#### Lady Jackets Among Regions Finest

Grade	Name	School	Games	PPG	
So	Lauren Tibbs	Scott High School	14	24.8	
7	Katie Kitchen	Campbell County	12	15.1	
So .	Cindy Miller	Silver Grove	15	14.6	
Jr	Petres Mitchell	Nicholas County	14	13.8	
Jr .	Emily Sanker	Bishop Brossart	12	13.6	
	Jewel Rogers	George Rogers Clark	10	13.6	
9	Brianna Peters	Campbell County	14	13.1	
	Brittney Black	George Rogers Clark	16	13.1	
Fr	Kelsey Carmack	Deming High School	17	12.6	
Sr	Mackenzie Lee	Montgomery County	16	12.2	
lr .	Anne Klee	St. Patrick	13	11.8	
2	Shelbi Benzinger	*Scott High School	14	11.7	
Sr	Brittanie Sosby	Nicholas County	14	11.5	
7	Paige Bowling	Campbell County	14 .	11.4	
Sr	Emily Hinkson	Paris High School	17	11.3	
Sr	Cora Chamberlain	St. Patrick	12	10.9	
Sr	Kayla Webb	Montgomery County	16	9.8	
lr .	Annie Garland	Montgomery County	16	9.8	
lr .	Haley Ware	Bracken County	10	9.4	
Jr .	Shelby Sosby	Nicholas County	14	9.2	
Sr	Michelle Smith	Deming High School	16	8.6	
lr .	Hannah Uthe	Bishop Brossart	12	8.6	
Sr	Molly Parker	St. Patrick	13	8 .	
So	Chelsea Fryman	Deming High School	17	7.8	
	Rebounds			RPG	
lr .	Anne Klee	St. Patrick	13	12.5	
So	Lauren Tibbs	Scott High School	14	12.4	
So	Morgan Crain	Paris High School	16	9.8	
Fr	Kelsey Carmack	Deming High School	17	9.1	
ir	Emily Kunkson	Paris High School	17	8.7	
r	Petrea Mitchell	Nicholas County	14	8.5	
	Emily Davis	Scott High School	14	7.6	
	Assists			APG	
Sr	Leslie Pfeffer	St. Patrick	13	4.3 .	
	Bethany Pelle	Scott High School	14	4.1	

3.5 3.4 3.4 3.3 Deming High School Silver Grove Montgomery County Bishop Brossart Elizabeth Prewit Annie Garland Cierra Payne Katie Thompsor Kendall Cassity Brittney Black Shelby Sosby Molly Parker Cora Chamberla Reesa Martin Emily Hinkson Bethany Pelle Emily Sanker Nicholas County George Rogers Clark Silver Grove Bishop Brossart Paris High School Paris High School Anne Klee St. Patrick

8th Sr Sr 16 2.4 Sr 14 2.2 Sr 17 2.1 M/A FG% Jr Montgomery County e Campbell County Deming High School Free throw % Scott High School Jessica Gilkerson Campbell County

60/13/7 43% 81/205 40% 63/158 40% 39/103 38% 42/114 37% 15/41 37% 26/73 36% 3 Bishop Brossart
Paris High School
Nicholas County
Nicholas County

20/44 46% 15/34 44% 9/21 43% 25/59 42% 24/58 41% 37/108 35% 6117 35% 41/2 31% 16/52 31% 12/40 30% 13/48 27% 14/53 26% 25/95 26% 26/104 25% Nicholas County Paris High School Scott High School Paris High School Deming High School Scott High School

FT %
18/23 78%
40/51 78%
17/22 77%
43/58 74%
63/63 72%
26/37 70%
79/114 69%
68%
17/25 68%
17/25 68%
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19/29 66%
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#### IN THE KITCHEN

### Grillin' And Chillin' Tips For Winter Grilling

(IVAPSA)-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. In fact, according to the 19th Annual Weber GrilfWatch Survey, more than half of American grill owners are grilling year-round and 37 percent grill when the tempera-

If you're ready to join in on the grilling fun:

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

Use your head. Don't cut corners by grilling inside your garage or under an overhang that could catch fire. Grilling in an enclosed space can trap deadly carbon monoxide and grills should be at least five feet away from combustible materials.

 Charcoal lovers take note. Cold temperatures will affect the heat inside a charcoal grill, actually raising the temperature due to the added oxygen feeding the fire. To compensate, close the dampers on the grill's bowl slightly, slowing down the burn. However, always keep the lid vents wide open.

Put the pedal to the metal. In cold weather, offentimes you may have to jick a rec-ple's recommended grilling temperature up a notich to generate enough heat to properly cook your food-usually around 20 percent higher. Monitor the grill's internal temperature to maintain a constant cooking temperature.

Hunker down. For gas grills, position the grill so the wind is perpendicular to the gas flow and not blowing the flame down the burner tubes.

· Keep it simple. The best bets for cold-weather grilling are foods that don't require much attention. Steaks, burgers or fish that need only one quick flip or large meats that can cook unattended without repeated basting will work well. Not only do you eliminate multiple trips outside to the grill, but you won't be opening and closing the lid repeatedly, which will add to your cooking time, as precious heat escapes each time the lid is lifted.

. Be patient. Generally, it will take a little bit longer to grill when the temperature of the second secon To ensure that food is cooked properly, use a meat thermometer

 While you're out there...Try your hand at an easy side dish or even dessert on the grill.
 There are few things like good old-fashioned comfort food to help raise your spirits. Grilling syear-round fruits, such as bananas, and hearty, in-season vegetables, such as acorn squash or sweet potatoes, is a tasty way to round out your meal.

For more tips and recipes, visit www.weber.com or call the Weber Grill-Line at 1-800-GRILL-OUT (open 7 a.m. to 11 p.m. CT every day except Christmas Eve and Christmas).



This Acorn Squash with Spiced Pecan Butter can be

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



to nep you eat less. In addi-tion, the current USDA Dietary Guidelines for Americans rec-ornmend increasing intake of whole grains due to their role in cutting the risk of heart disease, stroke, hypertension, certain cancers, diabetes and obesity.

ing healthier, whole grain life yetting easier to eat high dubling makes provide a good start. If yetting easier to eat high dubligrain Bread. The machine does made with a variety of loe grains can help you get with choosing convenient reci-Breads made with a variety of yorkole grains can help you get with choosing convenient rectibed making them yourself coupled finish or, once the dough has 1 cup all-purpose flour yields grains can help you get with choosing convenient rectibed making them you have been mixed, you can remove it 2. Tops, significantly anything 1. Tops, significantly anything 1. Tops, significantly anything 1. Tops, significantly anything 1.

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other convenient way to make tasty high-fiber breads such as Multigrain Bread. The machine can make a loaf from start to finish or, once the dough has

Repúblice Yeast, as the dough 100 recipes with a minimum ortury cut up if needed. Place in greated resident of second years and felas present of the second years of delarge present of the second years of delarge present of the second years of the years

Chili Cheese Coney!

cup buttermilk
cup water
Tbsp: butter or margarine,

In large bowl, combine all-purpose flour, sugar, undis-solved yeast, salt and baking soda. Heat buttermilk, water to 130° F); mixture will curdle. Remove from pan;

minutes.

With sharp knife, make an "X" (1/2 inch deep) on top of the dough. Bake at 375° F for and butter until very warm (120° 35 to 40 minutes or until don



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