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Expo Boeuf to showcase 'beef of the future'

Claudia Villemaire - Pages 8

THE
RECORD
THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

1986 football team on the Bishop's Wall of Distinction

WEEKEND EDITION

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Young woman injured in second Coaticook river incident

Record Staff
SHERBROOKE

Coaticook firefighters were called to the scene of another aquatic rescue, Thursday, in the Coaticook Gorge near the Codet work wear plant.

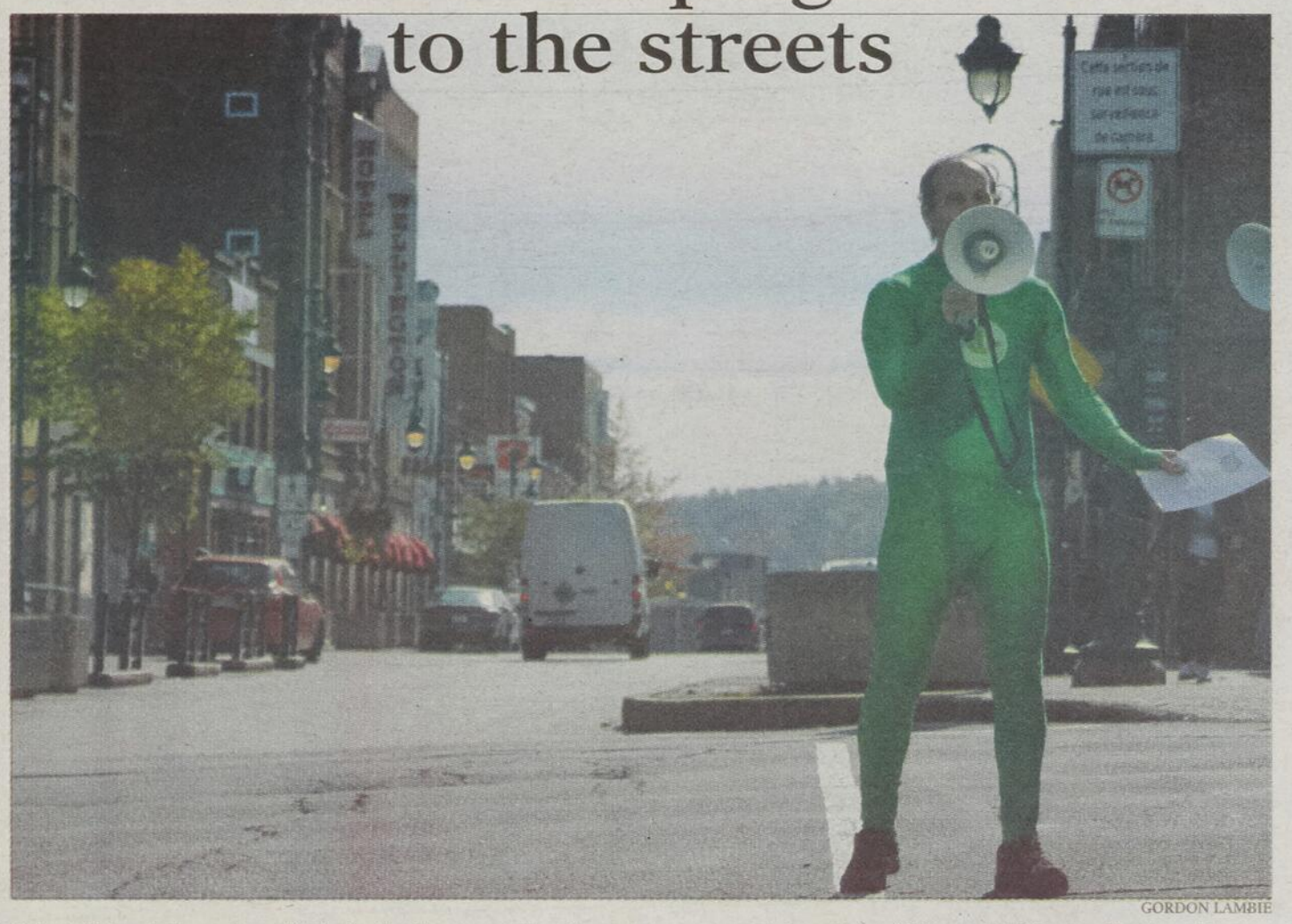
The victim, a student at La Frontalière High School, was sitting on the rocks overlooking the gorge chatting with friends during lunch break when she stood up and lost her footing.

The girl fell about a dozen metres before landing on bare rocks along the river below. One of her friends called emergency services, while another joined the victim by an alternate path to wait for help.

Firefighters stabilized the victim before hoisting her by using cables. She was then rushed to emergency in Sherbrooke.

This is the second river rescue in as many days following that Wednesday of an employee of the Cimota Company, contracted for repairs to the dam at the foot of the future Belding-Corticelli hotel complex. The employee fell into the Coaticook River, but was restrained by his safety harness.

Richard campaign takes to the streets



GORDON LAMBIE

Hubert Richard, Mayoral candidate for the Comme une Eau Terre party, was out at the corner of King and Wellington Streets on Thursday in his signature skin-tight green morph suit as part of the party's "Shameless Green Light" plan. Turn to page 3 for the full story.

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Knowlton Lions help Lac-Mégantic

In response to an urgent request addressed to the Clubs from the Eastern Townships, the Knowlton Lions Club, during a recent meeting have agreed to contribute $1,000 to the emergency fund set up to help those who have suffered following the disaster of Lac-Mégantic.

"We were all touched by this tragedy and we must, in a spirit of solidarity, offer a helping hand to our neighbours in times on need" said Winston Mason, president of the Knowlton Club.

Lions clubs are groups of men and women who identify needs within the community and work together to fulfill those needs. Since 1917, Lions clubs have made a strong commitment to community service throughout the world. For more information about Lions Clubs International, visit the Web site at www.lionsclubs.org.

Source: Errol Fréchette

Weather



TODAY:
MAINLY SUNNY
HIGH OF 21
LOW OF 3



SATURDAY:
MAINLY SUNNY
HIGH OF 19
LOW OF 6



SUNDAY:
SUNNY
HIGH OF 18
LOW OF 6



MONDAY:
SHOWERS
HIGH OF 16
LOW OF 5



TUESDAY:
MIX OF SUN AND CLOUDS
HIGH OF 16
LOW OF 5

Bishop's University Students Representative Council

Survey takes political pulse on Canadian campuses

By Alex Roy

Voters in the next Canadian federal election are not scheduled to take to polling stations for another two years, but in the face of a 38.8 per cent turnout among voters aged 18 to 24 in 2011, student governments on university campuses coast-to-coast have taken up the task of checking the political pulse of their student bodies.

Based out of the University of Victoria, the Student Choice Project is an initiative being run in 11 university communities spanning from UVic out to Halifax's Dalhousie University. The cause has piqued the interest of three student governments in the Prairie provinces, three in Ontario, and the lone Quebec representative: Bishop's University.

The survey is to be conducted in the Fall 2013 semester, and measures factors ranging from students' confidence with current federal leadership, to where they would rank issues such as crime and economic inequality against the likes of job availability, rising student debt and global climate change.

At Bishop's, the initiative has been picked up by members of the Students' Representative Council and the Political and International Students Association, and hopes to identify the next steps to be taken in engaging one of Canada's most dismal voting demographic.

Elections Canada highlights lack of knowledge of party platforms as the largest deterrent keeping young Canadians from ticking off their ballot. On university campuses, however, finding someone incapable of at least citing key differences between Conservatives and Liberals would prove difficult.

As it stands, a little over half of Bishop's current population was ineligible to vote in the last elections, and the vast majority of those were eligible were voting for the first time. For Eric Trottier, a third year who votes in the Lac-Saint-Louis riding of Montreal's West Island, it's a simple matter of duty as a Canadian citizen: "We take voting for granted. There are people in dictatorships that aren't allowed to choose. So I vote because they can't, and because it's my civic duty."

While many students said they did show up to vote on May 2, 2011, many referred to voting in their riding as "useless." While the NDP unseated the Bloc Québécois in several Quebec ridings, Conservatives and Liberals still hold considerable monopolies over ridings elsewhere in Canada where it's easy to find futility in the democratic process.

Even Trottier, who described his riding as "Liberal since Confederation," admitted his ballot holds little sway in electoral results, but places importance merely in the action of arriving at the polling station to register his vote.

The severe lack of students at Canada's polling stations reveals an interesting paradox. While students seem to be the first to rally for plastic water bottle free campuses, or famously take to the streets in opposition of tuition hikes in Quebec, an alarming number remain disengaged and take no issue in staying at home on election day.

Alex Roy is with the Bishop's University Students Representative Council

Magog Community Garden flourishes

The Memphrémagog Community Learning Centre (CLC) extends its thanks to TD Bank for its generous donation of $4,000 towards the Community Garden Project at Princess Elizabeth Elementary School – allowing for the installation of a garden shed, additional plantings and improved composting capabilities.

The donation was made possible through the TD Friends of the Environment Foundation, which has funded local environmental projects across Canada for the past 22 years.

The CLC honoured TD bank at a school luncheon on Oct. 3, attended by TD Bank Manager Anne-Christine Gagné and Financial Advisor, Katherine Delorme and members of the CLC Garden Committee.

Pervana Mladenof, Project Manager of the Memphremagog Community Learning Centre stated, "Creating a community garden is a wonderful way to turn a schoolyard into a classroom – connecting students with the natural world, the true source of their food, while teaching them about recycling, composting, water conservation and other environmental issues.

A community garden also creates a powerful bond within the community by bringing together volunteers of all ages and backgrounds to work together towards a common goal."



COURTESY

TD Bank Manager Anne-Christine Gagné and Financial Advisor, Katherine Delorme – surrounded by The Garden Committee.

Planning is now underway for phase three of the Garden Project which will include an outdoor classroom/picnic area and an irrigation and rainwater collection system. To volunteer or make a donation, please telephone Pervana Mladenof at 819-238-1285 or email mladenofp@etsb.qc.ca.

LOTO QUÉBEC — Draw results: 2013-10-09

Lotto 649: 18 22 24 30 43 48 — 42 Bonus

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Québec 49: 19 34 38 41 45 48 — 42 Bonus

Extra 9474861

Lotto MAX — Tonight, $30 MILLION (approximately)

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lotoquebec.com/loteries

Ben by Daniel Shelton



LOCAL NEWS | *"It goes with our spirit of not hiding events. We want to bring things right out into the streets."*

Mayoral candidate Richard unabashedly 'goes green'



GORDON LAMBIE

Hubert Richard, mayoral candidate for Sherbrooke under the banner of the Comme une Eau Terre party, was out on the metaphorical soapbox in his signature skin-tight green morph suit at the corner of King and Wellington streets on Thursday to present elements of his party's platform and to speak to the subject of transparency in municipal politics. The presentation was the second in the party's "Shameless Green Light" plan, which will see the party and its supporters gather at the busy downtown intersection every Thursday at noon between now and the November 3 elections.

"It goes with our spirit of not hiding events," Richard explained. "We want to bring things right out into the streets."

Richard stated in his presentation that the efforts of the current council to promote transparency through television don't go far enough, and that more effort needs to be made to guarantee that the citizens of the city know what their council is doing on their behalf. It is in keeping with that notion that he has organized the weekly presentations.

From the very start of his campaign Richard presented himself as a candidate looking to get people talking and to do so in the context of people's daily lives. Having gathered a team of nine fellow party members vying for municipal councillor positions, and operating under the party slogan, "for a greener environment without embarrassment," Richard has been working hard to prove himself true to his word as he prepares to face off against Mayor Bernard Sevigny's Renouveau Sherbrookois Party.

Presented under the heading, "Our Habitat," Comme une Eau Terre's platform is built on ideas that centre on the ideas of reinforcing community and challenging the force of urban sprawl.

In brief, the eight main objectives or projects that the party's campaign hinges on are as follows:

1) Fostering the democratic process by creating groups that would empower residents in different areas of the city to discuss and vote on specific projects to be carried out in different living environments.

2) Restoration of the Magog and Saint-Francis rivers in both environmental and infrastructural respects, allowing for greater recreational enjoyment of the city's waterways.

3) Working to help rental tenants form housing co-ops.

4) Gradually guaranteeing free universal public transportation for all.

5) The creation of community gardens in every neighbourhood in the city to stimulate food self-sufficiency.

6) Rewriting municipal laws and reforming the municipal police service in an effort to improve relations between citizens and to offer greater freedom in public areas.

7) Elimination of the Hydro-Sherbrooke's Smart-Meter program coupled with the initiation of team of electrical services facilitators who will answer customers' questions and interact with citizens on a monthly basis

8) Assuming full control of the recovery of residual materials (garbage, recycling and compost) and creating a centre for the proper handling of these materials.

Other proposals of the party range from concepts concrete and familiar, such as the creation of more bike lanes in the city, to more unusual notions, like the move to establish a municipal postal service and the city's own social network.

"We're not afraid of having rotten tomatoes thrown at us, or being called names," Richard said, and that was made very clear as he made his presentation on the median of Sherbrooke's main street. While there were many shows of support for Richard from passing drivers, several cars passed by with laughter or names called out of windows. Richard responded in kind to each of these, but it was in his response to a masked individual who joined into his press conference, uninvited, that Richard showed his openness to ridicule.

The stranger, wearing a bright red morph suit came to Richard's gathering with a megaphone of his own and, under the guise of a Comme une Eau Terre supporter, began enthusiastically responding to all of Richard's statements regarding the party's policies with ridiculous exaggerated versions of the ideas. Rather than fight the mockery, however, Richard literally embraced his lampooner and carried on, correcting misinformation as it was declared and continuing as planned.

Richard closed the gathering by encouraging people to return the following Thursday, for the next of the weekly meetings. He noted with pride, in an interview with *The Record*, that Comme une Eau Terre has worked to offer the text of their platform on the Internet in both French and English. Though he admitted that the translation was sometimes not perfect, he noted that Renouveau Sherbrookois does not have an English version of their platform available at all.

The full text of the platform can be read at: http://ville-sherbrooke.asso-web.com/77+our-habitat-party-program.html.

U de S deficit 'less than expected'

SHERBROOKE

The University of Sherbrooke is reporting a $3.6 million deficit for the 2012-2013 fiscal year, significantly smaller than the $6 million previously estimated, according to recently adopted financial statements for the fiscal year that ended in April.

The institution credits the lower deficit to the contribution of "all faculties and administrative services," in the wake of the announcement of budget cuts of $11.1 million, imposed a few months prior to the end of the fiscal year. It is also due to an increase in revenues associated with indexing a subsidy, says Joanne Roch, Administrative Vice-Rector.

"This is good news under the circumstances. By meeting government requirements to control the deficit despite very significant cuts, we avoid deductions from our conditional grant and the adoption of a more binding recovery plan," said Roch.

The institution has indeed been able to reach its conditional grant allocation, which is about $23 million.

UdeS faced cuts of about $11 million for 2012-2013 and an additional $5.5 million must be recovered by the end of April 2014, and the rest will be paid off over five years.

Cuts are also on the order of $11 million for the 2013-2014 fiscal year, but they are spread out from the following year over seven years.

Roch recalls that UdeS had a balanced budget in 2012-2013, but the December cuts, just a few months before the end of the financial year, changed the situation.

UdeS unions were called upon to deal with these cuts, but cooperation has been mixed and the institution must find other means to recover the funds it was unable to recover from employees. "We are staying on track for 2013-2014," Roch says.

UdeS manages a budget of approximately $385 million, with an accumulated deficit of approximately $25.6 million, before the application of generally accepted accounting principles (GAAP).

GAAP requires universities to recognize all future commitments in terms of benefits. Seen from this accounting perspective, the cumulative deficit is $203 million which the establishment insists, compares well with other schools.

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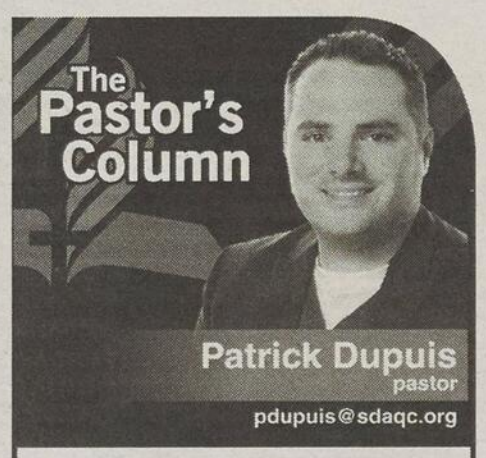
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See you soon !
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Local talent takes the stage at the Haskell Opera House this weekend

By Matthew McCully
Special to the Record

The Queen of the North-east Kingdom (QNEK), resident theatre company for the Haskell Opera House, is currently staging the play Death Trap, with Stanstead resident Damon Cox as part of the five member cast.

The play, by well-known thriller writer Ira Levin, is sort of a play within a play. It centres around the character Sydney, a playwright who had some success early in his career, but had not written anything remarkable in 18 years. Enter Clifford, a former student of Sydney's, who shows his old teacher a rough draft of what appears to be the perfect thriller.

The washed up writer, in an act of desperation, contemplates murdering the young writer to claim the well-crafted play as his own.

"It's one-third comedy, two -thirds thriller," said director Phil Gosselin. "It has some zany qualities," he added, referring to one of the characters, a Dutch psychic. "It's also pretty dark."

The QNEK theatre company, based in Vermont, has been in operation for 20 years. Since 1997, they have been staging their plays at the Haskell Opera House, averaging three, sometimes four, productions per year. The musical, Annie, played this past summer to sold out crowds.

Gosselin hopes to get a big crowd for the closing weekend of Death Trap. "It's worth coming just to see the set," Gosselin said. The entire play takes place in one room, so attention to detail was important. The walls of the set are covered with a collection of antique weapons of all types, adding a level of visual interest, as well as an eerie quality to the set, according to Gosselin.

Gosselin also hopes to get some north of the border audiences, interested in seeing Stanstead resident Damon Cox in action.

Cox is well-known in the community for his film production company, Instead Cinema. He recently produced and directed a documentary with the support of the National Film Board. The film, Growing Pains, focuses on youth in the town of Stanstead.

Well known for his work behind the camera, few knew Cox had acting chops. "It's been a really long time, but I'm happy to be back on stage," Cox said.

Gosselin was happy to have Cox involved in the project. "We don't often have Canadians turn out for auditions," he said, adding "I wish we could cultivate more relationships with people across the border."

Gosselin cast Cox in the role of Clifford, following an audition he did earlier in the year via webcam. "He's a talented guy, and he's great to work with," said Gosselin.

The general auditions for the productions for the coming year will take place Jan. 5 and Jan. 12, at the United Universalist Church in Derby Line. Most of the rehearsals and performances will take place at the Haskell Opera House. "We love to have good people and talented people, where they come from makes no difference," asserted Gosselin.

Death Trap will play on Friday, Oct. 11, and Saturday, Oct. 12, at the Haskell Library, 1 Church Street in Stanstead. For ticket information, call 819-876-2471 ext 205.

Local farm unions want faster government action

Record Staff
Sherbrooke

Delegates from unions affiliated with the Federation UPA- Estrie gathered in Sherbrooke Wednesday for their annual general meeting and conference under the theme "Together, Let's develop agriculture."

"The adoption of a Food Sovereignty policy for the first time in Quebec marks the end of a very long period of consultation that finally allows us to take action," says the first vice- president Pierre Lemieux in describing the mood of Quebec farm families who, like their fellow citizens and other stakeholders in the food industry, welcomed this long-awaited government action.

The agricultural world has been waiting for several years for a policy that would allow it to position itself in all markets in anticipation of the rapid population growth expected in the coming decades.

A policy of agricultural sovereignty, as presented by the Deputy Prime Minister and Minister of Agriculture, Fisheries and Food of Quebec, François Gendron, is heading in the right direction by focusing on strong consensus guidelines as the identification and increased presence of local products, dynamic land, and the value of Quebec's potential in bio-food and sustainable development.

"Farmers in Quebec have specific expectations, particularly local procurement, and Quebec products on our plates. Every additional percentage point occupied by Quebec agriculture in the local market results in an increase of approximately $75 million in farm sales and considerable fallout for the economy of our regions," adds newly re-elected UPA- Estrie president, François Bourassa.

The Federation is now hoping to exploit the full potential of agricultural areas by recommending an end to the moratorium on expansion of the area under cultivation.

Since December 2004, the Regulations on farms (REA) forbid expansion of cultivating the interior of so-called degraded watersheds in 573 municipalities. This provision is no longer necessary because the agricultural sector has adopted the necessary sustainable development practices.

Agriculture is the only industry inhibited and in several regions, cropland has changed to other uses, including residential, which produce even more phosphates than agriculture per unit of area.

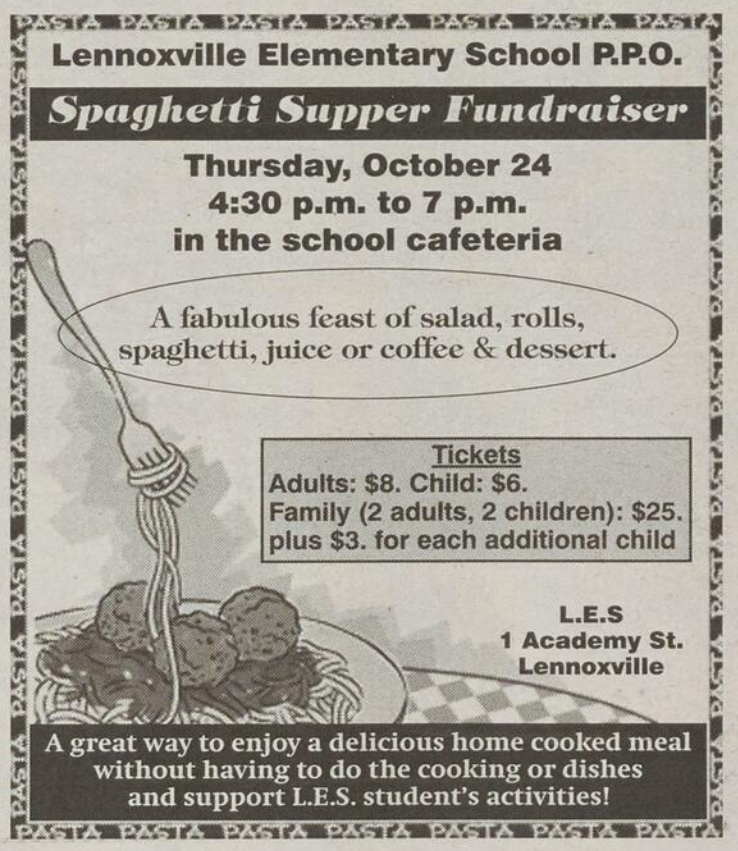
The union is calling for a general, sectored development plan that includes plans for development of the agricultural area (PDZA), tools that promote growth, cohesion, and coordination of different areas of production.

The creation of effective support tools for risk management in all areas of production, offering producers greater stability and better protection of their activities, is also a priority. In this regard, the federal government cuts in risk management tools will threaten over half of the province's farms and the hesitation of Quebec to compensate for them through a transition program is disappointing.

The federation also wants to highlight other priorities including the protection of agricultural land and production particularly with regard to the constant pressure of urban sprawl, the growing phenomenon of land grabbing, finance, and growing problems of cohabitation.

Normal production activities are indeed under pressure in a growing number of municipalities and agricultural land is basically a work area and must be recognized as such by all those who live there.

As Lemieux says, "The agricultural sector is ready to go ahead with the proposed guidelines. In the coming months, the government has the opportunity to put things on fast forward."



Orford Express, MMA reach Megantic deal

SHERBROOKE

The Orford Express will be able to start its Lac Mégantic run, after all, following the conclusion of a last-minute agreement Wednesday between the Montreal, Maine & Atlantic (MMA) and the tourist train operator.

Orford Express had filed an injunction in Superior Court earlier demanding access to MMA's tracks between Sherbrooke and Lac Mégantic. Orford Express has sold some 5,000 rickets for the run's Oct. 13 excursions.

The two sides came to an agreement before the petition in Superior Court was heard. The track will be inspected between Sherbrooke and Lac- Mégantic and should allow the train to travel to the MRC du Granit beginning Monday.

"Now we are optimistic that everything will be in order. An inspection should be done to confirm that the track is ready to use as is done regularly. MMA and Orford Express both want us to go to Lac Mégantic," said Orford Express attorney Monica Maynard.

An agreement was reached between Orford Express and MMA in 2012 for tourist runs to Lac-Mégantic. MMA had committed to carry out the inspection because the line had not been used in over 30 days. There must be checks to ensure the safety of our passengers," said the Director General of Orford Express, André L'Espérance.

Quick action saves worker in Coaticook

Record Staff
SHERBROOKE

Quick action by colleagues and a passerby was responsible for the rescue of a worker who fell into the river near a Coaticook dam, Wednesday afternoon.

At about 3:30, the Sûreté du Québec reports, a workman lost his footing and fell into water near the dam behind the Corticelli building while trying to move a ladder.

The man was wearing a safety harness, which allowed a passerby who witnessed the fall and three co-workers to pull him from the dam until firefighters arrived to haul him onto dry land.

The 50-year old man was transported by ambulance to the CLSC as a precautionary measure.

New legal service for separated parents

Record Staff
SHERBROOKE

Divorced or separated parents in Quebec now have access to legal aid counseling for altering custodial arrangements as of Thursday, making it much easier, and cheaper, for parents to change such arrangements if an alternative arrangement has been previously agreed to between them.

Quebec Minister of Justice, Bertrand St-Arnaud, announced the introduction of a new legal aid service provided by the Legal Services Commission. This service will be offered to all parents, whether they are financially eligible for legal aid or not.

Offered at affordable prices, this service meets the needs of parents who agree to modify child custody, access rights, child support, or alimony for children and spouses.

The service provides for the presence of the same attorney of record for the preparation of the necessary documents and to take the steps leading to the production of a revised judgment, to be approved by a specialized clerk. The lawyer chosen by the parents can be a lawyer in private practice or a permanent legal aid lawyer.

For those financially ineligible for legal aid, the service will cost $527 ($263.50 per parent) to obtain the services of a lawyer and approval of their agreement. This represents $400 in attorney fees and $127 in legal costs (legal fees are indexed annually).

Prior to the establishment of this service, it cost parents on average about $2,000 to modify family court judgments.

The lawyer chosen by the parents can be a lawyer in private practice or a permanent legal aid lawyer.

For more information, parents wishing to take advantage of the service can contact a legal aid office in their area or visit the website of the Legal Services Commission at www.csj.qc.ca under the 'registration' tab.

Tax man hovers over record house sale

Record Staff

A luxurious lakeside Magog residence has gone on the market with an Eastern Townships record $25 million asking price that could end up in the coffers of revenue-Quebec.

According to a story in Thursday's Journal de Montréal the mansion on Verchères St. belongs to Montreal businessman Alain Bédard, who also owes the provincial tax collector more than $17 million.

Revenu Québec has deposited a $17.6 legal mortgage on the property and its buildings.

Le Journal goes on to state that Bédard is fighting this assessment since he has lived outside Quebec for many years. Between 2005 and 2012, the article continues, Bédard lived in Calgary and has since then lived in Florida.



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EDITORIAL

I would prefer to find out about the fine print info outside the confines of an electoral onslaught of promises.

The Marois plan: A few good moves but...

By Francois Tanguay

Quebec Premier Pauline Marois, along with Finance Minister Nicolas Marceau, announced this week a series of measures to boost our economy. Job creation measures were announced in a number of fields. School renovations, fiscal help for investors, in particular in emerging technologies and productivity oriented support for small and medium size businesses. Nothing negative can ever be said about home baked apple pie.

Electricity surpluses will be used in the energy sector with more efficiency in mind. An advantageous tariff for high end users is promised, but no one knows what it will be. This one has me puzzled for a couple of reasons.

First we don't know what this new tariff will be with regards to the high end consumer rates that are usually Hydro's cost, plus about 15 per cent. Paper mills, aluminum and other big users pay this tariff. At first glance they are the ones this bonus rate is offered to. There has been a big debate in the past about some of these types of contracts (to this day secret) that were handed out to big corporations in the 80's.

It looks like this round of rate reduction just might come from some sort of deal involving jobs for rebates. No more than a handful of businesses can take advantage of this, and I'm quite sure that the $1,6 billion in new investments announced comes from an already done deal. All that is fine as we create jobs with our electricity surpluses, but the bottom line is they get a rebate that should gradually fade as the surpluses fade. When will this happen, no one knows. A 10 year timeline has been set. Madame Marois assured the public this initiative would not result in a domestic price hike. It better not! Mind you, domestic rates are already too low at this time and there is not a strong incentive for us to back energy efficiency programs, but that's another story.

This brings me to the next issue: Home renovation.

A new program called ÉcoRenov has been put in place. It aims to assist renovation projects that qualify vaguely as 'green,' such as better windows and doors, etc. All fine but there are two concerns. One: You will only get back 20 per cent of whatever you spend above $2,500, up to $10,000. Large renovation projects are involved here (and construction jobs!) and spending $10,000 in order to get $2,000 back, in the form of a fiscal reduction, is not enough for this to really work at all. What Quebecers need is a check to be sent to the home owner a short time after the job is completed. Future considerations on income tax are too weak an incentive to expect real results.

In most European countries what works best is a cash back payment within a short time of the work being done. Keep in mind that to reach the maximum $10,000 credit you have to put up $50,000.

This brings me to my other point: How will all this reach those of us who are not home owners?

There is a program to remove fossils, oil and gas, from heating, but it remains to be seen what you will be allowed to replace your furnace with. Is biomass to be part of the options? Is it just to push electric heat sales? Solar, water heating is included. That's very good. There is a considerable bundle ($516 Million) for transportation electrification. Very good news but let's see what the numbers say. We need to know much more about the strategy for the electrification of transportation.

The possibility of a late year provincial election is a strong reason to come up with all sorts of announcements. Unfortunately too often, we the customers are short changed on the details. I would prefer to find out about the fine print info outside the confines of an electoral onslaught of promises.

So job creation, as is labelled the Plan, will probably be there to some extent, but where is a serious integrated energy shift? Some questions remain unanswered for the time being. But it's a good move, all in all.

THE RECORD

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Canada's forgotten heritage

By Kevin Richard

The general thinking in our country is that we have a longstanding political tradition of social welfare. Many believe that this is what historically makes us different from our friends and neighbours south of the border. Unlike Americans, it is believed that Canadians have always generously handed over their wealth so that the government can look after us all. The truth, however, is that for most of our history we have been a nation of self-reliant people. In fact, Canada has a rich and longstanding tradition of individual liberty and responsibility. Our forbearers believed that liberty was a British subject's birthright. They had an unshakeable work ethic and a strong distaste for any form of dependence on the state. They felt that this was something that actually distinguished Canadians from Americans, whom they believed, were increasingly voting socialist benefits to themselves.

Though early English-Canadians were distinctly North American, they clung to their British heritage. In it they saw centuries of wisdom and of hard-fought struggles which they righty embraced as their inheritance. They believed, as do I, that we were endowed by providence and by our forbearers with a set of attitudes and beliefs about individual freedom and responsibility, the rule of law, the dignity of work, and the centrality of family (B.L. Crowley, 2009). Consider the following quote from Richard Cartwright, an outspoken businessman and politician from the days of Confederation, and the grandson of a prominent Upper-Canadian Loyalist who fled the American Revolutionary War (Legislative Assembly of The United Province of Canada – March 9, 1865):

I think that every true reformer, every friend of liberty, will agree with me in saying that if we must erect safeguards, they should rather be for the security of the individual man rather than the mass, and that our chiefest care must be to train the majority to respect the rights of the minority, to prevent the claims of the few to be trampled under foot by the caprice or passion of the many. For myself, sir, I own frankly, I prefer British liberty to American equality.

He goes on to say that to preserve and cherish those 'time-honoured associations' with the Old World, without being slavishly bound to them, is a fitting way to reward the loyalty and fidelity of the early settlers of this country. In fact, he so saw the value of this heritage that he describes the United States' swift rejection of it as being a reckless act.

Sir Wilfrid Laurier, one of our early Prime Ministers, as well as the first French-Canadian Prime Minister, declared that the role of government is, "not to force action in any one direction but to remove the barriers to man's own efforts to undertake personal and social improvement...Man must be free to seek his own improvement and be responsible for his own destiny." Surely, if Sir Laurier were alive today he would not be able to recognize what has become of the Liberal Party he once led and laboured to build.

As subsequent generations reaped the benefits and enjoyed the prosperity that was built by their ancestors, Canadians forgot the values that were responsible for their creation in the first place. We have turned away from the wisdom of the past and we have turned toward the false promises of big government.

We expect much more from government than it was ever intended for. Not only do we demand it to ensure law, order, and safety, but we demand care and comfort from it as well. In so doing, we have undermined our founding values and we have become dependent. Finding satisfaction in our work has been replaced with striving for leisure; family and sacrifice have been replaced with instant personal gratification; and community and charity have been replaced with individual and material gain.

And even though our wealth has been rapidly evaporating since making this turn, we have nonetheless accepted to keep the gravy-train going by fueling it with credit. In what is contrary to our founding values, we have deemed it acceptable for our leaders to spend more than we were willing to be taxed, and we have accumulated an enormous public debt. Consequently, rather than leaving a set of honourable ethics and values, the heritage we leave our posterity is a false sense of entitlement, a debilitating public debt, as well as large and intrusive governments.

I think it wise, from time to time, to carefully listen to those who founded and built our nation. They had high hopes and aspirations for us. They had words of advice for us. Unfortunately, however, we tend to immediately dismiss old knowledge as being irrelevant and outdated, when in fact it is a wealthy treasure just waiting to be found. As we judge past generations on their shortcomings we also tend to foolishly disregard their wisdom and strengths. As Richard Cartwright said later on in the same speech:

Our forefathers may have had their faults; but still, in spite of it all, I dare affirm that the brave, self-sacrificing spirit they displayed – their manful struggle against heavy odds – and last but not least, their patient law-abiding spirit which has ever induced them to prefer reform to revolution. I say, sir, that these afford us ample proof that the men to whom, I hope, we shall soon look back as the founders of a new nation were ancestors of whom any people might be proud.

Canada is now ours to do with what we please, but understanding our founding traditions and values can only be beneficial. Let us step back and properly examine our past. Let us listen to the messages our forefathers have left us. There, I believe, we will find a light to the path for a prosperous future. There, I believe, we will find a valuable heritage.

(opinionkrichard@gmail.com)

COLUMNIST

There will be great sadness and even tears on the face of some as they walk away having turned off the lights and closed the door.

The removal of a crucifix



STEVEN BLACK

How do you take down a crucifix? Experts will need to review proper procedure I suppose but it will need to be done. There seems to be a growing consensus that in resolving the debate over Quebec Values that crucifix over the speaker's chair has to go.

Apparently we are concluding that it represents a violation of the principle of the separation of church and state. It should be noted that this principle that so many of us assume is actually a recent sentiment and far from those assumptions of our nations' founders. In any event, having decided that Quebec must be a secular state it becomes necessary to remove the embarrassment of the cross.

A bill is coming before the house to do just that and it will be very hard for anyone to oppose except those prepared to be called a bigot or religious zealot. So the cross must go but how and where?

Will a couple of workers come quietly after the chambers are closed with a ladder and claw hammer to remove nails and take it down, putting it in a bag or box for a dusty shelf some place until it is decided where it should go? Will its place be patched up with plaster and fresh paint? Will a fleur de lis replace it? Will it be handed over to the Archdiocese of Quebec for a cathedral or museum? Or will it be auctioned off and find its way eventually to a curio shop in the Eastern Townships among moldering books, mediocre paintings, tarnishing silver and sagging antiques?

Somehow I doubt that it will be removed with all the reverent solemnity consistent with the way in which it was first installed or quietly honoured over many years of sitting governments. Will there be a service of thanksgiving and de-consecration with all the sitting members present in holy assembly? Oh no, we can't have prayers in the house. No prayers are allowed any more unless you can get away with it without anyone noticing.

Much of this is provoked because of the threatened Charter of Quebec Values. In taking the cross down we will be making a political statement, of course. We will also be making a values statement. The crucifix and all it represents is being banished from Quebec values. For many who have been treated ill by representatives of the Roman Catholic Church and the many more who have been educated to despise what they believe the church represents there will be palpable sighs of relief when it comes down. It will be assumed that no longer will such evil be protected or overlooked by our modern society. No longer will the church exercise influence over the decisions of government.

Looking past the church to the crucifix itself however, I wonder whether we would be quite so well off banishing the Christ and the cross from our values. At its best, doesn't it represent self-giving love and unflinching mercy? Doesn't it illustrate how the highest power of Heaven stoops to love and care for the least of us? Isn't this a value individual Quebecers as well as their government should honour?

We've made the removal of the cross a separation of church and state thing assuming the crucifix is representative of a domineering church. The fact is, though, that when Jesus died he was killed by both state AND church. Both the religious powers and government wanted him removed because he was a threat to both their powers and privileges.

Here's how I fancy the crucifix's removal from the chamber. Some faithful men and women who love Jesus will get permission to come and remove the cross quietly at the end of the day. With the help of a government employee nails will be removed and it will be lowered quietly to the waiting arms of one with a carefully prepared cloth. Quiet prayers will be offered as it is wrapped in its shroud and it will be removed to a special place prepared for its repose. There will be great sadness and even tears on the face of some as they walk away having turned off the lights and closed the door.

One wonders if this act that seems so final is truly the end of the story. Somehow I doubt it. As the Lord himself walked out of his burial chamber no edict of government nor perversion of church is capable of silencing him or his people today. The cross might come down but Jesus, the one crucified, lives on.

Career

Verifying your voter status

SHERBROOKE

Returning Officer Line Chabot is reminding people that notices of registration, or non-registration on the list of electors has been sent out to all households in the City of Sherbrooke over the last few days.

This review is used to verify the registration status of eligible voters at any particular address. In order to vote, a resident's name must appear on the list.

Should any changes to the electoral roll be required (registration, cancellation or correction), electors are invited to appear before the review board. Applications for adjustments can be made by the individual, a spouse, a parent, or a roommate, provided the necessary documentation is supplied. For an application form, two documents are required, one including the name and date of birth of the person desiring registration and the other showing name and address, as proof of residence.

The Review Board schedule is Saturday, Oct. 12 from 10 a.m. - 5:30 p.m., Tuesday, Oct. 15 from 1:30 - 10 p.m. and Wednesday, Oct. 16 from 10 a.m. - 4 p.m.

The Review Board will be located in seven different locations in the city, which are listed on the registration notice, as well as on the web at www.election2013.sherbrooke.ca under the heading 'liste electorale' and 'révision.'

For more information on the November 3 municipal election, visit the Frequently Asked Questions (FAQ) section of the web site above.



CHUS Centre hospitalier universitaire de Sherbrooke

With you, for Life





Annual public information session

The members of the Centre hospitalier universitaire de Sherbrooke's Board of Directors invite the public to attend their annual public information session.

This meeting will take place on Thursday, October 31, 2013, at 13 pm, in the auditorium at the CHUS – Hôtel-Dieu, room 3554 (580 South Bowen Street). *Please park at letter B or C, use door # 60, up to 3rd floor).

The Chair of the Board of Directors, Jacques Fortier, and members of the CHUS' administration will present the hospital's activity report and financial statements for the year 2012-2013 and its orientations for the year 2013-2014 and answer questions from the audience.

*Take a parking slip at the entrance terminal. When you arrive at the auditorium, we'll exchange your slip for a coupon enabling you to leave the parking lot at no charge.

Information: Pascale Bélisle, 819-822-6729

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Expo Boeuf draws in exhibitors in Victoriaville

By Claudia Villemaire
Record Correspondent
Richmond

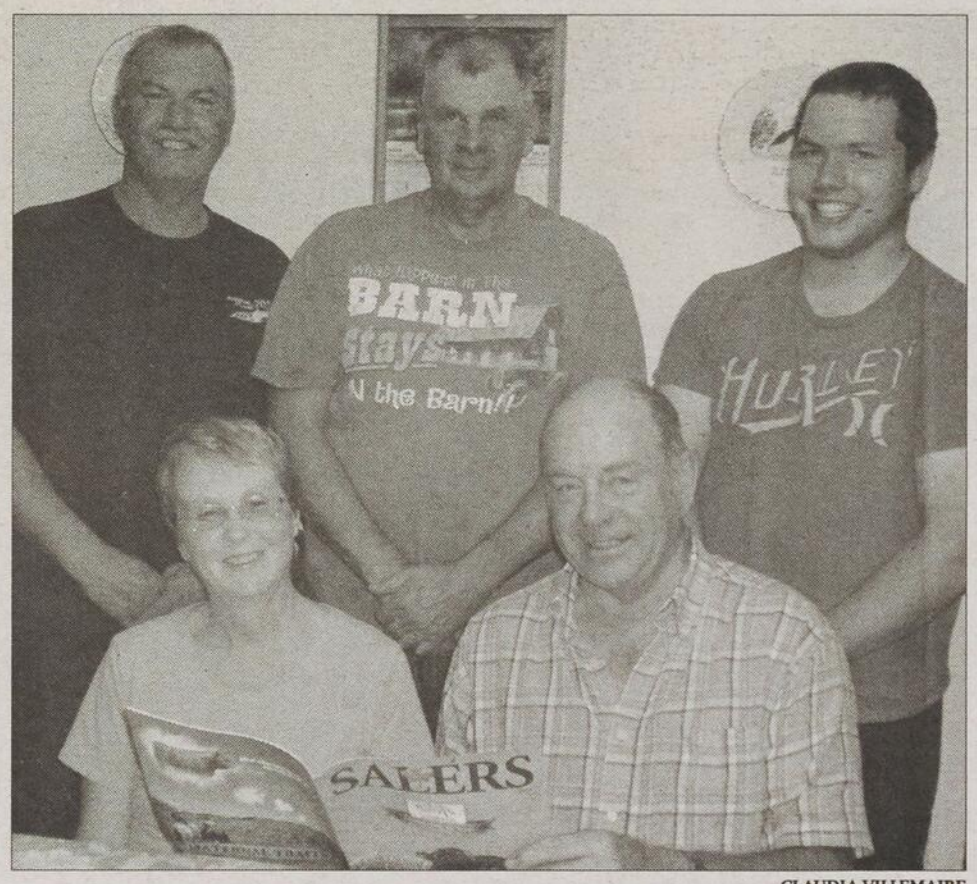
The Canadian Salers Association will celebrate its 40th anniversary this weekend. And what better place than the annual Expo Boeuf in Victoriaville, an event that draws exhibitors from across the province and from the western provinces, the Maritimes and the US.

Expo Boeuf attracts several beef breeds but a special focus at this year's show will be the Canadian Salers Association contingent of show animals, probably nearly fifty head, coming from Ontario, Saskatchewan and the US.

"Considering this is one of the younger breeders' association, we feel the positive characteristics of this breed have never stopped gaining favour among beef producers," says Gerry McGee, past president of the Canadian Association and presently provincial president.

The Salers, a breed originating in Central France, is gaining a reputation as a dependable, adaptable and maternal animal with physical qualities that make calving easier, adapt to environment and climate without stress and produce a carcass that recent tests have shown to be an efficient result of the balance between feed conversion and weight gain.

"We know now these animals will reach market standards sooner than most other breeds including the popular Angus. Marbling, a consumer prerequisite, easily compares positively to market standards."



CLAUDIA VILLEMAIRE

In the rear - Mike Morin, Douglas Beard, chairperson, Anniversary Committee, Jacob Morin. Seated - Mona and Gerry McGee, Secretary and President, Quebec Salers Association.

The Salers, with its heavy coat of dark red or black, strong black hoof and its maternal instincts make this animal an ideal cross-breed in commercial herds. Females traditionally produce a rich milk, giving calves an excellent start either as meat producers or breeding stock.

Spectators will get the chance to check all these qualities out at the Salers Elite Sale Friday evening or hazard a choice of winners at the competition which begins Saturday at noon.

Organizers here with Douglas Beard, Gerry McGee and Tammi McGee at the helm of the anniversary committee have lined up a variety of gifts and souvenirs as well as special banners and rosettes for the occasion.

The Association kiosk will offer information on every aspect of this relatively new breed and explain why Salers breeders are convinced they are producing the beef animal of the future in terms of cost and ease of care.

Friday brings the Charolais breed to the field of competition but Saturday is the 'big' show day with several other breeds taking their turn in the coliseum from morning until night. Herfords, Angus, Shorthorn, Highland, Charolais, Simmental, Limousin - just to name a few.

Registrations overall indicate close to six hundred animals are expected for this weekend show, the largest in Eastern Canada. Admission is free and tickets for the Saturday banquet may be purchased on site. Victoriaville is located on Rte 116 out of Richmond.

Cooperation Week from October 13 to 19

Caisse Desjardins du Centre du Val-St-François
invites you to our traditional

Spaghetti Supper

on Tuesday, October 15
at Centre Ste-Famille, Richmond
Continuous service from 5 p.m. to 6:30 p.m.

Voluntary contribution:
donations and non-perishable foods.

Proceeds go towards the Christmas Food Baskets.

Desjardins
Caisse du Centre du Val-Saint-François

Head Office: Windsor

Service Centers: Durham-Sud, St-Francois-Xavier, Richmond

Refreshing seniors' driving skills

Sherbrooke

The Quebec Association of Retired Persons from the public and parapublic sectors (AQRP) de l'Estrie has unveiled its 2013 fall schedule for its "55 at the wheel" training program, designed for and open to everyone aged 55 and over who wants to refresh their driving skills, whether or not they are members of the AQRP.

The program is offered in collaboration with the Canadian Safety Council and La Capitale General Insurance.

Sessions offered in the area are offered in Granby on Wednesday, Nov. 6, and in Sherbrooke, Wednesday, Oct. 30.

To register or for more information about the program, call 1-800-653-2747, ext. 55, or visit www.aqrp.qc.ca/55.

General registration is $65, but AQRP members receive a $20 discount. Members who also are car insurance policyholders with La Capital General Insurance receive an additional discount of $25, lowering the cost to just $20.

The six-hour classroom training is designed to improve driving confidence with a review of the current Highway Safety Code and an impartial assessment of assessing driving habits. Seats are limited and registration is required.

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE L'ESTRIE

2012-2013
Annual public information meeting

The Centre de réadaptation en dépendance de l'Estrie will hold its annual public information meeting for 2012-2013 exercise on the following date:

Date: Wednesday, October 23, 2013
Time: 15:00 p.m.
Place: 1930 King Street West, Sherbrooke
Room 210, 2nd floor

Notably, the activities report and financial results will be discussed.

Carole Côté
President of the board of directors

THE RECORD

TALK

YOUR WEEKLY GUIDE TO TOWNSHIPS CULTURE

OCTOBER 11 - OCTOBER 17, 2013

And the trees tossed in the frenzied lashing of the wind

It was just that kind of an evening



Good Reads

ELEANOR BROWN

It was a dark and stormy night.

That sentence was first written by the British novelist Edward Bulwer-Lytton back in 1830 (in the novel titled Paul Clifford; it's available online, if you must). The phrase was later taken up by Snoopy, the Peanuts gang's favourite canine. He began every novel thusly, as he sat atop his doghouse, gazing thoughtfully at a somehow perfectly balanced typewriter.

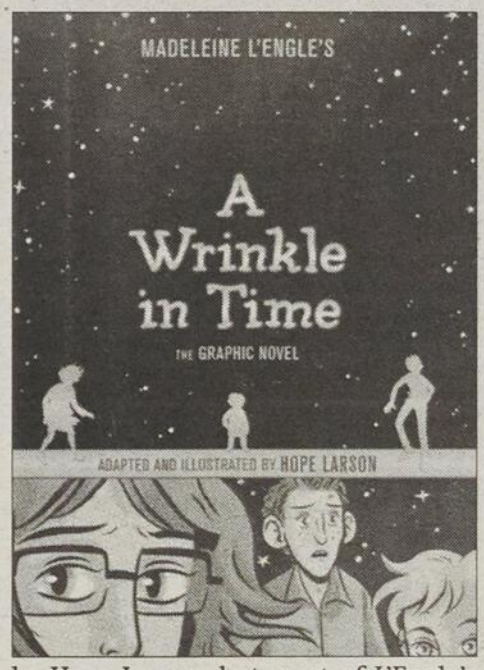
And in 1962, children's author Madeleine L'Engle cheekily used it to begin her most famous novel, A Wrinkle In Time.

"It was a dark and stormy night."

"In her attic bedroom, Margaret Murry, wrapped in an old patchwork quilt, sat on the foot of her bed and watched the trees tossing in the frenzied lashing of the wind."

L'Engle's fantastical story of a missing father rescued by three children from the jaws of evil has (deservedly) won multiple awards and is still in print, these many years later. And last year, it was turned into a 400-page graphic novel (filed in the Young Adult graphic novel section). It was adapted and illustrated





by Hope Larson, but most of L'Engle's words remain, just stripped down to the bones.

The first few pages of the comic are confusing, with sudden shifts from present to past, but the story settles in nicely and soon enough we are acquainted with the angry and insecure teen Meg, seriously odd little brother Charles Wallace, and new friend Calvin, who holds Meg's hand when she's afraid.

Pa has been gone so long the townspeople smirk at Meg as she claims that he's coming back.

Mum and dad are both scientists, but physicist father disappeared while on some sort of secret government mission. Turns out he accidentally tessered (via the fifth dimension) into a Dark World, a planet named Camazotz, controlled by the evil IT, and has been imprisoned. The kids don't quite understand this until three kind strangers – the missuses Whatsit, Who and Which – sneak them off on a rescue mission.

A Wrinkle is largely Meg's story, as an angry, often petrified teen grows up (but boys will enjoy this sci-fi battle against a creepy baddy, too).

The written version of A Wrinkle In Time is filed with an orange dot in children's fiction (other related tomes include A Wind In The Door, A Swiftly Tilting Planet and Many Waters; another book features Meg's parents, still others the children of Meg and Calvin). Fans of the television series Lost will recall that the book had a walk-on (Sawyer's a fan).

Like C.S. Lewis's seven-volume Chronicles of Narnia (1950 to 1956), L'Engle's series is steeped in Christian imagery, although her religious beliefs are more liberal than Lewis' (who was nonetheless attacked by some for promoting paganism). Lewis, it must be said, never included the phrase "dark and stormy night" in his novels.

As for Snoopy and the rest of the Peanuts gang, the works of Charles Schulz can also be found on library shelves. Snoopy's only published work, which came out in 1971, is titled... you guessed it. That stormy night's turned into quite the literary thang.

More Good Reads

Canadian Alice Munroe has just won this year's Nobel Prize for literature, based on her lifetime of work.

Other literary luminaries were honoured this week, also.

The Quebec Writers Federation Literary Awards announced its shortlist, recognizing English-language writing in Quebec. For the Translation Prize: The Major Verbs by Pierre Nepveu, translated

CONT'D ON PAGE 17



New album should give Chris Young attention he deserves



Country Connection

Jessie Aulis

Chris Young just released his fourth album titled A.M. and considering that the first three were excellent, it is not at all surprising that the new album is such a genuinely brilliant piece of work.

For years, Chris Young's fans have raved about the incredible energy of his concerts. Now, the 28- year-old artist is self-confident enough to present a studio album that equally reflects the power, fun, and high octane of his live shows.

This time around producer James Stroud (Toby Keith, Aaron Lewis) pushes the tempo and the volume. This is the album that will make Chris Young a superstar.

If you need to compare him to any current artist, it would have to be Josh Turner. They are pretty similar, vocally, and their instrumental arrangements tend to hold true to traditional country.

Chris Young was named one of the summer's best opening acts by Entertainment Weekly. He spent the season on Brad Paisley's Beat This Summer Tour, thrilling old fans and earning new ones as the middle act. (You can see both of them performing in Ottawa on October 18, 2013).

A.M. is despite a few changes in tempo and sound, a country album; yes, there are some rock and pop influences here and there but it is still more country than most of the album coming out of Nashville these days.

This album is somehow the extension of his prior albums with a sound that has evolved at the same time as the artist. There's more electric guitar, louder drums but nothing to alienate his fans.

Songs like the anthem "Lighters in the Air" may rock a little harder, but also showcases the artist's ability, to sing an uptempo song, without ever having to



scream over the music bed, while the ballads are still where the singer's depth and talent really shine.

Young maintains one of the best traditional-based voices in country music, which makes for the delivery of an exceptionally unique album. The title-track "A.M." offers some infectious banjo riff and electric guitar along with a hard country chorus.

Chris Young will certainly impress with this album. He co-wrote six songs with some of Nashville's most appreciated songwriters, including Chris DeStefano and Ashley Gorley. The two collaborated with Young on the hit title track and first single, "Aw Naw," a perfect reflection of his rowdy, infectious concert vibe. The song is incredibly catchy and witty, the perfect number for Chris Young to showcase his vocal chops.

Songwriters such as Johnny Bulford, Shane McAnally, Josh Osborne, Cole Swindell, Marv Green, Jason Sellers, Rhett Akins, Paul Jenkins and Jason Matthews also provided Young with great material.

The CD packaging is also remarkable, with lyrics, great photos and extensive credits to the people who help bring Chris Young's music to the fans.

Young's songwriting skills are quite impressive, which is an asset for any singer. He also does a good job of balancing the more upbeat rhythms and romantic melodies, and the production work is notable.

Again, we must admit that the young man has one of the best voices in modern country music. His rich baritone isn't something you hear all that much anywhere. With this new album, he should get the attention and recognition that he deserves.

Most of the album's arrangements

Cont'd on page 11





Movie Review

Real life thriller 'Captain Phillips' features Tom Hanks at his best

By Jocelyn Noveck
THE ASSOCIATED PRESS

If you saw Paul Greengrass's "United 93," a terrifying depiction of one of the doomed flights on 9-11, you know this director can evoke a harrowing, real-life event like few others. In fact, you may not have recovered yet from the experience.

So it's no surprise that Greengrass has produced another expertly crafted, documentary-style film based on a real event — the 2009 hijacking of a cargo ship by Somali pirates and the five-day standoff that ensued, with the ship's American captain, Richard Phillips, held captive in a stifling covered lifeboat after offering himself as a hostage.

A major difference is that this movie has a happy ending — for the captain, anyway, who was rescued in a dramatic high-seas Navy sniper operation. Three of the overmatched attackers were killed; the fourth is in a US prison.

More cinematically speaking, the difference is that "Captain Phillips" is a star vehicle. In some cases, this can detract from the sense of veracity of a truth-based film. Tom Hanks, though, delivers some of his finest work here, playing the Everyman role he does so well, in this case a fairly ordinary guy forced by circumstance to be a hero.

And yet "Captain Phillips" is a remarkably unsentimental film, with an emotional catharsis coming only at the very end, when we're all ready for some kind of release. This is where Hanks digs deepest as an actor.

Oddly, the film falters only at the beginning — in a brief and awkward domestic scene between Phillips, preparing for what he assumes is a routine voyage, and his wife, Andrea (Catherine Keener, in a tiny part). The two share stilted dialogue on a drive to the airport, with her asking: "It's gonna be OK, right?" and him commenting stiffly that the "world is moving so fast."

But once Phillips gets onto his ship, the movie truly starts. What Greengrass excels at is action — taut and visceral — and it happens as soon as the captain suddenly looks at a screen and sees two small dots moving toward the ship.

Two skiffs are carrying bands of armed men; from an early scene on a Somali beach, we know they've been whipped into action by their warlords. When they realize they've happened upon a US ship, they can't believe their luck.

What we can't believe is how a huge cargo ship is so vulnerable to small bands of armed men. But the Maersk Alabama has no gun power aboard, only huge hoses to repel pirates and their machine guns. They don't work. Soon, four pirates have hoisted a ladder onto the ship. "I'm the captain now," says their leader, Muse.

And the ordeal begins. Greengrass and cinematographer Barry Ackroyd are at their most effective in scenes like the frightening search — in tense, dark spaces, in extreme closeup — by increasingly angry pirates hunting down the crew.

On the other hand, this is where the camerawork gets ever more unstable and jittery. Good for dramatic effect — but bad if you're susceptible to queasiness or nausea at such times. Be forewarned.

Things get even more intense in the lifeboat, where the pirates are locked in with Phillips for several agonizing days. With the US Navy bearing down, it's pretty clear where it's all headed. The only question: Who will die?

The movie humanizes the pirates but is not inclined to forgive them. All four Somali actors are excellent, but especially Barkhad Abdi, memorable as Muse.

As for Hanks, his final moments are his best, as Phillips registers in an intensely personal way the cumulative effects of what he's endured. It's safe to say those moments will be what's remembered most from this movie, and for a

Cont'd on page 17

Country Connection

Cont'd from page 10

continue to be fairly traditional. This album, as a whole, is solid from beginning to end. Even if there's a feel of pop/rock to certain numbers, it still comes across as country music.

His love songs are delightful and he sings them exquisitely, without ever over-selling them. This new album gives him a chance to really showcase his versatility and it is candy for the ears.

Perhaps the most surprising track on the album is "Text Me Texas," an obvious tribute to the late Keith Whitley's "Talk to Me Texas." This number has a traditional country sound to it. It is bound to become an instant country classic.

"Goodbye" and "Forgivenes" are some of the better sad songs of his career. His recording of slower, serious material makes him outshine his peers on modern country radio. Fans will love the mid tempo "Who I Am With You" about a man who's so grateful for his lover. Young's vocal performance is absolutely stunning as it conveys all the right emotions.

Chris Young is what country music has always been about. He is a fantastic vocalist, songwriter, and performer. This new album should garner him many ACM and CMA nominations. If you don't know him, you are missing something fantastic!

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		Dr. Phil		The Price Is Right	
WPTZ 5	-	-		Newschannel 5 Today at 6AM		Today				Live! With Kelly and Michael		Today		Today	
CBMT 6	206	301		CBC News	Var. Programs	Daniel Tiger	Monster Math	Bo on the Go!	Busytown	Super Why!	Cat in the Hat	Bookaboo	Doodlebops	The Nature of Things	
CHLT 7	107	718	F	Salut, bonjour! (N) (SC)							Denis Lévesque (SC)		Stefano Faita	Le tricheur	Mario Dumont
			M								Deux filles le matin (N) (SC)		(:29) Signé M		(:29) Le Boss
			T												Mario Dumont
			W												
			Th								Ça finit bien la semaine (SC)				
WMTW 8	-	-		WMTW News 8 at 6am		Good Morning America				Live! With Kelly and Michael		Bethenny		The View	
CKSH 9	108	-		Petit cochon	Robin le robot	Garfield et cie	Toc toc toc	Téléjournal	Les Docteurs			Alors on jase!		Ricardo	Telejournal
CKMI 11	-	-		Morning News		Varied Programs				Morning Show	Huntley Street	The Doctors		Anna Olson	Chuck-Day Off
CFCF 12	205	312		Canada AM	Varied Programs					Live! With Kelly and Michael		Dr. Phil		The View	
WVNY 22	-	-		ABC 22 This Morning		Good Morning America				The Dr. Oz Show		The Doctors		The View	
WUTV 30	-	-		Paid Program	Paid Program	Var. Programs	Paid Program	Paid Program	Friends	The 700 Club		The People's Court		Maury	
CFKS 31	106	726	F	Ça commence bien!		Ça commence bien!				Atomes croch	Guerre-clans	★★ "L'Amour à la une" (2011, Drame) Jennifer Love Hewitt.			
			M									★★ "Ma vie est un enfer" (1991) Josiane Balasko. Début.			
			T									"3 chances pour Emma" (2011) Lexi Giovagnoli. (SC)			
			W									★★ "Amour, mariage: Mode d'emploi" (2011) Illeana Douglas.			
			Th									"Le Rêve de Sara" (2007) Leah Pipes, Drew Tyler Bell.			
WUHF	-	363		Paid Program	Always Sunny	Paid Program	Var. Programs	Paid Program	Paid Program	Paternity Court	Paternity Court	Jerry Springer		Judge Mathis	
WETK	-	-		World News	Body Electric	Arthur	Wild Kratts	Curious	Cat in the Hat	Peg and Cat	Dinosaur Train	Sesame Street		Daniel Tiger	Super Why!
WCFE	-	-		NHK Program	EuroNews	France News	RT News	ETV English	Price Watch	Newsline	NHK Program	Midday		Hello Vietnam	Arirang News
A&E	615	520		Paid Program	Paid Program	Bounty Hunter	Var. Programs	Bounty Hunter	Bounty Hunter	Criminal Minds	Var. Programs	Criminal Minds	Var. Programs	CSI: Miami	Var. Programs
BRAVO	620	523	F	La Femme Nikita CC		Cold Squad "First Deadly Sin"		Flashpoint CC (DVS)		Missing "Truth or Dare" CC		La Femme Nikita CC		Cold Squad "First Deadly Sin"	
			M	(4:15) ★★★ "Mrs. Doubtfire"		★★ "It's Complicated" (2009) Meryl Streep, Steve Martin. CC (DVS)					★★ "Morning Glory" (2010) Rachel McAdams. CC				Steel Magnolia
			T	La Femme Nikita CC		Cold Squad CC		Flashpoint "Who's George?"		The Listener "Missing"		La Femme Nikita CC		Cold Squad CC	
			W												
			Th												
CNN	500	500		New Day						CNN Newsroom				Legal View With Ashleigh	
DISC	520	505	F	Mayday "Gimli Glider" CC		Daily Planet CC (DVS)		Mayday CC		Pyros "It Ain't Cricket"		Licence to Drill "Greenhorns"		Canada's Worst Driver	
			M	Mighty Ships "Africa Mercy"				Nerve Center CC		Highway Thru Hell		Salvage Hunters		Final Offer CC	
			T			Nerve Center CC		Salvage Hunters CC		Mighty Planes "NOAA" CC		Dangerous Flights		Don't Drive Here "Lima"	
			W			Daily Planet CC (DVS)		Canada's Greatest Know-It-All		Ice Cold Gold "Fractured"		Don't Drive Here "Manila"		Jungle Gold "Shots Fired" CC	
			Th					Last Car Standing "Vans"		Silver Rush CC		Pyros CC (DVS)		Airplane Repo CC	
HIST	522	506		Varied Programs		Canadian Pickers		Varied Programs						Pickers	Var. Programs
RDI	126	730		(5:00) RDI matin				Téléjournal	RDI matin	Sous la loupe	RDI en direct				Var. Programs
SHOW	616	521		ReGenesis		Lost Girl		Rookie Blue		Movie		Varied Programs		Movie	
SLICE	601	562		Four Weddings Canada		Till Debt/Part	Princess	Property Virgin	Property Virgin	Princess	ET Canada	Till Debt/Part	Princess	Varied Programs	
SPIKE	628	584		Varied Programs			Paid Program	Var. Programs	Paid Program	Varied Programs					
TLC	521	560		19 Kids-Count	19 Kids-Count	Baby's First	Rm-Multiples	A Baby Story	A Baby Story	A Baby Story	A Baby Story	Pregnant	Pregnant	Borrowed	Borrowed
TSN	400	400	F	SportsCentre CC		SportsCentre CC		SportsCentre CC		SportsCentre CC		SportsCentre CC		SportsCentre CC	
			M	SportsCentre	SportsCentre CC		SportsCentre CC		SportsCentre CC		SportsCentre CC		SportsCentre CC		SportsCentre
			T	SportsCentre CC		SportsCentre CC		SportsCentre CC		SportsCentre CC		SportsCentre CC		SportsCentre CC	
			W												
			Th												
YOUTH	551	542		Kid vs. Kat	Rescue Hero	The Penguins	T.U.F.F. Puppy	Pokémon: Gal.	Beyblade-Fury	Rescue Hero	Mike-Knight	Little Bear	Berenstain	To School	Squirrel

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		The Ellen DeGeneres Show		Channel 3	The: 30
WPTZ 5	-	-		Bethenny		Days of our Lives		Katie		Steve Harvey		Judge Judy	Judge Judy	First at Five	5:30 Now!
CBMT 6	206	301		CBC News	Var. Programs	Republic of Doyle		Steven and Chris		Best Recipes	In the Kitchen	Dragons' Den		CBC News	CBC News
CHLT 7	107	718		TVA régional	TVA nouvelles	Movie			Road Runner	Infopublicité	Les feux de l'amour		Top modèles	(4:55) TVA nouvelles	
WMTW 8	-	-		Steve Harvey		The Chew		General Hospital		Dr. Phil		The Ellen DeGeneres Show		WMTW News 8 at 5PM	
CKSH 9	108	-	F	Telejournal	Pour le plaisir (N) (SC)			Inspecteur Barnaby Un brillant joueur d'échecs est assassiné.				Entrée principale (N) (SC)		Mange-souper	Union-force
			M					Quelle histoire! (N) (SC)		Terre humaine	Terre humaine				
			T												
			W											Discours du trône (N) (SC)	
			Th											Mange-souper	Union-force
CKMI 11	-	-		Sarah's House	ET Canada	Days of our Lives		The Talk		The Queen Latifah Show		Till Debt/Part	The Young and the Restless		Property Virgin
CFCF 12	205	312		CTV News		The Social		The Marilyn Denis Show		Bethenny		The Ellen DeGeneres Show		The Dr. Oz Show	
WVNY 22	-	-		Varied Programs		The Chew		General Hospital		The People's Court		Family Feud	Family Feud	The Dr. Oz Show	
WUTV 30	-	-		The Steve Wilkos Show		Judge Alex	Judge Alex	Judge Mathis		Jerry Springer	Var. Programs	Maury		Family Feud	Family Feud
CFKS 31	106	726		Ça commence	Infopublicité	CSI: NY		Movie				Les Simpson	Les Simpson	Atomes croch	Guerre-clans
WUHF	-	363		The Steve Wilkos Show		The Test		The Trisha Goddard Show		Maury	Var. Programs	Judge Judy	Judge Judy	The People's Court	
WETK	-	-		Sid Science	Thomas & Fr.	Daniel Tiger	Charlie Rose		Dinosaur Train	Peg and Cat	Cat in the Hat	Curious	Arthur	WordGirl	World News
WCFE	-	-	F	China Beat (N)	Euromaxx	JN1 Headline	RT News (N)	Kazakh-News	France News	Inside Taiwan	Dialogue	NHK Programming (N) CC		RT News (N)	Journal (N) (EI)
			M								European Jrnl				
			T								My India				
			W								Newsweek				
			Th								Global Ethics				
A&E	615	520		CSI: Miami	Var. Programs	Criminal Minds	Var. Programs	Criminal Minds	Var. Programs	The First 48	Varied Programs			The First 48	Var. Programs
BRAVO	620	523		Flashpoint		Blue Bloods		La Femme Nikita		Cold Squad		Criminal Minds	Var. Programs	Criminal Minds	
CNN	500	500		Around the World		CNN Newsroom		CNN Newsroom				The Lead With Jake Tapper		The Situation Room	
DISC	520	505	F	FantomWorks CC		How It's Made	How It's Made	How It's Made	How It's Made	Fast N' Loud CC		Fast N' Loud CC		Overhaulin' "Cherry Nova"	
			M	Mayday "Caution to the Wind"				Auction Kings	Auction Kings	Airplane Repo CC		Airplane Repo CC		Airplane Repo CC	
			T	Overhaulin' CC				Airplane Repo CC		Amish Mafia: The Devil's Cut		Amish Mafia CC			
			W	Pyros "Barcelona Nights"				Gold Fever "Eureka!" Gold is discovered in California.				Highway Thru Hell		Flying Wild Alaska CC	
			Th	Yukon Men "Hunt or Starve"				Last Car Standing "Boats"		Moonshiners CC		High Tech Rednecks CC		Tickle CC	Auction Kings
HIST	522	506	F	M*A*S*H CC	M*A*S*H CC	Museum Secrets CC		Secret Life Of	Secret Life Of	Perfect Storms "God's Wrath"		American Pickers CC		M*A*S*H CC	M*A*S*H CC
			M	Pawn Stars CC	Pawn Stars CC	Pawn Stars CC	Pawn Stars CC	Pawn Stars CC	Pawn Stars CC	Pawn Stars CC	Pawn Stars CC	Pawn Stars CC	Pawn Stars CC	Pawn Stars CC	Pawn Stars CC
			T	M*A*S*H CC	M*A*S*H CC	Underground War		Canadian Pickers CC		Restoration Garage CC		Counting Cars	Counting Cars	M*A*S*H CC	M*A*S*H CC
			W			Pawn Stars CC	Pawn Stars CC	Restoration Garage CC		Outlaw Bikers CC		Mountain Men CC			
			Th			Ice Road Truckers CC		Yukon Gold "Winter Gamble"		Hatfields	Pawn Stars CC	Restoration	Restoration		
RDI	126	730		Telejournal	Club-ex	Var. Programs	RDI en direct						Var. Programs	Le Téléjournal RDI	
SHOW	616	521	F	(11:00) Ring of Fire CC		Ring of Fire Volcanic eruptions threaten the Earth. CC				Sea Patrol "Black Gold" CC		Sea Patrol "In Too Deep" CC		Ring of Fire CC	
			M	★★ "Iron Man 2" (2010, Action) Robert Downey Jr., Gwyneth Paltrow. CC					★★★ "Rise of the Planet of the Apes" (2011) James Franco.				★★ "Iron Man 2" (2010) Robert Downey Jr.		
			T	(11:00) "Fatal Reunion" (2005)		"A Lover's Revenge" (2005) Alexandra Paul. CC				Sea Patrol "Red Reef" CC		Sea Patrol "Eye for an Eye"		NCIS "Murder 2.0" CC	
			W	(11:00) "Anna's Storm" (2007)		★★★ "I'll Be Seeing You" (2004) Alison Eastwood. CC				Law & Order: UK "Care" CC					
			Th	"Taken in Broad Daylight" CC		"Doomsday Prophecy" (2011) A.J. Buckley, Alan Dale. CC									
SLICE	601	562		Property Virgin	Property Virgin	Till Debt/Part	Till Debt/Part	48 Hours Mystery		Kitchen Nightmares		World's Dumbest...		48 Hours Mystery	
SPIKE	628	584		Varied Programs		Cops	Cops	Varied Programs							
TLC	521	560		Not to Wear	Var. Programs	Sextuplets	Var. Programs	Island Medium	Island Medium	Varied Programs					
TSN	400	400		SportsCentre	Varied Programs										
YOUTH	551	542		Varied Programs		Rated A for	Monster-Club	League/Evil	Sidekick	Squirrel	T.U.F.F. Puppy	SpongeBob	Kung Fu	Odd Parents	SpongeBob

FRIDAY EVENING — OCTOBER 11, 2013

	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)	Undercover Boss "Donato's" (N) CC		Hawaii Five-0 A conspiracy theorist helps the team. (N)		Blue Bloods Erin is held hostage in the courtroom. (N) CC		Channel 3 News	(:35) Late Show With David Letterman (N) CC	
WPTZ 5	-	-	Newschannel 5 at 6PM (N)	NBC Nightly News (N) CC	Jeopardy! (N) CC	Wheel of Fortune (N) CC	The Michael J. Fox Show	Sean Saves the World CC	Dateline NBC (N) CC				Newschannel 5 Nightcast	(:34) The Tonight Show With Jay Leno (N) CC	
CBMT 6	206	301	CBC News: Montreal (N)	Rick Mercer Report	Stroumboulopoulos	Coronation Street (N) CC	Marketplace (N) CC	Rick Mercer Report	the fifth estate The clothing industry. (N) CC		The National (N) CC		CBC News: Montreal	Stroumboulopoulos	Backstage Pass
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	J.E. (N) (SC)		Ça va chauffer! Tartare de pétoncles à la vodka. (N)		Ça finit bien la semaine (N) (SC)		TVA nouvelles (N)	(:35) Denis Lévesque (N) (SC)		(:35) ★★★ "Le Dernier Baiser" (2006) Zach Braff.	
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) CC	Jeopardy! (N) CC	Last Man Standing (N)	(:31) The Neighbors (N)	Shark Tank Brian McKnight and a DJ pitch a show. (N)		(:01) 20/20 Pakistani teen Malala Yousafzai. (N) CC		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live CC	
CKSH 9	108	-	Le Téléjournal/Estrie	Plan de match	Paquet voleur Rémi-Pierre Paquin. (N) (SC)		Le choc des générations (N) (SC)		Apres tout, c'est vendredi! (Series Premiere) (N) (SC)		Le Téléjournal (N) (SC)	Nouvelles-sport	(:05) Sherlock Sherlock et John se rendent dans des marais. (SC)		
CKMI 11	-	-	(5:59) Evening News (N)	Global National (N) CC	ET Canada	Entertainment Tonight (N)	Parenthood Sarah turns to Hank for comfort. (N) CC		Hawaii Five-0 A conspiracy theorist helps the team. (N)		Bomb Girls Lorna tries to free herself from Marco.		News Final (N) CC	ET Canada	The Test (N) CC
CFCF 12	205	312	CTV News (N) CC		etalk Presents	The Big Bang Theory CC	MasterChef The cooks hand whip cream. (N) CC		Orphan Black Sarah reconsiders revenge. CC		Blue Bloods Erin is held hostage in the courtroom. (N) CC		News-Lisa	CTV News (N) CC	The Big Bang Theory CC
WVNY 22	-	-	ABC 22 News (N)	ABC World News	ABC 22 News (N)	Inside Edition (N) CC	Last Man Standing (N)	(:31) The Neighbors (N)	Shark Tank Brian McKnight and a DJ pitch a show. (N)		(:01) 20/20 Pakistani teen Malala Yousafzai. (N) CC		ABC 22 News (N)	(:35) Jimmy Kimmel Live CC	
WUTV 30	-	-	The Big Bang Theory CC	Judge Judy CC	Judge Judy (N) CC	Two and a Half Men CC	MasterChef The cooks hand whip cream. (N) CC		Sleepy Hollow Abbie searches for her sister. CC		2 on Your Side at 10 (N)	Two and a Half Men CC	The Simpsons CC	Community CC	The Middle CC
CFKS 31	106	726	Tic tac show	Souper parfait	L'arbitre	L'arbitre	Fringe "La balle qui sauva le monde" (N) CC (SC)		Le Mentaliste La mort d'un manifestant. CC (SC)		Génération Inc. (N)	Martin Horik : Octane (N)	Californication (N) (SC)	L'instant gagnant	
WUHF	-	363	Modern Family CC CC	Modern Family CC CC	The Big Bang Theory CC	The Big Bang Theory CC	MasterChef The cooks hand whip cream. (N) CC		Sleepy Hollow Abbie searches for her sister. CC		Fox First at Ten (N) CC	(:45) Sports Extra CC	The Arsenio Hall Show (N) CC CC		Seinfeld "The Heart Attack"
WETK	-	-	PBS NewsHour (N) CC CC		BBC Newsnight	Vermont This Week CC	Washington Week	Charlie Rose – The Week	Great Performances "The Hollow Crown: Henry V" The French battle the English army. (N) CC CC					Charlie Rose (N) CC CC	
WCFE	-	-	RTE News: Six One (N)	South Asia Newsline (N)	The Debate (N) (EI) CC		RT News (N) (EI) CC	(:40) NHK Programming (N)	Blood on the Docks "White Lines" (Subtitled-English)				Biz Asia America (N) CC		Blood on the Docks
A&E	615	520	Storage Wars CC	Storage Wars CC	Storage Wars CC	Storage Wars CC	Storage Wars CC	Storage Wars CC	Storage Wars CC	Storage Wars CC	Storage Wars CC	Storage Wars CC	(:01) Storage Wars CC	(:31) Storage Wars CC	(12:01) Storage Wars
BRAVO	620	523	Missing "Truth or Dare" Investigating a disappearance.		Flashpoint The team must rescue a cop. CC (DVS)		Missing "Truth or Dare" Investigating a disappearance.		Criminal Minds Dallas is threatened by a sniper. (N)		Person of Interest "Lady Killer" Root plots an escape.		Missing "Truth or Dare" Investigating a disappearance.		Criminal Minds CC
CNN	500	500	Situation Rm	(:28) Crossfire	Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Piers Morgan Live (N) (Live)		Anderson Cooper Special		Anthony Bourdain Parts		Cooper 360
DISC	520	505	How It's Made CC	How It's Made CC	Daily Planet Daily science show. (N) CC (DVS)		How It's Made CC	How It's Made CC	Highway Thru Hell "Still Got It" CC (DVS)		Mayday A Korean Air Cargo flight crashes. CC		Mayday A landing gear problem leads to a crash. CC		Highway Thru Hell
HIST	522	506	God, Guns & Automobiles	God, Guns & Automobiles	American Pickers Danielle buys a 1935 Indian Chief. CC		Treasures Decoded "The Sphinx" CC CC (DVS)		Pawn Stars CC CC	Pawn Stars CC CC	Pawn Stars CC CC	Pawn Stars CC CC	Treasures Decoded "The Sphinx" CC CC (DVS)		Pawn Stars CC CC
RDI	126	730	Le National (SC)	RDI économie Les mentors.	24/60 (SC)		Grands reportages (SC)		Le Téléjournal (SC)		La Commission Charbonneau (SC)		Le National	RDI économie (SC)	24/60 (SC)
SHOW	616	521	(5:00) Ring of Fire Volcanic eruptions threaten the Earth.		Ring of Fire A way to stop the global eruptions. CC (Part 2 of 2) CC				Copper The Freemans welcome a loved one. CC		Game of Thrones Jaime meets a relative. (N) CC		(:15) ★★ "Watchmen" (2009, Action) Billy Crudup, Malin Akerman. CC CC		
SLICE	601	562	Four Weddings Canada CC CC		Friends CC CC	Friends CC CC	48 Hours Mystery The death of an anesthesiologist's wife.		48 Hours Mystery Investigating murders in Long Island.		Surviving Evil A predator kidnaps a woman. CC		Brainwashed Evolution of a domestic terrorist group. CC		Friends CC CC
SPIKE	628	584	Cops "Coast to Coast" CC	Cops CC CC	Cops CC CC	Cops CC CC	Cops CC CC	Cops Disturbance call. CC	Bellator MMA Live Dave Rickles vs. J.J. Ambrose; from Wichita, Kan. (N) CC (Live)				This is Glory CC	Bellator MMA Live CC	
TLC	521	560	Four Weddings Mountain marriage; black tie bash. CC		Four Weddings Jen's retro-chic wedding is an old bar.		Say Yes to the Dress CC	Say Yes to the Dress CC	Say Yes to the Dress (N)	Say Yes to the Dress CC	What Not to Wear Megumi; animal hats and knee highs.		Say Yes to the Dress CC	Say Yes to the Dress CC	What Not to Wear CC
TSN	400	400	SportsCentre (N) (Live) CC		That's Hockey! (N)	30 for 30 CC		CFL on TSN Pregame (N)	CFL Football BC Lions at Calgary Stampeders. From McMahon Stadium in Calgary. (N) (Live) CC						SportsCentre CC
YOUTH	551	542	SpongeBob	SpongeBob	SpongeBob	SpongeBob	★★★ "Tim Burton's Corpse Bride" (2005)		SpongeBob		Boys	Mr. Young CC	Boys	Splatalot CC	Tim Burton

Your week on TV

SATURDAY DAYTIME — OCTOBER 12, 2013

	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 Saturday Morning (N)		CBS This Morning: Saturday (N)				All In With Laila Ali	Game Changers	Paid Program	Paid Program	Pets.TV (N)	Lucas Oil Drag Boat Racing (Taped)		Football Spec.	College Football	College Football
WPTZ 5	-	-	(7:00) Today (N)		Teen Kids News (N)	Hanna Into the Wild	The Chica Show (El)	Pajanimals (El)	Justin Time (El)	Tree Fu Tom (El)	LazyTown (N)	Make Way for Noddy	Buck McNeely	Lakes Fishing	Gymnastics 2013 World Artistic Championships. From Antwerp, Belgium. (Taped)			
CBMT 6	206	301	Animal Mechanic	Super Why!	Doodle-bops	Cross Country	Artzooka	My Goldfish Is Evil!	It's Edible Incredible!	Cat in the Hat	Gimli Glider: 30 Years Later		The Nature of Things (Part 2 of 3)		the fifth estate The clothing industry.		Best Recipes Ever	In the Kitchen
CHLT 7	107	718	(6:00) Salut, bonjour! Week-end (N) (SC)				Deux filles le matin (SC)		Stefano Faita	Signé M (SC)	TVA nouvelles (N)	Qu'est-ce qu	Viens voir ici (N)	Infopublicité (SC)	★★ "XXX" (2002) Vin Diesel, Asia Argento. Un espion tente d'arrêter un anarchiste. (SC)			
WMTW 8	-	-	Good Morning America (N)		Jack Hanna	Ocean Mysteries	Born to Explore	Sea Rescue (N)	The Wildlife Docs	Expedition Wild (N)	College Football Oklahoma at Texas. (N) (Live)							College Football
CKSH 9	108	-	Les roltronics	Chas'rs de monstres	Brigade animo (N)	Magi-nation	Les 1001 nuits	Aventures de Tintin	Ricardo (SC)	L'épicerie (SC)	Telejournal	La facture (SC)	Football étudiant Les Lynx du cégep Édouard-Monpetit c. les Spartiates du cégep du Vieux-Montréal. En provenance de l'Université de Montréal.					
CKMI 11	-	-	Fish'n Canada	Real Fishing	Advent. North	Fishful Thinking	The Best Years Giving Rich another chance.		Powerboat Television	Driving Television	House A teenage boy with partial paralysis.		Massive Moves	The Simpsons	The Simpsons	The Simpsons	★★★ "Live Free or Die Hard" (2007)	
CFCF 12	205	312	Canada AM Weekend		The Marilyn Denis Show		SickKids Foundation		It Is Written	Corner Gas	Believing in Heroes Behind-the-scenes at SickKids.				The Social		Cash Cab	Celebrity Style Story
WVNY 22	-	-	Good Morning America (N)		Jack Hanna	Ocean Mysteries	Born to Explore	Sea Rescue (N)	The Wildlife Docs	Expedition Wild (N)	College Football Oklahoma at Texas. (N) (Live)							College Football
WUTV 30	-	-	Paid Program	Paid Program	Battle Hair Loss	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Raw Travel (N)	Paid Program	Say No to Botox	Tummy Tuck	Dean Martin	Paid Program	FOX College	College Football
CFKS 31	106	726	Aubaines & cie (N)		Trucs & cie (N)		RPM (SC)		Puissance 3 Yves Bissonnette.		"Le trésor secret de la montagne" (2010, Aventures) Barry Bostwick, Paige Turco.				★ "Chasse au trésor" (2008, Action) Matthew McConaughey, Kate Hudson.			
WUHF	-	363	Paid Program	Getting More	Back Pain Relief	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Ring of Honor Wrestling		Modern Family	Modern Family	Two and a Half Men	Two and a Half Men	FOX College	College Football
WETK	-	-	Thomas & Friends	Bob the Builder	Angelina: Next	MotorWeek (N)	Outdoor Journal	Ask This Old House	This Old House	Hometime (N)	Test Kitchen	Martha Bakes	Cook's Country	A Chef's Life	The Mind of a Chef	Cooking School	Sing for Your	Lark Rise-Candleford
WCFE	-	-	After 10	The Heat	World Affairs Today		Wilson Forum		Global 3000	European Journal	My India (N)	Newsweek South Asia	NHK Programming (N)		Hablemos de Salud		CCTV Documentary	CCTV Documentary
A&E	615	520	Criminal Minds "Unknown Subject"		Criminal Minds "Snake Eyes"		Flip This House "Roach House"		Flip This House Low-income neighborhood.		Flip This House "Rudy in Charge"		★★★★ "Titanic" (1997, Historical Drama) Leonardo DiCaprio, Kate Winslet. A woman falls for an artist aboard the ill-fated ship.					
BRAVO	620	523	Cold Squad "Amanda Millard"		Twice in a Lifetime "Quality of Mercy"		Missing "Lost Sister"		Criminal Minds "Final Shot" (DVS)		Person of Interest Root plots an escape.		Lovespring	★★★ "Get Shorty" (1995, Comedy) John Travolta, Gene Hackman, Rene Russo.			★★ "Be Cool"	
CNN	500	500	(6:00) New Day Saturday (N)			Your Mney	CNN Saturday Morning		CNN Newsroom (N)				CNN Newsroom (N)		Your Mney	Next List	CNN Newsroom (N)	
DISC	520	505	How It's Made	How It's Made	Highway Thru Hell "Still Got It"		Ice Cold Gold "Redemption Ridge"		Mayday A Korean Air Cargo flight crashes.		Canada's Greatest Know-It-All		Mayday "Focused on Failure"		Yukon Men The dead of winter arrives.		Dangerous Flights "Turn and Burn"	
HIST	522	506	Paid Program	Paid Program	Paid Program	Paid Program	★★★★ "M*A*S*H" (1970) Donald Sutherland. Two unorthodox Army doctors declare war on bureaucracy.					M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H
RDI	126	730	(5:30) RDI matin						RDI en direct (SC)	RDI économie	Telejournal	Le National	RDI en direct (SC)	RDI en direct (SC)	RDI en direct (SC)	La facture (SC)	RDI en direct (SC)	
SHOW	616	521	Paid Program	Paid Program	Paid Program	Paid Program	★★ "The Green Hornet" (2011) Seth Rogen, Jay Chou. A spoiled playboy becomes a costumed crime-fighter.					★★★ "Rise of the Planet of the Apes" (2011) James Franco, Freida Pinto.				★ "G.I. Joe: The Rise of Cobra" (2009) Channing Tatum.		
SLICE	601	562	Paid Program	Paid Program	Murder in Paradise "Student Body"		The Millionaire Matchmaker		The Millionaire Matchmaker		The Millionaire Matchmaker		The Millionaire Matchmaker		The Millionaire Matchmaker		The Millionaire Matchmaker	
SPIKE	628	584	Proactiv System	FOCUS T25	Xtreme 4x4 (N)	Horsepower TV	Trucks! (N)	Search/Restore	★★ "Rambo" (2008, Action) Sylvester Stallone, Julie Benz, Matthew Marsden.				Cops	Cops	Cops	Cops	Cops	Cops
TLC	521	560	Jillian Michaels	Say No to Botox!	Property Ladder		Property Ladder		Property Ladder Dilapidated house.		Property Ladder Flipping a vacant house.		Untold Stories of the E.R. "Heart in Hand"		Untold Stories of the E.R.		Untold Stories of the E.R.	
TSN	400	400	SportsCentre		SportsCentre		SportsCentre		SportsCentre		Motoring 2013	Score Golf Television	24/7 Bradley		24/7 Bradley	MLS Soccer New England Revolution at Montreal Impact. (N)		
YOUTH	551	542	Alien	Kung Fu	Sponge.	Monsters	Sanjay	Korra	Turtles	Beyblade	Pokémon	Rangers	Yu-Gi-Oh!	B-Daman	Kung Fu	Kung Fu	"Flintst.-Rock."	

SATURDAY EVENING — OCTOBER 12, 2013

	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	-	-	(3:30) College Football Florida at LSU. (N) (Live)						Channel 3 News	The Middle	Two and Half Men	2 Broke Girls	NCIS: Los Angeles "The Fifth Man"		48 Hours The murder of a millionaire. (N)		Channel 3 News	CSI: Miami Murder at a high-school reunion.	
WPTZ 5	-	-	Action Sports From San Francisco. (N)				News	Nightly News	Jeopardy!	Wheel of Fortune	Ironside "Pilot" (DVS)		The Blacklist "The Freelancer"		Saturday Night Live		Newschannel 5	(:29) Saturday Night Live (N)	
CBMT 6	206	301	The Lang & O'Leary Exchange		Dragons' Den "Best of Show"		CBC News at 6	Hockey Tonight	NHL Hockey Edmonton Oilers at Toronto Maple Leafs. From Air Canada Centre in Toronto. (N) (Live)						NHL Hockey Montreal Canadiens at Vancouver Canucks. From Rogers Arena in Vancouver, B.C. (N)				
CHLT 7	107	718	(2:00) ★★ "XXX"	(:17) ★★ "Chez Big Momma" (2000) Martin Lawrence. (SC)			TVA nouvelles (N)		★★ "Robin des bois" (2010, Aventures) Russell Crowe, Cate Blanchett. Robin des bois et ses hommes luttent contre le shérif. (SC)					(:16) "5150, Rue des Ormes" (2009, Suspense) Marc-André Grondin. (DVS) (SC)				(:31) TVA nouvelles	"Le Code Da Vinci"
WMTW 8	-	-	(3:30) College Football Boston College at Clemson. (N) (Live)						Countdown	NASCAR Racing Sprint Cup: Bank of America 500. From Charlotte Motor Speedway in Concord, N.C. (N) (Live)							WMTW News 8	Red Carpet	
CKSH 9	108	-	Football étudiant	Animo (N) (SC)	La semaine verte (N) (SC)		Le Télé-journal (N)	La petite vie (SC)	En direct de l'univers (N) (SC)		Les galas du Grand Rire 2013 (N) (SC)		Dre Grey, leçons d'anatomie (SC)		Le Télé-journal (N)	(:40) Infoman	(:10) ★★★ "Agora" (2009, Aventures) Rachel Weisz. (DVS) (SC)		
CKMI 11	-	-	(3:00) ★★★ "Live Free or Die Hard" (2007, Action) Bruce Willis.			Focus Montreal	Evening News (N)	Global National	16x9		Obsessions "Fanomenon" (N)		The Blacklist "The Freelancer"		Walk the Walk (N)	Walk the Walk (N)	News Final	(:29) Saturday Night Live (N)	
CFCF 12	205	312	Celebrity	Movie Night	etalk Presents	App Central	CTV News (N)		W5 Canada's top palliative care doctor. (N)		Two and Half Men	Anger	Mike & Molly	The Neighbors	Played "Girls" Maria confronts her past.		News-Rinaldo	CTV News (N)	"Shattered"
WVNY 22	-	-	(3:30) College Football Boston College at Clemson. (N) (Live)						Countdown	NASCAR Racing Sprint Cup: Bank of America 500. From Charlotte Motor Speedway in Concord, N.C. (N) (Live)							Local News	Burn Notice	
WUTV 30	-	-	(3:30) College Football Baylor at Kansas State. (N) (Live)						FOX Post Game (N)	MLB Baseball American League Championship Series, Game 1: Teams TBA. (Time tentative). (N) (Live)					To Be Announced		Animation Domination High-Def	Cheaters (N)	
CFKS 31	106	726	"Chasse au trésor"	Rire et délire	Martin Horik	Génération Inc.	District V	★★ "Hors de moi" (2011) Liam Neeson. Début. Une victime s'aperçoit qu'un homme a perdu son identité. (SC)					"Rouge Brésil" (2013) Stellan Skarsgard. Colombe et Just s'embarquent pour le Brésil.				Rire et délire	L'instant gagnant	
WUHF	-	363	(3:30) College Football Baylor at Kansas State. (N) (Live)						FOX Post Game (N)	MLB Baseball American League Championship Series, Game 1: Teams TBA. (Time tentative). (N) (Live)					Fox First at Ten (N)		Animation Domination High-Def	Paid Program	
WETK	-	-	Lark Rise	Antiques Roadshow		NewsHour Wk	The Lawrence Welk Show		As Time Goes By	The Café	Waiting for God	Rev.	Midsomer Murders "Market for Murder"		Music City Roots: Live From		Austin City Limits French band Phoenix.	Earthflight-Nat	
WCFE	-	-	Dialogue-Centr.	In Focus	RT News (N) (El)	Journal (N)	My India	NHK Programming	France 24 News (N) (El)		RT News (N)	Asia Insight (N)	Arne Dahl "To the Top of the Mountain" (Subtitled-English) (Part 2 of 2)				Asia Insight	NHK Programming	Arne Dahl
A&E	615	520	(1:00) ★★★★ "Titanic" (1997) Leonardo DiCaprio.			Bad Ink	Bad Ink	Bad Ink	Bad Ink	Bad Ink	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage-Texas	Storage-Texas	Storage-Texas	Storage-Texas	Storage Wars
BRAVO	620	523	(3:30) ★★ "Be Cool" (2005, Comedy) John Travolta, Uma Thurman.				Cold Squad "Amanda Millard"		Missing "Lost Sister"		Castle "Need to Know" (N)		The Mentalist "Black-Winged Redbird" (N)		Boss Tom has a medical condition.		(:15) ★★★ "Get Shorty" (1995, Comedy) John Travolta.		
CNN	500	500	Newsr'm	Gupta	CNN Newsroom (N)		The Situation Room		CNN Newsroom (N)		Pizza Bomber		Anthony Bourd.		Anthony Bourd.		Pizza Bomber	TBA	
DISC	520	505	How It's Made	How It's Made	Highway Thru Hell "Still Got It"		How It's Made	How It's Made	How It's Made	How It's Made	Gold Rush - The Dirt "Mucho Frickin' Oro"		Alaska: The Last Frontier (N)		Alaska: The Last Frontier "Fall Feast"		Street Outlaws "Racer's Revenge" (N)	Last Frontier	
HIST	522	506	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H "Dreams"	★★★ "M*A*S*H: Goodbye, Farewell, Amen" (1983, Drama) Alan Alda, Mike Farrell, Loretta Swit.					M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H Farewell"
RDI	126	730	(3:00) RDI en direct	Journal Fr. 2	Le Télé-journal	L'épicerie (SC)	La semaine verte (SC)		RDI en direct (SC)	RDI en direct (SC)	Découverte (SC)		Le Télé-journal	Grands reportages (SC)		La facture (SC)	Le Télé-journal	Monde-parlait	Le Télé-journal
SHOW	616	521	(2:30) ★ "G.I. Joe: The Rise of Cobra"		★★★ "Rise of the Planet of the Apes" (2011) James Franco, Freida Pinto.				Beauty and the Beast "Who Am I?"		★★ "Collision Earth" (2012, Science Fiction) Kirk Acevedo, Diane Farr.		★★★ "Rise of the Planet of the Apes" (2011) James Franco, Freida Pinto.					"G.I. Joe: Cobra"	
SLICE	601	562	The Millionaire Matchmaker		The Millionaire Matchmaker		The Millionaire Matchmaker		The Millionaire Matchmaker		The Millionaire Matchmaker		Mob Wives Hurricane Sandy. (N)		The Real Housewives of Miami (N)		Ex-Wives of Rock	Ex-Wives of Rock	"Miss Cong"
SPIKE	628	584	Cops	Cops "Liar Liar"	Cops	Cops	Cops	Cops	Cops	Cops	Cops (N)	Cops	GLORY11 - Chicago Tyrone Spong vs. Nathan Corbett. From Chicago. (N) (Live)				★★ "Rambo" (2008, Action) Sylvester Stallone, Julie Benz.		
TLC	521	560	Untold Stories of the E.R.		Untold Stories of the E.R. "Pipe in Head"		Untold Stories of the E.R.		Untold Stories of the E.R.		Untold Stories of the E.R.		Untold Stories of the E.R.		Untold Stories of the E.R.		Untold Stories of the E.R.		Stories of the ER
TSN	400	400	MLS Soccer	CFL Football Edmonton Eskimos at Saskatchewan Roughriders. From Mosaic Stadium in Regina, Saskatchewan. (Live)						NASCAR Racing Sprint Cup: Bank of America 500. From Charlotte Motor Speedway in Concord, N.C. (N) (Live)							SportsCentre (N) (Live)		
YOUTH	551	542	"The Boy Who Cried Werewolf" (2010)				Sam &	Victorious	Funny Home Videos		★★★ "Monster House" (2006)				Boys	Mr. Young	Boys	Splatalot	Monster

Your week on TV

SUNDAY DAYTIME — OCTOBER 13, 2013

	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) ⍝ ▭		Face the Nation (N)		You Can Quote Me	This Old House ⍝	The NFL Today (N) (Live) ▭		NFL Football Pittsburgh Steelers at New York Jets. From MetLife Stadium in East Rutherford, N.J. (N) (Live) ▭					
WPTZ 5	-	-	Today David Gregory; "White Collar." (N) ⍝		Meet the Press (N) ▭		On the Money	Hom-eowner	Paid Program	Mom Is 57, Looks 27!	The Closer The police department's image.		PGA Tour Year in Review (N) ⍝ ▭		Gymnastics 2013 World Artistic Championships. From Antwerp, Belgium. (Taped) ▭			
CBMT 6	206	301	Coronation Street ⍝	Coronation Street ⍝	Coronation Street ⍝	Coronation Street ⍝	Coronation Street ⍝	Market-place ⍝	Our Montreal Host Sonali Karnick. ▭		Maamuita-au	Mansbridge	Q With Jian Ghomeshi (N) ⍝ ▭		The Nature of Things "Bat & Man" ⍝		Battle of the Blades "Performance Two" ⍝	
CHLT 7	107	718	(6:00) Salut, bonjour! Week-end (N) (SC)				★★★ "Pour le pire et pour le meilleur" (1997) Jack Nicholson. Un misanthrope trouve l'amour auprès d'une serveuse.					La victoire de l'amour	Qu'est-ce qu	Infopub-licité (SC)	★★ "L'homme parfait" (2005, Com. Sentimentale) Hilary Duff, Heather Locklear. (SC)			
WMTW 8	-	-	Good Morning America (N) ▭		This Week W/ George Stephanopoulos		This Old House ⍝	Teen Kids News (N)	Made in Hollywood	Cook with No Flame	Best Lad-der Ever	I Hate My Hair!	Paid Program	Say No to Botox!	Curl Secret	Mom Is 57, Looks 27!	R U SMART?	Made in America
CKSH 9	108	-	Les roltron-ics	Gawayn	Zooville (SC)	Mission Mayday	Le Jour du Seigneur (N) (SC)		Les Coulisses du pouvoir (N) (SC)		Telejournal	La semaine verte (SC)		Second Regard	"À vos marques... Party!" (2007, Comédie) Sylvie Moreau, Guy Jodoin, Marina Orsini. (SC)			
CKMI 11	-	-	Fishful Thinking	Hospital for Sick Kids ▭		Lorna Dueck	Joel Osteen ▭	Dr. David Jeremiah	The West Block	Focus Montreal	16x9 ▭		Massive Moves	The Simp-sons ⍝	The Simp-sons ⍝	The Simp-sons ⍝	The Simp-sons ⍝	"Bounty Hunter"
CFCF 12	205	312	App Central ▭	etalk ⍝ ▭	World Vision ⍝ ▭		Dan for Mayor ⍝	Church of the Rock	Question Period (N) ⍝ (Live) ▭		SportsCentre ⍝ ▭		NFL Football Pittsburgh Steelers at New York Jets. From MetLife Stadium in East Rutherford, N.J. (N) ⍝ (Live) ▭					
WVNY 22	-	-	Good Morning America (N) ▭		This Week W/ George Stephanopoulos		Key of David	FOCUS T25	Paid Program	Paid Program	Cook with No Flame	Cook with No Flame	Airbrushed Beauty	Paid Program	Paid Program	Paid Program	Paid Program	Tummy Tuck
WUTV 30	-	-	Earnest Angley		FOX News Sunday With Chris Wallace (N)		Key of David	FOCUS T25	Forever Young	Crowd Funder	FOX NFL Sunday (N) ⍝ (Live) ▭		Paid Program	Two and a Half Men	Two and a Half Men	Big Bang Theory	Big Bang Theory	Paid Program
CFKS 31	106	726	Aubaines & cie (N)		Trucs & cie (N)		RPM (N)		Puissance 3 Gilles Goddard. (N)		Par-dessus le	Rire et délire (SC)	★ "Escapade à Reno" (2002, Com. Sentimentale) Billy Bob Thornton, Charlize Theron. (SC)				★★ "Tout pour la danse" (2008, Drame)	
WUHF	-	363	Joint Relief ▭	Key of David	FOX News Sunday With Chris Wallace (N)		Paid Program	Getting More	Paid Program	Paid Program	FOX NFL Sunday (N) ⍝ (Live) ▭		NFL Football Green Bay Packers at Baltimore Ravens. From M&T Bank Stadium in Baltimore. (N) ⍝ (Live) ▭					
WETK	-	-	Peg and Cat Peg and Cat round up chickens.		Daniel Tiger	Inside Wash'ton	Wealth-Track	Religion & Ethics	McLaughlin Group	Vermont This Week	Moyers & Company ⍝ ▭		Masterpiece Classic Rivalry between sisters Mary and Edith. ⍝			Masterpiece Classic Rumors abound about Mary's virtue. ▭		
WCFE	-	-	The Week in France	CrossTalk (N)	World Affairs Today (N)		Global Ethics	Dialogue-Centr.	Wilson Forum ▭		Taiwan Outlook (N) ▭		NHK Programming (N) ▭		After 10 (N)	The Heat (N)	CCTV Docu-mentary	CCTV Docu-mentary
A&E	615	520	Criminal Minds "Snake Eyes" ⍝ ▭		Criminal Minds "Closing Time" ⍝ ▭		Criminal Minds "A Thin Line" ⍝ ▭		Panic 9-1-1 "Get Out of the Van and Run"		Panic 9-1-1 "I'm in the Back of a Truck"		Panic 9-1-1 "I Don't Want to Shoot a Gun"		Beyond Scared Straight ▭		Beyond Scared Straight ▭	
BRAVO	620	523	(7:00) ★★ "Cheaper by the Dozen" (2003)		★★ "Cheaper by the Dozen 2" (2005) Steve Martin. The Bakers' vacation turns competitive.				★★★ "Mrs. Doubtfire" (1993, Comedy) Robin Williams. An estranged dad poses as a nanny to be with his children. ⍝				(:45) ★★★ "Back to the Future" (1985) Michael J. Fox. A boy travels through time to his parents' teenage years. ⍝					
CNN	500	500	New Day Sunday (N)		State of the Union		Fareed Zakaria GPS		Reliable Sources (N)		State of the Union		Fareed Zakaria GPS		CNN Newsroom (N)		Your Money (N)	
DISC	520	505	Dangerous Flights "Prop Jockeys"		Bering Sea Gold ⍝ ▭		Could We Survive a Mega-Tsunami?				Moonshiners Still hand disappears; toxic mold.		Highway Thru Hell "The Avalanche Zone"		Bering Sea Gold "The American Dream" ⍝		Airplane Repo "Best In the Business" ▭	
HIST	522	506	Paid Pro-gram ⍝	Paid Pro-gram ⍝	Paid Pro-gram ⍝	Paid Pro-gram ⍝	Restoration	Restoration	Restoration	Restoration	Restoration	Restoration	Restoration	Restoration	Restoration	Restoration	Restoration	Restoration
RDI	126	730	(5:30) RDI matin						RDI en direct (SC)	L'épicerie (SC)	Telejournal	Les Coulisses du pouvoir (SC)		RDI en direct (SC)		RDI en direct (SC)	RDI en direct (SC)	
SHOW	616	521	Paid Pro-gram ⍝	Paid Pro-gram ⍝	Battle Hair Loss ⍝	Paid Pro-gram ⍝	Covert Affairs "Crackity Jones" ⍝ ▭		★★ "27 Dresses" (2008) Katherine Heigl. A young woman is always a bridesmaid and never a bride. ⍝ ▭				★★ "Dinner for Schmucks" (2010) Steve Carell. Comic misadventures follow a man's encounter with a buffoon. ⍝					
SLICE	601	562	Paid Pro-gram ⍝	Paid Pro-gram ⍝	Lost and Sold ▭	Lost and Sold ▭	Extreme Collectors	Extreme Collectors	48 Hours Mystery "Family Affair" ▭		48 Hours Mystery "A Fatal Attraction" ▭		48 Hours Mystery "My Mother's Murder" ⍝		48 Hours Mystery "Murder at the Manor"		Friends ⍝ ▭	Friends ⍝ ▭
SPIKE	628	584	Sexiest Bodies of 2013! ⍝		Xtreme 4x4 ⍝	Horse-power TV	Trucks! ⍝ ▭	Search/Re-store	Bar Rescue ⍝		Bar Rescue "Mystique or Murder?" ⍝		Bar Rescue A bar with bikini-clad bartenders.		Bar Rescue "Owner Ousted" ⍝		Bar Rescue "On the Rocks" ⍝	
TLC	521	560	Paid Pro-gram ⍝	Focus T25 ⍝ ▭	Say Yes: Bride	Say Yes: Bride	Say Yes: Bride	Say Yes: Bride	Say Yes: Bride	Say Yes: Bride	Say Yes: Bride	Say Yes: Bride	The Little Couple "Finally a Family" ▭		The Little Couple "Welcome Home, Will!"		The Little Couple ⍝	The Little Couple ⍝
TSN	400	400	SportsCen-tre	SportsCentre ▭		The Report-ers	NFL Countdown (N) (Live) ▭						NFL Football Detroit Lions at Cleveland Browns. From FirstEnergy Stadium in Cleveland. (N) (Live) ▭					
YOUTH	551	542	Pet Shop	T.U.F.F.	Sponge.	Sponge.	Parents	Monsters	Turtles	Parents	Sam & Cat	Hathaways	Mr. Young	(:45) "The Dog Who Saved Halloween" (2011)				Dragon

SUNDAY EVENING — OCTOBER 13, 2013

	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	-	-	NFL Post-game (N)	NFL Post-game	Bull Riding		Channel 3 News	Evening News	60 Minutes (N) ⍝ ▭		The Amazing Race "King Arthur Style"		The Good Wife "A Precious Commodity"		The Mentalist "Wedding in Red" (N) ⍝		Channel 3 News	Entertainment Tonight (N) ⍝ ▭	
WPTZ 5	-	-	Action Sports From San Francisco. (N) ⍝ ▭				News	Nightly News	Football Night in America (N) ⍝ (Live) ▭		(:20) NFL Football Washington Redskins at Dallas Cowboys. (N) ⍝ (Live) ▭							Newschan-nel 5	★★★ "Holes"
CBMT 6	206	301	Little Mosque	Mr. D ⍝	★★ "Bedtime Stories" (2008, Comedy) Adam Sandler, Keri Russell. ⍝ ▭				Heartland "Living the Moment" (N) ⍝		Battle of the Blades International beat. (N)		Dragons' Den ⍝ ▭		The National (N) ⍝ ▭		CBC News	the fifth estate The clothing industry. ⍝	
CHLT 7	107	718	(:01) ★★ "Flicka" (2006, Drame) Alison Lohman, Tim McGraw, Maria Bello. (DVS) (SC)				TVA nou-velles (N)	Les gags (N) (SC)	Vlog Adib Alkhalidey.	Le banquier Sylvain Poissant (baseball).		(:29) On connaît la chanson (N) (SC)		Bloopers TVA XXVI	(9:59) TVA nouvelles		(:29) ★★★ "Year of the Dog" (2007, Com. dramatique) Molly Shannon, Laura Dern. (SC)		
WMTW 8	-	-	Extreme Weight Loss "Ryan" A 410-pound man tries to lose weight. ⍝ ▭				WMTW News 8	World News	America's Funniest Home Videos ▭		Once Upon a Time (N) ⍝ ▭		Revenge "Confession" (N) ⍝ ▭		(:01) Betrayal "If You Want the Fruit ..." (N)		WMTW News 8	CSI: Miami "10-7" ⍝ ▭	
CKSH 9	108	-	"Marques"	Mr. Bean (SC)	Un air de famille (SC)		Le Télé-journal (N)	Découverte (N) (SC)		Dieu-Laflaque	Tout le monde en parle (N) (SC)				Le Télé-journal (N)	Nouvelles	Pour soir seulement	(:25) ★★★ "Le Locataire" (1976) (SC)	
CKMI 11	-	-	(3:30) ★ "The Bounty Hunter" (2010) Jennifer Aniston, Gerard Butler. ▭				Evening News (N)	Global National	Border Security	We Are Men (N)	Bob's Burgers	The Simp-sons ⍝	Family Guy ▭	American Dad ▭	The Good Wife "A Precious Commodity"		News Final	The West Block	Focus Montreal
CFCF 12	205	312	SportsCentre (N) ⍝ (Live) ▭		W5 ⍝ ▭ (DVS)		CTV News (N) ⍝ ▭		Once Upon a Time (N) ⍝ ▭		The Amazing Race "King Arthur Style"		Castle "Number One Fan" (N) ⍝ ▭		The Mentalist "Wedding in Red" (N) ⍝		News-Rinaldo	CTV News (N) ▭	The Mentalist ⍝
WVNY 22	-	-	Extreme Weight Loss "Ryan" A 410-pound man tries to lose weight. ⍝ ▭				World News	ABC 22 News (N)	America's Funniest Home Videos ▭		Once Upon a Time (N) ⍝ ▭		Revenge "Confession" (N) ⍝ ▭		(:01) Betrayal "If You Want the Fruit ..." (N)		Local News	Private Practice ⍝ ▭	
WUTV 30	-	-	To Be An-nounced	(:25) NFL Football New Orleans Saints at New England Patriots. From Gillette Stadium in Foxboro, Mass. (N) ⍝ (Live) ▭					The OT (N) ▭		MLB Baseball American League Championship Series, Game 2: Teams TBA. (Time tentative). (N) ⍝ (Live) ▭						Ring of Honor Wres-tling ▭		Seinfeld ⍝ ▭
CFKS 31	106	726	(3:00) ★★ "Tout pour la danse" (2008)		★ "Où sont passés les Morgan?" (2009, Comédie) Hugh Grant, Sarah Jessica Parker.				Rire et délire		(:45) "Rouge Brésil" (2013) Stellan Skarsgard, Théo Frilet. Colombe et Just s'embarquent pour le Brésil. (SC)				Le Dream-team	Flashpoint Un étudiant veut se suicider.		L'instant gagnant	
WUHF	-	363	NFL Football	(:25) NFL Football New Orleans Saints at New England Patriots. From Gillette Stadium in Foxboro, Mass. (N) ⍝ (Live) ▭					The OT (N) ▭		MLB Baseball American League Championship Series, Game 2: Teams TBA. (Time tentative). (N) ⍝ (Live) ▭						Fox First at Ten (N)	The Arsenio Hall Show ⍝ ▭	
WETK	-	-	Genealogy Roadshow "San Francisco" (N)		Start Up ⍝ ▭	NewsHour Wk	Inspector Morse "Deadly Slumber"		Midsomer Murders "A Worm in the Bud"		Last Tango in Halifax (Series Finale) (N) ⍝		Masterpiece Classic "The Paradise" (N)		Masterpiece Classic "Downton Abbey" Matthew and others go off to war. ⍝ ▭				Secrets of the Dead
WCFE	-	-	NHK Pro-gramming	European Journal	RT News (N) (El)	Journal (N) ▭	News-week-Asia	Afghan Report	France 24 News (N) (El)		RT News (N) ▭	Newsline (N) ▭	Detective Montalbano "A Voice in the Night" Theft at a crime family's supermarket.				Taiwan Outlook ▭		Montal-bano
A&E	615	520	Beyond Scared Straight ▭		Beyond Scared Straight ▭		Beyond Scared Straight ▭		Duck Dynasty	Duck Dynasty	Duck Dynasty "Aloha, Robertsons!" ▭		Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	(:01) Mod-ern Dads	(:31) Mod-ern Dads	Duck Dynasty
BRAVO	620	523	(:15) ★★★ "Back to the Future Part II" (1989, Comedy) Michael J. Fox, Christopher Lloyd. ⍝ ▭						★★★ "Back to the Future Part III" (1990, Comedy) Michael J. Fox, Christopher Lloyd. ⍝ ▭				★★ "Morning Glory" (2010) Rachel McAdams, Harrison Ford. Premiere. ⍝ ▭				(:15) ★★ "It's Complicated" (2009) Meryl Streep. ⍝ (DVS)		
CNN	500	500	CNN Newsroom (N)		CNN Newsroom (N)		CNN Newsroom (N)		CNN Newsroom (N)		Anthony Bourd.		Anthony Bourd.		To Be Announced		Anthony Bourd.		Anthony
DISC	520	505	FantomWorks ▭		Mighty Planes "Omega" ▭		Cash Cab	Cash Cab	Daily Planet Daily science show.		Man, Cheetah, Wild Filmmaker earns trust of cheetah family. (N) ⍝ ▭				Naked and Afraid "Bares All" (N) ▭		Man, Cheetah, Wild Filmmaker earns trust of cheetah family. ⍝		
HIST	522	506	Restora-tion	Restora-tion	Restora-tion	Restora-tion	Restoration Garage "Knuckle Busters" ⍝		Restoration Garage "Going South" ⍝		Restoration Garage ⍝ ▭ (DVS)		Restora-tion	Restora-tion	Restora-tion	Restora-tion	Restora-tion	Restora-tion	Restora-tion
RDI	126	730	(3:00) RDI en direct	Journal France 2	Le Télé-journal	La facture (SC)	Enquête (SC)		RDI en direct (SC)	RDI en direct (SC)	Apres tout, c'est vendredi! (SC)		Le Télé-journal	Les Coulisses du pouvoir (SC)		Second Regard	Le Télé-journal	L'épicerie (SC)	Le Télé-journal
SHOW	616	521	★★★ "The Blind Side" (2009) Sandra Bullock, Tim McGraw. A well-to-do white couple adopts a homeless black teen. ⍝ ▭						Rookie Blue "Skeletons" ▭ (DVS)		Beauty and the Beast Vincent kidnaps Cat.		Copper Corcoran hits a dead end. (N) ⍝		Rizzoli & Isles "Crazy for You" (N)		★★ "27 Dresses" (2008) Katherine Heigl. ⍝ ▭		
SLICE	601	562	★★ "Miss Congeniality" (2000) Sandra Bullock. A clumsy FBI agent goes under cover at a beauty pageant.						★★ "Miss Congeniality 2: Armed and Fabulous" (2005, Comedy) Sandra Bullock, Regina King. ⍝ ▭				★★ "Hall Pass" (2011) Owen Wilson. Two married men get one week to do whatever they please. ⍝ ▭				Money Moron ⍝		★★ "Hall Pass" ⍝
SPIKE	628	584	Bar Rescue "Tears for Beers" ⍝		Bar Rescue "Rock 'N Roaches" ⍝		Bar Rescue ⍝		Bar Rescue "Meat Sauna" ⍝		Bar Rescue ⍝		Bar Rescue A death-metal concert bar. ⍝		Bar Rescue "Jon of the Dead" (N) ⍝		Tattoo Rescue (N) ⍝		Bar Rescue ⍝
TLC	521	560	The Little Couple ⍝	The Little Couple ⍝	The Little Couple ⍝	The Little Couple ⍝	The Little Couple ⍝	The Little Couple ⍝	The Little Couple ⍝	The Little Couple ⍝	Long Island Medium ⍝ ▭		Island Medium	Island Medium	Alaskan Women Look-ing for Love (N)		Island Medium	Island Medium	Alaskan Women
TSN	400	400	World Series of Poker ▭		World Series of Poker ▭		SportsCentre (N) (Live) ▭		Football Night in America (N) ▭		(:15) NFL Football Washington Redskins at Dallas Cowboys. (N) (Live) ▭						SportsCentre (N) (Live) ▭		
YOUTH	551	542	(3:45) ★★★ "How to Train Your Dragon" ⍝				★★ "The Addams Family" (1991) Anjelica Huston. ⍝				Zoink'd!		Splatalot	Baby	Boys	Mr. Young	Boys	Splatalot	Addams

Your week on TV

MONDAY EVENING — OCTOBER 14, 2013

	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)	How I Met Your Mother	We Are Men (N) CC	2 Broke Girls (N) CC	Mom (N) CC	Hostages Brian and Ellen form a plan to escape. (N) CC		Channel 3 News	(:35) Late Show With David Letterman (N) CC	
WPTZ 5	-	-	Newschannel 5 at 6PM (N)	NBC Nightly News (N) CC	Jeopardy! (N) CC	Wheel of Fortune (N) CC	The Voice "The Battles Premiere" The battle rounds begin. (N) CC				(:01) The Blacklist Red and Ressler work together. (N)		Newschannel 5 Nightcast	(:34) The Tonight Show With Jay Leno CC	
CBMT 6	206	301	CBC News: Montreal (N)	Rick Mercer Report	Stroumboulopoulos	Coronation Street (N) CC	Murdoch Mysteries (N) CC (DVS)		Cracked "The Valley" An odd murder scene. (N) CC		The National (N) CC		CBC News: Montreal	Stroumboulopoulos	22 Minutes CC
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	Faites-moi confiance (N)	Occupation double	Yamaska (N) (SC)		Toute la vérité (N) (SC)		TVA nouvelles (N)	(:35) Denis Lévesque (N) (SC)		(:35) Signé M "Le calmar"	(12:05) "Rédemption"
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) CC	Jeopardy! (N) CC	Dancing With the Stars (N) CC (Live)				(:01) Castle Castle deals with a hostage situation. (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N) CC	
CKSH 9	108	-	Le Téléjournal/Estrie	TJ-Grand Mtl	30 vies (N) (SC)	Les Parent (N)	L'Auberge du chien noir "Question de respect" (N)		La Galère (N) (DVS) (SC)		Le Téléjournal (N) (SC)	(:37) Alors on jase! (SC)			L'union fait la force (SC)
CKMI 11	-	-	Evening News (N)	Global National (N) CC	ET Canada	Entertainment Tonight (N)	Bones The murder of a high school principal. (N) CC (PA)		Sleepy Hollow "John Doe" An unidentified boy is found.		(:01) The Blacklist Red and Ressler work together. (N)		News Final (N) CC	ET Canada	The Test CC
CFCF 12	205	312	CTV News (N) CC		Best of Fall	The Big Bang Theory	The Voice "The Battles Premiere" The battle rounds begin. (N) CC				Hostages Brian and Ellen form a plan to escape. (N) CC		News-Lisa	CTV News (N) CC	Daily Show/ Jon Stewart
WVNY 22	-	-	ABC 22 News (N)	ABC World News	ABC 22 News (N)	Inside Edition (N) CC	Dancing With the Stars (N) CC (Live)				(:01) Castle Castle deals with a hostage situation. (N) CC		ABC 22 News (N)	(:35) Jimmy Kimmel Live (N) CC	
WUTV 30	-	-	The Big Bang Theory	Judge Judy CC	Judge Judy (N) CC	Two and a Half Men CC	Bones The murder of a high school principal. (N) CC (PA)		Sleepy Hollow "John Doe" An unidentified boy is found.		2 on Your Side at 10 (N)	Two and a Half Men CC	The Simpsons CC	Community CC	The Middle CC
CFKS 31	106	726	Tic tac show (N)	Souper parfait	Brassard en direct	Les détestables (N)	Allume-moi! (N)		Le mentaliste "Un saut dans le passé" (N)		Taxi payant (SC)	Brassard en direct	Duo (SC)	L'instant gagnant	
WUHF	-	363	Modern Family CC	Modern Family CC	The Big Bang Theory CC	The Big Bang Theory CC	Bones The murder of a high school principal. (N) CC (PA)		Sleepy Hollow "John Doe" An unidentified boy is found.		Fox First at Ten (N) CC	(:45) Sports Extra	The Arsenio Hall Show CC		Seinfeld "The Mango" CC
WETK	-	-	PBS NewsHour (N) CC		The This Old House Hour (N) CC		Antiques Roadshow Duncan Phyfe dressing table. CC		Genealogy Roadshow Black family's land ownership. (N)		Death in Paradise Richard Poole investigates a murder.		Nightly Business Report	Charlie Rose (N) CC	
WCFE	-	-	RTE News: Six One (N)	South Asia Newsline (N)	The Debate (N) (EI) CC		RT News (N) (EI) CC	Newsline (N) CC (EI) CC	The Half Brother (Subtitled-English)		The Half Brother (Subtitled-English)		Biz Asia America (N) CC		The Half Brother
A&E	615	520	The First 48 The murder of Darrell Harrell. CC		Beyond Scared Straight Two defiant teen sisters enter jail.		Beyond Scared Straight "Floyd County, Ga." CC		Beyond Scared Straight CC		Beyond Scared Straight CC		(:01) Beyond Scared Straight "Lake County, Fla." CC		Beyond Scared
BRAVO	620	523	(4:30) ★★ "It's Complicated" (2009) Meryl Streep.		★★ "Morning Glory" (2010) Rachel McAdams. A producer tries to revitalize a struggling morning-news program. CC				★★★ "Source Code" (2011) Jake Gyllenhaal. Premiere. A pilot experiences the last few minutes of a man's life. CC				★★★ "Steel Magnolias" (1989, Comedy-Drama) Sally Field, Dolly Parton. CC CC		
CNN	500	500	Situation Rm	(:28) Crossfire	Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Piers Morgan Live (N) (Live)		AC 360 Later (N)		Erin Burnett OutFront		Piers Morgan
DISC	520	505	Airplane Repo Mike braves gators in Florida. CC		Airplane Repo Looking for a Piper Super Cub. CC		Airplane Repo Mike snatches a plane in broad daylight. (N)		Amish Mafia: The Devil's Cut "Brother's Keeper" (N) CC		Amish Mafia Levi makes a life altering decision. (N) CC		Airplane Repo Mike snatches a plane in broad daylight.		Amish Mafia: Devil's Cut
HIST	522	506	Pawn Stars CC CC	Pawn Stars CC CC	Swampsgiving A look at Thanksgiving in the swamp.		Pawn Stars "Comic Con"	Pawn Stars CC CC	Pawn Stars CC CC	Pawn Stars CC CC	Pawn Stars CC CC	Pawn Stars "I Herd That"	Pawn Stars CC CC	Pawn Stars CC CC	Pawn Stars CC CC
RDI	126	730	Le National (SC)	RDI économie (SC)	Grands reportages "Pinel" (SC)		24/60 "Spéciale Pinel" Discussion sur la santé mentale.		Le Téléjournal (SC)		La Commission Charbonneau (SC)		Le National	RDI économie (SC)	Grands reportages "Pinel"
SHOW	616	521	(4:30) ★★ "Iron Man 2" (2010) Robert Downey Jr. CC		Lost Girl Bo confronts a very powerful Fae. CC CC		"Hannah's Law" (2012, Western) Sara Canning. A bounty hunter tracks the outlaw who murdered her family. CC CC				★★ "Iron Man 2" (2010) Robert Downey Jr., Gwyneth Paltrow. The superhero must forge new alliances and confront a powerful enemy. CC CC				
SLICE	601	562	Extreme Collectors CC	Extreme Collectors CC	Extreme Collectors CC	Extreme Collectors CC	Extreme Collectors CC	Extreme Collectors CC	Extreme Collectors CC	Extreme Collectors CC	Lost and Sold (N) CC CC	Lost and Sold (N) CC CC	Money Moron CC CC	Money Moron CC CC	"Ice Age: The Meltdown"
SPIKE	628	584	Cops CC CC	1,000 Ways to Die	1,000 Ways to Die	1,000 Ways to Die	★★★ "The Rundown" (2003, Adventure) The Rock, Seann William Scott. A bounty hunter must find his boss' son in the Amazon. CC					Deadliest Warrior Two battlefield daredevils.		Deadliest Warrior Dramatic preview of World War 3.	
TLC	521	560	Long Island Medium CC	Long Island Medium CC	My 600-Lb. Life Love motivates Donald's journey. CC		My 600-Lb. Life Ashley's journey and her goal. CC		My 600-Lb. Life Melissa's weight-loss journey. CC		My 600-Lb. Life Melissa struggles with her weight.		My 600-Lb. Life Melissa's weight-loss journey. CC		My 600-Lb. Life CC
TSN	400	400	(4:30) CFL Football Toronto Argonauts at Hamilton Tiger-Cats. (N Subject to Blackout)			NFL Monday Night Countdown (N) (Live) CC		NFL Football Indianapolis Colts at San Diego Chargers. (N) (Live) CC						SportsCentre (N) (Live) CC	
YOUTH	551	542	Sam & Cat	Sam & Cat	Hathaways	Big Time	Wipeout (N) CC CC		Wendell	Charlie Brown	The Middle	Mr. Young CC	Boys	Splatalot CC	Wipeout CC

TUESDAY EVENING — OCTOBER 15, 2013

	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 Gibbs and McGee travel to Afghanistan. (N) CC		NCIS: Los Angeles The team winds up in danger. (N) CC		Person of Interest "Reasonable Doubt" (N) CC CC		Channel 3 News	(:35) Late Show With David Letterman (N) CC CC	
WPTZ 5	-	-	Newschannel 5 at 6PM (N)	NBC Nightly News (N) CC	Jeopardy! (N) CC CC	Wheel of Fortune (N) CC	The Biggest Loser (Season Premiere) (N) CC CC		The Voice The battle rounds continue. (N) CC CC		(:01) Chicago Fire "A Nuisance Call" (N) CC (DVS)		Newschannel 5 Nightcast	(:34) The Tonight Show With Jay Leno CC CC	
CBMT 6	206	301	CBC News: Montreal (N)	Rick Mercer Report CC	Stroumboulopoulos	Coronation Street (N) CC	Rick Mercer Report (N) CC	22 Minutes (N) CC CC	Crossing Lines "Pilot" (N) CC (Part 2 of 2) CC		The National (N) CC CC		CBC News: Montreal	Stroumboulopoulos	22 Minutes CC CC
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	Faites-moi confiance (N)	Un sur 2 (N) (SC)	Destinées "Fais-le pour moi" (N) (SC)		O' "Un seul choix possible" (N) (SC)		TVA nouvelles (N)	(:35) Denis Lévesque (SC)		(:35) Signé M "Le calmar"	"Le Visage de la peur"
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) CC	Jeopardy! (N) CC CC	Marvel's Agents of S.H.I.E.L.D. "Eye Spy" (N)		(:01) The Goldbergs (N)	(:31) Trophy Wife (N) CC	Scandal Olivia's relationship with her father. CC CC		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N) CC CC	
CKSH 9	108	-	Le Téléjournal/Estrie	TJ-Grand Mtl	30 vies (N) (SC)	La facture (N) (SC)	Unité 9 (N) (DVS) (SC)		Mémoires vives Claire réalise qu'elle s'attache à Christian.		Le Téléjournal (N) (SC)	Nouvelles-sport	(:05) Alors on jase! (SC)		
CKMI 11	-	-	(5:59) Evening News (N)	Global National (N) CC	ET Canada	Entertainment Tonight (N)	NCIS Gibbs and McGee travel to Afghanistan. (N) CC		NCIS: Los Angeles The team winds up in danger. (N) CC		(:01) Chicago Fire "A Nuisance Call" (N) CC (DVS)		News Final (N) CC	ET Canada	The Test CC CC
CFCF 12	205	312	CTV News (N) CC CC		etalk (N) CC CC	The Big Bang Theory CC	Marvel's Agents of S.H.I.E.L.D. "Eye Spy" (N)		(:01) The Goldbergs (N)	(:31) Trophy Wife (N) CC	Person of Interest "Reasonable Doubt" (N) CC CC		News-Lisa	CTV News (N) CC CC	Daily Show/ Jon Stewart
WVNY 22	-	-	ABC 22 News (N)	ABC World News	ABC 22 News (N)	Inside Edition (N) CC CC	Marvel's Agents of S.H.I.E.L.D. "Eye Spy" (N)		(:01) The Goldbergs (N)	(:31) Trophy Wife (N) CC	Scandal Olivia's relationship with her father. CC CC		ABC 22 News (N)	(:35) Jimmy Kimmel Live (N) CC CC	
WUTV 30	-	-	MLB Baseball	Judge Judy CC CC	Judge Judy (N) CC CC	Two and a Half Men CC	Dads "Oldfinger" (N) CC	Brooklyn Nine-Nine (N)	New Girl "The Box" CC	The Mindy Project (N) CC	2 on Your Side at 10 (N)	Two and a Half Men CC	The Simpsons CC	Community CC CC	The Middle "The Clover"
CFKS 31	106	726	Tic tac show (N)	Souper parfait	Brassard en direct	Taxi payant (N)	CSI: Miami Un prêtre est assassiné dans son église.		Révolution "L'attaque du train" (N)		Taxi payant (SC)	Brassard en direct	Duo (SC)	L'instant gagnant	
WUHF	-	363	MLB Baseball	Modern Family CC CC	The Big Bang Theory CC	The Big Bang Theory CC	Dads "Oldfinger" (N) CC	Brooklyn Nine-Nine (N)	New Girl "The Box" CC	The Mindy Project (N) CC	Fox First at Ten (N) CC	(:45) Sports Extra CC	The Arsenio Hall Show CC CC		Seinfeld "The Glasses" CC
WETK	-	-	PBS NewsHour (N) CC CC		Windows to the Wild	VPT's Outdoor Journal	Superheroes: A Never-Ending Battle (Series Premiere) "Adventures of Superman." (N) CC CC						Nightly Business Report	Charlie Rose (N) CC CC	
WCFE	-	-	RTE News: Six One (N)	South Asia Newsline (N)	The Debate (N) (EI) CC		RT News (N) (EI) CC	Newsline (N) CC (EI) CC	Antigone 34 (Subtitled-English)		Antigone 34 (Subtitled-English)		Biz Asia America (N) CC		Antigone 34
A&E	615	520	Storage Wars CC	Storage Wars CC	Storage Wars CC	Storage Wars CC	Storage Wars CC	Storage Wars CC	Storage Wars CC	Storage Wars CC	Storage Wars CC	Storage Wars CC	(:01) Storage Wars CC	(:31) Storage Wars CC	(12:01) Storage Wars
BRAVO	620	523	The Listener "Missing" Missing persons case. CC		Flashpoint A hostage situation at a bank. CC (DVS)		Blue Bloods "Friendly Fire" Danny shoots a cop. CC		★★ "Baby for Sale" (2004, Drama) Dana Delany, Hart Bochner. A couple helps bust a baby broker. CC CC				The Listener "Missing" Missing persons case. CC		Criminal Minds CC
CNN	500	500	Situation Rm	(:28) Crossfire	Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Piers Morgan Live (N) (Live)		AC 360 Later (N)		Erin Burnett OutFront		Piers Morgan
DISC	520	505	Mighty Ships "MV Fairplayer" CC		Daily Planet Daily science show. (N) CC (DVS)		Gold Fever "Eureka!" Gold is discovered in California. (N) (Part 1 of 2)				Highway Thru Hell "Crazy Horse" (N) CC (DVS)		How It's Made CC	How It's Made CC	Gold Rush (N) CC CC
HIST	522	506	Canadian Pickers "Bad to the Bone" CC CC		Restoration Garage "Knuckle Busters" CC (DVS)		Counting Cars CC	Counting Cars CC	Pawn Stars (N) CC CC	Pawn Stars (N) CC CC	Mountain Men Rich's cougar hunt takes a dark turn. (N)		Restoration Garage "Knuckle Busters" CC (DVS)		Pawn Stars CC CC
RDI	126	730	Le National (SC)	RDI économie (SC)	24/60 (SC)		Grands reportages (SC)		Le Téléjournal (SC)		La Commission Charbonneau (SC)		Le National	RDI économie (SC)	24/60 (SC)
SHOW	616	521	NCIS Gibbs second-guesses himself. CC CC		Lost Girl The Ash takes action against a threat. CC		"A Lover's Revenge" (2005) Alexandra Paul, William Moses. A man plots against a radio psychologist. CC CC				King & Maxwell "Job Security" Sean gets information.		NCIS A murderous psychopath taunts the team. CC		NCIS: Los Angeles CC
SLICE	601	562	Lost and Sold CC CC	Lost and Sold CC CC	Friends CC CC (DVS)	Friends CC CC (DVS)	Ex-Wives of Rock CC	Ex-Wives of Rock CC	Princesses: Long Island Chanel's sister gets married.		The Real Housewives of New Jersey (N) CC CC		Ex-Wives of Rock CC	Ex-Wives of Rock CC	Friends CC CC (DVS)
SPIKE	628	584	Bar Rescue A blue collar bar that is beyond repair. CC		Bar Rescue A bar owner tries to pick up Nicole. CC		Bar Rescue A bar run by two burned-out rockers. CC		Criss Angel BeLIEve Escaping a cement grave. CC		Criss Angel BeLIEve "Blind" (N) CC		Bar Rescue A death-metal concert bar. CC		Criss Angel BeLIEve CC
TLC	521	560	The Little Couple CC	The Little Couple CC	The Little Couple CC	The Little Couple CC	The Little Couple CC	The Little Couple CC	19 Kids and Counting (N)	19 Kids and Counting (N)	The Little Couple Bill and Jen prepare to go to India.		19 Kids and Counting CC	19 Kids and Counting CC	The Little Couple CC
TSN	400	400	(4:00) PGA Tour Golf Grand Slam of Golf, Day 1. (N)		SportsCentre (N) CC	That's Hockey! (N)	NHL Hockey San Jose Sharks at St. Louis Blues. From Scottrade Center in St. Louis. (N) (Live) CC					SportsCentre (N) (Live) CC			That's Hcky
YOUTH	551	542	Hathaways	Victorious	iCarly CC	iCarly CC	Wipeout (N) CC CC		Funniest Home Videos		The Middle	Mr. Young CC	Boys	Splatalot CC	Wipeout CC

Your week on TV

WEDNESDAY EVENING — OCTOBER 16, 2013

	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)	Survivor "The Dead Can Still Talk" (N)		Criminal Minds The team meets the new section chief.		CSI: Crime Scene Investigation "Last Supper" (N)		Channel 3 News	(:35) Late Show With David Letterman (N)	
WPTZ 5	-	-	Newschannel 5 at 6PM (N)	NBC Nightly News (N)	Jeopardy! (N)	Wheel of Fortune (N)	Revolution "Patriot Games" Neville manipulates patriots.		Law & Order: Special Victims Unit (N)		Ironside "Action" The robbery of a poker game. (N)		Newschannel 5 Nightcast	(:34) The Tonight Show With Jay Leno	
CBMT 6	206	301	CBC News: Montreal (N)	Rick Mercer Report	Stroumboulopoulos	Coronation Street (N)	Dragons' Den The Dragons get flushed. (N)		Republic of Doyle "Firecracker" A mysterious girl.		The National (N)		CBC News: Montreal	Stroumboulopoulos	22 Minutes
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	La poule aux oeufs d'or (N)	LOL :-) (N) (SC)	Occupation double en Espagne (N) (SC)		Le Gentleman (N) (SC)		TVA nouvelles (N)	(:35) Denis Lévesque (N) (SC)		(:35) Signé M "Le calmar"	"Les Fils de l'Homme"
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	Toy Story OF TERROR! (N)	Back in the Game (N)	Modern Family (N)	(:31) Super Fun Night (N)	Nashville Rayna cancels the tour; Teddy proposes. (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N)	
CKSH 9	108	-	Le Téléjournal/Estrie	TJ-Grand Mtl	30 vies (N) (SC)	L'épicerie (N) (SC)	Les enfants de la télé (N) (SC)		Les pêcheurs (N)	La vie parfaite (N)	Le Téléjournal (N) (SC)	Nouvelles-sport	(:05) Alors on jase! (SC)		
CKMI 11	-	-	(5:59) Evening News (N)	Global National (N)	ET Canada	Entertainment Tonight (N)	Survivor "The Dead Can Still Talk" (N)		Elementary Terminal patients are murdered.		Ironside "Action" The robbery of a poker game. (N)		News Final (N)	ET Canada	The Test
CFCF 12	205	312	CTV News (N)		The Tomorrow People "In Too Deep" (N)		Arrow "Identity" Laurel plans to catch the Arrow. (N)		Criminal Minds The team meets the new section chief.		CSI: Crime Scene Investigation "Last Supper" (N)		News-Lisa	CTV News (N)	Daily Show/ Jon Stewart
WVNY 22	-	-	ABC 22 News (N)	ABC World News	ABC 22 News (N)	Inside Edition (N)	Toy Story OF TERROR! (N)	Back in the Game (N)	Modern Family (N)	(:31) Super Fun Night (N)	Nashville Rayna cancels the tour; Teddy proposes. (N)		ABC 22 News (N)	(:35) Jimmy Kimmel Live (N)	
WUTV 30	-	-	The Big Bang Theory	Judge Judy	Judge Judy (N)	MLB Baseball American League Championship Series, Game 4: Teams TBA. (Time tentative). (N) (Live)						To Be Announced	The Simpsons	Community "History 101"	The Middle "The Telling"
CFKS 31	106	726	Tic tac show (N)	Souper parfait	Brassard en direct	Apollo dans l'frigo (N)	CSI: NY Une enquête non résolue vient d'être rouverte.		Personne d'intérêt "Le scoop" (N)		Taxi payant (SC)	Brassard en direct	Duo (SC)	L'instant gagnant	
WUHF	-	363	Modern Family "Benched"	Modern Family	The Big Bang Theory	MLB Baseball American League Championship Series, Game 4: Teams TBA. (Time tentative). (N) (Live)						Fox First at Ten (N)	The Arsenio Hall Show		Seinfeld "The Puffy Shirt"
WETK	-	-	PBS NewsHour (N)		Globe Trekker San Telmo, Buenos Aires; street fair.		Nature Saving a stranded orphan otter. (DVS)		NOVA Making humans and machines faster. (N)		Raw to Ready Komatsu 930-E, two-story dump truck.		Nightly Business Report	Charlie Rose (N)	
WCFE	-	-	RTE News: Six One (N)	South Asia Newsline (N)	The Debate (N) (EI)		RT News (N) (EI)	Newsline (N) (EI)	Crime Stories (N Subtitled-English) (Part 5 of 6)		Crime Stories (N Subtitled-English) (Part 6 of 6)		Biz Asia America (N)		Crime Stories (Part 5 of 6)
A&E	615	520	The First 48 A woman is stabbed in her bedroom.		Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty	Duck Dynasty "Jerky Boys"	Duck Dynasty "Going Si-ral"	(:31) Bad Ink	(:01) Bad Ink	(:31) Bad Ink	(12:01) Duck Dynasty
BRAVO	620	523	The Listener Convicted embezzler dies. (DVS)		Flashpoint Teen gang members seek revenge.		Blue Bloods Jamie starts working with a new partner.		Played "Girls" Maria confronts her past.		Boss "Reflex" Kane's crew flex their muscles. (N)		(:15) The Listener Convicted embezzler dies.		(12:15) Criminal Minds
CNN	500	500	Situation Rm	(:28) Crossfire	Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Piers Morgan Live (N) (Live)		AC 360 Later (N)		Erin Burnett OutFront		Piers Morgan
DISC	520	505	Mighty Planes "Omega"		Daily Planet Daily science show. (N) (DVS)		Moonshiners Still hand disappears; toxic mold.		High Tech Rednecks "Party Barge Build" (N)		Tickle (N)	Auction Kings	Highway Thru Hell "Crazy Horse" (DVS)		Moonshiners
HIST	522	506	Mountain Men Rich's cougar hunt takes a dark turn.		Pawn Stars	Pawn Stars	American Restoration	American Restoration	Ice Road Truckers Art locks horns with Hugh and Vlad.		White Lightning	Pawn Stars	Yukon Gold Ken needs fuel when winter comes early.		Pawn Stars
RDI	126	730	TJ-Grand Mtl	RDI économie (SC)	24/60 (SC)		Grands reportages "Famine et abondance" (SC)		Le Téléjournal (SC)		La Commission Charbonneau (SC)		Le National	RDI économie (SC)	24/60 (SC)
SHOW	616	521	NCIS "Dagger" Criminal targets government secrets.		Lost Girl Trick reveals his secret to Bo.		★★★ "I'll Be Seeing You" (2004) Alison Eastwood, Iris Quinn. A woman must expose a vicious killer.				Covert Affairs Joan makes a decision. (N)		NCIS "Cloak" The team must play a dangerous war game.		NCIS: Los Angeles
SLICE	601	562	Ex-Wives of Rock	Ex-Wives of Rock	Friends	Friends	Princess "Ashley"	Princess "Jennifer T."	I'm Having Their Baby "Megan; Renee" (N)		My Big Fat Revenge (N)		Princess "Ashley"	Princess "Jennifer T."	Friends
SPIKE	628	584	(5:00) ★★ "Man on Fire" (2004) Denzel Washington. A bodyguard takes revenge on a girl's kidnappers.				★★★ "Remember the Titans" (2000, Drama) Denzel Washington, Will Patton. A black man coaches high-school football after integration.					Deadliest Warrior Conqueror against annihilator.		Deadliest Warrior "William Wallace vs. Shaka Zulu"	
TLC	521	560	Toddlers & Tiaras Bailey, Riley and Kelsie compete.		Toddlers & Tiaras Devin gets painted as a cheetah.		Toddlers & Tiaras "History of America Pageant" (N)		Cheer Perfection "The U.S. Finals" Tragedy strikes. (N)		Best Funeral Ever Golden Gate Funeral Home; themes.		Toddlers & Tiaras "History of America Pageant"		Cheer Perfection
TSN	400	400	(4:00) PGA Tour Golf Grand Slam of Golf, Day 2. (N) (Live)				World Series of Poker The world's best poker players compete in Las Vegas.			SportsCentre (N)	NHL Hockey Calgary Flames at Anaheim Ducks. From the Honda Center in Anaheim, Calif. (N) (Live)				
YOUTH	551	542	Sam & Cat	Victorious	iCarly	iCarly	Wipeout (N)		Funniest Home Videos		The Middle	Mr. Young	Boys	Splatalot	Wipeout

THURSDAY EVENING — OCTOBER 17, 2013

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News/Pelley	Entertainment Tonight (N)	The Big Bang Theory (N)	(:31) The Millers (N)	(:01) The Crazy Ones	(:31) Two and a Half Men	(:01) Elementary The duo hunt for the killer of a CEO.		Channel 3 News	(:35) Late Show With David Letterman (N)	
WPTZ 5	-	-	Newschannel 5 at 6PM (N)	NBC Nightly News (N)	Jeopardy! (N)	Wheel of Fortune (N)	Parks and Recreation	Welcome to the Family (N)	Sean Saves the World (N)	The Michael J. Fox Show	Parenthood Kristina's campaign challenges Adam. (N)		Newschannel 5 Nightcast	(:34) The Tonight Show With Jay Leno	
CBMT 6	206	301	CBC News: Montreal (N)	Rick Mercer Report	Stroumboulopoulos	Coronation Street (N)	The Nature of Things Popular health claims. (N)		Doc Zone Julie Bouvier's attacker is released. (N)		The National (N)		CBC News: Montreal	Stroumboulopoulos	22 Minutes
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	Une minute pour gagner (SC)		Occupation double en Espagne (N) (SC)		Accès illimité (N) (SC)		TVA nouvelles (N)	(:35) Denis Lévesque (N) (SC)		(:35) Signé M "Le calmar"	(12:05) ★★ "Sois cool"
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	Once Upon a Time in Wonderland "Trust Me" (N)		Grey's Anatomy Meredith returns to work. (N)		Scandal Mellie and Fitz confess their feelings. (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live (N)	
CKSH 9	108	-	Le Téléjournal/Estrie	Sortir	30 vies (N) (SC)	Infoman (N) (SC)	Un air de famille (N) (SC)		Enquête Magazine d'affaires publiques. (N) (SC)		Le Téléjournal (N) (SC)	Nouvelles-sport	(:05) Alors on jase! (SC)		
CKMI 11	-	-	(5:59) Evening News (N)	Global National (N)	ET Canada	Entertainment Tonight (N)	Welcome to the Family (N)	(:31) The Millers (N)	Sean Saves the World (N)	The Michael J. Fox Show	(:01) Elementary The duo hunt for the killer of a CEO.		News Final (N)	ET Canada	The Test
CFCF 12	205	312	CTV News (N)		etalk (N)	The Big Bang Theory	The Big Bang Theory (N)	(:31) Two and a Half Men	Grey's Anatomy Meredith returns to work. (N)		Played "Money" The leader of bank robbers. (N)		News-Lisa	CTV News (N)	Daily Show/ Jon Stewart
WVNY 22	-	-	ABC 22 News (N)	ABC World News	ABC 22 News (N)	Inside Edition (N)	Once Upon a Time in Wonderland "Trust Me" (N)		Grey's Anatomy Meredith returns to work. (N)		Scandal Mellie and Fitz confess their feelings. (N)		ABC 22 News (N)	(:35) Jimmy Kimmel Live (N)	
WUTV 30	-	-	The Big Bang Theory	Judge Judy	Judge Judy (N)	MLB Baseball American League Championship Series, Game 5: Teams TBA. (Time tentative. If necessary: Alternate prime time programming includes "The X Factor."). (N)						To Be Announced	The Simpsons	Community	The Middle
CFKS 31	106	726	Tic tac show (N)	Souper parfait	Brassard en direct	District V (N)	CSI: NY "Fratries" Le frère d'un prodige du basket-ball.		NCIS: Los Angeles "Le projet Sinclair" (N) (DVS)		Taxi payant (SC)	Brassard en direct	Duo (SC)	L'instant gagnant	
WUHF	-	363	Modern Family	Modern Family	The Big Bang Theory	MLB Baseball American League Championship Series, Game 5: Teams TBA. (Time tentative. If necessary: Alternate prime time programming includes "The X Factor."). (N)						The Big Bang Theory	Fox First at Ten (N)	(:45) Sports Extra	The Arsenio Hall Show
WETK	-	-	PBS NewsHour (N)		Cuba's Secret Side "Under the Radar" Life in Cuba.		Headline Vermont Newspapers report happenings.		Last Tango in Halifax (Series Finale) (N)		Miss Fisher's Murder Mysteries "Ruddy Gore"		Nightly Business Report	Charlie Rose (N)	
WCFE	-	-	RTE News: Six One (N)	South Asia Newsline (N)	The Debate (N) (EI)		RT News (N) (EI)	Newsline (N) (EI)	Braquo "Max" Vogel is interviewed by the IGS.		Braquo Rossi's team vow to clear his name.		Biz Asia America (N)		Braquo "Max"
A&E	615	520	The First 48 A mother may have accompanied a shooter.		The First 48 Convenience-store clerk shot to death.		The First 48 Two Dallas men are gunned down.		The First 48 "Brother's Keeper; Fighting Words" (N)		Beyond Scared Straight		(:01) Beyond Scared Straight		(12:01) The First 48
BRAVO	620	523	The Listener Toby disturbs a crime scene. (DVS)		Flashpoint "He Knows His Brother" (DVS)		Blue Bloods Erin reopens a case Frank worked on.		Missing "Deep Cover" Nicole investigate arms-dealer.		White Collar (Season Premiere) (N)		The Listener Toby disturbs a crime scene. (DVS)		Criminal Minds
CNN	500	500	Situation Rm	(:28) Crossfire	Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Piers Morgan Live (N) (Live)		AC 360 Later (N)		Erin Burnett OutFront		Piers Morgan
DISC	520	505	How It's Made	How It's Made	Daily Planet Daily science show. (N) (DVS)		Fast N' Loud Richard flips a '52 Chevy.		Fast N' Loud "Killer COPO Camaro" (N)		Overhaulin' The team overhauls a 1968 Oldsmobile. (N)		How It's Made	How It's Made	Fast N' Loud
HIST	522	506	White Lightning	Pawn Stars	American Restoration	American Restoration	Ice Road Truckers Art locks horns with Hugh and Vlad.		American Pickers "The Million Dollar Mistake" (N)		Ancient Aliens The three pyramids of Giza.		Outlaw Bikers The Halifax Helis Angels.		Pawn Stars
RDI	126	730	Le National (SC)	RDI économie (SC)	24/60 (SC)		Grands reportages "La Liberté" (SC)		Le Téléjournal (SC)		La Commission Charbonneau (SC)		Le National	RDI économie (SC)	24/60 (SC)
SHOW	616	521	NCIS "Caged" Women's prison riot.		Lost Girl Bo and friends enter into battle.		"Doomsday Prophecy" (2011) A.J. Buckley, Jewel Staite. Officials try to counteract geological disturbances.				Royal Pains Hank, Evan and Paige must pull together. (N)		NCIS "Road Kill" Death of a petty officer.		NCIS: Los Angeles
SLICE	601	562	Four Houses Canada "Geoff, Indrani, Will, Jayne"		Friends	Friends	My Teenage Wedding	My Teenage Wedding	My Teenage Wedding	My Teenage Wedding	My Teenage Wedding	My Teenage Wedding	My Teenage Wedding	My Teenage Wedding	Friends
SPIKE	628	584	(3:30) "Man on Fire"	★★★ "Remember the Titans" (2000, Drama) Denzel Washington, Will Patton. A black man coaches high-school football after integration.					iMPACT Wrestling (N)				Rampage Uncaged (N)	Cops "Wild & Crazy"	Criss Angel BeLIEve
TLC	521	560	Toddlers & Tiaras Alexa, Janeyah and Brooke compete.		Dateline: Real Life Mysteries A flight attendant is killed.		Dateline: Real Life Mysteries		Dateline: Real Life Mysteries "Under a Killing Moon" (N)		Dateline: Real Life Mysteries "The Plot Thickens" (N)		Dateline: Real Life Mysteries "Under a Killing Moon"		Dateline: Real Life Myst.
TSN	400	400	SportsCentre (N) (Live)		That's Hockey! (N)	Women's Hockey Canada vs. United States. (N) (Live)					SportsCentre (N) (Live)			That's Hockey 2 Nite (N) (Live)	
YOUTH	551	542	iCarly	Victorious	iCarly	iCarly	Wipeout (N)		Funniest Home Videos		The Middle	Mr. Young	Boys	Splatalot	Wipeout

Good Reads

CONT'D FROM PAGE 9

by Donald Winkler. For fiction: Bone And Bread by Saleema Nawaz; World Of Glass by Jocelyne Dubois; Beach Reading by Lorne Elliott.

For non-fiction: The Book Of Immortality by Adam Leith Gollner; Shelagh Plunkett for The Water Here Is Never Blue (also nominated for First Book); Maximilian Forte for Slouching Towards Sirte: NATO's War on Libya and Africa. First Book: The Barista And I, by Andrew Szymanski; The Girls of Piazza d'Amore by Connie Guzzo-McParland. In Poetry: Conjure by Peter Dubé; Ken Howe for The Civic-Mindedness of Trees; Mia Anderson for The Sunrise Liturgy: A Poem Sequence.

The Giller Prize shortlist was also announced. The finalists are: Dennis Bock for the novel Going Home Again; Lynn Coady for the short story collection Hellgoing; Craig Davidson for the novel Cataract City; Lisa Moore for the novel Caught; Dan Vyleta for the novel The Crooked Maid.

Library News

The PreSchool Reading Program is Tuesday, Oct. 22, from 10:30 to 11:30 a.m. Our Saturday Children's Activity is Oct. 19, from 1:30 to 3:30 p.m.

Our children's fiction is filed by suggested age: A RED dot is for suggested ages 0 to 2; ages 3 to 6, BLUE; ages 6 to 9, YELLOW; ages 9 to 12, ORANGE; a GREEN dot means non-fiction for children; plus there are sections for Young Adult novels and graphic novels.

Books and Brown Bags is Wednesday, Oct. 23 and Nov. 6, noon to 1 p.m. Bring your lunch and a book to talk about.

If you're housebound, we can bring books to you through Books on Wheels. We also have large-print books and audio books, plus an Easy Reads section. Book reviews and reading suggestions are on our blog at bibliolennlibrary.wordpress.com.

The Lennoxville Library is at 101 Queen Street, corner of College. E-mail bibliolen@gmail.com or phone 819-562-4949.

Movie Review

CONT'D FROM PAGE 11

long time.

"Captain Phillips," a Sony Pictures release, is rated PG-13 by the Motion Picture Association of America for "sustained intense sequences of menace, some violence with bloody images, and substance use." Running time: 134 minutes. Three and a half stars out of four.

MPAA definition of PG-13: Parents strongly cautioned. Some material may be inappropriate for children under 13.

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What's On

MUSIC

October 12

DANCE at the **Lennoxville Rifle Club**, 22 Beattie Street, on Saturday, October 12 from 8 p.m. to midnight. Music by the **Drew Family**. Everyone welcome.

October 12

Hut's 13th annual Country Music Awards on Saturday, October 12 at the A.N.A.F Unit 318, 300 St. Francis, Lennoxville. Continuous music from 1:30 p.m. until closing. 1:30 p.m. to 4 p.m. Old Time Country. Everyone welcome (18+). Kitchen will be open. 819-346-9122.

October 19

The Trinity Anglican Church of Cowansville, 409 Sud, will be holding a benefit Concert of Gospel and Blues on October 19 at 8 p.m. with the Choeur D'Amitie choir from Granby (50 members). The proceeds from the concert go to the Helping Hands Food Bank of the Trinity Church. Tickets: $25 pp., available at Familiprix Pharmacy, 408 Sud, Cowansville, 450-263-2171, and Trinity Anglican Church, 409 Sud, Cowansville, 450-955-3325, Sunday noon to 1:30 p.m. or Tuesday 9:30 a.m. to 12 noon. Info and tickets: Jane 450-378-8692. Tickets also available at door night of concert, if not sold out.

October 26

Halloween Costume Dance will be held at the Sutton Junction Hall on Saturday, October 26 from 7-11 p.m. Wayne Durrell and The Country Company will provide the entertainment. Admission: $5. Hotdogs, sandwiches, chips and drinks available for purchase. As well as door prizes, there will also be prizes for the best costumes. So put your creative thinking caps on!

EVENTS

Friday, Saturday & Sunday

The Royal Canadian Legion, Branch #10, 971 Galt St. East, hold the following events every week. Friday: Suppers at 5 p.m., Fun Darts at 7 p.m. Saturday: Dances at 8:30 p.m. Sunday: Dances at 1:30 p.m. Come out and support the Legion. Info: 819-563-4944.

October 12

Come to the **Harvest and Hunter's Supper** at the **Bury Community Center**, starting at 5 p.m., on October 12. The members of the Bury Cultural Center hope to see you there. Admission is charged. Everyone is welcome.

October 12

Scarecrow Festival at the **Lennoxville Farmers' Market** on Saturday, October 12, 10 a.m. to noon, 2882 College St., Lennoxville (across from Clarke & Sons). Pose for photos, "real live" scarecrows, live music with Matthew McCully. Stock up on fresh, delicious, lovingly handgrown, hand-crafted harvest goodies from all our vendors! Updates on Facebook at amalennox.

October 12

Lennoxville Curling Club (6 Speid St.) will be holding an Open House on Saturday, Oct. 12 from 1 to 4 pm. Come and see what the game is all about. If you wish to try curling, there will be instructors available, and we will supply all the necessary equipment. Coffee and doughnuts. 819-562-2310.

October 12

Blessing of the Animals, 10 a.m., North Hatley's River Park soccer field. All breeds, creeds and species are welcome. Sponsored by St. Barnabas Church, North Hatley. In case of rain, lower level of St. Barnabas, 640 ch. Sherbrooke.

October 18 & 25

Annual Family Bingo at **Ives Hill Hall** on Friday, October 18 at 7:30 p.m. Everyone welcome. Prizes for all ages. The annual Halloween Party will be held on Friday, October 25 at 7 p.m. For info contact: June Suitor at 819-837-2289 or Jennifer Sylvester at 819-835-1212.

October 19 & 20

Quoi de Neuf Artisan Show and Sale. A wonderfully eclectic collection of quality crafts from 40 artisans shown throughout 2 floors, in a beautiful setting overlooking Sutton Mountain. Saturday, October 19 from 9 a.m. to 5 p.m. and Sunday, October 20 from 10 a.m. to 4 p.m. A great Fall outing and chance to get a start on your Christmas list! Club de Golf les Rochers BLeus, 550 Route 139, Sutton. Raffle proceeds to benefit the Brome Lake and Sutton food banks. www.expoquoideneuf.com.

October 19

Please join us for a Soup Luncheon at St. Anne's Church, 171 Principale Street South, Richmond on Saturday, October 19 from 11:30 a.m. to 1 p.m. Bazaar table opens at 11 a.m. Sample our selection of soups and assorted homemade pies for dessert. Treat your taste buds in a friendly atmosphere.

October 22

The **Rosalind and Morris Goodman Cancer Research Centre** presents **Cancer: A Disease of a Thousand Faces.** "How Do We Treat Breast Cancer in 2013: What's New and What's Coming." Free entry. Limited seating. All lectures are in English; question period will be bilingual. Breast Cancer Associations will be available to offer resourceful information and supportive services. Tuesday, October 22, 2013 6:30 p.m. to 8:30 p.m. at the Martin Theatre, 6th Floor, McIntyre Medical Building, 1200 Pine Avenue West, Montreal, Quebec, H3A 1X1.

October 24

Lennoxville Elementary School P.P.O. Spaghetti Supper Fundraiser on Thursday, October 24, 4:30 p.m. to 7 p.m., in the school cafeteria (1 Academy St., Lennoxville). A fabulous feast of salad, rolls, spaghetti, juice or coffee & dessert. Tickets - Adults: $8., child: $6., family (2 adults, 2 children): $25. plus $3. for each additional child. A great way to enjoy a delicious home cooked meal without having to do the cooking or dishes and support L.E.S. student's activities!

October 25

Chicken Pie Dinner will be held by the Ladies and Gents of All Saints Church, Dunham, on Friday, October 25. Two settings: 5 p.m. and 6:30 p.m. Donation: $14. (BYOB). Reservations are recommended. Take-outs are available. 450-263-3329, 450-295-2349.



October 26

Fall Roast Beef Supper with all of the trimmings, on Saturday, October 26 at Beulah United Church, 967 Main, Ayer's Cliff. Settings at 5 p.m. and 6:30 p.m. To reserve your tickets please call Wendell Cass 819-846-7180 or Dean Young 819-838-5815. Admission charged and everyone is welcome!

November 1

The **TBL Wellness Volunteer Centre** invites all TBL seniors to a special **Autumn Luncheon** at Centre Lac Brome, 270 Victoria, Friday, November 1 at 12 noon. Music by the Frost Village Brass Band. Limited seating. Reservations needed by Monday, October 28 at 450-242-2020. Transportation available if necessary. Donation $5.

EXHIBITS

October 8 - November 10

Studio Georgeville's fun new exhibit, Art Populaire, Tuesday, October 8 to Sunday, November 10: folk art of artists Judy Bachelder, Ellen Bailey, Richard Bourassa, Robert Chavette, Hazel Farnham, Louis Gagnon, Naisi LeBaron, Martin Myers, Anaïs Ronceray and Sean Vancour, as well as pieces from the collections of Claude Couture, The Bernard Drew estate, Arlette Straessle and Elsie Sullivan. Vernissage Saturday, October 12, 3 to 5 p.m. Studio hours Tuesday to Sunday, 11-5, www.studiogeorgeville.com

until October 27

Uplands Cultural and Heritage Centre is proud to present the exhibition Vestiges d'aujourd'hui, an exhibition of photographs by Sherbrooke artist Arlette Vittecoq. Opening hours are Wednesday to Sunday 1 to 4:30 p.m. 9 Speid Street in Sherbrooke (Borough of Lennoxville). **The exhibition will end on October 27, 2013.**

Support your local non-profit organizations by attending their events.

To place an ad

A What's On notice costs $8.00 (non-profit) or $15.00 (business) for 25 words or less (.25 per additional word) or, $13.00 for a What's On and Brome County News Billboard notice. Deadline is Wednesdays at noon. Notices must be pre-paid (we accept Visa or Mastercard).

Send your notice by fax to 819-821-3179 or e-mail to classad@sherbrookerecord.com or call 819-569-9525.

Local Sports

"[Desrosiers] was incredible. He had good reactions and stayed calm. He played like a real veteran, and for us it's really important..."

Quebec Major Junior Hockey League

Strong second period lifts Phoenix to 5-3 win over slumping Chicoutimi

By John Edwards
Special to The Record

The Sherbrooke Phoenix used a three-goal second period – one of their best periods of the year – to get past the Chicoutimi Saguenéens, 5-3, at the Sports Palace on Wednesday night. The five goals matches the season high for the club, and improves their record to 3-6-1 on the year. Chicoutimi, on other hand, suffered their fourth straight defeat and after a 5-1 start to the year have tumbled back to 0.500 at 5-5-0.

"It was a good game for us," said Phoenix coach Judes Vallée. "We started really aggressively and that let us take the lead by three."

In the early stages, it looked like a repeat of Sunday's lackluster loss to Gatineau was in the cards, as Chicoutimi controlled the early play, and was outshooting the Phoenix 11-1 at one point. However, some key saves by Phoenix overage goalie Francis Desrosiers helped keep the visitors off the scoreboard.

The game's opening goal came from an unlikely source, as tough defenceman Mathieu Laverdure wired a shot from the faceoff circle into the top corner at 15:05 of the first period, giving Sherbrooke a 1-0 lead. The goal was the first of the 19-year-old's QMJHL career and capped a strong overall performance, as he finished with a +2 rating and led the Phoenix with six hits.

Sébastien Sylvestre responded for the Sags a minute later with an unassisted marker, leaving the teams tied after the first period.



COURTESY OF VINCENT LÉVESQUE-ROUSSEAU/SHERBROOKE PHOENIX

Phoenix goalie Francis Desrosiers played a big part in the win Wednesday night. Here he makes a big save on a shot from Chicoutimi's Charles Hudon.

The second period was all Sherbrooke, as the Phoenix exploded for three goals in just over five minutes to break the game open. Vincent Deslauriers gave the Phoenix the lead at 9:15, and Alexandre Sills doubled the lead at 11:02. After Chicoutimi took an undisciplined roughing penalty, overage winger Jean-François Plante made them pay, as he scored on a dribbler at 14:19.

Desrosiers helped keep the three-goal lead with a pair of outstanding saves late in the period.

"When you make good saves, you become very confident," said the 20-year-old goalie.

Chicoutimi mounted a comeback in the third period, on a 4-on-4 goal by Jérémy Bouchard with 14:20 to go and a powerplay marker by William Gignac with 11:45 left.

However, the Phoenix held, playing particularly strong defence during a four-minute stretch late in the game. Deslauriers potted his second of the game into an empty net with 1:13 left to seal matters.

"We stayed calm on the bench and continued to work hard," said Vallée.

Desrosiers finished with 39 saves, and evened his record at 3-3-1. His counterpart, Julio Billia, turned aside 29 pucks and took his second loss of the year.

"[Desrosiers] was incredible," said Vallée. "He had good reactions and stayed calm. He played like a real veteran, and for us it's really important. It's important to have a good goalie with a lot of experience."

"We played a good game. The guys made sacrifices to win the game and scored some important goals, so we're happy about that," Desrosiers said. "I wanted to win this game a lot, because they were my last team."

The Phoenix special teams had a strong game, as the power play was 1-for-5, while holding the normally strong Saguenéens' powerplay to one goal on six tries.

"My penalty kill did a really good job, today," said Vallée. "We need to work on the powerplay to make the short play, the smart play."

The Phoenix will attempt to carry forward their momentum from this trip up north this weekend, as they face the Rouyn-Noranda Huskies and Val d'Or Foreurs.

"It's a tough trip to Abitibi, but we're hoping to finish the weekend with a smile," Desrosiers said. "It's a good thing [to have a win] when you go on the road."

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The 1986 football team newest members of Bishop's RBC Wall of Distinction

Marty Rourke
Sports Information Coordinator
Bishop's University

The Bishop's University Department of Athletics and Recreation is pleased to announce that the 1986 OQIFC champion football team will be inducted into the RBC Wall of Distinction on Saturday, Oct. 26, 2013.

The 1986 football squad posted a 9-2 record and won the OQIFC Championship before falling to the UBC Thunderbirds in the Central Bowl. The team also earned multiple accolades that season. Legendary head coach Bruce Coulter won the Frank Tindall Trophy as CIAU Coach of the Year in his 25th season with the program while three Gaiters were named all-Canadians and six were conference all-stars.

Tony Harris was the all-Canadian quarterback that season while defensive back Jake Vaughn and linebacker Leroy Blugh also earned national recognition before later heading on to play in the CFL. The three were also OQIFC all-stars along with wide receiver Wally Zatylny, kicker Simon Restall and linebacker Mike Bremner.

Three of the greatest coaches in Bishop's Gaiters history were on the staff. Alongside Coulter were Tom Allen and Ian Breck who played key roles in the team's success. Allen was the team's defensive coordinator while Breck worked with the special teams and was the linebacker coach as well as an excellent recruiter.

The Gaiters played 11 games in 1986. They got off to a great start beating Guelph, Queen's, Concordia (twice), and Ottawa to post a 5-0 record. A hiccup against the Carleton Ravens proved to be their only regular season loss. They rebounded with back-to-back victories against McGill before topping Queen's in the OQIFC semifinal. Bishop's got their revenge against the Ravens in the Dunsmore Cup. They avenged their 53-22 regular season loss with a convincing 38-19 victory and claimed the OQIFC championship.

Bishop's storybook run came to an end in the 1986 Central Bowl when the UBC Thunderbirds visited Lennoxville in November. The Gaiters came as close as they ever have to reaching the Vanier Cup, falling 32-30 to the eventual national champions.

The 1986 Bishop's Gaiters will forever remain in

Cont'd on page 19

Adrienne Kress is an actor/author with a passion for a healthy lifestyle



A RUNNER'S MIND

CHRISTINE BLANCHETTE



Since age 11 the world has been a stage for Adrienne Kress, who says it was her calling to major in drama at Claude Watson School for the Arts in Toronto. Kress grew up in a family that loves books, and with parents as high school English teachers, her dream of performing and mastering the written word was going to be realized.

Kress continued to follow her acting journey through post secondary school, graduating from the University of Toronto with a BA with honours in theatre. Her passion for playing make-believe intensified after university, and so armed with a degree and raw talent, she moved to London, England to study at the London Academy of Music and Dramatic Arts. Kress lived there for three years, acting in a variety of productions. After graduating in 2006 and during her visit to Bath, England she was inspired to write her first children's book, Alex and the Ironic Gentleman, a whimsical adventure story about often being mistaken for a boy because of her hair. Alex Morningside discovers one of her teachers has a mysterious family secret, which leads her to a pirate ship called, "The Ironic Gentleman." It was while in London, her passion for writing was unveiled as equal to her performing talents.

Three years later, she returned to Toronto and joined the Tempest Theatre Group, a Shakespearean theatre company. Having loved Shakespeare since age seven, Kress continues to perform on stage when she isn't delving into new ideas for a children's book.

In a phone interview from her Toronto home, the well-spoken Kress elaborated on her passion for acting and writing, while also revealing the importance of following a healthy lifestyle.

"I work out three times per week by going to the gym, cardio and strength training," Kress revealed, adding, "I also walk everywhere — I love walking in my city." Further, she says, "When I am not in the office, I write on my laptop while I am on the train. In transit, I observe people — I people watch everywhere."

When it comes to food, Kress follows a balanced diet, having in the past, digestive issues. "I have everything in moderation. I will have my favorite (chocolate treat) sometimes at lunch. I also love going out and eating with (like-minded) friends."

Kress is an award-winning children's author of two books, Timothy and the Dragon's Gate, and the aforementioned, Alex and the Ironic Gentleman. In the fall of 2012 she unveiled her first young adult novel, The Friday Society. A "steam punk mystery" is told with Kress' sharp wit and uniquely engaging style.

"The novel features three unforgettable and very ladylike — well, relatively ladylike — heroines off on a dangerous adventure which includes gowns, guys and guns," said Kress. "Every character is a part of me and I wanted to write a book with strong female characters," she said.

Her first book was well received by publishers from around the world and was also a "Post Potter Pick" by the New York Post. Her sequel, Timothy and the Dragon's Gate, met with equal success. It was nominated for the Audie (USA) and the Manitoba Young Readers Choice Award (Canada).

When asked how her friends and family might describe her, she laughed and said, "I think they would say I'm fun with high energy." Kress says, "I love meeting new people and I love theatre. One Shakespearian play we did, "Much Ado about Nothing," someone missed their line, but we kept going. It is a lot of fun. It is magical. I am nutty about Shakespeare."

When it comes to writing, she said, "I enjoy writing young adult characters experiencing firsts: first love, first rebellion, first sense of self doubt and first existential crisis," she said.

Kress continues to follow her passions in Toronto. She finds balance in her acting, writing and healthy choices. Despite all the discipline, she will make time and leave a little room for some chocolate, showing she might be one of the few who can actually have her cake and eat it, too.

www.runwithit.ca
Twitter: christineruns

Christine Blanchette is sponsored by New Balance.

Canada's Raonic loses to Wawrinka in third round at Shanghai Masters

The Associated Press

Canada's Milos Raonic has been eliminated from the Shanghai Masters after losing 7-6 (2), 6-4 to Switzerland's Stanislas Wawrinka in the third round.

The 10th-ranked player from Thornhill, Ont., was coming off two straight final appearances, winning in Thailand before losing the final in Tokyo last week.

Meanwhile, Roger Federer's chances of qualifying for the ATP Tour Finals took a hit Thursday when he lost in three sets to Gael Monfils, the latest early-round loss for the 17-time Grand Slam champion.

Monfils beat the former No. 1-ranked Federer 6-4, 6-7 (5), 6-3 in the third round, extending the Swiss star's recent slide.

Defending champion Novak Djokovic and top-ranked Rafael Nadal, meanwhile, moved into the quarterfinals with straight-set wins. Djokovic beat Italy's Fabio Fognini 6-3, 6-3, while Nadal rallied from 5-2 down in the second-set tiebreaker to down Argentina's Carlos Berlocq 6-1, 7-6 (5).

Two of the tournament's other top seeded players were ousted: No. 3 David Ferrer lost to Florian Mayer 6-4, 6-3, and No. 4 Tomas Berdych was ousted by Nicolas Almagro 6-7 (6), 6-3, 7-6 (4).

Federer, who has slipped to No. 7 in the rankings, was playing for the first time since losing in the fourth round of the US Open. He was in need of a strong showing in Shanghai to secure a berth in the elite season-ending ATP Tour Finals in London — a tournament he played every year since 2002.

Federer is currently seventh in the standings, with only a slight lead over several other players vying to get into the eight-man field in London. He plans to play in Basel and Paris in hopes of making it into the Nov. 4-11 tournament.

Federer fell to a player ranked outside the top 40 for the fourth time in his last six matches. He came into the match with a 6-1 record against Monfils, who returned to the tour recently after an injury layoff.

Federer remained upbeat despite the loss — and his subsequent defeat in doubles with Chinese partner Zhang Ze. He said the most important thing was not to worry about every setback.

"It's pretty simple: You just keep on working hard, make sure that you get back on winning ways, then you become confident again, sort of get there," Federer said.

"Monfils is a quality player, like some others," he said. "I lost some other matches this year because I couldn't really perform at 100 per cent. Probably shouldn't have played. But I don't really care having to explain some losses from time to time."

As has been his problem in recent months, Federer struggled to find consistency, hitting 36 unforced errors, with many coming at critical points in the match. Still, he looked to have a chance to pull it out after fighting back from a breakdown in the second set.

"A lot of people say, like, it's not the same Rog because he got two other great players with him, Novak and Rafa," Monfils said. "A third one plays also very good, Andy. "But when he's on the court, he's still Roger. He can rip it from anywhere. He can do stuff that not many players can do."

Monfils did notice, however, a slight dip in Federer's game.

"I think he miss a little bit more than he used to," he said. "I know he will try and go for his shot, but maybe he is a bit less confident."

Newest members

CONT'D FROM PAGE 18

the university's history, as they will be inducted into the RBC Wall of Distinction on Oct. 26. A dinner will take place on Friday, Oct. 25 at the Old Lennoxville Golf Club to honour the team. The official unveiling of the plaque onto the RBC Wall of Distinction in the John H. Price Sports Centre at Bishop's University will take place on Saturday, Oct. 26 prior to the 2013 Bishop's Gaiters playing their regular season finale against the McGill Redmen on Coulter Field at 1 p.m.

A complete list of RBC Wall of Distinction members can be found at www.gaiters.ca/wod.

Church Services

Anglican

GEORGEVILLE

Twin Steeples Georgeville invites you October 13 to celebrate a shared service of Thanksgiving beginning at 9:30 a.m. in the United Church with Rev. Dr. Deane Moffat and continues at 10:00 a.m. in St. George's Church, Georgeville, with Holy Communion with the Ven. Dean E. Ross. Sarah Hoblyn, organist , choir director.

LENNOXVILLE

Saint George's Anglican Church, Lennoxville, at 84 Queen St., celebrates Holy Communion every 1st, 3rd, and 5th Sunday at 10.00 a.m. Morning Prayer is held every 2nd and 4th Sundays. Sunday School and Youth Group at 10.00 a.m. every Sunday. 819-346-5564.

NORTH HATLEY

St. Barnabas Anglican Church, 640 Sherbrooke Road in North Hatley, celebrates Holy Communion every Sunday at 10:00 a.m. Sunday School is also at 10:00 a.m. 819-842-2686.

SHERBROOKE

The Church of the Advent, 473 Bowen St. S., Sherbrooke, welcomes you October 13 at 11:00 a.m. to a service of Morning Prayer with lay reader.

Presbyterian

LENNOXVILLE

St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville, 819-569-3100. Minister: Rev. John Barry Forsyth. Organist: Anthony Davidson. 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. Culte en français dimanche 17h, Pasteur Rev. G. Fantechi 514-771-8098.

United

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street: Thanksgiving Worship and Sunday School on October 13 at 10:00 a.m. Rev. James Potter, 819-565-8449; website - lennoxvilleunitedchurch.com

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, tel: 819-346-6373, the Rev. Robin Osborne, minister; Leslie Young, organist. Sunday, October 13: Thanksgiving Sunday. We will be collecting fresh fruits and vegetables to be donated to Moisson Estrie the Sherbrooke food bank. There are activities for children during worship. Everyone welcome.

WATERVILLE-NORTH HATLEY/HATLEY

Oct. 13: Thanksgiving service 9:30 a.m. at the Hatley United Church and 11 a.m. at the Waterville-North Hatley United Church with Sunday School at both. Rev. Mead Baldwin 819-837-1112.

Balance exercises help to protect you from falling

ASK DOCTOR K

by Anthony L. Komaroff, M.D.

DEAR DOCTOR K: I'm 70 and regularly do cardiovascular and weight-training exercises. Now my doctor wants me to add balance exercises to my routine. Why?

DEAR READER: You've asked a good question, and it has a simple answer: Poor balance can cause falls. Every year, one in three adults 65 or older falls at least once. Especially in older people, falls can be serious. More than 90 percent of hip fractures result from falls. Falls also often lead to fractures of the spine, forearm, leg, ankle, pelvis, upper arm and hand. These injuries can undermine your independence. Hip fractures, in particular, also can increase the risk for early death.

Balance is the ability to distribute your weight in a way that enables you to hold a steady position or move at will without falling. From the moment we sit or stand up as infants, gravity is always pulling us downward, tending to cause us to fall. Our ability to balance keeps this from happening – most of the time.

Our daily balancing act requires multiple different body systems to be constantly working together. These include the central nervous system (brain and spinal cord), the vestibular system (brain and inner ear), the visual system (brain and eye) and a vast web of position-sensing nerves. Muscles and bones are pressed into service as well.

Balance is like muscle strength: The more you use it, the less likely you are to lose it. Worse, it can become a vicious circle. You feel a little unsteady, so you curtail certain activities. If you're inactive, you're not challenging your balance systems or using your muscles. As a result, both balance and strength suffer. Simple acts, such as strolling through a grocery store or rising from a chair, become trickier. That shakes your confidence, so you become less active ... and so the vicious circle continues.

Good balance, by contrast, helps prevent potentially disabling falls. It builds confidence and fosters independence.

It sounds like you're an active person. Most likely, you already engage in some activities that help hone balance. Yoga, golf, biking and tai chi all require some degree of balance. But even people who are not already active can improve their balance through exercise or balance training.

I've put some beginner balance-training exercises on my website, AskDoctorK.com. They are a good first step toward improving shaky balance and can be done by people of many ages and abilities, including those who are elderly or frail. As your balance improves, you can add challenges to make your balance training progressively harder. For example, try an exercise standing on one leg instead of two.

Even if you are conscientious about doing regular aerobic and muscle-strengthening exercises, if you feel that your balance isn't what it used to be, talk to your doctor or to staff at the gym about learning balance exercises. They could help protect you against falling.

(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)

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

10-11-13

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PREVIOUS SOLUTION

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

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

SUDOKU

Difficulty: 4 (of 5)

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

10-12-13

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PREVIOUS SOLUTION

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

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

In loving memory of Chrissy Guillette



October 13, 2012

Not a day has gone by that we haven't thought of you in the year since you've been gone.
We carry on but with a huge emptiness in our hearts.
We miss your spunk, your laughter, your energy and determination.
But even in your absence, you continue to inspire us.

Loved and remembered always,
MOM & DAD
KAREN
MARK
SARAH & ZACHARY

Death



Karl BURCZYK
(1931- 2013)

Passed away at CHUS Fleurimont, on Saturday, October 4, 2013, at the age of 82.

Beloved husband of Phyllis Burczyk (née Crawford) and dear father of Deborah, Wendy and Katherine (Barry Leafloor). Cherished grandfather of Noah Leafloor.

Resting at Cass Funeral Homes, 3006 College St., Sherbrooke (Lennoxville) on Saturday, October 12, 2013 from 9 a.m. to 10:30 a.m. followed by a graveside service at 11 a.m. in Malvern Cemetery with Rev. James Potter officiating.

Donations to the Kidney Foundation of Canada, 300-5165 Sherbrooke St. West, Montreal, QC, H4A 1T6 would be greatly appreciated.

CASS FUNERAL HOMES
3006, College
Sherbrooke, QC, J1M 1T9
PHONE: 819-564-1750
www.casshomes.ca

In Memoriams



BINNEY, Albert - In loving memory of a wonderful husband, father and grandfather who passed away on Thanksgiving day 31 years ago.

We cannot bring the good times back,
Your hands we cannot touch,
But we still have the sweet memories
Of the one we loved so much

Remembered and loved all your family.
Your wife GRACE
LARRY AND KIRSTEN
MARGE AND STEVE
SHEILA AND BARRY
RICKY AND CHRISTINE
EILEEN

HEARN, Remona (Laberee) - In loving memory of Remona who passed away October 12, 2009.

As each year passes
Our memories of you
Become more precious.

Remembering you with our love forever,
MARILYN (sister)
AND FAMILY

LOWRY - In loving memory of our dear parents, grandparents and great-grandparents: Vivian passed away June 8, 2001 and Elwin, October 19, 2001; and our dear brother, Terry, October 11, 2001.

Each flower and leaf may wither,
Each evening sun may set;
The heart of those who love you
Are the ones who never forget.

Sadly missed by
THE LOWRY FAMILY

Cards of Thanks

POUDRIER/LOWRY - We would like to thank everyone who came and celebrated our 25th Anniversary with us. To our three daughters who organized it and family and friends who helped them. The cards and gifts were greatly appreciated. It was so nice to see everyone. Thanks again.
PAUL & TINA

YOUNG - Thank you so much to all our family, friends and neighbours for the prayers, cards, flowers, gifts and great meals that were brought to our home after my operation. It was so thoughtful and we appreciate you all. We are very grateful to Doctor Marco Sirois for doing a very difficult lung operation against the odds and giving me a second chance to be here. Again to all of you who cared so much about me before during and after my operation, with all my heart - thank you.
PATRICIA CARRAGHER YOUNG
and MERLIN YOUNG



Datebook

Today is the 284th day of 2013 and the 20th day of autumn.

TODAY'S HISTORY: In 1779, Polish nobleman Casimir Pulaski died while fighting for American independence in the Revolutionary War.

In 1890, the Daughters of the American Revolution formed.

In 1975, William Jefferson Clinton and Hillary Diane Rodham were married.

In 1975, "Saturday Night Live" debuted on NBC.

TODAY'S BIRTHDAYS: Eleanor Roosevelt (1884-1962), first lady/writer/diplomat; Elmore Leonard (1925-2013), novelist; Daryl Hall (1946-), singer-songwriter; David Morse (1953-), actor; Steve Young (1961-), football player; Joan Cusack (1962-), actress; Artie Lange (1967-), comedian; Jane Krakowski (1968-), actress; Emily Deschanel (1976-), actress; Matthew Bomer (1977-), actor; Terrell Suggs (1982-), football player; Michelle Trachtenberg (1985-), actress; Michelle Wie (1989-), golfer.

TODAY'S FACT: In 1910, Theodore Roosevelt became the first president (he was a former president at the time) to fly in an airplane, at Kinloch Field in St. Louis. He rode as a passenger for a four-minute flight in a plane built by the Wright Brothers.

TODAY'S SPORTS: In 1890, John Owens ran the first recorded 100-yard dash that broke 10 seconds.

TODAY'S QUOTE: "If it sounds like writing, I rewrite it." — Elmore Leonard

TODAY'S NUMBER: 16 — "Saturday Night Live" guest host appearances by actor Alec Baldwin, the most ever. Dave Grohl has the most appearances by a musical guest on the show, with 11 appearances as a member of Nirvana, the Foo Fighters and other musical acts.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMS, BRIEFLETS:
Text only: 37¢ per word. Minimum charge $9.25 ($10.63 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: $15.00 (includes taxes)
With photo: $25.00 ($28.74 taxes included) DEADLINE: 3 days before publication.
WEDDING WRITE-UPS, OBITUARIES:
$25.00 ($28.74 taxes included) WITH PHOTO: $35.00 ($40.24 taxes included)

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

The judge told me to go to a brain injury rehab and get my life back in order

FRIDAY, OCTOBER 11, 2013

Annie's Mailbox

Dear Annie: I am a 36-year-old man. I was in an accident 25 years ago and suffered a mild traumatic brain injury. It was tough growing up. When I was 23, I moved out on my own. This is when the real trouble began. First, I started drinking, and then I abused my medication. In 2002, I wrecked my car while driving intoxicated. The judge told me to go to a brain injury rehab and get my life back in order. I started my first one six months later. I am in my fourth one right now.

My parents became my legal guardians without discussing it with me. After the accident, I received money from a settlement and was assured by the attorney that no one could touch it without my approval. Yet my parents have gone through that money without any input from me. They used it to get their house ready to sell and promised to reimburse me. They sold the place a year ago, and now they have the nerve to say that I gave them the money as a "gift." I did no such thing. What now? — J.D.

Dear J.D.: You need to talk to a lawyer. Your parents undoubtedly requested guardianship in order to protect you at a time when you were going through some difficulties. And it's also possible they expended a great deal of money on your care and rehab and felt that taking the settlement money was somehow justified. The judge who issued the guardianship can be asked to remove it. But in order to get the money back from your parents, you might have to sue them.

Dear Annie: I recently lost my wife after many years together. It was an amazing marriage, and I miss her immensely.

I am looking to find a companion. The problem is, my daughter is not in my corner on this issue. How can I reason with her that it's my life and dating or even marrying again is not being disrespectful to my late wife's memory? — Lonely Widower

Dear Widower: How long ago is "recently"? While your dating life is not your daughter's business, we can understand her concern if your wife died less than six months ago. She may worry that you will rush into an inappropriate or abusive relationship out of loneliness, so please be cautious. Regardless, this is your decision. Please talk to your daughter and assure her that no one will take her mother's place in your heart, but you miss the companionship and warmth that another person can provide. Explain that it is unfair of her to expect you to remain alone for the rest of your life, and you hope she will someday be happy for you if you find love again.

Dear Annie: After reading the letter from "Broken" about her husband's affair with his father's hospice nurse, my hair is on fire!

I am a licensed clinical social worker by profession and have been CEO of a large regional hospice for 27 years. In hospice, both the patient and family are one unit of care. Professional boundaries are important. This work is emotional and intimate by its nature. But sexual or personal relationships are never appropriate. Patients and families are in a vulnerable position. The supervision of that nurse and her ethical standards are absolutely unacceptable.

"Broken" should ask for the administrator of that hospice program and make a formal complaint. If she does not get a response or resolution, she should make a complaint to the agency in her state that licenses and regulates hospice providers. She would be doing others a favor by not allowing this kind of behavior to continue. Any hospice that allows such a situation to continue unchecked should not be able to care for patients and their families. — I Am Appalled

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column.

Dunham Women's Institute met

On Tuesday, Oct. 1, 2013, members of the Dunham Women's Institute met at the Anglican Church Hall, West Brome with Judy Page Jones as Hostess. Cohostesses were Joyce Proctor Martin and Fran Mayhew.

President Joyce Proctor Martin welcomed eight Members and one guest, Candy Coates, who decided to join our Branch. We welcome you, Candy.

The Mary Stewart Collect and Salute to the Flag were repeated in unison.

MOTTO: Some people tell us there ain't no Hell - but they have never farmed, so how can they tell?

Name a type of farming in, or around DUNHAM.

Some answers were Vineyards, Apple Orchards and an Alpaco Farm.

The Minutes of the last meeting were read by Noreen Craig, Secretary /Treasurer; accepted as read and signed by the President.

Noreen gave a substantial Treasurer's report.

It was moved by Noreen Craig and seconded by Joyce Martin that the Bank Affairs at the CIBC be updated. Carried.

The arrangements for the semi-annual Meeting for the Missisquoi County W.I. were discussed and finalized. It will be held on Oct. 9 at the United Church Hall, Dunham.

Correspondence: Thank You from Edie Holiday for a Thinking of You Card and a gift sent to her.

Get Well Cards will be sent to Ed Mayhew and Betty Perry.

Judy Page Jones gave updated news on the Q.W.I. and F.W.I.C.

Program: Agriculture Chairperson, Fran Mayhew spoke about 'Farm Fertilizer'. A Dairy Farm Nutrient Cycle with a Digester used; therefore removing the odors from the farm manure.

The Gift Bag Draw was won by Heather Scott. The Gift Bag Draw will be replaced by a special donation at the May Meeting for Medical Supplies.

The meeting was adjourned and a Birthday Cake, made by the President, was presented to Judy, whose birthday is October 11. A lovely Tea was enjoyed and Good-byes were said.

Submitted by
Jean Reid Page
Publicity Chairperson

A.N.A.F. Unit 318 has four bursaries available

The A.N.A.F. Ladies Auxiliary Unit 318 is offering 4 bursaries to the sons and daughters of the A.N.A.F. Men's Unit and Ladies' Auxiliary.

Applications must be received by November 1, 2013.

Please send to: Mavis Robertson, 29 Academy Street, Sherbrooke, Quebec, J1M 1PJ.

Card Shower



On Wednesday, October 16, **Jeff Newell** will be celebrating his 50th Birthday.

You can help him celebrate by sending a birthday card to him at 14 L'Etang Sugarloaf, Mansonville, QC J0E 1X0

Happy 50th Anniversary



Congratulations to our wonderful parents!
Marilyn and Rodney Bray

In recognition of 50 years of marriage, we want to congratulate you and thank you for all you've done for us.
Without you, we wouldn't be the wonderful family we are today.

Lots of love,
Jeff & Shelley, Alyssa & Josh
Donna & Jeff, Chris, Nick & Lynsey

Is your car dying? It could save lives!



Donate it to The Kidney Foundation of Canada!

Towing is free and we'll send you an income tax receipt.

THE KIDNEY FOUNDATION OF CANADA
LA FONDATION CANADIENNE DU REIN

www.kidneyquebec.ca

1 888 228-8673

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.

"MOZC RB DAFUVJDDWD YF, O'R IJKE FOXCYVDYF. MOZCYAZ ZCWR, O'R LJZ JFT DWNWFZB." — IJKE FOXCYVDYF

Previous Solution: "America is the coolest place on the face of the Earth. You've got freedom of speech. You've got McDonald's." — Ozzy Osbourne

TODAY'S CLUE: I equals J

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CELEBRITY CIPHER
by Luis Campos

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

"HDNE EYMAT, MW ME JUPUA'E WSP ZGPPMGIU, ZUA JSDBR IS EYPSDIY BMWU EYMATMAI EYUK YGR AS WGDBEN GE GBB." — YUAAK KSDAIZGA

Previous Solution: "With my sunglasses on, I'm Jack Nicholson. Without them, I'm fat and seventy." — Jack Nicholson

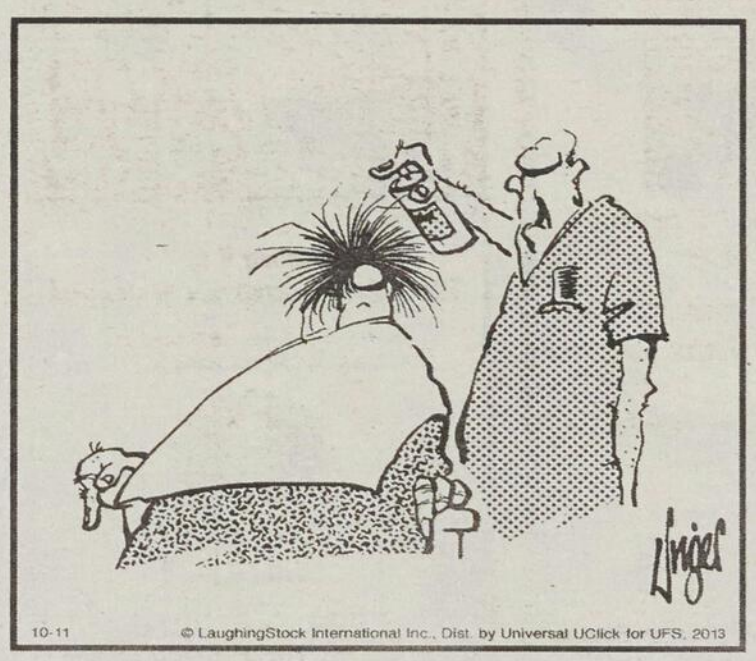
TODAY'S CLUE: J equals H

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KIT N' CARLYLE



HERMAN



"First, a light dusting of defoliant."

ALLEY OOP



ARLO & JANIS



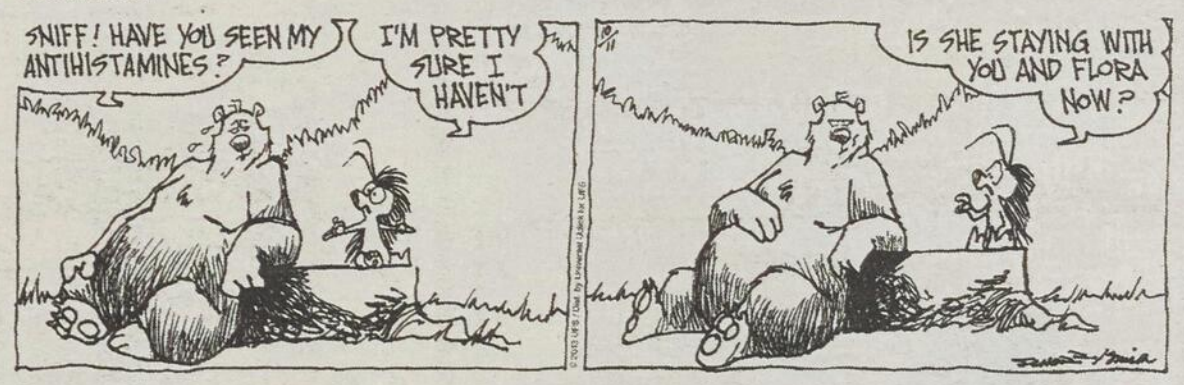
THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



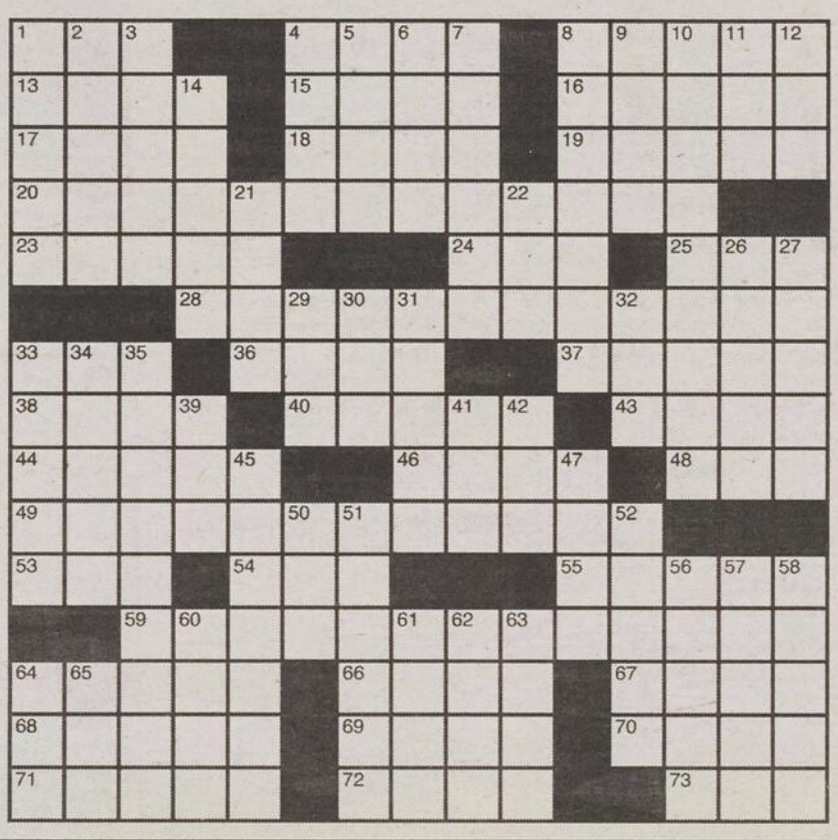
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CROSSWORDS

Across
1 Auto club offering
4 Gregory Peck role
8 Foster on a screen
13 Stretches of history
15 He actually played the lyre
16 Amherst sch.
17 Two-time NBA MVP Steve
18 Component of ocean H2O
19 Lawn game using lobbed missiles
20 Buff ancient ruler?
23 Attorney general before Thornburgh
24 Yank's foe
25 Dudes
28 Own a few James Brown albums?
33 Fez, e.g.
36 Bankruptcy factor
37 Polynesian island nation
38 "Break __!"
40 Fare named for its shape
43 Fabric quantity
44 Mother of three French kings
46 Shiny fabric
48 Arctic coast explorer
49 Leaps over an oily mud puddle
53 DSL user's need
54 Mao's successor
55 Sticky-footed lizard
59 Beef baloney?
64 Botanist's category
66 Dweeb
67 Size measure
68 Competitor's dream
69 A bit off the ground, "up"
70 Sound like an ass
71 Bobbin
72 Ketel One competitor
73 NFL stats

Down
1 Common break hr.
2 Speak
3 Refuse
4 "Pitch Perfect" co-star Kendrick
5 Summer phenomenon
6 Curved support
7 Short jacket
8 Concession stand candy
9 Easternmost Arabian Peninsula country
10 "Dr. Strangelove" feature
11 Adherent's suffix
12 Start to stop?
14 With 52-Down, grilled fare
21 Take control
22 Bottom line?
26 __ Gay
27 Ray in the ocean
29 Boxer's attendant
30 Fall back
31 It's a wrap
32 "Terrific!"
33 Pilgrim to Mecca
34 Diamond clan
35 Trophy case memento
39 Econ. measure
41 Bug
42 Earthbound bird
45 Crewman for 4-Across
47 Tech sch. grad
50 Slow boat
51 Hangs around the house?
52 See 14-Down
56 Pungent Thai dish
57 Play with, as clay
58 Gives the go-ahead
60 First name in folk
61 Cause wrinkles, in a way
62 Joel of "Wicked"
63 Water whirled
64 Some mil. bases
65 Edge

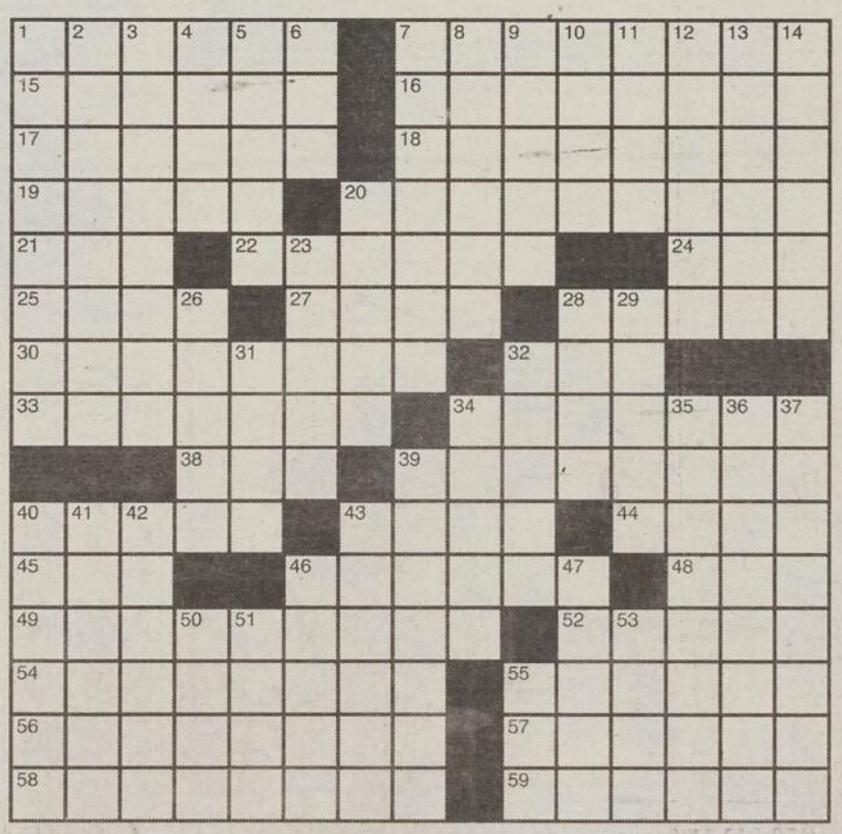
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T	I	C	■	C	R	O	N	E	■	A	T	N	E	T
S	T	Y	■	A	M	R	A	M	■	■	S	E	A	S



Across
1 Home to Iran's Iron Age Museum
7 Like some closet findings?
15 Time's 1986 Woman of the Year
16 Float, in a way
17 Mix up
18 The Joker or The Penguin
19 Steep-angle shot
20 Kuala Lumpur native
21 Sailor's direction
22 Hero who first appeared in 1912
24 Needle point?
25 Hustles
27 Card, e.g.
28 Shorten, maybe
30 Jellyfish relatives
32 Year in Nero's reign
33 University of Wyoming city
34 Guatemalan currency, or the colorful bird it's named for
38 Capital of 35-Down
39 Ratatouille ingredient
40 Quaker in the woods
43 Next in line
44 Revival figs.
45 STARZ competitor
46 Tapped trees
48 Risk
49 Waits
52 Bit of wisdom
54 How World Series winners celebrate
55 Jazz pianist Hancock
56 Not anymore
57 Like some biblical boarders
58 Play areas
59 Directs

Down
1 Monument on the Yamuna River
2 Maker of FlavorSplash beverages
3 Piece of crummy advice
4 Kids
5 Sound, maybe
6 Ballet-dancing Muppet
7 Lowlifes
8 Defensive fiber
9 2-Down alternative
10 Water __
11 LAX listings
12 One seeking the way?
13 Not tense
14 "Camelot" lyricist
20 1957 R&B chart-topper inspired by a schoolteacher
23 Hall of fame
26 Urban air problem
28 Paris preposition
29 Graceful
31 It might be a warning
32 Money
34 Bee output
35 Hwange National Park setting
36 Preceding
37 Dragging
39 Gentle breezes
40 Agreement
41 1862 battle site
42 Distillery waste
43 1980s middleweight champ
46 One in a humming swarm
47 Beat
50 Column-lined walkway
51 Fair sight
53 Deco pseudonym
55 Presley's "__ Latest Flame"

S	D	Y	■	■	Y	Y	K	S	■	L	O	O	P	S
Y	A	R	B	■	D	E	E	T	■	E	L	T	I	T
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E	I	D	O	J	■	B	A	H	A	■	■	W	O	T



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

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OR MAIL YOUR PREPAID CLASSIFIED ADS TO
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130 Courses

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145 Miscellaneous Services

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

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

150 Computers



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190 Cars For Sale

2006 DODGE GRAND CARAVAN, V6, red, winter tires, very good condition, very clean. $5,200. negotiable. Call 819-849-4278.

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240 Fruits & Vegetables

230 Tires

230 Tires

230 Tires

230 Tires



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CLASSIFIED

240 Fruits & Vegetables

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275 Antiques

LOOKING FOR OLD TRUNKS and old guns, also old chests for restoration. Call (450) 297-0272.

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.

281 Firewood

FIREWOOD for sale. Call 819-821-0425.

290 Articles For Sale

8 FT. PINE TABLE, $800. Call 819-843-8643.

8 ROLLS OF self adhesive roofing membrane, 66 ft. long, $40 each or $280 for all. New ratchet tie down straps, 4 1/2" wide x 27' long, new $90 each, will sell for $45 each. Brian 819-562-0907.

290 Articles For Sale

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STEEL BUILDINGS / Metal Buildings. Up to 60% off! 30x40, 40x60, 50x80, 60x100, 80x100, sell for balance owed. Call 1-800-457-2206. www.crownsteelbuildings.ca

294 Events

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330 Pets

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340 Garage Sales

AYER'S CLIFF
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340 Garage Sales

KNOWLTON
Fall Sale, Odd Fellows Hall, 480 Knowlton Road, Lac Brome, October 19, 8 a.m. to 4 p.m. Books, prints, home baking, fudge, collectibles, hand tools, jewellery, bells, old boxes, tools and more. Canteen lunch available. 450-243-5742, 450-243-6778.

LENNOXVILLE
24 Parkdale (back yard), Saturday, October 12, 7 a.m. to 3 p.m. Multiple house closings. Dishes, antiques, collectibles, linens, NordicTrack ski machine, and more.

LENNOXVILLE
Garage Sale at 3034 College St., Lennoxville on Saturday, October 12, 8 a.m. to noon.

LENNOXVILLE
Garage Sale, Saturday, October 12, 109 Archie-Mitchell St., 8 a.m. to 4 p.m. Antiques and collectibles, small furniture, fishing and hunting equipment, books and magazines, jewellery, art and more! .308 Win. ammo, sports equipment, optics, beer advertising, men's clothing.

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

340 Garage Sales

MAGOG
Garage Sale, Friday, Saturday, Sunday and Monday, October 11, 12, 13 & 14, from 9 a.m. to 5 p.m. at 322 Dollard St., Magog. Household articles, knick-knacks, antiques and more.

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Commission scolaire Eastern Townships School Board

Public Notice

In conformity with Article 287 of the Education Act, the following is a summary of the audited Financial Statements for the Eastern Townships School Board for the school year ending June 30, 2013:

Summary of Financial Statements

Statement of Revenues and Expenditures

Revenues	$73,016,359
Expenditures	74,126,866
Surplus for the year	($1,110,507)

Statement of Financial Situation

Financial Assets	$38,614,036
Liabilities	87,619,892
Net Financial Assets (Net Debt)	($49,005,856)
Non-Financial Assets	44,054,736
Accumulated Surplus (Deficit)	($4,951,120)

These figures are subject to the external auditor's report

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

Dealer: North
Vulnerable: Both

South	West	North	East
		1 ♦	Pass
1 NT	Pass	3 NT	All pass

Opening lead: ♥ 6

FRIDAY, OCTOBER 11, 2013

Good guessing and poor thinking

by Phillip Alder

Our man A.N. Other continues in good form: "Anybody could get rich if he could guess the exact moment at which a piece of junk becomes an antique."

Any bridge player could get rich if he could work out the exact moment to make an unusual play that is correct.

In this deal, West leads his heart six against three no-trump: jack, king, seven. East returns the heart three, covered by South's four. How should West analyze the position?

North was right to blaze straight into three no-trump. Presumably, he is putting eight winners down in the dummy. He needs only for partner to be able to win a trick before the defenders have taken five. Admittedly, here South rates to have club length because he did not show a major or raise diamonds, and five diamonds might make when three no-trump fails. But do not spend your life looking for that distribution. It will arise only rarely.

If this deal were played in a tournament, almost every declarer would make his contract. West would automatically take the second trick with his heart eight, cash the heart ace, and find himself stuck on lead after taking the fourth trick with his heart 10. South would win the last nine tricks.

The bidding marks South with at most three hearts because he did not respond one heart. So it cannot hurt West to take the second trick with his heart 10. Then after cashing the ace, he can continue with his eight, which East can overtake with his nine to cash the five to defeat the contract.

Your Birthday

FRIDAY, OCTOBER 11, 2013

A calculated approach to life will help you stay on top of your game in the year ahead. Situations will have a tendency to spin out of control if you aren't precise and flexible. Refrain from initiating change, but be willing to accept the inevitable and turn any lemons you encounter into lemonade.

LIBRA (Sept. 23-Oct. 23) — Keep your thoughts to yourself and your emotions in check, but don't let anyone bully you either. Back away from controversy and gravitate toward making a positive difference in your community.

SCORPIO (Oct. 24-Nov. 22) — New people, places and pleasures are heading your direction. Explore how different people live or what they can offer, and you will discover unusual ways to enhance your lifestyle.

SAGITTARIUS (Nov. 23-Dec. 21) — Don't let emotions cloud your point of view regarding work that has to be completed. You must finish one thing before starting another. A personal problem is due to dishonesty.

CAPRICORN (Dec. 22-Jan. 19) — Keep heading down a path you are familiar with, and you will reach the destination of choice. You may be enticed by detours, but they will only diminish your success.

AQUARIUS (Jan. 20-Feb. 19) — Follow your dreams and refuse to let anyone restrict your attempt to achieve happiness. What you need may differ from what others want for you, but in the end it's your choice.

PISCES (Feb. 20-March 20) — Get all the facts before you make a move. A relationship may not be as it appears, but false accusations will not get you any closer to the truth.

ARIES (March 21-April 19) — Gather your thoughts and the information you need. You will make a wise move if you are organized and prepared. Moderation must be enforced, even if someone encourages you to do or spend more.

TAURUS (April 20-May 20) — Do your due diligence, and you won't be disappointed with the results you get. A serious and loyal partnership will improve a journey you decide to take. Knowledge rules the day.

GEMINI (May 21-June 20) — You may be up for a disappointment or loss pertaining to your home or assets. Re-evaluate an agreement you have with someone and question the sincerity and integrity of certain parties.

CANCER (June 21-July 22) — Plan to have some fun today. Indulge in events that interest you. Share your thoughts with unorthodox individuals willing to contribute and help you put your plans into motion.

LEO (July 23-Aug. 22) — Take care of your responsibilities early so you can enjoy what life has to offer. Love and romance coupled with travel should highlight your day.

VIRGO (Aug. 23-Sept. 22) — Socialize and take part in community events that will familiarize you with what's out there. Don't let a personal incident confuse you. Make a decision based on facts.

SATURDAY, OCTOBER 12, 2013

Keep life simple and cost-effective in the coming months. You should save for a rainy day and avoid anyone who tends to disrupt your life. Emotional matters will escalate, making this a year of unavoidable change. Keep your options open and your money in a safe place.

LIBRA (Sept. 23-Oct. 23) — Focus on what's ahead instead of living in the past. The present is what will count if you want to achieve a brighter future. Avoid emotional confrontations.

SCORPIO (Oct. 24-Nov. 22) — A change will do you good. Visit places you have never been before or strike up conversations with people doing things that interest you. Diversify, and you'll feel satisfied.

SAGITTARIUS (Nov. 23-Dec. 21) — Consider what motivates you, and you'll find a better way to spend your time and to get ahead. A thrill only lasts for a moment. Strive for longevity.

CAPRICORN (Dec. 22-Jan. 19) — Distance yourself from anyone who is unpredictable. You will maintain control if you follow a set plan. Take care of responsibilities early so you can socialize or take care of personal needs.

AQUARIUS (Jan. 20-Feb. 19) — Deal with personal responsibilities first and clear the way for love, laughter and enjoying life. Step away from anyone who makes you feel guilty or puts demands on your time.

PISCES (Feb. 20-March 20) — Don't take anything or anyone for granted. Listen carefully and abide by the rules. Disillusionment regarding a personal relationship is likely. Do your own thing and protect your money and possessions.

ARIES (March 21-April 19) — You'll make a big impression by offering solutions and hands-on help to someone in need. Reconnect with someone you have worked or dealt with in the past. New beginnings look promising.

TAURUS (April 20-May 20) — It will be difficult to think clearly concerning work-related matters. Put your emotions aside and look at the big picture. Compromise will be necessary if you don't want to suffer a loss.

GEMINI (May 21-June 20) — Indulge in activities that are physically and emotionally challenging, and you will succeed in reaching your goal. Taking a different approach to life and love will attract someone special.

CANCER (June 21-July 22) — Enjoy making new friends or visiting places you've never been before. Expand your interests and pick up knowledge and skills that will help you address a personal problem.

LEO (July 23-Aug. 22) — You need a change. Spice up your life, participate in a fun activity or shop for items that will update your appearance. Make plans to enjoy time spent with friends or loved ones.

VIRGO (Aug. 23-Sept. 22) — You will pick up valuable information that will help you make a decision that can improve your personal position or a relationship you have with someone exciting.

SUNDAY, OCTOBER 13, 2013

Don't let instability worry you in the year ahead. A new beginning is overdue, and discovering new ways to use your talents will lead to an interesting future. Gravitate toward positive people and reestablish your position among your peers.

LIBRA (Sept. 23-Oct. 23) — A last-minute change of plans must not throw you off course. Follow through with your agenda and do your best to make your home and family life in tune with your pursuits.

SCORPIO (Oct. 24-Nov. 22) — Look at every angle before you make changes that may invite opposition. An emotional situation can stand between you and your destination. Make adjustments if you want to achieve your goals.

SAGITTARIUS (Nov. 23-Dec. 21) — Keep everything out in the open to avoid being blamed for something you didn't do. A promise isn't likely to be honored. Get an agreement in writing. A domestic change looks promising.

CAPRICORN (Dec. 22-Jan. 19) — Productivity must not be squashed by an emotional outburst. Listen if someone has a complaint, but don't let it slow your progress. Overreacting will result in a costly mistake.

AQUARIUS (Jan. 20-Feb. 19) — Listen to what's being said and do your best to please and satisfy someone you love, but don't let anyone restrict your freedom or limit what you can do. Follow your heart.

PISCES (Feb. 20-March 20) — An emotional situation will be expensive if you haven't made the necessary adjustments to protect yourself. Underhandedness can be expected.

ARIES (March 21-April 19) — Getting together with old friends or colleagues will help put you back on track emotionally, mentally and physically. A favor will be granted and will greatly help your cause.

TAURUS (April 20-May 20) — Follow through with your long-held plans. A partnership will be enhanced if you discuss issues that could alter your lifestyle. An open house will lead to praise and compliments.

GEMINI (May 21-June 20) — Take advantage of an opportunity to display what you have to offer, and you will receive an attractive proposal. A past partnership will not live up to your expectations.

CANCER (June 21-July 22) — Enjoyment is the name of the game. Try something new and exciting, and you will begin an adventure that could lead to great things. A philosophy you discover will fit your current needs.

LEO (July 23-Aug. 22) — Arguments will be a waste of time. Keep a low profile and a tight grip on your wallet. Adventure and excitement may be enticing, but it will also be emotional and costly.

VIRGO (Aug. 23-Sept. 22) — Stick to what and whom you know. An investment may sound good, but it isn't likely to deliver what's being promised. Do your research, and you'll be praised for your findings.

E-mail your social notes to classsad@sherbrookerecord.com

High-fiber cereals can satisfy your taste buds

FROM CONSUMER REPORTS®
by the editors of Consumer Reports

Fiber-rich cereals have made progress on the road to tastiness. Fourteen years ago, Consumer Reports found that most high-fiber cereals "tasted more like straw than grain." But in its latest tests of 26 cereals, most with at least 6 grams of fiber, more than two-thirds tasted very good or better.

Consumer Reports' testers have advice on how to get the best for breakfast:

— Based on the results, you can buy shredded wheat and raisin bran by price. Within those categories, many of the cereals taste quite similar, and there's a CR Best Buy for each type: Market Pantry Frosted shredded wheat (Target) and Great Value raisin bran (Wal-Mart).

— Four cereals were both very tasty and very nutritious based on calories, fat, sodium, sugars, iron, calcium and fiber: Kellogg's All-Bran Original, Post Grape-Nuts The Original, Post Shredded Wheat Original Spoon Size and Post Shredded Wheat Wheat 'n Bran Spoon Size.

— The only cereal that was excellent for taste was Bear Naked Fruit and Nut granola. But its overall nutrition was fair, and it has just 2 grams of fiber per quarter-cup serving.

A TASTE OF GOOD HEALTH

Market Pantry, the best-tasting of the shredded wheat cereals, is frosted, has larger biscuits than others and isn't as crunchy. Post Original Spoon Size is unfrosted and much less sweet than others.

All of the four very good raisin brans have tender, sugar-covered raisins, and toasted bran and malt flavors. Although their flakes became less crisp after 2 minutes in milk, they didn't get soggy.

Post Grape-Nuts, the top "other high-fiber" cereal, has pebblelike wheat bits that soak up milk, which softens and improves their texture. They have a nutty grain flavor and no sweetness. And that excellent tasting Bear Naked granola has it all: large and small clusters with pecans, walnuts, almonds, raisins, cranberries, sesame seeds, coconut slivers, brown sugar, honey and cinnamon.

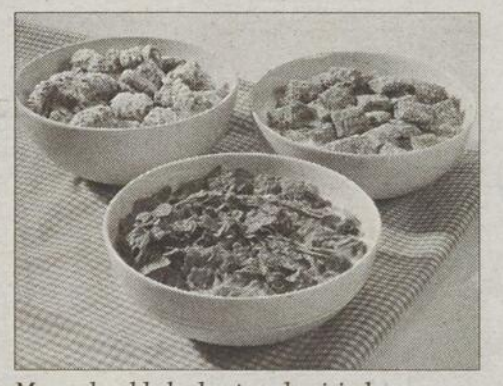
Despite the benefits of fiber — it can help control appetite and weight, and might help lower the risk of heart disease and Type 2 diabetes — the Department of Agriculture says American adults consume an average of just 15 grams a day. That's far below the 25 grams recommended for women and 38 for men.

Many foods are naturally high in fiber, but cereals are one of the most convenient ways to get it. Some cereal makers add inulin (usually from chicory-root fiber or extract) to boost fiber.

Although cereal manufacturers often tout fiber levels, Consumer Reports notes that you'll hear other boasts, too. Claims for the tested cereals include "as much protein as an egg" (Kashi GoLean Crunch and Kashi GoLean Fiber Twigs), and "no GMOs," referring to genetically modified organisms (Cascadian Farms Organic Oats and Honey as well as Nature's Path Organic Flax).

A misleading claim for Kellogg's Frosted Mini-Wheats — that it was "clinically shown to improve kids' attentiveness by nearly 20 percent" — recently resulted in the company's agreement to pay $4 million to settle a class-action lawsuit.

The tested cereals can also be distinguished by their calorie counts, ranging from 60 to 260 per serving. Granolas, often thought of as healthful, are among the highest in calories and fat — up to 10 grams per serving in the tested granolas compared with 1 gram in the other types of cereals. Sodium and sugars also range widely. Some cereals include artificial sweeteners, which minimize sugar content.



Many shredded wheat and raisin bran cereals were of similar quality in Consumer Reports' recent tests, so you can buy by price.

Bottom line: Overall, 18 cereals tasted very good or excellent; 11 were very good or excellent for nutrition. Consider serving sizes, too. They range from a quarter-cup to 1 1/4 cups depending on the cereal's density, so be careful how much you pour. Overdose on a whole cup of Bear Naked Fruit and Nut granola, and you'll consume 560 calories, more than a fourth of the number most people should have in a day.

