



Marshall County

Tribune

NEED A GIFT FOR SOMEONE’S BIRTHDAY,  
ANNIVERSARY, OR CHRISTMAS?



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

A-1

Tree Trimming  
& Removal

PROFESSIONAL

Tree Removal  
Tree Topping  
Tree Trimming  
Stump Grinding

FREE ESTIMATES

Licensed & Insured

931-359-3113



David Jent

Mini Storage

Starting at

\$49.00

6 Sizes of Mini Storage  
Plus Fenced Area for Boats,  
RVs and Motor Homes

OWNER/AGENT

931-359-6631



TENNESSEE COLLEGE  
OF APPLIED TECHNOLOGY

PULASKI

## 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

#### Qualifications:

- 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.
- 5+ years of supervisory experience with decision-making responsibilities preferred.
- Demonstrated history of achieving results through collaboration, influence, and communication.
- 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.



BUDGET®  
BLINDS

Style and service for every budget.®



FREE In Home Consultation

The Experts in Shutters, Shades,  
Drapes & So Much More!  
High Quality Window Coverings  
for Every Budget.



enlightened  
style™

EXCLUSIVELY BUDGET BLINDS®

Serving Shelbyville and the Surrounding Areas

931-488-4033 BudgetBlinds.com/Shelbyville



Stacy Lynn Hillard was featured in “Small World” in the Lewisburg Tribune on Sept. 6, 1973.

## 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 full-blown 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 Menu

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 forward.

For example, baking with an option like Sun-Maid Raisins provides a whole fruit option with zero grams of added sugars per 1/4-cup 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 dishes.

### Hop On Hot Food Trends

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 sugars.



Classic Beef Wellington

## Mouthwatering Recipes to Beef Up the Holiday Menu

### FAMILY FEATURES

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 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 mustard wrapped in a golden-brown puff pastry.

If you’re serving a group, Top Sirloin Roast with Herb Garlic Peppercorn Crust is ideal for sharing and provides an eye-catching centerpiece at the dining room table.

Before bringing out the main course, however, there’s an important 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](https://beeflovingtexas.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
- 8 ounces mushrooms
- 1 large shallot
- 2 tablespoons dry red wine
- 2 tablespoons Dijon mustard
- 1/2 teaspoon dried thyme leaves
- flour
- 1 sheet puff pastry

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 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

rectangle; lay dough with shortest edge toward you. Spread mushroom mixture onto pastry dough, leaving 1/2-inch border around edges. Place 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 dust 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 inserted 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 160 F for medium. Carve into slices and serve.

Holiday Mini Beef Meatball Skewers with Cranberry Barbecue Sauce

Recipe courtesy of Beef Loving Texans  
Total time: 50 minutes  
Servings: 12

1 pound ground beef

1 cup fresh zucchini, grated

1 egg

1/2 teaspoon salt

1/4 teaspoon pepper

1 small yellow onion, diced

1/2 inch

2 red bell peppers, diced

1/2 inch

2 green bell peppers, diced

1/2 inch

12 skewers (6 inches)

Cranberry Barbecue Sauce:

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 thread meatballs, onions, red peppers and green peppers onto skewers. Place skewers on shallow-rimmed baking sheet.

Bake 22-25 minutes, or until instant-read thermometer inserted into center of meatball registers 160 F.

To make cranberry barbecue sauce: In medium saucepan, combine cranberry sauce and barbecue sauce; simmer 5 minutes, or until flavors blend.

Drizzle sauce over skewers or serve as dipping sauce.



Holiday Mini Beef Meatball Skewers with Cranberry Barbecue Sauce

Top Sirloin Roast with Herb Garlic Peppercorn Crust

Recipe courtesy of Beef Loving Texans  
Total time: 45 minutes  
Servings: 8

1 center-cut sirloin beef roast (about 3 pounds)

1 tablespoon olive oil

Seasoning:

2 teaspoons kosher salt

2 tablespoons fresh parsley, chopped

2 tablespoons fresh thyme, chopped

5 cloves garlic, minced

2 teaspoons coarsely ground mixed peppercorns (black, white, green and pink)



Top Sirloin Roast with Herb Garlic Peppercorn Crust

Preheat oven to 350 F.

Rub roast with olive oil.

To make seasoning: In small bowl, combine salt, parsley, thyme, garlic and mixed peppercorns; 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. Temperature will rise about 10 F to reach 145 F for medium-rare or 160 F for medium.

Carve roast into slices by cutting against grain.