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**Bouffe ton
 Centro festival**

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FRIDAY, AUGUST 5, 2016

**New home-
 schooling
 social centre
 coming to
 Lennoxville**

By Rachel Newcombe
 Special to The Record

Anthony Lapointe and his wife Laetitia Bertolino are opening the Égalia Centre in Lennoxville this fall, and on Saturday they will be offering an information session and tours of their new space on Church Street.

Lapointe explained that the Égalia will be an activity centre that will provide a space for social interaction and development for children and families who are homeschooled. "It's more of a socialization centre," he explained, adding that it was not a place that solely focused on active education. "There won't be lessons."

Instead, children between the ages of two and 12 years will be able to meet other children, and participate in activities focused on fun, all while meeting people with similar educational experiences.

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Toxon, the pit bull, euthanized

Leash or no leash, it's about control, SPA says



COURTESY OF SUSAN YOUNG

By Matthew McCully

SPA Estrie spokesperson Cathy Bergeron confirmed that the Sherbrooke pit bull, Toxon, which bit and caused the death of a smaller Yorkshire terrier on Friday, was euthanized Monday afternoon.

Bergeron said the decision was made taking into account the witness statements and an evaluation of the report of the incident done by specialists.

"This was not a decision of the SPA," Bergeron said, explaining that the call was made by the city, the police department and the SPA looking at the file to-

gether.

"It was not an easy file to address," Bergeron added. "It was terrible for both sides."

Bergeron said that no evaluation of the dog, Toxon, was done. The decision to euthanize was based on municipal

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LOW 11



MONDAY:
SUNNY

HIGH 24
LOW 8



TUESDAY:
SUNNY

HIGH 28
LOW 11

Local Literary Landscapes: Quebec Culture Praised

Many thanks to Eleanor Brown for the many years of incredible Good Reads. This article is dedicated to the all local writers who excel in their field.



GOOD READS

LENNOXVILLE LIBRARY

The Quebecois literary landscape has not received the praise it deserves. Some of the most colorful authors are local, and yet someone will rattle off a list of names of new and prominent Canadian authors, and most are completely unknown. The Lennoxville library holds a wonderful collection of Quebec-born writers - if you know where to look.

Mordecai Richler is author of the well-known children's novel *Jacob Two-Two*, for any youngsters interested in a fun

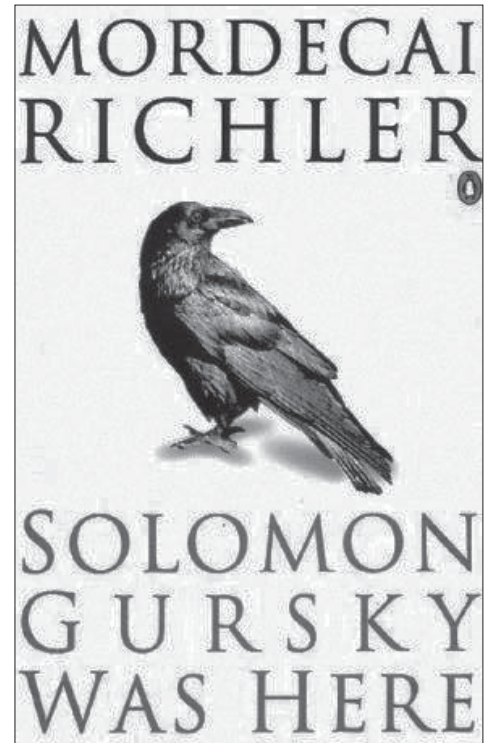
read. Richler succeeds in finding a young mind's rationale: however fantastical, if a monster has two heads, he'll naturally need two toothbrushes. *Jacob Two-Two* meets the Hooded Fang (Located in the Lennoxville library shelves at C-200), brings forward a strong message about the value of every individual, and highlights themes of empathy, independence and power.

Jacob Two-Two is two plus two plus two years old, he has two older brothers and two older sisters, and he's the smallest in his family so he says everything twice because no one listens to him the first time. Richler's writing is witty, clever and incredibly imaginative. It meets perfect bedtime story criteria: short book (87 pages) with brief chapters, lots of illustrations, appeals to boys and girls and is enjoyable to both children and adults.

Richler also composed some outstanding adult fiction based on Canada's origins. *Solomon Gursky was Here*, located in the Lennoxville library on the adult novel shelves, though quite intimidating due to its size (over 400 pages), pursues the truth behind Canadian identity. The basic plot focuses on the rise and exploits of the notoriously wealthy and powerful and of course, highly dysfunctional, Gursky family. Certainly his most ambitious novel, it reads as if it were great fun to write.

The grandiose of the novel is the quantity of timelines and characters. While it can become confusing in times, the first page holds a handy family tree, in case a memory has failed. The novel is best read as an adventure, intelligent and hilarious. The novel has outstanding imagery that runs like a film.

In addition to his fiction, Richler wrote numerous essays about Quebec nationalistic tendencies, which can be read in his essay collection *Oh Canada! Oh Quebec!* Requiem for a divided country, available through interlibrary loan. A singular figure in Canadian literary and cultural history, Richler remained, according to literary critic Robert Fulford, "the loyal opposition to the governing principles of Canadian culture". A Companion of the Order of Canada,

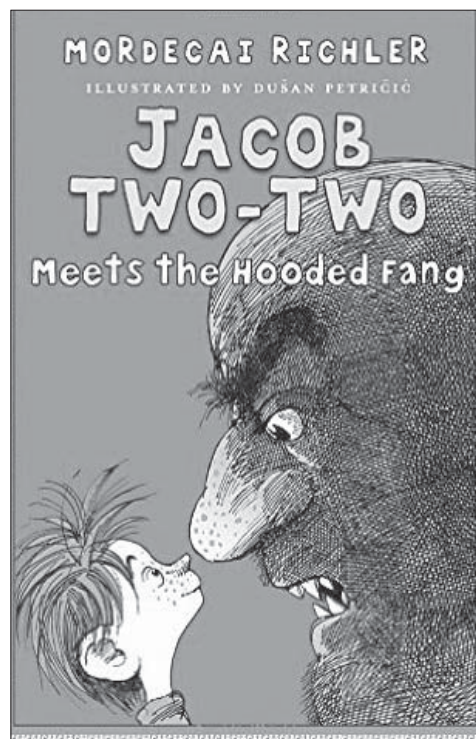


two-time winner of the Governor General Award (1968 and 1971), and winner of the Giller Prize as well as a Honorary doctorate at Bishops University, Richler is undoubtedly one of the most outstanding local authors.

Shortlisted for the Giller Prize and Governor General Award, Heather O'Neill has some of the most inventive, somewhat autobiographical fiction. *Daydreams Of Angels*, located in the Lennoxville library on the Adult Novel shelves, is a collection of intimate short stories that theme the individual. Every tale is carefully unraveled in the most imaginative ways: stories of a child being raised by wolves or monkeys, being stranded on a desert island - with her constant themes of orphans and twins.

Every story is a little piece of magic that immerses the reader in a world of wonders. Much like *Alice in Wonderland*, or *The Wizard of Oz*, the tales reminisce of childhood memories. Likewise it possesses a sort of ambivalence, where it is fascinating with a slight uneasiness - after all Alice nearly drowns herself in

CONT'D ON PAGE 6



Ben by Daniel Shelton



LOCAL NEWS

"You can have the kind of experience you want," Devost said, indicating that whether you are a foodie, a family, or a curious out-of-towner looking for some local flavour, Bouffe ton Centro festival will deliver.

Bouffe ton Centro festival feeds and entertains

By Rachel Newcombe
Special to The Record

Foodies and families from the Eastern Townships are going to be flocking to the annual Bouffe Ton Centro festival in Sherbrooke August 5 and 6.

Spokesperson Marie-Ève Devost said that even though this is only the fourth year of the festival, it is a very popular one. "Last year we had 20,000 people," she said.

"This year there will be 70 participants," Devost said of the food vendors that will line Wellington on Saturday from 11 a.m. to 8 p.m. The street festival

is open to the public at no cost, but people are encouraged to buy food and drink from the vendors.

The event is one that Devost said really showcases the gastro-talent that Sherbrooke has to offer. "We wanted to make an event that would invite people downtown," she explained. "I think this year will confirm the popularity of the event," she added.

Bouffe ton Centro not only highlights the impressive cuisine that can be found in the city's center, but it provides a variety of entertainment.

Devost said that, new this year, there would be circus performers that would

be attempting a world record in jumping, using some special spring-style equipment and a large number of people. She explained that they had never had anything like this at past festivals.

Besides circus performers, there will be musical performances, shopping areas, and the Amalgam Urban Art festival happening only a few streets over.

Of course, the food is one of the biggest selling points. Friday night will be the V.I.P. event, and according to Devost, they have already completely sold out. 500 people will attend the all-inclusive event atop the Webster's parking garage, and be treated to food prepared

by a group of chefs. Devost commented that the V.I.P. night, which also occurred last year, was one of the most popular events.

Saturday will be the street festival. "Saturday is more of a family event," Devost explained, but added that it was a festival that had something for everyone.

"You can have the kind of experience you want," Devost said, indicating that whether you are a foodie, a family, or a curious out-of-towner looking for some local flavour, Bouffe ton Centro festival will deliver.

Ayer's Cliff council passes resolution for Videotron tower

By Matthew McCully

During Monday night's meeting, Ayer's Cliff council gave the green light to Videotron for the construction of a 40-metre mono pole on Brown's Hill.

In early July, Mayor Alec van Zuiden told The Record the town was in the process of deciding between two loca-

tions for the tower, certain to be imposed upon the town by Industry Canada if Ayer's Cliff and Videotron could not agree on a suitable location.

The options were the original location, a private property at the end of Pierce Street, or town-owned land next to the reservoir on Brown's Hill.

Ultimately, council decided on a third option, approximately 100-metres

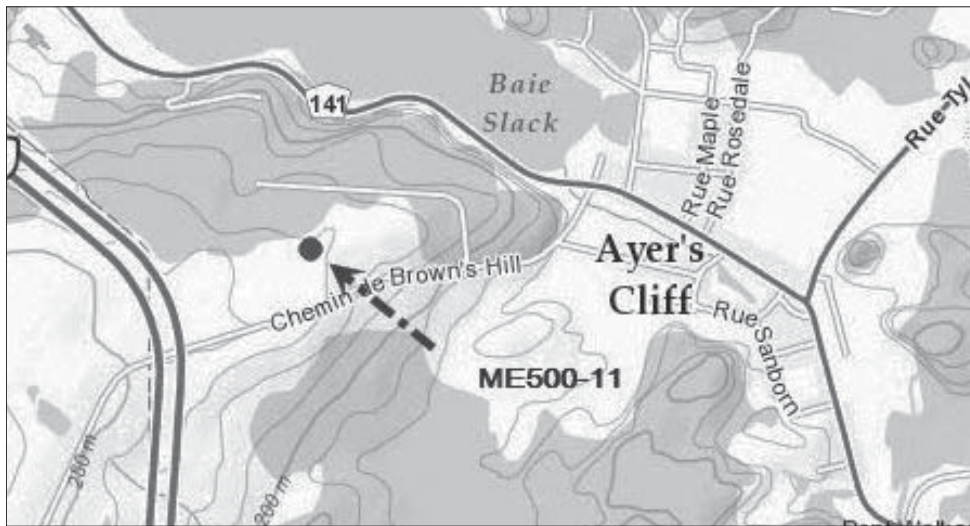
west of Brown's Hill road.

"The site approved is a new compromise site that came about during our call to comment on July 14," town manager Kimball Smith told The Record.

"It will be a mono pole of 40-meters in height," Smith said, adding that the town also added in the resolution a re-

quest to have no aircraft beacons, a request Smith believes to be relatively viable.

No details are available yet as to when construction will begin or the timeline for the mono pole to become operational.



COURTESY

A map of Ayer's Cliff, the black circle and arrow is the spot the mono pole will be placed

CORRECTION

An error was made in the opening hours of the Eaton Corner Museum in the article published Tuesday August 2, 2016 "Old Fashioned Day - A delightful way to spend a summer afternoon!"

The Museum is open from Wednesday through Sunday from 11 am to 4 pm, not 1-4 p.m. as listed.

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Fatal fire in Notre-Dame-de-Stanbridge

Record Staff
SHERBROOKE

A residential fire that broke out late Wednesday evening has claimed the life of a Notre-Dame-de-Stanbridge man.

The fire broke out at around 10:45 p.m. in a residential building on Principale St., in Notre-Dame-de-Stanbridge and when firefighters arrived, they discovered an unconscious man inside an apartment.

The 55-year was taken to hospital in

St-Jean-sur-Richelieu where his death was confirmed.

The fire erupted in a four-unit building and caused major damage to the building. No one living in the other units was injured.

An investigation is underway to de-

termine the cause of the fire and fire scene technicians directed fire from the Sûreté du Québec Forensic Identification Service were on site Thursday to analyze the scene.

Test results show elevated bacteria levels on Lac des Nations

Record Staff
SHERBROOKE

Halfway through the summer season, the City of Sherbrooke has received new raw data from the analysis of samples taken from Lac des Nations since the announcement of increased water surveillance on June 28.

In light of these initial results, it appears that out of a total of 21 days of sampling carried out between June 21 and August 3, 11 tests returned a D rating, which exceeds the criteria prohibit-

ing primary contact activities such as swimming and water skiing.

The addition of sampling stations at a few places on the lake has identified more precisely what parts of the lake contain elevated levels of fecal coliform or E. coli. An alternative water skiing course has been proposed in conjunction with the Public Health Department for the eastern portion of Lake of Nations, since bacteriological results mostly respect swimming criteria.

"These results, although concerning

about the quality of the lake water, show how important it was to act as we did," says the Director of Urban Infrastructure Caroline Gravel. "Such active monitoring is infrequent in Quebec and will allow us, in the short and medium term, to preserve an exceptional site for the safe practice of aquatic activities."

The City of Sherbrooke is continuing the actions taken to improve the water quality of the lake by collecting additional data in the coming months. It will also pursue research and try to correct

illicit sewer connections in the industry, while exercising control over the presence of waterfowl.

With the support of the Eastern Townships Public Health Department and the Perrault Water skiing school, the City intends to make every effort to provide better water quality and ensure the safety of Lac des Nations users.

The next review of the situation will be released in the weeks following the end of activities at the lake and city beaches.

Cookshire-Eaton shuts Cookshire pool amidst water shortage

Record Staff
SHERBROOKE

The municipality of Cookshire-Eaton is now requiring residents to reduce their water consumption, and has imposed a ban on watering lawns since

August 2. The recent lack of rainfall has significantly lowered the level of the Eaton River, from which the city draws its water.

In addition, the pool in Cookshire closed as of Wednesday, but in

Sawyerville remains open.

The municipality has also brought tankers of potable water from the Sherbrooke network to fill its reservoirs to provide temporary relief.

The municipality warns, however,

that if no meaningful rainfall comes within a week,

"It is certain that if there is no rainfall within a week or a week and a half, the municipality risks having to refill its reservoirs.

Homeschooling

CONT'D FROM PAGE 1

This centre is part of the group Collectif Paideia. Collectif Paideia is best described as a family group that facilitates fun and engaging projects for children to encourage them to play and explore and be social. Lapointe and his wife are a part

of the group, and will be running the centre, something they are excited about.

Lapointe's interest in creating such a centre in the Eastern Townships stemmed from his interest in homeschooling and the possibilities that were connected with it.

"I've been interested in education and learning. Having two children made me think and do research," Lapointe explained. This research took Lapointe and his family to visit makerspaces in Montreal and Boston, which greatly inspired them. "We really found that place was really interesting," he added, referring to the Boston center.

After the Lapointes made the decision to open their own centre with Collectif Paideia, the process really got underway. "We made a conference two months ago," Lapointe explained, adding that about 60 people attended, half of them the kids themselves. The purpose of the conference was to explain the center's premise and get some input. There was a lot of interest in having such a resource, which greatly encouraged Lapointe.

Now that they have a house to operate out of, it is all about getting the programming in place. Lapointe commented that they would be reading for its September 6 opening.

In the meantime, the Égalia Centre will be opened on August 6 for tours and an explanation of the programming that they will be offering. Lapointe said that with all the interest, he expected that the information session would be well attended.

What is most attractive about the center is that with no structured lessons, there is constant room for change and development. "It's got a lot of possibilities," Lapointe explained.

While the center's programming when it first opens will be during the week, Lapointe explained that they are hoping to eventually expand into after-school and weekend activities. This would enable the Égalia Centre to provide not only fun for homeschooling families, but also all families who want to participate. This way the Égalia Centre community will be able to grow and benefit more and more families by providing a place for fun.

The information session will take place at 10 a.m. at 12 Church Street, Lennoxville.

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Former inmate faces charges after assaulting fellow prisoner

Record Staff
SHERBROOKE

A former Talbot prison inmate may find his way back behind bars after having been charged with aggra-

vated assault after attacking a fellow-prisoner during his detention.

Christian Gagnon of Sherbrooke turned himself into police this week after learning that an arrest warrant had been issued against him following his

conduct in February before his release.

The 38-year old was back in court Wednesday to face Quebec Court Judge Conrad Chapdelaine.

Serving 15 months in a kidnapping and assault case, Gagnon allegedly as-

saulted a fellow prisoner breaking bones in his face.

Gagnon was released in mid-February and will return to court Monday for a bail hearing.

'Tequila makes her clothes fall off'

Record Staff

Memphremagog police arrested a woman Wednesday night at close to midnight after receiving a report about a woman strolling naked

on Calixa-Lavallée St. in Magog. Upon arrival at the scene police spotted the woman sitting on the grass, naked and fully exposing her genitals and breasts, says Memphremagog Police Deputy-Director Christian Boil.

"This is the same woman who was arrested for a similar case on July 31 and released with conditions to not use drugs or alcohol. The woman was visibly intoxicated."

"In the July 31 case, the woman had

solicited a man offering sex in exchange for money."

The woman will once again appear in court for public indecency, breach of conditions of release, and solicitation in connection with prostitution.

Cowansville adjusts dangerous animal regulations

Record Staff
SHERBROOKE

Cowansville municipal council has adopted new regulations concerning dangerous animals requiring it to record incidents with dogs. Once an incident is registered and recorded, the authorities will have the animal in ques-

tion profiled to possibly take action in relation to its behavior.

According to Mayor Arthur Fauteux, news of recent months, particularly the death of a woman due to a dog attack earlier this summer in Pointes-aux-Trembles, pushed the council to tighten existing regulations.

Now, authorities will have more lati-

tude in the application of the Regulation. "We did not want to target one dog breed over another. The regulation covers a variety of situations so as not to be reversed by a decision of the Court of Appeal in a unique situation. These can take the form of obedience training for the dog, a training course for owner, a muzzle, and up to an including eu-

thanasia," says Fauteux, who adds that the old rules did not go far enough and were not quite complete.

Cowansville followed advice from the regional SPA to develop the new regulation. It is also the SPA Estrie that will now be responsible for recording various incidents.

Toxon

CONT'D FROM PAGE 1

bylaws, adopted in 2014, which state that euthanasia is the automatic course of action for any dog that bites and causes the death of another dog.

The incident has been the subject of debate for area pet owners, especially because the pit bull in question was on leash at the time of the incident, while the yorkie was loose and approached Toxon.

"It's more about control," Bergeron explained. Above and beyond having a dog on leash, Bergeron said that all dog owners are required to maintain control of their animal. In the case of Toxon, Bergeron said the dog's initial response to being approached by the terrier was deemed an over-reaction. Also, the amount of strength used, coupled with the fact that the pit bull would not release the other dog despite efforts from bystanders demonstrated to the specialists evaluating the case that the dog represented a danger to the public.

Bergeron said the owners of both dogs will likely receive fines from the city. The owner of the terrier that was killed will be fined roughly \$150 because their dog was loose. The euthanized pit bull's owner is also subject to a fine for biting, although Bergeron was not sure of the amount charged for the infraction.

Ayer's Cliff resident Kim Belanger, who has been training dogs professionally on and off for 25 years, called the incident a tragedy on all sides.

"Two people lost their dogs," Belanger said, keeping the focus on the mourning pet owners.

Belanger went on to say that she does not agree with the blanket judgment to euthanize a dog based on a single situation and without an evaluation.

"Unless your dog is extraordinarily well-trained, it is going to have some sort of reaction," she said, if approached by a dog that is loose.

"They can be more anxious or aggressive," she said, based on the personality of the dog and also the owner. "They can feel trapped," she said.

"You can't assume that because your dog is friendly, others will be as well," Belanger went on, pointing out that the importance of keeping dogs on leash in public spaces to avoid dangerous situations.

Belanger said a dog on leash demonstrates that an owner is at least making an effort to maintain control of their animal.

"It's not fool proof, especially when the other dog is loose," She said.

"I hope what everyone brings from this is that the law needs to be looked at," Belanger said.

"There might not have been a different outcome, but at least the dog (Toxon) would have been given the benefit of the doubt," Belanger said.

"Any dog, regardless of breed, regardless of size, has the potential to bite a person or another dog," Belanger said, adding that Toxon being a pit bull was irrelevant. "It's not a breed issue, it's a society issue," she said, regarding the circumstances that led to Friday's incident and the knee-jerk reaction that followed.

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EDITORIAL

“Parents seem to be afraid that kids won't be safe and kids are used to being taken places,” she says

Letting kids walk to school alone a learning curve for parents

By Cassandra Szklarski
THE CANADIAN PRESS

Toronto mom Tanya Barrett has no problem getting her 10-year-old twin boys excited about walking outside unsupervised and taking public transit to school by themselves for the first time in September.

The issue is getting herself comfortable with the idea.

“They're raring to go, but for me they're 10,” says the mom of four kids, admitting to feeling a twinge of anxiety as she pushes them into a new realm of independence.

“My neighbours are driving their Grade 7s and 8s to school. And I'm like, 'Yeah, my kids are going to be all by themselves. Off they go.'”

Barrett would prefer that they continue taking a yellow school bus, but they've grown out of that service now that they're entering Grade 6. Barrett doesn't drive, and has an eight-year-old that needs supervision before and after school. So that leaves public transit as the only option.

She says she's eager to see her boys mature and take on greater responsibility, but she can't help but wonder if it's too soon.

The answer to when a child is ready depends on many factors, says parenting expert Kathy Lynn, citing age, distance, and the travel route.

But there's no question it's a valuable rite of passage that every child should experience, she insists.

“Walking to school is an important part of growing up, it's an important part of actually doing well in school because if you're walking to school you're getting some fresh air and exercise,” says Lynn, a Vancouver-based author and

public speaker.

“When we have a child who gets up in the morning and sits down to breakfast and sits down in a car and then they get to a classroom and sit down, they can't sit still. For a lot of them I bet you they don't pay a whole lot of attention until after recess.”

She encourages parents to prepare their kids for independence between Grades 1 and 3. That might sound young to some, but Lynn argues that today's kids have been coddled by over-protective caregivers.

“Parents seem to be afraid that kids won't be safe and kids are used to being taken places,” she says. “And then all of a sudden we have ourselves a child who's graduated Grade 12 who's trying to apply for a job and they haven't a clue how to go anywhere.”

She suggests parents use the month of August to teach kids how to travel safely.

Barrett started training her boys about a month ago for the 25-minute streetcar ride to school. She and her husband bought the twins phones, drilled them on street safety, and started letting them visit the local park and pool by themselves.

That freedom comes with more responsibility, Barrett adds, noting she's also insisted they learn to check the time frequently and adhere to strict curfews and geographical limits.

“It's hard because nowadays, everything is monitored, everything is supervised, everything is kept very close, play dates are arranged,” she says of lengthening the leash.

“Other parents will try to parent your kid, so that's kind of it, too, right? We

CONT'D ON PAGE 8



LETTER

DEAR EDITOR,

It is readily obvious that if the potential for jobs do not exist in the Eastern Townships that individuals will expire before age 75. Also the health, legal and social network needs to be opened and not closed, that is when deprivation exists. Many examples exist where patients are put on waiting lists and expire before care is given to them. The political framework that exists is not ample for people to live a quality of life as elected officials do not realize how workers are left injured unemployed, without income or hope. The reason for such a situation is that rural Quebec is withering due to loss of family farms as young people cannot get loans to continue and are left to work in meager jobs like shops and call centers.

SINCERELY KATHLEEN MACKAY

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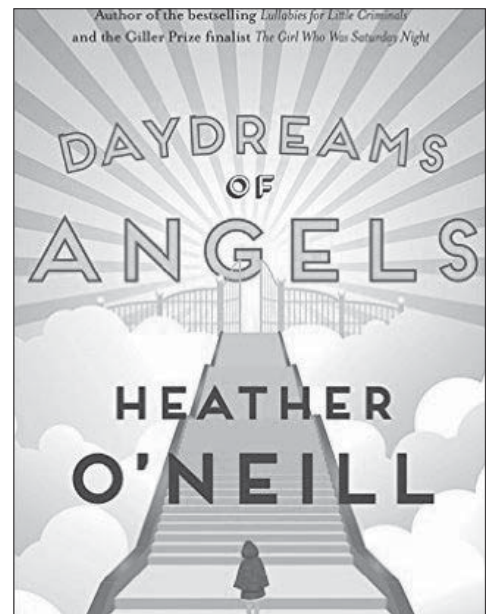
Good reads

CONT'D FROM PAGE 2

tears and brainless, heartless creatures wouldn't exactly be an ideal de-

scription of a friend. However, it's beautifully written and immerses the reader into its oneiric worlds with no effort, but also heartbreaking and tragic.

The majorities of stories have commentary on Canadian culture, in a quirky and unusual sense, many being modern Quebecois retells of well-known fairytales and fables. The Isles of Dr. Moreau, for example, is a retell of H.G. Wells classic tale, The Island of Dr. Moreau. In this tale, young children learn from their grandfather that they might not be totally human. O'Neill continues to recognize, even revere the eccentric unsettling and misunderstood. She continues to find beauty in odd things, and has created a fantastical series of masterpieces.



THE RECORD

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COLUMNIST

Possibility is a wonderful word. I am so grateful I was raised with the idea that life is full of endless possibilities.

ONE COLUMN, FOUR VOICES

Opening to the spirit

Today's Word: Possibility

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

1) I have a little boy in Sunday school who always amazes me with his open mind. Each week he has something new to show me. Next summer he will be old enough to go to camp, and I can't wait. I remember one day telling a story and juggling some tennis balls as an illustration. I asked if any of them could juggle. His response was "Not yet." He understood that anything was possible. I'd not be surprised to see him come to church some morning and show me how well he can juggle.

Possibility is a wonderful word. I am so grateful I was raised with the idea that life is full of endless possibilities. When my grandfather's store was sold family members were allowed to claim mementos and my Mom and Dad had chosen a large rectangular bookcase, 40 inches high, 18 inches deep, and 8 feet long, with glass doors. It was heavy and awkward to move but beautiful nonetheless. Mom wanted it upstairs in the large bedroom, where it wouldn't get in the way but still house family treasures. We tried to move it up the stairs and into the bedroom, but it was just too long and awkward. We got stuck on the staircase again and again, just inches from reaching our destination. It would probably have found a home downstairs, and my father was resigned to that eventual fate until a neighbour spoke up in a pompous mocking voice, "It's impossible!"

That was a word that always got under my dad's skin. We moved the bookcase outside into the woodshed while Dad made plans. I'm not sure where he found the block and tackle, or how he mounted it on the roof, but next Saturday he removed the whole window from the upstairs bedroom and the stage was set. I was only 12 or 13, too young to do any heavy lifting yet. My job was to stand in the windowsill and guide the bookcase safely through the opening. It ended in exactly the spot my mom had planned for.

Possibilities are everywhere. God has provided a world of wonders. There was a story in the news recently about an 8 year old Quebec girl who applied to become an astronaut. She received a very encouraging response from Canada's Science Minister. What possibilities are in your future. As my dad would say "Where there's a will, there's a way."

2) "With God all things are possible." This quote from Jesus (Mt 19:26) hangs on my office wall. It stands as a quiet reminder that whatever actions I am engaged in, no matter how things are going on my pet project, it's not all up to me. Whether I succeed or whether I fail, it's not all up to me.

We live in a society that is captivated by the exploits of the individual. With the Olympics beginning this weekend we will surely all be drawn into the stories of athletes who rise above all obstacles to win the gold. We will stand in awe of their heroic efforts and their dedication. But even as we admire skill and dedication it is easy to fall into the trap of considering individual achievement as the highest goal a person can strive for.

If it is true that life offers us an unending series of possibilities from which to shape our destinies, it is equally true that no one achieves their goal by the strength of their talent and determination alone. Each of us is shaped and encouraged, nurtured and strengthened by those we admire and those we love. Rather than an individual event, life resembles more of a team sport. And for those of us who give credence to a spiritual realm, we would say that a very important member of the team is the Spirit of Life itself. Learning to cooperate with, rather than resist this Spirit, will help us make healthy choices. Letting go of outcome at a certain point, such that Spirit has room to surprise us, teaches us humility, and can even create a sense of awe when something beautiful and completely unpredictable enters our lives. The trick is sometimes learning when to get out of the way. With God all things surely are possible.

3) "Listen to the mustn'ts, child. Listen to the don'ts. Listen to the shouldn'ts, the impossibles, the won'ts. Listen to the never haves, then listen close to me... Anything can happen, child. Anything can be."

My daughters used to love Shel Silverstein's *Where The Sidewalk Ends*. This line was recited back to me - with perfect memory - one day by my youngest, when I'd said "No! Don't!" or "You can't have that!" once too often. Parenting and teaching during the Women's Studies era, and then the feminist backlash, I took seriously my responsibility to affirm them in a world not yet designed to recognize or fully reward their potential.

As children we all learned and internalized countless rules and requirements, written and unwritten, necessary for civilized behaviour and social harmony. Yet all the "woulda, coulda, shouldas", as Silverstein named them, often serves as a mantra with tremendous power to shape, limit and even distort our spirits. We need to be reminded often of the infinite possibilities for expressing our humanity. Knowing that, again to quote Silverstein: "...all the colors I have inside have not been invented yet."

We are each born bearing unique gifts into our world, and every life stage holds out new possibilities. Our task to the very end is to unlearn the limits im-

posed upon us, and retrieve those gifts that were earlier lost, denied or forgotten.

We do this daily with family, friends, coworkers or anyone we meet, mirroring back to each other our goodness, offering encouragement to explore and fulfill all that we can be. And we need to keep reminding each other not just of our personal but social dreams. "Anything is possible, anything can be." A world of peace and universal love exists as one real possibility yet to be realized.

4) I edit this piece of writing in a new office, on the first day of a new job. On my desk is a plant with waxy leaves, left behind by the previous rector. I notice how the branches strain toward the light and I notice the soil like dust. A few of the leaves have turned brown. Returning with water, I notice something else: two tiny orange buds. What a surprise from a plant so root-bound and dry. What a gift of welcome from my green neglected friend: two perfect orange buds, holding possibility.

If you are going through a dry period in your life, or worrying about how to

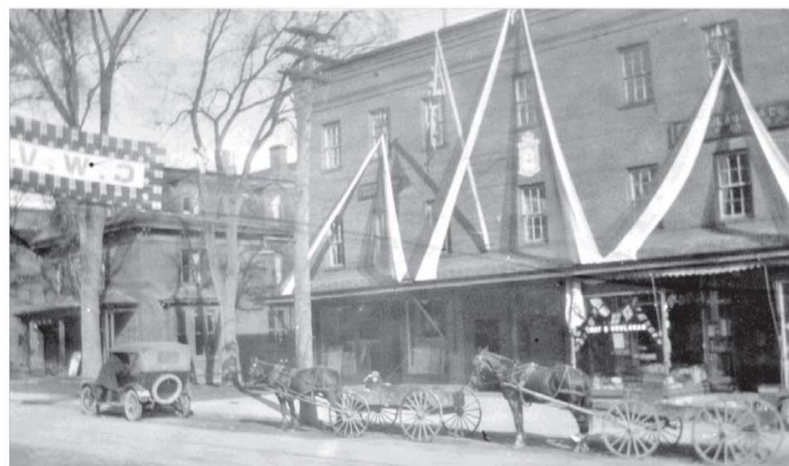
meet your basic needs, or feeling yourself cramped in a pot that is too small, I hope you will take inspiration from this living parable. I hope you will observe this hopeful plant. Where others might despair and start closing down, it chose to live in possibility. Maybe this was extravagance and maybe this was wasteful, but there were those two perfect buds!

Postscript: I return the next morning to find two of the most lovely flowers in bloom! Never, ever give up my friends. Live in possibility, even when things seem bleak. See the impossible blooming of flowers and know that it was worth the risk.

One word, four voices - now add your own: How do you open yourself to possibility?

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

GLIMPSES OF THE PAST



John J. Penhale Collection. Sherbrooke Historical Society

The Brooks block, Dufferin Street, decorated for a parade of the *Great War Veterans Association*, circa 1920. The ground floor space was occupied by the 53rd Regiment, and used as an officer's mess. The regiment's band also had space there for practices and for storing its instruments. On these premises, the local branch of the Veterans Association was founded in January 1918, and its founding members—about 30 in number—all belonged to the 53rd Regiment. Their objective was to take care of the war-wounded and war-disabled, find jobs for veterans upon their return, and more generally bring veterans together.

WANT TO KNOW MORE ?

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

275 Dufferin, Sherbrooke
(Québec) J1H 4M5
Informations : 819-821-5406



www.histoiresherbrooke.org

Experimental farm gets \$1.5 million for a new bioreactor

By Matthew McCully

degrees Celsius.

A press conference was held at the Sherbrooke Research and Development Centre (SRDC) in Lennoxville (also known as the experimental farm) to announce funding for the installation of a new bioreactor.

According to Denis Petitclerc, general director of the Agriculture and Agri-Food Canada (AAFC) research and development centres in Quebec and Ontario, the new bioreactor was developed thanks to research done here in Sherbrooke.

"The potential is enormous," Petitclerc said, adding that unlike other bioreactors, the one that will be installed here, developed by local researcher Daniel Massé, was designed specifically to accommodate Canada's climate.

Petitclerc explained that the bioreactor, while similar in its function to a traditional compost pile, is able to turn farm waste into mineral-rich fertilizer through anaerobic digestion at low temperatures ranging between five and 25

Other types of bioreactors require external heat sources to function, which generates a larger carbon footprint for the composting process.

The new bioreactor will harvest the solid, liquid and gas components of organic waste, all of which can be used on farms or provide an additional revenue stream as fertilizers.

Petitclerc said that the methane generated in the new bioreactor will be used as an energy source to heat the water used at the SRDC.

Petitclerc described the new bioreactor as one link in the technological chain that will contribute to worldwide solutions for food production with a minimal impact on the environment.

The \$1.5 million investment for the new bioreactor is part of a \$37.6 million parcel to support the rehabilitation and modernization of AAFC research stations and labs in British Columbia, Alberta, Saskatchewan, Ontario and Quebec.



MATTHEW MCCULLY

Denis Petitclerc, general director of the Agriculture and Agri-Food Canada (AAFC) research and development centres in Quebec and Ontario and Marie Claude Bibeau were present at the press conference held at the Sherbrooke Research Development Centre to announce funding for the installation of a new bioreactor

Customer attacks McDonalds Manager

Record Staff
SHERBROOKE

Police intervened early Thursday at the McDonald's restaurant on Merry St. South in Magog after a man jumped over the counter to attack the manager.

"The suspect, a young man of 19 from Magog, was drunk and waiting for his order when at some point he jumped over the counter to confront employees demanding they light his cigarette. The manager was informed and intervened by asking the individual to return to the other side of the counter," says Memphremagog Police Deputy-Director Christian Boily.

The man then demanded his order and the manager asked him to leave because he was disturbing the customers, saying he would bring the order outside.

The man remained near a cash register and another customer tried to calm him down. He told the woman to go away and it was then that the manager ordered him out and left to call police. On his return to the cash register, the man jumped over the counter again and struck the manager in the head. An employee and a customer were then able to wrestle the man to the ground.

The police arrested the man for assault. "They brought the suspect outside where he continued to be difficult so he was brought to the station and released with a promise to appear under conditions not to consume drugs or alcohol and to not go back to the Magog McDonald's. In addition to criminal charges, the man received violation notices for refusing to leave a place at the request of the manager.

Walk to school

CONT'D FROM PAGE 6

have a lot of shaming and parent-shaming."

Data from a Greater Toronto Area public transit agency suggests fewer kids than ever are heading to school unaccompanied.

Earlier this year, a report from Metrolinx found the number of students being driven to school in the Greater Toronto and Hamilton area has more than doubled in the last few decades. It jumped to nearly 31 per cent, while the number of kids who walked to school declined to 39 per cent from 56 per cent.

The safety organization Parachute refrains from designating what age kids are ready to navigate the city by themselves, but encourages parents to begin discussing traffic safety when their kids are toddlers.

Even though Barrett has already been through this process with her eldest — now 21 — she still worries about how her twins will manage come September.

"It's hard to let your kids grow up. You want to protect them," says Barrett.

"You kind of have to learn to let go, let them be independent, hope you've given them the tools and then trust them."

Available August 15

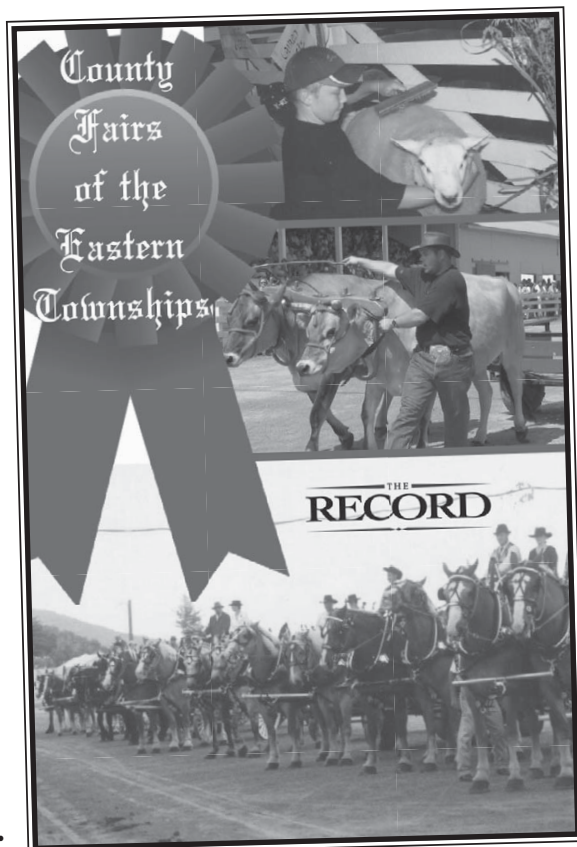
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TALK

YOUR WEEKLY GUIDE TO TOWNSHIPS CULTURE

AUGUST 5 - AUGUST 11, 2016

Country music legend Willie Nelson pays tribute to Ray Price



COUNTRY CONNECTION

JESSIE AULIS

For as long as I can remember, country music legend Willie Nelson has always been so open to collaboration with other musicians. He is known for his willingness to pay a tribute to his peers.

He has always been ready to perform or even better organize charitable events such as Farm Aid. This time around Willie Nelson will collaborate with the Time Jumpers On New Ray Price Tribute Project.

The new album will be titled *For the Good Times: A Tribute to Ray Price* and released on Sony Legacy Record on September 16, 2016. Willie Nelson has teamed up with Vince Gill and The Time Jumpers and put together a tribute album for his very good friend Ray Price who passed away in December 2013.

'Ray was as a close a friend as you could have,' he says in a release. 'We traveled together, lived together, played music together, partied together. . . and had a lot of good times.'

'Our loss is Heaven's gain, because a band of angels just got one of the best voices ever created' Nelson said upon Ray Price's passing. We will remember that fellows Willie Nelson, Merle Hag-

gard and Ray Price collaborated on an album titled *Last of the Breed*, in 2007 released by Lost Highway Records.

The two-disc set featured 20 country classics as well as a pair of new compositions. The trio toured United States and people from around here got a chance to see their show at The Champlain Valley Fair.

This project comes some 55 years after Price and Nelson first worked together and some 36 years after they made an album together. San Antonio Rose was released in 1980 via Columbia Records. It features Nelson and Price together.

The album peaked at number 3 on the Billboard Top Country Albums chart. Price had recorded an album by the same title in 1961 as a tribute to Bob Wills, on which Nelson played acoustic guitar.

The project follows tribute albums that Willie Nelson has done for Ray Charles, George Gershwin, Frank Sinatra, Cindy Walker and more. The album will also feature several of Price's collaborators, including producer Fred Foster and string conductor Bergen White, who worked with the Country Music Hall of Famer on his last album *Beauty Is...The Final Sessions* before Price's death in 2013.

The album will include 12 songs, including classics like 'Crazy Arms,' 'Heartaches by the Number,' (with the Time Jumpers) 'It Will Always Be,' 'For The Good Times,' 'I'll Be There (If You Ever Want Me)' (with the Time Jumpers), 'City Lights' (featuring the Time Jumpers), and 'Don't You Ever Get Tired of Hurting Me' (with the Time Jumpers) just to name a few.

This will no doubt be an album that all the fans of country music will want to own!



Another great release is also coming our way. This time around it is John Prine who has decided to record a duet album.

For Better, or Worse, will be the singer/songwriter's first full-length album in nearly five years. The collection will offer duets with female artists. Enlisted for the collaboration are Miranda Lambert, Kacey Musgraves, Lee Ann Womack and a few others.

John Prine and his musical friends

will pick their material into the classic country songbook, for the new album. Included in the collection, which will be released September 30th on Oh Boy Records, the album's first single 'Who's Gonna Take the Garbage Out,' will feature Iris DeMent and Prine. The classic was originally done by Loretta Lynn and Ernest Tubb.

Prine and DeMent previously sang together on the title track from his 1999

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Lady Gaga, Travolta help celebrate Tony Bennett birthday

By John Carucci
THE ASSOCIATED PRESS

A star-studded guest list that included John Travolta, Bruce Willis and Lady Gaga helped celebrate Tony Bennett's 90th birthday on Wednesday.

"This particular day is the best moment in my life. The whole day has been magical. The whole world is showing up for me and wishing me well on my 90th birthday, and I can't be more blessed than that," Bennett said.

Others in attendance included Steve

Buscemi, Katie Couric, Regis Philbin, Gayle King, Christian Siriano and a gaggle of grandchildren.

Lady Gaga and Bennett have built a lasting friendship that began when they collaborated on a version of the song "The Lady Is a Tramp" and the album "Cheek to Cheek."

"Well, we just love one another. We're both Italian-Americans and we understand one another. I love her family. I love everything about her and, you know, we just get along," Bennett said.

The birthday bash was held in the Rainbow Room at Rockefeller Plaza.

Willis attended with his wife, Emma Heming, and the action star admitted he used to think making it to 90 was enough. Now, after seeing Bennett's youthful exuberance, he's not so sure.

"If you have to make a deal? I'll take 90 and that's it. Now, seeing this genius singer and great man at 90, it's like I want to ask him that question, but I'm too afraid to," Willis said.

Travolta recalled hearing Bennett's music from an early age. He grew up not too far away from Bennett in New Jersey and the singer's music "saturated our home."

"I was saying that Barbra Streisand and Tony Bennett are my bookends, my favourite singers. They're the soundtrack to my life. I don't know how it gets more special than an artist being a soundtrack for someone's life," Travolta said.

Musical performances from the event will be shown on the prime-time TV special, "Tony Bennett Celebrates 90: The Best is Yet to Come." It airs Dec. 20 on NBC.

"I love life. I love being alive. I think it's a great gift to be alive, and I just cherish every moment that I'm alive," Bennett said.

Potter script sells more than 2 million copies in 2 days

By Hillel Italie
THE ASSOCIATED PRESS

Not even "Hamilton" can keep up with these numbers.

The script to the London stage production "Harry Potter and the Cursed Child Parts One and Two" sold more than 2 million print copies in North America in its first two days of publication, Scholastic announced Wednesday.

That's well below the 8.3 million copies sold in 2007 for the first day of "Harry Potter and the Deathly Hallows," J.K. Rowling's then-presumed finale for her fantasy series. But it's still among the fastest-selling works in history and a remarkable number for the script to a play and for a project that only partially involved Rowling. A text edition of "Hamilton" has also been a bestseller this year.

Meanwhile, the British publisher Little, Brown Book Group announced that

over 680,000 print copies sold in the first three days in the United Kingdom. Waterstones buying director Kate Skipper said in a statement that no hardcover had sold so quickly in the U.K. since Dan Brown's "The Lost Symbol" in 2009.

Reviews for the "Cursed Child" book have been mixed, but the new Potter has topped the bestseller lists of Amazon.com and Barnes & Noble.com and brought in readers worldwide last weekend for midnight store parties cele-

brating the release.

Several previous Rowling books also reached high on the Amazon and Barnes & Noble lists in recent days.

Sales for the e-edition for "Cursed Child," released through Rowling's Pottermore website, have not been announced. The script is based on a Rowling story and co-written by Jack Thorne and John Tiffany.

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	-	Newschannel 5 at 6AM		Today				LIVE with Kelly		Rio Olympics		Varied Programs				
CBMT	6	206	301	Daybreak		2016 Olympics		Varied Programs									
CHLT	7	107	718	F	Salut, bonjour! (N) (SC)							(:29) ** "Entrez dans la danse" (2006) Antonio Banderas.		Tom & Jerry			
				M								(:29) "Faire sa chance" (2012, Drame) Josh Hutcherson. (SC)		Looney tunes			
				T								(:29) ** "Le Secret de Lily Owens" (2008) Queen Latifah.					
				W								(:29) *** "Orgueil et préjugés" (2005, Drame) Keira Knightley. (SC)					
				Th								(:29) "De l'autre côté du lit" (2008) (SC)		Tom & Jerry	Looney tunes		
WMTW	8	-	-	WMTW News 8 at 6am		Good Morning America			LIVE with Kelly		The Meredith Vieira Show		The View				
CKSH	9	108	-	RDI matin	Var. Programs	Jeux-Rio 2016		Varied Programs					Jeux-Rio 2016	Var. Programs			
CKMI	11	-	-	Global News Morning					Morning Show	Huntley Str't	Fresh	Chuck-Day Off	Rachael Ray				
CFCF	12	205	312	CTV News Channel					LIVE with Kelly		The Marilyn Denis Show		The View				
WVNY	22	-	-	Local 22 News This Morning		Good Morning America			The Dr. Oz Show		Var. Programs	Hot Bench	The View				
WUTV	60	-	-	Paid Program	Paid Program	Var. Programs	Paid Program	Friends	The 700 Club		The People's Court		Maury				
CFKS	61	106	726	F	Vidéoclips			Punch	Histoire	Les infos (N)		Souper parfait	Taxi payant	Tic tac show	NCIS: LA		
				M				Apollo dans	Infopublicité				Opération				
				T				Taxi payant									
				W				Ça va brasser									
				Th													
WUHF	-	363		Paid Program	Good Day R	Good Day Rochester		Good Day Rochester	Judge Mathis		The Wendy Williams Show		Jerry Springer				
WETK	-	-		World News	Classical	Wild Kratts	Ready Jet Go!	Nature Cat	Daniel Tiger	Daniel Tiger	Sesame Street	Peg Plus Cat	Dinosaur Train	Dinosaur Train			
WCFE	-	-		Wild Kratts	Wild Kratts	Curious	Curious	Daniel Tiger	Daniel Tiger	Dinosaur Train	Dinosaur Train	Super Why!	Sesame Street	Thomas & Fr.	Arthur		
A&E	615	520		Paid Program	Paid Program	Parking Wars	Parking Wars	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Varied Programs					
BRAVO	620	523		F	Cold Squad (DVS)			Due South "Easy Money"	Flashpoint A prisoners release.		Twice in a Lifetime (DVS)		Twice in a Lifetime (DVS)		Cold Squad (DVS)		
				M							The Listener "Inside Man"		Motive A lawyer is murdered.				
				T													
				W													
				Th													
CNN	500	500		New Day		New Day		New Day	CNN Newsroom		CNN Newsroom		At This Hour With				
DISC	520	505		F	Air Disasters (DVS)			How-Made	How-Made	Cash Cab	Cash Cab	Cold Water Cowboys		How It's Made	How It's Made	How-Made	How-Made
				M	Mayday "Fatal Delivery"			Mighty Ships "Maersk Viking"	How It's Made	How It's Made	Mighty Ships "Tonsberg"					Mighty Ships "Maersk Viking"	
				T				Destruction		Cash Cab	Cash Cab	Air Crash Investigation				Destruction	Destruction
				W				Mighty Ships "Stemat Spirit"				Mighty Ships (DVS)				Mighty Ships "Stemat Spirit"	
				Th	Mayday: Air Disaster			Jade Fever	Jade Fever			Mighty Planes (DVS)				Jade Fever	Jade Fever
HIST	522	506		Yukon Gold		Ice Pilots NWT		Canadian Pickers	Varied Programs		Yukon Gold		Canadian Pickers				
RDI	126	730		(5:30) RDI matin					RDI en direct								
SHOW	616	521		The Outer Limits		Haven		Movie									
SLICE	601	562		ET Canada	Till Debt/Part	Rich Bride, Poor Bride		A Stranger in My Home	Property Virgin	Property Virgin	Income Prop.	Income Prop.	Perfect Dress	Perfect Dress			
SPIKE	628	584		Paid Program	Varied Programs		Paid Program	Paid Program	World's Wildest	Police Videos	World's Wildest	Police Videos	Cops	Var. Programs			
TLC	521	560		Dare to Wear		Four Weddings		Four Weddings	Say Yes	Say Yes	Say Yes	Say Yes	48 Hours: Hard Evidence				
TSN	400	400		F	SportsCentre (DVS)			SportsCentre (DVS)		SportsCentre (DVS)		SportsCentre (DVS)		SportsCentre (DVS)			
				M								2016 Rio Olympics From Rio de Janeiro, Brazil. (N) (Live) (DVS)					
				T								SportsCentre (DVS)		2016 Rio Olympics From Rio de Janeiro, Brazil. (N) (DVS)			
				W										2016 Rio Olympics From Rio de Janeiro, Brazil. (N) (Live) (DVS)			
				Th													
YOUTH	551	542		Kid vs. Kat	Almost Naked	Squirrel	Numb Chucks	Numb Chucks	Wayside	Sidekick	Almost Naked	(9:50) Spliced	Kid vs. Kat	Rated A	Rated A		

Your week on TV

WEEKDAY AFTERNOON														
Bell	Star	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	
WCAX 3	-	-	Across-Fence	The Young and the Restless	Bold/Beautiful	The Talk		Let's Make a Deal		Dr. Phil		Channel 3	The: 30	
WPTZ 5	-	-	Rio Olympics	Varied Programs		Rio Olympics	Varied Programs		Rio Olympics	Varied Programs		Newschannel	Newschannel	
CBMT 6	206	301	2016 Rio Olympics	Varied Programs										
CHLT 7	107	718	(:02) Le TVA régional	Toute la vérité		Il était une fois		TVA nouvelles	Les feux de l'amour		Top modèles	(4:55) TVA nouvelles		
WMTW 8	-	-	The Wendy Williams Show	The Chew		General Hospital		Steve Harvey		The Ellen DeGeneres Show		WMTW News 8 at 5PM		
CKSH 9	108	-	F	Teledjournal	Les échangistes (SC)	Les contes d'Avonlea (SC)		** "Week-end de débauche" (2013, Comédie) Andrew Scott.		Par ici l'été	On cuisine avec Antonio Park.			
			M	Jeux olympiques de Rio 2016	Jeux olympiques de Rio 2016	Judo, gymnastique artistique, plongeon. (N) (En direct)								
			T	Jeux olympiques de Rio 2016	Jeux olympiques de Rio 2016	Judo, gymnastique artistique, canoë-slalom, plongeon, volleyball de plage, natation. (N) (En direct)								
			W	Jeux olympiques de Rio 2016	Jeux olympiques de Rio 2016	Basketball, judo, natation, plongeon. Basketball féminin (Canada c. Sénégal); judo masculin et féminin. (N) (En direct)								
Th	Jeux olympiques de Rio 2016	Jeux olympiques de Rio 2016	Cyclisme sur piste; judo, gymnastique artistique, natation, canoë-slalom. (N) (En direct)											
CKMI 11	-	-	Global News	ET Canada	Rookie Blue	The Talk		The Meredith Vieira Show		Money Moron	The Young and the Restless		Global News	
CFCF 12	205	312	CTV News Montreal		The Social	Dr. Phil		Hot, Cleveland	Hot, Cleveland	The Ellen DeGeneres Show		The Dr. Oz Show		
WVNY 22	-	-	Paid Program	Hot Bench	The Chew		General Hospital		The People's Court		Judge Judy	Judge Judy	Judge Judy	
WUTV 60	-	-	The Steve Wilkos Show	Judge	Judge	Judge Mathis		Jerry Springer		Maury		Family Feud	Family Feud	
CFKS 61	106	726	NCIS: LA	CSI: Miami		CSI: NY					Les Simpson		Les Simpson	
WUHF	-	363	The Steve Wilkos Show		Divorce Court	Divorce Court	Hot Bench		Maury		Judge Judy	Judge Judy	The People's Court	
WETK	-	-	Super Why!	Thomas & Fr.	Peg Plus Cat	Charlie Rose		Curious	Arthur	Nature Cat	Ready Jet Go!	Wild Kratts	WordGirl	
WCFE	-	-	F	Koko -- The Gorilla Who Talks	Underground	Cat in the Hat		Nature Cat	Ready Jet Go!	"Odd Squad: The Movie" (2016) Dalila Bela.		Curious	Daniel Tiger	
			M	Antiques Roadshow	Love Quilting									
			T	Globe Trekker (DVS)	Rick Steves									
			W	Eisenhower's Secret War	Cooking									
Th		Mountain Lake												
A&E	615	520	Varied Programs			Black-White	Black-White	The First 48		The First 48		The First 48		
BRAVO	620	523	Due South		Flashpoint		Cold Squad		The Listener		Blue Bloods		Criminal Minds	
CNN	500	500	Legal View With Ashleigh		Wolf		CNN Newsroom		CNN Newsroom		The Lead With Jake Tapper		The Situation Room	
DISC	520	505	F	How It's Made	How It's Made	Mighty Cruise Ships		How It's Made	How It's Made	Vegas Rat Rods (DVS)		Bitchin' Rides (DVS)	FantomWorks "Wrangle This!"	
			M			Mayday "Turning Point"		Naked and Afraid XL		Naked and Afraid XL		Dual Survival	How It's Made	
			T			Mayday: Air Disaster		How It's Made	How It's Made	Alaskan Bush: Off Grid		Alaskan Bush People		How It's Made
			W			Jade Fever	Jade Fever	Deadliest Catch: The Bait		Deadliest Catch	Sig fights to survive a heart attack.			
Th			Yukon Men		How It's Made	How It's Made	Dual Survival		Jade Fever	Jade Fever	Alaskan Bush People			
HIST	522	506	F	M*A*S*H	M*A*S*H	Natural Born Outlaws		Miracles Decoded		Treasures Decoded		American Pickers	M*A*S*H	
			M			Pawnation Canada		Canadian Pickers		Ruins: Cape Breton		Pawn Stars	Pawn Stars	
			T			Museum Secrets		American Pickers		American Pickers		American Pickers		
			W			War Junk		Klondike Trappers		Perfect Storms (DVS)				
Th			Yukon Gold		Curse of the Frozen Gold		Bomb Hunters	"Turf War"						
RDI	126	730	Teledjournal	Teledjournal	RDI en direct	Varied Programs						Le National		
SHOW	616	521	F	Combat Hospital		** "Arctic Blast" (2010) Michael Shanks.		Bomb Girls "Romeo Foxtrot"		NCIS Bored housewives.		NCIS "Honor Code"		
			M			"In Her Mother's Footsteps" (2006) Emma Caulfield.								
			T			"Burden of Evil" (2012) Natalie Zea, Michael Ironside.								
			W			"Dear Mr. Gacy" (2010) William Forsythe, Jesse Moss.		King Jessica risks her career.						
Th			"Do No Harm" (2012) Lauren Holly, Deanna Russo.											
SLICE	601	562	Come Dine	Come Dine	Hockey Wives	Varied Programs				Million Dollar Listing New York		Law & Order: SVU		
SPIKE	628	584	Varied Programs											
TLC	521	560	48 Hours: Hard Evidence	48 Hours: Hard Evidence	48 Hours: Hard Evidence	Varied Programs								
TSN	400	400	2016 Rio Olympics	Varied Programs										
YOUTH	551	542	Nerds	Squirrel	Almost Naked	(:25) Sidekick	(1:50) Wayside	Kid vs. Kat	Sidekick	Numb Chucks	SpongeBob	SpongeBob	SpongeBob	

FRIDAY EVENING														AUGUST 5, 2016	
Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News/Pelley	Entertainment Tonight (N)	NCIS: Los Angeles "Head of the Snake" (N) (DVS)	Hawaii Five-0 The team investigates a pirate story.		Blue Bloods Danny receives a chilling message.		Channel 3 News	(:35) The Late Show With Stephen Colbert (N)		
WPTZ 5	-	-	NewsChannel 5 at 6PM (N)	NBC Nightly News - Holt	Jeopardy!	Rio Olympics	Opening Ceremony. Brazil's iconic Maracana Stadium hosts the Opening Ceremony of the Rio Olympics. (N Same-day Tape) (N) (Live)					The National (N) (N) (Live)	Coronation Street		
CBMT 6	206	301	CBC Montreal News (N)	Rio Olympics Countdown		2016 Rio Olympics Opening Ceremony. From Rio de Janeiro, Brazil. (N) (Live)									
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Sucré salé (N) (SC)	Les gags full ado (N) (SC)	Vlog (SC)	** "Les sacrifiés 2" (2012, Action) Sylvester Stallone, Jason Statham, Jet Li. (SC)		TVA nouvelles (N)	(:35) Sucré salé (SC)	(:05) ** "Trésor national" (2004, Aventures) Nicolas Cage, Diane Kruger. (SC)				
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune	Jeopardy!	Shark Tank Guest shark Ashton Kutcher. (N) (Live)	(:01) What Would You Do? (N) (Live)		20/20 A man accused of murder 54 years later. (N) (Live)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N) (Live)		
CKSH 9	108	-	Le Téléjournal/Estrie (N)	Jeux olympiques-Rio		Jeux olympiques de Rio 2016 Cérémonie d'ouverture. En provenance de Rio de Janeiro, au Brésil. (N) (En direct)		(:45) Le Téléjournal (N)		(:15) Unité 9 Michèle s'est réfugiée chez Musique.		(12:15) Unité 9			
CKMI 11	-	-	(5:30) Global News at 5:30	Global National (N) (N)	ET Canada	Entertainment Tonight (N)	NCIS: Los Angeles "Head of the Snake" (N) (DVS)	Hawaii Five-0 The team investigates a pirate story.		Rookie Blue Division 15 is placed under quarantine.		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (Live)		
CFCF 12	205	312	CTV News Montreal (N) (N) (Live)	Local 22 News (N)	ABC World News	Local 22 News (N)	Shark Tank Pet-safe bug repellents. (N) (Live)	Motive A woman is murdered with a weapon. (N) (Live)		Blue Bloods Danny receives a chilling message.		News-Lisa	CTV News Montreal (N)		
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) (Live)	Shark Tank Guest shark Ashton Kutcher. (N) (Live)	(:01) What Would You Do? (N) (Live)		20/20 A man accused of murder 54 years later. (N) (Live)		Local 22 News (N)	(:35) Jimmy Kimmel Live (N) (Live)		
WUTV 60	-	-	The Big Bang Theory (N)	Judge Judy (N)	Judge Judy (N)	Family Feud (N)	MasterChef "The Weakest Links; Sweet Surprise" Three-layer cake; feeding 100 farmers. (N) (Live)		2 on Your Side (N)	Seinfeld "The Movie" (N) (Live)		Two and a Half Men (N)	Two and a Half Men (N)		
CFKS 61	106	726	Atomes crochus	Souper parfait	L'arbitre Une cliente poursuit le propriétaire.		SQ 911 "Homme mal en point"	** "Requins" (2011, Horreur) Sara Paxton, Dustin Milligan. Des étudiants sont attaqués par des requins voraces.				Atomes crochus	Vidéooclips		
WUHF	-	363	Modern Family (N)	Modern Family (N)	The Big Bang Theory (N)	The Big Bang Theory (N)	MasterChef "The Weakest Links; Sweet Surprise" Three-layer cake; feeding 100 farmers. (N) (Live)		13WHAM News at 10 on Fox Rochester (N) (Live)		2 Broke Girls (N)	2 Broke Girls (N)	Paid Program		
WETK	-	-	PBS NewsHour (N) (N) (Live)	BBC News-night	Vermont This Week (N)		Washington Week	Charlie Rose -- The Week		The Great British Baking Show "Chocolate" (N) (Live)		Nightly Business Report	Charlie Rose (N) (Live)		
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N) (N) (Live)		Mountain Lake Journal	The Great British Baking Show "Chocolate" (N) (Live)		Get Ready to Rio! Special With Hubert Keller (N) (Live)		BBC World News	Charlie Rose (N) (Live)		
A&E	615	520	The First 48 Gunmen open fire at a birthday party.		The First 48 A turf war results in two killings. (N) (Live)		*** "Saving Private Ryan" (1998, War) Tom Hanks, Edward Burns, Tom Sizemore. U.S. troops look for a missing comrade during World War II. (N) (Live)						"Saving Private Ryan"		
BRAVO	620	523	Flashpoint "Grounded" A prisoners release.		Twice in a Lifetime A man gains greater self-knowledge.		Bones Human remains are found in chocolate. (N) (Live)	Bones A melted human carcass is found. (N) (Live)		Bones A brilliant surgeon is found dead. (N) (Live)		Bones A body is found in a socialite's home. (N) (Live)	Criminal Minds "Run"		
CNN	500	500	The Situation Room (N)		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		CNN Tonight w/ Don Lemon		Morgan Spurlock Inside		Anthony Bourdain Parts		
DISC	520	505	How It's Made	How It's Made	Mighty Ships "Maersk Viking" (DVS)		American Tarzan Contestants take on the coastline.		Alaskan Bush People The Browns head south. (N) (Live)		Mayday: Air Disaster "Deadly Delay"		Mayday "Hudson River Runway"	Alaskan Bush People	
HIST	522	506	Miracles Decoded A healer calls upon divine intervention.		Treasures Decoded "Jesus' Wife" (N) (DVS)		Natural Born Outlaws "Pretty Boy Floyd" (N) (Live)		Snake Monster: Titanoboa! Titanoboa is known as the largest snake. (N) (Live)		Treasures Decoded "Jesus' Wife" (N) (DVS)		*** "Munich" (2005)		
RDI	126	730	Le Téléjournal (N) (SC)	RDI économie (N) (SC)	24/60 (N) (SC)		Les grands reportages (N) (SC)		Le Téléjournal (N) (SC)	RDI économie (N) (SC)	Le Téléjournal (N) (SC)	Le National (N) (SC)	24/60 (SC)	Les grands reportages	
SHOW	616	521	Combat Hospital "It's My Party"		Beauty and the Beast "Monsieur et Madame Bete" (N) (Live)		"Stonehenge Apocalypse" (2010) Misha Collins. Disaster strikes when the megaliths in England shift. (N) (Live)		"Sinkhole" (2013, Suspense) Eric Roberts, Jeremy London. A sinkhole envelops a school bus filled with teens. (N) (Live)				Mr. Robot (N) (Live)		
SLICE	601	562	Property Virgins (N)	Property Virgins (N)	Come Dine Canada	Come Dine Canada	Property Virgins (N)	Property Virgins (N)	Tori & Dean: Cabin Fever	Tori & Dean: Cabin Fever		"Dear Mr. Gacy" (2010) William Forsythe. A teen communicates with imprisoned serial killer John Wayne Gacy. (N) (Live)	*** "Gravity" (2013)		
SPIKE	628	584	Cops (N)	Cops "Indianapolis" (N)	Cops (N)	Cops "Indianapolis" (N)	Cops (N)	Cops "Arizona"	Cops "Scary Monsters" (N)	Cops (N)	Cops "Sucker Punch" (N)	Cops "Fort Worth" (N)	Cops "Virginia Beach" (N)	Cops "Fort Worth" (N)	
TLC	521	560	Scorned: Love Kills "Mischievous Staff" (N) (Live)		Scorned: Love Kills A wife's body is found in a bathtub.		Killer Women "Sex on the Beach" Lust and obsession turn into violence. (N) (Live)		Women in Prison A fast-food manager kills her boyfriend.		(:01) Killer Women "Sex on the Beach" Lust and obsession turn into violence. (N) (Live)				
TSN	400	400	SportsCentre (N)		2016 Rio Olympics Opening Ceremony. From Rio de Janeiro, Brazil. (N) (Live)							SportsCentre (N) (Live)	SportsCentre (N) (Live)		
YOUTH	551	542	SpongeBob	SpongeBob	SpongeBob	** "Tooth Fairy" (2010) Dwayne Johnson. (N) (Live)		Game On (N)	Assembly	Max & Shred		Laughs: Gags	Laughs: Gags		

Your week on TV

SATURDAY DAYTIME AUGUST 6, 2016

Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30		
WCAX	3	-	-	CBS This Morning: Saturday (N) (Live) (SC)			Lucky Dog "Scarlett"	Dr. Chris: Pet Vet	Innovation Nation	The Inspectors	Paid Program	Paid Program	** "Short Circuit" (1986, Comedy) Ally Sheedy, Steve Guttenberg, Fisher Stevens.			PGA Tour Golf			
WPTZ	5	-	-	Rio Olympics Rowing, Cycling, Water Polo. (N) (Live) (SC)			Rio Olympics Cycling, Swimming, Taylor Phinney and Brent Bookwalter of the U.S. compete in the cycling road race. Also: swimming. (N) (Live) (SC)			Rio Olympics Beach Volleyball, Rowing. (N) (Live) (SC)									
CBMT	6	206	301	(7:00) 2016 Rio Olympics Rowing. Rowing (women's single sculls heats, men's lightweight). (N) (Live) (SC)			2016 Rio Olympics Swimming, Soccer. Swimming; women's soccer: Canada vs. Zimbabwe. (N) (Live) (SC)												
CHLT	7	107	718	(6:00) Salut, bonjour! Week-end (N) (SC)			Québec	Tous à vélo (N)	Signé M (SC)	Les looney tunes (N)	TVA nouvelles (N)	Ma liste à moi (SC)	Viens voir ici (N)	*** "Le Traqueur" (2003) The Rock. Un dur à cuire doit retrouver le fils d'un millionnaire.			"Parc jurassique"		
WMTW	8	-	-	Good Morning America (N) (Live) (SC)	Jack Hanna	Ocean Mysteries	Sea Rescue (E)	The Wildlife Docs	Rock the Park	Born to Explore	Awesome Adventure	Derm Exclusive!	Joint Relief	21 DAY FIX	AAA Benefits	Paid Program	World of X Games (N)		
CKSH	9	108	-	(7:00) Jeux olympiques de Rio 2016 Aviron, judo, gymnastique artistique, cyclisme sur route, volleyball de plage. (N) (En direct)			Jeux olympiques de Rio 2016 Basketball, natation, volleyball, volleyball de plage, judo. (N)			Jeux olympiques de Rio 2016 Basketball, soccer, rugby, judo, gymnastique artistique, hockey sur gazon. (N) (En direct)									
CKMI	11	-	-	Fish'n Canada	Real Fish-ing	Advent. North	Fishful Thinking	Secret Life Of... (SC)	Paid Program	Powerboat Television	Driving Television	Ice Pilots NWT "Crash Landing" (SC)		Property Virgins (N)	Princess "Ariana"	Entertainment Tonight		PGA Tour Golf	
CFCF	12	205	312	The Social Country singer Dierks Bentley.		It Is Written (SC)	Celebrity Style Story	Operation Smile (N) (SC)		It Is Written (SC)	etalk Presents	SportsCentre (N) (SC)		Corner Gas (N)	Corner Gas (N)	Canada's Worst Driver (N) (SC)	Cash Cab (N)	Moneytalk (N) (SC)	
WVNY	22	-	-	Good Morning America (N) (Live) (SC)	Jack Hanna	Ocean Mysteries	Sea Rescue (E)	The Wildlife Docs	Rock the Park	Born to Explore	AAA Benefits	Paid Program	Best Pan Ever!		Paid Program	Paid Program	World of X Games (N)		
WUTV	30	-	-	TAI Cheng	Copper Chef	Copper Chef	Cooking Made	Copper Chef	Paid Program	LifeLock Protection	Paid Program	Raw Travel	** "Stepmom" (1998, Drama) Julia Roberts. A woman tries hard to make her lover's children accept her.			** "Fame" (2009) Asher Book.			
CFKS	31	106	726	Aubaines & cie (N)		Trucs & cie (N)		RPM Benoit fait le tour du Salon de l'auto.		RPM Plus Benoit se rend à Las Vegas.		Tout s'embellit	Infopublicité	"StreetDance 2" (2012, Drame) Tom Conti, Falk Hentschel, Sofia Boutella.			** "Impact fatal" (2004) Ice Cube		
WUHF	-	363	-	Career Day (SC)	Think Big (SC)	Great Big World	The Young Icons (E)	Copper Chef	Paid Program	LifeLock Protection	Paid Program	Judge Judy (N)	Judge Judy (N)	** "House of Wax" (2005) Elisha Cuthbert, Chad Michael Murray. Murderous twins entomb their victims in wax.			Michael Mur-ray.	Cooking Made	
WETK	-	-	-	"Odd Squad"	Nature Cat (SC)	Outdoor Journal	MotorWeek (N)	Family Ingredients	A Chef's Life (SC)	Cooking School	Ellie's Real	Test Kitchen	Cook's Country	This Old House (N)	This Old House (N)	Ask This Old House	Rough Cut-Mac	Food Forward (N)	Antiques Roadshow
WCFE	-	-	-	"Odd Squad"	Nature Cat (SC)	Ready Jet Go! (E)	Wild Kratts (SC)	Miner Institute: AG. in Society (N)		This Old House (N)	Ask This Old House	Jacques Pépin	Cooking School	Martha Bakes (N)	Lidia's Kitchen (N)	Ellie's Real	Sara's Weeknight	Test Kitchen	Steven Raichlen's
A&E	615	520	-	Flipping Vegas "Dream House" (SC)	Zombie House Flipping (N) (SC)	Zombie House Flipping (N) (SC)	Zombie House Flipping (N) (SC)	Criminal Minds Several families are murdered.		Criminal Minds "Public Enemy" (N) (SC)	Criminal Minds "Public Enemy" (N) (SC)	Criminal Minds "Public Enemy" (N) (SC)	Criminal Minds "Public Enemy" (N) (SC)	Criminal Minds "Public Enemy" (N) (SC)	Criminal Minds "Public Enemy" (N) (SC)	*** "Friends With Benefits" (2011) Justin Timberlake, Mila Kunis. (N) (SC)			
BRAVO	620	523	-	Twice in a Lifetime "Even Steven" (SC)	Missing Jess must reconsider her future. (N)	Murder in the First "Sam I Am" (N) (SC)	Guilt Natalie doubts Grace's innocence. (N)	Suits "Turn" Mike considers a deal. (N) (SC)	Animal Kingdom "Judas Kiss" (N) (SC)	Bones Human remains are found in chocolate.	Bones A melted human carcass is found. (N)								
CNN	500	500	-	New Day Saturday (N)	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN News	DWD	CNN Newsroom			
DISC	520	505	-	American Tarzan "Coastal Chaos" (SC)	Alaskan Bush People "Browns Down South"	How It's Made	How It's Made	Mayday: Air Disaster "Deadly Delay"	American Tarzan "Coastal Chaos" (SC)	Mayday "Hudson River Runway" (SC)	Mayday: Air Disaster "Deadly Delay"	Mayday: Air Disaster "Deadly Delay"	Mayday: Air Disaster "Deadly Delay"	Mayday: Air Disaster "Deadly Delay"	Mayday: Air Disaster "Deadly Delay"	Dark Woods Justice "Bones" (SC)			
HIST	522	506	-	Paid Program (N)	Paid Program (N)	Paid Program (N)	Paid Program (N)	Ice Road Truckers "Trail Blazers" (SC)	Yukon Gold "Race to the Finish" (N) (SC)	Legend of the Superstition Mountains (N)	Legend of the Superstition Mountains (N)	Legend of the Superstition Mountains (N)	Legend of the Superstition Mountains (N)	Legend of the Superstition Mountains (N)	Legend of the Superstition Mountains (N)	Legend of the Superstition Mountains (N)	Legend of the Superstition Mountains (N)	Legend of the Superstition Mountains (N)	
RDI	126	730	-	(5:30) RDI matin weekend (N) (SC)			RDI en direct (N)	RDI économique	Telejournal	Telejournal	Le National	RDI en direct (N)	RDI en direct (N)	RDI en direct (SC)	RDI en direct (N)	RDI en direct (SC)	RDI en direct (N)	RDI en direct (SC)	
SHOW	616	521	-	Paid Program (N)	Paid Program (N)	Paid Program (N)	Paid Program (N)	NCIS Bored housewives. (N) (SC)	NCIS An officer is reported missing. (N) (SC)	*** "Batman Begins" (2005, Action) Christian Bale, Michael Caine. Bruce Wayne becomes Gotham City's Dark Knight. (N) (SC)			**** "The Dark Knight" (2008) (N) (SC)						
SLICE	601	562	-	Paid Program (N)	Paid Program (N)	Paid Program (N)	Paid Program (N)	"Dear Mr. Gacy" (2010, Drama) William Forsythe, Jesse Moss, Emma Lahana. (N) (SC)	Property Virgins (N)	Property Virgins (N)	Til Debt Do Us Part	*** "Gravity" (2013) Sandra Bullock. Two astronauts become stranded in deep space. (N) (SC)			"Miss Cong"				
SPIKE	628	584	-	Copper Chef (N)	Try Total Gym	Bar Rescue "A Dash of Bitters" (N)	Bar Rescue Bartenders who dance on the bar.	Bar Rescue "El Morronte!" (N) (SC)	Bar Rescue "Lagers and Liers" (N) (SC)	Bar Rescue "Bug Bite" (N) (SC)	Cops (N) (SC)	Cops (N) (SC)	Cops (N) (SC)	Cops (N) (SC)	Cops (N) (SC)	Cops (N) (SC)	Cops (N) (SC)	Cops (N) (SC)	
TLC	521	560	-	Makeup!	CIZE Dance	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Love at First Kiss (N) (SC)	My Mom Is Obsessed (N) (SC)	My Mom Is Obsessed "Men & Freedom" (N) (SC)			
TSN	400	400	-	SportsCentre (SC)	SportsCentre (N) (Live) (SC)	2016 Rio Olympics From Rio de Janeiro, Brazil. (N) (Live) (SC)													
YOUTH	551	542	-	Nerds	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Turtles	Sponge.	** "Tooth Fairy" (2010) Dwayne Johnson. (N) (SC)			Chucks	Chucks	Chucks	Chucks	

SATURDAY EVENING AUGUST 6, 2016

Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX	3	-	-	(3:00) PGA Tour Golf Travelers Championship, Third Round. (N) (Live) (SC)			Channel 3 News	Weekend News	Entertainment Tonight (N) (Live) (SC)	Rush Hour "O Hostage! My Hostage!"	Criminal Minds: Beyond Borders (SC)	48 Hours (N) (SC)			Channel 3 News	Person of Interest "Pilot" (N) (SC)			
WPTZ	5	-	-	:(15) Rio Olympics Women's Volleyball: U.S. vs. Puerto Rico. (N) (Live) (SC)			News-Channel 5	Nightly News	Jeopardy!	The Olympic	Rio Olympics Swimming, Beach Volleyball, Gymnastics. Swimming (men's 400m individual medley final); beach volleyball; men's gymnastics. (N) (Live) (SC)	2016 Rio Olympics Day 1 Highlights. (N Same-day Tape) (SC)							
CBMT	6	206	301	(12:00) 2016 Rio Olympics Swimming, Soccer. (N) (Live) (SC)			2016 Rio Olympics Swimming. Swimming (men's 400m freestyle final; individual medley). (N) (Live) (SC)			2016 Rio Olympics Day 1 Highlights. (N Same-day Tape) (SC)									
CHLT	7	107	718	(3:00) *** "Le Parc jurassique" (1993, Aventures) Sam Neill, Laura Dern. (SC)			TVA nouvelles (N)	** "Les 4 fantastiques" (2005, Action) Ioan Gruffudd, Jessica Alba. (SC)			*** "Hunger Games: Le film" (2012) Jennifer Lawrence. Katniss Everdeen décide de se porter volontaire.			:(15) TVA nouvelles			:(45) *** "X-Men 2" (2003, Action) (SC)		
WMTW	8	-	-	SportsCenter Special (N)	GSL: Gold Medal Greats	WMTW News 8 at	World News	Derm Exclusive!	Jeopardy! (N) (SC)	Last Man Standing	:(31) Dr. Ken (SC)	20/20: In an Instant (N) (SC)	Boston EMS (N) (SC)	WMTW News 8	Rizzoli & Isles "Bloodlines" (SC)				
CKSH	9	108	-	Jeux olympiques de Rio 2016			TJ Estrie	Jeux olympiques de Rio 2016 Volleyball de plage, natation. Volleyball de plage masculin et féminin; natation féminine (relais 4x100m libre) (N) (En direct)											
CKMI	11	-	-	(3:00) PGA Tour Golf Travelers Championship, Third Round. (N) (Live) (SC)			Global News at 6	Global National	16x9 "The Fourth Pillar" (SC)	Private Eyes "Family Jewels"	Rookie Blue "Different, Not Better" (N)	True Crime Scene Gas station execution.	Global News	:(29) * "Identity Thief" (2013) (SC)					
CFCF	12	205	312	The Marilyn Denis Show "Go Wild" (N)	The Social (N) (SC)	etalk Presents (N) (SC)	CTV News Montreal (N) (SC)	W5 The effects of violent hockey. (N)	The Amazing Race Canada (N) (SC)	Orphan Black "The Antisocialism of Sex"	The Bridge Frank deals with two cops.	News-Rinaldo	CTV News Montreal	(12:05) Castle (N) (SC)					
WVNY	22	-	-	SportsCenter Special (N)	Paid Program	Paid Program	World News	Local 22 News (N)	Paid Program	Paid Program	Last Man Standing	:(31) Dr. Ken (SC)	20/20: In an Instant (N) (SC)	Boston EMS (N) (SC)	Local 22 News (N)	Elementary "A Landmark Story" (N) (SC)			
WUTV	30	-	-	(3:00) *** "Fame" (2009, Drama) Asher Book, Kristy Flores. (SC)			Cooking Made	Big Bang Theory	Big Bang Theory	Two and Half Men	Two and Half Men	Wayward Pines Flashbacks reveal Jason Higgin's past. (N) (DVS)	2 on Your Side at 10	Big Bang Theory	Home Free "Boulevard of Skill vs. Will"	CIZE Dance			
CFKS	31	106	726	"Impact fatal"	:(45) ** "C'est quoi ton numéro?" (2011) Anna Faris. Une femme se demande qui est son vrai amour.			:(15) ** "Ma vie pour la tienne" (2009) Cameron Diaz. Début. Une fille veut être émancipée de ses parents.			** "La tête dans les nuages" (2004, Drame) Charlize Theron, Penélope Cruz, Stuart Townsend.			Appelez & gagnez					
WUHF	-	363	-	Modern Family	Modern Family	Big Bang Theory	Big Bang Theory	Big Bang Theory	Ring of Honor Wrestling (SC)	Wayward Pines Flashbacks reveal Jason Higgin's past. (N) (DVS)	WHAM News	Community (SC)	Home Free "Boulevard of Skill vs. Will"	ROH Wrestling					
WETK	-	-	-	Antiques Roadshow	Mineral Explorers	Charlie Rose	NewsHour Wk	Father Brown "The Paradise of Thieves"	As Time Goes By	To Manor Born	Yes, Minister (N) (SC)	Vicious (N) (SC)	Miss Fisher's Murder Mysteries (N) (SC)	Scott & Bailey Rachel hides out at Janet's.	Austin City Limits Lauryn Hill performs.	Infinity Hall Live			
WCFE	-	-	-	Antiques Roadshow (N) (SC)	Globe Trekker (N) (SC)	R. Steves' Europe	NewsHour Wk	Mountain Lake Journal	New Tricks Death in custody. (N) (SC)	Death in Paradise (N) (SC)	Scott & Bailey (N) (SC)	Underground	Austin City Limits Lauryn Hill performs.						
A&E	615	520	-	"Frnds-Benefits"	Married at First Sight "The Weddings" (N)	The First 48 (SC)	The First 48 "Left to Burn; Trigger Happy"	The First 48 "Killer Debt; House of Rage"	The First 48: Drugs Kill "Dropped Call"	The First 48: Shocking Shootouts (N) (SC)	The First 48: Shocking Shootouts (N) (SC)	The First 48: Shocking Shootouts (N) (SC)	:(03) The First 48: Bad Blood (N) (SC)	The First 48					
BRAVO	620	523	-	Bones A brilliant surgeon is found dead.	Bones "The Body in the Bag" (N) (SC)	Twice in a Lifetime "Even Steven" (SC)	Missing Jess must reconsider her future.	Suits "Turn" Mike considers a deal. (N) (SC)	Animal Kingdom "Judas Kiss" (N) (SC)	Guilt Natalie doubts Grace's innocence.	19-2 Nick keep secrets from Ben. (N) (SC)	Guilt (N) (SC)							
CNN	500	500	-	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	Anthony Bourd.	Anthony Bourd.	Anthony Bourd.	Anthony Bourd.	Anthony Bourd.	Anthony Bourd.	Anthony Bourd.	Anthony Bourd.	Anthony Bourd.	Anthony Bourd.	
DISC	520	505	-	American Tarzan "Coastal Chaos" (SC)	Alaskan Bush People (SC)	How It's Made	How It's Made	How It's Made	How It's Made	Deadliest Catch: The Bait (N) (SC)	Deadliest Catch "The Widowmaker: Part 1" Intense weather takes a toll on Sig. (SC)	How-Made	How-Made	Deadliest Catch (N) (SC)					
HIST	522	506	-	Legend of the Superstition Mountains (N)	Legend of the Superstition Mountains (N)	Ice Road Truckers "Trail Blazers" (SC)	Yukon Gold "Race to the Finish" (N) (SC)	Vikings "The Profit and the Loss" (N) (SC)	Time Beings: Extreme Time Travel	Secret Earth: Yellowstone Supervolcano	Yukon Gold "Race to the Finish" (N) (SC)	Mountains							
RDI	126	730	-	RDI en direct (N)	L'épicerie Bag" (N) (SC)	Le Télé-journal	Journal France 2	La semaine verte (N) (SC)	RDI en direct (N)	RDI en direct (SC)	Découverte (N) (SC)	Le Télé-journal	Vocation: leader	Le Télé-journal (N)	Le Télé-journal	Le Télé-journal	Le Télé-journal	Le Télé-journal	
SHOW	616	521	-	(3:00) **** "The Dark Knight" (2008) Christian Bale, Heath Ledger. (DVS)			Continuum Alec has a strange encounter. (N)	"Sinkhole" (2013) Eric Roberts. A sinkhole envelops a school bus filled with teens. (N)	**** "The Dark Knight" (2008) Christian Bale, Heath Ledger. Batman battles a vicious criminal known as the Joker. (N) (DVS)			"Batman Begins"							
SLICE	601	562	-	(3:30) ** "Miss Congeniality" (2000, Comedy) Sandra Bullock, Michael Caine. (N) (SC)			"A Lover's Revenge" (2005) Alexandra Paul. A man plots against a radio psychologist. (N)	Après Ski "It's All Down Hill From Here"	"Trophy Wife" (2006) Brooke Burns, Royston Innes. Premiere. (N) (DVS)	Après Ski "It's All Down Hill From Here"	Après Ski "It's All Down Hill From Here"	Après Ski "It's All Down Hill From Here"	Après Ski "It's All Down Hill From Here"	Après Ski "It's All Down Hill From Here"	Après Ski "It's All Down Hill From Here"	Après Ski "It's All Down Hill From Here"	Après Ski "It's All Down Hill From Here"	Après Ski "It's All Down Hill From Here"	
SPIKE	628	584	-	Cops "Arizona" (N) (SC)	Cops (N) (SC)	Cops (N) (SC)	Cops "Atlanta" (N) (SC)	Cops "Texas" (N) (SC)	Cops (N) (SC)	Cops (N) (SC)	Cops (N) (SC)	Cops (N) (SC)	Cops (N) (SC)	Cops (N) (SC)	Cops (N) (SC)	Cops (N) (SC)	Cops (N) (SC)	Cops (N) (SC)	
TLC	521	560	-	My Mom Is Obsessed (N) (SC)	My Big Fat American Gypsy Wedding (N) (SC)	My Big Fat American Gypsy Wedding (N) (SC)	My Big Fat American Gypsy Wedding (N) (SC)	My Big Fat American Gypsy Wedding (N) (SC)	My Big Fat American Gypsy Wedding (N) (SC)	My Big Fat American Gypsy Wedding (N) (SC)	My Big Fat American Gypsy Wedding (N) (SC)	My Big Fat American Gypsy Wedding (N) (SC)	My Big Fat American Gypsy Wedding (N) (SC)	Love at First Kiss (N) (SC)	My Big Fat American Gypsy Wedding (N) (SC)	Love at First Kiss (N) (SC)	Love at First Kiss (N) (SC)	Love at First Kiss (N) (SC)	
TSN	400	400	-	2016 Rio Olympics From Rio de Janeiro, Brazil. (N) (Live) (SC)			SportsCentre (N) (Live) (SC)	CFL Football Edmonton Eskimos at Ottawa Redblacks. Two teams in search of a win face off when the Redblacks host the Eskimos.											
YOUTH	551	542	-	Nerds	Nerds	Nerds	Nerds	Assembly	Project MC2 (N) (SC)	** "Legally Blonde" (2001) (N) (SC)			Assembly	Assembly	Gags	Gags	Gags	Legally Bl	

Your week on TV

SUNDAY DAYTIME																	AUGUST 7, 2016		
Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30		
WCAX	3	-	-	Channel 3 News Sunday Morning (N)	CBS News Sunday Morning (N) (Live)	Face the Nation (N) (Live)	Game Changers	Paid Program	Paid Program	The Incredible Dog Challenge Tour	NBA 2K16 Road to the Finals (N) (Live)	PGA Tour Golf							
WPTZ	5	-	-	Today The youngest and oldest Olympians.	Meet the Press (N) (Live)	Rio Olympics Beach Volleyball, Rowing, Cycling.	Rio Olympics Cycling, Swimming, American Megan Guarnier looks to contend in the women's road race. Also: swimming heats. (N) (Live)	Rio Olympics											
CBMT	6	206	301	(7:00) 2016 Rio Olympics Rowing. Coverage includes rowing heats and repechages. (N) (Live)															
CHLT	7	107	718	(6:00) Salut, bonjour! Week-end (N) (SC)	"Jappeloup" (2013) Guillaume Canet, Marina Hands. Pierre Durand revient à la compétition équestre. (SC)	La victoire de l'amour	Ma liste à moi (SC)	Infopublicité (SC)	(:15) ** "Beethoven IV" (2001, Comédie) Judge Reinhold, Julia Sweeney. (SC)										
WMTW	8	-	-	Good Morning America	This Week W/ George Stephanopoulos	Fernando Espuelas	This Old House (N)	Teen Kids News (N)	Made in Hollywood	Paid Program	No-Fat Fried Foods - YES! Really!	Larry King Sp.	AAA Benefits	Paid Program	AAA Benefits				
CKSH	9	108	-	(7:00) Jeux olympiques de Rio 2016 Aviron, judo, cyclisme, gymnastique artistique. (N) (En direct)															
CKMI	11	-	-	Fishful Thinking	Ancestors in the Attic	What's In a Name?	Chuck's Day Off (N)	Joel Osteen (N)	Paid Program	Urban Legends	Pitchin' In (N)	16x9 "The Fourth Pillar"	Rich Bride, Poor Bride Elisha and Parry. (N)	You Gotta Eat Here!	You Gotta Eat Here!	PGA Tour Golf			
CFCF	12	205	312	etalk Pres-ents	Corner Gas (N)	Operation Smile (N)	The Social (N)	Church of the Rock	Canada's Worst Driver (N)	SportsCentre (N)	W5 The effects of violent hockey. (N)	** "Starksy & Hutch" (2004) Ben Stiller. Two detectives investigate a cocaine dealer. (N)							
WVNY	22	-	-	Good Morning America (N) (Live)	This Week W/ George Stephanopoulos	What Matters	The Key of David	AAA Benefits	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	AAA Benefits	Paid Program		
WUTV	60	-	-	The Ernest Angley Hour	FOX News Sunday With Chris Wallace (N)	Sharyl Attkisson	Key of David	TAI Cheng	Paid Program	** "Phone Booth" (2002, Suspense) Colin Farrell, Kiefer Sutherland, Forest Whitaker. (N)	Paid Program	KRILLW CoQ	Ring of Honor Wrestling (N)						
CFKS	61	106	726	Aubaines & cie (N)	Trucs & cie (N)	RPM La Cadillac Escalade Platinum 2016.	RPM Plus Des piles à combustible.	Infopublicité	La vie d'une autre" (2012, Com. dramatique) Juliette Binoche, Mathieu Kassovitz, Aure Atika.	** "Arthur" (2011) Russell Brand, Helen Mirren, Jennifer Garner.									
WUHF	-	-	363	Dragon-FlyTV	Paid Program	FOX News Sunday With Chris Wallace (N)	Sharyl Attkisson	Rochester Press Box	RightSide With	7 Day Spot Free	Tapping IN: The Happiest People	Paid Program	Green Tea	Cooking Made	Paid Program	Ring of Honor Wrestling (N)			
WETK	-	-	-	Curious George	Nature Cat (N)	Ready Jet Go! (EI)	Wild Kratts (N)	"Odd Squad: The Movie" (2016, Adventure) (EI) Dalila Bela. (N)	Vermont This Week	R. Steves' Europe	Travel Detective	Navy Seals -- Their Untold Story Navy SEALs. (N)	Missions of the	The White House: Inside Story (N)					
WCFE	-	-	-	Curious George	Nature Cat (N)	Washington Week	Scully: World	Mountain Lake Journal	Charlie Rose	R. Steves' Europe	Uranium -- Twisting the Dragon's Tail (N)	Uranium -- Twisting the Dragon's Tail (N)	Eisenhower's Secret War (N) (DVS)	Eisenhower's Secret War (N) (DVS)					
A&E	615	520	-	Criminal Minds Several families are murdered.	Criminal Minds "Public Enemy" (N)	Criminal Minds "Mosley Lane" (N)	Criminal Minds "Exit Wounds" (N)	Shining a Light: A Concert for Progress on Race in America Benefit concert from Los Angeles. (N)	Black and White (N)	Black and White (N)	Storage Wars (N)								
BRAVO	620	523	-	Twice in a Lifetime (N)	Missing Jess meets her new partner. (N)	Criminal Minds "Final Shot" (DVS)	** "View from the Top" (2003, Comedy) Gwyneth Paltrow, Christina Applegate. (N)	** "Emma" (1996) Gwyneth Paltrow. In the 1800s, a match-maker's machinations prove disastrous. (N)	"Kate & Leopold"										
CNN	500	500	-	Inside Politics (N)	State of the Union (N)	Fareed Zakaria GPS	Reliable Sources (N)	State of the Union	Fareed Zakaria GPS	CNN Newsroom	CNN Newsroom								
DISC	520	505	-	How It's Made	How It's Made	Tanked "Be Cool" (N) (N)	Insane Pools: Off the Deep End (N)	Highway Thru Hell "Fork In The Road"	Dangerous Flights "Fight to the Finish"	Highway Thru Hell "Rear View"	Deadliest Catch: The Widomaker: Part 1"	Deadliest Catch: The Widomaker: Part 1"							
HIST	522	506	-	Paid Program (N)	Paid Program (N)	Paid Program (N)	Paid Program (N)	Bigfoot Captured Evidence of Bigfoot's existence.	Atlantis Found Atlantis may have existed on the island of Santorini. (N)	Search for the Lost Giants (N)	Search for the Lost Giants (N)								
RDI	126	730	-	(5:30) RDI matin weekend (N) (SC)				RDI en direct (N)	L'épicerie (SC)	Telejournal	Telejournal	Je vais à Rio (SC)	RDI en direct (N)	RDI en direct (N)	RDI en direct (SC)	RDI en direct (N)	RDI en direct (SC)		
SHOW	616	521	-	Paid Program (N)	Paid Program (N)	Paid Program (N)	Paid Program (N)	Working the Engels	"The Hazing Secret" (2014, Suspense) Grimes, Keegan Allen, Brett Dier. (N)	Shenae	NCIS A terrorist targeting the Navy.	NCIS The NCIS faces devastating surprises.	NCIS A member of the team reminisces. (N)	"X-Men: Last"					
SLICE	601	562	-	Paid Program (N)	Paid Program (N)	Paid Program (N)	Paid Program (N)	"Trophy Wife" (2006, Suspense) Brooke Burns, Royston Innes, Kyle Cassie. (N) (DVS)	Money Moron (N)	Money Moron (N)	** "Miss Congeniality" (2000) Sandra Bullock. A clumsy FBI agent goes undercover at a beauty pageant. (N)	"Miss Congeniality"							
SPIKE	628	584	-	KRILLW CoQ (N)	Try Total Gym	Xtreme Off Road (N)	Engine Power (N)	Truck Tech (N)	Detroit Muscle (N)	Bar Rescue A management-heavy staff. (N)	Bar Rescue "Gone in a Flash" (N)	Bar Rescue "Schmuck Dynasty" (N)	Bar Rescue "Mandala Down" (N)	Bar Rescue "Loose Lips Loose Tips" (N)					
TLC	521	560	-	7 Day Spot Free	Healthy Fried Food	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	Hoarding: Buried Alive (N)		
TSN	400	400	-	SportsCentre (N)	SportsCentre (N)	2016 Rio Olympics From Rio de Janeiro, Brazil. (N) (Live)													
YOUTH	551	542	-	Pet Shop	Stanley	Game	School	Thunder	Assembly	Bella	Henry	Max	Stanley	Game On	(:45) ** "Epic" (2013) Voices of Colin Farrell. (N)				

SUNDAY EVENING																	AUGUST 7, 2016		
Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
WCAX	3	-	-	(3:00) PGA Tour Golf Travelers Championship, Final Round. (N) (Live)	Channel 3 News	Weekend News	60 Minutes (N) (Live)	(:01) Big Brother (N)	Madam Secretary "On the Clock" (N)	BrainDead (N) (Live)	Channel 3 News	The Good Wife "The Next Day" (N)							
WPTZ	5	-	-	(:15) Rio Olympics Men's Volleyball: U.S. vs. Canada. (N) (Live)	News-Channel 5	Nightly News	Rio Olympics Diving, Gymnastics, Swimming. Women's diving (springboard synchronized final); women's gymnastics; swimming. (N) (Live)												
CBMT	6	206	301	(12:00) 2016 Rio Olympics Swimming, Diving, Volleyball. (N) (Live)	2016 Rio Olympics Gymnastics, Swimming, Beach Volleyball. Women's gymnastics; swimming; beach volleyball. (N) (Live)	(:05) 2016 Rio Olympics Day 2 Highlights. (N Same-day Tape) (N)													
CHLT	7	107	718	** "VR" (2006) Robin Williams. Une famille dysfonctionnelle voyage en autocaravane.	TVA nouvelles (N)	Les gags full ado	Les têtes de turc des Québécois (SC)	** "La peur dans la peau: l'héritage de Bourne" (2012, Action) Jeremy Renner, Rachel Weisz. (SC)	(:45) TVA nouvelles	(:15) ** "M. et Mme. Smith" (2005, Action) Brad Pitt. (SC)									
WMTW	8	-	-	Kickin' It: With Byron Allen (N)	Entertainers: With Byron Allen (N)	WMTW News 8	World News	America's Funniest Home Videos (N)	Celebrity Family Feud (N)	The \$100,000 Pyramid (N)	Match Game Cheryl Hines; Ike Barinholtz.	WMTW News 8	Person of Interest "Ghosts" (N)						
CKSH	9	108	-	(1:00) Jeux olympiques de Rio 2016 Plongeon, volleyball, volleyball de plage. (N)	TJ Estrie	Jeux olympiques de Rio 2016 Plongeon, volleyball de plage, natation, basketball, gymnastique artistique. Volleyball masculin; volleyball de plage; natation masculine et féminine; basketball. (N) (En direct)													
CKMI	11	-	-	(3:00) PGA Tour Golf Travelers Championship, Final Round. (N) (Live)	Global News at 6	Global National	The Simpsons (N)	Border Security	(:01) Big Brother (N)	Madam Secretary "On the Clock" (N)	BrainDead (N) (Live)	Global News	TV-Torrens	Mackenzie Tour					
CFCF	12	205	312	etalk Pres-ents	The Social (N)	The Amazing Race Canada (N)	CTV News Montreal (N) (Live)	Big Bang Theory	Big Bang Theory	Killjoys "Kiss, Kiss, Bye Bye" (N)	The \$100,000 Pyramid (N)	Match Game Cheryl Hines; Ike Barinholtz.	News-Rinaldo	CTV News Montreal (12:05) Castle (N)					
WVNY	22	-	-	Paid Program	Paid Program	Paid Program	Paid Program	World News	Local 22 News (N)	America's Funniest Home Videos (N)	Celebrity Family Feud (N)	The \$100,000 Pyramid (N)	Match Game Cheryl Hines; Ike Barinholtz.	Local 22 News (N)	Scandal (N)				
WUTV	60	-	-	NHRA Drag Racing Protect The Harvest.com Northwest NHRA Nationals. From Pacific Raceways in Kent, Wash. (N) (Live)	The Simpsons (N)	Bob's Burgers	The Simpsons (N)	Brooklyn Nine-Nine	Family Guy (N)	Last Man-Earth	2 on Your Side at 10	Big Bang Theory	Ring of Honor Wrestling (N)	Seinfeld (N)					
CFKS	61	106	726	(2:30) ** "Arthur" (2011) Russell Brand.	** "Duo à trois" (2011) Ginnifer Goodwin, Kate Hudson. Une femme se retrouve au lit avec le fiancé de son amie.	** "La chute de l'ange" (1998) Denzel Washington. Un policier se croit hanté par l'esprit d'un tueur exécuté.	(:15) ** "À l'aube du dernier jour" (2009) Jack Coleman, Holly Dignard, Tyler Johnston.	Appalez & gagnez											
WUHF	-	-	363	NHRA Drag Racing Protect The Harvest.com Northwest NHRA Nationals. From Pacific Raceways in Kent, Wash. (N) (Live)	The Simpsons (N)	Bob's Burgers	The Simpsons (N)	Brooklyn Nine-Nine	Family Guy (N)	Last Man-Earth	WHAM News	Sharyl Attkisson	Community (N)	Green Tea	2 Broke Girls (N)				
WETK	-	-	-	(3:00) The White House: Inside Story	Makin' Friends	NewsHour Wk	The Great British Baking Show Pastry.	The Great British Baking Show (N)	Dancing on the Edge (N) (Live)	Masterpiece Mystery! Remains could be linked to a murder. (N)	The Tunnel (N) (PA)	The Tunnel (N) (PA)	Independent Lens (N) (DVS)						
WCFE	-	-	-	The Bomb Development of the nuclear bomb. (N)	Antiques Roadshow	NewsHour Wk	Royal Memories: Prince Charles	Dancing on the Edge (N) (Live)	Masterpiece Mystery! Remains could be linked to a murder. (N)	The Tunnel (N) (PA)	The Tunnel (N) (PA)	POV Iris Apfel's enthusiasm for fashion.							
A&E	615	520	-	Storage Wars (N)	Storage Wars (N)	Storage Wars (N)	Storage Wars (N)	Storage Wars (N)	Storage Wars (N)	Intervention "Robert" (N)	Intervention: Then & Now "Pam" (N) (N)	Intervention "Brittany" (N) (N)	Escaping Polygamy "Trouble for Mom"	(:01) The First 48 (N) (N)	Intervention				
BRAVO	620	523	-	(3:30) ** "Kate & Leopold" (2001) Meg Ryan, Hugh Jackman. (N)	Twice in a Lifetime (N)	Missing Jess meets her new partner. (N)	Criminal Minds "Final Shot" (DVS)	** "Last Vegas" (2013, Comedy) Michael Douglas, Robert De Niro. (N)	(:15) *** "GoodFellas" (1990) Robert De Niro. (N)										
CNN	500	500	-	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Special Report	The Hunt	Declassified	CNN Special Report	The Hunt							
DISC	520	505	-	(3:00) Deadliest Catch	Railroad Alaska "The Big Freeze" (N)	How It's Made	How It's Made	How It's Made	How It's Made	Naked and Afraid XL "Human Prey" (N)	Naked and Afraid XL "Too Many Chiefs"	Dual Survival "Bulgarian Blizzard" (N)	MythBusters "The A-Team Special" (N)	Naked and Afraid					
HIST	522	506	-	Search for the Lost Giants (N)	Search for the Lost Giants (N)	Search for the Lost Giants (N)	Search for the Lost Giants (N)	Bigfoot Captured Evidence of Bigfoot's existence. (N)	Atlantis Found Atlantis may have existed on the island of Santorini. (N)	Search for the									
RDI	126	730	-	RDI en direct (N)	RDI en direct (SC)	Le Télé-journal	Journal France 2	Les grands reportages	RDI en direct (N)	Je vais à Rio (SC)	Remue-ménage (N) (SC)	Le Télé-journal	Vocation: leader	Le Télé-journal (N)	Le Télé-journal	Le Télé-journal	L'épicerie (SC)	Le Télé-journal	
SHOW	616	521	-	(3:30) ** "X-Men: The Last Stand" (2006) Hugh Jackman, Patrick Stewart. (N)	"Offline" (2013) Daryl Hannah. Inappropriate online photos jeopardize a teen's reputation.	Beauty and the Beast "Means to an End"	Rizzoli & Isles "In Plain View" (N)	NCIS A terrorist targeting the Navy.	Beauty and the Beast "Means to an End"	Rizzoli & Isles (N)									
SLICE	601	562	-	(3:30) ** "Miss Congeniality 2: Armed and Fabulous" (2005) Sandra Bullock. (N)	"Trophy Wife" (2006, Suspense) Brooke Burns, Royston Innes. (N) (DVS)	Ex-Wives of Rock	Ex-Wives of Rock	Hockey Wives "Stick-handling the Future"	Come Dine	Come Dine	Brides-Hills	Brides-Hills	Hockey Wives (N)						
SPIKE	628	584	-	Bar Rescue "Muscle Madness" (N)	Bar Rescue "Swinging From the Rafter"	Bar Rescue (N)	Bar Rescue (N)	Bar Rescue "Danny Sits on His Fanny"	Bar Rescue (Season Premiere) (N) (N)	Bar Rescue "Paradise Lost" (N)	Bar Rescue A struggling military bar. (N)	Bar Rescue (N)	Bar Rescue (N)						
TLC	521	560	-	Hoarding: Buried Alive (N)	Hoarding: Buried Alive (N)	Hoarding: Buried Alive (N)	Hoarding: Buried Alive (N)	Love at First Kiss (N)	Return to Amish "Breaking Dad" (N)	My Big Fat American Gypsy Wedding (N)	Gypsy Wedding								
TSN	400	400	-	2016 Rio Olympics From Rio de Janeiro, Brazil. (N) (Live)	2016 Rio Olympics From Rio de Janeiro, Brazil. (N) (Live)														
YOUTH	551	542	-	** "Shrek" (2001) Voices of Mike Myers.	"Chronicles of Narnia: Dawn Treader"			Game On	Teen Choice 2016 (N)		Gags	Gags	Narnia						

Your week on TV

MONDAY EVENING AUGUST 8, 2016

Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX	3	-	-	Channel 3 News at Six (N)	CBS Evening News/Pelley	Entertainment Tonight (N)	Mom (N) (Live) (CC)	2 Broke Girls (N) (CC)	Mom (N) (CC)	The Odd Couple (N) (CC)	Scorpion A drug cartel goes after a witness. (N) (CC)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N)	
WPTZ	5	-	-	NewsChannel 5 at 6PM (N)	NBC Nightly News - Holt	Jeopardy! (N) (CC)	The Olympic Zone	Rio Olympics Swimming, Beach Volleyball, Diving, Gymnastics. Swimming (women's 200m freestyle, men's 200m freestyle); beach volleyball; diving; gymnastics. (N) (Live) (CC)						Newschannel 5 at 11 (N)
CBMT	6	206	301	(:05) 2016 Rio Olympics (N) (Live) (CC)	Olympics Beach Volleyball, Swimming, Diving. Men's beach volleyball: Italy vs. Canada; swimming (women's 100m breaststroke final); men's diving.							(:05) 2016 Rio Olympics Day 3 Highlights. (N Same-day Tape) (N) (CC)		
CHLT	7	107	718	(5:58) TVA nouvelles (N)	Sucré salé (N) (SC)	Ma maison bien aimée (SC)	Anthony Kavanagh joue à domicile (SC)	Accès illimité (SC)		TVA nouvelles (N)	(:35) Sucré salé (SC)	(:05) "French Immersion" (2011, Comédie) Karine Vanasse, Olunike Adeliyi. (SC)		
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (CC)	Jeopardy! (N) (CC)	Bachelor in Paradise (N) (N) (CC)			(:01) Mistresses April's mom pays her a visit. (N) (N) (CC)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N) (CC)	
CKSH	9	108	-	Le Téléjournal/Estrie (N)	Jeux olympiques de Rio 2016	Volleyball de plage, natation. Volleyball de plage masculin et féminin; volleyball de plage masculin (Italie c. Canada). (N) (En direct)								Le Téléjournal (N) (SC)
CKMI	11	-	-	(5:30) Global News at 5:30	Global National (N) (N)	ET Canada	Entertainment Tonight (N)	Crazy Ex-Girlfriend Thanksgiving at the Chan's. (N)	The Night Shift "All In" The team treats Topher's mom.	Hawaii Five-0 A murder takes place at a convention.	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N)		
CFCF	12	205	312	CTV News Montreal (N) (N) (CC)	etalk-Game of Thrones	The Big Bang Theory (CC)	Motive (N) (CC) (DVS)	Mistresses April's mom pays her a visit. (N) (N) (CC)	Mistresses April's mom pays her a visit. (N) (N) (CC)	Game of Thrones Viserys Targaryen plots. (N) (CC)	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) (N) (CC)	Bachelor in Paradise (N) (N) (CC)		(:01) Mistresses April's mom pays her a visit. (N) (N) (CC)	Local 22 News (N)	(:35) Jimmy Kimmel Live (N) (CC)		
WUTV	30	-	-	The Big Bang Theory (CC)	Judge Judy (N) (CC)	Judge Judy (N) (CC)	Family Feud (N) (CC)	So You Think You Can Dance The top nine contestants perform. (N) (CC)	The top nine contestants perform. (N) (CC)	2 on Your Side Seinfeld "The Old Man" (N)	Two and a Half Men (N)	Two and a Half Men (N)	Crazy Talk (N) (CC)	
CFKS	31	106	726	Atomes crochus	Souper parfait (N)	Les détestables (N)	Ça va brasser (N)	CSI: Miami Les pensées de Calligh sont hantées. (SC)	Le mentaliste Un mystérieux contenant disparaît. (N) (SC)	L'arbitre	Atomes crochus	Un gars le soir	Appelez & gagnez	
WUHF	-	363	-	Modern Family "Arrested"	Modern Family (N) (CC)	The Big Bang Theory (CC)	The Big Bang Theory (CC)	So You Think You Can Dance The top nine contestants perform. (N) (CC)	The top nine contestants perform. (N) (CC)	13WHAM News at 10 on Fox Rochester (N) (CC)	2 Broke Girls (N) (CC)	2 Broke Girls (N) (CC)	Paid Program (CC)	
WETK	-	-	-	PBS NewsHour (N) (N) (CC)		The This Old House Hour (N) (CC)	Antiques Roadshow Dr. Seuss Kangaroo Bird. (N) (N) (CC)	JFK: American Experience The life of John F. Kennedy. (N) (Part 1 of 2) (DVS)	The life of John F. Kennedy. (N) (Part 1 of 2) (DVS)		Nightly Business Report	Charlie Rose (N) (N) (CC)		
WCFE	-	-	-	World News America	Nightly Business Report	PBS NewsHour (N) (N) (CC)	Antiques Roadshow Dr. Seuss Kangaroo Bird. (N) (N) (CC)	JFK: American Experience The life of John F. Kennedy. (N) (Part 1 of 2) (DVS)	The life of John F. Kennedy. (N) (Part 1 of 2) (DVS)		BBC World News (CC)	Charlie Rose (N) (N) (CC)		
A&E	615	520	-	The First 48 A woman is stabbed in her bedroom. (N)	The First 48 A high-school graduate is gunned down. (N)	The First 48 A young father is murdered in his car. (N)	The First 48 A young father is murdered in his car. (N)	The First 48 Fatal slashing in New Orleans. (N) (CC)	The First 48 A man is gunned down in his car. (N)	The First 48 A man is gunned down in his car. (N)	(:03) The First 48 Gruesome murder in New Orleans. (N)	(12:03) The First 48 (CC)		
BRAVO	620	523	-	Flashpoint A gang kidnaps a local shop owner. (N)	Motive "Against All Odds" A lawyer is murdered. (N)	Blue Bloods Eddie investigates a kidnapping ring. (N)	Blue Bloods Eddie investigates a kidnapping ring. (N)	Criminal Minds "True Genius" (N) (CC) (DVS)	19-2 "Fall" A misunderstanding causes a tragedy. (N) (N) (CC)	Motive "Against All Odds" A lawyer is murdered. (N)	Criminal Minds (N) (CC)			
CNN	500	500	-	The Situation Room (N)	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Anderson Cooper 360 (N)	The Eighties	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	The Eighties		
DISC	520	505	-	How It's Made (N)	How It's Made (N)	Made by De-struction (N)	Made by De-struction (N)	How It's Made (N)	How It's Made (N)	Alaskan Bush People: Off the Grid (N) (CC)	Alaskan Bush People "Made in the Wild" (N) (CC)	How It's Made (N)	How It's Made (N)	Alaskan Bush (N) (CC)
HIST	522	506	-	Canadian Pickers "Take It and Run" (N) (CC) (DVS)	Canadian Pickers "Bad to the Bone" (N) (CC)	Pawn Stars (N) (CC)	Pawn Stars (N) (CC)	Roanoke: Search for the Lost Colony Jim and Bill Vieira investigate the lost colony. (N) (CC)	Roanoke: Search for the Lost Colony Jim and Bill Vieira investigate the lost colony. (N) (CC)	Le Téléjournal (N) (SC)	Le National (N) (SC)	24/60 (SC)	Les grands reportages	
RDI	126	730	-	Le Téléjournal (N) (SC)	RDI économie (N) (SC)	24/60 (N) (SC)	Les grands reportages (Partie 1 de 5) (SC)	Le Téléjournal (N) (SC)	RDI économie (N) (SC)	Le Téléjournal (N) (SC)	Le National (N) (SC)	24/60 (SC)	Les grands reportages	
SHOW	616	521	-	Combat Hospital Simon hitches a ride to his farm. (N)	** "Til Lies Do Us Part" (2007, Drama) Thomas Calabro. A woman hires a man to investigate her husband's infidelity.	"Lost in the Dark" (2007) Mae Whitman. Escaped convicts threaten the welfare of a blind woman. (N) (CC) (DVS)	"Lost in the Dark" (2007) Mae Whitman. Escaped convicts threaten the welfare of a blind woman. (N) (CC) (DVS)			NCIS "Under Covers" The bodies of two assassins. (N)	NCIS "Frame-Up" (N) (CC)			
SLICE	601	562	-	Property Virgins (N) (CC)	Property Virgins (N) (CC)	Come Dine Canada	Come Dine Canada	Property Virgins "Erin" (N) (CC)	Property Virgins (N) (CC)	Hockey Wives Noureen preps for a baby shower. (N)	Tori & Dean: Cabin Fever	Tori & Dean: Cabin Fever	Untouchable "Mobster Cop" (N) (CC)	Hockey Wives (N) (CC)
SPIKE	628	584	-	Cops "Coast to Coast" (N)	Cops "Coast to Coast" (N)	Cops (N) (CC)	Cops In Arizona. (N) (CC)	Cops In Indianapolis. (N) (CC)	Cops (N) (CC)	Bar Rescue "Bug Bite" A nightclub 18-and-over night.	Bar Rescue A blue collar bar that is beyond repair.	Bar Rescue A family's feuding; outrageous antics.	Jail: Las Vegas (N) (CC)	
TLC	521	560	-	Hoarding: Buried Alive Monte's clothing hoard. (N)	Hoarding: Buried Alive "She Wants It, She Takes It" (N)	Hoarding: Buried Alive "This Is Garbage Land" (N) (CC)	Hoarding: Buried Alive "This Is Garbage Land" (N) (CC)	Little and Looking for Love (N) (CC)	Tiny at 20 One of the world's tiniest women. (N) (N) (CC)	Tiny at 20 One of the world's tiniest women. (N) (N) (CC)	Little and Looking for Love (N) (CC)	Tiny at 20 (N) (CC)		
TSN	400	400	-	2016 Rio Olympics From Rio de Janeiro, Brazil. (N) (CC)	2016 Rio Olympics From Rio de Janeiro, Brazil. (N) (CC)	2016 Rio Olympics From Rio de Janeiro, Brazil. (N) (CC)	2016 Rio Olympics From Rio de Janeiro, Brazil. (N) (CC)				SportsCentre (N) (Live) (CC)	SportsCentre (N) (CC)		
YOUTH	551	542	-	Assembly	Assembly	Bella	Max & Shred	Just Kidding	Just Kidding	Laughs: Gags	Laughs: Gags	Haunting	Haunting	Just Kidding

TUESDAY EVENING AUGUST 9, 2016

Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX	3	-	-	Channel 3 News at Six (N)	CBS Evening News/Pelley	Entertainment Tonight (N)	NCIS A Navy public affairs officer is killed. (DVS)	Zoo Jackson's mother goes missing in Africa. (N) (CC)	NCIS: New Orleans A sailor is hit by a party bus. (N)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N)			
WPTZ	5	-	-	NewsChannel 5 at 6PM (N)	NBC Nightly News - Holt	Jeopardy! (N) (CC)	The Olympic Zone	Rio Olympics Swimming, Diving, Gymnastics. Swimming (men's 100m freestyle, women's 200m freestyle final); women's diving; women's gymnastics (team final); women's diving; swimming; women's beach volleyball.				(:05) 2016 Rio Olympics Day 4 Highlights. (N Same-day Tape) (N) (CC)		Newschannel 5 at 11 (N)
CBMT	6	206	301	(:05) 2016 Rio Olympics (N) (Live) (CC)	Olympics Gymnastics, Diving, Swimming, Beach Volleyball. Women's gymnastics (team final); women's diving; swimming; women's beach volleyball.							(:05) 2016 Rio Olympics Day 4 Highlights. (N Same-day Tape) (N) (CC)		
CHLT	7	107	718	(5:58) TVA nouvelles (N)	Sucré salé (N) (SC)	À couteaux tirés (SC)	Animal	Chicago Fire: Caserne 51 "Tu sais où me trouver" (N)	Esprits criminels Une nounou est enlevée. (N)	TVA nouvelles (N)	(:35) Sucré salé (SC)	(:05) "Le prix de la rançon" (2007) Alan Rickman, Bryan Greenberg. (SC)		
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (CC)	Jeopardy! (N) (CC)	Bachelor in Paradise (N) (N) (CC)	Bachelor in Paradise: After Paradise (N) (CC)	The Middle "Floating 50"	Fresh Off the Boat	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N) (CC)	
CKSH	9	108	-	Jeux olympiques de Rio 2016	Judo, gymnastique artistique, canoë-slalom, plongeon, volleyball de plage, natation. Judo masculin; gymnastique artistique féminine; canoë-slalom masculin. (N) (En direct)									Le Téléjournal (N) (SC)
CKMI	11	-	-	(5:30) Global News at 5:30	Global National (N) (N)	ET Canada	Entertainment Tonight (N)	NCIS A Navy public affairs officer is killed. (DVS)	Private Eyes "Mise En Place" A high-profile murder.	NCIS: New Orleans A sailor is hit by a party bus. (N)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N)		
CFCF	12	205	312	CTV News Montreal (N) (N) (CC)	etalk-Summer of Music	The Big Bang Theory (CC)	The Amazing Race Canada (N) (N) (CC) (DVS)	Zoo Jackson's mother goes missing in Africa. (N) (CC)	Game of Thrones Bran's fate remains in doubt. (N) (CC)	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) (N) (CC)	Bachelor in Paradise (N) (N) (CC)	Bachelor in Paradise: After Paradise (N) (CC)	The Middle "Floating 50"	Fresh Off the Boat	Local 22 News (N)	(:35) Jimmy Kimmel Live (N) (CC)	
WUTV	30	-	-	The Big Bang Theory (CC)	Judge Judy (N) (CC)	Judge Judy (N) (CC)	Family Feud (N) (CC)	Brooklyn Nine-Nine (N) (CC)	New Girl "Jeff Day" (N)	2 on Your Side Seinfeld "The Implant" (N)	Two and a Half Men (N)	Two and a Half Men (N)	Crazy Talk (N) (CC)	
CFKS	31	106	726	Atomes crochus	Souper parfait (N)	Taxi payant	** "Un duo d'enfer" (2013, Comédie) Sandra Bullock, Melissa McCarthy, Demián Bichir. Une agente spéciale et une policière unissent leurs forces.	Lucifer Lucifer goes after a therapist's killer. (N)	Lucifer Lucifer goes after a therapist's killer. (N)	L'arbitre Une femme poursuit son ex-proprétaire.	Atomes crochus	Un gars le soir	Appelez & gagnez	
WUHF	-	363	-	Modern Family (N) (CC)	Modern Family (N) (CC)	The Big Bang Theory (CC)	The Big Bang Theory (CC)	Brooklyn Nine-Nine (N) (CC)	New Girl "Jeff Day" (N)	13WHAM News at 10 on Fox Rochester (N) (CC)	2 Broke Girls (N) (CC)	2 Broke Girls (N) (CC)	Paid Program (CC)	
WETK	-	-	-	PBS NewsHour (N) (N) (CC)		Makin' Friends	Outdoor Journal	JFK & LBJ: A Time for Greatness (N) (CC) (DVS)	JFK: American Experience John F. Kennedy's presidency. (N) (Part 2 of 2) (DVS)	JFK: American Experience John F. Kennedy's presidency. (N) (Part 2 of 2) (DVS)	Nightly Business Report	Charlie Rose (N) (N) (CC)		
WCFE	-	-	-	World News America	Nightly Business Report	PBS NewsHour (N) (N) (CC)	JFK & LBJ: A Time for Greatness (N) (CC) (DVS)	JFK: American Experience John F. Kennedy's presidency. (N) (Part 2 of 2) (DVS)	JFK: American Experience John F. Kennedy's presidency. (N) (Part 2 of 2) (DVS)		BBC World News (CC)	Charlie Rose (N) (N) (CC)		
A&E	615	520	-	The First 48 "Cold as Ice" (N) (CC)	Married at First Sight "Wedding Preparations" (N) (CC)	Married at First Sight (N) (CC)	(:45) Married at First Sight "Just Married" The couples go on their honeymoons. (N) (N) (CC)	(:01) Born This Way International conference in Trinidad.	(:03) Black and White (N) (CC)	(:33) Black and White (N) (CC)	Married at First Sight (N) (CC)			
BRAVO	620	523	-	Flashpoint A violent patient takes a guard hostage. (N)	Motive "Public Enemy" The murder of a health food guru.	Pretty Little Liars Jason cautions Ali about trusting Mary.	Pretty Little Liars Jason cautions Ali about trusting Mary.	Guilt (N) (N) (CC)	Animal Kingdom Baz hunts down leads. (N) (CC)	(:15) Motive The murder of a health food guru. (N)	(12:15) Criminal Minds (N) (CC)			
CNN	500	500	-	The Situation Room (N)	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Anderson Cooper 360 (N)	The Eighties (Part 1 of 2)	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	The Eighties		
DISC	520	505	-	Highway Thru Hell "My Purpose Is To Protect" (N)	Highway Thru Hell "A Moment's Notice" (DVS)	Deadliest Catch: The Bait "The Most Dangerous Day"	Deadliest Catch: The Bait "The Most Dangerous Day"	Deadliest Catch "The Widemaker: Part 2" Sig fights to survive a heart attack. (N) (N) (Part 2 of 2) (CC)	How It's Made (N)	How It's Made (N)	Deadliest Catch (N) (CC)			
HIST	522	506	-	Museum Secrets "Vatican Museums" (N) (CC)	Decoding the Ancients The tiny sect of Christianity. (N)	Mummies Alive A victim of a volcanic eruption. (N) (CC)	Mummies Alive A victim of a volcanic eruption. (N) (CC)	American Pickers Six generations of secrets. (N) (CC)	American Pickers An eccentric man commands the guys.	Canadian Pickers A barber-shop honors a hockey team.	American Pickers (N) (CC)			
RDI	126	730	-	Le Téléjournal (N) (SC)	RDI économie (N) (SC)	24/60 (N) (SC)	Les grands reportages (N) (SC)	Le Téléjournal (N) (SC)	RDI économie (N) (SC)	Le Téléjournal (N) (SC)	Le National (N) (SC)	24/60 (SC)	Les grands reportages	
SHOW	616	521	-	Combat Hospital Marks is impressed with Bobby. (N)	** "Maternal Obsession" (2008, Suspense) Nicholle Tom. A lone woman sabotages her daughter's relationships. (N)	Rookie Blue 15 Division opens as a cooling station.	Rookie Blue 15 Division opens as a cooling station.	Lost Girl "Judgement Fae" Bo tracks down an old foe.	NCIS "Probie" McGee kills a man while on assignment. (N)	NCIS Murdered model.				
SLICE	601	562	-	Property Virgins (N) (CC)	Property Virgins (N) (CC)	Come Dine Canada	Come Dine Canada	Tori & Dean: Cabin Fever	Tori & Dean: Cabin Fever	See No Evil Parents are gunned down in their home.	Surviving Evil A family is kidnapped by thugs. (N)	Handsome Devils "Evil in My House" (N) (CC)	See No Evil (N) (CC) (DVS)	
SPIKE	628	584	-	(5:30) Ink Master	Ink Master "Problem Parts" Illustrations with naked models.	** "Four Brothers" (2005, Crime Drama) Mark Wahlberg, Tyrese Gibson. Siblings seek revenge for their adoptive mother's murder. (N)	** "Four Brothers" (2005, Crime Drama) Mark Wahlberg, Tyrese Gibson. Siblings seek revenge for their adoptive mother's murder. (N)	** "The Book of Eli" (2010, Adventure) Denzel Washington, Gary Oldman. A lone warrior carries hope across a post-apocalyptic wasteland. (N)	** "The Book of Eli" (2010, Adventure) Denzel Washington, Gary Oldman. A lone warrior carries hope across a post-apocalyptic wasteland. (N)					
TLC	521	560	-	Toddlers & Tiaras Ever Rose; Adriana; Madi. (CC)	Toddlers & Tiaras "Universal Royalty, Texas" Ava; Mia. (N)	Toddlers & Tiaras "Southern Celebrity Mini Nationals" (N)	Toddlers & Tiaras "Southern Celebrity Mini Nationals" (N)	Toddlers & Tiaras Makenzie; Scarlett; Isabella; Danielle. (N)	Love at First Kiss Joanna never kisses on a first date.	Toddlers & Tiaras Makenzie; Scarlett; Isabella; Danielle. (N)	Love at First Kiss (N) (CC)			
TSN	400	400	-	SportsCentre (N) (Live) (CC)	2016 Rio Olympics From Rio de Janeiro, Brazil. (N) (CC)	2016 Rio Olympics From Rio de Janeiro, Brazil. (N) (CC)	2016 Rio Olympics From Rio de Janeiro, Brazil. (N) (CC)				SportsCentre (N) (Live) (CC)	SportsCentre (N) (CC)		
YOUTH	551	542	-	Assembly	Assembly	Thundermans	Assembly	Just Kidding	Just Kidding	Laughs: Gags	Laughs: Gags	Haunting	Haunting	Just Kidding

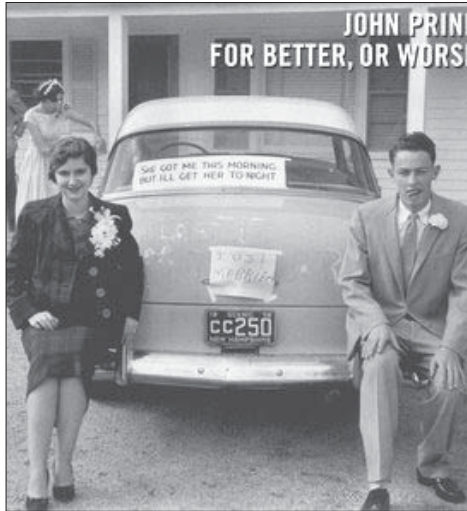
Your week on TV

WEDNESDAY EVENING													AUGUST 10, 2016			
Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM		
WCAX	3	-	-	Channel 3 News at Six (N)	CBS Evening News/Pelley	Entertainment Tonight (N)	Big Brother House guests vie for the power of veto. (N) (L)	Criminal Minds Women who were held captive for years.	American Gothic A new friend lures Jack into danger.	Channel 3 News	(:35) The Late Show With Stephen Colbert (L)					
WPTZ	5	-	-	NewsChannel 5 at 6PM (N)	NBC Nightly News - Holt	Jeopardy!	The Olympic Zone	Rio Olympics Beach Volleyball, men's gymnastics. (N) (L) (Live) (E)	Swimming, Gymnastics. Women's beach volleyball; swimming (men's 200m breaststroke final);				Newschannel 5 at 11 (N)			
CBMT	6	206	301	(:05) 2016 Rio Olympics Basketball, Swimming, Beach Volleyball. Women's basketball; swimming; beach volleyball. (N) (L) (Live) (E)								(:05) 2016 Rio Olympics Day 5 Highlights. Highlights of the day's events. (L) (E)				
CHLT	7	107	718	(5:58) TVA nouvelles (N)	Sucré salé (N) (SC)	Tranches de vie (SC)	LOL :- (SC)	*** "Hommes en noir" (1997) Tommy Lee Jones. Deux agents doivent contrôler l'immigration extraterrestre. (SC)	TVA nouvelles (N)	(:35) Sucré salé (SC)	(:05) * "Surveillance" (2012, Comédie) Ben Stiller, Vince Vaughn, Jonah Hill. (SC)					
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (E)	Jeopardy!	Fresh Off the Boat (E)	Fresh Off the Boat (E)	Fresh Off the Boat (E)	Fresh Off the Boat (E)	Modern Family (:31) blackish (L) (E)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (L) (E)		
CKSH	9	108	-	Jeux olympiques-Rio (N)	Le Téléjournal/Estrie (N)	Jeux olympiques de Rio 2016 Natation, volleyball de plage. Natation masculine (200 m brasse et 100 m libre); natation féminine; volleyball de plage. (N) (En direct)							Le Téléjournal (N) (SC)			
CKMI	11	-	-	(5:30) Global News at 5:30	Global National (N) (L)	ET Canada	Entertainment Tonight (N)	Big Brother House guests vie for the power of veto. (N) (L)	You, Me and the Apocalypse "T Minus ..." (N) (L)	American Gothic A new friend lures Jack into danger.	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (L)				
CFCF	12	205	312	CTV News Montreal (N) (L) (E)	etalk-Summer Movie Guide	The Big Bang Theory (E)	Saving Hope (L) (E)	Criminal Minds Women who were held captive for years.	Game of Thrones Ned learns of the Crown's profligacy.	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) (L) (E)	Fresh Off the Boat (E)	Fresh Off the Boat (E)	Fresh Off the Boat (E)	Fresh Off the Boat (E)	Modern Family (:31) blackish (L) (E)	Local 22 News (N)	(:35) Jimmy Kimmel Live (L) (E)		
WUTV	60	-	-	The Big Bang Theory (E)	Judge Judy (L) (E)	Judge Judy (L) (E)	Family Feud (L) (E)	MasterChef "A MasterChef Wedding; A Mexican Mystery" The cooks prepare food for a wedding. (L) (E) (DVS)	2 on Your Side Seinfeld (L) (E)	Two and a Half Men (L)	Two and a Half Men (L)	Crazy Talk (L) (E)				
CFKS	61	106	726	Atomes crochus	Souper parfait	Les détestables	Punch "Marc Hervieux" (N)	Personne d'intérêt "Le complot" (N) (SC)	Mémoire sous enquête Un meurtre est commis. (SC)	L'arbitre Le chat Bengal; la famille expulsée.	Atomes crochus	Un gars le soir	Appelez & gagnez			
WUHF	-	363		Modern Family (L) (E)	Modern Family (L) (E)	The Big Bang Theory (E)	The Big Bang Theory (E)	MasterChef "A MasterChef Wedding; A Mexican Mystery" The cooks prepare food for a wedding. (L) (E) (DVS)	13WHAM News at 10 on Fox Rochester (N) (E)	2 Broke Girls (L) (E)	2 Broke Girls (L) (E)	Paid Program (E)				
WETK	-	-		PBS NewsHour (N) (L) (E)	The Governors Vermont governor from 1985-91.	American Experience "LBJ: Beautiful Texas/My Fellow Americans" A profile of Lyndon B. Johnson. (E) (DVS)	American Experience "LBJ: Beautiful Texas/My Fellow Americans" A profile of Lyndon B. Johnson. (E) (DVS)	American Experience "LBJ: Beautiful Texas/My Fellow Americans" A profile of Lyndon B. Johnson. (E) (DVS)	American Experience "LBJ: We Shall Overcome/The Last Believer" The country turns against its president.	Charlie Rose (N) (L) (E)	Charlie Rose (N) (L) (E)					
WCFE	-	-		World News America	Nightly Business Report	PBS NewsHour (N) (L) (E)	American Experience "LBJ: Beautiful Texas/My Fellow Americans" A profile of Lyndon B. Johnson. (E) (DVS)	American Experience "LBJ: Beautiful Texas/My Fellow Americans" A profile of Lyndon B. Johnson. (E) (DVS)	American Experience "LBJ: We Shall Overcome/The Last Believer" The country turns against its president.	Charlie Rose (N) (L) (E)	Charlie Rose (N) (L) (E)					
A&E	615	520		The First 48 Killing of a Dallas couple. (L) (E)	(:03) Duck Dynasty "Bingo Star"	Duck Dynasty (L) (E)	Duck Dynasty (L) (E)	Duck Dynasty (L) (E)	Duck Dynasty (L) (E)	(:01) Wahlburgers (N) (L) (E)	(:32) Black and White (N)	Wahlburgers: Extra Helping (E)	(:33) Duck Dynasty (E)	(12:03) Duck Dynasty (L)		
BRAVO	620	523		Flashpoint Team One is lured into a violent plan. (L)	Motive "Detour" The murder of a mortgage broker. (L)	Blue Bloods A journalist refuses to reveal a source. (L)	Suits "Trust" Mike tries to gain Kevin's trust. (N) (E)	Motive A woman is murdered with a weapon. (L)	Motive "Detour" The murder of a mortgage broker. (L)	Criminal Minds (L)						
CNN	500	500		The Situation Room (N)	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	The Eighties (Part 2 of 2)	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	The Eighties						
DISC	520	505		How It's Made (E)	How It's Made (E)	Jade Fever (E) (DVS)	Jade Fever (E) (DVS)	Dual Survival "Bulgarian Blizzard" (E)	Lone Star Law Undercover mission in black market. (N)	Alaskan Bush People "Made in the Wild" (E)	How It's Made (E)	How It's Made (E)	Dual Survival (E)			
HIST	522	506		War Junk "Italy - Battle of Monte Cassino" (L) (E)	Klondike Trappers The trappers face personal setbacks.	Perfect Storms The Great Kanto Earthquake of 1923.	Ancient Aliens Various human-like species. (L) (E)	Ancient Aliens Evidence of ancient aliens. (L) (E)	Yukon Gold Big Al's gamble pays off. (L) (E)	Ancient Aliens (L) (E)						
RDI	126	730		Le Téléjournal (N) (SC)	RDI économie (N) (SC)	24/60 (N) (SC)	Les grands reportages "Vin français: la gueule de bois"	Le Téléjournal (N) (SC)	RDI économie (N) (SC)	Le Téléjournal (N) (SC)	Le National (N) (SC)	24/60 (SC)	Les grands reportages			
SHOW	616	521		Combat Hospital "Inner Truth" (L) (E)	"12 Hours to Live" (2006, Suspense) lone Skye. A deranged gunman kidnaps a diabetic teenager. (L) (E) (DVS)	Haven Charlotte and Audrey work on a new plan. (E)	Mr. Robot Mr. Robot tries to prove himself. (N) (L) (E)	NCIS "Boxed In" Tony and Ziva become trapped. (E)	NCIS "Deception" (E)							
SLICE	601	562		Property Virgins (L) (E)	Property Virgins (L) (E)	Come Dine Canada	Come Dine Canada	Come Dine Canada	Come Dine Canada	Hockey Wives Noureen preps for a baby shower. (L)	Hockey Wives The challenges of communication. (L)	Brainwashed Evolution of a domestic terrorist group. (L)	Hockey Wives (E)			
SPIKE	628	584		(5:30) ** "Four Brothers" (2005) Mark Wahlberg. Siblings seek revenge for their adoptive mother's murder. (L)	** "The Book of Eli" (2010, Adventure) Denzel Washington, Gary Oldman, Mila Kunis. A lone warrior carries hope across a post-apocalyptic wasteland. (L)	** "Fight Club" (1999, Suspense) Brad Pitt, Edward Norton. Premiere. (L)										
TLC	521	560		My Big Fat American Gypsy Wedding "Kissing Cousins"	Love at First Kiss Joanna never kisses on a first date.	My Big Fat Fabulous Life: Extra Fabulous (N) (L) (E)	My Big Fat Fabulous Life "Episode 10" (N) (L) (E)	(:01) Love at First Kiss Josh gets kissing lessons. (N) (L)	(:02) My Big Fat Fabulous Life "Episode 10" (L) (E)	(12:02) Love at First Kiss						
TSN	400	400		2016 Rio Olympics From Rio de Janeiro, Brazil. (N) (Live) (E)						SportsCentre (N) (Live) (E)	SportsCentre (N) (E)					
YOUTH	551	542		Assembly	Assembly	Nicky, Ricky	Stanley Dyn.	Just Kidding	Just Kidding	Laughs: Gags	Laughs: Gags	Haunting	Haunting	Just Kidding	Just Kidding	Laughs: Gags

THURSDAY EVENING													AUGUST 11, 2016			
Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM		
WCAX	3	-	-	Channel 3 News at Six (N)	CBS Evening News/Pelley	NFL Preseason Football New Orleans Saints at New England Patriots. From Gillette Stadium in Foxboro, Mass. (N) (Live)	Rio Olympics Swimming, Gymnastics. Swimming (men's 50m freestyle); women's gymnastics (individual all-around final). (N) (L)			Entertainment Tonight (N)	Channel 3 News	(:35) The Late Show With Stephen Colbert (L)				
WPTZ	5	-	-	NewsChannel 5 at 6PM (N)	NBC Nightly News - Holt	Jeopardy!	The Olympic Zone	Rio Olympics Swimming, Gymnastics. Swimming (men's 100m freestyle final). (N) (L) (Live) (E)				(:05) 2016 Rio Olympics Day 6 Highlights. (N) Same-day Tape) (L) (E)				
CBMT	6	206	301	(:05) 2016 Rio Olympics Swimming. Swimming (men's 100m freestyle final). (N) (L) (Live) (E)												
CHLT	7	107	718	(5:58) TVA nouvelles (N)	Sucré salé (N) (SC)	Les gags full ado (N) (SC)	** "Twilight: la fascination" (2008, Drame sentimental) Kristen Stewart, Robert Pattinson. Une adolescente tombe amoureuse d'un vampire. (SC)	TVA nouvelles (N)	(:35) Sucré salé (SC)	(:05) *** "La Tempête" (2000, Suspense) George Clooney, Mark Wahlberg. (SC)						
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (E)	NFL Preseason Football New Orleans Saints at New England Patriots. From Gillette Stadium in Foxboro, Mass. (N) (Live)	Match Game Cheryl Hines; David Alan Grier. (L) (E)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (L) (E)						
CKSH	9	108	-	Le Téléjournal/Estrie (N)	Jeux olympiques de Rio 2016 Volleyball, volleyball de plage, natation. Volleyball masculin (Brésil c. États-Unis); volleyball de plage masculin et féminin; natation. (N) (En direct)							Le Téléjournal (N) (SC)				
CKMI	11	-	-	(5:30) Global News at 5:30	Global National (N) (L)	ET Canada	Entertainment Tonight (N)	Spartan: Ultimate Team Challenge (N) (L) (E)	Big Brother Eviction; head of household competition. (N)	Vikings Ragnar declares another raid on Paris.	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (L)				
CFCF	12	205	312	CTV News Montreal (N) (L) (E)	Bryan Adams	The Big Bang Theory (E)	The Big Bang Theory (E)	(:31) The Big Bang Theory	The Big Bang Theory (L)	The Big Bang Theory (L)	Game of Thrones Ned looks for clues. (L) (E)	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) (L) (E)	BattleBots The robots go head-to-head. (E)	The \$100,000 Pyramid (L) (E)	Match Game Cheryl Hines; David Alan Grier. (L) (E)	Local 22 News (N)	(:35) Jimmy Kimmel Live (L) (E)				
WUTV	60	-	-	The Big Bang Theory (E)	Judge Judy (L) (E)	Judge Judy (L) (E)	Family Feud (L) (E)	Rosewood A telenovela star's murder. (E) (DVS)	Bones The death of a real estate agent. (E) (DVS)	2 on Your Side Seinfeld "The Pilot" (E)	Two and a Half Men (L)	Two and a Half Men (L)	Crazy Talk (L) (E)			
CFKS	61	106	726	Atomes crochus	Souper parfait	Chicago Police Voight travaille avec un ex-collègue. (L)	CSI: Miami "Petite tête couronnée" (N) (SC)	CSI: Miami Un milliardaire est tué par balle. (N) (SC)	L'arbitre La cohabitation de deux femmes.	Atomes crochus	Un gars le soir	Appelez & gagnez				
WUHF	-	363		Modern Family (L) (E)	Modern Family (L) (E)	The Big Bang Theory (E)	The Big Bang Theory (E)	Rosewood A telenovela star's murder. (E) (DVS)	Bones The death of a real estate agent. (E) (DVS)	13WHAM News at 10 on Fox Rochester (N) (E)	2 Broke Girls (L) (E)	2 Broke Girls (L) (E)	Paid Program (E)			
WETK	-	-		PBS NewsHour (N) (L) (E)	The Governors Jim Douglas reflects on his service.	American Experience "Nixon" Richard Nixon's political career. (L) (E) (DVS)	American Experience "Nixon" Richard Nixon's political career. (L) (E) (DVS)			Nightly Business Report	Charlie Rose (N) (L) (E)					
WCFE	-	-		World News America	Nightly Business Report	PBS NewsHour (N) (L) (E)	American Experience "Nixon" Richard Nixon's political career. (L) (E) (DVS)			BBC World News	Charlie Rose (N) (L) (E)					
A&E	615	520		The First 48 Convenience-store clerk shot to death. (L) (E)	The First 48 A young father is abducted and murdered.	The First 48: Bad Company (N) (L) (E)	60 Days In New perspective on the prison system. (N) (L)	The First 48 Deadly home invasion in Atlanta. (L) (E)	(:03) The First 48 A hip-hop promoter is gunned down.	The First 48: Bad Company						
BRAVO	620	523		Flashpoint "Blue on Blue" Spike is held at gunpoint. (L)	Motive "Out of the Past" The murder of a shop owner. (L)	Blue Bloods A suspect's confession is questioned. (L)	"Bridal Wave" (2015, Drama) Arielle Kebbel. A bride-to-be meets a man who truly understands her. (L) (E)	Motive "Out of the Past" The murder of a shop owner. (L)	Criminal Minds (L)							
CNN	500	500		The Situation Room (N)	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	The Eighties	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	The Eighties						
DISC	520	505		How It's Made (E)	How It's Made (E)	How-Made	How-Made	Vegas Rat Rods Crew builds a train-themed rat rod.	Bitchin' Rides New rear suspension for a Studebaker. (N)	Street Outlaws The 405 crew goes Enduro racing. (N)	How It's Made (E)	How It's Made (E)	Vegas Rat Rods			
HIST	522	506		Curse of the Frozen Gold "Secrets Revealed" (E)	Yukon Gold Big Al's gamble pays off. (L) (E)	Counting Cars	Counting Cars	Pawn Stars (L) (E)	Pawn Stars (L) (E)	Mountain Men Marty takes a risk on thin ice. (L) (E)	28 Heroes A Canadian platoon battles in Korea. (L)	Pawn Stars (L) (E)				
RDI	126	730		Le Téléjournal (N) (SC)	RDI économie (N) (SC)	24/60 (N) (SC)	Les grands reportages "Europe à vendre" (N) (SC)	Le Téléjournal (N) (SC)	RDI économie (N) (SC)	Le Téléjournal (N) (SC)	Le National (N) (SC)	24/60 (SC)	Les grands reportages			
SHOW	616	521		Combat Hospital Rebecca second-guesses herself. (L)	"Crisis Point" (2012, Suspense) Rhona Mitra. A criminal psychologist must save her kidnapped sister. (L) (E)	Beauty and the Beast "Means to an End" (L) (E)	Royal Pains An embarrassing medical problem. (N) (L)	Flipping Out Jeff struggles to please his client. (L) (E)	Surviving Evil A family is kidnapped by thugs. (L)	Chrisley Knows Best	Chrisley Knows Best					
SLICE	601	562		Property Virgins "Tara"	Property Virgins (L) (E)	Come Dine Canada	Come Dine Canada	Hockey Wives The challenges of communication. (L)	Chrisley Knows Best	Flipping Out Jeff struggles to please his client. (L) (E)	Surviving Evil A family is kidnapped by thugs. (L)	Chrisley Knows Best				
SPIKE	628	584		Lip Sync Battle (L) (E)	Lip Sync Battle (L) (E)	Lip Sync Battle (L) (E)	Lip Sync Battle (L) (E)	Lip Sync Battle (L) (E)	Lip Sync Battle (L) (E)	Lip Sync Battle (L) (E)	Lip Sync Battle (L) (E)	** "Varsity Blues" (1999, Comedy-Drama) James Van Der Beek, Jon Voight. (L) (E)				
TLC	521	560		Secretly Pregnant "Amy; Destiny" (L) (E)	My 600-Lb. Life Hoping to have a life-changing surgery.	My 600-Lb. Life Sean has a massive growth on his side.	600 Pound Mom A woman wants weight-loss surgery.	600 Pound Mom: Race Against Time (L) (E)	My Big Fat Fabulous Life "Episode 10" (L) (E)	600 Pound Mom						
TSN	400	400		SportsCentre (N) (Live) (E)	2016 Rio Olympics From Rio de Janeiro, Brazil. (N) (Live) (E)	CFL Football Montreal Alouettes at Edmonton Eskimos. From Commonwealth Stadium in Edmonton, Alberta. (N) (Live) (E)				SportsCentre (N) (E)						
YOUTH	551	542		Assembly	Assembly	School	Max & Shred	Just Kidding	Just Kidding	Laughs: Gags	Laughs: Gags	Haunting	Haunting	Just Kidding	Just Kidding	Just Kidding

Nelson

CONT'D FROM PAGE 9



album *In Spite of Ourselves*, which featured a similar style of duets with female singers. Lambert guests on Hank Williams' 'Cold, Cold Heart' and Kathy Mattea collaborates on 'Dreaming My Dreams.'

This will also be an album that fans of traditional country music, will like to have in their collection.

John Prine is a country/folk singer-songwriter. He has been active as a composer, recording artist, and live performer since the early 1970's. He was discovered by Kris Kristofferson, which brought Prine's self-titled debut album through Atlantic Records in 1971.

After receiving critical acclaim, Prine focused on his musical career, recording three more albums for Atlantic. He then signed to Asylum Records, where he recorded an additional three albums.

In 1984, Prine co-founded Oh Boy Records, an independent record label with whom he would release most of his following albums. After his battle with some cell cancer in 1998, Prine's vocals deepened into a gravel-voice, resulting in the award-winning album *Fair & Square* released in 2005.

John Prine is cited as one of the most influential songwriters of his generation, he is known for humorous lyrics about love, life, and current events, as well as serious songs with social commentary.

Tribute albums and cover albums are most of the time really good. They are also a great way for new country fans or younger people to discover what came before them. Many artists had a great influence on many of today's young artists. Don't miss the chance to find something new!

THE RECORD

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MUSIC

August 5

Dance at Ives Hill Community Hall on Friday, August 5 from 8 p.m. to midnight. Music by the Country Swingers. Admission \$8. Refreshment available. All welcome.

August 5 & 6

"THE COVERALLS" with Karen, Glen and Dan on Friday, August 5 at 2 p.m. and Saturday, August 6 at 8 p.m. Tel: 819-842-2431, www.piggery.com. This trio sings and plays familiar songs and includes stories about those songs and songwriters. Some of the artists include Roy Orbison, Simon & Garfunkle, Gordon Lightfoot and Beach Boys to name a few.

August 6

Country Dance with Keepin' It Country Band (Leo and the boys) at the **Beebe Town Hall**, 72 Main Street, Beebe, Quebec on Saturday July 30 & Aug 6 from 7 p.m. to 11 p.m. Door prizes, half and half, and light lunch. **BYOB. Donation \$10.**

August 6 & 7

THE VILLAGE OF NORTH HATLEY PRESENTS: FREE CONCERTS AT THE GAZEBO IN DREAMLAND PARK (CAPELTON & MAIN). Every weekend during July and August. **THIS WEEKEND:** Saturday August 6th at 7:30 pm - **MACAULAY / DREW DUO**; Sunday August 7th at 1 pm - **LES LOUPS**. In case of rain, concerts at the North Hatley Community Centre (3127 Capelton).

August 7

MS Dance returned to Sundays! Next Sunday, August 7 at 1:30 p.m. - 6 p.m. Austin Municipal Hall on Millington Road, Austin Que. Music by Country band "Mike Shelden & Compaq" with Special Guest Norma Pickens. Can you play, sing or tell a joke? Share your talent on the "Open Mike - Twice on the Mike so everyone gets a chance. Time 6 p.m. to 10 p.m. Light snacks served at 4 p.m. We appreciate it if anyone wants to bring a dessert or a few sandwiches to make it even better. Coffee and tea are free, and we are selling at a low-cost chips and soft drinks. Half/Half and exchange gift table. **Donation \$10 for MS. Please try to bring the exact change.** Looking forward to fine music and friendships! See you there. This dance will make or break further dances, so please bring your friends.

August 13

The Jonathan Macaulay Band, www.jonmacaulaymusic.com, at **The Piggery** on Saturday, August 13 at 8 p.m. \$20. Tel: 819-842-2431. Singer songwriter Jon Macaulay brings the sounds of folk, rock and jazz to The Piggery influenced by Neil Young, Dylan, Blue Rodeo and Ray Lamontagne.

August 26

DANCE with the COUNTRY SWINGERS

(Ron Haseltine, Dave Bessant, Carrol Sayer & Art Little) on Friday, August 26 at 2 p.m., in the Dining Hall of the Ayer's Cliff Fairgrounds. Light luncheon, dessert and drinks will be served in the dance hall. **Admission fee at the fair entrance \$15.**

EVENTS

August 6

Boundary Rotary - Save the Date - Two Upcoming Fundraisers. Saturday, August 6 at 8:00 - Coveralls Concert, the Piggery featuring Karen Cromar, Dan Gallant and Glen Bowser - who have performed together many times at the Piggery. **For tickets or more information call Jan Draper at 819-842-1940. It is important to buy your tickets through Rotary. The Boundary Rotary book sale will be held on Saturday, August 6, 2016 from 9 a.m. to noon at the Rotary Bookstore in Beebe. We have books in French and English on a wide range of subjects. Customers are asked to donate what they think the books are worth. For more information, call 819-842-1940.**

August 6

LENNOXVILLE FARMERS' MARKET, 2882 rue College, Lennoxville (across from Clarke & Sons), Saturday, August 6, from 10 a.m. to noon. Vegetables, fruit, cheese, honey, baked goods, plants, crafts, artisans, live music & more!

August 14

Come to Old Fashioned Day in Eaton Corner on Sunday, August 14, from 1 to 5 pm, to celebrate heritage crafts and skills demonstrated by local people who still know how to do them. You'll see everything from quilting, embroidery and lace making to basketmaking, candlemaking, timberframe construction, displays of antique tools and machinery and more. **New this year: learn how to research your family genealogy.** Adding to the experience will be Old Time music by Jan Graham and Ronnie Haseltine, horse and wagon rides, and complimentary tea and scones. **Admission charged, children under 12 for free.** Parking lot on Laberee Road. For info call Serena Wintle 819-875-5256. It's a delightful way to spend a summer Townships afternoon.

August 21-28

Arts Alive! Québec in Knowlton, Sunday, August 21 to Sunday, August 28. **A festival with workshops** in film, fairy land-art, screenplay-writing, humour writing, swing dance, bamboo/paper sculpture, drumming and painting open to all with free activities for children. (\$10 - \$15). A concert featuring The Young Novelists from Toronto (\$20), a musical BBQ (\$12) with Blues Bette Band and The Barr family & a pork supper by Star Café. Sunshine Theatre presents a new play, *Home Child* by Laura Teasdale

★ Tonight 5:00 → 9:00 PM

TOSTADAS

CHICKEN BEEF PLUS TWO VEGGIE SIDES

\$11.50

OR TWO FOR \$20

LIVE MUSIC ON PATIO Friday weather permitting

GOLDEN LION PUB AND BREWERY, LENNOXVILLE

(free-will donation) and a play-reading of *God of Carnage* (adults \$10). The festival takes place in Knowlton in a tent in Coldbrook Park and at Théâtre Lac Brome. Check it out at FB arts alive knowlton. Workshops are open to all ages, register early or buy tickets at Brome Lake Books 450-242-2242 or Théâtre Lac Brome 450-242-2270 information at www.arts-alive-quebec.ca.

September 17

37th annual Townshippers' Day, Saturday, September 17, 9 a.m. to 5 p.m., Brome fairgrounds, 345 Stagecoach Road. Celebrate the English-speaking community, rain or shine, with 10 entertainers, 90 artisans and exhibitors, silent auction, activities, food, historical tours and more. **Thank you for leaving your pets at home. Parking \$2.** Details: TDay.ca, 1-877-242-4421.

EXHIBITS

Until August 14

Le Vieux Forgeron Art Gallery, 240a Dufferin, Stanstead. Painting by Allyna Harris ('Ephemera') and Mair Vaughan Millington ('Nature Abstracted'). July 28 - Aug. 14. 'Greece, Refugees, and Love', a documentary installation continues. Hours: Thurs-Sun 11-6. www.levieuxforgeron.com

August 7 to 20

North Hatley Library (165 Main) ART SHOWS: A very special exhibition and retrospective featuring the digital work of Doug G. Jones, starting August 7 to the 20. Exceptionally, a tribute in memory of the late poet will be taken place. **VERNISSAGE** August 7 from, 4 p.m. to 6 p.m. (Mon to Fri. 10 a.m. to 12:30 p.m., Wed 6 p.m. to 8:30 p.m., Sat. 10 a.m. to 3 p.m.)

Until September 18

Uplands Cultural and Heritage Centre invites you to its new art exhibition featuring the work of Annie Abdalla. Her paintings will be displayed all summer until September 18. **Admission is free.** Uplands, 9 Speid Street, borough of Lennoxville is open Tuesday to Sunday from 10:00 a.m. to 4:30 p.m. Info: (819) 564-0409.



CANADIAN RED CROSS QUÉBEC

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Local Sports

Remember there will be days you won't feel like working out. Stick with the program because it will get easier and you will gain confidence.

Some motivational tips for beating the heat with good summer reading



A RUNNER'S MIND

CHRISTINE BLANCHETTE

Life can be a beach during summer in Canada and runners could use a dose of motivation to stay focused on their goal during the hot weather. Indeed, summer can be a distraction when the beach beckons, the shrimp is on the barbie and Margaritaville sounds like the best place to chill for awhile. Forget about exercise. The lazy days of summer can cause us to forget about doing anything. Yet summer can be a great opportunity to stay active, with more daylight hours and warmer weather. It's a great time to set new running goals for the fall.

Here are my top five tips for staying motivated during summer and I included some good summer reads.

1. Set a new goal and write it down - make it realistic so it is attainable. If your goal is becoming difficult for some reason, reach out for support. Tell your running mates you want to achieve this goal in a specific time period. They'll help you get there.

2. Read success or inspirational stories. As Jason Beck, curator at the BC Sports Hall of Fame and author of *The Miracle Mile: Stories of the 1954 British Empire and Commonwealth Games*. Published by Caitlin Press and available at most bookstores for \$29.95, praise for this book has come from all corners. The *Victoria Times-Colonist's* Cleve Dheensaw says, "It is an exhaustive and engaging look back to those nine days in the summer of 1954 that changed a province and how it thought about itself and its place in the world... With the detailed, yet nuanced, historical touch that has gone into this work, it's hard to believe Beck is

only 34 years old, because he writes (like) an old soul." Finally, from Mr. John Landy himself, one of the two principal figures in *The Miracle Mile* and still revered as one of Australia's greatest athletes: "Painstakingly researched, it captures vividly the atmosphere of Vancouver and the Empire Games... Thank you for this most evocative book, it will continue to remind me of one of the greatest weeks of my life."

Another good read is, *What I Talk About When I Talk About Running*, author Haruki Murakami gives a personal account of his obsession with writing and how it intersects with his obsession for runners as he attempts to explain them both. Also, *The Inner Runner: Running to a More Successful and Creative You* by Jason Karp Dives into the reason that so many people are drawn to run, and how it helps us tap into our deepest levels of creativity and highest levels of success.

3. Plan a running destination - incorporate a run into the trip. It can be a 5km or up to a marathon depending on your fitness level - a great way to see the city on foot.

4. Keep your running social - run with a group and have coffee afterwards. Or get together for a club run and have a little more shrimp on the barbie afterwards.

5. Try some cross training instead - hiking, or biking trips can add variety to your running program.

Helping others to start running can be extremely rewarding for you - just seeing someone improve every time out will no doubt inspire. Buying a new pair of shoes and gear can elevate your confidence and comfort levels at the same time.

Remember there will be days you won't feel like working out. Stick with the program because it will get easier and you will gain confidence. If you don't have time to run 5km that day, then readjust your schedule and run for 20 minutes instead. When you do something healthy you will feel better about yourself - and more energized.

www.runwithit.ca

Twitter: @christineruns

Run With It on YouTube - runwithitcb1

Donaldson hits 2 HRs to lead Toronto to 3-1 win over Astros

The Associated Press

The Toronto Blue Jays haven't scored many runs in the first three games of their four-game series against Houston. So far, strong pitching and timely home runs have been enough.

Josh Donaldson hit two home runs, Marco Estrada threw seven solid innings and Toronto beat the Houston Astros 3-1 on Wednesday night.

The Blue Jays have scored six runs in the three games - all on solo homers.

"We're not scoring a lot of runs," Toronto manager John Gibbons said. "It's been pretty impressive pitching on both sides these three games. But our pitching has been so good too when we do get a couple runs we've been able to put it away because we've had a tough, tough time down here."

Jose Bautista hit his second home run in two nights in the sixth as he and Donaldson went back-to-back.

"Any home run from anyone is huge," Estrada said. "It was a pitcher's duel, and luckily, we pulled off a couple homers to give me a cushion there. Any home run that's hit is always huge."

Donaldson led off the fourth with a home run to right field before hitting his 27th home run of the season in the sixth. It was Donaldson's third multi-homer game this season.

"I was able to barrel out a couple balls that I felt were mistakes," Donaldson said.

Estrada (7-4) won his second straight start, allowing one run and four hits with seven strikeouts.

"I just want to follow (Russell Martin) as much as possible," Estrada said. "They have a really good lineup over there, bunch of young stars over there. They put together some good at bats. I'm glad my changeup was working pretty well and even some decent cutters."

Estrada has allowed four runs or fewer in each of his past 12 starts.

"I can't say I haven't seen it before," Gibbons said about Estrada. "That's what he does. That's the way he's been since he came over here. That's a typical outing if you want to know the truth. He's really, really good."

Joe Biagini escaped a one-out jam in the eighth, inducing a flyout from Jose Altuve and striking out Carlos Correa to strand runners on second and third. Roberto Osuna pitched the ninth for his 23rd save.

"Altuve was aggressive knowing he was going to get a strike," Houston manager A.J. Hinch said. "You know Correa's at-bat, their guy did a pretty good job of getting ahead of him and it was a bad time for a miss. Human element of the game sometimes you know hurts you and in that regard it was a borderline pitch that didn't go our way."

Marwin Gonzalez, who had missed the past four games with a right hand injury, had a double in the sixth. Altuve followed with an RBI double to cut the

lead to 3-1.

Houston has lost five of its past six games.

Collin McHugh (7-8) allowed three runs and six hits with 10 strikeouts in six innings. The right-hander, who allowed a season-high three home runs, was coming off his worst outing of the season Friday when he allowed eight runs in 2 2/3 innings of a 14-6 loss to Detroit.

"Home runs are kind of accidents," McHugh said. "They could have easily been doubles or singles if it's an inch higher or an inch lower. They found barrel on fastballs and it got out of the park."

TRAINING ROOM

Blue Jays: SS Troy Tulowitzki (thumb) was out of the lineup for the third straight game Wednesday. Tulowitzki hit off a tee and was expected to take batting practice, Gibbons said.

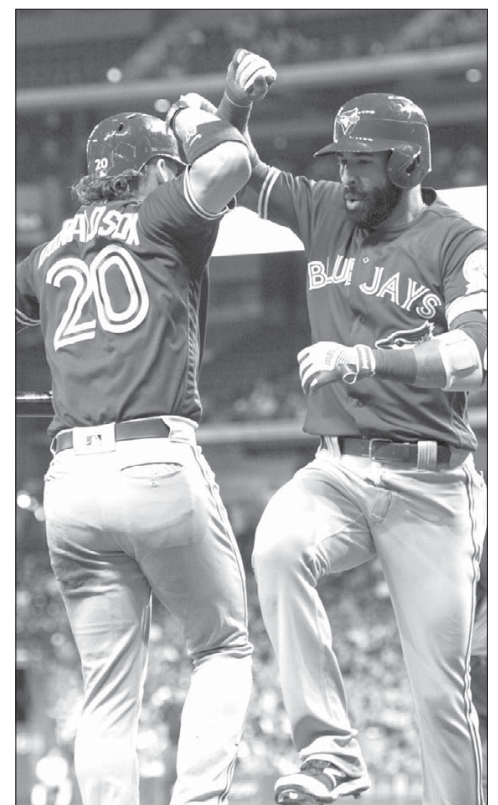
Astros: RHP Lance McCullers was placed on the 15-day disabled list with a mild sprain of the right elbow. RHP Brad Peacock was recalled from Triple-A Fresno to take McCullers' roster spot.

UP NEXT

Blue Jays: LHP J.A. Happ (14-3) will be going for his ninth straight win Thursday. The left-hander has not lost since June 6 and has allowed three runs or fewer in each of his past five starts.

Astros: RHP Mike Fiers (7-4) will take the mound in the finale of the four-game series. Fiers is coming off a solid

outing Saturday against Detroit where he took a no-decision after allowing one run in 6 1-3 innings.



CANADIAN PRESS

Toronto Blue Jays' Jose Bautista celebrates a solo home run against the Houston Astros with Josh Donaldson (20) in the sixth inning of a baseball game Wednesday, Aug. 3, 2016

Church Services

Anglican

FOSTER

St. James Anglican Church - Foster - We open our doors to welcome you on Sunday August 7 at 9:15 a.m. for a service of Holy Communion, at the little church on the hill, 725 Lakeside, Foster. Join us afterwards for refreshments and conversation. Everyone is welcome.

GEORGEVILLE

We welcome you to the Georgeville Anglican church August 7 to a service of Holy Communion (BCP) at 8:30 a.m. and at 10:00 a.m. there is a special service for the blessing of the pets with the Ven. Dean E. Ross officiating and Sarah Hoblyn, organist and choir director.

LENNOXVILLE

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

NORTH HATLEY

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

SHERBROOKE

August 7 at 11:00 a.m. a service of morning prayer will be held at the Church of the Advent, 473 Bowen St. S., Sherbrooke with a lay reader presiding.

Presbyterian

LENNOXVILLE

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

United

AYER'S CLIFF - MAGOG

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

HATLEY/WATERVILLE

Sunday, August 7, no services at Hatley United and Waterville/North Hatley United. Rev. Mead Baldwin 819-837-1112.

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, will be closed for the month of August. Please join our congregation at Plymouth Trinity United Church, 380 Dufferin Street, Sherbrooke (819-346-6373). Service at 10:30 a.m.

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, the Rev. Samuel V. Dansokho, minister, Leslie Young, organist. During the month of August we are welcoming the Lennoxville United Church congregation. This Sunday, we will be sharing in Holy Communion, and a community luncheon will follow. There are activities for children during worship. All are welcome! Il n'y aura pas de service en français cette semaine.



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

DEAR DOCTOR K: My beloved dog passed away a few months ago after years of loving companionship. My friends think I should be over his death by now. Are they right?

DEAR READER: There's a reason dogs are called man's (and woman's) best friend: They offer unparalleled com-

Mourning a pet is a normal reaction

panionship and unconditional love. Especially unconditional love. That love is encapsulated in the wonderful prayer: "Lord, help me to become the person that my dog thinks I am."

For most dog owners, a dog is a cherished member of the family. As such, the grief associated with the loss of a canine companion can be just as intense as losing a human companion. As well-intentioned as your friends may be, they may not understand the depth of your loss.

Many non-pet-owners don't realize how strong the dog-owner bond can be. Others simply can't fathom it and may even belittle your feelings. It is important to acknowledge your grief when your dog passes away - whether other people do or not.

Dogs live an average of 10 years. That means that even the longest-lived dogs won't span a human's lifetime.

It is normal to experience feelings of grief, possibly quite intensely and for a long time, after the death of a pet. Some of the tips below may be helpful.

- Reach out. If you know someone else who has lost a well-loved pet, talk with him or her about your loss. Many veterinary schools offer pet-loss support hotlines and may be able to recommend support groups as well. Pet Partners (www.petpartners.org) offers links to other groups and resources associated with pet loss and bereavement.

- Mourn the loss. Be good to yourself. Do what feels comforting, and

allow yourself time to recover from the loss. Express your feelings. Hold a memorial service or funeral, or bury your pet at a pet cemetery.

- Remember the fun. What did you enjoy most about your pet? What did your pet love to do with you? Celebrate and remember all of the positive things your pet brought to your life. Consider memorializing your pet through donations to organizations devoted to pets and their health.

- Seek help if you need it. It's normal to feel some ongoing sadness about the absence of your pet. But if your grief continues, undiminished, for longer than six to 12 months and interferes with your ability to function, consider talking to a mental health professional.

- Get a new dog. A patient of mine once lost a dog and was grieving that loss. When I recommended that he get a new dog, he said he felt it would be "disloyal." I didn't understand that. I said that I bet the dog he lost would have wanted him to be happy. I told him that my brother-in-law had always had a golden retriever. A new golden puppy arrived in his home shortly after each death. Each new golden puppy was a new beginning for him. And for each of those golden puppies, he was their first beginning.

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

SUDOKU

Difficulty: 5 (of 5)

8						3		
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8-5-16

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PREVIOUS SOLUTION

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3	5	4	7	2	9	1	6	8
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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.

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

PREVIOUS SOLUTION

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8-6-16

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2	9			5					7
	5		2			8			
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Difficulty: 4 (of 5)

SUDOKU

Summer Time in The Village

In Memoriam

MARTIN, Lloyd - In loving memory of a dear Father, Grandfather and Great Grandfather who passed away 16 years ago on August 4, 2000.

*We miss you Dad
And all the talks we had.
We remember you voice of stories old;
Your smile and strong hands to hold.
We still feel your guidance and protective love;
With Mother you watch from heaven above.*

**Deeply missed,
THE FAMILY**

Graveside Service

MCDUGALL BEAULIEU, Annabel Victoria - There will be a graveside service for Annabel Victoria McDougall Beaulieu on August 9, 2016 at 11 a.m. at the Crystal Lake Cemetery, Stanstead, QC.



Gwen Parker, resident of Grace Village tosses her ball towards the net, as residents cheer her on from the sidelines. Photo by Danica Montgomery



Residents of Grace Village & Connaught Home sit front row at MRC's Groundbreaking Ceremony in celebration of the historic moment. Photo by Samantha Roy Little Photography



Claire Fisk, resident of Grace Village comes face to face with Coffee Crisp, calf brought to us by Evelyn & Elizabeth Frazer

Grace Village and Connaught Home welcomed the summer weather with delight as our Activities Team jumped right into preparing summer programming. Our Outdoor Clubs at Connaught & Grace Village began in June, gathering residents together in outdoor spaces around Massawippi Retirement Communities (MRC) to enjoy the natural settings and participate in social and active activities in the outdoors.

On July 1st, a beautiful sunny day in the Townships, residents of Grace Village were able to get outside to celebrate the national holiday and play basketball. Challenging themselves, residents participated in an adapted version of the popular game, while fellow residents, friends and volunteers cheered on from the sideline. Residents of Grace Village then enjoyed an indoor picnic, out of the mid-day heat, followed by their very own showing of the 2016 Hatley Canada Day Parade. Having been filmed earlier that day, residents were able to engage in the Eastern Townships event, reminiscing about the many years they spent as part of or watching the annual parade. Connaught Home celebrated the national holiday with a delicious BBQ meal followed by exceptional music from The Castaways. Well known to both homes, The Castaways are dedicated volunteers who continue to provide great musical experiences for our residents to enjoy.

Together, residents from Connaught and Grace Village convoyed out to the restaurant Maison du Verger in Compton, Quebec. Twenty-five residents, volunteers and staff relished in the scenic drive appreciating the strawberry fields, farmland and apple orchards along the way. Welcomed with warm smiles and excellent service, the staff of Maison du Verger provided yet another delightful meal and positive experience for our residents.

What does July bring in the Townships? Strawberries! Our annual Strawberry Social went off without a hitch

again this year. Residents prized the taste of homemade biscuits, strawberries and whip cream while covered by the shade of a maple tree outside Grace Village.

Activities continued to roll out with each passing day as residents of both Connaught Home and Grace Village anticipated the Official Groundbreaking Ceremony to officially break ground on MRC's project for renewal. The day of the official groundbreaking marked a historic day for MRC which our residents were able to share with the surrounding community.

Residents of Grace and Connaught Home were invited to participate in an interactive musical experience performed by John and Pippa Hall. John and

Pippa bring a fun and engaging atmosphere to the room with their humorous and memorable folk tunes. To finish off the program, Pippa gives it her all in a fast paced step dance, encouraging residents to sing and dance along. Promising to be back next summer, John and Pippa have challenged our residents to practice their chair step dancing to be performed for them next year. We have accepted the challenge!

Other regularly schedules activities continued on thanks to our dedicated volunteers including carpet bowling, card parties, music shows, bingo, animal visits and more!

As our summer days continue on into the month of August, activities at Connaught & Grace Village are sure to benefit from the warm weather ahead.

20 years. 10,000 wishes. 100% Canadian.

"Only 2 more needles 'til my wish!"

Children's Wish Foundation

20 years 10,000 wishes

1-800-267-WISH
www.childrenswish.ca
The Children's Wish Foundation of Canada

Datebook

FRIDAY, AUGUST 5, 2016

Today is the 218th day of 2016 and the 47th day of summer.

TODAY'S HISTORY: In 1884, the cornerstone for the Statue of Liberty was installed on Bedloe's Island in New York Harbor.

In 1962, Marilyn Monroe was found dead in her Los Angeles home.

In 1981, President Ronald Reagan began to fire 11,359 striking air-traffic controllers for violating his order to return to work.

In 2010, a cave-in at the San Jose Mine near Copiapo, Chile, trapped 33 miners 2,300 feet underground.

TODAY'S BIRTHDAYS: Guy de Maupassant (1850-1893), author/poet; Joseph Merrick aka "The Elephant Man" (1862-1890); John Huston (1906-1987), actor/director; Neil Armstrong (1930-2012), astronaut; Herb Brooks (1937-2003), hockey coach; Loni Anderson (1945-), actress; David Baldacci (1960-), novelist; Patrick Ewing (1962-), basketball player; Adam Yauch (1964-2012), rapper; James Gunn (1970-), filmmaker; Lolo Jones

(1982-), Olympic athlete.

TODAY'S FACT: Norma Jeane Baker began using the name Marilyn Monroe in 1946, but did not legally change her name until 1956.

TODAY'S SPORTS: In 1979, Pete Rose of the Phillies hit his 2,427th career single, breaking Honus Wagner's National League record. Rose would finish his career with 3,215 singles, a record that still stands.

TODAY'S QUOTE: "Love is always love, come whence it may. A heart that beats

at your approach, an eye that weeps when you go away are things so rare, so sweet, so precious that they must never be despised." — Guy de Maupassant, "Miss Harriet"

TODAY'S NUMBER: 91 — minutes legendary magician Harry Houdini spent underwater in a sealed coffin before emerging unharmed, on this day in 1926. The event was Houdini's last public escape.

TODAY'S MOON: Between new moon (Aug. 2) and first quarter moon (Aug. 10).

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: clas-sad@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.

Neglected niece

FRIDAY, AUGUST 5, 2016

Annie's Mailbox

in your state.

I hope that man knows that what happened to his girlfriend was not his fault. If someone is threatening suicide if a partner leaves, there are underlying mental health problems that need professional treatment.

Dear Annie: This is in response to "Revs My Engine," who wrote to you regarding the neighbor who takes all the parking in an area that could accommodate two cars.

If there is actually enough space for two cars, your correspondent has the option of contacting his city's responsible department (could be planning or traffic or under some other name) and request painted striping to delineate the parking spots. Problem solved, and nobody's the "bad guy."

The governing agency has a responsibility to maximize the use of community resources, and street parking fits in that category.

However, there are recognized standards for the size of an on-street parking space, and what looks like enough space for two cars may not officially be. Be careful what you wish for. — Ex-Mayor of a Very Small Town

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

Dear Annie: My heart hurts so much. Last January, my nephew was diagnosed with leukemia. He is 3 years old. He is only a little boy. He is so strong, and he tries to be a happy little guy. My sister is always talking about my nephew and how his appointments go, and that is fine; I want to hear about them and to know what the next steps are. But here is my problem. I also have a beautiful niece. She is 9 years old. I know my sister loves her very much, but it seems as if she gets put on the back burner when it comes to her brother. My question is: How can I bring this up to my sister without starting a fight? — Auntie of Two

Dear Auntie: I'm so sorry about your little nephew. It's understandable that your sister is fully focused on getting him well and hasn't considered how it may be affecting her daughter. When it comes to matters of life and death, people are prone to getting tunnel vision.

Rather than confront your sister about this issue right now — which might add guilt to the emotional burden she's already carrying — take actions on your own to see that your niece feels loved. A family isn't just nuclear, after all. If your sister sees you showering her daughter with love, she will appreciate it, and it may

gently nudge her to consider whether she is spending enough time with her, too. Either way, your niece will be grateful for the bonding time with her awesome aunt.

Dear Annie: My friend and I were talking about people who threaten suicide if their partner leaves them. I thought this was just an immature and overly dramatic response to a breakup and not something the person making the threat had any intention of going through with. However, my friend revealed to me that this actually happened to a friend of hers. Her friend was seeing an older man who had another girlfriend at the time. This girlfriend threatened to kill herself if he left her. And then she did.

So I guess my question is: What should you do when your partner threatens suicide if you leave? — Steph in San Diego

Dear Steph: When a partner or anyone threatens suicide, you must take it seriously. Call the National Suicide Prevention Lifeline at 800-273-8255. The people there will help you assess the situation and determine what actions you can take and the resources available

These are no canned answers

ASK MR. KNOW-IT-ALL
By Gary Clothier

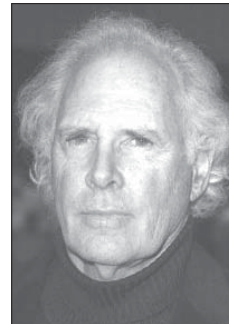
Q: By mid-summer, vegetables and fruit in our 1-acre garden are ripe and

ready to be canned. We can enough to last at least a year. Each year, I need to buy a few more canning jars — also called Mason jars. Why are they called Mason jars? — D.N., Woburn, Massachusetts

A: The Mason jar was invented and patented in 1858 by tinsmith John Mason of Vineland, New Jersey. The date of the patent was embossed on the jars: "Mason's Patent Nov 30th 1858." The jars are also commonly known as Ball jars, after the Ball Corp., an early manufacturer of the canning container.

SUPER TRIVIA: Mason was also the inventor of the screw-top salt-shaker.

DID YOU KNOW? Bruce Dern is one of the few actors to have killed John Wayne on screen during "The



Bruce Dern

Cowboys" (1972). He even received death threats over his on-screen actions.

Q: My English-born grandmama used a word from her home county to describe an upset stomach or butterflies in the stomach due anxiety. Would you happen to know a word to describe these conditions? — M.L., Leesburg, Florida

A: I do, and it's being added to my ever-growing list of favorite words — "collywobbles."

Q: I went to see the first two Harry Potter movies with my grandson. I didn't care much for the films, so I stopped watching them. Richard Harris played the part of the schoolmaster with an unusual name. What is it? — J.B.C., San Luis Obispo, California

A: Harris played Hogwarts headmaster Albus Percival Wulfric Brian Dumbledore in the first two films of the franchise, but after he passed away, Michael Gambon stepped in.



Richard Harris

The creator of the series, J.K. Rowling, said she chose the name Dumbledore because of the professor's love for music. In early modern English, "dumbledore" means "bumblebee," and Rowling said she envisioned him walking around humming, like a bumblebee.

Q: Who is the stunning redhead in the Wendy's restaurant commercials? In a recent commercial, she is singing. Is it her own voice? — D.B., Flagstaff, Arizona

A: Her name is Morgan Smith Goodwin, and she was born Aug. 18, 1985, in Cullman, Alabama. In college, she studied musical theater; after graduation, as many actors do, she moved to New York City. She was involved in several Off-Broadway productions as well as in other venues. She became famous when she was selected to be the face of Wendy's in its most recent advertising campaign, "Now That's Better." While in New York City, she met and married Dave Goodwin.

You asked if it was her voice in a Wendy's commercial. I can't find a definitive answer, but considering her background in college, I think it would be safe to assume it is her voice.

By the way, her bright red hair is not hers; she's a natural dark blonde.

(Send your questions to Mr. Know-It-All at AskMrKIA@gmail.com or c/o Universal Uclick, 1130 Walnut St., Kansas City, MO 64106.)

We would like to wish
Mildred Lowry
a Happy 100th
birthday



Please join Mildred and her family at ANAF Unit 318 "The Hut" 300 St. Francis, Sherbrooke on Saturday August 13 from 2 p.m. to 4 p.m. to celebrate her 100th birthday.
Best wishes ONLY

The Emily Smerdon Memorial Scholarship

The Ladies Auxiliary of the ANAF Unit 318 is offering the Emily Smerdon Memorial Scholarship to an individual who is furthering his/her education after graduating from high school.

The chosen individual should be in a field of study related to working with young people and should have been associated with a youth organization.

Letters of application as well as a letter of reference from a professional should be sent by September 1, 2016 to Doreen Morissette, 110 Oxford Crescent #203, Sherbrooke Quebec, J1M 2G2

Ladies Auxiliary – ANAF Unit #318 – Bursaries

The Ladies Auxiliary – ANAF Unit #318 – is offering bursaries to members of the community who are furthering their education in a field of study other than elementary or high school.

Letters of application should be sent by September 1, 2016 to: Doreen Morissette #203-110 Oxford Crescent, Sherbrooke, Quebec, J1M 2G2

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.

" F KITDG LVFGSZ EDYB BN AFCZ
OYGZLTGLKN. BYZL YE LVIFD
AGYJKICSI OYBIZ EDYB ZGTWWKI
OTWZ." — MFBBN AFBBIK

Previous Solution: "There was a power outage at a department store yesterday. Twenty people were trapped on the escalators." — Steven Wright

TODAY'S CLUE: F equals E

CELEBRITY CIPHER

by Luis Campos

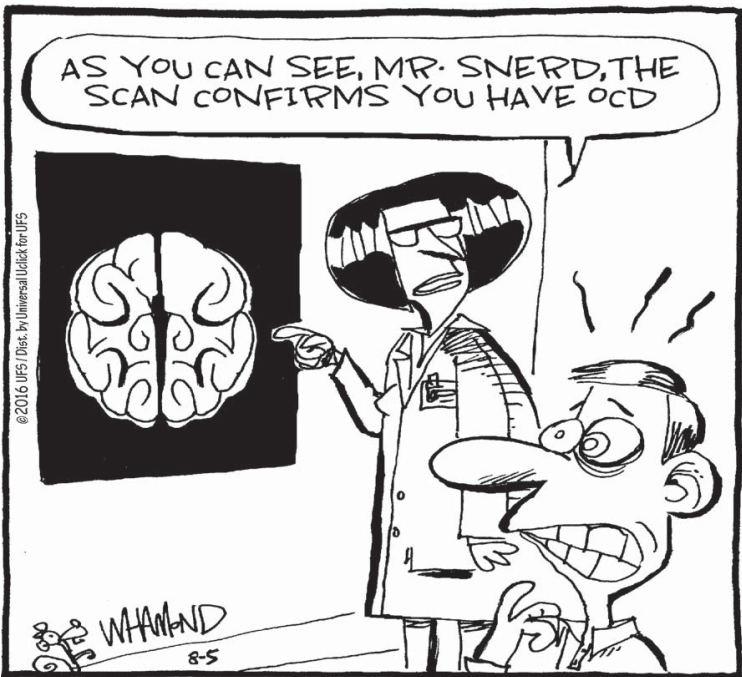
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" C EHTCHJH PZIP PZHL
(YAAOWZSWXM) WZHY YAAO. C OAD'P
PZCDX PZHL WID WZSWX YAAO IP
ITT!" — PCR ITTHD

TODAY'S CLUE: J equals V

Previous Solution: "I learn things from my kids constantly. Most of their knowledge comes from Snapple caps." — Jimmy Kimmel

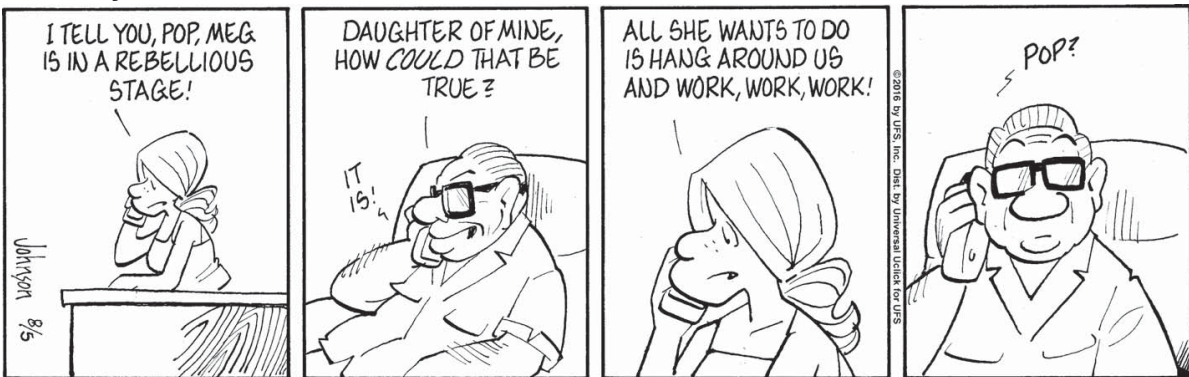
REALITY CHECK



ALLEY OOP



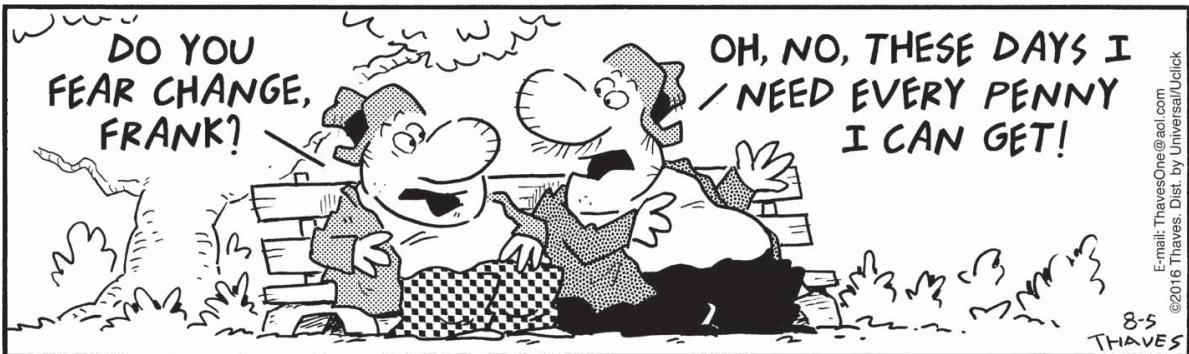
ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



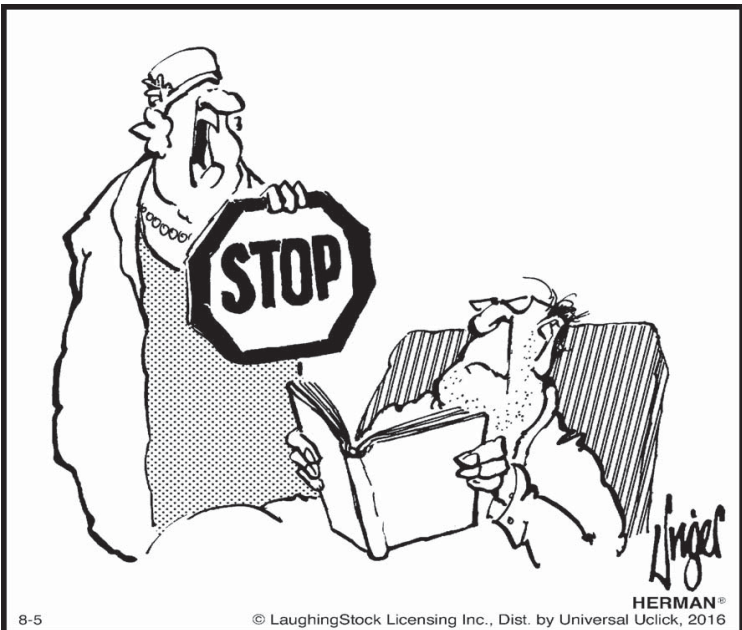
GRIZWELLS



SOUP TO NUTS



HERMAN



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www.diabete.qc.ca

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

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DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
 OR MAIL YOUR PREPAID CLASSIFIED ADS TO
 THE RECORD, 1195 GALT ST. E., SHERBROOKE, QUEBEC J1G 1Y7

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@sherbrooke-record.com**

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SHERBROOKE - NORTH WARD. 4 1/2 and 7 1/2. Heated, with internet. Quiet building. No big dogs. Call (450) 672-1263 or (819) 565-3029.

050 Rest Homes

WARBURTON RESIDENCE has 1 private large room in a family home near Lennoxville, personalized care, home cooking, doctor on call. References available. Very reasonable rates. **Now certified.** For a visit call 819-563-1388.

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100 Job Opportunities

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If interested in any of these routes, please contact our offices at **819-569-9528** between 9 and 4:30 or by email at **billing@sherbrooke-record.com**

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- House painting (interior and exterior)
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Shawn Davidson 819.345.0665

140 Prof. Services



It pays to advertise in the classifieds

140 Prof. Services

140 Prof. Services

CEMETERY MONUMENT RESTORATION

"What a pleasure to be able to read your parents' names again."

- Cleaning stones by hand with a soft bristle brush to bring out their original state.
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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@sherbrooke-record.com**

190 Cars For Sale

CLASSIFIEDS ONLINE!
 www.sherbrooke-record.com

Selling, buying, exchanging, offering services? Put it in our Classifieds for results!

140 Prof. Services



190 Cars For Sale

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275 Antiques

275 Antiques

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

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

275 Antiques

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Sunday, August 7, 2016 at 10 a.m.
7900 boul. Laframboise, St. Hyacinthe, QC (exit 130, autoroute 20)
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340 Garage Sales

COMPTON
 MOE'S RIVER sawmill for sale, everything must go. Lots of antiques, Saturday August 6, Sunday August 7, 140 Moes River, Compton

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340 Garage Sales

Town of North Hatley Giant Garage & Rummage Sale
 Saturday, August 6, 9 a.m. to 5 p.m.
 Sunday, August 7, 9 a.m. to 3 p.m.
 North Hatley Recreation Society
 Beach House
 2070 Lake Road - 2 floors

340 Garage Sales

HUNTINGVILLE
 4160 Barber St. Huntingville. August 5 and August 6. From 8 a.m. to 4 p.m. Articles for sale: Cut Glass dishes; glass dishes; craft books; books; coffee table; games, etc. Rain or shine (unless there is a hurricane)

LENNOXVILLE
 40 Champigny St, Lennoxville Saturday August 6, 8 a.m. to 2 p.m., Books, children's toys, scales, misc. dishes, men's & women's clothes, DVD's, mason jars, wicker baskets and more.

WATERLOO
 ROXTON COLONIAL furniture, antique dishes, sump pump, old windows, 16" rims, go-cart, jewelry, collectibles, etc. 4 Clark Hill, Waterloo, Saturday August 6, 8 a.m. to 2 p.m.

345 Flea Markets

SUTTON
 Sutton Outdoor Market, 10 Curley St., on every Saturday from 8 a.m. to 3 p.m. 1940s tricycle, mini bicycle, oriental chest with locked drawers, china, books, prints baked goods, and fresh vegetables.

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AUCTION

**For Laurent and Victoire Brouillard
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Formerly Ferme Gazon Couture**

Saturday, August 13, 2016 at 10:30 a.m.

To be sold: John Deere 6320 tractor, 4X4, steering reverse, 40 km, 18.4X38 tires with John Deere 640 loader, auto levelling; John Deere 6310 tractor, 4X4, cab, full, a/c, power quad transmission, 40 km, 4400 hours, 18.4X38 tires; Renault 651 tractor, 4X4, with loader; Kuhn FC353 mower, center shaft; New Holland 163 tedder, hydraulic extension; New Holland 900 Metal Alert II forage harvester; New Holland 2-row swath gatherer and corn head 824; Case 600 silage blower; Inter chopper; 4 Dion silage boxes with top, 3 beaters (2X1016 and 1600); a Dion train; 15 ton dumping trailer; Case roller harrow, 52 disks, hydraulic extension; 14 ft. vibrating cultivator, 3 pt. attach; Inter vibra shank, 14 ft., semi mounted; Inter 6100 seeder, press drill, marking wheels; Overum plough, 6 blades; Kverneland AB100 plough, 3 blades, cylinder adjustable; set of rollers for vibrating cultivator; 44 ft. grader blade; grader basket, 14 ft. wide, 32 in. high, tilt system, 315/80R22.5 tires; 2009 Load Lifter lift, 5000 lb. capacity, model 5000, Perkins motor, 4 cylinders, diesel, rebuilt, cab with air conditioning, hydrostatic transmission, power reverse, 14 ft. mast with side shift and hydraulic module for large rolls of sod, in very good condition; hay manger; cement mixer; 8 tires 24.5 11R with rims; lot of cedar posts; lot of cement pipes; lot of varied length trusses; metal posts; Tomahawk 808S bale shredder, electric box, monitor, hooked up to PTO540, trailing model, chute unloads on both sides and rear, automatic loading, capacity of 2 round or square bales dry or humid; Norse winch and some other items too long to list.

Terms: cash, cheque or bank loan
Canteen on the premises
Photos on the website
For information, contact 450-794-2070 or the auctioneer

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**Auction
for MRS. BEULAH TURNBULL
15 Beattie Street Sherbrooke QC,
(Lennoxville)**

Saturday, August 13, 2016 at 10:00 a.m.

ANTIQUES: Carnival, Large Amount Of Collectible Dishes, Parlor Tables, Sewing Machine, Radio, Coolers, Meat Grinder, Milk Cans, Tiger Oak Bureau With Bevelled Mirror, Bureaus, & much more! **HOUSEHOLD:** Decorative Plates, Pyrex, Electric Appliances, Electric Stove, Pots & Pans, Silverware, Bake Ware, Potato Bin, Tupperware, Roasting Pans, Dishes, Oak Table 8 Chairs, Oak China Cabinet Glass Doors, Couch And Chairs, Electric Lamps, Vacuum Cleaner, Bureaus, Wing Back Chair, Mirror, Linens, Blankets, Pictures, Decorative Plates, Key Board, Danby Mini Fridge, Filing Cabinet, End Tables, Coffee Tables, Recliners, Book Case, Stools, Refrigerator, Washer/Dryer, Freezer, Fans, & much more! **SHED STOCK:** Generac 4000 XL Generator, Gardening Tools, BBQ, Ladders, Numerous Tools, Electrical Tools, Battery Chargers, Hardware, Extension Cords, Table Saw, Craftsman Band Saw, Large Tool Chest On Wheels, & much more!

Conditions: Auctioneer not responsible for injuries, accidents or property damages.
Tent, & canteen on premises

Terms: Cash or cheque from known buyers with I.D.

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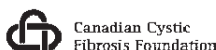
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Insect repellents in the age of Zika

FROM CONSUMER REPORTS®
By the editors of Consumer Reports

Since emerging in Brazil in early 2015, the Zika virus has now spread to more than 40 countries in the Western Hemisphere. It's a troubling and widespread global outbreak — and it's the first of its kind.

If you live on the mainland United States, health officials say you probably don't need to panic. But you should still be alert to the threat and take some extra precautions this summer, according to Consumer Reports.

The virus can cause microcephaly, a birth defect marked by an abnormally small head and developmental deficits. Doctors still don't know how often the virus causes those problems, but they say Zika is the first pathogen in 50 years to trigger birth defects, and the first mosquito-borne disease ever to do so.

We've seen microcephaly before, Consumer Reports says, notably during the rubella epidemic of 1964. But the Zika-related version is so much worse that doctors have started referring to it by a different name altogether: fetal brain disruption sequence.

"I have never seen anything like this," says James Sejvar, M.D., a neuro-epidemiologist with the Centers for Disease Control and Prevention. Babies born with Zika-related microcephaly have significantly smaller heads than those born with other forms of the disorder, he says. And their brains are much more damaged.

The virus can also spread through sexual intercourse and has, in rare cases, been linked to serious neurological disorders in adults, including Guillain-Barre syndrome, which can cause paralysis, sometimes permanently.

Zika isn't the only bug-borne threat this summer. Dengue is now common in Puerto Rico and the U.S. Virgin Islands, and sporadic outbreaks have been reported in Florida, Hawaii and Texas. West Nile virus still infects thousands each year and has caused 1,700 deaths in the U.S. since 1999. And tick-borne illnesses such as Lyme and Rocky Mountain spotted fever are

increasing in incidence and geographic range.

But it's Zika that has filled health officials with dread and sent them scrambling to update mosquito-control protocols. Because anyone bitten can become an unwitting carrier of the disease, everyone — even those not trying to become pregnant — needs to be vigilant against mosquito bites this season. Ridding yards of standing water will deprive mosquitoes of their breeding grounds, and not letting grass grow too high will help keep ticks at bay. Choosing the right insect repellent will prevent bites when other precautions fail.

The Best Repellents

Consumer Reports tested products to see which work best against the Aedes mosquitoes that spread Zika as well as against Culex mosquitoes, which spread West Nile, and the ticks that carry Lyme. Here's what its testers found:

Consumer Reports looked at 16 repellents with a range of active ingredients, including conventional chemicals like deet, synthetic plantlike compounds that resemble those found in nature and plant oils like citronella and rosemary. The top performers, which include Sawyer Picaridin (20 percent), were able to ward off Aedes and Culex mosquitoes, plus ticks, for at least seven hours. Most products performed equally against both species, but some didn't work as well against the Zika-carrying Aedes mosquitoes as they did against others.

Testers found that when choosing a repellent, it's important to look at more than just the ingredients. For example, its top-rated product contains picaridin, but so does the one that came in second to last. That's probably due in part to different concentrations. The high-scoring product is 20 percent picaridin; the low-scoring one, just 5 percent. But higher concentrations aren't always better. A 15 percent deet product outperformed one with 25 percent deet against deer ticks, maybe because of its "inactive" ingredients.

To learn more, visit ConsumerReports.org.

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Your Birthday

FRIDAY, AUGUST 5, 2016

Interaction with others will result in better connections that will encourage you to share your ideas and collaborate. Networking will pay off, and listening to people of all ages and walks of life will help you develop a lifestyle that will allow you to achieve your goals.

LEO (July 23-Aug. 22) — Trust and believe in who you are and what you can do, but don't ignore suggestions or questions posed by those who know you well and love you unconditionally.

VIRGO (Aug. 23-Sept. 22) — Instead of letting anger take hold, take action. A problem at home or with someone who depends on you too much is best dealt with calmly and quickly.

LIBRA (Sept. 23-Oct. 23) — Listen carefully, say little and stay focused on the best way to use your talents to get ahead. An unexpected change in an important relationship will turn out to be beneficial.

SCORPIO (Oct. 24-Nov. 22) — Ask for a favor if it will help you gain access to something or someone of importance to you. An unusual turn of events at home will warrant protecting your possessions.

SAGITTARIUS (Nov. 23-Dec. 21) — You will be faced with a learning curve. False information, misinterpretation, jealousy and unfair competition will keep you on your toes. Don't share your ideas or your intentions.

CAPRICORN (Dec. 22-Jan. 19) — If you are planning to make a personal change,

do so quietly and only after you have done sufficient research. Circumstances are not always as they appear. Do things your way.

AQUARIUS (Jan. 20-Feb. 19) — Do whatever it takes to finish what you start. Your dedication and determination will result in a chance to take on more responsibility and increase your income.

PISCES (Feb. 20-March 20) — Do whatever will bring you the most in return. Don't let anyone tie up your time or use your resources when you need everything you've got to reach your goal.

ARIES (March 21-April 19) — When it comes to work, money and getting along with colleagues, you are best to let practicality and common sense lead the way. Go with the flow, not against it.

TAURUS (April 20-May 20) — Do the things that make you happy and incorporate them into your everyday routine. Staying fit and keeping up with current trends will position you for optimum gains and greater stability.

GEMINI (May 21-June 20) — You are best to observe, listen and remain positive when dealing with friends or family. Not everyone will be clear-headed or realize the consequences of a poor choice.

CANCER (June 21-July 22) — Do something that inspires you to try new things and meet people who have something unique to offer. A retreat or traveling somewhere unfamiliar will be a valuable experience that encourages personal growth.

FRIDAY, AUGUST 5, 2016

You tell partner the suit to lead

By Phillip Alder

Henry Morgan, a humorist who died in 1994, said, "A kleptomaniac is a person who helps himself because he can't help himself."

A bridge player is a person who helps his partner when he cannot make the key play himself.

Whenever a good bridge player is on defense, he always wonders how he can make his partner's life easier. In this deal, for example, look at the North and East hands. Against four spades, West leads the club five. After East takes the trick with his ace, and South plays the 10, what should East do next?

North had 12 points with four-card spade support. Most hands like that would have been worth a game-force, but not with eight losers and 4-3-3-3 distribution, when losers tend to stay losers forever.

Third hand should always analyze his partner's lead. The club five is either low from length with at least one honor (perhaps K-9-5) or a singleton. Whichever holding West started with, it cannot hurt for East to return a club. However, just in case West can ruff at trick two, it is East's job to tell his partner which suit to return at trick three by sending a suit-preference signal. Since East's winner is in hearts, the higher-ranking of the other two side-suits, he should lead back

North 08-05-16			
♠ 9 7 5 4			
♥ K Q J			
♦ K Q J			
♣ 8 3 2			
West		East	
♠ J 6		♠ 8 2	
♥ 10 9 7 4 2		♥ A 6 3	
♦ 10 9 7 4 2		♦ 8 5 3	
♣ 5		♣ A J 7 6 4	
South			
♠ A K Q 10 3			
♥ 8 5			
♦ A 6			
♣ K Q 10 9			
Dealer: South			
Vulnerable: East-West			
South	West	North	East
1♠	Pass	3♠	Pass
4♠	Pass	Pass	Pass
Opening lead: ♣ 5			

the club jack, his highest-remaining card in the suit. Yes, West would probably be able to read the seven, but East should make the position as clear as possible. (With the diamond ace, East would return the club four.)

West ruffs, shifts to the heart 10, and gets a second ruff to defeat the contract.

CROSSWORD

Across

- 1 Without markup
- 7 Informed
- 15 Like the Godhead
- 16 Where flocks assemble
- 17 Slide
- 19 "Defending Liberty Pursuing Justice" org.
- 20 Org. for Sharapova and Kournikova
- 21 Base or case closer
- 22 Exaggerates, as a résumé
- 24 Follow
- 27 Ref. with quarterly online updates
- 30 Slide
- 34 Respond to a failed delivery
- 35 Not your average joe?
- 36 Video game hero with a kart
- 39 "To wrap up ..."
- 40 Epic including the Catalogue of Ships

- 41 Willing to take risks
- 45 Slide
- 50 Shocked letters
- 51 Colleague of Ruth and Sonia
- 52 Trillionth: Pref.
- 53 Kit Carson House site
- 56 Texter's "Keep the rest to yourself"
- 58 Moo __ pork
- 59 Slide
- 64 Way to be there when you can't be there
- 65 Looked for a school, perhaps
- 66 Tape container
- 67 Jousting mounts

Down

- 1 Bank smartphone offering
- 2 Type of chief or custom
- 3 Noisy bug
- 4 "In __ Time": Hemingway story collection
- 5 White fall
- 6 Quality control personnel
- 7 Mil. mail drop
- 8 Unchallenging reading material
- 9 Specialized undergrad track
- 10 Frosty film
- 11 Will go ahead as planned
- 12 Walter Johnson's career-leading 110
- 13 Yet, poetically
- 14 Summer hrs.
- 18 Boat better not rocked
- 23 Many a recent refugee
- 25 "Arise, fair __, and kill the envious moon": Romeo

26 Sturm __ Drang

- 28 Incredible rebuke
- 29 Believe
- 31 Amethyst source
- 32 "I Fall to Pieces" singer
- 33 Inhibition
- 36 Catalan surrealist
- 37 Fund-raising target, often
- 38 Fair game
- 41 Broadband letters
- 42 Gallic soul
- 43 Agitated blog posts
- 44 Muddled

- 46 One often has a golf course
- 47 Clear Eyes rival
- 48 Seconded
- 49 Hospital routines
- 54 Tour gear
- 55 Drama prize
- 57 TV co-star of Hargitay and Belzer
- 59 Spasm
- 60 Usually single-stranded molecule
- 61 Trivial thing
- 62 Août season
- 63 Draw

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