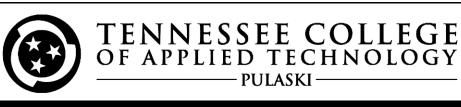


CALL PATTY AT 931-359-1188 AND ORDER A SUBSCRIPTION FOR THE MARSHALL COUNTY TRIBUNE







POSITION ANNOUNCEMENT

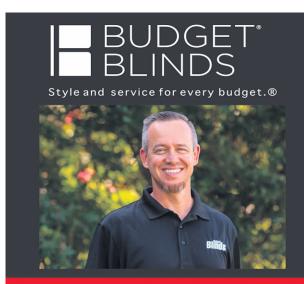
The Tennessee College of Applied Technology Pulaski is actively seeking a qualified individual to join our team for the following full-time position:

Workforce & Community Engagement Coordinator

- Bachelor's degree from an accredited institution required; Master's Degree preferred. • 5+ years of workforce development experience required; 10+ years preferred.
- Established grant writing success required.
- \cdot 5+ years of supervisory experience with decision-making responsibilities preferred.
- Demonstrated history of achieving results through collaboration, influence, and communication. $\boldsymbol{\cdot}$ Demonstrated commitment to diversity, equity, and inclusion (DEI).
- Detail-oriented and skilled at event planning and project coordination. · Ability to utilize Microsoft Office programs, audio/visual equipment, and social media; and working knowledge of maintaining records and/or sensitive information.
- · Able to work a schedule that includes evening hours and travel throughout five (5) county-areas to regional industries, community partners, and satellite locations.

A full position announcement and online employment application can be found at the TCAT-Pulaski website: https://tcatpulaski.edu/about/jobs-and-employment. To be fully considered for the position, the applicant must submit a resume, employment application, college transcripts, and cover letter detailing their interest and qualifications for the position either in-person, via mail or online.

For questions, please contact the campus at 931-424-2422. The Tennessee College of Applied Technology-Pulaski is an EOE/AA/ADA Employer.



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Stacy Lynn Hillard was featured in "Small World" in the Lewisburg Tribune on Sept. 6,

Tips to pull off holiday hosting

(Family Features)

With stay-at-home holidays a thing of the past for many families, they're now busy preparing for fullblown celebrations. The return of traditional festivities brings seemingly never-ending to-do lists and pressure to be the perfect host.

From mastering a mouthwatering menu and donning your home with decadent decor to ensuring guests enjoy the evening to the fullest, hosting duties bring plenty of responsibilities. This year, though, you can avoid those anxious feelings with some preparation ahead of the big day.

To help pull off a sensational seasonal soiree, consider these tips from the entertaining experts at Sun-Maid to make the holidays brighter and more manageable so you can navigate the stresses of hosting.

Invite Others to Share Favorite Traditions

Especially with stay-at-home holidays in recent years, some friends and family members may have developed their own special traditions from new recipes and foods to seasonal games and activities. Inviting your guests to bring or share something that represents their favorite part of the holidays can help everyone feel welcome.

Take Time for Yourself Remember to make time for yourself so you can enjoy the fruits of your labor right alongside guests. The busyness of this time of year can add stress but reflecting on

the true meaning of the season

and reveling in your favorite parts of the holidays can help you avoid

feeling overwhelmed.

Add New Ingredients to Your

While pairing this year's turkey or ham with the classics provides comfort and calls to mind holiday memories of the past, cooking with new ingredients and adding fresh recipes to the menu can put a fun spin on the season and maybe even create your own traditions to carry

For example, baking with an option like Sun-Maid Raisins provides a whole fruit option with zero grams of added sugars per 1/4cup serving. They're an easy, better-for-you substitution to reduce overall sugar intake without compromising flavor or texture when compared with dried cranberries, which contain 27 grams of added sugars per 1/4-cup serving. The natural sugars of raisins make them a versatile, useful addition to a wide variety of holiday-worthy

Hop On Hot Food Trends

sugars.

One of this year's most popular trends in the kitchen is food boards, a fun and easy way to elevate flavor while incorporating favorites like cured meats, cold cuts, cheese slices and cubes, dips, nuts and more. Plus, you can keep your board balanced with nutritious items like vegetables and fruit, such as raisins, which provide sweet flavor without the added



Mouthwatering Recipes to Beef Up the Holiday Menu

At this year's holiday gatherings, you can put together a showstopping menu from the beginning of the party to the final bite with mouthwatering recipes that bring guests back for more. It all starts with beef, a versatile, beloved ingredient that can be used in appetizers, sides and main courses alike.

Consider these holiday favorites from Beef Loving Texans, including the content of the property of the content of the co

a must-have main course like Classic Beef Wellington. Perfect for a family get-together, this traditional dish combines tender chateaubriand roast with a homemade glaze of earthy mushrooms, red wine and Dijon

roast vinu a nomemace giaze or earny musurooms, rea wine and 1) in mustard wrapped in a golden-brown pulf pastry. If you're serving a group. Top Sirloin Roast with Herb Garlic Peppersom Crust is ideal for sharing and provides an eye-catching centerpiece at the dining room table.

Before bringing out the main course, however, the brickness respect to fine and pasting that course, the bringing out the main course, however, the bringing out the main cour

Holiday Mini Beef Meatball

Recipe courtesy of Beef Loving Texans Total time: 50 minutes

1 pound ground beef

1 cup fresh zucchini, grated 1 egg 1/2 teaspoon salt

1/4 teaspoon pepper 1 small yellow onion, diced

2 red bell peppers, diced 1/2 inch 2 green bell peppers, diced 1/2 inch

12 skewers (6 inches)

Skewers with Cranberry Barbecue Sauce

aspect of seasonal parties that calls everyone to the kitchen: savory appetizers. You can invite your guests to share an option like Holiday Mini Beef Meatball Skewers with Cranberry Barbecue Sauce, a festive, easy-to-make favorite that can tide the cravings of a hungry crowd. Find more beef-inspired holiday dishes at BeefLovingTexans.com.

Classic Beef Wellington Recipe courtesy of Beef Loving Texans Total time: 1 hour, 30 minutes

Servings: 4

- 1 teaspoon olive oil, divided 1/2 teaspoon salt 1/2 teaspoon pepper, divided 1 chateaubriand tenderloin roast
- ounces mushrooms
- 1 large shallot
 2 tablespoons dry red wine
 2 tablespoons Dijon mustard 1/2 teaspoon dried thyme leaves
- 1 sheet puff pastry

1 can (16 ounces) whole berry

cranberry sauce 3 tablespoons barbecue sauce

Preheat oven to 400 F.
In medium bowl, lightly mix ground beef,

zucchini, egg, salt and pepper until thoroughly combined. Shape into 24 1-inch meatballs.

Alternately threat metablasis, onions, red peppers and green peppers onto sewers Place skewers on shallow-rimmed baking sheet. Bake 22-25 minutes, or until instant-read thermometer inserted into center of meaball registers 160 F. To make cranberry barbecue sauce: In medium sauceran combine cranberry sauce.

medium saucepan, combine cranberry sauce and barbecue sauce; simmer $5\,\mathrm{minutes}$, or

Drizzle sauce over skewers or serve as

until flavors blend.

Alternately thread meatballs, onions, red

In large nonstick skillet over medium high heat, heat 1/2 teaspoon oil until hot. Combine salt and 1/4 teaspoon pepper.

Press evenly onto all surfaces of roast. Place roast in skillet; brown evenly. Remove roast from skillet. Heat oven to 425 F.

In food processor, pulse mushrooms and shallot about 10 times until finely chopped.

Do not overprocess.

Place same skillet used for roast over
medium-high heat and heat remaining oil until hot. Add mushrooms and shallot; cook 4-6 minutes until tender and all liquid is evaporated, stirring often, Add wine; cook

evaporated, stirring offen. Add wine; cool
2-3 minutes until all liquid is evaporated.
Stir in mustard; thyme and remaining
pepper. Cook 2-3 minutes. Remove from
skillet to medium bowl; cool.
Line rimmed baking sheet with

aluminum foil and place in oven. On lightly floured cutting board, unfold pastry dough. Roll pastry out to 12-by-9-inch

onto pastry dough, leaving 1/2-inch border around edges. Place roast in center of around eages. Prace roast in center of mushrooms. Fold pastry dough neatly around roast, stretching dough if necessary Cut off excess pastry dough; press to seal overlapping edges. Remove baking sheet from oven and dus

lightly with flour. Place pastry-wrapped

roast, seam-side down, on baking sheet. Cut four (2-inch) vents in top of pastry Bake 35-50 minutes, or until golden brown and instant-read thermometer inserter into center of roast registers 135 F for medium-rare or 150 F for medium. Transfer

roast to carving board. Let stand 10 minutes Temperature will rise about 10 F to reach 145 F for medium-rare or 160F for medium Carve into slices and serve



Preheat oven to 350 F. Rub roast with olive oil

To make seasoning: In small bowl, combine

Top Sirloin Roast with Herb Garlic Peppercorn Crust Total time: 45 minutes

center-cut sirloin beef roast (about 3 pounds)

salt, parsley, thyme, garlic and mixed peppercoms; press evenly into beef roast.
Place roast in roasting pan or baking
dish with wire rack in bottom. Bake 40-60 minutes. Remove roast when meat thermometer registers 135 F for medium-

rare or 150 F for medium.

Transfer roast to carving board; tent loosely with aluminum foil. Let stand 10-15 minutes. 2 tablespoons fresh parsley, chopped 2 tablespoons fresh thyme, chopped Temperature will rise about 10 F to reach 145 F for medium-rare or 160 F for medium teaspoons coarsely ground mixed peppercorns (black, white, green and pink) Carve roast into slices by cutting against