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FRIDAY, OCTOBER 18, 2019

Protest at Galt

By Matthew McCully

A group of students held a demonstration at the front gate of Alexander Galt Regional High School yesterday, reacting to an incident at the school on Tuesday where a student allegedly threatened another student with a knife.

The students, numbering between 60 and 80, chanted "make school safe," suggesting the school's response to Tuesday's knife incident was inadequate. According to media reports, during recess on Tuesday a male student is alleged to have held a knife to the neck of a female student. A nearby teacher intervened before anyone was harmed.

Following the incident, the mother of the alleged victim expressed concerns to media that she felt the school did not recognize the severity of the situation and react appropriately.

According to ETSB Chairman Michael Murray, the situation, the details of which he could not include, was handled properly by the staff at the school. The incident is currently under police investigation.

Murray said the student protest was within the students' rights, and remained peaceful.

"If they feel strongly enough about something, they should be able to express themselves, and they did," Murray said.

The next step, according to Murray, will be for school staff and senior administrators to meet with the demonstrators to better understand their concerns and discuss what could be done.

"Before we had two people, now we have a group of people," Murray said, explaining the demonstration points to a wider problem at the school that should be addressed.

Galt model parliament students weigh in on the federal election



GORDON LAMBIE

By Gordon Lambie

There is nothing like an election to get people talking, regardless of whether or not they are of voting age. This past Wednesday morning, the students in Alexander Galt Regional High School's enriched English and History program were immersed in the world of federal politics as they analyzed a recent leaders' debate in small groups before discussing their observations together as a class.

Each of the groups focused on a different topic, with the options including the environment, polarization human rights and immigration, national and local leadership, indigenous affairs, affordability and economic security, a nonverbal analysis, and how the different leaders presented.

The conversation around climate change and the environment underlined the importance the students assign to that subject, while also

pointing out the difficulties even a small group can have in trying to come up with functional solutions. In an echo of the national debate, students were of two minds about the idea of a carbon tax and how it might impact Canadians.

The subject of human rights revolved mainly around the Quebec government's secularism bill. In this case support was much more firmly

CONT'D ON PAGE 3



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LOW 2



SATURDAY:
SUNNY

HIGH 8
LOW -5



SUNDAY:
MIX OF SUN
AND CLOUDS

HIGH 12
LOW 0



MONDAY:
SUNNY

HIGH 14
LOW 3



TUESDAY:
60% CHANCE
OF SHOWERS

HIGH 14
LOW 8

Sleeping On Jupiter

By Anuradha Roy



GOOD READS

LENNOXVILLE LIBRARY

Reviewed by Melanie Cutting

Although not initially enthralled with the idea of reading this 2016 novel, I did give it a chance (again, thank you, book club, for expanding my reading horizons!), and discovered that I quite enjoyed it.

“A woman revisits her childhood experiences of violence and sexual abuse in an Indian temple town” (from the *The Guardian* review) told me this was a novel dealing with exactly the kind of subject I usually shy away from, e.g. too much sordid reality, especially dealing with children: I tend to gravitate toward more escapist fare, but duty called. The reader is introduced to Noma, the central character, as a 6 year old child, leading a perfectly normal life in her village

in India with father, mother and brother, when war intrudes, violently. She escapes the slaughter with her mother, but within days, she is separated from her and eventually ends up spirited away to an ashram far from her home, where she spends the next several years of her life, along with a number of other kidnapped girls. Needless to say, this opening chapter did not bode well for my escapist tendencies.

The second chapter brings the reader into the present context, focusing on three elderly women travellers taking the 14-hour train ride to the temple city of Jarmuli for an outing. Latika, Gouri and Vidya are assigned a compartment with a young woman who turns out to be, not surprisingly, the now young adult Nomi of the introductory chapter. In the course of the rest of the book, by way of flashbacks, we discover how Nomi came to be on the train to Jarmuli, and the details of her life before and after the life-altering ashram experience. Defying all odds, she has become a documentary filmmaker, and is returning to Jarmuli to make a movie about this resort town where she grew up. Although she is there ostensibly on business, her hidden agenda is to find both the ashram and the guru who was responsible for her childhood traumas.

Much of the charm of the novel comes from the three older women in the train, lifelong friends, but very different from one another. Gouri, who is exhibiting signs of dementia, is looked after by the others; since she occasionally disappears, this is not an easy task. Of the three, she is the only one who is motivated by the spiritual nature of the trip. Vidya, retired from a bureaucratic position, is the designated caretaker. “Her voice exuded wisdom and forethought. Everyone who knew Vidya admired this about her: she thought of everything, and for everyone. She had a square broad face in which eyes, eyebrows, nose and mouth, everything was in proportion and the right shape, yet the sum of it, inexplicably, did not go beyond symmetry.” Latika is the most worldly and outgoing member of the trio, and still interested in attracting members of the opposite sex.

Other characters appearing in the novel include Gouri’s dissolute son, Suraj, coincidentally in Jarmuli at the same time as his mother, and also coincidentally, working with Nomi on research for the planned documentary. Suraj is the least sympathetic character

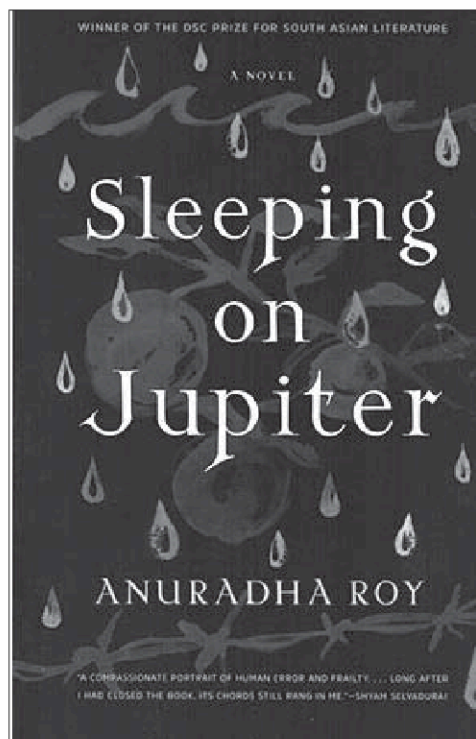
in the novel, with his own history of abuse towards animals and his wife, from whom he is now divorced. It comes as no surprise that he fancies himself a suitable match for the much younger, much smarter Nomi.

There is Badal, a temple guide, and the young man to whom he is wildly attracted, Raghu, erstwhile employee of Johnny Toppo, owner of the local tea stall business on the beach. Although none of these secondary characters plays a particularly major part in the story, which really belongs to Nomi and her quest, they do provide local colour, giving the reader a portrait of life in a tourist town in modern India, as well as in the wider context of today’s India. Certainly the most difficult portions to read (at least for me) occurred in the frequent flashbacks to Nomi’s life in the ashram, and her status as the “favourite” of the head of the ashram, Guruji, a charismatic, well-respected but totally sadistic, hypocritical and vengeful individual. In the current context of “Me too”, Guruji stands out as one of the worst offenders, essentially keeping a stable of young girls for his own amusement, and hiding behind the guise of a nurturing father figure. Sound familiar?

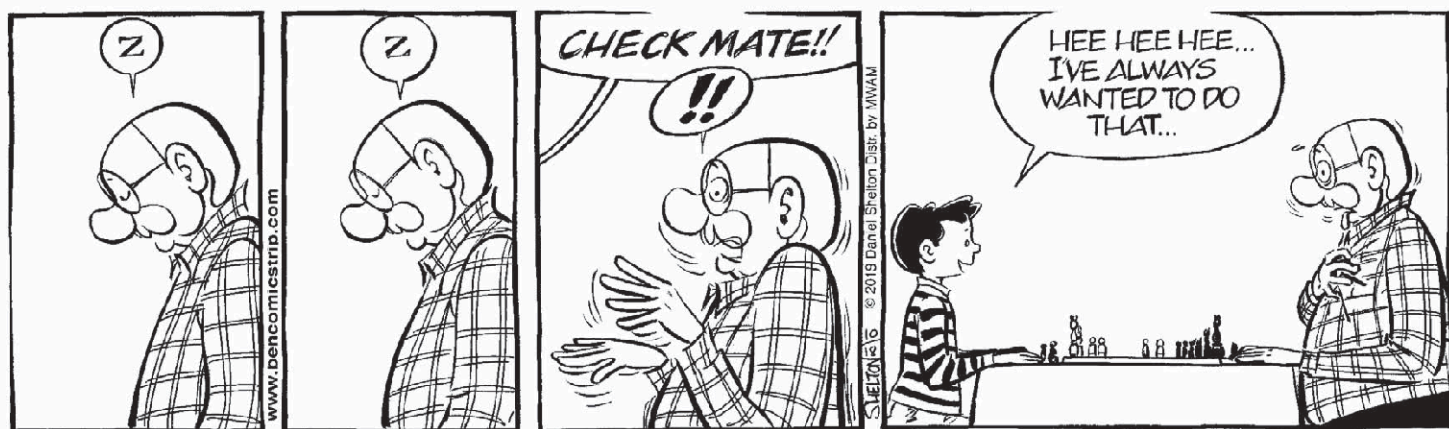
Nomi and one of her fellow ashram prisoners ultimately escape from captivity, although not all are so lucky. Following her departure and many subsequent difficulties, she is adopted by a Norwegian woman. Unfortunately, likely because of her background of brutality and emotional treachery, she seems to be incapable of returning the warmth of her adoptive mother.

The writing throughout is generally beautifully wrought, and truly a pleasure to read. There is no standard plot to speak of, but the many jarring, often evocative images of the surroundings—and the customs depicted in the novel—tell us much that is disturbing about the lives of both men and women in this society. If one of your criteria for a good novel is to come away with some new information or knowledge about our world, then this lush and well-crafted novel might be for you. It is available at the Lennoxville Library.

Anuradha Roy is the author of several other well-received novels, including *The Folded Earth*, which won the *Economist Crossword Prize*, and *An Atlas of Impossible Longing*, which was named a best book of the year by *The Washington Post* and *The Seattle Times*. She lives in Ranikhet, India.



Ben by Daniel Shelton



LOCAL NEWS

"We are fighting for our future," said Vincent Boisclair, one of the spokespeople for the group.

Trudeau stops in Sherbrooke to boost local candidates

By Gordon Lambie

In the midst of a last minute tour through Quebec, Liberal Party Leader Justin Trudeau was in Sherbrooke on Wednesday night to speak with party supporters alongside his wife, Sophie Grégoire Trudeau, and the liberal candidates for Compton Stanstead, Megantic-Érable, Sherbrooke, and Shefford.

"We did what we promised to Quebecers and Canadians that we were going to do," Trudeau said, giving a speech that leaned heavily on his party's investments in families, seniors, science, research and the environment while also working to remind people of the political situation when the Liberals were elected in 2015.

Rally-goers were greeted at the door by a group of protestors from the group "La planète s'invite à l'Université de Sher-

brooke" who are continuing to demonstrate in favour of action on climate change. Although the group was clearly taking advantage of the high profile visit to help make their message heard, a press release issued by the group in advance of the action explained that the protest was not meant as a direct attack on the Liberal Party.

"We are fighting for our future," said Vincent Boisclair, one of the spokespeople for the group. "These elections represent a point of no-return. Politicians need to act for us to survive. Elections without engagements and without actions for the planet present a future where there is no tomorrow."

Although Trudeau did not address the demonstrators directly, he did use their presence to support his points while speaking to supporters inside.

"They are passionate about the fight to protect the environment from climate change, and we agree, we need to do more" he said, "but let's make things clear; there is no Government that has done more to protect the environment in the history of our country."

Trudeau cited his party's plan to plant two billion trees, the implementation of a national carbon tax, significant increases in shoreline protection, and a push to transition the economy to a focus on green business and energy as evidence of his position.

The party leader also had choice words for the Bloc Québécois, whose popularity has been surging in Quebec over the weeks leading up to the election.

"I understand that in an election campaign people always have choices and consider different options," he said, "but



GORDON LAMBIE

there is something that frustrates me a little. When we hear talk of the Bloc Québécois, they make it seem as if they have a monopoly on Quebec pride, but I tell you they do not."

Galt model parliament

CONT'D FROM PAGE 1

against Bill 21, with students arguing that multiculturalism is a fact of Canadian life and that the diversity it lends to society is valuable, rather than something to fear. There were at least two students, however, who shared concerns that allowing teachers to wear overt religious symbols at work might lead students to "not feel safe."

The students charged with looking at the matter of national and local leadership in the debate pointed out that almost all of the leaders avoided the question, instead using the time allotted to push some other part of their agenda. They did, however, give credit to Green Party leader Elizabeth May for highlighting service as a key part of being a leader.

The conversation on Indigenous issues started out with a focus on the importance of preserving indigenous cultures and languages, but debate over what it means to protect and preserve a language quickly led the class down a tangent into provincial language politics and the age-old tension between French and English in Quebec. Although students eventually got the conversation back on track, this proved to be another subject where everyone agreed that the topic was important, but it was less clear what the best course of action would be moving forward.

The question of affordability and the economy led to a conversation about the politics of cuts versus the politics of action, and the fact that some parties take a "spend money to make money" approach, while others view overspending as a threat to a balanced economy. It also brought the issue of environmentalism back around with discussion about the Liberal decision to buy the Trans-Mountain pipeline, a subtopic that inspired some students to refer to Justin Trudeau as a hypocrite.

For those groups whose focus was on body language and ways of presenting, the students were very critical of candidates' lack of respect for one another and the movement towards more "US-

style" attack politics.

"I don't want the leader of my country to rely on putting others down to make himself look good," one student said, pointing out that Andrew Sheer and Justin Trudeau in particular had a tendency to talk down about each other.

That activity was a precursor to the program's Model Parliament, in which the students in the class will form their own parties, elect leaders, and work to try to pass bills in a manner similar to that of the Parliament in Ottawa.

Reflecting on Wednesday's discussion, English teacher Meagan McKinven said that although the students who come through the program each year always get to watch a debate, the level of engagement is always higher when the issues are current.

"It's much easier in an election year," the teacher said.

Michael Gearey, who was the model Parliament's Prime Minister last year, said that the exercise really changed his way of looking at the world.

"It got me into the mindset of a politician," the secondary five student said. "It helped me get into what's going on."

Gearey said that being the Prime Minister was a challenge not just in terms of putting good policies forward, but also in that the work of the party was on his shoulders

His parliament had three parties: the Liberals, Conservatives, and NDP, with membership split 16/10/6 so that power was balanced in a minority government scenario. Geary said that this really underlined the power of a majority government to him on days when a member of the opposition was absent for a vote, because it meant his party was able to pass some bills it never otherwise would have been able to.

Despite his political history, Geary is not quite old enough to vote yet.

"I don't have a say yet, even if I think I should," he said.

When asked who he would vote for in the current election if given the chance, the student said he would vote Liberal, but underlined the fact that one vote doesn't tie him to that party in future

elections.

"I believe in voting for values," he said, "It feels like (Trudeau) has done a lot of what he promised."

As for this year's class not everyone weighed in on the question of who they felt had won the debate, but of the seven who did, six argued that NDP leader Jagmeet Singh had set himself apart, while

there was a general consensus that the Green Party's Elizabeth May had failed to make a strong impact

The class will be having its own leadership debates in the weeks before Christmas. After the party leaders have been chosen, the model parliament gets going in earnest in the New Year.

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Climate rebel dispatches from around the world



DOUGLAS NADLER

From Sherbrooke to Sydney, Rio to Delhi, climate protesters are demanding that governments act now to save us from extinction

I took part in the Extinction Rebellion ‘slow swarm’ that gathered at Jacques-Cartier Park. What is a slow swarm? It is a way of getting people to take notice without disrupting the movement of the public too much. On October 12, 50 people took their climate placards and walked to the traffic lights at the intersection of Boulevard Jacques-Cartier and Rue King Ouest. Each time the pedestrian light turned to green, a group would cross to the middle of the road

and stand facing the cars to show their placards. When the light changed to green for the cars, the group would wait on the sidewalk and hold their signs up for the people in the passing cars to see. A huge proportion of drivers honked their horns in approval. This went on for over an hour. Some of the protesters were nervous to begin with, but they were soon delighted with the response. Many of the students had not participated in a demonstration before, and they were clearly empowered by their first action. Before the ‘slow swarm’ there was a palpable sense of purpose, particularly amongst the under-35s, a group that will feel the effects of climate breakdown most acutely.

Meanwhile, around the world Extinction Rebellion (XR) had a strong and at times very moving presence in many cities and towns. See rebellion.earth/act-now/events/news/ for images and reports.

The decision this week by the police to impose a London-wide ban on XR actions was highly criticized by Amnesty International, lawyers and politicians. The mayor of London, Sadiq Khan, said, “I believe the right to peaceful and lawful protest must always be upheld.” In response to the ban, XR continued to hold

non-violent civil disobedience actions while their lawyers went to court to oppose the decision. The ban brings up an ethically important question: what are the responsibilities of democratic governments to permit lawful and non-violent protest? The British Tory government claimed that protesters are not justified in continuing to occupy streets or monuments. “While we share people’s concerns about global warming, and respect the right to peaceful protest, it should not disrupt people’s day-to-day lives,” a spokesperson announced, but XR say that their actions are justified because of the urgency of the situation, and point out: “We have proven to the world that this rebellion is a truly global movement, growing rapidly within and between nations, and comprised of people with the selflessness, the creativity and the courage to resist the madness of this ecocidal system.”

It is the business-as-usual ‘everydayness’ of the perceived right of banks, governments and financial corporations to finance by loans or subsidies the well-oiled machinery of accelerated climate chaos that XR demands citizens disrupt. Thus it is significant that XR decided to stage a protest in front of the Bank of

England, even though the bank’s governor, Mark Carney, seemed to be agreeing with them by firmly warning that every corporation must take seriously the need to respond to a net zero emissions goal or else disenchanted investors could make them go bankrupt. This warning comes as it has been revealed that only a fifth of the world’s largest companies will meet the Paris climate agreement goal of a 1.5 Celsius limit in temperature increase by 2050. To XR, this target spells catastrophe. Why Extinction Rebellion has been out in force around the world is precisely to demand that the 2050 target be moved forward to 2025. ‘Day-to-day lives’ can’t wait for 2050 climate actions.

Back in Canada, with a federal election looming, a net zero carbon pathway plan has gained much traction as a valid campaign topic. For these politicians Extinction Rebellion has brought to the forefront what the perils are of failing to address the life/death issue of climate for humans and wildlife alike.

For further information about Extinction Rebellion, please see rebellion.earth/the-truth/

Who’s who in Compton–Stanstead

By Matthew McCully

The Compton-Stanstead riding includes all of the Coaticook and Haut-Saint-François regional county municipalities; the municipality of Stoke; the town of Stanstead; the villages of Ayer’s Cliff and North Hatley; the municipalities of Hatley, Ogden and Ste-Catherine-de-Hatley; Hatley and Stanstead townships, and the boroughs of Lennoxville and Brompton-Rock Forest-St-Élie-Deauville in Sherbrooke.

There are seven candidates running for election in the Compton-Stanstead riding:

- David Benoît-Bloc Québécois
- Marie-Claude Bibeau (incumbent)-Liberal Party of Canada
- Naomie Mathieu-Chauvette-New Democratic Party
- Jessy McNeil-Conservative Party of Canada
- Paul Reed-People’s Party of Canada
- Jean Rousseau-Green Party of Canada
- Jonathan Therrien-Parti Rhinocéros Party

Liberal Marie-Claude Bibeau currently holds the riding and is running for reelection. Before that (2011-2015) the riding was held by Jean Rousseau, a member of the NDP at the time. In 2004, Compton-Stanstead was represented by the Bloc. In 2000, the riding was Liberal.

The following is a brief introduction of the candidates looking to represent Compton-Stanstead in Ottawa.

When asked about the main challenges to be addressed in Compton-Stanstead, Bloc Québécois candidate David Benoît said protecting agricultural producers would be one of his priorities if elected, specifically defending supply management and helping producers who suffered losses due to trade agreements. Railway safety is another challenge,

Benoît said, pointing out that the poor state of railroads has been known for the past six years, but nothing has been done to improve the situation. Benoît said he would like to see more inspectors on the job, and added that municipalities should be warned in advance when trains carrying oil are scheduled to pass through.

While this is his first federal election campaign, Benoît said he has had a passion for politics since the age of 13. The 27-year-old candidate said he always tries to be a voice for people. Drawing on his experience as vice-president of the youth forum of the Bloc party, Benoît said his candidacy is a testament to the youthful renewal of the party.

When asked about addressing the needs of the English population in Compton-Stanstead, Benoît recognized the reality is different for those living outside of Montreal. In an effort to help the community thrive, Benoît said he would focus on making sure resources were properly distributed outside city centres to meet the needs of English-Speakers.

While a big part of the Bloc’s platform is to put Quebec first, Benoît said a good decision to improve the wellbeing of the local population could also benefit the rest of Canada. He said he would maintain a good relationship with colleagues in Ottawa even though his party’s focus is Quebec.

Naomie Mathieu-Chauvette, running for the New Democratic Party, said her three top priorities were the environment, agriculture and health.

“I’m 21 years old,” she said, explaining she would like to grow old in a healthy environment.

“Today is the time to make commitments,” Mathieu-Chauvette said.

CONT’D ON PAGE 5

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Who's who in Compton-Stanstead

CONT'D FROM PAGE 4

With around 60 per cent of the Compton-Stanstead riding being rural, Mathieu-Chauvette said supporting small farms and defending supply management were important, as well as reducing the family land transfer tax.

"Health shouldn't be dependent on a person's salary," Mathieu-Chauvette explained, saying the NDP would like to introduce drug and medical insurance plans to help families save money.

"I'm here for the right reasons," Mathieu-Chauvette said, when asked what made her a good candidate to represent the riding. "I listen to people," she said, adding her goal would be to take concrete action to improve the quality of life of constituents.

When asked about the needs of Anglophones in the region, Mathieu-Chauvette recognized the importance of listening to the population and understanding their unique challenges in order to find ways to help.

"I'm here, and I'm listening," Mathieu-Chauvette said, adding that she would fight for the environment, and agriculture, and health, for a better quality of life for the Compton-Stanstead population. "Not for the rich, or the elite," she added, "for the people in this community."

Liberal Party of Canada incumbent Marie-Claude Bibeau referred to the labour shortage in Compton-Stanstead as one of the biggest issues to be addressed.

According to Bibeau, rural connectivity and labour shortages are limiting growth in the riding.

"I meet so many employers who can't take new contracts," Bibeau said.

"I know the riding well," Bibeau went on, explaining why she is the right choice to continue representing Compton-Stanstead.

She added that her team is one of her greatest attributes, providing a strong voice for the riding in Ottawa.

"If I open a door, I know they will be there to follow up."

"An MP should be more than a passport office," Bibeau said, referring to over 920 activities that she attended during her recent mandate, as well as having a hand in close to 500 projects in the riding.

"I stay close to the citizens," Bibeau said, adding that she maintains contact with the municipalities of the riding.

When asked if holding a cabinet position detracted from her ability to serve the Compton-Stanstead riding, Bibeau said not at all.

"There are more opportunities to know what's going on and have more influence on decision-making," she said.

"Every week I'm face to face with the Prime Minister, this is a huge strength."

When asked how she would approach a second mandate if she were in opposition, Bibeau replied, "It would make a difference, but not in my commitment."

"I know how to make projects move forward," she said, "me personally, and my team, would be as dedicated and continue to work with leaders in the community."

People's Party of Canada candidate Paul Reed said he believes the most important issue in the Compton-Stanstead riding is the same for most Canadians—a strong economy.

"The environment is discussed a lot," Reed said, pointing out that it is often

with a sense of urgency. "Not many good decisions are made when we are panicking," he said, explaining that he would work towards tangible results in the local area to address environmental issues.

Reed said he got involved in politics because he believes in the free market and every individual's right to their own choices.

"I've been a resident here all my life. I'm raising a family here. I care about the future," he added, explaining what makes him a good candidate for the riding.

"I have a passion for economics, how it works," he said, adding that is essential for a politician to do a good job. Reed added that he studied law, and has worked with a family-run business for 15 years. He believes his strong analytical skills and ability to communicate in a meaningful way with people would make him a strong MP.

According to Reed, balancing the budget should be a top priority.

"We have to live within our means," he said, adding that spending money like there were no consequences to running a deficit was unethical.

With an English-speaking father and a mother of Belgian descent, Reed said he is uniquely positioned to understand the needs of Anglophones in Compton-Stanstead. People should be able to speak the language of their choice, he said.

Part of the platform of the People's Party is the intention to dismantle supply management, a contentious issue in a dairy-heavy riding.

Reed said it would be done gradually and in a way where farmers were reimbursed for their quotas, to transition slowly into an open market.

Jessy McNeil, running for the Conservative Party of Canada, identified railway security as the main issue in the riding.

"Once it's secure, then we can add passenger transport," McNeil said. "We can't have another Megantic."

Shortening the wait for temporary foreign workers is another issue, McNeil said needs to be addressed. As it stands, agriculture producers are waiting between six to eight months to request a temporary worker, McNeil said.

McNeil added that the cannabis operation in Weedon and the Sherbrooke Airport are two files that are not moving fast enough, and he would address them quickly if elected.

"I'm a man of action. Give me an order, I'll see that it gets done," McNeil said, explaining his strengths as a candidate. McNeil is military trained, and also started and ran three businesses in the area over the last 20 years. "I can start a project, and make it work," McNeil said, adding that he is good at creating relationships.

McNeil said the security of the population would be his priority if elected, referring to rail safety. He added that the Sherbrooke Airport is something that he

would budget for immediately.

"The English population would be in good hands with me," McNeil said, adding that he has been taking English classes three times per week for the past two months.

If elected, McNeil said he would spend his first few months out meeting people and creating links in the community.

Green Party of Canada candidate Jean Rousseau represented the riding as member of the NDP from 2001-2015.

"I think the world changed, not only the riding," Rousseau said.

When asked about the biggest issues in the Compton Stanstead riding to be addressed, Rousseau explained that there is a rural and an urban aspect to consider. For rural communities, Rousseau said protecting supply management and supporting the forestry industry was important.

For the rural area, Rousseau said the Coventry Dump needs to be addressed, to protect the drinking water.

"I'm honest, transparent, easy to talk to," Rousseau said, describing his qualities as a strong candidate. "And I play rick and roll," he joked.

"I'm not here to please anyone. I'm here to tell you what we need to do. The transition period is now," Rousseau said, explaining it is time to put an end to fossil fuel exploitation.

"We have the capacity in Canada to do that right now."

When asked about serving the English-speaking population, Rousseau said one of the biggest challenges for Anglophones in Compton Stanstead is youth retention. "There are no jobs in the riding, so they just move away," he said.

Rousseau added that he would make sure municipalities would continue to offer services and resources in English.

"The world is changing because of the youth," Rousseau said, "And that's OK. It's going to be their turn soon."



Marie-Claude Bibeau -Liberal



Paul Reed-People's Party



Jessy Mc Neil-conservative



David Benoit-Bloc



Jean Rousseau-Green



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EDITORIAL

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Canada's aging workforce should have been a major election issue

By Gillian Leithman
Adjunct Professor, Leadership Development, Concordia University

The Canadian workforce is undergoing a metamorphosis. We're aging and retiring in record numbers.

With so many people exiting the workforce, and an insufficient number of talented people in the market to replace them, the economy will slow down. Fewer workers will translate into a smaller tax base, and an aging population will increase the financial demands on our health-care system.

Keeping older workers on the job past the age of 65 would mitigate many of these issues. However, our current government has turned a blind eye to one of the most obvious solutions.

In fact, Canada has not only bucked the global trend to increase the retirement age to 67, but the government's perspective on aging workers is archaic and outdated — much like our pension system, which does not reflect aging and working in the 21st century.

When Justin Trudeau assumed office four years ago, he declared Stephen Harper's plan to raise the retirement age to 67 a "big mistake," explaining that "how we care for our most vulnerable in society is really important."

Such a statement implies that a 65-year-old is physically and cognitively incapable of working beyond the traditional age of retirement. It also dismisses the value of experience and our appreciation of expertise.

We're living longer

In the last century, technological innovation and advancements in medicine have translated into one of the greatest miracles of our time: the longevity revolution. We're now living longer and healthier lives. Much of the workforce is engaged in knowledge work, rendering the notion of physical

ability trivial. And when coupled with advances in technology, most notably automation, we are seeing an increase in older worker productivity compared to previous generations.

Trudeau's statement also assumes that we all age at the same biological rate. If this was indeed the case, then using chronology as a benchmark for workplace competency would be fitting. But as Andrew Scott, an economics professor at the London Business School, explains, people age differently. That's why some 70-year-olds participate in the Senior Olympics and some 55-year-olds rely on a walker.

Older worker stereotypes regard chronological age as a reflection of workplace capabilities, but chronology only tells the story of how long a person has been alive. It doesn't account for anyone's health, experience or knowledge and it discounts variations among this demographic.

In a recent interview with BNN Bloomberg, former Québec premier Jean Charest expressed concern about the lack of attention that the federal parties have paid to the aging workforce in this election.

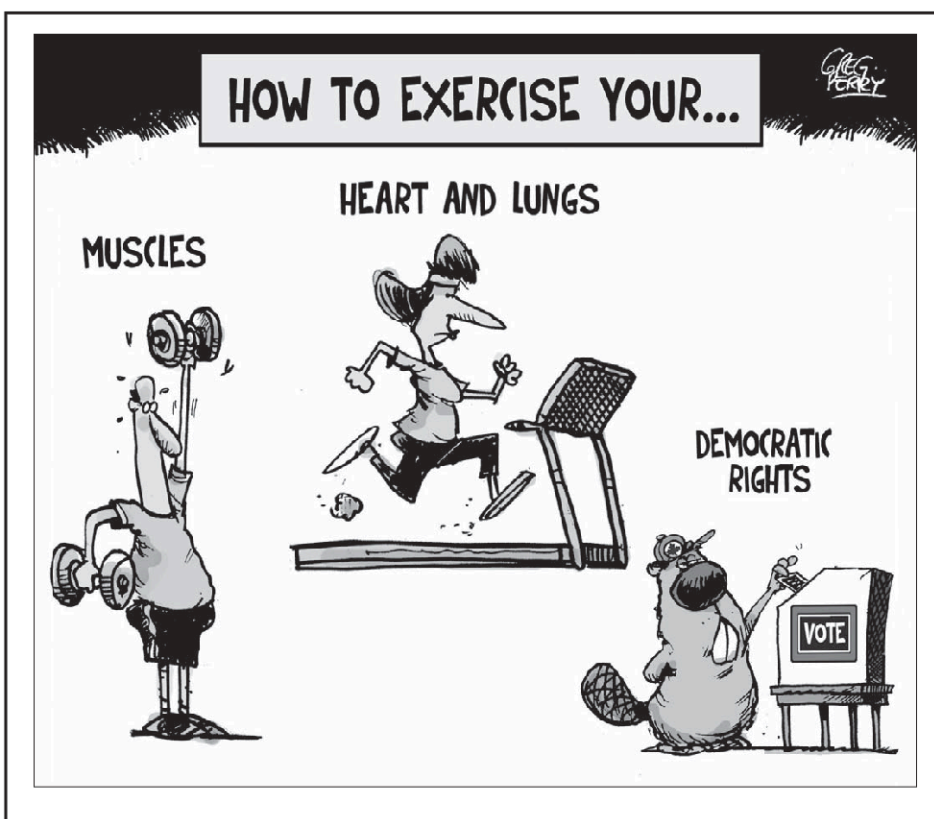
Speaking from the Canadian Manufacturing Technology Show in Toronto, Charest said:

"I'm a little surprised, disappointed that in this election campaign there isn't more said from the leaders on what Canada needs to do to upscale its workforce to remain competitive — especially with an aging population If we don't address this issue rapidly, we're going to run into big problems."

Experts agree.

Birth rate declining

The last half-century has seen the growth of the economies in the developed world and consistent improvements to our standard of living. Much of this can be attributed to the labour force



participation of the baby boom generation and the influx of women into the workforce. The baby boom, however, was followed by a baby bust, and people are now choosing to have fewer children.

That will amount to more workers leaving the workforce than entering it in the coming years. This could stunt the growth of our economies and negatively influence our standard of living.

The tax revenue required to finance prolonged retirements for the ever-expanding pool of retirees is not sustainable by our current systems. Workers will be required to produce more, yet will receive less. In their book *The Economic Implications of Aging Societies: The Costs of Living Happily Ever After*, authors Steven Nyce and Sylvester Schieber caution that societies will have to accept a lower standard of living if they don't find ways to attract international workers or encourage mature employees to continue working beyond 65.

As Charest explained, this latter strategy will require a change in workplace culture. Most notably, employers and governments will need to be proactive about investing in skills retraining so that Canada will remain competitive.

This sentiment was loudly echoed by the latest Global Competitiveness Index

recently released by the World Economic Forum.

Canada ranks as the world's 14th most competitive economy, down two spots from 2018. One of the factors cited by the index was Canada's need to balance technological advancement with human capital investment. Retraining and reskilling our aging workforce would do just that.

We need to start thinking about age in terms of capability, not chronology. In practical terms, this means altering government regulations regarding age and retirement, and rethinking longer careers.

In 2010, Standard & Poor's predicted: "No other force is likely to shape the future of national economic health, public finances and policymaking as the irreversible rate at which the world's population is aging."

But it seems few running in the current Canadian federal election are listening.

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THE RECORD

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
ADVERTISING (819) 569-9525
CIRCULATION (819) 569-9528
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KNOWLTON OFFICE
5B VICTORIA STREET, KNOWLTON, QUEBEC, J0E 1V0
TEL: (450) 242-1188 FAX: (450) 243-5155

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ONE COLUMN, FOUR VOICES

Open to the Spirit

Today's word: Fairness

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

1) As a parent of two children it seems to me that there was a period of time when nearly every day one or the other of them would loudly complain "That's not fair". I have also heard those words at summer camp, and I am sure teachers and coaches have heard them also. Children seem to have an innate sense of what's not fair. I wonder sometimes, why adults seem to have lost that instinct.

As I look around our world there are those who are buying million dollar homes while others struggle just to find enough money for food each week. There are those who each year find a way to avoid paying taxes by investing overseas, or declaring fictional losses in their companies. A scandal in the country south of us revealed that some were welcomed into university whether they had the proper marks or not, simply because of money or a good pedigree. Other academically deserving students found no place. Where is the fairness in that?

Jesus told a parable about a wedding celebration. When some found excuses not to come the host opened the doors to all. "Go out to the highways and byways and invite them all to the banquet". The early followers of Jesus created a community of caring and shar-

ing. He told them that if they wanted to become leaders, they must first become servants of all. Perhaps I am a bit of an odd duck. I don't mind paying taxes when I live in a society with universal health care and a social safety net for all. The word fairness reminds me that when we share with each other, we follow divine teaching and can create a better world.

2) Fairness. If only everyone in this world had all they needed to be happy and secure. That would be nice, but that is not necessarily a realistic vision. True fairness means that at a minimum every person deserves to be honored and respected, and should be given the resources so that they can live their life to the fullest, take care of their family, their health, and hopefully leave some time for finding pleasure in life.

I know that for millions of people, this is not the case, and practically, we can only begin to do what is necessary to make a fair world. But we also have to remember that fairness should begin with ourselves, since most of us want to be treated with respect and honored for who we are and what we do in life. In our daily interactions, our words and our deeds, we can create holiness and hopefully receive good will in return. Creating fairness starts small. Yet, at its best fairness is also a call for justice, and involves some very real action to make sure that our world is filled with equality and compassion, where people who

work hard are rewarded, where people who have great needs are helped, and although we might not like to think about it, where those who cause harm or suffering to others are dealt with in an ethical and clear way.

Fairness begins when we look beyond what we think other people should be, or what other people need and we instead open up our ears and our hearts to ask what they need from us. I believe that God made each of us unique, and therefore each of us has our own unique divine plan to carry out during the course of our lives. If nothing else, we should work to create a world where we are given the freedom to fulfill this plan.

3) Fairness. I grew up in a family with two siblings. One of the things we three children monitored closely was how equitably our parents treated each of us. Were the pie slices absolutely equal? Was bedtime consistent for all of us? I remember still the sting of injustice I felt when a bicycle was considered too dangerous for me to handle on our city streets but not for my brothers when they came of age. It wasn't fair. It wasn't right. As children we seem to have a finely honed ability to discern injustice. Yet as parents we learn that fairness can be a tricky thing. Each child has distinct needs and limitations. Some of us can sit still for thirty minutes while others last not more than five.

I remember hearing a former lawyer speak of the passion he once had held for justice that had him fighting for the under-privileged and the marginalized. However, after tragedy struck his life and he could no longer make sense of the world his interest in fighting for justice in the courts of the land waned. Although he still valued justice, he was much more interested in mercy. We can each stand in judgement of one another. We can determine what is fair in our own minds. However none of us can really understand the hidden burdens and scars from the past that our neighbour carries. When justice walks hand-in-hand with compassion, real and lasting transformation can make this world a better place.

One word, three voices this time - and now your turn to reflect: What does fairness mean to you?

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

Fall is here and so is that dreaded chore — or is it?

Submitted by the Nature
Conservancy of Canada

One of the most beautiful aspects of fall, the changing colour of leaves, comes with an onerous task: raking them all up. The Nature Conservancy of Canada (NCC), however, has some green advice for people wishing to avoid backbreaking yard work: leave the rake in the shed and the leaves on the ground.

The not-for-profit land conservation group says leaving fallen leaves in your yard is a small act of nature conservation that can support backyard biodiversity in many ways. While migratory birds and some butterflies travel to warmer destinations, many native insects, including pollinators, and other backyard wildlife hibernate through the winter — and can use a little neighbourly help.

Dan Kraus, NCC's senior conservation biologist, says leaves can provide important habitat for many species to hibernate underneath.

"Backyard animals, such as toads, frogs and many pollinators, once lived in forests and have adapted to hibernate under leaves," says Kraus. "The leaves provide an insulating blanket that can help protect these animals from very cold temperatures and temperature fluctuations during the winter."

Another benefit of not raking your leaves is soil improvement. Kraus points out that as leaves break down, they also provide a natural mulch, which helps enrich the soil. Thick piles of leaves can impact the growth of grass and other plants, but a light covering can improve the health of our gardens and lawns.

As the leaves break down, some of their carbon also gets stored in the soil, allowing your backyard to become a carbon sink. "While it's great for cities to provide collection programs to compost leaves, the most energy-efficient solution is to allow nature to do its thing and for the leaves to naturally break down in your yard," says Kraus.

And it's not just leaves that are important for backyard wildlife during the winter. "Plant stalks and dead branches also provide habitat for many species of insects," says Kraus. "By cleaning up our yards and gardens entirely, we may be removing important wintering habitats for native wildlife in our communities."

"Migratory and resident birds can also benefit from your garden during the winter. Fruits and seeds left on flowers and shrubs are a crucial food source that sustains many songbirds during the winter, including goldfinches, jays and chickadees. Providing winter habitats for our native birds and insects is just as important as providing food and shelter during the spring and summer."

THE RECORD

The Record has a pair of tickets for Bishop's CountryFest to see the Sons of Daughters concert.

The duo were recent semi-finalists for Sirius XM's Top of the Country competition, were part of CTV's The Launch, and chosen as iHeart Radio's Future Star in the Country format. They were recently nominated for a 2019 CCMA Award for Rising Star of the Year.

BISHOP'S COUNTRYFEST
OCTOBER 19TH

COUNTRY FAIR
FREE ENTRY 14:00 - 18:00
PETTING ZOO
MECHANICAL BULL
BOUNCY HOUSES
PUMPKIN PATCH
FAMILY FUN
AND MUCH MORE!

SONS OF DAUGHTERS
20:00 - 00:00



The first caller at 819-569-9525 on Friday, October 18 at noon will win the pair of tickets.

A lifelong love of music



COUNTRY CONNECTION

JESSIE PELLETIER

Randall (Randy) Priest was born in Montreal and had the privilege of growing up in a very musical environment. His father Ross was a multi-instrumentalist, while his mother had the voice of an angel.

The musician has fond recollections of his youth. He recalls that every Saturday night was party night at someone's house. People would go, men dressed up in costumes and their wives wearing their nice outfits. The musicians would play until the wee hours of the morning.

"Us kids were all in one bedroom and the oldest of the bunch was in charge. The last one responsible, I remember was a girl by the name of Penny Lang. She went on to become a well-known folk singer in Montreal," said Priest in an interview.

But he didn't want to spend his Saturday nights confined to a room, he very much wanted to be part of the party. It wasn't long before his interest in music became a serious matter.

"I started to play guitar around seven or eight years old. My dad bought me a Harmony F-hole, electric, showed me three cords, and told me that when I could change chords without thinking or losing tempo, he would show me more. Mom had the hardest part, singing the same song over and over," he explained about rehearsing his chords on the guitar.

Priest who currently lives in Knowlton moved to Magog in the early 60s where he met the late Steven Powers. They formed a band called the Galaxies and performed a repertoire of good rock and roll.

"My first job was at the Cabana Lodge in Magog, we made \$7.50 each, and all the coke and chips we wanted. We had to take our breaks in the kitchen. Later I was also asked to replace a player in another band that Steve Powers was play-



ing in. I got there and was told I was playing bass, they handed me a jazz bass and that triggered my love for the bass and country music," he recalled.

Priest finally joined the Army in 1964, and spent over two years in Germany. During that time he joined a band and played mostly at The Red Patch clubs and private parties. He returned home (at the time Mansonville) and in 1968, he got a call to replace Jim Belknap for a gig at the Glen Sutton Hotel.

It was that night that he met Buck Sayers and drummer Steven Hoyte. He got to replace Belknap several times, mostly when he went fishing or moose hunting. Later on he played with a band that included Dean Fraser, and drummer Kenny Brabant. Priest went on to play at the Maple Hotel in Stanstead, then played the Mansonville Hotel, and several other places.

Priest then moved to Newport, Vermont. That is when he joined a band that included Galen Decoteau, Steven Hoyte, Steven Powers and himself on bass. At that point he started to really embark on the local bar circuit.

They would in turn play at the Hut, the Legion in Magog, the Four Corners, the Union Hotel in Magog as well as the Hillcrest in North Hatley. The band would play at the Beecher Falls café in

Vermont up till the hunting season, then the Del Monty for the winter months.

Priest worked on many jobs, from being a shoe salesman to being a butcher. But even if he had to keep a full time job to earn his living, music always occupied a huge part in his life.

He also has great memories of that time spent playing music and all the friends he made through the years. Something in particular comes back to his mind, a souvenir that he cherishes.

"Galen was friends with Dick Curless who did a show at the Wagon Wheel on Sherbrooke Highway so we were asked to back him up. We also accompanied him when he did a show in Beecher Falls," shared Priest. "There was another show planned at the Del Monty, but I had an accident on my way back from Vermont, so Jim Belknap got to replace me," he said.

Priest moved out west for a couple of years and when he came back he did some recording with Colony Records in Mansonville, and played in a band called The Stony Mountain Canyon Band, which included Floyd Ling and his wife Joan, Steven Powers on lead and a drummer from Sherbrooke.

The musician quit playing for several years, then joined the band Keeping it

Country featuring Ross Roach (steel), Leo Wilson (lead, vocals) Roger Bockus (drums) and Terry Howell (lead, vocals, fiddle).

"We play every second and fourth Saturday, at the Anglican church in Cowansville. I also play with Country Cousins, which includes Connie Rhicard, Tom Kilbride, Ross Roach and Terry Howell," he said.

"I've been very fortunate to have made so many friends and got to play with some great musicians, but most of all I got to do what I always wanted to do, play music."

Country Musicians for the cause

Country music singer Chantal Paradis will be hosting a Jam session to benefit The North Hatley Legion on Saturday Oct. 19. The Jam will be held at the Legion, 95 Jackson Heights, North Hatley starting at 1p.m.

Bands, musicians and singers are welcome to donate their time and share their talents to help out. Big River will be the leading band but many musicians have already confirmed they will be present. Instead of an admission fee, there will be a donation box at the door. The canteen will also be open for supper. Everyone is welcome!

Award-winning author to read at Bishop's University

Record Staff

For the second event of this year's Morris House Reading Series, now in its 16th year, writer Kim Thúy will read from her work at Bishop's University, in Cleghorn Hall (McGreer) at 4:30 p.m. on Tuesday, Oct. 29, 2019.

Kim Thúy was born in Vietnam in 1968. At the age of 10, she left Vietnam

along with a wave of refugees commonly referred to in the media as "Boat People" and settled with her family in Québec, Canada. A graduate in translation and law, she has worked as a seamstress, interpreter, lawyer, restaurant owner, and food commentator on radio and television. Thúy has received many awards, including the Governor General's Literary Award in 2010; she was also one of the

top four finalists of the Alternative Nobel Prize in 2018 for her first novel, Ru. Two other novels followed Ru: Man was released in 2013, and Vi was published in 2016. Her books have sold more than 730,000 copies worldwide and are translated in 29 languages and 39 countries and territories.

Thúy will read from her most recent book, Secrets of Vietnamese Cuisine,

which was published in English this year by Random House.

The reading will begin at 4:30 p.m. and will be followed by a question period, an informal reception with a book signing, and a meet-and-greet with the author. The event is free and open to all. Books will be available for purchase.

November is great soup weather

Champlain and Bishop's getting ready for seventh Empty Bowls fundraiser

Record Staff

Champlain College Lennoxville and Bishop's University have joined forces to organize the seventh Empty Bowls fundraiser, to be held at the Hope Community Church on Nov. 9, 2019.

Dating back to the 1990s the Empty Bowls international project has been adopted by many communities to fight hunger in their very own neighborhood. This event invites community members to share a bowl of soup in support of those in need.

Several hundred beautiful hand-crafted bowls have been made by local potters. Each bowl is hand painted and unique. Some of the bowls have been

decorated by well-known artists and local dignitaries. Delicious homemade soups will be prepared by local chef Billy Lidstone Traiteur Lidstone Catering. Bread has been donated by Les Vraies Richesses. Local musicians Jonathan MacAuley and Jason Drew will also be performing at the event.

Visitors can choose from among the hundreds of bowls, full it with soup, grab a homemade bun and enjoy. You then take the bowl home as a reminder that your contribution has gone directly into your community. All the money raised will go to Lennoxville Elementary School Breakfast Program, LDWC Food Bank, The Cornerstone Food Bank and the BU/CRC Pastoral Fund.

Soup is truly food for the soul, so help

feed another soul and enjoy an autumn afternoon in Lennoxville on November 9 from 11:30 a.m. to 1:00 p.m. at Hope Church, 102 Queen Street. Tickets are

available at the door for \$25.00 each, or at Clark and Sons or call 819-564-3666 ext 119.

Kellylee Evans concert postponed

Record Staff

The concert by Kellylee Evans scheduled for Friday, Oct. 18 will not be presented due to illness and will be postponed until early 2020.

Organizers will announce the precise date as soon as possible. Ticket holders can keep their tickets for the postponed concert or they can obtain a refund by calling the Centennial Theatre Box Office 819-822-9692.

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		(:11) Addison	Beat Bugs	True Rainbow	(:22) PJ Masks	Rusty Rivets	The Moblees	(9:52) Arthur	Daniel Tiger	Dragons' Den		
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CKMI 11	-	Global News Morning						The Morning Show		Sarah's House	Income Prop.	Rachael Ray		
CFCF 12	205 312	Your Morning		Your Morning	Your Morning	Your Morning	Your Morning	Live with Kelly and Ryan		The Marilyn Denis Show		The View		
WVNY 22	-	Local 22 News This Morning		Good Morning America				The Mel Robbins Show		Varied Programs		The View		
WUTV 60	-	Paid Program		Paid Program		2 on Your Side Daybreak		Var. Programs	Couples Court	The 700 Club		Judge Mathis	Judge Jerry	Judge Jerry
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WUHF	-	363 Good Day Rochester		Good Day Rochester		Good Day Rochester		Judge Mathis		The Wendy Williams Show		Judge Jerry	Judge Jerry	
WETK	-	Classical Strt	World News	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		Joyce Meyer	The First 48		The First 48		The First 48		The First 48		Var. Programs	
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 "System Breakdown"		Mayday "Terror Over Egypt"		Mayday "Imperfect Pitch"		Highway Thru Hell		North Woods Law (C)		Lone Star Law (N) (C)	
		M												
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DRAMA	620 523	F	Garage Sale Mysteries Old college friend becomes a suspect.				Flashpoint "A New Life" (C)		Garage Sale Mysteries Old college friend becomes a suspect.				Flashpoint "A New Life" (C)	
		M												
		T	"Garage Sale Mystery: The Art of Murder" (2016) (C)						"Garage Sale Mystery: The Art of Murder" (2016) (C)					
		W	"Garage Sale Mystery: The Beach Murder" (2017) (C)						"Garage Sale Mystery: The Beach Murder" (2017) (C)					
HIST	522 506	Canadian Pickers		Ice Road Truckers		Mummies Alive		Ice Road Truckers		Canadian Pickers		Border Sec.	Border Sec.	
PARMT	628 584	Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		
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SHOW	616 521	Lost Girl		Movie		Movie		Movie		Movie		Movie		
SLICE	601 562	ET Canada		Say Yes-Dress	Varied Programs									
TLC	521 560	Quints		Quints	Outdaughtered		Outdaughtered		Hoarding: Buried Alive		Hoarding: Buried Alive		Untold Stories of the E.R.	
TSN	400 400	F	SportsCentre	SportsCentre (C)	SportsCentre (C)		SportsCentre (C)		SportsCentre (C)		SportsCentre (C)		SportsCentre	
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		T												
		W												
YOUTH	551 542	SpongeBob	Loud House	Loud House	Loud House	SpongeBob	SpongeBob	Cloudy, Meat	Cloudy, Meat	Go Away Uni	Go Away Uni	Wayside	Wayside	

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	Tamron Hall	Dr. Phil	The Ellen DeGeneres Show	NBC5 News	NBC5 News				
CBMT 6	206	301	CBC News Network	Murdoch Mysteries	Heartland	Grand Designs	Varied Programs	Food Fight Club					
CHLT 7	107	718	(:13) Le TVA régional	Movie	Var. Programs	TVA nouvelles	Les feux de l'amour	Top modèles	(4:58) TVA nouvelles				
WMTW 8	-	-	News	Ac. Hollywood	GMA3: Strahan, Sara & Keke	General Hospital	The Ellen DeGeneres Show	WMTW News 8 at 4pm	WMTW News 8 at 5PM				
CKSH 9	108	-	F Téléjournal	Vocation	Heartland "Tour complet" o	Virginie (SC)	Virginie (SC)	On va se le dire (N)					Silence
			M 3 fois par jour	Monde-parlait									
			T La facture	L'épicerie									
CKMI 11	-	-	Global News	ET Canada	Days of our Lives	The Talk	Tamron Hall	Carnival Eats	The Young and the Restless	Global News			
CFCF 12	205	312	CTV News Montreal	The Social	Dr. Phil	The Dr. Oz Show	The Ellen DeGeneres Show	CTV News Montreal at 5					
WVNY 22	-	-	Hot Bench	Hot Bench	GMA3: Strahan, Sara & Keke	General Hospital	The People's Court	Judge Judy	Judge Judy	Judge Judy			
WUTV 30	-	-	The Steve Wilkos Show	Maury	Judge Mathis	Injury Court	Injury Court	25 Words	America Says	Family Feud	Family Feud		
CFKS 31	106	726	Occupation	Movie	Movie			Les Simpson	Les Simpson	Guerre-clans			
WUHF	-	363	The Steve Wilkos Show	Maury	Oxygen	Divorce Court	Hot Bench	Hot Bench	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
			F Wild Metropolis "Survivors"	Brewed In NY	Ready Jet Go!	Peg & Cat	Arthur o (EI)	Arthur and the Haunted Tree	Let's Go Luna!	Nature Cat	Curious George-Boo		
			M Antiques Roadshow o	Love Quilting				Odd Squad	Odd Squad		Daniel Tiger	Curious	
			T Penelope Keith at Her Majesty	Rick Steves	Arthur and the Haunted Tree								
			W Finding Your Roots	Cooking	Ready Jet Go!	Peg & Cat							
			Th NOVA "Look Who's Driving"	Mountain Lake	Arthur and the Haunted Tree						"Cat in the Hat Knows a Lot"		
A&E	615	520	Varied Programs										
CNN	500	500	Inside Politics	CNN Right Now	CNN Newsroom	CNN Newsroom	The Lead With Jake Tapper	Situation Room With Wolf					
			F CSI: Crime Scene Investigat'n	CSI: New York o	Heavy Rescue: 401	MythBusters o	CSI: New York "White Gold"	CSI: New York o					
			M CSI: New York o										
DISC	520	505	T			MythBusters Jr. o							
			W										
			Th										
DRAMA	620	523	Movie		Flashpoint	Varied Programs							
			F Forged in Fire o	Pawn Stars o	Pawn Stars o	American Pickers o	Ancient Aliens "The Sentinels"	Pawn Stars o	Pawn Stars o	American Pickers o			
			M			Forged in Fire: Cutting Deeper	JFK Declassified-Oswald	Pawn Stars	Pawn Stars				
			T			Supercharged	Supercharged						
			W Forged in Fire: Cutting Deeper										
			Th										
PARMT	628	584	Bar Rescue	Bar Rescue	Varied Programs								
RDI	126	730	Téléjournal	Les ex	L'info		(3:59) Mordus de politique	En direct avec Patrice Roy					
			F (11:00) "October Gale" (2014)	NCIS "Playing With Fire" o	NCIS "Up in Smoke"	NCIS "Till Death Do Us Part"	NCIS "Extreme Prejudice" o	NCIS "Recovery" o					
			M (11:00) "A Pride of Lions" o										
			T "Wrong Bed: Naked Pursuit"										
			W "The Perfect Girlfriend" (2015)										
			Th (11:00) "Killing Mommy" o										
SLICE	601	562	Varied Programs						Rachael Ray	Varied Programs			
TLC	521	560	Untold Stories of the E.R.	Dr. Pimple Popper	American Gypsy Wedding	American Gypsy Wedding	Say Yes	Var. Programs	Say Yes	Var. Programs			
TSN	400	400	SportsCentre	SportsCentre	Stephen Smith	Varied Programs		Questionable	Around/Horn	Interruption			
YOUTH	551	542	Loud House	SpongeBob	Cloudy, Meat	Cloudy, Meat	Go Away Uni	Assembly	SpongeBob	SpongeBob	SpongeBob	Double Dare	Loud House

FRIDAY EVENING														OCTOBER 18, 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)	Hawaii Five-0 A young girl is reported kidnapped. (N) o	Magnum P.I. A football player's playbook is stolen. (N)	Blue Bloods Erin receives an unsolved robbery case. (N)	Channel 3 News	(:35) The Late Show With Stephen Colbert o					
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) o	Wheel of Fortune (N) o	The Blacklist "Les Fleurs du Mal" Aram goes under cover. (N) o	Dateline NBC (N) o	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon o					
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	Still Standing (DVS)	Coronation Street (N) o	marketplace (N) o	In the Making (N) o	The Way You See It: A Peter Mansbridge Special (N) o	The National (N) o	CBC Montreal News (N)	CBC Arts: Exhibitionists	Coronation Street o		
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) Ça finit bien la semaine (N) o	Du talent à revendre "Les champions, la finale" C'est l'heure de la grande finale. (N) o (SC)	TVA nouvelles (N)	(:35) *** "La boxe dans le sang" (2016) Miles Teller. L'histoire vraie d'un boxeur qui est remonté dans le ring.							
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) o	Jeopardy! (N) o	American Housewife (N)	Fresh Off the Boat (N) o	20/20 "The Death of a Playmate: The Dorothy Stratten Story" The life and death of Dorothy Stratten. (N) o	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! o				
CKSH 9	108	-	(5:59) Le téléjournal Estrie	Le TJ Extra ICI Estrie (N)	Au suivant Les participants amassent de l'argent. (N)	Faites-moi rire! Avec Mélissa Désormeaux-Poulin. (N)	Galas Comediha! 2019 (N) (SC)	Le téléjournal (N) (SC)	Sports express (N) (SC)						
CKMI 11	-	-	Global National (N) o	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Hawaii Five-0 A young girl is reported kidnapped. (N) o	The Blacklist "Les Fleurs du Mal" Aram goes under cover. (N) o	SEAL Team Retaking a power plant in Azerbaijan. (N)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert o				
CFCF 12	205	312	(5:59) CTV News Montreal (N) o	Local 22 News (N)	Local 22 News (N)	Inside Edition (N) o	American Housewife (N)	Fresh Off the Boat (N) o	20/20 "The Death of a Playmate: The Dorothy Stratten Story" The life and death of Dorothy Stratten. (N) o	Local 22 News (N)	(:35) Jimmy Kimmel Live! o				
WVNY 22	-	-	The Big Bang Theory (N) o	Judge Judy (N) o	Judge Judy (N) o	Family Feud (N) o	WWE Friday Night SmackDown From Bankers Life Fieldhouse in Indianapolis. (N) o (Live) o	2 on Your Side Seinfeld "The Engagement"	Two and a Half Men o	Two and a Half Men o	Last Man Standing o				
WUTV 30	-	-	Souper parfait	Rire et délire (SC)	L'arbitre Un jeune homme accuse un individu. (SC)	Huissiers (N)	Huissiers (SC)	Les jeux des titans o (SC)	Heure limite Le réseau de trafic humain. o (SC)	Souper parfait	NVL (N) (SC)	Moment V (SC)			
WUHF	-	363	Modern Family o	Modern Family o	The Big Bang Theory o	The Big Bang Theory o	WWE Friday Night SmackDown From Bankers Life Fieldhouse in Indianapolis. (N) o (Live) o	13WHAM News at 10 on Fox Rochester (N) (Live) o	DailyMailTV (N) o	The Simpsons o	George Carlin o				
WETK	-	-	PBS NewsHour (N) o	PBS NewsHour (N) o	Mountain Lake Journal	New York Now o	Great Performances "GRAMMY Salute to Music Legends" Tribute to the 2019 nominees. (N) o	Great Performances "GRAMMY Salute to Music Legends" Tribute to the 2019 nominees. (N) o	Amanpour and Company (N) o	BBC World News o					
WCFE	-	-	World News America	Nightly Business Report	(:06) Live PD: Rewind "Live PD: Rewind No. 265" (N) o	(:31) Le national (N) o	Le téléjournal avec Pascale Nadeau (N) (SC)	Mordus de politique (N) (SC)	BBC World News o	Amanpour and Company (N) o					
A&E	615	520	(5:00) Live PD "Live PD -- 10.12.19" o												
CNN	500	500	Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Cuomo Prime Time (N) o	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	Cooper 360						
DISC	520	505	Highway Thru Hell Recovering a semi from over a cliff.	MythBusters The Indianapolis Motor Speedway. o	North Woods Law Stakeout during hunting season. o	Lone Star Law Spending a week on floating cabin.	Pit Bulls and Parolees A heart-felt adoption application.	Highway Thru Hell "Battle in the Gravel" o	Lone Star Law o						
DRAMA	620	523	Bones The remains of a repo man are found. o	Bones An actor from a kids' TV show is slain. o	Bones A wealthy man attends his own funeral. o	Bones Human remains are found in a log. o	Bones Investigating a body found in a swamp. o	Bones Hodgins makes a discovery. o	Bones o						
HIST	522	506	Forged in Fire The Scottish Dirk; the German Halberd. o	Forged in Fire Bladesmiths forge Celtic ring knives. o	Ax Men Rygaard Logging's completion goal. o	Ancient Aliens "The Nuclear Agenda" (N) o	The UnXplained Remarkable tales of human survival. o	Forged in Fire The Scottish Dirk; the German Halberd. o	Ancient Aliens o						
PARMT	628	584	Ink Master Artists tattoo in difficult spots. o	Ink Master Teams must tattoo epic battle scenes. o	Ink Master The artists must tattoo galaxies. o	Ink Master The artists must use sidewalk chalk. o	Ink Master The coaches face off; mermaid tattoos. o	Ink Master The artists face the opposing coach. o	Ink Master o						
RDI	126	730	(5:59) Le national (N) o	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)	Les décrypteurs (N) o	(:31) Le national (N) o	Le téléjournal avec Pascale Nadeau (N) (SC)	Mordus de politique (N) (SC)	Le national (N) (SC)	(:31) Le national (SC)	(12:01) 24/60 (SC)			
SHOW	616	521	NCIS Investigating a fire on a Navy vessel. o (DVS)	NCIS "Up in Smoke" A terrorist targeting the Navy. o	** "San Andreas" (2015, Action) Dwayne Johnson, Carla Gugino. A rescue pilot must save his family after an earthquake. o (DVS)	** "Couples Retreat" (2009) Vince Vaughn, Jason Bateman. Four couples must participate in therapy sessions at a tropical resort. o	*** "Taken" (2008, Action) Liam Neeson, Maggie Grace. Slavers kidnap the daughter of a former spy. o (DVS)								
SLICE	601	562	Flipping Exes The duo is shocked by an interior. o	Flipping Exes The duo is shocked by an interior. o	Million Dollar Listing New York "Ruffled Heathers" o	** "Couples Retreat" (2009) Vince Vaughn, Jason Bateman. Four couples must participate in therapy sessions at a tropical resort. o	*** "Knocked Up" (2007) Seth Rogen. o								
TLC	521	560	Long Island Medium Theresa does a house cleansing. o	Long Island Medium Theresa reads singer Debbie Gibson. o	Long Island Medium: Countdown to the New Season (N)	Long Island Medium "A Spirit Returns" (Season Premiere) Theresa heads to Los Angeles. (N) o	(:04) Long Lost Family "A Slamming Door" o	Long Island Medium							
TSN	400	400	SportsCentre (N) (Live) o	CFL Football Toronto Argonauts at Montreal Alouettes. (N) (Live)			CFL Football Saskatchewan Roughriders at BC Lions. (N) (Live)								
YOUTH	551	542	Henry Danger	All That o	Are You Afraid of the Dark?	*** "Tim Burton's Corpse Bride" (2005)	(:45) *** "Tim Burton's Corpse Bride" (2005) o	Max & Shred	iCarly o						

Your week on TV

SATURDAY DAYTIME			OCTOBER 19, 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) (LIVE)				Lucky Dog "Rio" (N)	Innovation Nation	Mission Unstoppable	Pet Vet-Team	Paid Program	Paid Program	AAA Benefits	Pro Pulling League	Sides of Story	College Football	College Football	
WPTZ	5	-	-	(7:00) Today (N) (LIVE)	Hanna Into the Wild	Teen Kids News (N)	Champ Within	Earth Odyssey	Earth Odyssey	Consumer 101 (N)	A New Leaf (N)	Vets Saving Pets	Premier League Soccer Manchester City FC (N) (LIVE)	Crystal Palace FC vs (Live)	Countdown	NASCAR Xfinity			
CBMT	6	206	301	(1:13) Beat Bugs (LIVE)	PJ Masks (LIVE)	True Rain-bow	What He Ate	Molly of Denali (N)	(1:34) Beat Bugs (LIVE)	(1:13) Arthur (LIVE)	(1:53) RE-CAP (LIVE)	Our Montreal (N) (LIVE)	Absolutely Canadian (N)	2019 FIVB Volleyball Men's World Cup (N Same-day Tape) (LIVE)					
CHLT	7	107	718	(6:00) Salut bonjour week-end (N) (SC)				Bien (N) (SC)	Deux filles le matin (SC)	Bouffe MTL (N)	TVA nouvelles (N)	Hors Qué-bec (N)	Infopub-licité (SC)	*** "Retour vers le futur" (1985) Michael J. Fox. Un jeune revit l'époque où ses parents étaient adolescents.					
WMTW	8	-	-	Good Morning America (N) (LIVE)		Jack Hanna	Ocean Treks	Hearts of Heroes (N)	oh baby! (N) (LIVE)	Rock the Park (N)	oh baby! (N) (LIVE)	College Football Clemson at Louisville. (N) (Live)				Coll. Foot-ball	College Football		
CKSH	9	108	-	(1:14) Sonic Boom (N)	(3:1) M. Magoo	14 mille millions	Les sapi-ens (N)	(:07) Vite pas vite	Sept nains et moi	Estrie	L'épicerie (N)	Téléjournal	Le gala Forces	Enquête (SC)	Au suivant (SC)	Brokenwood	"La pêche du jour"		
CKMI	11	-	-	Fish'n Canada	Real Fish-ing	The Baker Sisters	Fishful Thinking	Fish TV (N) (LIVE)	Paid Pro-gram	Powerboat Television	Driving Television	Entertainment Tonight (N) (LIVE)	Sarah Off the Grid "Down to the Details"	Leave It to Bryan	Houdini & Doyle "Spring-Heel'd Jack"	"No One Tell"			
CFCF	12	205	312	Your Morning Weekend (N) (LIVE)		Operation Smile (LIVE)		One World Kitchen (LIVE)	Flour Power (LIVE)	Written Canada	Cash Cab (LIVE)	Moneytalk (N) (LIVE)	Pressure's On (N) (LIVE)	*** "Marvel's the Avengers" (2012) Robert Downey Jr. Superheroes join forces to save the world from an unexpected enemy. (LIVE) (DVS)					
WVNY	22	-	-	Good Morning America (N) (LIVE)		Good Morning America (N) (LIVE)		Jack Hanna	Ocean Treks	Hearts of Heroes (N)	Rock the Park (N)	College Football Clemson at Louisville. (N) (Live)				Coll. Foot-ball	College Football		
WUTV	30	-	-	Larry King Special	Today Show	LifeLock Protection	Paid Pro-gram	Paid Pro-gram	Paid Pro-gram	Big Noon Kickoff (N) (LIVE)	College Football West Virginia at Oklahoma. (N) (Live)						College Extra		
CFKS	31	106	726	Infopub-licité (SC)	Moment V (SC)	Infopub-licité (SC)	NVL week-end (N)	RPM Luc-Olivier nous parle du Kia Telluride.	RPM plus "Rachat d'une location" (SC)	Infopub-licité (SC)	Occupation double Afrique du Sud (SC)	*** "Sous le soleil de Toscane" (2003) Diane Lane, Sandra Oh, Lindsay Duncan. (SC)							
WUHF	-	-	363	Xploration Space	Awesome Planet	Weird but True	Xploration DIY Sci	Paid Pro-gram	Paid Pro-gram	Big Noon Kickoff (N) (LIVE)	College Football West Virginia at Oklahoma. (N) (Live)						College Extra		
WETK	-	-	-	Healthy Brain -- Happy Life With Dr. Suzuki	Outdoor Journal	MotorWeek (N)	Lidia's Kitchen (LIVE)	Jamie's Quick	Kimball's Milk Street	Martha Bakes (LIVE)	Test Kitchen	Cook's Country	Woodsmith	This Old House (LIVE)	This Old House (N)	Antiques Roadshow "Junk in the Trunk 9"	Fleetwood Mac		
WCFE	-	-	-	Wild Kratts	Wild Kratts	Odd Squad	Odd Squad	Rick Steves Fascism in Europe (LIVE)	3 Steps to Pain Free Living Exercises to eliminate pain. (LIVE)	Memory Rescue With Daniel Amen, MD Ways to strengthen one's memory. (LIVE)				Aging					
A&E	615	520	-	Flipping Vegas A golf course property. (LIVE)	Tiny House Nation (LIVE)	Zombie House Flipping "Halfway Home"	Zombie House Flipping (LIVE)	Live PD: Rewind "Live PD: Rewind No. 156"		Live PD "Live PD -- 10.26.18" Riding along with law enforcement. (LIVE)									
CNN	500	500	-	New Day Weekend	Smerconish (N) (LIVE)	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom		
DISC	520	505	-	North Woods Law "Gun Country" (LIVE)	North Woods Law "Turkey Trouble"	North Woods Law "Mud Season" (LIVE)	North Woods Law "Summer Heats Up"	Lone Star Law "Gulf Recon" (LIVE)	Mighty Trains "Thai Rail" (LIVE)	Animal Cops: Houston (N) (LIVE)	Highway Thru Hell "Battle in the Gravel"								
DRAMA	620	523	-	Bones A CIA informant is murdered. (LIVE)	Bones The remains of a repo man are found.	Bones An actor from a kids' TV show is slain.	Bones "The Turn in the Urn" (LIVE)	Bones Human remains are found in a log. (LIVE)	Bones "The Cold in the Case" (LIVE)	House "Kids" (LIVE)	House House and Cameron's relationship.								
HIST	522	506	-	History Erased "Italy" (LIVE) (DVS)	Canadian Pickers (LIVE) (DVS)	Canadian Pickers "Rock-ing On" (LIVE)	Salvage Kings "Bowled Over" (LIVE)	Ancient Aliens "The Nuclear Agenda" (LIVE)	The UnXplained "Incred-ible Survivors" (LIVE)	The UnXplained A look at an evil place. (LIVE)	The UnXplained Unravel-ing the mysteries. (LIVE)								
PARMT	628	584	-	Bar Rescue "Two Flew Over the Handlebars"	*** "The Sandlot" (1993) Thomas Guiry. Premiere. The new boy in town falls in with neighborhood ballplayers. (LIVE)				(:35) *** "The Goonies" (1985) Sean Astin. Young misfits find a 17th-century pirate's treasure map. (LIVE)	(:05) *** "Forrest Gump" (1994, Comedy-Drama) Tom Hanks, Robin Wright. (LIVE)									
RDI	126	730	-	(5:30) RDI matin weekend (N) (SC)	L'info (N) (SC)	L'info (SC)	L'info (N) (SC)	Les décrypteurs	Téléjournal	Téléjournal	Le national	L'info (N) (SC)	L'info (N) (SC)	L'info (SC)	L'info (N) (SC)	L'info (SC)	L'info (SC)		
SHOW	616	521	-	(7:00) "V.C. Andrews' Fallen Hearts" (2019)	*** "The Bourne Supremacy" (2004, Action) Matt Damon, Franka Potente. (LIVE) (DVS)				*** "San Andreas" (2015) Dwayne Johnson. A rescue pilot must save his family after an earthquake. (LIVE) (DVS)		*** "Taken" (2008) Liam Neeson. Slavers kidnap the daughter of a former spy. (LIVE)								
SLICE	601	562	-	First Dates	Paid Pro-gram (LIVE)	Paid Pro-gram (LIVE)	Love Your Hair	Mom (LIVE)	Mom (LIVE)	Mom (LIVE)	Mom (LIVE)	Mom (LIVE)	*** "Dodgeball: A True Underdog Story" (2004, Comedy) Vince Vaughn. (LIVE) (DVS)						
TLC	521	560	-	Outdaughters (LIVE)	Outdaughters "Fournado Warning" The Quints turn four. (LIVE)				Outdaughters "Veggies...Ewww!" The girls try a healthier diet. (LIVE)		Outdaughters "Not So Quiet Riot" (LIVE)		90 Day Fiancé: Before the 90 Days "True Colors" The results of the background check. (LIVE)						
TSN	400	400	-	Rugby Cup	SportsCentre	SportsCentre (LIVE)	SportsCentre (LIVE)	SportsCentre (LIVE)	SportsCentre (LIVE)	College Football Clemson at Louisville. (N) (Live)	Top NFL Plays								
YOUTH	551	542	-	Sponge.	Loud	Loud	Loud	Sponge.	Sponge.	Turtles	Loud	*** "Monsters vs. Aliens" (2009) (LIVE)				Power	Sponge.	Sponge.	Sponge.

SATURDAY EVENING			OCTOBER 19, 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	-	-	(3:30) College Football LSU at Mississippi State. (N) (LIVE)				Channel 3 News	Friends (LIVE)	Bob-Abishola	Bob-Abishola	FBI A decorated FBI agent is murdered. (LIVE)	48 Hours (N) (LIVE)	Channel 3 News	Friends (LIVE)	Patriots All Ac		
WPTZ	5	-	-	(3:00) NASCAR Xfinity Racing Series Kansas Lottery 300. (N) (LIVE)		NBC5 News at 6	Nightly News	Jeopardy! (LIVE)	Wheel of Fortune	** "Jurassic World" (2015) Chris Pratt, Bryce Dallas Howard. Man-made dinosaurs go on a rampage at an island resort. (LIVE)		NBC5 News	(:29) Saturday Night Live (LIVE)					
CBMT	6	206	301	Canadian Premier League Soccer FC Edmonton at Cavalry FC. (N) (LIVE)			Montreal News	Hockey Central	NHL Hockey Boston Bruins at Toronto Maple Leafs. From Scotiabank Arena in Toronto. (N) (LIVE)	NHL Hockey Calgary Flames at Los Angeles Kings. From Staples Center in Los Angeles. (N) (LIVE)								
CHLT	7	107	718	(3:52) * "Enlèvement" (2011, Action) Taylor Lautner, Lily Collins. (DVS) (SC)			TVA nouvelles (N)	*** "Sully" (2016, Drame) Tom Hanks, Aaron Eckhart. Premiere. (DVS) (SC)		** "Jack Reacher: sans retour" (2016, Action) Tom Cruise. Premiere. (DVS) (SC)		(:45) TVA nouvelles	(:15) ** "Sans issue" (2015) Owen Wilson. (DVS) (SC)					
WMTW	8	-	-	(3:30) College Football Oregon at Washington. (N) (Live)				Coll. Foot-ball	Coll. Foot-ball	College Football Michigan at Penn State. (N) (Live)				WMTW News 8	Castle "Disciple" (LIVE)			
CKSH	9	108	-	(3:00) Brokenwood "La pêche du jour"	La semaine verte (N) (SC)	Téléjournal Estrie	La petite vie (SC)	En direct de l'univers (N) (SC)	Victoria "Le quatuor Cobourg" (N) (LIVE)	La vérité sur l'affaire Harry Quebert (N)		Le télé-journal	Doc humanité "L'économie circulaire. (N)	Dre Grey, leçons d'anatomie (N) (LIVE)				
CKMI	11	-	-	(3:30) "No One Would Tell" (2018) Shannen Doherty. (LIVE)	Focus Montreal	Global News at 6	Global National	Border Security	Border Security	Ransom Eric uncovers a terrorist plot. (LIVE)	Private Eyes "The Grape Deception" (LIVE)	Rookie Blue "Best Man" (LIVE) (DVS)	Global News	(:29) Saturday Night Live (LIVE)				
CFCF	12	205	312	Seinfeld (LIVE)	Seinfeld (LIVE)	Big Bang Theory	Big Bang Theory	CTV News Montreal (N) (LIVE)	W5 (N) (LIVE) (DVS)	"Washed Away" (2017) Emmanuelle Vaugier, Cameron Bancroft. Premiere. (LIVE) (DVS)	Big Bang Theory	Big Bang Theory	News-Rinaldo	CTV News Montreal	(12:05) Pop Life			
WVNY	22	-	-	(3:30) College Football Oregon at Washington. (N) (Live)				Coll. Foot-ball	Coll. Foot-ball	College Football Michigan at Penn State. (N) (Live)				Local 22 News (N)	Extra (LIVE)			
WUTV	30	-	-	College Football Baylor at Oklahoma State. (N) (Live)								College Extra	The Masked Singer (LIVE) (DVS)	The Masked Singer (LIVE) (DVS)	2 on Your Side at 10	Big Bang Theory	Beat Shazam "Keep the Faith!" (LIVE)	L King Report
CFKS	31	106	726	"Sous soleil de"	*** "Max et les maximonstres" (2009) Catherine Keener, Max Records. (SC)			** "Ghost in the Shell: le film" (2017) Scarlett Johansson. Premiere. (SC)		(:45) *** "Batman: le commencement" (2005) Christian Bale. Un jeune homme devient le vengeur masqué de Gotham City. (SC)	(:45) Buzz (SC)	Moment V (SC)						
WUHF	-	-	363	College Football Baylor at Oklahoma State. (N) (Live)								College Extra	The Masked Singer (LIVE) (DVS)	The Masked Singer (LIVE) (DVS)	WHAM News	Game Time	Beat Shazam "Keep the Faith!" (LIVE)	ROH Wrestling
WETK	-	-	-	(3:30) Fleetwood Mac: The Dance	NewsHour Wk	As Time Goes By	Keep-Appear	Fawly Towers	Still Open All Hours	Father Brown The death of a woman. (LIVE)	Doc Martin Louisa has news for Martin.	Shakespeare and Hathaway -- Private	Austin City Limits (N) (LIVE)	Under-ground				
WCFE	-	-	-	Aging	Perry Como Classics: Till the End of Time (My Music) (LIVE)		Celtic Woman: Ancient Land Celtic Woman performs in Ireland. (LIVE)		The Durrells in Corfu on Masterpiece (LIVE)	Poldark on Master-piece (LIVE)	Celtic Woman: Ancient Land Celtic Woman performs in Ireland. (LIVE)	Fascism in Europe						
A&E	615	520	-	Live PD: Wanted (Series Premiere) (N) (LIVE)	Live PD "Live PD -- 10.11.19" (LIVE)				(:06) Live PD: Rewind (N) (LIVE)	Live PD "Live PD -- 10.19.19" (N) (Live)				Live PD (LIVE)				
CNN	500	500	-	CNN Newsroom	CNN Newsroom	S. E. Cupp Unfiltered	The Van Jones Show	CNN Newsroom	*** "RBG" (2018) Ruth Bader Ginsburg.				United Shades	United				
DISC	520	505	-	North Woods Law "Gun Country" (LIVE)	North Woods Law "Turkey Trouble"	North Woods Law "The Nick of Time"	North Woods Law "Passing the Torch"	North Woods Law "Hot on the Heels"	North Woods Law "Protect and Preserve"	North Woods Law "Coastal Criminals"	North Woods Law "Under the Radar"							
DRAMA	620	523	-	House "Three Stories" (LIVE)	The Closer A woman is stabbed to death.	The Closer "The Life" (LIVE)	The Closer "Make Over" (LIVE)	The Closer "Dead Man's Hand" (LIVE)	Law & Order: Special Victims Unit (N) (LIVE)	Magnum P.I. "Dead Inside" (LIVE)	The Rookie (LIVE) (DVS)	The Closer (LIVE)						
HIST	522	506	-	The UnXplained "Un-natural Nature" (LIVE)	The UnXplained "Strange Creatures"	The UnXplained "Bi-zarre Rituals" (LIVE)	The UnXplained "Life Beyond Death" (LIVE)	The UnXplained (LIVE)	The Curse of Oak Island "The Top 25 Finds" A look on six seasons of the series.	The UnXplained A look at an evil place.	The UnX-plained							
PARMT	628	584	-	(2:05) *** "Forrest Gump" (1994) Tom Hanks. (LIVE)	(3:35) ** "The Sandlot" (1993) Thomas Guiry. The new boy in town falls in with neighborhood ballplayers. (LIVE)				(:05) *** "Forrest Gump" (1994, Comedy-Drama) Tom Hanks, Robin Wright. A slow-witted Southerner experiences 30 years of history. (LIVE)	*** "The Goonies" (1985) Sean Astin. (LIVE)								
RDI	126	730	-	L'info (N) (SC)	Journal France 2	Le télé-journal	L'épicerie (N) (SC)	Le télé-journal	Découverte (N) (SC)	(:31) Le national	(:01) La semaine verte (N) (SC)	Le télé-journal	La facture (N) (SC)	Le télé-journal	Le national	Le télé-journal	Le national	Le télé-journal
SHOW	616	521	-	(3:30) *** "Mission: Impossible III" (2006, Action) Tom Cruise. (LIVE) (DVS)	*** "Mission: Impossible -- Ghost Protocol" (2011) Tom Cruise. Ethan Hunt goes "off the grid" after the IMF is shut down. (LIVE)				*** "Mission: Impossible Rogue Nation" (2015) Tom Cruise. Ethan Hunt and his team square off against the Syndicate. (LIVE)				"Mission: Imp. 3"					
SLICE	601	562	-	"Couples Retreat"	** "I Now Pronounce You Chuck and Larry" (2007, Comedy) Adam Sandler, Kevin James. (LIVE)				*** "Dodgeball: A True Underdog Story" (2004, Comedy) Vince Vaughn. (LIVE) (DVS)				*** "Knocked Up" (2007) Seth Rogen, Katherine Heigl, Paul Rudd. A one-night stand has an unforeseen consequence. (LIVE)					
TLC	521	560	-	90 Day Fiancé: Before the 90 Days Avery's mom deals with some bad news. (LIVE)		90 Day Fiancé: Before the 90 Days Angela confronts Michael's friends. (LIVE)		90 Day Fiancé: Before the 90 Days Tim makes an important decision. (LIVE)		90 Day Fiancé: The Other Way (LIVE)		90 Day Fiancé: Before the 90 Days (LIVE)		90 Day Fiancé				
TSN	400	400	-	CFL Football Ottawa Redblacks at Hamilton Tiger-Cats. From Tim Hortons Field in Hamilton, Ontario. (N) (Live)				CFL Football Winnipeg Blue Bombers at Calgary Stampeders. From McMahon Stadium in Calgary, Alberta. (N) (Live)				SportsCentre (N) (Live)	SportsCentre (N) (Live)	SportsCentre				
YOUTH	551	542	-	Sponge.	Sponge.	Loud	** "Alice in Wonderland" (2010) (LIVE)				*** "The Nightmare Before Christmas" (LIVE)				Henry	Are You Afraid	Just Kid	Nightmare

Your week on TV

SUNDAY DAYTIME												OCTOBER 20, 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) (LIVE)	Face the Nation (N) (LIVE)	Best Friends	The NFL Today (N) (LIVE)	NFL Football Oakland Raiders at Green Bay Packers. (N) (LIVE)														
WPTZ	5	-	-	Sunday Today With Willie Geist (N) (LIVE)	Meet the Press (N) (LIVE)	Soledad O'Brien	On the Money (N)	Carbonaro Eff.	Carbonaro Eff.	Figure Skating	NASCAR America	NASCAR Monster Energy Cup	NASCAR Monster Energy Series Hollywood Casino 400. (N) (LIVE)										
CBMT	6	206	301	Coronation Street (N)	Coronation Street (N)	Coronation Street (N)	Coronation Street (N)	Weekly-Wendy	Maamuitau-au (N)	Our Montreal (LIVE)	Daughters of the Voice (LIVE)	"The Legend of Sarila" (2013) Voices of Christopher Plummer, Rachelle Lefevre. (LIVE)											
CHLT	7	107	718	(6:00) Salut bonjour week-end (N) (SC)	*** "Toujours Alice" (2014, Drame) Julianne Moore, Alec Baldwin, Kristen Stewart. (SC)	TVA nouvelles (N)	La victoire de l'amour	Infopublicité (SC)	Les looney tunes (LIVE)	* "Astérix et Obélix contre César" (1999, Enfants) Christian Clavier, Gérard Depardieu. (SC)													
WMTW	8	-	-	Good Morning America (N) (LIVE)	This Week W/ George Stephanopoulos	Soledad O'Brien	Teen Kids News (N)	Made in Hollywood	Wild About Animals	Try Yoga!	Paid Program	Try Yoga	Maine's CW	World of X Games (LIVE)	College Football 150: The American Game								
CKSH	9	108	-	(:15) Sonic Boom	Mike, une vie	Sous les palmiers (N)	Les sages (N)	(9:59) Le jour du Seigneur (N) (SC)	Les coulisses du pouvoir (N) (SC)	Téléjournal	La semaine verte (SC)	Second regard	100 pour 100 local (N) (SC)	*** "Opération Muppets" (2014)									
CKMI	11	-	-	Fishful Thinking	Entertainment Tonight (LIVE)	You Gotta Eat Here!	Joel Osteen	Paid Program	The West Block (N)	Focus Montreal	Worst to First "Louise & Jon" (DVS)	Carnival Eats	Carnival Eats	Fire Masters "No Charred Feelings" (N)	Ice Road Truckers "Trial by Ice"								
CFCF	12	205	312	Children's Villages	Operation Smile (LIVE)	Cash Cab	Context: Beyond	Church of the Rock	Question Period (N) (LIVE)	SportsCentre (N) (LIVE)	NFL Football Arizona Cardinals at New York Giants. (N) (LIVE)												
WVNY	22	-	-	Good Morning America (N) (LIVE)	This Week W/ George Stephanopoulos	What Matters	The Key of David	Total Body Relief	Power Air Fryer Oven	Paid Program	Today Show	Skin Care	Larry King Report	World of X Games (LIVE)	College Football 150: The American Game								
WUTV	30	-	-	The Ernest Angley Hour	FOX News Sunday With Chris Wallace (N)	Sharyl Attkisson	The Key of David	Today Show	LifeLock Protection	FOX NFL Sunday (N) (LIVE)	NFL Football Minnesota Vikings at Detroit Lions. (N) (LIVE)												
CFKS	31	106	726	Il est écrit (SC)	Moment V (SC)	L'heure de la	NVL week-end (N)	RPM Le Dodge Challenger SRT. (N) (SC)	RPM plus Notre invité met fin aux mythes. (N)	Zone VL (SC)	Infopublicité (SC)	Marvel: agent Carter "Le bouton Blitzkrieg"	*** "La belle et le vétéran" (1988) Kevin Costner, Susan Sarandon, Tim Robbins. (SC)										
WUHF	-	-	363	Wild America	Total Body Relief	FOX News Sunday With Chris Wallace (N)	Sharyl Attkisson	Rochester Press Box	FOX NFL Kickoff (N) (LIVE)	FOX NFL Sunday (N) (LIVE)	NFL Football Arizona Cardinals at New York Giants. (N) (LIVE)												
WETK	-	-	-	Pinkalicious	Molly of Denali	Let's Go Luna!	Nature Cat (LIVE)	Curious George	Wild Kratts	Firing-Hoover	Vermont This Week	The Mystery of Chaco Canyon (LIVE)	Wonders of Mexico Mexico's mountains.	Made Here "Lomax"	Made Here	Yellowstone Symphony (LIVE)							
WCFE	-	-	-	Wild Kratts	Wild Kratts	Washing-ton Week	Scully: World	Mountain Lake	New York Now	Rick Steves Fascism in Europe (LIVE)	3 Steps to Pain Free Living Exercises to eliminate pain. (LIVE)												
A&E	615	520	-	Hoarders "Roxann & Barbara" (LIVE)	Hoarders "Peggy & Ed and Connie" (LIVE)	Hoarders "Sandi & Vivian" (LIVE)	Hoarders "Barbara G; Fred and Mary" (LIVE)	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	Live PD Presents	"End of Watch" (LIVE)					
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	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom					
DISC	520	505	-	Insane Pools: Off the Deep End (LIVE)	Tanked "Adrian Peterson's MVP Tank"	North Woods Law (LIVE)	North Woods Law "Life on the Border"	Disasters at Sea "The Ice Ship"	Mighty Cruise Ships (DVS)	MythBusters Adam and Jamie drift on dirt.													
DRAMA	620	523	-	House "Three Stories" (LIVE)	The Rookie (LIVE) (DVS)	Magnum P.I. "Dead Inside" (LIVE)	Law & Order: Special Victims Unit (LIVE)	The Closer A woman is stabbed to death. (LIVE)	The Closer A 12-year-old boy is found dead. (LIVE)	The Closer Several old cases are reviewed. (LIVE)	The Closer Deadly domestic violence case. (LIVE)												
HIST	522	506	-	Salvage Kings "Bowled Over" (LIVE)	American Pickers (LIVE) (DVS)	American Pickers Frank gets a lesson. (LIVE)	Counting Cars (LIVE)	Counting Cars (LIVE)	Mountain Men "No Guts, No Glory" (LIVE)	Forged in Fire "Pioneer Sword" (LIVE)	Forged in Fire "The Horseman's Axe" (LIVE)	Pawn Stars "From Pawn, With Love" (LIVE)											
PARMT	628	584	-	Bar Rescue "Bare Rescue" (LIVE)	Bar Rescue "Phishing for Answers" (LIVE)	Bar Rescue A bar with a golf theme. (LIVE)	Bar Rescue "Ricketty Rockin' Rhonda's" (LIVE)	Bar Rescue A struggling military bar. (LIVE)	Bar Rescue "Get Off Your Ass!" (LIVE)	Bar Rescue A Cape Canaveral area bar. (LIVE)	Bar Rescue "Raising Arizona" (LIVE)												
RDI	126	730	-	(5:30) RDI matin weekend (N) (SC)	L'info (N) (SC)	L'info (SC)	Les coulisses du pouvoir (N) (SC)	Téléjournal	Téléjournal	L'épicerie (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)	L'info (N) (SC)					
SHOW	616	521	-	Border Security	*** "Mission: Impossible Rogue Nation" (2015) Tom Cruise. Ethan Hunt and his team square off against the Syndicate. (LIVE) (DVS)	*** "Mission: Impossible III" (2006) Tom Cruise. Agent Ethan Hunt faces the toughest villain of his career. (LIVE)	*** "Mission: Impossible -- Ghost Protocol" (2011, Action) Tom Cruise. (LIVE) (DVS)																
SLICE	601	562	-	Say Yes-Dress	Paid Program (LIVE)	Paid Program (LIVE)	Paid Program (LIVE)	*** "Leap Year" (2010) Amy Adams. A woman travels to Ireland to propose to her boyfriend. (LIVE)	*** "Bridget Jones's Diary" (2001) Renée Zellweger, Colin Firth. (LIVE) (DVS)	*** "I Now Pronounce You Chuck and Larry" (2007) Adam Sandler, Kevin James. (LIVE)													
TLC	521	560	-	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress "Love is Love" (LIVE)	Say Yes to the Dress "Bionic Bride" (LIVE)	Say Yes to the Dress	Hoarding: Buried Alive: Most Extreme (LIVE)	Hoarding: Buried Alive: Most Extreme (LIVE)	Hoarding: Buried Alive: Most Extreme (LIVE)											
TSN	400	400	-	Rugby Cup	SportsCentre	SportsCentre	SportsCentre	SportsCentre	SportsCentre	IMSA WeatherTech SportsCar Highlights	NASCAR Cup	NASCAR Monster Energy Series Hollywood Casino 400. (N) (LIVE)											
YOUTH	551	542	-	Sponge.	Loud	Casagran	Loud	Sponge.	Sponge.	Turtles	Ninjago (LIVE)	** "Minions" (2015) Jon Hamm (LIVE)	Barbie	Casagran	Sponge.	Sponge.							

SUNDAY EVENING												OCTOBER 20, 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	-	-	NFL Post-game (N)	NFL Post-game (N)	Geico's 10 Greatest: Golf Combacks (N)	Channel 3 News	Weekend News	60 Minutes (N) (LIVE)	God Friended Me "All Those Yesterdays"	NCIS: Los Angeles "Yellow Jack" (N) (LIVE)	Madam Secretary "Killer Robots" (N) (LIVE)	Channel 3 News	Greta Van Susteren	NCIS: N.O.								
WPTZ	5	-	-	(2:30) NASCAR Monster Energy Series Hollywood Casino 400. (N) (LIVE)	NBC5 News at 6	Nightly News	Football Night in America (N) (LIVE)	Heartland "Fairytale" (N) (LIVE) (DVS)	Anne With an E (N) (LIVE) (DVS)	The Fifth Estate (N) (LIVE) (DVS)	The National (N) (LIVE)	Montreal News	Weekly-Wendy	q (N) (LIVE)									
CBMT	6	206	301	** "Escape From Planet Earth" (2013, Children's) Voices of Rob Corrdry. (LIVE)	The Great Canadian Baking Show	Heartland "Fairytale" (N) (LIVE) (DVS)	Anne With an E (N) (LIVE) (DVS)	The Fifth Estate (N) (LIVE) (DVS)	The National (N) (LIVE)	Montreal News	Weekly-Wendy	q (N) (LIVE)											
CHLT	7	107	718	(:15) * "Les neuf vies de M. Boule-de-poil" (2016) Kevin Spacey. Premiere. (SC)	TVA nouvelles (N)	Vlog (N) (SC)	Révolution "Les auditions" L'importance de la nanotechnologie. (LIVE)	(:45) Studio G (N) (SC)	(:45) TVA nouvelles	Fentanyl: la menace	(:45) Killing Eve "Un si joli visage" (N)	(:45) "Un moment d'égarement" (2015)											
WMTW	8	-	-	CFB 150: Greatest	Smokeless Grill	Get Energy	WMTW News 8 at	World News	America's Funniest Home Videos (N) (LIVE)	Kids Say the Darndest Things (N) (LIVE)	Shark Tank Knife sharpening by mail.	The Rookie "Warriors and Guardians" (N)	WMTW News 8	Soledad O'Brien	Major Crimes								
CKSH	9	108	-	(3:00) *** "Opération Muppets" (2014)	Esprit critique (N) (SC)	Téléjournal	Découverte (N) (SC)	Le gros labo	Tout le monde en parle (N) (SC)														
CKMI	11	-	-	"The Wedding March" (2016, Romance) Jack Wagner, Josie Bissett. (DVS)	Global News at 6	Global National	Border Security	Border Security	Kids Say the Darndest Things (N) (LIVE)	NCIS: Los Angeles "Yellow Jack" (N) (LIVE)	Madam Secretary "Killer Robots" (N) (LIVE)	Global News	The West Block	Focus Montreal									
CFCF	12	205	312	NFL Football	(:25) NFL Football Baltimore Ravens at Seattle Seahawks. (N) (LIVE)	NFL on CTV Live	God Friended Me "All Those Yesterdays"	The Good Doctor (N) (LIVE)	The Rookie "Warriors and Guardians" (N)	News-Rinaldo	CTV News Montreal	South Park (LIVE)											
WVNY	22	-	-	CFB 150: Greatest	CFB 150: Greatest	Patsy Cline	Patsy Cline	World News	Local 22 News (N)	America's Funniest Home Videos (N) (LIVE)	Kids Say the Darndest Things (N) (LIVE)	Shark Tank Knife sharpening by mail.	The Rookie "Warriors and Guardians" (N)	Local 22 News (N)	Graham Bensinger	Judge Judy (LIVE)							
WUTV	30	-	-	NFL Football	(:25) NFL Football Baltimore Ravens at Seattle Seahawks. (N) (LIVE)	The OT (N) (LIVE)	The Simpsons (N)	Bless the Harts (N)	Bob's Burgers	Family Guy (N)	2 on Your Side at 10	America This Week (N) (LIVE)	Ring of Honor Wrestling (N) (LIVE)										
CFKS	31	106	726	"Belle et vétéran"	(:15) ** "Donneur anonyme" (2013, Comédie) Vince Vaughn, Chris Pratt. (SC)	Occupation double Afrique du Sud (N) (SC)	Occupation double Afrique du Sud (N) (SC)	Occupation double Afrique du Sud (N) (SC)	Occupation double Afrique du Sud (N) (SC)	Occupation double Afrique du Sud (N) (SC)	Occupation double Afrique du Sud (N) (SC)	NVL week-end (SC)	Moment V (SC)										
WUHF	-	-	363	NFL Football	(:25) NFL Football Baltimore Ravens at Seattle Seahawks. (N) (LIVE)	The OT (N) (LIVE)	The Simpsons (N)	Bless the Harts (N)	Bob's Burgers	Family Guy (N)	WHAM News	Sharyl Attkisson	America This Week (N) (LIVE)	Patsy Cline									
WETK	-	-	-	Memory Rescue With Daniel Amen, MD (LIVE)	NewsHour Wk	The Great British Baking Show	A Place to Call Home "Fallout" (LIVE)	The Durrells in Corfu on Masterpiece (N)	Poldark on Masterpiece (N) (LIVE)	Press on Masterpiece (N) (LIVE)	Inside Harrods: The World's Most	Durrells in Corfu											
WCFE	-	-	-	Celtic Woman	Downton Abbey Returns! Jim Carter celebrates "Downton Abbey." (LIVE)	The Durrells in Corfu on Masterpiece (N)	Poldark on Masterpiece (N) (LIVE)	Press on Masterpiece (N) (LIVE)	Memory Rescue With Daniel Amen, MD (LIVE)														
A&E	615	520	-	(3:30) *** "End of Watch" (2012) Jake Gyllenhaal, Michael Peña. (LIVE)	*** "Salt" (2010, Action) Angelina Jolie, Liev Schreiber, Chiwetel Ejiofor. (LIVE)	*** "Hacksaw Ridge" (2016) Andrew Garfield, Sam Worthington. Medic Desmond Doss becomes a hero during World War II. (LIVE)	(:04) Live PD: Wanted (LIVE)	"Hacksaw Ridge" (LIVE)															
CNN	500	500	-	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Newsroom	CNN Special Report	Declassified	This Is Life	CNN Special Report	Declass.											
DISC	520	505	-	MythBusters Explosive technology. (LIVE)	Big Bang Theory	Big Bang Theory	Big Bang Theory	Mighty Trains "Rovos Railway" (N) (LIVE)	Alaska: The Last Frontier "New Frontiers, New Threats" Spring arrives early in Alaska. (LIVE)	Why We Hate "Tribalism" (N) (LIVE)	Big Bang Theory	Big Bang Theory	Big Bang Theory										
DRAMA	620	523	-	Pop Life (LIVE)	** "Mr. & Mrs. Smith" (2005) Brad Pitt. A husband and wife are assassins for rival organizations. (LIVE)	Crossword Mysteries "Abracadaver" A magician winds up dead. (LIVE)	The Truth About the Harry Quebert Affair	Crossword Mysteries "Abracadaver" A magician winds up dead. (LIVE)	Harry Quebert														
HIST	522	506	-	American Pickers A rare pair of trucks. (LIVE)	American Pickers (LIVE) (DVS)	American Pickers Frank gets a lesson. (LIVE)	Forged in Fire: Cutting Deeper (N) (LIVE)	Mountain Men "No Guts, No Glory" (LIVE)	Mountain Men "All or Nothing" (N) (LIVE)	Salvage Kings "Island Finds" (N) (LIVE)	Forged in Fire: Cutting Deeper (LIVE)	Mountain Men (LIVE)											
PARMT	628	584	-	Bar Rescue	Bar Rescue "Mystique or Murder?" (LIVE)	Bar Rescue "Beach Rats" (LIVE)	Bar Rescue "Fallen Angels" (LIVE)	Bar Rescue	Bar Rescue "Bare Rescue" (LIVE)	Bar Rescue "Phishing for Answers" (LIVE)	Bar Rescue A bar with a golf theme. (LIVE)	Bar Rescue											
RDI	126	730	-	L'info (N) (SC)	Les décrypteurs	Le télé-journal	La facture (SC)	Le télé-journal	Enquête (N) (SC)	(:31) Le national	(:01) Les grands reportages (N) (SC)	Le télé-journal	(:31) Les coulisses du pouvoir (SC)	Le national (N)	Le télé-journal	Journal France 2	Le télé-journal						
SHOW	616	521	-	"Mission: Impossible -- Ghost Protocol" (LIVE)	*** "Mission: Impossible Rogue Nation" (2015) Tom Cruise. Ethan Hunt and his team square off against the Syndicate. (LIVE)	Batwoman "Down Down Down" (N) (LIVE)	Supergirl Kelly tries to help an old friend. (LIVE)	Mr. Robot Whitehouse has the feels. (N) (LIVE)	*** "Death Race" (2008) Jason Statham, Tyrese Gibson. (LIVE)														
SLICE	601	562	-	"Chuck, Larry"	** "Leap Year" (2010, Romance-Comedy) Amy Adams, Matthew Goode. (LIVE)	** "Notting Hill" (1999) Julia Roberts. A bookseller and a movie star have an unlikely romance. (LIVE)	*** "Bridget Jones's Diary" (2001) Renée Zellweger, Colin Firth. (LIVE) (DVS)	** "Notting Hill" (1999) Julia Roberts, Hugh Grant. (LIVE)															
TLC	521	560	-	Hoarding: Buried Alive: Most Extreme	90 Day Fiance: Extra Love "Hard to Say I'm Sorry" Tim makes an important decision. (N)	90 Day Fiancé: Before the 90 Days (LIVE)	90 Day Fiancé: Before the 90 Days Ben struggles through the ceremony. (N) (LIVE)	(:02) Unexpected (N) (LIVE)	(:02) 90 Day Fiancé: Before the 90 Days	90 Day Fiancé													
TSN	400	400	-	(2:30) NASCAR Monster Energy Series Hollywood Casino 400. (N) (LIVE)	SportsCentre (N) (LIVE)	Football Night in America (N) (LIVE)	(:15) NFL Football Philadelphia Eagles at Dallas Cowboys. (N) (LIVE)	SC With Jay and Dan (N) (LIVE)															
YOUTH	551	542	-	** "Minions" (2015) Jon Hamm (LIVE)	*** "Fantastic Beasts and Where to Find Them" (2016) (LIVE)	Are You Afraid	Are You Afraid	Sponge.	Sponge.	Minions													

Bishop's very first CountryFest

By Taylor McClure
Special to The Sherbrooke Record

On Saturday Oct. 19, the Bishop's University Students' Representative Council is organizing its first ever country festival on the university's campus.

The event will include a fair in the quad in the afternoon with a variety of activities open to the local community, followed by a ticketed concert in the evening.

"The student population at Bishop's is really into country music," explained Véronic St-Cyr, one of the organizers of the festival, "We have had country music nights in the past and they all sold out. We wanted to tailor the festival to our students."

For their first edition of what they have called CountryFest, the SRC will be transforming the Quad into a country fair where activities will be taking place throughout the afternoon for the entire family. "It is in the quad from 2-6 p.m.

on Saturday and we are inviting the entire community to join. It will be family friendly."

Amongst some of the activities taking place include a mechanical bull ride, hamster ball races, a petting zoo, a blow up obstacle course, pumpkin decorating and much more.

There will also be a food truck on site to satisfy everyone's appetites.

Entrance to the afternoon fair is free, although some of the activities require tickets to participate. The tickets can be purchased at the entrance at a low cost. The SRC organized the carnival so that many of the activities for children remain free of charge.

The day doesn't end there! After the fair wraps up, there will be a country concert taking place from 8 p.m. to midnight. "The opening act is a local student band that usually go by the name Queen Street. The main headliner is a band called Sons of Daughters who are coming from Nashville. They have a song on

Spotify with over a million streams. It will be a good time."

In the evening, the Quad will be turned into a "beer garden" where alcoholic and non-alcoholic beverages will be offered from 8 p.m. to midnight. The food truck will also be present on site until 10 p.m.

If you are hoping to attend the concert, you can purchase your tickets at the door for 40\$, which includes two drinks.

Following the live entertainment, an after party will be taking place at the Gait; the bar on campus. For those who purchased their tickets during the pre-sale, you have a guaranteed spot to the after party. For all other tickets, it costs 10\$ to enter the after party. With a limited amount of space, you better get there fast!

CountryFest is an important event for the SRC. "It's the first time we open an event to public," mentioned Antoine

Bélair-Rivard, director of communications and marketing for the SRC, "we would really like to make this big this year so that we can bring it back again."

He explained that most of the events with the public and the students are usually kept separate and this year the SRC decided that they would love to merge everyone together. "We are excited to get the community on campus to join us."

The funds raised at CountryFest from ticket sales goes back into the student body at Bishop's University in many different ways. "All the money we make goes back to SRC to improve student experience," explained Véronic. The health plan that students have access and the peer-tutoring program are only a few of the things that are covered by the SRC.

Get your cowboy boots on and make your way to Bishop's this Saturday in support of their very first CountryFest!

WIN TICKETS!

Menopause The Musical®

The Hilarious Celebration of Women and The Change!®

Saturday, November 16 at 7:30 pm
Centennial Theatre, Bishop's University
819-822-9692 or online @ centennialtheatre.ca



Laugh Out Loud musical comedy staged to 25 classic hits of the '60s, '70s and '80s. Featuring: Canadian All-Star cast! Set in a department store, four women with nothing in common but a black lace bra... come to realize they have more to share than ever imagined. The All-Star Canadian cast makes fun of their hot flashes, night sweats, mood swings, wrinkles, not enough sex, too much sex, chocolate binges and a whole lot more!

Come Celebrate Your Womanhood & Join The Sisterhood!

The Record has **5 PAIRS OF TICKETS** to give away for this musical.

All you have to do is answer the following question and email it into us by the end of the day on **October 25, 2019**

QUESTION:

Describe one symptom of menopause?

EMAIL TO: classad@sherbrookerecord.com

Winners will be randomly drawn on November 1, 2019

BISHOP'S UNIVERSITY EVENTS

Jeremy Huw Williams

October 25, 2019
8 pm
Bandeau Hall
Bishop's University
819-822-9692
ubishops.ca/mcn

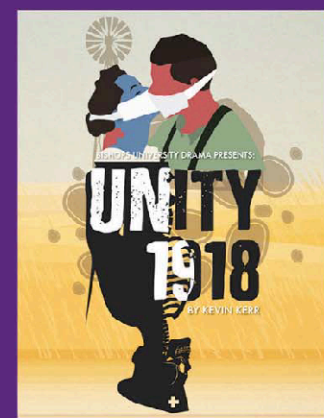


Bishop's University Drama Department presents

UNITY 1918

October 23-27
7:30 pm

Turner Studio Theatre
819 822 9692
ubishops.ca/drama



INFO 819-822-9692

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Penny Ward
Consultant



Your week on TV

MONDAY EVENING													OCTOBER 21, 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)	The Neighborhood (N)	Bob Hearts Abishola (N)	All Rise "Devotees in the Court-house of Love" (N) (L)	Bull Taylor becomes invested in a case. (N) (L)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (L)			
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (L)	Wheel of Fortune (N) (L)	The Voice "The Battles, Part 3" (N) (L)	The artists perform dueling duets. (N) (L)	(:01) Bluff City Law "When the Levee Breaks" (N) (L)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (L)			
CBMT	6	206	301	CBC Montreal News (N)	Canada Votes 2019: Results	Canada Votes 2019: Results and analysis of the federal election. (N) (L)	2019: Results and analysis of the federal election. (N) (L)	Canada Votes 2019 Coverage of the federal election. (N) (L)	Canada Votes 2019 Coverage of the federal election. (N) (L)	Canada Votes 2019 Coverage of the federal election. (N) (L)	Canada Votes 2019: After the Vote (N) (L)				
CHLT	7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	Un zoo pas comme les autres (N) (L)	Boomerang (N) (L)	Fédérales 2019 Les résultats de l'élection fédérale. (N) (L)	Fédérales 2019 Les résultats de l'élection fédérale. (N) (L)	Fédérales 2019 Les résultats de l'élection fédérale. (N) (L)	"Adieu vie de jeune fille" (N) (L)				
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (L)	Jeopardy! (N) (L)	Dancing With the Stars "Week 6" The remaining couples compete. (N) (L)	Dancing With the Stars "Week 6" The remaining couples compete. (N) (L)	The Good Doctor Dr. Lim assigns Shaun his first surgery. (N) (L)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! (N) (L)			
CKSH	9	108	-	(5:59) Le téléjournal Estrie	(:31) RDI économie (N)	District 31 (N) (L)	Élections Canada 2019: la soirée Les résultats de la soirée électorale. (N) (L)	Élections Canada 2019: la soirée Les résultats de la soirée électorale. (N) (L)	Élections Canada 2019: la soirée Les résultats de la soirée électorale. (N) (L)	Élections Canada 2019: la soirée Les résultats de la soirée électorale. (N) (L)	Élections Canada 2019: la soirée Les résultats de la soirée électorale. (N) (L)	Élections Canada 2019: la soirée Les résultats de la soirée électorale. (N) (L)			
CKMI	11	-	-	Global National (N) (L)	(:29) Global News at 6:30	Prodigal Son Malcolm discovers a secret about Dani. (N) (L)	9-1-1 "Rage" Helping protesters at a slaughter house. (N) (L)	Global News: Decision Canada Results of the 2019 Federal Election. (N) (L)	Global News: Decision Canada Results of the 2019 Federal Election. (N) (L)	Global News: Decision Canada Results of the 2019 Federal Election. (N) (L)	Global News: Decision Canada Results of the 2019 Federal Election. (N) (L)	Global News: Decision Canada Results of the 2019 Federal Election. (N) (L)			
CFCF	12	205	312	(5:59) CTV News Montreal (N) (L)	Federal Election (N) (L)	Federal Election (N) (L)	Federal Election (N) (L)	Federal Election (N) (L)	Federal Election (N) (L)	Federal Election (N) (L)	Federal Election (N) (L)	Federal Election (N) (L)			
WVNY	22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N) (L)	Inside Edition (N) (L)	Dancing With the Stars "Week 6" The remaining couples compete. (N) (L)	Dancing With the Stars "Week 6" The remaining couples compete. (N) (L)	The Good Doctor Dr. Lim assigns Shaun his first surgery. (N) (L)	Local 22 News (N) (L)	(:35) Jimmy Kimmel Live! (N) (L)			
WUTV	30	-	-	The Big Bang Theory (N) (L)	Judge Judy (N) (L)	Judge Judy (N) (L)	Family Feud (N) (L)	9-1-1 "Rage" Helping protesters at a slaughter house. (N) (L)	(:01) Prodigal Son "The Trip" (N) (L) (DVS)	2 on Your Side Seinfeld (N) (L)	Two and a Half Men (N) (L)	Two and a Half Men (N) (L)	Last Man Standing (N) (L)		
CFKS	31	106	726	Souper parfait	Occupation	À table avec mon ex (N) (L)	Rire et délire (SC)	Mets-y le paquet (N) (L)	Mets-y le paquet (SC)	L'open mic de... (N) (L) (SC)	Occupation	Whiskey Cavalier Une expérience émouvante. (N) (L)	Souper parfait	NVL (N) (L) (SC)	Moment V (SC)
WUHF	-	363	-	Modern Family (N) (L)	Modern Family (N) (L)	The Big Bang Theory (N) (L)	The Big Bang Theory (N) (L)	9-1-1 "Rage" Helping protesters at a slaughter house. (N) (L)	(:01) Prodigal Son "The Trip" (N) (L) (DVS)	13WHAM News at 10 on Fox Rochester (N) (L) (Live) (L)	DailyMailTV (N) (L) (Live) (L)	The Simpsons (N) (L)	Paid Program (N) (L)		
WETK	-	-	-	PBS NewsHour (N) (L)	The This Old House Hour (N) (L)	Antiques Roadshow A 1964 print signed by Cassius Clay. (N) (L)	Antiques Roadshow A 1964 print signed by Cassius Clay. (N) (L)	Retro Report on PBS Baby M and surrogate parenthood. (N) (L)	Retro Report on PBS Baby M and surrogate parenthood. (N) (L)	POV "Blowin' Up" Changing how women are prosecuted. (N) (L)	Amanpour and Company (N) (L)	Amanpour and Company (N) (L)	Amanpour and Company (N) (L)		
WCFE	-	-	-	World News America	Nightly Business Report	PBS NewsHour (N) (L)	Antiques Roadshow A 1964 print signed by Cassius Clay. (N) (L)	Retro Report on PBS Baby M and surrogate parenthood. (N) (L)	1955, Seven Days of Fall Dodgers against Yankees. (N) (L)	BBC World News (N) (L)	Amanpour and Company (N) (L)	Amanpour and Company (N) (L)	Amanpour and Company (N) (L)		
A&E	615	520	-	Live PD: Police Patrol (N) (L)	Live PD: Police Patrol (N) (L)	Live PD: Police Patrol (N) (L)	Live PD: Police Patrol (N) (L)	Live PD: Police Patrol (N) (L)	Live PD: Police Patrol (N) (L)	Live PD: Police Patrol (N) (L)	Live PD: Police Patrol (N) (L)	Live PD: Police Patrol (N) (L)	Live PD: Police Patrol (N) (L)	Live PD: Police Patrol (N) (L)	Live PD: Police Patrol (N) (L)
CNN	500	500	-	Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Anderson Cooper 360 (N)	Anderson Cooper 360 (N)	Anderson Cooper 360 (N)	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	Cooper 360		
DISC	520	505	-	Highway Thru Hell "Yin and Yang" (DVS)	MythBusters Adam and Jamie use duct tape to survive. (N) (L)	Bering Sea Gold Vern makes life-or-death decision. (N) (L)	Alaskan Bush People "Clear and Pheasant Danger" (N) (L)	Highway Thru Hell A twisted wreck trapped in the trees. (N) (L)	Homestead Rescue "Quake on the Forty" (N) (L)	Alaskan Bush People (N) (L)	Alaskan Bush People (N) (L)	Alaskan Bush People (N) (L)	Alaskan Bush People (N) (L)		
DRAMA	620	523	-	CSI: Crime Scene Investigation "Harvest" (DVS)	CSI: Crime Scene Investigation "Crow's Feet" (N) (L)	CSI: Crime Scene Investigation "Swap Meet" (N) (L)	CSI: Crime Scene Investigation "Happy Day" (N) (L)	American Pickers A clock shop with vintage items. (N) (L)	Forged in Fire The bladesmiths forge a combat knife. (N) (L)	Pawn Stars (N) (L)	Pawn Stars (N) (L)	Pawn Stars (N) (L)	Pawn Stars (N) (L)		
HIST	522	506	-	Forged in Fire The bladesmiths forge a combat knife. (N) (L)	Mountain Men "All or Nothing" (N) (L)	Salvage Kings The Priestly's demo a historic lodge. (N) (L)	Pawn Stars "Happy Meal, Happy Day" (N) (L)	American Pickers A clock shop with vintage items. (N) (L)	Forged in Fire The bladesmiths forge a combat knife. (N) (L)	Pawn Stars (N) (L)	Pawn Stars (N) (L)	Pawn Stars (N) (L)	Pawn Stars (N) (L)		
PARMT	628	584	-	Cops "Set in His Ways" (N) (L)	Cops (N) (L)	Cops "Bikini Brawl" (N) (L)	Cops "Scaredy Cat" (N) (L)	Cops "Perfect Strangers" (N) (L)	Cops "Out of Breath" (N) (L)	Cops "Feel the Heat" (N) (L)	Cops "Side-walk Licker" (N) (L)	Cops "Dirty Laundry" (N) (L)	Cops "Sugar and Spice" (N) (L)		
RDI	126	730	-	(5:59) RDI économie (N)	Élections Canada 2019: la soirée Les résultats de la soirée électorale. (N) (L)	Élections Canada 2019: la soirée Les résultats de la soirée électorale. (N) (L)	Élections Canada 2019: la soirée Les résultats de la soirée électorale. (N) (L)	Élections Canada 2019: la soirée Les résultats de la soirée électorale. (N) (L)	Élections Canada 2019: la soirée Les résultats de la soirée électorale. (N) (L)	Élections Canada 2019: la soirée Les résultats de la soirée électorale. (N) (L)	Élections Canada 2019: la soirée Les résultats de la soirée électorale. (N) (L)	Élections Canada 2019: la soirée Les résultats de la soirée électorale. (N) (L)	Élections Canada 2019: la soirée Les résultats de la soirée électorale. (N) (L)		
SHOW	616	521	-	NCIS "Phoenix" The team investigates a Marine's murder. (N) (L)	NCIS "The Namesake" A petty officer is shot. (N) (L)	All American Spencer gives his father an ultimatum. (N) (L)	** "Point Break" (2015, Action) Édgar Ramirez, Luke Bracey, Ray Winstone. A young FBI recruit infiltrates a gang of daredevil thieves. (N) (L)	NCIS "Lost at Sea" Investigating a helicopter crash. (N) (L)	NCIS "Phoenix" The team investigates a Marine's murder. (N) (L)	NCIS "The Namesake" A petty officer is shot. (N) (L)	All American Spencer gives his father an ultimatum. (N) (L)	** "Point Break" (2015, Action) Édgar Ramirez, Luke Bracey, Ray Winstone. A young FBI recruit infiltrates a gang of daredevil thieves. (N) (L)	NCIS "Lost at Sea" Investigating a helicopter crash. (N) (L)		
SLICE	601	562	-	Below Deck The crew welcomes high-profile guests. (N) (L)	Below Deck A deckhand's life is put at risk. (N) (L)	Below Deck "The Proposal" Ashton crosses a line. (N) (L)	The Real Housewives of Orange County (N) (L)	The Real Housewives of Orange County (N) (L)	The Real Housewives of Orange County (N) (L)	The Real Housewives of Orange County (N) (L)	The Real Housewives of Orange County (N) (L)	The Real Housewives of Orange County (N) (L)	Below Deck (N) (L)		
TLC	521	560	-	90 Day Fiancé: Before the 90 Days (N) (L)	90 Day Fiancé: The Other Way (N) (L)	90 Day Fiancé: The Other Way (N) (L)	90 Day Fiancé: The Other Way (N) (L)	90 Day Fiancé: The Other Way (N) (L)	90 Day Fiancé: The Other Way (N) (L)	"Tell All: Part 2" Shaun uncovers surprising updates. (N) (L)	(10:53) 90 Day Fiancé: Before the 90 Days (N) (L)	90 Day: Other (N) (L)			
TSN	400	400	-	Monday Night Countdown (N) (L)	(Live) (L)	(:15) NFL Football New England Patriots at New York Jets. (N) (L)	(Live) (L)	(Live) (L)	(Live) (L)	(Live) (L)	(Live) (L)	(Live) (L)	SC With Jay and Dan (N) (L)		
YOUTH	551	542	-	Henry Danger	Hunter Street	*** "Shrek 2" (2004) Voices of Mike Myers. (N) (L)	"Escape From Mr. Lemoncello's Library" (N) (L)	Stanley Dyn. (N) (L)	Max & Shred (N) (L)	Max & Shred (N) (L)	Max & Shred (N) (L)	Max & Shred (N) (L)	iCarly (N) (L)		

TUESDAY EVENING													OCTOBER 22, 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)	NCIS "Wide Awake" Gibbs befriends his new neighbors. (N) (L)	FBI Jubal must make a difficult decision. (N) (L)	NCIS: New Orleans Lasalle faces another dead end. (N) (L)	Channel 3 News	(:35) The Late Show With Stephen Colbert (N) (L)				
WPTZ	5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (L)	Wheel of Fortune (N) (L)	This Is Us Rebecca hosts a dinner party. (N) (L)	(:01) New Amsterdam Sharpe and Max team up. (N) (L)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (N) (L)				
CBMT	6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	Still Standing (DVS)	Coronation Street (N) (L)	TailBoyz (N) (L)	Baroness von Sketch Show (N) (L)	The National (N) (L)	CBC Montreal News (N)	Crash Gallery (N) (L)	Coronation Street (N) (L)		
CHLT	7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	Animaux à la traîne (N) (L)	La dérapé (N) (L)	Les honorables Les Des-sureaux installent des caméras. (N) (L)	TVA nouvelles (:35) Denis Lévesque (N) (L)	(:35) Deux filles le matin (SC)					
WMTW	8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (L)	Jeopardy! (N) (L)	It's the Great Pumpkin (N) (L)	Toy Story of Terror! (N) (L)	The Douglas Dynasty: Fame, Addiction, Recovery (N) (L)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! (N) (L)			
CKSH	9	108	-	(5:59) Le téléjournal Estrie	(:31) RDI économie (N)	District 31 (N) (L)	La facture (N) (L)	Toute la vie Rodge doit embaucher un avocat. (N) (L)	Se rang Jean-Michel craint pour sa vie. (N) (L)	Le téléjournal (N) (L)	Sports express (N) (L)	Sports express (N) (L)			
CKMI	11	-	-	Global National (N) (L)	(:29) Global News at 6:30	NCIS: New Orleans Lasalle faces another dead end. (N) (L)	NCIS "Wide Awake" Gibbs befriends his new neighbors. (N) (L)	FBI Jubal must make a difficult decision. (N) (L)	(:01) New Amsterdam Sharpe and Max team up. (N) (L)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (L)				
CFCF	12	205	312	(5:59) CTV News Montreal (N) (L)	etalk (N) (L)	The Big Bang Theory (N) (L)	The Connors (DVS)	Bob Hearts Abishola (N) (L)	This Is Us Rebecca hosts a dinner party. (N) (L)	Emergence (N) (L) (DVS)	News-Lisa (N) (L)	CTV News Montreal (N) (L)	The Daily Show (N) (L)		
WVNY	22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N) (L)	Inside Edition (N) (L)	It's the Great Pumpkin (N) (L)	Toy Story of Terror! (N) (L)	The Douglas Dynasty: Fame, Addiction, Recovery (N) (L)	Local 22 News (N) (L)	(:35) Jimmy Kimmel Live! (N) (L)			
WUTV	30	-	-	The Big Bang Theory (N) (L)	Judge Judy (N) (L)	Judge Judy (N) (L)	MLB on FOX Pregame (N) (L)	2019 World Series Washington Nationals at TBA. MLB postseason action from Game 1 of the 2019 World Series. (N) (L)	Nationals at TBA. MLB postseason action from Game 1 of the 2019 World Series. (N) (L)	Two and a Half Men (N) (L)	Two and a Half Men (N) (L)	Last Man Standing (N) (L)			
CFKS	31	106	726	Souper parfait	Occupation	À table avec mon ex (N) (L)	Rire et délire (SC)	Les jeux des titans (N) (L) (SC)	L'open mic de... (N) (L) (SC)	Occupation	NCIS: Los Angeles "L'un des nôtres" (N) (L)	Souper parfait	NVL (N) (L) (SC)	Moment V (SC)	
WUHF	-	363	-	Modern Family (N) (L)	Modern Family (N) (L)	The Big Bang Theory (N) (L)	MLB on FOX Pregame (N) (L)	2019 World Series Washington Nationals at TBA. MLB postseason action from Game 1 of the 2019 World Series. (N) (L)	Nationals at TBA. MLB postseason action from Game 1 of the 2019 World Series. (N) (L)	13WHAM News at 10 on Fox Rochester (N) (L) (Live) (L)	Paid Program (N) (L)	Nightly Business Report (N) (L)			
WETK	-	-	-	PBS NewsHour (N) (L)	Seeing Canada (N) (L)	Two for the Road (N) (L)	Finding Your Roots With Henry Louis Gates, Jr. (N) (L)	Retro Report on PBS Public housing experiment. (N) (L)	Retro Report on PBS Public housing experiment. (N) (L)	Frontline Immigration fuels division and violence. (N) (L)	Amanpour and Company (N) (L)	Amanpour and Company (N) (L)	Amanpour and Company (N) (L)		
WCFE	-	-	-	World News America	Nightly Business Report	PBS NewsHour (N) (L)	Finding Your Roots With Henry Louis Gates, Jr. (N) (L)	Retro Report on PBS Public housing experiment. (N) (L)	Frontline Immigration fuels division and violence. (N) (L)	BBC World News (N) (L)	Amanpour and Company (N) (L)	Amanpour and Company (N) (L)	Amanpour and Company (N) (L)		
A&E	615	520	-	The First 48 A woman is found strangled in her car. (N) (L)	The First 48 A reformed man is gunned down. (N) (L)	The First 48 A double shooting in New Orleans. (N) (L)	The First 48 A woman is found dead in a garbage can. (N) (L)	(:01) The First 48: Squad Tales: Tulsa "Monster" (N) (L)	(:04) The First 48 Detectives investigate a double murder. (N) (L)	(12:03) The First 48 (N) (L)					
CNN	500	500	-	Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Cuomo Prime Time (N) (L)	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	Cooper 360		
DISC	520	505	-	Highway Thru Hell Jamie is under pressure to cut costs. (N) (L)	MythBusters The Mythbusters test the clichés. (N) (L)	Gold Rush "A New Rush Begins" Parker bets millions. (N) (L)	Hellfire Heroes A burning oil truck triggers a wildfire. (N) (L)	Raising Wild Drew and Sarah must retrieve a trailer. (N) (L)	Homestead Rescue (N) (L)	Homestead Rescue (N) (L)	Homestead Rescue (N) (L)	Homestead Rescue (N) (L)	Homestead Rescue (N) (L)		
DRAMA	620	523	-	CSI: Crime Scene Investigation Starved to death. (N) (L)	CSI: Crime Scene Investigation "Who Shot Sherlock" (N) (L)	CSI: Crime Scene Investigation "Underground lifestyle." (N) (L)	CSI: Crime Scene Investigation "Nesting Dolls" (N) (L)	CSI: Crime Scene Investigation "Formalities" (N) (L)	CSI: Crime Scene Investigation "Ch-Ch-Changes" (N) (L)	CSI: Crime Scene Investigation "Formalities" (N) (L)	CSI: Crime Scene Investigation "Ch-Ch-Changes" (N) (L)	CSI: Crime Scene Investigation "Ch-Ch-Changes" (N) (L)	CSI: Crime Scene Investigation "Ch-Ch-Changes" (N) (L)		
HIST	522	506	-	Forged in Fire: Cutting Deeper (N) (L)	Pawn Stars "Happy Meal, Happy Day" (N) (L)	American Pickers A clock shop with vintage items. (N) (L)	Forged in Fire A weapon that's deadly and debonair. (N) (L)	The Curse of Oak Island "The Top 25 Theories" A look at six seasons of the series. (N) (L)	Forged in Fire (N) (L)	Forged in Fire (N) (L)	Forged in Fire (N) (L)	Forged in Fire (N) (L)	Forged in Fire (N) (L)		
PARMT	628	584	-	Ink Master: Angels (N) (L)	Ink Master: Angels (N) (L)	Ink Master: Angels (N) (L)	Ink Master: Angels (N) (L)	Ink Master: Angels (N) (L)	Ink Master: Angels (N) (L)	Ink Master: Angels (N) (L)	Ink Master: Angels (N) (L)	Ink Master: Angels (N) (L)	Ink Master: Angels (N) (L)		
RDI	126	730	-	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 "Édition spéciale" (N) (L)	Le téléjournal avec Céline Galipeau (N) (L)	Mordus de politique (N) (L)	Le national (N) (L)	(:31) Le national (N) (L)	(12:01) 24/60 (SC)				
SHOW	616	521	-	NCIS The team searches for an abducted girl. (N) (L)	** "Terminator Genisys" (2015, Science Fiction) Arnold Schwarzenegger, Jason Clarke, Emilia Clarke. Kyle Reese discovers that the past has been altered. (N) (L)	The Real Housewives of Orange County (N) (L)	The Real Housewives of Orange County (N) (L)	In a Man's World Shital infiltrates a family celebration. (N) (L)	The Real Housewives of Orange County "Blow Up" (N) (L)	NCIS "Devil's Trifecta" (N) (L)					
SLICE	601	562	-	Below Deck "The Proposal" Ashton crosses a line. (N) (L)	Below Deck Helen Hoey and Richard Fiore return. (N) (L)	Outdaughters The Busbys agree to cut the Quints naps. (N) (L)	Outdaughters The Quints prepare for placement tests. (N) (L)	(:02) Counting On Jinger and Jeremy explore Los Angeles. (N) (L)	(:02) Outdaughters "A Nightmare on Quint Street" (N) (L)	(:02) Outdaughters "Not So Quiet Riot" (N) (L)	Housewives/OC (N) (L)	Housewives/OC (N) (L)	Housewives/OC (N) (L)		
TLC	521	560	-	Say Yes to the Dress "Love At First Flight" (N) (L)	That's Hockey (N) (L)	CFL Wired (N) (L)	2019 World Series of Poker (Taped) (N) (L)	2019 World Series of Poker (Taped) (N) (L)	SportsCentre (N) (L)	NBA Basketball Los Angeles Lakers at Los Angeles Clippers. From Staples Center in Los Angeles. (N) (L)	Outdaughters (N) (L)	Outdaughters (N) (L)	Outdaughters (N) (L)		
TSN	400	400	-	SportsCentre (N) (L)	That's Hockey (N) (L)	CFL Wired (N) (L)	2019 World Series of Poker (Taped) (N) (L)	2019 World Series of Poker (Taped) (N) (L)	SportsCentre (N) (L)	NBA Basketball Los Angeles Lakers at Los Angeles Clippers. From Staples Center in Los Angeles. (N) (L)	Outdaughters (N) (L)	Outdaughters (N) (L)	Outdaughters (N) (L)		
YOUTH	551	542	-	Lip Sync	Hunter Street	*** "Megamind" (2010) Voices of Will Ferrell. (N) (L)	Haunted Thundermans (N) (L)	*** "Megamind" (2010) Voices of Will Ferrell. (N) (L)	*** "Megamind" (2010) Voices of Will Ferrell. (N) (L)	*** "Megamind" (2010) Voices of Will Ferrell. (N) (L)	*** "Megamind" (2010) Voices of Will Ferrell. (N) (L)	*** "Megamind" (2010) Voices of Will Ferrell. (N) (L)	iCarly (N) (L)		

Your week on TV

WEDNESDAY EVENING													OCTOBER 23, 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)	Survivor "Don't Bite the Hand That Feeds You" (N)	SEAL Team Jason must select a new candidate. (N) (H)	S.W.A.T. Tan faces an internal review board. (N) (H)	Channel 3 News	(:35) The Late Show With Stephen Colbert (H) (H)					
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (H)	Wheel of Fortune (N) (H)	Chicago Med Dr. Choi and Dr. Marcel disagree. (N) (H)	Chicago Fire "Buckle Up" Kidd must prove herself. (N)	Chicago P.D. Locals won't talk to police. (N) (H)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (H) (H)				
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	Still Standing (DVS)	Coronation Street (N) (H)	The Great Canadian Baking Show "International Week"	Northern Rescue "The Little Things" (H) (H)	The National (N) (H) (H)	CBC Montreal News (N)	First Play Live	Coronation Street (H)			
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) Les gags (N)	LOL :- (N) (SC)	Les invisibles Mehdi Bousaidan écrit un spectacle. (N)	Mensonges "Opération jackpot" L'identité du tueur. (N)	TVA nouvelles (:35) Denis Lévesque (N) (SC)	(:35) Deux filles le matin (SC)					
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (H)	Jeopardy! (N) (H)	The Goldbergs Schooled "Outbreak"	Modern Family (:31) Single Parents (N)	Stumptown Dex Parios tries to stay out of trouble. (H)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! (N) (H) (H)				
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) RDI économie (N)	District 31 (N) (SC)	L'épicerie (N) (SC)	Les enfants de la télé La chanteuse Coeur de Pirate.	Face aux monstres Les relations toxiques. (N)	Le téléjournal (N) (SC)	Sports express (N) (SC)					
CKMI 11	-	-	Global National (N) (H)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Survivor "Don't Bite the Hand That Feeds You" (N)	Schooled (DVS)	(:31) Single Parents (N)	S.W.A.T. Tan faces an internal review board. (N) (H)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N) (H)			
CFCF 12	205	312	(5:59) CTV News Montreal (N) (H) (H)	etalk (N) (H) (H)	The Goldbergs (N) (H)	All Rise "Devotees in the Court-house of Love" (N) (H)	Criminal Minds Two people go missing in the woods. (H)	Stumptown Dex Parios tries to stay out of trouble. (H)	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) (H) (H)	The Goldbergs Schooled "Outbreak"	Modern Family (:31) Single Parents (N)	Stumptown Dex Parios tries to stay out of trouble. (H)	Local 22 News (N)	(:35) Jimmy Kimmel Live! (N) (H) (H)				
WUTV 60	-	-	The Big Bang Theory (H) (H)	Judge Judy (N) (H) (H)	Judge Judy (H) (H)	MLB on FOX Pregame (N)	2019 World Series Washington 2019 World Series. (N) (H) (Live) (H)	Nationals at TBA. MLB postseason action from Game 2 of the	Two and a Half Men (H)	Two and a Half Men (H)	Last Man Standing (H)				
CFKS 61	106	726	Souper parfait	Occupation	À table avec mon ex (N)	Rire et délire (SC)	Ne jamais faire à la maison (N) (SC)	L'open mic de... (N) (SC)	Occupation	Seal team: coeur et courage "Le cartel de Doza" (N) (H)	Souper parfait	NVL (N) (SC)	Moment V (SC)		
WUHF	-	363	Modern Family (H) (H)	Modern Family (H) (H)	The Big Bang Theory (H) (H)	MLB on FOX Pregame (N)	2019 World Series Washington 2019 World Series. (N) (H) (Live) (H)	Nationals at TBA. MLB postseason action from Game 2 of the	13WHAM News at 10 on Fox Rochester (N) (Live) (H)	Paid Program (H)					
WETK	-	-	PBS NewsHour (N) (H) (H)	The Farming Project Agriculture in Vermont. (N) (H)	Nature Wildlife of the Upper Okavango River. (N) (H)	NOVA "Look Who's Driving" Exploring self-driving cars.	Life From Above Photos capture life on Earth. (H) (H)	Amanpour and Company (N) (H)	Nightly Business Report						
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N) (H) (H)	Nature Wildlife of the Upper Okavango River. (N) (H)	NOVA "Look Who's Driving" Exploring self-driving cars.	Life From Above Photos capture life on Earth. (H) (H)	BBC World News (H)	Amanpour and Company (N) (H)					
A&E	615	520	The First 48 Potential spree killer on the loose. (H) (H)	Ghost Hunters An Illinois resort has a morbid history. (H)	Ghost Hunters: Most Haunted (N) (H) (H)	Ghost Hunters "You've Been Warned" (N) (H) (H)	(:01) Ghost Hunters "Blood on the Bayou" (N) (H) (H)	(:04) Ghost Hunters Victorian house in Williamantic, Conn.	Ghost Hunters						
CNN	500	500	Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Cuomo Prime Time (N) (H)	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	Cooper 360						
DISC	520	505	Highway Thru Hell "Welcome to Winter" (DVS)	MythBusters A parachute made from hotel room things.	Expedition Unknown "Gold Rush of the Atlantic" (N)	Expedition Unknown (N) (H) (H)	Hitler's Most Wanted (N) (H)	Why We Hate "Tribalism" A scientist examines tribalism.	Expedition Unknown						
DRAMA	620	523	Criminal Minds Multiple bodies are found in suitcases.	Criminal Minds An unknown subject targets businessmen.	Criminal Minds Investigating a workplace shooting. (H)	Queen of the South Teresa gets involved in a turf war.	Criminal Minds "Green Light" (H) (DVS)	Criminal Minds "Red Light" (H) (DVS)	Criminal Minds (H)						
HIST	522	506	Forged in Fire A weapon that's deadly and debonair.	The Curse of Oak Island "The seasons of the series. (H) (H)	Top 25 Theories" A look at six	Watergate The Saturday Night Massacre. (N) (H)	Watergate Richard Nixon's fate is sealed. (N) (H) (H)	Forged in Fire: Cutting Deeper "Second Chances"	The UnX-plained (H)						
PARMT	628	584	Lip Sync Battle (H) (H)	Lip Sync Battle (H) (H)	Lip Sync Battle (H) (H)	Lip Sync Battle (H) (H)	Lip Sync Battle (H) (H)	Lip Sync Battle (H) (H)	Lip Sync Battle (H) (H)	Lip Sync Battle (H) (H)	Lip Sync Battle (H) (H)	Lip Sync Battle (H) (H)	Lip Sync Battle (H) (H)	Lip Sync Battle (H) (H)	
RDJ	126	730	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)	Les grands reportages "Déchirements" (N) (SC)	Le téléjournal avec Céline Gallepeau (N) (SC)	Mordus de politique (N) (SC)	Le national (N) (SC)	(:31) Le national (N) (SC)	(12:01) 24/60 (SC)				
SHOW	616	521	NCIS The team investigates a car accident. (H) (DVS)	NCIS "Hereafter" Vance uncovers surprising information.	Batwoman Kate realizes she must make a decision. (H)	Pennyworth Alfred forms an unlikely alliance. (N) (H) (H)	(:15) NCIS The team begins an undercover stakeout. (H)	(:15) NCIS The NCIS team finds an infamous hacker. (H)	Pennyworth (H)						
SLICE	601	562	The Real Housewives of Orange County (H) (H)	The Real Housewives of Orange County (H) (H)	The Real Housewives of Dallas "Ghost Busted" (H)	The Real Housewives of Dallas (N) (H) (H)	Below Deck Helen Hoey and Richard Fiore return. (H)	The Real Housewives of Orange County (H) (H)	Real Housewives-Dallas						
TLC	521	560	Say Yes to the Dress (H) (H)	Say Yes to the Dress (H) (H)	Say Yes to the Dress "Hell Yes to the Dress" (H) (H)	My 600-Lb. Life "Maja's Story" Maja counts on herself. (H) (H)	Hoarding: Buried Alive Mold, mice and flea infestations.	Hoarding: Buried Alive "Holding Mom Hostage"	My 600-Lb. Life (H) (H)						
TSN	400	400	SportsCentre (N) (Live) (H)	MLS Soccer Teams TBA. (N) (Live) (H)	SportsCentre	MLS Soccer Teams TBA. (N) (Live) (H)	SportsCentre (N) (H)	MLS Soccer Teams TBA. (N) (Live) (H)	SportsCentre (N) (H)	SC With Jay and Dan (N)					
YOUTH	551	542	Henry Danger	Hunter Street	*** "Coraline" (2009) Voices of Dakota Fanning. (H) (H)	Are You Afraid of the Dark?	*** "Coraline" (2009) Voices of Dakota Fanning. (H) (H)	iCarly (H)							

THURSDAY EVENING													OCTOBER 24, 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)	Young Sheldon (N) (H)	(:31) The Unicorn (N) (H)	(:01) Mom (N) (H)	Carol's Second Act (N)	Evil "October 31" Ben goes on his favorite show. (N) (H)	Channel 3 News	(:35) The Late Show With Stephen Colbert (H) (H)			
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N) (H)	Wheel of Fortune (N) (H)	Superstore "Self-Care"	Perfect Harmony (N) (H)	The Good Place (N) (H)	Sunnyside "Mondale" (H)	NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon (H) (H)			
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	Still Standing "Canso, NS"	Coronation Street (N) (H)	Battle of the Blades (N) (H) (H)	Dragons' Den Family businesses descend on the Den.	The National (N) (H) (H)	CBC Montreal News (N)	Canadian Reflections	Coronation Street (H)			
CHLT 7	107	718	(5:58) TVA nouvelles (N)	(:29) Le tricheur (N)	(6:59) Les gags (N)	La poule aux oeufs d'or (N)	Le bon docteur Morgan et Shaun sont indécis. (N) (SC)	J.E. (N) (SC)	Face à la rue (N) (SC)	TVA nouvelles (:35) Denis Lévesque (N) (SC)	(:35) Deux filles le matin (SC)				
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N) (H)	Jeopardy! (N) (H)	Grey's Anatomy Meredith has a court hearing. (N) (H)	(:01) A Million Little Things "Austin" (N) (H) (H)	(:01) How to Get Away With Murder (N) (H) (H)	WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live! (N) (H) (H)				
CKSH 9	108	-	(5:59) Le télé-journal Estrie	(:31) RDI économie (N)	District 31 (N) (SC)	Infoman (N) (SC)	100 Génies "Les méchants" Avec 2 Frères. (N) (SC)	Enquête (N) (SC)	Le téléjournal (N) (SC)	Sports express (N) (SC)					
CKMI 11	-	-	Global National (N) (H)	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	Superstore "Self-Care"	(:31) The Unicorn (N) (H)	The Good Place (N) (H)	Carol's Second Act (N)	Evil "October 31" Ben goes on his favorite show. (N) (H)	Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (H) (H)		
CFCF 12	205	312	(5:59) CTV News Montreal (N) (H) (H)	etalk (N) (H) (H)	Young Sheldon (N) (H)	Grey's Anatomy Meredith has a court hearing. (N) (H)	(:01) How to Get Away With Murder (N) (H) (H)	Law & Order: Special Victims Unit (N) (H) (DVS)	News-Lisa	CTV News Montreal (N)	The Daily Show				
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N) (H) (H)	Grey's Anatomy Meredith has a court hearing. (N) (H)	(:01) A Million Little Things "Austin" (N) (H) (H)	(:01) How to Get Away With Murder (N) (H) (H)	Local 22 News (N)	(:35) Jimmy Kimmel Live! (N) (H) (H)				
WUTV 60	-	-	The Big Bang Theory (H) (H)	Judge Judy (N) (H) (H)	Judge Judy (H) (H)	NFL Thursday Pregame	NFL Football Washington Redskins at Minnesota Vikings. (N) (H) (Live) (H)	Chicago Police "Juge et partie" Une mission d'infiltration.	Souper parfait	NVL (N) (SC)	Moment V (SC)				
CFKS 61	106	726	Souper parfait	Occupation	À table avec mon ex (N)	Rire et délire (SC)	Les jeux vous d'Ellen (N) (SC)	L'open mic de... (N) (SC)	Occupation	Chicago Police "Juge et partie" Une mission d'infiltration.	Souper parfait	NVL (N) (SC)	Moment V (SC)		
WUHF	-	363	Modern Family (H) (H)	Modern Family (H) (H)	The Big Bang Theory (H) (H)	NFL Thursday Pregame	NFL Football Washington Redskins at Minnesota Vikings. (N) (H) (Live) (H)	13WHAM News at 10 on Fox Rochester (N) (Live) (H)							
WETK	-	-	PBS NewsHour (N) (H) (H)	The Northeast By Eastern	Perry Como Classics: Till the End of Time (My Music) Perry Como's hit songs. (H)	The Highwaymen Live at Nassau Coliseum The Highwaymen perform. (H)	Amanpour and Company (N) (H)	Nightly Business Report							
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N) (H) (H)	New Tricks "Mad Dogs" Ministry of Defense agents.	Death in Paradise A well-known chef is murdered. (H)	Happy Valley (H)	BBC World News (H)	Amanpour and Company (N) (H)					
A&E	615	520	(5:00) Live PD "Live PD -- 09.28.19" (H) (H)	Live PD: Rewind "Live PD: Rewind No. 267" (N) (H)	Live PD: Rewind "Live PD: Rewind No. 267" (N) (H)	Live PD Presents	Live PD Presents	Live PD: Wanted (N) (H) (H)	Live PD Presents	Live PD Presents	Live PD: Rewind (H)				
CNN	500	500	Situation Room With Wolf	Erin Burnett OutFront (N)	Anderson Cooper 360 (N)	Cuomo Prime Time (N) (H)	CNN Tonight w/ Don Lemon	CNN Tonight w/ Don Lemon	Cooper 360						
DISC	520	505	Highway Thru Hell "Deadlift" (DVS)	MythBusters Painting a room with a boom. (H) (H)	Goblin Works Garage Helen turns up with a BMW E30.	Bitchin' Rides "Getting Jiggy With It" (N) (H)	Street Outlaws: Memphis "A Precious Chevelle" (N) (H)	Street Outlaws "NOLA Rising" Team OKC arrives fired up. (N) (H) (DVS)							
DRAMA	620	523	House House treats a young married couple. (H) (H)	House House spends the night in jail. (H) (H)	House "Son of Coma Guy" Saving a coma patient's son.	House An 18-year-old heart-attack patient. (H) (H)	House "Cane & Able" Possible alien abduction. (H) (H)	House "Informed Consent" A patient wants to end his life.	House "Lines in the Sand"						
HIST	522	506	Forged in Fire: Cutting Deeper "The Haladie" (H)	The UnXplained Unraveling the mysteries. (H) (DVS)	The UnXplained Remarkable tales of human survival. (H)	Forged in Fire Re-creating an ancient iron weapon. (H)	Ax Men Jason Rygaard fights the weather. (N) (H)	Forged in Fire: Cutting Deeper "The Haladie" (H)	Forged in Fire (H)						
PARMT	628	584	Lip Sync Battle (H) (H)	Lip Sync Battle (H) (H)	Lip Sync Battle (H) (H)	Lip Sync Battle (H) (H)	Lip Sync Battle (H) (H)	Lip Sync Battle (H) (H)	Lip Sync Battle (H) (H)	Lip Sync Battle (H) (H)	Lip Sync Battle (H) (H)	Lip Sync Battle (H) (H)	Lip Sync Battle (H) (H)		
RDJ	126	730	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)	Les grands reportages "Mal élevés" (N) (SC)	Le téléjournal avec Céline Gallepeau (N) (SC)	Mordus de politique (N) (SC)	Le national (N) (SC)	(:31) Le national (N) (SC)	(12:01) 24/60 (SC)				
SHOW	616	521	NCIS A Marine skilled in bomb detection dies. (H)	NCIS "Squall" A murder on a U.S. Navy ship. (H)	9-1-1 "Rage" Helping protesters at a slaughter house. (H)	Legacies A new monster arrives in Mystic Falls. (N) (H)	Prodigal Son Malcolm discovers a secret about Dani.	NCIS A Navy reservist's husband goes missing. (H)	NCIS "Berlin" (H) (DVS)						
SLICE	601	562	The Real Housewives of Dallas "Ghost Busted" (H)	The Real Housewives of Dallas (H) (H)	Million Dollar Listing New York "Ruffled Heathers" (H)	Million Dollar Listing New York "Co-List or No-List" (N)	Million Dollar Listing Los Angeles (H) (DVS)	The Real Housewives of Orange County "Twin Tweaks"	Million Dollar Listing						
TLC	521	560	90 Day Fiancé: Before the 90 Days "King of My Heart" Ben struggles through the ceremony. (H)	Tiny at 20 One of the world's tiniest women. (H) (H)	Tallest Teens Three of the tallest teens in America. (H)	30 Inches Tall and Turning 18 (H) (H)	Baby Bodybuilders The lives of preteen bodybuilders. (H)	Tiny at 20 (H) (H)							
TSN	400	400	SportsCentre (N) (Live) (H)	That's Hockey (N)	NFL Thursday Night Football Pregame (N) (Live) (H)	(:20) NFL Football Washington Redskins at Minnesota Vikings. (N) (Live) (H)	SC With Jay and Dan (N) (Live) (H)								
YOUTH	551	542	Thundermans	School	"Spooky Buddies" (2011) Sierra McCormick. (H) (H)	Are You Afraid of the Dark?	"Spooky Buddies" (2011) Sierra McCormick. (H) (H)	iCarly (H)							

What's On

MUSIC

October 19

Dance at the Waterloo Legion, 77 Lewis Street East, Waterloo on Saturday, October 19 from 8 p.m. until midnight. **Music by Gary Darling**. Cost \$8. All welcome.

October 19

Come dance with us every Saturday night at the Beebe Town Hall, 72 Main St., Stanstead (Beebe), from 7 p.m. to 11 p.m. **Music by the Double or Nothing (Mike & Kylie)**. Info: Gail 819-876-2021. Everyone welcome.

October 19

Dance at the Ives Hill Hall on Saturday, October 19 from 8 p.m. to midnight. **Music by the Country Swingers**. Admission \$10. All welcome.

October 19

Music Jam at the North Hatley Legion, 95 Jackson Heights, on Saturday, October 19 at 1 p.m. No cover charge. **Local bands**. All welcome. Information: 819-842-2933 after 2 p.m. **Upcoming: Chicken & Ribs Barbecue**, November 2, 6 p.m., reservations please.

October 20

Please join us for Hymn Sing on Sunday, October 20 at 7 p.m. at **St. James Anglican Church**, 725 Lakeside, Foster. We will celebrate in song and prayer. So come and make a joyful noise. Join us afterwards for refreshments in the hall. Info: 450-539-1123.

November 2

Galt Europe Trip Fundraising Dance for 4 local students, at the **Bury Armoury Community Center** from 9 p.m. to 1 a.m. on Saturday, November 2. **Music by Mike Patrick and Kylie Côté**. \$8/ticket. **Silent Auction**. B.Y.O.B. For more information: 819-872-1058 or 819-872-3426.

EVENTS

October 19

"How To Catch A Bear Who Loves to Read" authors will read at **Black Cat Books** on Saturday, October 19 at 2 p.m. French and English with activity to follow. **Recommended ages 3+**. All welcome! 168E Queen, Lennoxville. 819-346-1786.

October 19

Annual Painting Exhibitions in Bury: On October 19 from 10 a.m. until 3 p.m., please come and enjoy the **annual painting exhibition** where talented local artists exhibit their paintings, at two places, the **Bury United Cultural Center** and the **Armoury Cultural Center**. Both buildings are located on Main Street in Bury. Lunch will be available at the Bury United Cultural Center for a modest cost. Please come and celebrate our talented local artists.

October 19

Looking for a good book? Come to the **Boundary Rotary Book Store** at 4 Principal in Stanstead. The sale is on October 19 from 9 a.m. to noon. We have a wide variety of **books in both French and English**. **Donate what you think the books are worth**. Boundary Rotary would like to thank supporters of the bookstore.

October 19

Fall Roast Beef Supper on Saturday, October 19 to benefit **Beulah United Church**, 967 Main St., Ayer's Cliff. Settings at 5 p.m. and 6:30 p.m. Come and enjoy a delicious meal of **Roast Beef with homemade gravy, horseradish, mashed potatoes, squash and peas, coleslaw, bread, tomato juice, coffee, tea, and assorted pies**. **To reserve your tickets please call Wendell Cass 819-846-7180 or Dean Young 819-838 5815. Adults \$15, children 12 and under \$7.** Everyone is welcome!

October 19

Mansonville Baptist Church Barbecue on Saturday, October 19 from 5 p.m. to 7 p.m. at **Mansonville Elementary School**, 308 rue Principal, Mansonville. **Adults \$15, 6- 12 years old \$6, under 6 free.** Everyone welcome.

October 20

Veiled Like Me: About Bill 21. **Rachel Garber: What I learned from the "Veiled Like Me" experiment**, and reflections on Quebec's Bill 21 (An Act Respecting the Laicity of the State) that forbids some public employees to wear "religious symbols," including the hijab. Information about a possible court challenge to the law on the grounds that public debate was short-circuited in order to deny basic rights to Quebec citizens that would otherwise be guaranteed by the Quebec and Canadian Charters of Rights and Freedoms. Sunday, October 20 at 10:30 a.m. **UUEstrie**, 201 Main St., North Hatley. Info: 819-842-4146, www.uuestrie.ca, Facebook UU Estrie. All are welcome.

October 20

The Richmond Legion invites you to their Brunch this Sunday, October 20, from 9 a.m. to 12 noon. Reserve by calling 819-826-3444 or in person at 235 College Street, Richmond. **Contribution: \$9.** Welcome to all.

October 23

Osher Lifelong Learning Institute continues their 2019 Fall lecture season on Wednesday, October 23 from 1 p.m. to 2 p.m. at the **Hebard State Office Bldg**, 100 Main St., Downtown Newport, Vermont, 2nd FL Conference Rm. Ample free parking. Handicap access. \$5 US walk-ins. Refreshments and conversation to follow. Consider a seasonal membership for \$40 US (or \$70 for 2) which provides free entrance to all eight Vermont sites plus one guest pass to bring a

friend along. **TOPIC: Dr. Robert Chadwick presents "The Standing Stones of the Desert."** Collections of upright stones appeared across Jordan, Israel, Arabia, and Turkey, thousands of years before Stonehenge and the pyramids of Egypt. Erected long before the advent of writing, the meaning of these mute stones remained a mystery. But new research is helping to unlock secrets and a better understanding of the origins of religion and first civilizations of Egypt and Mesopotamia. More info? www.learn.uvm.edu/osher or Suzi at 802-673-9499.

October 25

Brome Missisquoi Youth Foundation Fundraising. Duplicate or Contract Bridge, Mahjong, Scrabble or Cribbage, Friday, October 25, 11:30 a.m. to 4 p.m., **Centre Lac-Brome**, 270 Victoria, Knowlton. **\$35 per person includes lunch, bridge & prizes.** For tickets: Robin Sewell, 148 Victoria St., Knowlton, JOE 1V0, 450-243-0184 or rmsewell43@gmail.com

October 25, 26, 31, November 1 & 2 **The Fates & Mister McGee**, a new **Halloween Play at the Lakeview Inn**, 50 Victoria St., Knowlton. October 25, 26, 31, November 1 and 2 at 7:30 p.m. Written by Stephen Paglia, directed by Linda Carey and starring Genevieve Lapensee and Gabriel Paglia, it is a musical journey that takes us from this realm to the next. **Tickets are \$15 each** and are available at **Brome Lake Books** or can be reserved by calling 579-438-8816 or 450-243-6183. **Music & Comedy for the Halloween season!**

October 25 & 26

Creek Church Rummage Sale, 278 Brill Road, West Bolton. October 23: Drop off day 9 a.m. to 1 p.m. October 25: 9 a.m. to 1 p.m. Sale. October 26: \$5 Bag Day 9 a.m. to noon. For information contact: Mini 450-538-0558 or Pam 450-521-0758.

October 26

PRE-CHRISTMAS CRAFT SALE on Saturday, October 26 from 9 a.m. to 3:30 p.m. at **Emmanuel United Church**, 203 Principale, Cowansville. Handicrafts, home baking, jams, jellies, pickles, Christmas decorations, Attic Treasures. **A light lunch will be served for \$7.** **COME AND BEAT THE CHRISTMAS RUSH!** 20+ artisans in attendance.

November 2

Colby-Curtis Museum Lecture-Luncheon. **Inventing the Quebec landscape**. Taming nature with picturesque fields, a few healthy cows and bridges, many bridges by Samuel Gaudreau-Lalande. Saturday, November 2, 10:30 a.m. to 1 p.m. **\$15 for our members, \$20 for non-members.** Please RSVP by October 31: 819-876-7322 or info@colbycurtis.ca

November 6

Grace Village welcomes you to be immunized in our upcoming Community

Flu Vaccine Clinic on Wednesday, November 6 from 8:30 a.m. to noon and 1 p.m. to 4 p.m., 1515 Pleasant View Street, Sherbrooke, QC, J1M 0C6. Parking located in the front and back of the Care Pavilion. All are welcome! **A \$10 service fee is applicable for visitors and family members.** RAMQ card is required for immunization. Refreshments will be served. For more information call 819-569-0546 or email info@mass-com.ca

EXHIBITS

until December

Lennoxville-Ascot Historical and Museum Society is pleased to host a temporary exhibit, Fire: Friend and Foe, displaying ways that fire has been harnessed by humans and some of the times fire has betrayed us, such as the extensive destruction caused by the 1874 fire in Lennoxville. From lanterns and tea kettles to firefighting gear and photographs of past fires, there is a little something for everyone! **Free admission** at Uplands, 9 Speid Street, Sherbrooke (Borough of Lennoxville), Wednesday to Friday: 10 a.m. to 4:30 p.m. and Saturday and Sunday: 1 p.m. to 4:30 p.m. Information: 819-564-0409.



Fatherhood:
it's the best job
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Local Sports

But it is more about running in society and its relationship to the community in various ways bringing communities together, helping to heal.

When Mother Nature flexes her muscles it's time for Christine's best fall reads



A RUNNER'S MIND

CHRISTINE BLANCHETTE

While the beginning of fall can be perfect for starting a running program, the last two months can test your resolve as you battle the elements heading into winter. If you're like me, you will inevitably cancel a run date with yourself because you would rather read a good book inside than navigate through sheets of rain blowing sideways at dusk. Yet while your body needs the miles for a spring marathon or your next 10km, your mind also needs a bit of stimulation by inspiration. Therefore, to help achieve your fitness goals to maintaining a healthy mind and body here are my Top Four Fall Reads to improve your quality of life:

1. Start Fresh! Your Complete Guide To Mid-lifestyle Food And Fitness by former track and field Olympians, Dr. Doug and Chef on the Run Diane Clement. Both have also written several other fitness books. In 'Start Fresh!' there are several healthy recipes, with chapters on how to get started, setting goals, run and walk

programs, to strength training. One of my favorite recipes is Jen's Power Muffins which I've fueled up on before working out.

2. When Running Made History by Roger Robinson, an English Literature professor and former world class marathon runner. It is a memoir of Robinson's account as an observer of 21 running events from the 1948 Olympics when London struggled to put on the Games after World War II to his work as a journalist covering the Boston Marathon bombings in 2013. Robinson says, "This book is certainly not a history of running. It does include the history of the modern running movement in the three chapters on the running boom, women's and masters. But it is more about running in society and its relationship to the community in various ways bringing communities together, helping to heal. It is really fascinating our sport has become such a public way of communal healing. And things really important to me like the environmental chapter and what running can do in that area." reprinted from the Record in July 2018.

3. Simple Self-Care Saved Me! by international author Rita Garnto. In this practical book, Garnto shares simple self-care tips and exercises to improve your quality of life. She also shares how to apply one self-care tip daily into our active lifestyle and what should our self-care plate look like overall.

4. The Awesome Music Project: Songs of Hope and Happiness by Robert Carli

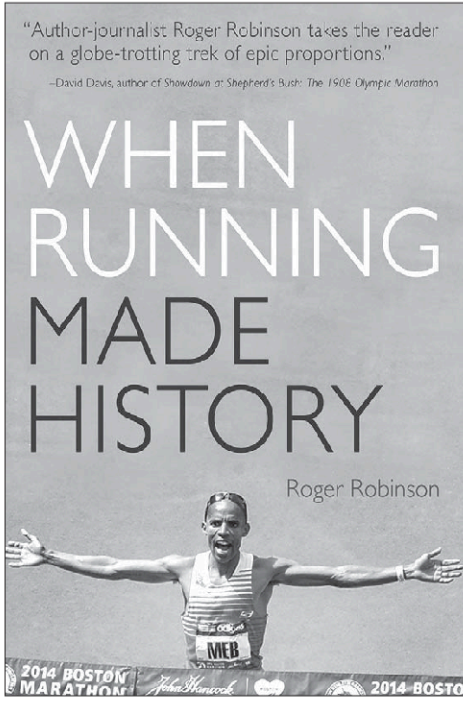
and Terry Stuart. Carli says, "The book is for everyone, but particularly music lovers. There are great stories about the healing power of music. We'd love it if people walk away remembering some amazing songs from their past, discover some new music they haven't heard of before and also connect and learn that music has a true healing power."

What is the connection between running and exercise? Listening to music while running motivates many to run faster and longer, especially when feeling depleted and in need of an extra dose of motivation.

In chapter four, former NHL Stanley Cup winning hockey player, Theo Fleury reveals how he grew up in a musical family, rooted in country, saying, "I was country back before it was cool." And now he's released his own country album.

Carli adds, "We wanted to create a very diverse set of stories that represents the amazing mosaic of Canada. We have representation from every province and territory, the indigenous community, lgbtq community. And we have famous people like Chris Hadfield, Sarah

Mclachlan, Rick Mercer, Amanda Lang and Alan Doyle in addition to amazing Canadians that you haven't heard of. We have an eight-year-old contributor and a 100-year-old."



"Author-journalist Roger Robinson takes the reader on a globe-trotting trek of epic proportions." -David Davis, author of Showdown at Shepherd's Bush: The 1908 Olympic Marathon

Canadian Denis Shapovalov advances to Stockholm quarterfinals

The Canadian Press

Canada's Denis Shapovalov is off to the quarterfinals at the Stockholm Open.

The No. 4 seed from Richmond Hill, Ont., beat Australian qualifier Alexei Popyrin 6-4, 7-6 (3) on Thursday in a second-round match at the ATP Tour 250 event.

Shapovalov, who got a first-round bye, won 92 per cent of his points when he got his first serve in and saved four of five break-point chances for the 90th-ranked Popyrin.

The 20-year-old Shapovalov, ranked

34th, is looking for his first career ATP Tour title.

The draw could be in the Canadian's favour. Just one other seeded player - No. 5 Pablo Carreno Busta of Spain - is left.

Top seed Fabio Fognini of Italy lost 6-1, 6-1 to Janko Tipsarevic of Serbia on Thursday. Tipsarevic, 35, is playing in his final ATP event before retirement.

Shapovalov will face the winner of a match between Mikael Ymer of Sweden and German qualifier Cedrik Marcel-Stebe in the quarterfinals on Friday.

This report by The Canadian Press was first published Oct. 17, 2019.

2019-2020 SEASON | NEXT GAME

RIVALRY WEEK-END

OCT. 18TH AT 7 PM

Cataractes VS **Hockey Phoenix**

HOCKEYPHOENIX.CA

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Death



**Cynthia Ellen Biggs
1953-2019**

Cynthia Ellen Biggs, 66, died in her home after a courageous battle with cancer on Thursday, October 3, 2019 in Montreal, QC. She was born on June 10, 1953, in Richmond, QC to Douglas and Gladys Biggs.

Cherished colleague, friend and family member, she will be greatly missed.

She worked for nearly four decades as an integral member of the team at Reiter Petroleum.

She was predeceased by her sister Linda (Jean), and is survived by her brothers, Russell (Huguette), Wayne (Patsy) and Michael. She was beloved Aunt to Suzanne, Marcel, Stephen, Sarah, Heather and Mark and Godmother to Sonia.

Graveside funeral service will be privately held. Donations may be made to the charity of your choice or the Canadian Cancer Society.

CASS FUNERAL HOMES
3006 College St., Sherbrooke QC
PHONE: 819-564-1750
FAX: 819-564-4423
www.casshomes.ca

Death



**Sharon McMorine
(Millar)**

Passed away in her 60th year following a courageous battle with cancer. Her loving family at her side.

Daughter of the late Lloyd and late Patsy (Hughes) Millar.

Sharon leaves to mourn her loving husband of 35 years Richard McMorine and her son Travis (Marjolaine), daughter Jessica and 7 grandchildren, Charles, Zachary, Felina, Elliott, Theodore, Arthur and Ian. Sister of Stephen (Mary Eleanor Yack), Alan (Linda Cowden), Randy (Kathleen Carroll) and Cathy.

Sharon also leaves to mourn her best friend Diane, along with many brothers-in-law, sisters-in-law, nieces, nephews, relatives and dear friends.

A graveside service will be held at St-Anne's Cemetery in Richmond, on Saturday, October 26, 2019 at 2 p.m., with Reverend Wayne Beamer officiating.

A celebration of her life will take place at the Melbourne Ski Center, 70 Lay Road, Melbourne, immediately following the service.

In lieu of flowers, donations to the Canadian Cancer Society would be greatly appreciated by the family.

Death

**Ronald Gordon Wetherby
1928-2019**

Peacefully at the Foyer of Sutton, on Sunday, October 13, at the age of 90, passed away Ronald Gordon Wetherby. Predeceased by his son Larry. He leaves to mourn many nephews and nieces, many grandnephews and grandnieces, and his friends.

In lieu of flowers, donations may be made in his memory to the Foyer Sutton or the B.M.P. Hospital Foundation www.bmpfoundation.ca would be appreciated. Forms available at the funeral home.

Arrangements entrusted to:

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

In Memoriam

DAY, Judith (July 13, 1952-Oct. 19, 2016).
*She's in the sun,
The wind, the rain,
She's in the air you
Breathe with every
Breath you take.
She sings a song
Of hope and cheer,
There's no more pain,
No more fear.
You'll see her in
The clouds above,
Hear her whisper
Words of love.
You'll be together
Before long, until then
Listen for her song.
(By Christy Ann Martine)*
We miss you every day, Mom, and wish you were still here.

Love
Caroline, Janice
Kaitlyn & Jessica

There's a reason you turn down the stereo when concentrating



ASK THE DOCTORS

By Eve Glazier, M.D., and Elizabeth Ko, M.D.

Dear Doctor: My boyfriend laughs when I turn down the car stereo when I'm trying to find a new address, but I've seen his dad do the same thing when he's changing lanes on the freeway. Why does the quiet make you feel like you can see better?

Dear Reader: Your boyfriend may have fun teasing you, but we'd be surprised if there haven't been similar instances in his own life.

The scenarios you describe, which require you to evaluate incoming data and make split-second decisions, suck up a lot of mental energy. Researchers refer to this as "cognitive load." Eliminating a distraction such as sound can help with concentration by reducing the cognitive load. That's because, much like a computer, our brain's capacity to engage in multiple tasks is finite.

To understand why, it helps to appreciate the complexities of the human brain. It's made up of three major parts — the cerebrum, cerebellum and brainstem. The largest and topmost part is the cerebrum, which is divided into left and right hemispheres. It deals with learning, emotions, reasoning and fine motor skills, and it interprets the flood of data from the five senses. Tucked beneath is the much smaller cerebellum, which oversees muscle movement, balance and posture. Acting as a relay center between the two and the spinal cord is the brainstem, which also oversees the staying-

alive stuff we don't think about but can't live without. This includes breath, heart-beat, swallowing, sleep cycles and temperature control.

The three areas of the brain, plus the spinal cord, make up the central nervous system. It regulates movement, thought and emotion. It's why you're able to find that new address. But while it seems as though we can concentrate on multiple things at once, the brain handles tasks sequentially. It's just making the switch so swiftly, in mere nanoseconds, that it feels like we're multi-tasking. Once you're hunting for a street sign, though, or gauging car lengths in fast-moving traffic, all of the collecting and interpreting of data by the central nervous system reaches critical mass. That cognitive load we talked about earlier gets to be too great. Turning down the radio removes enough incoming data to make it easier to concentrate.

A small study in Sweden looked into this phenomenon several years ago. Researchers had each of 32 participants perform an easy visual task and a challenging visual task. They were also instructed to ignore the audio — a random sequence of sounds — that was playing. The subsequent MRI tests revealed that when participants concentrated on a visual task, there was a decrease in the responsiveness of the auditory nerves. Basically, the brain itself was turning down the volume.

The takeaway here is that when our inner mute button can't adequately remove the auditory distraction, our brain kicks in and we decide to turn down the car stereo. We're adjusting our environment so the most important task — finding the address or safely merging onto the freeway — has a better chance of getting accomplished.

Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health.

Datebook

FRIDAY, OCTOBER 18, 2019

Today is the 291st day of 2019 and the 26th day of autumn.

TODAY'S HISTORY: In 1767, the boundary between Delaware, Maryland and Pennsylvania (the Mason-Dixon Line) was established.

In 1962, Drs. James Watson, Francis Crick and Maurice Wilkins won the Nobel Prize in medicine/physiology for uncovering the double-helix structure of DNA.

In 2001, four al-Qaida members were sentenced to life in prison for bombing the U.S. embassies in Kenya and Tanzania in 1998.

TODAY'S BIRTHDAYS: Pierre Trudeau (1919-2000), Canadian prime minister; Jesse Helms (1921-2008), U.S. senator; Chuck Berry (1926-2017), singer-songwriter; George C. Scott (1927-1999), actor; Peter Boyle (1935-2006), actor; Mike Ditka (1939-), football coach/player; Wendy Wasserstein (1950-2006), playwright; Martina Navratilova (1956-), tennis player; Jean-Claude Van Damme (1960-), actor; Wynton Marsalis (1961-), jazz musician; Josh Gracin (1980-), singer; Zac Efron (1987-), actor.

TODAY'S FACT: The Mason-Dixon Line surveyed by Charles Mason and Jeremiah Dixon in 1767 left a "wedge" of land in dispute between Delaware and Pennsylvania until 1921.

TODAY'S SPORTS: In 1977, New York Yankees outfielder Reggie Jackson hit three home runs on three consecutive swings against three different Los Angeles Dodgers pitchers, leading his team to an 8-4 win (and the series win) in Game 6 of the World Series.

TODAY'S QUOTE: "The past is to be respected and acknowledged, but not to be worshipped. It is our future in which we will find our greatness." — Pierre Trudeau

TODAY'S NUMBER: \$556.37 — Herman Melville's total earnings from the 3,715 copies of "Moby-Dick" that sold during his lifetime. The now-classic novel was first published as a three-volume edition titled "The Whale" on this day in 1851.

TODAY'S MOON: Between full moon (Oct. 13) and last quarter moon (Oct. 21).

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.

SHERBROOKE

THE RIGHT REVEREND BRUCE MYERS, Bishop of the Diocese of Quebec will preside over Holy Communion and deliver a homily at the Church of the Advent, 473 Bowen South (near Hotel Dieu), on Sunday, October 20 at 1 p.m. Tea and coffee to follow the service.

Presbyterian

LENNOXVILLE

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

United

AYER'S CLIFF - MAGOG

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

LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to worship at 10:00 a.m. on October 20 with Bruce Gilbert. Guest speaker Jen Cianca. Everyone is welcome. 819-565-8449; website - lennoxvilleunited-church.com

SHERBROOKE

Please join us at Plymouth-Trinity United Church, corner of Dufferin and Terrill in Sherbrooke, 819-346-6373, www.plymouthtrinitychurch.org, for our worship service on Sunday, October 20, at 10:30 a.m., with guest worship leader Janet McBurney; in addition, Shanna Bernier will be sharing details about her trip to Israel and Palestine. And save the date: Our UCW ham and salad pre-Christmas buffet and sale will be Nov. 2! Joignez-vous à nous pour notre culte dominical le 20 octobre, à 10h30. Cordiale bienvenue à tout le monde. Et réservez la date : notre buffet et vente d'avant Noël se tiendra le 2 novembre! Minister: Samuel V. Dansokho.

WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church, Sunday, October 20, 11 a.m., Worship with Carolyn Linde. Sunday School. Rev. Mead Baldwin 819-837-1112.

Some maples (sugar) are more desirable than others

By Lee Reich

It's not easy to figure out which maples you want on your property. The good ones are the sugar maples, their leaves ablaze each fall in yellow, red and orange. The less desirable ones are the Norway maples, their leaves green well into fall.

I don't hold that lingering greenness against Norway maples. What I do hold against them is the way they leaf out so early in spring, suddenly creating deep shade, shade so dark that nothing, including lawn, can grow underneath.

THE SUCCESS OF NORWAY MAPLE

Compound this dense shade with extreme fecundity, tolerance to pollution, and the ability to grow under a wide range of light and soil conditions, and we have - as government officials might put it - a situation.

Norway maple is an invasive plant that has escaped from cultivation to displace sugar maple and shade to death spring wildflowers such as Dutchman's breeches, dog-tooth violet and mayapple. These wildflowers rely on early season sunlight to build up enough reserves to carry them through the winter and flower the following spring.

With its ability to grow fast and transplant easily, Norway maple's popularity once seemed secure. The plant was brought over from Europe by the "father

of American botany," John Bartram, who offered it in his nursery catalogue in 1726.

Over the years, this tree became popular for lining streets and gracing yards, and hordes of varieties were named. You may not have heard of Crimson King, a variety with deep red leaves, but you've surely seen it. There are also varieties with yellow-splashed leaves (Leopoldi) or narrow, upright growth habit (Columnare), or red leaves and narrow, upright growth habit (Crimson Sentry).

IS IT A SUGAR OR NORWAY MAPLE?

Fecundity and winged seeds have made Norway maple too much of a good thing, so I'm yanking out any small plants that I come upon. Larger trees that have gained foothold in forests and fields can be done in by merely cutting away a ring of bark from the trunk at whatever height is most convenient.

Before killing any Norway maple, it is necessary to positively identify it; unfortunately, the maple that comes closest in appearance is our native, slower growing sugar maple.

One way to tell them apart is by their barks. The bark of Norway maple has regular grooves while an older sugar maple's bark has thick, irregular plates.

For a less subtle identifier, look at a maple's fruit, the "airplane" familiar to everyone. The two wings of a Norway maple seed spread at almost a 180 de-

gree angle from each other, while those of a sugar maple hang down together at a much narrower angle.

Maples that are too young to flower are harder to tell apart, but you can do it by looking at the leaves. Start by cutting the leaf stalk and squeezing out some sap. If the sap is white, it's a Norway maple; sugar maples have clear sap.

If you have a known sugar or Norway maple leaf for comparison, you'll also see that the leaves of a Norway maple are broader compared to their height than those of sugar maple. Also, Norway maple leaves have more lobes, typically five to seven, compared with the sugar maple's three to five, and the indented portion between the lobes of sugar maple will be more rounded. Get out a magnifying glass, flip a leaf over, and look along the major veins on the underside of a leaf. If you see pale hairs there, you've got a sugar maple leaf in hand.

The easiest way to tell these two maples apart is by leaf colour. During the growing season, Norway maple's leaves are dark green, much darker than those of sugar maple. And in autumn, when Norway maple leaves do finally turn colour, it's just yellow - pretty to some people, but sickly looking to me.

Online:

<http://www.leereich.com/blog>

<http://leereich.com>

(The Associated Press)

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

10/18

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PREVIOUS SOLUTION

9	1	6	8	7	5	4	3	2
8	4	3	1	6	2	7	9	5
5	2	7	4	9	3	1	8	6
2	6	5	3	1	8	9	4	7
3	7	4	6	5	9	8	2	1
1	9	8	2	4	7	6	5	3
7	5	2	9	8	6	3	1	4
4	3	9	7	2	1	5	6	8
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HOW TO PLAY:
Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

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

PREVIOUS SOLUTION

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	1			3			5	
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DIFFICULTY RATING: ★★☆☆☆

SUDOKU

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

Your Birthday

FRIDAY, OCTOBER 18, 2019

Trust issues will surface and should be handled swiftly. Being accountable will be necessary if you want to make the most of the changes that unfold. Listen to your intuition and share your feelings. It's best to get to the bottom of any difficulties that arise. Don't waste time.

LIBRA (Sept. 23-Oct. 23) — Have a checklist ready to ensure that you don't leave anything undone. Taking a day trip, attending a reunion or getting together with someone who motivates you will lead to a fresh start.

SCORPIO (Oct. 24-Nov. 22) — Spend more time doing what pleases you. Having a happy and healthy attitude is dependent on how you treat yourself. If you try something different, you'll encounter someone who sparks your interest.

SAGITTARIUS (Nov. 23-Dec. 21) — Share your thoughts with someone who can influence your future, but don't offer personal information or passwords. Stick to basics and don't mix business with pleasure.

CAPRICORN (Dec. 22-Jan. 19) — Put everything in order. Running a tight operation will ensure peace of mind. A suggestion someone makes should be checked for flaws before you move forward. Romance is featured.

AQUARIUS (Jan. 20-Feb. 19) — Someone will reveal information you didn't want to be made public. Damage control will work wonders if you are quick to counter with a valid explanation. Don't mess with the truth; offer only what's necessary.

PISCES (Feb. 20-March 20) — The help you offer others will lead to new opportunities. A moneymaking venture looks exciting and could bring positive changes your way. Don't indulge; moderation should be a priority.

ARIES (March 21-April 19) — Don't let outside influences get to you. Listen, observe and look for ways to work with whatever situation unfolds. Unity will lead to better options. Be supportive.

TAURUS (April 20-May 20) — Keep your life simple and affordable. Indulgence should not put you in a situation that leaves you financially, emotionally or physically vulnerable. Control and discipline are your best tools.

GEMINI (May 21-June 20) — Activities that challenge you will also keep you out of trouble. Sign up for a tournament or attend a sports event or rally that interests you. Help make your community better.

CANCER (June 21-July 22) — Don't let your temper take control. Look for the good in everyone and in every situation. Don't reject the unknown or unfamiliar. Taking part in something unique will turn out to be an inspiration.

LEO (July 23-Aug. 22) — Accept the inevitable and go about your business. If you help others, you will end up helping yourself as well. A short trip or social event will lift your spirits.

VIRGO (Aug. 23-Sept. 22) — Get together with people who make you feel good. Love, romance and family fun should be your top priorities. A trip or change of scenery will encourage togetherness.

SATURDAY, OCTOBER 19, 2019

Listen, observe and put your plan in place. Rely on your resourcefulness and insight to help you gather information and prepare for a change that will allow you to use your skills, attributes and experience to the fullest. What you've been training for will lead to a new adventure.

LIBRA (Sept. 23-Oct. 23) — Take a look at your past. Face old problems and put them to rest. Your charm will outshine anyone who challenges you. A getaway or reunion will be eye-opening.

SCORPIO (Oct. 24-Nov. 22) — A change of plans will motivate you to take care of unfinished personal business. Taking control of your life will give you the freedom to excel. Financial gain is apparent.

SAGITTARIUS (Nov. 23-Dec. 21) — Indulgence of any kind will turn into a burden. Live within your means and refuse to get involved in crazy ideas, schemes and excessive behavior. Make honesty and integrity priorities.

CAPRICORN (Dec. 22-Jan. 19) — Make changes at home that will help you out professionally. An unusual opportunity will lead to something very favorable. Celebrate with someone special. Romance is in the stars.

AQUARIUS (Jan. 20-Feb. 19) — Don't let someone coax you into something. Make your priorities known and don't spend a penny more than you can afford. Concentrate on health, wealth and personal happiness.

PISCES (Feb. 20-March 20) — Concentrate on what's important to you and

don't stop until you reach your destination. The journey you take will bring you closer to someone who shares your life goals.

ARIES (March 21-April 19) — Stop and think before you make a move. Don't limit what you can do just to appease someone who isn't offering to compensate you. Balance and equality are necessary.

TAURUS (April 20-May 20) — Get together with people you haven't seen for a long time. Traveling, holding conversations and sharing thoughts and plans with a loved one are favored. Romance is featured.

GEMINI (May 21-June 20) — Don't be fooled by someone making unrealistic promises. Verify facts before you participate in something costly. Choose partners who are reliable, trustworthy and fair.

CANCER (June 21-July 22) — Avoid an argument by doing your best to get along. Concentrate on physical improvements that will boost your morale and encourage romance. An unusual encounter will lead to personal growth.

LEO (July 23-Aug. 22) — Don't let the changes that others make set you off. Go about your business and do things that promote enjoyable activities. Surround yourself with like-minded people, not with adversaries.

VIRGO (Aug. 23-Sept. 22) — Your involvement in groups that matter to you will encourage you to take a leadership position. A change you make will lead to a new adventure. Romance is featured.

Sunday horoscope on page 23

Is this real love?

Dear Annie

FRIDAY, OCTOBER 18, 2019

Dear Annie: I read your column almost every morning, and I'd love to hear your advice on my situation. I am 20 years old. I'll be turning 21 this December. (Yippeel!) My first real boyfriend and I have been off and on the last six years. Even at our young age, we used drugs, but both have succeeded in our battle against the addiction.

I love my boyfriend very much but sometimes he can be off-putting. He can often get loud and yell and get mad very quickly. Though it's been many years since it happened, he often brings up the time I cheated on him not long after we first got together. I have admitted my wrongs, but he never just understands how much I just want to move past that and be happy together.

I feel like now we are just together to be together. We're used to each other's presence no matter how bad things are between us.

I get along great with his family. They're like the family I've never had. His mother is just like me, and they include me in everything; they love me and tell me it all the time.

I sometimes feel like my boyfriend and I were meant to be — but then I also think about whether I might be happier alone. I'm so confused. Please help ASAP!

— Stuck and Confused

Dear Stuck and Confused: Let's try a thought experiment: Close your eyes and imagine yourself 10 years from now still with the same man — what your life is like together, and, most importantly, how it makes you feel. Then imagine your life 10 years from now having started a new life without him today. Which scenario leaves you feeling lighter and more excited? From your letter, I have a hunch it's the latter. You are ready for the next chapter of your life, but it can be scary turning the page. However, I am so excited for you to find out what your story holds once you do.

Be prepared. The breakup will likely be painful and messy. I recommend reading "Codependent No More" by Melody Beattie for some further guidance on setting boundaries that will help you stay healthy.

Keep in mind that it's normal to mourn a relationship after it ends: It doesn't mean that you're wrong to end it.

Remember just how strong you are: You overcame drug addiction at an incredibly young age, and you will overcome this, too.

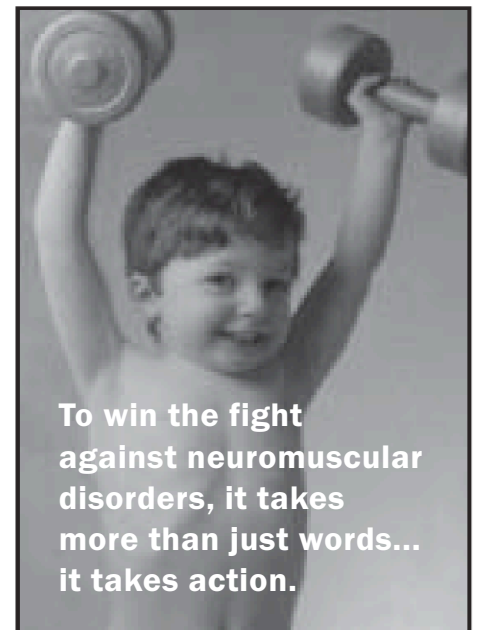
Dear Annie: This is an open letter to a woman who commented as I left a designated handicapped bathroom stall: Thank you for your snarky comment

that I certainly don't "look disabled." Due to orthopedic impairments that are not visible to your discerning eye (two sort of successful hip replacements and a blown Achilles tendon), I am unable to rise from a sitting position without a grab bar or other support — and a toilet paper holder does NOT do it. I owe you no explanation, nor do I merit special attention from other women in that restroom. Please remember that not everyone who has a disabled driver hang tag/plate or uses a designated stall has an obvious impairment, and it is not your place to question that need. I wish you a long healthy life unchallenged by age, arthritis or other impairments. In the meantime, I wish you a bit of common courtesy. — Florida Woman

Dear Florida Woman: Hear, hear. I appreciate this reminder that not all disabilities are obvious. Thanks for writing.

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

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



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CELEBRITY CIPHER by Luis Campos

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

“ OTTV SHU ADKTIOD ADH EOHL,
AKXPUO AT BPUV ADH LIU; EUV P
CTUVHK, LAPGG P CTUVHK: CDT CPGG
LATZ ADH KEPU? ” — NTDU BTOHKAX

Previous Solution: "This is Major Tom to Ground Control ... Planet Earth is blue, and there's nothing I can do." — David Bowie

TODAY'S CLUE: W sjenba S

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.

“ GCD DFPO UJGOS CTVCDA LJ XFDEPT
/ CIR GCD DFPO AFIM CTVCDA LJ APIM
/ GCD DFP ASCD EFOJWJO DFPIM. ”
— LFL RDTCI

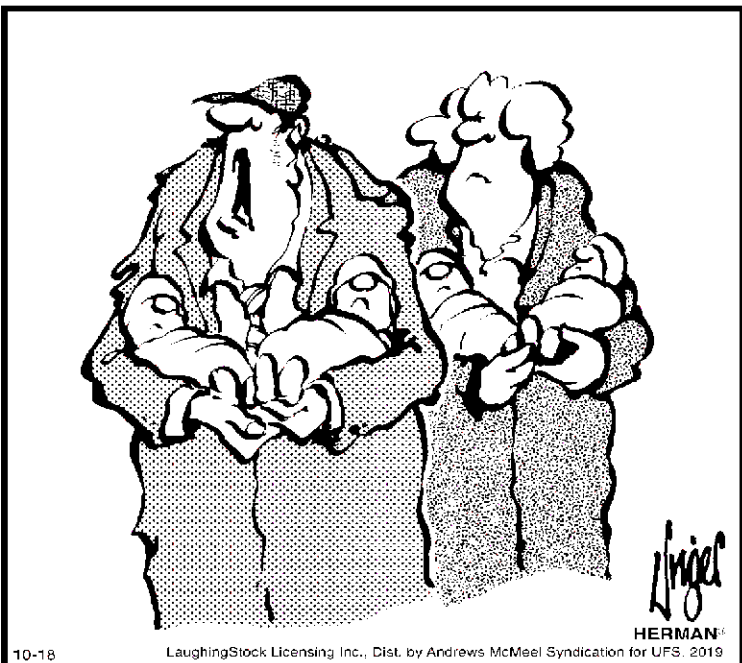
TODAY'S CLUE: W equals W

Previous Solution: "Good men through the ages, trying to find the sun; and I wonder, still I wonder: Who will stop the rain?" — John Fogerty

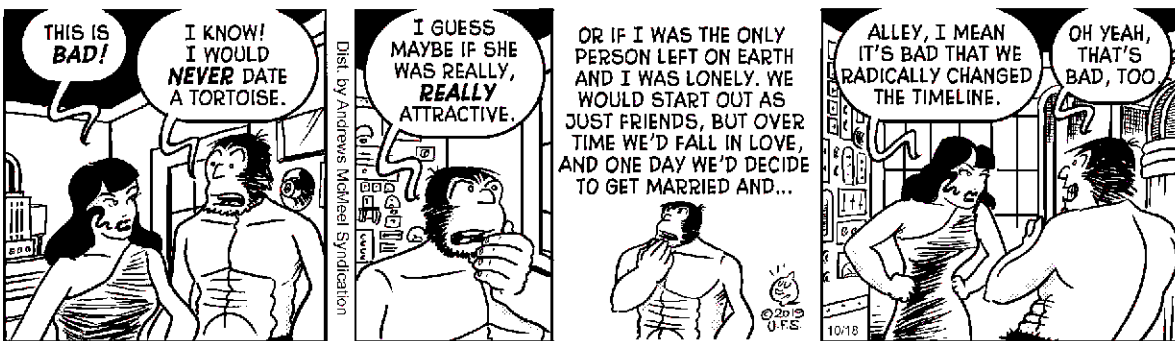
REALITY CHECK



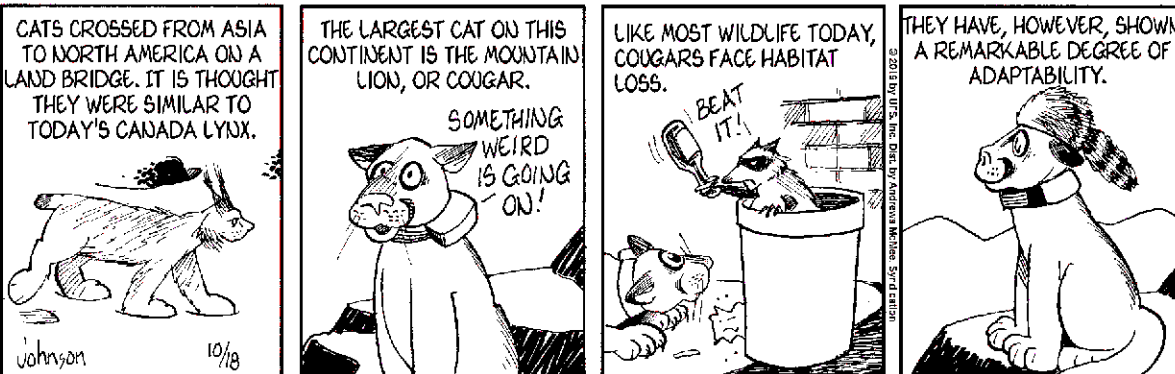
HERMAN



ALLEY OOP



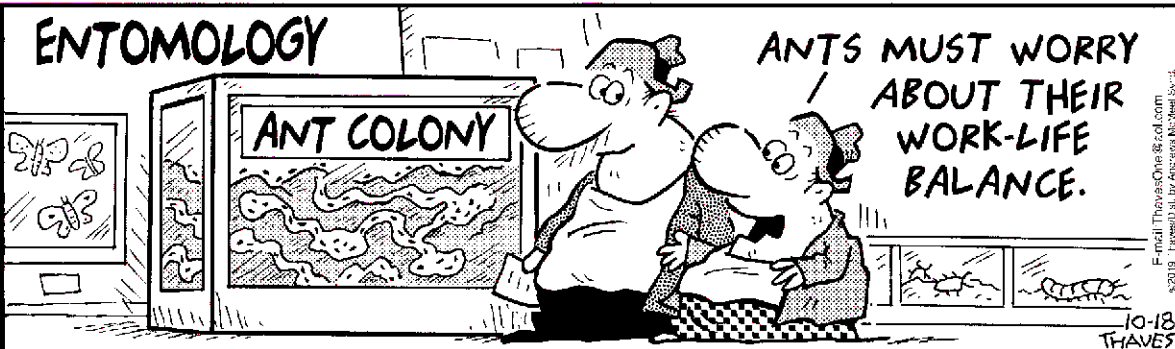
ARLO & JANIS



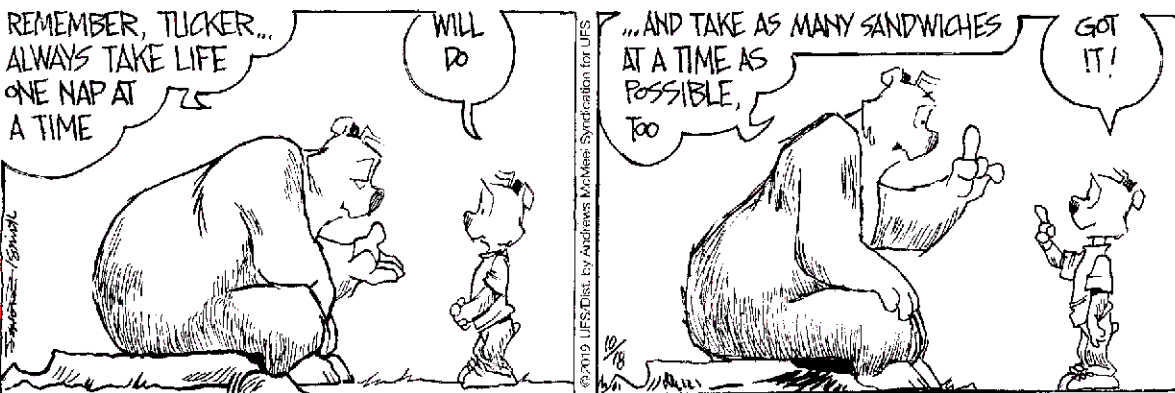
THE BORN LOSER



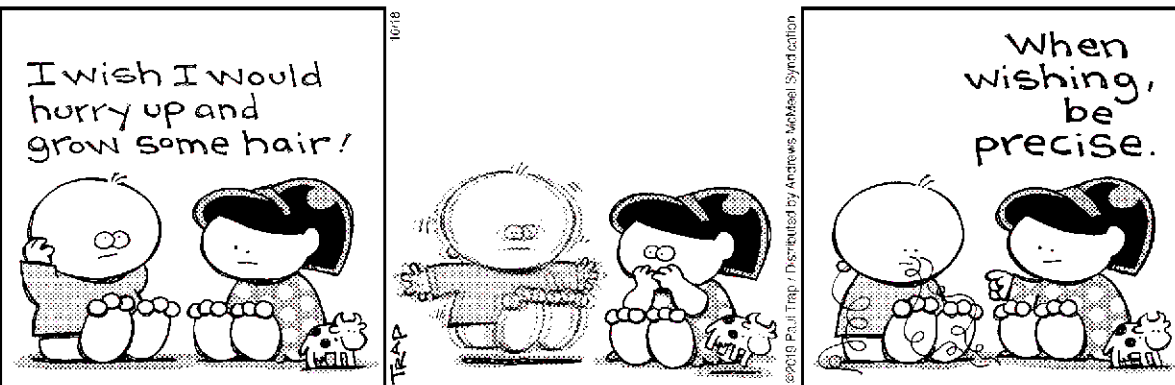
FRANK AND ERNEST



GRIZWELLS



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035 For Rent

ELDERLY COUPLE in quiet village have room (s) available. Ideal for university student. 30 minutes by car, depending on weather conditions. We will not charge rent, perhaps a small donation towards heating expense. Preferable mature student. If interested, please call 819-838-1502.

KNOWLTON

Sunny, renovated 4½ room apartment available immediately. Suitable for quiet, non-smoking working couple. References required. Parking included. Reasonable rent. Call 1-416-533-1440.

065 Storage

BRAND NEW HEATED storage lockers with radiant floor heating, 5x10, 10x10 and 10x20. Also have non-heated units. Mini Entrepotage Lennoxville 819-562-8062.

100 Job Opportunities

CARETAKER. The Eaton Cemetery is looking for a Caretaker for the year 2020. For information contact: 819-875-3543. Please send resumé and tender by November 1st, 2019 to: P.O. Box 934, Cookshire-Eaton, QC, J0B 1M0.

EXPERIENCED & QUALIFIED HANDY-MAN required immediately for small apartment house in Knowlton. References. Call 416-533-1440.

145 Miscellaneous Services

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

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160 Music

FLUTE LESSONS for all levels and ages-beginners to advanced players. We make music fun and incorporate exercises and duets in the lesson time to enjoy music. I am a professional flutist with 30 years of teaching the flute. Please write to douglasnadler62@gmail.com. Use flute lessons as the subject of the email.

240 Fruits & Vegetables

MACDONALD'S FARM - Open Saturdays from 9 a.m. to 4 p.m. Good assortment of winter squash, pumpkins - big and small, garlic, fresh beets and carrots. 696 MacDonald Road. 819-820-8494.

275 Antiques

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

340 Garage Sales

LENNOXVILLE Craft Sale - 6 Church St., Lennoxville on Saturday, October 19 from 9 a.m. to 3 p.m.

WATERLOO

Garage Sale at Saint Luke's Church, Court Street, Waterloo, on Saturday, October 19 from 9 a.m. to 3 p.m. in the church basement. Everything is for sale, antiques, furniture, dishes and miscellaneous.

395 Home Improvement

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

ENCAN SAWYERVILLE INC. presents on

SATURDAY, OCT. 26 AT 11:30 A.M.

CONSIGNMENT SALE OF BEEF COWS and REPRODUCTION BULLS

2 herds totaling 96 head of beef is already registered for the sale and will be sold around 12:30 p.m.:

FARM MICHEL BÉLANGER SENC of Ogden: A very good herd of beef cattle of 30 Red and Black Angus cows, about 15 of which will be sold with their calves, the rest will be calved by November. A purebred Black Angus bull, 3 ½ years old. P.S. Young herd from 3rd to 5th calf.

From a producer: 50 very good heifers, Ch, Ch x Sim, Sim. and some Lim. and Red Angus x Sim. and will be pregnant for 3 to 8 months. Bred by an excellent Ch bull, weighing at birth 87 lbs, son of Bleu Grass (86 lbs), only used with heifers for 5 years.

A sale not to be missed!

NOTE: Reception for this sale from 7 a.m. to noon the day of auction. Pregnancies will be checked by a qualified veterinarian.



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on writing a successful classified ad

Prepare an outline of your ad and then write it.

Be specific - buyers want useful information such as price.

Group related facts in the same sentence.

Avoid slang and abbreviations. Abbreviations are not needed because **The Record** charges by word rather than space.

Above all, don't forget your telephone number or address and when respondents may contact you.

CALLING ALL ARTISTS AND ARTISANS

The Record will publish a special section on November 8 listing all the Christmas Craft Bazaars and Shows in the area.

Artists, artisans, churches, schools, individuals, send your listing to The Record by **November 4** to classad@sherbrookerecord.com to promote your event.

only \$10 (taxes incl.)

add a photo for an additional \$10

THE RECORD

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For information, call 819-569-9525

ACROSS

1 Family member
 4 Fido's bark
 7 Drawer handle
 11 Spinks defeater
 12 Animal skin
 14 Mr. Scruggs
 15 Very pale
 16 Loud noise
 17 Amiable
 18 Very picky
 20 Mandate
 21 Gentle treatment, for short
 22 Type of cheese
 25 Barbarian
 28 No later than
 30 Northern seabird
 31 Car grille cover
 32 Slants
 36 Examine thoroughly
 38 Ebenezer's exclamation

DOWN

1 Gullet
 2 Viking name
 3 Short skirt
 4 Showery time

Answer to Previous Puzzle

ETHER						YELPS
THOLE						ALCOA
NAMING						SWEDEN
AWE						OOZING
						AUGIAN
LAC						ETCHEGAD
OVA						ESCASIDE
CELLO						HAGLIE
ORLY						RIDEERR
						TARIND
						IFFIERLAB
TOMCAT						DEFACE
UBOAT						LIVEN
TITLE						YEAST

5 Keep happening
 6 Strong opposition
 7 Purview
 8 Catches red-handed
 9 Whales like Shamu

10 Played a trumpet
 13 Secret rendezvous
 19 - degree
 23 Fond desire
 24 Type
 25 Narrow opening
 26 " - Town"
 27 Bout under
 29 Seizes
 31 Grassy shoulder
 33 House addition
 34 What - that?
 35 Health club
 37 Lamb cry
 39 Makes effervescent
 42 Specks
 43 Cousteau's summer
 44 Enthusiasm
 45 Be taught
 47 Oak-to-be
 48 Seeger or Rose
 50 Feels bitter regret
 51 Meg or Nolan
 52 Japanese wine
 54 Curly conker
 57 Soft touch

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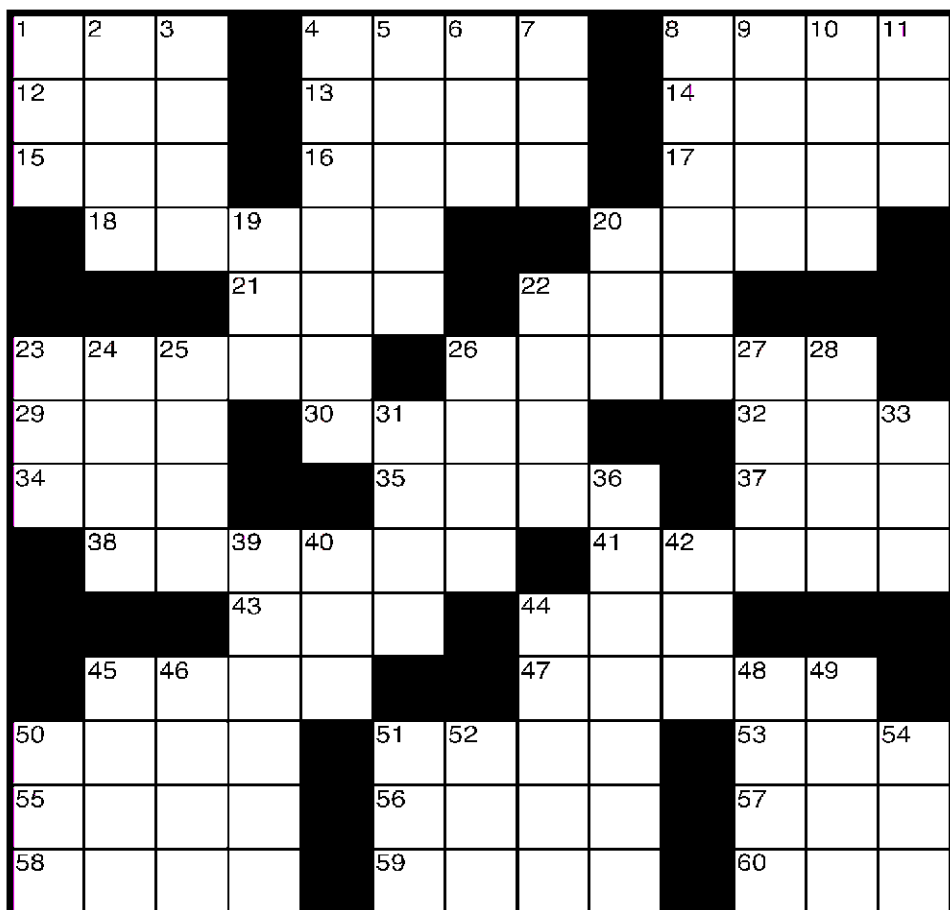
NEA Crossword Puzzle

Answer to Previous Puzzle



- ACROSS**
- 1 Hem and —
 - 4 Outfitted
 - 8 Sundance Kid's girl
 - 12 Conceit
 - 13 Pirates' base
 - 14 Stuff
 - 15 Tibetan ox
 - 16 Oscar kin
 - 17 Lampshade support
 - 18 Fix up
 - 20 Seesaw (hyph.)
 - 21 Tax agcy.
 - 22 Namath or Montana
 - 23 French farewell
 - 26 Frame inserts
 - 29 Grant approval
 - 30 Intrigue
 - 32 Immerse briefly
 - 34 Pushup muscle
 - 35 Sleeping
 - 37 Ltd. cousin
 - 38 Snapshots
 - 41 Loan figures
- DOWN**
- 1 Attention-getter
 - 2 Lab medium
 - 3 Came to
 - 4 Remove confusion from (2 wds.)
 - 5 Farm babies
 - 6 Target
 - 7 Uninteresting
 - 8 Repeats

- 9 Room service item
- 10 Kahuna's spud
- 11 Electrical unit
- 19 Hurry along
- 20 Thither and —
- 22 Leap in a tutu
- 23 Zurich peak
- 24 Far down
- 25 Hankering
- 26 Slow pitches
- 27 Prevent errata
- 28 — qua non
- 31 Thailand neighbor
- 33 Hackers' needs
- 36 Window covering
- 39 Shoot'em-ups
- 40 QB objectives
- 42 Picnic pest
- 44 November lever puller
- 45 Thinnest coin
- 46 Oil exporter
- 48 Ferber or Best
- 49 Carpe —
- 50 Grassy surface
- 51 State VIP
- 52 Gladiator's hello
- 54 Harden



Your Birthday

SUNDAY, OCTOBER 20, 2019

Use your energy wisely this year. Stay focused on what's important to you and get ready to put an end to whatever is holding you back. Branch out and discover what really brings you joy. You are the master of your destiny and happiness. Do what's right for you.

LIBRA (Sept. 23-Oct. 23) — Don't labor over what you cannot change, or get into an argument you cannot win. Let go of what's not working for you and embrace what is. Choose peace over chaos.

SCORPIO (Oct. 24-Nov. 22) — Traveling, visiting friends or family or taking on a new challenge that will stimulate your mind and result in personal growth should be a priority. Romance will enhance your life.

SAGITTARIUS (Nov. 23-Dec. 21) — Simple pleasures will be relaxing and rewarding. Consider what makes you happy and brings you peace of mind, and head in that direction. Avoid people who are a negative influence.

CAPRICORN (Dec. 22-Jan. 19) — If you look at your options, you'll come up with a plan that excites you. You are overdue for a personal or professional change, so stop procrastinating and start getting things done.

AQUARIUS (Jan. 20-Feb. 19) — Don't feel that you must follow someone who is heading down a path that isn't right for you. If you follow your heart, you will achieve happiness and gain respect.

PISCES (Feb. 20-March 20) — Participate in an entertaining event. Spending money on loved ones is encouraged, as long as you don't take on debt. An idea you have will promote better cash flow.

ARIES (March 21-April 19) — You'll be faced with a change, and decisions will have to be made. Be patient and willing to compromise and work with a loved one to reach an agreement.

TAURUS (April 20-May 20) — A getaway will have an impact on your attitude and will influence the choices you make. Romance is in the stars and will encourage you to take a chance.

GEMINI (May 21-June 20) — Don't let the actions of others cause confusion. Go about your business and take care of your needs. Choose to tackle your responsibilities before addressing someone else's chores.

CANCER (June 21-July 22) — Turn your dream into a reality. Don't be afraid to embrace a new adventure. Romance will improve your day and bring you closer to a loved one.

LEO (July 23-Aug. 22) — Don't be rattled by sudden changes. Follow your instincts and do what resonates with you. An open mind and the will to take action will pay off.

VIRGO (Aug. 23-Sept. 22) — If you take part in something you've never done before, you will pick up valuable information. An encounter with someone from your past will be enlightening. Romance is encouraged.

FRIDAY, OCTOBER 18, 2019

Theme variations for defenders

By Phillip Alder

For the last couple of days, we have been comparing bridge deals to driving. I particularly like Formula One, about which this observation was made by Englishman Jenson Button, who won the F1 crown in 2009: "To understand the intensity of driving an F1 car, you have to be in it. When you're driving a 750 hp machine at 200 mph, the noise and the vibrations are incredible. The G-force when you take big corners is like someone trying to rip your head off. You hit the brakes, and it feels as if the skin is being pulled off your body."

At first glance, this deal seems the same as the one given in the last two columns, but it has slightly different handling characteristics. South is in four spades. West leads the diamond queen. Who reaches the checkered flag first: the declarer or the defenders?

In the auction, South jumped straight to game because he had only five losers. But if he had rebid three clubs, North would have bid four spades with his useful-looking club values.

Declarer has four losers: two spades, one heart and one diamond. The first three are unavoidable, but the fourth, as we saw over the last two days, can be ruffed high on the board.

North		10-18-19	
♠	J 4 3		
♥	Q 9 7 2		
♦	8 3		
♣	A J 6 3		
West		East	
♠	K 6	♠ A 8 5	
♥	A J	♥ K 10 8 6 5 3	
♦	Q J 10 9 7 4	♦ 5 2	
♣	9 4 2	♣ 10 5	
South			
♠	Q 10 9 7 2		
♥	4		
♦	A K 6		
♣	K Q 8 7		
Dealer: South			
Vulnerable: East-West			
South	West	North	East
1♠	2♦	2♠	Pass
4♠	Pass	Pass	Pass
Opening lead: ♦ Q			

Today, though, when South ruffs that diamond, East discards the club 10, starting a high-low with a doubleton. The defenders win the first trump and play another club. West cannot be stopped from getting on lead and giving his partner a club ruff. They take two spades, one heart and the ruff.

**“Townshippers,
don’t take anything for granted.
GET OUT AND VOTE”**



MARIE-CLAUDE BIBEAU
Compton-Stanstead

 **CHOOSE FORWARD**

Authorized by the official agent of Marie-Claude Bibeau