

# Classifieds

Buy, Sell, Trade or Giveaway, Call (606) 723-5012

**\*\*\*REWARD\*\*\***

Someone removed a maroon BB&T bank bag from a white GMC Envoy at the McDonald's or Hardee's parking lots in Irvine on Monday, October 15, 2018. A reward of \$50 is offered for its return with paper work inside. NO QUESTIONS ASKED. Contact C.C.C. P.O. Box 252 Irvine, KY 40336

10/24

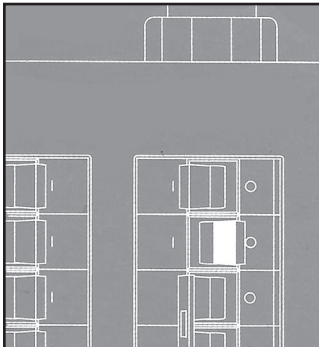
**WANTED TO BUY**

Belting for a rock crusher, parts of 2-caps wood stoves, pokes and shaker; a hose for a Maytag wringer washer or whole white washer not working; all kinds of plows without handles, horse or push; tools without handles, plowpoints for layoff plows, 6-inches or bigger. Other things. Write Chester Proffitt, 3540 Furnace Jct., Ravenna KY 40472-8988 or call Kathy Cooper at (859) 779-9379.

## Gravel Hauling

**Jack Walling**  
**GRAVEL HAULING & DOZIER WORK**  
 Free Estimates!  
**606-975-1736 or 606-643-5925**

## Electrical



**Eastern Kentucky Electric, LLC**  
 1075 Rice Station Rd.  
 Irvine, KY 40336

**Daniel Muchow**  
 Owner, ME #64934  
**(859) 351-4001**  
 EasternKyElectric@yahoo.com

## Tree Trimming

**GET-R-DONE**  
**Tree Trimming & Removal**  
 Also, **NEW! Pressure Washing!**  
 Homes, Decks, Driveways, Sidewalks  
 Contact **Anthony Conrad**  
**FREE Estimates! 606-975-3799**  
 Available 24 Hours For Storm Damage!

## Barbershop

**Sonny's Barbershop**  
 Broadway & Sycamore, Irvine  
 Welcomes New Barber  
**Dylan "Bean" Kortbein**

## Buying Roots

Buying Black Cohosh and Wild Yam Root  
**Call Thackers'**  
**(606) 723-4404**

## Appliances

**Sammie's**  
**Furniture & Appliances**

722 Main St., Ravenna • 723-6562  
 Open Mon. -Fri., 9-6, and Sat., 9-5

- Dutch Craft Amish-Made Bedding
- New Bedroom Suites
- New Living Room Suites
- New Recliners & Lift Chairs
- We do Special Orders
- Tables & Chairs

Free Delivery & Set Up  
 12 Months Same As Cash\*  
 \*With Approved Credit

Now Accepting



## Tree Removal



**Davidson Tree Service**  
 We treat our customers right!  
 Tree and stump removal.  
 Professional pruning and shaping.  
 Landscaping, etc. Firewood for sale!  
 Bucket truck now available!  
**Fully Insured!**  
**Billy 1-859-625-2683**  
**Mike 1-606-723-9227**  
**Tommy 1-606-253-8826**

## Stickeler's Answer

**Stickelers Answer**  
 The answer is 1) aspergillosis.

Stickeler's Puzzle on Page B-6

## College Open House

**THE BRED EXPERIENCE** SAT., NOV. 3/EXUM CTR. KENTUCKY STATE UNIVERSITY

**DON'T MISS**  
 The Mighty Marching Thorobreds Band  
 Free Food • Giveaways • Door Prizes  
 Campus Tours and more

**FOR MORE INFORMATION**  
 wewantyou@kysu.edu

**CALLING ALL:**

- ✓ High School Students
- ✓ Home School Students
- ✓ Community College Students
- ✓ Veterans/Government Employees
- ✓ Those seeking Graduate School opportunities
- ✓ Those looking to finish their degree

**TOPICS**

- Get Enrolled
- Acquire Scholarships
- Apply for Financial Aid
- Visit Residence Life
- Visit Academic Colleges
- Meet with an Advisor
- Student Support Services
- Intern & Co-Op Opportunities

**EVERY FIRST-TIME FRESHMEN STUDENT RECEIVES**  
 The Thorobred Achiever's Scholarship - \$1,000  
 PLUS Flat-Rate Tuition for 4 years

Other Scholarships Available  
 Transfer Scholarships | Valedictorian Scholarships  
 Salutatorian Scholarships and more

**REGISTRATION**  
 www.kysu.edu/bredexperience  
 NO APPLICATION FEE

**EVERY ATTENDEE RECEIVES**

- T-Shirt • Football Game Ticket
- Breakfast & Lunch while supplies last

## Kitchen Diva

### Sweet Potatoes or Yams?

by ANGELA SHELF MEDEARIS

Sweet potatoes mirror the colors of autumn leaves. The beautiful bright-orange to orange-red hues of the skin are lovely to look at, and the interior flesh of the sweet potato, ranging from white to orange to purple, is even better to eat! Sweet potatoes can be incorporated into every meal, from sweet potato biscuits for breakfast, a side of sweet potato fries at lunch, or a roasted sweet potato for dinner with a smooth sweet potato custard for dessert.

Some people refer to sweet potatoes as "yams," but this is a misnomer as a yam is an entirely different vegetable. A yam is a tuber cultivated in Africa that can grow up to 7 feet long and weigh as much as 150 pounds.

When the African captives came to America, they were used to eating yams as a major staple of their diet. When they didn't find any yams here, they used sweet potatoes as a substitute. Some Africans called sweet potatoes "nyamis," the Fulani word for yam, and that is how American sweet potatoes became known in many areas as yams.

As the sweet potato became more popular in America, growers started labeling them "yams," which we now know is incorrect. The U.S. Department of Agriculture now requires the word "yam" to be followed by the words "sweet potato" when labeling a sweet potato product.

Some specialty markets carry yams imported from Asia or Africa. China is the world's largest producer of sweet potatoes, along with India and the United States. Sweet potatoes can be stored unrefrigerated for up to three months.

Sweet potatoes are high in dietary fiber, vitamins A, C and B-6, and serve as a great lower-carb alternative to regular potatoes. Sweet potatoes contain a wealth of orange-hued carotenoid pigments. In countries throughout Africa and in India and the Caribbean, sweet potatoes have been shown to be a highly effective way of providing school-age children with sizable amounts of their daily vitamin A.

In some studies, sweet potatoes were found to be a better source of bioavailable beta-carotene than green leafy vegetables. Because sweet potatoes are available in many countries on a nearly year-round basis, their ability to provide us with a key antioxidant like beta-carotene makes them a standout antioxidant food.

This slow-cooker recipe for Chicken Stew deliciously combines sweet potatoes, chicken and wild rice in a flavorful, creamy sauce to create the perfect make-ahead side dish for a busy weekday or any day!



Photo Credit: DepositPhotos

**Slow-cooked Chicken Stew w/Sweet Potatoes**  
 6 boneless, skinless chicken thighs (about 1 3/4 pounds)

- 2 tablespoons poultry seasoning
- 1 1/2 teaspoon salt
- 2 teaspoons ground black pepper
- 1 tablespoon vegetable oil
- 2 tablespoons butter
- 1 cup chopped celery
- 1 cup chopped yellow onion
- 2 tablespoons chopped garlic (about 5 garlic cloves)
- 1/3 cup all-purpose flour
- 4 cups chicken broth
- 4 cups (3 medium) sweet potatoes cut into 1-inch cubes
- 1/2 cup uncooked wild rice
- 1 teaspoon lemon pepper
- 1 cup half-and-half
- 1/4 cup coarsely chopped fresh flat-leaf parsley
- 3 green onions, roots removed and discarded, white and green parts chopped

1. Season the chicken on both sides with 1 tablespoon poultry seasoning, 1 teaspoon salt, 1 teaspoon pepper. Heat oil and butter in a large skillet over medium-high. Add chicken and cook until well-browned, about 5 minutes. Turn chicken over and cook 2 minutes.

2. Transfer chicken to a 5- to 6-quart slow cooker. Add celery, onion and garlic to skillet. Cook, stirring often, until starting to soften, about 4 minutes. Add flour, 1/2 teaspoon salt, 1 teaspoon black pepper to the skillet, and cook, stirring constantly, 1 minute. Add broth; bring to a boil, and cook, stirring constantly, until thickened, about 1 minute.

3. Transfer mixture to slow cooker. Add sweet potatoes, rice and the lemon pepper. Cover and cook on low until rice, chicken and vegetables are tender, about 3 hours. Stir in half-and-half. Turn heat to high and cook for 5 to 10 minutes. Place stew in individual serving bowls and sprinkle with the parsley and green onions, if desired. Serves 6.

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Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is [www.divapro.com](http://www.divapro.com). To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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## Real Estate



**Joyce Marcum**  
 BROKER/OWNER  
 859-624-0088  
 <jmarcum21@aol.com>

**JOYCE MARCUM REALTY.COM**

Call (606) 723-0080



**Bill Van Winkle**  
 859-582-2810  
 <bvanwinkle@windstream.com>



**James Woolery**  
 859-358-0691  
 <james.woolery@live.com>

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