

I am building my future, step by step, one decision at a time,
one friendship formed at a time, with every opportunity I take.

Alfonso, Bishop's College School Class of 2020



OPEN HOUSE

Saturday, April 6, 2019

9:00 AM to 12:00 PM

bishopscollegeschool.com

Police warn against triggering false alarms

Page 3

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Sutton man arrested following allegations of sexual assault

Page 5

\$1.00 + TAXES

PM#0040007682

WEDNESDAY, APRIL 3, 2019

Champlain college to celebrate new Pathway of words

By Gordon Lambie

Following up on plans announced last fall, Champlain Regional College will be holding a launch for a new initiative called Le Sentier de la parole/Pathway of words, on Thursday April 11, starting at 8 p.m. in Centennial Theatre. Inspired by the "Sentier poétique" or poetic trail in Saint-Venant-de-Paquette, the idea for a new trail at Champlain began as a new way of engaging students with their French-Language education and has evolved into also being a way of helping the school to connect with indigenous artists and communities across the province.

"It's about about beauty and art, and indigenous heritage and culture," said Annick Corbeil, Champlain Lennoxville's Dean of Student Services. "We have so much to learn about."

Corbeil explained that the path, which will be open starting next fall, will start outside the rear of the building and feature the works of 15

CONT'D ON PAGE 3

St-Francis Manor residents file petition regarding Queen Street parking



MATTHEW MCCULLY

By Matthew McCully

Residents at Le Renaissance Sherbrooke Manoir St-Francis met with Lennoxville borough President Claude Charron recently to present a petition, signed by 82 residents, regarding cars creating a blind spot for drivers exiting the manor parking lot.

"Almost anytime of day, there are two or three cars parked in the bus stop,"

commented Ronald Olson, a member of the 'Committee for Better Living' at the manor, which circulated the petition.

"You can't see left. If someone is on the other side, you can't see right," Olson added.

The parking entrance/exit of the manor is on Queen Street in between Rima Restaurant and the L2D Barber Shop.

Just before the manor parking lot en-

trance is a stop for the number 2 bus.

According to Olson, the no parking signs to keep cars from parking in the space reserved for the bus stop are insufficient, resulting in cars parking there on a regular basis.

"The no parking sign is up against the building," Olson said.

"People park there all the time," he said, adding that the bus then has to

CONT'D ON PAGE 5

TWO POWERHOUSES, ONE PRICE!



2019 GMC SIERRA X31 EDITION



2019 CHEVROLET SILVERADO TRAIL BOSS EDITION

FROM \$99 PER WEEK

24 MONTH LEASE*

ONLY \$1500 DOWN

Details at your dealer.



BUSINESS ELITE

3839, KING STREET WEST

819-563-7878

THIBAULTGMSHERBROOKE.COM

The Record e-edition

There for you 24-hours-a-day 7-days-a-week. Wherever you are.

Access the full edition of the *Sherbrooke Record* as well as special editions and 30 days of archives.

Renew or order a new 12-month print subscription and get a 12-month online subscription for an additional \$5 or purchase the online edition only for \$82.21.

Record subscription rates (includes Quebec taxes)

For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com

12 month web only: \$125.00
1 month web only: \$11.25

Web subscribers have access to the daily *Record* as well as archives and special editions.

Subscribing is as easy as 1,2,3:

1. Visit the *Record* website: www.sherbrookerecord.com
2. Click e-edition.
3. Complete the form and wait for an email activating your online subscription.

Weather



TODAY: CLOUDY

HIGH OF 7
LOW OF -14



THURSDAY: MIX OF SUN AND CLOUDS

HIGH OF -3
LOW OF -10



FRIDAY: SUNNY

HIGH OF 5
LOW OF 2



SATURDAY: SHOWERS

HIGH OF 9
LOW OF -6



SUNDAY: SUNNY

HIGH OF 11
LOW OF 2

HAND-IN-HAND

Service d'aide aux Néo-Canadiens bridges the gap between immigrants and employment with 48th Buffet Interculturel

By Emilie Hackett
Special to the Record

The Service d'aide aux Néo-Canadiens (SANC) will be celebrating its 65th anniversary this year, marking several thousands of newcomers who have benefited from the organization's work since 1954.

For the last 48 years, SANC has been organizing a Buffet Interculturel, which allows attendees to taste authentic international dishes, discover customs from other cultures, and to support projects that directly impact new Canadians. On Saturday, May 4, beginning at 6:15 p.m. at the Cégep de Sherbrooke, 56 cooks from 28 different countries will offer meals typical to their culture.

Every year, a different area of the world is chosen to highlight through various activities. To present the heritage of sub-Saharan Africa, this year's selected region, there will be music, traditional dancing, kiosks, a concert by Naneth, a singer travelling from Gabon especially for the Buffet, and artwork from Cameroun, the Ivory Coast, Gabon, Burkina Faso, Guinea, Senegal, and Niger.

Attendees will be able to choose between seven combinations of four countries for their food choices. Countries include Colombia, Iraq, Mexico, Senegal, Germany, Syria, Peru, Russia, the Philippines, Turkey, and many more. Members of a same table will be able to share between country selections to ensure a wide variety of international dishes.

The 2019 edition of the Buffet Interculturel aims to build bridges between immigrant workers and local businesses,

in partnership with the Sherbrooke Chamber of Commerce.

SANC helps facilitate the integration of workers in the work force and maintain employment.

So far, more than a dozen local employers and over 250 employees have benefited from SANC's personalized services, which are funded by the profits generated from the Buffet Interculturel. Those services range from informing and supporting administrators through the hiring process to educating the personnel on all aspects of intercultural communication.

More than 900 newcomers benefit from the SANC's personalised assistance and support every year, ranging from the search for housing, for employment, and the contribution to their socio-economic integration.

economic integration.

"The Buffet is really an opportunity to talk and have meaningful connections with our newly arrived Canadians," said Denisa Olimid, director of business development and communications with SANC. "We invite everyone to come down to the Cégep on May 4 to enjoy delicious food, but also to explore the world around them, meet new people, and hear the stories of these people, who are all equally fascinating and open."

Over 70 per cent of the tickets had already been sold at the time of the ticket sale's official launch, on Tuesday, April 2. Tickets are on sale now for \$65 at sancsherbrooke.ca or by phone, from Monday to Friday from 9 a.m. to 4 p.m., at (819) 566-5373.



EMILIE HACKETT
The Service d'aide aux Néo-Canadiens' Buffet Interculturel will be made possible thanks to a large group of employees, volunteers, and sponsors, including Nicole Robitaille, Denisa Olimid, Louise Bourgault, Julien Lachance, and Mercedes Orellana.



GlobalExcel MD®

Global Excel is proud to support local organizations that enrich our shared community.

Doing business around the world, proudly established in the Eastern Townships.

Ben by Daniel Shelton



LOCAL NEWS

"Families have meals together," he said, "and we model everything we do here around family style living."

Police warn against triggering false alarms

Record Staff

Triggering a fire alarm in a public place without good reason can have significant consequences for the offender, warned the Memphremagog Po-

lice (RPM) following an event around midnight on Saturday.

Two women set off the fire alarm at Café Saint-Michel in downtown Magog and fled when they left the washroom, causing the Fire Department to respond.

An offense of that nature can result in charges under section 437 of the Criminal Code for setting a false alarm and face a two-year prison sentence.

The two women's actions were captured by surveillance cameras, but they

cannot be formally identified.

When an alert is triggered, emergency crews quickly go to the scene. People in the facility are likely to evacuate quickly and there could be injuries, putting people's lives in danger.

BCS looks to the future

By Gordon Lambie

There are some big changes in the works at Bishop's College School over the next few years, aimed at reshaping the campus and defining the student experience. Tyler Lewis, BCS' Head of School, described the work in three stages that are planned to roll out one after the other.

Right now, on top of a space previously occupied by tennis courts, the school is building a new 24,000 square foot residence.

"We believe it will be the nicest residence in Canada," Lewis said, explaining that the "Mitchell Family House," as the new building is called, will be a "hybrid" residence. "Not only is it a residence for over 36 students and three faculty homes, but it will also have academic space."

The Head of School pointed out that the traditional model of boarding school

leaves an establishment with a number of buildings that, while useful for housing students, end up sitting empty all day. By mixing academic and residential space, the new building will be a hub of activity throughout the day.

Built around a central living room, the facility will include student housing but also a space for hosting scholars in residence such as artists, writers, athletes, or researchers. These guests will be able to carry out their studies or work in a new multipurpose academic space, while also engaging in and helping to enrich student life.

While this first stage of work will mainly impact the school community, stage two has a wider reach.

"This time next year we'll be breaking ground on Moulton Hill Road," Lewis said, reminding The Record of the school's intent to divert Moulton Hill road so that it joins up with Saint Francis Street around the far side of the

Malvern Cemetery.

"That will really make our campus safer," the Head said, calling the current configuration of the road "a nightmare"

"We've had students get hit by cars out there, we've had drunk drivers run into telephone poles and trees on the front lawn of your residences where kids are living," he remarked. "It's the biggest speed trap in Sherbrooke bisecting a campus with 300 plus people constantly moving around on it."

Diverting the road further west, Lewis said, will allow for the creation of a continuous 5km running route on the campus and also, hopefully, cut down on some of the current speeding issues on Moulton Hill.

"So far the response has been really positive," he added, explaining that the project is currently in the process of acquiring the proper permits.

Looking beyond that second step, the Head said that the next objective is ex-

pansions to the main school buildings through the addition of another floor to the Molson building to create a "Learning Commons" similar to what was done at Bishop's University, as well as an expansion to the dining room and kitchen facilities to allow the whole school to eat together at once.

"Families have meals together," he said, "and we model everything we do here around family style living."

As a final touch, the central campus area will be landscaped in a unified style to help give the old and new spaces a connected feeling. Lewis said that the work as a whole is being paid for through a \$25 million capital campaign that, so far, has reached about half of its goal.

More information on the projects BCS is planning for the future will be available during the school's open house, which is planned for this coming Saturday from 9am to noon.

Pathway of words

CONT'D FROM PAGE 1

indigenous poets on a series of plaques interspersed with trees and plants and grounded by a new gazebo. The project follows in the footsteps of the sentier poétique in Saint-Venant-de-Paquette, not far from Coaticook, which celebrates Quebecois poetry in the context of natural surroundings.

"What they've done in Saint-Venant is just beautiful because it's so integrated in nature," Corbeil said. "We're going to very much do it in that spirit as well."

Corbeil explained that she and Campus Director Nancy Beattie visited the path in Saint-Venant-de-Paquette while exploring ways to take advantage of funding the college has received through a program called "Excellence en enseignement supérieure." The goal, according to the dean, was to come up with a new and

original way to get students excited about learning French that could be long lasting and built upon year after year.

"The place is close by but it feels remote," Corbeil said, sharing that she and Beattie were very impressed with the location and immediately set out to form a partnership.

It was in conversation about how to choose the texts to feature on the new path that the idea arose to also make the project about indigenous artists.

"We are on Abenaki territory and our college is home to over 30 indigenous students," the Dean noted. "We want them to feel that this is home, and that they are seen."

In addition to featuring the work of indigenous poets, the college has also turned to students of Champlain and Bishop's from indigenous communities as well as students from adult education centers in Gesgapequia, Kahnawake, Listiguj, Sept-Îles, and Uashatmak Mani-utenam to help select the texts that will eventually be found along the path.

On the night of the 11th, the college will host special guests Alanis O'Bomsawin, Richard Séguin, and David Goudreault, as well as Moe Clark, Beatrice Deer, Jean Désy, Andrée Lévesque-Sioui, Louis-Karl Picard-Sioui, Sylvain Rivard, Rodney Saint-Éloi, Christine Sioui-Wawanoloath, Jean Sioui, and Florent Vollant for an evening of shared stories, song, poetry and student projects to mark the official start of this initiative.

"We felt we had to tell the world that this is going on," said Corbeil, sharing that she believes the path will be unique in Quebec. "We are building bridges between indigenous and non-indigenous communities. We hope that the conversations that are sparked that evening and around that evening will continue to support this project in the future."

As the pathway project has been funded through an initiative for French-language instruction, the launch event will take place in French, but Corbeil said that the actual pathway, when it is finished next fall, will feature the texts in French, English, and the indigenous language of its writer. She also pointed out that since the funding envelope being used is recurrent, the school will be able to build on the path in years to come and expand its scope.

"Bishop's is on board for us to eventually extend it to other parts of campus," she shared, adding, "We have quite a long term vision for this, but we're starting here."

Those seeking more information about the official opening event can call the Centennial Theater box office at 819-822-9692.



GORDON LAMBIE

The new "Sentier de la parole" at Champlain college will be built in the area around this gazebo



Prom Fairies Family Bingo

Sunday, April 7

Noon
Opening of the canteen, spinning wheel, Fairy Drop and bottle caps games

1:30 p.m. sharp
Bingo starts with paper cards being used, so please bring your dabbers.
Adult and Child winner each game

Location
Alexander Galt Regional High School
1700 College Street,
Sherbrooke (Lennoxville)



THE PET CONNECTION



Jen Young

The chain and where we fit in:

- An animal is acquired somewhere.
- People who acquired animal do not want or cannot have anymore.
- Animal is brought to a contracted municipal pound, shelter, SPA or SPCA, or God forbid brought to a vet to be euthanized for unrespectable reasons.
- Animal is found stray and not claimed in the holding period (all are different) or animal is seized by animal control officers.

-Animal must then be deemed adoptable; behaviour, health....

*some animal control organizations choose to euthanize an unadoptable animal immediately within the initial few days of evaluation, but some do not and ask for rescue assistance.

-When these places are full with nowhere to keep the animal and no resources available for the animal, the animal faces euthanasia.

-When an animal is at a place too long rescues are also hoped for to free up space.

-Two organizations (OLC and PP) seek out all animals in these animal control facilities and network with rescues across Canada to see if unadoptable (for numerous reasons; lack of space, too long not adopted, sick, scared, needs one-on-one attention) animals can be transferred out before they must be euthanized or for the animal's best interests.

-Numerous vets have begun also offering rescue assistance to animal owners on place to euthanize an animal who can be helped.

THAT'S WHERE WE COME IN.

When we have place and resources available, we network with the organizations who are aware of all of the animals who must get rescue help as their



With help from my mom, all our adoption contracts have been transferred from filing cabinets into easy to access binders. Starting in 2011 when I began demanding contracts for the animals' wellbeing. It was in 2011 that I realized how much our help was needed and we began making it our sole mission to help as many as we could. These photos depict hundreds and hundreds of files and hundreds and hundreds of happy endings of animals still in their new families.

last chance immediately. Vets in the area will contact us when an animal is brought for euthanasia for reasons that are against their morals (peed on the floor, needs a routine surgery, growled at the kids.....) and the owners have legally forfeited their ownership.

Once I have sent word to help (how many animals I can) then OLC and PP coordinate with a volunteer group of drivers called Freedom Drivers who work to find drivers to get the animals from where they are, to us. Sometimes great distances.

We see ourselves as our animals' last chance at finding what they ALL deserve from the beginning, a loving home, and we TAKE IT VERY SERIOUSLY!

ONCE WITH US

-They are home. As home as they are going to be before hoping to find a REAL home. One they should have been given in the beginning.

-It is not rushed. We take our time to get to know them, help them build their confidence and trust again. Show them they are loved.

-They are given all the vet care they need. More often than not, expensive vet intervention is required, which is on top of the basic vet attention (fixing, shots, deworming....).

-It takes as long as it takes and some-

times it can be years, but it is never rushed.

-Not only do we hope to find new loving homes for our faces we help, but we also maintain a legal contract that states the animals must always come back to us if they can no longer stay in their adoptive home. We don't save them to take a chance that they are not loved and safe in the future.

This is how it works and this is who we are and what we do. We work as a family each and every day to offer this last chance to as many animals as we can help.

HOW DO WE DO IT? YOUR SUPPORT!

We need income to pay for the \$2,000(average) monthly vet bills and the \$2,400 (average) monthly food and necessities bill. To do that, we hold fundraisers (our monthly auctions) and our store (after its bills are paid to stay open the REST goes towards paying for what the animals need each month).

So, these are the steps an animal goes through before becoming part of our pack. Each day, we work hard to be able to help more and we couldn't do it without the assistance of: 1-The animal control organizations who agree to seek rescue assistance before euthanasia. Not all do.

2-OLC AND PP who seek out all the

animals facing euthanasia and providing their stories to me (and other recognized rescues across Canada).

3-Volunteer drivers (called Freedom Drivers) who get the animals to me (some who come long distances).

4-My vets who provide me with knowledge and assistance under any situation(usually emergency) faced.

5-My team who helps me care for all our animals we care a great deal about.

6-YOU GUYS who support all our animals by using the store for your pet needs and participating in our auctions.

We are NOT a shelter and take in animals that owners want to surrender. We are there after the shelters cannot help any more.

We are NOT government funded and have no contracts with any municipalities. Meaning, we do what we do to help as many as we can and have no contractual obligations to do so.

We pay yearly to have a permit from the government that hangs proudly on our wall that gives us the right to help these animals.

WE HELP THE FACES THAT HAVE NO ONE LEFT TO HELP THEM and it is a responsibility we take on with all our hearts.

"One life at a time" was our motto when we first started 8 years ago and it REMAINS TODAY!

This page is provided by Blue Seal - The Animal Nutrition Centre and The Pet Connection.

GROOMING

Our professional team's #1 priority is to pamper your pet

Grooming your pet is an important part of his overall care



1730 Wellington Street South Sherbrooke • 819-348-1888 blueseal@agrianalyse.com

Tyler Comeau & Highway 10 to perform at fundraiser to benefit the Ken Jones Respite Program for intellectually challenged



THE SCOOP

MABLE HASTINGS

On Saturday, April 27 the Ken Jones Respite Committee (KJC) is organizing a supper and bluegrass musical evening fundraiser to benefit the KJC Respite program in Mansonville. The event will be held in the basement of the Catholic Church located on (Rue Principale). There will be a bar on-site and the evening will feature the band, Tyler Comeau & Highway 10.

The Ken Jones Respite program for special needs clients, specifically adults with intellectual disabilities, or victims of brain trauma (with or without physical disabilities) is a Thursday Respite Program offered through the Missisquoi North Volunteer Centre (CABMN) that provides respite for families while giving clients a group of their own to attend and exchange with others in friendship.

The animation team of Sheila Samborsky and Eszter Csiszer as well as a great group of volunteers work with the clients offering: crafts, music, exercise, social exchanges, spiritual sessions, outings (including monthly bowling), special events and fun.

The April 27 performance will be an event not to be missed. The evening features the band, Tyler Comeau and Highway 10, a bluegrass music lovers dream and the opportunity to see a talented young man who is on his way to stardom. If you haven't heard of Tyler Comeau yet, after April 27, you won't forget his face nor his musical genius and, the fact that he is only 16!

The band includes Tyler and Ronnie Comeau from Cowansville, Joey Dingman from Austin and Jean Marc Lajoie from Gatineau, Quebec. 16 year old Tyler first picked up a guitar when he was seven and has been playing with a band since the age of 11. His bluegrass roots came to fruition while playing with his grandfather, Ronnie and his great uncle, Larry Comeau. Tyler has since performed with others including: Jim Collette, Ray Legere, Danny Perreault, Mike and Rose Savoy, and Allan Mills. His greatest influencers being, Earl Scruggs and Lester Flatt, J.D. Crow, Russ Carson, Ricky Skaggs, Carl Goodman, Jim Mills and more... Tyler has

played with bands including, Carson Peters & Iron Mountain, Bear Tracks, the Spinney Brothers...

In August 2018 Tyler won 1st place in Youth Banjo Player competition in Galax, Virginia, a worldwide competition with people from California, New York State, the United Kingdom, Japan and Virginia. He also received a trophy honouring his accomplishments as the Blue Grass Festival in Ontario in 2018.

Like most musicians, Tyler Comeau and Highway 10 have a common plan for the future, "keep playing music;" at festivals, local gigs, wherever and whenever available.

"Traditional music is experiencing

resurgence around the country right now; in this part of the world traditional music never went away," shares the band.

The Ken Jones Respite Fundraiser will be the band's first performance in Mansonville and they are looking forward to it and are proud to be a part of the evening to support a great cause. Tickets are on sale now, \$25.00 for supper and the dance (supper at 5:00pm) and for dance only at 7:30pm the tickets are \$15.00 per person. The supper is being catered by Shannon Derby and will include: stew, salad, bread and dessert. For tickets call 450-292-3114.



(Left to right) Ronnie Comeau, Larry Comeau & Tyler

COURTESY

Sutton man arrested following allegations of sexual assault

Record Staff

Sûreté du Québec investigators arrested a resident of Sutton on March 27 as part of a sexual assault investigation.

investigation.

Suspect Baris Ugurlu, 45, appeared on March 28 at the Granby Courthouse. The latter is suspected of having assaulted three women, including a minor who

worked at the same business in Sutton as Ugurlu..

This arrest was carried out following an investigation initiated in January 2019 after information was provided by

the public.

Any information on criminal acts or suspicious events can be communicated to the Central Criminal Intelligence of the Sûreté du Québec at 1-800-659-4264.

Queen Street parking

CONT'D FROM PAGE 1

stop directly in front of the manor entrance to drop off passengers.

Olson said 82 of the roughly 110 residents living at the manor signed the petition. Even those that don't drive are affected, he said.

"It's hard even for a pedestrian just to cross the street," he said explaining they need to step out into traffic to be able to see what is coming down the street.

"I'm afraid there's going to be a serious accident out there some day," Olson commented.

The point of the petition was to appeal to the municipality to either restrict parking on that section of the street, or at least put it on the town's

radar so the area is more closely monitored.

"At least give tickets to people," Olson said, to deter drivers from parking directly in front of the manor.

According to Olson, the Committee for Better Living was originally formed at Le Renaissance St-Francis Manor to inform management of issues of concern at the residence.

We're not the enemy here," insisted Olson. "We're here to help. You don't see these things, we do," he said.

The Record contacted the Société de transport de Sherbrooke to see if the bus stop in question had been a source of complaints for STS drivers or passengers.

The paper did not receive a reply by press time.

A second Frigo Free Go in Sherbrooke schools

By Emilie Hackett
Special to the Record

The Coopérative de développement économique communautaire (CDEC) has inaugurated a new Frigo Free Go at Mitchell-Montcalm High School, the second in the Commission scolaire de la Région-de-Sherbrooke.

First launched in 2016 in downtown Sherbrooke, the community fridge initiative has grown in the Eastern Townships and aims to help reduce food waste in a way that gives back to the community. Students are invited to put surplus food into the fridge to be available to another student rather than throw it in the trash.

This is the sixth Frigo Freego in the Sherbrooke area.



EMILIE HACKETT

Valérie Beaulieu, Mitchell-Montcalm teacher, Arielle Drissen, development officer with CDEC, Sandrine Tremblay-Benoît, a student who participated in the project, and Amélie Martin-Caya, vice-principal at Mitchell-Montcalm, pose together in front of the new Frigo Free Go in the school's cafeteria.

THE RECORD

Follow The Sherbrooke Record on Facebook and Twitter!

sherbrooke.com
@recordnewspaper

EDITORIAL

"I say to staff right at the beginning, if you feel like running away, that's when you need to run into my office. When you find that you are withdrawing and you're feeling overwhelmed, that's when you need to run in, not out."

Every child matters: What principals need to effectively lead inclusive schools

By Steve Sider
Associate Professor,
Faculty of Education,
Wilfrid Laurier University

Canadians continue to grapple with what it means to be an inclusive society. Despite a general trend to inclusive education in provinces across Canada, policies and services are inconsistent.

Inclusive education is quality education that aims at the full participation of all learners with a belief that all students can make valued contributions to classrooms and schools.

Recent education announcements by the Ontario government, for example, are emblematic of challenging contexts both for families and school communities.

Decisions such as increasing class size, changing the funding model for children with autism and potentially changing the full-day kindergarten framework could dramatically affect students with special education needs in inclusive schools.

Reports of escalating classroom violence have drawn widespread media attention, as have accounts that students with special education needs are being asked to stay home from school.

In Newfoundland, the Advocate for Children and Youth released a January 2019 report on chronic student absenteeism within the province. The report found that factors such as learning disabilities, mental health issues, behavioural issues and developmental delays contributed to absenteeism.

In 2018, Inclusion Alberta reported that 53 per cent of children with disabilities had been secluded or restrained at school. The same year, Inclusion B.C. reported that many students with special education needs are still being negatively affected by inappropriate and out-

dated teaching practices.

Prior to this in British Columbia, two legal cases exemplified how contested and precarious inclusive education is in Canadian schools.

In 2016, the Supreme Court of Canada ruled in favour of the B.C. Teachers' Federation and against the province with regard to limiting class size and composition.

In 2012, the Court also affirmed the legal right of students with learning disabilities to receive adequate special education supports in schools in what became known as the Moore case. At the centre of this case was student Jeffrey Moore and his father.

As a former elementary and secondary school teacher and school administrator, I am aware of the lived realities of teaching students with special education needs in inclusive classrooms.

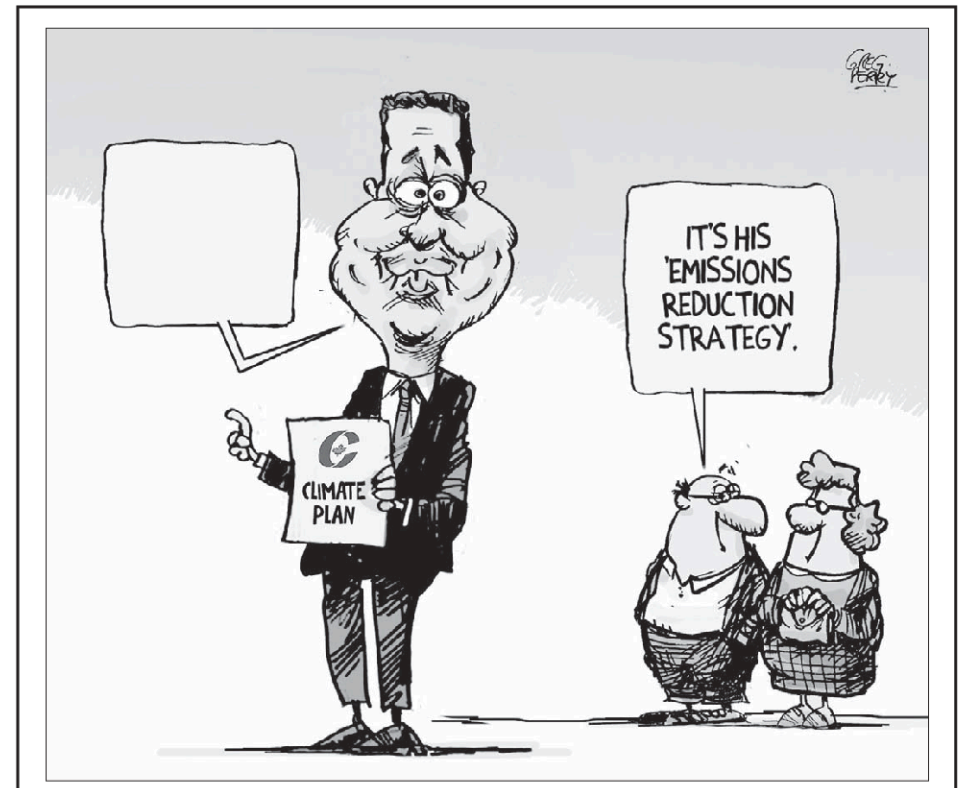
Many teachers experience having classes with 25 or 30 students, sometimes with combined grades. Such a scenario could include teaching two grades of curricula, plus teaching multiple students with individual education plans, who may require accommodations, support staff and specialized equipment.

Leadership and inclusion

The realistic challenges inherent in this worthy ideal in pursuit of human dignity and belonging are lived out every day in schools. Students, teachers, support staff and principals are in many ways at the forefront of inclusion in society at large.

Yet one area that has been lacking has been an informed understanding of what kinds of support principals need as they provide leadership for inclusive schools.

Our research team, made up of members of the Canadian Research Centre on Inclusive Education, recently completed



a study on this topic.

We collected data from 285 principals and vice-principals about their experiences in inclusive schools — that means schools practising the full participation of all learners, as defined by the Council of Ministers of Education Canada.

We asked principals from British Columbia, Alberta, Ontario, Quebec, New Brunswick and Newfoundland to consider the ways in which they support students with special education needs in inclusive schools. The participants were from elementary and secondary schools, in both English and French language school systems, in urban and rural areas.

After this initial data collection, we interviewed 46 of these participants. We wanted to further examine the types of experiences principals described about leading inclusive schools and what kind of professional learning they felt would be helpful.

The results of the study point to some key lessons for school systems across Canada. Three of these lessons include:

1. Invest in the right professional development

School systems and professional associations responsible for the preparation of future school principals need to invest in professional development specifically about inclusive education.

Professional learning needs to be extended beyond technical aspects related to special education such as legal requirements or staffing needs.

One principal said:

"I say to staff right at the beginning, if you feel like running away, that's when you need to run into my office. When you find that you are withdrawing and you're feeling overwhelmed, that's when you need to run in, not out."

This principal had fostered a leadership competency that reflected empathy and a skill in supporting the mental health of staff.

Professional learning should develop leadership competencies in fostering a healthy school culture, including enhancing communication skills to support students, staff, parents and other

caregivers.

2. Strong professional relationships matter

Principals who developed strong professional relationships with students, parents and caregivers, and teaching and support staff were best equipped to support a wide variety of student needs.

One principal commented:

"Relationships are the foundation of everything I do as a school administrator.

The feeling behind this statement was shared by many of the participants who identified relationships as core to their work in supporting inclusive school environments.

Another principal described a conversation with the father of a child with special education needs:

"At the end of the conversation, the dad came around the table and gave me a hug and said 'I have never had someone want to include my kid in the school before.'"

Principals have complex and competing demands on their time. Those who prioritized spending time interacting with students, engaging with parents and caregivers and supporting staff reported high levels of effectiveness in supporting inclusive schools.

3. The demands of the job take a toll

Despite being surrounded by people, principals frequently reported that they often work in isolation and without a lot of support. There is a strong indication that the demands of the job, particularly with diverse and pronounced student needs, take a heavy toll on them.

Our society has become increasingly aware of the complex mental health needs of students in Canada and there needs to be a recognition of the similar mental health needs of teachers and principals.

Further research and knowledge mobilization is needed to build the capacity of principals to effectively lead inclusive schools.

Steve Sider receives funding from the Social Sciences and Humanities Research Council of Canada.

THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2

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

PRINT SUBSCRIPTIONS

For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com

ON-LINE SUBSCRIPTIONS

QUEBEC:	1 YEAR	108.72	5.44	10.85	\$125.00
	1 MONTH	9.78	0.49	0.98	\$11.25

Rates for out of Quebec and for other services available on request.

The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

PM#0040007682

Return undeliverable Canadian addresses to The Record, 6 Mallory Street, Sherbrooke, QC J1M 2E2

Member

ABC, CARD, CNA, QCNA

Local Sports

The Junior girls basketball team capped off their fine season by defeating Richmond Regional in the bronze medal game 49-28.

Spartans final hockey game of the season tonight

The final Spartans hockey game of the season will take place this Wednesday at 6:00 pm in the Pat Burns Arena as the Prep U16 team takes on Loyola High School in the Quebec Interscholastic Hockey League best-of-three quarterfinal.

The two teams faced off this past weekend in Montreal, with Stanstead College defeating Loyola 8-5 on Saturday but losing their second game 1-5.

The winner of Wednesday's game will advance to the QIHL semifinal in Montreal Saturday evening.

The Prep U16 Spartans finished third in the league during the regular season with 13-6-2-1. Loyola's regular season record of 12-7-2-1 put them in sixth place.

This is the last time to see Spartan action on the Pat Burns surface this season. Come out and cheer!



COURTESY STANSTEAD COLLEGE

Pipers on the podium

Submitted by Robert Fisk
Alexander Galt

Chicoutimi April 12-14 in which they will represent the Estrie region.

Meanwhile the Junior boys basketball team upset La Ruche 48-42 in their RSEQ AA semi final in Magog thanks to a 25 point performance by Lucas Dunn. They faced and bigger and older club, Triolet in the final and lost 44-41 to claim the silver medal.

The Junior girls basketball team capped off their fine season by defeating Richmond Regional in the bronze medal game 49-28.

The basketball program at Alexander Galt opened more eyes this past weekend by claiming gold, silver and bronze medals en route to a successful season.

The Senior boys basketball team routed La Ruche 65-30 in the RSEQ AA semi final and then upset Tandem La Boise 59-31 in the gold medal game. The victory slammed their ticket to the RSEQ AA Provincial Championships in



The Junior girls basketball team



Junior boys basketball team

Logan and Watson named Piper Athletes of the Month

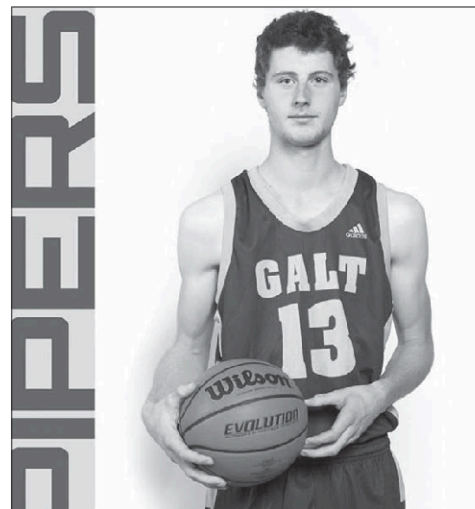
Submitted by Robert Fisk
Alexander Galt

Sarah Logan and Evan Watson have been named the Piper Athletes of the month for March at Alexander Galt High School.

Logan has been a defensive stalwart while playing for the Bantam and Junior hockey teams. As a defenseman she has logged heavy minutes in the final stretch of the season and play offs. She plays in all situations (power play and penalty kill) and is counted on to stop the opposing teams top players and the final minutes when the game is on the line. She makes a good first pass and picked up four assists in five games and had plus/minus rating of +7. The Stanstead native has been perfecting her skills in the hockey concentration program for two years and has made significant improvements to her game as a result. The multi-sport athlete (hockey, flag football) always has a positive attitude, great work ethic and is very difficult to play against. Her 91% average is an indication of her focus and attention to detail. The thirteen year old will con-

tinue to do her part as the junior team looks to bring home the QIHL play off championship this weekend in Montreal.

Watson played a big role in helping the Senior Boys basketball team win the Visser (English Provincials) in Massey-Vanier at the beginning of the month as well as the RSEQ AA regional play off championships. As a result the 6'7" center and his teammates will do their best to win the French Provincial Championships in Chicoutimi April 12-14. The Ayer's Cliff native averaged 15 points, 12 rebounds and 3 blocked shots during the most critical games of the season. His size helped his team dominate at the English Provincial championships and upset the number ranked team, Tandem le Boise 59-31 in the regional golf medal game. The sixteen year old has been refining his basketball skills in the basketball concentration program for five years and we are seeing the results of his work ethic and determination. He has committed to play for the Champlain Cougars next year at the CEGEP level under coach Matt MacLean.



Evan Watson



Sarah Logan



Senior boys basketball team

PHOTOS COURTESY OF ALEXANDER GALT REGIONAL HIGH SCHOOL

Death



**Rita BRUS
(1925 - 2019)**

Surrounded by her loving family, Rita passed away peacefully at the CHUS-Fleurimont on March 29th, 2019 at the age of 93.

Rita is predeceased by her husband John and her youngest daughter Lucy. She leaves to mourn her daughter Diane and sons Hans, Gerry, Charles and Rene as well as their spouses. She will be dearly missed by her

11 grandchildren, 22 great-grandchildren, numerous other relatives and dear friends living in Canada and in Holland.

Visitation will take place at the Cass Funeral Home, 900 Clough St., Ayer's Cliff, Quebec, (www.casshomes.ca), on Saturday, April 6th, 2019 from 11 a.m. to 1:30 p.m. A funeral service will follow at 2 p.m. at the St-Barthelemy church in Ayer's Cliff. Private burial at a later date.

The family wishes to sincerely thank the doctors, nurses and staff at CHUS Fleurimont, 4th floor, for the attentive and compassionate care given to Rita.

In memory of Rita, donations to the CHUS Foundation, 530, 10e Avenue S., Sherbrooke, QC, J1G 2R9, would be appreciated by the family.

Rita will be missed by all who knew her.

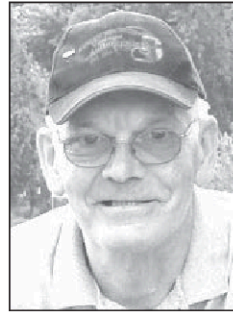
CASS FUNERAL HOMES
Stanstead & Ayer's Cliff
900 Clough St., Ayer's Cliff QC

PHONE: 819-876-5213
FAX: 819-849-3068
www.casshomes.ca

Death

Death

Death



**Terry (TP) Painter
(1943-2019)**

TP a life-long resident of Lennoxville passed away peacefully on March 23, 2019 at CHUS Fleurimont. The son of the late Olive (McKee) and Lindsey Painter, loving husband of Paulette Beaudesne, dear father of David (Lisa Dubeau), Karen (Mark Pezzi), and beloved grandfather of Zackery (Rebecca Cote), Logan, Chase and Cole.

Loved by his sister, Ardyth Davidson (late Donald Davidson), predeceased by his sister Beverly Patrick (Roscoe Patrick) and predeceased by his brother Verne Painter and his sister Gloria Painter. He also leaves many nieces, nephews, cousins and many good friends. He will be dearly missed by them all.

TP touched many lives over the years whether it was with his involvement with the Lennoxville Volunteer Fire Department, the Eastern Townships Vintage Automobile Club, delivering meals on wheels, driving people to appointments, making baskets at Mental Health Estrie, helping out with mechouis at the Hut, or helping those with an addiction, he loved to be helpful and always with a smile and a joke.

At TP's request, there will be no funeral. A visitation will be held at the Cass Funeral Home, 3006 College St., Sherbrooke (Lennoxville) on April 6th, 2019 from 2:00 p.m. to 4:00 p.m.

As memorial tributes, donations in TP's name to the CHUS Foundation or a charity of your choice would be appreciated by the family.

CASS FUNERAL HOMES
3006 College St., Sherbrooke QC
www.casshomes.ca

PHONE: 819-564-1750
FAX: 819-564-4423

Death

Death

In Memoriam



**Edward Digby
(1932-2019)**

Passed away peacefully at the CHUS Hotel-Dieu on Thursday, March 28, 2019 at the age of 86.

Beloved husband of Helen Gill and father of John (Kathy), Barry (Carol), David, Mark (Winnifred) and Garth. Edward was the loved grandfather of Jeremy (Sofie), Trevor (Samantha), Tyler (Paige), Alyssa (Jake), David and was the great-grandfather of Kelly, Jaxson, Miles, Brayden, and Lexie.

He also leaves to mourn his sisters Alberta, Alice, Rose and was predeceased by sister Laura and brothers Charlie and Dick, and will be missed by many nieces, nephews and friends.

Visitation will take place at Cass Funeral Home, 3006 College Street, Sherbrooke (Lennoxville) Quebec on Saturday April 13, 2019 from 9:30 a.m. to 11:00 a.m. followed by the funeral service at 11:00 a.m. at the Cass Chapel.

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

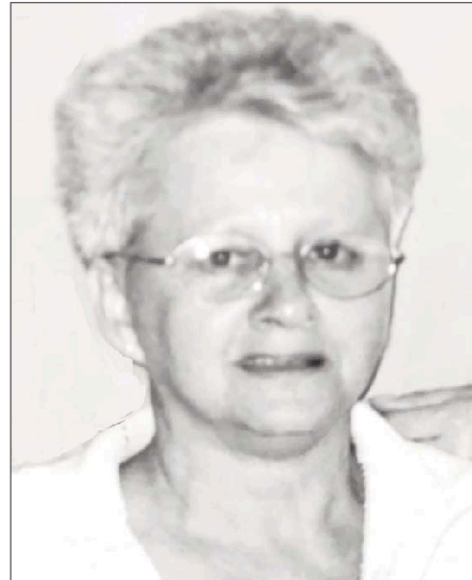
**Murray George GARDNER
(1939-2019)**

Son of the late Orin and Margery Gardner of North Hatley, passed away in his 79th year, on March 19th, 2019, at the Magog hospital after a long battle on dialysis.

Murray was the husband of Francine Couture, and of the late Brenda (Huff) Gardner. He was a loving and caring father to his daughters: Shelley Gardner (Jeff Bray) and Sally Gardner. Was "Papa" to his grandchildren: Alyssa and Josh Bray, Grace and Hannah Gardner. Was brother to: Deanna (Tom Pellow), Mary Ann (Dave Turnbull) and stepfather to Isabelle Couture Dion. Murray also leaves behind many special friends and family who visited him faithfully during his illness.

A graveside service will take place on Saturday, June 1st 2019 at 2 p.m. at the North Hatley Reedsville cemetery, reception to follow at the Hope Community Church Lennoxville (102 Queen St., Sherbrooke, Qc.).

**COMPLEXE FUNÉRAIRE
CHARRON ET LAMOUREUX**
1295 rue Sherbrooke, Magog QC
PHONE: 819-769-8777
FAX: 819-769-1341
info@charronetlamoureux.com
www.charronetlamoureux.com



GUILBAULT, Roberta Cote: December 14, 1945 – April 3, 2005. In loving memory of a dear wife, mother and grandmother, Roberta, who passed away April 3.

*Every day in some small way
Memories of you come our way,
Though absent, you are always near
Still missed, love and always dear.*

**ARTHUR
BARBARA (JONATHAN)
PENNY
PAMELA
ALLAN (JENNIFER)
REBECCA, COURTNEY,
ASHTON & EMMA**



Do Just One Thing



By Danny Seo

We know the benefits of having live houseplants in the home: They help absorb toxins and release fresh oxygen back into the air. But for many of us, houseplants can be hard to maintain or keep alive.

Though magazine spreads often depict houseplants looking great on top of bookshelves or in guest bedrooms, these typically are less accessible areas in easily forgotten rooms. One tip is to keep your plants in areas that are commonly used and provide easy access to water: bathrooms and the kitchen are good places. The residual steam from a shower can even help water plants.

Already at a good weight

Dear Annie

WEDNESDAY, APRIL 3, 2019

Dear Annie: My employer is conducting a weight-loss incentive program for the month of April. Whoever loses the most weight gets a \$250 gift card.

I know that obesity is an epidemic in this country. I know losing weight can reduce one's likelihood of having many chronic health issues. I think it's great that my employer cares about employee wellness (even if the bosses are partially motivated by insurance rates). However, I'm already a healthy weight, and I'd be underweight if I lost more than a few pounds. I don't think it's fair for me to be excluded from this team-building challenge (and, let's be honest, a potential \$250). Do I have any recourse here? — Weighing My Options

Dear Weighing: Wellness isn't only about weight. The number on the scale is merely one measure of health, and it by no means provides a complete picture. Your employer would be wise to recognize this. Approach human resources or whoever is managing the competition about introducing other markers of well-being, such as blood pressure, into this healthy competition. If modifications can't be made at this time, contribute ideas for next year's challenge and try to be grateful for the fact that a healthy weight has

come easily to you.

Dear Annie: Like "Choking, Not Joking," I have asthma and a strong reaction to scents. After years of dealing with aromatherapy infusers, Glade Plugins and strongly scented hand sanitizers, I went to the bosses and had them banned in my public school. I could only imagine all the students with asthma who also had problems. Inhalers didn't really help, and in my search for answers, with many different doctors, I discovered I also have vocal cord dysfunction.

With VCD, when my vocal cords are triggered by scents, cold air, smoke, exercise or stress, they become paralyzed and prevent the opening to my airway from opening. That is why inhalers don't work for me. Speech therapy, however, has helped, and I feel much better. The learned strategies have let me deal with the attacks that happen.

I would also suggest that "Choking, Not Joking" hang a sign in her service department that respectfully requests that care be taken with strong scents. That way, the next time these customers come, they might take care not to have overwhelming scents. At the very least, it would help educate them. — Choking Is No Joke

Dear Choking Is No Joke: Indeed it's not. I heard from numerous people with whom "Choking, Not Joking's" letter resonated. I'm printing your letter because it will no doubt encourage some folks to lay off the perfume spritzer and because you include tips that may well help a lot of others struggling in this overly scented world. Thank you for writing.

Dear Annie: "Choking, Not Joking" should get himself or herself an air purifier for the office that could sit right next to his or her desk. There are space-saver models. A good air purifier is about \$100, and they really do work. I work with a smoker (no, she doesn't smoke in the office, but the smoke lingers on her clothes), and I'm allergic to cigarette smoke. I just turn on my quiet air purifier and breathe easier. — Reader in Texas

Dear Reader: Thanks for this additional tip for a healthier work environment. Now if only we could get folks to stop smoking...

"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.

Datebook

WEDNESDAY, APRIL 3, 2019

Today is the 93rd day of 2019 and the 15th day of spring.

TODAY'S HISTORY: In 1865, Union forces captured Richmond, Virginia, the capital of the Confederacy.

In 1882, American outlaw Jesse James was killed by Robert Ford, a member of James' own gang who hoped to earn a state reward.

In 1948, President Harry Truman signed into law the Marshall Plan aid bill, which was designed to help rebuild war-torn Europe.

In 1996, "Unabomber" Ted Kaczynski was arrested at his cabin near Lincoln, Montana.

In 2010, Apple Inc. released the first iPad tablet computer.

TODAY'S BIRTHDAYS: Washington Irving (1783-1859), writer; Marlon Brando (1924-2004), actor; Doris Day (1924-), singer/actress; Gus Grissom (1926-1967), astronaut; Jane Goodall (1934-), primatologist; Wayne Newton (1942-), singer; Alec Baldwin (1958-), actor; David Hyde Pierce (1959-), actor; Eddie Murphy (1961-), actor/comedian; Adam Scott (1973-), actor; Cobie Smulders (1982-), actress;

Amanda Bynes (1986-), actress.

TODAY'S FACT: After Marlon Brando returned his script for "On the Waterfront" twice, Frank Sinatra was cast in the lead role. Brando was ultimately convinced to star and went on to win an Oscar for his iconic performance.

TODAY'S SPORTS: In 1988, Mario Lemieux of the Pittsburgh Penguins won the NHL's Art Ross trophy as the league's top scorer, ending Wayne Gretzky's streak of consecutive scoring titles at seven.

TODAY'S QUOTE: "I am always at a loss to know how much to believe of my own stories." — Washington Irving, "Tales of a Traveler"

TODAY'S NUMBER: 214,488 — offshore entities (used as tax havens) revealed in the "Panama Papers," a massive leak of financial and legal documents first published by the International Consortium of Investigative Journalists on this day in 2016.

TODAY'S MOON: Between last quarter moon (March 27) and new moon (April 5).

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

4/3

© 2019 Dist. by Andrews McMeel Syndication for UFS

PREVIOUS SOLUTION

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

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

I'M LEARNING FRENCH

Because...
my brain gets a boost.

CPF Canadian Parents for French

Join CPF - for answers and support as they discover French. www.cpf.ca



Send your social notes to: classad@sherbrookerecord.com

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.

" G K Z M ' F U N N L J F F C L E F U F B E R B Z .
G K Z U N N L J F O G E U , X U E F L W N U W K Z W
U X L W G N U M L A J W L E E . " — E F L J C L M
N Z S P L W F

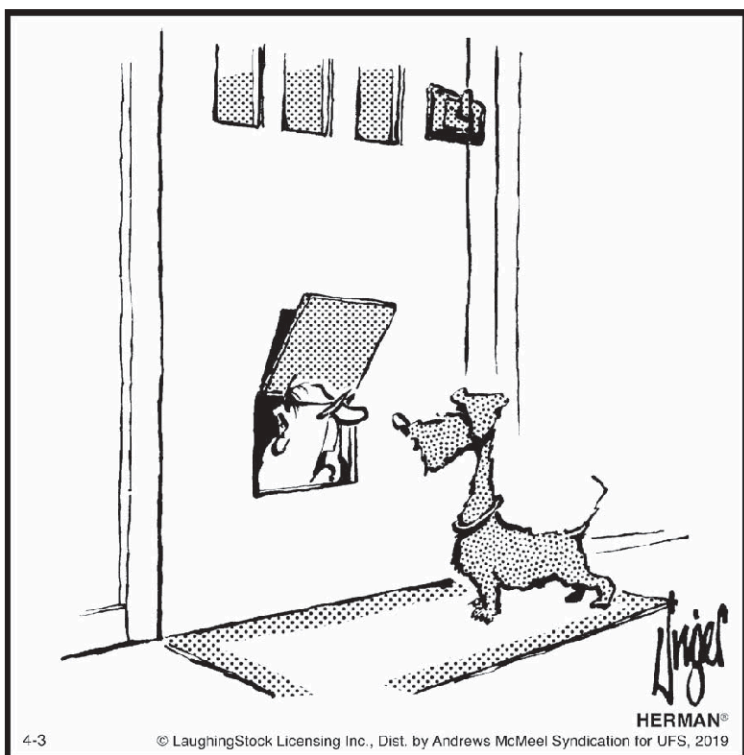
Previous Solution: "L.A., it's nice, but I think of sunshine and people on Rollerblades eating sushi." — Jimmy Fallon

TODAY'S CLUE: 7 s t a n b e s

REALITY CHECK



HERMAN



"Go and tell Mommy that Daddy forgot his key."

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



THATABABY



Go grocery shopping with dietitians. When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide. www.healthcheck.org Check for Health Check™

Diabetes The New EPIDEMIC REACT NOW! Diabetes Québec Information and donations: (514) 259.3422 or 1.800.361.3504 www.diabete.qc.ca

CALL SHERBROOKE: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.
 E-MAIL: classad@sherbrookerecord.com
 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

CLASSIFIED

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
 OR MAIL YOUR PREPAID CLASSIFIED ADS TO
 THE RECORD, 6 MALLORY, SHERBROOKE, QUEBEC J1M 2E2

100 Job Opportunities 100 Job Opportunities 100 Job Opportunities

275 Antiques

THE RECORD

Something old, something new

Do you have an interest in Township's history and a knowledge of digital revenue opportunities for media?

The Record is seeking an enthusiastic team member to digitize its photo archives, create a digital library for daily use in the newsroom and monetize the collection through themed content on The Record's web site.



Working with The Record's editorial and advertising teams, the ideal candidate will be creative, innovative, with an eye to detail and above-average English-language writing skills. While specific training will be provided on navigating the newspaper's server and web site, the applicant must have a good knowledge of Adobe Photoshop and software used to scan, save, collate and transfer photo and text files.

This opportunity is supported by Quebec's Minister of Culture and Communication and begins immediately for a period of one year.

Interested candidates should send a cover letter stating their interest and qualifications to:

Sharon McCully at
 outletjournal@sympatico.ca



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



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

THE RECORD
 OUR CLASSIFIEDS GET RESULTS!
 Call today today to place your classified ad!
819-569-9525
450-242-1188

Sesame noodles with chicken

By America'S Test Kitchen

Much like a Chinese finger trap that lures by appearing to be a toy, sesame noodles are not what they seem. You may think of them as merely a humble bowl of cold noodles, but don't be fooled - just one bite and you're hooked on these toothsome noodles with shreds of tender chicken, all tossed with the fresh sesame sauce.

The real problem is, good versions of this dish can be hard to find. The cold noodles have a habit of turning gummy, the chicken often dries out, and the sauce is notorious for turning bland and pasty. We wanted a recipe that could not only quell a serious craving but could do it fast.

Though drawn to the softer texture of fresh Asian-style noodles, we conceded that dried spaghetti could serve as a second-string substitute. The trouble with both types of noodle, however, was that after being cooked and chilled, they gelled into a rubbery skein. After trying a number of ways to avoid this, we found it necessary to rinse the noodles under cold tap water directly after cooking. This not only cooled the hot noodles immediately but also washed away much of their sticky starch. To further forestall any clumping, we tossed the rinsed noodles with a little oil.

Boneless, skinless chicken breasts are quick to cook and easy to shred; the real question is how to cook them. The microwave seemed easy in theory, but we found the rate of cooking difficult to monitor_30 seconds meant the difference between underdone and overdone. Many recipes suggested poaching the chicken in water or broth, but this chicken had a washed-out flavour. Nor was roasting the answer; it caused the outer meat to dry out before the interior was fully cooked. Cooking under both gas and electric broilers, however, worked perfectly. The chicken cooked through in minutes, retaining much of its moisture and flavour.

To be authentic, the sesame sauce should be made with an Asian sesame paste (not to be confused with Middle Eastern tahini), but most recipes substitute peanut butter because it's easier to find. Somewhat surprisingly, tasters preferred chunky peanut butter over smooth, describing its flavour as fresh and more peanutty. We had been making the sauce in a blender and realized that the chunky bits of peanuts were being freshly ground into the sauce, producing a cleaner, stronger flavour. We found the flavours of both fresh garlic and ginger necessary, along with soy sauce, rice vinegar, hot sauce, and brown sugar. We then stumbled on the obvious way to keep the sauce from being too thick or pasty: Thin it out with water.

Although the sauce was tasting pretty good, tasters still complained that there was not enough sesame flavour.

Tossing the rinsed pasta with toasted sesame oil helped a bit, as did garnishing the noodles with toasted sesame seeds. But tasters were still not satisfied; they wanted more. Finally, we tried adding some of the toasted sesame seeds to the sauce. Blended into the sauce along with the chunky peanut butter, the sesame seeds added the final kick of authentic sesame flavour we were all hankering for.

SESAME NOODLES WITH CHICKEN
 Servings: 4

Start to finish: 1 hour

- 5 tablespoons soy sauce
- 1/4 cup chunky peanut butter
- 1/4 cup sesame seeds, toasted
- 2 tablespoons rice vinegar
- 2 tablespoons packed light brown sugar
- 1 tablespoon grated fresh ginger
- 2 garlic cloves, minced
- 1 teaspoon hot sauce
- 1/2 cup hot water
- 4 (6-ounce) boneless, skinless chicken breasts, trimmed
- Salt and pepper
- 1 pound fresh Chinese noodles
- 2 tablespoons toasted sesame oil
- 4 scallions, sliced thin on bias
- 1 carrot, peeled and grated

Puree soy sauce, peanut butter, 3 tablespoons sesame seeds, vinegar, sugar, ginger, garlic, and hot sauce in blender until smooth, about 30 seconds. With machine running, add hot water, 1 tablespoon at a time, until sauce has consistency of heavy cream (you may not need entire amount of water).

Adjust oven rack 6 inches from broiler element and heat broiler. Spray broiler pan top with vegetable oil spray. Pat chicken dry with paper towels, season with salt and pepper, and lay on prepared pan. Broil chicken until lightly browned and registers 160 F, 10 to 15 minutes, flipping chicken over halfway through broiling time. Transfer chicken to cutting board, let cool slightly, then shred into bite-size pieces.

Meanwhile, bring 4 quarts water to boil in large pot. Add noodles and 1 tablespoon salt and cook, stirring often, until tender. Drain noodles, rinse with cold water, and drain again, leaving noodles slightly wet. Transfer to large bowl and toss with oil. Add shredded chicken, scallions, carrot, and sauce and toss to combine. Sprinkle with remaining 1 tablespoon sesame seeds and serve.

Nutrition information per serving: 700 calories; 194 calories from fat; 22 g fat (3 g saturated; 0 g trans fats); 101 mg cholesterol; 2205 mg sodium; 79 g carbohydrate; 6 g fiber; 12 g sugar; 45 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Sesame Noodles with Chicken in "Revolutionary Recipes."

(The Associated Press)

Create a tangy, savory sauce at home

Seafood can be a healthy addition to anyone's diet, and there are plenty of ways to cook fish. Seafood is often made even more delicious with the right accoutrements - such as a tasty dipping sauce.

Tartar sauce long has been the peanut butter to seafood's jelly. Seafood and tartar sauce is a common pairing, particularly for baked or fried dishes. Tartar sauce features a base of either mayonnaise or aioli. The vinegary, creamy base is enhanced with pickled treats, such as capers, gherkins, pickles, or relish.

Tartar sauce has appeared in cookbooks since the 19th century. It is believed to be derived from the French sauce tartare, which was named after the Tartare ethnic group who once occupied parts of Ukraine and Russia. In Turkey, a condiment known as tarator has traditionally been used as a condiment for fried seafood.

There are many different variations on the tartar sauce recipe. This recipe, courtesy of the Food Network, is one that seafood lovers can try. Home chefs can substitute capers or add fresh



Tartar sauce accompanies many seafood dishes.

herbs like dill to expand the flavor profile.

Tartar Sauce

- 1 pint mayonnaise
- 2/3 cup dill pickle relish
- 2 tablespoons white onion, minced
- 1 ounce lemon juice
- Pickle juice to taste

Mix ingredients together, refrigerate and serve as needed.

(Metro Creative)

NEA Crossword Puzzle

Your Birthday

WEDNESDAY, APRIL 3, 2019

- ACROSS**
- 1 Fold-up bed
 - 4 Plaything
 - 7 Islet
 - 10 Pub pint
 - 11 Energy
 - 13 Galleon cargo
 - 14 Conflict
 - 15 Pool member
 - 16 Leo mo.
 - 17 Trawled
 - 19 Health insurance giant
 - 21 Modicum
 - 22 Passports, etc.
 - 23 Scarecrow stuffing
 - 26 Mythical beast
 - 30 Kind of roast
 - 31 Baxter or Bancroft
 - 32 Tigger's pal
 - 33 Gamy
 - 34 Music and sculpture
 - 35 Hang on
 - 36 Thundering herd
 - 38 Debutante

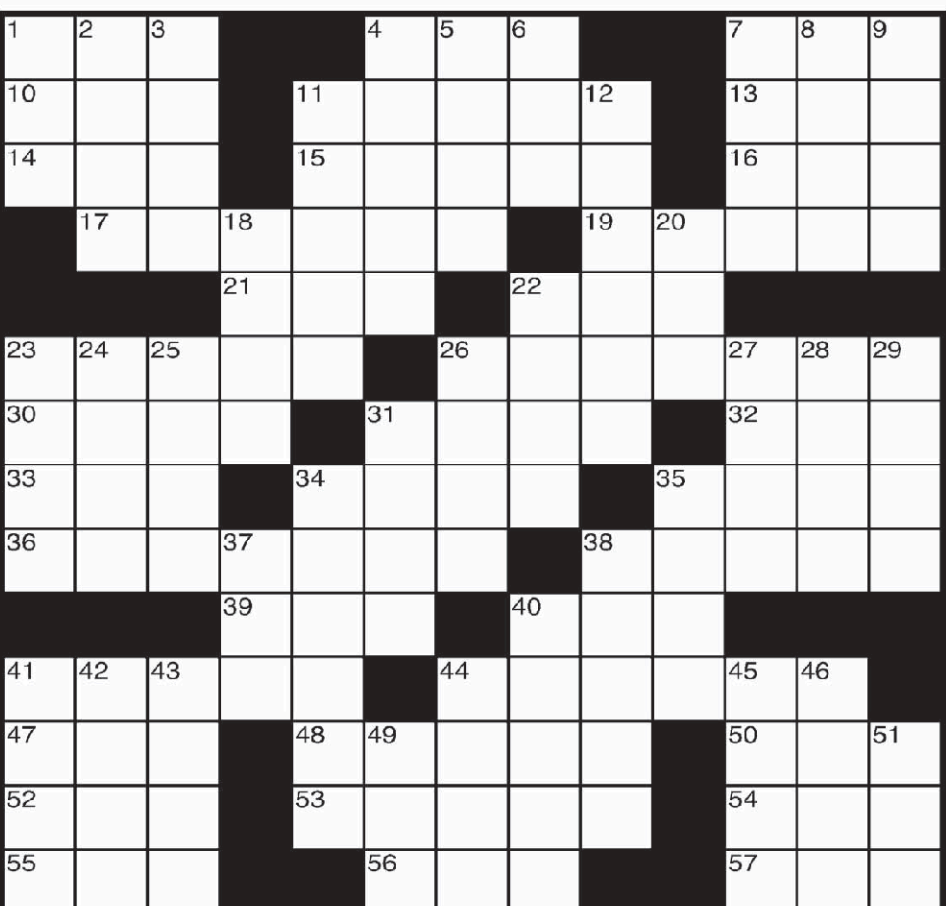
- 39 Letter before sigma**
- 40 Zero, in sports**
- 41 Moses' mountain**
- 44 Traveled quickly**
- 47 Frat letter**
- 48 Snare**
- 50 Fabrication**
- 52 Mil. rank**
- 53 Puffs of wind**
- 54 Mdse. bill**
- 55 Mimic word**
- 56 Quaker word**
- 57 Had lunch**

- DOWN**
- 1 Raven's call
 - 2 Canute's foe
 - 3 Garr of "Mr. Mom"
 - 4 Carried
 - 5 Had a mortgage
 - 6 Urge
 - 7 Apply paint
 - 8 — — for one's money
 - 9 Guru's practice
 - 11 Humbug!

Answer to Previous Puzzle



- 12 Rock band
- 18 Getz or Kenton
- 20 PC
- 22 Motels
- 23 Untidy person
- 24 Meat substitute
- 25 Jazzy refrain
- 26 A law — itself
- 27 Kind of surgeon
- 28 Muddy the waters
- 29 Make mention of
- 31 Younger Guthrie
- 34 Exclaiming over
- 35 Shed tears
- 37 Monastic title
- 38 Takes the bait
- 40 Piquant
- 41 Humane org.
- 42 Flapjack chain
- 43 World's longest river
- 44 Kid around with
- 45 Lamb's pen name
- 46 Force
- 49 Unconscious
- 51 Day before



If you are productive and put in the time and effort, your achievements will exceed your expectations. Dreams can come true if you are patient, tenacious and prepared to give your all. Evaluate the past and consider what adjustments should be made to improve your future. If you set realistic goals, success will follow.

ARIES (March 21-April 19) — A quiet approach will help you avoid interference. Adjust your day to accommodate your needs, and don't stop until you reach your goal.

TAURUS (April 20-May 20) — Take care of private matters. Don't share personal information or make a promise you won't be able to keep. A positive financial, medical or legal change is heading your way.

GEMINI (May 21-June 20) — Scrutinize an offer before you get involved. Someone will try your patience if you aren't specific about the way you want things done. A false impression will lead you astray.

CANCER (June 21-July 22) — Share creative ideas with people who appreciate you and your talent. A partnership will help you reach your goal faster if you divvy up what needs to be done.

LEO (July 23-Aug. 22) — Be open to suggestions, but when it comes to making a decision, do what feels right and works best for you. Generosity doesn't mean letting someone take advantage of you.

VIRGO (Aug. 23-Sept. 22) — Don't settle for less when you have what it takes to get what you want. Make it clear what you expect others to contribute to your project.

LIBRA (Sept. 23-Oct. 23) — Listen to complaints, but don't give in if someone is asking for too much. Partnerships need to be dealt with honestly if you want to avoid being taken for granted or manipulated.

SCORPIO (Oct. 24-Nov. 22) — Mingle, network and share what you have to offer. The information you receive will help you filter your ideas, eliminating what's unnecessary and focusing on what's important.

SAGITTARIUS (Nov. 23-Dec. 21) — Don't go too far off the beaten track. Know what and who you are up against and hold your cards close to your chest. Don't divulge secrets or personal information.

CAPRICORN (Dec. 22-Jan. 19) — Memories will help you put a past relationship in perspective and encourage you to make positive domestic and lifestyle changes.

AQUARIUS (Jan. 20-Feb. 19) — Call on someone who has supported your efforts in the past and discuss your plans. Getting a second opinion will help you avoid making a mistake that could prove costly.

PISCES (Feb. 20-March 20) — Don't get angry when you can get moving. Look at what's possible and start the ball rolling. Don't let someone's disgruntled attitude get you down or hold you back.

WEDNESDAY, APRIL 3, 2019

The defenders' play was well-oiled

By Phillip Alder

Isaac Asimov wrote, "Part of the inhumanity of the computer is that, once it is competently programmed and working smoothly, it is completely honest."

A pair of defenders who signal honestly to each other will often play like a well-oiled engine, purring through the tricks to beat the contract.

How did East-West defeat three spades in this deal?

East's three-diamond overcall was debatable on such a weak suit, especially given the unfavorable vulnerability. North was hoping to double (and probably collect 500); South, though, rebid three spades. North was tempted to try three no-trump, but that would not have worked here.

West led the diamond ace. East, wondering if that were a singleton, gave a suit-preference signal by dropping the seven.

West, getting the message, shifted to the heart eight. East won with his queen and returned the diamond six for partner to ruff. On West's heart continuation, declarer ruffed East's ace, crossed to the club king and played a trump, but East was on the ball. He won with his ace and led another diamond, which

North 04-03-19			
♠ 8 7 3			
♥ K 9 4			
♦ K 9 8 5			
♣ K 6 3			
West		East	
♠ Q 10 2		♠ A 4	
♥ 10 8 7 6 3 2		♥ A Q 5	
♦ A		♦ J 7 6 4 3 2	
♣ 10 7 2		♣ 8 5	
South			
♠ K J 9 6 5			
♥ J			
♦ Q 10			
♣ A Q J 9 4			
Dealer: South			
Vulnerable: East-West			
South	West	North	East
1♠	Pass	2♠	3♦
3♠	Pass	Pass	Pass
Opening lead: ♦ A			

promoted West's spade queen as the setting trick. Slick!

Note that West had done well to lead a second heart at trick four, even though he anticipated South's being out of the suit. If West had played a club, declarer would have won on the board and led a trump. Then East might have played low, allowing declarer to win with his king and play a second round. Or East might have won with his spade ace and tried to cash the heart ace, ticked that West hadn't followed his suit-preference signal.