

Several Nicholas County Lady Blue Jacket Basketball players are among the region's top players, according to a recently released compilation of hoops stats for the 10th region. Blue Jacket players appear in bold for easy identification.

Lady Jackets Among Regions Finest

Table with columns: Grade, Name, School, Games, PPG. Lists basketball players from various schools in the 10th region, including Taylor Griffis, Mackenzie Lee, Paige Bowling, etc.

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IN THE KITCHEN

Grillin' And Chillin' Tips For Winter Grilling

(NAPSA) Even when it's chilly outside, you don't have to compromise your taste buds. If you don't want to give up the wonderful flavor of grilled food during the colder months, you're not alone.

- Do your warm-ups. While you're clearing a path through the snow to your grill, remember to brush the white stuff off of it as well. Snow will lower the temperature inside the grill, ultimately adding to your cooking time. Also, in below-freezing temperatures, plan on taking almost twice the time to preheat your barbecue as it takes in the summer.



This Acorn Squash with Spiced Pecan Butter can be grilled outdoors at any time of year

Whole grain recipes: tasty way to add fiber to your diet

servings of fiber your body needs. A high-fiber diet can provide fewer calories and it tends to help you eat less. In addition, the current USDA Dietary Guidelines for Americans recommend increasing intake of whole grains due to their role in cutting the risk of heart disease, stroke, Type 2 diabetes, certain cancers, diabetes and obesity.

- Irish Wheat Bread Makes 1 loaf 1 cup all-purpose flour 2 Tbsp. sugar envelope Fleischmann's RapidRise Yeast 1/2 tsp. salt 1/2 tsp. baking soda 1 cup buttermilk 1/4 cup water 3 Tbsp. butter or margarine, cut up 2 - 2 1/2 cups whole wheat flour

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