PRESORT





CLOCKTOW

The Rend Lake College 2014 Homecoming Court includes, FROM LEFT, Kaylyn Fuhrhop of Okawville, Devin Riley of Salem, Andrea Musgrave of Wayne City, Eric Price of Benton, Christine South of Enfield, Trey Garrett of Benton, Abbie Lehman of Marissa, King Adam Carter of Marion, Queen Ashley Clarry of DuQuoin, Jessi Clark of Mt. Vernon, Austin Endicott of Benton, and Elizabeth Dikestra of McLeansboro. (ReAnne Palmer / RLC Public Information)

Carter, Clarry crowned 2014 Homecoming King & Queen

end Lake College crowned its 2014 Homecoming King and Queen during half-time of the Warriors basketball game against Southeastern Illinois.

Adam Carter of Marion and Ashley Clarry of DuQuoin, both representing the RLC Culinary Arts Program, were crowned king and queen. Carter is the son of Wanda Carter. His future plans include starting his own mobile food business. Clarry is the daughter of Nova Clarry and Greg Woods. She plans to work in a nice restaurant in a city while pursuing a degree in an Allied Health field.

Runners-up for the evening were Eric Price of Benton and Christine South of Enfield, both representing the RLC Thespians. Price is the son of Pam and Larry Price, and he plans to transfer from RLC to a university and one day teach history. South is the daughter of Charles and Wanda South. She is looking forward to transferring to a university and studying abroad.

Other King candidates included Austin Endicott of Benton, Trey Garrett of Benton, and Devin Riley of Salem.

STARS representative Endicott is the son of Michael Endicott. His future goals include becoming a doctor and practicing in Southern Illinois.

Garrett is the son of Mike and

Julie Garrett. He has signed a Division I national letter of intent to continue his education and collegiate baseball career at Florida International University in

Riley represented the Musical Note Society and is the son of John and Betty Riley. He plans to earn a degree in music education and theatre before becoming a high school music educator.

The Queen candidates also included Elizabeth Dykstra of McLeansboro, Jessi Clark of Mt. Vernon, Abbie Lehman of Marissa, Andrea Musgrave of Wayne City, and Kaylyn Fuhrhop of Okawville.

Dykstra represented STARS and is the daughter of David and Karyn Dykstra. She plans to graduate RLC in May and start attending McKendree University in the fall of 2014 to obtain a degree in music business.

Člark, the daughter of Denny and Cindy Clark, represented the RLC dance team. She looks forward to completing her associate degree in May and attend Belmont University in Nashville, Tenn., to major in video produc-

Lehman is the daughter of Melanie and Davie Lehman, and plays softball at RLC. Her future plans include graduating with a degree in agriculture business before transferring to Southeast Missouri (SEMO) to complete a



REND LAKE ROYALTY - Adam Carter, LEFT, of Marion and Ashlev Clarry, RIGHT, of DuQuoin are the 2014 Homecoming King and Queen. (ReAnne Palmer / RLC Public Information)

bachelor's degree in the same

Musgrave, representing the RLC cheerleading team, is the daughter of John and Justine

Durham. She plans to attend SIU Edwardsville to major in journal-

Fuhrhop, a member of the women's golf team, is the daughter of Susan Fuhrhop. She is looking forward to attending a Division I school in the fall of 2015, where she will work on obtaining a bachelor's degree.

It's not too late: **Real Estate classes** still registering

REANNE PALMER

RLC PUBLIC INFORMATION pots are available for those interested in the real estate field to take two courses to prepare for the Illinois Real Estate Broker's License Examination. The courses are offered through Rend Lake College's Community and Corporate Education Department.

The first class, Broker Pre-License Topics, requires no prior education in real estate. It teaches the fundamentals of real estate, including federal, state, and license law; marketing; seller and buyer relationships; real estate principles and transactions; and types of real estate opportunities. The 5-credit hour class is scheduled for Tuesdays and Thursdays from 6 -

9:30 p.m. in the Science Building, and runs from Feb. 20 through May 13. The course costs \$490. **Broker Pre-License** Applied Principles, the second course, is a 1credit hour class that begins on May 15 and ends May 29. This Tuesday Thursday class lasts from 6 - 9:30 p.m., also in the Science Building. The course costs \$98. Together, the two courses total 90 hours, which is required to sit for the Illinois Real Estate Broker's License Examination by the Illinois Department of Professional and Financial Regulation. Pre-registration for the courses is required. For more information, or to register, contact Lori Ragland at (618) 437-5321, Ext. 1367, or at ragland@rlc.edu.

REEL Illinois extends registration deadline

he deadline to register for ICCTA's The Reel Illinois film-making seminars has been extended to 10 PM, Saturday, Feb. 15. Students can learn more and sign up today at http://reelillinois.org.

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New GED prep to start registering Feb. 13

REANNE PALMER

RLC PUBLIC INFORMATION ext week, registration and classes will begin for the new GED test through the Rend Lake College Adult Education GED Program. With six locations in the RLC district and free enrollment, now is the time to take advantage of the new

changes to the test. The new GED test has been redesigned to better prepare adults without a high school diploma for higher education and the workplace. Some of the changes to the GED test include options to take one test at a time instead of in one 8-hour sitting, paying for one test at a time, utilizing a new website as a one-stop resource for students and getting notified immediately of test results.

Registration and classes begin at RLC on Thursday, Feb. 13 and Fri-

day, Feb. 14. Students are required to attend both

days. The GED morning classes are held from 9 a.m. until noon at the following locations: Benton Library, RLC MarketPlace in Mt. Vernon and the RLC Murphy-Wall Pinckneyville Campus. Evening classes are held from 6 pm until 9 pm at the following locations: Benton Community High School, the RLC MarketPlace and Christopher High School. Additional classes will be held at the McLeansboro Family Resource Center. For class times contact the Adult Education and

Family Literacy office. To learn more about the test visit www.gedtestingservice.com. To register or to inquire about the RLC Program, contact the Adult Education and Family Literacy Department at (618) 437-5321, Ext. 1241 or at adulted@rlc.edu.

RLC Board February meeting highlights

CHAD COPPLE

OIL, NATURAL GASTECH-NICIAN DEGREE, CERTIFICATE APPROVED, **SENT TO ICCB FOR** ACTION

The board approved the Oil and Natural Gas Technician Associate in Applied Science Degree, an accompanying occupational certificate and 10 associated courses and authorized their submission to the Illinois Community College Board for action.

Plans for this degree began last summer in response to new legislation. Rend Lake College and Southeastern Illinois College signed a cooperative agreement to provide an array of training opportunities for the emerging oil and natural gas industry. Combined, the two districts have more acreage under lease to the industry than anywhere else in the state.

'This is another example of a community college alliance that reaches across district boundaries and works to provide industry and residents of our region the training they need," said **RLC President Terry Wilker-**

Officials said that as the industry takes root, workforce needs will have to be met. Workers will need custom training, as well as other possible credentials, including certificate and degree programs.

In the same action item, the board also approved the Windows certificate under the IT Systems Specialist curriculum and a change in the total credit hours

Administration:

Postal Information:

Single Copy Price:

required for the Associate in Engineering Science Degree (to 68 from 65). These too will be sent to the ICCB for action.

RLC FOUNDATION'S PATHWAY TO SUCCESS PROJECT TO BE LET FOR BIDS

Permission was granted to advertise for bids for the Rend Lake College Foundation's "Pathway to Success" entryway project on the Ina campus. The estimated cost of the project is \$225,000, and it will focus on the walkway to the Dr. Allen Y. Baker Administration Building, which is visited by virtually every student. The area will be renovated to make it more inviting and identifiable, and to provide a testament of the commitment made by supporters of the college and its mission. The project will be funded through a fund-raising effort by the RLC Foundation. The Foundation will match each dollar raised to establish an endowed scholarship for future RLC students.

Tuition rate approved The board approved an indistrict tuition rate of \$95 per credit hour beginning with the Summer 2014 term, which is not an increase over the current rate. This decision was made in light of the fact that the technology fee was increased from \$3 per credit hour to \$5 per credit hour. Out-of-district tuition will be set at a later date. Out-of-state and out-ofcountry tuition was set at \$150 per credit hour.

TENURE FOR FIVE The board granted tenure to five instructors effective

Aug. 18. Each will now have

Rend Lake College

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the title of Associate Profes-

Melisa Berendson, Nursing Associate Professor. Kim Robert, Dean of Allied Health, described Berendson as a leader among the nursing faculty. She has made a significant contribution of time and effort in moving the program into the new concept-based curriculum, Robert said. Berendson encourages students to think and analyze critical situations which could arise in the

Jeff Fairbanks, Culinary Arts Associate Professor. Fairbanks has taken the lead on assessment of the Culinary Arts program, according to his supervisor, Lori Ragland, Dean of Community and Corporate Education. In addition, he has taken part in recruitment, advisement and registration activities, works with area restaurants and businesses to establish cooperative education activities and job opportunities for students, and has taken an active role in participating in events for the college, the Foundation and the Culinary Arts program. Fairbanks is a graduate of the program in which he now

teaches. Nicole Haney, Nursing Associate Professor. Robert said Haney has worked closely with students to ensure they are provided the essential skills and knowledge needed for their continued success. Haney is active in organizing both the Practical Nursing Endowment Scholarship program and the Practical Nurse pinning ceremony. She also serves on the Franklin-Williamson Bi-County Health Department's emergency preparedness and

responder program. Ashley Marthaler, Certified Nurse Assistant Associate Professor. According to Robert, Marthaler is a positive asset to the college and the division who goes above and beyond in assisting students with preparation for their nursing careers. She demonstrates a genuine interest in all of her students, working with them before and after classes if needed.

Robert Wilson, Culinary Arts Associate Professor.

12

15

18

Wilson's vast array of industry experience has been valuable for his students, Ragland said. In addition to working with students, he also has been instrumental with the Culinary Arts Club and has taken an active role in college and community events. He has updated the Culinary Arts curriculum and has supported faculty development to align with the requirements of the American Culinary Federation, and currently is working on an articulation agreement with Southern Illinois University's Hospitality Manage-

ment program. **KEELE JOINS RLC FOUNDATION**

Appointed Caitlin Keele as Administrative Assistant for the RLC Foundation effective Feb. 12. Keele formerly was a student worker for the Foundation and has been working part-time there. She holds four associate degrees from RLC: Associate in Arts, Associate in Science, Associate in Fine Arts Instrumental Performance, and Associate in Applied Science in Agriculture Business.

TWO POSITIONS CREATED

Two new positions were created by the board Tuesday:

Title III Instructional Designer. This position is needed as part of the college's Title III grant work. In addition, the board approved the job description and transferred Shari Carpenter to fill the position. Carpenter previously served as a Computer Science Professor and filled a role as the college's Instructional Designer. She holds a Master's Degree in Human Resources Education with a concentration in E-Learning, and has more than 10 years of practical experience with integrating technology in the classroom and mentoring faculty with implementation of online curricula.

Health Information Technology Program Director, a position necessary to fulfill the needs of the CAHIIM accreditation requirements. The Health Information Technology program is cur-

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11

Board continues on page 3

Crossword

16

21

13

22

23

ACROSS

- 1 Labyrinth choice
- Skillets
- 9 Half a
- dance? 12 Lotion
- additive
- 13 Fraternal baseball surname
- 14 Attila, e.g.
- 15 Unknown people
- 17 Pismire
- 18 Evening
- affair
- 19 Depend (on)
- "And this should matter to me ... why?"
- 22 Object
- 24 "National Treasure" star
- 27 Chart format
- 28 Superman's alias
- 31 Melody
- 32 Corroded
- 33 "Go, team!" 34 Let the cat
- out of the bag
- 36 Badly
- 37 Pale
- 38 Aristocratic
- 40 Ego counterpart
- 41 Queenly
- 43 Small beard
- 47 Have bills

- 26 27 28 24 25 32 31 34 35 36 37 38 39 40 41 42 43 47 48 49 50 51 52 53 54 55 56
- 48 Puts on the line
- 51 "- the
- ramparts ..." 52 About half
- the children
- 53 Tiger Woods'
- 54 "-
- Dalloway"
- 55 Trade
- 56 Logical

DOWN

- 2 Choir
- 3 Actress
- © 2014 King Features Synd., Inc.
- 1 Quarter-
- member
- Spelling 4 Last car?
- 5 Senate

Neither mate

employee

- Hearty brew
- 8 Some
- Japanese
- fare 9 They make
- alterations
- 10 Suspended
- 11 Initial stake
- 16 Ultramoder-
- nist
- 20 Squid squirt
- 22 Marquee
- datum
- back's throw 23 Command to 46 Slave to
 - Rover 24 "Cash -"
 - 25 Have something
 - 26 Farmers 27 Bucket

- 29 "Unh-unh" 30 Your
- 35 Feathery
- accessory 37 Saws
- 39 Consecrate
- 40 Charged bit
- 41 Leeway
- 42 Basin
- accessory 43 React in
- horror 44 Anatomical
- tissue
- 45 Ireland
- crosswords?
- 49 Without
- delay
- 50 "CSI"

evidence

Crossword puzzle solution is printed on page 3.

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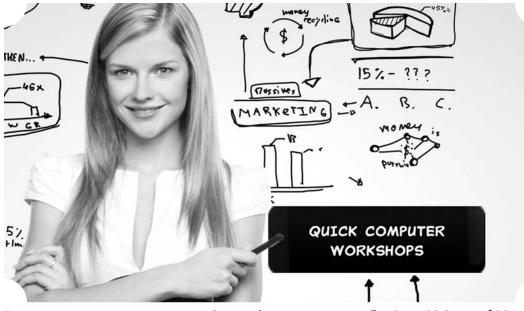
Computer classes offered this spring at RLC MarketPlace

RLC PUBLIC INFORMATION

efresh skills or start from scratch with Rend Lake College's spring computer workshops at the RLC MarketPlace in Mt. Vernon.

Microsoft Excel will have a beginner, intermediate and advanced class this spring. Beginning Microsoft Excel will introduce participants to the fundamentals of spreadsheets. Classes are scheduled to meet from 5 - 9 p.m. March 4 and 6. Adding graphics and using templates will be covered in Intermediate Microsoft Excel, which will be held from 8:30 a.m. -4:30 p.m. Feb. 13, and from 5 – 9 p.m. March 18 or 20.

The final workshop, Advanced Microsoft Excel. will help attendees create one-of-a-kind worksheets using PivotTables and Macros. This advanced class will also show participants how to use Excel with other programs. The workshop will meet from 8:30 a.m. – 4:30 p.m. April



For those interested in learning more about databased software, Intermediate Microsoft Access will be offered from 8:30 a.m. - 4:30 p.m. Feb. 25. This class will help users manage, store, search, analyze and display information.

Two beginner classes will also be available for computer users. Beginning QuickBooks, held from 12:30 - 4:30 p.m. Mondays from March 3-24, will teach participants to set

up charts of accounts, invoices, receipts, statements, expenses and much more.

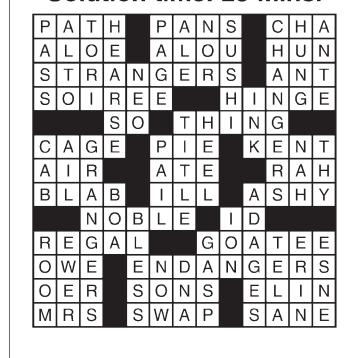
One final class, Beginning Microsoft Word, will help users navigate the program, including the menu system and toolbars. The workshop will meet from 8:30 a.m. -4:30 p.m. April 17.

All workshops are held in the RLC MarketPlace, Room 338. Most classes cost \$40, with the exception of Computer Basics and Beginning QuickBooks, which cost \$80.

For more information, or to register, contact RLC's Community and Corporate **Education Department at** (618) 437-5321, Ext. 1267 or 1714.

Solution to Crossword puzzle printed on page 2.

Solution time: 25 mins.



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Board

continued from page 2

rently offered through the Southern Illinois Collegiate Common Market. However, CAHIIM will no longer accredit consortia and HIT programs must be accredited by the individual institutions. RLC has opted to offer this program on campus. The accompanying job description also was approved and permission was granted to advertise to fill the position.

ADAMS TRANSFERS TO ACCOUNTANT

Approved the transfer of Lana Adams from Accounts Receivable Specialist to **Business Office Accountant** effective Feb. 17.

TWO RETIREMENTS ACCEPTED

Accepted with regret the retirement resignations of two employees:

Barb Crouse, Director of Nursing and Nursing Faculty member, effective May 17. She has been with Rend Lake College full-time since August 1994. "I thank the Rend Lake College family for all the great opportunities that have helped me to grow both personally and professionally," Crouse wrote in her retirement letter. "It has been a blessing to spend so many of my working years with this group of dedicated people."

Larry Thuilliez, Academic Computer Technician, effective May 31. He has been with RLC full-time since December 1999. "I have

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in the LRC

he Learning Resource Center recently added the

following to its collection. Stop by and check

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the End of the Information

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them out!

Roberts

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the Arts.

enjoyed my 15 years at the college and will miss my many coworkers and friends," Thuilliez wrote in his retirement letter.

IN OTHER BUSINESS, THE BOARD ...

- Approved revisions to board policy concerning leaves (second reading) and the tenured / tenure-track faculty and staff seniority list (first reading).
- Approved revisions to board policy and procedure concerning reimbursement of miscellaneous department expenses (second reading), travel reimbursement (second reading) and the alcohol and drug policy (first reading).
- Approved revisions to board procedure concerning
- Approved the notice of election for the student trustee in accordance with the Illinois Public Community College Act.
- Approved submission of the statement of final construction compliance on the Protection, Health and Safety project for the re-roofing of the RLCF Children's Center and the RLC MarketPlace HVAC controls upgrade, and the Excess Protection, Health and Safety Funds project for parking lot lighting replacement.

 Accepted the resignation of Tammi Gullikson, Business Office Accountant,

 Granted a one-year probationary contract for a Culi-

 Did not renew the employment contract of a Radiologic Technology

MARK YOUR

- WYSE Competition, 8:30 a.m.-2 p.m. Wednesday,
- Family Career & Community Leaders of Ameriing, 8:30 a.m.-1:30 p.m. Wednesday, Feb. 12, RLC
- Jerome Wisehart, 12:30 p.m. Thursday, Feb. 13, RLC Theatre.
- Rend Lake College **Board of Trustees Retreat,** 12-5:30 p.m. Tuesday, March 11, Pat Kern Private Dining Area.
- Student Recital, 7 p.m. Thursday, March 20, RLC
- Student Art Show, March 27-May 2, Reception 6-8 p.m. March 27, RLC
- tion, 3 p.m. Wednesday, April 9, RLC Theatre.

effective Jan. 23.

nary Arts instructor.

- Visiting Artist Series: Wheat Elder, Jan. 17-Feb. 28, RLC Theatre Lobby.
- Feb. 12.
- ca Section 18 Spring Meet-

- Job Fair, 3-6 p.m. Tuesday, April 1, Mt. Vernon Holiday Inn.

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Shakari Hawkins of Mt. Vernon



Perry Fairrow of Evansville, Ind.



Kourtlandt Martin of Evansville, Ind.

Mt. Vernon guard Hawkins verbally commits to Warriors

REANNE PALMER

RLC PUBLIC INFORMATION end Lake College Warriors head coach Randy House will likely add some homegrown talent to his backcourt next fall. Mt. Vernon Township High School shooting guard Shakari Hawkins verbally committed to RLC last week.

Hawkins, a 6-2 senior starter for Rams coach Scott Gamber, is known for rebounding on both ends of the court and putting up points in tight situations.

He is the son of Shakira Lenora Williams.

Hawkins would join a growing recruiting class that includes Perry Fairrow and Kourtlandt Martin, both of Evansville, Ind., who were welcomed to the team earlier last week.

Fairrow is currently a senior at Benjamin Bosse High School, where he plays as a shooting guard. The 6-foot-1 inch guard is 8-4 this season with an average of 25.5 points per game. He is currently ranked 57 among high school athletes in Indiana.

Fairrow is the son of Stacey M. Gold and Perry Fairrow Sr.

Martin is also a 6-foot-1 inch senior, from Evansville Central High School. He will join the Warriors as a point guard next fall. Currently, Martin's record is 8-5 with 18.3 points scored per game. He is the son of Ka'Meelah Martin and is ranked 86 in Indiana.

For all things athletic at The Lake, visit RLC online at www.rlc.edu/warriors. Follow Warriors basketball on Twitter by searching @rendlakebball.



Sophomore Montez Williams (East St. Louis, IL) dodges Falcon sophomore James Williams (Chicago, IL) and goes in for two the night of Feb. 3 in Waugh gymnasium. Williams scored 19 points during the game, helping lead the Warriors to a 72-60 victory. Also pictured for the Falcons is, FROM LEFT, Malcolm Hughes (Arlington, TX) and Jamie Carr (Louisville, KY). (ReAnne Palmer / RLC Sports Information)

Homecoming games bring wins for Warriors, Lady Warriors

REANNE PALMER RLC SPORTS INFORMATION

end Lake College basketball teams played two make-up games against Southeastern Illinois Feb. 3 night in Waugh gymnasium. The GRAC match-ups lead to victories for both the Warriors and the Lady Warriors on Homecoming night.

First to take the floor was the women's team, defeating the Lady Falcons 81-54. The win puts the Lady Warriors at 9-8 for the season and 4-5 against Region XXIV opponents.

The Lady Warriors started the game down 4-9 in the first five minutes, but came back to a 15-15 tie halfway through the first half. They ended the half at 40-27 with sophomore Kristina Henley (Metropolis, IL) out front with 14 points.

Their lead only increased in the second half as ten players filled the scoring column. Top scorers for the Lady Warriors were Henley with 19 points, freshman Natalie Williamson (Mt. Vernon, IL) with 12 points and Marquita Hilliard-Williams (Madison, WI) with 11 points. The top scorers for the Lady Falcons were

Brooke Dodane (Mechanicsburg, OH) with 19 points and Anna Best (Mar-

maduke, AR) with 13 points. Other Lady Warriors scorers were LaNeice Cannon (Madison, WI) with nine, Savannah Enlow (Corydon, IN) with seven, Denise Johnson (Memphis, TN) and Khadijah Wilson (Madison, WI) both with six, Kristen Jenkins (San Antonio, TX) and Jasmine Guthrie (Belleville, IL) both with four, and Jamillie Reed (Memphis, TN) with three.

Like the women's game, the Warriors started off slow, dropping to 2-6 in the first two minutes. The close game went back and forth throughout the first half, ending with a Warrior deficit of 30-37. The Falcons played outside, scoring 21 of their 37 points as three pointers. Sophomore Montez Williams (East St. Louis, IL) scored the only three point shot of the first half for the Warriors, and led the scoring column with 13

points. The game continued to be a close one in the second half, with the Warriors behind until the 8 minute mark. After taking the lead at 52-50, they never looked back, ending the game at

72-60. Top scorers for the Warriors were Williams at 19 points, Jeril Taylor (Louisville, KY) with 16 points, and Ruben Gosa (Vine Grove, KY) with 13 points. The top Falcon scorers were Jaylen Carter (Grand Rapids, MI) with 13 points and Jamie Carr (Louisville, KY) with 10

points. Other scorers for the Warriors were Parish McCullum (Maywood, IL) with eight, Brandon Johnson (East St. Louis, IL) and Cortez Macklin (Louisville, KY) both with six, and Jauan Akins (Vine Grove, KY) and Devontai Halfacre (St. Louis, MO) both with two. The Warriors are now 13-8 for the season and 4-5 in the GRAC.

The two teams will play the next four games on the road, taking on Southwestern Feb. 5, Southeastern Feb. 8, Kaskaskia Feb. 12 and Olney Central Feb. 15. The next home game will be against GRAC opponent Wabash Valley at 5:30 p.m. and 7:30 p.m. Feb. 17. For all things athletic at The Lake, visit www.rlc.edu/warriors.



Sophomore Marquita Hilliard-Williams (Madison, WI) sprints down the court for a lay-up Monday night against the Lady Falcons. Hilliard-

Williams would finish the night with 11 points. Also pictured is sophomore Tyra Gooch (Indianapolis, IN) for the Family is our business! Lady Warriors. For the **Building Structures,** Lady Falcons, pictured is, FROM LEFT, Brooke **Building Friendships** Dodane (Mechanics-Cleary has been building solid relationships for over 35 years for good reason — we treat our Clients like family. burg, OH), Anna Best CALL US FOR A FREE CONSULTATION! BUILDING SPECIALS! (Marmaduke, AR), and Olney, IL Sydney Clark (Carmi,

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alentine's Day is all about love. And chocolate. So it's not surprising to fall in love with a book about chocolate.

What is surprising is that the book in question is "Vegan Chocolate" by Fran Costigan. She makes chocolate desserts to die for, but because they are vegan (no animal fats, including butter), they are much healthier for your

Costigan adopted a vegan diet after her first job as a pastry chef, when she found herself suffering from digestive problems and fatigue. She felt great on her regimen, she writes, but missed dessert. Back in the '90s, she says, vegan desserts were mostly "mediocre to awful"-heavy, gummy, "health-food-style" creations. The worst offenders were carob sweets passed off as chocolate. She set out to remedy that; her book is proof that she has.

A vegan diet — or even a partially vegan diet has been recently promoted by more mainstream writers like Mark Bittman of The New York Times as a way to lose weight and lower cholesterol while helping reduce the high concentrations of greenhouse gases that result from cattle and dairy farming. What better day than Valentine's Day to say "I love you" to that special someone, or your kids, or the planet?

V is for valentines ... and vegan

RASBERRY CHOCOLATE SILK TART Yield: One (9-inch) tart or pie

Note: Costigan's recipes specify organic flours, sugars and oils, and freetrade organic chocolate made without milk solids. For the crust:

1/2 cup all-purpose flour 1/2 cup all-purpose whole-wheat pastry flour

1/2 tsp. ground cinnamon

1/4 tsp. fine sea salt 3/4 cup whole almonds, toasted and ground into a fine meal

1/4 cup mild-tasting extra-virgin olive oil, or other neutral vegetable oil, plus more for greasing the pan

1/4 cup pure Grade B or Dark Amber maple syrup 1 1/2 tsp. pure vanilla extract

1/8 tsp. almond extract For the filling:

7 ounces best-quality dark chocolate (66 to 70 percent cacao), finely chopped

3/4 cup canned unsweetened full-fat coconut milk, well-stirred

(do not use light) 1/4 cup granulated sug-

1/4 tsp. fine sea salt 3/4 cup frozen raspberries, thawed

3 T. plus 1/4 cup seedless raspberry jam

1 T. framboise liqueur (optional)

1 T. mild-tasting extravirgin olive oil

1 tsp. pure vanilla

1/2 to 1 pint fresh rasp-

berries, red and golden for garnish (optional)

2 to 3 tablespoons confectioners' sugar for garnish (optional)

Make the crust: Line a baking sheet with parchment. Place a nonstick 9inch tart pan with removable sides or a pie plate on the sheet. Coat the pan lightly with oil.

Sift the flours, cinnamon and salt into a bowl. Whisk in the ground almonds.

In a small bowl, whisk the oil, syrup and extracts together and pour over the dry mixture. Mix thoroughly. Press into the prepared pan and refrigerate for 15 minutes. Meanwhile, position a rack in the center of the oven and preheat the oven to 375 degrees.

Place the baking sheet with the tart pan on the center rack and immediately reduce the temperature to 350 degrees. Bake 15 to 18 minutes, or until sides are lightly browned and bottom looks evenly dry. If it puffs up, just deflate lightly when you remove it from the oven.

Set the baking sheet on a wire rack. If using a tart pan, wait 5 minutes. Lift the pan onto a jar or can; the sides will slip off. Carefully move the crust to the wire rack and cool to room temperature. Refrigerate or freeze until cold before filling.

Make the filling: Put the chocolate into a medium heatproof bowl and set aside. In a small saucepan, bring the coconut milk, sugar and salt to a low boil over



A dairy-free but oh-so-chocolaty tart with a nutty almond crust is a perfect way to say "I love you" on Valentine's Day. Photo courtesy of Kate Lewis for "Vegan Chocolate" by Fran Costigan (Running Press, 2013)

medium heat, stirring a few times. Pour over the chocolate. Swirl the bowl to ensure the chocolate is submerged. Cover with a plate and set aside undisturbed for 4 minutes.

Meanwhile, mash the thawed raspberries with a fork and press through a fine mesh sieve into a small bowl (you should have about 3 tablespoons). Stir 3 tablespoons of the raspberry jam and the framboise (if

using) into the puree and set aside.

Uncover the bowl of chocolate and whisk until smooth. Stir the raspberry puree, oil and vanilla into the chocolate mixture.

In a small bowl, mix 1/3 cup of the chocolate mixture with the remaining 1/4 cup raspberry jam and spread over the crust. Chill about 30 minutes or until set. Pour the remaining chocolate mixture into the

tart crust. Cover loosely with foil or plastic wrap and chill until the filling is set, at least 2 hours and up to 48.

To serve: Garnish with fresh berries and a sprinkling of confectioners' sugar, if desired. For the neatest slices, cut the tart cold, but serve at room temperature.

(Recipe slightly adapted from "Vegan Chocolate" by Fran Costigan; Running Press, 2013.)

Mr. Know-It-All & the **Olympics**

BY GARY CLOTHIER

Q: How many times have

the Winter Olympics been held in the U.S.? — M.L., Canton, Ohio

A: The Winter Olympics have been held in the United States four times. The Games were held in Lake Placid, N.Y., in 1932 and 1980. In 1960, Squaw Valley, Calif., hosted the games; in 2002, Salt Lake City had them.

Q: What was the last year that the Winter and Summer Games were held in the same year? — O.N.F., Montclair, N.J.

A: In 1992, the Summer Games were held in Barcelona and the Winter Games were in Albertville, France. The next Winter Olympics were held in 1994 in Lillehammer, Nor-

Q: Which athlete has won the most Winter Olympic medals? How many? — G.L.C., Seattle

A: Bjorn Daehlie of Norway won eight gold medals and four silver medals as a cross-country skier, giving him the record for both the most medals won and the most gold medals won.

The most decorated American Winter Olympian is short track speedskater Apolo Ohno, who won a total of eight medals: two gold, two silver and four bronze. Speedskater Bonnie Blair is the most decorated female American Winter Olympian.

Q: My ultimate thrill as a skier was skiing the moguls. I never understood why there were called that. Do you know? — J.V.N., Brattleboro, Vt.

A: The word "mogul" comes from the Austrian word "mugel," which means "small hill" or "mound."

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