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Townshippers
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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Construction
holiday reveals
tourism growth
in the
Townships

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WEEKEND EDITION

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FRIDAY, AUGUST 2, 2019

Free legal assistance for victims of sexual harassment in the workplace

By Emilie Hackett
Special to the Record

The Juripop legal clinic will be offering free services to all Quebec victims of sexual harassment or sexual violence in the workplace thanks to a \$2 M investment from Justice Canada.

"Juripop is a non-profit organization that aims to improve Quebecers' access to legal services," said Sophie Gagnon, lawyer and executive director of Juripop. "It was founded in 2009, nearly 10 years ago already, and we offer a multitude of services. We want to give everyone the opportunity to have their rights represented, regardless of their financial situation."

This new project was inspired by L'Aperté, an initiative for employees in the cultural sector launched in 2018. With this new funding, Juripop will now offer

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Pickup slams into Sherbrooke building



MATTHEW MCCULLY

Louis-Phillippe Paul, the resident of the apartment that a pickup truck drove into yesterday morning, collecting the remainder of his belongings as a work crew boards up the walls of his apartment at Galt West and Worthington.

By Matthew McCully

Louis-Phillippe Paul got a rude awakening yesterday morning when a pickup truck drove through the

wall of his apartment, located on the ground floor of a building at the corner of Galt West and Worthington in Sherbrooke.

According to Sherbrooke Police

Spokesperson Isabelle Gendron, mechanical failure was the cause of the accident.

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Weather



TODAY:
SUNNY

HIGH 27
LOW 12



SATURDAY:
SUNNY

HIGH 26
LOW 13



SUNDAY:
SUNNY

HIGH 33
LOW 10



MONDAY:
SUNNY

HIGH 24
LOW 14



TUESDAY:
60% CHANCE
OF SHOWERS

HIGH 25
LOW 16

Looking for reading material for summer's dog days? Why not make it sheep?

The Shepherd's Life



GOOD READS

LENNOXVILLE LIBRARY

The author of this book, James Rebanks, is not a professional writer. He is, to this day, a fulltime shepherd in the Cumbrian hills in England's Lake District. His sheep farm is on land that his family have worked for 600 years. The germ of the aptly subtitled *Modern Dispatches from an Ancient Landscape* was Rebanks' initial foray into Twitter in 2012. Thinking that there might be a few people out there who'd be interested in the actual daily routines of sheep farming, he started tweeting some of the details of his working days in the remote moorish valleys and crags 'up north'. He now has over 100,000 followers. The Twitter origins of *The Shepherd's Life* are very apparent in its non-linear structure. The work follows no chronological order, apart from being divided into four sequential chapters, Summer, Autumn, Winter, Spring. Rather, it proceeds through a series of

typically short passages (from a single paragraph up to 5 or 6 pages) mostly unrelated to each other, except through the abiding focus on sheep, which recount farm events, from shearing to feeding to culling to lambing, family relations, weather – and other – disasters, and other finely-tuned observations. It is a collection of vignettes rather than a sustained narrative. But it offers as absorbing and unputdownable a read as any made-up potboiler.

Rebanks opens with an eloquent appeal to the importance of 'place', particularly place established by time: "We are each a tiny part of something enduring, something that feels solid, real and true. Our farming way of life has roots deeper than five thousand years into the soil of this landscape." The landscape is then lovingly described at length with a degree of observant detail that is reminiscent of Thoreau's *Walden*, minus the transcendentalism. Rebanks is concerned only with the here and now; with the dirt, mud, blood, rain, insects, disease, faeces and other visceral parameters of sheep farming. He revels in it: "My shoes should be mucky." In fact, Rebanks is a bit of an anti-intellectual. We're told often how much he hated primary and secondary school, which he regarded as only separating him from the natural world that he loved. He left school as early as he legally could, at age 15, to work with the sheep fulltime. In his early twenties, however, he returned to study, at Oxford university specifically, to earn a degree in history, if not any greater respect for the hallowed halls of learning. When asked by a tutor what he thought of his fellow students, he judged they "lacked experience of life", and suggested they all be "sent out for a year to work in a chicken-processing plant or spreading muck with a tractor." The tutor laughed. "It wasn't meant to be funny," Rebanks intones.

Though no poet then, and without the slightest desire to become one, Rebanks nevertheless has a painter's eye when it comes to evoking the natural beauty of the Lake District farms: "The valley where we live and farm stretches beneath me like an old man's upturned cupped hands. . . . Autumn comes quickly here. The life bleaches out of the leaves and grass with each passing day. A landscape of green turns brown. The heather on the fells turns until it is the russet of a kestrel's wing. . . . [Foxhounds] catch the sunshine and glow white like

pieces of fine china tumbling down a hill." In this region of England, mountains are 'fells', streams are 'becks', ravines 'ghylls'. Rebanks anchors his own 21st century experience and perceptions in his Viking and Saxon deep history through language: dags, lockings, smit; the list of local diction is long. But, the odd reference to Wordsworth aside, Rebanks has no interest in idealizing his world. If anything, we get the warts, everything else and all. It all goes under the microscope: his being violently bullied – and his being a bully himself – at school; a very grim 'up north' pub scene that will make you want to just stay home; a graphic description of the knacker's yard that would be right at home in *Pandemonium*, Milton's Hell; the utter ravages of mad cow disease; a macabre account of removing the skin of a dead lamb to make a 'waistcoat' for an orphaned lamb, so that the lambless ewe will milk the orphan. Who needs fiction in a world of such fact?

The Shepherd's Life is a wonderful book that will open up a world of hitherto unplumbed experiences, unless you happen to be a sheep farmer yourself. Rebanks' deliberately 'untutored', ungarnished, unpretentious and laconic style makes it, ironically, eminently readable. And if you are a dog lover, the frequent close accounts of Rebanks' Border Collies, Floss and Tan, doing what Border Collies so remarkably do, is a delightful bonus. After witnessing a particularly impossible retrieval of a lone wayward sheep from a distant mountain by two of a fellow farmer's more experienced dogs, Rebanks remembers,

We aren't easily impressed but there is a kind of respectful hush at what we have just seen.

An old shepherd turns to me and says, "That is a proper fell dog."

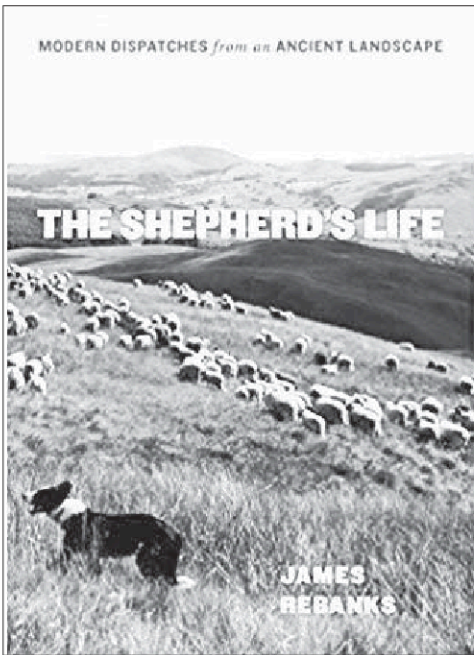
'Yes,' I acknowledge, 'but don't tell him. His head will swell.'

Do yourself a favour this summer. Turn off the politics, and the 'news'. Get a copy of this book, find a spot of shade, and settle in to a world of beauty, warts, mountain mists, soul-strengthening work, communities living anachronistically according to long-established codes of honour, marvelous sheepdogs, and endless sheep.

What's not to love?

review by James Wilson

The Shepherd's Life is available through the Lennoxville Library.



Ben by Daniel Shelton



LOCAL NEWS

Eighty-five per cent of Townshippers surveyed said that they drank alcohol in the last 12 months, the exact same percentage than in the rest of Quebec.

Townshippers found to drink less, but drive drunk more

Record Staff

A recent Educ'alcool survey has established that Townshippers have a better relationship with alcohol than the average Quebecer: they binge-drink less and encounter fewer issues linked to their alcohol consumption. However, they are more likely to drive under the influence, with blood-alcohol levels higher than legally permitted.

"Although Townshippers are generally more moderate drinkers and are less problematic than the average, they tend

to drive under the influence more than other Quebecers," noticed Hubert Sacy, Educ'alcool's Executive Director in a recent press release. "There are also fewer police roadblocks in the area, which can explain why so many residents have taken the wheel while drunk. It would be important to reinforce roadblocks, because lenience on that aspect leads to a spike in drunk driving."

Eighty-five per cent of Townshippers surveyed said that they drank alcohol in the last 12 months, the exact same percentage than in the rest of Quebec. How-

ever, Townshippers are significantly less likely to consider that their alcohol consumption has an impact on their family life, with only two per cent reported in contrast to the six per cent recorded in the rest of the province. They also claimed to drink 1.8 times a week, which is just under the provincial average of 1.9 times week. Fifty per cent of Townshippers indicated that they binge-drank at least once in the last year, in comparison to the average of 55 per cent of Quebecers.

Since residents have seen fewer road-

blocks in their experience as drivers, they rank more likely to drink and drive. Nine per cent of Townshippers claim to have driven under the influence, in contrast to the provincial average of eight per cent. Nearly half believe that it is probable to be intercepted by a police roadblock for drunk driving. While just over one out of ten Townshippers think it is a crime to drive after having one alcoholic drink, nearly one out of every three residents believe that the current limit in Quebec is too lenient.

Wellington North closed for Bouffe ton centro

Record Staff

This Saturday, Wellington Street North between Frontenac and King Street West, Frontenac Street, between Dufferin and Wellington North

Streets, and Meadow and Albert Streets, will be closed to car traffic this Saturday, August 3, from 3 pm, until midnight, for the Bouffe ton Centro street festival.

During this period, parking will be prohibited on both sides of Wellington

Street North, between King West and Frontenac Streets.

Motorists will be able to access the municipal parking of the Grenouillère and Webster parking via Grandes-Fourches.

Motorists are encouraged to use King West, Peel, Marquette and Grandes-Fourches streets to bypass Wellington Street North during the closure.

4 month old girl killed after car drives over her at Quebec drive in theatre

The Canadian Press

A four-month-old girl was killed Wednesday night when a car drove over her at a drive-in theatre in suburban Montreal.

Police in Longueuil, Que., say that at the end of the screening at around 11:25 p.m., the baby was sitting inside a small tent beside the car as her parents packed up to leave the Cine-parc Boucherville.

They were about to put the baby in her car seat when the car beside them backed out of its spot and crushed the girl, police spokeswoman Melanie Mercille said today.

Resuscitation efforts were attempted immediately, but they were unsuccessful and the girl was declared dead in a hospital.

Longueuil police say both the girl's

parents and some of its own officers were taken to hospital to be treated for shock.

Mercille said the death was accidental and no charges are expected.

Correction

In the article 'Local hiker raising awareness about rare brain condition', published yesterday on the front page of The Record, the donation link was misspelled.

The correct link is:

<http://www.runsignup.com/breathe-life>

The Record regrets this error and any confusion it may have caused.



Mechoui Fundraiser for the A.N.A.F. Unit #318 "The Hut" Renovation Fund
Saturday, August 3 at 5:30 p.m.

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Townships gang to share \$1 million from Quebec Max draw

Record Staff

A group of six Townships residents are splitting the \$1 million Quebec Max prize, won during the July 16 draw. Their win came thanks to Formule groupe, a way to play as a group while having shares on an individual ticket.

The winning ticket was purchased from Alimentation Durham, 1594 Rue Durham in Sherbrooke.

The retailer will receive a \$10,000 commission, equal to 1% of the prize.

Lucie Chouinard Fiset and Isabelle Fiset, Robert Dumas, Daniel Fortin,

Geneviève Richard and Avery Stephen Wilkie.



Bike path along Saint-Francis River re-opens

Record Staff

The City of Sherbrooke has announces the reopening of the bike path along the Saint-Francis River, between Joffre Bridge and Talbot Prison.

The portion of the Route verte was closed since the end of April due to the erosion of a portion of a retaining wall erected on private property along the path.

The owner of the property has started stabilization work and has put additional safety measures in place. Cyclists can now safely ride this section of the bike path without having to detour through the surrounding streets as the work to stabilize the retaining wall continues.



GLIMPSES OF THE PAST



The evolution of bathing suits, in terms of design and length, was closely linked to the change in mentality regarding modesty that occurred notably in the 20th century. Woollen bathing outfits covering the entire body were gradually replaced by suits showing more and more skin. Despite warnings from the clergy about such scandalous attire, the change taking place in the field of fashion could not be stopped.

WANT TO KNOW MORE ?

Visit the bilingual exhibit, *Holiday Passeport*, in the American Biltrite room of the Sherbrooke Historical Museum.

275 Dufferin, Sherbrooke
Informations : 819-821-5406
Mhist.org



Pickup

CONT'D FROM PAGE 1

"He had a break problem," Gendron explained.

Luckily for Paul, his bedroom is on the opposite side of the apartment, so he escaped the collision unscathed.

The driver of the truck, a man in his 30s known to police, was not so lucky. While he escaped injury, he was arrested and detained for driving under the influence, and is expected to appear in court to face related charges.

The accident occurred a stone's throw from police headquarters at around 8:45 a.m.

According to Gendron, the driver of the truck came down Princess Street and turned left on Short, when he realized his breaks were not functioning. Unable to slow the vehicle down, the driver ended up slamming into the building at the corner rather than roll out into the

middle of Galt West amid morning traffic.

According to Gendron, the driver was suspected of being under the influence of drugs and failed a basic coordination test at the scene.

By mid-afternoon, Paul had most of his belongings collected and was loading a vehicle to head to the home of a family member.

He said he was shocked when he awoke to the sound of the pickup crashing into his apartment, but considers himself lucky that he was not in its path.

When asked about damage to his belongings, Paul said he had yet to test his electronics, which were in the living room where the truck crashed, but hopes they will still work. He managed to collect most of his other belongings from among the rubble as a work crew was boarding up the side of the building.



JOELLE ST-VINCENT GAGNÉ

Construction holiday reveals tourism growth in the Townships

Record Staff

Summer is in full swing in the Townships with ideal weather and businesses more than ready to welcome tourists.

According to a survey done on the travel intentions during the Ministry of Tourism's construction holiday, the Eastern Townships region ranks in the top 5 areas to visit.

Feedback provided along with the survey suggests increased traffic in outdoor activities during the two-week holiday. Accommodation rentals are also grow-

ing, although the bookings are more and more last minute.

"From year to year, the region is positioned as a destination of choice. And the summer season is far from over. Tourism stakeholders in the region agree that August will be better than last year," commented Francine Patenaude, Executive Director of Eastern Townships Tourism, in a recent press release.

Highlights

- Visits to tourist attractions in the Townships was mostly up for the beginning of the summer season;
- Lodging experienced a 30 per cent

increase in American clientele and a rise is anticipated for the rest of the season in August, particularly for clients outside Quebec;

- Tourist attractions expect an increase in Quebecois and American tourists.

The advertising and content strategies developed by Tourisme Cantons-de-l'Est, in partnership with the region's territories and the Quebec Tourism Industry Alliance, are paying off. The Tourism Association has remarked an increase in visits on its website cantonsdelest.com of more than 20 per cent since

the beginning of the summer.

In Quebec, the Eastern Townships is the third most visited region with 10.3 million visitors, 6.5 million overnight stays and \$ 909 million in 2017.

Tourism accounts for 2,112 businesses and 20,000 jobs, making it the 4th largest employer after retail, manufacturing and health care.

To make the most of the Townships this summer and to be certain of not missing anything, do not forget to read the "What to do this weekend", available on the website www.cantonsdelest.com.

Liberals' cannabis possession pardon legislation now in force: justice minister

By Giuseppe Valiante
THE CANADIAN PRESS

Canadians with criminal records for simple pot possession can now apply for a pardon free of cost and with no mandatory five-year waiting period _ but they'll have to finish their sentence first, federal Justice Minister David Lametti announced Thursday.

Lametti told reporters the government's Bill C-93, adopted last June, has officially come into force. He said the law was the next logical step after the government legalized cannabis consumption across Canada last October.

Canadians with criminal records for possessing up to 30 grams of marijuana will no longer have to wait five years after completing their sentence to apply for a pardon, nor must they pay the usual \$631 fee to apply.

But anyone still serving a sentence for simple pot possession will have to wait, Lametti said.

"To my understanding no one is actually sitting in jail as a result of a conviction for possession of cannabis," he said. But some Canadians might still have community service obligations or other requirements connected to a conviction, he added.

"In that case we wouldn't interfere in that regard," Lametti said. ``Those people will have to finish their sentence."

A pardon, or record suspension, means the criminal record in question is kept strictly separate from other records and that it may be disclosed only in certain circumstances.

A pardoned conviction will not appear on the Canadian Police Information Centre _ or CPIC _ database, which is used by United States border officials.

But a pardon will not erase information about Canadians already in U.S.-controlled databases, meaning people with criminal records for cannabis possession could still face travel problems.

"Any sovereign country has the right to control who goes into their country," Lametti said. "That is, in a sense, beyond our control."

Due to non-standardized criminal recording systems across Canada, the federal government doesn't have a precise number of Canadians who have convictions for simple pot possession. Lametti said an estimated 250,000 Canadians ``have some kind of cannabis possession conviction."

The minister said the new law is "particularly significant for many in minority communities _ including black and Indigenous Canadians - who have been disproportionately affected by the en-

forcement of previous cannabis laws."

But a pardon is not an expungement, which involves having a conviction completely wiped off the books, and activists have criticized the law for not going far enough. They say a criminal record can be reinstated if it is not expunged.

Lametti said the government is reversing expungement for people who were convicted in the past of offences that today would be considered a violation of the Charter of Rights and Freedoms, such as consensual sexual activity between same-sex partners.

Before legalization last Oct. 17, people convicted of simple possession could face up to six months in jail and a \$1,000 fine.

Free legal assistance

CONT'D FROM PAGE 1

free services including a lending ear, legal advice, and assistance to all people who have suffered from workplace harassment, regardless of sector, age or job.

"We began L'Aperté almost a year ago to the day. It was a mandate that was given to us by several dozen professional associations in the cultural industry. The cultural industry encapsulates many kinds of employees, from actors, to singers, from image and sound technicians to stage directors, and basically anyone working on production sets, even coming down to someone in the food services," she explained.

"This small-sized industry makes for precarious jobs, where power dynamics are often imbalanced, and reputation is incredibly important. That unfortunately makes it an ideal breeding ground for harassment," she remarked. "The #metoo movement helped give more visibility to the harassment and abuse that far too many people go through in our day and age. We believe survivors and it's our mission to give them the support they need."

"Employers and associations from

that sector came to us at Juripop and asked for our help, to give employees an independent resource for advice and legal assistance. However, we quickly realized how popular and necessary our services became, and we had to turn away one out of five requests because they were not part of the cultural sector," Gagnon said. "The funding from Justice Canada will allow us to provide these services to people of all employment backgrounds. L'Aperté will remain for those in the cultural sector, but we will now offer a parallel service for all Quebec workers."

The project aims to help alleviate the psychological burden created by the multitude and complexity of rules and promote the victims' autonomy by explaining the applicable legal context for their situation and the options they can explore. Juripop also wishes to facilitate access to compensation, reparation, and settlements by taking care of the complaint or application process and create a space independent from the workplace where victims can explore their options without the fear of retaliation. Finally, they hope to break down the isolation of victims.

"Right now, our offices are located in Montreal, which made sense given that the cultural industry is highly concentrated in the big city," she admitted. "However, for this new project, we will be recruiting lawyers from all over Quebec. We're looking specifically for self-employed lawyers in a private practice, and we will pay them for the services they provide under the name of Juripop." This means that Townshippers will be able to seek services from Juripop lawyers all over the region rather than travel to Montreal for legal aid.

"We worked extremely hard to get the funding for this project, so we are honestly so happy. It was a very thorough and competitive national proposal and we got an incredible amount," she mentioned. "We're still in the recruiting process right now but our services for sexual harassment in the workplace will definitely be available at the beginning of 2020. People will be able to apply online or on the phone in English and in French."

"This new service fits perfectly in the mission that we have given ourselves at Juripop over 10 years ago. In fact, if we succeed at giving these victims a chance

to have their rights valued, to understand the legal system, and to take back the power in their situation, we've accomplished our mission," mentioned Gagnon.

For the time being, Juripop offers a multitude of other legal services all over Quebec. "We have the Caravane 360 which is a workshop tour all over the province where we go meet seniors and give them tools to help them protect their dignity, their autonomy, and their individual will. We already came to the Townships this year, but we will definitely be back," explained Gagnon. "To this day, we have offered the Caravane 360 workshop to thousands of seniors through 11 of the 17 administrative regions in the province."

"Another cool project that we have is funded by the CNESST (Commission des normes, de l'équité, de la santé et de la sécurité du travail). It's a free workshop where we help employees prevent, identify, and put an end to workplace harassment," she added. "We'll be traveling to Sherbrooke in October to offer the free training, and then we'll be back in the Townships in November in Megantic."

EDITORIAL

But many older adults do not have adequate retirement income, and in such cases caring for pets can become too expensive to manage.

Aging with pets isn't just a sentimental concern, but a matter of health and wellness

By L.F. Carver
Adjunct assistant professor,
Queen's University, Ontario

Is home somewhere that you feel comfortable? Is it filled with memories of beloved friends and family – some of whom may be furry animals? Researchers analyzed data from the Canadian Longitudinal Study on Aging, a national study of adult development and aging which recruited more than 50,000 Canadians between the ages of 45 and 85. They found that over one-third of older Canadians are choosing to age with pets and that, for some people, living with pets can increase life satisfaction.

My research focuses on social justice and aging, with a special interest in the human-animal bond. I recently collaborated on a report for the federal government on seniors, aging in place and community.

When I researched community supports in Canada for this report, I discovered there is no government funding to help older adults care for pets.

This is unfortunate because the relationship between humans and non-human companions has become increasingly important to Canadians. While people and their pets may seem like a frivolous concern, people's relationships with their pets impact wellness and health in perhaps surprising ways.

Helping people in financial need to pay for their pets is fiscally responsible, since maintaining the human-animal bond could in the long term reduce health-care costs.

Aging in place with pets

The Centers for Disease Control and Prevention defines aging in place as "the ability to live in one's own home and community safely, independently

and comfortably, regardless of age, income or ability level."

Aging in place is associated with decreased depression, maintaining personal identity, staying connected with community, friends and family as well as avoiding the emotional and physical pain associated with leaving a familiar place.

For many older adults pets are considered to be family members. Interactions with pets are not only important in terms of companionship, they are also associated with better health. For example, a study of people in Germany and Australia found that people who continuously own a pet are healthiest, visiting the doctor less often than non-pet owners. Researchers have linked the human-animal bond to reduced cardiovascular disease risk, lowered blood pressure and lower cholesterol.

Research also suggests people with pets are also less lonely, have stronger support networks and are often more involved in community activities.

But many older adults do not have adequate retirement income, and in such cases caring for pets can become too expensive to manage.

Given the many quality-of-life and health-related benefits of pet ownership, developing community support programs dedicated to keeping pets and older adults together are expected to result in savings to health-care systems and social programs.

Climate change dangers

Another concern regarding aging in place with pets is the potential impact of climate change – and how this may impact health.

Since climate change is predicted to result in more heatwaves, hot summers, droughts and flooding there is the need to develop community support initiatives to prevent heat-related deaths



among older adults. Older adults' vulnerability to extreme heat is well documented, and is increased for those who have more than one illness as well as for those who are socially isolated.

Many older adults may opt to stay in a hot home with their pet, rather than going to a cooling centre without their companion animal, particularly if they foresee no options for the animal's care. By providing access to air conditioners, which low-income older adults can't afford on their own, older adults' heat-related suffering could be alleviated without concerns about abandoning their pet.

Plans to help older adults faced with climate-related danger should also consider that some people have chosen not evacuate severe weather situations when they are unable to bring their pets. Compliance with evacuation orders might increase if government programs were implemented to provide

vaccinations for pets and to evacuate older adults with their pets so that they can go to emergency shelters together.

In the United States there have been changes to disaster planning and disaster preparation exercises to respond to the rescue and care of companion animals. Ensuring pets are evacuated and reunited with their humans can be a positive influence on mental health after disasters.

Integrating new initiatives within existing community supports to help older adults care for the animals that share their lives would be a win-win, promoting wellness and potentially reducing health expenditures over the longer term.

L.F. Carver does not work for, consult, own shares in or receive funding from any company or organisation that would benefit from this article, and has disclosed no relevant affiliations beyond their academic appointment.

Letters

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. Preference is given to writers from the Eastern Townships.

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6 Mallory, Sherbrooke, Quebec J1M 2E2

FAX: 819-821-3179

E-MAIL: newsroom@sherbrookerecord.com

WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511
MATTHEW McCULLY MANAGING EDITOR (819) 569-6345
GORDON LAMBIE ASSOCIATE EDITOR (819) 569-6345
SERGE GAGNON CHIEF PRESSMAN (819) 569-4856
JESSE BRYANT ADVERTISING MANAGER (450) 242-1188

DEPARTMENTS
ACCOUNTING (819) 569-9511
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Quebec Lung Association

To help you quit smoking

ONE COLUMN, FOUR VOICES

Open to the Spirit

Today's word : Immediacy

By Revs Mead Baldwin,
W. Lynn Dillabough,
Lee Ann Hogle, and
Rabbi Boris Dolin

1) Someone sent me an urgent email message on Friday, which is my day off. I didn't read it until Sunday afternoon. There was consternation on the part of the sender on Sunday morning. We have become a society that expects immediate responses. Gone are the days when we waited patiently by the mailbox for the letter carrier to deliver a letter sent weeks ago. Many of us receive emails, text messages and Facebook messages on our phones and our phones are glued to our person all day long. We expect immediate response for most of our questions.

Personally I can feel my level of impatience, with life in general, mounting. A few weeks ago I planted grass seed. It took fifteen days for it to show signs of sprouting. By day ten I was starting to think the seeds were bad or that the sun had scorched them. Several years ago I went on a pilgrimage, walking five hours a day for five weeks. When I fell behind schedule I had to take the bus for a short part of the trip. It was a dizzying trip. The landscape went by faster than I was able to adapt to.

This experience taught me that there are occasions when things must be mulled over to be properly comprehended. A slower pace brings the clarity we don't have when we rush through life. Answers do not always come immediately.

People ask me what I learned from my five week pilgrimage. I reply "The learning is not over. It keeps on unfolding and informing my life today." Some things just cannot be rushed.

2) I want it all. I want it all. I want it all. And I want it now! Those are the words of a song by the rock band "Queen", and there are those who say they also became the mark of a generation. Many people who grew up in harsher times learned to save for what they wanted. Banks today have a different message. They offer easy credit to virtually anyone, then enjoy watching the interest payments accumulate. Why wait, get whatever you want now.

The word immediacy also speaks to my personality. I can get distracted rather easily. I can be walking outdoors in a conversation, see a butterfly, and my words get lost as I ponder the beauty of its flight. I have often driven by my turnoff while telling a story, and driven miles too far.

Still, there are some things that can't be put off. When a person is in a personal crisis, regular business can wait. As a minister, there have been many, many times when a telephone call about a death in the family, or an emergency health issue means that it's time to drop everything and attend to people's needs. In the gospels, Jesus was often depicted speaking to large crowds when a person in need called out to him, or simply touch his robe, and he would stop speaking and reach out to offer love and healing care. What truly mattered could not

wait. Maybe we should be more like Jesus, and see the immediacy of human compassion for all. Our personal agendas can wait.

3) I remember as a child, I would often find myself unable to wait for certain things. Birthday presents, a special letter coming in the mail, cookies, or of course, getting to our destination on long car trips. I know I was not alone, and children, who are still learning about the inner workings of the passage of time, often move right into the default of "I want this now".

As an adult, I have become a bit more patient, even if I still can't wait for a good cookie. But I also have learned to differentiate between what I need in the moment, and what I can wait on. As clergy, this especially comes to mind when I think about how to promote change, in my community, in myself and in the world. There are some issues that clearly need an immediate response; to diffuse an argument, or to help someone who is in need. Yet, the bigger changes, the institutional and societal changes, involve much more patience and the knowledge that working too quickly could actually be detrimental to a successful outcome. I was once told by a mentor that no matter how much we want quick change, the "big and meaningful" changes can take years. This might seem obvious, but it is also something we sometimes forget. We too often want a quick response or immediate action, even though we know inside that a better outcome will be found if we wait.

There is more than enough that I want to fix in this world, and there is plenty that I want to change in myself. I will do what I can to live in the moment, and always do my best to deal with the tasks at hand. Yet, I also know that the deeper change, the change that will last, sometimes takes a bit more time.

One word, three voices this week, - now it's your turn to reflect, what does the word immediacy say to you? Your thoughts are always welcome. Please send your comments to 'Letters to the Editor' at newsroom@sherbrookerecord.com.

Dear Readers: Please note that the writers of Open to the Spirit will each their turn be taking some holiday time during the summer months. Our next column will appear the first week of September at which time we will be back on a weekly basis and at our full complement of four voices. In the interim have a safe and restful summer. God bless.

Rev. Mead Baldwin pastors the Waterville & North Hatley pastoral charge; Rev. Lynn Dillabough is now Rector of St. Paul's in Brockville ON. She continues to write for this column as a dedicated colleague with the Eastern Townships clergy writing team; Rev. Lee Ann Hogle ministers to the Ayer's Cliff, Magog & Georgeville United Churches; Rabbi Boris Dolin, the spiritual leader of Congregation Dorshoi Emet in Hampstead Quebec.

TOWNSHIPS HISTORY TIDBITS

How Kentucky Fried Chicken arrived in the Townships

By Taylor McClure
Special to The Record

Believe it or not, before Pizzaville made its way to Lennoxville, a Kentucky Fried Chicken franchise stood in its place at 116 Queen Street known as 'Pat's Villa du Poulet.'

Douglas Patrick, born in Dennison Mills, Richmond, introduced to the restaurant business at a young age by his two restaurateur parents. He eventually decided to get into the business himself and opened up a service station in Lennoxville in 1951.

It didn't stay open for long. He sold it to buy out the Minto Lunch Cart, owned by Perly Herring, on Speid Street in Lennoxville, which he operated from 1952 to 1958.

In April of 1958, he moved to 116 Queen Street where he opened a restaurant with a horseshoe counter and 20 stools.

Patrick was a member of the Canadian Restaurant Association. He joined in 1957, and it was at one of their monthly meetings at the Chantier Hotel in Ste-Adele that he was convinced to take on a Kentucky Fried Chicken Franchise.

Food consultant, Travis Elliot from Texas, advised him to get involved. Patrick did just that.

While he didn't have much money, he was able to negotiate a deal with Colonel Sanders, founder of Kentucky Fried Chicken, and officially obtained the franchise in April 1963.

He sold his ladies clothing store, B & J Ladies Wear, to buy new equipment for the restaurant and went to Toronto where he received special training. The training was obligatory for all new franchise owners.

He opened his first Kentucky Fried Chicken restaurant on April 18, 1963 in Lennoxville at 116 Queen Street and this marked the beginning of Pat's Villa du Poulet.

He would open eight other "Villas" throughout the Eastern Townships with two in Sherbrooke and one in Granby, Thetford Mines, Magog, St-Georges de Beauce, Cowansville, and Coaticook.

Before he took on the franchise, there were only two other Kentucky Fried Chicken restaurants in the province, one located in Montreal and one in Quebec City. He became one of only three franchise holders in Quebec and in essence introduced KFC to the Townships.

It was stated that he was the third largest franchiser in the province at the time after Scott's Restaurant Inc. and Mr. Demers of Quebec City.

Amazingly, Colonel Sanders himself made his way to Quebec in 1971 on his first official tour of the province. He had been here many times before but this was his first official visit.

He came to Sherbrooke and Granby on May 25, 1971 to tour the Villa du Poulet restaurants.

Despite being 80 years old at the time, it was stated that he travelled up to 300,000 miles a year to promote his products.



RECORD ARCHIVES

Beyond Pat's Villa du Poulet, Douglas Patrick was very active in the community. He belonged to various non-profit organizations, including the Optimist Club, and he served as a municipal councilor for Lennoxville. He was also known as someone who cared about the well being of his employees.

A businessman at his finest!

It's getting Scot in here

Record Staff

To mark the 125th anniversary of the death of Donald Morrison, the outlaw of Megantic, a weekend of Scottish traditions will take place from Friday, Aug. 2 to Sunday, Aug. 4 in Gould.

The event, a partnership between the Oscar-Dhu Cultural Center and the Scottish Trail, will celebrate the history, culture and traditions of the Scottish pioneers of the Haut-Saint-François region, as well as the cowboys of the American and Canadian West of the 1880s.

Over the three days there will be a host of workshops, music and Highland

cuisine tastings in the heart of Gould village, in some of the same places

frequented by Donald Morrison. For the occasion, Margaret Bennett (Scotland) and Skip Gorman (USA), two special guests and long-time friends will offer a unique concert Saturday, Aug. 3 at 8:30 p.m. at Chalmers Gould Church.

The concert will feature songs from the Gaelic tradition and cowboy songs, Donald Morrison's two cultures.

In addition to the show, the two guests, specialized folklorists each in their own right, will give workshops and conferences (in English): on the traditional wool treading and rhythmic work

songs that

accompany it (Waulking Songs), one on the importance of music and songs in the lives of cowboys and finally, the story of the pioneers from the Isle of Lewis.

In addition, there will be guided tours (in French) of heritage

sites with Daniel Audet and author Isabelle Mandalian, highlighting characters from Gould who played a key role in Morrison's story.

For the occasion, Cookshire brewery 11 Comtés has created a special scotch ale named after Oscar-Dhu, the poet who immortalized the story of

Morrison. Local chef Daniel Audet will also offer a culinary workshop on scone-making and share some secrets of Highland cuisine and traditional Scottish food.

For more information about the activities happening over the weekend, visit the website sentierdesecossais.ca.

The interesting life of Oscar Dhu

By Taylor McClure
Special to The Sherbrooke Record

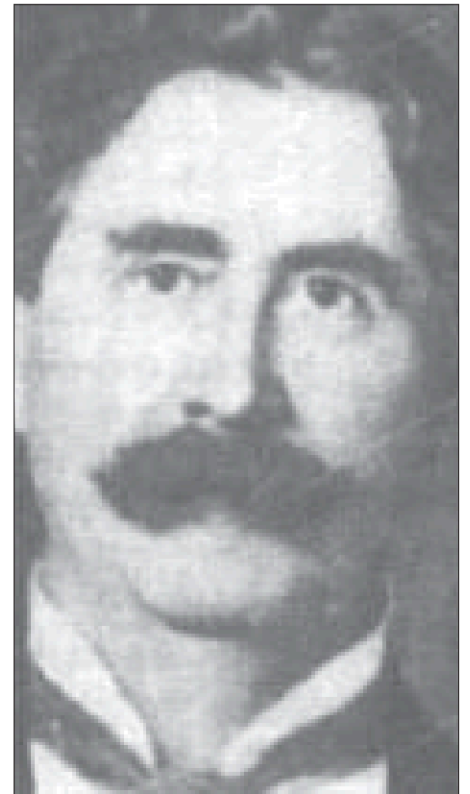
While Donald Morrison, the Megantic Outlaw is well-known story here in the Townships, inspiring this weekend's celebration of Scottish traditions in Gould, there is another famous Scot worth mention.

The man who wrote the 120-page poem immortalizing Morrison's life.

Angus MacKay, a.k.a. Oscar Dhu, spent his childhood years growing up in Capelton where his father worked the copper mines, but he eventually moved to Lingwick in Compton County. He started off by working at the Sherbrooke woolen mills until getting into musical story telling and writing in his early twenties. He started to make a name for himself in the Scottish community of Lingwick by singing poetry he had written at their ceilidhs; a social event where there is Scottish music, dancing, and storytelling. He also started to establish himself as a writer by working for different Sherbrooke newspapers, including The Record.

But it was the publishing of his poem, 120 pages in length, called 'Donald Morrison, the Canadian Outlaw,' that made him a household name in the Scottish community.

To them, his book was priceless. It was said at the time some individuals even copied out the poem by hand if they could not get a copy of their own. His talent was immeasurable. He could play piano, write, and sing.



RECORD ARCHIVES

Around 1898, Oscar was sued by the British American Land Company for expressing his sympathy for fellow Scotsmen who were suffering. He later left the area and headed for the American southwest and eventually moved to Seattle where he lived out his adult life. Despite his departure, Oscar's presence lingered, and continues to linger, in the memory of the local Scottish community.



MANON ROUSSO.

Piper Sylvain Ross, one of the people participating in the upcoming weekend of Scottish Traditions in Gould.

Archeology Month in the Townships

Record Staff

This August is Archéo-Québec’s 15th edition of Archeology Month, and what better way to celebrate it than with local archeology activities? This year’s theme, Discovering your Roots, aims to help develop future generations by looking back on the memories and preservation work from archeologists all over the province.

Maison Merry in Magog, which opened to the public in July 2018, will be hosting family archeology workshops on

Sunday Aug. 4 and Aug. 11 at 11 a.m., 2 p.m., and 3:30 p.m.

For \$25 per family, visitors can dive into the history of Magog and become familiar with their ancestors’ way of life by discovering local artifacts and being initiated to the basics of archeology. To make a reservation, please call 819-201-0727.

The Musée de la Nature et des Sciences in Sherbrooke will present its Génie Autochtone exhibit every day in the month of August from 9 a.m. to 6 p.m. Génie Autochtone showcases the in-

genuity of Aboriginal peoples in North America that is ever present. With the help of an interactive map, visitors will be able to see how First Nations’ technologies still prevail. A bear and a trickster invite young ones to race in a virtual canoe, to test a kayak’s center of gravity, and to discover interactive frescos, also known as murals. The entire family will be able to observe nature, listen to the voices of those with great traditional knowledge, and experiment with many scientific principles. The exhibit is free for children three and younger, \$9 for

children aged four to 17, \$13 for adults aged 18-54, and \$11 for students or seniors 55-years-old and over. Family rates go for \$29 for two adults and two children.

Created in 1999, Archéo-Québec is a non-profit organization that is dedicated to showcasing archeology in Quebec, by promoting and spreading archeological heritage. The Archéo-Québec network re-groups institutions, organizations, archeology professionals, and passionate individuals.

Telefilm calls on industry to give female directors bigger budgets

The Canadian Press

Telefilm Canada says it's made progress in its efforts to back female-led films, but it needs the entertainment industry to help by putting more women in the director's chair for big-budget features.

Numbers released Thursday suggest the federal agency is making headway towards its goal of achieving gender parity in key film roles by 2020.

Telefilm says 59 per cent of its production funding went to projects featuring at least one woman as a lead

producer, director or writer in the last fiscal year.

The Crown corporation says it saw greatest gains among projects with female producers, reaching near parity in investments across its portfolio.

But Telefilm says it spent only 28 per cent of its funding on films directed by women and 36 per cent on female-scripted titles.

This gender gap was most pronounced in films that cost more than \$2.5 million. In that category, roughly a quarter of projects were directed by women and 35 per cent had female

screenwriters.

By contrast, more than half of documentaries were by female directors and 83 per cent had a female producer.

Telefilm's executive director Christa Dickenson said the agency is doing its part to elevate up-and-coming female talent.

For example, in a program designed for first-time filmmakers, women made up 43 per cent of directors, 45 per cent of writers and 68 per cent producers.

While men continue to dominate large-budget projects, Dickenson said Telefilm has made strides to reverse this

global trend since launching the gender-parity initiative in 2017.

She pointed to projects such as Monia Chokri's ``La femme de mon frere" (``A Brother's Love"), which premiered at this year's Cannes Film Festival, and Miranda de Pencier's ``The Grizzlies" as evidence of what female directors can achieve when given the chance.

``I think it's about getting more and more female directors in the pipeline," said Dickenson. ``Having those success stories will bring further success stories."

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									
CBMT	6	206	301	Daybreak		The Moblees	The Furch	True Rainbow	(:48) PJ Masks	Var. Programs	Beat Bugs	True Rainbow	(:23) PJ Masks	Dragons' Den									
CHLT	7	107	718	F	Salut bonjour (N) (SC)					(:29) ** “Retour au jeu” (2012, Drame) Clint Eastwood, Amy Adams. (SC)			Looney tunes										
				M						(:29) ** “Deux semaines d’avis” (2002) Sandra Bullock. (SC)													
				T						(:29) * “Cherche homme parfait” (2007) Diane Keaton. (SC)													
				W						(:29) *** “Bienvenue au Marigold Hotel” (2011) Judi Dench, Bill Nighy. (SC)													
				Th						(:29) *** “Le majordome” (2013) Forest Whitaker, Oprah Winfrey. (SC)													
WMTW	8	-	-	WMTW News 8 at 6am		Good Morning America				Live with Kelly and Ryan		Steve	The View										
CKSH	9	108	-	Toc toc toc	Jack camions	Les roltronics	Garfield et cie	Sous les mers	Motel monstre	Movie		Ricardo			Squelettes								
CKMI	11	-	-	Global News Morning				The Morning Show				Donut Shwdwn	Eat St.	Leave-Bryan	Income: Vaca								
CFCF	12	205	312	Your Morning		Your Morning		Your Morning		Live with Kelly and Ryan		The Marilyn Denis Show		The View									
WVNY	22	-	-	Local 22 News This Morning		Good Morning America				The Dr. Oz Show		Varied Programs		The View									
WUTV	30	-	-	Var. Programs	Paid Program	2 on Your Side Daybreak		Var. Programs	Forensic Files	Varied Programs		Couples Court	Couples Court	Face the Truth	Face the Truth								
CFKS	31	106	726	F	NVL (SC)	Moment V		Moment V		NVL en bref		Moment V		NVL en bref		Histoire		Infopublicité		Guerre-clans		Guerre-clans	
				M	NVL week-end																		
				T	NVL (SC)																		
				W																			
WUHF	-	363		Good Day Rochester		Good Day Rochester		Good Day Rochester		Judge Mathis		The Wendy Williams Show		Face the Truth	Face the Truth								
WETK	-	-		Classical	World News	Ready Jet Go!	Nature Cat	Wild Kratts	Molly of Denali	Curious	Let’s Go Luna!	Daniel Tiger	Daniel Tiger	Sesame Street	Pinkalicious								
WCFE	-	-		Peg & Cat	Odd Squad	Molly of Denali	Curious	Let’s Go Luna!	Daniel Tiger	Daniel Tiger	Wild Kratts	Dinosaur Train	Sesame Street	Pinkalicious	Arthur								
A&E	615	520		Paid Program	Paid Program	The First 48		The First 48		The First 48		The First 48		Varied Programs									
BRAVO		620	523	F	“Dangerous Intuition” (2013) Tricia Helfer, Estella Warren. ⚡				Flashpoint “Scorpio” ⚡		“Dangerous Intuition” (2013) Tricia Helfer, Estella Warren. ⚡				Flashpoint “Scorpio” ⚡								
				M	*** “Die Hard” (1988, Action) Bruce Willis, Alan Rickman. ⚡				*** “Top Gun” (1986, Action) Tom Cruise, Kelly McGillis. ⚡		(10:50) *** “Speed” (1994)												
				T	“Eyewitness” (2016, Suspense) Lindy Booth, Jon McLaren. ⚡				Flashpoint “First in Line” ⚡		“Eyewitness” (2016, Suspense) Lindy Booth, Jon McLaren. ⚡				Flashpoint “First in Line” ⚡								
				W	“Gone: Finding My Daughter” (2018, Drama) Jesse Hutch. ⚡						“Gone: Finding My Daughter” (2018, Drama) Jesse Hutch. ⚡												
Th	“Kept Woman” (2015) Courtney Ford, Shaun Benson. ⚡						“Kept Woman” (2015) Courtney Ford, Shaun Benson. ⚡																
CNN	500	500		New Day With Alisyn		New Day With Alisyn		New Day With Alisyn		CNN Newsroom With Poppy		CNN Newsroom With Poppy		At This Hour-Kate									
DISC		520	505	F	Mayday “Pilot vs. Plane”		Mayday “Focused on Failure”		Mayday “Blown Apart”		Highway Thru Hell		North Woods Law		North Woods Law								
				M																			
				T																			
				W																			
Th																							
HIST	522	506		Canadian Pickers		Ice Road Truckers		Yukon Gold		Ice Road Truckers		Canadian Pickers		Border Sec.	Border Sec.								
PARMT	628	584		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue									
RDI	126	730		(5:30) RDI matin						L’info													
SHOW	616	521		Lost Girl	Var. Programs	Movie			Var. Programs	Movie			Movie										
SLICE	601	562		ET Canada	Say Yes-Dress	Varied Programs																	
TLC	521	560		Hodges Half Dozen		The Little Couple		The Little Couple		Varied Programs				Untold Stories of the E.R.									
TSN		400	400	F	SportsCentre		SportsCentre		SportsCentre		SportsCentre		SportsCentre		SportsCentre								
				M	SportsCentre		SportsCentre		SportsCentre		SportsCentre		Hlinka Gretzky Cup Finland vs Canada. (N) (Live)										
				T									Hlinka Gretzky Cup Canada vs Switzerland. (N) (Live)										
				W									SportsCentre		SportsCentre	SportsCentre							
Th																							
YOUTH	551	542		Cloudy, Meat	Go Away Uni	Loud House	Loud House	SpongeBob	SpongeBob	Numb Chucks	Numb Chucks	Cloudy, Meat	Go Away Uni	Go Away Uni	Chuck’s								

Your week on TV

WEEKDAY AFTERNOON															
	Bell	Star	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	
WCAX 3	-	-	Across/ Fence	The Young and the Restless	Bold/Beautiful	The Talk	Let's Make a Deal			Family Feud	Family Feud	Channel 3	3 News		
WPTZ 5	-	-	NBC5 News	Daily Blast	Days of our Lives	Steve	Dr. Phil			The Ellen DeGeneres Show	NBC5 News	NBC5 News			
CBMT 6	206	301	News Network	Var. Programs	Escape to the Country	Grand Designs	Heartland			Paul O'Grady	Paul O'Grady	Murdoch Mysteries			
CHLT 7	107	718	(:13) Le TVA régional	O'		Au secours de Béatrice	TVA nouvelles			Les feux de l'amour		Top modèles	(4:58) TVA nouvelles		
WMTW 8	-	-	News	Access	Strahan & Sara	General Hospital	The Ellen DeGeneres Show			WMTW News 8 at 4pm		WMTW News 8 at 5PM			
CKSH 9	108	-	F	Téléjournal	Second regard	Bonsoir bonsoir!	*** "Le monde de Charlie" (2012) Logan Lerman.			Monk "Monk et le critique"		Rizzoli & Isles (SC)			
			M	Sois (SC)	Capitaines des hauts-fonds	*** "Bel esprit" (2001, Drame) Emma Thompson. (SC)									
			T	Monde-parlait	Bonsoir bonsoir!	Capitaine Marleau Marleau trouve sa soeur jumelle. (N) (DVS)									
			W	La facture		** "Les chemins de la culpabilité" (2012) Barbra Streisand.									
			Th	L'épicerie		Inspecteur Lewis Une jeune étudiante est retrouvée morte.									
CKMI 11	-	-	Global News	ET Canada	Days of our Lives	The Talk	Rachael Ray			Millionaire	The Young and the Restless	Global News			
CFCF 12	205	312	CTV News Montreal		The Social	Dr. Phil	The Dr. Oz Show			The Ellen DeGeneres Show	CTV News Montreal at 5				
WVNY 22	-	-	Hot Bench	Hot Bench	Strahan & Sara	General Hospital	The People's Court			Judge Judy	Judge Judy	Judge Judy			
WUTV 30	-	-	The Steve Wilkos Show		Maury	Judge Mathis	The Doctors			Steve	Family Feud			Family Feud	
CFKS 31	106	726	Guerre-clans	Movie			Movie					Les Simpson	Les Simpson	Coup	
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	Cat in the Hat	Sesame Street	Splash	Pinkalicious	Let's Go Luna!	Odd Squad	Varied Programs		World News			
WCFE	-	-	F	The Rockies: Kingdoms	Brewed In NY	Ready Jet Go!	Peg & Cat	Arthur (EI)	Odd Squad	Odd Squad	Let's Go Luna!	Nature Cat	Daniel Tiger	Curious	
			M	Antiques Roadshow	Love Quilting										
			T	American Masters	Rick Steves										
			W	Soundbreaking	Cooking										
			Th	NOVA "The Planets: Saturn"	Mountain Lake										
A&E	615	520	Varied Programs												
BRAVO	620	523	Varied Programs												
CNN	500	500	Inside Politics			CNN Right Now	CNN Newsroom		CNN Newsroom		The Lead With Jake Tapper		Situation Room With Wolf		
DISC	520	505	F	CSI: New York	CSI: New York		Heavy Rescue: 401	MythBusters			CSI: New York	CSI: New York			
			M												
			T												
			W												
			Th												
HIST	522	506	F	Ice Road Truckers	Canadian Pickers	American Pickers	Big Rig	Big Rig	Navy SEALs: America's Secret Warriors "Part 2"						
			M	Pawn Stars	Pawn Stars	The Untold Story of the 90s Key events in the 1990s.	Pawn Stars	Pawn Stars	Pawn Stars		Pawn Stars				
			T	The World Without Canada	Canadian Pickers	American Pickers	Restoration Garage	Counting Cars	Counting Cars	Pawn Stars	Pawn Stars	Pawn Stars			
			W				Supercharged	Supercharged							
			Th				Counting Cars								
PARMT	628	584	Bar Rescue		Bar Rescue	Varied Programs									
RDI	126	730	Téléjournal		La période de questions	L'info								En direct	En direct
SHOW	616	521	F	"Bone to Pick: Aurora"	"Real Murders: An Aurora Teagarden Mystery" (2015)			NCIS (DVS)		NCIS "Once a Crook"		NCIS "Oil & Water"			
			M	(11:30) ** "Independence Day: Resurgence" (2016)	*** "Star Trek Into Darkness" (2013) Chris Pine, Zachary Quinto, Karl Urban. (DVS)			*** "Jupiter Ascending"							
			T	"Apple Mortgage Cake"	"Deadly Secrets by the Lake" (2017) Stefanie von Pfetten.			NCIS "Better Angels"		NCIS "Alibi" (DVS)		NCIS "Gut Check"			
			W	(11:00) "Get Out Alive" (2015)	"Karen Kingsbury's The Bridge" (2015) Wyatt Nash.										
			Th	(11:00) "Dear Mr. Gacy" (2010)	"Karen Kingsbury's The Bridge Part 2" (2016) Wyatt Nash.										
SLICE	601	562	Varied Programs		Say Yes-Dress	Say Yes-Dress	Canadian Pickers	Varied Programs							
TLC	521	560	Untold Stories of the E.R.		Four Weddings	Four Weddings	American Gypsy Wedding		American Gypsy Wedding		Say Yes	Say Yes			
TSN	400	400	SportsCentre	Varied Programs					Outside Lines	ESPN FC	Questionable	Around/Horn	Interruption		
YOUTH	551	542	Assembly	Assembly	Wayside	Go Away Uni	Just Kidding	Assembly	SpongeBob	SpongeBob	SpongeBob	Loud House	Loud House	Nicky, Ricky	

FRIDAY EVENING														AUGUST 2, 2019		
	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)	Love Island Day 26 at the villa in Fiji. (N)		Hawaii Five-0 A search for a girl who purchased a gun.		Blue Bloods Danny encounters a gas station robbery.		Channel 3 News	(:35) The Late Show With Stephen Colbert		
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy!	Wheel of Fortune	American Ninja Warrior "Oklahoma City City Finals" Daniel Gil, Barclay Stockett and more. (DVS)		Dateline NBC (N)		NBC5 News at 11 (N)		(:34) The Tonight Show Starring Jimmy Fallon			
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	Still Standing "Souris"	Coronation Street (N)	The Nature of Things Scientists explore the sea turtle.		The Detectives Bob Pulfer searches for evidence.		The National (N)		CBC Montreal News (N)	Nirvana the Band	Coronation Street	
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Sucre sale (N) (SC)	Du talent à revendre (SC)		** "Le mécano" (2011) Jason Statham. Un tueur accepte d'apprendre le métier d'un jeune voyou. (DVS) (SC)			TVA nouvelles (N)		(:35) Sucre sale (SC)	(:05) ** "Otages de la peur" (2005, Action) Bruce Willis, Kevin Pollak. (DVS) (SC)			
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune	Jeopardy!	Marvel's Agents of S.H.I.E.L.D. "The Sign; New Life" (Season Finale) The team works to stop the end of all. (N)		(:01) 20/20 A teen's friends stab her to death.		WMTW News 8 at 11 (N)		(:35) Jimmy Kimmel Live Brad Pitt; Leonardo DiCaprio.			
CKSH 9	108	-	(5:59) Le télé-journal Estrie	Le TJ Extra ICI Estrie (N)	Pharmachien	*** "Le bon côté des choses" (2012) Bradley Cooper, Robert De Niro. Un homme a l'intention de remettre sa vie sur le bon chemin. (DVS) (SC)			Le téléjournal (N) (SC)		(:05) "Lac Mystère" (2013, Drame) Maxim Gaudette, Laurent Lucas. (SC)					
CKMI 11	-	-	Global National	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	S.W.A.T. "Shaky Town" The team faces human traffickers.		Hawaii Five-0 A search for a girl who purchased a gun.		Ransom A former negotiator impersonates Eric.		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	Love Island Day 26 at the villa in Fiji. (N)		Marvel's Agents of S.H.I.E.L.D. "The Sign; New Life" (Season Finale) The team works to stop the end of all. (N)		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)	Marvel's Agents of S.H.I.E.L.D. "The Sign; New Life" (Season Finale) The team works to stop the end of all. (N)		(:01) 20/20 A teen's friends stab her to death.		Local 22 News (N)		(:35) Jimmy Kimmel Live Brad Pitt; Leonardo DiCaprio.			
WUTV 30	-	-	The Big Bang Theory	Judge Judy	Judge Judy	Family Feud	First Responders Live "Episode 107"		MasterChef The cooks present their best beef dish.		2 on Your Side Seinfeld "The at 10 (N) Hot Tub"		Two and a Half Men	Two and a Half Men	Last Man Standing	
CFKS 31	106	726	Souper parfait	Souper parfait	Rire et délire (SC)	Rire et délire (SC)	*** "Juno" (2007) Ellen Page, Michael Cera. Une adolescente choisit un couple pour adopter son enfant. (SC)		CSI: Miami Une femme se réveille à côté d'un cadavre.		SQ "Véhicule encastré"		NVL (N) (SC)	Moment V (SC)		
WUHF	-	363	Modern Family	Modern Family "Fears"	The Big Bang Theory	The Big Bang Theory	First Responders Live "Episode 107"		MasterChef The cooks present their best beef dish.		13WHAM News at 10 on Fox Rochester (N) (Live)		DailyMailTV (N)	The Simpsons	Waylon Jennings	
WETK	-	-	PBS NewsHour (N)		Whole Truth With David	Vermont This Week (N)	Washington Week (N)	Firing-Hoover	American Masters "Worlds of Ursula K. Le Guin" (N)		Remembering Leonard Nimoy		Amanpour and Company (N)		BBC World News	
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N)		Mountain Lake Journal	New York Now	American Masters "Worlds of Ursula K. Le Guin" (N)		Hawking Stephen Hawking's rise to fame.		BBC World News		Amanpour and Company (N)	
A&E	615	520	(5:00) Live PD "Live PD -- 07.27.19"				(:06) Live PD: Rewind "Live PD: Rewind No. 241" (N)		Live PD "Live PD -- 08.02.19" (N) (Live)						Live PD	
BRAVO	620	523	Bones "The Pain in the Heart" Serial killer strikes.		Bones The murder of a young British heiress.		Bones The murder of a young British heiress.		Bones A body is found in an outhouse.		Bones Booth's son finds a finger.		Bones A dismembered body is discovered.		Bones Serial killer strikes.	
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Cuomo Prime Time (N)		CNN Tonight w/ Don Lemon		CNN Special Report		Cooper 360	
DISC	520	505	Great White Serial Killer Lives		Air Jaws Strikes Back: Sharkmania (N)		Isle of Jaws: Blood Brothers (N)		Andrew Mayne: Ghost Diver (N)		I Was Prey: Shark Week (N)		Extinct or Alive: The Lost Shark: Sharkmania (N)		Andrew Mayne: Ghost	
HIST	522	506	American Pickers A garage door in Indiana.		Mountain Men: Fully Loaded Marty targets a wolf pack.		Alone "Out Cold"		Ancient Aliens A giant face carved into the Earth.		History Erased A look at the world without France.		American Pickers A garage door in Indiana.		Ancient Aliens	
PARMT	628	584	Ink Master: Angels "The Biggest Little City in the World"		Ink Master: Angels Dallas artists battle it out.		(7:50) ** "Walking Tall" (2004, Action) The Rock. A sheriff and a deputy try to rid their town of thugs.		** "Walking Tall" (2004) The Rock, Johnny Knoxville. A sheriff and a deputy try to rid their town of thugs.		** "Walking Tall" (2004) The Rock, Johnny Knoxville. A sheriff and a deputy try to rid their town of thugs.		Ink Master: Angels			
RDI	126	730	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)		Les grands reportages (N) (SC)		Le téléjournal avec Pascale Nadeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)	
SHOW	616	521	NCIS Gibbs and McGee travel to Afghanistan.		NCIS "Once a Crook" A suspect from a 15-year-old case.		NCIS "Oil & Water" An explosion occurs on an oil rig.		*** "Snowpiercer" (2013, Science Fiction) Chris Evans, Song Kang-ho, Tilda Swinton. Survivors of a second ice age live aboard a supert train.		*** "Deadpool" (2016)					
SLICE	601	562	Below Deck Mediterranean		Below Deck Mediterranean "Knot Today, Anchors"		Below Deck Mediterranean "All Hail the Queen"		** "The Great Gatsby" (2013, Drama) Leonardo DiCaprio, Tobey Maguire, Carey Mulligan. A would-be writer lives next to a mysterious millionaire.		"The Great Gatsby"					
TLC	521	560	90 Day Fiancé: Before the 90 Days		Days "Seeds of Doubt" Paul and Karine experience problems.		90 Day Fiancé: Happily Ever After? "Extended: Tell All: Part 2" A shocking update about Larissa's trial. (N)		90 Day Fiance: The Other Way (N)		The Family Chantel Chantel confronts Pedro.		90 Day Fiancé (N)			
TSN	400	400	SportsCentre (N) (Live)		CFL Football Ottawa Redblacks at Montreal Alouettes. From Percival Molson Memorial Stadium in		SportsCentre (N) (Live)		SportsCentre (N) (Live)		SportsCentre (N) (Live)		SportsCentre (N)			
YOUTH	551	542	Henry Danger		Knight Squad	Game	** "Journey 2: The Mysterious Island" (2012)		Star Falls		Star Falls	Just Kidding	Just Kidding	iCarly		

Your week on TV

SATURDAY DAYTIME														AUGUST 3, 2019					
	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 "Rhea"	Dr. Chris: Pet Vet	Innovation Nation	Hope in the Wild	MyPillow Topper	AAA Ben-efits	BIG3 Basketball Ghost Ballers vs Tri-State. (N)		BIG3 Basketball Killer 3s vs Bivouac. (N)		PGA Golf	
WPTZ	5	-	-	Teen Kids News (N)	Hanna Into the Wild	Vets Saving Pets	Champ Within	The Voy-ager	Earth Odys-sey	2019 AIG Women's British Open Third Round. (N) 				Swimming Phillips 66 U.S. Nationals. (N)		Countdown		NASCAR Xfinity	
CBMT	6	206	301	(:13) Beat Bugs 	PJ Masks 	True Rain-bow	(:23) Ad-dison 	What He Ate	(:34) Beat Bugs 	(:13) Arthur 	True Rain-bow	Our Montreal (N) 		My Piece of the City 		The Nature of Things 		CBC Docs POV "Bee Nation" 	
CHLT	7	107	718	(6:00) Salut bonjour week-end (N) (SC)				Québec	Fous du BBQ (SC)	Les rénos d'Hugo	Bien (SC)	TVA nou-velles (N)	Chacun sa route	** "Honnêtes citoyens" (2014) James Franco, Kate Hudson. (SC)		(:(45) ** "Transformers: l'ère de l'extinction" (2014) Mark Wahlberg.			
WMTW	8	-	-	Good Morning America (N) 		Jack Hanna	Ocean Treks	Hearts of Heroes (EI)	The Great Dr. Scott	Rock the Park	Vacation Creation	Paid Pro-gram	Tummy Tuck	X Games Minneapolis. World-class action sports competition from Minneapolis. (N) (Live)					
CKSH	9	108	-	Mehdi et Val "L'élou"	(:24) Mehdi et Val	(:14) M. Magoo	es de fan-tomes	aven Blinky Bill	Aventures de Tintin	Estrie	L'épicerie (SC)	Téléjournal	Podium (N)	La grande traversée "Terre, Terre!"		Les grandes entrevues (DVS) (SC)		Les enquêtes de Lavio-lette (DVS) (SC)	
CKMI	11	-	-	Fish'n Canada	Real Fish-ing	Adv'ture North	Fishful Thinking	The Ex-pandables	Paid Pro-gram	Powerboat Television	Driving Television	Holmes Makes It Right "Building Castles"		Moving the McGillivrays "Humanity"		Leave It to Bryan	Leave It to Bryan	*** "Life of Pi" (2012) Suraj Sharma.	
CFCF	12	205	312	Your Morning Weekend (N) 		Operation Smile 		One World Kitchen 	Flour Power 	It Is Written 	Cash Cab 	SportsCentre (N) 		Moneytalk (N) 	DNA Din-ners 	*** "Cinderella" (2015, Children's) Cate Blanchett, Lily James. 			X Games Minneapolis. World-class action sports competition from Minneapolis. (N) (Live)
WVNY	22	-	-	Good Morning America (N) 		Jack Hanna	Ocean Treks	Hearts of Heroes (EI)	The Great Dr. Scott	Rock the Park	Vacation Creation	PiYo Work-out!	Total Body Relief	X Games Minneapolis. World-class action sports competition from Minneapolis. (N) (Live)					
WUTV	30	-	-	MyPillow Topper	More Hair	Try Yoga	PiYo Work-out!	LifeLock Protection	Paid Pro-gram	LifeLock Protection	Skin Care 	Raw Travel 	More Hair	Big Bang Theory	Big Bang Theory	Match Day	German Super Cup Soccer		
CFKS	31	106	726	Infopub-licité (SC)	NVL week-end (N)	Supergirl "À deux c'est mieux" 	RPM Le Jeep Cherokee Limited. (SC)		RPM plus Les distrac-tions au volant. (SC)		Infopub-licité (SC)	Infopub-licité (SC)	La guerre des clans		Rire et délire (SC)	** "Le Petit Nicky" (2000, Comédie) Adam Sandler, Patricia Arquette, Harvey Keitel. (SC)			
WUHF	-	-	363	Xploration Space	Awesome Planet	Weird but True	Xploration DIY Sci (N)	LifeLock Protection	Paid Pro-gram	LifeLock Protection	Skin Care	*** "Foul Play" (1978, Suspense) Goldie Hawn, Chevy Chase, Burgess Meredith. 				Match Day	German Super Cup Soccer		
WETK	-	-	-	(7:00) Memory Rescue With Daniel Amen, MD		Outdoor Journal	MotorWeek (N)	Lidia's Kitchen 	Jamie's Quick	Kimball's Milk Street	Martha Bakes 	Test Kitchen	Cook's Country	Classic Wood	This Old House 	Ask This Old House 	Antiques Roadshow 	Brain Secrets	
WCFE	-	-	-	Wild Kratts 	Wild Kratts 	Odd Squad	Odd Squad	Craft-Legacy	Greener World	This Old House 	Ask This Old House	Kimball's Milk Street	Cooking School	Martha Bakes 	Lidia's Kitchen 	Mexico/ Bayless	Cook's Country	Test Kitchen	My Greek Table
A&E	615	520		Flipping Vegas "Hot Tub House" 		Flipping Vegas "Class Action House"		Zombie House Flipping		Zombie House Flipping		Intervention "Samantha C."		Intervention "Zach; Theresa"		Live PD "Live PD -- 08.18.17" Riding along with law enforcement.			
BRAVO	620	523		Bones Death of a re-nowned artist.		Bones A con man mis-leads the team.		Bones "The Crank in the Shaft"		Bones "The He in the She"		Bones Death of a re-nowned artist.		Bones A con man mis-leads the team.		Blue Bloods "Good Cop, Bad Cop"		Blue Bloods "The Price of Justice"	
CNN	500	500		New Day Weekend		Smerconish (N)		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom	
DISC	520	505		Insane Pools: Deeper Dive		Tanked Tyga wants a tank filled with cash.		North Woods Law "Ant-lers and Antics"		North Woods Law "Weed It and Reap"		North Woods Law		Animal Cops: Phoenix A dog is missing a leg.		Hurricanes: Rogue Earth		Homestead Rescue "Abandoned & Alone"	
HIST	522	506		Rust Valley Restorers A 1964 Buick Riviera.		Canadian Pickers "Noth-ing to Spare"		History Erased "Japan"		Rust Valley Restorers A 1964 Buick Riviera.		Ancient Aliens "The Badlands Guardian"		Unidentified: America's UFO Investigation		The Butcher "Meat the Monster"		The Butcher Breaking down a side of beef.	
PARMT	628	584		Bar Rescue "Weird Sci-ence"		* "R.I.P.D." (2013, Action) Jeff Bridges. A slain cop joins a team of spirit lawmen.		** "Man on Fire" (2004, Crime Drama) Denzel Washington, Dakota Fanning. A bodyguard takes revenge on a girl's kidnappers.		Bar Rescue		Bar Rescue		Bar Rescue "I Smell a Rat"					
RDI	126	730		(5:30) RDI matin weekend (N) (SC)				L'info (N)	L'info (N)	L'info (N)	L'info (N)	Téléjournal	Téléjournal	Le national	L'info (N)	L'info (N)	L'info (N)	L'info (N)	L'info (N)
SHOW	616	521		"Three Bedrooms, One Corpse"		Border Security	** "The Wolverine" (2013, Action) Hugh Jackman, Hiroyuki Sanada. Wolver-ine confronts the prospect of real mortality.				** "X-Men Origins: Wolverine" (2009) Hugh Jackman. Wolver-ine becomes involved with the Weapon X program.				*** "X-Men: First Class" (2011)				
SLICE	601	562		Try Yoga!	Paid Pro-gram	Paid Pro-gram	Paid Pro-gram	Mom	Mom	*** "Spy" (2015) Melissa McCarthy. An undercover CIA analyst becomes an unlikely secret weapon.				** "Central Intelligence" (2016) Dwayne Johnson. A CIA agent recruits an ex-classmate for a top-secret case.					
TLC	521	560		Say Yes: ATL	Say Yes: ATL	90 Day Fiancé: Before the 90 Days "Trust a Try" Darcey and Jesse reach a breaking point.				90 Day Fiancé: Before the 90 Days "Truth or Lie" Jesse's trip to America comes to an end.				90 Day Fiancé: Before the 90 Days "Expecting the Unexpected" Ricky's news stuns Ximena.				90 Day Fiancé: Before the 90 Days	
TSN	400	400		Formula One Pre Quali-fying (N) (Live)		(8:55) Formula 1 Racing Rolex Hun-garian Grand Prix, Qualifying.		SportsCen-tre	SportsCentre	The Amazing Race Canada (N)		NASCAR Racing Pinty's Series: VPT Twin 125's. (Taped)		NASCAR Prerace		NASCAR Xfinity			
YOUTH	551	542		Sponge.	Loud	Loud	Loud	Sponge.	Sponge.	Turtles	Loud	** "Shark Tale" (2004) Voices of Will Smith.		Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	

SATURDAY EVENING														AUGUST 3, 2019							
	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 Wyndham Championship, Third Round. (N) 			Channel 3 News	Weekend News	Entertainment Tonight (N) 		Million Dollar Mile (Season Finale) (N) 			48 Hours 		Channel 3 News	Friends 	NCIS: N.O.			
WPTZ	5	-	-	(3:30) NASCAR Xfinity Racing Series Zippo 200 at The Glen. (N) 			NBC5 News at 6	Nightly News	Jeopardy! 	Wheel of Fortune	Bring the Funny "The Open Mic 4" 		Dateline NBC 		NBC5 News		(:29) Saturday Night Live 				
CBMT	6	206	301	Women's Volleyball FIVB Intercontinental Olympic Qualification Tournament. (Taped)			Montreal News	market-place 	Hello	Hello Goodbye	*** "Still Mine" (2012, Drama) James Cromwell, Geneviève Bujold. 			*** "Last Night" (1998, Comedy-Drama) Don McKellar, Sandra Oh. 			Just for Laughs				
CHLT	7	107	718	(2:45) ** "Transformers: l'ère de l'extinction" (2014, Action) Mark Wahlberg. (SC)			TVA nouvelles (N)	"Le moine venu de la montagne" (2015, Action) Jaycee Chan, Chen Chang. (SC)			(:45) *** "Tireur d'élite américain" (2014) Bradley Cooper. Le destin de Chris Kyle, tireur d'élite des Navy SEAL. (DVS) (SC)		(2014) Bradley Cooper. Le destin de			TVA nouvelles (N)	"Dernier co"				
WMTW	8	-	-	(1:00) X Games Minneapolis. World-class action sports competition from Minneapolis. (N)			WMTW News 8 at	World News	Larry King Sp.	Jeopardy! 	Shark Tank A men's fashion accessory. 		Press Your Luck "106" (DVS)		Card Sharks "106" Contestants compete.		WMTW News 8	Rizzoli & Isles "Dirty Little Secret" 			
CKSH	9	108	-	(3:00) Les enquêtes de Laviolette			La semaine verte Des fermes verticales.		Téléjournal Estrie	Un gars, une fille	Les enfants de la télé (SC)		Ici on chante (SC)		Outlander: le chardon et le tartan		Le télé-journal	(:40) Doc humanité (N) (Part 2 of 2) (SC)		(:40) Guerre et paix Pierre épouse Hélène.	
CKMI	11	-	-	(3:00) *** "Life of Pi" (2012, Adventure) Suraj Sharma, Irrfan Khan. Première. 			Global News at 6	Global National	Border Security	Border Security	Houdini & Doyle "A Dish of Adharma" 		"No One Would Tell" (2018) Shannen Doherty, Matreya Scarrwener. Première. 		Global News		(:29) Saturday Night Live 				
CFCF	12	205	312	"Cinderella" 	Big Bang Theory	The Amazing Race Canada 		CTV News Montreal (N) 	W5 Nursing homes; a doctor is accused. 		Love Island: Aftersun (N) 		"Serialized" (2017, Suspense) Vanessa Ray, Meghan Heffern. Première. 		News-Rinaldo		CTV News Montreal	(12:05) Pop Life			
WVNY	22	-	-	(1:00) X Games Minneapolis. World-class action sports competition from Minneapolis. (N)			World News	Local 22 News (N)	Extra (N) 		Shark Tank A men's fashion accessory. 		Press Your Luck "106" (DVS)		Card Sharks "106" Contestants compete.		Local 22 News (N)	Extra 			
WUTV	30	-	-	German Cup	MLS Pre-game (N)	MLS Soccer LA Galaxy at Atlanta United FC. From Mercedes-Benz Stadium in Atlanta. (N)			Two and Half Men	Two and Half Men	Boxing PBC: Adam Kownacki vs. Chris Arreola. (N) 		2 on Your Side at 10		Big Bang Theory	MasterChef 		More Hair			
CFKS	31	106	726	*** "Rocky II: la revanche" (1979, Drame) Sylvester Stallone, Talia Shire, Burgess Meredith. (SC)			** "Le tireur" (2015) Sean Penn, Idris Elba. Un tueur à gages est pris en chasse par ses employeurs. (SC)			** "Proposition indécente" (1993, Drame) Robert Redford, Demi Moore, Woody Harrelson. (SC)			NVL weekend		Moment V (SC)						
WUHF	-	363	-	German Cup	MLS Pre-game (N)	MLS Soccer LA Galaxy at Atlanta United FC. From Mercedes-Benz Stadium in Atlanta. (N)			Ring of Honor Wrestling (N) 	Boxing PBC: Adam Kownacki vs. Chris Arreola. (N) 		WHAM News		Engagement	MasterChef 		ROH Wrestling				
WETK	-	-	-	(3:30) Brain Secrets With Dr. Michael Merzenich 			NewsHour Wk	As Time Goes By	Keep-Appeal	Rev. 	Still Open All Hours	Father Brown A policeman is murdered.		Doc Martin "From the Mouths of Babes" 		The Bletchley Circle Horrifying discovery.		Austin City Limits 		Underground	
WCFE	-	-	-	Antiques Roadshow 		Samantha Br	Connect NY 	NewsHour Wk		Mountain Lake	New York Now 	And Then There Were None 		Grantchester on Masterpiece 		Jamestown Pedro seeks revenge. 		Barnegie Hall 	Austin City Limits 		
A&E	615	520	-	(2:00) Live PD "Live PD -- 08.18.17" 		Live PD "Live PD -- 07.26.19" 			(:06) Live PD: Rewind (N) 			Live PD "Live PD -- 08.03.19" (N) 			Live PD 						
BRAVO	620	523	-	Blue Bloods "Mob Rules"		The Closer "Serving the King"		The Closer "Serving the King"		The Closer Killing of a family.		Criminal Minds		Criminal Minds "Fate"		Criminal Minds "Amelia Porter"		The Closer "Serving the King"		The Closer	
CNN	500	500	-	CNN Newsroom		CNN Newsroom		S. E. Cupp Unfiltered		The Van Jones Show		CNN Newsroom		The Movies (Part 4 of 6)		The Movies (Part 1 of 6)					
DISC	520	505	-	Mighty Cruise Ships		Hellfire Heroes "Trial by Fire"		Shark Trip: Eat Prey Chum Rob Riggie and friends swim with sharks.		*** "Sharkwater Extinction" (2018, Documentary) Rob Stewart. Première.		Sharks Gone Wild 2 (N)		Shark Week Immersion (N)		"Sharkwater"					
HIST	522	506	-	The Butcher "A Poultry Sum"		The Butcher Only two take on an opah.		The Butcher Butchers break down a deer.		The Butcher "The Beast"		Unidentified: America's UFO		The Butcher "Meat the Monster"		The Butcher Breaking down a side of beef.		The Butcher "A Poultry Sum"		The Butcher	
PARMT	628	584	-	Bar Rescue "Danny Sits on His Fanny"		Bar Rescue "Critters and Quitters"		Bar Rescue "Irish Eyes Aren't Smiling"		Bar Rescue "Brawlin' Babes"		Bar Rescue "Weird Science"		Bar Rescue A son's excessive drinking.		Bar Rescue "Turtle on Its Back"		Bar Rescue		Bar Rescue	
RDI	126	730	-	L'info (N)	Journal France 2	Le télé-journal	L'épicerie (SC)	Le télé-journal	Le télé-journal	Le national (N)	(:31) Le national	(:01) Les grands reportages (SC)	Le télé-journal	L'épicerie (SC)	Le télé-journal	Le national (N)	(:01) Les grands reportages (SC)	Le télé-journal			
SHOW	616	521	-	(3:00) *** "X-Men: First Class" (2011, Action) James McAvoy, Rose Byrne.			** "The Wolverine" (2013, Action) Hugh Jackman, Hiroyuki Sanada. Wolverine confronts the prospect of real mortality.			*** "Deadpool" (2016) Ryan Reynolds. Deadpool hunts down the man who nearly destroyed his life.			*** "X-Men Origins: Wolverine" (2009)								
SLICE	601	562	-	** "War Dogs" (2016) Jonah Hill. Two arms dealers land a contract to supply Afghan forces.			*** "Spy" (2015) Melissa McCarthy. An undercover CIA analyst becomes an unlikely secret weapon.			*** "Central Intelligence" (2016) Dwayne Johnson. A CIA agent recruits an ex-classmate for a top-secret case.			Jonah Hill.								
TLC	521	560	-	(3:00) 90 Day Fiancé: Before the 90 Days		90 Day Fiancé: Before the 90 Days Rachel pick their wedding rings.		Jon and		Say Yes to the Dress "Love is Love"		Say Yes to the Dress		Say Yes to the Dress Samantha falls for an expensive dress. (N)		Say Yes to the Dress		Say Yes, Dress			
TSN	400	400	-	(3:00) NASCAR Xfinity Racing Series Zippo 200 at The Glen. (N) (Live)			SportsCentre (N) (Live)		CFL Football Edmonton Eskimos at Calgary Stampede. From McMahon Stadium in Calgary, Alberta. (N) (Live)		SportsCentre (N) (Live)		SportsCentre (N) (Live)		SportsCentre (N) (Live)		SportsCentre				
YOUTH	551	542	-	Loud	Loud	Loud	Loud	"SpongeBob Movie"			Lip Sync	Lip Sync	Make,	Make,	Under.	Under.	Assembly	Assembly	Casper		

Your week on TV

SUNDAY DAYTIME																		AUGUST 4, 2019			
	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)		The Inspectors	MyPillow Topper	Paid Program	Paid Program	PBR Bull Riding (N)	PGA TOUR 2019 (N)		PGA Golf				
WPTZ	5	-	-	Sunday Today With Willie Geist (N)	Meet the Press (N)			Soledad O'Brien	On the Money (N)	Home-owner	2019 AIG Women's British Open Final Round. (N)					Women's Volleyball: Olympic Qualifying Tournament: Teams TBA					
CBMT	6	206	301	Coronation Street	Coronation Street	Coronation Street	Coronation Street	Coronation Street	CBC News Network	Maamuitau	Our Montreal		The Nature of Things		q A special holiday edition; interviews.		First Play Live	Exhibition-ists			
CHLT	7	107	718	(6:00) Salut bonjour week-end (N) (SC)			** "Méchant menteur" (2011) Adam Sandler. Un docteur demande l'aide de son assistante.			TVA nouvelles (N)	La victoire de l'amour	Infopublicité (SC)	(:45) * "Quand est-ce qu'on arrête?" (2007, Enfants) Ice Cube, Nia Long. (DVS) (SC)			"Parc jurassique"					
WMTW	8	-	-	Good Morning America (N)		This Week W/ George Stephanopoulos		Soledad O'Brien	Teen Kids News (N)	Made in Hollywood	Wild About Animals	Conversation With	Emeril	X Games Minneapolis. Minneapolis hosts the X Games. (N) (Live)							
CKSH	9	108	-	Mehdi et Val (SC)	(:24) Mehdi et Val	Jungle en délire	(:29) Code Max (SC)	(9:59) Le jour du Seigneur (N) (SC)	Découverte Sap" (SC)	"Lac Tonlé Sap" (SC)		Téléjournal	La semaine verte Des fermes verticales.		La main à la pâte	100 pour 100 local (SC)		"Lili la petite sorcière, le dragon et le"			
CKMI	11	-	-	Fishful Thinking	Restoration Love"	Garage "Car You Gotta Eat Here!"	Joel Osteen	Paid Program	The West Block (N)	Leave It to Bryan	Entertainment Tonight (N)	Carnival Eats	Carnival Eats	Carnival Eats	Carnival Eats	The Simpsons	The Simpsons	A.P. Bio (N)			
CFCF	12	205	312	etalk	The Social	Operation Smile	Celebrity Style Story	Church of the Rock	The Marilyn Denis Show	Denis Show	SportsCentre (N)	Where To I Do?	One World Kitchen	** "Indiana Jones and the Kingdom of the Crystal Skull" (2008) Harrison Ford.							
WVNY	22	-	-	Good Morning America (N)		This Week W/ George Stephanopoulos		What Matters	The Key of David	Paid Program	Paid Program	Paid Program	Total Body Relief	X Games Minneapolis. Minneapolis hosts the X Games. (N) (Live)							
WUTV	30	-	-	The Ernest Angley Hour				FOX News Sunday With Chris Wallace (N)	Sharyl Attkisson	The Key of David	Try Yoga	SoClean	** "Flashdance" (1983, Drama) Jennifer Beals, Michael Nouri, Cynthia Rhodes.			** "Mouse Hunt" (1997) Nathan Lane. Two hapless brothers try to outwit a crafty mouse.					
CFKS	31	106	726	Il est écrit (SC)	NVL week-end (N)	Supergirl Kara doit libérer ses amis. (SC)		RPM La Toyota Corolla Hatchback. (SC)		RPM plus La voiture électrique. (SC)		Infopublicité (SC)	Infopublicité (SC)	Rire et délire (SC)	(:28) Rire et délire	** "Le retour de Batman" (1992, Action) Michael Keaton, Danny DeVito. (SC)					
WUHF	-	-	363	Wild America	Boost Your Stamina	FOX News Sunday With Chris Wallace (N)		Sharyl Attkisson	Rochester Press Box	Paid Program	Paid Program	Big Bang Theory	Big Bang Theory	More Hair	Boost Your Stamina	Sore Joints?	Smokeless Grill	Ring of Honor Wrestling (N)			
WETK	-	-	-	Pinkalicious	Molly of Denali	Let's Go Luna!	Nature Cat	Curious George	Wild Kratts	Firing-Hoover	Vermont This Week	Churchill's Secret On Masterpiece Winston Churchill has a stroke.			"Henry David Thoreau: Surveyor of the Soul" (2017, Documentary)						
WCFE	-	-	-	Wild Kratts	Wild Kratts	Washington Week	Scully: World	Mountain Lake	New York Now	NOVA Jupiter's gravitational force.		Secrets of Highclere Castle		Downton Abbey on Masterpiece "A Journey to the Highlands"		(:44) Downton Abbey on Masterpiece Mary struggles with loss.					
A&E	615	520	-	(7:30) Hoarders	Hoarders "Roxann & Barbara"		Hoarders "Sandi & Vivian"		Hoarders "Wilma; Nora"		Ghost Hunters "U.S.S. Hornet"	Ghost Hunters California haunts.		Ghost Hunters "Glimmer Men"		Ghost Hunters "Century of Hauntings"		Ghost Hunters			
BRAVO	620	523	-	Blue Bloods "Mob Rules" (DVS)		Criminal Minds		Criminal Minds "Fate"		Criminal Minds "Amelia Porter"		The Closer "Serving the King"		The Closer "Serving the King"		The Closer Killing of a family.		Criminal Minds "Rock Creek Park"			
CNN	500	500	-	Inside Politics (N)		State of the Union		Fareed Zakaria GPS		Reliable Source		State of the Union		Fareed Zakaria GPS		CNN Newsroom		CNN Newsroom			
DISC	520	505	-	Insane Pools: Off the Deep End		Tanked DJ Steve Aoki wants a custom tank.		North Woods Law "Excuses, Excuses"		North Woods Law "Dead Moose Talking"		North Woods Law "Deer Deception"		Crikey! It's the Irwins "It's a Baby Giraffe!"		Mighty Cruise Ships "Europa 2"		MythBusters Questions about congestion.			
HIST	522	506	-	Border Security	Border Security	Canadian Pickers "Digging Deep"		Canadian Pickers "Yukon Bound"		Ice Road Truckers "Rushin' Roulette"		Counting Cars	Counting Cars	Forged in Fire		Forged in Fire		Forged in Fire			
PARMT	628	584	-	Bar Rescue Burnouts lose \$200,000.		Bar Rescue "A Bar Full of Bull"		Bar Rescue "Thugs with Mugs"		Bar Rescue "Rickety Rockin' Rhonda's"		Bar Rescue Tara hires a general manager.		Bar Rescue Helping a failing Irish bar.		Bar Rescue		(:01) Bar Rescue "Twerking 9 to 5"			
RDI	126	730	-	(5:30) RDI matin weekend (N) (SC)				L'info (N)	L'info (N)	L'info (N)	L'info (N)	Téléjournal	Téléjournal	Podium	L'info (N)	L'info (N)	L'info (N)	L'info (N)			
SHOW	616	521	-	** "X-Men: Apocalypse" (2016) James McAvoy, Michael Fassbender. Professor X and Raven battle the immortal mutant Apocalypse.					** "X-Men Origins: Wolverine" (2009) Hugh Jackman. Wolverine becomes involved with the Weapon X program.					*** "X-Men: First Class" (2011) James McAvoy. The early years of Charles Xavier and Erik Lehnsherr.							
SLICE	601	562	-	Paid Program	Paid Program	Paid Program	PiYo Workout!	*** "Ocean's Thirteen" (2007) George Clooney. Danny Ocean and his gang seek to right a wrong.			*** "Ocean's Eleven" (2001) George Clooney. A suave ex-con assembles a team to rob a casino vault.			*** "Ocean's Twelve" (2004)							
TLC	521	560	-	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Unexpected "Once a Cheater..."		Unexpected McKayla and Caelan move out.		Unexpected Lexus and Shayden go to prom.		Unexpected Chloe goes into labor.				
TSN	400	400	-	SportsCentre	Formula 1	(:05) Formula 1 Racing Rolex Hungarian Grand Prix. From Hungaroring in Mogyoród, Hungary. (N) (Live)				SportsCentre		Formula 1 Racing Rolex Hungarian Grand Prix. From Hungaroring in Mogyoród, Hungary.			NASCAR Cup		NASCAR Monster				
YOUTH	551	542	-	Sponge.	Loud	Loud	Loud	Sponge.	Sponge.	Turtles	Hunted	"SpongeBob Movie"			Barbie	Sponge.	Sponge.	Sponge.			

SUNDAY EVENING														AUGUST 4, 2019							
	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 Wyndham Championship, Final Round. (N) (Live)	Channel 3 News			60 Minutes (N)	Big Brother (N)		Instinct "One-of-a-Kind" (N)		The Good Fight "Chaos"		Channel 3 News	Outdoorsman	NCIS: N.O.				
WPTZ	5	-	-	Swimming Phillips 66 U.S. Nationals. From Palo Alto, Calif. (N)			NBC5 News at 6	Nightly News	Hollywood Game Night		America's Got Talent "Judge Cuts 3" Ellie Kemper joins as a guest judge.		Bring the Funny "The Open Mic 3"		NBC5 News	Soledad O'Brien	Castle				
CBMT	6	206	301	*** "Robots" (2005, Children's) Voices of Ewan McGregor, Halle Berry.			When Calls the Heart "Open Hearts"		Heartland "Change of Heart"		Anne With an E	Coroner Jenny investigates a death.	The National (N)		Montreal News	Rick/Mercer	q				
CHLT	7	107	718	(3:30) *** "Le parc jurassique" (1993, Adventures) Sam Neill, Laura Dern. (DVS) (SC)	TVA nouvelles (N)		Vlog (SC)	LOL :-)	*** "Mission: impossible protocole fantôme" (2011, Action) Tom Cruise, Jeremy Renner, Simon Pegg. (SC)			La vraie nature Étienne Boulay. (SC)		TVA nouvelles (N)		*** "La ligne verte" (1999, Drame)					
WMTW	8	-	-	(1:00) X Games Minneapolis. Minneapolis hosts the X Games. (N) (Live)	WMTW News 8 at		World News	America's Funniest Home Videos		CMA Fest Country music artists perform. (N)				WMTW News 8		Soledad O'Brien	Person of Interest				
CKSH	9	108	-	"Lili la petite sorcière,"	Dans l'oeil du dragon Des noeuds papillon.		Téléjournal Estrie	Découverte Notre capacité de parler.	Les poilus (N) (SC)	Viens-tu faire un tour? (N)		1res fois Gildor Roy et Marie-Mai. (SC)	Le télé-journal	(:37) Les pêcheurs	(:07) Karaoke	(:37) *** "Tucker: l'homme et son rêve"					
CKMI	11	-	-	Crazy Ex-Girlfriend "I Have to Get Out"	Midnight, Texas "Resting Witch Face"		Global News at 6	Global National	Border Security	Border Security	Big Brother (N)		Instinct "One-of-a-Kind" (N)	The Good Fight "Chaos"		Global News	The West Block	Sarah's House			
CFCF	12	205	312	"Indiana Jones and Crystal Skull"	The Goldbergs		Big Bang Theory	CTV News Montreal (N)	The Amazing Race Canada		American Ninja Warrior Jessie Graff, Lance Pekus and more. (N)		In the Dark "Jessica Rabbit"	News-Rinaldo		CTV News Montreal	South Park				
WVNY	22	-	-	(1:00) X Games Minneapolis. Minneapolis hosts the X Games. (N) (Live)	World News		Local 22 News (N)	America's Funniest Home Videos		CMA Fest Country music artists perform. (N)				Local 22 News (N)		Graham Bensinger	Judge Judy				
WUTV	30	-	-	NHRA Drag Racing Magic Dry Organic Absorbent Northwest Nationals. From Pacific Raceways in Kent, Wash. (N)				Last Man Standing	Last Man Standing	The Simpsons	Bob's Burgers	Family Guy	What-Happen.	2 on Your Side at 10	America This Week (N)	Ring of Honor Wrestling (N)					
CFKS	31	106	726	"Retour-Batman"	(:45) *** "Armageddon" (1998, Science-fiction) Bruce Willis, Billy Bob Thornton, Liv Tyler. Un spécialiste en forages doit détruire un énorme astéroïde. (SC)			*** "Coup fumant" (2007, Action) Ben Affleck, Andy Garcia, Alicia Keys. (SC)		(:15) * "Film de peur 2" (2001) Shawn Wayans. Une maison est peuplée de fantômes.		Moment V (SC)									
WUHF	-	-	363	NHRA Drag Racing Magic Dry Organic Absorbent Northwest Nationals. From Pacific Raceways in Kent, Wash. (N)				Last Man Standing	Last Man Standing	The Simpsons	Bob's Burgers	Family Guy	What-Happen.	WHAM News	Sharyl Attkisson	America This Week (N)	Frankie Valli				
WETK	-	-	-	Neil Diamond: Hot August Night			NewsHour Wk	Gorongosa Park -- Rebirth of Paradise	The Great British Baking Show		Poldark on Masterpiece	Bob's Burgers	Family Guy	What-Happen.	Jamestown (N)	The Woman in White		Poldark-Master			
WCFE	-	-	-	(2:44) Downton Abbey on Masterpiece		(4:46) Downton Abbey on Masterpiece		(5:46) Downton Abbey on Masterpiece		The Great British Baking Show		Poldark on Masterpiece	Grantchester on Masterpiece (N)		Jamestown (N)			POV "Inventing Tomorrow" Solutions to environmental threats.			
A&E	615	520	-	Ghost Hunters	*** "Pirates of the Caribbean: The Curse of the Black Pearl" (2003) Johnny Depp. A blacksmith and a pirate must rescue a kidnapped damsel.			** "Pirates of the Caribbean: Dead Man's Chest" (2006) Johnny Depp. Capt. Jack Sparrow owes a blood debt to a ghostly pirate.		(:04) Ghost Hunters		Ghost Hunters									
BRAVO	620	523	-	** "The Taking of Pelham 123" (2009) Denzel Washington, John Travolta.			** "The Magnificent Seven" (2016, Western) Denzel Washington. Mercenaries battle a ruthless industrialist in the Old West.		The Handmaid's Tale "Liars" (N)		(:15) Claws "Chicken P..." (N)		(:15) The Handmaid's Tale "Liars"								
CNN	500	500	-	CNN Newsroom		CNN Newsroom		CNN Newsroom		The Movies		The Movies (N) (Part 5 of 6)		The Movies			Movies				
DISC	520	505	-	MythBusters		Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	BattleBots "The Most Destructive Robot" Tombstone versus Rotator.		Naked and Afraid XL (N)		Naked and Afraid XL (N)		Big Bang Theory	Big Bang Theory	Big Bang Theory			
HIST	522	506	-	American Pickers		American Pickers "Eyes on the Prize"		American Pickers		Forged in Fire		Pawn Stars "If the Pawn Don't Fit"	The Untold Story of the 90s Key events in the 1990s.		Forged in Fire		Forged in Fire				
PARMT	628	584	-	(:02) Bar Rescue "Win, Lose or Brawl"	(:03) Bar Rescue "Demolition Man"		(:04) Bar Rescue Burnouts lose \$200,000.	(:05) Bar Rescue		Bar Rescue "Schmuck Dynasty"		Bar Rescue		Bar Rescue Two pals face losing their bar.		(:01) Bar Rescue "Vulgar Vixens"	Bar Rescue				
RDI	126	730	-	L'info (N)	Journal France 2	Le télé-journal	Le télé-journal	Le télé-journal	Le national (N)	(:31) Le national	(:01) Découverte (Part 3 of 3) (SC)	Le télé-journal		(:31) Le 21e sonnette" (N)	Le national (N)		(:01) La semaine verte (SC)	Le télé-journal			
SHOW	616	521	-	"X-Men: First"	** "X-Men: Apocalypse" (2016, Action) James McAvoy. Professor X and Raven battle the immortal mutant Apocalypse.				** "The Last Witch Hunter" (2015) Vin Diesel. An immortal warrior battles the resurrected Witch Queen.				MotherFatherSon A family reckoning. (N)		(:15) ** "Independence Day: Resurgence" (2016)						
SLICE	601	562	-	(3:00) *** "Ocean's Twelve" (2004) George Clooney.			*** "Ocean's Thirteen" (2007) George Clooney. Danny Ocean and his gang seek to right a wrong.			The Real Housewives of Potomac (N)		Southern Charm New Orleans (N)		Late Nite Eats	Late Nite Eats	The Real Housewives of Potomac		Southern Charm			
TLC	521	560	-	Unexpected Emileys has cheer tryouts.		Unexpected Chloe brings Ava home.		90 Day Fiancé Reliving Angela and Michael's journey. (N)		90 Day Fiancé: Before the 90 Days "Crazy in Love" Timothy is stuck in a love triangle.		Unexpected "We're Back, Baby" McKayla returns and is pregnant again.									
TSN	400	400	-	(3:00) NASCAR Monster Energy Series GoBowling at The Glen. (N) (Live)			SportsCentre (N) (Live)			MLS Soccer Philadelphia Union at D.C. United. From Audi Field in Washington, D.C. (N) (Live)			MLS Soccer Sporting Kansas City at Seattle Sounders FC. (N) (Live)			SC With Jay					
YOUTH	551	542	-	Loud	Loud	Loud	Loud	"Alvin and the Chipmunks: Chipwrecked"			Game On	"Step Dogs" (2013) Dylan Schmid.			Under.	Assembly	Assembly	Alvin Chip			

Marché Locavore celebrates buying local

Record Staff

As part of Public Market Week, the Marché Locavore in Racine is holding a celebration on Saturday, August 10 from 9 a.m. to 1 p.m.

The event is an opportunity to highlight the importance of buying local and to thank the market's clientele. The market attracts up to 1,600 people some Saturdays during the summer.

Thanks to the strength and solidarity of the producers and its members, the Marché Locavore continues to diversify and offer its customers an ever greater choice of quality local products.

The Fromagerie Nouvelle-France, one of the vendors, won several Canadian and Quebec awards for its Zacharie Cloutier cheese, launched for the first time, in 2010 at the Marché and for its Madelaine, a cheese that won first prize at the Canadian Cheese Awards in 2018.

Wadleigh Hills earned three gold medals for its wines this year.

New at the Racine market is Cochons tout ronds, from the Magdalen Islands, alongside long-time participants Jardins Naturlutte, Jardins du Lac, les Pêchés Moutons, the Boucherie Ferme St-Jean and the Trésors d'Afrique coffee (roasted in Racine, from fair trade beans from the native country of the producer).

Over the years, several products have been added: elderberry, sea buckthorn, guinea fowl, chicken, honey, cranberry, local wines, an Asian flavor, seasonal



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berries, olive, duck, goose, etc. "I come every week to do my shopping," explained loyal customer, "And I find everything I need: fruit, vegetables, meat, bread, wine, honey. It is very diverse and they are good products. In addition, I get to support producers in my area, it's wonderful."

Last year the Marché Locavore celebrated its 10th anniversary. This year, for eleventh year, the party continues.

On the menu: tasty bites of samples from vendors will be offered at each

kiosk with the purchase of coupons. Valody, a group of 12 musicians, will perform at the Aug.10 celebration, offering the sounds of Eastern Europe. Prizes will be drawn at the end of the event.

The solidarity cooperative aims to contribute to the socio-economic development of Racine and Val St-François by prioritizing the supply of quality regional and natural products that meet the criteria of sustainable agriculture while providing a friendly business environment that promotes the interac-

tion of consumers and producers. It manages the Marché Locavore and the buildings that it owns, including the house adjoining the Market, which provides a year-round outlet for local and fresh produce in Racine. In its eleventh year of activity in 2019, the Marché Locavore now brings together more than 20 producers in residence and close to 15 on consignment, which are visited weekly Saturday mornings in summer and autumn.



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Your week on TV

MONDAY EVENING													AUGUST 5, 2019		
	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)	Love Island Day 29 at the villa in Fiji. (N) 6		The Big Bang Theory 6	The Neighborhood 6	Bull A doctor's DNA links him to a homicide. 6		Channel 3 News	(:35) The Late Show With Stephen Colbert 6	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! 6	Wheel of Fortune 6	American Ninja Warrior "Seattle/Tacoma City Finals" Jessie Graff, Lance Pekus and more. (N) 6 (DVS)				Dateline NBC (N) 6		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) 6	
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	Coronation Street (N) 6	Coronation Street (N) 6	Murdoch Mysteries Nikola Tesla assists Murdoch. 6		Frankie Drake Mysteries "Dressed to Kill" 6		The National (N) 6		CBC Montreal News (N)	Nirvana the Band	Coronation Street 6
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Sucré salé (N) (SC)	Refuge animal (N) (SC)	Fous du BBQ (SC)	Chicago Fire: Caserne 51 Un feu dans une maison. (SC)		Ma maison bien-aimée Les hommes sont à l'honneur.		TVA nouvelles (N)	(:35) Sucré salé (SC)	(:08) "Babysitting" (2014) Philippe Lacheau. Un couple essaie de trouver leur fils. (SC)		
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune 6	Jeopardy! 6	Bachelor in Paradise "601A" (Season Premiere) Twenty singles arrive in paradise. (N) 6				(:01) Grand Hotel The Mendozas begin to recover. (N)		WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live 6	
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) RDI économie (N)	Squelettes-plac.	Discussions avec mes	Galas ComediHa! 2018 (SC)		Bonsoir bonsoir! (N) (SC)		Le téléjournal (N) (SC)		(:05) Disparition Sam repousse sa femme et son fils.	(12:05) Candice Renoir	
CKMI 11	-	-	Global National 6	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Private Eyes A motorcycle shop is vandalized. 6		Chicago Med Halstead lies to Manning about his gun. 6		Bull A doctor's DNA links him to a homicide. 6		Global News at 11	(:35) The Late Show With Stephen Colbert 6	
CFCF 12	205	312	(5:59) CTV News Montreal (N) 6		etalk 6	The Big Bang Theory 6	Love Island Day 29 at the villa in Fiji. (N) 6		The Big Bang Theory 6	Jann 6 (DVS)	(:01) Grand Hotel The Mendozas begin to recover. (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) 6	Bachelor in Paradise "601A" (Season Premiere) Twenty singles arrive in paradise. (N) 6				(:01) Grand Hotel The Mendozas begin to recover. (N)		Local 22 News (N)	(:35) Jimmy Kimmel Live 6	
WUTV 30	-	-	The Big Bang Theory 6	Judge Judy 6	Judge Judy 6	Family Feud 6	Beat Shazam Best friends; brothers. (N) 6 (DVS)		So You Think You Can Dance (N) 6		2 on Your Side Seinfeld "The Pool Guy" 6		Two and a Half Men 6	Two and a Half Men 6	Last Man Standing 6
CFKS 31	106	726	Souper parfait	Souper parfait	Rire et délire (SC)	Mets-y le paquet (SC)	*** "Zoolander" (2001, Comédie) Ben Stiller. Un mannequin part sauver le monde, sans même le savoir. (SC)				CSI: Miami L'enlèvement d'un bébé. 6 (SC)		911 "Incendie majeur" (SC)	NVL (N) (SC)	Moment V (SC)
WUHF	-	363	Modern Family 6	Modern Family 6	The Big Bang Theory 6	The Big Bang Theory 6	Beat Shazam Best friends; brothers. (N) 6 (DVS)		So You Think You Can Dance (N) 6		13WHAM News at 10 on Fox Rochester (N) (Live) 6		Summer Sensation 6	DailyMailTV (N) 6	Paid Program 6
WETK	-	-	PBS NewsHour (N) 6		The This Old House Hour 6		Antiques Roadshow An Elvis Presley outfit circa 1970. (N)		Antiques Roadshow An 1875 Norwegian Hardanger fiddle.		POV A boy and his grandmother witness war. (N) 6		Amanpour and Company (N) 6		Nightly Business Report
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N) 6		Antiques Roadshow An Elvis Presley outfit circa 1970. (N)		Antiques Roadshow An 1875 Norwegian Hardanger fiddle.		Penelope Keith at Her Majesty's Service 6		BBC World News 6	Amanpour and Company (N) 6	
A&E	615	520	Live PD: Police Patrol 6	Live PD: Police Patrol 6	Live PD: Police Patrol 6	Live PD: Police Patrol 6	Live PD: Police Patrol (N)	Live PD: Police Patrol (N)	Live Rescue "Live Rescue -- 08.05.19" (N) 6				Live PD: Police Patrol 6	Live PD: Police Patrol 6	Live PD: Police Patrol 6
BRAVO	620	523	*** "Die Hard" (1988, Action) man outwits foreign thugs in an L.A. high-rise. 6		Bruce Willis, Alan Rickman. A New York police-		*** "Top Gun" (1986, Action) Tom Cruise, Kelly McGillis. A hot-shot Navy jet pilot downs MiGs and loves an astrophysicist. 6						(10:50) *** "Speed" (1994, Action) Keanu Reeves, Dennis Hopper. 6		
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Anderson Cooper 360 (N)		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon	Cooper 360	
DISC	520	505	Highway Thru Hell A semi pulls Jamie out on the road.		MythBusters Myths that can be tried at home. 6		North Woods Law "Invisible Evidence" 6		BattleBots "The Desperado Tournament II" Desperado tournament. (N) 6				Savage Builds A deadly fleet of junkyard vehicles. (N)		BattleBots 6
HIST	522	506	Pawn Stars 6	Pawn Stars 6	Pawn Stars 6	Pawn Stars 6	Pawn Stars "80's Pawn"	Pawn Stars "90's Pawn"	The Untold Story of the 90s Key events in the 1990s. 6 (Part 2 of 2) 6				Pawn Stars Chumlee tries to make a deal on a toy. 6		Pawn Stars 6
PARMT	628	584	Cops "Manic Monday" 6	Cops "Hug It Out" 6	Cops "Two Doors Down"	Cops "Party in a Box" 6	Cops "Dealt a Bad Hand"	Cops 6	Cops "Face the Music" 6	Cops "Thick as Thieves"	Cops "Front Seat Fumble"	Cops "The Facts of Life"	Cops 6	Cops 6	Cops "One Headlight" 6
RDI	126	730	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)		Les grands reportages Le dépeçage de l'Allemagne. (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	(5:00) ** "Jupiter Ascending" (2015) Channing Tatum. An ordinary woman learns of her extraordinary destiny. 6				** "Independence Day: Resurgence" (2016) Liam Hemsworth, Jeff Goldblum. Humans use extraterrestrial technology to battle aliens. 6				*** "Star Trek Into Darkness" (2013) Chris Pine. Capt. James Kirk hunts a one-man weapon of mass destruction.				
SLICE	601	562	(5:00) ** "Legally Blonde" (2001) Reese Witherspoon.		** "Legally Blonde 2: Red, White & Blonde" (2003) Reese Witherspoon. A young lawyer fights for animal rights.			Below Deck Mediterranean (N) 6			Dance Moms A local rival shows up at competition. (N)		Below Deck Mediterranean 6		Below Deck
TLC	521	560	Say Yes to the Dress 6	Say Yes to the Dress 6	90 Day Fiance: The Other Way "Ripped Apart" 6		90 Day Fiance: The Other Way (N) 6	90 Day Fiance: The Other Way "Blind Trust" (N) 6	The Family Chantel Chantel confronts Pedro. (N) 6		The Family Chantel Chantel confronts Pedro. (N) 6		Unexpected McKayla returns and is pregnant again. 6		90 Day: Other
TSN	400	400	SportsCentre (N) (Live) 6		Open Gym (N)		*** "Rocky III" (1982, Drama) Sylvester Stallone, Mr. T. A merciless contender forces Rocky into a title match. 6		SportsCentre (N) (Live) 6		SportsCentre (N) (Live) 6		SportsCentre (N) (Live) 6		SC With Jay and Dan (N)
YOUTH	551	542	Henry Danger	Game	"Tooth Fairy 2" (2012) Larry the Cable Guy. 6			"Pixies" (2015) Voices of Alexa PenaVega.			Game On 6		Just Kidding	Just Kidding	iCarly 6

TUESDAY EVENING													AUGUST 6, 2019		
	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)	Love Island Day 30 at the villa in Fiji. (N) 6		NCIS NCIS arrives at a Halloween crime scene. 6		Blood & Treasure "The Revenge of Farouk" 6		Channel 3 News	(:35) The Late Show With Stephen Colbert 6	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! 6	Wheel of Fortune 6	America's Got Talent "Judge Cuts 4" Jay Leno joins as a guest judge. (N) 6				(:01) Bring the Funny Acts go head-to-head. (N) 6		NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) 6	
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	Still Standing 6 (DVS)	Coronation Street (N) 6	Kim's Conviction 6 (DVS)	Still Standing 6 (DVS)	Schitt's Creek 6	Workin' Moms 6	The National (N) 6		CBC Montreal News (N)	Nirvana the Band	Coronation Street 6
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Sucré salé (N) (SC)	(6:59) Lâchés lousses (SC)		Les beaux bloopers	LOL :-) (SC)	L'arme fatale Un cas concernant un tueur à gages. 6		TVA nouvelles (N)	(:35) Sucré salé (SC)	(:08) "Air" (2015, Science-fiction) Norman Reedus, Djimon Hounsou. (SC)		
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune 6	Jeopardy! 6	Bachelor in Paradise "601B" Kristina wants Blake to explain himself. (N) 6				Bless This Mess "Pilot" 6	black-ish 6 (DVS)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live 6	
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) RDI économie (N)	Squelettes-plac.	On s'aime en chien (SC)	Le code du tueur En 1983, le corps sans vie est retrouvé.		Bonsoir bonsoir! (N)		Le téléjournal (N) (SC)		(:05) La révolte des bonnes	(12:04) Candice Renoir	
CKMI 11	-	-	Global National 6	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	S.W.A.T. The team protects endangered jurors. 6		NCIS "Fallout" Gibbs' friend is lost at sea. 6 (DVS)		Blood & Treasure "The Revenge of Farouk" 6		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert 6	
CFCF 12	205	312	(5:59) CTV News Montreal (N) 6		etalk (N) 6	The Big Bang Theory 6	Love Island Day 30 at the villa in Fiji. (N) 6		The Amazing Race Canada The race leads to Saskatoon.		The Beaverton (N) 6	The Big Bang Theory 6	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) 6	Bachelor in Paradise "601B" Kristina wants Blake to explain himself. (N) 6				Bless This Mess "Pilot" 6	black-ish 6 (DVS)	Local 22 News (N)	(:35) Jimmy Kimmel Live 6	
WUTV 30	-	-	The Big Bang Theory 6	Judge Judy 6	Judge Judy 6	Family Feud 6	Spin the Wheel Contestant Leah Stenzel. (N) 6		First Responders Live "Episode 108" (N) 6 (Live) 6		2 on Your Side Seinfeld "The Secretary" 6		Two and a Half Men 6	Two and a Half Men 6	Last Man Standing 6
CFKS 31	106	726	Souper parfait	Souper parfait	Rire et délire (SC)	Rire et délire (SC)	"Croquer la pomme d'amour" (2017) Sarah Jane Morris. Une architecte retrouve son amour de jeunesse. (SC)				CSI: Miami "Aveuglés" Une femme est retrouvée morte.		911 (SC)	NVL (N) (SC)	Moment V (SC)
WUHF	-	363	Modern Family 6	Modern Family "Benched"	The Big Bang Theory 6	The Big Bang Theory 6	Spin the Wheel Contestant Leah Stenzel. (N) 6		First Responders Live "Episode 108" (N) 6 (Live) 6		13WHAM News at 10 on Fox Rochester (N) (Live) 6		DailyMailTV (N) 6	The Simpsons 6	Paid Program 6
WETK	-	-	PBS NewsHour (N) 6		Samantha Brown Place	Reconnecting Roots 6	Soundbreaking Using electricity to create new sounds.		American Experience "Woodstock: Three Days That Defined a Generation" The 50th anniversary of Woodstock. (N)		Amanpour and Company (N) 6		Amanpour and Company (N) 6		Nightly Business Report
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N) 6		Soundbreaking Using electricity to create new sounds.		American Experience "Woodstock: Three Days That Defined a Generation" The 50th anniversary of Woodstock. (N)		BBC World News 6		Amanpour and Company (N) 6		
A&E	615	520	The First 48 Gunmen open fire on a porch. 6		The First 48 Daylight execution; home shooting. 6		The First 48: Drugs Kill "Last Rap" (N) 6		Intervention Philadelphia addicts Nicole and Janine. 6		(:01) 60 Days In: Narcoland "Wired Up" 6		(:04) The First 48 An elderly man is burned alive. 6		The First 48: Drugs Kill 6
BRAVO	620	523	Criminal Minds Kidnap victims are deprived of sleep.		Criminal Minds Undercover DEA agents are murdered.		Criminal Minds Fixation on medical experimentation. 6		Animal Kingdom (N) 6		Criminal Minds A plan to take down the Dirty Dozen.		Criminal Minds Corpses are discovered in public places.		Criminal Minds 6
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Cuomo Prime Time (N) 6		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon	Cooper 360	
DISC	520	505	Highway Thru Hell "Nervous Wreck" 6 (DVS)		MythBusters Herding cats; catching a greased pig. 6		Fish or Die A Greenland river may hold Arctic char. (N)		Deadliest Catch: On Deck "Devil's Cut" (N) 6		Deadliest Catch The fleet battles back-to-back storms.		Treasure Quest: Snake Island "Death Trap" 6		Deadliest Catch
HIST	522	506	American Pickers The guys find an important car part. 6		Pawn Stars 6	Pawn Stars 6	American Pickers An early 20th-century delivery truck.		Forged in Fire Crusader's dagger; steel takedown bow.		The Butcher "Opah" Only two take on an opah. 6		American Pickers The guys find an important car part. 6		Forged in Fire 6
PARMT	628	584	Ink Master: Angels Tattooing former homeless canvases.		*** "Bad Boys" (1995, Action) Martin Lawrence, Will Smith, Tea Leoni. Two Miami cops attempt to recover stolen police evidence. 6		Les grands reportages Les soeurs de Nagasaki. (N)		Le téléjournal avec Céline Galipeau (N) (SC)		Ink Master A freehand drawing challenge. (N) 6		*** "Bad Boys" (1995, Action) Martin Lawrence, Will Smith, Tea Leoni.		
RDI	126	730	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)		NCIS "Gut Check" The Secretary of Navy is bugged. 6				Le téléjournal (N) (SC)		Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)
SHOW	616	521	NCIS Gibbs must attend to family matters. 6 (DVS)		NCIS "Alibi" The team re-examines a hit-and-run. 6		NCIS "Gut Check" The Secretary of Navy is bugged. 6		*** "The Giver" (2014) Jeff Bridges, Meryl Streep. An old man tells a youth the truth about their world. 6				NCIS A Navy SEAL goes missing in Paraguay. 6		NCIS "Better Angels" 6
SLICE	601	562	Below Deck Mediterranean 6		Below Deck Mediterranean 6		The Real Housewives of Beverly Hills 6		The Real Housewives of Orange County (N) 6		Million Dollar Listing Los Angeles 6		Below Deck Mediterranean 6		Housewives/OC
TLC	521	560	The Little Couple House renovations are almost finished.		The Little Couple The Kleins head back to China. 6		The Little Couple The family travels to China. (N) 6		The Little Couple "Wait, They're Cutting You Open?" (Season Premiere) The family travels to New York City. (N) 6				(:02) Outdaughtered Danielle and Adam work on discipline.		The Little Couple 6
TSN	400	400	SportsCentre (N) (Live) 6		CFL Wired (N) 6	NBA Plays of the Year	*** "Rocky IV" (1985, Drama) Rocky Balboa faces a deadly Soviet fighter. 6				SportsCentre (N) (Live) 6		SportsCentre (N) (Live) 6		SC With Jay and Dan (N)
YOUTH	551	542	Henry Danger	Game	"Another Cinderella Story" (2008) Selena Gomez. 6			"Bruno & Boots: The Wizzle War" (2017) Jonny Gray. 6					Just Kidding	Just Kidding	iCarly 6

Your week on TV

WEDNESDAY EVENING														AUGUST 7, 2019			
	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)	Love Island (Season Finale) Day 31 at the villa in Fiji. (N)		Big Brother (N) 		S.W.A.T. "Cash Flow" A hunt for an escaped convict.	Channel 3 News	(:35) The Late Show With Stephen Colbert 				
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! 	Wheel of Fortune 	Ellen's Game of Games "Oh Shipwrecked" 	Ellen's Game of Games "Some Like It Hot Hands"	The InBetween Cassie helps with a cold case. (N) 	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) 					
CBMT	6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	Still Standing "Berwick" 	Coronation Street (N) 	The Great British Baking Show "Spice Week" (N) 	Burden of Truth "The Milk of Human Kindness" 	The National (N) 	CBC Montreal News (N)	Nirvana the Band	Coronation Street (N) 				
CHLT	7	107	718	(5:58) TVA nouvelles (N)	(:(29) Sucré salé (N) (SC)	Les rénos d'Hugo (SC)	Boomerang (SC)	La recrue "Contamination" Une scène de meurtre. 	Esprits criminels L'équipe conçoit un plan complexe. 	TVA nouvelles (N)	(:(35) Sucré salé (SC)	(:08) ★ "Abraham Lincoln: chasseur de vampires" (2012) Benjamin Walker. (SC)					
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune 	Jeopardy! 	Press Your Luck Contestants from Texas and California.	Card Sharks Contestants Ohio, California and more. 	Match Game Michael Che; Kirstie Alley. (N) 	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live 					
CKSH	9	108	-	(5:59) Le télé-journal Estrie	(:(31) RDI économie (N)	Squelettes-plac.	L'épicerie (N) (SC)	Tes déchets, ma richesse (N)	Bonsoir bonsoir! (N) (SC)	Le téléjournal (N) (SC)	(:05) Grantchester Leonard est mêlé à un braquage. 					(12:05) Candice Renoir	
CKMI	11	-	-	Global National 	(:(29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Private Eyes "Glazed and Confused" (N) 	BH90210 "Beverly Hills, 90210" reunion. 	Big Brother (N) 	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) 					
CFCF	12	205	312	(5:59) CTV News Montreal (N) 		etalk (N) 	The Big Bang Theory 	Love Island (Season Finale) Day 31 at the villa in Fiji. (N)	Love Island: Aftersun (N) 	MasterChef Team challenge at Irwindale Speedway. (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) 	Press Your Luck Contestants from Texas and California.	Card Sharks Contestants Ohio, California and more. 	Match Game Michael Che; Kirstie Alley. (N) 	Local 22 News (N)	(:35) Jimmy Kimmel Live 					
WUTV	30	-	-	The Big Bang Theory 	Judge Judy 	Judge Judy 	Family Feud 	MasterChef Team challenge at Irwindale Speedway. (N)	BH90210 "Beverly Hills, 90210" reunion. 	2 on Your Side Seinfeld "The Gum" 	Two and a Half Men 	Two and a Half Men 	Last Man Standing 				
CFKS	31	106	726	Souper parfait	Souper parfait	Rire et délire (SC)	Rire et délire (SC)	★ "Affaires non classées" (2015, Comédie) Vince Vaughn. Le directeur d'une entreprise part en voyage d'affaires. (SC)		CSI: Miami Le cadavre d'un homme est retrouvé. (SC)	911 "Femme agressée"	NVL (N) (SC)	Moment V (SC)				
WUHF	-	363		Modern Family 	Modern Family 	The Big Bang Theory 	The Big Bang Theory 	MasterChef Team challenge at Irwindale Speedway. (N)	BH90210 "Beverly Hills, 90210" reunion. 	13WHAM News at 10 on Fox Rochester (N) (Live) 	DailyMailTV (N) 	The Simpsons 	Paid Program 				
WETK	-	-		PBS NewsHour (N) 		Crossroads (N)	Outdoor Journal	Ancient Skies Moments that reshape the solar system. (N)	NOVA NASA's Cassini probe explores Saturn. (N) 	To Catch a Comet 	Amanpour and Company (N) 	Nightly Business Report					
WCFE	-	-		World News America	Nightly Business Report	PBS NewsHour (N) 		Ancient Skies Moments that reshape the solar system. (N)	NOVA NASA's Cassini probe explores Saturn. (N) 	To Catch a Comet 	BBC World News 	Amanpour and Company (N) 					
A&E	615	520		Ghost Hunters "The Fear Cage" Bed and breakfast. 		Ghost Hunters Grant and Jason enlist help. 		Ghost Hunters The team says farewell to their mentor.	Ghost Hunters The Orleans Inn on Cape Cod, Mass. 	(:(01) Ghost Hunters "Uninvited Guests" 	(:(04) Ghost Hunters TAPS travels to St. Petersburg. 	(12:03) Ghost Hunters 					
BRAVO	620	523		Unforgettable "Cashing Out" A city official is murdered. 		Unforgettable A Coast Guard officer is murdered. 		Unforgettable AI becomes a murder suspect. 	Suits (N) 	I Am the Night Fauna feels closer to finding Tamar. 	(:(10) Unforgettable One of Eliot's friends is murdered.	(12:05) Unforgettable 					
CNN	500	500		Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)			Cuomo Prime Time (N) 	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	Cooper 360					
DISC	520	505		Highway Thru Hell "Rear View" 		MythBusters "Bullet Baloney" Firearm clichés. 		Expedition Unknown: Unearthed (N) 	Expedition Unknown (N) 	Contact Unprecedented investigation of aliens. 	Body Cam "The Chase" A felon steals a truck.	Expedition Unknown					
HIST	522	506		American Pickers A collector has an underground stash.		The Butcher "Opah" Only two take on an opah. 		Forged in Fire Crusader's dagger; steel takedown bow.	Blood Money Bill Prout's crab boat; self-sabotage. (N)	Brothers in Arms Creating a black-powder bazooka. (N)	American Pickers A designer with a rare collection. 	Blood Money 					
PARMT	628	584		Adam Carolla and Friends Build Stuff Live 		Adam Carolla and Friends Build Stuff Live 		Adam Carolla and Friends Build Stuff Live 	Adam Carolla and Friends Build Stuff Live 	Adam Carolla and Friends Build Stuff Live 	Adam Carolla and Friends Build Stuff Live 	Adam Carolla and Friends					
RDI	126	730		(5:59) Le national (N)	(:(31) RDI économie (N)	(:(01) 24/60 (N) (SC)		Les grands reportages La capitulation japonaise. (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 "Devil's Triad" Ellie adjusts to being on the team.		NCIS "Homesick" A mysterious illness. 		NCIS "Kill Chain" A stolen drone is linked to a terrorist.	★★ "Seventh Son" (2014, Fantasy) Jeff Bridges, Julianne Moore, Ben Barnes. An apprentice prepares to fight a malevolent witch. 	Ben Barnes. An apprentice prepares to fight a malevolent witch. 	NCIS "Devil's Triad" Ellie adjusts to being on the team.						
SLICE	601	562		Southern Charm Eliza hosts a day of skeet shooting. 		The Real Housewives of Orange County 		Southern Charm Madison repeats a rumor. 	Southern Charm Ashley and Kathryn come face to face.	Below Deck Mediterranean 	Below Deck Mediterranean "Pardon Your French" 	Southern Charm 					
TLC	521	560		Say Yes to the Dress 	Say Yes to the Dress 	Say Yes to the Dress "200? Trouble with This Dress" 		Dr. Pimple Popper "Super-sized: Romancing the Lump"	The Family Chantel Chantel confronts Pedro. 	Unexpected McKayla returns and is pregnant again. 	Unexpected McKayla returns and is pregnant again. 	Dr. Pimple Popper 					
TSN	400	400		(4:00) Women's Golf U.S. Amateur: Round of 64. (N)		MLB Baseball Teams TBA. (Taped)				SportsCentre (N) (Live) 	SportsCentre (N) (Live) 	SC With Jay and Dan (N)					
YOUTH	551	542		Henry Danger	Game	★★★ "The Boxtrolls" (2014) Elle Fanning 			★★★ "Tim Burton's Corpse Bride" (2005)		Game On 	Just Kidding	Just Kidding			iCarly 	

THURSDAY EVENING													AUGUST 8, 2019				
	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	NFL Preseason Football New England Patriots at Detroit Lions. From Ford Field in Detroit. (N)			Entertainment Tonight (N)	Channel 3 News	(:(35) The Late Show With Stephen Colbert 						
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! 	Wheel of Fortune 	The Wall A married couple vies for the prize. 	Hollywood Game Night "Kiss Me in Lamorne-ing" (N) 	Law & Order: Special Victims Unit "Facing Demons"	NBC5 News at 11 (N)	(:(34) The Tonight Show Starring Jimmy Fallon (N) 					
CBMT	6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	Still Standing "Oil Springs"	Coronation Street (N) 	Dragons' Den A trio hopes to lure in an investment. 	CBC Docs POV Widows fight for justice. (N) 	The National (N) 	CBC Montreal News (N)	Nirvana the Band	Coronation Street 				
CHLT	7	107	718	(5:58) TVA nouvelles (N)	(:(29) Sucré salé (N) (SC)	Pot inc. (SC)	★★ "Soeurs" (2015, Comédie) Amy Poehler, Tina Fey, Maya Rudolph. Deux soeurs organisent une soirée "de jeunes." (DVS) (SC)		TVA nouvelles (N)	(:(35) Sucré salé (SC)	(:(06) ★★ "Mort et enterré" (2013, Policier) Colin Farrell, Noomi Rapace. (DVS) (SC)						
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune 	NFL Preseason Football New England Patriots at Detroit Lions. From Ford Field in Detroit. (N)		Homes & Great Estates	WMTW News 8 at 11 (N)	(:(35) Jimmy Kimmel Live 						
CKSH	9	108	-	(5:59) Le télé-journal Estrie	(:(31) RDI économie (N)	Squelettes-plac.	Les pêcheurs "Le courage"		Bonsoir bonsoir! (N)	Le téléjournal (N) (SC)	(:(05) RéelleMENT Chet offre son soutien à Rachel. (SC)	(12:05) Broadcast church					
CKMI	11	-	-	Global National 	(:(29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Holey Moley A legendary actor stops by the course. (N)	Big Brother A houseguest is evicted. (N) 	Elementary A lead may bring Reichenbach to justice. (N)	Global News at 11 (N)	(:(35) The Late Show With Stephen Colbert 	</				

What's On

Music school fundraising campaign at Centre d'Art Richmond

Record Staff

The Centre d'Art de Richmond (CAR) welcomes all—young and young-at-heart—to three unique fundraising events for its music school.

On August 11, the CAR will host an auction of paintings and art-work from visual artists in the region.

August 18 will include a sale of curiosities and plants.

On August 25 Nick Fonda and a few friends will read excerpts from Fonda's new book, *Richmond, D'une époque à l'autre*.

Profits from all three of these events will go to the music school.

The three fundraising events, happening between 2 and 5 p.m. on the three consecutive Sundays, Aug. 11, 18 and 25, will be accompanied by an offering of tasty treats.

Cupcakes, cookies, ice cream, tea, lemonade, and other delicacies will be served, all lovingly made by volunteers from the CAR in conjunction with the owners of the newly-opened Café du Couvent.

The events will also include musical interludes throughout the afternoon events.

The upcoming fundraisers will take place on the front lawns of the Couvent Mont St-Patrice (1010 Main St. in Richmond).

The driving force behind these three innovative fundraising events is Marie-Lise Pilote. Less well known by English-speaking Quebecers, Marie-Lise Pilote is a stand-up comedian and actress who is a household name in most of Quebec. You can see her in *Le Menteur*, currently showing in Sherbrooke.

As well as being a performing artist, she is also an entrepreneur who has brought a strong sense of social responsibility to the initiatives she has undertaken.

"We hope the three fundraising events will be like a neighbourly get-together where you can indulge your sweet tooth," she commented. "The Centre d'Art is a cultural treasure, and the music school in particular. All three events should be a lot of fun, and we hope lots of people will come and join us."

MUSIC

August 3

Country Dance Saturday August 3, from 7 to 11 p.m. at the Trinity Anglican Church, 409 south street Cowansville. Music by Keepin' it Country. **Donation \$8**. Door prizes! Canteen on premises. Proceeds to benefit the food bank.

August 3

CADILLAC MUSIC RETURNS TO THE PIGGERY on SATURDAY, AUGUST 3 at 8 p.m. **Tickets are \$20 pp.** cadillacmusic.ca. A tribute to 50s, 60s and 70s. High energy show. This was the music of their generation, the soundtrack of their lives featuring The Temptations, Drifters, Wilson Pickett and more. This is a very popular show and sells out fast. Tel: 819-842-2431.

August 3 & 4

The Municipalities of the Village of North Hatley and the Township of Hatley will be presenting DREAMLAND CONCERTS in North Hatley's Dreamland Park (corner of Capelton and Main Streets), Saturdays at 7:30 p.m. and Sundays at 1 p.m. (until August 25). Saturday, August 3 at 7:30 p.m.: **JEFF COATES**. Sunday, August 4 at 1 p.m.: **HEART AND SOUL. ADMISSION IS FREE SO COME AND ENJOY THE MUSIC!** In case of bad weather, concerts will take place in the Pleasant View Beach building on Saturday evenings and at the North Hatley Community Centre on Sunday afternoons.

August 4

Romaine Fish + Game Club Fundraiser - On Sunday afternoon August 4th (2:00 - 5:30) The ROMAINE FISH + GAME CLUB will be holding a dance with 'SMOKIN' COUNTRY' featuring Kevin Bockus, Steve Lorenzi, Ed Begon, Howard Ring + Mark Papineau. The dance will be followed by a **SPAGHETTI SUPPER at 6:00**. (Homemade Spaghetti, rolls, Caesar salad, dessert, coffee/tea). **Admission: \$15/per person**. This fun event, open to everyone, will take place at the **Richmond Fair Grounds**, Rte. 116 (between Richmond and Windsor).

August 16, 17 & 18

The JUNO award winning **Ensemble L'HARMONIE DES SAISONS** with Montreal's vocal ensemble **MESLANGES** present **Claudio MONTEVERDI'S Italian Baroque Masterpiece, VESPERS OF 1610**. International vocal soloists and ensemble of authentic period instruments offer a rare opportunity to hear this magnificent production in 3 glorious sacred settings. **MONTREAL: August 16**, 7:30 p.m., Church of the Visitation, 1847 Boulevard Gouin Est. **ABBAYE of SAINT-BENOIT-DU-LAC: August 17**, 2 p.m., Chapel of the Abbaye. **BOUCHERVILLE: August 18**, 3 p.m., Church of the Holy

Family, 560 Boulevard Marie-Victorin. Tickets available at www.eventbrite.com (please consult MESLANGES). Reservations: 514 544-9810. Adults: \$40 - \$30, students: \$10 (plus taxes and fees), and free for children 12 and under.

August 17

PIGGERY THEATRE COMMUNITY FUNDRAISER, part of the proceeds from each ticket sold will benefit North Hatley Young Curlers and North Hatley Elementary School sport or arts program - featuring Carl Dixon - Saturday, August 17 at 8 p.m. **Tickets \$25 pp.** Canadian rock musician, keyboardist, guitarist, songwriter. His powerful vocals, artistry and stage presence have made him one of Canada's most respected musicians. He's renowned as both a solo artist and band member of groups such as The Guess Who, Coney Hatch and April Wine. www.carldixon.com. Reservations: 819-842-2431.

EVENTS

August 2

PIGGERY THEATRE YOUTH SUMMER CAMP SHOW. After 2 weeks of camp the drama group is ready to entertain you. **FRIDAY, AUGUST 2 at 7 p.m. Tickets are \$10 pp.** Tel: 819-842-2431.

August 10 & 11

Town of North Hatley, Giant Rummage Sale, Saturday, August 10, 9 a.m. to 5 p.m. Sunday, August 11, 9 a.m. to 3 p.m. at the North Hatley Recreation Society Beach House, 2070 Lake Road - 2 floors.

August 11

Eaton Corner - Join us on Sunday, August 11 from 1 to 5 p.m. for the annual Old Fashioned Day at the Eaton Corner Museum. 374, Rte 253. Admission includes Tea Service with homemade scones and jam; demonstrations of heritage crafts, antique machinery and "Old Time" Music.

EXHIBITS

August 3

Vernissage: Saturday, August 3, 5 to 7 p.m. 'Walking in the Woods' Alexandra MacDougall (painting, drawing) and Mair Vaughan Millington (painting). Music by Erich Kory (cello) and Allyn Harris (keyboard). Blacksmith demonstration by Phil Desormeaux. **Le Vieux Forgeron Art Gallery**, 240a Dufferin, Stanstead. Aug 1 to 18, 2019. Hours: Thurs-Sun, 11 a.m. to 6 p.m. Facebook: Le Vieux Forgeron Art Gallery.

TONIGHT: 5:00 → 9:00 PM

2 CHILI CHEESE DOGS \$1.50

PLUS TWO SIDES

LIVE ON THE PATIO

5:30 - 9:30

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Local Sports

Run in shady areas to keep cool and if you run in the heat, slow the pace, wear a hat and sunglasses

Christine's summer run ready tips



A RUNNER'S MIND
CHRISTINE BLANCHETTE

Summer is the perfect time for starting a running program as warm temperatures and longer daylight hours provide extra motivation. Caution should be taken, however, with heat stroke and dehydration among ailments that could be dangerous if your body isn't acclimatized and protected. To safely enjoy your runs, acclimatize by taking a few days of running slowly to adjust your body to the heat.

- Here are my top 5 summer tips to get you run ready.
1. Before running, invest in a pair of specialty shoes, sweat wicking fabrics including socks, avoid dark colored clothing as the sun absorbs the heat, and follow a proper program to suit your fitness level.
 2. Run in shady areas to keep cool and if you run in the heat, slow the pace, wear a hat and sunglasses. It is best to run in the early morning or evening when it is the coolest. Running by the beach or water will keep you cooler.
 3. Wear a strong sunscreen to avoid sunburn.
 4. Pick a route with water fountains on it or if not, bring it with you.
 5. Hydrate enough, before, during and after your workout. Sip enough water during the day to keep hydrated.
- Christine Blanchette is also a TV host/producer of Run With It, a running, fitness and health program on YouTube channel.



Canadian tennis stars experiencing mixed results heading into Rogers Cup

By Stephanie Myles
THE CANADIAN PRESS

With the eye-catching results from the tennis teens at big tournaments in Indian Wells, Calif., and Miami back in March, fans were hoping _ almost expecting _ that a Canadian dynasty had been officially launched. But four months later, that bullet train to the top of the game has stalled a little. And so there are more questions than answers as a large contingent of Canadian players prepares for next week's Rogers Cup. The women are in Toronto and the men in Montreal this year. Bianca Andreescu vaulted into the top 25 with a title at Indian Wells and a fourth-round effort at the Miami Open. But since then, the 19-year-old Mississauga, Ont., native has played just one match _ a first-round victory at the French Open in May before she withdrew because of a shoulder injury that first surfaced on her way to the Indian Wells title. While Andreescu still plans to play her hometown tournament, the shoulder has not been subjected to lengthy practices or repetitions needed to properly prepare. Meanwhile, Eugenie Bouchard of Westmount, Que., won just three games in a first-round loss to American Lauren Davis at the Citi Open this week. The former world No. 5 fell out of the WTA

Tour's top 100 nearly two weeks ago. She has won just two matches at the WTA Tour level in 2019; the last victory came in Dubai in mid-February. On the men's side, Denis Shapovalov will return to Montreal, which in 2017 was the launching pad for his rise to the top of the game as he stunned Rafael Nadal. Two years on, he's officially struggling. Shapovalov, who turned 20 in April, hit his career-high ranking of No. 20 after that Miami Open semifinal in March. But he went 2-9 during the European clay and grass seasons. The Richmond Hill, Ont., native hasn't won a match in 2 1/2 months and withdrew from this week's Citi Open. "Listen, Denis is 20, I'm almost 19, Bianca is 19. If everything goes well, knock on wood, we're probably going to have a lot of years on tour, and we'll share some great moments with the fans. So I'd tell the fans to be patient, just as we have to be," said Montreal's Felix Auger-Aliassime, who also advanced to the Miami semis and will play his hometown event for the first time next week. "Just like the fans, we want to be top 10, we want to be No. 1. But it takes work, it takes time. So I think we all have to stay calm, keep a cool head." Perennial top-10 star Milos Raonic of Thornhill, Ont., struggled with back pain during the spring, even if he did post some very good victories. It was just the latest in a litany of physical woes the 28-year-old has had to deal with over the last few years. While Raonic has been able to maintain his ranking in the top 20, he hasn't been healthy enough, for long enough, to get back to his best. Raonic says he's getting there _ and he believes having three Canadian men in the top 10 remains a reachable goal. But Raonic, too, preaches patience. "To be in the top 10 you have to kick out a few people. Who are you going to push out, and what are their results? With myself, Felix and Denis, that would mean there are only seven spots for all the other people _ around the world. That's a hard thing to do," Raonic said. "It's definitely doable, but it's not one of those things that happens quickly." The fourth Canadian member of the top ATP Tour's top 100 is Brayden Schnur. Armed with a wild card, the 24-year-old Pickering, Ont. native, now living in Montreal, will look to post his first career Rogers Cup singles win in his adopted hometown next week. "You have to realize that this is a once-in-a-lifetime generation, to have two stars like Felix and Denis on the come-up," Schnur said. "But they're so young. We can all see the guys who are winning right now _ the Djokovics and Federers and Nadals. There is going to come a time when the younger guys step in and start beating the top guys. But it's tennis, it's a process. It's a long one." Shapovalov was ranked a career-high

No. 20 when he went to Europe. He arrives in Montreal just outside the top 30, convinced that his game is there and that the solution needs to come from within. "I think we put in all the work. I think I'm doing everything very professionally. And my team's doing a very good job. Unfortunately, it's not something any(body) can fix but myself," Shapovalov said after his first-round loss at Wimbledon. He said the Rogers Cup was coming at the right time. "I've always played well there. And I feel when I play at home it sort of brings out a different energy, a different vibe. The crowd is behind me," he said. "It's the perfect timing to have Montreal come." For Toronto's Sharon Fichman, who left the game for several years before returning a year ago with the goal of making the Tokyo Olympics, it's all about being supportive. "If you really dig deep into what these athletes are doing, they're doing everything right," said Fichman, who returns to the Rogers Cup to play doubles for the first time since 2015. "It's going to happen as long as they stay healthy. You just have to understand that this is a sport where things can change on a dime. "If you want someone to succeed, you have to be the wind beneath their wings - not the anchor. You want to encourage them to keep going, giving them a reason to fight."

Death



Elizabeth Hamilton Norris
1925-2019

At the CIUSSS de l'Estrie – Site Hôpital de Granby, on Sunday, May 5th, Mrs. Elizabeth Hamilton Norris passed away at the age of 93. She was the wife of the late Albert Norris and the late André Clark, residing in Waterloo.

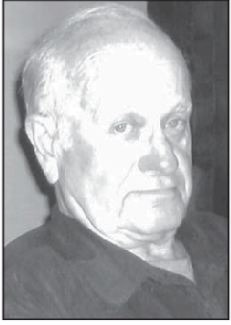
Cremation was held in Granby at Les Jardins Funéraires Bessette's Crematorium.

A celebration in honour of Elizabeth Hamilton Norris will be held at the Royal Canadian Legion of Waterloo on Sunday, August 11, 2019, at 2 p.m.

As a gesture of sympathy, a donation to the Granby Hospital Foundation would be appreciated. Forms will be available at the funeral parlor or online at www.fondationchg.org/.

Les Résidences Funéraires Bessette
5034 Foster St., Waterloo QC
PHONE: 450-539-1606
FAX: 450-539-3035
www.famillebessette.com
Member of the C.T.Q.

Death



David GRIMOND
1940-2019

At the Brome-Missisquoi-Perkins Hospital in Cowansville, on July 28th, 2019, David Grimond passed away peacefully after losing his battle with cancer at the age of 78.

He leaves to mourn his wife: Veronica Hollenbeck, his 4 children: Christopher (Lynn), Christine (Paul), Lori, Jeff (Michelle); his 8 grandchildren: Nick, James, Katie, Noah, Chase, Eric, Harmony, Emily; his 2 great-grandchildren: Logan, Owen; and many nieces, nephews and other family and friends.

Cremation was held in Granby at Les Jardins Funéraires Bessette Crematorium.

A gathering will be held at the Waterloo Cemetery for the immediate family at a later date.

Les Résidences Funéraires Bessette
5034 Foster St., Waterloo QC
PHONE: 450-539-1606
FAX: 450-539-3035
www.famillebessette.com
Member of the C.T.Q.

Death



Beverley Reitha Sanborn (nee Greene)

Sanborn, Beverley Reitha (nee Greene) - of Ridgetown, formerly of Brome Lake, Quebec. Passed away peacefully at the Chatham-Kent Health Alliance on Wednesday, July 31, 2019, age 87. Born in Montreal to parents the late Frank and Hazel (nee Timm) Greene. Bev spent many happy summers at Brome Lake where she met her husband the late H. Arthur Sanborn. Together they enjoyed many happy years of marriage in Quebec, Ridgetown and Apache Junction, Arizona.

Beloved mother of Susan and husband Ken McLarty of Ridgetown and the late Donna Sanborn. Gramie to Elly McLarty and partner Matt Moulton of Ridgetown, Patrick and wife Sabina McLarty of Kingston, Tim McLarty of Ottawa, and Paul Jolicoeur of Montreal, and the late Julie Jolicoeur. Great-grandie to Malcolm and Winnie. Sister of Brian and wife Carol Greene of Brome Lake and sister-in-law to Tom Kilbride of Brome Lake, Lois and husband Frank Stanbridge of Scarborough, John Sanborn of Alberta, Deanna and husband Heinz Irriger of Montana, and Andy Chevrefils of Montreal. Predeceased also by her sister Maureen Kilbride and sister-in-law Jesse Chevrefils.

Bev was a long-time schoolteacher in the English Catholic School Board in Quebec before retiring to Ontario. In retirement, Bev was an active member of St. Michael's Catholic Church, serving with the CWL for several years and member of Confederation Chapter of IODE. She enjoyed being out and about, playing bridge, attending plays, going for coffee, participating in book clubs, supporting fashion shows and organizing area tours for her friends and family who affectionately referred to her as "The General".

Visitation will be held at the McKinlay Funeral Home, 76 Main St. East, Ridgetown on Friday, August 9, 2019 from 4 to 8 p.m. Parish Prayers and CWL Prayers will be shared at 7 p.m. The Funeral Mass for Beverley will be shared on Saturday, August 10, 2019 at St. Gabriel Roman Catholic Church, Rondeau Park at 11 a.m. Burial will be held at a later date in the Knowlton Cemetery, Ville de Lac Brome, Quebec.

Donations in memory of Beverley may be made to the St. Michael's Catholic Church Building Fund, Canadian Diabetes Association or the Ridgetown Adult Activity Centre.

Online condolences may be left at www.mckinlayfuneralhome.com.

MCKINLAY FUNERAL HOME
76 Main St. East, Ridgetown ON
PHONE: 519-674-3141
www.mckinlayfuneralhome.com

Card of Thanks

WINTLE – I wish to send a big thank you to my daughter Nancy, Vincent & family for having such a nice party on my ninetieth birthday. Also thanks to my friend Shirley. Many thanks to all who came from near and far to help me celebrate. It was a beautiful day. Also many thanks to those who sent cards, which I enjoyed receiving very much. I will cherish the good wishing and memories.

Thanks one and all.
ERNEST WINTLE

Cemetery Meeting

CHERRY RIVER CEMETERY
Cherry River Cemetery Annual Meeting, Monday, August 5, 2019, at 6 p.m. at the home of Keith & Jane Sager, 1476 Alfred Desrochers, Orford, Que. J1X 6J4.

FRIDAY, AUGUST 2, 2019

Today is the 214th day of 2019 and the 43rd day of summer.

TODAY'S HISTORY: In 1790, the first official census of the United States was conducted.

In 1923, President Warren Harding died in San Francisco. Vice President Calvin Coolidge was sworn in as president before dawn the next day.

In 1934, Adolf Hitler united the chancellorship and presidency of Germany under the new title of Fuhrer.

In 1939, Albert Einstein wrote a letter to President Franklin D. Roosevelt, requesting that the U.S. research the possibility of atomic weapons.

In 1990, Iraq invaded Kuwait.

In 2018, Apple Inc. became the

Datebook

world's first trillion-dollar company.

TODAY'S BIRTHDAYS: Frederic Auguste Bartholdi (1834-1904), sculptor; Jack Warner (1892-1978), film executive; Myrna Loy (1905-1993), actress; Shimon Peres (1923-2016), Israeli president; James Baldwin (1924-1987), writer; Carroll O'Connor (1924-2001), actor; Lamar Hunt (1932-2006), sports executive; Peter O'Toole (1932-2013), actor; Wes Craven (1939-2015), filmmaker; Mary-Louise Parker (1964-), actress; Kevin Smith (1970-), filmmaker; Sam Worthington (1976-), actor.

TODAY'S FACT: The familiar enlarged copy of the Declaration of Independence bearing the signatures of 56 congressional delegates was signed on this day in 1776.

TODAY'S SPORTS: The "Black Sox," eight former Chicago White Sox baseball players charged with defrauding the public in a conspiracy to throw the 1919 World Series, were acquitted on this day in 1921.

TODAY'S QUOTE: "People pay for what they do, and still more for what they have allowed themselves to become. And they pay for it, very simply, by the lives they lead." — James Baldwin

TODAY'S NUMBER: 3,929,214 — population of the United States as recorded in the 1790 census.

TODAY'S MOON: Between new moon (July 31) and first quarter moon (Aug. 7).

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: clas-sad@sherbrookerecord.com - They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:
For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.
For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

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Church Services

Anglican

LENNOXVILLE
Saint George's Anglican Church, Lennoxville, 84 Queen Street. On the 1st, 2nd, 3rd and 5th Sundays we have Holy Communion Service and Sunday School class. Services begin at 11:00 a.m. On the 4th Sunday we have Service of the Word. Services begin at 11:00 a.m. 819-346-5564.

NORTH HATLEY
Saint Barnabas Anglican Church, North Hatley, at 640 Sherbrooke St., celebrates Holy Eucharist every 1st, 2nd, 3rd & 5th Sunday at 9 a.m. Morning Prayer is held every 4th Sunday at 9 a.m.

SHERBROOKE
Church of the Advent, 473 Bowen South invites you to our Sunday, August 4. Morning Prayer Service to be held at 11.00 a.m. Our August Holy Communion Service will be at 1.00 p.m. on Sunday, August 18. For your comfort our Church is air conditioned as needed.

Presbyterian

LENNOXVILLE
St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville, 819-569-3100, Sundays: 10:30 a.m. Worship and Sunday School.

SCOTSTOWN
St. Paul's Presbyterian Church in Scotstown welcomes you to a Sunday afternoon worship service on August 4 at 2:30 p.m. Minister: Rev. Susan Smith.

United

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

WATERVILLE/NORTH HATLEY
Waterville/North Hatley United Church, Sunday, August 4, no service. Rev. Mead Baldwin 819-837-1112.

SHERBROOKE
Plymouth-Trinity United Church - corner of Dufferin and Terrill in Sherbrooke, at 819-346-6373 and www.plymouthtrinitychurch.org- welcomes all of you to our Sunday, August 4 worship service, at 10:30 a.m. We especially welcome the members of the community of faith of Lennoxville United Church, who will worship with us through the month of August. There will be children's Church. Joignez-vous à nous pour notre culte dominical régulier le 4 août, à 10h30. Nous aurons un culte des enfants. Cordiale bienvenue à tout le monde. Minister: Samuel V. Dansokho.

A burger that could transport you to the Greek islands

By America'S Test Kitchen

The rich flavour of lamb makes for an exceptional burger experience. We decided to pair delicately spiced ground lamb patties with a colorful beet tzatziki, pan-seared halloumi cheese, and a drizzle of sweet honey for a truly unique burger that could transport us to the Greek islands any night of the week.

All that the ground lamb needed was a flavour boost, so we made a warm spice blend of coriander, oregano, and cinnamon. Slabs of firm, salty halloumi cheese developed a beautiful nutty brown crust when seared and offset the richness of the lamb.

For a creamy tang, we topped our burgers with a generous dollop of tzatziki, which we spiked with earthy beets to turn it a vivid pink. A drizzle of honey helped pull all the flavours together.

LAMB BURGERS WITH HALLOUMI AND BEET TZATZIKI

Servings: 4

Start to finish: 1 hour, 15 minutes

1 beet, peeled and shredded (3/4 cup)
1/4 English cucumber, shredded
1 teaspoon table salt, divided
1/2 cup whole Greek yogurt
3 tablespoons plus 1 teaspoon extra-virgin olive oil, divided

1 tablespoon minced fresh mint or dill
1 small garlic clove, minced
1 1/2 pounds ground lamb
1 1/2 teaspoons ground coriander
1 1/2 teaspoons dried oregano
1/8 teaspoon ground cinnamon
1/2 teaspoon pepper
1 (8 ounce) block halloumi cheese, sliced crosswise into 1/2 inch-thick slabs
4 hamburger buns, toasted if desired
1 1/2 ounces (1 1/2 cups) baby arugula
1 tablespoon honey

Toss beet and cucumber with 1/2 teaspoon salt in colander set over medium bowl and let sit for 15 minutes. Discard any drained juices and wipe bowl clean with paper towels. Whisk yogurt, 2 tablespoons oil, mint, and garlic together in now-empty bowl, then stir in beet mixture. Cover and refrigerate for at least 1 hour or up to 2 days. Season with salt and pepper to taste.

Break ground lamb into small pieces in large bowl. Add coriander, oregano, cinnamon, and pepper and gently knead with hands until well combined. Divide lamb mixture into 4 equal portions, then gently shape each portion into 3/4-inch-thick patty. Using your fingertips, press centre of each patty down until

about 1/2 inch-thick, creating slight divot.

Season patties with remaining 1/2 teaspoon salt. Heat 1 teaspoon oil in 12-inch skillet over medium heat until just smoking. Transfer patties to skillet, divot side up, and cook until well browned on first side, 2 to 4 minutes. Flip patties and continue to cook until browned on second side and meat registers 120 F to 125 F (for medium-rare) or 130 F to 135 F (for medium), 3 to 5 minutes. Transfer burgers to platter and let rest for 5 minutes. Wipe skillet clean with paper towels.

Pat halloumi dry with paper towels. Heat remaining 1 tablespoon oil in now-empty skillet over medium heat until shimmering. Arrange halloumi in single layer in skillet and cook until golden brown, 2 to 4 minutes per side. Serve burgers on buns, topped with halloumi, tzatziki, and arugula, and drizzled with honey.

Nutrition information per serving: 734 calories; 384 calories from fat; 43 g fat (18 g saturated; 0 g trans fats); 115 mg cholesterol; 1505 mg sodium; 44 g carbohydrate; 5 g fiber; 12 g sugar; 46 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americanstestkitchen.com>. Find more recipes like Lamb Burgers with Halloumi in "The Ultimate Burger."

(The Associated Press)

SUDOKU

DIFFICULTY RATING: ★★★★★

			9	6				3
		9		3	4	5	1	
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8/2

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PREVIOUS SOLUTION

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

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

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

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	3		1					5

DIFFICULTY RATING: ★★★★★

SUDOKU

Your Birthday

FRIDAY, AUGUST 2, 2019

Expand your interests, friendships and mind. Venture down creative avenues and explore what life has to offer. Look inward and review the past. Let go of what's no longer relevant and forge into the future with optimism and the desire to overcome fears and embrace new beginnings.

LEO (July 23-Aug. 22) — Put personal matters first. Show how much you care. Look at the big picture and recognize an excellent opportunity when you see it. Love conquers all, and romance is encouraged.

VIRGO (Aug. 23-Sept. 22) — Put your emotional energy to good use. Lend a helping hand or make changes to your lifestyle or daily routine. Choose a healthy and rewarding path.

LIBRA (Sept. 23-Oct. 23) — Don't worry about what others do or say. Trust in your ability to choose what's right and best for you. Physical improvements will lead to compliments, and romance is encouraged.

SCORPIO (Oct. 24-Nov. 22) — Choose your words and actions wisely. The less resistance you face, the more you will accomplish. Work quietly on your own and get things done without drawing attention.

SAGITTARIUS (Nov. 23-Dec. 21) — Observe what others are doing, but don't feel you have to join in. You'll achieve more if you take care of personal affairs involving money, legal or medical issues.

CAPRICORN (Dec. 22-Jan. 19) —

Observe what others do and listen to what they say. Information is power, and knowledge is the key to your success. Take control instead of letting someone else make decisions for you.

AQUARIUS (Jan. 20-Feb. 19) — Do what suits you, not what someone else is doing or wants you to do. Look out for your interests, and invest your time and money in yourself, not in someone else's goal.

PISCES (Feb. 20-March 20) — Share your thoughts with someone who can help you bring about change. Helping less fortunate people will lead to a great partnership. Know your limitations, and set boundaries before you make a commitment.

ARIES (March 21-April 19) — A personal contract or agreement may initially throw you off-guard, but in the end, you'll realize the benefits involved. If you look on the bright side, you will come out on top.

TAURUS (April 20-May 20) — Take your time. Making an impulsive move will not take you where you want to go. Gather information, facts and references that can help you make a wise choice.

GEMINI (May 21-June 20) — Get together with old friends or relatives. Attending a reunion or hosting an event will lead to new suggestions that inspire you to use your skills differently.

CANCER (June 21-July 22) — Don't labor over what others do or fail to do. If someone has an erratic temperament, you are best off keeping your distance. Aim to stabilize, not disrupt, your life.

SATURDAY, AUGUST 3, 2019

Slow down, as being impulsive will be detrimental to success. A steady pace will get you where you want to go. Much can be accomplished if you are vigilant about whom you decide to trust. If someone applies pressure, it's your cue to step aside and be a friendly observer.

LEO (July 23-Aug. 22) — Take a systematic approach to what it is you want to do. Think big, but when it comes to executing your plans, stick to a sized-down version and an affordable budget.

VIRGO (Aug. 23-Sept. 22) — It's up to you to bring about change. Don't sit on the sidelines, waiting for someone to make a choice for you. Consider what you want and make it happen.

LIBRA (Sept. 23-Oct. 23) — Put greater emphasis on personal gain, self-improvement and hanging out with people who bring you up, not down. Walk away from controversy and criticism. Spend time with people who appreciate you.

SCORPIO (Oct. 24-Nov. 22) — The way you feel and what you know will conflict. Don't let your emotions interfere with what's best for you and the people you care about. Do what's right.

SAGITTARIUS (Nov. 23-Dec. 21) — Emotions will lead you astray. Someone will plant assumptions in your head, causing confusion. When in doubt, go directly to the source. Concentrate on personal gains, not on someone else's drama.

CAPRICORN (Dec. 22-Jan. 19) — A

change at home will be useful for you. Don't let what someone else decides to do ruin your plans. Do your own thing and revel in the joy it brings you.

AQUARIUS (Jan. 20-Feb. 19) — Put some energy behind whatever it is you are trying to achieve. If you do the work, you'll get the glory and respect you deserve for a job well done. Romance is highlighted.

PISCES (Feb. 20-March 20) — Be realistic. Refuse to let anyone set you off or play with your emotions. Look for the truth and use your intelligence and intuition when dealing with manipulative people.

ARIES (March 21-April 19) — Expand your interests, try something new and enjoy life. You are in control of your destiny. Take charge and turn any negative you encounter into something positive.

TAURUS (April 20-May 20) — Take better care of your health and well-being. Refuse to let the little things get to you. Think matters through and be meticulous about the way you do things.

GEMINI (May 21-June 20) — Trust only in what you know to be factual. If someone wants to play games, you should recognize the rules and maneuver your way to personal and emotional safety.

CANCER (June 21-July 22) — Listen to what others have to say and consider your options. It's OK to head in a different direction. Personal growth will result from the experiences you have.

Sunday horoscope on page 23

Mail thief

Dear Annie

FRIDAY, AUGUST 2, 2019

Dear Annie: I live in a large apartment building in a very safe part of town. It's an older building, and all of the mail for the complex is in one room. Large packages are placed by the mailbox in that room rather than brought up the four flights of stairs.

A few weeks ago, I purchased a couple of expensive kitchen gadgets online and was waiting excitedly for them to arrive. As the order said five to seven business days, the more than two weeks I'd been waiting seemed wrong. I work from 8 a.m. to 5 p.m., so I knew that the package would arrive while I was at work. However, I checked for it every day before and after work, just in case. Nothing.

After tracking the package online, I saw that my order had arrived three days earlier. But it had gone missing. I told the apartment manager, and he said there wasn't any video surveillance. The best I could do would be to put up

signs asking for info or saying that the package had been mistakenly picked up and to have it delivered to me or the apartment manager. I can be refunded for the kitchenware through the online retailer, but, Annie, how do I deal with neighbors stealing my stuff? I don't feel as safe in this apartment now, even though I've been living here for more than four years. — Signed, Sealed, Delivered ... and Stolen

Dear Stolen: If you want to feel safer around your neighbors, get to know them. It's harder to steal a Ginsu knife from someone you know — and who may be in your kitchen one day — than from a stranger who is merely a name on a packing slip.

Consider planning a barbecue or movie night for the complex. You'll make friends, and the other people in your building will recognize you as an active member in your community. In the meantime, to ease your mind, have your packages delivered to the post office for you to pick up or delivered to

your work.

Dear Annie: I had my first child when I was still a teenager, and we've always been exceptionally close as mother and daughter. When my daughter had her own children in her mid-20s, I was still young enough to be mistaken for their mom. I've enjoyed fun and close relationships with my grandsons and my granddaughter.

However, I just found out that my 14-year-old granddaughter, Emma, has been in therapy for the past few months because she was cutting herself. She's been acting out since my daughter and her husband got divorced last year. I heard one of my grandsons talking about Emma's "sessions" and asked my daughter what was going on. I've done some research online about cutting, and I know that Emma's health should be our main focus. But I'm hurt that no one told me about this sooner. I have always been there for my family and would think my family members would turn to me when things get hard. — Confused

Nana

Dear Nana: Your daughter is acting purely on instinct, a mama bear in survival mode. She hasn't been thinking about anyone but her little cub. The most important thing is getting your granddaughter help. It sounds as if she is on that path.

Your family didn't mean to hurt you by leaving you out. Try to remember what it's like to be in the trenches of parenthood with a young daughter. It's easy to get tunnel vision when in such a crisis.

Set your emotions aside, and just be there for your family — as you're already doing.

"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.creator-publishing.com> for more information. Send your questions for Annie Lane to dearannie@creators.com.



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20 years 10,000 Wishes

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.

“CK KJXVO KUM MD KFDVV WVJDO GMD
AV KM RDVJKV J S-ACYTKV CZZTOCMY
GMD AV KM BVK CK KM KfV ZVHVZ C
UJYK.” — IJHCI RMEEVDGCVZI

Previous Solution: “Magic is ... about creating a moment of awe and astonishment. And that can be a beautiful thing.” — David Blaine

TODAY'S CLUE: G equals B

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.

“N MRG VILLJI ARMX RGH HC EORL N
ERGL LC HC. RGH EORL N ERGL LC HC
NV MRKH LKNMXV RGH SRPNM.”
— ORKKF RGHKVC G

TODAY'S CLUE: G equals P

Previous Solution: “It takes two or three years for me to create a 5-minute illusion for me to get it to the level I want.” — David Copperfield

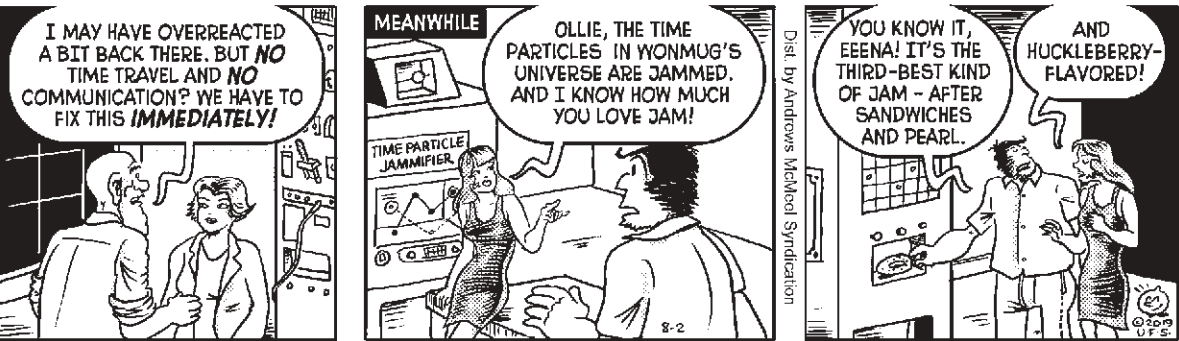
REALITY CHECK



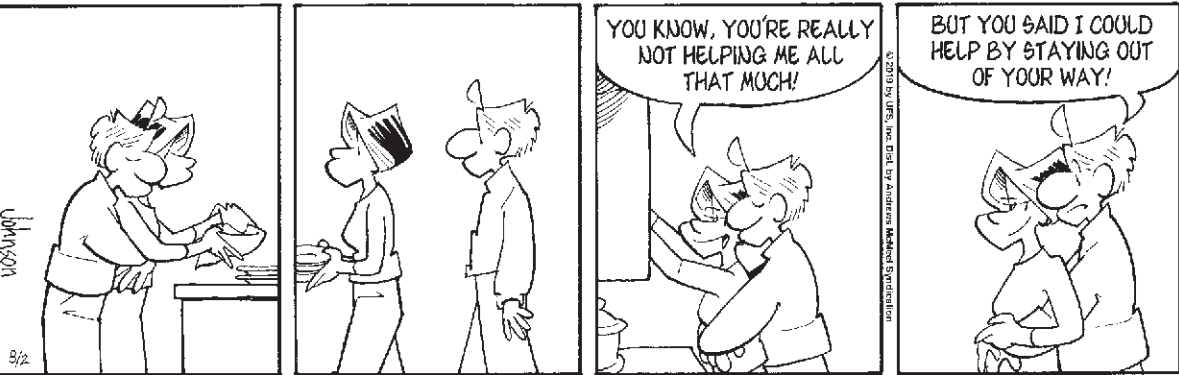
HERMAN



ALLEY OOP



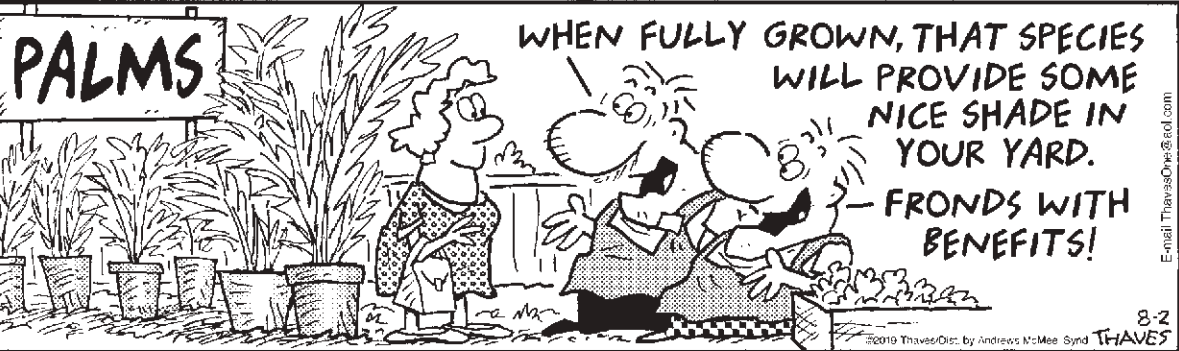
ARLO & JANIS



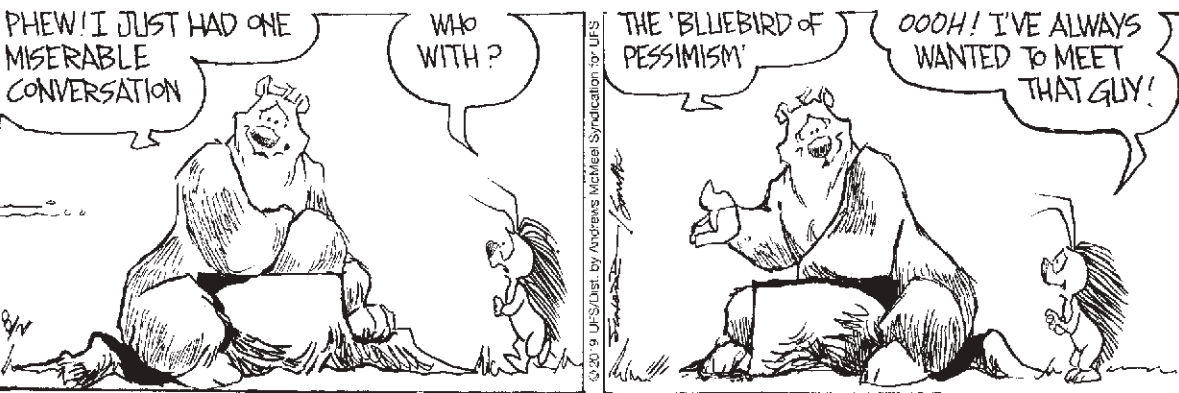
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100 Job Opportunities



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INVENTORY CLOSURE

Notice is hereby given that, following the death of the late **Willa WATSON**, during her lifetime residing and domiciled at 506, Route 243 North, Cleveland, Quebec, J0B 2H0, which occurred on December 4, 2018, an inventory of the deceased's property was made by the liquidators of the succession, in accordance with the law.

This inventory may be consulted by all the interested parties, at the office of **Mtre Timothy LEONARD, Notary, at 520 Bowen South, Sherbrooke, Quebec J1G 2E1, 819 563-0500.**

This July 25, 2019.

Timothy LEONARD, Notary and Attorney for the Liquidator

ACROSS

- 1 Goody-goody
- 5 Cold mo.
- 8 Skirt bottom
- 11 Arrives
- 13 Gonzalez's gold
- 14 Yes, to Rob Roy
- 15 Indian dwelling
- 16 Bumper add-on
- 18 Entry form ID
- 20 Type of jacket
- 21 "Peachy-keen!"
- 23 Sweater front
- 24 Region of India
- 25 Sidle past
- 27 Lodging places
- 31 Part of GPA
- 32 Woodlands grazer
- 33 Hardware item

34 Uncle or grandpa

- 36 Hitch in plans
- 38 Health resort
- 39 Scraped by
- 40 Playing cards
- 41 Promising
- 42 Dorm climber
- 44 Listlessly
- 46 Joust's weapon
- 49 Spinnaker or jib
- 50 Swellhead
- 52 Diner's request
- 56 — to lunch
- 57 Hawaii's Mauna —
- 58 Political ploy
- 59 Society column word
- 60 Furtive
- 61 Excited

DOWN

- 1 Interest amt.
- 2 Caviar

Answer to Previous Puzzle

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

- 3 Brat
- 4 — Davis of "The Fly"
- 5 Tenor — Carreras
- 6 Paintings
- 7 Loud sound
- 8 Ocean fish
- 9 Stared at

- 10 Like a pittance
- 12 In a chair
- 17 Inform (2 wds.)
- 19 Shy quality
- 21 Kim — of "Vertigo"
- 22 Flying predator
- 23 Wrap-around porch
- 24 Monopoly or solitaire
- 26 DNA component
- 28 Pertaining to the nose
- 29 Chilly
- 30 Wooden strip
- 35 Decree
- 37 NASA outfits (hyph.)
- 43 Conceals
- 45 Burro alternative
- 46 Mr. Uris
- 47 Feverish chill
- 48 Short letter
- 49 Command for a pooch
- 51 Helios, in Rome
- 53 Entreat
- 54 — -tzu
- 55 Unit of work

1	2	3	4			5	6	7		8	9	10
11				12		13				14		
15						16			17			
			18		19			20				
	21	22					23					
24				25		26			27	28	29	30
31				32					33			
34			35		36			37		38		
39					40					41		
			42	43			44		45			
46	47	48				49						
50					51					53	54	55
56				57				58				
59				60					61			

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NEA Crossword Puzzle

ACROSS

1 Large tub

4 Prez's stand-in

8 Roll call reply

12 Even one

13 Humorist — Bombeck

14 Nefertiti's god

15 Brief immersion

16 Wilde-beests

17 Upstream spawner

18 Come into view

20 Playful swimmers

22 Diameter halves

23 Berlin article

24 Red-ink entries

28 Before, to poets

31 Vatican head

34 Debtor's note

35 Pitch water

36 Fragrance

37 Cable network

38 Asian range

39 Freudian subjects

40 Gushed forth

42 Mensa stats

44 Once more

48 Shrewd

51 Deepen, as a canal

52 "Wool" on clay sheep

53 Insect pest

55 Malt brew

56 Prepare food

57 Ancient barbarian

58 Seed container

59 Shade

60 Move in the breeze

61 Stuffed animal

DOWN

1 "Star Wars" villain

2 Jungian term

3 Keyed in

Answer to Previous Puzzle

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

4 Carrot or spud

5 Sea eagle

6 Cassowary kin

7 El —, Texas

8 Too big a hurry

9 Extremely delicate

10 Bring up

11 Purposes

19 Sidecar occupant

21 NFL events

25 Particles

26 Ca++ and Na+

27 "Swan Lake" costume

29 Narrow inlet

30 Pharmacist — Lilly

31 Taro dish

32 Eccentric

33 Viewpoint

35 Cop's ID

40 Devotee

41 Unrefined

43 Shudder

45 Cope with change

46 Snow house

47 Destitute

48 Checkbook no.

49 Drive away

50 Grocery buy

51 Computer fodder

54 At this time

Your Birthday

SUNDAY, AUGUST 4, 2019

Personal growth is favored. Knowledge is power, and it will encourage acceptance and support that can help you take advantage of opportunities that come your way. The willingness to put in the physical work will be necessary to reach your goal.

LEO (July 23-Aug. 22) — Pay close attention to certain relationships. Not everyone will be easy to deal with. When in doubt or feeling pressured, you are best off moving forward on your own.

VIRGO (Aug. 23-Sept. 22) — Walk away from anyone who is manipulative or a bad influence. You cannot save others if they don't want help. Focus on doing what's best for you.

LIBRA (Sept. 23-Oct. 23) — Emotional energy will mount and is best channeled into something you enjoy doing. Pay more attention to your appearance and a loved one, and focus on enjoying your life.

SCORPIO (Oct. 24-Nov. 22) — Take better care of your health. Taking an unnecessary risk will lead to injury. Use your intelligence, and work to find solutions that will counter any negativity you face.

SAGITTARIUS (Nov. 23-Dec. 21) — Don't jump into something without knowing what you are getting into. Invest your time and effort into your own pursuits, not in someone else's schemes. Personal gain is within reach, and romance is encouraged.

CAPRICORN (Dec. 22-Jan. 19) — Toler-

ance will be required when dealing with relationship issues. A change or adjustment at home may not be welcome, but it will help you reach a solution. Compromise is favored.

AQUARIUS (Jan. 20-Feb. 19) — Take charge when dealing with relationships, physical fitness and being the best that you can be. Don't let the actions of others interfere with your progress. Romance will improve your personal life.

PISCES (Feb. 20-March 20) — Follow the facts and don't lose sight of your goal. Don't be fooled by someone who talks big or tries to entice you to indulge in something that isn't good for you.

ARIES (March 21-April 19) — Keep moving forward. You'll accomplish more than anticipated if you refuse to let anyone meddle or interfere in your personal business. Plan a romantic evening with a loved one.

TAURUS (April 20-May 20) — Take note of what others are doing, but don't intervene or take part. You'll do best if you concentrate on what you are trying to accomplish.

GEMINI (May 21-June 20) — An emotional situation will escalate if you let it. Look at what you can accomplish personally and put your time and energy into self-improvement, not into trying to change others.

CANCER (June 21-July 22) — Make a positive change at home that will render it more comfortable. If you invite friends and family to share your space, it will bring you closer together.

FRIDAY, AUGUST 2, 2019

Tell partner where to turn at trick two

By Phillip Alder

Dale Carnegie said, "Develop success from failures. Discouragement and failure are two of the surest stepping stones to success."

Bridge partnerships will have failures but must try to use them to improve in the future, not become discouraged. The more discussion they have, the better they will do — assuming they both remember what was agreed. Put everything on paper, so that it can be checked before playing.

How should the defenders defeat five hearts after West leads the spade ace?

Over North's takeout double, East bravely jumped to four spades despite the unfavorable vulnerability. Four spades doubled would have cost 500 for down two, West losing one heart, one diamond and three clubs. But that was hard for South to anticipate. Understandably, he advanced with five hearts.

How should East signal at trick one? Attitude is hardly important, given dummy's singleton. Similarly, count is unnecessary. East should send a suit-preference signal to tell West which minor to lead at trick two.

Here, because East wants a diamond shift, the higher-ranking minor, he plays the spade queen or jack. Then West

North08-02-19

♠ 7

♥ A Q J 10

♦ K 8 5 4

♣ K 8 5 4

West

♠ A K 9 8 5 4

♥ 7

♦ 10 9 6

♣ 10 9 6

East

♠ Q J 3 2

♥ 6 3

♦ A Q 7 3

♣ 7 3 2

South

♠ 10 6

♥ K 9 8 5 4 2

♦ J 2

♣ A Q J

Dealer: West

Vulnerable: East-West

South

West

North

East

5♥

2♠

Dbl.

4♠

Pass

Pass

Pass

Opening lead: ♠ A

leads the diamond 10, and the defenders take the first three tricks.

Note that if West does anything else at trick two, declarer will win 11 tricks: six hearts, four clubs and a spade ruff on the board.

There is one caveat for a suit-preference signal at trick one when dummy has a singleton in the suit led: Third hand must be known to have length in that suit.

The top 9 grilling mistakes and how to fix them

By Elizabeth Karmel

I love to grill, and barbecue, and I have devoted my career to outdoor cooking for more than two decades. In that time, I've seen a lot of mistakes and people tend to make them over and over. So I put together a list of the biggest grilling don'ts and how to avoid them. Print this list and refer to it the next time you get ready to grill!

NEVER OIL THE GRILL

Many people oil the cooking grates - big blunder! Follow my mantra: "Oil the food, not the grates!" If you brush oil on hot cooking grates (and a lit grill), you run the risk of a big flare-up. The oil that you have brushed on will instantly burn leaving a sticky residue that will "glue" your food to the grates, making it stick, break apart and dry out like dehydrating food. If you oil the food, it will stay juicy, promote caramelization, those great grill marks! And help to prevent "stickage."

DON'T PUT FOOD ON A COLD GRILL

Always preheat a gas grill with all burners on high or wait until charcoal briquettes are covered with a white-gray ash. Preheating also burns off residue and makes it easier to clean the grill. Contrary to popular belief, you don't ever need to cook on a grill that is hotter than 550 F. The hotter the grill, the more likely you will burn the outside of the food before the inside is cooked.

CLEAN THAT DIRTY GRILL

An outdoor grill is like a cast-iron skillet. It gets better and better the more you

use it, but you do need to clean it every time you use it. Clean the grill grates twice every cook-out with a stiff metal bristle grill cleaning brush - before and after you cook. If you do this, it will never be a big job to clean your grill. If you don't have a grill cleaning brush, crumble a ball of heavy-duty aluminum foil and hold it in a pair of 12-inch locking chef tongs to use to clean the grill.

KNOW THE DIFFERENCE BETWEEN DIRECT AND INDIRECT HEAT

The most frequent mistake is to choose the wrong cooking method. To be a good griller, you must know the difference between direct, indirect or combo grilling and when to use them. Direct grilling means that the food is set directly over the heat source - similar to broiling in your oven. Indirect grilling means that the heat is on either side of the food and the burners are turned off under the food - similar to roasting and baking in your oven. Combo grilling means that you sear the food over direct heat (i.e., to sear a tenderloin, or large steak) before moving it to indirect heat to finish the cooking process. Remember this general rule of thumb: If the food takes less than 20 minutes to cook, use the DIRECT METHOD. If the food takes more than 20 minutes to cook, use the INDIRECT METHOD.

THE RIGHT WAY TO DEAL WITH FLARE-UPS

Never use a water bottle to extinguish a flare-up. Spraying water on a hot fire can produce steam vapours which may cause severe burns. The water can also crack the porcelain-enamel finish, re-

sulting in damage to your grill. Fire loves oxygen, so cook with the lid down and don't peek. Repeatedly lifting the lid to "peek" and check the food while it's cooking lengthens cooking time. If you have a full-on fire, turn all the burners off, remove the food and extinguish the flames with kosher salt or baking soda. In a worst-case scenario, use a fire extinguisher but know that it will ruin your grill.

AVOID FREQUENT FLIPPING

If you are cooking food by the direct method (hamburgers, hot dogs, boneless chicken breasts, small steaks, vegetables, etc.), flip only once halfway through the cooking time. All protein will stick to the grates as soon as it makes contact with the hot grill grates. As it cooks, it will naturally release itself, and that is when you can turn it over with a pair of tongs. Just remember to oil the food, not the grates!

DODGE CROSS-CONTAMINATION

One of the most common mistakes backyard cooks make is using the same tongs for raw and cooked foods. This creates cross-contamination and can result in food-borne illness. It's easy to fix this problem. I have been colour-coding my 12-inch locking chef tongs with red and green duct tape for as long as I have been grilling. The different colours help me to remember which pair of tongs I used for

raw food (red), like chicken, and which are safe to use for the cooked food (green). And remember to use a separate clean platter for your cooked food, too.

DON'T SAUCE TOO SOON

If I had a dime for every time I saw someone pour thick sweet barbecue sauce on bone-in-chicken pieces or a whole rack of ribs while they were raw, I would be a very wealthy griller! All barbecue sauces have a lot of sugar in them and sugar burns very quickly. Almost always burning the outside of the food before the inside cooks. Generally I only brush food with sauce during the final 10-15 minutes of cooking time. With ribs that cook 2-3 hours, I will brush with a diluted sauce (1/2 beer and 1/2 sauce) for the final 30 minutes of cooking time.

RESIST TESTING FOR DONENESS BY CUTTING

Cutting your food to test for doneness is another common way people bungle their food. When you cut any protein, you are letting the precious juices escape and if the food is under-cooked, the area where it was cut will be over-cooked when you put it back on the grill. Use an instant-read meat thermometer to test for doneness, and always let your food rest for at least 5 minutes before cutting into it.

(The Associated Press)

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