

Students find \$812k value in dual credit program

HIGH SCHOOL	STUDENTS ENROLLED <i>(Duplicated)</i>	TOTAL CREDIT HOURS	SAVINGS TO STUDENTS <i>(\$95 per credit hour)</i>
Benton	526	1,677	\$159,315
Christopher	88	370	\$35,150
Hamilton Co.	155	482	\$45,790
Mt. Vernon	888	2,415	\$229,425
Pinckneyville	376	1,304	\$123,880
Sesser-Valier	50	98	\$9,310
Thompsonville	66	204	\$19,380
Waltonville	135	380	\$36,100
Wayne City	133	370	\$35,150
Webber	235	639	\$60,705
Woodlawn	113	336	\$34,770
Zeigler-Royalton	80	251	\$23,845
TOTAL	2,845	8,556	\$812,820

REANNE PALMER

RLC PUBLIC INFORMATION

Rend Lake College's dual credit program just wrapped up its 14th year of helping local high school students save both money and time. This year, a total of 2,845 students (duplicated) saved approximately \$812,820 in tuition by enrolling in the program.

RLC's dual credit program offers tuition-free courses with a reduced rate for textbook rental for in-district high school students. Each credit hour at RLC costs \$95, so for the 2,845 (duplicated) students who earned a total of 8,556 credit hours

in the Fall 2014 and Spring 2015 semesters, the savings in tuition alone adds up to approximately \$812,820. Students who enroll in both semesters are counted twice for official reports.

Through this program, juniors and seniors take general education courses during the day at their high school, meeting graduation requirements at both the high school and RLC. The courses are taught by both college and high school instructors.

Lisa Price, RLC vice president of Student Services, said students who take advantage of the dual credit program have many benefits

to look forward to.

"Dual-credit courses can give high school students a very unique opportunity to see first-hand what college-level classes are like, while helping them figure out what they want to focus their studies on," said Price. "On top of that, the savings for each family really adds up over the semesters. This year, our local students saved over \$800,000 in tuition — that's something to be very proud of."

This was especially true for Christopher High School graduate

Dual Credit continues on page 2

Citizens eCycle 2.5 tons of tech at RLC event

BY NATHAN WHEELER

RLC PUBLIC INFORMATION

Ask Kaylin Largent how much waste was in the 2.5 tons of televisions, printers, coffee makers, computers and other tech that was saved from the trash at Rend Lake College's eCycling event last month. She'll say very little.

"None of the material is land filled. Everything is recycled down to the nuts, screws, bolts, and plastics," Largent said. She works for Commercial and Industrial Electronics Recycling, the company RLC turned to for the event. "C&I is just the first step in the recycling process," Largent added. "All equipment we receive is counted, sorted, and then separated by material. After the dismantling process it is shipped to various locations

within the U.S to be broken down to commodity level. Since C&I is a certified recycling facility, it ensures our facility and all of our chosen downstream vendors adhere to strict principals."

Tyson Ellis, who heads up sustainability efforts at RLC, said he was happy with how local citizens came out for the event. And there's no doubt community members favored a free service to dispose of that broken 60-inch TV and obsolete VCRs piling up around the house.

"I felt like we had a very good turnout," said Ellis. "We never went more than five minutes without a vehicle in the parking lot. There were different times around lunchtime that we had a

eCycle continues on page 2



Community members who contributed tech trash to Rend Lake College's recycling event last month generated 5,275 pounds of electronic waste. Pictured are, FROM LEFT; RLC's Sustainability Coordinator Tyson Ellis, RLC Maintenance Technician Rusty Downen; and Kaylin Largent with Commercial and Industrial Electronics Recycling. (Photo by Nathan Wheeler / RLC Public Information)

Rend Lake College Mine Rescue Contest set

REANNE PALMER

RLC PUBLIC INFORMATION

Mine Rescue teams from across Southern Illinois will compete next week at the Rend Lake College Mine Rescue Contest — both for training requirements and bragging rights. The contest will be held on Wednesday, July 22 at the Rec.

The five teams — Foresight Energy Blue Team, Foresight Energy White Team, Foresight Energy South Team, Illinois State Mine Inspector Rescue Team, and White Oak Resources Mine Rescue Team — will go into lock-up at 8 a.m. with the competition starting at 9 a.m. for the first two teams.

Don McBride, RLC Mining Technology Instructor, said each team will be kept in isolation until their turn to compete to give each team an equal playing field.

"There will be two fields set up so two teams can go at the same time. Both teams will come out of lock-up and see the field for the first time. Because we only have five teams competing, I would say the problem is going to be a little bit tougher, so a reasonable time to complete it would be an hour and a half," said McBride.

Because the teams are made up of local, working



White County Coal's team Pattiki placed first at last year's mine rescue contest held at RLC. White County Coal, located in Carmi, won the same contest in 2008. (Photo by ReAnne Palmer / RLC Public Information)

miners, McBride said they'll have to use learned skills from two fields to be successful.

"They are all underground miners, so they'll have to bring their underground safe work practice skills with them to this competition, plus they're all mine rescue teams, so they have another set of specific skills to use and draw from for this problem," added McBride.

During the mock disaster, the teams will also be utiliz-

ing a new mapping system — one that many have not yet seen or used in an underground mine. Chris Nielsen, RLC Dean of Applied Science and Technology, said the new computerized system will be a part of the challenge for the teams.

"Unlike in traditional mine rescue competitions, our contest will use the new computerized mapping system instead of pencil and paper," said Nielsen. "This

will likely be the first contest for these teams to use it. During the disaster scenario, they will use the computer to map the mine for the rescue team to follow. They'll have to map the ventilation and equipment as they explore to solve the problem we give them. There will probably be something that needs to be changed as part of that

Contest continues on page 2

La Bey workshop to give insight on 'brilliance in life with dementia'

REANNE PALMER

RLC PUBLIC INFORMATION

Participants have only days left to register for "Shifting Dementia Care from Crisis to Comfort," a workshop presented by noted speaker and the founder of Alzheimer's Speaks, Lori La Bey. The conference will give both professionals and personal caregivers the tools needed to change and positively impact the lives of those dealing with dementia.

The workshop will begin at 8:15 a.m. Thursday, Aug. 6 in the Rend Lake



Lori La Bey

College Theatre. According to information from La Bey, "there is brilliance in life with dementia," and she plans to share that vision and the current

La Bey continues on page 2

INSIDE:

Board Of Trustees Meeting	3
Nursing Articulation Agreement	3
Chipotle-Inspired Dish Recipe	4
Fixing An Old Friendship	5
Classifieds	6

Dual Credit

continued from page 1

Courtney Young of Buckner who graduated from RLC before receiving her high school diploma in May.

In May, Young said, "Reaching this achievement has been very surreal for me. Graduating from Rend Lake College before I graduate from high school has been a goal of mine since the summer after my sophomore year..."

Christopher High School students enrolled in RLC's dual credit program this year, earning 370 credit hours and saving approximately \$35,150.

Mt. Vernon Township, Benton Consolidated, and Pinckneyville Community high schools had the most participants in the dual credit program this year at 888, 526, and 376 (all duplicated) respectively.

Benton Consolidated followed with 1,677 credit hours earned and savings of approximately \$159,315.

The biggest jump in participants and savings this year was from Webber Township High School. Last year, Webber only had 56 (duplicated) participants, which increased to 235 (duplicated) this year.

All 13 public high schools in RLC's district are regis-

tered with the program, and 12 participated last year including Benton Consolidated High School, Christopher High School, Hamilton County High School in McLeansboro, Mt. Vernon Township High School, Pinckneyville Community High School, Sesser-Valier Community High School, Thompsonville High School, Waltonville High School, Wayne City Community High School, Webber Township High School in Bluford, Woodlawn High School, and Zeigler-Royalton Community High School.

Students must meet placement requirements and prerequisites prior to enrolling in the courses. Approval for students to participate in dual enrollment must be obtained by a high school official.

Tuition is waived for eight hours per semester. For those wanting to take additional classes, approval from the vice president of Student Services is required.

For more information on dual credit, contact the Student Services Department at (618) 437-5321, Ext. 1266.

La Bey

continued from page 1

dementia-friendly movement with all those in attendance.

"The equation to live well with Alzheimer's disease and other dementias is very simple, yet difficult to do. As adults, we have grown up and turned simple into complex. Life is complicated and unpredictable, yet life has not changed; just our perception of it has.

She continues, "Please know there is brilliance in life with dementia. We just need to learn how to live in that world. Living in the moment is the only way to shift our dementia care culture.

Attendees will also learn about shifting perceptions of caring roles and the needs of those diagnosed with Alzheimer's disease; making a difference and

finding a balance when caring; and understanding what "Memory Cafés" are, how they work, and why they're important.

"How do you see things in your life and others? Do you focus on the differences between more than what you have in common? If so, you are like most people in the world. It is amazing what Alzheimer's disease and other dementias have taught me over the past 30 years of my life.

She adds, "Come and learn new insights about connecting the dots to improve dementia care. Find the gifts wrapped in disease and illness. Join us and walk away with simple methods to live better with dementia.

La Bey is the CEO of

Alzheimer's Speaks, a U.S.-based advocacy group providing global education and support for those dealing with Alzheimer's disease and other dementias. Her mission is to deliver programs, platforms, and collaborations which shift caregiving worldwide from crisis to comfort.

Registration for the workshop is due Thursday, July 30. Six CEUs have been approved for professional counselors, clinical counselors, social workers, nurses, occupational therapists, and physical therapists.

The workshop is sponsored by RLC and the South Central Illinois Area Health Education Center Network. For more information about the workshop or to register, contact RLC's Community and Corporate Education Division at (618) 437-5321, Ext. 1714 or email commcorp@rlc.edu.

Crossword

Across

- 1 Sparks, as of ideas
6 Bounding main
11 Depressed
14 Profit
15 Rich kid in "Nancy"
16 Big galoot
17 "Shake It Off" singer
19 Feb. follower
20 "___ to Joy"
21 Level, e.g.
22 Aesop story
24 Edit a report
26 Muffin choice
27 Start of a nursery rhyme
34 Church section
37 At no time
38 Bagel fish
39 Off, like a note
40 Hauls
41 Ask for more service
42 B&B or lodge
43 Apartment manager
44 Made sure of
45 Erica Jong novel
48 Louisville slugger
49 Chocolate dessert
53 Primrose with yellow flowers
56 Chew like a mouse
58 Nexus of activity
59 Two-piece top
60 Delivery service of old
64 Light-colored wood
65 In the know
66 Causing shivers, perhaps
67 Storm center
68 Point on a line
69 Certain hucksters

Grid for crossword puzzle with numbered squares.

Down

- 1 Not a croc
2 Equivocate
3 Having beams of light
4 Cool amount?
5 Miniature racer

- 6 Approximating words
7 Monk's head covering
8 Biblical high priest
9 Fuzzy TV E.T.
10 Equity complaint
11 Petting zoo baby
12 Translucent gem
13 Had been
18 College marching org.
23 Where to draw 24 hrs. a day?
25 "Your door is ___"
26 Low scores
28 Publisher Alfred A.
29 Nut of a certain palm
30 Opposite of no
31 Bungled, as a task
32 Oafish sort
33 Large intl. show
34 "No way!"
35 The ___ Ranger
36 Casserole fish
40 Cluster of small feathers
41 Name in tomato sauces
43 Kitchen cleanser
44 Stir-fry unit
46 Slugger's stat.
47 Big theater
50 Col. Potter of "M*A*S*H," to pals
51 "___ Q" (CCR)
52 "Beverly Hillbillies" star
53 Clarinet kin
54 CAT scan ancestor
55 Salt ___ City
56 Kin of a pita
57 Classic hair removal brand
61 Take on debts
62 Power ___ (exec's break)
63 Electoral map shade

Solution to Crossword puzzle printed on page 4.

Contest

continued from page 1

problem to make the mine safe, evacuate victims, or a number of other things."

RLC is hosting the Mine Rescue Contest as part of the compliance requirements for the Brookwood-Sago Mine Safety Grant received last year.

eCycle

continued from page 1

small line, but it wasn't for very long."

RLC Maintenance Technician Rusty Downen helped with the heavy lifting. Ellis stated that changes in law governing recycling CRT/tube TVs killed the event last year and probably kept donations down a bit this year.

"We are planning on getting back to having it annually in June so citizens can plan on setting aside their e-waste for it," Ellis said. "I feel that, as a community college, we have a responsibility to lead with events like this. I'm not aware of

including a \$92,247 grant in 2014; a \$73,000 grant in 2012; and a \$50,000 grant in 2009. The Brookwood-Sago grant is being supported by the U.S. Department of Labor, Mine Safety and Health Administration.

The 2014 grant project, titled "Mine Emergency, Prevention, and Preparedness Project," helped to restructure and expand on current mine training curriculum to challenge miners and rescue teams with

necessary skills, such as patient extraction, advanced firefighting skills, rope rescue, smoke exploration, and confined space training.

Mine rescue teams are required to compete in contests every year to be considered an active team. The event will be held rain or shine. For more information, RLC's Applied Science and Technology Division at (618) 437-5321, Ext. 1261.

another e-waste event held in Jefferson County. It's definitely a service the area needs. Without it, most citizens would have to drive to Belleville, Carbondale or Evansville [Ind.]."

Ellis said many he talked to at the event had accumulated piles of e-waste without a plan for what to do with it until they heard

about eCycling at the MarketPlace.

"These events not only allow us to engage the residents in our district, but it stirs thoughts about e-waste within the community," said Ellis. "The more aware we are about our responsibility to take care of the environment, the more progress we make in doing so."

Sudoku

Grid for Sudoku puzzle with numbers in some cells.

Solution to Sudoku puzzle printed on page 4.

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Board of Trustees meeting approves transfers/bid

The Rend Lake College Board of Trustees meeting held on Tuesday, July 14 in the Student Center saw several approvals along with some announcements. **Among the items discussed were:**

STATE ELECTRIC RECEIVES LED LIGHTING BID

Accepted the low bid of \$48,315.90 from State Electric Supply of Marion for exterior LED lighting fixtures, brackets and delivery. This project will be funded with excess Protection, Health and Safety funds.

SEVERAL TRANSFERS, APPOINTMENTS RECEIVE APPROVAL

Several personnel moves were approved Tuesday.

Margo Wagner was transferred from Director of Land of Lincoln AmeriCorps to Director of Community and Corporate Education effective July 1. The move was made to replace Lori Ragland, who last month was transferred from that post to Vice President of Career Technical Education.

The board granted permission to create the position, approve the job description and transfer Kent McKown from Network Specialist to Network Security Specialist effective July 14. The move was made due to the workload resulting from cyber security concerns and mobile / wireless network use. McKown has been with the college full-time since February 2005.

Garrett Collier was

transferred from Web / Sharepoint Developer to Network Specialist effective July 14, and a revised job description also was approved. He has been with RLC full-time since July 2011. The move was necessary due to McKown's transfer.

The board authorized creation of the position, approved the job description and transferred Jeff DeMattei from Administrative Computer Technician to Coordinator of Computing and Audiovisual Services effective July 14. Changes in the network security positions prompted the move. DeMattei has been with the college full-time since February 2009.

Beth Stevens was transferred from Records Specialist to Testing and Placement Specialist effective July 14. The testing center is in the process of adding Pearson Vue and Illinois State Police testing, creating the need for additional help in that department. Stevens is a 20-year veteran of RLC.

The board granted permission to create the position, approve the job description and appoint Kathy Evans as Grants Specialist effective Aug. 1. The position will be funded half by the Title III grant and half by the institution. Evans originally was hired as Title III Curriculum Specialist in January 2014, and will now split her time between that and the Grants Specialist duties.

TRUCK DRIVING'S CLENDENIN MOVING ON

The board accepted with regret the resignation of Russ Clendenin as Truck

Driver Training Professor effective June 25. He had been with the college full-time since July 1999.

IN OTHER BUSINESS, THE BOARD ...

Approved revisions to board policy concerning community use of facilities (second reading).

Approved revisions to board procedure concerning stipends.

Approved the handbooks for the Pharmacy Technician and Certified Medical Assistant programs.

Authorized the destruction of closed session tapes after having been held for 18 months in accordance with the Open Meetings Act and opted not to release closed session minutes from the May 2013 to December 2013 board meetings.

Approved changes in lecture and lab hours for several Radiologic Technology courses and a change in the total credit hours for the Radiologic Technology Associate in Applied Science Degree and authorized their submission to the Illinois Community College Board for action. A change to the Health Information Technology course sequence also was approved by the board, but ICCB approval is not necessary for this item.

Approved interdistrict cooperative agreements for educational cooperation with Illinois Eastern Community Colleges, John A. Logan College, Shawnee Community College and Southeastern Illinois College. These agreements allow students to

take programs at another college if their sending college does not have that program. They do not have to pay charge back and the sending college is able to receive state equalization.

Granted permission to revise the job descriptions for the Director of Community and Corporate Education, Director of the RLC MarketPlace, Coordinator of Special Projects and Coordinator of Perkins. These revisions were based on last month's transfer of Ragland.

MARK YOUR CALENDARS ...

Volleyball Camp — 9 a.m.-4 p.m. Saturday, July 18, Waugh Gymnasium.

Warrior Days New Student Orientation — Fridays, July 31 and Aug. 7, RLC Theatre.

Mental Health Workshop for Professional or Personal Development: Shifting Dementia Care from Crisis to Comfort — 8:15 a.m.-4:15 p.m. Thursday, Aug. 6, RLC Theatre.

Cruise Nights at the RLC MarketPlace, Mt. Vernon — 6-9 p.m. Fridays: Aug. 7, Sept. 4, and Oct. 2.

Fun Fest — Noon-3 p.m. Wednesday, Sept. 16, on campus.

35th Annual RLC Foundation Golf Outing — Thursday, Sept. 17, Rend Lake Golf Course, noon shotgun start.

Warrior Fest — 9 a.m.-2 p.m. Saturday, Sept. 19, on campus.

ACCT Annual Leadership Congress, Oct. 14-17, San Diego, Calif.

Paramedic Accreditation Site Visit — Nov. 3-5.

Nursing graduates have new articulation agreement for Chamberlain College of Nursing

Graduates of Rend Lake College's Associate Degree Nursing (ADN) program will have a new, online opportunity to continue their education starting this fall. RLC has teamed up with Chamberlain College of Nursing to give graduates a seamless transition into a bachelor's degree program.

Under the articulation agreement signed during Tuesday night's RLC Board of Trustees meeting, Chamberlain College of Nursing, located in Downers Grove, will accept RLC graduates with an Associate of Science in Nursing degree, provided they successfully complete the agreed upon coursework.

The agreement states RLC graduates will be awarded up to 72 credit hours in transfer, and will have to complete a minimum of 47 credit hours with Chamberlain for the Bachelor of Science in Nursing degree (BSN). To participate, students will be required to submit an application to Chamberlain, have a minimum grade point average of 2.0, and hold a current and active registered nurse license.

Melisa Berendson, RLC Director of Nursing, said this agreement has formed out of RLC student interest and interest from Chamberlain officials.

"Chamberlain School of Nursing has started reaching out to nursing programs because they're offering more online options. Representatives from their institution came to RLC and visited with our ADN students in class," explained Berendson. "The agreement came out of our students' interest and our desire to work with them."

"The agreement is based on our new curriculum so our graduates next year will be able to take advantage of the transition, but any ADN graduate from Rend Lake can still apply to be accepted into Chamberlain's BSN

program," added Berendson. "It's a great opportunity for our students and graduates to continue on with their higher education."

Kim Wilkerson, RLC Dean of Allied Health, said the agreement brings Chamberlain into the ranks of several other institutions to give graduates more options for their future education.

"We're adding Chamberlain to a list of four other universities with whom we have close connections and articulation agreements to benefit our students," said Wilkerson. "By taking advantage of these, our graduates continue down a path to expand on their skill set and experience more research-based learning. Many local facilities are looking to hire BSN graduates, and the bachelor's degree will help with any movement into management positions and higher pay for those who take advantage of them."

According to the U. S. Department of Labor, Bureau of Labor Statistics, ADN registered nurses have a median pay of \$65,470 and work in hospitals, physicians' offices, home health care services, and nursing care facilities. The industry is expecting a faster than average growth — 19 percent or 526,800 new jobs — between 2012 and 2022 due to an emphasis on preventative care and an aging population.

Chamberlain College of Nursing offers several online programs ranging from ADN and BSN programs to graduate certificates and doctorate programs. They are accredited by the Higher Learning Commission and the Commission on Collegiate Nursing Education.

For more information about the RLC ADN program, contact Berendson at (618) 437-5321, Ext. 1705 or berendsonm@rlc.edu. To learn more about the degree programs at Chamberlain, visit www.chamberlain.edu.

Learning your ABC's (and more) can help you detect and treat Melanoma

BY ANTHONY L. KOMAROFF, M.D.

UNIVERSAL

DEAR DOCTOR K: My aunt developed the skin cancer called melanoma, and I hear that this cancer can run in families. What should I look for when I examine my skin for melanoma?

DEAR READER: Skin cancers are the most common cancers in the United States, and skin checks are an important way to identify them. You asked about the deadliest type of skin cancer, melanoma.

My Harvard Medical School colleague, dermatologist Dr. Kenneth Arndt, says that more than half of melanomas are identified by patients, either alone or with the help of a partner. That's important because more than 90 percent of cases can be cured with early detection and treatment.

Skin carries out many functions that help maintain health. It forms a defensive barrier, protecting inner organs from foreign invaders such as bacteria and viruses. It helps control body temperature. Finally, it uses the sun's energy to make vitamin D, which is essential to many bodily functions.

Skin cancers form in the epidermis, the outermost layer of the skin. Cells called melanocytes, located in the epidermis, produce a dark pigment called melanin. This pigment colors skin and

helps protect against the sun's ultraviolet rays. Melanoma begins in the melanocytes.

Often, these melanocytes are part of a pigmented spot on the skin called a mole (the medical term is "nevus") that is not cancerous. However, the melanocytes in the nevus can start to turn cancerous. That changes the appearance of the pigmented spot on the skin. Without early detection and treatment, melanoma can spread throughout the body, and sometimes is fatal.

You can help to detect early skin changes by taking a few minutes each month to inspect your skin (or asking your partner to). Melanoma has several distinguishing features. (I've put photos illustrating these characteristics on my website, AskDoctorK.com.)

When you and/or your partner examine your skin, **check for the fol-**

lowing "ABCDEs." If you have a pigmented area with any of these characteristics, see a dermatologist.

• **ASYMMETRY.** Each half of the mole looks different than the other.

• **BORDER IRREGULARITY.** The borders are irregular, ragged or blurry.

• **COLOR.** The color is unusual — for example, a mole that contains various shades of tan, brown, blue or black.

• **DIAMETER.** The width of the mole is the size of a pencil eraser or larger.

• **EVOLVING.** The mole has evolved, enlarged or changed in some way.

Sores that crust, bleed and itch are also suspect.

If the doctor suspects melanoma, he or she may take a biopsy. This entails removing part or all of the growth and examining it under a microscope to determine whether it's cancer.

Sometimes people inherit a vulnerability to



developing melanoma; about 10 percent of melanomas have such a genetic basis. If you inherit certain characteristics, you also are at higher risk for melanoma: red or blond hair color, lots of freckles, light eye color (green, hazel, blue), and fair (lightly pigmented) skin. Also very important in raising your risk is frequent and intense exposure to sunlight.

(Dr. Komaroff is a physician and professor at Harvard Medical School. To send questions, go to AskDoctorK.com, or write: Ask Doctor K, 10 Shattuck St., Second Floor, Boston, MA 02115.)

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MAKING SENSE OF INVESTING

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Fire up the grill and try this Chipotle-inspired dish

BY ALICIA ROSS

UNIVERSAL

If you are a Chipotle fan like I am, you may be missing its carnitas. Earlier this year, the restaurant chain made the decision to remove its popular pork dish from the menu while one of its producers worked to meet Chipotle's strict sourcing standards. While the sheer volume of supplies the chain must

require boggles the mind, I respect Chipotle for staying true to its original standards, even though customers are missing a favorite menu item.

Depending on where you stand on the "sourcing" issue, the individual consumer has more options than a massive chain like Chipotle. Many grocery stores and individual butchers have multistep



guidelines in place for their supply chain. Whole Foods has even implemented a 5-Step Animal Welfare Rating so consumers can be fully informed on what they are buying.

In appreciation of companies that stay true to their mission and values, I'm sharing a recipe from Chipotle that appeared on ABC's "Good Morning America" years ago. I've tweaked it only slightly. This is not a recipe that is offered on Chipotle's menu, but it uses the same ingredients, influences and cooking methods of its other menu items. The best

news is that it is a summer grilling dish that you are going to love having in your arsenal. So fire up that grill and enjoy!

(Alicia Ross is the co-author of "Desperation Dinners!" [Workman, 1997], "Desperation Entertaining!" [Workman, 2002] and "Cheap. Fast. Good!" [Workman, 2006]. Contact her at Kitchen Scoop, c/o Universal Uclick, 1130 Walnut St., Kansas City, MO 64106, or send email to tellus@kitchenscoop.com. Or visit the Kitchen Scoop website at www.kitchenscoop.com.)



Chipotle Kitchen-inspired dish for the home kitchen. (Photo by Alicia Ross for Kitchen Scoop.)

SUGGESTED MENU

Grilled Pork Tacos With Pineapple Salsa, chips and trimmings

GRILLED PORK TACOS WITH PINEAPPLE

(a Chipotle-inspired dish)

Yield: 6 servings

Start to finish: About 2 hours, depending on marinating time and type of grill

- 1/4 cup minced garlic
- 1 tablespoon apple cider vinegar
- 1 teaspoon dried oregano
- 1 teaspoon chili powder
- 1 teaspoon freshly ground black pepper
- 1/8 teaspoon ground cumin
- Salt to taste
- 1 tablespoon honey
- 1 cup orange juice (fresh is best)
- 2 tablespoons achiote paste, optional (see Cook's Note)
- 2 pounds boneless pork loin, thinly sliced
- 1/2 pineapple, peeled, cored and cut into long, thick strips

Serving suggestions: 12 tortillas of choice, chopped white onions, cilantro, hot sauce and salsa

In a medium bowl, combine the garlic, vinegar, oregano, chili powder, black pepper, cumin, salt to taste, honey, orange juice and achiote paste (if using). Add the pork slices and turn to coat both sides. Marinate for at least 1 hour.

Heat the grill. Place the meat on the grate, turning once and basting with any leftover marinade during cooking, until crisp on both sides, about 4 to 5 minutes each. At the same time, grill the pineapple strips, turning as needed, until lightly browned.

To assemble, chop the grilled pork into 1/4-inch pieces. Cut the pineapple into 1/2-inch pieces. Place the pork on the warmed tortillas and top with onions, cilantro and pineapple pieces. Serve with hot sauce and salsa, if desired.

(Cook's Note: Depending on where you are in the country, achiote paste — also called recado colorado or recado rojo — may not be readily available. If you do have it, by all means throw it in. It will enhance the flavor profile. If you can't find it, no worries; there is already enough flavor in the marinade that you will not be disappointed.)

Approximate values per serving (pork and pineapple only): 285 calories, 6 g fat (2 g saturated), 110 mg cholesterol, 41 g protein, 17 g carbohydrates, 2 g dietary fiber, 93 mg sodium.

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Solution to page 2 Sudoku puzzle.

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

Solution to page 2 Crossword puzzle.

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

How to make a 20-minute meal in just 3 hours

BY JIM MULLEN

UNIVERSAL

VILLAGE Idiot

by: JimMullen



I have a weakness for cooking shows. I love the way TV chefs can whip up a gourmet meal from soup to nuts in half an hour. It takes me longer than that to warm up leftovers.

Of course, the professionals have all kinds of tricks that make things go faster. First, they know how to use a knife. They can dice an onion faster than a food processor. If I tried to do that kind of fancy knife work, it wouldn't be the onions that were making me cry, but the sudden lack of fingertips. Does a trip to the hospital count as prep time?

Chefs all seem to have little tricks for peeling garlic in record time. In seconds, they've chopped them perfectly. What I don't understand is why they don't spend the next 10 minutes washing the garlic smell off their hands, the way I do. I guess they've figured out that nothing works, so why bother.

I've also noticed another time-saving trick that TV chefs use. They never wash anything. They'll use 50 pans, 30 utensils and all kinds of little bowls, plates and gadgets, then they throw them in the sink. Everything magically reappears on tomorrow's show, clean as a new toque.

When I do that, the next day the kitchen is still filthy, and the dishes are that much harder to clean because they're all dry and crusty. Wouldn't you like to see Rachael Ray walk onto her set just once and find the mess she made yesterday still sitting there? Of course she enjoys cooking — because she's out bowling while someone else cleans up all that salt she threw over her shoulder.

But that's not what really irks me about cooking shows. It doesn't bother me that they put something in the oven and then pull out one that they'd prepared earlier. Something tells me they prepared 20 of them earlier, and we're only see-

ing the one that turned out the best.

What annoys me is when they say, "Put this in the refrigerator for 20 minutes," and then they put a giant pan of something in the refrigerator without having to move a thing out of the way. Only in TV land are there empty refrigerators.

When I take a jar of mayonnaise out of my fridge, it takes me five minutes of shuffling things around to get it back in. Things have moved around in there while my back was turned and the door was shut. Ours is full of half-empty bottles of mustard, jams, capers, sauces, salad dressings, juices, pickles, yogurt and stuff we used once and have never opened again. There are all kinds of snap-top containers with leftovers from last night and the night before and potato salad and something that could either be chili or spaghetti sauce. They will be there until we move to a new house or the power goes out for a week, whichever comes first.

The chef's fridge has a bottle of white wine, six brown eggs and three empty racks. What did he do with all the food he cooked yesterday? What does he do with his leftovers? Maybe there are none. A lot of times I'll see them cook something and they'll say, "This serves four," and I'm thinking, not at my house it wouldn't. It might serve two — if we weren't very hungry.

Maybe we should just go out and buy a bigger, better refrigerator and replace our 20-year-old model; it would solve all our problems. Except it turns out, our main problem is that I'm cheap. The least expensive new refrigerator in the big box store was \$2,300.

"I thought this was supposed to be the home of low, low prices," I said.

"It is," said Sue, "for people who make money, money, money. Like, say, a TV chef."

Missed connection with old friend causes awkwardness

UNIVERSAL

DEAR HARRIETTE: In middle school, I became friends with a girl named Alice. Alice later moved to Japan, and we became email pen pals. Alice and I would email regularly for two years and became even closer than we were when we lived in the same town. We lost touch, and, much to my surprise, a year later she came back to my hometown. When we first saw each other, neither of us made a move to acknowledge the other. Now that some time has passed since that moment, I wonder if it is too late to try to salvage our friendship. The initial awkward moment separated us, and I want to know if there's anything I can say to break the ice. — *Surprise Reunion, Dallas*

DEAR SURPRISE REUNION: If you can figure out how to find your long-lost friend, by all means attempt to contact her. Call her and admit that you were so surprised to see her that you were speechless. Tell her how happy you are that she is stateside and that you would love the opportunity to

get together and catch up.

You are much more grown-up than when you last were friends, so finding a friendship today will require you to see each other for who you are, acknowledge the closeness you once had, and then spend time together to see if you still share interests. If you want to find out, tell her you think the potential rekindled friendship is worth the effort.

DEAR HARRIETTE: I do not sympathize with picky eaters. I am very sympathetic to food allergies, but I rarely understand a refusal to try anything new when there is no medical condition prohibiting it. Some of my friends are picky eaters, and this comes to light when we are trying to make dinner plans. I am not happy with eating and spending my money at generic restaurants and would like to explore more creative dining options. How do I bring up this idea amongst my friends? I do not want to alienate anybody, but I have found myself turning down dinner plans because I cannot handle another night

at a chain chicken wing place. I know I cannot change anybody, so is not inviting some people an exclusion or selective planning? — *New Culinary Horizons, New York City*

DEAR NEW CULINARY HORIZONS: You should consider starting a dining club. Just like a book club, this group can be formed as a gathering of people who want to explore new cuisines together. You will expand your horizons foodwise and core group of friends is that the pressure will be off of them to have to conform to your broader palate. When you spend time with them, don't assign so much value to what you are eating. Let

SENSE & SENSITIVITY

by HARRIETTE COLE



the focus be on being together. (Lifestylist and author Harriette Cole is president and creative director of Harriette Cole Media. You can send questions to askharriette@harriettecole.com or c/o Universal Uclick, 1130 Walnut St., Kansas City, MO 64106.)

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