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Flowers and brunch for Mother's Day

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THE

RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Sherbrooke issues boil water advisory for Brompton

Page 4

WEEKEND EDITION

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Cookshire-Eaton Water advisory lifted

Record Staff

The water advisory issued for Cookshire-Eaton was lifted on Tuesday after tests showed that water quality within the distribution system met norms and represents no risk to public health.

Although the water is now considered safe to drink and cook with, the community has advised residents to open their cold water taps and let the water run for a few minutes before using it to flush their pipes of any residue. People are also encouraged to empty and wash their coffee and ice machines, including automatic distributors and those built into refrigerators, and to also flush hose outlets. It is not necessary, however, to flush hot water tanks.

The advisory was issued as a precaution on May 2 after an unidentified substance was found in the Eaton River, which runs alongside the community's water source. Residents were advised not to drink or cook with the water until the substance could be identified.

The substance, resembling a hydraulic oil spill, was noticed entering the river through a drainage pipe around 900 metres from the centre of town. The drain has since been plugged.

Hundreds gather to mourn the loss of seven-year-old Granby girl

MATTHEW MCCULLY

By Matthew McCully

Funeral services were held yesterday at 11 a.m. at the St-Eugène Church in Granby for the seven-year-old girl who died last week after being found by police in critical condition at her father's home.

While the tragic death raised concerns province-wide about possible flaws in youth protection services, the focus yesterday was on the young girl.

Hundreds attended the ceremony.

The inside of the church was lined with flowers and stuffed animals.

During the service, attendees were invited to take a stuffed animal and pass it on to a child as a way to honour the girl's memory.

Last week the seven-year-old was found in her father's home and immediately taken to hospital. She spent several hours in a coma and died the following day.

Police arrested her father and stepmother. They were charged with forcible confinement, and the stepmother faces additional charges of aggravated assault.

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Weather

TODAY:
RAIN,
RISK OF
T-STORM
HIGH 12
LOW 7

SATURDAY:
CLOUDY,
CHANCE OF
SHOWERS
HIGH 10
LOW 2

SUNDAY:
MIX OF SUN
AND CLOUD

HIGH 15
LOW 6

MONDAY:
LIGHT RAIN

HIGH 13
LOW 5

TUESDAY:
LIGHT RAIN

HIGH 8
LOW 4

—ach, the thrubbles—

Good Reads

Lennoxville library

The winds of the Troubles keep blowing scraps across our paths. Item 1. Last month's mindless killing of Journalist Lyra McKee in (London)Derry by the New IRA. Item 2. British soldier (this month) charged in connection with Bloody Sunday killings in (London)Derry 47 years ago. Item 3. Publication (2018) of Say Nothing, Patrick Radden Keefe's exposé on the 1972 "disappearance" of Jean McConville in Belfast and (spoiler alert!) Gerry Adams' complicity in same.

In this context Anna Burns' Milkman (2018 Man Booker winner) offers a compelling retrospective on the twisted and polarized society of Northern Ireland during the Troubles, specifically at the end of the 1970s, specifically in Belfast. It is a society shaped by the rituals of collective insanity, a society in which every aspect of life—choice of children's names, preferences in music, pubs, cars, television programs—is programmed by the sectarian and religious divide which goes back centuries. Also, a society in which suffering, cruelty, and violence have become fixtures of daily life.

The story begins thus: "The day Somebody McSomebody put a gun to my breast and called me a cat and threatened to shoot me was the same day the milkman died. He had been shot by one of the state hit squads and I did not care about the shooting of this man." These lines are a good measure of Burns' style—a mix of jumbled and oddly juxtaposed observations which move from mundane to grotesque in the blink of an eye.

The story itself: The milkman has designs on middle sister. This she knows because one day as she is walking along the street reading Ivanhoe the milkman pulls up beside her and offers her a lift. Now, in a different time and place, this would not be a problem—a polite "No" would put an end to the matter. But this milkman is in fact not a milkman. He is a top-placed member of the "renouncer" paramilitary, someone whose stock in trade includes beatings, bombings, kneecappings, executions, ambushing the military forces "from across the water", and generally opposing any and all "supporters of the state".

A certain perplexity is in order for the reader, since none of the characters, places, or political forces bear recognizable names. Anna Burns is clearly writing about her native Ardoyne area in Northern Belfast, an area especially troubled by the Troubles, but she is a master of information suppression. A broad palette of characters are presented—Ma, Da', eldest sister, maybe-boyfriend, real milkman, nuclear boy, tablets girl—yet there are no names. The political factions are clearly there, yet Republicans, Unionists, the IRA, the British, the UDA receive only coded reference. This stylistic particularity allows Burns to even better evoke the violent claustrophobic insularity marking the area at that time.

The unwanted attentions of the milkman persist, with devastating effects on middle sister's personal life. The milkman knows everything about her—re family, boyfriend, travel routes, routines, job, evening classes—and stalks her relentlessly. And, no matter how often she rebuffs him, he persists to the point of making an assignation that she can't refuse. Meanwhile, the state surveillance apparatus, along with the cycles of community gossip, rumour and innuendo, soon establish this non-existent romantic liaison as an unassailable fact. The ensuing chaos—with realigned loyalties, ruptured family relationships, beatings, poisonings, and mistaken assassination attempts—threaten to turn middle sister into another casualty of war.

So, what is to be gleaned from these pages? Well, in these days of occasionally whiney and petulant strains of me-too-ism, it is refreshing to encounter a vibrantly relevant feminist statement. Middle sister is sorely put upon—by the predations of the coolly calculating milkman, and also by the broader, largely testosterone-driven cycles of violence and revenge, and then again by the firmly entrenched oppressiveness of church and state. She constitutes her own personal battleground. She is a free spirit—young, unorthodox, reticent, and generally desirous of remaining aloof from the political conflict. Yet she is surrounded by examples of compromise—men and women giving up on any expectations for the realization of even modest dreams. The cycles of violence and the constant stress of living under conditions of war render the inhabitants numb, bereft of hope, lacking any vision

of how things might be otherwise. As the story unfolds, we see middle sister succumb to a desperate loss of power and autonomy.

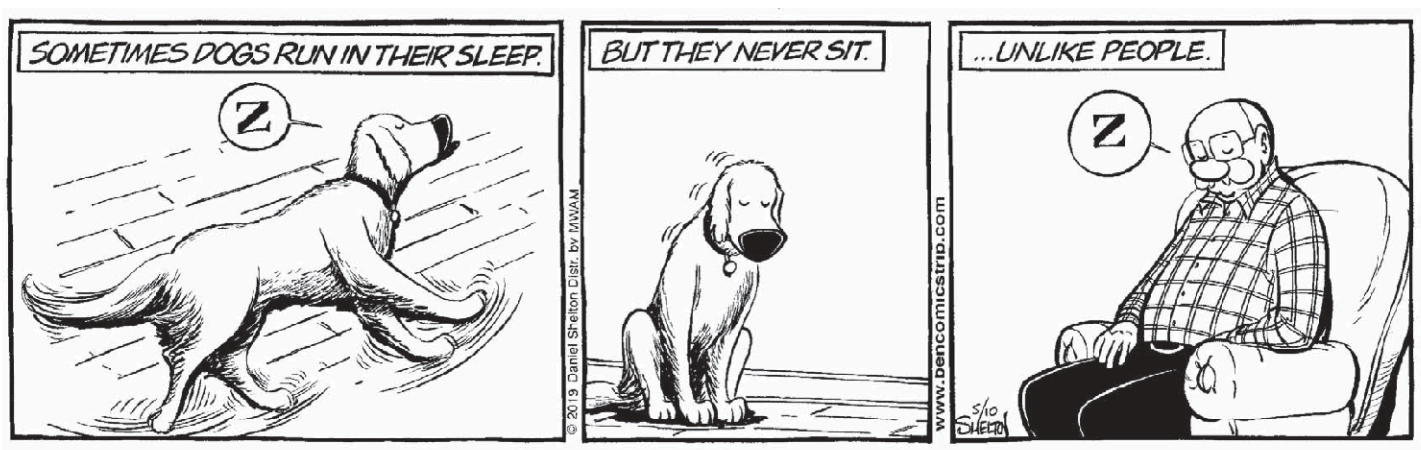
Any hope that does arise seems to have a feminine face. At various points in the story the womenfolk come together and let it be known, on no uncertain terms, that certain actions are beyond the pale, and the women are frequently able to defuse situations and stave off the worst consequences of violent acts. "Women always broke the curfews....[Their] patience would have been stretched far enough and the subsequent snapping of it would be directed towards any group of men, any religion, any side of the water, setting up rules and regulations, overreaching themselves...expecting everyone else too—meaning women—to go along with the preposterousness..." This feature of the novel is grounded in historical fact. In 1976 Mairéad Corrigan helped found the group Women for Peace after her sister lost three young children in a random act of violence, and the group helped bring about an end to the Troubles.

Milkman is not an easy read. As mentioned previously, middle sister narrates the tale at a breathless pace, and she frequently embarks on "shaggy dog" chains of discourse wherein the reader must weather many digressions and convolutions to get to the main point. It is as if she is using language in the service of passive resistance. In the face of oppression and superior force, rather than being explicitly and directly confrontational, middle sister must resort to smokescreens and obliqueness.

Even so, Burns' Milkman is well worth the effort, and, as luck would have it, it is available in the Lennoxville Library.

Submitted by Stephen Sheeran

Ben by Daniel Shelton



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LOCAL NEWS | *Just about any church, no matter the religion, is struggling these years with costs rising and congregations diminishing.*

Flowers and brunch for Mother's Day

By Claudia Villemaire

Spring will burst into bloom here, at least in one explosion of plants, flowers and vegetables in the Rene Thibault park on Main Street.

The seventh annual sale gets underway officially at the Mothers' Day Mass at St Bibiane Church beginning just before the 9:30 a.m. and 11a.m. mass with profits donated to the several, necessary repair and renovation projects the church managers are hoping to accomplish.

Just about any church, no matter the religion, is struggling these years with costs rising and congregations diminishing. At one time, Sunday mornings were strictly reserved for whatever church service parishioners chose. Recent attendance is a shadow of past years making rising costs for heating, hydro, etc. a very difficult challenge. The flower sales during the past six years have been a successful activity, totally organized and presented by a team of volunteers numbering around ten people.

This year, baskets will get the spring colors started just inside the church doors, but business hours begin in earnest Monday, May 13 at 1 p.m. with and beginning Tuesday opening at 9 a.m. until 5 p.m. A wide variety of baskets and flats of bedding plants also includes perennials and vegetables for gardens and patio gardeners. The colorful variety is thanks to the collaboration of folks at Terre Nature in St Nicephore and is organized by Jeannette Comeau, activities coordinator for St Bibiane. Another service is offered this year with the possibility of reserving one's choices by contacting Jeannette Comeau or Delores Mailhot at 819-826-2390.

Another remarkable event is scheduled for Sunday, Mother's Day, at the historic CNR and QCR railroad station, now a restaurant.

Older folk might remember the 'hay days' at the old train station where six passenger trains per day arrived, platforms in front and back provide a firm surface for visitors who can admire the Richmond brick tiles with the brand name Saginaw, as they head for the entrance. Under new management, with a revitalized menu of old favorites and new additions, weekend buffets and especially this weekend's special menu for Mother's Day should tempt families and friends. The official name is La Vielle Gare Restaurant. For info or reservations call 819 826 6655 or Email - infovgare@gmail.com.

CLAUDIA VILLEMAIRE

Société québécoise du cannabis coming to Sherbrooke

Record Staff

The Société québécoise du cannabis (SQDC) Quebec's source of legal sale of cannabis products, has signed a lease for a Sherbrooke location. According to a press release issued by the corporation on Thursday, the Sherbrooke store will be located at 1681 King West, between Chartier and Bryant Streets near Jacques-Cartier Park.

This new location is one of three that are being added to the 14 locations that are already in operation, the other two being located in Chicoutimi and Chateauguay. The SQDC also plans to open new locations in Granby, Sainte-Agathe-des-Monts, and on Queen-Mary road in Montreal as a part of a goal of having a network of 43 locations in operation across the province by March 31 of 2020.

The Sherbrooke location is expected to open by this coming fall.

The SQDC has been mandated with the legal sale of cannabis in Quebec in order to provide a safe source of quality products and an alternative to black-market sources.

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Nature and Community Activism

The May 6 headline said it all: Human society under urgent threat from loss of Earth's natural life

Douglas Nadler

Our Earthly inhabitants are at a dangerous crossroads. In 2002, the biologist E.O. Wilson said that humans and the other species on Earth are caught in the bottleneck of an accelerating ecological crisis. Industrial countries have lost their way, without the certain knowledge that we are capable of extracting ourselves or indeed willing to exit this relentless multi-faceted extinction squeeze on species ranging from insects to primates. Within just 150 years they have succeeded in threatening our planet's viability. If humans won't acknowledge and actively respond to the dangerous situation we have drifted into, we will sink with the remaining creatures into the quagmire of our making, for without pollinators, soil and seas we are doomed.

The daily scientific news is relentless: unless we change our ways, and soon, climate change will cast an unchangeable veil of greyness across the planet. The U.N. Climate Report last November warned that we have 12 years to drastically reduce our fossil fuel emissions so that global temperatures don't exceed 1.5 °C. As the respected environmental activist Bill McKibben has stated through his many books, starting with his 1989 treatise The End of Nature, the world is rapidly moving towards "climate chaos".

On May 6 this year The U.N. Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services published its critically important 1,800-page Global Assessment Report. The outlook for us and our fellow Earthlings is becoming progressively bleaker. This fact is well established, but North Americans, and their politicians in particular, behave as if there were no planetary bioclimatic crisis. Québec's Biodiversity Atlas [http://www.cdpnq.gouv.qc.ca/pdf/atlas-biodiversite-en.pdf] demonstrates how serious the situation is in southern Québec, but few people know of this document.

Yet one single person can inspire the rest of us to rise to the enormous challenge, "where the voice that is in us makes a true response, where the voice that is great within us rises up". Last year a schoolgirl named Greta Thunberg did just that, galvanizing her fellow teenagers to find their voices and demand that adults protect them from the ravages of climate change.

After centuries of feeling alienated from Nature, can we find our way back home – our only home? The path is tortuous, but we can focus on a vision that will allow us to succeed. Earthly community is the way forward. The 17th-century English poet John Donne wrote: "No man is an island entire of itself. Every man is a piece of the continent, a part of the main... Any man's death diminishes me, because I am involved in mankind..." Now we know that our involvement must move to embrace all creatures.

People are finally reacting strongly to government indifference, and speak of the climate and biodiversity crisis as a deeper symptom of our general malaise: increasing social injustice, over-population and capitalism's mantra for unlimited growth on a finite planet are among the grave concerns that are being voiced. A multitude of global initiatives have gained traction, including the Green New Deal championed by the youth-led Sunrise Movement. The recent 10-day Extinction Rebellion civil disobedience actions across the world shook up British politicians to declare a climate emergency. The student climate strikes here in Québec and globally have been hugely successful in creating a momentum that promises legislative change.

One example of how school and community can become involved in protecting and respecting Nature is Cookshire Elementary School's transformation last year into a Living School, incorporating Nature into all aspects of learning so that the students and staff can benefit mentally and physically from a connection with the natural world. Dawson College in Montreal is a partner in the initiative, and St. Francis Valley Naturalists' Club is sponsoring guest lecturers. Representatives from universities have visited the school, which it is hoped will serve as a model for other schools and campuses to follow.

My purpose in writing these articles is to celebrate what is best locally and globally that can bring us together to confront the 'great thinning' of our fellow inhabitants on this planet and create a viable community that includes all of us, not just humans. May 22 is International Day for Biological Diversity. Let's come together to celebrate our interdependence with the rest of Nature.

Douglas Nadler has been working and writing on climate change, biodiversity issues and community involvement for the last 14 years.

GLIMPSES OF THE PAST

Jacques Darche Fonds. Sherbrooke Historical Society

Beginning in 1956 with the goal of bringing together the various faculties spread throughout the city's downtown, the Université de Sherbrooke acquired more than 800 acres of land on the outskirts of the city. While this picture of the Université de Sherbrooke may at first seem disorienting, it is surprising to see such vast development of the main campus less than 10 years after the work site was opened. In 1957, the science faculty was the first to open its doors in its building east of the new campus. This view looking south shows an almost barren area, which is today built up, in terms of both structures and vegetation.

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Sherbrooke issues boil water advisory in Brompton

Record Staff

Residents of Dionne Street in the Brompton District of Sherbrooke's Brompton–Rock Forest–Saint-Élie–Deauville Borough are being advised to boil their tap water for at least one minute before consuming it until further notice.

The advisory comes as a result of work carried out nearby that runs the risk of contamination on Dionne Street. A total of fifty properties are affected by the notice. The city will issue another press release when tests show the water to be safe to drink, and will also share the information with affected residences via an automated telephone message.

Sherbrooke police arrest arson suspect

Record Staff

Investigators from the Sherbrooke Police made an arrest on Wednesday related to eight fires of a criminal nature that were set in the North end of Sherbrooke between April 22 and May 1 of this year.

The 37-year old man, known to the police, appeared at the Sherbrooke courthouse yesterday to face several charges related to the alleged criminal fires

Based on information provided by the public, camera footage, and information gained during interrogation, the man is thought to be the person responsible for the three fires in the neighbourhood between Jacques-Cartier Boulevard and the Marquis de Montcalm Park on the night of April 22 as well as several other suspicious blazes that followed.

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Jean Vanier remembered as a peaceful, humble man

By Matthew McCully

"I am deeply peaceful and trustful. I'm not sure what the future will be but God is good and whatever happens it will be the best. I am happy and give thanks for everything. My deepest love to each one of you."-Jean Vanier

That was the final message from humanitarian Jean Vanier, who passed away on Tuesday, May 7.

Founder of the internationally charity L'Arche, whose mission for over half a century has been to 'make known the gifts of people with intellectual disabilities', Vanier not only improved the living conditions of developmentally challenged people, he also travelled the world promoting dialogue among different religions and spreading a message of peace.

Among the many people Vanier inspired during his life is Townshipper Lynn Ross, who had the privilege of meeting the Catholic philosopher a number of times.

"It was 1964 when I first met him. It was right at the beginning of his career."

Vanier was one of two speakers at an event organized by the Canadian Theological Students' Association in Montreal.

William Stringfellow, an American lawyer and social activist, was invited to speak about the materially poor.

Vanier was there to speak about the spiritually poor.

"It was a great combination," Ross said.

"Nobody really knew who he was except that his father was governor general."

After that encounter, Ross never missed an opportunity to hear Vanier speak.

"Once you've been with him and heard him talk, I would go every time. That's the kind of man he was," Ross said.

"He was a very humble man. I only saw him wearing a tie once".

Vanier was most often seen in a tee shirt with a checked shirt overtop, workpants and a blue windbreaker.

Years ago, Ross met a filmmaking couple that had just done a documentary series on Vanier.

"On the first day, he showed up and he was wearing that outfit," they told Ross.

The next day Vanier arrived wearing the same thing.

The couple asked Vanier, "Do you have any other clothes?"

The following day he wore a different checked shirt, Ross said.

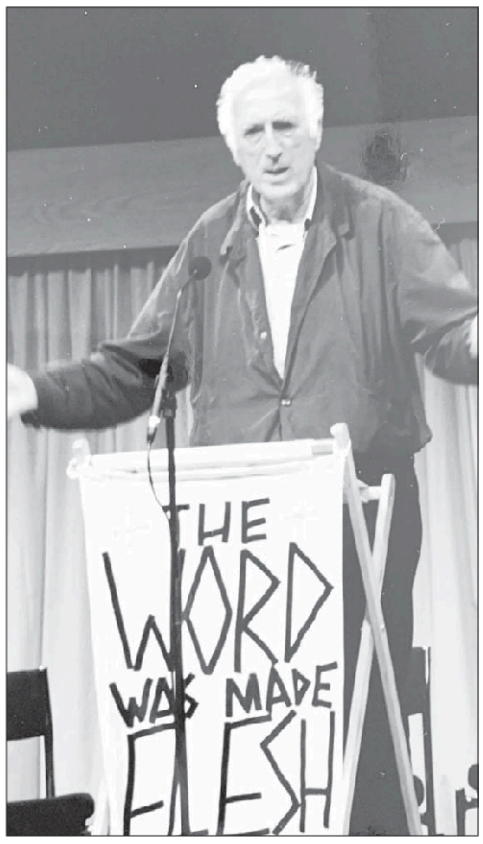
"He was such a good speaker. And he really was a pioneer," he added.

Vanier founded L'Arche 1964 and then began releasing clients from mental institutions and then welcoming them into homes and communities set up by the organization. Until that time, people with developmental challenges had few resources.

"He taught us to appreciate the unique gifts that everyone has," Ross said, "that every person is important."

After founding L'Arche, Vanier made a point of bringing members from the organization to speaking engagements as a gesture of inclusion.

Ross had the opportunity to interact with Vanier several times. At each occasion, he would remind Vanier, "I first met you..." and refer to the 1964 meeting when Vanier was relatively unknown.



PICTURES COURTESY OF LYNN ROSS

Jean Vanier speaking at the Lambeth Conference in 1998.

The meeting that most impressed Ross was at the 1998 Lambeth Conference.

Every ten years Anglican Bishops from around the world assemble for a 21-day conference in Canterbury, UK.

Vanier finished his speaking engagement by initiating a foot-washing ceremony among the 2,000 attendees.

Ross was part of the communications team for the 1998 conference. At the midpoint of the three-week conference, Vanier was invited as a guest speaker in between the days of study and the days of debate and new motions.

"I was wowed," Ross said.

"Not many people can hold 2,000 people quiet morning, and afternoon, and evening," he said.

Not only did he captivate the Lambeth Conference attendees for the duration of his talk, he ended the evening with a foot-washing ceremony with the entire group.

Vanier began by washing the feet of the person beside him, who then did the same for the next person, until all in attendance had completed the ritual.

"Not many people could do that," Ross said.

"He was a very peaceful, humble man," commented Ross.

"I liked being in his presence."

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Editorial

Today, many Indigenous women, girls and 2SLGBTQQIA people do not trust child welfare, justice, health, police, or education systems.

Letters

An Open Letter to all Canadians from the National Inquiry into Missing and Murdered Indige-nous Women and Girls.

As we approach Mother's Day, we send our love and support to the mothers of Indigenous daughters who were murdered or disappeared, to the children left behind and the families grieving the loss of a loved one. We have been forever changed by our experience serving on the National Inquiry into Missing and Murdered Indigenous Women and Girls. It has been our deep honour to meet so many courageous and resilient families, survivors, Elders, Knowledge Keepers, and many others as we traveled from coast to coast to coast.

On June 3, 2019, we will present our Final Report to the Government of Canada and of each province and territory. We feel it is our duty to share what we have learned as broadly as possible, so that each of us may reflect more deeply on the kind of Canada we want to cre-ate. A brief glimpse of history shows us that there was a time when First Nation, Métis and Inuit women had signific-ant influence in governance, lands, economies and cultures. Indige-nous oral stories from across Canada show women and gender-diverse people played key roles including leaders, as "mothers'" of the nation; healers and medicine people who tended to physical, emotional, and spiritual health; and protectors who managed community resources, and acted as land defenders and water keepers.

Colonization affected Indigenous women, girls and 2SLGBTQQIA people differently than men. The European systems relied on patriarchy – the dominance of men. This new, patriar-chal worldview consistently undermined the traditional roles of Indigenous women. Indige-nous women also experienced economic, political and social marginalization through the pa-triarchy imposed by Christian churches, and the government of Canada, most notably with the 1876 Indian Act.

Colonization created the ethnocentric ideas that continue to dehumanize Indigenous women and girls and make them targets of violence today. This is central to the National Inquiry's findings: The current tragedy of missing and murdered Indigenous women, girls, and 2SLGBTQQIA people is centuries in the making.

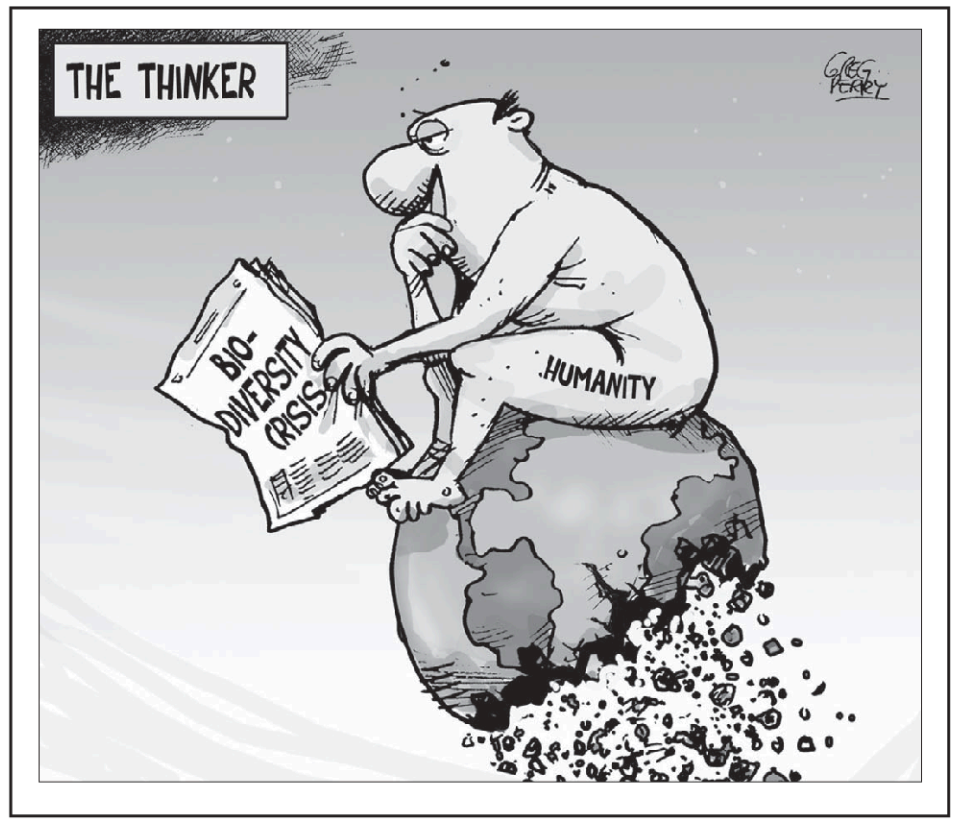
This is a hard truth to hear. As Canadians, we pride ourselves on being a just and principled society, bound by the rule of law, respectful of human rights and human dignity. We see our-selves as champions for human rights on the international stage.

Today, many Indigenous women, girls and 2SLGBTQQIA people do not trust child welfare, justice, health, police, or education systems. Their encounters with these systems can often feel brutal and punishing. We heard over and over again, that quite simply, our systems hurt — even the ones that are supposed to help.

The expertise and agency of Indigenous women, girls and 2SLGBTQQIA people is also too often ignored. In fact, the National Inquiry itself is the result of decades of tireless and crea-tive efforts by Indigenous women, girls and 2SLGBTQQIA people to be heard. They have the solutions to ending violence in their lives, at both the individual and community level, and yet their voices have not counted.

This must change.

We see a Canada where a Mohawk girl in Akwesasne, or an Inuit baby girl born in Arctic Bay, Nunavut, or a Métis girl in downtown Regina, comes into a world



that is ready to welcome her.

Before she is even born, her mother has access to pre-natal care and nutrition and support programs in her home community that are culturally appropriate. In more remote communities, it may mean an Indigenous doula is there to help in the birth, so that new mother does not have to travel hundreds of kilometres to have her baby among strangers.

That Indigenous baby comes home to a house that is properly insulated and warm, where there is clean, running water and electricity, just like other Canadian children begin life. We see that little girl in school where First Nations and Métis and Inuit stories and language and world views and role models are part of the curriculum. She learns that her mother and her aunties and grandmother are respected and valued and sacred members of their community, and this country. She learns that 2SLGBTQQIA members of the community and this nation are equally respected and valued and sacred.

When that little girl turns on the television or reads a newspaper or social media, she finds strong, positive, healthy images of herself and the community she lives in. She feels pride. We see a Canada where men and boys, both Indigenous and non-Indigenous, stand in soli-darity with their sisters, and help end the cycle of violence.

This is the Canada that is possible. It is not only possible, it is essential. Through our actions, let us honour and give life to the truth.

Chief Commissioner Marion Buller
Commissioner Michèle Audette
Commissioner Qajaq Robinson
Commissioner Brian Eyolfson

Dear Editor,

On May 5th Mental Health Estrie (MHE) held its annual Méchoui fundraiser and it was a resounding success. Thank you to all of our wonderful volunteers and the ANAF Unit # 318 (aka "the Hut") and most importantly those who came had supper, made donations and became members of MHE. A special thank you to Clarke & Sons in Lennoxville who helped sell tickets, our board of directors, particularly Paulette Losier for her organizational skills and the students from Bishop's College School for their capable assistance.

Mental illness directly affects 20% of Canadians each year but it also impacts families and friends of those who are ill. Our organization offers help and hope to both groups.

Sincerely,
Esther Barnett
President
Mental Health Estrie

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 Associate 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
Newsroom (819) 569-6345

Knowlton office
5B Victoria Street, Knowlton, Quebec, J0E 1V0
Tel: (450) 242-1188 Fax: (450) 243-5155

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Preference is given to writers from the Eastern Townships.

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COLUMNIST

We have just celebrated Easter. Jesus embraced non-violence and called on his followers to love their enemies, and turn the other cheek.

ONE COLUMN, FOUR VOICES

Open to the Spirit

Today's word: Non-violence

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

1) Ever since I saw the movie of the life of Mahatma Gandhi I have been inspired by the concept of non-violent protest to bring about social change. It brought about the independence of India. It improved African-Americans civil rights. It bolstered the Arab Spring in 2011. It works! And yet violence continues to be the option of choice when faced with opposing beliefs and conflicting priorities. It's the number one option because we know that if we are stronger, richer or more powerful we will get our way. It removes the uncertainty in the game of life. It relieves us of having to really understand, empathize and negotiate with those of differing viewpoints.

We can look to totalitarian governments and militant terrorists as foreign to our personal practices, but it seems we all harbour seeds of violence in our hearts, ready to sprout out if given provocation. If my children were threatened or I was psychologically or physically abused, I cannot be certain of how primitive my reactions would be. I'm under no illusion that I am a saint. We have only to look at the phenomenon of road-rage or witness the vitriol spewed out on social media to realize that given a platform of relative impunity, we humans often resort to violence to express our opposition.

It's taken us centuries to develop non-violent methods for resolving disputes. Democratic governance models, labour union negotiations and peace marches are all ways to respectfully voice our dissent. Underlying all these methods sits the assumption that we are better off when we work towards the common good, when we support the neediest in our community. When in the words of Jesus, we love one another as we love ourselves. Working against that assumption is our current focus on personal success based on the fallacy of independence, self-sufficiency and survival of the fittest.

We are, at our core, a communal species. No man is an island. Tempting as it is to try to go it alone and use force to get our way, we will only truly thrive if we continue to use the tools of non-violence to bring about social change.

2) I admire people who, throughout the last century, advocated for non-violent change, such as Mahatma Gandhi, Martin Luther King, and others. Peaceful protest was a strong movement in the sixties and seventies, and it often worked. The war in Vietnam had a short life span after people rallied against it. The Civil Rights movement led to an end to apartheid in the American South. Canada and others embraced peacekeeping, not war.

Also during the last century millions of people died in two world wars and many other smaller ones. Most conflicts were decided by who had the largest bombs, stronger tanks, or the most soldiers, not by whose ideas were the most beneficial for the most people. The amount of money spent on the arms race could have fed billions of people and helped bring many poor countries out of poverty.

We have just celebrated Easter. Jesus embraced non-violence and called on his followers to love their enemies, and turn the other cheek. He paid the ultimate sacrifice for his beliefs. The cross, a symbol of Christianity, reminds us that our Teacher did not fight back with a sword. He accepted a shameful public execution instead of raising an army to fight. This should have taught the world that violence is not the answer. For many years his followers embraced that message.

Three hundred years later a Roman Emperor named Constantine took that same cross symbol, put it on an army shield, and led his soldiers to war. That betrayal of Jesus's teachings has continued to create a violent world. Non-violence is not easy, but it is the divine path to peace.

3) Ahimsa is the Buddhist concept of non-violence based in the belief that all living beings carry within them a spark of the divine. Related to concepts like karma and interdependence, it is the idea that all life, at all levels, is woven of the same cloth. Beyond peaceful co-existence, what some call "inter-being" it's the awareness that to do harm to any living thing is to do harm to oneself.

Sound radical? You have perhaps heard of the Jains, an ancient sect of Buddhism whose followers to this day sweep the path before them to avoid stepping on the smallest insect. I think of them this spring with great admiration and a bit of chagrin as the ants begin to invade my kitchen. I remember one of my daughters at age ten once caught a ladybug in an upstairs window of a dusty antique shop we were visiting. As I spoke to the clerk, she carried it outside in cupped hands and whispered to it as she let it go. "She was only trying to get out," she explained as I joined her on the street.

A life of non-violence is more than simply a lack of aggression and cruelty. It is the constant attitude of active kindness. It requires developing a true heart of compassion for all that shares this life. Namaste the Buddhists greet one another with folded hands and a slight bow of the head; it's a gesture signifying "I honour the sacred energy in you."

Perhaps if we made it a spiritual practice to be consistently in tune with the sacredness of all beings, sharing the simple need to live and let live, ours would be that world of trust and kindness, peace and love we long for where all would know we belong.

4) All of us, I think, would agree that violence is a bad thing. At least we would all agree that violence done to us is a bad thing. We all draw our lines in different places about how much violence we will accept on our behalf.

In a total commitment to non-violence we are vegan and we carry the insects that enter our households outdoors. We choose our words, always, for gentleness. We buy ethically sourced clothing and fair-trade food. We non-violently protest any action of war or aggression by our government. We do our best to always choose love. I lived like this for a few years and it is really hard. Really, really hard.

And, so, if we are not willing to make this kind of full commitment, where do we draw the line? We have already established that violence towards us is never OK, but how much are we willing to inflict?

I believe that every time we choose gentleness we are doing a great thing. I believe that every choice we make, even if not perfect, makes a difference. If you can't be vegan you can probably choose to eat less meat. You can find local eggs from a farm that treats their chickens well. Most of all, you can be kind.

We can honour the saints who have come before us and the saints around us who are able and willing to choose non-violence. We can make a commitment to be more gentle ourselves. God and the whole world will thank you.

One word, four voices - now it's your turn to reflect: What does it mean to live a life of non-violence?

Rev. Mead Baldwin pastors the Waterville & North Hatley pastoral charge; Rev. Lynn Dillabough is now Rector of St. Paul's in Brockville ON. She continues to write for this column as a dedicated colleague with the Eastern Townships clergy writing team; Rev. Lee Ann Hogle ministers to the Ayer's Cliff, Magog & Georgeville United Churches; Rev. Carole Martignacco is Consulting Minister to UU Estrie-Unitarian Universalists in North Hatley.

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THE RECORD

TALK

YOUR WEEKLY GUIDE TO TOWNSHIPS CULTURE

MAY 10 - MAY 16, 2019

ShazamFest launches eclectic 2019 lineup

By Emilie Hackett
Special to the Record

What started as a self-described backyard party at Ziv Przytyk's family farm in 2006 has exponentially grown into ShazamFest, a prominent independent alternative festival that hosts up to 2,000 people every year. Przytyk unveiled the 14th edition's lineup at his new restaurant, A Pizza, in Sherbrooke on Wednesday, May 8. F

rom July 11 to 14, Barnston West will be the home of the Eastern Townships' most eccentric festival yet.

Headliners include Les Hôtesses d'Hilaire, an alternative rock band from Moncton, New Brunswick, Afrikana Soul Sister, an afrobeat formation from Montreal, The Souljazz Orchestra, from Ottawa and Susie Arioli, who was nominated for three Juno awards and won a Félix Award for Jazz Album of the Year at Gala de l'ADISQ.

Over two dozen acts will be presented throughout the weekend. "We started building a new stage last year. This year it'll be covered with a roof and more structure. It's made out of beaten earth and has a really cool cement-like structure where you can sit and watch the shows," said Pryztyk. The space will mainly host performances from local artists throughout the weekend. "We have a big local art component, but now they almost have their own dedicated space. There are three stages that we use and four places we do shows. We built a natural amphitheatre out of stone a few years ago and waited for it to grow into the landscape. We're excited to finally use it this summer," he added.

The multi-generation organic farm's land will regroup more than just music. ShazamFest also delves into circus art, burlesque, vaudeville, athletic activities and has a designated kids' zone. Jessica Bourque, long time attendee and volunteer, is heavily implicated with the festival's family component. "We are following a pirate theme this year and we are redesigning the kids' zone as a pirate ship. Parents can sign their kids up to the kids' zone for a small fee, and it includes supervision, three meals a day, snacks, water, games, and activities like treasure hunts, puppet shows, clown shows, art workshops, and more," she explained.

EMILIE HACKETT

ShazamFest's 2019 lineup was launched at A Pizza restaurant in Sherbrooke last Wednesday. Various performers who will be participating in the festival's programme attended the launch to help give the community a preview of what is to come next July.

The kids' zone is a safe place for children and families. There will also be nursery, which is a clean space for parents to take care of their infants and toddlers. "There is also a family-only camping space, which is easily accessible from anywhere in the festival, provides better lighting for safety reasons, and is away from the partying," noted Bourque. "Many of us have been coming to Shazam for so many years, and we've grown, and our children have grown together here. That's why having family zones is so important."

The Famfood kitchen is a new installation that began last year. It is a collective kitchen run by families which allows attendees to make food in the

CONT'D ON PAGE 13

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Catherine Duran photography exhibit in Saint-Venant-de-Paquette

Record Staff

Les Amis du patrimoine de Saint-Venant-de-Paquette (APSVP) are pleased to invite the public to the vernissage for the summer 2019 exhibition at the musée de la Sacristie de Saint-Venant-de-Paquette, which will focus on the photography of singer Catherine Durand.

Photographs taken by Durand over the course of her 20 year music career will be presented alongside the lyrics of some of her most evocative songs.

"I have always liked taking photographs," the artist said. "People, yes, but mostly atmospheres, places, impressions, emptiness. Trying to capture what people do not see."

This exhibit follows the success of the 2018 summer exhibit, "Les futurs disparus," and the May 18 launch will include a supper and live performance by Durand herself.

"I have written songs for more than twenty years," she said. "My life is guided by music, and by the words that I write."

The opening of the exhibit will take place on Saturday, May 18, starting at 4 p.m. Entrance is free. The event will be followed by the 2019 programming launch at 5:30, with the supper concert following at 7 p.m. Admission to the show is $45.

For more information call 819-658-9050 or visit http://www.amisdupatrimoine.qc.ca

Twenty four hours of science

Record Staff

Today and Tomorrow, May 10 and 11, marks the 2019 edition of the 24 Hours of Science, a day-long, province-wide event filled with science and technology activities for children, teens, young adults, families, seniors, and beyond. Over 400 activities take place each year throughout Quebec as a part of the event, which starts on Friday at noon and ends 24 hours later, giving room for evening and late-night activities.

Activities this year include: laboratory visits, conferences, science bars, science competitions, films and several special activities. The activities cover a vast range of scientific fields from biology, health sciences and astronomy to natural sciences, engineering, and environment, among others. There is something for everyone.

The idea of this great event is to encourage interaction between researchers and the public, stimulate the public's interest in science and technology, and promote scientific careers to our youth.

In the Eastern Townships, organized events are mainly focused in the Sherbrooke area, although the J. Armand Bombardier Ingenuity Museum in Valcourt will be hosting a "repair café" on Saturday afternoon. Sherbrooke's activities include a special exhibition at the Museum of Science and Nature, Mathematics-based games at the Université de Sherbrooke, a night of astronomy at the Place de la Gare next to Lac des Nations, and a science-focused gathering and exposition at the École primaire de la Samare.

Many of the activities involved are free and bilingual. More information on the events planned here and across the province can be found at www.science24heures.com

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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		What He Ate	Beat Bugs	Becca's Bunch	The Furch	Wandering	Beat Bugs	Napkin Man	Daniel Tiger	Dragons' Den	
CHLT 7	107	718	F	Salut bonjour (N) (SC)								(9:59) Masterchef Junior (SC)		Le tricheur	Mario Dumont
			M									(9:59) Deux filles le matin			
			T												
			W												
			Th									(9:59) Masterchef Junior (SC)			
WMTW 8	-	-		WMTW News 8 at 6am		Good Morning America				Live with Kelly and Ryan		Steve		The View	
CKSH 9	108	-		Var. Programs	Ranger Rob	M. Magoo	Par ici	Var. Programs	Annedroïdes	RDI matin	Marina Orsini			Ricardo	Squelettes
CKMI 11	-	-		Global News Morning						The Morning Show		House-Bryan	Carnival Eats	Holmes Inspection	
CFCF 12	205	312		Your Morning		Your Morning		Your Morning		Live with Kelly and Ryan		The Marilyn Denis Show		The View	
WVNY 22	-	-		Local 22 News This Morning		Good Morning America				The Dr. Oz Show		Varied Programs		The View	
WUTV 30	-	-		Paid Program	Paid Program	2 on Your Side Daybreak		Var. Programs	Forensic Files	Var. Programs	PiYo Workout!	Couples Court	Couples Court	Face the Truth	Face the Truth
CFKS 31	106	726	F	NVL	Moment V	Moment V		Moment V	NVL en bref	Moment V	NVL en bref	Histoire	Infopublicité	CSI: Miami (SC)	
			M	NVL week-end								Infopublicité			
			T	NVL											
			W												
			Th												
WUHF	-	363		Good Day Rochester		Good Day Rochester		Good Day Rochester		Judge Mathis		The Wendy Williams Show		Face the Truth	Face the Truth
WETK	-	-		Classical Strt	World News	Ready Jet Go!	Wild Kratts	Nature Cat	Curious	Let's Go Luna!	Daniel Tiger	Daniel Tiger	Pinkalicious	Sesame Street	Splash
WCFE	-	-		Peg & Cat	Odd Squad	Curious	Let's Go Luna!	Daniel Tiger	Daniel Tiger	Wild Kratts	Dinosaur Train	Splash	Sesame Street	Pinkalicious	Arthur
A&E	615	520		Paid Program	Paid Program	The First 48	Varied Programs								
BRAVO	620	523	F	"Pregnant at 17" (2016, Suspense) Josie Bissett.				Flashpoint "Aisle 13"		"Pregnant at 17" (2016, Suspense) Josie Bissett.				Flashpoint "Aisle 13"	
			M	"Forget and Forgive" (2014) Elisabeth Röhm.						"Forget and Forgive" (2014) Elisabeth Röhm.					
			T	"Trigger Point" (2015) Jordan Hinson, Yani Gellman.						"Trigger Point" (2015) Jordan Hinson, Yani Gellman.					
			W	"The Black Widow Killer" (2018, Suspense) Erin Karpluk.						"The Black Widow Killer" (2018, Suspense) Erin Karpluk.					
			Th	"Dangerous Intuition" (2013) Tricia Helfer, Estella Warren.						"Dangerous Intuition" (2013) Tricia Helfer, Estella Warren.					
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		Mayday "Out of Sight"		Mayday "Deadly Discussions"		Highway Thru Hell		North Woods Law		North Woods Law	
			M												
			T												
			W												
			Th												
HIST	522	506		Canadian Pickers		Ice Road Truckers		Yukon Gold		Ice Road Truckers		Canadian Pickers		Security	Border
PARMT	628	584		Bar Rescue		Bar Rescue		Wife Swap		Bar Rescue		Bar Rescue		Bar Rescue	
RDI	126	730		(5:00) RDI matin							L'info				Isabelle Richer
SHOW	616	521		Security	Security	Security	Security	Movie				Movie			
SLICE	601	562		ET Canada	Say Yes-Dress	Varied Programs									
TLC	521	560		What Not to Wear		What Not to Wear		Outdaughtered		Outdaughtered		Varied Programs			
TSN	400	400	F	SportsCentre	SportsCentre	SportsCentre		SportsCentre		SportsCentre		2019 IIHF World Championship Finland vs Canada. (N)			
			M									2019 IIHF World Championship United States vs Finland. (N)			
			T									2019 IIHF World Championship Great Britain vs Denmark. (N)			
			W									2019 IIHF World Championship United States vs Great Britain.			
			Th			2019 PGA Championship First Round- Feature Group 1. From Bethpage State Park Black Course in Farmingdale, N.Y. (N) (Live)									
YOUTH	551	542		Cloudy, Meat	Go Away Uni	Loud House	Loud House	SpongeBob	SpongeBob	Numb Chucks	Numb Chucks	Cloudy, Meat	Go Away Uni	Go Away Uni	Chuck's

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Your week on TV

WEEKDAY AFTERNOON

	Bell	Star	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
WCAX 3	-	-	Across/ Fence	The Young and the Restless		Bold/Beautiful	The Talk		Let's Make a Deal		Family Feud	Family Feud	Channel 3	3 News
WPTZ 5	-	-	NBC5 News	Daily Blast	Days of our Lives		Steve		Dr. Phil		The Ellen DeGeneres Show		NBC5 News	NBC5 News
CBMT 6	206	301	CBC News Network		Escape to the Country		Grand Designs		Heartland		Coronation St.	Bondi Vet	Murdoch Mysteries	
CHLT 7	107	718	(:13) Le TVA régional		Movie			Tom & Jerry	TVA nouvelles	Les feux de l'amour		Top modèles	(4:58) TVA nouvelles	
WMTW 8	-	-	News	Access	Strahan & Sara		General Hospital		The Ellen DeGeneres Show		WMTW News 8 at 4pm		WMTW News 8 at 5PM	
CKSH 9	108	- F	Téléjournal	Mémorable!	Bonsoir bonsoir!		Virginie (SC)	Virginie (SC)	Mémoires vives (DVS) (SC)		Entrée principale L'histoire du papillon adhésif.			Mémorable!
		- M			Lumière sur... (DVS) (SC)									
		- T			Bonsoir bonsoir!									
		- W												
		- Th												
CKMI 11	-	-	Global News	ET Canada	Days of our Lives		The Talk		Rachael Ray		Millionaire	The Young and the Restless		Global News
CFCF 12	205	312	CTV News Montreal		The Social		Dr. Phil		The Dr. Oz Show		The Ellen DeGeneres Show		CTV News Montreal at 5	
WVNY 22	-	-	Hot Bench	Hot Bench	Strahan & Sara		General Hospital		The People's Court		Judge Judy	Judge Judy	Judge Judy	Judge Judy
WUTV 30	-	-	The Steve Wilkos Show		Maury		Judge Mathis		The Doctors		Steve		Family Feud	Family Feud
CFKS 31	106	726	Guerre-clans	Movie				Movie				Les Simpson	Les Simpson	Guerre-clans
WUHF	-	363	The Steve Wilkos Show		Maury		Var. Programs	Divorce Court	Hot Bench	Hot Bench	Judge Judy	Judge Judy	The People's Court	
WETK	-	-	Dinosaur Train	Cat in the Hat	Sesame Street	Super Why!	Pinkalicious	Let's Go Luna!	Odd Squad	Varied Programs				World News
WCFE	-	- F	Nature		Food Forward	Ready Jet Go!	Peg & Cat	Arthur (EI)	Odd Squad	Odd Squad	Let's Go Luna!	Regents Review (NYS)		Curious
		- M	Antiques Roadshow		Love Quilting									
		- T	Breakthrough: The Ideas		Rick Steves									
		- W	Annie Oakley: American		Cooking									
		- Th	NOVA "First Horse Warriors"		Mountain Lake									
A&E	615	520	Varied Programs											
BRAVO	620	523	Movie				Flashpoint		Varied Programs					
CNN	500	500	Inside Politics		CNN Right Now		CNN Newsroom		CNN Newsroom		The Lead With Jake Tapper		Situation Room With Wolf	
DISC	520	505 F	CSI: New York		CSI: New York "Air Apparent"		Highway Thru Hell		MythBusters		CSI: New York		CSI: New York "Air Apparent"	
		- M												
		- T												
		- W												
		- Th												
HIST	522	506 F	Canadian Pickers		American Pickers		Pawn Stars	Pawn Stars	Forged in Fire: Cutting Deeper		The Curse of Civil War Gold		The Curse of Civil War Gold	
		- M					Forged in Fire "The Navaja"				Oak Island: Drilling Down		Oak Island: Drilling Down	
		- T					Pawn Stars	Pawn Stars	Forged in Fire		Swamp People		Lost Gold of World War II	
		- W											Pawn Stars	Pawn Stars
		- 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	
SHOW	616	521 F	Security	Security	Security	Security	NCIS "Bait"		NCIS "Iced"		NCIS "Untouchable"		NCIS "Bait"	
		- M												
		- T												
		- W												
		- Th												
SLICE	601	562	Varied Programs		Say Yes-Dress	Say Yes-Dress	Sarah's House	Sarah's House	Varied Programs					
TLC	521	560	My 600-Lb. Life		Varied Programs		Four Weddings		Four Weddings		90 Day Fiancé		90 Day Fiancé	
TSN	400	400	World Hockey	Varied Programs			2019 IIHF World Championship					Questionable	Around/Horn	Interruption
YOUTH	551	542	Assembly	Assembly	Wayside	Go Away Uni	Just Kidding	Assembly	SpongeBob	SpongeBob	SpongeBob	Loud House	Loud House	Nicky, Ricky

FRIDAY EVENING — MAY 10, 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)	MacGyver Mac must make an impossible choice.		Hawaii Five-0 Aaron Wright's co-workers are murdered. (N)		Blue Bloods Jamie and Eddie's big day approaches.		Channel 3 News	(:35) The Late Show With Stephen Colbert (N)	
WPTZ 5	-	-	NBC5 News at 6 (N)	NBC Nightly News - Holt	Jeopardy! (N)	Wheel of Fortune (N)	The Blacklist The task force faces off with McMahon. (N)		Dateline NBC (N)				NBC5 News at 11 (N)	(:34) The Tonight Show Starring Jimmy Fallon	
CBMT 6	206	301	CBC Montreal News (N)	Just for Laughs: Gags	NHL Hockey (N) (Live)						The National (N)		CBC Montreal News (N)		Coronation Street
CHLT 7	107	718	(5:58) TVA nouvelles (N)	Le tricheur (N) (SC)	Tout le monde aime "Roch Voisine" (SC)		Du talent à revendre (SC)		La liste noire: rédemption "Whitehall" (SC)		TVA nouvelles (N)	(:35) Denis Lévesque (N) (SC)		(:35) ★★ "Le refuge" (2012, Action) Denzel Washington.	
WMTW 8	-	-	WMTW News 8 at 6PM (N)	ABC World News	Wheel of Fortune (N)	Jeopardy! (N)	Marvel's Agents of S.H.I.E.L.D. "Missing Pieces"		20/20 "Darlie Routier" A housewife allegedly murdered her sons. (N)				WMTW News 8 at 11 (N)	(:35) Jimmy Kimmel Live	
CKSH 9	108	-	(5:59) Le téléjournal Estrie	Le Granada, 90 ans	L'effet wow Ariane Moffatt monte sur le ring. (N)		"Bon Cop Bad Cop 2" (2017) Colm Feore. Premiere. Bouchard et Ward se réunissent pour une mission dangereuse.				(:05) Le téléjournal (N) (SC)		(:10) ★★★ "Léolo" (1992, Com. dramatique) Maxime Collin, Ginette Reno. (SC)		
CKMI 11	-	-	Global National	(:29) Global News at 6:30	ET Canada	Entertainment Tonight (N)	MacGyver Mac must make an impossible choice.		Hawaii Five-0 Aaron Wright's co-workers are murdered. (N)		The Blacklist The task force faces off with McMahon. (N)		Global News at 11 (N)	(:35) The Late Show With Stephen Colbert (N)	
CFCF 12	205	312	(5:59) CTV News Montreal (N)		etalk Actor Dennis Quaid.	The Big Bang Theory	Marvel's Agents of S.H.I.E.L.D. "Missing Pieces"		Criminal Minds "300" Reid and Garcia are abducted.		Blue Bloods Jamie and Eddie's big day approaches.		News-Lisa	CTV News Montreal (N)	The Big Bang Theory
WVNY 22	-	-	Local 22 News (N)	ABC World News	Local 22 News (N)	Inside Edition (N)	Marvel's Agents of S.H.I.E.L.D. "Missing Pieces"		20/20 "Darlie Routier" A housewife allegedly murdered her sons. (N)				Local 22 News (N)	(:35) Jimmy Kimmel Live	
WUTV 30	-	-	The Big Bang Theory	Judge Judy (N)	Judge Judy (N)	Family Feud (N)	Last Man Standing	The Cool Kids	Proven Innocent "In Defense of Madeline Scott, Part 2"		2 on Your Side at 10 (N)	Seinfeld "The Slicer"	Two and a Half Men	Two and a Half Men	Last Man Standing
CFKS 31	106	726	Souper parfait	Souper parfait	Rire et délire	Rire et délire	Ambulances animales (N)	Ambulances animales	Pure Noah élabore un plan. (SC)		Gotham "Amis ou ennemis" Gordon vole son dossier.		SQ	NVL (N)	Moment V
WUHF	-	363	Modern Family	Modern Family	The Big Bang Theory	The Big Bang Theory	Last Man Standing	The Cool Kids	Proven Innocent "In Defense of Madeline Scott, Part 2"		13WHAM News at 10 on Fox Rochester (N) (Live)		DailyMailTV (N)	The Simpsons	Frankie Valli
WETK	-	-	PBS NewsHour (N)		BBC Newsnight	Vermont This Week (N)	Washington Week (N)	Firing-Hoover	Live From Lincoln Center "Cynthia Erivo in Concert"		Live From Lincoln Center (DVS)		Amanpour and Company (N)		BBC World News
WCFE	-	-	World News America	Nightly Business Report	PBS NewsHour (N)		Mountain Lake Journal	New York Now	Live From Lincoln Center "Cynthia Erivo in Concert"		Live From Lincoln Center (DVS)		BBC World News	Amanpour and Company (N)	
A&E	615	520	(5:00) Live PD "Live PD -- 05.04.19"				(:06) Live PD: Rewind "Live PD: Rewind No. 217" (N)		Live PD "Live PD -- 05.10.19" (N)						Live PD
BRAVO	620	523	Bones The death of an animal expo employee.		Bones The team investigates a woman's death.		Bones A man who died in a terrorist attack.		Bones "The Bod in the Pod" Remains wash onto a beach.		Bones A street artist falls on human remains.		Bones Brennan is accused of murder.		Bones
CNN	500	500	Situation Room With Wolf		Erin Burnett OutFront (N)		Anderson Cooper 360 (N)		Cuomo Prime Time (N)		CNN Tonight w/ Don Lemon		CNN Tonight w/ Don Lemon		Cooper 360
DISC	520	505	Highway Thru Hell "Hooked" (DVS)		MythBusters "The Simpsons Special" "The Simpsons."		Gold Rush: Parker's Trail Tribe members use mercury.		Gold Rush: Dave Turin's Lost Mine		Mayday Investigators look into a plane crash.		Disasters at Sea A rock discharge vessel capsizes.		Gold Rush: Dave Turin's
HIST	522	506	American Pickers Mike and Frank pick the Big Apple.		Swamp People It's the last day of gator season.		Truck Night in America "Turn and Burn"		Ancient Aliens Mankind's extraterrestrial origins.		History Erased A look at the world without the UK. (N)		American Pickers Mike and Frank pick the Big Apple.		Ancient Aliens
PARMT	628	584	Ink Master: Angels "Can't Nail a Cactus"		Ink Master: Angels Looking for artists in New Orleans.		★★★ "Rush Hour" (1998, Action) Jackie Chan, Chris Tucker, Tom Wilkinson. Mismatched police partners seek a kidnapped girl.				★★★ "Rush Hour" (1998) Jackie Chan, Chris Tucker. Mismatched police partners seek a kidnapped girl.				
RDI	126	730	(5:59) Le national (N)	(:31) RDI économie (N)	(:01) 24/60 (N) (SC)		Les grands reportages (N) (SC)		Le téléjournal avec Pascale Nadeau (N) (SC)		Le téléjournal (N) (SC)		Le national (N) (SC)	(:31) Le national (N)	(12:01) 24/60 (SC)
SHOW	616	521	NCIS "Iced" The body of a missing Marine is found.		NCIS The team probes a cryptographer's death.		NCIS "Bait" A teen holds his school hostage.		★★ "Constantine" (2005, Fantasy) Keanu Reeves, Rachel Weisz. A man who sees demons helps a policewoman probe her sister's death.					★★★ "Taken" (2008, Action) Liam Neeson.	
SLICE	601	562	The Real Housewives of New York City "Shark Bait"		The Real Housewives of New York City		The Real Housewives of New York City		★★ "The Dilemma" (2011, Comedy) Vince Vaughn, Kevin James, Jennifer Connelly. A man sees his best friend's wife out with another guy.					★★★ "Crazy, Stupid, Love." (2011) Steve Carell.	
TLC	521	560	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	90 Day Fiancé: What Now (N)		90 Day Fiancé "Melanie & Devar: Our Continuing Journey" Melanie and Devar's story so far. (N)						90 Day Fiancé
TSN	400	400	SportsCentre (N) (Live)		NBA Basketball Milwaukee Bucks at Boston Celtics. Eastern Conference Semifinal, Game 6. (If necessary). (N) (Live)			SportsCentre (N)			MLS Soccer Portland Timbers at Vancouver Whitecaps FC. From BC Place Stadium in Vancouver, British Columbia. (N)				SportsCentre (N)
YOUTH	551	542	Henry Danger	Cousins, Life	Knight Squad	Game	"Pokémon the Movie: The Power of Us" (2018)				Star Falls	Star Falls	Just Kidding	Just Kidding	Pokémon: Us

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Your week on TV

SATURDAY DAYTIME — MAY 11, 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) 🎧 CC				**Lucky Dog** (N) 🎧 (EI)	**Dr. Chris: Pet Vet** (N)	**Innovation Nation**	**Hope in the Wild**	**Paid Program**	**AAA Benefits**	**Smokeless Grill**	**PiYo Workout!**	**PGA of America Special** (N) 🎧 CC		**PGA Golf**	
WPTZ 5	-	-	**Teen Kids News** (N)	**Hanna Into the Wild**	**Vets Saving Pets**	**Champ Within**	**The Voyager**	**Earth Odyssey**	**Consumer 101** (N)	**Naturally, Danny Seo**	**Heineken Cup Rugby** Leinster Rugby vs Saracens. (N) 🎧 (Live)				**"Drive Like Andretti"** (2019) Mario Andretti.		**IndyCar Series**	**IndyCar**
CBMT 6	206	301	**The Furchester Hotel**	**PJ Masks** 🎧	**True Rainbow**	**Addison** 🎧 CC	**What He Ate**	**(:36) Beat Bugs** 🎧	**(:15) Bookaboo** 🎧	**(:28) Stella and Sam**	**Our Montreal** (N) CC		**Absolutely Canadian** 🎧 CC		**Track and Field** IAAF World Relays. From Yokohama, Japan. (N) 🎧 (Live) CC			
CHLT 7	107	718	**(6:00) Salut bonjour week-end** (N) (SC)				**Bien** (N) (SC)	**Deux filles le matin** Rose-Marie Charest.		**Pilote académie**	**TVA nouvelles** (N)	**Chacun sa route** (N)	**Infopublicité** (SC)	★★ **"Le monde perdu: parc Jurassique"** (1997, Aventures) Jeff Goldblum, Julianne Moore. (DVS) (SC)				
WMTW 8	-	-	**Good Morning America** (N) 🎧 CC		**Jack Hanna**	**Ocean Treks**	**Hearts of Heroes** (N)	**The Great Dr. Scott**	**Rock the Park** (N)	**Vacation Creation**	**AAA Benefits**	**Car Repair Secret!**	**AAA Benefits**	**Cooking Emeril**	**World of X Games** (N)		**Overwatch League** Stage 2 Playoffs. (N)	
CKSH 9	108	-	**(:14) M. Magoo** (N)	**Hôtel Transyl**	**(8:59) Les sapiens**	**(:23) Les sapiens**	**Science ou magie**	**Aventures de Tintin**	**Le Granada**	**L'épicerie** (SC)	**Téléjournal**	**Podium** (N)	**Astronaute: le camp des recrues** (SC)		**Viens-tu faire un tour?** Frédérick De Grandpré.		**Inspecteur Barnaby** 🎧 (DVS) (SC)	
CKMI 11	-	-	**Fish'n Canada**	**Real Fishing**	**Adv'ture North**	**Fishful Thinking**	**Carnival Eats**	**Paid Program**	**Powerboat Television**	**Driving Television**	**Holmes Makes It Right** "Here in Spirit"		**Worst to First** "Louise & Jon" CC		★★★ **"Argo"** (2012, Historical Drama) Ben Affleck, Bryan Cranston, Alan Arkin. Premiere. CC			
CFCF 12	205	312	**Your Morning Weekend** (N) 🎧 CC		**Operation Smile** 🎧 CC		**One World Kitchen**	**Children's Villages**	**It Is Written** CC	**Cash Cab** 🎧	**SportsCentre** (N) 🎧 CC (DVS)		**Moneytalk** (N) CC	**DNA Dinners** 🎧	**etalk** 🎧 CC	**The Social** (N) CC	**MLS Soccer**	
WVNY 22	-	-	**Good Morning America** (N) 🎧 CC		**Jack Hanna**	**Ocean Treks**	**Hearts of Heroes** (N)	**The Great Dr. Scott**	**Rock the Park** (N)	**Vacation Creation**	**Paid Program**	**Airfryer Oven**	**Paid Program**	**Paid Program**	**World of X Games** (N)		**Overwatch League** Stage 2 Playoffs. (N)	
WUTV 30	-	-	**PiYo Workout!**	**Home Workshop**	**Match Day**	**Bundesliga Soccer** RB Leipzig vs FC Bayern Munich. (N) 🎧 (Live)				**Cooking Emeril**	**Raw Travel** (N)	**Raceline**	★★★ **"Patriot Games"** (1992, Suspense) Harrison Ford, Anne Archer, Patrick Bergin.				**(:03) 3 Wide Life**	
CFKS 31	106	726	**Infopublicité**	**NVL weekend** (N)	**Marvel: les agents du S.H.I.E.L.D** 🎧 (SC)		**RPM** Jeep Wrangler Unlimited Sahara 2018.		**RPM plus**		**Infopublicité**	**Infopublicité**	**Rire et délire**	**Rire et délire**	★★★ **"Jumeaux"** (1988, Comédie) Arnold Schwarzenegger, Danny DeVito, Kelly Preston.			
WUHF	-	363	**Xploration Space**	**Awesome Planet**	**Match Day**	**Bundesliga Soccer** RB Leipzig vs FC Bayern Munich. (N) 🎧 (Live) CC				**Cooking Emeril**	**Weird but True**	**Xploration DIY Sci**	**Sore Joints?**	★★ **"Racing Stripes"** (2005, Children's) Bruce Greenwood, Hayden Panettiere. CC				**"Star Trek V"**
WETK	-	-	**The Carpenters: Close to You-My Music**		**Food: What the Heck Should I Eat?** 🎧 CC			**The Keto Diet With Dr. Josh Axe** 🎧 CC			**Test Kitchen**	**Cook's Country**	**John Denver: Country Boy** Life and legacy of singer John Denver. 🎧			**The Carpenters: Close to You (My Music Presents)** 🎧 CC		
WCFE	-	-	**Wild Kratts** CC	**Wild Kratts** CC	**Odd Squad**	**Odd Squad**	**Craft-Legacy**	**Greener World**	**This Old House** 🎧	**Ask This Old House**	**Kimball's Milk Street**	**Cooking School**	**Martha Bakes** 🎧	**Lidia's Kitchen** 🎧	**Mexican Table**	**Cook's Country**	**Test Kitchen**	**My Greek Table**
A&E	615	520	**Flipping Vegas** "Party House" 🎧 CC		**Working the Room**	**You Can't Turn That**	**Zombie House Flipping** 🎧 CC		**Tiny House Nation** 🎧 CC		**Live PD** "Live PD -- 03.03.18" Riding along with law enforcement. 🎧 CC						**Live Rescue: Rewind** 🎧 CC	
BRAVO	620	523	**Bones** An explosion in a hotel garage. CC		**Bones** The death of an animal expo employee.		**Bones** "The Method to the Madness" CC		**Bones** A man who died in a terrorist attack. 🎧		**Bones** Remains wash onto a beach. CC		**Bones** "The But in the Joke" 🎧 CC		**Blue Bloods** "Heavy Is the Head" 🎧		**Blue Bloods** A journalist goes missing. 🎧	
CNN	500	500	**New Day Weekend**		**Smerconish** (N) CC		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**	
DISC	520	505	**Gold Rush: Parker's Trail** "Mercury Rising"		**Tanked** CC		**North Woods Law** "Hunting the Hunters"		**North Woods Law** "Manhunt" CC		**Homestead Rescue** "Poisoned" CC		**Disasters at Sea** CC (DVS)		**Mayday** Investigators look into a plane crash.		**Gold Rush: Dave Turin's Lost Mine** CC	
HIST	522	506	**Rust Valley Restorers** "Rustang to Mustang"		**Canadian Pickers** "Fish Out of Water"		**History Erased** "United Kingdom" 🎧 CC		**Rust Valley Restorers** "Rustang to Mustang"		**Ancient Aliens** "The Sentinels" 🎧 CC		**The Curse of Oak Island** 🎧 CC		**The Curse of Civil War Gold** "All That Glitters"		**The Curse of Civil War Gold** "The Return" 🎧	
PARMT	628	584	**Bar Rescue** Corralling an out-of-control staff.		**Bar Rescue** CC	**Bar Rescue** CC		**Bar Rescue** "Blowing Royal Smoke" CC		★★ **"X-Men Origins: Wolverine"** (2009) Hugh Jackman. Wolverine becomes involved with the Weapon X program.					**Bar Rescue** "Close, But No Cigar" CC		**Bar Rescue** "Irish Eyes Aren't Smiling"	
RDI	126	730	**(5:30) RDI matin weekend** (N) (SC)				**L'info** (N)	**L'info** (N)	**L'info** (N)	**L'info** (N)	**Téléjournal**	**Vocation: leader** (N)	**Le national**	**L'info** (N)	**L'info** (N)	**L'info** (N)	**L'info** (N)	**L'info** (N)
SHOW	616	521	**(7:00) "Woman on the Run"** (2017) 🎧 CC		★★ **"Constantine"** (2005) Keanu Reeves. A man who sees demons helps a policewoman probe her sister's death. 🎧					★★ **"47 Ronin"** (2013) Keanu Reeves. Outcast samurai seek revenge on a treacherous overlord. 🎧 CC					★★★ **"Taken"** (2008) Liam Neeson. Slavers kidnap the daughter of a former spy. 🎧 CC			
SLICE	601	562	**Paid Program** 🎧	**Paid Program** 🎧	**Try Yoga!**	**Paid Program** 🎧	**Mom** 🎧 CC	**Mom** 🎧 CC	**Mom** 🎧 CC	★★★ **"Crazy, Stupid, Love."** (2011, Romance-Comedy) Steve Carell, Ryan Gosling, Julianne Moore. 🎧 CC					★★ **"The Dilemma"** (2011, Comedy) Vince Vaughn, Kevin James. 🎧 CC			
TLC	521	560	**Extreme Couponing**	**Extreme Couponing**	**Extreme Couponing**	**Extreme Couponing**	**Little People, Big World** 🎧 CC		**Little People, Big World** 🎧 CC		**Little People, Big World** 🎧 CC		**Say Yes to the Dress** 🎧 CC		**Say Yes to the Dress**	**Say Yes to the Dress**	**Say Yes to the Dress**	**Say Yes to the Dress**
TSN	400	400	**SportsCentre**	**SportsCentre**	**SportsCentre** CC		**2019 IIHF World Championship** Germany vs Great Britain. From Steel Arena in Ko?ice, Ko?ick kraj, Slovakia. (N) (Live)					**Road to World Cup**	**April Bloopers**	**Motoring TV** CC	**2019 IIHF World Championship** Slovakia vs Finland. (N) (Live) CC			
YOUTH	551	542	**Go Away**	**Loud**	**Loud**	**Loud**	**Sponge.**	**Sponge.**	**Turtles**	**Loud**	★★★ **"The Good Dinosaur"** (2015) 🎧 CC				**Sponge.**	**Sponge.**	**Sponge.**	**Loud**

SATURDAY EVENING — MAY 11, 2019

	Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	**(3:00) PGA Tour Golf** AT&T Byron Nelson, Third Round. (N) 🎧 (Live) CC				**Channel 3 News**	**Weekend News**	**Entertainment Tonight** (N) 🎧 CC		**Million Dollar Mile** (N) 🎧 CC		**Ransom** "Truth & Reconciliation" (N) 🎧		**48 Hours** (N) 🎧 CC		**Channel 3 News**	**Friends** 🎧 CC	**NCIS: N.O.**
WPTZ 5	-	-	**(3:30) IndyCar Racing** INDYCAR Grand Prix. (N) 🎧 (Live)			**IndyCar Series**	**NBC5 News at 6**	**Nightly News**	**Jeopardy!** 🎧 CC	**Wheel of Fortune**	**NHL Hockey** Conference Final: Teams TBA. (N) 🎧 (Live)						**NBC5 News**	**(:29) Saturday Night Live** (N) CC	
CBMT 6	206	301	**Women's World Rugby Sevens Series** Langford, Day 1. (N) 🎧 (Live) CC				**Montreal News**	**To Be Announced**	**NHL Hockey** Conference Final: Teams TBA. (N) 🎧 (Live) CC						**NHL Hockey** Conference Final: Teams TBA. (N) 🎧 (Live) CC				
CHLT 7	107	718	**(:01)** ★★ **"Divergence: les insurgés"** (2015) Shailene Woodley, Theo James. (SC)				**TVA nouvelles** (N)	★★★ **"Iron Man 3"** (2013, Action) Robert Downey Jr. Tony Stark se lance dans une quête acharnée. (SC)					★★★ **"John Wick: chapitre 2"** (2017) Keanu Reeves. John Wick combat une confrérie de tueurs à Rome. (SC)					**TVA nouvelles** (N)	**"Nom de code"**
WMTW 8	-	-	**(3:00) Overwatch League** Stage 2 Playoffs. From Burbank, Calif. (N) (Live) CC				**WMTW News 8 at**	**World News**	**Wheel of Fortune**	**Jeopardy!** 🎧 CC	**American Idol** "216 (Woodstock and Show Stoppers)" Inspirationally powerful songs. 🎧				**20/20** (N) 🎧 CC		**WMTW News 8**	**Rizzoli & Isles** "Sympathy for the Devil"	
CKSH 9	108	-	**(3:00) Inspecteur Barnaby** (DVS) (SC)		**La semaine verte** (N) (SC)		**Téléjournal Estrie**	**À la valdrague**	**Les enfants de la télé** (SC)		**Faire oeuvre utile** (DVS) (SC)		**Notre vie** Randall organise une fête. 🎧		**Le télé-journal**	**Doc humanité** Les femmes en prison. (N)		**Howards End** (SC)	
CKMI 11	-	-	**(2:00)** ★★★ **"Argo"** (2012) Ben Affleck. Premiere. CC			**Global News**	**Global News at 6**	**Global National**	**Border Security**	**Border Security**	**Chicago Med** "More Harm Than Good" (N)		**Ransom** "Truth & Reconciliation" (N) 🎧		**First Dates**	**First Dates**	**Global News**	**(:29) Saturday Night Live** (N) CC	
CFCF 12	205	312	**MLS Soccer**		**Seinfeld** 🎧 CC	**Big Bang Theory**	**CTV News Montreal** (N) 🎧 CC		**W5** Investigating a resort; visiting France.		**"All of My Heart: The Wedding"** (2018, Romance) Brennan Elliott. Premiere. 🎧 CC				**Big Bang Theory**	**Big Bang Theory**	**News-Rinaldo**	**CTV News Montreal**	**(12:05) Pop Life**
WVNY 22	-	-	**(3:00) Overwatch League** Stage 2 Playoffs. From Burbank, Calif. (N) (Live) CC				**World News**	**Local 22 News** (N)	**Extra** (N) 🎧 CC		**American Idol** "216 (Woodstock and Show Stoppers)" Inspirationally powerful songs. 🎧				**20/20** (N) 🎧 CC		**Local 22 News** (N)	**Extra** 🎧 CC	
WUTV 30	-	-	**National Cherry Blossom Festival** CC		**Paid Program**	**Home Workshop**	**Big Bang Theory**	**Big Bang Theory**	**Two and Half Men**	**Two and Half Men**	**Boxing** PBC: Jarrett Hurd vs. Julian Williams. (N) 🎧 (Live)				**2 on Your Side at 10**	**Big Bang Theory**	**MasterChef** 🎧 CC		**Home Workshop**
CFKS 31	106	726	★★★ **"Supermalades"** (2007) Jonah Hill. Deux ados se rendent à une fête avec beaucoup d'espoir.					★★★ **"Batman: le commencement"** (2005) Christian Bale, Michael Caine. Un jeune homme devient le vengeur masqué de Gotham City.						★★★ **"300"** (2006) Gerard Butler, Lena Headey. Léonidas et 300 soldats combattent l'immense armée perse.					**Moment V**
WUHF	-	363	**(3:30)** ★★ **"Star Trek V: The Final Frontier"** (1989) CC			**Paid Program**	**Andy Griffith Show**	**Frankie Valli**	**Big Bang Theory**	**Big Bang Theory**	**Boxing** PBC: Jarrett Hurd vs. Julian Williams. (N) 🎧 (Live) CC				**WHAM News**	**Engagement**	**MasterChef** 🎧 CC		**ROH Wrestling**
WETK	-	-	**Neil Diamond: Hot August Night III** 🎧 CC			**NewsHour Wk**	**Father Brown** Murder at a finishing school.		**As Time Goes By**	**Keep-Appear**	**Rev.**	**Upstart Crow** 🎧	**Doc Martin** Martin returns to Portwenn. 🎧		**Death in Paradise** 🎧 CC		**Austin City Limits** John Prine performs.		**Underground**
WCFE	-	-	**Antiques Roadshow** 🎧 (Part 1 of 3) CC		**Samantha Br**	**R. Steves' Europe**	**Seeing Canada**	**NewsHour Wk**	**Mountain Lake**	**New York Now**	**Maigret** "Maigret's Dead Man" Maigret searches for a murderer.		**Samantha Br**		**Jamestown** Farlow returns from England.		**Underground**	**Austin City Limits** John Prine performs.	
A&E	615	520	**Live Rescue: Rewind** 🎧 CC		**Live PD** "Live PD -- 05.03.19" 🎧 CC						**(:06) Live PD: Rewind** (N) 🎧 CC		**Live PD** "Live PD -- 05.11.19" (N) 🎧 CC						**Live PD** 🎧 CC
BRAVO	620	523	**Blue Bloods** "The Brave" CC (DVS)		**The Closer** "Star Turn" 🎧 CC		**The Closer** "Fresh Pursuit" 🎧 CC		**The Closer** Brenda and Fritz argue. CC		**Whiskey Cavalier** "College Confidential"		**Law & Order: Special Victims Unit** 🎧		**The Closer** "Star Turn" 🎧 CC		**The Closer** "Fresh Pursuit" 🎧 CC		**The Closer** 🎧
CNN	500	500	**CNN Newsroom**		**CNN Newsroom**		**S. E. Cupp Unfiltered**		**The Axe Files**		**CNN Newsroom**		**Chasing Life**		**Anthony Bourd.**		**Anthony Bourd.**		**Chasing**
DISC	520	505	**Gold Rush: Parker's Trail** CC		**Disasters at Sea** CC (DVS)		**North Woods Law** "Outfoxed" CC		**North Woods Law** "Man VS. Animal"		**North Woods Law** CC		**North Woods Law** "Rapid Responders"		**North Woods Law** "High Jinks" CC		**North Woods Law** "Wild Kingdom"		**North Woods**
HIST	522	506	**Lost Gold of World War II** 🎧 CC		**Lost Gold of World War II** 🎧 CC		**Lost Gold of World War II** 🎧 CC		**Lost Gold of World War II** 🎧 CC		**Lost Gold of World War II** 🎧 CC		**Lost Gold of World War II** 🎧 CC		**Lost Gold of World War II** 🎧 CC		**Lost Gold of World War II** 🎧 CC		**Lost Gold**
PARMT	628	584	**Bar Rescue** "Father Knows Best" CC		**Bar Rescue** "Ripper's Rookie House" CC		★★ **"X-Men Origins: Wolverine"** (2009, Action) Hugh Jackman, Liev Schreiber, will.i.am. CC					**Bar Rescue** CC	**Bar Rescue** Corralling an out-of-control staff.		**Bar Rescue** "Gone in a Flash" CC		**Bar Rescue** CC		**Bar Rescue** CC
RDI	126	730	**L'info** (N)	**Journal France 2**	**Le télé-journal**	**L'épicerie** (SC)	**Le télé-journal**	**Le télé-journal**	**Le national** (N)	**(:31) Le national**	**(:01) Les grands reportages** (SC)		**Le télé-journal**	**Second regard**	**Le télé-journal**	**Le national** (N)	**(:01) Les grands reportages** (N) (SC)		**Le télé-journal**
SHOW	616	521	★★ **"The Man From U.N.C.L.E."** (2015) Henry Cavill. A CIA agent and a KGB agent join forces to thwart evil. 🎧					★★ **"Red"** (2010, Action) Bruce Willis. The CIA targets a team of former agents for assassination. 🎧 CC					★★★ **"Taken"** (2008) Liam Neeson. Slavers kidnap the daughter of a former spy. 🎧 CC				★★ **"The Man From U.N.C.L.E."** (2015) Henry Cavill. 🎧 CC		
SLICE	601	562	★★ **"The Dilemma"**	★★ **"Sixteen Candles"** (1984) Molly Ringwald, Anthony Michael Hall. 🎧 CC				★★★ **"Crazy, Stupid, Love."** (2011, Romance-Comedy) Steve Carell, Ryan Gosling, Julianne Moore. 🎧 CC					★★ **"How to Be Single"** (2016) Dakota Johnson. A wild woman shows her newly single friend how to have fun.					★★ **"How to Be Single"** (2016) 🎧 CC	
TLC	521	560	**Say Yes, Dress**	**Say Yes, Dress**	**Say Yes, Dress**	**Say Yes, Dress**	**Say Yes, Dress**	**Say Yes, Dress**	**Trading Spaces** 🎧 CC		**Trading Spaces** "All in the Family" (N) 🎧		**(:01) Nate & Jeremiah by Design** (N) 🎧		**(:01) Nate & Jeremiah by Design** 🎧 CC		**(:01) Trading Spaces** "Fit for a Queen" 🎧		**Trading Spaces**
TSN	400	400	**World Hockey**	**EOAN 2019 - On The Line** CC		**SC** CC	**SportsCentre** (N) (Live) CC		**NASCAR Cup**	**NASCAR Monster Energy Series** Digital Ally 400. Monster Energy NASCAR Cup Series drivers hit up Kansas Speedway for the Digital Ally 400. (N) (Live) CC							**SportsCentre** (N) (Live) CC		**SportsCentre**
YOUTH	551	542	**Loud**	**Loud**	**Lip Sync**	**Lip Sync**	★★★ **"The Good Dinosaur"** (2015) 🎧 CC				★★★ **"The Good Dinosaur"** (2015) 🎧 CC				**ReBoot**	**ReBoot**	**Assembly**	**Assembly**	**Mr. Fox**

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Your week on TV

SUNDAY DAYTIME — MAY 12, 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) ⫏ CC		**Face the Nation** (N) ⫏ CC		**The Inspectors**		**Paid Program**		**AAA Benefits**		**The 2019 Arnold Strongman Classic** (N)		**PGA Championship Preview**		**PGA Golf**	
WPTZ 5	-	-	**Sunday Today With Willie Geist** (N) CC		**Soledad O'Brien**	**On the Money** (N)	**Premier League Soccer** Liverpool FC vs Wolverhampton Wanderers FC. (N) ⫏ (Live)				**Premier League Goal Zone** (N) ⫏				**Premier League Download** (N)		**NHL Hockey**	
CBMT 6	206	301	**Coronation Street** ⫏	**Coronation Street** ⫏	**Coronation Street** ⫏	**Coronation Street** ⫏	**Coronation Street** ⫏	**Coronation Street** ⫏	**Weekly-Wendy**	**Maamuitaau** CC	**Our Montreal** CC	**Hello Goodbye**	**Canadian Premier League Soccer** Cavalry FC at Forge FC. (N) ⫏ (Live) CC				**Track and Field** IAAF World Relays. (N)	
CHLT 7	107	718	**(6:00) Salut bonjour week-end** (N) (SC)				⋆⋆⋆ **"Le temps d'un été"** (2013) Meryl Streep. Trois soeurs tentent de calmer la colère de leur mère. (DVS) (SC)					**La victoire de l'amour**	**Infopublicité** (SC)	**Bien** (SC)	**Les looney tunes** ⫏	**(:45) "La princesse des cygnes: en mission secrète"** (2017) (SC)		
WMTW 8	-	-	**Good Morning America** (N) ⫏ CC		**This Week W/ George Stephanopoulos**		**Soledad O'Brien**	**Teen Kids News** (N)	**Made in Hollywood**	**Wild About Animals**	**Conversation**	**Skin Care**	**Overwatch League** Stage 2 Finals. From Burbank, Calif. (N) (Live) CC				**NBA**	**NBA Basketball**
CKSH 9	108	-	**Brigade animo**	**Sept nains et moi**	**(8:59) Mysticons** ⫏	**(:29) Mysticons** ⫏	**(9:59) Le jour du Seigneur** (N) (SC)		**Les coulisses du pouvoir** (N) (SC)		**Téléjournal**	**La semaine verte** (SC)		**Second regard** (N)	**La petite séduction** (SC)		⋆⋆⋆ **"Rebelle"** (2012) (DVS) (SC)	
CKMI 11	-	-	**Fishful Thinking**	**Treasures Decoded** "Ark of the Covenant"		**Context: Beyond**	**Joel Osteen** (N)	**Paid Program**	**The West Block** (N)	**Global News**	**Entertainment Tonight** (N) ⫏ CC		**Remedy** A patient goes into toxic shock.		**The Baker Sisters**	**The Baker Sisters**	**Ice Road Truckers** "Into the Vortex"	
CFCF 12	205	312	**Children's Villages**	**The Social** (N) CC	**Operation Smile** ⫏ CC		**Context: Beyond**	**Church of the Rock**	**Question Period** (N) ⫏ CC		**SportsCentre** (N) ⫏ CC (DVS)		⋆⋆⋆ **"Little Women"** (1994, Drama) Winona Ryder. Four New England sisters embrace life during the Civil War. CC					**One World Kitchen** ⫏
WVNY 22	-	-	**Good Morning America** (N) ⫏ CC		**This Week W/ George Stephanopoulos**		**What Matters**	**The Key of David**	**Paid Program**	**Green Tea**	**Paid Program**	**Paid Program**	**Overwatch League** Stage 2 Finals. From Burbank, Calif. (N) (Live) CC				**NBA**	**NBA Basketball**
WUTV 30	-	-	**The Ernest Angley Hour**		**FOX News Sunday With Chris Wallace** (N)		**Sharyl Attkisson**	**The Key of David**	**PiYo Workout!**	**Home Workshop**	**PiYo Workout!**	⋆⋆⋆ **"Tim Burton's Corpse Bride"** (2005, Children's)			**MLS Pregame** (N)	**MLS Soccer** Orlando City SC at Atlanta United FC. (N) ⫏ (Live)		
CFKS 31	106	726	**Il est écrit**	**NVL weekend** (N)	**Marvel: les agents du S.H.I.E.L.D** "Melinda"		**RPM** Le Subaru Ascent Premier 2019.		**RPM plus** (N)		**Infopublicité**	**Infopublicité**	**Rire et délire**		⋆⋆ **"Sahara"** (2005, Aventures) Matthew McConaughey, Steve Zahn, Penélope Cruz.			
WUHF	-	363	**Wild America**	**Paid Program**	**FOX News Sunday With Chris Wallace** (N)		**Sharyl Attkisson**	**Rochester Press Box**	**Sore Joints?**	**Smartech Power Kit**	⋆⋆⋆ **"Tim Burton's Corpse Bride"** (2005, Children's) CC			**Rochester Press Box**	**MLS Pregame** (N)	**MLS Soccer** Orlando City SC at Atlanta United FC. (N) ⫏ (Live) CC		
WETK	-	-	**(7:30) Dr. Perlmutter's Whole Life Plan** Holistic lifestyle program. ⫏			**Feel Better Fast and Make It Last With Daniel Amen, MD** Seven strategies to boost mood. ⫏				**Vermont This Week**	**Rick Steves**	**Nature** "Naledi: One Little Elephant" Naledi the baby elephant.			**"Modified"** (2017) Aube Giroux investigates the labeling of food.		**Memory Rescue**	
WCFE	-	-	**Wild Kratts** CC	**Wild Kratts** CC	**Washington Week**	**Scully: World**	**Mountain Lake**	**New York Now** CC	**NOVA** Exploring the megafire threat. ⫏		**Nature** Moose in the Canadian Rockies. ⫏		**Pride and Prejudice** ⫏ (Part 3 of 6) CC		**Pride and Prejudice** ⫏ (Part 4 of 6) CC		**Grantchester on Masterpiece** ⫏ CC	
A&E	615	520	**Hoarders** "Ruby & Mary" ⫏ CC		**Hoarders** "Roxann & Barbara" ⫏ CC		**Hoarders** "Linda" A mother's sanity is questioned. ⫏ CC				**Juvenile Lifers** ⫏ CC		**Kids Behind Bars: Life or Parole** "Aaron" ⫏		**Kids Behind Bars: Life or Parole** "Curtis" ⫏		⋆⋆ **"Faster"** (2010) Dwayne Johnson. ⫏	
BRAVO	620	523	**Blue Bloods** "The Brave" CC (DVS)		**Whiskey Cavalier** "College Confidential" ⫏		**Law & Order: Special Victims Unit** ⫏		**The Closer** The Baylor family offers to settle.		**The Closer** The squad investigates a death.		**The Closer** Brenda and Fritz argue. ⫏ CC		**"Garage Sale Mysteries: The Pandora's Box Murders"** (2018) Lori Loughlin. ⫏ CC			
CNN	500	500	**Inside Politics** (N)		**State of the Union**		**Fareed Zakaria GPS**		**Reliable Source**		**State of the Union**		**Fareed Zakaria GPS**		**CNN Newsroom**		**CNN Newsroom**	
DISC	520	505	**Insane Pools: Off the Deep End** CC		**Tanked** "Wilmer's Tankerrama" CC		**North Woods Law** "Crossing the Line"		**North Woods Law** "Uncuffed" CC		**Crikey! It's the Irwins** "Giraffe Road Trip"		**Crikey! It's the Irwins** CC		**Highway Thru Hell** "Heartburn"		**MythBusters** The busting of JATO rocket car.	
HIST	522	506	**Big Rig Warriors**	**Big Rig Warriors**	**American Pickers** "Rat Rod Rolls" ⫏ CC		**American Pickers** ⫏ CC		**Big Rig Warriors**	**Big Rig Warriors**	**Counting Cars** CC	**Counting Cars** CC	**Forged in Fire** "Akrafena" ⫏ CC		**Forged in Fire** "The Rhomphaia" ⫏ CC		**Forged in Fire** "The Navaja" ⫏ CC	
PARMT	628	584	**Bar Rescue** "Don't Tell Mom the Bar is Dead"		**Bar Rescue** "Bro's Got to Geaux" ⫏ CC		**Bar Rescue** The Blue Frog 22 is a failing bar.		**Bar Rescue** "Characters Assassination" ⫏		**Bar Rescue** "Crayons & Anger Lines" CC		**Bar Rescue** A mother and son are at odds.		**Bar Rescue** "Momster's Ball" ⫏ CC		**(:01) Bar Rescue** "Pole Without a Purpose" ⫏	
RDI	126	730	**(5:30) RDI matin weekend** (N) (SC)				**L'info** (N)	**L'info** (N)	**Les coulisses du pouvoir** (N) (SC)		**Téléjournal**	**Téléjournal**	**Podium**	**L'info** (N)	**L'info** (N)	**L'info** (N)	**L'info** (N)	**L'info** (N)
SHOW	616	521	**"Dying to Be Loved"** (2016, Suspense) Lindsay Hartley, Paloma Kwiatkowski. ⫏ CC				**NCIS** "Incognito" ⫏ CC (DVS)		⋆⋆⋆ **"Lucy"** (2014, Action) Scarlett Johansson, Morgan Freeman, Choi Min-sik. ⫏ CC				⋆⋆ **"The Man From U.N.C.L.E."** (2015) Henry Cavill. A CIA agent and a KGB agent join forces to thwart evil. ⫏ CC					⋆⋆ **"Red"** (2010) ⫏
SLICE	601	562	**Paid Program** ⫏	**Paid Program** ⫏	**Paid Program** ⫏	**Paid Program** ⫏	⋆⋆ **"Sixteen Candles"** (1984) Molly Ringwald. A teenager's parents forget her birthday. ⫏				⋆⋆ **"The Notebook"** (2004, Romance) Ryan Gosling. A man tells a story to a woman about two lovers. ⫏ CC				⋆⋆ **"Sixteen Candles"** (1984, Comedy) Molly Ringwald. ⫏ CC			
TLC	521	560	**Four Weddings** "... and a Flirtatious Ape"		**Four Weddings** "... And a Pickup Truck"		**Four Weddings** ⫏ CC		**Four Weddings** "... And a Surprise Bride"		**Four Weddings** "... And a Bodyguard" ⫏		**Four Weddings** "... And a Cotton Ball" ⫏		**Four Weddings** Uniting fish and family. CC		**90 Day Fiancé: What Now** ⫏ CC	
TSN	400	400	**SportsCentre**	**Formula 1**	**(:05) Formula 1 Racing** Emirates Spanish Grand Prix. From the Catalunya Circuit in Barcelona, Spain. (N) (Live)					**Formula One Pad**	**(:10) SportsCentre**	**IMSA Weathertech SportsCar**		**SC Top 10 Presents**	**2019 IIHF World Championship** Great Britain vs Canada. (N) (Live) CC			
YOUTH	551	542	**Go Away**	**Loud**	**Loud**	**Loud**	**Sponge.**	**Sponge.**	**Turtles**	**Ninjago**	⋆⋆⋆ **"Brave"** (2012) Billy Connolly ⫏ CC				**Sponge.**	**Sponge.**	**Sponge.**	**Loud**

SUNDAY EVENING — MAY 12, 2019

	Bell	Star	4 PM	4:30	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
WCAX 3	-	-	**(3:00) PGA Tour Golf** AT&T Byron Nelson, Final Round. (N) ⫏ (Live) CC				**Channel 3 News**	**Weekend News**	**60 Minutes** (N) ⫏ CC		**The Red Line** Jira receives a threatening phone call. (N) ⫏ CC				**NCIS: Los Angeles** "The Guardian" (N)		**Channel 3 News**	**Outdoorsman**	**NCIS: N.O.**
WPTZ 5	-	-	**(3:00) NHL Hockey** Conference Final: Teams TBA. (N) ⫏ (Live)				**NBC5 News at 6**	**Nightly News**	⋆⋆⋆ **"The Secret Life of Pets"** (2016, Children's) Voices of Louis C.K.. Premiere. CC				**Ellen's Game of Games** ⫏ CC		**Good Girls** "Hunting Season" (N) ⫏		**NBC5 News**	**Soledad O'Brien**	**Castle** ⫏ CC
CBMT 6	206	301	**Women's World Rugby Sevens Series**		**To Be Announced**		**When Calls the Heart** "Heart of a Teacher"		**NHL Hockey** Conference Final: Teams TBA. (N) ⫏ (Live) CC						**The National** (N) ⫏ CC		**Montreal News**	**Women's World Rugby Sevens Series**	
CHLT 7	107	718	**(:15)** ⋆⋆⋆ **"Le Chat potté"** (2011) Voices of Antonio Banderas, Salma Hayek. (SC)				**TVA nouvelles** (N)	**Vlog** (SC)	**Artis le tapis rouge** (N) (SC)		**Artis le gala** Seize personnalités monteront sur scène. (N) (Live) (SC)					**(:45) TVA nouvelles**	**(:15)** ⋆⋆⋆ **"Le Cinquième élément"** (1997) Bruce Willis.		
WMTW 8	-	-	**(3:30) NBA Basketball** Conference Semifinal: Teams TBA. (N) (Live) CC				**WMTW News 8 at**	**World News**	**America's Funniest Home Videos** (N) ⫏		**American Idol** "217" (N) ⫏ (Live) CC				**(:01) Shark Tank** (Season Finale) (N) ⫏		**WMTW News 8**	**Soledad O'Brien**	**Person of Interest**
CKSH 9	108	-	**(3:00)** ⋆⋆⋆ **"Rebelle"** (2012, Enfants)		**Les chefs!** (SC)		**Téléjournal Estrie**	**Découverte** "L'énigme des bélugas"		⋆⋆⋆ **"Ma vie avec Liberace"** (2013) Michael Douglas. La liaison tumultueuse entre Liberace et Scott Thorson.					**Le téléjournal**	**(:35) À la valdrague**	**(:05) Les pêcheurs**	**(:35)** ⋆⋆⋆ **"Harold et Maude"** (1971) (SC)	
CKMI 11	-	-	**"Karen Kingsbury's A Time to Dance"** (2016) Jennie Garth, Dan Payne. CC (DVS)				**Global News at 6**	**Global National**	**Border Security**	**Border Security**	**Mary Kills People** "The Key to Faith"		**The Code** "1st Civ Div" (N) ⫏ CC		**NCIS: Los Angeles** "The Guardian" (N)		**Global News**	**The West Block**	**Global News**
CFCF 12	205	312	**The Goldbergs** ⫏	**Big Bang Theory**	**MasterChef Canada** "School Lunch!" ⫏		**CTV News Montreal** (N) ⫏ CC		**Mary-Kitchen**	**Big Bang Theory**	**Big Bang Theory**	**Big Bang Theory**	**Big Bang Theory**	**Big Bang Theory**	**The Enemy Within** "The Embassy" (N)		**News-Rinaldo**	**CTV News Montreal**	**South Park** ⫏
WVNY 22	-	-	**(3:30) NBA Basketball** Conference Semifinal: Teams TBA. (N) (Live) CC				**World News**	**Local 22 News** (N)	**America's Funniest Home Videos** (N) ⫏		**American Idol** "217" (N) ⫏ (Live) CC				**(:01) Shark Tank** (Season Finale) (N) ⫏		**Local 22 News** (N)	**Graham Bensinger**	**Judge Judy** ⫏
WUTV 30	-	-	**MLS Soccer**	**Women's Soccer** International Friendly -- South Africa at United States. From Levi's Stadium in Santa Clara, Calif.					**Paradise Hotel** "Episode 101B" (N) ⫏		**The Simpsons** ⫏	**Bob's Burgers**	**Family Guy** ⫏	**Family Guy** ⫏	**2 on Your Side at 10**	**America This Week** (N) ⫏ CC		**Ring of Honor Wrestling** (N) CC	
CFKS 31	106	726	**(2:00)** ⋆⋆ **"Sahara"**	**(:45)** ⋆⋆ **"L'homme au masque de fer"** (1998) Leonardo DiCaprio, Jeremy Irons. Trois mousquetaires facilitent l'évasion du frère du roi.						⋆⋆ **"Risque maximum"** (1996, Action) Jean-Claude Van Damme, Natasha Henstridge.					**(:45)** ⋆⋆⋆ **"Terminator 3: la guerre des machines"** (2003) Arnold Schwarzenegger, Nick Stahl, Claire Danes.				**Moment V**
WUHF	-	363	**MLS Soccer**	**Women's Soccer** International Friendly -- South Africa at United States. From Levi's Stadium in Santa Clara, Calif.					**Paradise Hotel** "Episode 101B" (N) ⫏		**The Simpsons** ⫏	**Bob's Burgers**	**Family Guy** ⫏	**Family Guy** ⫏	**WHAM News**	**Sharyl Attkisson**	**America This Week** (N) ⫏ CC		**Springsteen**
WETK	-	-	**(3:30) Memory Rescue With Daniel Amen, MD** ⫏ CC			**NewsHour Wk**	**2017 World Dancesport Grandslam**		**The Great British Baking Show** CC		**Call the Midwife** (N) ⫏ CC				**Les Misérables on Masterpiece** (N) ⫏		**(:06) Unforgotten on Masterpiece** ⫏		**Call the Midwife**
WCFE	-	-	**Endeavour on Masterpiece** The case of a missing woman. CC			**Endeavour on Masterpiece** "Colours" A murder at an army base.			**The Great British Baking Show** CC		**Call the Midwife** (N) ⫏ CC		**Les Misérables on Masterpiece** (N) ⫏		**(:07) Unforgotten on Masterpiece** ⫏		**Independent Lens** "Out of State" ⫏		**Call the Midwife**
A&E	615	520	**(3:00)** ⋆⋆ **"Faster"** (2010, Action) ⫏ CC	⋆⋆⋆ **"Live Free or Die Hard"** (2007, Action) Bruce Willis, Justin Long. America's computers fall under attack. ⫏ CC							⋆⋆⋆ **"Hellboy 2: The Golden Army"** (2008) Ron Perlman. Hellboy and his team battle an underworld prince.					**(:31)** ⋆⋆⋆ **"The Rock"** (1996, Action) Sean Connery, Nicolas Cage, Ed Harris. ⫏ CC			
BRAVO	620	523	**"Garage Sale Mystery: The Mask Murder"** (2018) Lori Loughlin, Steve Bacic. ⫏ CC				**"Garage Sale Mysteries: Picture a Murder"** (2018) Lori Loughlin, Sarah Strange. ⫏ CC				**Killing Eve** "I Hope You Like Missionary!"		**Aurora Teagarden Mysteries** "Last Scene Alive" An actress is murdered. ⫏ CC				**Killing Eve** "I Hope You Like Missionary!"		**Aurora**
CNN	500	500	**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**CNN Newsroom**		**Redemption Project**		**United Shades**		**United Shades**		**Redemptn**
DISC	520	505	**MythBusters** ⫏ CC		**Big Bang Theory**	**Big Bang Theory**	**Big Bang Theory**	**Big Bang Theory**	**Mighty Trains** "Maharaja's Express"		**Ed Stafford: First Man Out** "Palau" (N)		**Naked and Afraid** "Bite Club" A haunted jungle tests survivalists. (N) CC				**Big Bang Theory**	**Big Bang Theory**	**Big Bang Theory**
HIST	522	506	**American Pickers** ⫏ CC		**American Pickers** "Rat Rod Rolls" ⫏		**American Pickers** ⫏ CC		**Forged in Fire: Cutting Deeper** (N) CC		**The Curse of Oak Island: Digging Deeper**		**The Curse of Oak Island: Drilling Down**		**The Curse of Civil War Gold** (N) CC		**Lost Gold of World War II** ⫏ CC		**Drilling Down**
PARMT	628	584	**(:02) Bar Rescue** ⫏ CC		**(:03) Bar Rescue** ⫏ CC		**(:04) Bar Rescue** "Put It on Cody's Tab" ⫏		**(:05) Bar Rescue** ⫏ CC		**Bar Rescue** An owner parties too hard. ⫏		**Bar Rescue** "Mother Doesn't Know Best"		**Bar Rescue** (N) ⫏ CC		**(:01) Bar Rescue** "Liv'n on a Prayer"		**Bar Rescue** CC
RDI	126	730	**L'info** (N)	**Journal France 2**	**Le téléjournal**	**Rad** (SC)	**Le téléjournal**	**Vocation: leader**	**Le national** (N)	**(:31) Le national**	**(:01) Découverte** (SC)		**Le téléjournal**	**(:31) Les coulisses du pouvoir** (SC)	**Le national** (N)		**(:01) La semaine verte** (N) (SC)		**Le téléjournal**
SHOW	616	521	**(3:30)** ⋆⋆ **"Red"** (2010, Action) Bruce Willis, Morgan Freeman, John Malkovich. ⫏ CC				⋆⋆⋆ **"Lucy"** (2014, Action) Scarlett Johansson, Morgan Freeman, Choi Min-sik. ⫏ CC				**Supergirl** "Red Dawn" (N) ⫏ CC		⋆⋆⋆ **"John Wick"** (2014, Action) Keanu Reeves. An ex-assassin hunts down the gangsters who ruined his life.					⋆⋆⋆ **"Lucy"** (2014) Scarlett Johansson.	
SLICE	601	562	**"Sixteen Candles"**	⋆⋆ **"The Notebook"** (2004, Romance) Ryan Gosling. A man tells a story to a woman about two lovers. ⫏ CC					**The Real Housewives of Atlanta** CC		**The Real Housewives of Atlanta** CC		**The Real Housewives of Potomac** (N) CC		**The Real Housewives of Atlanta** (N) CC		**The Real Housewives of New York City** ⫏		**Housewives**
TLC	521	560	**90 Day Fiancé: What Now** ⫏ CC		**90 Day Fiancé: Happily Ever After?** ⫏		**90 Day Fiancé: Happily Ever After?** Nicole surprises Azan. (N) ⫏ CC				**90 Day Fiancé: Happily Ever After?** "Mistrials of Marriage" Larissa heads to trial. (N) ⫏						**(:04) 90 Day Fiancé: Happily Ever After?**		**90 Day Fiancé**
TSN	400	400	**World Hockey**	**April Plays**	**April Bloopers**	**SC** CC	**Sunday Night Baseball Countdown** (N)		**MLB Baseball** Milwaukee Brewers at Chicago Cubs. From Wrigley Field in Chicago. (N) (Live)						**SportsCentre** (N) (Live) CC		**SportsCentre** (N) (Live) CC		**SC With Jay**
YOUTH	551	542	**Loud**	**Loud**	**Barbie**	**Go Away**	⋆⋆⋆ **"Brave"** (2012) Billy Connolly ⫏ CC				**Game On**	**Star Falls**	**Star Falls**	**Star Falls**	**ReBoot**	**ReBoot**	**Assembly**	**Assembly**	**Brave** ⫏

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Art exhibition and fundraiser at Grace Village Pavilion

Record Staff

Grace Village will host an upcoming Art Exhibit to celebrate the talent and beautiful art created by its very own residents.

The event will be held Saturday, May 25, from 10 a.m. to 4 p.m. in the Grand Hall, and all are welcome. Various types of paintings and other artworks will be on display, and some will be for sale.

The talented artists residing at Grace Village include Helen White Sirois, Maureen Bean, Jean Stefano, and Janet Gale (in memory). Many photographs taken by longtime supporter Dr. Robert Paulette will also be on display, as well as several paintings of the Townships by artist Edward Brown, which were donated by Dr. Paulette.

"We are so proud to showcase the wonderful art created by our resident artists," commented Executive Director Doug Bowker. "This Art Exhibit is also a fundraiser for Grace Village; particularly for the Memory Care Wing's Mural Project."

Entrance is free, though donations to contribute to the Memory Care project are welcome. The Bistro will be open with coffee, tea, and snacks for sale, and from 11a.m. to 1p.m. a "Gourmet Lunch" will be available to purchase.

All proceeds from the Bistro will be part of the fundraiser.

More information can be found at www.gracevillage.ca/vernissage.

ShazamFest

Cont'd from page 8

kitchen area. In exchange, they lend their culinary skills to help feed the Shazamfest volunteers, artists, and the kids in the kids' zone.

Another interesting feature is the Trinity Stage. Louis Boisclair-Daignault was a key person in the construction of this new area. "We created the stage with natural methods and materials like rocks, earth, and wood. It is similar to a pit, or an agora, because it was dug into the ground. It creates intimacy and allows people to relax," he said. "Festivals can be highly stimulating so it's great that the attendees now have a space where they can go do yoga or simply meditate. It really honours the land and invites people to slow down, especially in a magical place like this. There are also activities for children that help them get in touch with nature, such as teaching them the names of different rocks, and what plants are edible, for example."

New to the 2019 edition is Shazam Radio. It will play throughout the festival grounds when there is no live music programmed. As described by Przytyk, it will be a live online broadcast, available through an Internet link for people who aren't able to attend in person. "It'll make people feel like they're there, because not everyone can come. We have people come from far away who can only attend every few years, so we're bringing parts of Shazam to them. We'll have interviews and guests, similar to a podcast as well."

Przytyk elaborated on the festival's plethora of features. "There will be many fun workshops, some more politically motivated, like how to participate in social change, but there will also be art and circus elements and more eclectic things, like identifying medicinal plants," he mentioned. "There's new things every year but it's worth noting that this summer there will be more electronic music, partly because of the local DJs participating, such as DJ Care and Risa. We've also added a mullet component to our mustache and bear competition. It's bound to be very entertaining."

"We have our annual events, like the freak show, the burlesque, the wrestling competitions, the skateboard competition, fire shows, circus shows, sword swallowing, fire breathing, and a performance by our strong man The Mighty Leviticus," described Przytyk.

With Shazamfest's undeniable connection with nature comes a slew of green initiatives. "Since the beginning, we've always tried to stay green. Last year, with over 2,000 attendees, we only made for 12 bags of garbage. We're a true grassroots festival but there was definitely some growth. In the first three years, we made twice as much garbage even though we were only 400 to 500 people," he admitted.

"It's our duty to stay eco-friendly. This is an organic farm, my kids are growing up here, so we needed to do something. For many years now, all campers come back on Monday to help sort garbage and recycling. We feed them, give them beer, throw a party out of it, and it only takes us two to four hours," remarked Przytyk. It reduces our waste by about a quarter. Because it's very hands on, it also shows people how much waste they produce, and after sorting garbage, it motivates them to change. It has helped to educate people over the years, and when people come back after, they do much better."

"We also have banned throwaway dishes and single use plastic bottles on the site. We have a spring that I hand dug with my friends, which means that everyone has free access to great fresh water," he said. "If you show up on a bicycle there's a 20% discount, and we have buses coming from Montreal included in price of the ticket. I'm also trying to organize three buses from Sherbrooke as well to reduce car usage."

Przytyk reflected on ShazamFest's growth over the years as well. "Back in the day, I would sell more single-day tickets, but people have realized that we're selling an experience that can only truly be experienced over the whole weekend. Shazam's flavour, community vibe, and sense of ownership comes out through the weekend," he insisted. "We have people who have been coming here for a decade, who come from far away. We have attendees from every province, and from the United States. I like to describe Shazamfest as the biggest house party you've ever been to," he chuckled. "It's true! You come to my farm, my house, and party with us. It really grew organically from there."

"In 2018, we got nominated best independent festival at the Gala alternatif de la musique indépendante du Québec (GAMIQ) which was incredible, especially considering that the four other festivals who were nominated have 10 times our budget," noted Przytyk. "We're more of a community grassroots festival. It's almost fully volunteer-run. It grew from an informal network, but I'm also very involved. The extension happened naturally, and from going to other festivals around Quebec I've made connections with other people who love to attend now."

Although ShazamFest will not be happening for another two months, the organization is already well underway. "It's more than music, performances, and activities. It's a community that has grown together and has really become a family," concluded Przytyk.

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Your week on TV

MONDAY EVENING — MAY 13, 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 Big Bang Theory**	**The Big Bang Theory**	**The Code** A website owner encourages violence. (N)		**Bull** "Pillar of Salt" A woman is charged with murder.		**Channel 3 News**	**(:35) The Late Show With Stephen Colbert**	
WPTZ 5	-	-	**NBC5 News at 6** (N)	**NBC Nightly News - Holt**	**Jeopardy!** (N)	**Wheel of Fortune** (N)	**The Voice** "Top 8 Semi-Final Performances" (N) (Live)				**The Enemy Within** CoIntel stops an assassination. (N)		**NBC5 News at 11** (N)	**(:34) The Tonight Show Starring Jimmy Fallon** (N)	
CBMT 6	206	301	**CBC Montreal News** (N)	**Just for Laughs: Gags**	**NHL Hockey** Conference Final: Teams TBA. (N) (Live)						**The National** (N)		**CBC Montreal News** (N)	**Hello Goodbye**	**Coronation Street**
CHLT 7	107	718	**(5:58) TVA nouvelles** (N)	**Le tricheur** (N) (SC)	**Refuge animal** (N) (SC)	**Arrive en campagne** (N)	**Chicago Fire: Caserne 51** "L'héritage d'une vie" (SC)		**Artis les coulisses** Un accès VIP. (N) (SC)		**TVA nouvelles** (N)	**(:35) Denis Lévesque** (N) (SC)		**(:35)** ⋆ **"Mauvaises intentions"** (2014) Idris Elba.	
WMTW 8	-	-	**WMTW News 8 at 6PM** (N)	**ABC World News**	**Wheel of Fortune** (N)	**Jeopardy!** (N)	**The Bachelorette** "1501" (Season Premiere) Hannah meets 30 hopeful bachelors. (N)				**(:01) The Fix** "Jeopardy!" Sevvy and Ezra follow a lead.		**WMTW News 8 at 11** (N)	**(:35) Jimmy Kimmel Live**	
CKSH 9	108	-	**(5:59) Le téléjournal Estrie**	**(:31) RDI économie** (N)	**Squelettes-plac.**	**Les Morissette et moi**	**Les chefs!** Les candidats doivent créer une entrée. (N)		**Bonsoir bonsoir!** (N) (SC)		**Le téléjournal** (N) (SC)		**(:05) Liar: la nuit du mensonge** (DVS) (SC)		**(12:05) Candice Renoir**
CKMI 11	-	-	**Global National**	**(:29) Global News at 6:30**	**ET Canada**	**Entertainment Tonight** (N)	**9-1-1** "This Life We Choose" Two mail bombs go off.		**(:01) The Code** A website owner encourages violence.		**Bull** "Pillar of Salt" A woman is charged with murder.		**Global News at 11**	**(:35) The Late Show With Stephen Colbert**	
CFCF 12	205	312	**(5:59) CTV News Montreal** (N)		**etalk** (N)	**The Big Bang Theory**	**The Big Bang Theory**	**The Big Bang Theory**	**MasterChef Canada** Knife skills are put to the test. (N)		**(:01) The Fix** "Jeopardy!" Sevvy and Ezra follow a lead.		**News-Lisa**	**CTV News Montreal** (N)	**The Daily Show**
WVNY 22	-	-	**Local 22 News** (N)	**ABC World News**	**Local 22 News** (N)	**Inside Edition** (N)	**The Bachelorette** "1501" (Season Premiere) Hannah meets 30 hopeful bachelors. (N)				**(:01) The Fix** "Jeopardy!" Sevvy and Ezra follow a lead.		**Local 22 News** (N)	**(:35) Jimmy Kimmel Live**	
WUTV 30	-	-	**The Big Bang Theory**	**Judge Judy** (N)	**Judge Judy** (N)	**Family Feud** (N)	**9-1-1** "This Life We Choose" Two mail bombs go off.		**(:01) Paradise Hotel** "Episode 102" (N)		**2 on Your Side at 10** (N)	**Seinfeld** "The Strike"	**Two and a Half Men**	**Two and a Half Men**	**Last Man Standing**
CFKS 31	106	726	**Souper parfait**	**Souper parfait**	**Rire et délire**	**Mets-y le paquet**	**Total knock out** Un champion de rodéo. (N) (SC)		⋆⋆ **"Obsession mortelle"** (1996, Suspense) Mark Wahlberg. Une famille est harcelée par le copain de leur fille.				**911** "Homme inconscient"	**NVL** (N)	**Moment V**
WUHF	-	363	**Modern Family**	**Modern Family**	**The Big Bang Theory**	**The Big Bang Theory**	**9-1-1** "This Life We Choose" Two mail bombs go off.		**(:01) Paradise Hotel** "Episode 102" (N)		**13WHAM News at 10 on Fox Rochester** (N) (Live)		**DailyMailTV** (N)	**The Simpsons**	**Paid Program**
WETK	-	-	**PBS NewsHour** (N)		**The This Old House Hour**		**Antiques Roadshow** A 1966 MGM Grinch figure. (N)		**Antiques Roadshow** "Billings" (Part 3 of 3)		**Independent Lens** "Harvest Season" Napa Valley vineyard workers. (N) (DVS)			**Amanpour and Company** (N)	
WCFE	-	-	**World News America**	**Nightly Business Report**	**PBS NewsHour** (N)		**Antiques Roadshow** A 1966 MGM Grinch figure. (N)		**Antiques Roadshow** "Billings" (Part 3 of 3)		**Dunkirk** "Evacuation" Evacuation begins.		**BBC World News**	**Amanpour and Company** (N)	
A&E	615	520	**Live PD: Police Patrol**	**Live PD: Police Patrol**	**Live PD: Police Patrol**	**Live PD: Police Patrol**	**Live PD: Police Patrol** (N)	**Live PD: Police Patrol** (N)	**Live Rescue** "Live Rescue -- 05.13.19" (N) (Live)				**Live PD: Police Patrol**	**Live PD: Police Patrol**	**Live PD: Police Patrol**
BRAVO	620	523	**CSI: Crime Scene Investigation** "Forever" (DVS)		**CSI: Crime Scene Investigation** "Play With Fire"		**CSI: Crime Scene Investigation** "Inside the Box"		**CSI: Crime Scene Investigation** "Assume Nothing"		**CSI: Crime Scene Investigation** "Precious Metal"		**CSI: Crime Scene Investigation** "A Night at the Movies"		**CSI: Crime Scene**
CNN	500	500	**Situation Room With Wolf**		**Erin Burnett OutFront** (N)		**Anderson Cooper 360** (N)		**Cuomo Prime Time** (N)		**CNN Tonight w/ Don Lemon**		**CNN Tonight w/ Don Lemon**		**Cooper 360**
DISC	520	505	**Highway Thru Hell** The team looks back at recoveries.		**MythBusters** Testing the "Indiana Jones" franchise.		**North Woods Law** Lt. Boudreau investigates a hunter.		**Gold Rush** Parker searches for a hidden El Dorado. (N)		**Jade Fever** (N)	**Jade Fever** (N)	**Homestead Rescue** A cabin is moved into the flood zone.		**Gold Rush**
HIST	522	506	**The Curse of Oak Island: Digging Deeper**		**The Curse of Oak Island: Drilling Down** "Legacy"		**The Curse of Civil War Gold** "Tunnel Visions"		**Pawn Stars** (N)	**Pawn Stars** (N)	**Knightfall** Landry and his brothers are sentenced.		**American Pickers** The guys are stunned by storefronts.		**Pawn Stars**
PARMT	628	584	**Cops** "The Facts of Life"	**Cops**	**Cops** "Set in His Ways"	**Cops** "Thick as Thieves"	**Cops**	**Cops**	**Cops**	**Cops**	**Cops** "All in the Family"	**Cops**	**Cops**	**Cops**	**Cops** "One Headlight"
RDI	126	730	**(5:59) Le national** (N)	**(:31) RDI économie** (N)	**(:01) 24/60** (N) (SC)		**Les grands reportages** (N) (SC)		**Le téléjournal avec Céline Galipeau** (N) (SC)		**Mordus de politique** (N) (SC)		**Le national** (N) (SC)	**(:31) Le national** (N)	**(12:01) 24/60** (SC)
SHOW	616	521	**NCIS** "Jeopardy" Ziva finds herself under investigation.		**NCIS** "Hiatus" Memories overwhelm Gibbs.		**NCIS** "Bloodbath" Abby becomes the target of a stalker.		⋆⋆⋆ **"Die Hard"** (1988, Action) Bruce Willis, Alan Rickman, Bonnie Bedelia. A New York policeman outwits foreign thugs in an L.A. high-rise.						**NCIS** (DVS)
SLICE	601	562	**Summer House** Lindsay confronts Kyle about the rumor.		**The Real Housewives of Beverly Hills**		**Vanderpump Rules** "Reunion Part 1"		**Vanderpump Rules** Lala and James argue. (N)		**Summer House** "Wing-Mom" Hannah takes the next step.		**The Real Housewives of Beverly Hills**		**Vanderpump Rules**
TLC	521	560	**Say Yes to the Dress**	**Say Yes to the Dress**	**Say Yes to the Dress**	**Say Yes to the Dress**	**90 Day Fiancé: Happily Ever After?** "Extended: Mistrials of Marriage" Nicole's family questions her plan. (N)				**90 Day Fiancé: Happily Ever After?** (N)		**90 Day Fiancé: What Now** "What Now? Delayed Plans"		**90 Day Fiancé**
TSN	400	400	**SportsCentre** (N) (Live)		**MLB Baseball** Milwaukee Brewers at Philadelphia Phillies. From Citizens Bank Park in Philadelphia. (N) (Live)						**SportsCentre** (N)		**SportsCentre** (N)		**SC With Jay and Dan** (N)
YOUTH	551	542	**Henry Danger**	**Double Dare**	⋆⋆ **"Turbo"** (2013) Voices of Ryan Reynolds.				⋆⋆ **"Turbo"** (2013) Voices of Ryan Reynolds.				**Just Kidding**	**Just Kidding**	⋆⋆ **Turbo**

TUESDAY EVENING — MAY 14, 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** "Lost Time" Gibbs uncharacteristically unravels. (N)		**FBI** "Closure" Dana puts her career in jeopardy.		**NCIS: New Orleans** Pride is separated from the team.		**Channel 3 News**	**(:35) The Late Show With Stephen Colbert**	
WPTZ 5	-	-	**NBC5 News at 6** (N)	**NBC Nightly News - Holt**	**Jeopardy!** (N)	**Wheel of Fortune** (N)	**The Village** The day of Ava's court hearing arrives. (N)		**The Voice** "Live Top 8 Semi-Final Results" (N)		**New Amsterdam** Sharpe works on a way to help Max.		**NBC5 News at 11** (N)	**(:34) The Tonight Show Starring Jimmy Fallon** (N)	
CBMT 6	206	301	**CBC Montreal News** (N)	**Just for Laughs: Gags**	**NHL Hockey** Conference Final: Teams TBA. (N) (Live)						**The National** (N)		**CBC Montreal News** (N)	**True North Calling**	**Coronation Street**
CHLT 7	107	718	**(5:58) TVA nouvelles** (N)	**Le tricheur** (N) (SC)	**(6:59) Lachés lousses** (SC)		**Les beaux malaises**	**Complexe G** (SC)	**L'arme fatale** "Jake" Riggs retrouve des amis d'enfance.		**TVA nouvelles** (N)	**(:35) Denis Lévesque** (N) (SC)		**(:35)** ⋆⋆⋆ **"Le seul survivant"** (2013) Mark Wahlberg.	
WMTW 8	-	-	**WMTW News 8 at 6PM** (N)	**ABC World News**	**Wheel of Fortune** (N)	**Jeopardy!** (N)	**American Housewife** (N)	**The Kids Are Alright** (N)	**blackish** (N) (DVS)	**Bless This Mess** (N)	**1969** "Generation Woodstock" (N)		**WMTW News 8 at 11** (N)	**(:35) Jimmy Kimmel Live**	
CKSH 9	108	-	**(5:59) Le téléjournal Estrie**	**(:31) RDI économie** (N)	**Squelettes-plac.**	**On s'aime en chien** (SC)	**Conséquences** Élizabeth a certains soupçons.		**Bonsoir bonsoir!** (N)		**Le téléjournal** (N) (SC)		**(:05) La folle aventure des Durrell** (N) (SC)		**(12:05) Candice Renoir**
CKMI 11	-	-	**Global National**	**(:29) Global News at 6:30**	**NCIS: New Orleans** Pride is separated from the team.		**NCIS** "Lost Time" Gibbs uncharacteristically unravels. (N)		**FBI** "Closure" Dana puts her career in jeopardy.		**New Amsterdam** Sharpe works on a way to help Max.		**Global News at 11** (N)	**(:35) The Late Show With Stephen Colbert**	
CFCF 12	205	312	**(5:59) CTV News Montreal** (N)		**etalk** (N)	**The Big Bang Theory**	**The Village** The day of Ava's court hearing arrives. (N)		**The Voice** "Live Top 8 Semi-Final Results" (N)		**The Big Bang Theory**	**The Big Bang Theory**	**News-Lisa**	**CTV News Montreal** (N)	**The Daily Show**
WVNY 22	-	-	**Local 22 News** (N)	**ABC World News**	**Local 22 News** (N)	**Inside Edition** (N)	**American Housewife** (N)	**The Kids Are Alright** (N)	**blackish** (N) (DVS)	**Bless This Mess** (N)	**1969** "Generation Woodstock" (N)		**Local 22 News** (N)	**(:35) Jimmy Kimmel Live**	
WUTV 30	-	-	**The Big Bang Theory**	**Judge Judy** (N)	**Judge Judy** (N)	**Family Feud** (N)	**MasterChef** Corn and tapas-themed challenges. (N)		**Mental Samurai** "Week Nine" (N) (DVS)		**2 on Your Side at 10** (N)	**Seinfeld** "The Dealership"	**Two and a Half Men**	**Two and a Half Men**	**Last Man Standing**
CFKS 31	106	726	**Souper parfait**	**Souper parfait**	**Rire et délire**	**Tout s'embellit avec Julie**	**Les jeux fous d'Ellen** (SC)		**Taxi payant** "André"	**Le dernier navire** L'équipage est détourné de sa mission.		**Rire et délire**	**911** "Jeune fille blessée"	**NVL** (N)	**Moment V**
WUHF	-	363	**Modern Family**	**Modern Family**	**The Big Bang Theory**	**The Big Bang Theory**	**MasterChef** Corn and tapas-themed challenges. (N)		**Mental Samurai** "Week Nine" (N) (DVS)		**13WHAM News at 10 on Fox Rochester** (N) (Live)		**DailyMailTV** (N)	**The Simpsons**	**Paid Program**
WETK	-	-	**PBS NewsHour** (N)		**Born to Explore-Wiese**	**Weekends With Yankee**	**10 Modern Marvels That Changed America**		**Annie Oakley: American Experience** (DVS)		**Frontline** Protests on the Israel-Gaza border. (N)		**Amanpour and Company** (N)		**Nightly Business Report**
WCFE	-	-	**World News America**	**Nightly Business Report**	**PBS NewsHour** (N)		**10 Modern Marvels That Changed America**		**Annie Oakley: American Experience** (DVS)		**Frontline** Protests on the Israel-Gaza border. (N)		**BBC World News**	**Amanpour and Company** (N)	
A&E	615	520	**Intervention** "Addicted Moms" A mother's opioid and heroin addiction.				**Intervention** "Family of Addicts: Tom and John" A family history of drug abuse. (N)				**(:01) Kids Behind Bars: Life or Parole** "Preston" (N)		**(:04) Kids Behind Bars: Life or Parole** "Curtis"		**(12:03) Intervention**
BRAVO	620	523	**CSI: Crime Scene Investigation** "Fur and Loathing"		**CSI: Crime Scene Investigation** Dog finds a human head.		**CSI: Crime Scene Investigation** "Invisible Evidence"		**CSI: Crime Scene Investigation** "After the Show"		**CSI: Crime Scene Investigation** "All for Our Country"		**CSI: Crime Scene Investigation** "Homebodies"		**CSI: Crime Scene**
CNN	500	500	**Situation Room With Wolf**		**Erin Burnett OutFront** (N)		**Anderson Cooper 360** (N)		**Cuomo Prime Time** (N)		**CNN Tonight w/ Don Lemon**		**CNN Tonight w/ Don Lemon**		**Cooper 360**
DISC	520	505	**Highway Thru Hell** Jamie's wrecker faces its first test.		**MythBusters** Adam and Jamie test "The A-Team."		**Deadliest Catch** "Triple Jeopardy" Sig and Mandy haul in angry seas. (N)				**Disasters at Sea** "The Ice Ship" (N) (DVS)		**Jade Fever** (DVS)	**Jade Fever** (DVS)	**Deadliest Catch**
HIST	522	506	**American Pickers** Danielle undertakes a military mission.		**Pawn Stars**	**Pawn Stars**	**Forged in Fire** Friction folders; French smallsword.		**Forged in Fire** Japanese Gen. Yamashita's gunto. (N)		**Lost Gold of World War II** "Tunnel Found"		**American Pickers** Danielle undertakes a military mission.		**Forged in Fire**
PARMT	628	584	**Ink Master** Artists tattoo in difficult spots.		**Ink Master** Teams must tattoo epic battle scenes.		**Ink Master** The artists must tattoo galaxies.		**Ink Master** The artists must use sidewalk chalk.		**Ink Master** The coaches face off; mermaid tattoos.		**Ink Master** The artists face the opposing coach.		**Ink Master**
RDI	126	730	**(5:59) Le national** (N)	**(:31) RDI économie** (N)	**(:01) 24/60** (N) (SC)		**Les grands reportages** La Finlande. (N) (SC)		**Le téléjournal avec Céline Galipeau** (N) (SC)		**Mordus de politique** (N) (SC)		**Le national** (N) (SC)	**(:31) Le national** (N)	**(12:01) 24/60** (SC)
SHOW	616	521	**NCIS** "Shalom" Political assassination.		**NCIS** "Escaped" NCIS temporarily reinstates Gibbs.		**NCIS** "Hiatus" Gibbs suffers a temporary memory loss.		⋆⋆⋆ **"Die Hard 2"** (1990, Action) Bruce Willis, Bonnie Bedelia, William Atherton. Police hero spots military terrorists at D.C. airport.					**NCIS** An undercover operation is compromised.	
SLICE	601	562	**The Real Housewives of Beverly Hills**		**Vanderpump Rules** Lala and James argue.		**Summer House** "Wing-Mom" Hannah takes the next step.		**The Real Housewives of Beverly Hills** (N)		**Texicanas** Luz and Mayra are on the outs. (N)		**The Real Housewives of Beverly Hills**		**Real Housewives/Beverly**
TLC	521	560	**Say Yes to the Dress**	**Say Yes to the Dress**	**Say Yes to the Dress**	**Say Yes to the Dress**	**Little People, Big World** (N)		**Little People, Big World** Matt considers all his options. (N)		**7 Little Johnstons** Liz is excited for her junior prom. (N)		**Sweet Home Sextuplets** "No Finish Line With Nine"		**Little People, Big World**
TSN	400	400	**SportsCentre** (N) (Live)		**NBA Playoff Pregame** (N) (Live)		**2019 NBA Draft Lottery** (N) (Live)		**NBA Basketball** Western Conference Final, Game 1: Teams TBA. Western Conference Final, Game 1. (N) (Live)					**SportsCentre** (N)	**SC With Jay and Dan** (N)
YOUTH	551	542	**Henry Danger**	**Double Dare**	**"Beverly Hills Chihuahua 3: ¡Viva la Fiesta!"** (2012)				**"If I Had Wings"** (2013, Drama) Richard Harmon.				**Just Kidding**	**Just Kidding**	**Beverly Hills**

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Your week on TV

WEDNESDAY EVENING — MAY 15, 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** "I See the Million Dollars" (Season Finale) One castaway is crowned the winner. (N) 🎧 CC				**Survivor** "Reunion Special" (N) 🎧 CC		**Channel 3 News**	**(:35) The Late Show With Stephen Colbert** "BTS" (N)	
WPTZ 5	-	-	**NBC5 News at 6** (N)	**NBC Nightly News - Holt**	**Jeopardy!** (N) 🎧 CC	**Wheel of Fortune** (N) 🎧	**Chicago Med** Dr. Charles makes a serious decision. (N)		**Chicago Fire** A serial arsonist cold case is reopened. (N)		**Chicago P.D.** Antonio struggles with his conscience. (N)		**NBC5 News at 11** (N)	**(:34) The Tonight Show Starring Jimmy Fallon** (N) CC	
CBMT 6	206	301	**CBC Montreal News** (N)	**Just for Laughs: Gags**	**NHL Hockey** Conference Final: Teams TBA. (N) 🎧 (Live) CC						**The National** (N) 🎧 CC		**CBC Montreal News** CC	**First Play Live**	**Coronation Street** 🎧
CHLT 7	107	718	**(5:58) TVA nouvelles** (N)	**Le tricheur** (N) (SC)	**La poule aux oeufs d'or** (N)	**Boomerang** (SC)	**La recrue** L'alarme d'un dépanneur est activée. 🎧		**Fugueuse** Damien doit faire travailler Joannie. (SC)		**TVA nouvelles** (N)	**(:35) Denis Lévesque** (N) (SC)		**(:35)** ★★ **"Commando"** (1985, Action) (SC)	
WMTW 8	-	-	**WMTW News 8 at 6PM** (N)	**ABC World News**	**Wheel of Fortune** (N) 🎧	**Jeopardy!** (N) 🎧 CC	★★★★ **"Toy Story 2"** (1999) Voices of Tom Hanks. Animated. Toys rescue Woody from a collector. 🎧 CC (DVS)				**Whiskey Cavalier** "Two of a Kind" (N) 🎧 CC (DVS)		**WMTW News 8 at 11** (N)	**(:35) Jimmy Kimmel Live** 🎧 CC	
CKSH 9	108	-	**(5:59) Le téléjournal Estrie**	**(:31) RDI économie** (N)	**Squelettes-plac.**	**L'épicerie** (N) (SC)	**Dans l'oeil du dragon** (N) (SC)		**Bonsoir bonsoir!** (N) (SC)		**Le téléjournal** (N) (SC)		**(:05) Grantchester** Sydney est réveillé par un incendie.		**(12:05) Candice Renoir**
CKMI 11	-	-	**Global National** CC	**(:29) Global News at 6:30**	**ET Canada**	**Entertainment Tonight** (N)	**Survivor** "I See the Million Dollars" (Season Finale) One castaway is crowned the winner. (N) 🎧 CC				**Survivor** "Reunion Special" (N) 🎧 CC		**Global News at 11** (N)	**(:35) The Late Show With Stephen Colbert** "BTS" (N)	
CFCF 12	205	312	**(5:59) CTV News Montreal** (N) 🎧 CC		**etalk** (N) 🎧 CC	**The Big Bang Theory** CC	**Grey's Anatomy** "Jump Into the Fog" (Season Finale) (N)		**Criminal Minds** 🎧 CC (DVS)		**Whiskey Cavalier** "Two of a Kind" (N) 🎧 CC (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) 🎧 CC	★★★★ **"Toy Story 2"** (1999) Voices of Tom Hanks. Animated. Toys rescue Woody from a collector. 🎧 CC (DVS)				**Whiskey Cavalier** "Two of a Kind" (N) 🎧 CC (DVS)		**Local 22 News** (N)	**(:35) Jimmy Kimmel Live** 🎧 CC	
WUTV 30	-	-	**The Big Bang Theory** CC	**Judge Judy** (N) 🎧 CC	**Judge Judy** (N) 🎧 CC	**Family Feud** (N) 🎧 CC	**MasterChef Celebrity Family Showdown** (N) CC (DVS)		**Paradise Hotel** One unlucky single goes home. (N) 🎧		**2 on Your Side at 10** (N)	**Seinfeld** 🎧 CC	**Two and a Half Men** 🎧	**Two and a Half Men** 🎧	**Last Man Standing** 🎧
CFKS 31	106	726	**Souper parfait**	**Souper parfait**	**Rire et délire**	**Rire et délire**	**Pompiers: la relève** (N)	**Ces gars-là**	**Taxi payant**	**APB : alerte d'urgence** La prochaine cible est Gideon.		**Rire et délire**	**911**	**NVL** (N)	**Moment V**
WUHF	-	363	**Modern Family** 🎧	**Modern Family** 🎧	**The Big Bang Theory** CC	**The Big Bang Theory** CC	**MasterChef Celebrity Family Showdown** (N) CC (DVS)		**Paradise Hotel** One unlucky single goes home. (N) 🎧		**13WHAM News at 10 on Fox Rochester** (N) (Live) CC		**DailyMailTV** (N) 🎧 CC	**The Simpsons** 🎧	**Paid Program** CC
WETK	-	-	**PBS NewsHour** (N) 🎧 CC		**Crossroads** (N)	**Outdoor Journal**	**Nature** Relationship between humans and horses.		**NOVA** The world's first riders of wild horses. (N) 🎧 CC		**Breakthrough: The Ideas That Changed the World** (N)		**Amanpour and Company** (N) 🎧 CC		**Nightly Business Report**
WCFE	-	-	**World News America**	**Nightly Business Report**	**PBS NewsHour** (N) 🎧 CC		**Nature** Relationship between humans and horses.		**NOVA** The world's first riders of wild horses. (N) 🎧 CC		**Breakthrough: The Ideas That Changed the World** (N)		**BBC World News** CC	**Amanpour and Company** (N) 🎧 CC	
A&E	615	520	**Storage Wars** 🎧 CC	**Storage Wars** 🎧 CC	**Wahlburgers** A freak ice storm threatens an opening.		**Wahlburgers** Putting Wahlburgers on military bases. 🎧		**Wahlburgers** Alex Rodriguez works a shift for Mark. CC		**(:01) The Employables** "Hire Intelligence" 🎧 CC		**(:04) Wahlburgers** "Wahl of America" 🎧 CC		**(12:03) Wahlburgers** CC
BRAVO	620	523	**Unforgettable** Carrie must save Eliot and the mayor. 🎧		**Unforgettable** One of Carrie's classmates is murdered.		**Gone** "Rise" Mel Foster makes an ally in prison. 🎧		**Killing Eve** Eve and Niko confront each other. CC		**Unforgettable** Carrie apprehends an elusive assassin.		**Unforgettable** A defense attorney is murdered. 🎧 CC		**Unforgettable** "East of Islip"
CNN	500	500	**Situation Room With Wolf**		**Erin Burnett OutFront** (N)		**Anderson Cooper 360** (N)		**Cuomo Prime Time** (N) CC		**CNN Tonight w/ Don Lemon**		**CNN Tonight w/ Don Lemon**		**Cooper 360**
DISC	520	505	**Highway Thru Hell** Al is dispatched to a collision.		**MythBusters** Challenging virtual worlds. 🎧 CC		**Mummies Unwrapped** (N) CC		**Expedition Unknown** Josh investigates the crystal skull.		**Hitler's Most Wanted** James learns about the genocide.		**Hitler's Most Wanted** "Hermann Goering" (N) CC		**Mummies Unwrapped**
HIST	522	506	**American Pickers** The guys visits a tourist attraction. 🎧		**Lost Gold of World War II** "Tunnel Found" 🎧 CC		**Forged in Fire** Japanese Gen. Yamashita's gunto. 🎧		**Pawn Stars** 🎧 CC	**Pawn Stars** 🎧 CC	**American Pickers** "Pick This Way" 🎧 CC		**American Pickers** The guys visits a tourist attraction. 🎧		**Pawn Stars** 🎧 CC
PARMT	628	584	**Catch a Contractor** "Worse Than a Warzone" CC		**Catch a Contractor** A family's torn-up backyard. CC		★★ **"X-Men Origins: Wolverine"** (2009, Action) Hugh Jackman, Liev Schreiber. Wolverine becomes involved with the Weapon X program. CC					★★ **"X-Men Origins: Wolverine"** (2009) Hugh Jackman. Wolverine becomes involved with the Weapon X program.		
RDI	126	730	**(5:59) Le national** (N)	**(:31) RDI économie** (N)	**(:01) 24/60** (N) (SC)		**Les grands reportages** (N) (SC)		**Le téléjournal avec Céline Galipeau** (N) (SC)		**Mordus de politique** (N) (SC)		**Le national** (N) (SC)	**(:31) Le national** (N)	**(12:01) 24/60** (SC)
SHOW	616	521	**NCIS** "Faking It" Petty officer is murdered. 🎧 CC		**NCIS** Death of a missing lance corporal. 🎧 CC		**NCIS** "Singled Out" A missing Navy lieutenant. 🎧 CC		**Absentia** "Boom" (N) 🎧 CC		**"The Killer Downstairs"** (2019) Cindy Busby, Marcus Rosner. A woman finds herself in a fight for her life. 🎧 CC				**NCIS** "Off the Grid" 🎧
SLICE	601	562	**The Real Housewives of New York City** 🎧 CC		**The Real Housewives of Beverly Hills** 🎧 CC		**Southern Charm** Charleston reels over Thomas' arrest.		**The Real Housewives of New York City** (N) 🎧 CC		**Vanderpump Rules** Lala and James argue. CC		**The Real Housewives of Beverly Hills** 🎧 CC		**Housewives/ NYC**
TLC	521	560	**My 600-Lb. Life** "Angie J's Story" Angie hopes to get weight loss surgery. 🎧				**My 600-Lb. Life** "Vianey & Allen's Story" Vianey and Allen look to lose weight. (N) 🎧				**Dr. Pimple Popper** Art has one big bump on his head.		**My 600-Lb. Life** Struggling with weight loss. 🎧 CC		**My 600-Lb. Life** 🎧
TSN	400	400	**SportsCentre** (N) (Live) CC		**That's Hockey!**	**MLS on TSN Pregame** (N)	**MLS Soccer** D.C. United at Toronto FC. From BMO Field in Toronto. (N) (Live)				**MLS Soccer** Atlanta United FC at Vancouver Whitecaps FC. From BC Place Stadium in Vancouver, British Columbia. (N)				**SC With Jay and Dan** (N)
YOUTH	551	542	**Henry Danger**	**Double Dare**	★ **"The Smurfs"** (2011, Children's) Hank Azaria. 🎧 CC				★ **"The Smurfs"** (2011, Children's) Hank Azaria. 🎧 CC				**Just Kidding**	**Just Kidding**	**The Smurfs**

THURSDAY EVENING — MAY 16, 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 Big Bang Theory** (Series Finale) (N) 🎧 CC (DVS)		**(:01) Young Sheldon** 🎧	**Unraveled-Mystery**	**S.W.A.T.** The Emancipators hold a kangaroo court. CC		**Channel 3 News**	**(:35) The Late Show With Stephen Colbert** (N) CC	
WPTZ 5	-	-	**NBC5 News at 6** (N)	**NBC Nightly News - Holt**	**Jeopardy!** (N) 🎧 CC	**Wheel of Fortune** (N) 🎧	**Superstore** (N) 🎧	**Superstore** (N) 🎧	**Brooklyn Nine-Nine** (N)	**Brooklyn Nine-Nine** (N)	**Law & Order: Special Victims Unit** "End Game" 🎧		**NBC5 News at 11** (N)	**(:34) The Tonight Show Starring Jimmy Fallon** (N) CC	
CBMT 6	206	301	**CBC Montreal News** (N)	**Just for Laughs: Gags**	**NHL Hockey** Conference Final: Teams TBA. (N) 🎧 (Live) CC						**The National** (N) 🎧 CC		**CBC Montreal News** (N)	**Canadian Reflections** (N)	**Coronation Street** 🎧
CHLT 7	107	718	**(5:58) TVA nouvelles** (N)	**Le tricheur** (N) (SC)	**Du coeur et des bras**	**Rêvons maisons** (SC)	★★ **"Irremplaçable"** (2015) Toni Collette. Premiere. L'histoire authentique et vibrante de deux meilleures amies.				**TVA nouvelles** (N)	**(:35) Denis Lévesque** (N) (SC)		**(:35)** ★★★ **"Hunger Games: L'embrasement"** (2013) (SC)	
WMTW 8	-	-	**WMTW News 8 at 6PM** (N)	**ABC World News**	**Wheel of Fortune** (N) 🎧	**Jeopardy!** (N) 🎧 CC	**Grey's Anatomy** "Jump Into the Fog" (Season Finale) (N)		**(:01) Station 19** The team battles a wildfire in L.A. 🎧		**For the People** Sandra questions Jill's judgment. 🎧		**WMTW News 8 at 11** (N)	**(:35) Jimmy Kimmel Live** 🎧 CC	
CKSH 9	108	-	**(5:59) Le téléjournal Estrie**	**(:31) RDI économie** (N)	**Squelettes-plac.**	**Lâcher prise** (DVS) (SC)	**Les magnifiques** (N)	**Le grand rire de...** (N) (SC)	**Bonsoir bonsoir!** (N)		**Le téléjournal** (N) (SC)		**(:05) RéelleMENT** Des secrets du passé d'Adam.		**L'ombre de Jesse**
CKMI 11	-	-	**Global National** CC	**(:29) Global News at 6:30**	**ET Canada**	**Entertainment Tonight** (N)	**Chicago Med** Dr. Charles makes a serious decision. (N)		**Chicago Fire** A serial arsonist cold case is reopened. (N)		**S.W.A.T.** The Emancipators hold a kangaroo court. CC		**Global News at 11** (N)	**(:35) The Late Show With Stephen Colbert** (N) CC	
CFCF 12	205	312	**(5:59) CTV News Montreal** (N) 🎧 CC		**The Big Bang Theory** 🎧	**etalk** (N) 🎧 CC	**The Big Bang Theory** (Series Finale) (N) 🎧 CC (DVS)		**(:01) Young Sheldon** 🎧	**Unraveled-Mystery**	**Law & Order: Special Victims Unit** "End Game" 🎧		**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) 🎧 CC	**Grey's Anatomy** "Jump Into the Fog" (Season Finale) (N)		**(:01) Station 19** The team battles a wildfire in L.A. 🎧		**For the People** Sandra questions Jill's judgment. 🎧		**Local 22 News** (N)	**(:35) Jimmy Kimmel Live** 🎧 CC	
WUTV 30	-	-	**The Big Bang Theory** CC	**Judge Judy** (N) 🎧 CC	**Judge Judy** (N) 🎧 CC	**Family Feud** (N) 🎧 CC	**Paradise Hotel** "Episode 104" Roommates get to know each other. (N) 🎧 (Live) CC (DVS)				**2 on Your Side at 10** (N)	**Seinfeld** "The Limo" CC	**Two and a Half Men** 🎧	**Two and a Half Men** 🎧	**Last Man Standing** 🎧
CFKS 31	106	726	**Souper parfait**	**Souper parfait**	**Rire et délire**	**Rire et délire**	**Tu m'aimes, tu mens** Pour Carolyne, le jeu est sérieux.		**Taxi payant**	**Imposteurs** Le chalet de Jules.		**Rire et délire**	**911** "Luxation de l'épaule"	**NVL** (N)	**Moment V**
WUHF	-	363	**Modern Family** 🎧	**Modern Family** 🎧	**The Big Bang Theory** CC	**The Big Bang Theory** CC	**Paradise Hotel** "Episode 104" Roommates get to know each other. (N) 🎧 (Live) CC (DVS)				**13WHAM News at 10 on Fox Rochester** (N) (Live) CC		**DailyMailTV** (N) 🎧 CC	**The Simpsons** 🎧	**Paid Program** CC
WETK	-	-	**PBS NewsHour** (N) 🎧 CC		**Burned: Are Trees The New Coal?**			**Rick Steves' Europe**	**Henry Louis Gates, Jr. -- Uncovering America** Life and work of Henry Louis Gates Jr. 🎧 CC				**Amanpour and Company** (N) 🎧 CC		**Nightly Business Report**
WCFE	-	-	**World News America**	**Nightly Business Report**	**PBS NewsHour** (N) 🎧 CC		**New Tricks** "Bank Robbery" A police informant returns.		**Death in Paradise** A wealthy coffee magnate is shot. 🎧		**Happy Valley** Frances makes Catherine's life a misery. 🎧		**BBC World News** CC	**Amanpour and Company** (N) 🎧 CC	
A&E	615	520	**The First 48** Gruesome murder in New Orleans. CC		**The First 48** "Runner Runner" 🎧 CC		**The First 48** An Oklahoma cyclist is gunned down. (N)		**Vanished in Paradise: The Untold Story** (N) 🎧 CC		**(:01) The First 48** A stranger guns down a new father. 🎧		**(:04) The First 48** A man is killed in front of his fiancée.		**(12:03) The First 48** CC
BRAVO	620	523	**Criminal Minds** Children are taken while parents sleep. 🎧		**Aurora Teagarden Mysteries** "Last Scene Alive" An actress is murdered. 🎧 CC				**In the Dark** Murphy hears a familiar voice screaming. (N)		**Project Runway** The designers champion a social cause. (N) 🎧 CC			**Criminal Minds** "Derek" Morgan is abducted. 🎧	
CNN	500	500	**Situation Room With Wolf**		**Erin Burnett OutFront** (N)		**Anderson Cooper 360** (N)		**Cuomo Prime Time** (N) CC		**CNN Tonight w/ Don Lemon**		**CNN Tonight w/ Don Lemon**		**Cooper 360**
DISC	520	505	**Highway Thru Hell** Jamie and Colin work to recover a semi.		**MythBusters** "Transformers" Mechanical metamorphosis.		**Shifting Gears With Aaron Kaufman** (N) CC		**Garage Rehab** A non-profit garage trains veterans. (N)		**Diesel Brothers** Heavy D buys a rock crawler to flip.		**Street Outlaws** "Toilet Bowl 500" Farmtruck finds a fleet of old cop cars. (N) CC		
HIST	522	506	**American Pickers** Frank meets an old friend. 🎧		**Pawn Stars** 🎧 CC	**Pawn Stars** 🎧 CC	**American Pickers** "Pick This Way" 🎧 CC		**Swamp People** A snake invasion threatens the area. (N)		**Truck Night in America** "Duck Night in America" 🎧		**American Pickers** Frank meets an old friend. 🎧		**Swamp People** 🎧 CC
PARMT	628	584	**Lip Sync Battle** CC	**Lip Sync Battle** CC	**Lip Sync Battle** CC	**Lip Sync Battle** CC	**Lip Sync Battle** CC	**Lip Sync Battle** CC	**Wife Swap** "Levine vs. Williams" (N) 🎧 CC		★★ **"Step Brothers"** (2008, Comedy) Will Ferrell, John C. Reilly, Richard Jenkins. Two spoiled men become rivals when their parents marry. CC				
RDI	126	730	**(5:59) Le national** (N)	**(:31) RDI économie** (N)	**(:01) 24/60** (N) (SC)				**Le téléjournal avec Céline Galipeau** (N) (SC)		**Mordus de politique** (N) (SC)		**Le national** (N) (SC)	**(:31) Le national** (N)	**(12:01) 24/60** (SC)
SHOW	616	521	**NCIS** "Sandblast" Military country-club bombing. CC		**NCIS** The NCIS try to clear a Marine's name. 🎧 CC		**NCIS** "Witch Hunt" Marine is attacked in his home. CC		**NCIS** The team investigates a hit-and-run. 🎧 CC (DVS)		**Happy!** "A Friend of Death" Sax hits rock bottom. (N) 🎧		**(:05)** ★★★ **"Die Hard With a Vengeance"** (1995) Bruce Willis, Jeremy Irons. 🎧 CC		
SLICE	601	562	**The Real Housewives of Potomac** "Reunion Part Two"		**Flipping Out** "Baby Brain" Jeff refuses to slow down.		**Flipping Out** Moving day proves difficult. 🎧 CC		**Million Dollar Listing Los Angeles** "Send It to Viral" 🎧		**Million Dollar Listing New York** 🎧 CC		**The Real Housewives of Beverly Hills** 🎧 CC		**Million Dollar LA**
TLC	521	560	**Say Yes to the Dress** 🎧	**Say Yes to the Dress** 🎧	**Say Yes to the Dress** "I'm Having a Moment" 🎧 CC		**My 600-Lb. Life** "Supersized: Angie J's Story" Angie faces family conflict obstacles. (N) 🎧				**Untold Stories of the E.R.** A teenager's bulging tummy.		**Untold Stories of the E.R.** "I Can't Remember" 🎧 CC		**My 600-Lb. Life** 🎧
TSN	400	400	**2019 PGA Championship** First Round. (N) (Live)		**That's Hockey!**	**NBA Playoff Pregame** (N)	**NBA Basketball** Western Conference Final, Game 2: Teams TBA. Western Conference Final, Game 2. (N) (Live) CC				**SportsCentre** CC				**SC With Jay and Dan** (N)
YOUTH	551	542	**Henry Danger**	**Double Dare**	★★★ **"Robin Hood"** (1973) Voices of Brian Bedford. 🎧				★★★ **"Robin Hood"** (1973) Voices of Brian Bedford. 🎧				**Just Kidding**	**Just Kidding**	**Robin Hood**

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New virtual exhibition at the Beaulne Museum

Record Staff

Coaticook's Beaulne Museum is getting ready to launch a new virtual exhibit entitled "Created in Coaticook. One Town's Story of Ingenuity and Creativity." Created with the help of the Virtual Stories Investment Program of the Virtual Museum of Canada, the exhibit will introduce visitors to the Coaticook natives who made important marks on the world

Several sources indicate that many people who resided in or first came from Coaticook made important inventions in various fields. Whether in energy resources, in industry, in mechanics, in agriculture, in the food industry, in health, in recreation or in the cultural sector, feats of creativity and ingenuity have been achieved by a number of local people. This new exhibition offers a chance to get to know these people and pay tribute to their stories, which are often left unknown even by the town's own citizens.

The exhibition will be presented Sunday, May 26th, 2019 at 11 a.m. as part of Festive Day.

The Virtual Museum of Canada, managed by the Canadian Museum of History with the financial support of the Government of Canada, is the largest digital source of stories and experiences shared by Canada's museums and heritage organizations. The Community Stories investment program helps smaller Canadian museums and heritage organizations work with their communities to develop virtual exhibits that engage online audiences in the stories, past and present, of Canada's communities.

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What's On

MUSIC

May 10-12

There will be NO DANCE thisSaturday night at the Beebe Town Hall, 72 Main St., Stanstead (Beebe), instead we will have a **GARAGE SALE starting Friday afternoon until Sunday afternoon.** Antiques, Little Tykes bed (car), caned chairs, dining room set (round or oval table, pedestal, 4 chairs), 4 summer tires, and much more. Drop by!

May 11

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

May 11

Dance with Movin On at the Hut A.N.A.F. Unit #318, 300 St. Francis St. Sherbrooke. Saturday, May 11, 2019 at 8:00 p.m. **Admission: $10.**

May 17

We invite you to an "Old Time Country and Bluegrass Concert," organized by Connie Rhicard, on Friday, May 17 starting at 7 p.m. This benefit concert to repair the church doors, features Connie and Friends and The Provencher Family Bluegrass Band. **Freewill donations.** Info: Connie 450-539-2301.

June 8

"Father's Day" Country Music Appreciation Jam on Saturday, June 8 from 1 p.m. to 5 p.m. at the Burrough's Falls Hall in Ayer's Cliff. Admission: $10. Door prizes! We're pleased to announce our featured band **"Pure Country"** is back again, along with special guest **Valerie Crete.** Please spread the word and come join us, as we enjoy some of the Townships finest Country music. This is one Father's Day celebration you just don't want to miss! Call 819-838-4912 for reservations. See y'all there!

EVENTS

May 9, 10 & 11

Rummage sale - Lennoxville United Church, 6 Church street, Lennoxville. Thursday, May 9 and Friday, May 10 from 10 a.m. to 5 p.m. and Saturday, May 11, 9 a.m. to noon bag sale.

May 12

Children's Wish Mother's Day Breakfast on Sunday, May 12 from 8:30 a.m. to 12:30 p.m. at the Royal Canadian Legion, Branch #77, 77 Lewis St., Waterloo. **Adults $10, children (5-11) $5.** All proceeds of this breakfast will be donated to the Children's Wish foundation (Ayer's Cliff Music Fest).

May 13

Mother's Day Brunch at the North Hatley Legion, 95 Jackson Heights, on Sunday, May 12 from 10 a.m. to 1 p.m. Reservations please. Family tables available. Call 819-842-2933 after 2 p.m. **Advance notice: Father's Day Chicken & Rib Supper, June 15.**

May 14, 16, 17, 21 & 24

Mental Health Services: Learn "what, where, when and how?" and get answers to questions at a public meeting close to you. MRC Haut St-François: May 14, 10:00 to noon, Pope Memorial Elementary-CLC, 523 Stokes, Bury; MRC Brome-Missisquoi: May 16, 6:30-8:30 p.m., Emmanuel United Church, 203 Principale, Cowansville; MRC Sherbrooke: May 17, 1:00-3 p.m., Amédée Beaudoin Centre, 10 Samuel-Gratham, Borough of Lennoxville (over the fire station); MRC Coaticook: May 21, 1:00- 3 p.m., Elie-Carrier Community Centre, 464 Merrill, Coaticook; MRC Memphremagog: May 24, 5-7 p.m., Princess Elizabeth Elementary-CLC, 120 Bellevue, Magog. These information sessions are presented by Mental Health Estrie in collaboration with the CIUSSS de l'Estrie-CHUS, local CLSCs and community organizations in each area.

May 15

Health Link: Physiotherapy, physiyoga. Wednesday, May 15, 11:30 a.m. to 2 p.m., Armoury Community Centre (563 Main, Bury). **Lunch (5$)**. Reservations: Kim Fessenden at 819-872-3771, ext. 2.

May 15

Osher Lifelong Learning Institute continues their Spring lecture season on Wednesday, May 15 from 1 p.m. to 2 p.m., Hebard State Office Bldg, 100 Main St., Downtown Newport, 2nd FL Conference Rm. Ample free parking. **Handicap access. $5 for walk-ins**. Ask about membership! Refreshments and conversation to follow. TOPIC: William Morris, Cartographer, presents "The Meaning of a Map." Cartographic technology has advanced at a startling pace. Using a set of meaningful maps as a guide, we'll fly through history to give it all some context. More info? www.learn.uvm.edu/osher or Suzi @ 802-673-9499.

May 16

To celebrate the achievements of its students, **Richmond Regional High School will be holding its annual Awards and Recognition Nigh**t on May 16th in the auditorium. During this special evening our students will be acknowledged for their effort, participation in contests and clubs in addition to their overall academic achievement. The presentations will take place at 6:30 p.m. for secondary 1 and 2 students and at 7:30 p.m. for secondary 3 and 4 students. Refreshments will be available between the presentations and be accompanied by a musical performance from our talented students. Everyone is welcome to attend. Students receiving an award will get an invitation beforehand.

May 18

Leigh-Ann annual fundraiser #Nevergiveup Spaghetti Supper, May 18, 5 p.m. to 7 p.m. **Adults $10 adult, children 10 years and under $5, 4 years and under are free.** Followed by an Arts and Crafts Auction (accepting donations for auction) and then **music spectacle: Smokin' Country - $5 (music only).** Salle Des Chevaliers De Colomb, 224 rue Christophe- Colomb, Cowansville, 450-263-5080. Reservations Ross 450-266-1716. **All profits go to: Brain Tumor Foundation of Canada.** Thank you from our family.

May 19

St. James Anglican Church – Foster. We welcome you to a special service of Holy Communion, officiated by Bishop Mary, on May 19 at 10 a.m. There will be a dedication of 4 plaques for those who have died in the past year. Please join us after for a light lunch in the hall. Everyone is welcome. Info: Kate 450-539-1123.

May 25

Frank Bryan Memorial Golf Tournament, May 25 played at the **North Hatley Golf Course.** Supper following at the North Hatley Legion. Sign up ASAP by calling the Legion at 819-842-2933 after 2 p.m.

Your donation will warm a heart.

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Local Sports

Leinster will look to defend its European crown Saturday in Newcastle, England, against England's Saracens in the Heineken Champions Cup final.

Pharmacist Harji Samra shares tips to save costs on prescriptions

A RUNNER'S MIND

CHRISTINE BLANCHETTE

Following a healthy lifestyle is crucial to improving your quality of life, yet you could be sidelined unexpectedly by a major illness that can take a toll on your health and your wallet, too. What happens if your financial health is poor and you can't afford the cost of prescriptions to get you back on track health wise? According to recent news reports, nearly one million Canadians spend less on necessities like food and heat to afford their prescriptions.

In a recent interview, Harji Samra, pharmacist and CEO of online pharmacy PocketPills, offer tips on how to save costs:

1. Always ask your doctor or pharmacist for the generic substitution of a drug.

Samra explains, "One way for Canadians to save money on prescription drugs is to use generic medications as opposed to their branded counterparts. While a generic medication a patient receives may differ in appearance from the branded medication, generics are less expensive, equally effective and have gone through stringent testing through Health Canada to ensure they have the same active ingredients, structure, and high quality standards.

He continues, "Another way Canadians can save money is by filling prescriptions at a pharmacy that charges a lower dispensing fee, the price a patient is charged for the pharmacist's service. This fee is not regulated by any level of government, meaning some pharmacies will charge a much higher price to dispense the exact same medication. The average dispensing fee across Canada is $10 to $12. PocketPills, on the other hand, charges a seven dollar dispensing fee and offers free delivery, helping to make medication more affordable for Canadians."

2. Ask your insurer if their drug formulary recommends generic over brand name, as some insurers will not cover the cost of some generic brands.

3. Use online pharmacies to save on dispensing fees and medication costs.

Samra says, "Patients can also utilize PocketPills medication price search tool. This tool allows patients to find out exactly what price they would pay for a drug before filling it and compare that with what a patient's current pharmacy charges. This includes the cost of the drug and the dispensing fee."

He adds, "(We make) drugs more affordable by leveraging robotics and software, automating manual pharmacy processes, including filling, preparing, and checking of prescriptions." A partnership with Canada Post ensures patients get their medication in a timely and affordable fashion. These tools eliminate the need for patients to wait in lines and chasing refills are avoided.

4. Use apps like GoodRx or Intelysis Health to track down the lowest-priced prescription drugs.

"App based technology plays a big part in simplifying the pharmaceutical experience," Samra said, adding, "As a country we're beginning to recognize the ongoing adaptation of tech and app based platforms throughout the world - the use of apps is not something that is new or foreign to any Canadian person."

5. The last tip is to bulk buy medication in large doses when possible.

Samra: "Patients want to know what the total price of any given medication is supposed to be, which will vary across the pharmacy space. We want to make that completely transparent, allowing people to make decisions based on that transparency. The ability for patients to be advocates for their own health is important."

Samra says that PocketPills' app was designed with this adaptation in mind to offer an easy way for patients to fill prescriptions and manage medications. "Our app is the only tool that allows patients to see exactly what medications they have been taking since they've started services with any pharmacy. This includes the dates medications were started, dates medications were stopped, and the dosage for each medication. This can be very handy when patients are visiting other healthcare professionals, allowing them to engage in conversation to review their medication profile and allow for better treatment decisions.

"Our future is tech-based and tech-driven, tying in physicians' reports, lab work and lab results to our existing platforms. Through technology we are working to bridge the gap between all healthcare professionals working in improving patient health."

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Twitter: @christineruns
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YouTube - runwithit

Canada men's rugby team to face Irish powerhouse Leinster in Hamilton in August

By Neil Davidson
THE CANADIAN PRESS

Canada will play Irish powerhouse Leinster in a Rugby World Cup warmup match Aug. 24 at Hamilton's Tim Hortons Field.

The game will be part of Leinster's pre-season preparations.

"This fixture is crucially important for our preparation for the 2019 Rugby World Cup," Canada coach Kingsley Jones said in a statement. "Leinster are one of the top clubs in all of Europe. They will bring a wealth of experience and provide high-quality opposition for us as we build towards facing Italy on Sept. 26 (at the World Cup), and I look forward to a large home crowd for this match."

Leinster will look to defend its European crown Saturday in Newcastle, England, against England's Saracens in the Heineken Champions Cup final. Saracens were European champions in 2015-16 and 2016-17.

Leinster, whose star-studded lineup includes Johnny Sexton, Tadhg Furlong, Cian Healy, Sean O'Brien, Sean Cronin, Jack McGrath, Garry Ringrose, Devin Toner and Rob Kearney, will then face Munster in the Pro14 semifinals on May 18.

"As a club, this will be the first time we have travelled to Canada for our preseason preparations," said Leinster head coach Leo Cullen. "We are looking forward to the visit and the challenge of taking on a full international side which we haven't done in quite some time. It will be an excellent opportunity for a number of our players to get some great experience ahead of the 2019-20 season."

Canada beat the Glasgow Warriors 19-12 in Halifax in its final home warmup for the 2015 World Cup.

The Leinster game will follow Pacific Nations Cup away games in late July and early August against the U.S., Fiji and Tonga.

The Canadian men, currently ranked 21st in the world, begin their 2019 World Cup campaign Sept. 26 in Japan.

Canada has been drawn in Pool B at the World Cup in Japan alongside No. 1 New Zealand, No. 5 South Africa, No. 14 Italy and No. 23 Namibia.

Leafs centre Tavares suffers oblique injury while practising with Canada

The Canadian Press

Toronto Maple Leafs centre John Tavares suffered an oblique injury while practising with the Canadian team ahead of the world hockey championship, the NHL club said Thursday in a statement.

Tavares will return to Toronto for further evaluation by the Leafs' medical staff and a further update will be issued at a later date, the team said.

It wasn't immediately clear how the 28-year-old centre suffered the injury.

Given that oblique injuries usually require at least a few weeks of recovery time, Tavares is likely a longshot to return to Slovakia for the May 10-26 tournament.

Tavares was one of the few stars on Canada's roster. He had a career-high 47 goals with 41 assists in 82 games with the Maple Leafs in the regular season, and added two goals and three assists in seven playoff games.

Canada opens world championship play against Finland on Friday in Kosice.

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Death

Donald William Dunn
(1937-2019)

On Friday, May 3, Donald Dunn of Brome Lake Quebec passed away suddenly at the age of 81.
Don will be lovingly remembered by Carol Anne Norris his wife of 57 years, and his children: Alison (Tom), Jeffrey, Christopher (Stephanie). Don will also be fondly remembered by his five grandchildren: Erin, Leah, Andrea, Jesse, Julie; his great-grandchildren: Azimeh & Hali, his brother: John (Joan), and his nieces, nephews and other family and friends.
Cremation was held in Granby at LES JARDINS FUNÉRAIRES BESSETTE CREMATORIUM.
The family will receive condolences at LES RÉSIDENCES FUNÉRAIRES BESSETTE OF WATERLOO, on Friday, May 31, 2019 from 6:00 to 8:00 p.m., and Saturday, June 1 at 1:00 p.m., followed by a memoral service at 1:30 p.m. in the chapel.
Burial of ashes will follow in the family plot at Waterloo Protestant Cemetery.
In lieu of flowers, memorial donations to Brome Lake First Responders: https://ville.lac-brome.qc.ca/download/sante_et_securite/Don-premiere%25CC%2581pondant-English.pdf, and at the Waterloo Cemetery Company, 147 St-Joseph Street, Waterloo, QC J0E 2N0 or the charity of your choice are appreciated.

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

Death

Elizabeth Hamilton Norris
(1925-2019)

At the CIUSSS de l'Estrie – Site Hôpital de Granby, on Sunday, May 5th, Mrs. Elizabeth Hamilton Norris passed away at the age of 93. She was the wife of the late Albert Norris and the late André Clark, residing in Waterloo.
She leaves to mourn her children: Mel, Kim (Betty Dermer), Arthur (Jennifer Foerster); her grandson: Brandon, her niece: Marsha Emmett, her friends: Sue, Ken, Glen, Marika; as well as her nieces, nephews and other family members and friends.
The family would like to thank the Granby Hospital staff on the 5th floor palliative care, Linda and Place Primevère for the good care provided to Mrs. Hamilton Norris.
Cremation was held in Granby at LES JARDINS FUNÉRAIRES BESSETTE'S CREMATORIUM.
A celebration in honour of Elizabeth Hamilton Norris will be held at a later date. As a gesture of sympathy, a donation to the Granby Hospital Foundation would be appreciated. Forms will be available at the funeral parlor or online at: www.fondationchg.org/.

Les Résidences Funéraires Bessette
5034 Foster St., Waterloo QC
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Death

Bridget SCULLY (Née Moloney)
1921–2019

At the Centre de Santé Courville in Waterloo, Saturday, April 27, 2019 at the age of 97, passed away Mrs. Bridget Moloney. Predeceased by her husband Thomas Scully, and grandson Corrie Shover. She leaves to mourn her daughters, late Ann Scully (Russell Thryhorn), Marry Scully Zalanyi (Michael), her grandson Patrick Scully, her granddaughters, Shannon Shover (Dominic) and Jenny Flower (Josh), her great-grandchildren; Kirsten Scully, Vena Scully, Baydon Scully, Tommy Martin, Christopher Gagnon, Katrina Gagnon, Gabriel Gagnon, Kya Flower, Jack Flower, Damen Shover, Jeremy Shover as well as many other relatives and friends, both here and in Ireland.
Family will receive condolences on Saturday, May 11th, at Ste-Rose-de-Lima Catholic Church, (605 Principale, Cowansville) at 1 p.m. The funeral service will take place at 2 p.m. followed by the interment at the parish cemetery in Cowansville.
Funeral 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

Graveside Service

CORK - A graveside service will be held for the late Linda Ann Lasenba Cork on Sunday, May 12, 2019 at 10 a.m. at the Bury Protestant Cemetery.

Funeral Service

LOWRY, Helen (Henderson) - The funeral service for Helen Henderson Lowry will be held on Saturday, May 18, 2019 at Candlish United Church in Kinnear's Mills, Quebec. The family will receive visitors starting at 1 p.m. in the church. The funeral service will be held at 2 p.m. followed by the burial of ashes in the Riverside Memorial Cemetery adjacent to the church. A reception will follow at the Kinnear's Mills Community Centre (former school). Donations to Candlish United Church or the Kinnear's Mills Women Institute would be gratefully appreciated by the family.

Card of Thanks

MARSHALL – Ten years ago our sister Thelma Doherty gave our brother Len Marshall one of her kidneys. Both are doing wonderful!

Thanks from your family
THE MARSHALLS

Death

Marlene BARNES (Née Woodard)
1955-2019

At the CHUS-Fleurimont Hospital in Sherbrooke, QC, on Friday May 3rd, at the age of 63, passed away Marlene Woodard, beloved wife of Ronald Sydney Barnes. Daughter of Albertine Allen and the late Merton Woodard, daughter-in-law of James Barnes and late Eillen Farrel.

She also leaves to mourn her children, Beverly Ann Barnes (Mike Greenwood), Brenda Emily Barnes (Mathieu Ostiguy) and Keith Ronald Barnes (Samantha Wykes), her grandchildren, Bryan Wilson (Katalina Smith), Daniel Wilson (Jennifer Corey), Julia Wilson, Dylan Sansfaçon Barnes, Kadie Barnes and Camille Ostiguy, her great-grandchild Jacob Wilson, her brothers, Kevin Woodard and Loren Woodard (Cathy Woodard), her late sister Linda Woodard, her sister-in-law Linda Dupuis Barnes (Yves Dupuis), numerous nephews and nieces, extended family and friends.

A graveside service will be held at the Mansonville Protestant Cemetery in Mansonville on Wednesday, May 15th, at 2 p.m.. In lieu of flowers, donations can be made in her memory to the Canadian Cancer Society www.cancer.ca or the Heart and Stroke Foundation www.heartandstroke.com would be appreciated.

Arrangements entrusted to:

DÉSOURDY FUNERAL HOME
4 Vale Perkins, Mansonville QC
info@desourdy.ca
PHONE: 450-292-3204
FAX: 450-263-9557
www.desourdy.ca

Cemetery Meetings

MALVERN CEMETERY
Malvern Cemetery annual general meeting on Tuesday, May 21 at 7 p.m. at Bishop's College School, 80 Moulton Hill, Sherbrooke. For more information, please call 819-563-8700.

MILBY CEMETERY
The Milby Cemetery Association Clean-up Day and annual discussion will be held on Saturday, May 18 beginning at 1 p.m. All interested parties are welcome to participate.

NORTH HATLEY (REEDSVILLE) CEMETERY
The North Hatley Cemetery Association will hold their annual meeting on Saturday, May 11, 2019 at 2 p.m. in the Chapel, 3425 Capelton Road, North Hatley, QC.

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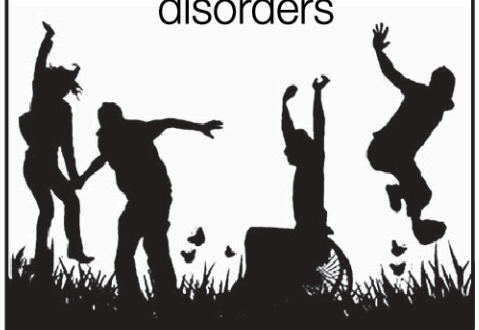

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Church Services

Anglican

LENNOXVILLE

Saint George's Anglican Church, Lennoxville, 84 Queen Streeet. 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. On Wednesdays from 7 p.m. to 8:30 p.m. group discussion on Taylor's book A Secular Age and on Thursdays from 6 p.m. to 7 p.m. Christian meditation. 819-346-5564.

NORTH HATLEY

Saint Barnabas Anglican Church, North Hatley, at 640 Sherbrooke St., celebrates Holy Eucharist every 1st, 2nd, 3rd & 5th Sunday at 9 a.m. Morning Prayer is held every 4th Sunday at 9 a.m. Christian Meditation is held every Tuesday from 6 p.m. to 7 p.m.

SHERBROOKE

Church of the Advent, 473 Bowen Street South, Sherbrooke invites you to join us for Morning Prayer this Sunday, May 12 at 11.00 a.m. – Mr. Tom Barton leading worship. Also on May 19 at 1 p.m. we will celebrate Holy Communion.

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 the worship with Rev. Linda Buchanan on Sunday, May 12. Everyone is welcome. 819-565-8449; website - lennoxvilleunitedchurch.com

SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, www.plymouthtrinitychurch.org, welcomes all of you to our weekly English-language service at 10:30 a.m. on Sunday, May 12. All are welcome! Cordiale bienvenue à tout le monde. Minister: Rev. Samuel V. Dansokho.

WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church, Sunday, May 12, 11 a.m., with Rev. Mead Baldwin. Sunday School. Rev. Mead Baldwin 819-837-1112.

Cleveland W.I. hold Jumble Sale

Saturday, May 4, found the members of Cleveland Women's Institute holding the annual Jumble & Food Sale in the Richmond Melbourne United Church. They offered coffee and doughnuts, graciously served by Francis Healy – thanks, Francis, for your help. The food sale was popular and most went quickly. There was an abundance of articles for the jumble sale and things were chosen by the crowd of buyers. Tickets were sold on a well-filled grocery box which was won by Jackie Ross. They wish to thank the people who came out in support of this fundraiser – it was appreciated.

Following the clearing up chores, the members remained to share soups supplied by Louise Perkins and Shirley Beasley. Dessert was sent by Jean Storry. Then they settled down to the May meeting. During the course of it, a donation was made to the Youth Fair and a card of congratulations was signed for Linda Hoy, the recipient of the Governor General's Sovereign Award for Volunteers. Members Matty Banfill and Shirley Beasley had attended this event and Shirley shared photos. Plans are ongoing towards the celebration of this Branch's 100th Anniversary on October 19.

At a previous meeting, member Muriel Webb had made and donated twenty-two more stuffed cats to be given to hospitalized children and several hats for cancer patients had been made and donated by Peggy Healy. Matty Banfill was this year's recipient of the Volunteer of the Year for this Branch held at the St. Famille Hall on April 11. She and Eileen Mastine represented this Branch at the Volunteer evening at the Wales Home on April 23.

Submitted by
Shirley Beasley and Jean Storry

Datebook

FRIDAY, MAY 10, 2019

Today is the 130th day of 2019 and the 52nd day of spring.

TODAY'S HISTORY: In 1837, after months of economic downturn, several New York banks refused to convert paper currency to gold or silver, setting off the Panic of 1837.

In 1869, a golden spike was driven in Promontory, Utah, in ceremonies marking the symbolic completion of the U.S. transcontinental railroad.

In 1940, Winston Churchill was appointed prime minister of Great Britain.

In 2013, the spire of One World Trade Center was completed, making it the tallest skyscraper in the Western Hemisphere.

TODAY'S BIRTHDAYS: John Wilkes Booth (1838-1865), actor/assassin; Fred Astaire (1899-1987), singer/dancer/actor; David O. Selznick (1902-1965), film producer; T. Berry Brazelton (1918-2018), pediatrician/author; Pat Summerall (1930-2013), football player/broadcaster; Donovan (1946-), singer-songwriter; Bono (1960-), singer-songwriter; Linda Evangelista, (1965-), supermodel; Kenan Thompson (1978-), actor; Odette Annable (1985-), actress; Salvador Perez (1990-), baseball player.

TODAY'S FACT: When Prime Minister Neville Chamberlain's government fell in 1940, King George VI himself summoned Winston Churchill to Buckingham Palace and asked him to form a government.

TODAY'S SPORTS: In 1970, Bobby Orr of the Boston Bruins scored the game-winning goal in sudden-death overtime to give Boston the Stanley Cup title over the St. Louis Blues.

TODAY'S QUOTE: "Actually, oddly enough, I think my work, the activism, will be forgotten. And I hope it will. Because I hope those problems will have gone away." — Bono

TODAY'S NUMBER: 140,000 — miles of freight railroad track currently in operation in the United States.

TODAY'S MOON: Between new moon (May 4) and first quarter moon (May 11).

SUDOKU

DIFFICULTY RATING: ★★★★☆

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

5/10

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PREVIOUS SOLUTION

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

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

PREVIOUS SOLUTION

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

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

SUDOKU

DIFFICULTY RATING: ★★★★★

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

5/11

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Past the breaking point

Dear Annie

FRIDAY, MAY 10, 2019

Dear Annie: I'm caught in a cycle of being too busy, tired and stressed out to ask my family for help with household chores. My husband tries, and he helps a bit, but the kids only chip in a little when I ride them. I've tried schedules, rewards and taking away privileges. But in the end, it's just easier for me to cook, set and clear the table, do the dishes, sweep and mop the floor, and on and on.

Am I just avoiding the job of teaching my kids these things? I work full time, and they have super busy schedules. I don't want the precious time we have together to be spent arguing over chores. At the same time, I know it would help them — and me! — if they helped out more. Maybe. As I said, it seems easier if I do it instead of them bickering over who has a worse job than the other. At least then there's peace in the house.

Besides, when they do help, all too often something breaks! I don't mean to be so attached to dishes, and I know that these lessons are important for kids to learn, but it's hard to see favorite items come crashing down because they weren't put away properly. — Losing the Battle over Chores

Dear Chores: In fighting a war, any good general will tell you that strategy is most important part. Whatever you do, don't give up and throw in the towel, so to speak. Your motherly instincts are correct that chores are great for kids. In the beginning, it will be hard — for you and the kids — to stick with this new routine. But keep assigning a schedule of chores to each child. Make sure you alternate the "worst jobs" so that each child gets a turn.

Have your husband help in assigning these chores and in making sure the children follow-through. You'll want the whole family involved. Then your kids will see that this isn't something you will handle later on your own if they slack off.

As for dishes, this is a task that I would assign to you, Mom. It is not their faults if they drop heavy, expensive plates. Assign chores they can succeed in and not ones where they end up feeling bad about themselves for breaking things. Your yelling or exasperation will not encourage your kids to pitch in more often. In addition to a clean house, you want to use this exercise to help your children build self-confidence.

Dear Annie: As an eating disorders therapist, I wanted to thank you so much for your wise and accurate letter to "Weighing." You were on target when you said that there are other — often better — measures of health than the number on the scale. Your advice that this letter writer talk to her employer about her company's current health approach is also spot on. Thank you for making such excellent suggestions. — Impressed Therapist

Dear Therapist: Thank you for your letter. I always love hearing from experts in their fields.

"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.

Your Birthday

FRIDAY, MAY 10, 2019

Don't let the actions of others throw you off course this year. Lay out your plans, do the necessary preparations and keep moving forward until you reach your destination. Self- and home improvements are highlighted and should be a product of whom you associate with and the way you conduct your life.

TAURUS (April 20-May 20) — Make only necessary adjustments at home. If you go overboard, you will end up in financial trouble. Don't let anyone talk you into something you don't need.

GEMINI (May 21-June 20) — Trust is earned. If someone disappoints you, don't get angry or let him or her get away with such behavior. Respect yourself and make sure others do so as well.

CANCER (June 21-July 22) — Participation will change your life. Do something that makes you feel good about who you are and what you've accomplished. Be the one who makes a difference.

LEO (July 23-Aug. 22) — Emotions will fluctuate easily, depending on how others treat you and the changes that transpire when dealing with peers. Take a moment to digest what's happening before you retaliate.

VIRGO (Aug. 23-Sept. 22) — A day trip or educational pursuit will give you plenty to think about. Networking, socializing and expanding your interests will help take your mind off personal problems.

LIBRA (Sept. 23-Oct. 23) — Be careful not to make promises that will infringe on your relationship with a loved one. Ulterior motives will be behind false information you receive. Don't act on assumptions.

SCORPIO (Oct. 24-Nov. 22) — Trust in yourself and your ability, and follow through with your plan. Don't let an emotional incident stand between you and your objective. Treat relationships with common sense and an open mind.

SAGITTARIUS (Nov. 23-Dec. 21) — Fix up your residence and work on important relationships. Getting along with others and working as a team player will affect the way your day unfolds. Romance is in the stars.

CAPRICORN (Dec. 22-Jan. 19) — Put your heart and soul into relationships and activities that will bring you closer to your loved ones. Take better care of your health.

AQUARIUS (Jan. 20-Feb. 19) — Don't feel that you must make a change just because someone else does. Channel your energy into activities that will make you feel and look your best.

PISCES (Feb. 20-March 20) — Don't settle for less than what you want just because someone is playing mind games with you or taking advantage of your kindness and generosity. Do what works best for you.

ARIES (March 21-April 19) — Let others do as they please, and go about your business. If you show emotional instability, you will be judged for your behavior, not by what you are good at doing. Stay focused.

SATURDAY, MAY 11, 2019

Be wise when faced with a choice. It will be difficult not to let your emotions take control and lead you in the wrong direction. Take a practical approach to life and love. Don't let stubbornness or ego — yours or someone else's — interfere.

TAURUS (April 20-May 20) — Be careful how you handle domestic and personal matters. The changes that you or someone else wants to make should be considered and handled with maturity.

GEMINI (May 21-June 20) — Keep your private matters secret. Don't give anyone cause to take advantage of you. Focus on personal gains and improvements, and choose to live your life in a healthy and stress-free environment.

CANCER (June 21-July 22) — Take on a challenge that excites you. Don't worry about what others think. If you develop your plans and put them in motion, you won't be disappointed. A reward is heading your way.

LEO (July 23-Aug. 22) — Emotions will be difficult to dismiss. Don't let the words and actions of others get to you. Be true to yourself, follow through with your plans and take time out to relax.

VIRGO (Aug. 23-Sept. 22) — Don't underestimate what you can do. Face change with optimism, and make whatever comes your way work for you. Attitude will make a difference. Stay positive and productive.

LIBRA (Sept. 23-Oct. 23) — Deal with personal problems using common sense, and make adjustments to improve your life. Eliminate stress by doing the right thing. Lower your overhead.

SCORPIO (Oct. 24-Nov. 22) — Share your ideas only with like-minded people. If you let someone who doesn't share your vision influence you, it will stifle your plans. Determination and maintaining integrity are essential.

SAGITTARIUS (Nov. 23-Dec. 21) — Do what feels right and best for you. Don't allow anyone to meddle in your affairs. Love, romance and quality time with someone special are encouraged.

CAPRICORN (Dec. 22-Jan. 19) — Know your physical and financial limitations, and pursue a course that will bring positive change to your personal life and relationships. You can't buy love.

AQUARIUS (Jan. 20-Feb. 19) — Less talk and more action will be in your best interest. It's what you accomplish that will count in the end. Concentrate on doing what you can to get positive results.

PISCES (Feb.20-March 20) — Don't take on too much for the wrong reasons. Trying to please someone who is critical or cranky isn't in your best interest. Put your energy where it will do some good.

ARIES (March 21-April 19) — Personal gains should be your intent. Take a break from professional worries. Explore new places with someone who brings out the best in you.

Sunday's horoscope on page 23

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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.

"C YZWO TL JBDY MOTVODX NLM VOLVRO CI XYO XYOZXOM. ... CX'T ZRR RCWO. CX'T RCAO RCNO CI JLXCLI." — TOZI DLJKT

Previous Solution: "I've always been hired by horrible radio stations with horrendous reputations and nothing to lose." — Howard Stern

TODAY'S CLUE: N stands for B

CELEBRITY CIPHER
by Luis Campos

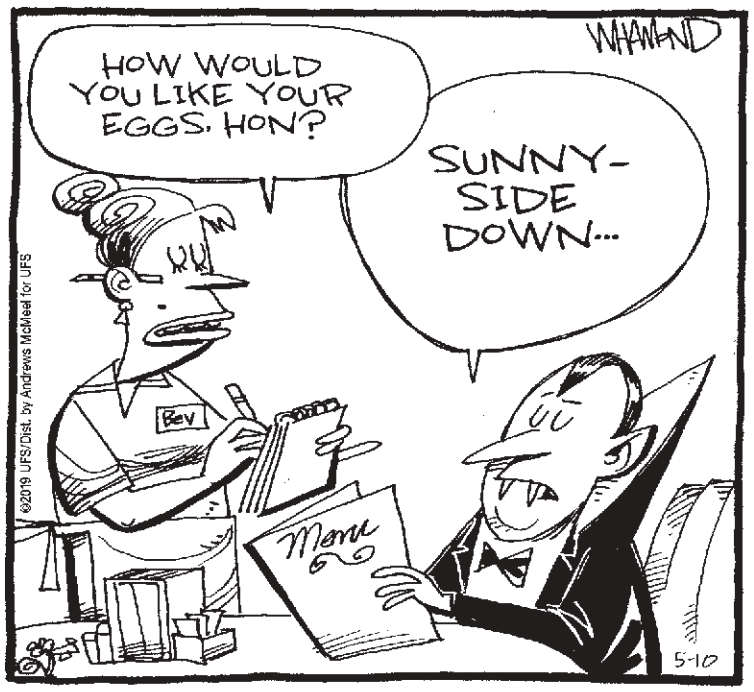
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"ZD ZNZ FX ZD JPKN. (XJP) FSXWFKPV ZP MN VKPIZ. ... ISDNSP FSXWFKPX DNY MN VKPIZ, MJIM'X HNMMI TP DNYK JPKN." — MFZ ZLHKIC

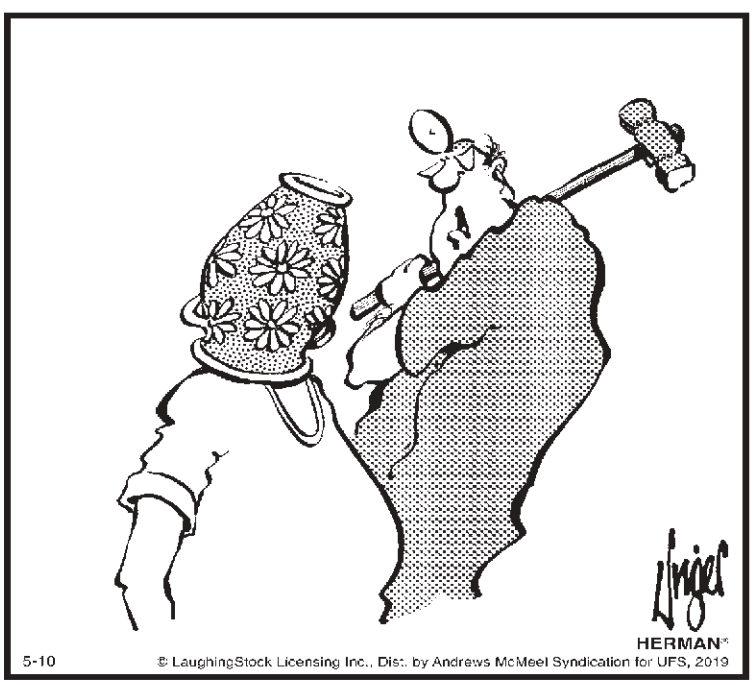
TODAY'S CLUE: C equals Z

Previous Solution: "I have so much respect for people in the theater. ... It's all live. It's like life in motion." — Sean Combs

REALITY CHECK

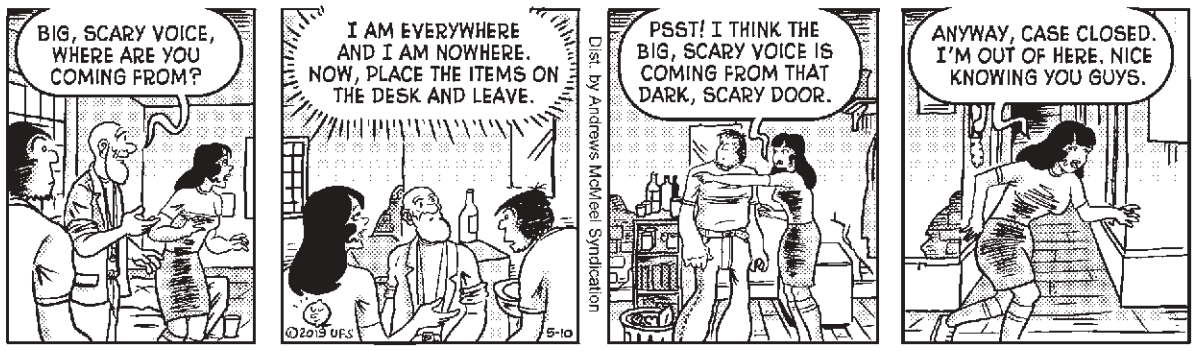


HERMAN

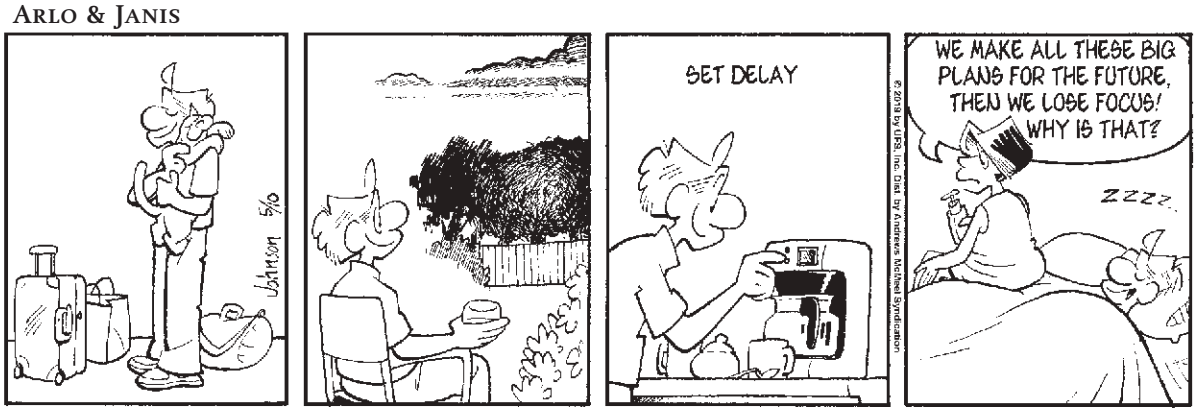


"Don't look at me! Look to the front."

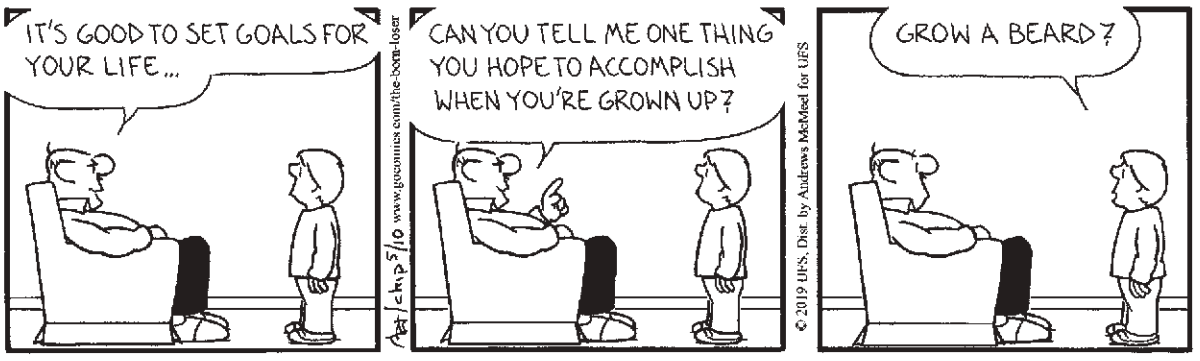
ALLEY OOP



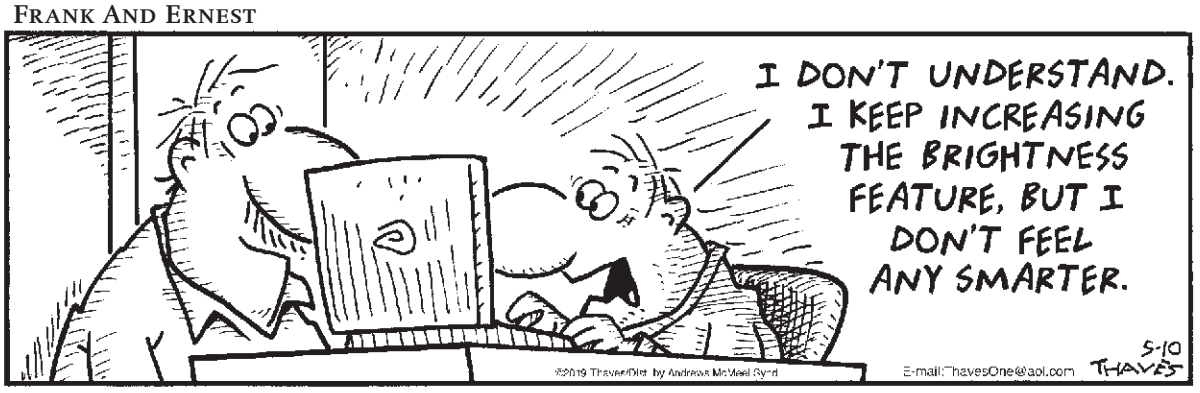
ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS

THATABABY

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001 Property for Sale

3785 GLENDAY. House on large 27,400+ sq.ft. lot. Beautiful views, mature trees, backs onto protected woodlands. Health reasons. $225,000. Call 819-640-9009.

140 Professional Services

Give the gift of music! For Mother's Day! For older people in any seniors residence, it is the next best thing to being there! Special program for people living with Alzheimer's disease available. 25 years experience, references. Eric 819-580-1662, healing@themanolsonapproach.com

140 Professional Services

Highest quality, personalized translations and editing services. English to French + French to English. Master's degree specializing in arts & culture, non-profits and the needs of new enterprises. traductionlennox@gmail.com, 819-829-0434, clearlanguagetranslations.com

145 Miscellaneous Services

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

190 Cars For Sale

2010 MAZDA TRIBUTE, 213,000 km, automatic - $6,500, 2003 F150, extra cab, 4x4 - $3,500, 2008 Chevy Impala, V6, automatic - $950. Call 450-243-0290.

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.

290 Articles For Sale

MOBILITY SCOOTERS, new and used, at affordable prices (starting at $800). Different styles. Trade-ins accepted. Call for an appointment at 819-769-1654, Magog.

310 Arts & Crafts

SURPRISE YOUR MOM with a unique, locally hand-crafted gift from Marché des Artisanats Dunham, 3786 rue Principale. Or, bring her and experience Dunham's many offerings! Thursday 1-5 p.m., Friday 1-7 p.m., Saturday 10 a.m. - 6 p.m., Sunday 10 a.m. - 5 p.m. Facebook @marchedesartisanatsdunham. For information Michilynn at 450-295-2252.

340 Garage Sales

BEEBE
Garage Sale at the Beebe Town Hall, 72 Main St., Stanstead (Beebe), starting Friday afternoon until Sunday afternoon. Antiques, Little Tykes bed (car), caned chairs, dining room set (round or oval table, pedestal, 4 chairs), 4 summer tires, and much more. Drop by!

340 Garage Sales

LENNOXVILLE
A very large Garage Sale on Saturday, May 11 from 8 a.m. to 2 p.m. at the old arena on the campus of Bishop's University featuring many interesting items. There will be a fill-a-bag for $6 from 1 p.m. to 2 p.m. Proceeds to the Bishop's/Champlain Refugee Student Sponsorship Program.

It pays to advertise in the classifieds

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.

430 Personals

HONORABLE SENIOR GENTLEMAN looking for a live-in lady companion. Am not envious, jealous or controlling person, have large home on 5 acres, with nut & fruit trees, and gardens, Do yard sales! Call Edwin 450-248-3817.

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How to make sinfully rich brownies for real chocolate lovers

By America'S Test Kitchen

Brownies are controversial territory to chart: Some like them cakey and light in flavour - more of a snack than a rich dessert; some like them moist and chewy; and others, the biggest chocoholics, like them to be purely decadent - almost as dense as fudge and deliciously dark.

We wanted to make sinfully rich brownies that would be a chocolate lover's dream, so we started by using three forms of chocolate: unsweetened chocolate for intensity, cocoa powder for complexity, and bittersweet or semisweet chocolate for moisture and well-rounded flavour.

Melting butter along with the chocolate was the key to a fudgy texture, and a generous three eggs contributed richness and structure. In addition to providing a clean sweetness, granulated sugar gave the baked brownies a delicate, shiny, crackly top crust.

We found it best to cut these brownies into small bites rather than big bake-sale squares - a little goes a long way. Tasters preferred the more complex flavour of bittersweet chocolate over semisweet chocolate, but either type works well here, as does 5 ounces of bittersweet or semisweet chocolate chips in place of the bar chocolate.

FUDGY BROWNIES
Servings: 36
Start to finish: 1 hour

5 ounces bittersweet or semisweet chocolate, chopped
2 ounces unsweetened chocolate, chopped
8 tablespoons unsalted butter, cut into 4 pieces
3 tablespoons unsweetened cocoa 7/8powder
1 1/4 cups (83/4 ounces) sugar
3 large eggs
2 teaspoons vanilla extract
1/2 teaspoon salt
1 cup (5 ounces) all-purpose flour

Adjust oven rack to middle position and heat oven to 350 F. Make foil sling for 8-inch square baking pan by folding 2 long sheets of aluminum foil so each is 8 inches wide. Lay sheets of foil in pan perpendicular to each other, with extra foil hanging over edges of pan. Push foil into corners and up sides of pan, smoothing foil flush to pan. Grease foil.

Microwave bittersweet and unsweetened chocolates in bowl at 50% power for 2 minutes. Stir in butter and continue to microwave, stirring often, until melted. Whisk in cocoa and let mixture cool slightly.

Whisk sugar, eggs, vanilla, and salt in large bowl until combined. Whisk chocolate mixture into sugar mixture until smooth. Using rubber spatula, stir in flour until no dry streaks remain. Transfer batter to prepared pan and smooth top. Bake until toothpick inserted in centre comes out with few moist crumbs attached, 35 to 40 minutes, rotating pan halfway through baking.

Let brownies cool completely in pan on wire rack, about 2 hours. Using foil overhang, remove brownies from pan. (Uncut brownies can be refrigerated for up to 3 days.) Cut into 36 squares before serving.

Fudgy Triple-Chocolate Espresso Brownies:

Whisk in 1 1/2 tablespoons instant espresso powder or instant coffee powder along with cocoa.

Nutrition information per serving: 98 calories; 49 calories from fat; 5 g fat (3 g saturated; 0 g trans fats); 25 mg cholesterol; 38 mg sodium; 12 g carbohydrate; 1 g fiber; 8 g sugar; 2 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit https://www.americastestkitchen.com . Find more recipes like Fudgy Brownies in "The Perfect Cookie ."

(The Associated Press)

Celebrate the start of summer with a picnic

This year the summer solstice, which marks the official start of summer, falls on June 21. During this time of year, schedules become lax and meals often occur on-the-fly — and usually outdoors.

When firing up the grill or packing picnic essentials, home chefs should consider which dishes they'll serve alongside the main course. Of course, no summertime meal would be complete without a tasty potato salad in the mix. This recipe for "Potato Salad with Bacon and Parsley" from Allie Lewis Clapp, Lygeia Grace and Candy Gianetti's "Real Simple: Easy, Delicious Home Cooking" (Time Home Entertainment) offers a tasty take on this classic dish.

Potato Salad with Bacon and Parsley
Serves 6

11/2 pounds new potatoes, about 15
Kosher salt and black pepper
4 slices bacon
3 tablespoons olive oil
2 tablespoons red wine vinegar
2 teaspoons Dijon mustard
1 cup fresh, flat-leaf parsley, roughly chopped

Place the potatoes in a pot with 1 teaspoon salt and enough water to cover and simmer until tender, 15 to 18 minutes. Drain and run under cold water to cool. Cut into quarters.

Meanwhile, cook the bacon in a medium skillet over medium heat, stirring occasionally, until crisp, 6 to 8 minutes. Transfer to a paper towel-lined plate. Let cool, then crumble.

In a large bowl, whisk together the oil, vinegar, mustard, 3⁄4 teaspoon salt, and 1⁄4 teaspoon pepper. Add the potatoes, bacon and parsley and toss to combine.

Tip: The potatoes can be cooked and tossed with the dressing and parsley up to 1 day in advance; refrigerate, covered. Bring to room temperature and add the bacon just before serving.

(Metro Creative)

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NEA Crossword Puzzle

ACROSS

1 Lick up
4 Narrow opening
7 Outshines
11 Snoop
12 A Guthrie
13 Distort
14 British title
15 Under lock and key
16 Mariner's hello
17 Red-ink entry
19 Wilde-beests
20 Thurman of "Gattaca"
21 Barge pusher
22 Basil sauce
25 Sherlock's friend
28 Livy's eggs
29 Colorado ski town
31 Train alternative
33 Wooden pin
34 Provokes
36 Seine vista
37 Ruling group
40 Elon Musk's company
42 Hwys.
43 Rain slicker
44 Hawaiian guitars
46 Confesses
49 Pointed arch
50 In this place
52 Uris novel "The —"
54 Waugh or Baldwin
55 "Jake's Thing" writer
56 Temper
57 Category
58 Large cask
59 Deep hole

DOWN

1 CD preceders
2 Waterless
3 Fiery stack
4 Persona non —
5 Chatty alien
6 Edgar Allan —
7 Nasal sounds
8 Kauai neighbor
9 Amateur opposites
10 Secret agent
12 Famed sci-fi writer
18 However
19 Kind of reaction
21 Exchange ideas
22 Burst
23 Nonstop
24 Profoundly wise person
25 Telegram
26 Sapporo sashes
27 Empty, in math
30 Prepares to fire
32 Ocean
35 Barrel parts
38 Parthenon site
39 Ego companions
41 Novelist Umberto —
43 Sausalito's county
44 Not pretty
45 Hold on to
47 Make meringue
48 Calcutta attire
49 Feedbag morsel
50 Pillbox or bowler
51 Flightless bird
53 Deep black

Answer to Previous Puzzle

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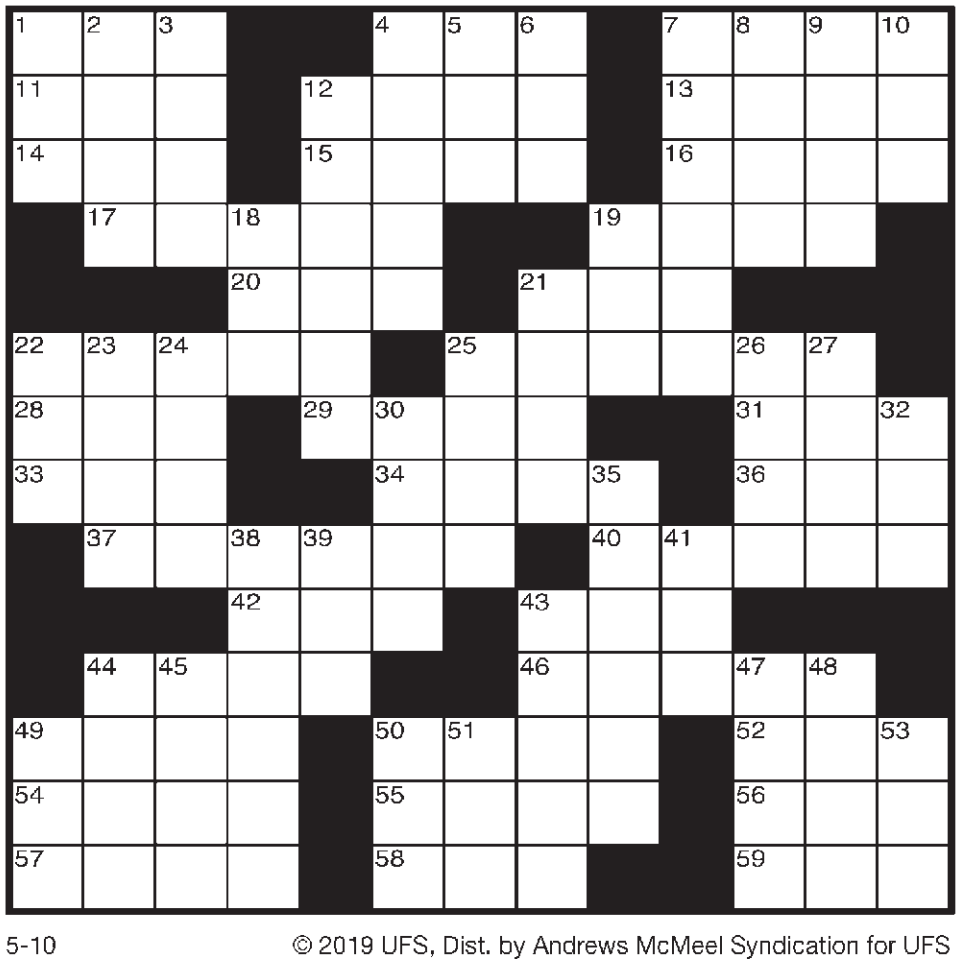

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Your Birthday

SUNDAY, MAY 12, 2019

Be wise when faced with choices that can affect your finances, health or legal matters. A gift or cash injection is apparent, but what you would have to do to get it or where it comes from should be looked at carefully. Consider the immediate consequences as well as the potential long-term benefits.

TAURUS (April 20-May 20) — A secret matter is best kept that way. A gift or reward is headed your way. Stick to your plans, regardless of what others do. Patience and practicality will be required.

GEMINI (May 21-June 20) — Stick close to home. Invite friends over or relax with family or a loved one. A day of relaxation and bonding will lift your spirits and prepare you for new and exciting challenges.

CANCER (June 21-July 22) — Don't get caught in someone's trap. If you don't want to do something, simply say no. Put your time and effort where they make the most sense.

LEO (July 23-Aug. 22) — You don't have to agree with someone to get along with them. Arguing is futile, but pooling your resources with others to achieve concrete results, regardless of your differences, will pay off.

VIRGO (Aug. 23-Sept. 22) — Set reasonable expectations. How you approach projects and how you deal with people necessary to your cause will make a difference. Incentives and encouragement will be essential.

LIBRA (Sept. 23-Oct. 23) — Step back and evaluate changes going on at home and find out the best way to deal with anyone who is being difficult. Use your ingenuity, energy and charm to get your way.

SCORPIO (Oct. 24-Nov. 22) — Do something different that will allow you to connect with people who offer a different perspective on life. A lifestyle alteration will warrant a change to some of your relationships.

SAGITTARIUS (Nov. 23-Dec. 21) — A physical challenge will keep you busy and out of trouble. Don't let anyone meddle in your plans or personal affairs. A romantic evening is encouraged.

CAPRICORN (Dec. 22-Jan. 19) — Don't take a financial or physical risk. Concentrate on home, family and how to best improve your personal situation. You don't have to spend money in order to have fun.

AQUARIUS (Jan. 20-Feb. 19) — Helping others can be rewarding, as long as you don't feel you are being taken for granted. Set boundaries if someone steps over an emotional line or causes tension.

PISCES (Feb. 20-March 20) — Stick to simple plans. Don't let anyone talk you into something you cannot afford or shouldn't do. A reunion will make you appreciate who you are and what you have.

ARIES (March 21-April 19) — Do something that makes you happy. Be open to learning something new and making memories with a loved one. Romance is in the stars and will lead to exciting plans.

FRIDAY, MAY 10, 2019

Counting all four requires discipline

By Phillip Alder

Julie Andrews said, "Some people regard discipline as a chore. For me, it is a kind of order that sets me free to fly."

It requires discipline at the bridge table to track all of the high-card points, which experts do on every deal. It is even harder to work out the opponents' hand distributions, but luckily that is not often necessary. Still, when it is, as in today's deal, if you are not watching, you might make an unnecessary error.

How should South plan the play in his four-spade contract? West cashes two top diamonds, East discarding a low club on the second. East ruffs the third diamond and shifts to a heart.

In the auction, some Norths might have been tempted to respond three spades to show the fourth trump — bid to the nine-trick level with nine combined trumps. However, that bid should be pre-emptive, with a weaker hand than this one. So, two spades now, planning to bid three spades on the next round, was right. South, with 19 points, jumped straight to game, but did wonder if three no-trump would be better. Here, that contract would have made easily.

South must find the club queen. He should draw trumps with his own honors (noting that West had three), cash his second heart winner, lead a trump to dummy's ace and ruff the last heart in his hand. When West follows, declarer knows that West began with either 3=3=6=1 or 3=4=6=0 distribution. The contract has become guaranteed. South plays a club to dummy's king and finesses through East on the way back.

North 05-10-19
♠ A 10 5 4
♥ 6 3 2
♦ 10 9 3
♣ K J 7

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

East
♠ 3
♥ 10 8 7 5 4
♦ 7
♣ Q 8 6 5 4 2

South
♠ K Q J 9 8
♥ A K
♦ Q 6 2
♣ A 10 9

Dealer: South
Vulnerable: Both

South	West	North	East
1♠	2♦	2♠	Pass
4♠	Pass	Pass	Pass

Opening lead: ♦ A

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