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Granby Hospital calls for volunteers

Page 5

THE
RECORD
THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Tillotson spring funding

Page 8

WEEKEND EDITION

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Vaccination opened to broader range of people with chronic illness

By Gordon Lambie

Quebec Health Minister Christian Dubé announced on Thursday afternoon that the province will shortly be opening up its vaccination campaign to two new categories of people; those with chronic illnesses who do not require regular hospital visits, and those with intellectual or physical disabilities, including people with autism spectrum disorder.

"I know that people are anxious for the general population to be vaccinated," Dubé said, adding that he believes that the province's prioritization schedule has been effective so far and calling on the population to remain patient with the process.

Cont'd on page 3

Students protest financial insecurity and climate change

MICHAEL BORIERO

Close to 100 students from the Cégep de Sherbrooke held a protest in downtown Sherbrooke calling for action on climate change and more support for post-secondary studies.

By Michael Boriero

Despite on-and-off flurries of snow and strong winds, roughly 100 students from the Cégep de Sherbrooke marched through the city on Thursday afternoon, voicing their concerns about environmental negligence and financial instability.

The Association étudiante du Cégep de Sherbrooke (AECS) led the demonstration, sporting a massive banner and asking what future exists for students without financial and climate security. The mobilization also landed on Earth Day.

AECS member Elliot Bélanger gave a passionate speech outside Sherbrooke's town hall. He is also part of the student association's environmental

Cont'd on page 3

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Weather

TODAY:
MIX OF SUN AND CLOUD

HIGH 10
LOW 2

SATURDAY:
SUNNY

HIGH 15
LOW 2

SUNDAY:
60 PER CENT CHANCE OF SHOWERS
HIGH 17
LOW -1

MONDAY:
MIX OF SUN AND CLOUD

HIGH 9
LOW -2

TUESDAY:
MIX OF SUN AND CLOUD

HIGH 16
LOW 4

Mr. Smith Goes to New York

Good Reads

Lennoxville Library

Review by Vincent Cuddihy

Francis Spufford, who teaches writing at Goldsmiths College, University of London, had already established a strong reputation as a writer of non-fiction when he turned his word processor to his first novel, Golden Hill, in 2016. The shift was well rewarded with the Costa Book Award for a first novel, the Desmond Elliott Prize for the best debut novel in English in the UK, and the Ondaatje Prize from the Royal Society of Literature for a work that "evokes the spirit of a place".

The story begins late in the afternoon of November 1st, 1746. The Henrietta has been working its way gradually into New York's harbour and has finally dropped anchor 100 feet from shore. Passenger Richard Smith insists that the captain arrange to have him rowed to shore immediately. Smith wants to get to the offices of merchant Gregory Lovell on Golden Hill before he closes up for the day. Smith, a man in his early twenties, is quick to reveal the source of his anxiety: he is carrying a bill of exchange from Lovell's London correspondents, Banyard and Hythe, for the amount of one thousand pounds sterling, worth over 1700 pounds in the local currency.

Smith agrees to wait 60 days until Lovell receives confirmation from Banyard and Hythe that is following on other ships. But Smith does persuade Lovell to change four gold guineas he is carrying in his purse. To do that, Lovell invites Smith upstairs to his family's living quarters, where Smith meets the Lovell daughters Flora and Tabitha, who are about his own age. Smith is intrigued by the older girl Tabitha, who seems to be well-read and highly articulate, but who also seems to be determined to put the "rude" into "erudite" as evidenced by this description of her late mother.

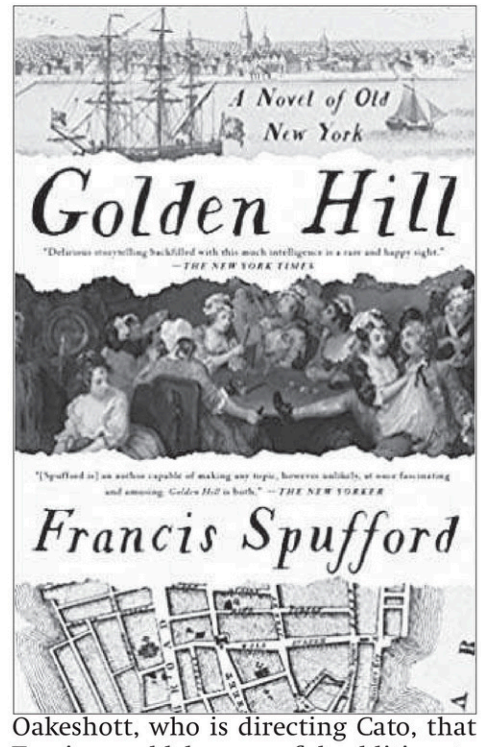
"'You miss her', said Smith, attending to the downcast gaze and the misery of the shoulders, rather than the nasty vigour of the mimicry. 'No!' she said.... 'Not I. The mind of a milch-cow, and the clinging suckers of a squid.'"

Smith is extremely coy about what he intends to do with such a large sum, whether he is acting on his own behalf or as an agent for someone else, and even about how he comes to have access to such a big amount. In the meantime, he finds lodgings and sets about learning about New York and its denizens, while revealing as little as possible about himself. But on his first day of venturing about town, he commits the rookie tourist's mistake of taking out his wallet in a public place to count his money and is promptly robbed by a teenage mugger. Smith commits himself to trying to maintain his image as a rich dude, but it isn't easy when other people assume that Smith can pay for their drinks and meals as well as his own.

He does, however, get introduced by Hendrick Van Loon, the son of Gregory Lovell's business partner Pieter Van Loon, to Septimus Oakeshott, who is the secretary to Governor George Clinton and, it later turns out, is also the governor's spy master. Spufford mixes real historical characters like Clinton (who had also done a stint as governor of Newfoundland) with fictional characters like Oakeshott. James De Lancey, who plays a big role in the narrative, really was the chief magistrate of the Province of New York.

The novel reads like a series of short stories linked together by a twist to the plot at the end of each chapter that spins events off in a different direction. There is Guy Fawkes Night, with its parade and bonfires, George II's birthday party, a trip up the Hudson to Tarrytown and back, St. Nicholas Eve, and the production by the local theatre company of Joseph Addison's Cato. Smith also endures two stints in jail, fights a duel and is put on trial for his role in the duel.

The King's birthday party features readings of verses authored by the current Poet Laureate, Colley Cibber. Spufford manages to put in some of the more outrageous rhymes crafted by this terrible poet, as they are declaimed by Euterpe Tomlinson, wife of the commandant of the local garrison. Smith recognizes that she has some training in the theatre and persuades



Oakeshott, who is directing Cato, that Terpie would be a useful addition to the cast.

There are two interesting ironies about this play: one of the principal actors in the first performance in 1713 was Colley Cibber, who was, apparently, an accomplished actor. Set in Utica on the Mediterranean coast about 50 km west of Carthage, Cato the Younger and a few other senators who are loyal to the Roman republic are waiting to face down Julius Caesar's legions as they consolidate his grip on what will soon become the empire. Filled with grand lines about democracy and freedom, the play was very popular in the American colonies. Some of the most treasured quotes from the American Revolution are paraphrases of lines from Cato.

This story is really enjoyable. Spufford has tried to write it as it would have been written in the 18th century. At one point, I thought he was making words up (croqillant?). He also blends in elements of King George's War, the North American sideshow to the War of the Austrian Succession. And thirty years before Adam Smith penned The Wealth of Nations, he introduces some of the effects of the mercantilist policies pursued by the colonial powers.

Don't forget the Lennoxville Reads... Poetry evening at 7pm this coming Wednesday, April 28. The ZOOM link is available on the Library website under Adult Activities. Golden Hill is now available at the Lennoxville Library.

Ben by Daniel Shelton

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Local News

The reason for covering both climate change and student financial instability during the protest is because Dagenais believes that they go hand-in-hand. Students want to protect the environment, but they need to go to school in order to do so.

'Good chance' new Quebec language bill will include notwithstanding clause: Legault

The Canadian Press

Quebec's premier is hinting that upcoming legislation strengthening the province's language laws will include the notwithstanding clause to protect the bill from constitutional challenges.

The notwithstanding clause, Section 33 of the Charter of Rights and Freedoms, allows governments to adopt laws that violate Canadians' fundamental freedoms such as freedom of thought and religion.

Legault told reporters today there is a "good chance" the new language bill will include the controversial clause because a judge earlier this week struck down part of his government's secularism law, known as Bill 21.

That law forbids public sector workers such as teachers and police officers from wearing religious symbols on the job, and it also includes the notwithstanding clause.

Superior Court Justice Marc-Andre Blanchard upheld most of Bill 21 on Tuesday, but struck down clauses pertaining to English-language school boards because they relate to minority language rights, which cannot be overridden by Section 33.

Legault is suggesting the language bill will likely include Section 33 because judges like Blanchard are interpreting the Canadian Constitution in ways that don't reflect what the majority of Quebecers want.

"I think that, with the judgment we have this week about the Bill 21, it's clear that the interpretation of the Canadian Constitution, that (Quebec) didn't sign, is sometimes giving us some answers that are not representing what the majority of Quebecers want," Legault told reporters.

Quebec Justice Minister Simon Jolin-Barrette, who is also for responsible for the French-language charter, intends to table reforms to the law, known as Bill 101, later this spring.

Student protest

CONT'D FROM PAGE 1

committee. The 18-year-old told The Record that students are anxious and he wants the government to take responsibility.

"It's not good, obviously, for their future to see that everything in front of them is crumbling because the ones in power at the moment don't want to step forward and take action to guarantee the future of their children and grandchildren," said Bélanger.

There isn't enough talk about climate change, especially within the political parties in Quebec, he continued. It has never been an important subject to them, Bélanger noted, they talked about the carbon tax, but it's mostly just excuses.

"It's up to us, the people, and the young people, it's kind of sad to see that we're the ones in the street manifesting and rioting about it, while the ones in power are sitting and talking for two years about laicity," said Bélanger.

He believes that there are solutions out there that go far beyond simply reminding people to turn off their lights and recycle. It's a good start, Bélanger explained, but in the grand scheme of it all, the government can do more to help.

It ultimately comes down to money, according to the cegep student, if it's not profitable for the government or corporations, then they aren't going to do it. Bélanger said that he wants to have kids someday, but he wants them to grow up in a world that protects the environment.

"I turned 18 recently and I'm starting to understand the things around the world that are going on and it's depressing to see that you get all these stories about the environment, about action, the Paris Agreement, everything, but concretely there's nothing happening," he said.

When asked about student financial instability, Bélanger admitted that he is one of the lucky ones. His parents help him pay for school. While he acknowledged his privilege, he still wants to give a voice to those who are suffering in silence.

It's a vicious cycle, he said, as many students in the province, and across Canada, are not financially stable. They finish high school, move out of their parents' homes, and come face-to-face with a broken capitalist system, he said.

"They don't have time to work because they have to study," said Bélanger. "Well if they want to study, they need money, so they need to work, so when do they have time to do any of this."

Urgence climatique Sherbrooke and the Association des locataires de Sherbrooke (ALS) were also present in front of town hall, standing in solidarity with the city's student population. ALS spokesperson and AECS member, Celia Dagenais, said that time's have changed in Quebec.

"Education is no longer accessible to everyone," she said. "Students are forced to live in poverty, one in three students don't have enough money to meet adequate living standards."

One in two students are forced to live in cohabitation situations, Dagenais added, and they spend more than 30 per cent of their income to go to school. This means that half of the student population is at risk of homelessness, she said.

The reason for covering both climate change and student financial instability during the protest is because Dagenais believes that they go hand-in-hand. Students want to protect the environment, but they need to go to school in order to do so.

"It's really difficult to study while living in poverty and living in uncertainty about the future," Dagenais said.

In contrast to the rest of the country, Quebec offers relatively cost-effective education, she continued, but it doesn't mean everyone can actually afford it. It's not easy, despite what people might think, she said, students work hard to obtain post-secondary education.

"The cost of living has increased and minimum wage has not increased, so this thinking is false," said Dagenais. "We can't think that young people are lucky because they live an easier life than previous generations; it's foolish."

Vaccination campaign

CONT'D FROM PAGE 1

"We're not talking about months; we're talking about a few weeks now."

Dubé said that those in the chronic illness category will be given access on the basis of good faith, and he listed conditions like respiratory conditions, diabetes, and obesity as qualifying factors.

"You know who you are," he said.

With regard to those with intellectual or physical disabilities, he pointed out that the category also involves caregivers.

Between the two categories, he said that the announcement accounts for about 800,000 people across the province.

Premier Francois Legault, meanwhile, called on the federal government to impose more travel restrictions, particularly regarding flights from India and Brazil.

The Province of Quebec reported 1,248 new cases on Thursday, bringing the total number of people infected to 341,645, with 12,221 active cases. Seven new deaths saw that total rise to 10,845, but the overall number of hospitalizations went down by five to reach 711. As of Thursday morning, there were 174 people in intensive care across Quebec, a decrease of four compared to the day before.

The Eastern Townships saw its highest single day increase in cases in recent weeks on Thursday, with 65 being reported. This brought the total number of people infected by the virus since the start of the pandemic in the region to 12,884, with 432 currently active. There were no new deaths locally, and 19 hospitalizations with three additional people in intensive case.

A total of 2,589,682 doses of vaccine have been administered in Quebec so far, accounting for 29.1 per cent of the population as a whole. 37,400 people have received a second dose, accounting for 0.4 per cent of the population.

In the Eastern Townships 140,506 people have received one dose (28.6 of the regional population), 1,485 of whom have received a second as well (0.3 per cent of the region population).

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ONE COLUMN, FOUR VOICES

Open to the Spirit

Today's word: Lament

By Revs Mead Baldwin, Rabbi Boris Dolin Lee Ann Hogle, and Rev. Carole Martignacco

1) Our word today, lament, is not used that much in everyday communication, but in reality, many of the viewpoints we read about in the media are laments. Many people long for another time when life wasn't so fragile, and we didn't have so many restrictions. There are those who would prefer to stay in the past and not accept that life has changed. Some view these, often angry, expressions as futile, not very helpful, but I disagree.

In the Hebrew Scriptures, in the book of Ezra, the author describes a very powerful moment. The Jewish people had returned from exile, and were working on a construction project, building a new sacred temple. The new generation were looking to the future, with hope and joy. The older generation were lamenting the past, the loss of the original temple of Solomon. When they laid the new foundation there were two intermingled sounds, a cry of joy for the future, and a cry of lament for the loss of the past. Both were equally loud and the sounds intermingled.

Lament allows us to be honest about what has been, to honour our suffering and the suffering of others, and not get stuck there. It is a vehicle to help us move through crisis, loss and injustice to a new place. Before we can move forward we need to time to lament what we have lost. Only then may we accept our role in a changing future. From this new viewpoint may we see with fresh eyes out part in God's project of healing, reconciliation, justice, and love. An honest lament, is liberating.

2) Lament is a word we do not often hear today. Except in the context of the Hebrew Scriptures. Yet it's clear, long before Psychology was invented to explore the depths of the human spirit, those ancients knew well the entire range of human emotions. They understood the stages of grief and loss, through natural disasters, ill health, and death, the ravages of war, environmental destruction, genocide, exile, and homelessness. And so do we, today, in this world that has changed in some ways beyond any those ancients might recognize. And yet, in terms of lament, our world today looks remarkably similar.

It's easy to love the Psalms of praise, giving voice to the exuberance of the human spirit, expressing wonder and joy, gratitude and praise at the gift of being alive in a world of astonishing beauty and abundance. A lover of language in my teens, i memorized them for their graceful cadences of music and poetry. It was only later, with a bit of life experience under my belt, after a series of losses, that I discovered I too needed to balance joy with the power of lament. How comforting to discover that it was even possible to sing in the midst of loss, through all kinds of suffering, both personal and collective.

In the monastery, the whole cycle of the psalms were sung each year within the rhythm of the daily canonical hours. It mattered little how we felt upon arising, you did not choose which Psalm to sing that day. In the tradition of ancient plainsong of communities through centuries, we sang. Later, at one particular downturn of my personal life, all I could do was to repeat the words; "De profundis – out of the depths, clamavi ad te- I cry unto you" . Don't we all, at times, need the timeless permission to rage and complain, to shake our fists at fate? What I learned from these ancient laments was sound psychology; Be not afraid to show your grief. For, once the rant is over, we will, like the ancients, learn to turn at last toward acknowledging what is good, and lasting, and steadfast, and comforting. Sing your grief if you must, but end with thanks and praise.

William Blake reminds us, in "Songs of innocence and Experience", that "joy and woe are woven fine, ... we were made for joy and woe." What the Psalms have taught me is to find myself at home within the shift, knowing it will turn as always it has. If today we lament, tomorrow, or in due time, we may be overcome with joy. In either case, knowing i am in the company of the ancients helps me to sing.

3) When someone says: "Hi, how are you?" most of us have been socially conditioned to give the most cheerful reply possible. If we can't manage cheerful we go for "Fine, thanks." We imagine you don't want to hear about our chronic back pain one more time. Nor do we want to tell you about our struggles finding a job or that our marriage is on the rocks. We know that if we stick with the superficial we won't have to get into the messy stuff. And besides in casual conversations when people are meeting briefly they are probably not ready to handle the nitty-gritty of our distress.

That is why it is so valuable to be able to nurture friendships where we can drop the superficial conversations and bare our souls. Lamentation is a natural and healthy spiritual practice. It testifies to how much we are affected by the tragedies in our lives. It grounds us in our reality and keeps us from retreating into denial. Denial in turn prevents us from moving forward and using our misfortunes today to create resiliency and wisdom for tomorrow.

Take for example the recent commemorative ceremonies held in Quebec City and Montreal marking the one year anniversary of the Covid-19 pandemic. To stop and pause for a moment, to lament all the lives lost and recognize the collective struggles we have all experienced actually gives us strength. We are in this together. We are grateful for health care workers, for vaccines and for all essential workers who continue to put their lives at risk for us. All these thoughts come to mind when we take time to lament. We are not out of the woods yet but we are gaining wisdom on how to deal with this virus as we go along. Lamentation is an important ingredient in that process.

4) The Jewish calendar in so many ways reflects the fluctuating emotions of Jewish history. As the Jewish people have had times of victory and pride, there have also been times of suffering and destruction. There are the holidays of celebration and feasting, there are days to do deep reflection, and those to do communal learning and healing. This holy mix of emotions is always there.

On one holiday in particular, the commemoration day of Tisha b'Av, Jewish people gather together to remember the destruction of the First and Second Temple, but also other moments of suffering throughout our history. The Crusades, the expulsion from Spain, the beginning of the liquidation of the Warsaw Ghetto. It is almost as if all of the sad moments of the past, whether historically accurate or not, were fit into this single day. As the haunting words of the book of Lamentations are chanted, we are asked, in fact commanded, to hold all this sadness and do our best to cry. Yet this commandment has always felt a bit strange to me, since so often it is difficult to be "forced" to feel sad as much as it is to be happy. How can I feel such pain and sadness from an event that happened centuries ago?

But the lesson of the tears is actually much more simple. We may not always be able to cry for those moments of our communal history that are far in the past. What matters however, is that we leave room to cry for the sadness that is real and part of our own lives in the present. A year of only joy and celebration might be fun, but we also need to leave the space to not push aside the realities of what we find around us.

This pandemic year has brought us all more than our share of sadness, and probably even a few tears. It can be helpful to keep a positive attitude and do our best to look forward to better times, but we also can't push aside the reality. We need to cry, and we need to let out the pain if that is truly what we feel. But if we are able, like the experience of hearing Lamentations on Tisha B'Av, we can do this with the knowledge that there are so many others who are crying too. And if we do the sadness "right", then we can be ready and open to the very real change, hope and joy that can come out of this difficult place. The bitter and the sweet. The honey and the sting. We need both to make our way through life.

One word, 4 voices, How do you lament?

Rev. Mead Baldwin pastors the Waterville & North Hatley pastoral charge; Rabbi Boris Dolin leads the Dorshei-Emet community in Montreal; Rev. Lee Ann Hogle ministers to the Ayer's Cliff, Magog & Georgeville United Churches; Rev. Carole Martignacco, Unitarian Universalist is retired from ministry with UUEstrie and now resides in St. Andrews by-the-Sea NB, but keeps one foot in the Townships by continuing with this column.

GLIMPSES OF THE PAST

The Asbestos Strike was one of the most decisive labour disputes in Quebec history. In February 1949, employees at an asbestos mine owned by Johns-Manville, a multinational company, demanded a pay increase of 15 cents per hour and walked off the job after their employer offered an increase of only 5 cents per hour. The trade union also demanded improved working conditions since the devastating effects of asbestos on the lung health of workers were widely known at the time. The Asbestos Strike labour dispute, which unfolded during Duplessis's tenure as Premier, was unusually violent. It impacted citizens and created a wave of solidarity in support of the men who, after five months on strike, finally obtained an increase of 15 cents per hour. It also sparked a resistance movement to the Duplessis regime.

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Granby Hospital facing labour shortage, calls for volunteers

Record Staff

According to a press release sent out by the CIUSSS de l'Estrie-CHUS labour shortages at the Granby Hospital have made it difficult to maintain the services offered to the population and are impacting the capacities of the teams in place.

In an effort ensure the safety and quality of care offered to the population and avoid service disruptions, the health authority has launched a call for volunteer nurses, nursing assistants, PABs and managers of the establishment to work overtime. The initiative will last for three weeks, until May 21. The first shifts requiring volunteers start Friday evening, April 23.

"We take this opportunity to reiterate our appreciation for the commitment that all staff have shown on a daily basis during this exceptional period of the pandemic. We are aware that the teams have been under great pressure to help for over a year. We are trying, through this type of call for volunteers, to find a balance and a sharing of exceptional efforts between people," commented Josée Paquette, Director of Human Resources, Communications and Legal Affairs.

According to the CHUS, the special measures will follow the principles of Infection Prevention and Control (IPC) and special attention will be paid to ensure the integration of the workforce and the work experiences of the volunteers, to ensure the safety of employees and users.

Multiple Sclerosis Society of Canada plans annual walk for end of May

Record Staff

The Multiple Sclerosis Society of Canada's MS Walk will be held on May 30, but once again it will take on a different look, as participants are asked to take part in the even from the location of their choice.

This is done in order to avoid a large gathering at André-Viger Park in Sherbrooke, where it is normally held every year. In a press release, the Société canadienne de la sclérose en plaques Estrie said people can walk in their neighbourhood, on a treadmill, or around the block.

This year, the Eastern Townships' 2021 MS Walk ambassador will be Claire Préfontaine. She has had MS for over 18 years, and she has participated in the event since 2004. She has actively initiated several fundraisers over the years, like selling chocolate and donuts.

Préfontaine's philosophy to fundraising is to not be shy. Every penny counts, according to the ambassador, and it all makes a difference in the end. She hopes that one day a researcher will find a cure to MS.

The society wants Townshippers to join the walk and show their support for people living with multiple sclerosis. No one should deal with this disease alone, reads the press release. People can sign up at www.marchesp.ca and share their walk on social media.

Windsor asks residents to choose new slogan

Record Staff

Windsor is currently going through a re-branding process and the city's council wants residents to participate in choosing a new slogan.

People can vote for three options on the city's Facebook page, www.facebook.com/villedewindsor. The slogans are: Ville de Windsor, La Chaleureuse, Ville de Windsor, Proche du cœur, and Ville de Windsor, L'Accueillante.

Mayor Sylvie Bureau said the city conducted a survey in February. They found that residents described Windsor as being a welcoming city with a "strong sense of community." The survey also discovered that more than 80 per cent of residents wish to stay in Windsor.

"The three proposed slogans therefore reflect this differentiating spirit of a city with a heart, where the community is tightly woven," said Bureau.

The slogan poll closes at 11:59 a.m. on April 25. The February survey also identified several strengths to living in Windsor, according to a press release. Participants noted that the city is close to other cities and provides a peaceful family atmosphere.

Provincial government support for cultural sector

Record Staff

Culture Minister Nathalie Roy recently announced an additional $60 million in support funds for Quebec events and shows, which is part of the proposed $147 million financial aid in the province's economic recovery plan for the cultural sector.

According to a press release, the additional support is conditional on the adoption of the Quebec government's budget, which was unveiled in March. It is managed by the Conseil des arts et des lettres du Québec and the Société de développement des entreprises culturelles.

The province hopes that with these funds, they will be able to support the performing arts, a sector that was hit hard during the pandemic. Roy wants to ensure everyone working in the cultural sector can resume activities while respecting health measures.

It is essential for the government to support these activities until they can return to normal, she explained. She believes the funds will allow artists to express their creativity, which is "a great source of pride for all Quebecers."

"Quebec presenters and producers embody the resilience of Quebec culture in these difficult times," she said. "They play a vital role in the dissemination and accessibility of our culture and are multiplying their efforts to maintain a cultural offering in safe conditions."

Wellington heading back out to sea

Record Staff

Looking ahead to this coming summer, the city of Sherbrooke is getting ready to send Wellington Street back out to sea. Building on the model of the "Wellington sur mer" urban oasis that was set up on the street in the summer of 2020, the plan for 2021 involves dedicating more space to pedestrians on the downtown street between mid-June and the beginning of October.

The decision to renew the project comes based on the results of a survey sent out after the initial edition last fall. In response to the question "would you like to see a similar project in the Wellington North area in the summer of 2021?" 58 per cent of business owners replied, 'yes, certainly' and 35 per cent replied 'yes, under certain conditions.'

"It was very important for us that everyone involved be consulted before this second season," said Sherbrooke Mayor Steve Lussier in a press release accompanying the announcement.

Some of the conditions under which the project is being relaunched include an improved cultural offering, greater involvement of local organizations, and better management of on-site garbage.

The city has opted to invest just over $70,000 in recreating Wellington-sur-mer this coming summer by decorating with a nautical/beach theme. Whereas the 2020 version was focused primarily on the section of Wellington between Meadow and Albert Streets, this year's version will also involve zones on other parts of Wellington North, as well as at the place Well Sud pop-up park on King Street.

"The Urban Oasis brings atmosphere and a special signature to our downtown area, which must be colorful and lively, especially in this difficult period," said Catherine Sheehy, owner of the Piosa boutique." Undoubtedly, the addition of boardwalks is an idea that connects all our beautiful shops together."

GORDON LAMBIE

Installation of the décor is set to begin as of June 7.

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Editorial

The format of a My Take is 150 words - no more, no less - to express an opinion on a different topic each week. This week the topic was variants and their names.

My Take: By Gordon Lambie

On Thursday morning, when asked about whether the front-page announcement of the arrival of "the Indian variant" by the Journal de Montreal could feed into prejudice toward minority groups, Premier Francois Legault responded that, "we always need to be careful when we speak of certain communities."

It's an answer so careful that it barely says anything at all.

Words have power, and it is important to pick them carefully when in a position of authority, but when a person in power works that hard to avoid making a clear statement about defending the rights and wellbeing of minority groups, it just reinforces the invisibility of those groups, and opens up the door for prejudice to grow.Linking virus mutations to regions or ethnic groups is irresponsible messaging and has clearly been observed as a cause of harm to those groups. We should stop doing it.

My Take: By Matthew McCully

Rough week to be a Quebecer. And I'm at the height of privilege here. My plight is strictly embarrassment.

We've got Bill 21, upheld in court, with the exception of English school boards. But don't pat yourselves on the back, we're off on a technicality, not because of any official opposition. White English people were not out on the streets defending the rights of Muslim women.

And in case our racist tendencies weren't already well established, the Journal de Montreal just declared open season on the Indian population.

They later issued an apology that I'm sure thousands of xenophobic pent-up Quebecers looking for an outlet for their frustrations will read.

The problem is, if society is at a point where these issues are commonplace, or up for debate rather than quashed outright, we are all to blame.

A single tear won't stop a tidal wave.

My Take: By Michael Boriero

I read a headline today calling out the 'Indian variant' and I'm left wondering whether we've learned anything over the past few months.

The former U.S. president, he-who-must-not-be-named, continuously called COVID-19 the 'Chinese virus', increasingly turning the population against Asian minority communities.

Hate crimes started to spike. We watched videos, read articles, and maybe even witnessed it ourselves, as people berated Asian community members, with no rhyme or reason.

They weren't responsible for the pandemic. And yet this rhetoric seeped into Canada. Now we're seeing another minority community unjustly singled out.

This type of language is harmful to everyone. It sends the wrong message. And if you're wondering, it's actually called the B.1.617 variant.

It's one thing to explain where it was first reported. But it's an entirely different thing when we use language that fuels prejudice.

My Take: By Taylor McClure

As a minority group, the Asian population has always faced discrimination, but with officials pointing fingers towards China as the epicentre of the COVID-19 outbreak a movement of violence and prejudicial and discriminatory acts against Asian people emerged. Now we are facing the arrival of the Covid variants and it was decided to use the country's name where the variant was first detected to differentiate them, like the Brazil variant. Putting a country's name to a virus that has led to a collapse in world affairs is like giving your child the worst name imaginable; they will be teased, bullied, mocked, and they will be looked at and treated differently. In this case, we can see how a name can lead to social and political turmoil. It is definitely not the time to perpetuate further division and fear on such a massive and global scale.

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

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Opinion

Journalism isn't perfect, but striking the balance between PR and journalism is beneficial for both parties. As this balance shifts in favour of public relations, it becomes harder for the public to trust news.

Stopping misinformation means fixing the relationship between journalism and PR

By Jaigris Hodson
Associate Professor of Interdisciplinary Studies, Royal Roads University

Public relations and journalism exist in an uneasy balancing act, a relationship where they both rely on each other as part of a communication ecosystem.

It used to be that journalism was the stronger player in the relationship, but now as a result of cuts to newsrooms, PR is becoming more dominant. And this relationship could undermine already limited trust in news.

Public relations and journalism

Public relations is defined as the practice of using communication strategies to build relationships between organizations (such as corporations, institutions and government) and the public.

Traditionally, one of the most important connections for PR practitioners has been those with journalism. PR professionals rely on their journalistic connections to help get their messages out, and journalists draw from PR to help find interesting stories, fill quotas and meet deadlines. In fact, according to the Canadian Public Relations Society, PR professionals tend to interact more with journalists than with any other professional group.

This relationship worked for many years because journalists had the upper hand. Journalists had a culture that made them wary of PR professionals, which helped to keep the PR industry in check. When interacting with PR practitioners, journalists would choose whether to pursue a story, and how much of the story suggested by the PR professional is actually worthy of column space or broadcast time. Journalists were likely to seek out different sides of an issue suggested by a PR professional, rather than just publishing a news release verbatim.

In return, the PR professionals could be reasonably confident the coverage would be trusted by the public. By choosing what to cover and how to cover it, journalism keeps PR accountable. If PR practitioners do anything to threaten their relationship with news outlets, they will not be able to work effectively.

However, in recent years, as a result of media consolidation and the rise of social media, the relationship between PR and journalism has shifted. While this shift seems to favour PR, in reality it has resulted in declining trust in news, and that's bad for everyone. When the delicate balance between journalism and PR is upset, we end up with an information ecosystem that is less trustworthy because it is driven by organizational goals rather than the public interest.

A shifting balance

Now journalism is increasingly relying on PR to survive. As my previous work has shown, local news is facing unprecedented pressure from media consolidation and the social media business. As journalism jobs have dried up across North America, many talented and trained journalism graduates and successful journalists are accepting jobs in PR in order to make ends meet.

At the same time, many cash-strapped newsrooms are turning to advertorials or sponsored content to make up for shrinking revenues. As a result, more of the news media is implicated in spreading PR content that is often one-sided, incomplete information that favours corporate PR clients.

For example, when important information like COVID-19 vaccine efficacy is presented to the public directly from news releases, important scientific facts can be minimized or left out of the portrayal of the issue. That can contribute to eroding public trust in both the news story and the organization covered by it. While PR plays a role in ensuring the trust between organizations and the publics, some PR practices can lead to the decline in trust in news.

Other grey area PR tactics, like astroturfing, direct media attention to stories that journalists might not otherwise consider very newsworthy. Astroturfing entails using social media to create fake online grassroots support for an organization or issue. News outlets often cover a story that seems to be getting a lot of attention on social media. Unethical PR firms will often exploit this fact by buying likes, shares and engagements, creating fake hype for a specific product, person or organization that would otherwise not be covered at all.

Rethinking the relationship

Journalism isn't perfect, but striking the balance between PR and journalism is beneficial for both parties. As this balance shifts in favour of public relations, it becomes harder for the public to trust news. That leads to more aggressive PR tactics, further eroding the public trust. Everyone loses.

Steps can be taken to rebalance the relationship between journalism and PR. Journalism must be strengthened, including local news, so that journalists have the resources to refuse sponsored content and push back against PR pitches. This means we all have a role to play in paying for the journalism we value, and new funding models should be developed to help provide resources to smaller and independent journalism in Canada and elsewhere.

To that end, entrepreneurship networks like indiegraf and other opportunities for independent journalism need to be supported by offering business training to journalism students, providing government resources to support journalism entrepreneurs and through our own habits.

Journalists who are brave enough to also become entrepreneurs by starting their own publications need us to pay for their content through Substack, Patreon or other subscription services. This will have a cascading impact as these journalist entrepreneurs create small businesses that can provide new job opportunities for other journalists and journalism students.

Finally, professional associations for PR practitioners like the Canadian Public Relations Society or the Public Relations Society of America need to do more to punish disreputable firms that use tactics like astroturfing to create fake influence. By strengthening journalism and putting limits on PR, we can reset the balance and create a healthier media ecosystem for everyone.

Black & white value

What is black and white, read all over and serves as a great teaching tool? The newspaper, of course.
Teachers can use the newspaper in a number of ways in the classroom to enhance students' education. They can cut several pieces of art from the paper and have young students just learning to write name them, or clip a feature story from the paper and have older students respond to it in an essay.
Whatever the activity, newspapers benefit students. When used in the classroom, they improve students' reading, writing and critical thinking skills, inspire them to participate in discussions and debates, and expand their knowledge of past, current and future events.

THE RECORD

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Magog boat launch now open

Record Staff

The boat launch, located on rue de Hatley Street with access to Lake Memphremagog via the Magog River, will open on Friday, April 23, at 5 a.m.

Boaters can pick up their season pass, their user's certificate and have their boat washed at the Capitainerie at 353 Hatley Street, according to the following schedule:

- April 23 to June 20: 5 a.m. to 6 p.m;
- June 21 to Aug. 15: 5 a.m. to 8 p.m;
- Aug. 16 to Sept. 20: 6 a.m. to 6 p.m.

Apply online

The City recommends that users apply for their certificate online, given the social distancing guidelines and other health measures required. This will speed up the issuance of the certificate and reduce traffic at the harbour master's office. It is possible to apply online by filling out the form at ville.magog.qc.ca/user-certificate.

Washing of boats

Boat washing is mandatory in order to prevent the spread of aquatic invasive alien species (AIS) in the region's water bodies. The service is free of charge.

Bournival Street Boat Launch

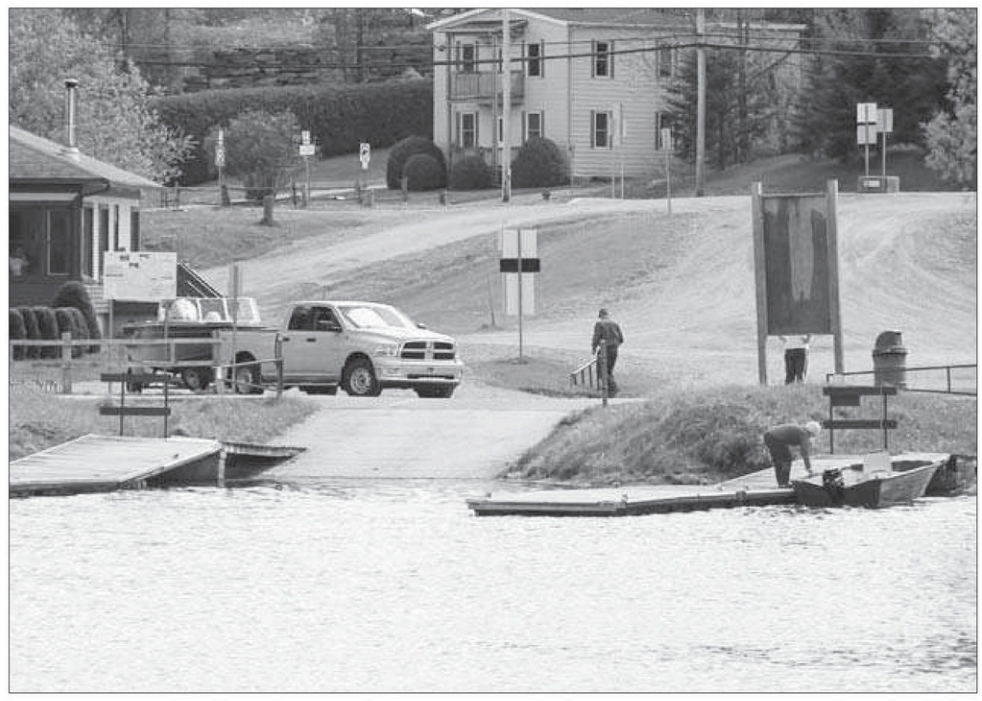
The boat ramp that gives access to Little Magog Lake (Bournival Street) is once again accessible to citizens in the sector.

COVID-19 measures

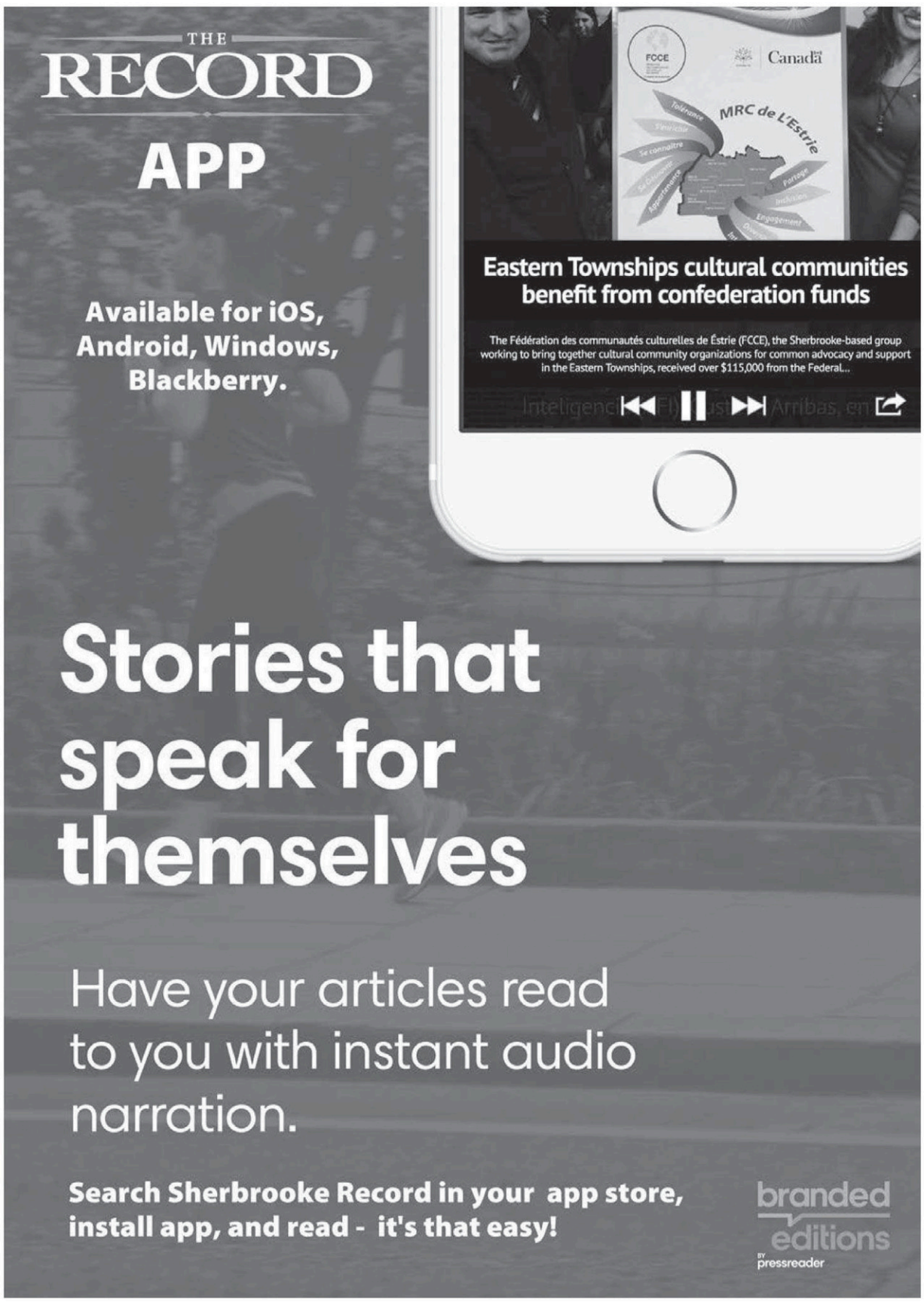
People who have symptoms associated with COVID-19 or the common cold should not come to the harbour master's office under any circumstances.

The following additional instructions should be observed:

- Allow for a longer than usual waiting time;
- Always keep a distance of two metres (six feet) from employees and other persons on the premises;
- Wearing a procedure mask or face cover is mandatory at all times.



COURTESY VILLE DE MAGOG



Tillotson awards over $100,000 to local non-profits

Record Staff

The Tillotson Coaticook Region Fund has donated $109,858.25 to 25 local organizations for its spring wave of funding.

The fund was established to support broad charitable purposes in Coaticook and surrounding communities. The purpose is to award financial assistance grants, including in the following areas:

Basic needs and community safety net;
Health care;
Education;
Youth recreation;
Programs and services for the elderly.

Applications can be made for up to $10,000 from Canadian-based organizations including non-profits, registered charities, municipalities and other groups.

The next wave of funding will be awarded in the fall of 2021. Applications can be downloaded from the Coaticook MRC website and sent to the Tillotson Foundation by Sept. 8, 2021.

Below is the list of organizations that received funding this spring:

ORGANIZATION	PROJECT	$GRANTED
Town of Dixville	Fishing for kids	$1,500
Ecole Notre Dame toutes a	School yard	$5,000
Town of Waterville	Skate park	$6,000
Ecole Sacre Coeur	Bicycle project for Autistic kids	$1,983.25
Lennoxville Women's center	Operation backpack	$5,000
Garderie le petit Moulin St-Malo	Outdoor playground	$4,000
Ecole Mgr Durand	Material for kindergarten	$1,160
Phelps Helps	Summer camp/community events	$3,000
Artistic skating Coaticook	Ice time	$1,200
Ecole Santa Maria	Cross country skiing	$1,700
Town of St-Hermenegilde	Life saving equip. for Lake Wallace	$3,000
Town of St-Venant	Chairs for community center	$1,500
Town of Waterville	Material for community center	$1,000
MRC Coaticook	Support for local activities	$2,200
L'eveil/Mental health	Art therapy	$3,000
Camp Massiwipppi	Emergency water rescue	$3,000
Carrefour loisirs MRC Coaticook	Equipment for Camp Kionata	$4,000
Ecole Gendreau	Cafeteria	$10,000
Lennoxville Library	Child & large print books	$615
CPE l'enfantilllage Barnston	Playground equipment	$10,000
Maison sejour	Park improvemnets for kids	$10,000
Compton Lions Club	Basic needs for Seniors & in need	$10,000
Foundation College Rivier	Student bursaries	$6,000
Lamp foundation	Bursaries for medical students	$10,000
Town of East-Hereford	Resurface tennis courts	$5,000

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THE RECORD

TALK

YOUR WEEKLY GUIDE TO TOWNSHIPS CULTURE

APRIL 23 - APRIL 29, 2021

Sandy-Lee Ward on finding love and a musical comeback

COUNTRY CONNECTION

JESSIE PELLETIER

Needless to say, singer Sandy-Lee Ward has always been wildly talented and highly regarded by country music fans, even if she has been out of the local spotlight for a while. The star singer/keyboardist of the band Little Foot is now preparing for an comeback to the stage, though. Rehearsals have started and things are evolving at a good pace.

Sweet as an angel and right from the start, Ward impressed people with the quality of her voice. It somehow seemed incredible that a young lady so quiet and most likely a little shy could perform as such and leave people in awe of her talent. She did amaze and soon she will do it again.

Sandy-Lee Ward was born in Sherbrooke, Quebec and grew up in the nearby small town of Bulwer, close to Cookshire. She is from a very musical family and was surrounded by music from her birth on.

On her Mother's side, her grandfather Elmore Barter played the violin, her Uncle Buzz (Lloyd Barter) played drums, and her Uncle Steve (Steven Barter) played multiple instruments, including banjo and piano.

"I have many fond memories of them," she said. "They were a corner stone supporting both inspiration and aspiration of the love of singing."

On her Father's side, the Ward's musical talents can be traced back to her great-grandparents and extended family including Janice Graham. Her grandfather Ronald Ward also played multiple instruments.

"He was well-known in the area and played many years at the Army and Navy Legion. My father, Murray Ward, was my greatest inspiration. He started music lessons at the age of 5 and never looked back" stressed Ward. "He has accomplished learning multiple instruments including the saxophone, piano and pedal steel. Through the years, he coached and supported every part of how I developed as a singer."

Ward recalled how they would spend endless hours together practicing while developing the qualities and endurance needed to be a good singer. Over time, this practice would translate to her spending more hours singing and playing the piano whenever the opportunity presented itself.

Her early influences also included Patsy Cline and Karen Carpenter and the first song she ever sang was the Lynn Anderson's hit "Rose Garden." Music kept taking more and more room in her life. She was actively going to music festivals in Ottawa, Ontario, playing piano with her sister Paula Bean playing the accordion with excellence.

Her brother Andrew Ward is also known for his musical talents. "His kind-heartedness flows into a smooth country sound through multiple instruments including drums, piano, voice and banjo" said Ward of her brother.

Her mother Barb also played a key role in all of her children's musical lives. She kept things together for everyone transcribing music, finding songs, and accompanying her daughter on many musical occasions. In a house with three kids and a husband practicing, she needed a lot of patience.

COURTESY

Sandy-Lee Ward

Ward said that her mother was truly the anchor that kept everyone grounded and that she is proud that her husband and kids have been successful in their musical abilities, educational success and professions.

As a singer, she performed publicly for the first time at a 4-H fundraiser at Sawyerville Primary School. She was 14. No one knew this one performance would turn into a life of music.

"My musical career really started to take form when I was 19 in a well-known group, Little Foot. One day my parents crossed paths with a beloved musician, the late Steven Powers."

Steve's son, Jeff Powers, and Roger Goodsell's son, Gerry Goodsell, were starting a band and looking for a female singer. Numbers were exchanged, calls were made, and the group started practicing together. Before long, Little Foot started to take shape.

"After months of practice, the group had its debut at Bronco Billy's in Magog. The well-known and legendary Big Foot, literally the father band, invited us on stage to play a few songs.

CONT'D ON PAGE 10

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Sandy-Lee Ward

Cont'd from page 9

Louis Leveque, their piano player introduced us as Little Foot. The name stuck, we liked it, and this is how it really started" she explained.

Under the expert guidance of Roger Goodsell, the group started to play as a working band every weekend. They were still searching for a drummer, though. One night while playing at The Bretagne, drummer Robert Bubba Lacroix stopped in to listen to them. He was pleased with what they did and decided to join the band.

Ward recalled that the band members had an exceptional relationship with one another.

"It is rare to find a connectedness among four very diverse individuals, but this is something we had. We could joke together, work hard, clown around but always in perfect agreement," she said.

Little Foot was extremely busy playing the bar circuit non-stop and being featured at many special events as well. All through this time, the singer was pursing undergraduate studies and graduate studies in psychology.

In addition to performing every weekend, Ward recorded a Christmas special for the television show "Visage d'Artiste" and was showcased in an all-star Christmas show at the Granada Theater in Sherbrooke just to name a few of her accomplishments.

She was very successful around here, but life had other plans for her.

"I went to Texas for graduate studies in psychology, at Texas A&M University," ward shared. "It did not take very long before I was playing in a band. What amazed me was how the songs reflected real life in Texas. It gave me a completely other perspective about the songs. I felt a part of the songs; more connected. There was a little roadside café I would see every day going to school called "Roadhouse". I loved the name" she said.

In the beginning of the 2000's, after spending four years in Texas, she decided to come home and formed a band that she named Roadhouse, in reference to that Texas Café.

Over a year ago, her profession took her to Cowansville, Quebec, at the CIUSSSE-CHUS-CLSC de Cowansville Sud where she is now the head psychologist for youth mental health, and she loves it.

While settling back into the townships, she slowly resumed a friendly relationship with former Little Foot drummer Robert Bubba Lacroix. One night she texted him to know where he was currently playing with the intention of dropping by to hear him.

"I went to see him play in a bar in the area and we talked, then we were several weeks without seeing each other but keeping in touch through a few exchanges of texts," she said. "Slowly the conversations brought us back to the music, but this time around, there seemed to be more than music and friendship."

Lacroix later proposed and she said yes and they will unite their lives in the sacred bonds of marriage next August.

Those who know Lacroix, all know what a significant place his mother and grandmother always had in his life. Before she passed away, his grandma gave him her wedding ring as a souvenir to remember her by.

"That ring is really valuable to me, I thought that if Sandy agreed to wear it, it would have so much meaning. So I asked and she couldn't believe that I was willing to share something that was so important to me. She said yes! We are so overwhelmed this is happening," said Lacroix.

One of Lacroix's musician friends owns a recording studio in St-Jean sur Richelieu, and this is where, with up-to-date technology, Roger Leblanc, Lacroix and Ward started practicing together with the intention of putting together a weekly show that will be broadcast over the internet.

"We have not yet defined the format of this show exactly, but we are working hard to make it happen as soon as possible," Lacroix said. "Sandy and I miss playing and the pandemic has put a halt on performances in halls, pubs and bars. We can't wait to do this again."

"As for my relationship with Sandy, it completely took me by surprise," he added. "I never imagined that our feelings would evolve to the point where we would want to spend our lives together. We are living a true fairy tale."

They are both beyond happy with what life had in store for them. It took many years and they had to face many life challenges before this story book ending finally occurred.

They are now working on this comeback on the music scene for Ward, their project to broadcast their music all while planning an August wedding.

"This turn of event was not expected a year ago but I couldn't be more happy and excited with our plans for the future" concluded Ward.

Good things come to those who wait. Congratulations on finding their forever! A feeling that really transcends time and pandemics. Out of all the memories we've shared together, this certainly tops the list. Best wishes for a long and happy life, love you both.

Your week on TV

WEEKDAY MORNING

	Bell	Star		6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30
WCAX 3	-	-		Channel 3 News Morning		CBS This Morning				Rachael Ray		The Doctors		The Price Is Right	
WPTZ 5	-	-		NBC5 News Today		Today				Live with Kelly and Ryan		Today 3rd Hour		Today With Hoda & Jenna	
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CKSH 9	108	-		Esme & Roy	Romy & Bou	Sonic Boom	Belle	Tom Sawyer	Tintin	Heartland	Var. Programs	Heartland		Ricardo	5 chefs dans
CKMI 11	-	-		Global News Morning						The Morning Show		Property Brothers		Rachael Ray	
CFCF 12	205	312		Your Morning		Your Morning	Your Morning	Your Morning	Your Morning	Live with Kelly and Ryan		The Marilyn Denis Show		The View	
WVNY 22	-	-		Local 22 News This Morning		Good Morning America				The Drew Barrymore Show		Var. Programs	Paid Program	The View	
WUTV 30	-	-		Varied Programs		The National Desk		The National Desk		The 700 Club		Judge Mathis		Judge Jerry	Judge Jerry
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			W									"Un coup de foudre malgré eux" (2019) Bethany Joy Lenz.			
			Th									"Pop Star" (2013) Christian Serratos. Premiere. (SC)			
WUHF	-	363		Good Day Rochester		Good Day Rochester		Good Day Rochester		Judge Mathis		The Wendy Williams Show		Judge Jerry	Judge Jerry
WETK	-	-		Classical Strt	World News	Molly of Denali	Wild Kratts	Elementary	Xavier Riddle	Curious	Daniel Tiger	Daniel Tiger	Elinor	Sesame Street	Pinkalicious
WCFE	-	-		Nature Cat	Odd Squad	Curious	Elinor	Xavier Riddle	Daniel Tiger	Daniel Tiger	Wild Kratts	Elementary	Sesame Street	Pinkalicious	Arthur
A&E	615	520		Paid Program	Joyce Meyer	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Varied Programs			
CNN	500	500		New Day with John Berman		New Day with John Berman		New Day with John Berman		CNN Newsroom With Poppy		CNN Newsroom With Poppy		At This Hour-Kate	
DISC	520	505	F	Mayday "Fatal Focus"		Mayday "Who's in Control?"		Mayday "Death and Denial"		Highway Thru Hell		North Woods Law		Lone Star Law CC (DVS)	
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HIST	522	506		Rust Valley Restorers		Canadian Pickers		Ice Road Truckers		Yukon Gold		Timber Kings		Shatner's Weird or What?	
PARMT	628	584		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue	
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SHOW	616	521		The Outer Limits		Beauty and the Beast		Lost Girl		Movie				Beauty	Var. Programs
SLICE	601	562		ET Canada	Say Yes-Dress	Love It or List It		Varied Programs				Love It or List It		Varied Programs	
TLC	521	560		Varied Programs											
TSN	400	400	F	SportsCentre	SportsCentre CC		SportsCentre CC		SportsCentre CC		SportsCentre CC		SportsCentre CC		SportsCentre
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			Th												
YOUTH	551	542		Go Away Uni	Cloudy, Meat	Cloudy, Meat	SpongeBob	SpongeBob	Loud House	Loud House	Ollie's Pack	Numb Chucks	Squirrel	Cloudy, Meat	Max & Shred

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Your week on TV

WEEKDAY AFTERNOON

	Bell	Star	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
WCAX 3	-	-	Across/ Fence	The Young and the Restless		Bold/Beautiful	The Talk		Let's Make a Deal		Channel 3 News at Four		Channel 3	3 News
WPTZ 5	-	-	NBC5 News	Daily Blast	Days of our Lives		Tamron Hall		Dr. Phil		The Ellen DeGeneres Show		NBC5 News	NBC5 News
CBMT 6	206	301	CBC News Network		Escape to the Country		Family Feud	Convenience	Murdoch Mysteries		Call the Midwife		Great British Baking Show	
CHLT 7	107	718	(11:58) TVA nouvelles		Movie			Tom & Jerry	TVA nouvelles	Les feux de l'amour		Top modèles	(4:58) TVA nouvelles	
WMTW 8	-	-	WMTW News 8 at Noon		GMA3-Need to Know		General Hospital		The Ellen DeGeneres Show		WMTW News 8 at 4pm		WMTW News 8 at 5PM	
CKSH 9	108	-	F Téléjournal	Silence	Anne avec un E (DVS) (SC)		Virginie (SC)	Virginie (SC)	Bonsoir bonsoir!		On va se le dire (SC)			Silence
			M	Pharmachien					Une famille pour toutou (N)					
			T	Question					Bonsoir bonsoir!					
			W											
			Th											
CKMI 11	-	-	Global News	ET Canada	Days of our Lives		The Talk		The Drew Barrymore Show		Carnival Eats	The Young and the Restless		Global News
CFCF 12	205	312	CTV News Montreal		The Social		Dr. Phil		The Dr. Oz Show		The Ellen DeGeneres Show		CTV News Montreal at 5	
WVNY 22	-	-	Hot Bench	Hot Bench	GMA3-Need to Know		General Hospital		The People's Court		Judge Judy	Judge Judy	Judge Judy	Judge Judy
WUTV 30	-	-	The Steve Wilkos Show		Maury		Judge Mathis		The People's Court		Millionaire	Family Feud	Family Feud	Family Feud
CFKS 31	106	726	Médium		Seal team: coeur et courage		Movie				Les Simpson	Les Simpson	Communiquer	Communiquer
WUHF	-	363	The Steve Wilkos Show		Maury		Var. Programs	Divorce Court	Hot Bench	Hot Bench	Judge Judy	Judge Judy	The People's Court	
WETK	-	-	Dinosaur Train	Clifford-Dog	Sesame Street	Elinor	Elementary	Let's Go Luna!	Odd Squad	Varied Programs				World News
WCFE	-	-	F Let's Learn		Articulate-Jim	Poetry	Artbound Artist Doug Aitken.		Nature "Sharks of Hawaii"		Great White Shark		NOVA "Reef Rescue"	
			M		Nature "Sharks of Hawaii"		Nature Octopus behavior.		Antiques Roadshow		Critical Care: America		New York Now	Mountain Lake
			T		NOVA "Reef Rescue"		NOVA "Lethal Seas"		Secrets of Highclere Castle		Atlantic Crossing		World on Fire on Masterpiece	
			W		American Masters (DVS)			Native-Artistry	Finding Your Roots		My Grandparents' War		Native America	
			Th		Greta Thunberg-Year		NOVA (DVS)		Frontline The impact of COVID-19 across the globe.				Frontline	
A&E	615	520	Varied Programs								The First 48	Varied Programs		
CNN	500	500	Inside Politics With John King		CNN Newsroom-Ana Cabrera		CNN Newsroom with Alisyn		CNN Newsroom with Alisyn		The Lead With Jake Tapper		The Lead With Jake Tapper	
DISC	520	505	F CSI: New York		CSI: New York		Homicide Hunter: Kenda		Homicide Hunter: Kenda		CSI: New York		CSI: New York	
			M				Bones (DVS)		Bones (DVS)					
			T											
			W											
			Th											
DRAMA	620	523	Movie				Flashpoint		Varied Programs					
HIST	522	506	F Border Sec.	Security	Forged in Fire (DVS)		Ancient Aliens		Ancient Aliens (DVS)		Ancient Aliens Possible encounters beyond Earth.			
			M	Border Sec.			American Pickers		American Pickers		American Pickers		American Pickers	
			T				Pawn Stars		Pawn Stars "Pawnsplosion"		Salvage Kings (DVS)		Pawn Stars	
			W				Forged in Fire		Forged in Fire "WWE Edition"		Forged in Fire "The Bardiche"		Assembly Required	
			Th				Counting Cars	Counting Cars	Counting Cars	Counting Cars	Counting Cars (DVS)			
PARMT	628	584	Bar Rescue		Bar Rescue		Varied Programs							
RDI	126	730	Téléjournal	Mordus de politique		Var. Programs	L'info						En direct avec Patrice Roy	
SHOW	616	521	F Lost Girl "Faetal Justice"		Travelers "Donner"		NCIS "Willoughby"		NCIS "Off the Grid"		FBI "Ties That Bind"		NCIS "Willoughby"	
			M											
			T											
			W											
			Th The Office	The Office	The Office	Parks/Recreat	Parks/Recreat	Parks/Recreat	Parks/Recreat	Parks/Recreat	The Office	The Office	The Office	The Office
SLICE	601	562	Varied Programs		Love It or List It		Varied Programs						Mom	Mom
TLC	521	560	Varied Programs											
TSN	400	400	SportsCentre	SportsCentre	Varied Programs		Jalen	Questionable	NBA: The Jump		NFL Live		Around/Horn	Interruption
YOUTH	551	542	Henry Danger	Henry Danger	Ollie's Pack	Loud House	Nerds	Cloudy, Meat	LEGO City	SpongeBob	SpongeBob	Loud House	Loud House	Casagrandes

FRIDAY EVENING — APRIL 23, 2021

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News	Entertainment Tonight (N)	MacGyver Mac and the team infiltrate a hotel.		Magnum P.I. A fighter is pressured to throw a fight.		Blue Bloods "Atonement" Joe Hill's lineage is revealed.		Channel 3 News	(:35) The Late Show With Stephen Colbert	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N)	Wheel of Fortune (N)	The Blacklist "Misere" Steps are retraced. (N)		Dateline NBC (N)				NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N)	
CBMT 6	206	301	CBC Montreal News (N)	Rick Mercer Report	Coronation Street (N)	Coronation Street (N)	Still Standing "Bristol, QC"	Arctic Vets (N)	The Nature of Things "Rebellion"		The National (N)		CBC Montreal News (N)	CBC Arts: Exhibitionists	Coronation Street
CHLT 7	107	718	(5:58) TVA Nouvelles (N)	(:29) Le tricheur (N)	(6:59) Ça finit bien la semaine (N) (SC)		Du talent à revendre Dix numéros sont choisis. (N) (SC)		9-1-1 En 2014, Bobby déménage à Los Angeles. (N)		TVA nouvelles (N)	(:35) La liste noire Raymond est enlevé par Katarina. (N)		(:35) ⋆⋆ "Ils vivent la nuit" (2016) Ben Affleck. (SC)	
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	Shark Tank A new way to experience art; vegan food.		(:01) 20/20				WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live!	
CKSH 9	108	-	(5:59) Le téléjournal Estrie	Ça commence	100 génies Des concurrents aiguisent leurs sens.		"La disparition des lucioles" (2018) Pierre-Luc Brillant. Premiere. Une adolescente se libère de l'influence de sa mère.				Le téléjournal (N) (SC)		(:05) Le téléjournal Estrie	Ça commence	"Le vingtième siècle" (2019)
CKMI 11	-	-	Global National (N)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	MacGyver Mac and the team infiltrate a hotel.		The Blacklist "Misere" Steps are retraced. (N)		Border Security Canada	Border Security Canada	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert	
CFCF 12	205	312	(5:59) CTV News Montreal (N)		etalk (N)	The Big Bang Theory	Shark Tank A new way to experience art; vegan food.		Magnum P.I. A fighter is pressured to throw a fight.		Blue Bloods "Atonement" Joe Hill's lineage is revealed.		News-Lisa	CTV News Montreal (N)	The Big Bang Theory
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N)	Shark Tank A new way to experience art; vegan food.		(:01) 20/20				Local 22 News (N)	(:35) Jimmy Kimmel Live!	
WUTV 30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud (N)	WWE Friday Night SmackDown (N) (Live)				2 on Your Side at 10	Seinfeld	Two and a Half Men	Two and a Half Men	Last Man Standing
CFKS 31	106	726	Souper parfait	Souper parfait	Big brother célébrités "Le dernier confessionnal 1"		Huissiers (DVS) (SC)	Les coulisses du palais	Sur les traces d'un tueur en série "La source"		Noovo le fil 22 (N) (SC)	⋆⋆ "Proposition indécente" (1993) Robert Redford. Une épouse se fait offrir de l'argent pour une nuit d'amour.			
WUHF	-	363	Modern Family "Benched"	Modern Family	The Big Bang Theory	The Big Bang Theory	WWE Friday Night SmackDown (N) (Live)				13WHAM News at 10 on Fox Rochester (N) (Live)		DailyMailTV (N)	The Simpsons	Kenny Rogers
WETK	-	-	PBS NewsHour (N)		Profile "Kevin Graffagnino"	Vermont This Week (N)	Washington Week (N)	This Land Is Your Land (My Music) Evolution of modern American folk music.			Aging Backwards 2: Connective Tissue Revealed		Amanpour and Company (N)		BBC World News
WCFE	-	-	World News America	BBC World News Today	PBS NewsHour (N)		Mountain Lake Journal	New York Now	Great Performances "Romeo and Juliet" Romeo and Juliet set in Italy. (N)				BBC World News	Amanpour and Company (N)	
A&E	615	520	The First 48 "End Game" A professor is found killed.		The First 48 A father of four is gunned down.		The First 48 Potential spree killer on the loose. (N)		The First 48 A police detective's cousin is murdered.		(:01) The First 48: Streets Are Talking "One Heart" (N)		(:04) The First 48 "Family First"		(12:03) The First 48
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Cuomo Prime Time (N)		CNN Tonight-Don Lemon		CNN Tonight-Don Lemon		Cooper 360
DISC	520	505	Highway Thru Hell "Snowbound" (DVS)		Heavy Rescue: 401 "Your Heart Sinks" (DVS)		Aussie Gold Hunters (DVS)		Aussie Gold Hunters (DVS)		Aussie Gold Hunters The Dirt Dogs go to Kalgoorlie.		Bering Sea Gold Ken puts repair to the test.		Aussie Gold Hunters
DRAMA	620	523	Law & Order: Special Victims Unit (N) (DVS)		Rebel "Superhero" Cruz reaches his breaking point.		Bones A powerful divorce lawyer is murdered.		Bones An explosion in a hotel garage. (DVS)		Bones The death of an animal expo employee.		Bones Brennan and Booth go to Los Angeles.		Bones (DVS)
HIST	522	506	Rust Valley Restorers "Cab-Over Budget"		Backroad Truckers Dale and Craig renew their bad blood.		Ancient Aliens Ancient sites with an acoustic purpose.		The UnXplained Examining what motivates theft. (N)		Ancient Aliens Examining the omitted Book of Enoch.		Ancient Aliens Visitors from unseen realms.		Ancient Aliens
PARMT	628	584	Framework One piece falls apart; playing dirty.		Framework Builders take on beds; customers decide.		Framework Furniture must stand the test of time.		Framework The builders create pieces for Common.		Framework Transforming tree trunks into furniture.		Framework Building adjustable desks.		Framework
RDI	126	730	(5:59) Zone économie (N) (SC)		(:01) 24/60 (N) (SC)		Les grands reportages La vie de Michel Girouard. (SC)		Le téléjournal avec Céline Galipeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)
SHOW	616	521	NCIS Gibbs probes an anti-government militia.		NCIS The team investigates a hit-and-run. (DVS)		FBI Kristen doubts her ability as an agent. (DVS)		⋆⋆ "Terminator Genisys" (2015, Science Fiction) Arnold Schwarzenegger, Jason Clarke, Emilia Clarke. Kyle Reese discovers that the past has been altered. (DVS)						"Terminator 3: Machines"
SLICE	601	562	The King of Queens	The King of Queens	Summer House A wedding-themed party.		Top Chef A dish featuring Campbell's soup. (N)		Married at First Sight "Kickoff Special" A first look at the five couples. (N) (DVS)				Top Chef A dish featuring Campbell's soup.		Married at First Sight
TLC	521	560	My Big Fat American Gypsy Wedding		90 Day Fiancé "Tell All Part 1" Yara is upset to learn more. (N)				90 Day Fiancé Andrew fights to talk to Amira. (N)		90 Day Fiancé	Seeking Sister Wife "Sharing Is Caring"		90 Day Fiancé	90 Day Fiancé
TSN	400	400	SportsCentre (N) (Live)		That's Hockey (N)	NBA Basketball Boston Celtics at Brooklyn Nets. (N) (Live)					NBA Basketball Denver Nuggets at Golden State Warriors. (N) (Live)				
YOUTH	551	542	LEGO City	Side Hustle	Drama Club	Barbarian	The Hardy Boys		Are You Afraid of the Dark		Max & Shred	Make It Pop	Degrassi	Degrassi	LEGO City

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"Demain en Main" exhibit at the Université de Sherbrooke

Record Staff

The Antoine-Sirois art gallery at the Université de Sherbrooke is hosting the end-of-year exhibition for the student artists in the school's Certificate in Visual Arts program, in collaboration with the university's Department of Arts, Languages and Literature, from April 23 to May 15 of this year. Entitled "De main en Main", the exhibit features installations, video, digital animation, painting, graffiti, sculpture, photography and work in many other mediums.

No less than twenty-eight student artists engaged in a process punctuated by trial and error over the course of a year to put these works together, and each of the projects reflects this experience as well as the technical, practical, theoretical and artistic skills dearly acquired throughout the training.

The participating students are Isabelle Bérubé, Evelyne Blanchet, Louis Bouchard, Antoine Carmichael, Romane Chamberland-Trudel, Annie-Claude Côté Collin, Emma Cournoyer, Sarah Dehry, Laurie Deschênes, Anaëlle Desrochers, Gabrielle Duchesne, Édith Duplessis, Audrey Dupuis, Chloé Ferreira, Rose-Aly Girard, Kim Gosselin, Sylvain Grandjean, Olivier Hogue-Huard, Léane Klinkow, Lucas Lajoie, Annie Lamoureux, Félicia Lévesque, Virginie Mailhot, Caroline Marchesseau, Annie Martineau, Alexia Moreau, Julia Pouliot, and Rachel Stauffer.

In addition to being evocative of the future, the title that the student artists have collectively chosen to illuminate their graduation exhibition underlines the principle of sharing which forms the foundation of the collection. The name means both "hand in hand" literally, but also evokes "tomorrow" or "demain" through a play on words.

The artists remind visitors of the links necessary for all acts of creation, for the pooling of practices and ideas. With De main en main, the idea of a circle is described, which has the beauty of also including the visitor.

A virtual version of the exhibition will also soon be available online. More information about the gallery is available at https://www.usherbrooke.ca/culture/galerie-dart/

Canimex Chamber Music series continues in virtual mode

Record Staff

The Sherbrooke Symphony Orchestra, which presented four concerts in its new Canimex Chamber Music series last fall at the Quebecor Centre, two of which were broadcast live on Facebook, is continuing with two new recordings that will be broadcast on its website starting May 1 and May 29.

In a press release the artistic director of this series, Maestro Laforest, explains: "These concerts, called Carte blanche, reflect the theme of the two recordings, since the works were carefully chosen by the OSS musicians who participated. The programmes offered are full of musical enchantment where each musician showcases his or her talent and the beauty of his or her instrument."

Recorded at the Quebecor Centre last March, the performances were grouped into two parts.

The Carte blanche concert, Part I, online as of May 1 at noon, will feature the musicians of the OSS Martin Gauvreau, clarinet, Jean-Philippe Dutil, tuba, Élaine Marcil, first violin of the Orchestra and Myriam Genest-Denis, flute. For the occasion, Sherbrooke pianists Francis Perron and Carmen Picard have been invited to accompany the Orchestra's musicians.

The Carte blanche concert, Part II, online as of May 29 at noon, will feature OSS musicians David Montreuil, viola, Marat Mulyukov, oboe, Pamela Putnam, horn and Martin Ringuette, trombone. They will be accompanied by pianists Carmen Picard, Francis Perron and Natalia Lerner.

These two concerts will feature works by well-known composers such as Bach, Saint-Saëns, Bernstein and Fauré, as well as pieces by contemporary composers such as Georges Meister, Michael Daugherty, Michel R. Edward, Eldin Burton, Vitaly Buyanovsky and Alexander Klucharev.

The OSS wishes to thank the Canimex Group, presenter of the series, for the loan of the Yamaha C7 grand piano.

For more information visit ossherbrooke.com.

A heartfelt
THANK YOU
to all of our volunteers!

A key component to the success of any community organization is the strength of its volunteers; we are grateful to our dedicated Board of Directors and the generosity of all of our wonderful volunteers in all forms.

Your contributions have truly made a difference in the lives of many families and individuals impacted by mental illness.

Mental Health Estrie

819-565-3777 mhe.info@bellnet.ca Mental Health Estrie

3355 College, Sherbrooke, QC J1M 0B8 www.mentalhealthestrie.com

Tell us why you love The Record

Send us an email, a pic, video.... between now and May 15 on why you love The Record and be entered into a draw to win a prize.

Send your entries to
classad@sherbrookerecord.com

Winner will be chosen randomly from entires.

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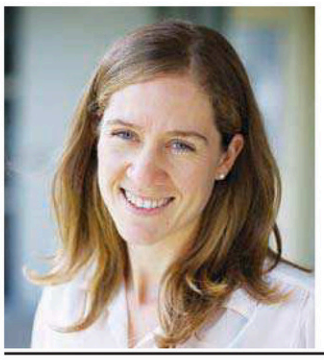
Townships on the menu

Intro to Intuitive Eating



CORA LOOMIS
REGISTERED DIETITIAN

Have you heard about the intuitive eating approach? If not, but you find the term intriguing, read on!

What is intuitive eating?

Intuitive eating is a weight-inclusive approach that is aligned with "Health at Every Size", evidence-based, and focused on global health and well-being using mind-body practices.

The ten principles were developed by Evelyn Tribole, MS, RDN, CEDRD-S and Elyse Resch, MS, RDN, CEDRD-S in 1995 with the latest updates in 2020.

Intuitive eating is about more than just intuition. It's more about using both your mind AND body to make decisions that support your overall health and respond to your different needs.

Here is an overview of the 10 principles so that you can get a better idea.

10 Intuitive Eating Principles

1. Reject the diet mentality: Learn more (and get angry) at diet culture and refuse to buy in to the idea that weight loss is the answer to all of your problems.
2. Honour your hunger: Make sure you eat enough, and on a regular basis by getting in touch with your hunger signals (which are sometimes more subtle than we expect!).
3. Make peace with food: Give yourself unconditional permission to eat absolutely everything!
4. Challenge the food police: Explore your food rules and beliefs and choose to stop categorizing what you eat as "good/clean/healthy" vs "bad/dirty/unhealthy."
5. Discover the satisfaction factor: Allow yourself to choose enjoyable foods that will leave you satisfied.
6. Feel your fullness: Connect with your feelings of fullness in order to respect your bodies needs.
7. Cope with your emotions with kindness: Learn to experience your emotions (instead of avoiding them) with kindness.
8. Respect your body: Choose to respect your here-and-now body and learn more about the concept of natural weight.
9. Movement – feel the difference: Explore the ways in which you enjoy moving your body and connect with the multiple benefits that movement can offer you.
10. Honour your health – gentle nutrition: Choose to eat a variety of foods that respect your preferences and make you feel good – without aiming for perfection!

Want to learn more?

These 10 principles are an integral part of my approach and I use intuitive eating in my nutritional counseling services as well as during conferences and workshops. If you are interested in practicing intuitive eating, please contact me via e-mail at info@coraloomis.com for more info!

Alternatively, you could check out these 2 books : Intuitive Eating, 4th Edition by Evelyn Tribole, MS, RDN, CEDRD-S and Elyse Resch, MS, RDN, CEDRD-S or Anti-Diet by Christy Harrison, MPH, RD.

Cheers,
Cora

COURTESY

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Your week on TV

SATURDAY DAYTIME — APRIL 24, 2021

	Bell	Star	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30
WCAX 3	-	-	**CBS This Morning: Saturday** (N)				**Lucky Dog** "Marley"	**Innovation Nation**	**Mission Unstop**	**Hope in the Wild**	**Transform**	**Friends**	**Skincare Secrets**	**Friends**	**One Shot Away** (N)	**Course Record**	**PGA Golf**	
WPTZ 5	-	-	**(7:00) Today** (N)	**Ocean Mysteries**	**Teen Kids News** (N)	**The Voyager**	**Earth Odyssey**	**Wild Child** (N) (EI)	**Earth Odyssey**	**One Team**	**Vets Saving Pets**	**Premier League Soccer** West Ham United vs Chelsea. (N) (Live)				**Prem Goal Zone**	**NHL Hockey:** Avalanche at Blues	
CBMT 6	206	301	**(:07) Remy & Boo**	**What He Ate**	**Dino Ranch**	**(:48) Rusty Rivets**	**PJ Masks**	**True Rainbow**	**Kingdom Force**	**(:26) Molly of Denali**	**Our Montreal** (N)		**Absolutely Canadian** (N)		**Colonization Road**		**The Nature of Things** "Pompeii's People"	
CHLT 7	107	718	**(6:00) Salut bonjour week-end** (N) (SC)				**Bien** (N) (SC)	**Deux filles le matin** (SC)		**Les rénos d'Hugo**	**TVA nouvelles** (N)	**Hors Québec** (N)	**Infopublicité** (SC)	★★★ **"L'arme fatale 3"** (1992, Action) Mel Gibson, Danny Glover, Joe Pesci. (SC)				**(:45) "RoboCop"**
WMTW 8	-	-	**Good Morning America** (N)		**Good Morning America** (N)		**Ocean Treks**	**Sea Rescue** (N)	**Hearts of Heroes**	**Free Enterprise**	**Emeril**	**Retire Now TV**	**Paid Program**	**Paid Program**	**World of X Games** (N)		**UFC 261 Countdown: Usman vs. Masvidal 2**	
CKSH 9	108	-	**Les aventures**	**Sonic Boom**	**14 mille millions**	**Les sapiens**	**Le pire du pire** (N)	**L'effet secondaire**	**Ricardo** (SC)	**5 chefs dans ma**	**Téléjournal**	**Le rêve olympique**	**Doc humanité** (N) (SC)		**Les Misérables** (DVS) (SC)		**Brokenwood** "Comme un oiseau en cage" (N)	
CKMI 11	-	-	**Fish'n Canada**	**Real Fishing**	**Paid Program**	**Fishful Thinking**	**The Baker Sisters**	**Paid Program**	**Powerboat Television**	**Wealthy Life**	**Entertainment Tonight** (N)		**Big Rig Warriors**	**"Hearts of Spring"** (2016, Romance) Lisa Whelchel, Michael Shanks. (DVS)			**Fire Masters**	
CFCF 12	205	312	**Your Morning Weekend** (N)		**Operation Smile**		**Paid Program**	**Children's Villages**	**Written Canada**	**Moneytalk** (N)	**MasterChef Canada** (DVS)		**"Long Time Running"** (2017) Gord Downie. A chronicle of The Tragically Hip's 2016 tour.				**MLS Soccer**	
WVNY 22	-	-	**Good Morning America** (N)		**Good Morning America** (N)		**Hearts of Heroes**	**Free Enterprise**	**Ocean Treks**	**Sea Rescue** (N)	**Sexual Abuse**	**Paid Program**	**Never Fear**	**Relief**	**World of X Games** (N)		**UFC 261 Countdown: Usman vs. Masvidal 2**	
WUTV 30	-	-	**Robot Cleans Your House For You!**		**5 Makeup Tips 4 You**		**BISSELL**	**Easy Indoor**	**Luminess**	**Kill 99 of Viruses**	**Raw Travel**	**World of Waves**	**Big Bang Theory**	**Big Bang Theory**	**PBC Countdown** (N)		**PBC Fight Camp** (N)	**NASCAR RaceDay**
CFKS 31	106	726	**Maison jackpot**	**Ma villa au soleil** (N)	**Noovo le fil week-end** (SC)		**RPM** On découvre le Mazda CX-30 2020.		**RPM plus** Les années 80 et 90. (SC)		**Infopublicité** (SC)	**Infopublicité** (SC)	**La famille est**	**Un safari près**	★★ **"Le dernier jour de ma vie"** (2017, Drame) Zoey Deutch, Halston Sage. Premiere. (SC)			
WUHF	-	363	**Xploration Space**	**Awesome Planet**	**Weird but True**	**Xploration DIY Sci**	**BISSELL**	**Easy Indoor**	**Luminess**	**Kill 99 of Viruses**	**Ring of Honor Wrestling** (N)		**Comedy.TV**		**PBC Countdown** (N)		**PBC Fight Camp** (N)	**NASCAR RaceDay**
WETK	-	-	**(7:00) 3 Steps to Pain Free Living**		**Outdoor Journal**	**MotorWeek**	**Samantha Br**	**Greener World**	**Moveable Feast**	**Lidia's Kitchen**	**Test Kitchen**	**Cook's Country**	**Woodsmith**	**This Old House**	**This Old House** (N)	**Antiques Roadshow** (Part 2 of 2)		**Overcmng**
WCFE	-	-	**Wild Kratts** "Mimic"	**Wild Kratts**	**Odd Squad**	**Odd Squad**	**Craft-Legacy**	**Greener World**	**This Old House**	**This Old House**	**Kimball's Milk Street**	**Flavor of Poland**	**Mexican Table**	**Lidia's Kitchen**	**Field Trip With**	**Cook's Country**	**Test Kitchen**	**Jacques Pépin**
A&E	615	520	**Flipping Vegas** "Class Action House"		**Flipping Vegas** "Yancey's Eleven"		**Sell This House!**	**Sell This House!**	**Zombie House Flipping**		**I Survived a Crime**	**I Survived a Crime**	★★★ **"Wanted"** (2008) James McAvoy. An office drone becomes part of a secret society of assassins.					★★ **"Snitch"**
CNN	500	500	**New Day We**		**Smerconish** (N)		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**	
DISC	520	505	**Mighty Planes** "CP 140 Aurora"		**Mighty Planes** "T-38 Talon" (DVS)		**Mighty Planes** The Antonov 124 cargo plane.		**Mighty Planes** "C-5M Super Galaxy"		**Mighty Planes** "Omega 707" (DVS)		**Mighty Planes** "NOAA" (DVS)		**North Woods Law** "The Big Bad Woods"		**North Woods Law** "Baiters Beware"	
DRAMA	620	523	**Bones** "The Suit on the Set" (DVS)		**Bones** "The Past in the Present"		**Bones** Brennan is accused of murder.		**Bones** "The Partners in the Divorce"		**Bones** An explosion in a hotel garage.		**Bones** The death of an animal expo employee.		**Chicago Fire** "Two Ts" (DVS)		**Chicago Fire** (DVS)	
HIST	522	506	**Paid Program**	**Paid Program**	**Salvage Kings** A trip to a historic mining town.		**SEAL Team** "Tip of the Spear"		**SEAL Team** "Other Lives" (DVS)		**Pawn Stars** A signed B.B. King guitar.		**Forged in Fire** "The O-Katana"		**Forged in Fire** "The Tizona of El Cid"		**Pawn Stars** "Wind Beneath My Mill"	
PARMT	628	584	**Ink Master: Angels** "Moons Over Miami"		**Ink Master: Angels** "Music City Ink"		**Ink Master** The judges must critique blind.		**Ink Master** "Fight or Flight"		**Ink Master** "Sink or Swim"		**Ink Master** "Tut for Tat"		**Ink Master** Illusions with naked models.		**Ink Master** Going against a legend.	
RDI	126	730	**RDI matin weekend** (N) (SC)		**RDI matin weekend** (N) (SC)		**L'info** (N) (SC)	**L'info** (N) (SC)	**L'info** (N) (SC)	**L'info** (N) (SC)	**Téléjournal**	**Téléjournal**	**Le national**	**L'info** (N) (SC)	**L'info** (N) (SC)	**L'info** (N) (SC)	**L'info** (N) (SC)	**L'info** (N) (SC)
SHOW	616	521	**"No One Would Tell"** (2018, Drama) Shannen Doherty, Matreya Scarrwener.				★★ **"Terminator Genisys"** (2015, Science Fiction) Arnold Schwarzenegger. Kyle Reese discovers that the past has been altered. (DVS)						★★ **"Terminator Salvation"** (2009) Christian Bale. Humanity fights back against Skynet's machine army.					**"Terminator 3"**
SLICE	601	562	**Late Nite Eats**	**Paid Program**	**Paid Program**	**Paid Program**	**Mom**	**Mom**	**"Finding Your Feet"** (2017) Joanna Lumley. Premiere. A snob takes refuge with her bohemian sister. (DVS)					★★ **"Book Club"** (2018) Diane Keaton. A book inspires four friends to revive their love lives. (DVS)				
TLC	521	560	**The Blended Bunch**		**OutDaughtered**		**OutDaughtered**		**OutDaughtered** "Silent Night Holy Slime"		**Hoarding: Buried Alive**		**Hoarding: Buried Alive** "Just Tear It Down"		**Hoarding: Buried Alive** "It's My Junk"		**Hoarding: Buried Alive** Milton; Louise.	
TSN	400	400	**SportsCentre**		**SportsCentre**		**SportsCentre**		**SportsCentre**		**SC Top 100 Plays of the Year**		**SC: Top 100 Bloopers of the Year**		**SC**	**MLS Pregame** (N)	**MLS Soccer**	
YOUTH	551	542	**Loud**	**Casagran**	**Archibald**	**Sponge.**	**TrollsTopia**	**Loud**	**Casagran**	**LEGO City**	★★ **"Sherlock Gnomes"** (2018) (DVS)				**Sponge.**	**Cloudy**	**Archibald**	**TrollsTopia**

SATURDAY EVENING — APRIL 24, 2021

	Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	**(3:00) PGA Tour Golf** Zurich Classic of New Orleans, Third Round. (N) (Live)				**Channel 3 News**	**Weekend News**	**Entertainment Tonight** (N)		**FBI** A bomb leaves three people dead.		**S.W.A.T.** "Fracture"		**48 Hours**		**Channel 3 News**	**NCIS** Sloane has a secret admirer.	
WPTZ 5	-	-	**(3:00) NHL Hockey** Colorado Avalanche at St. Louis Blues. (N) (Live)				**NBC5 News at 6**	**Nightly News**	**Jeopardy!**	**Wheel of Fortune**	**Law & Order: Special Victims Unit**		**Law & Order: Organized Crime**		**Saturday Night Live** (N)		**NBC5 News**	**(:29) Saturday Night Live**	
CBMT 6	206	301	**Olympic Games Replay** (N)				**CBC Montreal**	**Hockey Central**	**NHL Hockey** Toronto Maple Leafs at Winnipeg Jets. From Bell MTS Place in Winnipeg, Manitoba. (N) (Live)						**NHL Hockey** Ottawa Senators at Vancouver Canucks. (N) (Live)				
CHLT 7	107	718	**(3:45)** ★★ **"RoboCop"** (2014, Science-fiction) Joel Kinnaman, Gary Oldman. (DVS) (SC)				**TVA nouvelles** (N)	★★ **"Le destin des dangereux"** (2017) Vin Diesel. Dom se retrouve dans le monde du crime. (DVS) (SC)					**(:15)** ★★ **"Quitte ou double"** (2013) Denzel Washington. Un agent et un officier se méfient l'un de l'autre. (SC)					**TVA nouvelles** (N)	**"Casino Royale"**
WMTW 8	-	-	**UFC Live** (N) (Live)		**Speedwagon**	**Relief**	**WMTW News 8 at**	**World News**	**Wheel of Fortune**	**Jeopardy!**	**NBA**		**NBA Basketball** Los Angeles Lakers at Dallas Mavericks. From American Airlines Center in Dallas. (N)				**WMTW News 8**	**Castle** Evidence contradicts a confession.	
CKSH 9	108	-	**(3:00) Brokenwood** (N) (SC)		**La semaine verte** (N) (SC)		**Téléjournal Estrie**	**Le rêve olympique**	**Les enfants de la télé** (SC)		**Pour emporter** "Fred Pellerin" (N)		**Sur scène** "Louis-Jean Cormier" (N)		**Le téléjournal**	**Doc humanité** "Encore 2 mètres" (N)		**Dre Grey, leçons d'anatomie** (N)	
CKMI 11	-	-	**(3:30) Fire Masters**	**Island of Bryan** "Close to Home"		**Save My Reno**	**Global News at 6**	**Global National**	**The New Reality** (N)	**Anti-Asian Racism**	**Private Eyes** "Family Plot" (DVS)		**Nurses** A swift recovery has side effects.		**Ransom** "Indiscretion"		**Global News**	**(:29) Saturday Night Live**	
CFCF 12	205	312	**MLS Soccer**		**Big Bang Theory**	**Big Bang Theory**	**CTV News Montreal** (N)		**W5** An animal rights investigation.		**"Mad Mom"** (2019) Victoria Diamond, Romy Rosemont. Premiere. (DVS)				**This Is Pop** "Festival Rising" (DVS)		**News-Rinaldo**	**CTV News Montreal**	**(12:05) Seinfeld**
WVNY 22	-	-	**UFC Live** (N) (Live)		**Merv Griffin Show**	**Roy Orbison**	**World News**	**Local 22 News** (N)	**Extra** (N)		**NBA**		**NBA Basketball** Los Angeles Lakers at Dallas Mavericks. From American Airlines Center in Dallas. (N)				**Local 22 News** (N)	**Weather Gone Viral**	
WUTV 30	-	-	**NASCAR Xfinity Racing Series** Ag-Pro 300. The NASCAR Xfinity Series season rolls on to the Ag-Pro 300 at Talladega Superspeedway.						**Ring of Honor Wrestling** (N)		**The Masked Singer** (DVS)		**Game of Talents** Two new teams compete.		**2 on Your Side at 10**	**Big Bang Theory**	**America's Most Wanted**		**Paid Program**
CFKS 31	106	726	**(3:50)** ★★★ **"Seul sur Mars"** (2015, Science-fiction) Matt Damon, Jessica Chastain. Premiere. (SC)					★★★ **"Thor: Ragnarok"** (2017) Chris Hemsworth. Thor doit battre l'incroyable Hulk et l'impitoyable Hela.					★★★ **"Le vrai courage"** (2010) Jeff Bridges, Matt Damon. Premiere. (DVS) (SC)				**(:10)** ★★ **"Poltergeist"** (2015) Sam Rockwell. Premiere. (SC)		
WUHF	-	363	**NASCAR Xfinity Racing Series** Ag-Pro 300. The NASCAR Xfinity Series season rolls on to the Ag-Pro 300 at Talladega Superspeedway.						**Ring of Honor Wrestling** (N)		**The Masked Singer** (DVS)		**Game of Talents** Two new teams compete.		**WHAM News**	**Game Time**	**America's Most Wanted**		**ROH Wrestling**
WETK	-	-	**Overcoming Anxiety, Depression, Trauma and Grief With Daniel**			**NewsHour Wk**	**As Time Goes By**	**Keep-Appear**	**Fawlty Towers**	**My Hero**	**Death in Paradise**		**Miss Fisher's Murder Mysteries**		**Shakespeare and Hathaway -- Private**		**Austin City Limits** "H.E.R."		**Underground**
WCFE	-	-	**Antiques Roadshow** (Part 2 of 2)		**Samantha Br**	**R. Steves' Europe**	**Scenic Railway**	**NewsHour Wk**	**Mountain Lake**	**New York Now**	**Unforgotten on Masterpiece**		**Inspector Morse** "Last Seen Wearing" A girl disappears from boarding school.				**Austin City Limits** "H.E.R."		**Underground**
A&E	615	520	**(3:30)** ★★ **"Snitch"** (2013, Crime Drama) Dwayne Johnson, Barry Pepper.				**Andre the Giant**				**Biography: Stone Cold Steve Austin** The story of Stone Cold Steve Austin.				**(:01) WWE's Most Wanted Treasures**		**(:04) Hustle & Tow**	**(:34) Hustle & Tow**	**Stone Cold**
CNN	500	500	**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**The Climate**		**The Movies** (Part 1 of 6)				**Movies**
DISC	520	505	**North Woods Law** "Crossed Wires"		**North Woods Law** "Shifting Gears"		**North Woods Law** "Night and Day"		**North Woods Law** "Outfoxed"		**North Woods Law** "Man VS. Animal"		**North Woods Law** "Distress Call"		**North Woods Law** "Trail of Trouble"		**North Woods Law** (DVS)		**North Woods**
DRAMA	620	523	**Chicago Fire** Brett witnesses a murder.		**The Closer** Squad finds a body.		**The Closer** "Round File" (DVS)		**The Closer** The death of a fitness trainer.		**The Closer** Two Hispanic teens killed.		**The Closer** "Manhunt" (DVS)		**The Closer** "Blindsided" (DVS)		**The Closer** "Culture Shock" (DVS)		**The Closer**
HIST	522	506	**American Pickers** "Hard Bargain Picks"		**American Pickers** "Picker's Dozen"		**The Food That Built America**		**Assembly Required** "Swept Away"		**The Curse of Oak Island**		**SEAL Team** "Tip of the Spear"		**SEAL Team** "Other Lives" (DVS)		**SEAL Team** "Boarding Party"		**SEAL Team**
PARMT	628	584	**Ink Master** "Predator/ Prey"		**Ink Master** "Composed and Exposed"		**Ink Master** Artists paint with fire.		**Ink Master** "Hell on Wheels"		**Ink Master** Religious tattoo virgins' first ink.		**Ink Master** "Slitting Throats"		**Ink Master** Football players call the shots.		**Ink Master** "Active Duty"		**Ink Master**
RDI	126	730	**L'info** (N) (SC)	**La parole aux**	**Le téléjournal**	**L'épicerie** (N) (SC)	**Le téléjournal**	**Découverte** (N) (SC)		**(:31) Le national**	**(:01) Les grands reportages** (SC)		**Le téléjournal**	**La facture** (N) (SC)	**Le téléjournal**	**Le national** (N)	**Le national** (N)	**Journal France 2**	**Le téléjournal**
SHOW	616	521	**(3:30)** ★★★ **"Terminator 3: Rise of the Machines"** (2003) Arnold Schwarzenegger.				★★ **"Terminator Genisys"** (2015) Arnold Schwarzenegger. Kyle Reese discovers that the past has been altered. (DVS)						★★ **"Transformers: The Last Knight"** (2017) Mark Wahlberg, Anthony Hopkins. The war between Transformers and humans threatens Earth. (DVS)						
SLICE	601	562	**"Finding Your Feet"** (2017) Joanna Lumley. A snob takes refuge with her bohemian sister. (DVS)				★★ **"Book Club"** (2018) Diane Keaton. A book inspires four friends to revive their love lives. (DVS)						★★ **"Fifty Shades of Grey"** (2015) Dakota Johnson. Premiere. An inexperienced student begins a daring love affair. (DVS)						**"Fifty Shades"**
TLC	521	560	**Dr. Pimple Popper** "A Lipoma Is Born"		**Dr. Pimple Popper**		**Dr. Pimple Popper** "Don't Sweat It!"		**Seeking Sister Wife** (N)		**Seeking Sister Wife** (N)		**Seeking Sister Wife** (N)		**Seeking Sister Wife** (N)		**Seeking Sister Wife** (N)		**Seeking Sister**
TSN	400	400	**MLS Soccer**		**SportsCentre** (N) (Live)			**March Plays**	**March Bloopers**	**2020 EURO**	**NBA**		**NBA Basketball** Los Angeles Lakers at Dallas Mavericks. From American Airlines Center in Dallas. (N)				**SportsCentre** (N) (Live)		**SC**
YOUTH	551	542	**Loud**	**Casagran**	**Barbarian**	**Drama**	★★★ **"The Croods"** (2013) (DVS)				★★★ **"The Jungle Book"** (2016) Neel Sethi.				**The Hardy Boys**		**Degrassi**	**Degrassi**	**Avatar**

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Your week on TV

SUNDAY DAYTIME — APRIL 25, 2021

	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)		**All In With Laila Ali**		**Skin Care**	**Friends**	**Sexual Abuse**	**Friends**	**Bull Riding**		**PGA Golf**	
WPTZ 5	-	-	**Sunday Today With Willie Geist** (N)		**Meet the Press** (N)		**NBC 5 In Depth**	**Soledad O'Brien**	**Carbonaro Eff.**	**Carbonaro Eff.**	**IndyCar Pre**	**IndyCar Racing** Streets of St. Petersburg. From Streets of St. Petersburg in St Petersburg, Fla.				**IndyCar Series**	**NHL Hockey:** Bruins at Penguins	
CBMT 6	206	301	**Coronation Street**	**Coronation Street**	**Coronation Street**	**Coronation Street**	**Coronation Street**	**Coronation Street**	**Rosemary Barton**	**Maamuitaau** (N)	**Our Montreal**		**The Nature of Things** (DVS)		**q** Milky Chance performs.		**First Play Live**	**Exhibitionists**
CHLT 7	107	718	**(6:00) Salut bonjour week-end** (N) (SC)				**"La vie devant elles"** (2017) Joan Collins. Une ancienne actrice rencontre une admiratrice. (SC)				**TVA nouvelles** (N)	**La victoire de l'amour**	**Bien** (SC)	**Infopublicité** (SC)	**(:15) "La princesse des cygnes: aventure chez les pirates!"** (2016)			**(:45) "Alex et moi"**
WMTW 8	-	-	**Good Morning America** (N)		**This Week W/ George Stephanopoulos**		**Soledad O'Brien**	**Teen Kids News** (N)	**Made in Hollywood**	**Wild About Animals**	**PiYo Workout!**	**Legs and Feet!**	**Oscars Countdown, Live!** Looking back at the year in Hollywood. (N) (Live)					
CKSH 9	108	-	**Les aventures**	**Sonic Boom**	**VanLab** (SC)	**Oniva!** (N) (SC)	**(9:59) Le jour du Seigneur** (N) (SC)		**Les coulisses du pouvoir** (N) (SC)		**Téléjournal**	**La semaine verte** (SC)		**L'épicerie** (SC)	**Manger** Boucar rencontre la famille Picard.		**Inspecteur Lewis** (DVS) (SC)	
CKMI 11	-	-	**Airport--Zero**	**Paid Program**	**Paid Program**	**Operation Smile**	**Joel Osteen** (N)	**Paid Program**	**The West Block** (N)	**The New Reality**	**Worst to First** "Eesa & Jazz" (DVS)		**Rust Valley Restorers** "Rustang to Mustang"		**"V.C. Andrews' Pearl in the Mist"** (2021) Marilu Henner, Gil Bellows. Premiere. (DVS)			
CFCF 12	205	312	**Children's Villages**	**Operation Smile**		**Paid Program**	**Canadian Health**	**Church of the Rock**	**Question Period** (N)		**W5** An animal rights investigation.		**Highway Thru Hell** "Deadlift"		**Seinfeld**	**Big Bang Theory**	★★★ **"The Post"** (2017) Meryl Streep.	
WVNY 22	-	-	**Good Morning America** (N)		**This Week W/ George Stephanopoulos**		**What Matters**	**The Key of David**	**Sexual Abuse**	**Under Eye Bags?**	**Paid Program**	**Paid Program**	**Oscars Countdown, Live!** Looking back at the year in Hollywood. (N) (Live)					
WUTV 30	-	-	**The Ernest Angley Hour**		**FOX News Sunday With Chris Wallace** (N)		**Sharyl Attkisson**	**The Key of David**	**Sexual Abuse**	**Copper Chef Titan**	**Ring of Honor Wrestling** (N)		**Copper Chef Titan**	**NASCAR RaceDay**	**NASCAR Cup Series** GEICO 500. (N) (Live)			
CFKS 31	106	726	**Australia Zoo: le défi des Irwin**		**Noovo le fil week-end** (N) (SC)		**RPM** La Hyundai Sonata Ultimate 2020.		**RPM plus** On reçoit Louis-Philippe Bibeau.		**Infopublicité** (SC)	**Infopublicité** (SC)	**Flashpoint** Le simple vol d'une maison.		★★ **"Rio 2"** (2014, Enfants) Voices of Anne Hathaway, Jesse Eisenberg. Premiere. (SC)			
WUHF	-	363	**Wild America**	**Slim Cycle**	**FOX News Sunday With Chris Wallace** (N)		**Sharyl Attkisson**	**Rochester Press Box**	**Ring of Honor Wrestling** (N)		**Prostate Health**	**Cooking to the MAXX**	**Slim Cycle**	**NASCAR RaceDay**	**NASCAR Cup Series** GEICO 500. (N) (Live)			
WETK	-	-	**Hero Elementary**	**Xavier Riddle**	**Curious George**	**Daniel Tiger**	**Daniel Tiger**	**Elinor Wonders**	**Weekend-Yank**	**Vermont This Week**	**Made Here**	**Made Here**	**Great Performances** "Romeo and Juliet" Romeo and Juliet set in Italy.				**This Land Is Your Land (My Music)**	
WCFE	-	-	**Wild Kratts**	**Wild Kratts**	**Washington Week**	**Scully: World**	**Mountain Lake**	**New York Now**	**Canada Files**	**Articulate-Jim**	**Nature** Sharks in Hawaii's warm waters.		**Great Performances at the Met**		**Grantchester on Masterpiece**		**Grantchester on Masterpiece**	
A&E	615	520	**(7:00) The Inside Story: Jaws**		**Inside Story: Ferris Bueller's Day Off** A teen age coming-of-age comedy.				**Jeff Dunham: Talking Heads** The comic makes ventriloquism hip again.				**Jeff Foxworthy: Stand-Up Guy**		**Andre the Giant**			
CNN	500	500	**Inside Politics**		**State-Union**		**Fareed Zakaria GPS**		**Reliable Source**		**State-Union**		**Fareed Zakaria GPS**		**CNN Newsroom**		**CNN Newsroom**	
DISC	520	505	**Mighty Trains** "The Canadian"		**Mighty Trains** "The Shinkansen"		**Mighty Trains** "Rovos Railway"		**Mighty Trains** "Bernina Express"		**Mighty Trains** "The Canadian"		**Mighty Trains** "The Shinkansen"		**Lone Star Law** "Moving Target"		**Lone Star Law** Pulling in an illegal gill net.	
DRAMA	620	523	**Chicago Fire** (DVS)		**The Closer** (DVS)		**The Closer** (DVS)		**The Closer** (DVS)		**The Closer** (DVS)		**The Closer** (DVS)		**Law & Order: Special Victims Unit**		**For Life** (DVS)	
HIST	522	506	**Paid Program**	**Paid Program**	**Rust Valley Restorers** "Mom...Come Home"		**Rust Valley Restorers** "Cab-Over Budget"		**Backroad Truckers** (DVS)		**Assembly Required** "Swept Away"		**Forged in Fire** "Teeth of the Tegha"		**Forged in Fire** "WWE Edition"		**Pawn Stars** "Gotsta Get Pawned"	
PARMT	628	584	**Bar Rescue** The Bamboo Beach Tiki Bar.		**Bar Rescue** "Brokedown Palace"		**Bar Rescue** "Dragon Lady"		**Bar Rescue**		**Bar Rescue** "Saving Post 6216"		**Bar Rescue** "The Unwanted Saloon"		**Bar Rescue** An owner threatens his marriage.		**Bar Rescue** "Don't Cry for Me Jon Taffer"	
RDI	126	730	**RDI matin weekend** (N) (SC)		**RDI matin weekend** (N) (SC)		**L'info** (N) (SC)	**L'info** (N) (SC)	**Les coulisses du pouvoir** (N) (SC)		**Téléjournal**	**La parole aux**	**L'info** (N) (SC)	**L'info** (N) (SC)	**L'info** (N) (SC)	**L'info** (N) (SC)	**L'info** (N) (SC)	**L'info** (N) (SC)
SHOW	616	521	**"College Dating App"** (2019) Alyssa Lynch. Trina uses her dating site to look for a killer.				★★★ **"Edge of Tomorrow"** (2014) Tom Cruise. A soldier in an alien war gets caught in a time loop. (DVS)					**Clarice** "Ugly Truth" (DVS)	**FBI** The team hunts two armed robbers.			**MacGyver** (DVS)		**NCIS: Los Angeles**
SLICE	601	562	**Paid Program**	**Paid Program**	**Paid Program**	**Paid Program**	**"Finding Your Feet"** (2017) Joanna Lumley, Celia Imrie. A snob takes refuge with her bohemian sister. (DVS)					★★ **"Book Club"** (2018) Diane Keaton. A book inspires four friends to revive their love lives. (DVS)					★★ **"The Banger Sisters"** (2002)	
TLC	521	560	**90 Day Fiancé** "Love Me or Leave Me: Part 1" Jovi and Yara head to Vegas.				**90 Day Fiancé** "Second Guessing" In Vegas, Jovi gets pre-wedding jitters.				**90 Day Fiancé** "First Comes Love..." Jovi and Elvis wait for Yara.				**90 Day Fiancé** "Tell All Part 1" Yara is upset to learn more.			
TSN	400	400	**SportsCentre**		**SportsCentre**		**SportsCentre**		**SportsCentre**		**March Plays**	**March Bloopers**	**Motoring TV**	**NASCAR Cup**	**NASCAR Cup Series** GEICO 500. (N) (Live)			
YOUTH	551	542	**Loud**	**Casagran**	**Mighty 1s**	**Sponge.**	**TrollsTopia**	**Loud**	**Casagran**	**LEGO City**	★★★ **"The Croods"** (2013) (DVS)				**Barbie**	**Cloudy**	**Mighty 1s**	**TrollsTopia**

SUNDAY EVENING — APRIL 25, 2021

	Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	**(3:00) PGA Tour Golf** Zurich Classic of New Orleans, Final Round. (N) (Live)				**Channel 3 News**	**Weekend News**	**60 Minutes** (N)		**The Equalizer** "The Milk Run"		**NCIS: Los Angeles** "Cash Flow"		**NCIS: New Orleans** (DVS)		**Channel 3 News**	**Greta Van Susteren**	**NCIS**
WPTZ 5	-	-	**(3:00) NHL Hockey** Boston Bruins at Pittsburgh Penguins. (N) (Live)				**NBC5 News at 6**	**Nightly News**	**Ellen's Game of Games**		★★ **"The Fate of the Furious"** (2017) Vin Diesel, Dwayne Johnson. A mysterious woman forces Dom to betray the crew.						**NBC5 News**	**Soledad O'Brien**	**Castle**
CBMT 6	206	301	**"Amazonia"** (2013) Narrated by Martin Sheen, Voice of Lúcio Mauro Filho.				**Anne With an E** (DVS)		**Quiz** A TV quiz show becomes a sensation.		**Quiz**		**Quiz** The Ingrams head to court.		**The National** (N)		**CBC Montreal**	**Rosemary Barton**	**q**
CHLT 7	107	718	**(3:45) "Alex et moi"** (2018) Alex Morgan, Siena Agudong. (SC)			**Poule-oeufs**	**TVA nouvelles** (N)	**Vlog** (N) (SC)	**Star académie: le variété** (N) (SC)				**(:15) La vraie nature** (SC)		**(:15) TVA nouvelles**	**(:45)** ★★★ **"Certaines femmes"** (2016, Drame) Kristen Stewart, Laura Dern. (SC)			
WMTW 8	-	-	**Paid Program**	**Paid Program**	**Speedwagon**	**World News**	**WMTW News 8 at**	**Oscars: Into the Spotlight** Celeste; H.E.R.; Leslie Odom Jr. (N)			**The Oscars** Honors for achievements in film. (N) (Live) (DVS)						**WMTW News 8**	**(:35) Oscars: After Dark** (DVS)	
CKSH 9	108	-	**(3:00) Inspecteur Lewis** (DVS) (SC)		**Dans l'oeil du dragon** (SC)		**Téléjournal Estrie**	**Découverte** (N) (SC)		**Les poilus**	**Tout le monde en parle** (N) (DVS) (SC)					**Le télé-journal**	**(10:55) Infoman**	**(:25)** ★★★ **"Le cowboy"** (2017) Premiere.	
CKMI 11	-	-	**Property Brothers** "Lesli and Dave"		**Wall of Chefs** "Burger Wars"		**Global News at 6**	**Global National**	**60 Minutes** (N)		**The Equalizer** "The Milk Run"		**NCIS: Los Angeles** "Cash Flow"		**NCIS: New Orleans** (DVS)		**Global News**	**The West Block**	**Global National**
CFCF 12	205	312	**(3:00)** ★★★ **"The Post"** (2017) Meryl Streep. Premiere.			**etalk**	**CTV News Montreal**	**Oscars: Into the Spotlight** Celeste; H.E.R.; Leslie Odom Jr. (N)			**The Oscars** Honors for achievements in film. (N) (Live) (DVS)						**News-Rinaldo**	**CTV News Montreal**	**South Park**
WVNY 22	-	-	**Austin**	**Austin**	**Merv Griffin Show**	**World News**	**Local 22 News** (N)	**Oscars: Into the Spotlight** Celeste; H.E.R.; Leslie Odom Jr. (N)			**The Oscars** Honors for achievements in film. (N) (Live) (DVS)						**Local 22 News** (N)	**(:35) Oscars: After Dark** (DVS)	
WUTV 30	-	-	**(2:00) NASCAR Cup Series** GEICO 500. (N) (Live)				**Ring of Honor Wrestling**		**The Simpsons**	**Bless the Harts**	**The Simpsons**	**The Great North**	**Bob's Burgers**	**Family Guy**	**2 on Your Side at 10**	**Sharyl Attkisson**	**Ring of Honor Wrestling** (N)		**Big Bang Theory**
CFKS 31	106	726	**(3:55) "Destins croisés"** (2011) Jennifer Love Hewitt, Jamie Kennedy. Premiere. (SC)				★★ **"La bunny du campus"** (2008) Anna Faris, Colin Hanks. Premiere. (DVS) (SC)				★★ **"Clic"** (2006) Adam Sandler. Premiere. Une télécommande permet de contrôler l'univers d'un homme.					**(:20)** ★★★ **"Oublie Sarah Marshall"** (2008) Jason Segel. Premiere. (DVS) (SC)			
WUHF	-	363	**(2:00) NASCAR Cup Series** GEICO 500. (N) (Live)				**Ring of Honor Wrestling** (N)		**The Simpsons**	**Bless the Harts**	**The Simpsons**	**The Great North**	**Bob's Burgers**	**Family Guy**	**WHAM News**	**Sharyl Attkisson**	**Big Bang Theory**	**Big Bang Theory**	**Dolly Parton**
WETK	-	-	**This Land Is**	**Relieving Stress With Yoga**		**NewsHour Wk**	**A Place to Call Home** "Salt of the Earth"		**Legacy List With Matt Paxton**		**My Grandparents' War** "Carey Mulligan"		**Atlantic Crossing on Masterpiece** (N)		**World on Fire on Masterpiece**		**Call the Midwife** Four new doctors arrive.		**My Grandp**
WCFE	-	-	**Grantchester on Masterpiece**		**Grantchester on Masterpiece**		**Grantchester on Masterpiece**		**Grantchester on Masterpiece**		**My Grandparents' War** "Carey Mulligan"		**Atlantic Crossing on Masterpiece** (N)		**World on Fire on Masterpiece**		**Variety Studio**	**Variety Studio**	**Secrets of Highclere**
A&E	615	520	**Forged in Fire** "WWE Edition"		**WWE's Most Wanted Treasures**		**Biography: Stone Cold Steve Austin** The story of Stone Cold Steve Austin.				**Biography: Rowdy Roddy Piper** The story of one of the villains. (N)				**(:01) WWE's Most Wanted Treasures**		**(:04) WWE's Most Wanted Treasures**		**Roddy Piper**
CNN	500	500	**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**United Shades**		**United Shades**		**State-Union**		**News**
DISC	520	505	**Lone Star Law** "Roadside Sting"		**Lone Star Law** "Gator Showdown"		**Lone Star Law** "Caught in the Act"		**Heavy Rescue: 401** (DVS)		**BattleBots: Bounty Hunters** (N)		**Naked and Afraid** (N) (DVS)		**Naked and Afraid** "Shark Attack" (N)		**Ed Stafford: First Man Out** (N)		**Bones**
DRAMA	620	523	**House** (DVS)		**House** (DVS)		**House** (DVS)		**House** (DVS)		**House** (DVS)		**Queen Sugar** (N)		**House** (DVS)		**House** (DVS)		**House**
HIST	522	506	**American Pickers** (DVS)		**American Pickers** (DVS)		**Rust Valley Restorers** "Cab-Over Budget"		**Forged in Fire** "Teeth of the Tegha"		**Forged in Fire** "WWE Edition"		**The Curse of Oak Island: Digging Deeper**		**The Curse of Oak Island** (N)		**Assembly Required** "Swept Away"		**Digging Deeper**
PARMT	628	584	**Bar Rescue** "Hard Heads and Softballs"		**Bar Rescue** "Gutterball!"		**Bar Rescue** An unruly staff threatens a bar.		**Bar Rescue** "How to Train Your Goldfish"		**Bar Rescue** "Tears for Beers"		**Bar Rescue** "Tanked and Toasty"		**Bar Rescue**		★★ **"White House Down"** (2013, Action) Channing Tatum.		
RDI	126	730	**L'info** (N) (SC)	**L'épicerie** (SC)	**Le télé-journal**	**La facture** (SC)	**Le télé-journal**	**Le rêve olympique**	**Le national** (N)	**(:31) Le national**	**(:01) La semaine verte** (N) (SC)		**Le télé-journal**	**(:31) Les coulisses du pouvoir** (SC)	**Le national** (N)		**Le national** (N)	**Journal France 2**	**Le télé-journal**
SHOW	616	521	**NCIS: Los Angeles**	**NCIS: New Orleans** "Homeward Bound"			★★ **"Transformers: The Last Knight"** (2017) Mark Wahlberg, Anthony Hopkins. The war between Transformers and humans threatens Earth. (DVS)						★★★ **"Edge of Tomorrow"** (2014) Tom Cruise. A soldier in an alien war gets caught in a time loop.					**Clarice** "Ugly Truth" (DVS)	
SLICE	601	562	**(3:00)** ★★ **"The Banger Sisters"** (2002, Comedy) Goldie Hawn.				★★★ **"There's Something About Mary"** (1998) Cameron Diaz, Matt Dillon, Ben Stiller. (DVS)				**The Real Housewives of Atlanta** (N)		★★ **"The Banger Sisters"** (2002) Goldie Hawn. Former groupies with a notorious past are reunited.					**"There's Something About Mary"** (1998)	
TLC	521	560	**90 Day Fiancé** "Tell All Part 2"		**90 Day Fiance: Happily Ever After?: Countdown to the New Season** (N)						**90 Day Fiancé: Happily Ever After?** Brandon and Julia escape the farm.				**(:10) Extreme Sisters** "Sister, Sister"		**(:12) 90 Day Fiancé: Happily Ever After?**		**90 Day Fiancé**
TSN	400	400	**(2:00) NASCAR Cup Series** GEICO 500. (N) (Live)				**SportsCentre** (N) (Live)		**MLB Baseball** San Diego Padres at Los Angeles Dodgers. From Dodger Stadium in Los Angeles. (N) (Live)						**SportsCentre** (N) (Live)		**SportsCentre** (N) (Live)		**SC With Jay Onrait**
YOUTH	551	542	★★★ **"The Croods"** (2013) (DVS)				★★★ **"The Jungle Book"** (2016) Neel Sethi.				**Food**	**The Hardy Boys**		**Star Falls**	**Max**	**Make,**	**Degrassi**	**Degrassi**	**Avatar**

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Your week on TV

MONDAY EVENING — APRIL 26, 2021

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	**Channel 3 News at Six** (N)		**CBS Evening News**	**Entertainment Tonight** (N)	**The Neighborhood** (N)	**Bob Hearts Abishola** (N)	**All Rise** "Love's Illusions" (N)		**Bull** A woman goes against legal advice. (N)		**Channel 3 News**	**(:35) The Late Show With Stephen Colbert**	
WPTZ 5	-	-	**NBC5 News at 6** (N)	**NBC Nightly News - Holt**	**Jeopardy!** (N)	**Wheel of Fortune** (N)	**The Voice** "The Knockouts Part 2" Snoop Dogg serves as the mega mentor. (N)				**(:01) Debris** Bryan and Finola work out a next move. (N)		**NBC5 News at 11** (N)	**(:34) The Tonight Show Starring Jimmy Fallon**	
CBMT 6	206	301	**CBC Montreal News** (N)	**Rick Mercer Report**	**Coronation Street** (N)	**Still Standing** (DVS)	**Miss Scarlet and the Duke** "Cell 99" (N)		**Victoria** Albert finds a noble cause. (N)		**The National** (N)		**CBC Montreal News** (N)	**Maamuitaau**	**Coronation Street**
CHLT 7	107	718	**(5:58) TVA Nouvelles** (N)	**(:29) Le tricheur** (N)	**(6:59) Si on s'aimait** (N)	**Star académie**	**L'échappée** Des policiers sont déployés au chalet.		**Alertes** "La garde" Stéphanie lit la lettre de Pascal.		**TVA nouvelles** (N)	**(:35) Si on s'aimait** (SC)	**(:05) Denis Lévesque** (N) (SC)		**(12:05) "L'indésirable"**
WMTW 8	-	-	**WMTW News 8 at 6PM** (N)	**ABC World News**	**Wheel of Fortune** (N)	**Jeopardy!** (N)	**Sesame Street: 50 Years of Sunny Days** The 50-year impact of the iconic series. (N)				**The Good Doctor** A political protest turns violent. (N)		**WMTW News 8 at 11** (N)	**(:35) Jimmy Kimmel Live!**	
CKSH 9	108	-	**(5:59) Le télé-journal Estrie**	**(:31) Zone économie** (N)	**Question de jugement**	**Discussions avec mes**	**Dans l'oeil du dragon** (N) (SC)		**Bonsoir bonsoir!** (N) (DVS) (SC)		**Le téléjournal** (N) (SC)		**(:05) Le télé-journal Estrie**	**(:34) Ruptures** Ariane prend des risques. (DVS) (SC)	
CKMI 11	-	-	**Global National** (N)	**(:29) Global News at 6:30**	**ET Canada**	**Entertainment Tonight** (N)	**9-1-1** "Parenthood" A disastrous birthday party. (N)		**(:01) Big Brother Canada** (N) (DVS)		**Bull** A woman goes against legal advice. (N)		**Global News at 11** (N)	**(:35) The Late Show With Stephen Colbert**	
CFCF 12	205	312	**(5:59) CTV News Montreal** (N)		**etalk** (N) (DVS)	**The Big Bang Theory**	**B Positive**	**Bob Hearts Abishola** (N)	**(:01) 9-1-1: Lone Star** "A Little Help From My Friends"		**The Good Doctor** A political protest turns violent. (N)		**News-Lisa**	**CTV News Montreal** (N)	**The Daily Show**
WVNY 22	-	-	**Local 22 News** (N)	**ABC World News**	**Local 22 News** (N)	**Inside Edition** (N)	**Sesame Street: 50 Years of Sunny Days** The 50-year impact of the iconic series. (N)				**The Good Doctor** A political protest turns violent. (N)		**Local 22 News** (N)	**(:35) Jimmy Kimmel Live!**	
WUTV 30	-	-	**The Big Bang Theory**	**Judge Judy**	**Judge Judy**	**Family Feud** (N)	**9-1-1** "Parenthood" A disastrous birthday party. (N)		**(:01) 9-1-1: Lone Star** "A Little Help From My Friends"		**2 on Your Side at 10** (N)	**Seinfeld**	**Two and a Half Men**	**Two and a Half Men**	**Last Man Standing**
CFKS 31	106	726	**Souper parfait**	**Souper parfait**	**Ça c'est drôle!**	**Clash** (DVS) (SC)	**Stumptown** Dex et Grey se rendent à Los Angeles. (N)		**Mirage** Gabriel rencontre enfin son fils. (N) (DVS) (SC)		**À communiquer** (SC)	**"Mystère à Glenwood"** (2013) Lori Loughlin. Premiere. Une femme enquête sur des vols et la mort d'un ami. (DVS) (SC)			
WUHF	-	363	**Modern Family**	**Modern Family** "Hawaii"	**The Big Bang Theory**	**The Big Bang Theory**	**9-1-1** "Parenthood" A disastrous birthday party. (N)		**(:01) 9-1-1: Lone Star** "A Little Help From My Friends"		**13WHAM News at 10 on Fox Rochester** (N) (Live)		**DailyMailTV** (N)	**The Simpsons**	**Sexual Abuse Survivor?**
WETK	-	-	**PBS NewsHour** (N)		**This Old House**	**Ask This Old House**	**Antiques Roadshow** Edward Onslow Ford bronze. (N)		**Frontline** "The Virus That Shook the World, Part 1" The impact of COVID-19 across the globe. (N)				**Amanpour and Company** (N)		**BBC World News**
WCFE	-	-	**World News America**	**BBC World News Outside**	**PBS NewsHour** (N)		**Antiques Roadshow** Edward Onslow Ford bronze. (N)		**Frontline** "The Virus That Shook the World, Part 1" The impact of COVID-19 across the globe. (N)				**BBC World News**	**Amanpour and Company** (N)	
A&E	615	520	**Intervention** An alcohol and meth addict sinks fast.		**Intervention** A promising, young boxer turns to drugs.		**Intervention** Lexi started a family, only to lose it.		**Intervention** "Jake" (N)		**(:01) Intervention** A hockey player lives with chronic pain.		**(:04) Intervention** "Jackie R."		**(12:03) Intervention**
CNN	500	500	**Situation Room With Wolf**		**Erin Burnett OutFront** (N)		**Anderson Cooper 360** (N)		**Cuomo Prime Time** (N)		**CNN Tonight-Don Lemon**		**CNN Tonight-Don Lemon**		**Cooper 360**
DISC	520	505	**Highway Thru Hell** "Junior's Job" (DVS)		**Heavy Rescue: 401** The road to the boarder is shut down.		**Gold Rush: White Water** "Under Pressure"		**Gold Rush: White Water** "Buried Alive" (N)		**Jade Fever** Josh buys a semi-truck. (N) (DVS)		**Homestead Rescue** "Fire & Gold" (DVS)		**Bones** (DVS)
DRAMA	620	523	**Chicago Fire** (DVS)		**Chicago Fire** (DVS)		**Chicago Fire** (DVS)		**Chicago Fire** (DVS)		**Chicago Fire** (DVS)		**Chicago Fire** (DVS)		**Chicago Fire** (DVS)
HIST	522	506	**Assembly Required** "Swept Away"		**The Curse of Oak Island: Digging Deeper**		**The Curse of Oak Island** "Old Wharfs Tale"		**Pawn Stars** A McDonald's cookie from the 1980s. (N)		**Salvage Kings** Extracting a valuable art deco bar. (N)		**SEAL Team** A top-secret drone must be retrieved.		**American Pickers**
PARMT	628	584	**Life or Debt**		**Life or Debt**		**Life or Debt**		**Catch a Contractor**	**Movie**				**Catch a Contractor**	**Life or Debt**
RDI	126	730	**(5:59) Zone économie** (N) (SC)		**(:01) 24/60** (N) (SC)		**Les grands reportages** (N) (Part 4 of 4) (DVS) (SC)		**Le téléjournal avec Céline Galipeau** (N) (SC)		**Le téléjournal** (N) (SC)		**Le national** (N) (SC)	**(:31) Le national** (N)	**(12:01) 24/60** (SC)
SHOW	616	521	**NCIS** Abby is found to possess a real bomb.		**NCIS** A new lead emerges in the Chen case.		**All American** A college scout visits with Spencer. (N)		★★ **"The Matrix Revolutions"** (2003, Science Fiction) Keanu Reeves, Laurence Fishburne, Carrie-Anne Moss. Neo, Morpheus and Trinity battle vicious machines. (DVS)						**NCIS** "Non-stop"
SLICE	601	562	**The King of Queens**	**The King of Queens**	**The Real Housewives of Atlanta** "Reunion Part 1"		**Below Deck Sailing Yacht** "Cake Shock"		**Below Deck Sailing Yacht** (N)		**The Real Housewives of Dallas** "Straight Outta the '80s"		**The King of Queens**	**The King of Queens**	**Below Deck Sailing Yacht**
TLC	521	560	**Extreme Sisters** Anna and Lucy live their lives.		**Seeking Sister Wife** "Sharing Is Caring"		**Seeking Sister Wife** Roberta gives Garrick an ultimatum.		**(:01) Return to Amish** Maureen has her first kiss. (N)		**(:02) Unexpected** Jenna and Aden introduce baby Luca.		**(:02) Extreme Sisters** Anna and Lucy live their lives.		**Seeking Sister Wife**
TSN	400	400	**SportsCentre** (N) (Live)		**MLB Baseball** Chicago Cubs at Atlanta Braves. From Truist Park in Atlanta. (N) (Live)						**E60** (N)		**SportsCentre** (N)	**SC With Jay Onrait** (N) (Live)	
YOUTH	551	542	**iCarly**	**Victorious**	★★ **"Percy Jackson: Sea of Monsters"** (2013)				**Henry Danger**	**Punky**	**The Hardy Boys**		**Degrassi**	**Degrassi**	**Avatar: Air.**

TUESDAY EVENING — APRIL 27, 2021

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	**Channel 3 News at Six** (N)		**CBS Evening News**	**Entertainment Tonight** (N)	**NCIS** "Sangre" Torres meets his father. (N) (DVS)		**FBI** A man is killed by an explosive package. (N)		**FBI: Most Wanted** A double murder in a small town. (N)		**Channel 3 News**	**(:35) The Late Show With Stephen Colbert**	
WPTZ 5	-	-	**NBC5 News at 6** (N)	**NBC Nightly News - Holt**	**Jeopardy!** (N)	**Wheel of Fortune** (N)	**Young Rock** (N)	**Kenan** "Hair Show" (N)	**This Is Us** Kevin embarks on a stressful road trip.		**(:01) New Amsterdam** "Disconnected" (N)		**NBC5 News at 11** (N)	**(:34) The Tonight Show Starring Jimmy Fallon**	
CBMT 6	206	301	**CBC Montreal News** (N)	**Rick Mercer Report**	**Coronation Street** (N)	**Still Standing** (DVS)	**Still Standing** (DVS)	**Just for Laughs: Gags**	**Standup**	**Halifax Comedy Festival**	**The National** (N)		**CBC Montreal News** (N)	**Interrupt This Program**	**Coronation Street**
CHLT 7	107	718	**(5:58) TVA Nouvelles** (N)	**(:29) Le tricheur** (N)	**(6:59) Si on s'aimait** (N)	**Star académie**	**Hôpital New Amsterdam** Une importante série de greffes.		**Escouade 99** (N) (SC)	**Complexe G** (SC)	**TVA nouvelles** (N)	**(:35) Si on s'aimait** (SC)	**(:05) Denis Lévesque** (N) (SC)		**"Killing Hasselhoff"** (SC)
WMTW 8	-	-	**WMTW News 8 at 6PM** (N)	**ABC World News**	**Wheel of Fortune** (N)	**Jeopardy!** (N)	**Pooch Perfect** Grooms inspired by Disney characters.		**black-ish** (N) (DVS)	**mixed-ish** (N) (DVS)	**Big Sky** "White Lion" Cassie teams up with Lindor. (N)		**WMTW News 8 at 11** (N)	**(:35) Jimmy Kimmel Live!**	
CKSH 9	108	-	**(5:59) Le télé-journal Estrie**	**(:31) Zone économie** (N)	**Question de jugement** (N)	**Au coeur de la DPJ** (N)	**Galas ComediHa! 2020** (N) (SC)		**Bonsoir bonsoir!** (N)		**Le téléjournal** (N) (SC)		**(:05) Le télé-journal Estrie**	**(:34) Trop** (DVS) (SC)	**(12:04) Trop** (DVS) (SC)
CKMI 11	-	-	**Global National** (N)	**(:29) Global News at 6:30**	**FBI: Most Wanted** A double murder in a small town. (N)		**NCIS** "Sangre" Torres meets his father. (N) (DVS)		**(:01) Prodigal Son** Jessica dives headfirst into the past.		**(:01) New Amsterdam** "Disconnected" (N)		**Global News at 11** (N)	**(:35) The Late Show With Stephen Colbert**	
CFCF 12	205	312	**(5:59) CTV News Montreal** (N)		**etalk** (N)	**The Big Bang Theory**	**The Resident** A tornado hits Chastain. (N) (DVS)		**All Rise** "Love's Illusions" (N)		**Big Sky** "White Lion" Cassie teams up with Lindor. (N)		**News-Lisa**	**CTV News Montreal** (N)	**The Daily Show**
WVNY 22	-	-	**Local 22 News** (N)	**ABC World News**	**Local 22 News** (N)	**Inside Edition** (N)	**Pooch Perfect** Grooms inspired by Disney characters.		**black-ish** (N) (DVS)	**mixed-ish** (N) (DVS)	**Big Sky** "White Lion" Cassie teams up with Lindor. (N)		**Local 22 News** (N)	**(:35) Jimmy Kimmel Live!**	
WUTV 30	-	-	**The Big Bang Theory**	**Judge Judy** (N)	**Judge Judy** (N)	**Family Feud** (N)	**The Resident** A tornado hits Chastain. (N) (DVS)		**(:01) Prodigal Son** Jessica dives headfirst into the past.		**2 on Your Side at 10** (N)	**Seinfeld**	**Two and a Half Men**	**Two and a Half Men**	**Last Man Standing**
CFKS 31	106	726	**Souper parfait**	**Souper parfait**	**Ça c'est drôle!**	**Clash** (DVS) (SC)	**Les jeux fous d'Ellen** (DVS) (SC)		**Justice à L.A.** "Le chant de la vérité" La cybercriminalité.		**À communiquer** (SC)	**"Aurora Teagarden: meurtre au cinéma"** (2018) Candace Cameron Bure, Marilu Henner. Premiere. (DVS) (SC)			
WUHF	-	363	**Modern Family**	**Modern Family**	**The Big Bang Theory**	**The Big Bang Theory**	**The Resident** A tornado hits Chastain. (N) (DVS)		**(:01) Prodigal Son** Jessica dives headfirst into the past.		**13WHAM News at 10 on Fox Rochester** (N) (Live)		**DailyMailTV** (N)	**The Simpsons**	**Paid Program**
WETK	-	-	**PBS NewsHour** (N)		**Points North**	**Rural Free Delivery**	**Finding Your Roots With Henry Louis Gates, Jr.** (N)		**Philly D.A.** A murder tests Krasner's resolve. (N)		**Frontline** The impact of COVID-19 across the globe.		**Amanpour and Company** (N)		**BBC World News**
WCFE	-	-	**World News America**	**BBC World News Outside**	**PBS NewsHour** (N)		**Finding Your Roots With Henry Louis Gates, Jr.** (N)		**Philly D.A.** A murder tests Krasner's resolve. (N)		**Frontline** The impact of COVID-19 across the globe.		**BBC World News**	**Amanpour and Company** (N)	
A&E	615	520	**Storage Wars**	**Storage Wars**	**Storage Wars**	**Storage Wars**	**Storage Wars**	**Storage Wars**	**Storage Wars** (N)	**Storage Wars** (N)	**(:01) Hustle & Tow** (N)	**(:32) Hustle & Tow** (N)	**(:04) Storage Wars**	**(:34) Storage Wars**	**(12:03) Storage Wars**
CNN	500	500	**Situation Room With Wolf**		**Erin Burnett OutFront** (N)		**Anderson Cooper 360** (N)		**Cuomo Prime Time** (N)		**CNN Tonight-Don Lemon**		**CNN Tonight-Don Lemon**		**Cooper 360**
DISC	520	505	**Highway Thru Hell** Jamie takes The Python off road.		**Heavy Rescue: 401** A blizzard hits; a veteran fights.		**Deadliest Catch** "Out of the Ashes" Sig devises a plan. (N)				**Heavy Rescue: 401** Sonny needs to pull off a recovery.		**Homestead Rescue** A home made of 30,000 tire bales.		**Bones** (DVS)
DRAMA	620	523	**Chicago Med** (DVS)		**Chicago Med** (DVS)		**Chicago Med** (DVS)		**Chicago Med** (DVS)		**Chicago Med** (DVS)		**Chicago Med** (DVS)		**Chicago Med** (DVS)
HIST	522	506	**Pawn Stars** Items connected to gangsters. (DVS)		**Pawn Stars** Buying an early 20th-century football.		**Pawn Stars** A McDonald's cookie from the 1980s.		**The Food That Built America** "The Chocolate Rush" (N)		**Snack-Sized**	**Snack-Sized**	**SEAL Team** Jason and the team must deploy early.		**Pawn Stars** (DVS)
PARMT	628	584	**Wife Swap**		**Movie**					**Bar Rescue**	**Bar Rescue**		**Bar Rescue**		**Bar Rescue**
RDI	126	730	**(5:59) Zone économie** (N) (SC)		**(:01) 24/60** (N) (SC)		**Les grands reportages** On relate l'histoire de Joe Biden.		**Le téléjournal avec Céline Galipeau** (N) (SC)		**Le téléjournal** (N) (SC)		**Le national** (N) (SC)	**(:31) Le national** (N)	**(12:01) 24/60** (SC)
SHOW	616	521	**NCIS** "M.I.A." The team re-investigates a murder case.		**NCIS** A war vet helps solve a Marine's murder.		**FBI** Kristen wants to get back to field work.		**Supergirl** Nia and Brainy try to save Supergirl. (N)		★★★ **"The Hangover"** (2009) Bradley Cooper. Three pals must find a missing groom after a wild bash. (DVS)				**9-1-1** (DVS)
SLICE	601	562	**The King of Queens**	**The King of Queens**	**Below Deck Sailing Yacht**		**The Real Housewives of Dallas** "Straight Outta the '80s"		**The Real Housewives of Dallas** (N)		**The Real Housewives of New Jersey** "Sinking Ships"		**The King of Queens**	**The King of Queens**	**Real Housewives-Dallas**
TLC	521	560	**Doubling Down With the Dericos**		**OutDaughtered** Danielle prepares for an invasive test.		**OutDaughtered** "Breaking the Piggy Bank" The Quints get cash-crazy. (N)				**Unexpected** Myrka worries about her life with Ethan. (N)		**Seeking Sister Wife** Roberta gives Garrick an ultimatum.		**OutDaughtered**
TSN	400	400	**SportsCentre** (N) (Live)		**That's Hockey** (N)	**SC** (N)	**Engraved on a Nation**		**2021 IIHF U-18 World Championship** Sweden vs Canada. From Children's Health StarCenter in Farmers Branch, Texas. (N) (Live)					**SportsCentre** (N)	**SC With Jay Onrait** (N)
YOUTH	551	542	**iCarly**	**Victorious**	**SpongeBob**	**SpongeBob**	**Danger Force**	**Henry Danger**	**Henry Danger**	**Henry Danger**	**Max & Shred**	**Make It Pop**	**Degrassi**	**Degrassi**	**Avatar: Air.**

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Your week on TV

WEDNESDAY EVENING — APRIL 28, 2021

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News	Entertainment Tonight (N)	The Price Is Right at Night (N)		Presidential Address to the Joint Session of Congress President Joe Biden addresses Congress. (N)				Channel 3 News	(:35) The Late Show With Stephen Colbert (N)	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N)	Wheel of Fortune (N)	Chicago Med Choi hires an old Navy colleague.		Presidential Address President Joe Biden addresses Congress. (N) (Live)				NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon	
CBMT 6	206	301	CBC Montreal News (N)	Rick Mercer Report	Coronation Street (N)	Still Standing (DVS)	The Secrets She Keeps (N)		The Secrets She Keeps (N)		The National (N)		CBC Montreal News (N)	First Play Live	Coronation Street
CHLT 7	107	718	(5:58) TVA Nouvelles (N)	(:29) Le tricheur (N)	(6:59) Si on s'aimait (N)	Star académie	S.W.A.T. Des invasions de domicile. (N) (SC)		Rachid Badouri: rechargé (Part 1 of 2) (SC)		TVA nouvelles (N)	(:35) Si on s'aimait (SC)	(:05) Denis Lévesque (N) (SC)		"Tout finit par se savoir"
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	The Goldbergs (N)	Home Economics (N)	Presidential Address to Congress and the Nation and the Republican Response (N) (Live)				WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live!	
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) Zone économie (N)	Question de jugement (N)	L'épicerie (N) (SC)	Comment tu t'appelles? (N)		Bonsoir bonsoir! (N) (DVS) (SC)		Le téléjournal (N) (SC)		(:05) Le télé-journal Estrie	(:34) Le siège La fermeture d'une usine. (DVS) (SC)	
CKMI 11	-	-	Global National (N)	(:29) Global News at 6:30	Big Brother Canada (N) (DVS)		FBI A man is killed by an explosive package. (N)		MacGyver		NCIS: New Orleans (DVS)		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N)	
CFCF 12	205	312	(5:59) CTV News Montreal (N)		etalk (N)	The Big Bang Theory	The Masked Singer Celebrating the best of Season 5. (N)		The Big Bang Theory	Home Economics (N)	Law & Order: Special Victims Unit (N) (DVS)		News-Lisa	CTV News Montreal (N)	The Daily Show
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N)	The Goldbergs (N)	Home Economics (N)	Presidential Address to Congress and the Nation and the Republican Response (N) (Live)				Local 22 News (N)	(:35) Jimmy Kimmel Live!	
WUTV 30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud (N)	The Masked Singer Celebrating the best of Season 5. (N)		(:02) Game of Talents Two new teams compete. (N)		2 on Your Side at 10 (N)	Seinfeld "The Foundation"	Two and a Half Men	Two and a Half Men	Last Man Standing
CFKS 31	106	726	Souper parfait	Souper parfait	Ça c'est drôle!	Clash (DVS) (SC)	Comédie sur mesure (SC)	Mets-y le paquet (N)	Roast battle: le grand duel	L'open mic de... (N)	À communiquer (SC)	"La belle-mère" (2019) Victoria Diamond, Romy Rosemont. Premiere. Une mère est rongée par la jalousie. (DVS) (SC)			
WUHF	-	363	Modern Family "The Kiss"	Modern Family	The Big Bang Theory	The Big Bang Theory	The Masked Singer Celebrating the best of Season 5. (N)		(:02) Game of Talents Two new teams compete. (N)		To Be Announced	13WHAM News at 10 on Fox Rochester (N) (Live)		DailyMailTV (N)	Paid Program
WETK	-	-	PBS NewsHour (N)		Emerging Science	Outdoor Journal	Greta Thunberg: A Year to Change the World		President Biden's Address to Congress President Joe Biden's address. (N) (Live)				Amanpour and Company (N)		BBC World News
WCFE	-	-	World News America	BBC World News Outside	PBS NewsHour (N)		Greta Thunberg: A Year to Change the World		President Biden's Address to Congress President Joe Biden's address. (N) (Live)				BBC World News	Amanpour and Company (N)	
A&E	615	520	The First 48 Gruesome murder in New Orleans.		The First 48 A murder victim's friends hide a secret.		The First 48 Shooting deaths in Dallas and Cleveland.		The First 48 Presents Critical Minutes (N)		(:01) I Survived a Crime	(:32) I Survived a Crime	(:04) The First 48 "Bad Love"		(12:03) The First 48
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Cuomo Prime Time (N)		CNN Tonight-Don Lemon		CNN Tonight-Don Lemon		Cooper 360
DISC	520	505	Highway Thru Hell A truck driver is trapped.		Heavy Rescue: 401 Sonny takes on the role of mentor.		Expedition Unknown "Bermuda Triangle Revealed"		Mystery at Blind Frog Ranch "Answers" (N)		To Be Announced		Lone Star Law "Bucks Collide" An epic backyard battle.		Bones (DVS)
DRAMA	620	523	CSI: Crime Scene Investigation (DVS)		CSI: Crime Scene Investigation (DVS)		CSI: Crime Scene Investigation (DVS)		Movie					Movie	
HIST	522	506	Forged in Fire Forging in the winter tundra.		Forged in Fire Two smiths recreate Arya Stark's Needle.		Forged in Fire The smiths build the Bastard Sword.		Forged in Fire Four smiths must create san mai blades.		Assembly Required "Work It" (Series Finale) (N)		SEAL Team The team settles into deployment life.		Forged in Fire
PARMT	628	584	Catch a Contractor		★★ "White House Down" (2013, Action) Channing Tatum, Jamie Foxx, Maggie Gyllenhaal. Paramilitary soldiers take over the White House.						★★ "Four Brothers" (2005, Crime Drama) Mark Wahlberg, Tyrese Gibson. Siblings seek revenge for their adoptive mother's murder.				
RDI	126	730	(5:59) Zone économie (N) (SC)		(:01) 24/60 (N) (SC)		Les grands reportages La sensibilité au gluten. (N)		Le téléjournal avec Céline Galipeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)
SHOW	616	521	NCIS A murder tied to a dirt bike gang. (DVS)		NCIS A Marine sergeant is found murdered.		FBI "Payback" A retired FBI agent's son is kidnapped.		Reprisal "The Tiniest Battle" (N)		★★ "The Hangover Part II" (2011) Bradley Cooper. Phil, Stu, Alan and Doug head to Thailand for Stu's wedding.				Prodigal Son (DVS)
SLICE	601	562	The King of Queens	The King of Queens	The Real Housewives of Dallas		The Real Housewives of New Jersey "Sinking Ships"		The Real Housewives of New Jersey (N)		Summer House A wedding-themed party.		The King of Queens	The King of Queens	Housewives of NJ
TLC	521	560	My 600-Lb. Life "Angie J: Part 2: Where Are They Now?" Angie enters a trying stretch.				My 600-Lb. Life (N)				Save My Skin Connor feels like a monster. (N)		Untold Stories of the E.R. "Headaches & Zombies"		My 600-Lb. Life
TSN	400	400	SportsCentre (N) (Live)		That's Hockey (N)	Best Fan Moments	Top 50 Saves of All-Time	Top 50 World Junior	2021 IIHF U-18 World Championship Canada vs Latvia. From Children's Health StarCenter in Farmers Branch, Texas. (N) (Live)					SportsCentre (N)	SC With Jay Onrait (N)
YOUTH	551	542	iCarly	Victorious	Danger Force	SpongeBob	Junior Chef Showdown		Henry Danger	Henry Danger	Max & Shred	Make It Pop	Degrassi	Degrassi	Avatar: Air.

THURSDAY EVENING — APRIL 29, 2021

	Bell	Star	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	Channel 3 News at Six (N)		CBS Evening News	Entertainment Tonight (N)	Young Sheldon (N)	(:31) United States of Al	(:01) Mom (N)	B Positive (N)	Clarice Clarice goes to Ruth to be reinstated.		Channel 3 News	(:35) The Late Show With Stephen Colbert	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N)	Wheel of Fortune (N)	Manifest "Water Landing" Michaela pursues a fugitive.		Manifest Michaela and Zeke battle with Jace. (N)		Law & Order: Special Victims Unit (DVS)		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon	
CBMT 6	206	301	CBC Montreal News (N)	Rick Mercer Report	Coronation Street (N)	Still Standing "Fortune, NL"	The Artists (N)				The National (N)		CBC Montreal News (N)	Canadian Reflections (N)	Coronation Street
CHLT 7	107	718	(5:58) TVA Nouvelles (N)	(:29) Le tricheur (N)	(6:59) Si on s'aimait (N)	Star académie	"Paradis d'amour" (2014) Vanessa Marcil. Premiere. Une femme assiste à un congrès à Puerto Rico. (SC)				TVA nouvelles (N)	(:35) Si on s'aimait (SC)	(:05) Denis Lévesque (N) (SC)		★★ "Twilight 3: hésitation"
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	2021 NFL Draft Coverage of round 1 of the draft from Cleveland. (N) (Live)							WMTW News 8 at 11 (N)	(12:05) Jimmy Kimmel Live!
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) Zone économie (N)	Question de jugement (N)	Infoman (N) (DVS) (SC)	Prière de ne pas envoyer de fleurs "Sébastien Delorme"		Bonsoir bonsoir! (N)		Le téléjournal (N) (SC)		(:05) Le télé-journal Estrie	(:34) Feux Le passé refait surface. (DVS) (SC)	
CKMI 11	-	-	Global National (N)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Rutherford Falls "Pilot"	(:31) United States of Al	(:01) Big Brother Canada (N) (DVS)		Clarice Clarice goes to Ruth to be reinstated.		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert	
CFCF 12	205	312	(5:59) CTV News Montreal (N)		etalk (N)	The Big Bang Theory	Young Sheldon (N)	(:31) The Goldbergs	Law & Order: Special Victims Unit (DVS)		The Big Bang Theory	The Big Bang Theory	News-Lisa	CTV News Montreal (N)	The Daily Show
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	NFL Draft (N)	2021 NFL Draft Coverage of round 1 of the draft from Cleveland. (N) (Live)							(:35) Jimmy Kimmel Live!	
WUTV 30	-	-	The Big Bang Theory	Judge Judy (N)	Judge Judy	Family Feud (N)	Name That Tune Four new contestants compete.		Last Man Standing (N)	Let's Be Real	2 on Your Side at 10	Seinfeld "The Soul Mate"	Two and a Half Men	Two and a Half Men	Last Man Standing
CFKS 31	106	726	Souper parfait	Souper parfait	Ça c'est drôle!	Clash "Une vie, une mort"	La famille est dans le pré	Un safari près	Catastrophe (DVS) (SC)	(:40) À communiquer	À communiquer (SC)	"Tordue" (2018) Elisabeth Harnois, Morgan Kelly. Premiere. Une femme voit ressurgir l'ex de son fiancé. (DVS) (SC)			
WUHF	-	363	Modern Family	Modern Family	The Big Bang Theory	The Big Bang Theory	Name That Tune Four new contestants compete.		Last Man Standing (N)	Let's Be Real	13WHAM News at 10 on Fox Rochester (N) (Live)		DailyMailTV (N)	The Simpsons	Paid Program
WETK	-	-	PBS NewsHour (N)		Crossroads: Waterbury	(:45) Made Here	Made Here (N)	Made Here "Liz"	On Main		Made Here	Made Here	Amanpour and Company (N)		BBC World News
WCFE	-	-	World News America	BBC World News Outside	PBS NewsHour (N)		New Tricks "Dead Poets"		Death in Paradise A man is found dead in a boat.		Professor T A Catholic school student is murdered.		BBC World News	Amanpour and Company (N)	
A&E	615	520	The First 48: 15th Anniversary "Chain of Death" A woman and her friend are gunned down.				The First 48 A generous man is murdered.		The First 48 Woman killed with knife; patriarch shot.		(:01) Nightwatch Memorable moments from past seasons.		(:04) The First 48 A thief kills a man in his home.		(12:03) The First 48
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Cuomo Prime Time (N)		CNN Tonight-Don Lemon		CNN Tonight-Don Lemon		Cooper 360
DISC	520	505	Highway Thru Hell "No Man's Land" (DVS)		Heavy Rescue: 401 "There is Nothing Else"		Bitchin' Boot Camp "Blowin' Smoke" (N)		Street Outlaws The stakes rise with back-to-back races.		Street Outlaws: Mega Cash Days "Ain't With Being Broke" Twelve racers fight for $100,000. (N)				Bitchin' Boot Camp
DRAMA	620	523	CSI: Crime Scene Investigation (DVS)		CSI: Crime Scene Investigation (DVS)		CSI: Crime Scene Investigation (DVS)		CSI: Crime Scene Investigation (DVS)		Full Bloom (N) (DVS)		CSI: Crime Scene Investigation (DVS)		CSI: Crime Scene
HIST	522	506	Forged in Fire Smiths forge a Japanese tanto dagger.		Forged in Fire Four smiths must create san mai blades.		Assembly Required "Work It"		Rust Valley Restorers Avery goes over budget. (N)		Swamp People "Gator Attack" (Season Premiere) (N)		SEAL Team Jason meets a woman on the base.		Forged in Fire
PARMT	628	584	It Was Him: The Many Murders of Ed Edwards		★★ "Four Brothers" (2005, Crime Drama) Mark Wahlberg, Tyrese Gibson. Siblings seek revenge for their adoptive mother's murder.					It Was Him: The Many Murders of Ed Edwards		It Was Him: The Many Murders of Ed Edwards		It Was Him: The Many Murders of Ed Edwards	
RDI	126	730	(5:59) Zone économie (N) (SC)		(:01) 24/60 (N) (SC)		Les grands reportages L'arrivée de Google. (N) (SC)		Le téléjournal avec Céline Galipeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)
SHOW	616	521	The Office (DVS)	Parks and Recreation	Parks and Recreation	Parks and Recreation	Rutherford Falls "Pilot"	(:31) Rutherford Falls (N)	Parks and Recreation	Parks and Recreation	(:15) The Office	(:45) Rutherford Falls "Pilot"		(:25) Rutherford Falls	(12:05) The Office
SLICE	601	562	The King of Queens	The King of Queens	The Real Housewives of New Jersey (N)		Summer House A wedding-themed party.		Summer House (N)		Below Deck Sailing Yacht		The King of Queens	The King of Queens	Summer House
TLC	521	560	My 600-Lb. Life "Destinee's Story" Destinee seeks approval for transition.				My 600-Lb. Life "Supersized: Angie J, Part 1: Where Are They Now?" Angie's marriage falls apart. (N)				My 600-Lb. Life "Kenae's Journey" Kenae' turns to food to fill a void.				My 600-Lb. Life
TSN	400	400	(5:00) College GameDay (N) (Live)		NFL Countdown College GameDay - NFL Draft		2021 NFL Draft Coverage of round 1 of the draft from Cleveland. (N) (Live)							SC With Jay Onrait (N) (Live)	
YOUTH	551	542	iCarly	Victorious	SpongeBob	SpongeBob	Danger Force	Henry Danger	Henry Danger	Henry Danger	Max & Shred	Make It Pop	Degrassi	Degrassi	Avatar: Air.

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Obituaries

Obituaries
April 19-23, 2021

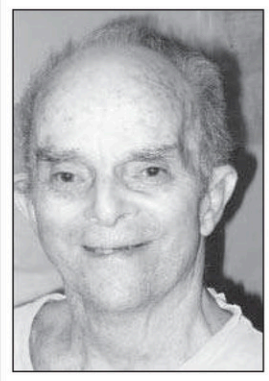
Hurley, Frederick G.W. (1942-2021)
Miltimore, George (1937-2021)
Ross, Carolyn Ingham (Reed)

Death

Frederick G. W. Hurley
Nov. 18, 1942 - April 14, 2021

Passed away peacefully on April 14, 2021, in his 79th year. He is survived by his wife Barbara (nee Blair) of almost 56 years, and his children, Karen and Kevin. He was especially adored by his granddaughter Jasmine. Fred will be remembered by his siblings Patricia, Ernest (late Francis), and Mary (Tom) as well as his in-laws Roland (Lucy) and Victor (Barbara). Predeceased by his sister-in-law Rena (Herbert), and brothers-in-law Russell (Ardath) & Robert (survived by Victoria). Part of a large family, he was "Uncle Fred" to many nieces and nephews.
Fred was born and raised in Quebec and later made Don Mills, Ontario his home. Fred was happiest when surrounded by his family and friends. In lieu of flowers, a donation to the charity of your choice would be appreciated.

Death



Miltimore, George 1937-2021

Passed away peacefully at the Brome-Missisquoi-Perkins Hospital in Cowansville, QC, on Wednesday April 21st, at the age of 85.

He leaves to mourn his brother James (Mabel), his nieces and nephews, specially Kim (Kathy) and friends. Donations can be made in memory to the B.M.P. Hospital foundation www.bmpfoundation.ca would be appreciated.

I'm going there to see my mother.
She said she'd meet me when I come.

Arrangements entrusted to:

DÉSOURDY FUNERAL HOMES
101 Jean-Besré, Cowansville QC
PHONE: 450-263-1212
FAX: 450-263-9557
info@desourdy.ca
www.desourdy.ca

Death

Ross, Carolyn Ingham (Reed)

Peacefully at home in Brampton, ON April 16, 2021 at age 88. Beloved wife of the late Ron Ross and mother of Heather, Donna, Marilyn and Jill. Remembered lovingly by their families including Fraser, Peter, Neil and grandchildren Callum, Cara, Kyle, Spencer, Annie, Cooper, Sam, many friends and relatives. Carolyn enjoyed a long career as a nurse in Quebec and Ontario. She loved travel, was an active member of her church community and an avid volunteer.

A virtual celebration of life will be held May 1st, 2 pm from Meadowvale Funeral Centre, Brampton.

In lieu of flowers, donations in her honour would be welcomed by one of these organizations she supported, St. Bartholomew's United Church, the Pediatric Oncology Group of ON (POGO), Regeneration Brampton or a charity of your choice.

For an online condolence or more information, please visit www.etouch.ca

Meadowvale
Cemetery, Cremation and Funeral Centres

In Memoriam

MARTIN, Lois (Baker) - In loving memory of a dear mother and grandmother who passed away 21 years ago, on April 24, 2000.

Our mother left us silently;
It was early Easter morn.
Into our Lord's arms she entered;
A place where spirits are reborn.
Forever missed and always in our hearts.

In loving memory,
THE FAMILY

Full continuum of care within our beautiful countryside Village, including Assisted Living, Full Nursing Care, Convalescence and Respite Care, and Memory Care (Dementia & Alzheimer's).

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1515, rue Pleasant View
Sherbrooke, QC J1M 0C6
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819-569-0546
info@masscom.ca

Contact us today to find out how you can make Grace Village a part of your long-term care plan.

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Church Services

Presbyterian

LENNOXVILLE

St. Andrew's Presbyterian Church, Lennoxville. We are pleased to welcome you into the Church every Sunday at 10:30 a.m. for Morning Worship. You can view Rev. Susan Smith's weekly message on our facebook page, Saint Andrew's Presbyterian Church/community/my services.

The Word of Grace broadcast can be heard each Sunday morning on the community station CJMQ – 88.9 FM at 8:30AM. It can accessed anytime at www.cjmq.fm

United

AYER'S CLIFF, MAGOG, GEORGEVILLE

The Ayer's Cliff Magog Georgeville Pastoral Charge has decided to keep our church buildings closed for the forseeable future. You are all invited to join us for our Sunday worship services on Zoom at 10:45 a.m. If you would like to join us please call Mel Bryant at St. Paul's in Magog 819-843-3778 or Sue Young for Beulah United Church 819-838-5815 to receive the zoom link. You can also visit our Pastoral Charge web site https://amgunited.wixsite.com/amgunited to find the link our YouTube channel

LENNOXVILLE

Lennoxville United Church. Facebook Live: Prayer and Reflection with Rev. Linda. Every Sunday @ 10 a.m. & Wednesday @ 10 a.m. Available Live through Linda Buchanan's Facebook Page or Lennoxville United Church Facebook Page. Video available afterwards through Linda Buchanan's Facebook Page or Lennoxville United Church Facebook Page or Lennoxville United's Website http://lennoxvilleunitedchurch.com/

SHERBROOKE

The Plymouth-Trinity United Church community of faith, at 819-346-6373 and www.plymouthtrinitychurch.org in Sherbrooke, invites you to a 10:45 a.m. worship service on Sunday, April 25, as we join with the congregations of St. Paul's (Magog), Beulah (Ayer's Cliff), and Georgeville, to celebrate the fourth Sunday of Easter. All are welcome, whether you are in Sherbrooke, in the greater St Francis area, or beyond. Connect via the Internet, or by telephone (long distance charges will apply): Call us for details (our building is closed). Joignez-vous à nous pour notre culte du 25 avril, à 10h45. Le culte est diffusé en ligne ou par téléphone (avec frais interurbains). Téléphonez-nous pour les détails (notre bâtiment est fermé). Cordiale bienvenue à tout le monde. Minister: Samuel V. Dansokho.

Shrimp spring rolls

(NC) Help your kids expand their palates and put their adventurous side into action by inviting them into the kitchen to get involved in meal decisions from the market to the dinner table. Exploring new foods can encourage flexibility in children, so be sure to introduce your family to fun and exciting flavours early on.

Even the pickiest of eaters will love these fresh, crisp and delicious spring rolls that pack a serious nutritional punch. Loaded with colourful veggies and fragrant herbs, these spring rolls deliver as much flavour as they do nourishment.

Shrimp Spring Rolls
Prep time: 15 minutes
Cook time: 3 minutes
Serves: 4

Ingredients:

1/4 pack (62.5 g) Blue Dragon Rice Noodles
4 Blue Dragon Spring Roll Wrappers
4 Boston bibb lettuce leaves
1/4 cup (30.5 g) carrots, julienned
1/2 cup (59.5 g) cucumbers, julienned
12 mint leaves
12 cilantro leaves
12 pre-cooked shrimp, tails removed
Blue Dragon Thai Sweet Chilli Sauce

Directions:

Cook rice noodles according to package directions; refresh under cold water and drain, set aside.

Using one at a time, place wrapper into hot water until it is soft and pliable (about 5 to 10 seconds). Remove wrapper from water and blot on a damp tea towel.

Arrange lettuce, noodles, carrot, cucumber and three mint leaves in the middle of the wrapper. Above that, place three cilantro leaves and three shrimp in a row.

Fold wrapper around lettuce and noodles, then continue rolling to cover shrimp. Fold in the sides of the wrapper and then continue to roll upwards to form a log shape. Repeat for three remaining spring rolls.

Serve with a side of Thai sweet chilli sauce.

Explore more kid-friendly recipes inspired by cuisines from around the world at tasteadventure.ca.

(www.newscanada.com)

Datebook

FRIDAY, APRIL 23, 2021

Today is the 113th day of 2021 and the 35th day of spring.

TODAY'S HISTORY: In 1635, the first public school in the United States, Boston Latin School, was founded in Boston.

In 1908, Congress passed a bill establishing the U.S. Army Reserve.

In 1968, students protesting the Vietnam War at Columbia University in New York City began occupying campus buildings.

In 1969, Sirhan Sirhan received the death penalty for assassinating Sen. Robert F. Kennedy. His sentence was reduced to life imprisonment in 1972.

TODAY'S BIRTHDAYS: James Buchanan (1791-1868), 15th U.S. president; Max Planck (1858-1947), physicist; Shirley Temple Black (1928-2014), actress/diplomat; Roy Orbison (1936-1988), singer-songwriter; Lee Majors (1939-), actor; Sandra Dee (1942-2005), actress; Tony Atlas (1954-), wrestler/bodybuilder; Michael Moore (1954-), filmmaker; George Lopez (1961-), comedian/TV personality; John Cena (1977-), wrestler/actor; John Oliver (1977-), actor/comedian; Dev Patel (1990-), actor.

TODAY'S FACT: An estimated 500 hours of video is uploaded to YouTube.com every minute. The first video on the site, an 18-second clip entitled "Me at the Zoo," was uploaded on this day in 2005.

TODAY'S SPORTS: In 1954, Milwaukee Braves rookie Hank Aaron hit his first major-league home run.

TODAY'S QUOTE: "Experiment is the only means of knowledge at our disposal. Everything else is poetry, imagination." – Max Planck

TODAY'S NUMBER: 77 – days that "New Coke," introduced on this day in 1985, was on the market before Coca-Cola reintroduced the soft drink's original formula, under the name "Coca-Cola Classic."

TODAY'S MOON: Between first quarter moon (April 20) and full moon (April 26).

SUDOKU

DIFFICULTY RATING: ★★★★☆

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

4/23

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

PREVIOUS SOLUTION

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

SUDOKU

DIFFICULTY RATING: ★★★★★

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

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PREVIOUS SOLUTION

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

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Your Birthday

FRIDAY, APRIL 23, 2021

Size up every situation that unfolds this year. Decisive action will help you stay in control while you put your ideas in motion. Actions will speak louder than words and will mark you as a leader. Set the standard and offer solutions, and you will become the go-to person. Love and romance will improve your life.

TAURUS (April 20-May 20) – Take a passionate approach to whatever you do, and you will surpass your expectations. Don't get upset if someone makes a change of plans; in the end, it will play out in your favor.

GEMINI (May 21-June 20) – Stop worrying about what others think or do and focus on what you can do to improve your life. Look for opportunities that support continuous growth and stimulating excursions.

CANCER (June 21-July 22) – Expand your interests, friendships and goals. Strive to make a difference. Look at the possibilities, and consider how to revamp old ideas to fit new trends. Put your energy where it counts.

LEO (July 23-Aug. 22) – Go over essential details before you sign up for something questionable. It's important not to act in haste or give anyone a chance to take advantage of you. Discipline and hard work will be musts.

VIRGO (Aug. 23-Sept. 22) – Reach out to like-minded people and develop relationships that encourage success. Gather information and learn as you go. A flexible attitude will encourage others to see things your way.

LIBRA (Sept. 23-Oct. 23) – Pay attention to the way you present yourself, how you look and what you can do to make improvements. Don't overspend on products that promise the impossible. Avoid a "quick fix" offer you encounter.

SCORPIO (Oct. 24-Nov. 22) – You'll come up with a great plan that will excite you and get you moving in a new direction. Opportunity is within reach, but it's up to you to take advantage of the situation and make things happen.

SAGITTARIUS (Nov. 23-Dec. 21) – Pay close attention to what others are doing. Someone will be manipulative if you aren't careful. Put your energy into something that matters to you. Educate yourself before you try something new.

CAPRICORN (Dec. 22-Jan. 19) – Set high standards and goals, and don't stop until you realize your expectations. Embrace projects that will make your life easier. Focus on peace, love, happiness and spending time with loved ones.

AQUARIUS (Jan. 20-Feb. 19) – Be careful not to overspend or get involved in something that can jeopardize your relationship with a loved one. Look for opportunities that will encourage personal growth.

PISCES (Feb. 20-March 20) – Explore possibilities. Get involved in something meaningful, and you'll connect with stimulating people. A change of plans will turn out to be a blessing in disguise. Romance is on the rise.

ARIES (March 21-April 19) – You'll have to make your own opportunities. Look for any opening to use your skills, knowledge and attributes to get ahead. How you conduct yourself around your peers will determine how far you get.

SATURDAY, APRIL 24, 2021

Stand tall, set your sights on your long-term goals and make the necessary adjustments to ensure success. Refuse to let negativity set in or those opposed to your ideas interfere. Know what you want, and use the power of persuasion to get your way. When opportunity knocks, open the door. Romance is encouraged.

TAURUS (April 20-May 20) – Go over details and make adjustments before making a decision that affects your income or finances. Take better care of your physical and mental well-being. Take a break and relax.

GEMINI (May 21-June 20) – Check out professional opportunities and make adjustments to your resume. Be clear regarding your expectations and long-term goals. Challenge yourself and strive to be your very best.

CANCER (June 21-July 22) – Take the high road and do what you can to help others. Discuss shared responsibilities. Keeping things fair will help dismiss discord. Make positive adjustments at home.

LEO (July 23-Aug. 22) – You don't have to put up with being bullied or taken for granted. If you don't like something, make adjustments. Refuse to let anyone limit your freedom of speech or your happiness.

VIRGO (Aug. 23-Sept. 22) – A change of scenery will lift your spirits. A chance to discover something exciting will alter the way you think. Make personal adjustments that will push you in a new direction.

LIBRA (Sept. 23-Oct. 23) – Don't get angry; get moving. Pick up information, gather your thoughts and strategize how best to move forward. Spend time developing something that interests you.

SCORPIO (Oct. 24-Nov. 22) – A creative outlet will improve your state of mind. Do something that brings you joy, and you'll meet someone who shares your interests. Let go of what no longer works for you.

SAGITTARIUS (Nov. 23-Dec. 21) – Be open to suggestions and ready to take on new responsibilities. A partnership that is challenging and intense will pay off. Think about making some professional changes.

CAPRICORN (Dec. 22-Jan. 19) – You've got your ideas regarding how you want things done, but if you give others the freedom to do things their way, you will have more time to pay attention to what's most important to you.

AQUARIUS (Jan. 20-Feb. 19) – Listen to others, but don't share your opinions. Keep the peace in order to avoid a family feud. Don't take a risk with your health. Keep your distance from those who don't abide by the rules.

PISCES (Feb. 20-March 20) – Emotions will surface. Address issues quickly to turn a difficult situation into something new and exciting. Don't let someone from your past meddle in your life.

ARIES (March 21-April 19) – Consider the pros and cons of any situation you face. Listen carefully, ask questions and don't feel pressured to make a premature decision. Time is on your side.

Sunday horoscope on page 23

Girls' trip

Dear Annie

FRIDAY, APRIL 23, 2021

Dear Annie: I'm thrilled to finally be planning trips with friends again, now that we're all vaccinated and things are opening back up. Two of my best friends – let's call them "Molly" and "Bella" – and I rented a vacation house about two and a half hours away, planning to do a long girls' weekend. We've lined up appointments at a spa together, picked out board games to play and everything. The three of us haven't been great about talking on the phone and over Zoom during quarantine, so I've been looking forward to catching up and seeing how they're doing.

But now, "Molly" is talking about inviting two other friends of hers. Bella and I have only met these other two women a handful of times. They seem fine, but I was really looking forward to hanging out just the three of us. I've had some personal things going on in my life that I was hoping to open up to them about, but I'd feel weird talking about that stuff with acquaintances. And to be honest, after a year of being on my own most of the time, the idea of being around four other people for a few days straight sounds overwhelming. How do I tell her I'd prefer for it to just be us three on the trip, since we haven't seen each other in so long? – Five's a Crowd

Dear FAC: Just like that. There's no need to make it complicated or personal. Explain to her what you told me: You'd like to keep it to just the three of you for this trip since you have a lot to catch up on. A best friend would never hold that against you.

Dear Annie: I'm in the process of grieving my husband, who died unexpectedly from a heart attack recently.

We met at 17 and never left each other's arms; I fell madly in love with him at first sight.

We had 40 years together, a blissful beautiful marriage.

Now that he is gone my heart aches for him. I'm barely coping. I often have panic attacks and just feel very fearful all the time. My husband was my rock, my protector, my everything. My life seems worthless without him.

My two sons, ages 12 and 14, constantly ask me am I OK, and I say yes so they don't worry. But honestly, I'm drowning in sorrow.

Do you have any suggestions for online grief counseling? – Totally Broken

Dear Broken: There are no words for me to properly express how sorry I am for your loss.

PsychologyToday.com has a comprehensive database of therapists. On the homepage, click "Find a therapist"; then enter your ZIP code and hit enter. You'll be shown a list of therapists in your area. Click the "Issues" filter just above the results, and select "Grief." Look for therapists who have "Offers online therapy" listed beneath their contact information.

Another online resource I'd recommend is the website Refuge in Grief, which is run by a grief counselor who also lost her husband suddenly. Start at this page: refugeingrief.com/life-gone-sideways.

Dear Annie: Thank you so much for mentioning the "It's OK That You're Not OK" book. I think I have finally found a perspective that will support my grieving the loss of Elizabeth, my wife of 30 years. – Charles in Greensboro, NC

Dear Charles: I'm so sorry for the loss of your dear Elizabeth, but I'm glad that the book has resonated with you, as it has with me.

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

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

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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.

"Z U M C Y F C V X M V L E F Z E I Z Y E A A T O X, O B D E B T I E X M X, Z V D E G M T V Y L M M A R Y O Z M Y B I V D L V F Z E W A M."

— D O I U E M A D V V F M

Previous Solution: "To leave the world better than you found it, sometimes you have to pick up other people's trash." — Bill Nye

TODAY'S CLUE: B equals W

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.

"D B W P W L D P S J U W P S J I U E V S N S R M X R S S J F S V W M D J R. M B S P J N M J V G W D P D M Y W G M B S T S G M U J L D S D S L S V G M W V V S P D R." — G B D V C S E U W N C W D R S

TODAY'S CLUE: M equals Y

Previous Solution: "The purpose of art actually is, in many cases, to make you feel quite uncomfortable." — Michael Moore

ALLEY OOP

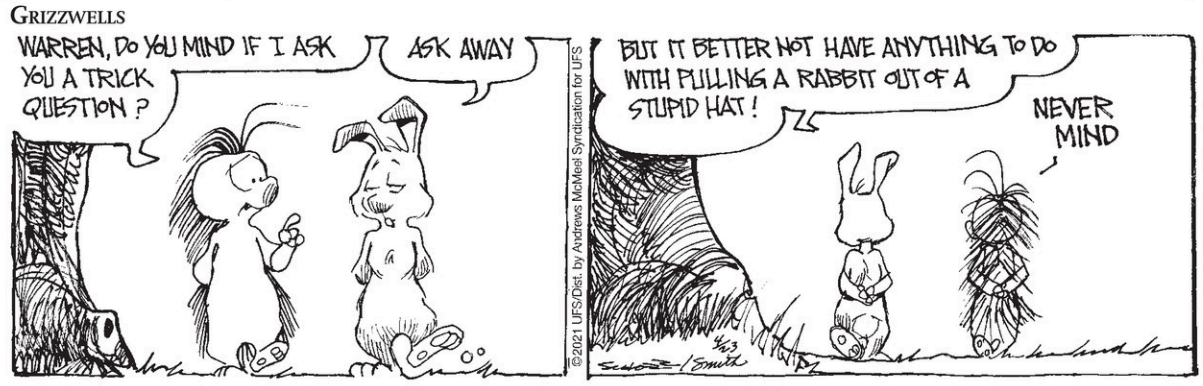
ARLO & JANIS

THE BORN LOSER

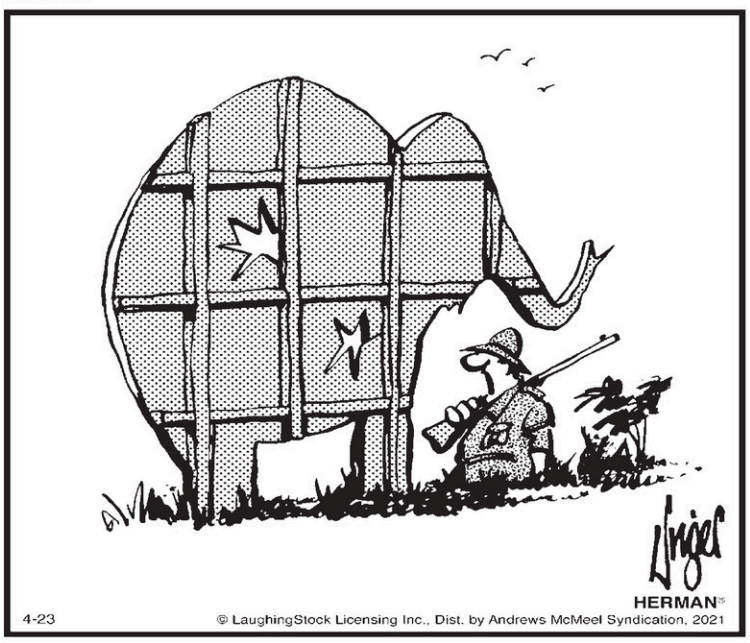
REALITY CHECK

FRANK AND ERNEST

GRIZZWELLS

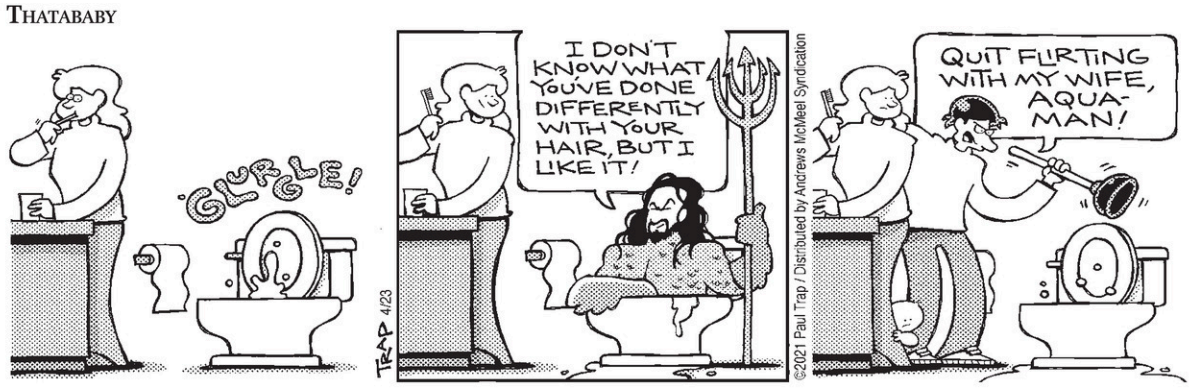


HERMAN



"We shot the decoy."

THATABABY



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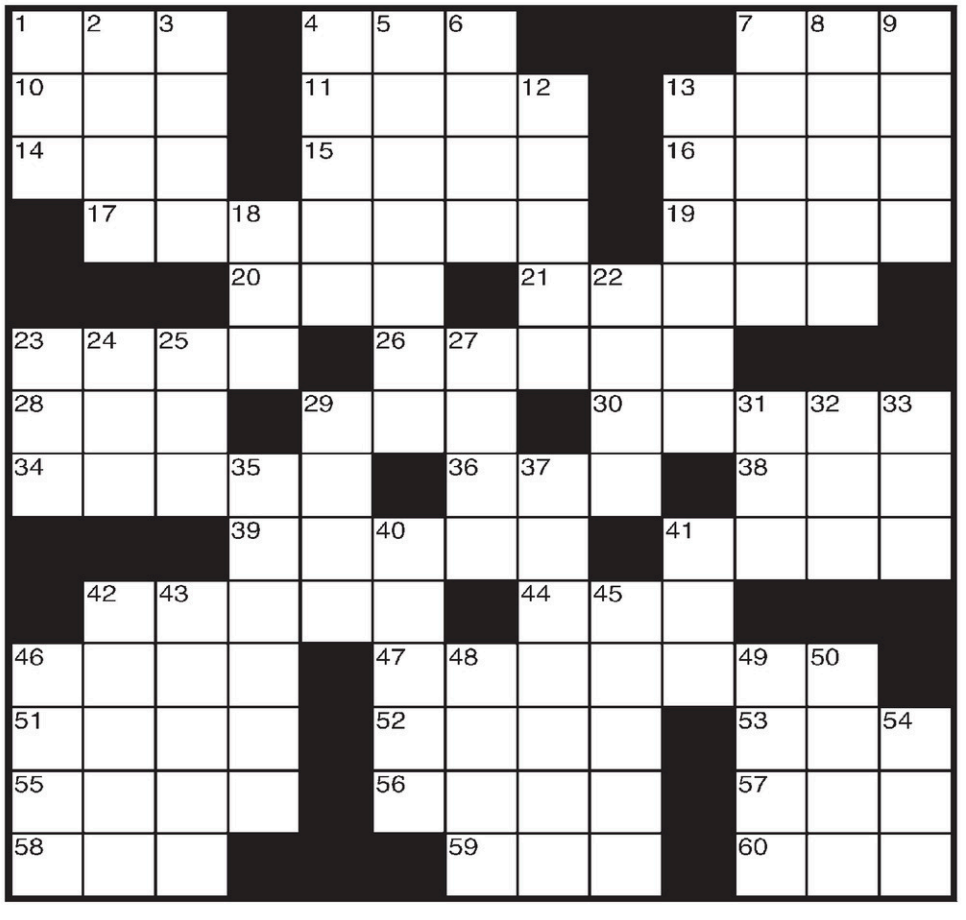
NEA Crossword Puzzle

ACROSS
1 Bark or yelp
4 Health resort
7 French —
10 House addition
11 Farm worker
13 Trails behind
14 Road sign symbol
15 Fish-eating bird
16 Van Gogh's medium
17 Domed building
19 Get lumpy
20 Rap sheet letters
21 Japan's capital
23 Sudden foray
26 Jack, in cards
28 Prince Valiant's eldest
29 New Zealand parrot
30 Old saying
34 Taken for granted
36 Laid up
38 Wretched
39 Biathlon need
41 Kitchen meas.
42 Itinerary
44 Santa — winds
46 Grandeur
47 Permissive
51 Help in wrong-doing
52 Baker's must
53 Web address
55 Triangle sides
56 Wildlife shelter
57 Pasture sound
58 Boise's st.
59 Highest degree
60 Provo inst.

DOWN
1 So far
2 Novelist — Waugh
3 Urgent appeal
4 Arabic honorific
5 Share
6 Part of A.D.
7 Newspaper type
8 Snow house
9 Classroom sound
12 River mouth deposit
13 Fastened
18 Goalie's protection
22 Ellipse
23 Tatter
24 "Exodus" character
25 Packing slip, for short
27 Carpenter's item
29 Do socks
31 Pecs' neighbors
32 Breach
33 McMahon and Sullivan
35 Blows, as a volcano
37 Most trim
40 Serious offender
41 — kwon do
42 In judge's garb
43 Rolex rival
45 Beethoven symphony
46 Sanskrit dialect
48 Level
49 Anesthetized
50 Priam was its king
54 Costello or Gehrig

Answer to Previous Puzzle

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



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Your Birthday

SUNDAY, APRIL 25, 2021

Rethink your strategy regarding work, status and reputation, and you'll come up with a plan that will help you maneuver your way into a favorable position. It's up to you to go after your dreams. The more you do to entice others to see things your way, the easier it will be to find happiness and success.

TAURUS (April 20-May 20) – A last-minute adjustment will put your mind at ease. Strive for perfection, and it will lead to new beginnings. You'll gain insight into a situation if you study what's transpired.

GEMINI (May 21-June 20) – Focus on what's possible. It's up to you to make the most of whatever situation you encounter. Dedicate more time to self-improvement and broadening your vision, knowledge and skills.

CANCER (June 21-July 22) – Control your spending and emotions. You'll find it difficult to resist the temptations of comfort and tranquility. Weigh the pros and cons before you get involved in something you cannot afford.

LEO (July 23-Aug. 22) – Stop worrying about what everyone else is doing; concentrate on mastering your skills and improving your important relationships. A financial opportunity looks promising.

VIRGO (Aug. 23-Sept. 22) – Your charm will be impossible to resist. Time spent with a loved one will bring you closer together. Make plans to enjoy life's little pleasures. It's time to take it easy.

LIBRA (Sept. 23-Oct. 23) – Maintain a steady pace forward. Fix up your space or engage in something new and exciting that will impact your lifestyle. Sell items you no longer use to bring in some extra cash.

SCORPIO (Oct. 24-Nov. 22) – Take your time. Refuse to let anyone rush you or pressure you. Be true to yourself and let your intuition lead the way. Detailed research will put your mind at ease.

SAGITTARIUS (Nov. 23-Dec. 21) – You can reach your full potential if you concentrate on what you need to accomplish. An unexpected opportunity will spark your interest. Don't be afraid to branch out.

CAPRICORN (Dec. 22-Jan. 19) – Stay in touch with the people you miss and love. Show interest in what others do. Make changes at home that help boost your health, fitness and peace of mind. Personal improvements are favored.

AQUARIUS (Jan. 20-Feb. 19) – You'll feel stifled by restrictions, dependents and outside influences. Look past any negativity you face, and you will gain insight into what's possible. Invest in something you enjoy doing.

PISCES (Feb. 20-March 20) – Tidy up loose ends before you start something new. A chance to use your skills in a new and exciting way will encourage you to create your own business or start a new endeavor. Romance is featured.

ARIES (March 21-April 19) – Discipline will pay off. Set your sights on what you want to achieve, and you will reach your goal. Your enthusiasm and drive will attract someone who has something to offer you.

FRIDAY, APRIL 23, 2021

The menagerie play colourful(!) deals

By Phillip Alder

This is St. George's Day, commemorating the patron saint of England who supposedly slew a dragon. He was declared the patron saint by King Edward III in the 14th century.

One of the most colourful(!) English bridge players and writers was Russian-born Victor Mollo. When a boy, he was having his appendix removed as the Russian Revolution started. His mother took him from the hospital as quickly as possible, bought a train and driver, and went to the Finnish border. After some time in Stockholm, they moved to London.

He used to write during the night – no telephone interruptions – sleep in the morning, play rubber-bridge for money in the afternoon, go home for a gourmet dinner and fine wines with his wife, the Squirrel, and return to writing after midnight.

Mollo is famous for his animal characters. This deal is classic Mollo. In which contract would you (South) like to play, given that you can see all 52 cards?

When North bid five hearts, South signed off in six diamonds. But the Hideous Hog (East) said that he hadn't passed. He doubled. South could do what he liked, but North was barred (as the law stood then). So South took a shot at seven clubs, the only makable grand slam! He had hoped for ace-doubleton in the dummy, but after a heart lead, declarer cashed the diamond ace, ruffed a diamond, played a heart to hand, drew trumps and claimed.

The Hog cried, "You should have led a trump, partner." No good! The club ace, a heart to the king, three more rounds of trumps and three top diamonds squeeze West in the majors.

	North	04-23-21
	♠ A K J 6 3 2	
	♥ J 10 9 3 2	
	♦ 5	
	♣ A	
West		**East**
♠ Q 10 9 8		♠ 4 3
♥ Q 7 4		♥ 8 6 5
♦ 7 6		♦ J 10 9 8
♣ 9 8 3 2		♣ 7 6 5 4
	South	
	♠ 7	
	♥ A K	
	♦ A K Q 4 3 2	
	♣ K Q J 10	

Dealer: North
Vulnerable: Both

South	West	North	East
		1♠	Pass
3♦	Pass	3♥	Pass
4♦	Pass	4♠	Pass
4NT	Pass	5♥	Dbl.
7♣	Pass	Pass	Pass

Opening lead: ♥ 4

NEA Crossword Puzzle

ACROSS

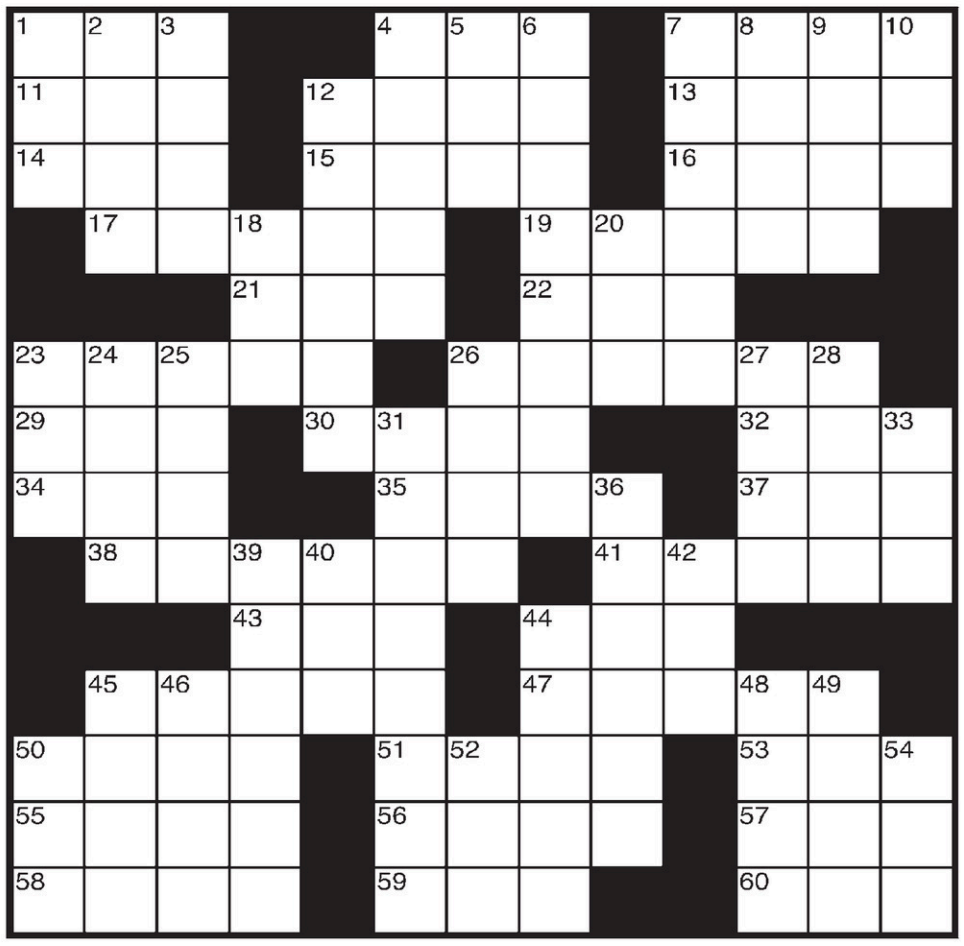
1 Luau instrument
4 London's Old —
7 Waterfront sight
11 Brooks or Blanc
12 "— Richard's Almanack"
13 Press
14 Muslim honorific
15 Sicilian landmark
16 Delightful place
17 Criticize
19 Sigmund or Anna
21 DJ's albums
22 Heavy weight
23 Stirring
26 Mariachi gig
29 Popinjay
30 Reddish-brown horse
32 Polish
34 House mem.
35 Jason's ship
37 Previous to
38 Warfare
41 Kilt feature
43 Shogun's yes
44 Student stat
45 Goatee sites
47 Lomond and Ness
50 Breakdown
51 Frau's abode
53 Not hither
55 Two-color cookie
56 Lo-cal
57 Pair
58 Some T-shirts
59 Fabric meas.
60 House shader

DOWN

1 Ms. Thurman of "Gattaca"
2 Beer barrels
3 Pizazz
4 Casts a ballot
5 Charged particle
6 Making
7 Hive VIPs
8 Lahore language
9 Mellowed
10 Ginza money
12 Spice rack item
18 Genre
20 Caviar, actually
23 Kenya's loc.
24 Troubles
25 Dr.'s visit
26 Cabby's take
27 Twig bearer
28 Mystique
31 In a boorish manner
33 Put money on
36 Side against
39 Horned animals
40 John, in Aberdeen
42 Resinous substance
44 Floods the market
45 Antidote
46 Made tracks
48 Jekyll's alter ego
49 2020 Pixar film
50 — -com
52 Bail out
54 Name, to Pierre

Answer to Previous Puzzle

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



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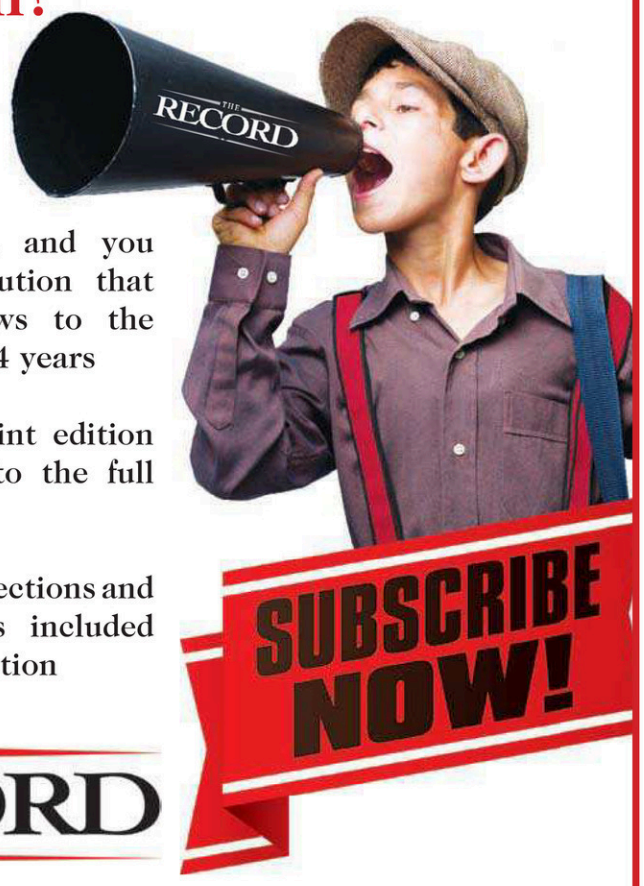

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CHUS Foundation | 2018-2022 Major Fundraising Campaign

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