

# Grapes make school-day meals easy

The summertime probably felt like it whizzed by, and now you're getting into the back-to-school mode. Luckily, you can keep a sweet taste of summer in meals and snacks with refreshing grapes from California.

Kids and families getting ready for busy mornings are in need of healthy, energy-packed foods to fuel tightly scheduled and sometimes hectic lifestyles. Start the morning with a Breakfast-to-go smoothie, a blend of fruit, yogurt and crunchy cereal for a hearty breakfast. Kids – and probably you, too – will relish this satisfying and yummy drink featuring grapes and grape juice, both of which, according to mounting re-



**Start the morning with a satisfying and yummy smoothie featuring grapes and grape juice, both of which, according to mounting research evidence, may help support a healthy heart.** ARACONTENT PHOTO

search evidence, may help support a healthy heart.

Bulgur Salad with Grapes and Kale is also a hearty, very nutritious

and delicious meal all by itself, and perfectly packable for bring-from-home lunches. Grapes are really the key to making this salad inviting and flavor-

ful for all ages. The sweet accents and the crisp qualities of the grapes offer a nice contrast to the chewy bulgur, crunchy nuts and shredded kale, which doesn't go limp like most lettuce will.

Make a big bowl or container of this salad and have it at-the-ready for a mini-meal for students going through a growth spurt or who need more calories in general, such as athletes, dancers, marching band members, etc. Adventurous little eaters will also enjoy munching on this salad during lunch or snack breaks at day care or preschool. And don't forget to pack a cluster of grapes, too, for more sweetness and good

health during the day.

Having a bowl of fresh grapes handy for nibbling after school is a great alternative to chips, cookies and the array of mini-pizzas and hand-held manufactured foods that are generally expensive and high in fat and salt.

Grapes are considered a super snack for a variety of reasons: Grapes contain just 90 calories per ¾-cup serving, are packed with flavor and sweetness, and create virtually no mess – no peeling, no slicing, no coring. In addition, all colors of grapes contain natural plant components known as polyphenols, which recent scientific studies suggest may help

See GRAPES, Page 12

## Facing a criminal charge? Know your rights

"I made a mistake."  
"I was in the wrong place at the wrong time."  
"I was falsely accused of something I didn't do."

In these economic times, desperation can cause us to do things we wouldn't normally do, or we can find ourselves in situations that we never believed would happen to us. Whether it is a serious

and violent offense, a drug-related charge, a DUI, or a simple traffic violation, it is important that you know your legal rights and understand how the criminal justice system works. It is also important to consider legal representation in the event that you would like to seek an expungement of your criminal

record, or have been instructed by your trial attorney that you may have grounds to appeal your conviction.

"We understand that people may feel overwhelmed and are intimidated under the circumstances that they may find themselves in if they are facing criminal charges." Steven D. Jaeger said.

"It is necessary to make sure that all proper procedures are followed, from the time of the initial police interaction through the resolution of the case."

If you find yourself in this situation, call the professionals at The Jaeger Firm, and give them the opportunity to explain and, if needed, vigorously defend your rights.



The experienced attorneys at The Jaeger Firm PLLC understand that people sometimes make mistakes and want to help you know your legal rights. Shown are Steven R. Jaeger, left, and Steven D. Jaeger.

PROVIDED



**Where You're Treated Like Family!™**

A Family-Owned Firm with only YOU in mind!™

At **THE JAEGER FIRM**, we focus on what is important, you.

For all your legal needs, call **THE JAEGER FIRM**, where you're treated like family!™

**THE JAEGER FIRM**

Attorneys & Counselors at Law  
23 Erlanger Road, Erlanger, KY 41018

859.342.4500

www.thejaegerfirm.com

This is an advertisement.

