 1906, the architect Charles Chaussé proposed the construction of four pavilions joined by a rotunda of over 16 metres in diameter. On opening in March 1909, the hospital had 75 beds between the two newly built wings. New wings were added regularly, but it was not until the beginning of the 1980s that the hospital took its final current shape.

INTERESTED BY HISTORY ?

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Observétoiles National Geographic and Au Diable Vert – The heavens align



DISHPAN HANDS

SHEILA QUINN

The heavens align in such fascinating ways. So much is about timing, so much is left up to some strange, ever-adapting and evolving design and so much is about what we can measure, control, understand, learn from and manipulate.

For the team at National Geographic ObservEtoiles (the brand new initiative pairing the innovation of the team at Au Diable Vert, Glen Sutton's beautiful and unusual camping experience and National Geographic) tending to the recently birthed world's first outdoor augmented reality astronomy experience will be keeping them up nights.

Seventeen years ago my godson was keeping his parents up nights too. I was present at his birth, assisted by midwives at the Centre de Maternité de l'Estrie. He changed my world. A few weeks ago he graduated from high school at my Alma Mater, Richmond Regional High School. I watched him take the stage to receive his diploma and to collect an award for visual arts. I was there as he signed the traditional grad wall; that just happened to be outside of the homeroom that housed our gang every morning for five years there. The background is black, with a large, gold, angular hour glass, and beside it is written, "What feels like the end is often the beginning."

Fred Rogers, also known as his character Mr. Rogers, from PBS children's show Mr. Rogers' Neighborhood, said something very similar to that – "Often, when you think you're at the end of something, you're at the beginning of something else."

For weeks leading up to my godson's graduation, I toiled over a gift that could represent the pride I felt (and feel) over his achievement. I would give him the world.

I couldn't do that, but I realized in the days leading up to the June 21st date, that I could actually give him space. And this didn't mean personal space. This meant giving him the "final frontier".

On July 1st, Tyler and I made our way through the remarkably untamed land of the aptly-named Scenic Road towards Au Diable Vert, with its charming campsites, with names such as Pooh Corner, Strawberry Fields, Grand Duc, and Highlands. We laughed our away along the steep, winding dirt road towards the main building, with its breathtaking view of sky and rolling green hills.

At what we thought was the top, we were invited to drive further up, to a parking area reserved for the ObservEtoiles events. We settled the car and walked up a roadway leading to the gated area where the impressive outdoor amphitheatre was located, featuring high-tech heated seats (not that we needed them this week, but very convenient for future chillier evenings).

We stood at the padlocked gates, advised that we had roughly a half hour to wait. Both lifelong sci-fi and fantasy fans, we talked about Harry Potter and Star Wars, including fan theories, our personal reviews of the films and favourites among them.

A short while later, we were greeted by a gentleman who opened the gates, and explained that we were welcomed to walk up to the observatory, where we could leave an I.D. card or car keys in exchange for the high-tech headsets that held a cellular phone used to display the augmented reality show. At the end of the show we were to return the cell phones in exchange for our personal items, but we would be allowed to keep the headsets, and would be instructed how to download an app to do our own stargazing. Talk about a bonus!

Tyler and I were the first to be served and to choose our seating. It turns out there wasn't really a bad seat in the house. The sky was as clear as it could be considering the heat-wave we were in the throes of – just a slight haze in the air, over the majesty of rolling hills.

With the days yet long, night took longer to fall. We continued our geek-speak, this time venturing into the Marvel Universe and our thoughts on the unfolding of superhero cross-over storylines. At dusk, the presenters emerged onto the intimate stage before us, and explained how to use the headsets. We would have to place them on our heads, and tilt our heads to the right to activate the show, including the Star Chart application.

Astronomer Pierre Paquette guided us first through a show relating the details and stories of our solar system, while the planets seemed to spin before us. While there were some technical challenges, mostly related to timing (each person

CONT'D ON PAGE 7

'Signature' bridge over Magog River chosen for Grandes-Fourches replacement

Record Staff

On Monday, Sherbrooke City Council opted to build a "signature" cable-stayed bridge to replace the current one on Grandes-Fourches over the Magog River. It is hoped, the City that said, that the new structure will be a powerful symbol of the spirit and history that has shaped the city's development.

The choice of structure follows an architectural competition among teams of graduate architecture students from the Université de Laval.

Designed by Bernardo Baldisera, Joël Bertrand and Tiphaine Le Bellec, the 'Pont Abénaquis' features two arches symbolizing French and English colonists joining forces to develop the area. The resulting effect of the two arches is reminiscent of a teepee, a Native American emblem meant to reference the Abenaki, the first people to settle in the area. The blending of cables and fluid curves represents a dreamcatcher, also intended to integrate the culture of Indigenous peoples.

"Beyond the aesthetics, this choice permits clearing the center of the river from any foundations and support columns since the arches and cables provide the support for the bridge," said City Councillor and Downtown Revitalization Committee Chair Chantal L'Espérance. "As a result, nothing will interfere with recreational and tourist activities that will then be able to be held in the Magog River."

"Everywhere in our downtown revitalization project, we want Sherbrooke to stand out for its appeal and vitality," said Mayor Steve Lussier. "The construction of this bridge is a strong signal of our desire to make the people of Sherbrooke proud of their city."

The project calls for locating the new bridge just over 100 meters upstream from the current site and will become the common thread on both banks of the Magog River, integrating the area with downtown activities.

As part of the project, the City received a $26 million grant from the Ministry of Transport, Sustainable Mobility and Transport Electrification, as announced by Minister. Luc Fortin last March.

The City of Sherbrooke will pay $10.6 million for the demolition of existing structures and the revitalization of the entire Grandes-Fourches sector. The relocation of the Grandes-Fourches Bridge will create a new neighborhood and restore the banks of the Saint-François River to the public through the creation of a park.

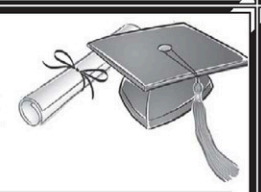
Construction is scheduled to begin in 2019.



(COURTESY VILLE DE SHERBROOKE)

The design for the new Grandes-Fourches Bridge is meant to evoke the area's original Native inhabitants as well as the English and French settlers at the center of Sherbrooke's history.

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Editorial

The way people feel about their environments is also largely influenced by their relationship to it.

How to survive hot weather at work – and not fall out with colleagues

By Craig Knight
Honorary Research Fellow,
University of Exeter

When I am too hot at work I like to open a window, retrieve an ice lolly from the kitchen and kick off my shoes. But for many people, this is not an option. Finding the right temperature can make a big difference to how happy – and productive – we are at work. It can also be the cause of some serious arguments.

The idea of a perfect temperature though is something of a red herring. Research into workplace psychology shows that, ultimately, people just want to have a level of control over their environment.

Take Steve, for example. I interviewed him as part of a research project looking into people's well-being at work. Commenting on the heat of an earlier August he said:

"You watch the sun moving 'round the office. When it gets to you, you know you're going to cook like a Sunday joint. And it's always sticky. We have to ask [the facilities management team] to get the temperature turned down, but by the time they've done it the weather's changed and you're bloody freezing instead."

Temperature advice

Unions and official bodies advise ideal temperatures for various workplaces. So discomfort and bad performance, it would seem, lurk for organisations operating outside of a prescribed band on the thermometer.

There are even some rather unlikely claims that have been made for companies who hit the thermal sweet spot. A Cornell University study calculated that at 25℃ workers are 155% better at typing than those processing words at 20℃. That such a small shift in warmth accelerates the average worker from 90 to 230 words per minute seems pretty extraordinary.

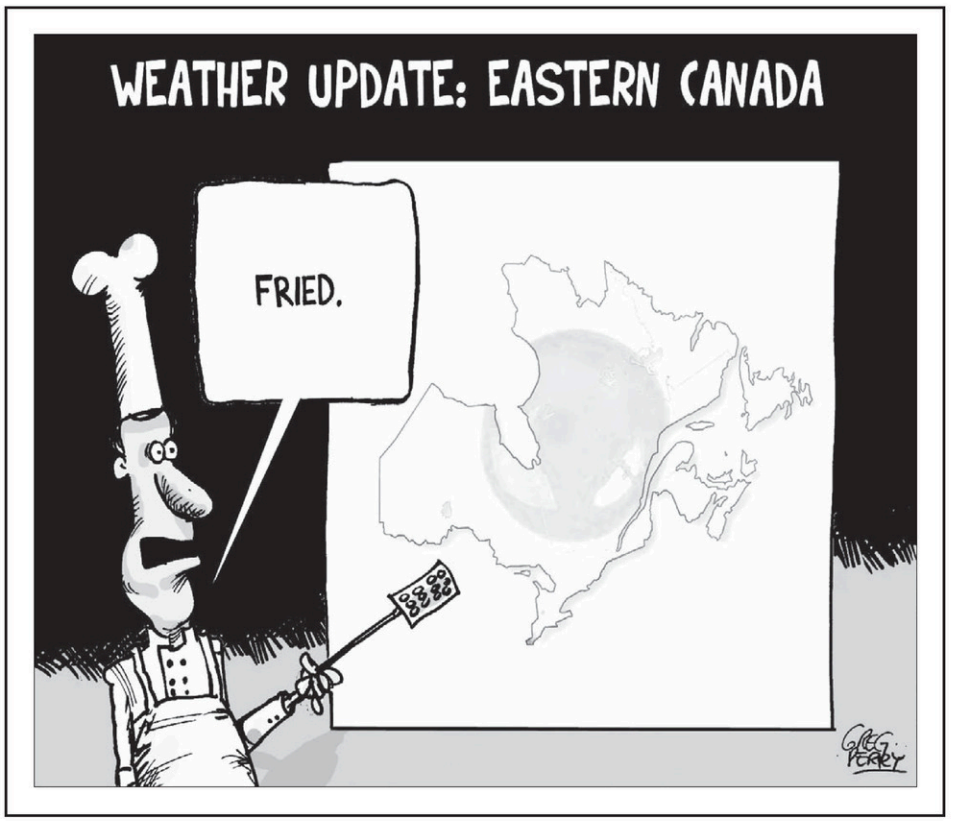
Of course it may be tied to assertions that workplace temperatures are fixed in favour of men. These suggest that ideal operating temperatures were calculated in the male-dominated 1960s, when ambient environments were geared to perfection for 40-year-old men who weighed a little over 11st or 70kg. There was even a video that went viral, which made a joke about this:

We are told that physiologically, women tend to carry more body fat and less muscle than men; they require more external heat to be comfortable. Younger men's faster metabolisms create higher natural body temperatures. Meanwhile older adults tend to prefer warmer rooms to their younger peers.

But as a species, all human beings – dressed in everyday mixes of cotton, polyester and wool, and of all genders and ages – operate comfortably between about 14℃ to 25℃. Within that range, psychological research suggests, that there is no such thing as a single temperature that maximises productivity. Not all women like a warm room, not all men like a cool one and some 60-year-olds prefer to sit by an open window.

The way people feel about their environments is also largely influenced by their relationship to it. If you work in a large room where the management dictates where you sit, how you behave and what the temperature will be, for example, then your sense of autonomy will be reduced.

There's a big range of temperatures in which humans can happily operate, yet the thermostat has the potential to cause irritation, complaint and even illness. The crucible for dissatisfaction and under-performance is clumsy organisational management.



The scientific evidence suggests that people should be allowed to choose their own ambient conditions. Retaining temperature control within the management sphere panders to financial myopia and treats staff like children. Costs saved by denying them simple choices are heavily outweighed by depressed productivity.

Well-being and productivity

To test out the extent to which office environments boost productivity, my colleague Alex Haslam and I set up an experiment. We had people undertake the same tasks in the same comfortable, ergonomically excellent office. The temperature was unchanged throughout. But different groups were given different degrees of control over the space. The results differed radically.

In one condition, employees worked in office space that mirrored the standard, spartan, managerial model of the majority of large offices across the Western world. Ephemera was removed to eliminate distractions and focus minds on the jobs to hand. Other employees, in exactly the same space, were invited to put their own stamp on things by having control over arranging a number of pictures and plants around the office. We assessed people's levels of productivity and comfort across the conditions.

Our results showed that people given a sense of control over their workspace saw levels of comfort increase by over 40%. Their productivity increased by 32%. Further, although the temperature was constant across the conditions, employees felt significantly hotter and colder (and sicker) when the space was lean and controlled by management, not themselves. Their productivity was consequently much poorer.

As I write this, it is 26℃ in my office; too warm according to guidelines. But I have set a fan whirring, opened windows and poured a cold drink. I couldn't be more at ease. In Steve's call centre the temperature will almost certainly be lower, but he will be feeling hot, bothered and powerless. Comfort and productivity lie not in the temperature but in having a sense of autonomy, of stamping your identity on your space. Perception changes all – even how hot it is.

Craig Knight received funding from the Economic and Research Council to explore the psychological effects of management and design on well-being and performance.

THE RECORD

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	3 months	44.00	2.20	4.39	$50.59

ON-LINE SUBSCRIPTIONS

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

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

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Preference is given to writers from the Eastern Townships.

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ONE COLUMN, FOUR VOICES

Opening to the Spirit

Today's word: Nurture

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

1) Our word this week, nurture, is not usually in my vocabulary. The only thing that popped into my mind as I sat down to write was the "nature versus nurture" debate.

Which matters most in creating a healthy person, their genetic background, or the household in which they were raised and taught life skills? These arguments were spoofed in the comedy movie, "Trading Places." A young wealthy stockbroker trades places with a streetwise con man. I won't tell you the rest of the story; it didn't reveal the secret of human development but was fun nonetheless. With all the current interest in tracing our genetic makeup, it seems the debate continues.

When I look around I see special people who have truly become inspirations for the rest of us. They come from all countries and religious backgrounds: Malala a child activist from Pakistan, Canadian Craig Kielburger with his "Me to We" movement, Anne Frank as a young Jewish girl from Europe during WWII, Shannen Koostachin who is an indigenous advocate for education in Canada. Each of these young heroes was nurtured in a home where dreams were not trampled on, people were respected, and love was shared.

This week one of the young people from our community begins an experience of a lifetime. At 17 he is the Youth pilgrim representing our Church Conference on a journey across Canada. 12 teenagers travel together and visit churches and community groups in every province beginning in Newfoundland. They care with them inspiration and hope for the future. I am proud to think these qualities were nurtured by loving parents and a compassionate congregation.

For me there is no debate. When it comes to human development, nurture wins out over genetics every time. Let's do our part to create compassionate environments in all our communities.

2) To nurture is to set up the conditions for a certain goal to be achieved but not actually have control of outcome.

I can nurture the physical and spiritual well-being of my child by providing a loving home, healthy food and warm clothing. I can nurture the confidence of a friend by praising their accomplishments and encouraging them to work towards their dreams. I can nurture the seedlings in my garden by weeding and watering. But I can't take credit for the success of any of these things.

The act of nurturing is to set aside one' ego and fall in love with the process of being part of the family of living things on this planet. It is all about contributing as best we can to the success of others. And if you have that belief that our creator's hand is at work in our lives, it's about waiting for God to give the increase.

3) What we nurture in ourselves is what thrives. For those times when my soul hungers and needs to be restored, there is no debate: nature is what nurtures most. I love my fellow beings, human and otherwise. And music helps, as does a brief time spent in exercise or art play. But often to re-energize, it helps to take a "nature snack", to step outside, breathe in the open air and look up at the infinite sky. Beauty feeds my soul, satisfies my hunger for a world beyond the daily human cares, and helps me regain a larger sense of being.

There's a kind of malnutrition that sets in when we are too long denied our natural context. That's why inner cities have parks. Even brief mindful walks in the great outdoors, paying attention to the tiniest details can feed and renew the spirit. Don't miss the "alternative news" of the day: how new leaves unfurl, wildflowers blossom in secret, ferns sway in the breeze, insects chant, a stream gurgles and birds converse in symphonic tones. The very earth beneath your feet can become holy again if we remember Thich Nhat Hanh's injunction to "Walk as though your feet are kissing the ground."

When I cannot go outdoors imagination takes me there. I take mini retreats, drop into reflective mode and turn inward, remembering a place of natural beauty. I imagine a beach near the water's edge and feel washed by the sheer memory of waves coming in. I can revisit nights on my back looking up at the immense star-studded sky.

What do you need a steady diet of to nurture your inner wellbeing? Denise Levertov says in one of her poems, "For one shining hour of peace, count a year of strife well lost." Beauty is a kind of soul food we can choose to feed ourselves - and the good news is, nature has already filled our plates. All we need do is enjoy!

4) We nurture things that need our care: small seedlings, wounded pets, children, and new ideas.

Our relationships with each other also need regular nurture. If you are in a romantic relationship, think about the care that went into the first months or years of your time together. Like a new seedling, your relationship was watched for signs of growth and was given what was needed to make this happen.

What we can forget is how our ongoing relationship also needs nurture. Even if they are honest, we can think of compliments like fertilizer. Caring gestures are like the good rain, and affection like the sunshine.

Mature plants, and mature relationships, also need pruning. Having those difficult talks about things that need to change, and then making these changes, can help us flourish.

Friendships also require nurture. So called "high maintenance friends" require a lot of nurture. But even our most easy-going friends need to know that we care.

Maybe you are thinking about a relationship in your life that needs some nurture. Who comes to mind? Maybe it is time for a phone call, or a get together, or a date night out.

One word, four voices - now it's your turn to reflect: What do you need to stay alive and thrive? What and how do you nurture?

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

The heavens align

CONT'D FROM PAGE 5

activates their headset themselves, resulting in synchronicity issues between the details relayed by our guide and what each person visioned), however, the visuals were so impressive, that this was a minor blip. The presentation was done bilingually, dispelling some myths and explaining details about each planet making them even more spectacular.

Next, we began a star-gazing experience, with constellations mapped out in lines and points, featured within drawings representing their traditionally-named formations. The night sky was visible to us as it is currently laid out; meaning that if we looked down, or behind us, we would see the star formations that are not visible in our night sky currently, but that are in constant motion, back during their designated seasons.

Mr. Paquette took us through the myths once used to explain the arrivals and departures of specific arrangements – Scorpio at this time of year, never sharing the sky with Orion, who was killed by the scorpion. We also saw Jupiter, Hercules, and the signs of the Zodiac.

For an hour we journeyed together, what looked like a full-house in the 184-seating amphitheatre and Mr. Paquette helming us along the Milky Way and beyond.

Jeremy Fontana and his creative team at Au Diable Vert, in conjunction with National Geographic have truly brought the heavens to our heavenly region.

At the end of the presentation, Tyler and I extracted the phones from our headsets in exchange for my I.D. card. We headed off into the night, the windows down to catch a breeze, and talking about the importance of friends, and a memory for every year of his school experience. We discussed how we are both Scorpios, both born on a Tuesday. This time together felt like an end – yet we experienced it within the infinite expanses of space, under our own stars at home in the Townships. A new beginning awaits Tyler, one could almost refer to it as "a new hope" (a little something for the Star Wars fans), and this new Townships experience has the potential to grow into a tremendous tourist feature.

Thank you to National Geographic ObservEtoiles, Jeremy Fontana, Au Diable Vert and Pierre Paquette for a stellar experience, and congratulations Tyler Ruben Matthews, and to the RRHS Class of 2018! The sky isn't the limit. Only our imaginations are....so let's continue to go beyond!

ObservEtoiles will be running nine months of the year, can host up to 184 guests in their state-of-the-art heated seating, features theatrical lighting and a high-performance sound-system. Cloudy nights will not stop the show, and guests are contacted should poor weather interfere with the show.

National Geographic LLC is a partnership between National Geographic and 20th Century Fox. NGP returns 27 percent of their proceeds to non-profit National Geographic Society to fund work in the areas of science, exploration, conservation and education.

For more information and to book tickets for National Geographic ObservEtoiles, visit www.observetoiles.com or contact Au Diable Vert at (450) 538-5639.



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THE RECORD

TALK

YOUR WEEKLY GUIDE TO TOWNSHIPS CULTURE

JULY 6 - JULY 12, 2018

Robby Johnson
From Quebec to Nashville, and back

By Gordon Lambie

What happens when a boy from the Beauce moves to Nashville? In the case of Robby Johnson, the answer surprised even him.

"It's not like I was a singer and I wanted to sing all my life," Johnson recalled. "It's more like I'm a creative guy that happened to write songs and sing them wherever."

Self- described as a guy who would write songs to sing in the shower, the factory worker-turned rising country star said that he never dreamed of a career in music until his wife pushed him out of his comfort zone.

"My wife decided to pay for a demo session as a Christmas gift," he said. "To me, I am not a singer and really not an artist, and I thought it was the worst gift ever."

Still, a gift is a gift, so Johnson went into the studio in Montreal with what he said was a "feel-good song."

"We didn't go in to cut a hit," he said. "I just wanted to have fun and then be done with it."

Things didn't go exactly according to that plan. According to Johnson, the recording team loved his work and encouraged him to take his sound to the homeland of country music. Before long, he said, the family had moved to Tennessee and things in his life changed dramatically.

"It went really good, and a lot faster than everyone thought," the musician said, explaining that record label representatives told him it would take five to ten years to make a name for himself, but he found himself flying high after only a year and a half. "It was crazy; the first time I was on TV was The Late Show with David Letterman," he said, adding that his first real performance that wasn't part of one showcase or another was opening for Keith Urban in front of 35,000 people.

Asked about how he came to be writing English country songs as a rural Quebecois man, Johnson explained that the answer is twofold. On one hand, he has always felt a strong connection with country music; citing Garth Brooks as a major influence on his work, and on the other hand he has a lot of family in Conneticut and a longtime love of American culture.

"I was practically raised by sitcoms and movies," he joked.

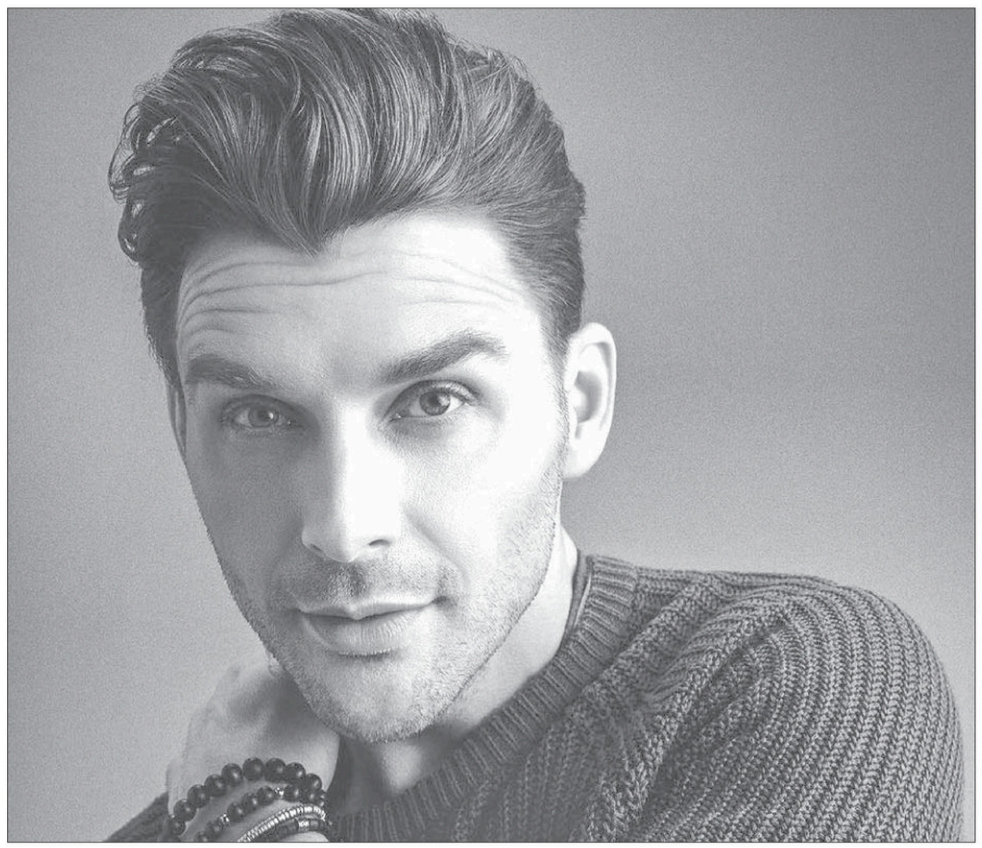
More seriously, Johnson said that although he loves his mother tongue and is currently working on a French-language project, the reality of writing songs in French is just not the same.

"The first songs that I wrote are French, but in English you can sing about anything and it sounds cool," the musician said adding that because of the interaction with the melody, "there are many words that you would never be able to pull off in a French song."

Johnson is among the headline acts at Sherbrooke's Fete du Lac-des-Nations this summer, set to play the Lotto Quebec main stage on the night of Thursday, July 19. Looking ahead to that performance, however, the country star said that he won't be coming alone.

"It's going to be a party with friends," Johnson said, explaining that in addition to playing all of the top 30 hits that he has come to be known for and well loved country classics, he will also be joined by Quebecois artists Gregory Charles, Marie-Mai, Corneille, and Wilfred Lebouthillier.

"It's going to be an incredible show," he said, noting that although his lineup of guests includes some high profile local artists, it also represents a kind of homage to his own musical journey. Lebouthillier, for example, played alongside Johnson the very first time he came back to play a show in Quebec, while Corneille co-wrote the bilingual single that has been released for Johnson's upcoming French album.



COURTESY/FACEBOOK

"The first songs that I wrote are French, but in English you can sing about anything and it sounds cool," the musician said

Although Johnson highlighted the significance of each of his friends' involvement in the Lac-des-Nations show, it is the participation of Gregory Charles that has, perhaps, the greatest significance for the musician's current plans for the future because he credits the artist with inspiring him to really try writing songs in French after the two created a mash-up of "The Devil Went Down to Georgia" and the Quebec classic "La Bitt à Tibi."

"It was his idea and at first I didn't think it was going to work, but it turned out perfectly," Johnson recalled. "I sang in French, and that's when it confirmed for me that I wanted to sing in French. I'd had the idea, but still I wasn't sure."

Johnson and his friends start playing at 10:30pm, after the evening's fireworks. They represent one of 24 different musical performances being given at the festival site between July 17 and July 22. More information about the festival is available at http://fetedulacdesnations.com/en/



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Brome-Missisquoi wine route open house this weekend

Record Staff
DUNHAM

The Brome-Missisquoi Wine Route Open House Event takes place this weekend, Saturday, July 7, and Sunday, July 8, from 10:00 am to 6:00 pm.

As in previous years, the majority of the vineyards on the Wine Route are opening their doors and welcoming visitors to experience the unique event.

"Winemakers truly appreciate the day because they can share their passion, their knowledge, and their stories with their guests," said Richard Bresee of the Domaine Bresee Vineyard, "The Wine Route is a valuable asset, highlighting our region and making it stand out; it's important to value it."

A Personal Interaction with Winemakers

During the two days, winemakers themselves will welcome visitors and guide them through their facilities. It's truly a great opportunity to learn more about the vineyards which have become the pride of our region, from the artisans who established them. The event offers visitors the opportunity to get to know about the production of their delicious products, to know the history of each vineyard, and to get a sense of why these winemakers feel so passionate about their work.

Participating vineyards include:

- The Domaine des Côtes d'Ardoise in Dunham
- The Domaine du Ridge in Saint-Armand
- Le Château de cartes in Dunham
- Le Vignoble du Ruisseau in Dunham
- Léon Courville, vigneron in Lac-Brome
- UNION LIBRE cidre et vin in Dunham
- Val Caudalies, vignoble et cidrerie in Dunham
- Vignoble Bromont in Brigham
- Vignoble Clos Ste-Croix in Dunham
- Vignoble de l'Orpailleur in Dunham
- Vignoble de la Bauge in Brigham
- Vignoble Domaine Bresee in Sutton
- Vignoble Gagliano in Dunham
- Vignoble l'Ardennais in Stanbridge East
- Vignoble La Mission in Brigham
- Vignoble Les Trois Clochers in Dunham

An Experience for all the Senses

In addition to meeting winemakers, visitors are, of course, welcome to savor the fruits of their labor. Each vineyard will be served delicious-bite treats, generally locally produced, including cheeses, terrines, maple products and more.



COURTESY

The Brome-Missisquoi Wine Route is opening its members' doors to the public this weekend, providing locals and visitors alike the opportunity to speak with the region's vintners and cider-makers and to taste their wares.

The Brome-Missisquoi Wine Route Open House offers a rich and rewarding experience in exquisite surroundings as you are welcomed by generous and enthusiastic hosts.

About the Brome Missisquoi Wine Route

The Brome-Missisquoi Wine Route is a well-marked tourist route covering 140 km and grouping 22 vineyards which, all together, are responsible for 60 per cent of Quebec's wine production. Several epicurean stops, cycling routes, and magnificent points of view are also well identified. The Wine Route includes 19 of the 21 municipalities of the region.

Your week on TV

WEEKDAY MORNING

	Bell	Star		6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30
WCAX 3	-	-		Channel 3 News Morning		CBS This Morning				Rachael Ray		The Doctors		The Price Is Right	
WPTZ 5	-	-		NBC5 News Today		Today				Live with Kelly and Ryan		Megyn Kelly Today		Today-Kathie Lee & Hoda	
CBMT 6	206	301		Daybreak		(:15) Arthur	Beat Bugs	Var. Programs	The Furch	(8:55) Lazoo	Beat Bugs	Napkin Man	Daniel Tiger	Dragons' Den	
CHLT 7	107	718	F	Salut bonjour (N) (SC)							(:29) ⋆⋆ **"Pensez comme un homme 2"** (2014) Adam Brody.				Looney tunes
			M								(:29) ⋆⋆ **"À travers le temps"** (2013) Domhnall Gleeson, Bill Nighy. (SC)				
			T								(:29) ⋆⋆ **"Crépuscule"** (2007, Drame) Claire Danes, Toni Collette. (SC)				
			W								(:29) **"Mince alors!"** (2012) Victoria Abril, Lola Dewaere. (SC)				Looney tunes
			Th								(:29) **"Marina"** (2013, Biographie) Matteo Simoni, Cristiaan Campagna. (SC)				
WMTW 8	-	-		WMTW News 8 at 6am		Good Morning America				Live with Kelly and Ryan		Steve		The View	
CKSH 9	108	-		Toc toc toc	Pyjam.	Organisation	Salmigondis	Jack et	Clic	Movie				Ricardo	Squelettes
CKMI 11	-	-		Global News Morning						Morning Show	Huntley Str't	Food Factory	Income Prop.	Holmes Inspection	
CFCF 12	205	312		Your Morning		Your Morning		Your Morning		Live with Kelly and Ryan		The Marilyn Denis Show		The View	
WVNY 22	-	-		Local 22 News This Morning		Good Morning America				The Dr. Oz Show		Paid Program	Var. Programs	The View	
WUTV 30	-	-		Paid Program	Var. Programs	2 on Your Side Daybreak		Var. Programs	Forensic Files	The 700 Club		Couples Court	Couples Court	Maury	
CFKS 31	106	726	F	Infopublicité	NVL	La loi des nombres (SC)		Scorpion	NVL en bref	Chicago Police	NVL en bref	Histoire	Guerre-clans	Guerre-clans	Atomes croch
			M		NVL week-end							Infopublicité			
			T		NVL					Personne de					
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WUHF	-	363		Var. Programs	Good Day R	Good Day Rochester		Good Day Rochester		Judge Mathis		The Wendy Williams Show		Jerry Springer	
WETK	-	-		Classical Strt	World News	Ready Jet Go!	Var. Programs	Nature Cat	Curious	Pinkalicious	Daniel Tiger	Daniel Tiger	Splash	Sesame Street	Super Why!
WCFE	-	-		Wild Kratts	Odd Squad	Curious	Pinkalicious	Daniel Tiger	Daniel Tiger	Cat in the Hat	Dinosaur Train	Super Why!	Sesame Street	Splash	Arthur
A&E	615	520		Varied Programs		Live PD: Rewind		Live PD: Rewind		Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Varied Programs	
BRAVO	620	523	F	Relic Hunter "Fire in the Sky"		**"Surprised by Love"** (2015) Hilarie Burton, Paul Campbell.				Relic Hunter "Fire in the Sky"		**"Surprised by Love"** (2015) Hilarie Burton, Paul Campbell.			
			M			**"Love in the Vineyard"** (2016) Emmanuelle Vaugier.						**"Love in the Vineyard"** (2016) Emmanuelle Vaugier.			
			T			**"Autumn in the Vineyard"** (2016) Rachael Leigh Cook.						**"Autumn in the Vineyard"** (2016) Rachael Leigh Cook.			
			W			**"Summer in the Vineyard"** (2017) Rachael Leigh Cook.						**"Summer in the Vineyard"** (2017) Rachael Leigh Cook.			
			Th			**"After All These Years"** (2013) Wendie Malick.						**"After All These Years"** (2013) Wendie Malick.			
CNN	500	500		New Day With Alisyn		New Day With Alisyn		New Day With Alisyn		CNN Newsroom		CNN Newsroom		At This Hour With	
DISC	520	505	F	Mayday		Mayday "Steep Impact"		Mayday "Southern Storm"		Bones		Diesel Brothers "Somersault"		Mighty Ships	
			M									Cold Water Cowboys			
			T									Gold Rush			
			W									Heavy Rescue: 401			
			Th									Alaska: The Last Frontier			
HIST	522	506		Ice Road Truckers		Restoration Garage		Restoration Garage		Restoration Garage		Restoration Garage		Restoration Garage	
PARMT	628	584		Varied Programs				Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue	
RDI	126	730		(5:30) RDI matin							L'info				
SHOW	616	521		Mary Kills People		Private Eyes		Movie				Movie			
SLICE	601	562		ET Canada	Say Yes-Dress	Varied Programs									
TLC	521	560		Quints	Quints	Outdaughtered		Outdaughtered		Say Yes	Say Yes	Say Yes	Say Yes	Say Yes: ATL	Say Yes: ATL
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			M						SportsCentre		SportsCentre		SportsCentre		SportsCentre
			T												
			W												
			Th												
YOUTH	551	542		Cloudy, Meat	Loud House	Loud House	SpongeBob	SpongeBob	Mysticons	Cloudy, Meat	Cloudy, Meat	The ZhuZhus	The ZhuZhus	Chuck's	Chuck's

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Your week on TV

WEEKDAY AFTERNOON

	Bell	Star	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
WCAX 3	-	-	Across/ Fence	The Young and the Restless		Bold/Beautiful	The Talk		Let's Make a Deal		Family Feud	Family Feud	Channel 3	3 News
WPTZ 5	-	-	NBC5 News	Day Jeopardy	Days of our Lives		Steve		Dr. Phil		The Ellen DeGeneres Show		NBC5 News	NBC5 News
CBMT 6	206	301	CBC News	CBC News	Escape to the Country		The Goods		Heartland		Bondi Vet		Murdoch Mysteries	
CHLT 7	107	718	(:02) Le TVA régional		Movie			Var. Programs	TVA nouvelles	Les feux de l'amour		Top modèles	(4:58) TVA nouvelles	
WMTW 8	-	-	News	Access	The Chew		General Hospital		The Ellen DeGeneres Show		WMTW News 8 at 4pm		WMTW News 8 at 5PM	
CKSH 9	108	- F	Telejournal	Regard	Les échangistes (SC)		★★★★ "Kramer contre Kramer" (1979) Dustin Hoffman.				Monk "Monk fait du cinéma"		Candice Renoir (DVS) (SC)	
		- M		Bleu (SC)	Le beau dimanche (SC)		"La méthode Claire" (2012) Michèle Laroque.			Mr. Bean				
		- T		Métiers	Les échangistes (SC)		Brokenwood L'acteur s'écroule mort sur scène. (DVS) (SC)							
		- W		La facture			★★ "Le défi d'une mère" (2004, Drame) Mary-Louise Parker.							
		- Th		L'épicerie			Inspecteur Barnaby Harry Wyham est retrouvé mort.							
CKMI 11	-	-	Global News	ET Canada	Days of our Lives		The Talk		Rachael Ray		Millionaire	The Young and the Restless		Global News
CFCF 12	205	312	CTV News Montreal		The Social	Var. Programs	Dr. Phil		The Dr. Oz Show		Ellen Show	Var. Programs	CTV News Montreal at 5	
WVNY 22	-	-	Hot Bench	Hot Bench	The Chew		General Hospital		The People's Court		Judge Judy	Judge Judy	Judge Judy	Judge Judy
WUTV 30	-	-	The Steve Wilkos Show		Maury		Judge Mathis		Jerry Springer		Steve		Family Feud	Family Feud
CFKS 31	106	726	Atomes croch	Movie				Movie				Les Simpson	Les Simpson	Atomes croch
WUHF	-	363	The Steve Wilkos Show		Maury		Varied Programs		Hot Bench	Hot Bench	Judge Judy	Judge Judy	The People's Court	
WETK	-	-	Dinosaur Train	Peg & Cat	Sesame Street	Splash	Curious	Wild Kratts	Odd Squad	Varied Programs				World News
WCFE	-	- F	Nature (DVS)		Underground	Ready Jet Go!	Wild Kratts	Wild Kratts	Odd Squad	Odd Squad	Pinkalicious	Nature Cat: Ocean Commotion		Curious
		- M	Antiques Roadshow		Love Quilting							Nature Cat	Daniel Tiger	
		- T	Globe Trekker (DVS)		Rick Steves	Ready Jet Go! Back								
		- W	Civilizations		Cooking	Ready Jet Go!	Wild Kratts							
		- Th	NOVA Precious gems.		Mountain Lake									
A&E	615	520	Varied Programs								The First 48	Var. Programs	The First 48	
BRAVO	620	523	Relic Hunter		Movie				Varied Programs					
CNN	500	500	Inside Politics		Wolf		CNN Newsroom		CNN Newsroom		The Lead With Jake Tapper		Situation Room With Wolf	
DISC	520	505 F	CSI: New York		Mayday		Goblin Works Garage		Sticker Shock		Misfit Garage		Heavy Rescue: 401	
		505 M					Homestead Rescue		Heavy Rescue: 401		Bones "The Bond in the Boot"			
		505 T					American Chopper		American Chopper					
		505 W					Deadliest Catch: The		Deadliest Catch					
		505 Th					Mayday "Afghan Nightmare"		Mayday "Fatal Delivery"					
HIST	522	506 F	M*A*S*H	M*A*S*H	Canadian Pickers		Ice Road Truckers		Yukon Gold (DVS)		7 Days in Hell		M*A*S*H	M*A*S*H
		506 M	Counting Cars	Counting Cars	Counting Cars	Counting Cars	The Cars That Made America Young visionaries wage battle.				The Cars That Made America (Part 2 of 3)			
		506 T					Truck Night in America		Truck Night in America		Truck Night in America		Truck Night in America	
		506 W					Counting Cars							
		506 Th	Counting Cars	Counting Cars			Counting Cars	Counting Cars	Counting Cars	Counting Cars	Car Country The evolution of automobiles.			
PARMT	628	584	Bar Rescue		Varied Programs									
RDI	126	730	Telejournal	La periode de questions		L'info							En direct	En direct
SHOW	616	521 F	Mary Kills People		Private Eyes (DVS)		"Evidence of Truth" (2015) Andrea Roth.				Mary Kills People		Private Eyes (DVS)	
		521 M					"Reluctant Witness" (2014, Suspense) Mia Kirshner.							
		521 T					"Murder Unresolved" (2016, Suspense) Nicholle Tom.							
		521 W	Lost Girl "In Memoriam"				"Text to Kill" (2015) Dina Meyer, Emily Tennant.				Lost Girl "In Memoriam"			
		521 Th					"Not With His Wife" (2015) Jewel Staite. (DVS)							
SLICE	601	562	Varied Programs		Sex & the City	Sex & the City	Say Yes-Dress	Say Yes-Dress	Varied Programs					
TLC	521	560	Say Yes: ATL	Say Yes: ATL	Varied Programs									
TSN	400	400	SportsCentre	SportsCentre	2018 FIFA Cup	World Cup	Varied Programs				2018 FIFA Cup	2018 FIFA Cup	SportsCentre	Interruption
YOUTH	551	542	Chuck's	Mysticons	The ZhuZhus	The ZhuZhus	Cloudy, Meat	Cloudy, Meat	Mysticons	Mysticons	SpongeBob	Loud House	Loud House	Nicky, Ricky

FRIDAY EVENING — JULY 6, 2018

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News	Entertainment Tonight (N)	Undercover Boss: Celebrity Edition		Hawaii Five-0 A man threatens to commit suicide.		Blue Bloods A student is shot by a gang member.		Channel 3 News	(:35) The Late Show With Stephen Colbert	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N)	Wheel of Fortune	American Ninja Warrior "Miami City Qualifiers" Competitors face six obstacles. (DVS)				Dateline NBC (N)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon	
CBMT 6	206	301	CBC Montreal News (N)	Power & Politics	Just for Laughs: Gags	Coronation Street (N)	marketplace	Hello Goodbye	Taken	Taken "Danita Big Eagle"	The National (N)		CBC Montreal News (N)	Calgary Stamp	
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Sucré salé (N) (SC)	L'arme fatale Riggs travaille avec Karen. (SC)		★ "Le fusilier marin" (2006, Action) John Cena, Robert Patrick. (DVS) (SC)			(:45) Vlog 15 (SC)	TVA nouvelles (N)	(:35) Sucré salé (SC)	(:05) ★★ "Prometheus" (2012) Noomi Rapace, Michael Fassbender. (SC)		
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune	Jeopardy! (N)	Quantico A reunion leads to deadly consequences. (N)		(:01) What Would You Do? (N)		(:01) 20/20 (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live	
CKSH 9	108	-	Le Téléjournal Estrie (N)	Le TJ Extra ICI Estrie (N)	★★★ "Les nouveaux héros" (2014, Enfants) Voices of Ryan Potter, Scott Adsit, T.J. Miller. (DVS) (SC)				Fatale-Station Sarah tend un piège à Dylan. (DVS)		Le Téléjournal avec Pascale Nadeau (N) (SC)		(:06) ★★ "Un été sans point ni coup sûr" (2008) Patrice Robitaille. (DVS) (SC)		
CKMI 11	-	-	Global National (N)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	NCIS: Los Angeles "Ghost Gun" (DVS)		Hawaii Five-0 A man threatens to commit suicide.		First Dates (DVS)	First Dates "Instaflirt"	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert	
CFCF 12	205	312	(5:59) CTV News Montreal (N)		etalk (N)	The Big Bang Theory	Quantico A reunion leads to deadly consequences. (N)		(:01) The Disappearance "Sacrifice" (DVS)		Blue Bloods A student is shot by a gang member.		News-Lisa	CTV News Montreal (N)	The Big Bang Theory
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N)	Quantico A reunion leads to deadly consequences. (N)		(:01) What Would You Do? (N)		(:01) 20/20 (N)		Local 22 News (N)	(:35) Jimmy Kimmel Live	
WUTV 30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud	BIG3 Basketball Week 3 - Oakland. Ball Hogs vs. Ghost Ballers; Power vs. Tri-State; Killer 3s vs. 3 Headed Monsters; Trilogy vs. 3's Company. (N) (Live)						Two and a Half Men	Two and a Half Men	FIFA World Cup Tonight
CFKS 31	106	726	Souper parfait	Souper parfait	L'arbitre		Code 111	911 "Douleur au thorax"	"Dans l'enfer des flammes" (2016, Action) Charlotte Arnold, Stephen Bogaert, Jodie Dowdall.				Atomes crochus	NVL (N)	Conversations intimes
WUHF	-	363	Modern Family	Modern Family	The Big Bang Theory	The Big Bang Theory	BIG3 Basketball Week 3 - Oakland. Ball Hogs vs. Ghost Ballers; Power vs. Tri-State; Killer 3s vs. 3 Headed Monsters; Trilogy vs. 3's Company. (N) (Live)						13WHAM News at 10 on Fox Rochester (N) (Live)		FIFA World Cup Tonight
WETK	-	-	PBS NewsHour (N)		BBC Newsnight	Vermont This Week (N)	Washington Week	Breaking Big (N)	The Great British Baking Show "Desserts" (N)		Food Flirts (N)	Food Flirts (N)	Nightly Business Report	Amanpour on PBS (N)	BBC World News (N)
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N)		Mountain Lake Journal	New York Now	The Great British Baking Show "Desserts" (N)		Food Flirts (N)	Food Flirts (N)	BBC World News	Amanpour on PBS (N)	Mountain Lake Journal
A&E	615	520	(5:00) Live PD "Live PD -- 06.30.18" Riding along with law enforcement.				Live PD: Rewind "Live PD: Rewind No. 125" (N)		Live PD "Live PD -- 03.24.18" Riding along with law enforcement.						Live PD
BRAVO	620	523	Bones A friend of Booth's asks for help.		Bones "The Beaver in the Otter" Fraternity brother.		Bones Brennan wants to have a baby.		The Handmaid's Tale "Holly"		(:15) Picnic at Hanging Rock "Episode 3"			Bones "Mayhem on a Cross" Death metal band.	
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		The Eighties VCRs; remote controls; family sitcoms.				The Eighties		The Eighties
DISC	520	505	American Chopper The rush to finish the Cadillac bikes.		MythBusters Testing Hollywood car crimes.		★★★ "Star Trek: First Contact" (1996) Patrick Stewart, Jonathan Frakes. Premiere. The Borg travel back in time to sabotage Earth's future.			How It's Made	Mayday The investigation into a doomed cargo plane.				"Star Trek: First Contact"
HIST	522	506	Pawn Stars	Pawn Stars	Alone "Mongolia's Wrath" A storm assails the survivalists.		Swamp Mysteries With Troy Landry "Dragons From Hell"		American Pickers Personal Evel Knievel items.		American Pickers A stuntman in New Mexico.		Pawn Stars	Pawn Stars	American Pickers
PARMT	628	584	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	Ink Master: Redemption	★★ "I, Robot" (2004, Science Fiction) Will Smith, Bridget Moynahan.		
RDI	126	730	(5:59) Le National (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)		(:01) Les grands reportages (N) (Part 2 of 2) (SC)		Le Téléjournal avec Pascale Nadeau (N) (SC)		RDI économie (SC)	Le National (N) (SC)	Le National (N) (SC)	(:31) 24/60 (SC)	
SHOW	616	521	NCIS "Bait" A teen holds his school hostage.		NCIS "Iced" The body of a missing Marine is found.		Bull Bull defends a murdered woman's fiance.		★★★ "I Am Legend" (2007) Will Smith. Bloodthirsty plague victims surround a lone survivor.				Bull Bull defends a murdered woman's fiance.		NCIS "Bait"
SLICE	601	562	Sex and the City	Sex and the City	Million Dollar Listing Los Angeles		Million Dollar Listing New York "Chinese Take-Out"		★ "Unfinished Business" (2015) Vince Vaughn. A routine business trip becomes an adventure in disaster.				★★ "Life as We Know It" (2010) Katherine Heigl, Josh Duhamel, Josh Lucas.		
TLC	521	560	Four Weddings Ashley's ceremony has a dove release.		Four Weddings Walking a red carpet aisle; rolling fog.		90 Day Fiancé: Happily Ever After? "Extended: Not Off the Hook" Jorge's past comes back to haunt Anfisa. (N)				90 Day Fiancé	(:28) Counting On (N)	90 Day Fiancé: Happily Ever After? Jorge's past comes back to haunt Anfisa.		
TSN	400	400	SportsCentre (N) (Live)		CFL on TSN Pregame (N)	CFL Football Ottawa Redblacks at Montreal Alouettes. From Percival Molson Memorial Stadium in Montreal. (N) (Live)						SportsCentre (N) (Live)			SportsCentre (N)
YOUTH	551	542	Nicky, Ricky	Henry Danger	Thundermans	Knight Squad	"Another Cinderella Story" (2008) Selena Gomez.				★★ "Ramona and Beezus" (2010) Joey King, Selena Gomez.				

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Your week on TV

SATURDAY DAYTIME — JULY 7, 2018

	Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30
WCAX 3	-	-	CBS This Morning: Saturday (N)				Lucky Dog "Scout"	Dr. Chris: Pet Vet	Innovation Nation	The Inspectors	Cindy's Skin	Power Air Fryer Oven	Power Air Fryer Oven	Power Air Fryer Oven	MLF World Championship		PGA Golf	
WPTZ 5	-	-	(7:00) Today (N)		Teen Kids News (N)	Hanna Into the Wild	The Voyager	Wilderness Vet	Journey-Dreyer	Naturally, Danny Seo	Health & Happiness	Champ Within	Paid Program	Sports Gone Wild		Dew Tour (N)		Motorcycle Race
CBMT 6	206	301	The Furchester Hotel	Beat Bugs "Birthday"	Addison	What He Ate	True Rainbow	(:40) Beat Bugs	The Moblees	(:28) Stella & Sam	2018 Calgary Stampede Parade. (N) (Live)				Track and Field IAAF Diamond League. From Lausanne, Switzerland. (N) (Live)			
CHLT 7	107	718	(6:00) Salut bonjour week-end (N) (SC)				Québec	Arrive en campagne	Du coeur et	Bien (SC)	TVA nouvelles (N)	Chacun sa route	Infopublicité (SC)	Les gags full ado	★★ "L'Ultime combat" (2008, Drame) Neal McDonough, Sean Faris, Gary Cole. (SC)			
WMTW 8	-	-	Good Morning America (N)		Jack Hanna	Ocean Treks	Sea Rescue (EI)	The Wildlife Docs	Rock the Park	Vacation Creation	Paid Program	Power Air Fryer Oven	Paid Program	Transform	To Be Announced		World of X Games	
CKSH 9	108	-	Sous les mers	aven Blinky Bill	MBC - Chasseurs	Arthur	Vite pas vite (SC)	Erky Perky (SC)	Estrie	L'épicerie (SC)	Telejournal	Volteface (SC)	1001 vies Le réseau d'évasion Shlebourne.		Eli Stone "4 avocats pour le prix d'un"		Capitaine Marleau Une fille est assassinée.	
CKMI 11	-	-	Fish'n Canada	Real Fishing	Adv'ture North	Fishful Thinking	For Rent	Paid Program	Powerboat Television	Driving Television	Restoration Garage "Going South"		Taken An extraction from a secret prison.		Leave It to Bryan	Leave It to Bryan	PGA Golf	
CFCF 12	205	312	Cash Cab	It Is Written (N)	FIFA Pregame (N)	(:45) 2018 FIFA World Cup Quarterfinal: Teams TBA. (N) (Live)					FIFA Postgame (N)	FIFA Highlight Show	FIFA Pregame (N)	(:45) 2018 FIFA World Cup Russia vs Croatia. (N) (Live)				
WVNY 22	-	-	Good Morning America (N)		Jack Hanna	Ocean Treks	Sea Rescue (EI)	The Wildlife Docs	Rock the Park	Vacation Creation	Tummy Tuck	Suburban uprising:	Regrow Hair	Regrow Hair	Grill Master TV	Paid Program	World of X Games	
WUTV 30	-	-	Cindy's Skin	Try Yoga	FIFA World Cup Live (N) (Live)		2018 FIFA World Cup Quarterfinal: Teams TBA. (N) (Live)				FIFA World Cup Today (N) (Live)				2018 FIFA World Cup Russia vs Croatia. (N) (Live)			
CFKS 31	106	726	Atomes crochus	Atomes crochus	Atomes crochus	Atomes crochus	RPM La BMW 540i xDrive 2018.		RPM Plus		Infopublicité	Allume-moi!		Permis de chanter	★★ "Scooby-Doo 2: Monstres en liberté" (2004, Enfants) Freddie Prinze Jr. Premiere.			
WUHF	-	363	Xploration Space	Awesome Planet	FIFA World Cup Live (N) (Live)		2018 FIFA World Cup Quarterfinal: Teams TBA. (N) (Live)				FIFA World Cup Today (N) (Live)				2018 FIFA World Cup Russia vs Croatia. (N) (Live)			
WETK	-	-	Belly Slimdown	Wild Travels	Outdoor Journal	MotorWeek (N)	Lidia's Kitchen	Yan Can Cook	Nigella: At My Table	Martha Bakes	Test Kitchen	Cook's Country	Woodwright	This Old House	Ask This Old House	Antiques Roadshow "Vintage Savannah"		R. Steves' Iran
WCFE	-	-	Wild Kratts	Wild Kratts	Odd Squad	Odd Squad	Craft-Legacy	Garden Home	This Old House	This Old House	My Greek Table	Cooking School	Martha Bakes	Lidia's Kitchen	Mexican Table	Cook's Country	Test Kitchen	Nigella: At My Table
A&E	615	520	Flipping Vegas "Flip Gone Wrong"		Zombie House Flipping		Food Quest	Zombie House Flipping		Ozzy and Jack's World Detour		Ozzy and Jack's World Detour		Live PD: Patrol	Live PD "Live PD -- 10.06.17" Riding along with law enforcement.			
BRAVO	620	523	Bones Brennan wants to have a baby.		Bones A flattened body is discovered.		Bones Death metal band.		Bones Heart failure.		Bones A friend of Booth's asks for help.		Bones Fraternity brother.		Bones Brennan wants to have a baby.		★ "One for the Money" (2012)	
CNN	500	500	New Day Saturday (N)		Smerconish (N)		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom	
DISC	520	505	Heavy Rescue: 401 (DVS)		Alaska: The Last Frontier "The Fall"		Highway Thru Hell "Be Afraid" (DVS)		Canada's Worst Driver "All Wet!"		Heavy Rescue: 401 (DVS)		Mayday "Nuts and Bolts" (DVS)		★★★ "Star Trek: First Contact" (1996) Patrick Stewart, Jonathan Frakes, Brent Spiner.			
HIST	522	506	Paid Program	Paid Program	Ice Road Truckers "Against All Odds"		American Pickers "Million-Dollar Cars"		Pawn Stars "If the Pawn Don't Fit"		The Curse of Civil War Gold "Betrayal"		The Curse of Civil War Gold "Right on Track"		The Curse of Civil War Gold "In Plain Sight"		The Curse of Civil War Gold	
PARMT	628	584	Bar Rescue "Jon T, He Don't Like It"		★★ "Walking Tall" (2004) The Rock. A sheriff and a deputy try to rid their town of thugs.				Bar Rescue The Blue Frog 22 is a failing bar.		Bar Rescue "Put a Cork in It"		Bar Rescue "Corking the Hole"		Bar Rescue Bartenders who dance on the bar.		Bar Rescue "Brawlin' Babes"	
RDI	126	730	(5:30) RDI matin weekend (N) (SC)						L'info (N) (SC)	Les portraits	Telejournal	Telejournal	Le National	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)
SHOW	616	521	"End of the World" (2013) Brad Dourif. Falling plasma threatens to destroy humanity.				★★★ "I Am Legend" (2007) Will Smith. Bloodthirsty plague victims surround a lone survivor.				★★★ "Edge of Tomorrow" (2014) Tom Cruise. A soldier in an alien war gets caught in a time loop.				★★ "Godzilla" (2014) Aaron Taylor-Johnson.			
SLICE	601	562	Paid Program	Paid Program	PiYo Workout!	Paid Program	"Dear Viola" (2014) Kellie Martin. An advice columnist falls for a widowed fisherman.				Real Houses	★ "Unfinished Business" (2015, Comedy) Vince Vaughn, Tom Wilkinson.				★ "What Happens in Vegas" (2008) Cameron Diaz.		
TLC	521	560	Suddenly Rich		I Want THAT Wedding "Flashy vs. Classy"		I Want THAT Wedding "Vietnam vs. Vegas"		I Want THAT Wedding		Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL
TSN	400	400	SportsCentre		2018 FIFA Cup	(:45) 2018 FIFA World Cup Quarterfinal: Teams TBA. (N) (Live)					2018 FIFA World Cup	2018 FIFA World Cup	2018 FIFA Cup	(:45) 2018 FIFA World Cup Russia vs Croatia. (N) (Live)				
YOUTH	551	542	Sponge.	Loud	Loud	Loud	Danger	Cloudy	Cloudy	Turtles	★★ "Bee Movie" (2007, Children's)				Sponge.	Sponge.	Sponge.	Loud

SATURDAY EVENING — JULY 7, 2018

	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 A Military Tribute at The Greenbrier, Third Round. (N) (Live)				Channel 3 News	Weekend News	Entertainment Tonight (N)		Me, Myself & I	Me, Myself & I	Living Biblically	Living Biblically	48 Hours		Channel 3 News	Friends	Person of Interest
WPTZ 5	-	-	Motorcycle Race	Horse Racing Breeders' Cup Challenge: Belmont Oaks. (N)			NBC5 News at 6	Nightly News	NASCAR Racing Monster Energy Cup Series: Coke Zero Sugar 400. The Coke Zero Sugar 400 is held at Daytona International Speedway in Daytona Beach, Florida. (N) (Live)								NBC5 News	(:29) Saturday Night Live	
CBMT 6	206	301	Equestrian ATCO Queen Elizabeth II Cup. From Spruce Meadows in Calgary. (N)				Montreal News	marketplace	The Nature of Things "Allergy Fix"		Still Standing	Still Standing	Just for Laughs (DVS)		2018 Calgary Stampede (N) (Live)				Winnipeg Comedy
CHLT 7	107	718	★ "Grandes Personnes" (2010, Comédie) Adam Sandler, Kevin James. (SC)				TVA nouvelles (N)	★★ "Transformers 3: La face cachée de la lune" (2011) Shia LaBeouf. Des astronautes font une découverte surprenante. (DVS) (SC)						★ "Après la terre" (2013) Jaden Smith. Un garçon et son père se retrouvent sur Terre.				TVA nouvelles (N)	★★ "Le Touriste"
WMTW 8	-	-	ESPN the Magazine: The Dominant 20		Paid Program	Paid Program	WMTW News 8 at	World News	Paid Program	Jeopardy!	America's Funniest Home Videos		Truth and Lies: Waco Seige on the Branch Davidian compound.				WMTW News 8	Rizzoli & Isles "Remember Me"	
CKSH 9	108	-	(3:00) Capitaine Marleau (DVS) (SC)		La semaine verte (N) (SC)		Telejournal Estrie	À la valdrague	1001 vies "Déracinés" (N) (SC)		Les enfants de la télé (DVS) (SC)		Outlander: le chardon et le tartan		Le Télé-journal	(:40) À la valdrague	(:10) Les pêcheurs	(:40) ★★★ "Gorilles dans la brume" (SC)	
CKMI 11	-	-	(3:00) PGA Tour Golf A Military Tribute at The Greenbrier, Third Round. (N) (Live)				Global News at 6	Global National	Border Security	Border Security	Rookie Blue "Blink" A holdup at a diner.		Rookie Blue "All by Her Selfie"		Houdini & Doyle (DVS)		Global News	(:29) Saturday Night Live	
CFCF 12	205	312	FIFA Postgame	Moneytalk (N)	The Amazing Race Canada		CTV News Montreal (N)		"Murder She Baked: A Deadly Recipe" (2016) Alison Sweeney. (DVS)				"Murder, She Baked: Just Desserts" (2017, Mystery) Alison Sweeney. (DVS)				News-Rinaldo	CTV News Montreal	Workaholics
WVNY 22	-	-	ESPN the Magazine: The Dominant 20		Paid Program	Paid Program	World News	Local 22 News (N)	Summer Guide	Inside Edition	America's Funniest Home Videos		Truth and Lies: Waco Seige on the Branch Davidian compound.				Local 22 News (N)	Scandal A secret Abby has been hiding.	
WUTV 30	-	-	World Cup	MLS Soccer Orlando City SC at Los Angeles FC. From Banc of California Stadium in Los Angeles. (N) (Live)			MLB Baseball Boston Red Sox at Kansas City Royals. From Kauffman Stadium in Kansas City, Mo. (N) (Live)								2 on Your Side at 10	Big Bang Theory	Gordon Ramsay's 24 Hours to Hell		Cup Tonight
CFKS 31	106	726	★★★ "Marie a un je-ne-sais-quoi" (1998, Com. Sentimentale) Cameron Diaz, Matt Dillon, Ben Stiller.				★★ "2012" (2009, Action) John Cusack, Chiwetel Ejiofor, Amanda Peet. Des gens s'efforcent de survivre à la suite d'un cataclysme.							(:45) ★★ "Destination ultime 5" (2011, Horreur) Nicholas D'Agosto, Emma Bell, Miles Fisher.						Conversations
WUHF	-	363	World Cup	MLS Soccer Orlando City SC at Los Angeles FC. From Banc of California Stadium in Los Angeles. (N)			MLB Baseball Boston Red Sox at Kansas City Royals. From Kauffman Stadium in Kansas City, Mo. (N) (Live)								WHAM News	Engagement	Gordon Ramsay's 24 Hours to Hell		Cup Tonight
WETK	-	-	(3:30) Rick Steves' Iran The traveler explores Persian culture.			NewsHour Wk	Father Brown Lady Felicia returns.		As Time Goes By	Keep-Appear	French Fields	I Want My Wife Back	The Doctor Blake Mysteries		Death in Paradise (Part 2 of 2)		Austin City Limits		Underground
WCFE	-	-	Antiques Roadshow "Vintage Savannah"		Globe Trekker (DVS)		Brewed In New York	NewsHour Wk	Mountain Lake	New York Now	Maigret A young woman is stabbed to death.		Maigret "Maigret's Dead Man" Maigret searches for a murderer.		Paul Thorn Mission Temple Fireworks				Paul Thorn
A&E	615	520	(2:00) Live PD "Live PD -- 10.06.17"		Live PD "Live PD -- 06.29.18" Riding along with law enforcement.						Live PD: Rewind (N)		Live PD "Live PD -- 03.09.18" Riding along with law enforcement.						Live PD
BRAVO	620	523	(3:00) ★ "One for the Money" (2012)		Major Crimes "Sanctuary City: Part 2"		Major Crimes "Sanctuary City: Part 3"		Major Crimes "Sanctuary City: Part 4"		Carter An obnoxious radio DJ is murdered.		Take Two "Taken" (N)		Major Crimes "Sanctuary City: Part 2"		Major Crimes "Sanctuary City: Part 3"		Major Crimes
CNN	500	500	CNN Newsroom		CNN Newsroom		Smerconish		CNN Newsroom		CNN Newsroom		The Nineties "The One About TV"				The Nineties		Nineties
DISC	520	505	"Star Trk: Cntct"	How It's Made	North Woods Law "Fighting the Flood"		North Woods Law "Alligator Showdown"		North Woods Law		North Woods Law "Manhunt"		North Woods Law "No Way Out"		North Woods Law "Into Thin Air"		North Woods Law "When Duty Calls"		North Woods
HIST	522	506	The Curse of Civil War Gold		The Curse of Civil War Gold		American Pickers "On the Road Again"		American Pickers "Million-Dollar Cars"		Pawn Stars "If the Pawn Don't Fit"		Roanoke: Search for the Lost Colony Jim and Bill Vieira investigate the lost colony.				Forged in Fire		Return to Roanoke
PARMT	628	584	Bar Rescue "Empty Pockets"		Bar Rescue "Jon T, He Don't Like It"		Bar Rescue A western bar.		Bar Rescue "Drunk on Punk"		Bar Rescue "Momster's Ball"		Bar Rescue		Bar Rescue "Unnecessary Toughness"		Bar Rescue "Bar Fight"		Bar Rescue
RDI	126	730	L'info (N) (SC)	L'info (N) (SC)	Téléjournal	L'épicerie (SC)	Le Télé-journal (N)	Le National	Le National (N)	(:31) Le National	(:01) Découverte "Les premiers Canadiens"		Le Télé-journal	(:31) Les grands reportages (SC)		Les portraits	Le Télé-journal	Le National	Le Télé-journal
SHOW	616	521	(2:30) ★★ "Godzilla" (2014)		★★ "Battleship" (2012) Taylor Kitsch, Alexander Skarsgard. Earth comes under attack from a superior alien force.						★★★ "Edge of Tomorrow" (2014) Tom Cruise. A soldier in an alien war gets caught in a time loop.					★★ "Snow White & the Huntsman" (2012) Kristen Stewart, Charlize Theron.			
SLICE	601	562	"What Happens"	★★★ "Clueless" (1995, Comedy) Alicia Silverstone, Stacey Dash.				★★ "Life as We Know It" (2010) Katherine Heigl. Antagonists must work together to raise their goddaughter.					★ "What Happens in Vegas" (2008) Cameron Diaz, Ashton Kutcher.				★★★ "Clueless" (1995, Comedy) Alicia Silverstone.		
TLC	521	560	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes to the Dress: Atlanta		Say Yes to the Dress: Atlanta		Say Yes to the Dress: Atlanta (N)		(:02) I Want THAT Wedding (N)		(:04) I Want THAT Wedding		(:04) Say Yes to the Dress: Atlanta		I Want THAT
TSN	400	400	2018 FIFA Cup	2018 FIFA Cup	SportsCentre	CFL Football Edmonton Eskimos at Toronto Argonauts. From BMO Field in Toronto. (N) (Live)						CFL Football BC Lions at Winnipeg Blue Bombers. From Investors Group Field in Winnipeg, Manitoba. (N) (Live)						SportsCentre (N) (Live)	
YOUTH	551	542	Loud	Loud	ReBoot	ReBoot	★★ "Turbo" (2013) Paul Giamatti				★★★ "Kung Fu Panda 3" (2016)				Driving	Driving	Just Kid	Just Kid	★★ Turbo

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Your week on TV

SUNDAY DAYTIME — JULY 8, 2018

	Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30
WCAX 3	-	-	Channel 3 News Sunday Morning (N)		CBS News Sunday Morning (N) ⫾ CC		Face the Nation (N) ⫾ CC		Pet Vet-Team		Ageless Body	LifeLock Protection	Medical Disc.	Grill Master TV	100th PGA Championship: Bracket		PGA Golf	
WPTZ 5	-	-	Sunday Today With Willie Geist (N) CC		Meet the Press (N) CC		Soledad O'Brien		On the Money (N)	Rizzoli & Isles "Can I Get a Witness?" CC	Chaos & Kindness	Paid Program	Homeowner	Major Crimes "Trial by Fire" CC		Greatest Sports Legends: Class of 1975		Dew Tour (N)
CBMT 6	206	301	Coronation Street ⫾	Coronation Street ⫾	Coronation Street ⫾	Coronation Street ⫾	Coronation Street ⫾	Coronation Street ⫾	CBC News Network	Maamuitau CC	Our Montreal CC		Living on the Edge		q ⫾ CC		First Play Live	Exhibitionists
CHLT 7	107	718	(6:00) Salut bonjour week-end (N) (SC)				★★ "C'est compliqué" (2009) Meryl Streep. Une femme entame une liaison avec son ex-mari. (DVS) (SC)					La victoire de l'amour	Infopublicité (SC)	Bien (SC)	(:15) "La légende du dragon millénaire" (2011) Voices of Ryuji Aigase, Satomi Ishihara. (SC)			
WMTW 8	-	-	Good Morning America (N) ⫾ CC		This Week W/ George Stephanopoulos		Soledad O'Brien	Teen Kids News (N)	Made in Hollywood	Wild About Animals	Paid Program	Boost Your Stamina	Tummy Tuck	Larry King Report	2018 Special Olympics USA Games (N) (Live)		2018 Wimbledon Championships CC	
CKSH 9	108	-	Sous les mers	Jack (SC)	Science ou magie	Code Max (SC)	Le Jour du Seigneur (N) (Live) (SC)		Découverte "Les premiers Canadiens"		Telejournal	La semaine verte (SC)		Second Regard (N)	Le voyage de la vie (SC)		"Les vacances du petit Nicolas" (2014) (SC)	
CKMI 11	-	-	Fishful Thinking	Canadian Pickers An old Victorian home. ⫾		Lorna Dueck	Joel Osteen CC	Paid Program	Decked Out CC	Income Property	Entertainment Tonight (N) ⫾ CC		The Expandables	The Simpsons ⫾	Genius Junior "Big Brains, Big Surprises"		PGA Golf	
CFCF 12	205	312	etalk ⫾ CC	The Social (N) CC	Operation Smile ⫾ CC		Paid Program ⫾	Church of the Rock	The Marilyn Denis Show ⫾ CC		SportsCentre (N) ⫾ CC		★★★ "Star Trek" (2009) Chris Pine, Zachary Quinto. Chronicles the early days of the starship Enterprise and her crew. ⫾ CC					
WVNY 22	-	-	Good Morning America (N) ⫾ CC		This Week W/ George Stephanopoulos		Empire State	The Key of David	Larry King Sp.	Paid Program	Suburban uprising:	HydroShot	PiYo Workout!	Regrow Hair	2018 Special Olympics USA Games (N) (Live)		2018 Wimbledon Championships CC	
WUTV 30	-	-	The Ernest Angley Hour		FOX News Sunday With Chris Wallace (N)		Sharyl Attkisson	The Key of David	Paid Program	Paid Program	Armed Forces River Parade CC		★★ "Alexander" (2004, Historical Drama) Colin Farrell, Angelina Jolie, Val Kilmer. Macedonia's young king conquers much of the known world.					
CFKS 31	106	726	La guerre des clans	La guerre des clans	La guerre des clans	La guerre des clans	RPM La Hyundai Sonata et la Toyota Camry.		RPM Plus		Infopublicité	CSI: Miami "Une proie dans la nuit" ⫾ (SC)		NCIS: Los Angeles "Coups et blessures"		★★★ "Scooby-Doo: l'origine du mystère" (2009) Robbie Amell.		
WUHF	-	363	Wild America	Paid Program	FOX News Sunday With Chris Wallace (N)		Sharyl Attkisson	Rochester Press Box	Paid Program	Paid Program	★★ "Alexander" (2004, Historical Drama) Colin Farrell, Angelina Jolie. Macedonia's young king conquers much of the known world. CC						Boost Your Stamina	Smokeless Grill
WETK	-	-	Pinkalicious	Splash-Bubbles	Curious George	Nature Cat CC	Ready Jet Go! ⫾ (El)	Wild Kratts CC	Breaking Big (N) ⫾	Vermont This Week	Masterpiece Classic: Downton Abbey ⫾		Sing That Thing!	Poetry in America	Artists' Medium	Nitty Gritty Dirt Band and Friends: 50 Years and Circlin' Back CC		
WCFE	-	-	Wild Kratts CC	Wild Kratts CC	Washington Week	Scully: World	Mountain Lake	New York Now CC	Firing-Hoover	R. Steves' Europe	NOVA Ships and planes lost in France.		American Experience "The Great War" Wilson envisions democratic world order.				American Experience "The Great War"	
A&E	615	520	Hoarders "Becky; Clare" ⫾ CC		Hoarders "Joni & Millie" ⫾ CC		Hoarders "Ruby & Mary" ⫾ CC		Hoarders "Linda & Kerry" ⫾ CC		★★ "War" (2007, Action) Jet Li, Jason Statham, John Lone. ⫾ CC				★★ "Limitless" (2011) Bradley Cooper. A writer takes a mind-enhancing drug. ⫾ CC			
BRAVO	620	523	Blue Bloods "Hard Bargain" ⫾		The Arrangement "The Break Up" ⫾ CC		★★ "Flightplan" (2005, Suspense) Jodie Foster, Peter Sarsgaard. ⫾ CC				Blue Bloods "In & Out" ⫾ CC (DVS)		Blue Bloods "Lost Souls" CC (DVS)		Blue Bloods "Hard Bargain" ⫾		The Arrangement "The Break Up" ⫾ CC	
CNN	500	500	Inside Politics (N)		State/Union		Fareed Zakaria GPS		Reliable Sources (N)		State/Union		Fareed Zakaria GPS		CNN Newsroom		CNN Newsroom	
DISC	520	505	Animal Cops Phoenix "Trailer Park Tragedy"		Tanked A fish feeding problem. CC		North Woods Law "Uncuffed" CC		North Woods Law "Cheaters" CC		Deadliest Catch "Battle Lines" Sig and Jake have a massive falling out. ⫾ CC				Gold Rush CC		Edge of Alaska "Deal With the Devil" CC	
HIST	522	506	Paid Program ⫾	Bitcoin Proft	Restoration Garage "Knuckle Busters" ⫾		Restoration Garage "Going South" ⫾		Restoration Garage "Turning Up the Heat"		Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC	Counting Cars CC
PARMT	628	584	Bar Rescue		Engine Power ⫾	Xtreme Off Road ⫾	Truck Tech ⫾	Detroit Muscle ⫾	Bar Rescue A management-heavy staff.		Bar Rescue A stepson fails as bar manager.		Bar Rescue An owner threatens his marriage.		Bar Rescue "Weird Science" ⫾ CC		Bar Rescue ⫾ CC	
RDI	126	730	(5:30) RDI matin weekend (N) (SC)						L'info (N) (SC)	L'épicerie (SC)	Telejournal	Telejournal	Vocation: leader	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)
SHOW	616	521	Paid Program ⫾	Paid Program ⫾	Paid Program ⫾	Man With a Plan ⫾	★★ "Snow White & the Huntsman" (2012) Kristen Stewart. A huntsman sent to capture Snow White becomes her ally.				★★ "Jupiter Ascending" (2015, Science Fiction) Channing Tatum, Mila Kunis. An ordinary woman learns of her extraordinary destiny. ⫾ CC							★★ "Battleship"
SLICE	601	562	Balding Solutions	Paid Program ⫾	Paid Program ⫾	Try Yoga!	"The Memory Book" (2014, Drama) Meghan Ory, Luke Macfarlane. ⫾ CC				Million Agent	Million Agent	Million Agent	★★ "Just Like Heaven" (2005) Reese Witherspoon, Mark Ruffalo, Donal Logue. ⫾ CC				★★ "The Notebook"
TLC	521	560	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress
TSN	400	400	Formula One	Formula 1	(:05) Formula 1 Racing Rolex British Grand Prix. From Silverstone Circuit in Silverstone, England. (N) (Live)					Formula One Pad	Top 10 Coaches	Top 10 Playoff	2018 Wimbledon Primetime (N) CC					
YOUTH	551	542	Sponge.	Loud	Loud	Loud	Danger	Mysticons	Mysticons	Turtles	★★★ "Kung Fu Panda 3" (2016) ⫾ CC				Turtles	Turtles	Sponge.	Loud

SUNDAY EVENING — JULY 8, 2018

	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 A Military Tribute at The Greenbrier, Final Round. (N) ⫾ (Live)				Channel 3 News	Weekend News	60 Minutes (N) ⫾ CC		Big Brother (N) ⫾ CC		NCIS: Los Angeles "Under Pressure" ⫾		NCIS: Los Angeles "Liabilities" ⫾		Channel 3 News	Friends ⫾ CC	CSI: Miami CC
WPTZ 5	-	-	(3:30) Dew Tour (N)	2018 Tour de France Stage 2. (N) ⫾ (Live)			NBC5 News at 6	Nightly News	Running Wild With Bear Grylls (N) CC		America's Got Talent "Auditions 2" A variety of acts perform. ⫾ CC				Shades of Blue "A Walking Shadow" (N)		NBC5 News	Soledad O'Brien	Castle ⫾ CC
CBMT 6	206	301	Laughs: Gags	Laughs: Gags	★★★ "ParaNorman" (2012) Voices of Kodi Smit-McPhee, Tucker Albrizzi. ⫾ CC				The Nature of Things ⫾ CC (DVS)		When Calls the Heart "Heart of Truth" ⫾		CBC Docs POV ⫾ CC		The National (N) ⫾ CC		Montreal News	2018 Calgary Stampede (N) CC	
CHLT 7	107	718	(:15) ★★ "Hotel Transylvanie" (2012) Voices of Adam Sandler, Andy Samberg. (SC)				TVA nouvelles (N)		★★★ "Retour vers le futur" (1985) Michael J. Fox, Christopher Lloyd. (DVS) (SC)			L'ereure est humaine -- Laurent Paquin		(:45) Mitsou et Léa (SC)		(:45) TVA nouvelles	(:15) ★★ "Le reste" (2014) Johnny Pacar, Shaun Sipos. (SC)		
WMTW 8	-	-	(3:00) 2018 Wimbledon Championships (Taped) CC				WMTW News 8	World News	America's Funniest Home Videos ⫾		Celebrity Family Feud (N) ⫾ CC		The $100,000 Pyramid (N) ⫾ CC		To Tell the Truth (N) ⫾ CC		WMTW News 8	Soledad O'Brien	Person of Interest
CKSH 9	108	-	(3:00) "Les vacances du petit Nicolas"		Dans l'oeil du dragon (SC)		Telejournal Estrie		Découverte (SC)	Les poilus (N) (SC)	Viens-tu faire un tour? (N)		Le beau dimanche (N) (SC)		Le Télé-journal	Paparagilles	Pour l'amour du country (SC)		"Appel à la justice"
CKMI 11	-	-	(3:00) PGA Tour Golf A Military Tribute at The Greenbrier, Final Round. (N) ⫾ (Live)				Global News at 6	Global National	Border Security	Border Security	Big Brother (N) ⫾ CC		Private Eyes "The Hills Have Eyes" (N)		Shades of Blue "A Walking Shadow" (N)		Global News	Emergency	Global National
CFCF 12	205	312	Mike & Molly ⫾	Mike & Molly ⫾	Seinfeld ⫾	Big Bang Theory	CTV News Montreal (N) ⫾ CC		The Amazing Race Canada ⫾		Corner Gas	Corner Gas	The $100,000 Pyramid (N) ⫾ CC		Motive Angie crosses the line. ⫾		News-Rinaldo	CTV News Montreal	South Park ⫾
WVNY 22	-	-	(3:00) 2018 Wimbledon Championships (Taped) CC				World News	Local 22 News (N)	America's Funniest Home Videos ⫾		Celebrity Family Feud (N) ⫾ CC		The $100,000 Pyramid (N) ⫾ CC		To Tell the Truth (N) ⫾ CC		Local 22 News (N)	Graham Bensinger	Judge Judy ⫾
WUTV 30	-	-	PiYo Workout!	Regrow Hair	Paid Program	Paid Program	Ring of Honor Wrestling CC		One Strange Rock "Awakening" CC		The Simpsons ⫾	Bob's Burgers	Family Guy ⫾	Ghosted (N) ⫾	2 on Your Side at 10	Sharyl Attkisson	Ring of Honor Wrestling CC		Seinfeld ⫾ CC
CFKS 31	106	726	"Scooby-Doo"	(:15) "Scooby Doo et le monstre du lac" (2010) Robbie Amell.			★★ "Percy Jackson: la mer des monstres" (2013) Logan Lerman, Brandon T. Jackson.				(:15) ★★ "Dom Hemingway" (2013, Policier) Jude Law, Richard E. Grant. Premiere.				(:15) "GSP: L'ADN d'un Champion" (2014, Documentaire) Georges St-Pierre.				Conversations
WUHF	-	363	Armed Forces River Parade CC		Big Bang Theory	Big Bang Theory	Weird but True	Xploration DIY Sci	One Strange Rock "Awakening" CC		The Simpsons ⫾	Bob's Burgers	Family Guy ⫾	Ghosted (N) ⫾	WHAM News	Sharyl Attkisson	Engagement	Ultimate Vitamin D	2 Broke Girls ⫾
WETK	-	-	JFK: The Lost Inaugural Gala ⫾ CC			NewsHour Wk	The Coroner "Perfect Pair" ⫾ CC		A Place to Call Home "All Good Things" ⫾		Poldark on Masterpiece ⫾ CC		Endeavour on Masterpiece The case of a missing woman. (N) ⫾		The Tunnel: Vengeance (N) ⫾ CC			Remember Me ⫾ CC	
WCFE	-	-	(3:00) American Experience		American Experience "The Great War" The Meuse-Argonne Offensive. CC (DVS)				The Durrells in Corfu on Masterpiece		Poldark on Masterpiece ⫾ CC		Endeavour on Masterpiece The case of a missing woman. (N) ⫾		The Tunnel: Vengeance (N) ⫾ CC			POV "Brimstone & Glory" ⫾ CC	
A&E	615	520	Storage Wars ⫾	Storage Wars ⫾	Storage Wars ⫾	Storage Wars ⫾	Storage Wars ⫾	Storage Wars ⫾	Storage Wars ⫾	Storage Wars ⫾	Storage Wars ⫾	Storage Wars ⫾	Storage Wars ⫾	Storage Wars ⫾	(:01) Storage Wars	(:32) Storage Wars	(:04) Storage Wars	(:34) Storage Wars	Storage Wars ⫾
BRAVO	620	523	Carter An obnoxious radio DJ is murdered.		★★ "Flightplan" (2005, Suspense) Jodie Foster, Peter Sarsgaard. ⫾ CC				"Garage Sale Mystery: A Case of Murder" (2017) Lori Loughlin, Sarah Strange. ⫾ CC				The Handmaid's Tale "Postpartum" (N) ⫾		(:15) Picnic at Hanging Rock "Episode 4" (N) ⫾ CC			The Handmaid's Tale "Postpartum" CC	
CNN	500	500	CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		The Nineties CC		The 2000s "The Platinum Age of Television"				The Nineties CC		The 2000s
DISC	520	505	Homestead Rescue "Grizzly Bait" CC		Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Hellfire Heroes "What it Takes"		Cooper's Treasure (N) CC		Naked and Afraid XL (N) CC		Naked and Afraid XL (N) CC		Big Bang Theory	Big Bang Theory	Big Bang Theory
HIST	522	506	Forged in Fire ⫾ CC		Forged in Fire "The Navaja" ⫾ CC		Forged in Fire "The Zande Spear" CC		Forged in Fire "The Kabyle Flyssa" CC		Evel Live Travis Pastrana honors Evel Knievel. (N) ⫾ (Live) CC						Counting Cars ⫾	Counting Cars ⫾	Counting Cars
PARMT	628	584	Bar Rescue "Hard Heads and Softballs"		Bar Rescue ⫾ CC		Bar Rescue "How to Train Your Goldfish"		Bar Rescue Corralling an out-of-control staff.		Bar Rescue "Brawlin' Babes" ⫾ CC		Bar Rescue "Till Debt Do Us Part" ⫾ CC		Bar Rescue "Back to the Bar: Tough Love"		(:01) Bar Rescue ⫾ CC		Bar Rescue CC
RDI	126	730	L'info (N) (SC)	L'info (N) (SC)	Téléjournal	Les portraits	Le Télé-journal (N)	Vocation: leader	Le National (N)	Le National (N)	(:01) Les grands reportages (SC)		Le Télé-journal	(:31) Le 21e "Jean-François Chicoine" (N)	Second Regard		Le Télé-journal	L'épicerie (SC)	Le Télé-journal
SHOW	616	521	(3:30) ★★ "Battleship" (2012) Taylor Kitsch. Earth comes under attack from a superior alien force. ⫾ CC						★★ "Snow White & the Huntsman" (2012, Fantasy) Kristen Stewart, Charlize Theron. ⫾ CC				★★ "Jupiter Ascending" (2015) Channing Tatum, Mila Kunis. An ordinary woman learns of her extraordinary destiny. ⫾ CC						NCIS: Los Angeles
SLICE	601	562	(3:30) ★★ "The Notebook" (2004, Romance) Ryan Gosling, Rachel McAdams. ⫾ CC				★★ "Just Like Heaven" (2005) Reese Witherspoon, Mark Ruffalo, Donal Logue. ⫾ CC				"The Memory Book" (2014, Drama) Meghan Ory, Luke Macfarlane. ⫾ CC				The Real Housewives of Potomac (N) CC		★★ "Just Like Heaven" (2005) Reese Witherspoon. ⫾ CC		
TLC	521	560	Lost in Transition ⫾ CC		Lost in Transition ⫾ CC		90 Day Fiancé: Happily Ever After? (N)		(:03) 90 Day Fiancé: Happily Ever After?		90 Day Fiancé: Happily Ever After? Nicole's wedding is in jeopardy. (N) ⫾				(:08) Lost in Transition "Metamorphosis" Cindy braces herself to meet Lucy. (N) ⫾				90 Day Fiancé
TSN	400	400	2018 FIFA World Cup Teams TBA. From Russia. CC				SportsCentre (N) (Live) CC		June Plays	June Bloopers	2018 FIFA World Cup Teams TBA. From Russia. CC				SportsCentre (N) (Live) CC		SportsCentre (N) (Live) CC		SC With Jay
YOUTH	551	542	Loud	Loud	Barbie	Mysticons	★★★ "Happy Feet" (2006) ⫾ CC				Game On	Assembly	Assembly	Assembly	ReBoot	ReBoot	Just Kid	Just Kid	Happy

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Orford Music Academy concert in Saint-Camille

Record Staff

On Friday, July 13, students from the Orford Music Academy will present a free concert at the Camillois restaurant in Saint-Camille. The concert will include a grand piano, specially set up for the occasion, as well as wind and string instruments performing a variety of classical music.

The concert has been organized to celebrate the 10th anniversary of the Les Concerts de la Chapelle series and received financial assistance from the Quebec Ministry of Culture and Communications, obtained through the intervention of Richmond MNA and Parliamentary assistant to the Premier for Youth Affairs, Karine Vallières. The event recognizes the abundant and prestigious musical activities that have been in place through the series since 2009.

An ever-increasing number of attendees, both from the MRC and from outside, have been attending these performances.

Despite the modest costs of regular concerts, ($25), cultural spending is a luxury for many. That's why the series is, on the one hand, associated with the Culture du Cœur organization, which allows low-income people to attend these concerts for free, and on the other, can occasionally distribute tickets not used by our subscribers. This is also why the July 13 concert is free, removing the potential barrier of ticket cost to access to a quality concert so that everyone can have fun and treat themselves.

This time, the traditional glass of apple cider shared at the end of the concert will be offered by the municipality of Saint-Camille to lift a glass to this 10th season of Les Concerts de la Chapelle.

Beaulne Museum celebrates local artists

Record Staff

The Beaulne Museum is presenting the 6th Edition of the: "Salon des artistes locaux et régionaux." The grand opening of the exhibit will be held on Sunday, July 15, from 2 p.m. to 4 p.m. and the exhibit will be on display until September 2.

The "Salon des artistes locaux et régionaux" is a biannual exhibition solidly anchored in the local and regional cultural calendar. Always a great success, it promises to delight art lovers of all kinds again this year. As usual, the local art group Coatic'Art will occupy a special space inside the Museum as will several other artists from across the Eastern Townships. Featured artists will be on hand to help make the event a celebration of creativity and diversity.

Some forty artists will take part in the exhibition using a wide range of mediums such as: painting, sculpture, engraving, photography, stained glass, ceramics, textiles, etc. The artists will be present at the vernissage so the public can exchange with them and better understand their sources of inspiration and the messages conveyed by the works on display.

The Ministry of Culture and Communications as well as the City of Coaticook support the Beaulne Museum financially.

Special thanks go to the Caisse Desjardins des Verts-Sommets de l'Estrie for their financial contribution.

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Your week on TV

MONDAY EVENING — JULY 9, 2018

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News	Entertainment Tonight (N)	Mom	Man With a Plan	Salvation Grace is asked to lie under oath. (N)		Elementary Holmes tries to protect his father. (N)		Channel 3 News	(:35) The Late Show With Stephen Colbert	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N)	Wheel of Fortune	American Ninja Warrior "Minneapolis City Qualifiers" Minneapolis qualifiers. (N) (DVS)				Dateline NBC (N)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon	
CBMT 6	206	301	CBC Montreal News (N)	Power & Politics	Coronation Street (N)	Coronation Street (N)	Murdoch Mysteries Brackenreid investigates a murder.		Frankie Drake Mysteries "Mother of Pearl"		The National (N)		CBC Montreal News (N)	2018 Calgary Stampede (N) (Live)	
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Sucré salé (N) (SC)	Les gags (SC)	Les rénos d'Hugo (SC)	Ma maison bien aimée (SC)		Les petits doués Les talents d'une danseuse de 7 ans.		TVA nouvelles (N)	(:35) Sucré salé (SC)	(:05) Alerte 5 (SC)	(:35) ★★ "Infectée" (2015) Arnold Schwarzenegger.	
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune	Jeopardy! (N)	The Bachelorette (N) (DVS)				(:01) The Proposal The mystery woman is an actress. (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live	
CKSH 9	108	-	Le Téléjournal Estrie (N)	(:31) RDI économie (N)	Squelettes-plac.	Rétroviseur (SC)	Deuxième chance (SC)		Les échangistes (N) (SC)		Le Téléjournal avec Céline Galipeau (N) (SC)		(:05) Anne (DVS) (SC)		Miss Fisher enquête
CKMI 11	-	-	Global National (N)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Superstore (N)	Man With a Plan	Salvation Grace is asked to lie under oath. (N)		Elementary Holmes tries to protect his father. (N)		Global News at 11	(:35) The Late Show With Stephen Colbert	
CFCF 12	205	312	(5:59) CTV News Montreal (N)		etalk (N)	The Big Bang Theory	The Detail A crime resembles a case Fiona solved.		American Ninja Warrior "Minneapolis City Qualifiers" Minneapolis qualifiers. (N) (DVS)				News-Lisa	CTV News Montreal (N)	The Daily Show
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N)	The Bachelorette (N) (DVS)				(:01) The Proposal The mystery woman is an actress. (N)		Local 22 News (N)	(:35) Jimmy Kimmel Live	
WUTV 30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud	So You Think You Can Dance (N) (DVS)		9-1-1 A full moon keeps the crew busy. (DVS)		2 on Your Side at 10 (N)	Seinfeld "The Cartoon"	Two and a Half Men	Two and a Half Men	Last Man Standing
CFKS 31	106	726	Souper parfait	Souper parfait	Rire et délire		La trappe	Permis de chanter	Scorpion "La faille" L'équipe doit éviter une catastrophe.		L'affaire O.J. Simpson "Un gant de fer"		Atomes crochus	NVL (N)	Conversations intimes
WUHF	-	363	Modern Family	Modern Family	The Big Bang Theory	The Big Bang Theory	So You Think You Can Dance (N) (DVS)		9-1-1 A full moon keeps the crew busy. (DVS)		13WHAM News at 10 on Fox Rochester (N) (Live)		DailyMailTV	The Simpsons	Paid Program
WETK	-	-	PBS NewsHour (N)		The This Old House Hour		Antiques Roadshow "Vintage Portland" (N)		Antiques Roadshow Albert Cheuret art deco clocks.		POV "The Workers Cup" Football tournament for migrant workers. (N)		Amanpour on PBS (N)	Beyond 100 Days (N)	
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N)		Antiques Roadshow "Vintage Portland" (N)		Antiques Roadshow Albert Cheuret art deco clocks.		American Experience "Walt Disney" Walt Disney's life and legacy. (Part 2 of 2) (DVS)				Beyond 100 Days (N)
A&E	615	520	Ozzy and Jack's World Detour "Texas, Bloody Texas"		Ozzy and Jack's World Detour "Like Father, Like Sun"		The Osbournes: The Price of Reality		Cultureshock: The Rise of Trash TV The rise of tabloid talk shows. (N)			(:34) The First 48	(:04) The First 48 Robbers gun down an Atlanta father.		The Osbournes
BRAVO	620	523	(5:48) Major Crimes	(:44) Major Crimes A man is found murdered.		(:40) Major Crimes A wealthy dog is murdered.		(:36) Major Crimes An alleged rapist is murdered.		(:32) Major Crimes "Do Not Disturb"		(:28) Major Crimes A bomb explodes on a used car lot.		(:24) Major Crimes "Return to Sender"	
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Cuomo Prime Time (N)		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon		Cooper 360
DISC	520	505	American Chopper Senior and Junior tackle the lawsuit.		MythBusters Clichés about the laws of attraction.		American Chopper "Drop the Mikey"		American Chopper "Shaq Bike" (N)		BattleBots A match-up between Icewave and Yeti. (N)		Misfit Garage Thomas negotiates for a 70 1/2 Camaro.		American Chopper
HIST	522	506	The Cars That Made America The suburbs fuel a demand for new cars. (Part 3 of 3)				Hot Rods and Muscle Cars The story of hot rod culture. (N)				American Pickers Mike falls hard for a midget racecar. (N)		Hot Rods and Muscle Cars The story of hot rod culture.		
PARMT	628	584	Bar Rescue Revisiting the most hot-headed owners.		Bar Rescue Taffer revisits The Local.		Bar Rescue Revisiting bars with the biggest fights.		Cops Physical altercation.	Cops	Cops "Burning Rubber"	Cops	Cops "Texas"	Cops "Seattle/ Tacoma"	Cops "Seattle/ Tacoma"
RDI	126	730	(5:59) Le National (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)		(:01) Les grands reportages (N) (SC)		Le Téléjournal (N) (SC)		RDI économie (SC)	Le National (N) (SC)	Le National (N) (SC)	(:31) 24/60 (SC)	
SHOW	616	521	NCIS The team probes a cryptographer's death.		NCIS "Bloodbath" Abby becomes the target of a stalker.		Bull A surgeon is sued for malpractice.		NCIS A 14-year-old stops a home invasion.		NCIS "Dead Letter" The hunt for the British spy continues.		NCIS The team hunts for an escaped spy. (DVS)		NCIS "Untouchable"
SLICE	601	562	Sex and the City	Sex and the City	The Real Housewives of Potomac		The Real Housewives of Orange County		Housewives/ OC	Bethenny & Fredrik	Southern Charm Thomas plays in a polo match. (N)		Sex and the City	Sex and the City	Housewives/ OC
TLC	521	560	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	90 Day Fiancé "Pedro & Chantel: The Aftermath" Pedro and Chantel's lives together. (N)						90 Day Fiancé "Pedro & Chantel: The Aftermath" Pedro and Chantel's lives together.		
TSN	400	400	SportsCentre (N) (Live)		MLB Baseball Washington Nationals at Pittsburgh Pirates. From PNC Park in Pittsburgh. (N) (Live)						SportsCentre (N)		SportsCentre (N)		SC With Jay and Dan (N)
YOUTH	551	542	Nicky, Ricky	ReBoot-Code	★★ "Diary of a Wimpy Kid: Dog Days" (2012)				★★ "Diary of a Wimpy Kid: Dog Days" (2012)				Assembly	Assembly	Diary

TUESDAY EVENING — JULY 10, 2018

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News	Entertainment Tonight (N)	NCIS "High Tide" Torres and Bishop go under cover.		Bull "Already Gone" A man assists his terminally ill mate.		NCIS: New Orleans Pride must re-investigate a case.		Channel 3 News	(:35) The Late Show With Stephen Colbert	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N)	Wheel of Fortune	America's Got Talent "Auditions 6" A variety of acts perform. (N)				World of Dance Dance acts showcase their artistry. (N)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon	
CBMT 6	206	301	CBC Montreal News (N)	Power & Politics	Just for Laughs: Gags	Coronation Street (N)	Kim's Convenience	Schitt's Creek	Workin' Moms	Baroness Von Sketch Show	The National (N)		CBC Montreal News (N)	2018 Calgary Stampede (N) (Live)	
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Sucré salé (N) (SC)	Ninja Warrior: le parcours ultime (DVS) (SC)				Du talent à revendre Les demi-finalistes se produisent.		TVA nouvelles (N)	(:35) Sucré salé (SC)	(:05) Lemissionnaire.tv	(:35) ★★ "La purge" (2013) Ethan Hawke. (SC)	
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune	Jeopardy! (N)	The Middle (DVS)	The Middle "The 200th"	blackish "R-E-S-P-E-C-T"	blackish (DVS)	The Last Defense Julius tells his version of events. (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live	
CKSH 9	108	-	Le Téléjournal Estrie (N)	(:31) RDI économie (N)	Squelettes-plac.	Les pêcheurs (SC)	Galas ComediHa! 2017 (SC)		Les échangistes (N) (SC)		Le Téléjournal avec Céline Galipeau (N) (SC)		(:05) Le directeur de nuit Pine fait équipe avec un ami.		Miss Fisher enquête
CKMI 11	-	-	Global National (N)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	NCIS "High Tide" Torres and Bishop go under cover.		Bull "Already Gone" A man assists his terminally ill mate.		NCIS: New Orleans Pride must re-investigate a case.		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert	
CFCF 12	205	312	(5:59) CTV News Montreal (N)		etalk (N)	The Big Bang Theory	The Amazing Race Canada "Ah Fiddler's Fart" (N)		The Big Bang Theory	The Big Bang Theory	World of Dance Dance acts showcase their artistry. (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)	The Middle (DVS)	The Middle "The 200th"	blackish "R-E-S-P-E-C-T"	blackish (DVS)	The Last Defense Julius tells his version of events. (N)		Local 22 News (N)	(:35) Jimmy Kimmel Live	
WUTV 30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud	Beat Shazam Teams vie for a chance at the prize. (N)		Love Connection A civil engineer; a therapist. (N)		2 on Your Side at 10 (N)	Seinfeld "The Strong Box"	Two and a Half Men	Two and a Half Men	FIFA World Cup Tonight
CFKS 31	106	726	Souper parfait	Souper parfait	Taxi payant	Taxi payant	"Un roman d'amour" (2015) Amy Acker, Dylan Bruce. Liam Bradley rencontre Sophie, une critique littéraire.				Allume-moi!		Atomes crochus	NVL (N)	Conversations intimes
WUHF	-	363	Modern Family	Modern Family	The Big Bang Theory	The Big Bang Theory	Beat Shazam Teams vie for a chance at the prize. (N)		Love Connection A civil engineer; a therapist. (N)		13WHAM News at 10 on Fox Rochester (N) (Live)		DailyMailTV	TMZ (N)	FIFA World Cup Tonight
WETK	-	-	PBS NewsHour (N)		Guest of the House (N)	Outdoor Journal	10 Streets That Changed America (N)		No Passport Required "Detroit" (Series Premiere) (N)		Frontline President Trump's battle for control.		Nightly Business Report	Amanpour on PBS (N)	Beyond 100 Days (N)
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N)		10 Streets That Changed America (N)		No Passport Required "Detroit" (Series Premiere) (N)		Frontline President Trump's battle for control.		BBC World News	Amanpour on PBS (N)	Beyond 100 Days (N)
A&E	615	520	The First 48 Robbers gun down an Atlanta father.		The First 48 Grandmother strangled; man shot in car.		The First 48 A social activist is killed at a bar.		The First 48 "Fatal Mistake"		(:01) Born Behind Bars (Series Premiere) (N)		(:04) The First 48 "Deadly Premonition"		(12:03) The First 48
BRAVO	620	523	Castle "In Plane Sight" An air marshal is murdered.		Take Two		Carter "Happy Campers"		"Garage Sale Mystery: A Case of Murder" (2017, Mystery) Lori Loughlin, Sarah Strange, Steve Bacic.				Carter "Happy Campers"		Take Two
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Cuomo Prime Time (N)		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon		Cooper 360
DISC	520	505	American Chopper "Return of the Black Widow"		MythBusters "Traffic Tricks" Questions about congestion.		Deadliest Catch: The Roughest and Toughest (N)		Deadliest Catch Boats vanish without a trace. (N)		Hellfire Heroes Experts discuss the reality of fires. (N)		American Chopper "Shaq Bike"		Deadliest Catch
HIST	522	506	Hot Rods and Muscle Cars The story of hot rod culture.				Truck Wars Trucks are essential to American life. (N)				Counting Cars Danny sells some of his cars.		Truck Wars Trucks are essential to American life.		
PARMT	628	584	Tattoo Nightmares	Tattoo Nightmares	Ink Master: Angels One local artist takes on an Angel.		Ink Master: Angels Dallas artists battle it out.		Ink Master: Angels The Angels head to Baltimore.		★★★ "X-Men: First Class" (2011, Action) James McAvoy, Michael Fassbender. The early years of Charles Xavier and Erik Lehnsherr.				
RDI	126	730	(5:59) Le National (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)		(:01) Les grands reportages "Mont Saint-Michel" (N)		Le Téléjournal (N) (SC)		RDI économie (SC)	Le National (N) (SC)	Le National (N) (SC)	(:31) 24/60 (SC)	
SHOW	616	521	NCIS "Jeopardy" Ziva finds herself under investigation.		NCIS "Hiatus" Memories overwhelm Gibbs.		Bull Bull helps a young man accused of arson.		Scorpion The team races to save Paige and Happy.		12 Monkeys Team Splinter searches for a weapon. (N)		Hawaii Five-0 Max prepares to say his goodbyes.		NCIS "Jeopardy"
SLICE	601	562	Sex and the City	Sex and the City	Southern Charm Thomas plays in a polo match.		A Night With My Ex	A Night With My Ex	This Time Next Year "The Impossible Is Possible"		The Real Housewives of Potomac		Sex and the City	Sex and the City	This Time Next Year
TLC	521	560	OutDaughtered: Countdown to the New Season The Quints experience the ocean. (N)				Outdaughtered "The Quints Have Taken Over!" (Season Premiere) Olivia escapes from her crib. (N)				(:05) Rattled (Season Premiere) (N)		(:10) Outdaughtered "The Quints Have Taken Over!" Olivia escapes from her crib.		
TSN	400	400	SportsCentre (N) (Live)		CFL Wired (N)	2018 FIFA World Cup	2018 FIFA World Cup Teams TBA. From Russia.				SportsCentre (N) (Live)		SportsCentre (N) (Live)		SC With Jay and Dan (N)
YOUTH	551	542	Nicky, Ricky	ReBoot-Code	★★ "Beverly Hills Chihuahua" (2008) Piper Perabo.				"Beverly Hills Chihuahua 2" (2011, Children's)				Assembly	Assembly	Beverly Hills

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Your week on TV

WEDNESDAY EVENING — JULY 11, 2018

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	**Channel 3 News at Six** (N)		**CBS Evening News**	**Entertainment Tonight** (N)	**Big Brother** House guests vie for the power of veto. (N)		**TKO: Total Knock Out** (Series Premiere) (N)		**Code Black** Willis tends to Rox's medical needs. (N)		**Channel 3 News**	**(:35) The Late Show With Stephen Colbert**	
WPTZ 5	-	-	**NBC5 News at 6** (N)	**NBC Nightly News - Holt**	**Jeopardy!** (N)	**Wheel of Fortune**	**Ellen's Game of Games**		**World of Dance**		**Reverie** Mara tries to save a young dancer. (N)		**NBC5 News at 11** (N)	**(:34) The Tonight Show Starring Jimmy Fallon**	
CBMT 6	206	301	**CBC Montreal News** (N)	**Power & Politics**	**Rick Mercer Report**	**Coronation Street** (N)	**The Great British Baking Show** (Season Premiere) (N)		**Burden of Truth** Joanna returns to her hometown.		**The National** (N)		**CBC Montreal News**	**2018 Calgary Stampede** (N) (Live)	
CHLT 7	107	718	**(5:58) TVA nouvelles** (N)	**Sucré salé** (N) (SC)	**Rêvons maisons** (SC)	**Les gags** (SC)	**Les beaux malaises**	**Complexe G** (SC)	**Esprits criminels** L'équipe doit retrouver une femme.		**TVA nouvelles** (N)	**(:35) Sucré salé** (SC)	**(:05) ★★★ "Kung Fu Hustle"** (2004, Action) Stephen Chow, Yuen Wah. (DVS) (SC)		
WMTW 8	-	-	**WMTW News 8 at 6PM** (N)	**ABC World News**	**Wheel of Fortune**	**Jeopardy!** (N)	**The Goldbergs**	**The Goldbergs**	**Modern Family**	**American Housewife**	**Shark Tank** Non-toxic, super hydrophobic spray.		**WMTW News 8 at 11** (N)	**(:35) Jimmy Kimmel Live**	
CKSH 9	108	-	**Le Téléjournal Estrie** (N)	**(:31) RDI économie** (N)	**Squelettes-plac.**	**L'épicerie** (N) (SC)	**Ouvrez les guillemets**	**On s'aime en chien** (SC)	**Les échangistes** (N) (SC)		**Le Téléjournal avec Céline Galipeau** (N) (SC)		**(:05) L'ombre de Jesse** Danny fait une découverte.		**Miss Fisher enquête**
CKMI 11	-	-	**Global National** (N)	**(:29) Global News at 6:30**	**ET Canada**	**Entertainment Tonight** (N)	**TKO: Total Knock Out** (Series Premiere) (N)		**Big Brother** House guests vie for the power of veto. (N)		**Reverie** Mara tries to save a young dancer. (N)		**Global News at 11** (N)	**(:35) The Late Show With Stephen Colbert** (N)	
CFCF 12	205	312	**(5:59) CTV News Montreal** (N)		**etalk** (N)	**The Big Bang Theory**	**MasterChef** Chefs cook for Shaun O'Neale's wedding.		**Criminal Minds** A series of murders in Kansas City.		**Code Black** Willis tends to Rox's medical needs. (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)	**The Goldbergs**	**The Goldbergs**	**Modern Family**	**American Housewife**	**Shark Tank** Non-toxic, super hydrophobic spray.		**Local 22 News** (N)	**(:35) Jimmy Kimmel Live**	
WUTV 30	-	-	**The Big Bang Theory**	**Judge Judy**	**Judge Judy**	**Family Feud**	**MasterChef** Chefs cook for Shaun O'Neale's wedding.		**Gordon Ramsay's 24 Hours to Hell and Back** (N)		**2 on Your Side at 10** (N)	**Seinfeld** "The Wizard"	**Two and a Half Men**	**Two and a Half Men**	**FIFA World Cup Tonight**
CFKS 31	106	726	**Souper parfait**	**Souper parfait**	**NCIS: Los Angeles** L'équipe du NCIS assiste à un gala.		**NCIS: Los Angeles** "Matriochka" (DVS) (SC)		**CSI: Miami** "Coupé en deux" Le meurtre d'un professeur.		**CSI: Miami** "Fenêtre sur meurtre" (SC)		**Atomes crochus**	**NVL** (N)	**Conversations intimes**
WUHF	-	363	**Modern Family**	**Modern Family**	**The Big Bang Theory**	**The Big Bang Theory**	**MasterChef** Chefs cook for Shaun O'Neale's wedding.		**Gordon Ramsay's 24 Hours to Hell and Back** (N)		**13WHAM News at 10 on Fox Rochester** (N) (Live)		**DailyMailTV**	**TMZ** (N)	**FIFA World Cup Tonight**
WETK	-	-	**PBS NewsHour** (N)		**Wild Travels**	**Weekends With Yankee**	**Earth's Natural Wonders -- Life at the Extremes**		**The Rockies: Kingdoms of the Sky** (N)		**NOVA** Precious gems. (DVS)		**Nightly Business Report**	**Amanpour on PBS** (N)	**Beyond 100 Days** (N)
WCFE	-	-	**World News America**	**Nightly Business Report**	**PBS NewsHour** (N)		**Earth's Natural Wonders -- Life at the Extremes**		**The Rockies: Kingdoms of the Sky** (N)		**NOVA** Precious gems. (DVS)		**BBC World News**	**Amanpour on PBS** (N)	**Beyond 100 Days** (N)
A&E	615	520	**The First 48** A killer prowls the streets of Atlanta.		**Ozzy and Jack's World Detour** "Kelly of the Beast"		**Ozzy and Jack's World Detour** "New Kid on the Block"		**Ozzy and Jack's World Detour** "Kelly Makes Three" (N)		**(:01) Wahlburgers** (N)		**(:04) Ozzy and Jack's World Detour** "Aloha, Osbournes"		**Ozzy & Jack's**
BRAVO	620	523	**CSI: Miami** "Dissolved" Julia spins out of control.		**CSI: Miami** "Seeing Red" Horatio tries to save Yelina.		**CSI: Miami** Recalling the team's formation.		**Love Is...** (N)		**Colony** (N)		**CSI: Miami** "Dead on Arrival" Reality star's murder.		**CSI: Miami**
CNN	500	500	**Situation Room With Wolf**		**Erin Burnett OutFront** (N)		**Anderson Cooper 360** (N)		**Cuomo Prime Time** (N)		**CNN Tonight w/ Don Lemon**		**CNN Tonight w/ Don Lemon**		**Cooper 360**
DISC	520	505	**American Chopper** Senior decides to build a new shop.		**MythBusters** Efficiently boarding an airplane.		**Mayday** "Afghan Nightmare" National Airlines Flight 102.		**Mayday** "Fatal Delivery" Getting a plane to safety.		**Deadliest Catch** Boats vanish without a trace.		**Hellfire Heroes** Experts discuss the reality of fires.		**Mayday** (DVS)
HIST	522	506	**Truck Wars** Trucks are essential to American life.				**Speed Demons** A chronicle of the history of speed. (N)				**SIX** "Fubar" A firefight breaks out. (N)		**Speed Demons** A chronicle of the history of speed.		
PARMT	628	584	**Life or Debt** An MMA fighter faces budget cuts.		**Life or Debt** A bankrupt preacher needs help.		**Life or Debt** A single mom works to make ends meet.		**Life or Debt** A couple has $300,000 in debt.		**Life or Debt** A Long Island DJ needs help.		**★★ "Rocky IV"** (1985, Drama) Sylvester Stallone, Talia Shire, Burt Young.		
RDI	126	730	**(5:59) Le National** (N)	**(:31) RDI économie** (N)	**(:01) 24/60** (N) (SC)		**(:01) Les grands reportages** "Au coeur du Moulin-Rouge"		**Le Téléjournal** (N) (SC)		**RDI économie** (SC)	**Le National** (N) (SC)	**Le National** (N) (SC)	**(:31) 24/60** (SC)	
SHOW	616	521	**NCIS** "Hiatus" Gibbs suffers a temporary memory loss.		**NCIS** "Shalom" Political assassination.		**Bull** "Too Perfect" Bull attempts to help his ex-wife.		**★★★ "The Bourne Ultimatum"** (2007) Matt Damon, Julia Stiles. Jason Bourne continues to look for clues to unravel his true identity.					**Man With a Plan**	**NCIS** "Hiatus"
SLICE	601	562	**Sex and the City**	**Sex and the City**	**This Time Next Year** "The Impossible Is Possible"		**Married at First Sight** (Season Finale) Six Boston-area singles are selected. (N)			**A Night With My Ex**	**The Real Housewives of Orange County**		**Sex and the City**	**Sex and the City**	**Housewives/ NYC**
TLC	521	560	**My 600-Lb. Life** Doug's progress is threatened.		**(6:56) My 600-Lb. Life** "Doug, Part 2"		**My 600-Lb. Life** "Nicole & Ashley D." Ashley has hit an emotional wall. (N)				**(:04) Dr. Pimple Popper** "The Lipoma Whisperer"		**(:09) My 600-Lb. Life** "Nicole & Ashley D." Ashley has hit an emotional wall.		
TSN	400	400	**SportsCentre** (N) (Live)		**MLS Soccer** Montreal Impact at New York City FC. From Yankee Stadium in the Bronx, N.Y. (N) (Live)				**2018 FIFA World Cup**		**2018 FIFA World Cup** Teams TBA. From Russia.			**SportsCentre** (N)	**SC With Jay and Dan** (N)
YOUTH	551	542	**Nicky, Ricky**	**ReBoot-Code**	**"Step Dogs"** (2013, Comedy) Dylan Schmid.				**"Step Dogs"** (2013, Comedy) Dylan Schmid.				**Assembly**	**Assembly**	**Mr. Magorium**

THURSDAY EVENING — JULY 12, 2018

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	**Channel 3 News at Six** (N)		**CBS Evening News**	**Entertainment Tonight** (N)	**The Big Bang Theory**	**(:31) Young Sheldon**	**Big Brother** Eviction; head of household competition. (N)		**S.W.A.T.** "Miracle" Gold bars are stolen from a drug cartel.		**Channel 3 News**	**(:35) The Late Show With Stephen Colbert**	
WPTZ 5	-	-	**NBC5 News at 6** (N)	**NBC Nightly News - Holt**	**Jeopardy!** (N)	**Wheel of Fortune**	**Little Big Shots** Identical twin singers; a movie whiz.		**Marlon** "Career Day" (N)	**Marlon** "Funeral Party"	**Law & Order: Special Victims Unit** "Chasing Demons"		**NBC5 News at 11** (N)	**(:34) The Tonight Show Starring Jimmy Fallon**	
CBMT 6	206	301	**CBC Montreal News** (N)	**Power & Politics**	**22 Minutes**	**Coronation Street** (N)	**Back in Time for Dinner** The men prepare a meal. (N)		**Crawford** (N) (DVS)	**Little Dog** "Round Five"	**The National** (N)		**CBC Montreal News** (N)	**2018 Calgary Stampede** (N) (Live)	
CHLT 7	107	718	**(5:58) TVA nouvelles** (N)	**Sucré salé** (N) (SC)	**Chicago Fire: Caserne 51** Dawson heurte un piéton.		**★★★ "En attendant"** (2014) Keira Knightley, Sam Rockwell. Une femme trouve refuge chez une adolescente. (SC)				**TVA nouvelles** (N)	**(:35) Sucré salé** (SC)	**(:05) "Le bourreau"** (2012, Action) Jean-Claude Van Damme, Joe Flanigan. (SC)		
WMTW 8	-	-	**WMTW News 8 at 6PM** (N)	**ABC World News**	**Wheel of Fortune**	**Jeopardy!** (N)	**The Gong Show** Jimmy Kimmel; Will Arnett. (N)		**Match Game** Jack McBrayer; Ellie Kemper; John Early. (N)		**Take Two** Sam and Eddie look for a stolen laptop. (N)		**WMTW News 8 at 11** (N)	**(:35) Jimmy Kimmel Live**	
CKSH 9	108	-	**Le Téléjournal Estrie** (N)	**(:31) RDI économie** (N)	**Squelettes-plac.**	**Mes petits malheurs**	**Prière de ne pas envoyer de fleurs** (SC)		**Les échangistes** (N) (SC)		**Le Téléjournal avec Céline Galipeau** (N) (SC)		**(:05) Les grandes entrevues** "Sylvie Moreau" Sylvie Moreau, comédienne.		
CKMI 11	-	-	**Global National** (N)	**(:29) Global News at 6:30**	**ET Canada**	**Entertainment Tonight** (N)	**The Wall** Two cousins vie for the prize. (N)		**Big Brother** Eviction; head of household competition. (N)		**Ransom** Guests on a retreat are taken hostage.		**Global News at 11** (N)	**(:35) The Late Show With Stephen Colbert**	
CFCF 12	205	312	**(5:59) CTV News Montreal** (N)		**etalk** (N)	**The Big Bang Theory**	**The Big Bang Theory**	**(:31) Young Sheldon**	**Match Game** Jack McBrayer; Ellie Kemper; John Early. (N)		**Take Two** Sam and Eddie look for a stolen laptop. (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)	**The Gong Show** Jimmy Kimmel; Will Arnett. (N)		**Match Game** Jack McBrayer; Ellie Kemper; John Early. (N)		**Take Two** Sam and Eddie look for a stolen laptop. (N)		**Local 22 News** (N)	**(:35) Jimmy Kimmel Live**	
WUTV 30	-	-	**The Big Bang Theory**	**Judge Judy**	**Judge Judy**	**Family Feud**	**The Four: Battle for Stardom** "Week Five" A new set of challengers face the Four. (N) (DVS)				**2 on Your Side at 10** (N)	**Seinfeld** "The Burning"	**Two and a Half Men**	**Two and a Half Men**	**Last Man Standing**
CFKS 31	106	726	**Souper parfait**	**Souper parfait**	**Mémoire sous enquête** "Atout charme" (SC)		**Marvel: agent Carter** Peggy dirige une mission. (SC)		**Chicago Police** "La famille rêvée" (SC)		**Chicago Police** Voight découvre le cadavre d'un bébé.		**Atomes crochus**	**NVL** (N)	**Conversations intimes**
WUHF	-	363	**Modern Family**	**Modern Family**	**The Big Bang Theory**	**The Big Bang Theory**	**The Four: Battle for Stardom** "Week Five" A new set of challengers face the Four. (N) (DVS)				**13WHAM News at 10 on Fox Rochester** (N) (Live)		**DailyMailTV**	**The Simpsons**	**Paid Program**
WETK	-	-	**PBS NewsHour** (N)		**The Ill-Made Knight** (N)	**Great Performances** "Pavarotti: A Voice for the Ages" Celebration of Luciano Pavarotti.			**Bardo: A Night**	**Sgt. Pepper's Musical Revolution** Sgt. Pepper's Lonely Hearts Club Band.			**Nightly Business Report**	**Amanpour on PBS** (N)	**Beyond 100 Days** (N)
WCFE	-	-	**World News America**	**Nightly Business Report**	**PBS NewsHour** (N)		**New Tricks** A young girl's spirit contacts Halford.		**Death in Paradise** Florence's former schoolmate is dead.		**Hillary** "Louise" The early life of young Edmund Hillary.		**BBC World News**	**Amanpour on PBS** (N)	**Beyond 100 Days** (N)
A&E	615	520	**The First 48** "Monster" A detective tracks a sadistic killer.		**Live PD: Police Patrol**	**Live PD: Police Patrol**	**Live PD: Police Patrol**	**Live PD: Police Patrol**	**Live PD: Police Patrol** (N)	**Live PD: Police Patrol** (N)	**(:01) Live PD: Police Patrol**	**(:32) Live PD: Police Patrol**	**(:04) Live PD: Police Patrol**	**(:34) Live PD: Police Patrol**	**Live PD: Police Patrol**
BRAVO	620	523	**Criminal Minds** "The Hunt" Kate's niece is kidnapped.		**Criminal Minds** The BAU interviews candidates.		**Criminal Minds** A sarin gas attack on a Los Angeles bus.		**Queen of the South** (N)		**Shooter** "Sins of the Father" An uneasy alliance is formed.		**Criminal Minds** A team member is put in danger.		**Criminal Minds**
CNN	500	500	**Situation Room With Wolf**		**Erin Burnett OutFront** (N)		**Anderson Cooper 360** (N)		**Cuomo Prime Time** (N)		**CNN Tonight w/ Don Lemon**		**CNN Tonight w/ Don Lemon**		**Cooper 360**
DISC	520	505	**American Chopper** "Gears of War"		**MythBusters** "The Simpsons Special" "The Simpsons."		**Goblin Works Garage** "Capri Muscle Car" (N)		**Misfit Garage** Chris Pratt asks for a motorcycle. (N)		**Sticker Shock** A 1969 912 Targa; a 1963 Ford Cayuse.		**Street Outlaws** Racers fight for the lead. (N)		**Goblin Works Garage**
HIST	522	506	**Speed Demons** A chronicle of the history of speed.				**Hot Wheels: 50th Anniversary Special** (N)		**Swamp Mysteries With Troy Landry** "Jurassic Swamp"		**Alone** The weather worsens in Mongolia. (N)		**Hot Wheels: 50th Anniversary Special**		**Swamp Mysteries**
PARMT	628	584	**Bar Rescue** Sibling rivalry between identical twins.		**Lip Sync Battle**	**Lip Sync Battle**	**Lip Sync Battle**	**Lip Sync Battle**	**Lip Sync Battle**	**Lip Sync Battle**	**Lip Sync Battle**	**Lip Sync Battle** (N)	**Lip Sync Battle** (N)	**Lip Sync Battle**	**Lip Sync Battle**
RDI	126	730	**(5:59) Le National** (N)	**(:31) RDI économie** (N)	**(:01) 24/60** (N) (SC)		**(:01) Les grands reportages** (N) (SC)		**Le Téléjournal** (N) (SC)		**RDI économie** (SC)	**Le National** (N) (SC)	**Le National** (N) (SC)	**(:31) 24/60** (SC)	
SHOW	616	521	**NCIS** "Escaped" NCIS temporarily reinstates Gibbs.		**NCIS** "Singled Out" A missing Navy lieutenant.		**Bull** "E.J." Bull takes a tech genius company's case.		**★★ "Red"** (2010, Action) Bruce Willis, Morgan Freeman, John Malkovich. The CIA targets a team of former agents for assassination.					**Man With a Plan**	**NCIS** "Escaped"
SLICE	601	562	**Sex and the City**	**Sex and the City**	**Million Dollar Listing Los Angeles**		**Your Husband Is Cheating on Us** "House of Drama" (N)		**Million Dollar Listing Los Angeles** "Who's Your Daddy?"		**Million Dollar Listing New York** "Ready, Set, Baby!" (N)		**Sex and the City**	**Sex and the City**	**Million Dollar LA**
TLC	521	560	**Four Weddings** Traditional; free spirit; tiki; romance.		**My 600-Lb. Life** "Joe's Story"		**My 600-Lb. Life** "Supersized: Nicole & Ashley D." Ashley is at a standstill. (N)				**Dr. Pimple Popper** (N)		**(:01) My 600-Lb. Life** "Supersized: Nicole & Ashley D." Ashley is at a standstill.		
TSN	400	400	**SportsCentre** (N) (Live)		**CFL on TSN Pregame** (N)	**CFL Football** Calgary Stampeders at Ottawa Redblacks. From TD Place Stadium in Ottawa. (N) (Live)						**SportsCentre** (N) (Live)			**SC With Jay and Dan** (N)
YOUTH	551	542	**Nicky, Ricky**	**ReBoot-Code**	**★★★ "Meet the Robinsons"** (2007, Children's)				**★★★ "Meet the Robinsons"** (2007, Children's)				**Assembly**	**Assembly**	**Robinsons**

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What's On

Music

July 6

PENNY DUSTIN & JIM MALMBERG at THE PIGGERY THEATRE, North Hatley on FRIDAY, JULY 6 at 8 p.m. Tickets $20. This husband and wife duo with roots in the Townships perform love songs with humor and passion on guitars, mandolin and harmonious voices. Tel: 819-842-2431, piggerymedia@gmail.com.

July 7

Come dance with us every Saturday night at the Beebe Town Hall, 72 Main St., Stanstead (Beebe), from 7 p.m. to 11 p.m. Music by Brent Sheldon. Lunch served. Door prizes. Info: Gail 819-876-2021. All welcome.

July 7

Dance at the Ives Hill Hall on Saturday, July 6 from 8 p.m. to midnight. Music by the Country Swingers. **Admission $8**. All welcome.

July 7

Country music fans – Come join us at Trinity Anglican Church Hall, 409 South St., Cowansville on Saturday, July 7 from 7 p.m. to 11 p.m. for an evening of fun and dance with Jimmy Edwards Country Folks band playing your favorite country songs and a variety of dance music. Door prizes, 50-50 drawing. Canteen on premises. Please support the church and food bank.

July 7

Come and celebrate in Country style the **2nd annual "Summer Time" Country Music Appreciation Jam at the Burrough's Falls Reception Hall** in Ayer's Cliff on Saturday, July 7 starting at 1 p.m. Hours of continuous fun, live country music, door prizes, a delicious cold buffet, **all for just $15.** Along with the house band **(Country Classics), the featured band is Keepin it Country, also Bill Lavers and The Plainsmen**, plus some of our other favorite local musicians may stop by to Jam. To reserve a spot, call Burrough's Falls Hall at 819-838-4912.

July 14

THE "HI-FINS" are back at THE PIGGERY THEATRE, North Hatley on SATURDAY, JULY 14 at 8 p.m. **Tickets are $25.** This group is the Ultimate British Invasion tribute band playing 60's British Rock & Roll, www.hi-fins.com. Tel: 819-842-2431, piggerymedia@gmail.com

July 20, 21 & 22

The JUNO award winner ensemble L'Harmonie des saisons presents a festive **summer program:** Songs Without Words, a Jazz and Baroque concert! Featuring virtuoso oboe player Debra Nagy (USA), Mélisande Corriveau, viola da gamba and Eric Milnes, harpsichord. Granby: Friday July 20, 7p.m., at Église St-Georges, 124 rue Principale, Waterloo: Saturday July 21, 2 p.m., at St.Luke's Church, 404 rue de la Cour, and Knowlton: Sunday July 22, 3 p.m., at United Church, 234 chemin Knowlton. Presale tickets available at Bijouterie Gervais (Granby), Fruiterie Aux Belles Récoltes (Waterloo), and Brome Lake Books (Knowlton). Reservations: 450-539-1309, or at the door. **Adults: $25 pre-sale, $30 at the door, students: $10 and children 12 and under: free.** www.harmoniedes-saisons.org

July 21

O'GEARY FAMILY on SATURDAY, JULY 21 at The Piggery Theatre, North Hatley, 8 p.m. **Tickets $20.** Tel: 819-842-2431, piggerymedia@gmail.com. Not your usual family band. Part kitchen party, part intimate jazz lounge, part 70's folk festival. Something for everyone, foot tapping Celtic, jazz and traditional favorites.

Events

July

Everyone is invited to the **Richmond County Historical Society Museum,** 1161 Rte. 243, Melbourne Township. The theme this year is heritage music and you will discover some fascinating old-time musical instruments and displays. The museum will be open on Wednesday to Sunday afternoons from 1 p.m. to 5 p.m. On Sundays in July, there will be musicians to entertain visitors from 2 p.m. to 3 p.m. Featured on July 8 is Isabelle Gosselin on violin and on July 15 Julie Miller will entertain with her harp. Later in the month Francine Beaubien and Gordon Alexander will perform with their keyboards. Mark your calendars and plan to visit the exhibition and attend the concerts.

July 7

For your summer reading come to the **Boundary Rotary Book Sale**, 9 a.m. to noon, on Saturday, July 7 at the Rotary Book Store in Beebe. Books in French and English, on all topics. **Donate what you think the books are worth.** Boundary Rotary would like to thank supporters of the book store. For more information, call 819-842-1940.

July 7

Richmond Legion - Branch 15, Richmond, 235 College St. N. **On Saturday, July 7 at 1:00 p.m.** we will be holding a **Crib Tournament** ($5.00 entry fee) PLEASE NOTE: The BBQ scheduled for after Crib has been cancelled.

July 8

The annual **Moe's River Strawberry Ice Cream Social** will be held on Sunday, July 8 from 2 p.m. to 5 p.m. at the 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 13, 14 & 15

2018 **North Hatley Antique & Folk Art Show, North Hatley Elementary School**, 110 School Street, North Hatley. **Opening night: Friday, July 13, 6:30 p.m. to 9 p.m. (beer, wine, hors d'oeuvres included in $25 admission charge).** Saturday, July 14, 10 a.m. to 5 p.m., and Sunday, July 15, 10 a.m. to 3 p.m. **General admission $5**. For opening night tickets, call 819-842-2145. All proceeds to benefit the North Hatley Elementary School.

July 14

BIG Book Sale at the Pettes Memorial Library, 276 Knowlton Road, Lac Brome on Saturday, July 14 from 8 a.m. to 4 p.m. and Sunday, July 15 from 10 a.m. to 3 p.m.

Exhibits

July 7

VERNISSAGE: Saturday July 7, 5 to 7 p.m., **Le Vieux Forgeron Art Gallery,** 240a Dufferin St., Stanstead. 'The Pattern of Movement' Margrethe Ulvik – tapestry weaving, Painting 'Line as Object to Play With' Jean-Marc Péladeau – drawing Benoit Héguy – watercolor, mixed media. Exhibition runs from July 5 to 22, 2018. Gallery hours: Thurs. to Sun. 11 a.m. to 6 p.m. Facebook: Le Vieux Forgeron Art Gallery www.levieuxforgeron.com.



Until July 8

Last chance to see the art exhibit Souffle du vent on display at Uplands Cultural and Heritage Centre until this Sunday, July 8. The exhibition showcases the works of two artists living in the Eastern Townships, Lucie St-Jean and Mary Cartmel, who express themselves through painting and sculpture. Uplands, 9 Speid Street, Borough of Lennoxville is open Tuesday to Sunday from 10 a.m. to 4:30 p.m.

July 8 to August 10

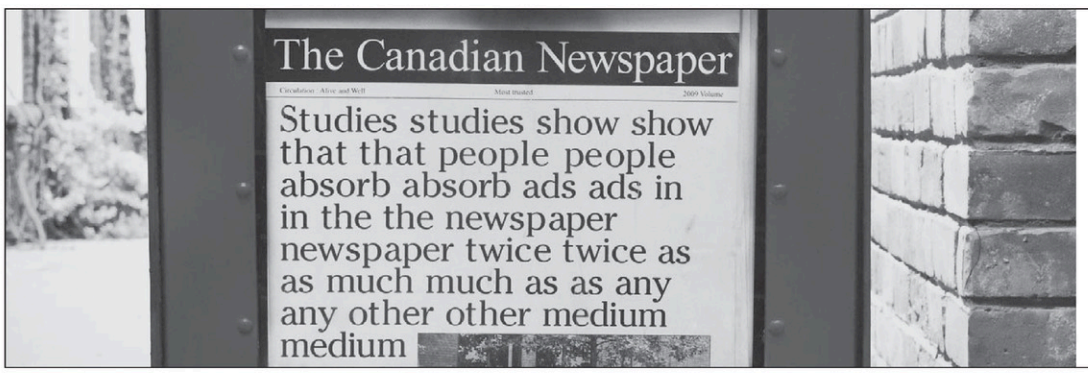
BIBLIOTHÈQUE DE NORTH HATLEY LIBRARY: Local artist Naisi LeBaron is showing her recent works, from July 8 to August 10. A show not to be missed, arrive early for best picks! Vernissage is from 3 to 5 p.m. on Sunday. Hours: Monday to Friday: 10 to 12.30, Wednesday 6.30 to 8.30, Saturday 10 to 3). 165 Main Street, Telephone: 819-842-2110, email: biblio@nhlibrary.qc.ca, website: www.nhlibrary.qc.ca.

July 12

Uplands Cultural and Heritage Centre presents a new exhibition featuring the recent work of painter Sara Peck Colby. The public is invited to meet the artist during the opening from 5 p.m. to 7 p.m. which will take place on Thursday, July 12 at 9 Speid St., Sherbrooke (Borough of Lennoxville). The exhibit will run until September 2, 2018.

July 13-15

Sentier Artistique des Hauts-Boises. An Open Studio Tour of 11 artists' studios in the Haut St. Francois region of the Townships, Friday, July 13 to Sunday, July 15. Open 11 a.m. to 5 p.m. For information call Denis Palmer at 819-889-2549.



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Local Sports

I was the runt of the class and had been looking for a sport to call my own.

Canadian Olympic race walker Evan Dunfee shares training tips



A RUNNER'S MIND

CHRISTINE BLANCHETTE

"What I like to remind people is that success isn't measured by whether or not you achieve those goals but rather if you feel you did everything you could to try and get there." Evan Dunfee

Canadian Olympic race walker Evan Dunfee, from Richmond, B.C. is an elite athlete, ambassador and role model. In our Q&A interview Dunfee provides a snapshot of his life as a professional race walker, along with training tips.

Q: How did your passion begin for race walking?

A: I was the runt of the class and had been looking for a sport to call my own. When I was nine I discovered my talents primarily lay in moving for long periods of time without getting tired so I started running track and a year later I was introduced, serendipitously, to race walk, won my first race and was set from there!

Q: Describe a typical day of training.

A: Right now as I rehab a few injuries, and don't have any major races in the near future, my volume of walking is only around 80km per week, but I am in the gym four days a week. When I am training for a 50km I will do around 200km per week. An example week would be two long walks of 40-45km, an interval session of 6x2km, 14km hard of hills, and a smattering of easier mileage. Most of my walks in training are between 12km and 13km per hour.

Q: What tips do you have for those following in your footsteps?

A: We now have a good crop of high school and university age race walkers in our training group, Race Walk West, with many seeking to one day compete for Canada. The biggest thing in my mind is setting clear goals and understanding the pathway and the work it will take to reach those goals. What I like to remind people is that success isn't measured by whether or not you achieve those goals but rather if you feel you did everything you could to try and get there.

Q: How strict is your nutrition regimen?

A: Nutrition is an area of my training that could use a lot of improvement. Typically I have had the mindset that when I am burning 5000 cal a day, I just need to get whatever food I can in me. But now I am taking a greater effort in my diet and trying to eat healthier, it is a slow but steady progress.

Q: In 2017 you race walked the BMO Vancouver International marathon in 3:10, beating 96 per cent of the field. Have you ever thought of running it?

A: I don't run often in training, maybe 10km per week and the movement patterns are very different. Additionally, running is a lot more pounding on your body, which is one reason walking is such a great way to stay fit for anyone who has joint pain. So I don't think I could physically push my body through a marathon running hard.

Q: How would you describe the general state of race walking in Canada?

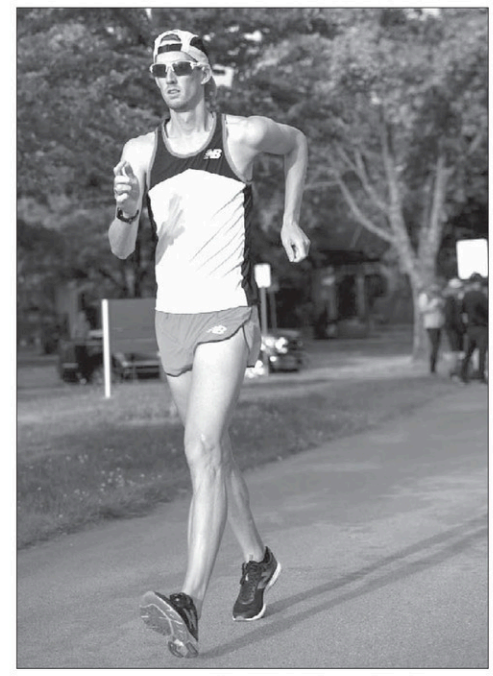
A: I wouldn't say that it is popular, but it certainly seems to have more respect now than it used to. In the 70s 80s and 90s all of our top walkers came from Quebec and now BC has become the hot bed.

Q: Why is the 50km your favourite race?

A: The 50km has so many different challenges. You have to get your fuelling right. Take on too much and your stomach won't hold up, take in too little and you'll run out of energy. The 50km is uncompromising and you can't fake your way through it.

Q: For the benefit of those who missed it, tell us about your race in Rio.

A: In the 50km in Rio, while fighting for bronze with only 1km to go under the hot Rio sun, myself and Hirooki Arai of Japan got tangled up, I lost my composure and my stride faltered. He went on to win bronze and I crossed the line in 4th. After the race the on- course officials disqualified Hirooki for the infraction and I was temporarily lifted to bronze. After a successful appeal by the Japanese I was relegated once again to 4th with the opportunity to appeal that decision one final time. After watching the replays and having no indication that Hirooki had acted purposefully or maliciously and it was simply a cruel byproduct of being 49km into a race where your body is already on the verge of failing you, I elected not to appeal and keep my 4th place, which was a national record. It will be exciting to go back to Japan in 2020 and race Hirooki again at the Olympics!



BRITTNI ROSE

Q: What is next for you?

A: July 8th we have our national championships and while I am slowly easing back into training, this race will be a test more than anything. In August we have our Area championships (North and Central America plus the Caribbean) in Toronto which I will look to medal at over 20km.

Q: What is one thing people may not know about you?

A: I've never had a drop of coffee in my life. For no real reason other than realizing at a certain point in my life I had never tried it and decided I wanted to see how far I could go without it.

Canadians Bouchard and Shapovalov lose second round matches at Wimbledon

The Canadian Press

Eugenie Bouchard's four-match winning streak is over _ and so is the Canadian's run at Wimbledon.

The 24-year-old native of Westmount, Que., dropped a 6-4, 7-5 decision to No. 17 seed Ashleigh Barty of Australia in the second round of the grass-court major on Thursday.

Bouchard, who won three qualifying matches to get into the main draw after seeing her ranking tumble to No. 188, led 5-2 in the second set against Barty and had one set point, but couldn't pull it off.

"It was a couple tough games. I wish maybe at 5-3 I just took a little bit more time and focused on my serve to maybe try and put some better first serves in," Bouchard said. "But I was trying to be aggressive and she came up with some good shots, some tricky shots and that was to be expected as well but I gave everything."

Later in the day, No. 26 seed Denis Shapovalov of Richmond Hill, Ont., was eliminated after dropping a 0-6, 6-2, 6-4, 7-6 (3) decision to Benoit Paire of France in second-round play.

The result left No. 13 seed Milos Raonic of Thornhill, Ont., as the lone Canadian left in singles play. Raonic was scheduled to face Dennis Novak of Austria in the third round on Friday.

Bouchard converted on just one of her six break-point opportunities, while Barty was good on three of seven.

"I think I played an opponent who is playing really well right now, especially on this surface," Bouchard said. "I think she has a great game for grass. So I knew I was coming up against something tough and I'm disappointed because I felt like I had chances in both sets and I think played well but I know I can play better."

The match featured two previous winners of the Wimbledon girls' title _ Barty captured the crown in 2011, a feat matched by Bouchard a year later.

Bouchard went on to reach the Wimbledon women's final in 2014, while Barty hadn't won a match in the main draw until this year.

While the struggling Bouchard is still trying to find a return to form, which fell off sharply after her breakout 2014 season, she is taking positives from advancing through qualifying and into the second round at the All England Club.

"I'm proud to be able to get some wins, especially right after the injury," said Bouchard, who suffered an abdominal strain earlier this year. "Like I said it's really hard to come back so that's the big thing. But really just to play matches, I know I have so much I need to work on and you can practice all you want but there's nothing like real matches, so I'm just grateful to do my job and play."

Meanwhile, Vancouver's Vasek Pospisil and American partner Ryan Harrison lost 6-4, 7-6 (8), 6-2 against the German duo of Philipp Petzschner and Tim Puetz in a first-round men's doubles match on Thursday.

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Death

Bertha (Hughes) COWHARD
September 14, 1927 – June 23, 2018

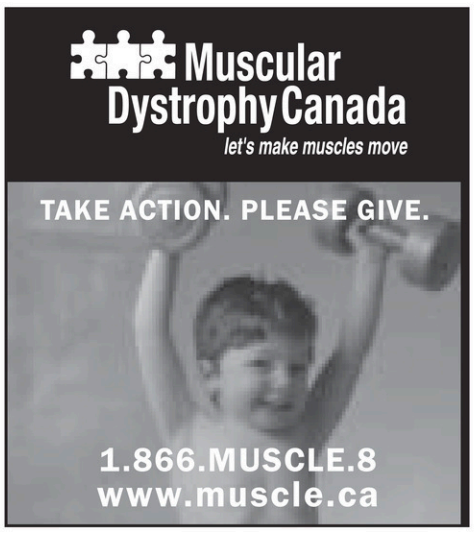
Passed away on June 23, 2018 in her 91st year.
Beloved wife of the late Norman Cowhard. Mother of Charles, Edward (Patti), Robert, Susan (Scott) and Richard (Remy). Loving grandmother to 17 and great-grandmother to 18.
Daughter of the late Archie and Pearl Hughes. Dear sister of the late Edna, the late Esther (the late Frederick Dix), Ethel (the late Bill Murphy), the late Osborn, the late Margaret, Leona (the late John Weglowski) and the late Edith.
Dear aunt to many nieces and nephews.
A private burial has taken place at Moe's River Cemetery.



Card of Thanks

PROVIS - I would like to thank everyone who took part in the 1st of July Parade in Richmond, especially my committee who took over for me. Chad Quinn for driving me around, Charlie Milette, Steve McGee and the Boy Scouts for helping me take off in the ambulance. The parade was perfect. I heard it was a great success. I would like to thank everyone very much and hope to see you all next year.

SHIRLEY PROVIS,
CHAIRPERSON



Datebook

FRIDAY, JULY 6, 2018

Today is the 187th day of 2018 and the 16th day of summer.

TODAY'S HISTORY: In 1785, Congress chose the dollar as the monetary unit of the United States.

In 1854, the Republican Party was formally launched at a convention in Jackson, Michigan.

In 1892, 16 people were killed during fighting between guards and striking steelworkers at a Carnegie Steel Co. plant in Homestead, Pennsylvania.

In 1942, diarist Anne Frank and her family went into hiding in a "secret annex" in a warehouse in Amsterdam.

TODAY'S BIRTHDAYS: Frida Kahlo (1907-1954), painter; Nancy Reagan (1921-2016), actress/first lady; Merv Griffin (1925-2007), TV personality; Janet Leigh (1927-2004), actress; Tenzin Gyatso (1935-), 14th Dalai Lama; Ned Beatty (1937-), actor; George W. Bush (1946-), 43rd U.S. president; Sylvester Stallone (1946-), actor; Geoffrey Rush (1951-), actor; Brian Posehn (1966-), actor/comedian; 50 Cent (1975-), rapper; Kevin Hart (1979-), actor/comedian; Pau Gasol (1980-), basketball player; Manny Machado (1992-), baseball player.

TODAY'S FACT: Future Beatles bandmates John Lennon and Paul McCartney met for the first time at a fair in Liverpool, England, on this date in 1957.

TODAY'S SPORTS: In 1957, Althea Gibson became the first African-American athlete to win a tennis title at Wimbledon.

TODAY'S QUOTE: "America is a great force for freedom and prosperity. Yet our greatness is not measured in power or luxuries, but by who we are and how we treat one another. So we strive to be a compassionate, decent, hopeful society." — George W. Bush

TODAY'S NUMBER: 49,200 — fans in attendance at Major League Baseball's first All-Star Game, held on this day in 1933 at Comiskey Park in Chicago. The American League defeated the National League by a score of 4-2.

TODAY'S MOON: Last quarter moon (July 6).

Antibody tests can help solidify diagnosis of IBS

ASK THE DOCTORS
By Robert Ashley, M.D.

Dear Doctor: How accurate is the blood test for irritable bowel syndrome? My gastroenterologist says that one exists but that he doesn't feel it has been proved effective.

Dear Reader: Irritable bowel syndrome (IBS) is a disorder characterized by abdominal pain in association with altered bowel movements. Sufferers can have diarrhea or constipation, or they can alternate between the two. IBS affects about 11 percent of the population and accounts for anywhere from 25 to 50 percent of all visits to gastroenterologists. It affects women more than men, with 14 percent of women affected and 9 percent of men. IBS is what's called a "functional bowel disorder," meaning that it's not related to inflammation but to how the bowels contract and relax.

To diagnose IBS, a doctor must rule out other causes for a patient's symptoms. But newer blood tests can help. One assesses levels of an antibody to the cell membrane protein vinculin; and the other assesses levels of an antibody to a toxin produced by the gut (anti-CdtB). A 2015 study looked at 2,375 people with diarrhea-associated IBS and compared their blood levels of these two antibodies to the levels in people with inflammatory bowel disease (IBD), celiac disease or no bowel issues. In those with IBS, the authors found elevated anti-CdtB and anti-vinculin levels in 43.7 and 32.6 percent of patients respectively. In other words, these are not very sensitive tests for detecting IBS.

Still, a positive test can point doctors in the right direction. In this study, 91.6 percent of those who tested positive for anti-CdtB had diarrhea-associated IBS, while 83.8 percent of those who tested positive for anti-vinculin had the condition. People with inflammatory bowel disease had similar antibody levels as healthy adults. This means that, if someone does test positive for the high antibody levels, they likely have diarrhea-associated IBS.

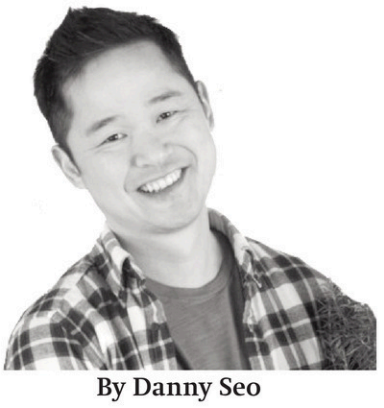
A 2017 study additionally evaluated the antibody levels in people with constipation-associated IBS and people with IBS that fluctuated between constipation and diarrhea. In this study, a positive result for high levels of either anti-CdtB or anti-vinculin was found in 58.1 percent of people with diarrhea-associated IBS; 44 percent of those with fluctuating IBS; 26.7 percent of those with constipation-associated IBS; and 16.3 percent of healthy controls. The authors concluded that the results of antibody-level testing in people with constipation-associated IBS was not much different than it was for healthy people.

It's still important to rule out other potential causes for IBS symptoms of abdominal bloating and altered bowel movements. This can be done with blood tests for C-reactive protein and celiac-disease antibodies; a stool test assessing potential bacterial causes; or a stool calprotectin test, which is positive in inflammatory bowel disease.

Nonetheless, the antibody tests for CdtB and vinculin can help solidify the diagnosis of diarrhea-associated IBS or of IBS with mixed diarrhea and constipation.

Robert Ashley, M.D., is an internist and assistant professor of medicine at the University of California, Los Angeles.

DO JUST ONE THING



By Danny Seo

When you accidentally spill a glass of red wine on the carpet, there is no reason to toss out the rug or call a professional cleaner. Instead, do what 007 would: Grab a martini. Red wine has something called anthocyanins, which basically cause the deep red color. By dousing red wine with something with a much higher alcohol percentage — vodka, in this case — the anthocyanins disappear and dissolve in the vodka. Then just soak up the new red wine/vodka mixture with a towel and keep the party going.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMS, BRIEFLETS:
Text only: 40¢ per word. Minimum charge $10.00 ($11.50 taxes included)
Discounts: 2 insertions or more: 15% off
With photo: additional $18.50. DEADLINE: 11 a.m., day before publication.
BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:
Text only: $16.00 (includes taxes)
With photo: $26.00 ($29.90 taxes included) DEADLINE: 3 days before publication.
WEDDING WRITE-UPS:
$26.00 ($29.90 taxes included) WITH PHOTO: $36.00 ($41.40 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: classad@sherbrookerecord.com - They will not be taken by phone.
DEADLINES FOR DEATH NOTICES:
For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.
For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

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Church Services

Anglican

GEORGEVILLE

Sunday, July 8 at 9 a.m., St. George's Church, Georgeville invites you to celebrate the service of Holy Communion with the Ven. Dean E. Ross officiating.

LENNOXVILLE

Saint George Anglican Church in Lennoxville, at 84 Queen Street, will be celebrating Holy Eucharist every 1st, 2nd and 3rd Sunday at 11 a.m. Morning Prayer is held every 4th Sunday at 11 a.m.

NORTH HATLEY

Saint Barnabas Anglican Church, North Hatley, at 640 Sherbrooke St., celebrates Holy Eucharist every 1st, 2nd & 3rd Sunday at 9 a.m. Morning Prayer is held every 4th Sunday at 9 a.m.

SHERBROOKE

Sunday, July 8, The Church of the Advent, 473 Bowen St. S., Sherbrooke, welcomes you at 11:00 a.m. 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, Sundays: 10:30 a.m. Worship and Sunday School.

SCOTSTOWN

St. Paul's Presbyterian Church in Scotstown welcomes you to a Sunday afternoon service on July 8 at 2:30 p.m. Minister: Rev. Susan Smith.

United

AYER'S CLIFF - MAGOG

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

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to worship with Rev. Linda Buchanan and Rev. Samuel Dansokho on Sunday, July 8 at 10:00 a.m. Children always welcome. 819-565-8449; website - lennoxvilleunitedchurch.com.

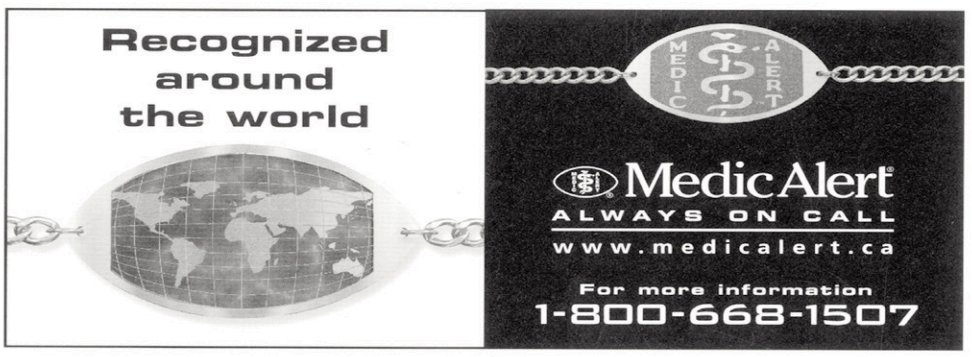
United

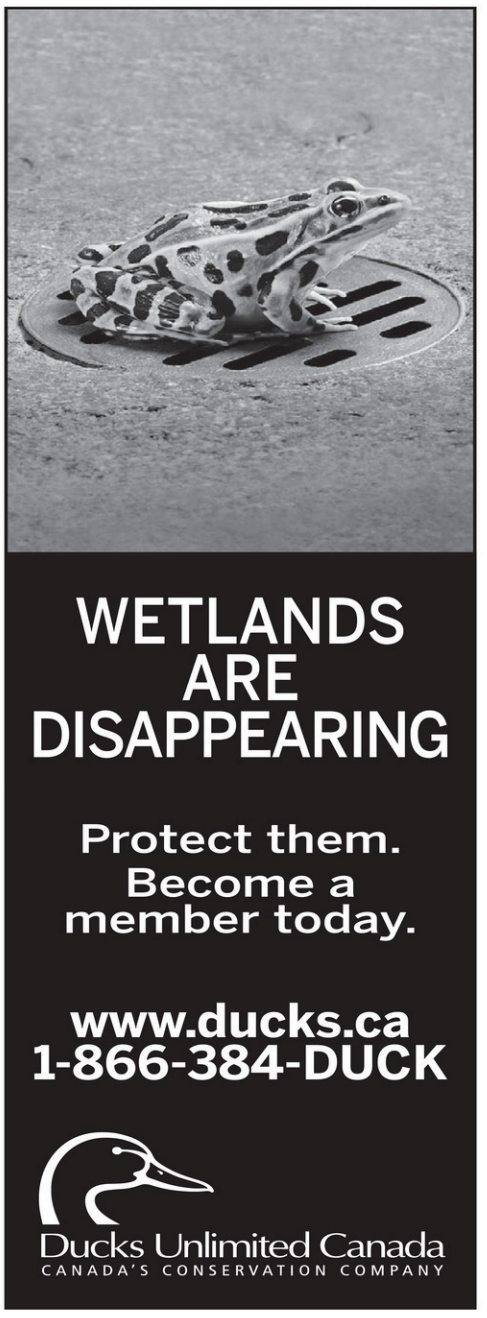
SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, www.plymouthtrinitychurch.org, holds all its July services in Lennoxville with the congregation at Lennoxville United Church (6 Church St., corner Queen), Sundays at 10 a.m. (note the time!). Services return to Plymouth-Trinity starting Sunday, August 5 (and we will also return to our regular 10:30 a.m. time). En juillet, nos cultes se tiennent à l'Eglise Lennoxville United (au 6, rue Church, coin de Queen), où nous nous réunirons à 10 h les dimanches matins pour un seule culte, et ce en anglais, avec les membres de la congrégation de Lennoxville. Tout le monde est cordialement le bienvenu! Minister: Rev. Samuel V.

WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church. There will be no services for the month of July. 819-837-1112.





In Memoriam

Your generous contribution will help finance research into lung disease such as asthma, emphysema, chronic bronchitis and lung cancer.

Over 700,000 Quebecers who suffer from respiratory disease thank you.

Quebec Lung Association

Toll free: 1 800 295-8111
Montreal: (514) 287-7400

SUDOKU

DIFFICULTY RATING: ★★★★☆

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

7/6

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

PREVIOUS SOLUTION

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

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

PREVIOUS SOLUTION

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

7/7

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DIFFICULTY RATING: ★★★★☆

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

SUDOKU

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Phone scams an ongoing issue

Dear Annie

FRIDAY, JULY 6, 2018

Dear Annie: About six months ago, a friend confided in me that he had been sexually assaulted a year prior by a blind date. After watching an episode of "ER," we were talking about sexually transmitted infections, and he mentioned needing to get tested, which brought up the revelation of his assault. He was very straightforward about telling me and said that he had dealt with everything already and was ready to move past it. He's also had relationships and casually dated people since the assault, and he said things were completely fine.

I've tried to let him know that I'm here if he wants to talk, but he brushes the concern aside and starts a new topic each time it comes up. He's even joked a few times about hoping it doesn't happen again as he's heading out the door for a date. I'm never sure how to reply to jokes like that. Awkward chuckle? I doubt he needs or wants any pitying glances. His demeanor is very different from that of my female friends who have also been assaulted, and I don't know how to navigate the conversation without projecting my own emotions — or emotions that I think should be expected — on him. Annie, do you have any recommendations or resources for helping men who've been sexually assaulted or for their friends and family members? — At a Loss

Dear At a Loss: I am so sorry your friend went through that. He's not alone. Approximately 1 in 6 men have experienced sexual assault or abuse.

The fact that he opened up to you about his experience means that he sees your friendship as a safe space in which he can be vulnerable. If you can continue providing that space, you'll have done a lot. Ambivalent and complex emotions will arise at times. Know that it's not necessary to "resolve" those feelings; simply sitting with them and with him is often the best thing you can do, even when it feels uncomfortable.

Sometimes survivors use humor as a way to cope with trauma, which may be what he's doing with those jokes. But you don't have to laugh at them. A neutral reaction is fine.

For more tips on supporting him, visit https://1in6.org; select the "Get Information" tab and then "For Family and Friends." You can also chat with a trained advocate using the 1in6 website, 24 hours a day, seven days a week.

Dear Annie: Summer is here, and so are summer scams.

Recently, my mother-in-law received a call from my daughter's "friend" telling her that her granddaughter had been driving and caused a wreck resulting in serious injuries to a woman in another car. She insisted that my daughter didn't want to tell us about the accident and asked for money that she would pay back soon. She even said she had a lawyer to represent her and gave a number.

My mother-in-law is a trusting woman. Luckily, she felt she had to talk to her son before she did anything, and of course the fish failed to swallow the hook. Please print this letter to let others know not to trust anyone peddling this sort of scam.

People also should know not to open their doors to strangers, no matter what they say. Call the police and stay inside your home. If you are contacted via phone or text, call your provider and ask whether someone working there can trace the call and alert fraud agencies. Don't answer calls from unknown numbers, and never provide information or money to strangers, no matter how convincing their script. — Now Wiser

Dear Now Wiser: Thanks for sharing your wisdom. Scams can also be reported at https://www.ftccomplaintassistant.gov. Stay safe and savvy.

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

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

60th Wedding Anniversary

Ann and Ellis Clark
of Richmond
will be celebrating their
60th Wedding Anniversary
on Saturday, July 7.
Friends are welcome to stop in
at the church hall of
St. Andrew's Presbyterian Church
in Melbourne (1169 Route 243)
between 2 p.m. and 4 p.m.
for a cup of tea
and to join in the celebration.



Best wishes only.

Your Birthday

FRIDAY, JULY 6, 2018

Look past anything negative you encounter this year to gain insight into the possibilities at hand. Head toward new beginnings and make changes to the way you do things. It's time to end old conditions and replace them with beneficial things.

CANCER (June 21-July 22) — If you mix things up a bit, others will take note of what you are doing. An imaginative approach to a certain task will help you expand your marketability.

LEO (July 23-Aug. 22) — You'll be opposed if you try to make too many changes. Don't overextend yourself or make impossible promises to appease someone putting demands on you. Make self-improvements instead of trying to change others.

VIRGO (Aug. 23-Sept. 22) — Look at the possibilities and size up your situation. You stand to make personal gains if you are willing to initiate change. Don't be afraid to do things differently.

LIBRA (Sept. 23-Oct. 23) — Get active and get fit. Put more effort into exercise, diet and feeling and looking your best. Participate in bringing about change. Share your thoughts and make use of your right to protest.

SCORPIO (Oct. 24-Nov. 22) — Simplicity will help deter regret. Purge what you don't need and do your best not to get into an argument with someone pressuring you. Take the path that beckons you.

SAGITTARIUS (Nov. 23-Dec. 21) — Personal improvements at home will make your life easier and your outlook better. Social encounters will be mentally and emotionally stimulating. Love is highlighted, and short trips are encouraged.

CAPRICORN (Dec. 22-Jan. 19) — Look for the good in everyone and everything before you make a judgment call. Knowing what's truly going on will make a difference to the way you think and react.

AQUARIUS (Jan. 20-Feb. 19) — Open up emotionally. Positive change will only take place if you make it happen. Follow your heart, but don't neglect to use common sense when dealing with romantic or passionate matters.

PISCES (Feb. 20-March 20) — Socialize with like-minded people. The information and tips you gather will lead to a monetary gain. Be careful where you leave your possessions and personal information.

ARIES (March 21-April 19) — Take pride in what you do. The hard work you put in will eventually lead to the rewards you desire. Personal change will require research and proper management.

TAURUS (April 20-May 20) — You'll be tempted to make a personal change that could affect your livelihood or domestic stability. Don't take action prematurely or without keeping a close eye on the consequences.

GEMINI (May 21-June 20) — Don't let the changes taking place bring you down. In hindsight, you'll realize that what transpires will have been in your best interest. Embrace the future.

SATURDAY, JULY 7, 2018

Knowing instinctively how you can be most effective will help you bring things together systematically this year. Whatever the challenge, your ability to read between the lines and come up with alternative ways to make things work will give you the edge you need to bring about positive change.

CANCER (June 21-July 22) — If you take pride in what you do, others will take note. Reach high and far to ensure that you've taken advantage of everything available to you to create new possibilities.

LEO (July 23-Aug. 22) — Don't wait until it's too late. If a situation appears to be spinning out of control, put an abrupt end to it before it costs you emotionally and financially.

VIRGO (Aug. 23-Sept. 22) — Learn as you go and don't skip a beat. Your ability to call upon people with whom you have successfully worked in the past will pay off.

LIBRA (Sept. 23-Oct. 23) — Take charge and do your own thing. Note what others have to offer, but don't entertain the thought of participating in a joint venture. Focus on physical improvements and romance.

SCORPIO (Oct. 24-Nov. 22) — Learn all you can and update your qualifications to suit the changing job market. Know your strengths and put a unique spin on what you have to offer.

SAGITTARIUS (Nov. 23-Dec. 21) — Be reasonable when it comes to money matters. Spending money that you don't have will be viewed as irresponsible. Put greater emphasis on personal improvements, inner growth and romance.

CAPRICORN (Dec. 22-Jan. 19) — Welcome change, and engage in activities that broaden your vision and help you improve your living arrangements and a relationship with a loved one. Make love and romance priorities.

AQUARIUS (Jan. 20-Feb. 19) — Do what comes naturally. Don't feel obliged to follow someone else or give in to emotional manipulation. Set boundaries if someone tries to take advantage of you.

PISCES (Feb. 20-March 20) — You may need a change, but making the right choice will be difficult if you let someone meddle in your affairs. Think and do for yourself, and avoid being led astray.

ARIES (March 21-April 19) — Take part in activities that require skill and determination. Make physical changes that will enhance your looks. Let someone special know how much you care. Romance is encouraged.

TAURUS (April 20-May 20) — Let others voice an opinion before you share yours. It's best to remain silent if it will help you avoid getting into a dispute. Focus on self-improvement, not on trying to change others.

GEMINI (May 21-June 20) — Play an active role in whatever is happening in your community or with the people you usually hang with. Mental stimulation will lead to a better physical relationship.

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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.

"L WMP'F TMLF FK VBF KSS FXB HFMVB, DBWMRHB L'EB VKF HKJB YLSB HMEBGH LP JA IKWUBF MPN ILPBMIIYB LH PBZF!" — JLFWX XBNDBGV

Previous Solution: "Lady Gaga is here, and I'm not sure what she's wearing but all the Post-it notes are missing from my office." — Jimmy Kimmel

TODAY'S CLUE: K equals U

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.

"G'U PLRSGTV R NKKM, NLFRJHL G'U NPRGTE... R NKKM — GX EKJ SKT'O MTKB, GO GH WGML R NWKV LIFLDO NGVVLP." — FPRGV XLPVJHKT

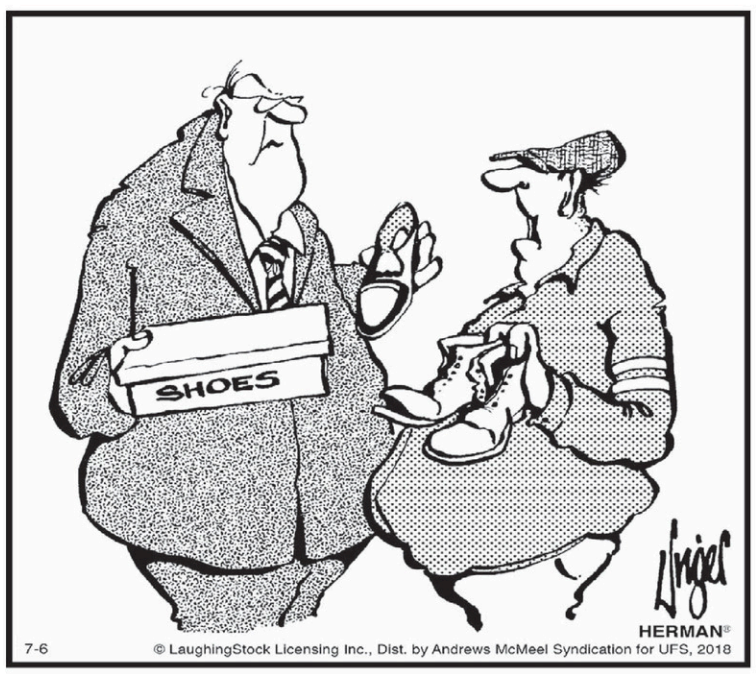
TODAY'S CLUE: X equals I

Previous Solution: "I can't wait to get off the stage, because I've got some Life Savers in my pocket and pineapple is next!" — Mitch Hedberg

REALITY CHECK

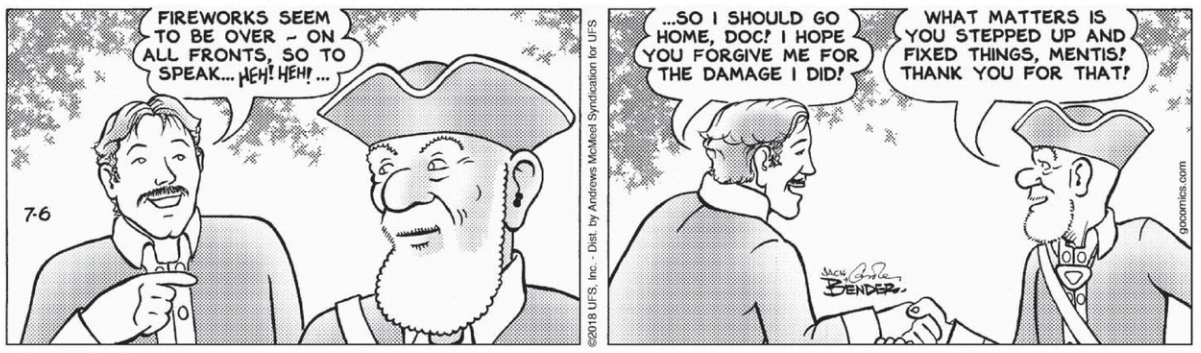


HERMAN

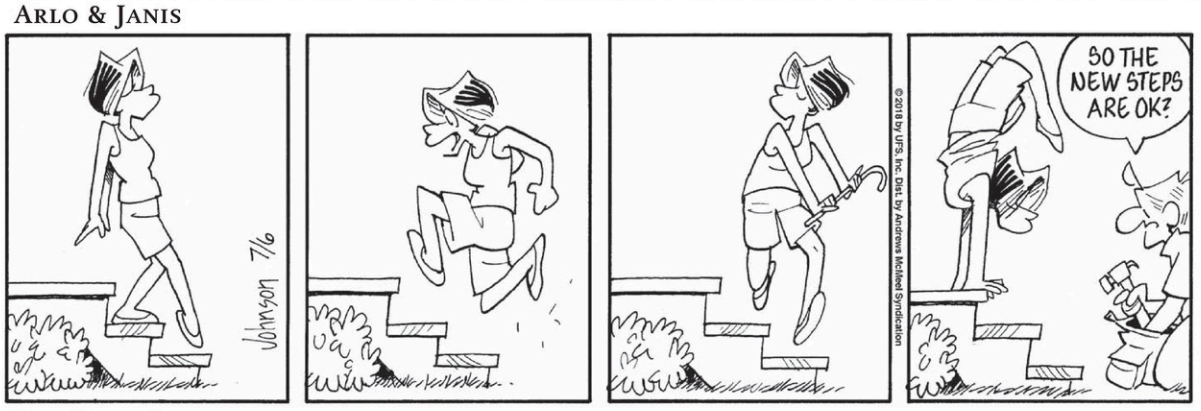


"Do you take trade-ins?"

ALLEY OOP



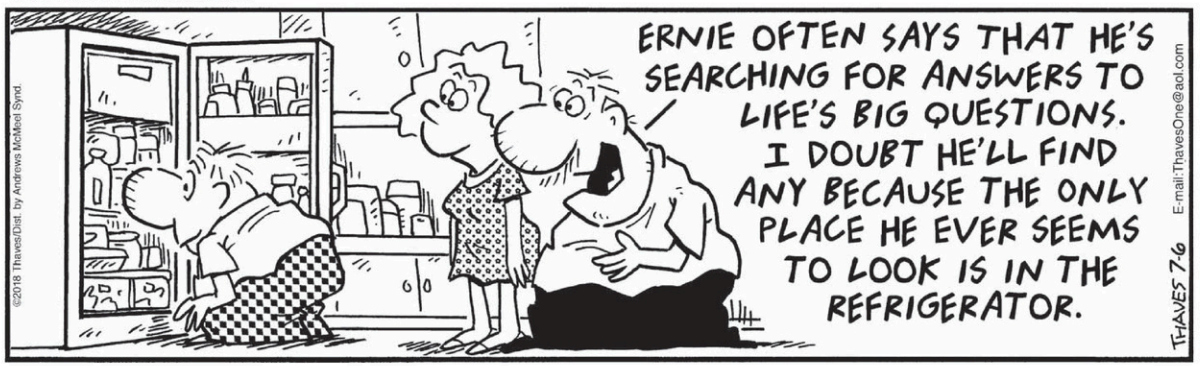
ARLO & JANIS



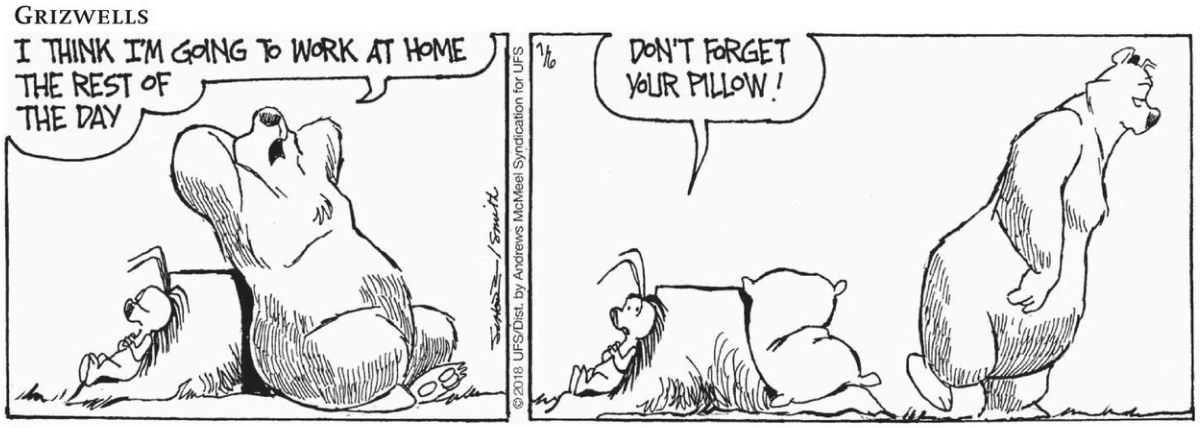
THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



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www.diabete.qc.ca

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

CLASSIFIED

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
OR MAIL YOUR PREPAID CLASSIFIED ADS TO
THE RECORD, 6 MALLORY, SHERBROOKE, QUEBEC J1M 2E2

001 Property for Sale



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

035 For Rent

CLASSIFIEDS ONLINE! www.sherbrookerecord.com

NORTH HATLEY - By the river. 2 bedroom split level apartment with wood and electric heat. Quiet location. Ideal for a couple. References needed. $650, heat not included. Available now. Call 819-432-6612.

VERY NICE 2 bedroom apartment with high-end appliances, quality renovations, steam shower, hardwood floors, computer nook. Rock Island sector of Stanstead. $550 per month plus hydro. Must have rental references and financial references. Quiet building with good tenants. Please call Laurie at 819-570-7661.

100 Job Opportunities

LJH TRANSPORT is actively looking for a full time **Dispatcher.** Applicants must be team oriented, highly organized, bilingual and have knowledge of the transport industry. Experience is an asset, training is available. Please forward CVs to info@ljhtransport.com

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

100 Job Opportunities

MANOIR HOVEY

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

Experienced Dishwasher
- Maintain kitchen areas and equipment clean and in order.
- Wash dishes, silverware, pots and pans.
- Autonomy, courtesy and team spirit.

Housekeepers
- Clean rooms and public areas.
- Report irregularities to maintenance team.
- Autonomy, courtesy and team spirit.

Servers
- Setting up the dining room
- Bring plates/clear away tables
- Bilingual French/English required

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

145 Miscellaneous Services

CAR WASH, wax, shampoo, polish, interior. Work done by hand. Lennoxville. Call **Antoine** at 819-571-1265.

145 Miscellaneous Services

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

150 Computers



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

190 Cars For Sale

2008 CHEVY IMPALA, automatic, 3.5L, black, clean. 253,000 km, mechanic A1, $3,500. Camping trailer, sleeps 6, $600. Call 450-243-0290

190 Cars For Sale



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

275 Antiques

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290 Articles For Sale

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Ville de Sherbrooke

PUBLIC NOTICE

BOROUGH OF LENNOXVILLE

Minor Exceptions
151 St. Francis Street

TO ALL INTERESTED PARTIES,

NOTICE is hereby given that, at the Ville de Sherbrooke's Borough of Lennoxville Council meeting on July 24, 2018, at 5 p.m., at the Borough office located at 150 Queen Street, Sherbrooke, the Council will render a decision on the following request for minor exemptions:

1. Regarding the building located on **151 St. Francis Street,** in Sherbrooke, lot 2 446 510 of the cadastre of Quebec, located in Zone H0882, of the Draft Zoning and Subdivision By-law #1200 of the Ville de Sherbrooke, to authorize a minor exception of 0.80 m to the prescribed minimum lateral setback of 2.00 m on the northern side to legalize the installation of the residence on the property.

All concerned persons may express their opinions to the Council regarding this request.

GIVEN AT SHERBROOKE, this July 6, 2018

André Blais
Secretary, Borough Council

290 Articles For Sale



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

RIDGID 12" COMPOUND MITER saw with stand, like new, $175. Call 819-821-2590.

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294 Events

ASTROLOGY / NUMEROLOGY READINGS with Michael O'Connor (www.michaeloconnorastrologer.com, 514-912-6871) by phone or internet or in-person in Montreal. All sessions recorded.

310 Arts & Crafts

MARCHE DES ARTISANATS DUNHAM Crafts Market is open durng the Dunham wineries open house weekend July 7 and 8. Every Saturday 10 a.m. to 6 p.m. Sunday 10 a.m. to 5 p.m. Variety of beautiful hand-made one-of-a-kind goods. Wall art. Also open every Thursday and Friday afternoon. 450-295-2252, michilynnd@gmail.com, FB @ marchedesartisanatsdunham. 3786 rue Principale, Dunham

340 Garage Sales

COOKSHIRE-EATON
Multi-family garage sale. Bumper pool table, gun targets, antique shotgun, Harley Davidson jacket, tools, garden tools, hammock, sleeping bags, 3-seater swing with canopy, blinds, books, pine dining room table (72 long x 38 width x 28 high) including 6 chairs, small kitchen appliances, VW tire new with rims P215-60R16, and much more. 45 ch. Gilbert, (take Labonté formerly Sand Hill of Route 108), Saturday and Sunday, July 7 and 8, 8 a.m.

LENNOXVILLE
Big Garage Sale, Saturday, **July 7** from 9 a.m. to 4 p.m. Rain or shine. Used books, clothing, toys, DVDs and much more! 139 Queen Street, Lennoxville (entrance through Les 3 Fees gift shop).

MANSONVILLE
Garage Sale, Saturday, July 7, 9 a.m. to 4 p.m. and Sunday, July 8, 10 a.m. to 4 p.m. Maison Reilly House, downstairs in the back, 302 Principale, Mansonville.

395 Home Improvement

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

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HANDY POINTERS on writing a successful classfied ad



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- Prepare an outline of your ad and then write it.
- Be specific – buyers want useful information such as price.
- Group related facts in the same sentence.
- Avoid slang and abbreviations. Abbreviations are not needed because **The Record** charges by word rather than space.
- Above all, don't forget your telephone number or address and when respondents may contact you.

Do you have

CA$H

in your attic?

Turn those unwanted items into cash.
Sell them in the Classifieds!
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NEA Crossword Puzzle

ACROSS

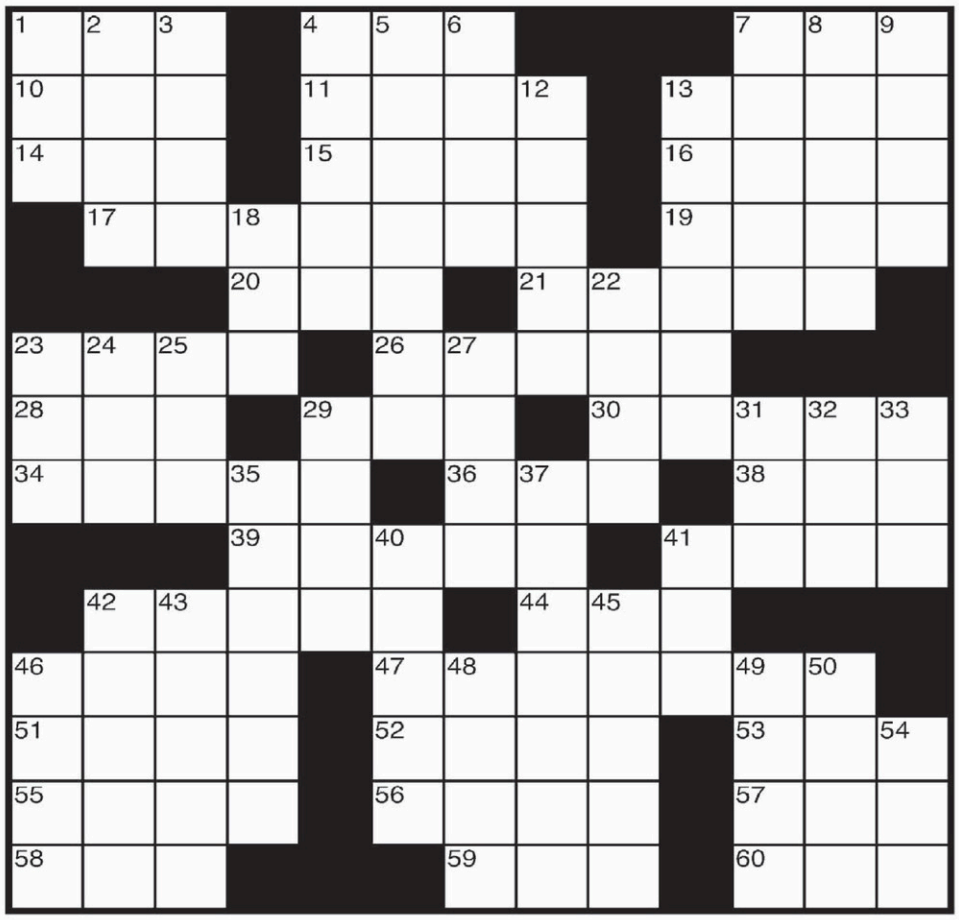
1 Squishy
4 Zodiac animal
7 Affirmative
10 Literary compilation
11 QED part
13 Rum-soaked cake
14 Sock hop locale
15 Ranch unit
16 MP's prey
17 Army helicopters
19 Russo or Magritte
20 Pass near Pikes Peak
21 Late
23 Gourmet's staffer
26 Verse
28 Paper item
29 Mate's comeback
30 Longer in the tooth
34 They may be heaved
36 Hwys.
38 Gloating cry
39 Chicago airport
41 Break
42 Donkey's comments
44 Collar
46 Game show name
47 First
51 Bank feature
52 Ring up
53 La —, Bolivia
55 Zooms on runners
56 Raines of 1940s films
57 Tennis instructor
58 Mesh
59 Double curve
60 Way of Lao-tzu

DOWN

1 Humorist
2 "Only Time" chanteuse
3 Pack firmly
4 Respond
5 Target sport
6 Stable parent
7 Veered
8 Dark wood
9 White as a sheet
12 Easily irked
13 Speed along
18 — Wiedersehen
22 Hoople of the comics
23 Big rigs' radios
24 Yes, in Kyoto
25 Future chick
27 Monsieur, in Bonn
29 Opposite of ruddy
31 Mother rabbit
32 Codgers' queries
33 Go bad
35 Frauds
37 Refusals
40 All kidding —
41 Box-score stat
42 "Tyger, Tyger ..." poet
43 Overhaul
45 Book of maps
46 Part of NBA
48 Giza's river
49 Dr.'s visit
50 Tomb Raider — Croft
54 Where monkeys swing

Answer to Previous Puzzle

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



7-6

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Your Birthday

SUNDAY, JULY 8, 2018

Participate in life's hurly burly and share your thoughts and opinions. Group engagements will result in meeting new people who can help you advance personally, professionally and emotionally. Offer your time, not your money, and become part of a movement that will help transform the world around you.

CANCER (June 21-July 22) — Make your actions count. Don't talk when you can pitch in and make things happen. You will be enlightened by the people you encounter along the way. Use your skills diversely.

LEO (July 23-Aug. 22) — Avoid making an emotional decision that could be costly or lead to a dispute with a loved one. Channel your energy into love and peace.

VIRGO (Aug. 23-Sept. 22) — Travel mentally or physically to learn something major. Let your imagination wander and do your best to make your dreams come true. Change looks promising.

LIBRA (Sept. 23-Oct. 23) — Get up and get moving. You can accomplish a lot if you set goals. Love and romance will enhance your life and fend off any negativity that may be festering.

SCORPIO (Oct. 24-Nov. 22) — Concentrate on doing your own thing and on not letting anyone with bad habits lead you down the wrong path. Don't waste your time arguing or giving in to erratic or pushy people.

SAGITTARIUS (Nov. 23-Dec. 21) — Your charm will help you sway any opponents over to your way of thinking. A little adventure can be fun, but don't go overboard. Live within your means.

CAPRICORN (Dec. 22-Jan. 19) — Stick close to home and do a little fixing up or entertaining. The changes you make will help stabilize your current situation. The work you put in will be appreciated by loved ones.

AQUARIUS (Jan. 20-Feb. 19) — Keep your emotions under control. Someone will push you if you question the persuasive tactics being used. Time alone will help you put things in perspective.

PISCES (Feb. 20-March 20) — Investing in yourself or something you want to pursue looks promising, as long as you don't go into debt. A joint venture will go well if you lay down some ground rules first.

ARIES (March 21-April 19) — Your involvement in a project that is geared to environmental or human-rights issues will bring you in contact with people who can help you find new ways to use your attributes. Romance is highlighted.

TAURUS (April 20-May 20) — You'll face opposition if you are too open regarding your opinions. You are best off listening, assessing and choosing to bypass an argument that offers absolutely no beneficial results.

GEMINI (May 21-June 20) — Getting involved in world issues is admirable, but don't mess with authority figures, rules or regulations. Choose to stay close to home and to nurture important relationships.

FRIDAY, JULY 6, 2018

Will you even think of making this play?

By Phillip Alder

To end the week, we will look at a couple of great plays.

This deal was originally written up by Knut Kjaernsrod and declared by Boye Brogeland, both from Norway. Brogeland, age 45, is a personable expert. He got a lot of publicity three years ago when he led the move to have high-profile cheats removed from the game. He was the International Bridge Press Association's Personality of the Year in 2015, and one year later received the Sydney Lazard Jr. Sportsmanship Award from the American Contract Bridge League. He is also the editor of Bridge i Norge magazine.

How did Brogeland play in four spades after West led the club jack: two, five ...?

North's four-diamond bid showed a strong four-spade opening.

We would have taken the first trick and wondered how to continue. Brogeland paused when the dummy came down and East played the club five. Now Brogeland knew that West had led a singleton. If declarer took the first trick, he could unblock dummy's heart ace, but then what? Even if East had the diamond ace, there were surely at least four losers.

	North 07-06-18 ♠ A Q J 9 8 5 3 ♥ A ♦ 8 ♣ 6 4 3 2	
West ♠ 7 4 ♥ J 10 4 2 ♦ A Q 10 4 3 2 ♣ J		East ♠ K 10 2 ♥ 8 7 6 5 ♦ J 9 5 ♣ K Q 5
	South ♠ 6 ♥ K Q 9 3 ♦ K 7 6 ♣ A 10 9 8 7	

Dealer: North
Vulnerable: East-West

South	West	North	East
		4♦	Pass
4♠	Pass	Pass	Pass

Opening lead: ♣ J

Brogeland let West win the first trick!

After a heart to the ace, declarer cashed the spade ace and continued with the spade queen. East led the club king, but South won with his ace, discarded dummy's last two clubs on his high hearts, ruffed a club, drew East's last trump and conceded one diamond.

Yes, a tad lucky, but if Brogeland had won trick one, he would have failed. Not many would have found that play.

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Flavourful, well marbled short ribs with a crunchy crust

By America'S Test Kitchen

Flavourful, well-marbled short ribs seem like the perfect candidate for grilling, but getting the texture just right can be a challenge. We wanted meltingly tender meat with the nicely browned exterior that the grill provides - without having to constantly fiddle with the fire.

We started with a flavourful spice rub and a sweet-tart glaze. Ground fennel and cumin added more complex layers to the rub. For the glaze, we came up with several options using tangy, bright flavours to help temper the richness of the meat.

Short ribs are full of collagen, which converts to gelatin during cooking and produces a tender texture. We went with bone-in ribs to make sure they wouldn't overcook before the collagen had enough time to break down.

Even a carefully monitored grill inevitably produces hot and cold spots, and the spotty heat was causing our short ribs to cook unevenly. Starting the ribs in the more even-heat environment of the oven was the optimal solution. When the ribs reached 165 F, we moved them to the grill to finish cooking and get a smoky, crunchy crust.

GRILL-ROASTED BEEF SHORT RIBS

Servings: 4-6
Start to finish: 2 hours

Meaty English-style short ribs are preferred in this recipe to thinner-cut flanken-style ribs. Make sure to choose ribs that are 4 to 6 inches in length and have at least 1 inch of meat on top of the bone.

Spice Rub:
2 tablespoons kosher salt
1 tablespoon packed brown sugar
2 teaspoons pepper
2 teaspoons ground cumin
2 teaspoons garlic powder
1 1/4 teaspoons paprika
3/4 teaspoon ground fennel
1/8 teaspoon cayenne pepper

Short Ribs:
5 pounds bone-in English-style beef short ribs, trimmed
2 tablespoons red wine vinegar
1 recipe glaze (recipes follow)

For the spice rub Combine all ingredients in bowl. Measure out 1 teaspoon rub and set aside for glaze.

For the short ribs Adjust oven rack to middle position and heat oven to 300 F. Pat ribs dry. Sprinkle ribs with spice rub, pressing into all sides of ribs. Arrange ribs bone side down in 13 by 9-inch baking dish, placing thicker ribs around perimeter of baking dish and thinner ribs in centre. Sprinkle vinegar evenly over ribs. Cover baking dish tightly with aluminum foil. Cook until thickest ribs register 165 F to 170 F, 1 1/2 to 2 hours.

- For a charcoal grill: Open bottom vent halfway. Arrange 2 quarts unlit charcoal briquettes into steeply banked pile against side of grill. Light large chimney starter half filled with charcoal briquettes (3 quarts). When top coals are partially covered with ash, pour on top of unlit charcoal to cover one-third of grill with coals steeply banked against side of grill. Set cooking grate in place, cover, and open lid vent halfway. Heat grill until hot, about 5 minutes.

- For a gas grill: Turn all burners to high, cover, and heat grill until hot, about 15 minutes. Turn primary burner to medium and turn off other burner(s). (Adjust primary burner as needed to maintain grill temperature of 275 F to 300 F.)

Clean and oil cooking grate. Place short ribs, bone side down, on cooler side of grill about 2 inches from flames. Brush with 1/4 cup glaze. Cover and cook until ribs register 195 F, 1 3/4 to 2 1/4 hours, rotating and brushing ribs with 1/4 cup glaze every 30 minutes. Transfer ribs to large platter, tent with foil, and let rest for 5 to 10 minutes before serving.

Mustard Glaze
Makes about 1 cup
1/2 cup Dijon mustard
1/2 cup red wine vinegar
1/4 cup packed brown sugar
1 teaspoon reserved spice rub
1/8 teaspoon cayenne pepper

Whisk all ingredients together in bowl.

Nutrition information per serving: 518 calories; 261 calories from fat; 29 g fat (12 g saturated; 0 g trans fats); 167 mg cholesterol; 727 mg sodium; 6 g carbohydrate; 0 g fiber; 5 g sugar; 54 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit https://www.americastestkitchen.com. Find more recipes like Grill-Roasted Beef Short Ribs in "Master Of The Grill ."

(The Associated Press)





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