

Classifieds

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

LOST DOG

Reward possible for return or information about a lost female, walker coonhound and family pet named Smiley from Substation Road area. Very shy. Call/text (606) 975-1527 or call (859) 626-2098 or 582-1279.

REWARD 11/07

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

11/07

\$2 for 20 Words

Additional Words 10 cents each. Send with payment to Estill Tribune, 6135 Winchester Road

Public Notice

PUBLIC HEARING

On October 19, 2018, Kentucky Utilities Company and Louisville Gas and Electric Company filed their 2018 Joint Integrated Resource Plan with the Public Service Commission of Kentucky. This filing includes a load forecast and resource plans of Kentucky Utilities Company and Louisville Gas and Electric Company to meet future demand with an adequate and reliable supply of electricity at the lowest possible cost for all customers within their service areas.

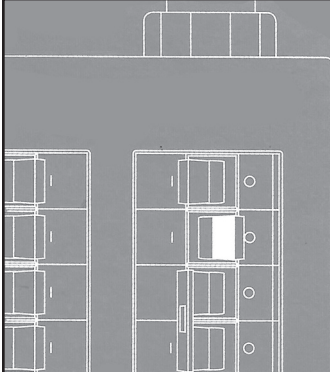
Any person interested in participating in the review of this Integrated Resource Plan should submit a motion to intervene in Case No. 2018-00348 to: Gwen R. Pinson, Executive Director, Kentucky Public Service Commission, 211 Sower Boulevard, Frankfort, Kentucky 40602-0615.

Kentucky Utilities Company
Louisville Gas and Electric Company
220 West Main Street
Louisville, Kentucky 40202

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

Public Notice

Public Notice

Per Mayor James E. Gross:

The City of Irvine is asking all citizens of Irvine to please put their garbage in containers with lids. Below are the following Ordinances:

Ordinance 55.01 (A) Within the City each person shall place all solid waste, in standard size metal or plastic type "garbage cans" or containers or dumpster where required. No 55-gallon drums or containers of the type or size, or larger shall be permitted.

Ordinance 55.01 (C) All containers shall be properly and securely covered at all times.

Ordinance 55.01 (D) No solid waste, trash or refuse shall be placed for collection in plastic trash bags or other container except as set forth herein, unless first placed in an approved container as provided herein.

Tree Removal

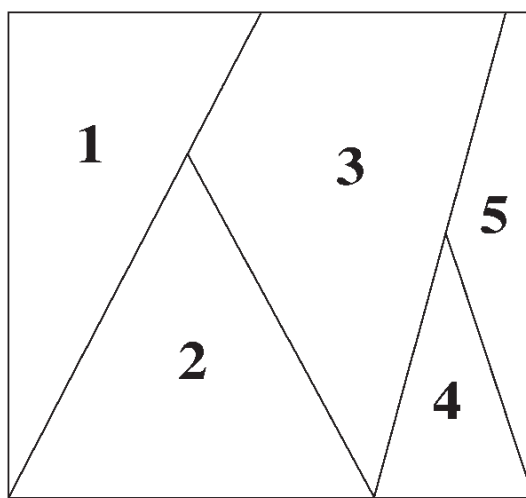


Davidson Tree Service
We treat our customers right!
Tree and stump removal.
Professional pruning and shaping.
Landscaping, etc. Firewood for sale!
Bucket truck now available!
Fully Insured!
Billy 1-859-625-2683
Mike 1-606-723-9227
Tommy 1-606-253-8826

Buying Roots

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

Stickeler's Answer



Stickeler's Puzzle on Page 12

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

www.joycemarcumrealty.com
(International internet advertising, Using drones & property tours)

Kitchen Diva

Get the Scoop on Winter Squash

by ANGELA SHELF MEDEARIS

Winter squash are prominently displayed at grocery stores in the fall and winter months, but many shoppers pass them by because they don't know what to do with them. Winter squash are easy to prepare and are a healthy addition to any meal.

The Cucurbitaceae family is the Latin name for gourds, pumpkins and squash. The terms Summer and Winter can be deceptive and are based only on current usage, not on actuality. Summer squash is in the market all winter, and Winter squash is available in late summer and fall, as well as winter. This terminology was never meant to confuse -- it dates to a time when the seasons were more crucial to man's survival. Vegetables that would keep until December became known as winter vegetables.

Winter squash are picked when they are fully mature, and they have a thick, inedible skin. This thick skin provides a protective covering for the squash and allows for a long storage life. Winter squash can be stored for three months or longer in a cool, dry place, preferably in a single layer.

Every part of the squash plant can be eaten, including the leaves and tender shoots, which can be cooked in omelets or made into soup. Winter squash are a good source of vitamins A and C, potassium and fiber. One-half cup of cooked winter squash has only 40 calories.

Winter squash comes in shapes round and elongated, scalloped and pear-shaped, with flesh that ranges from golden-yellow to brilliant orange. Most winter squashes are vine-type plants whose fruits are harvested when fully mature. They take longer to mature than summer squash (three months or more) and are best harvested once the cool weather of fall sets in.

Some of the most popular types of winter squash are butternut, spaghetti, acorn squash and delicata. Butternut squash is tan in color and has a long, bell-like shape.

Spaghetti squash is oblong or oval in shape and yellow in color.

Acorn squash is actually shaped like an acorn. It is dark green in color and has a ridged rind or skin. Delicata squash is oblong, ridged, yellow and green. The skin is soft and edible.

When shopping, look for squash that are heavy for their size, free of soft spots and have a dull sheen (a shiny skin is an indicator the squash is not fully mature).

All winter squash bakes well. Cut the squash in two (be sure to use a sharp, heavy-duty knife if the squash has a hard shell), scoop out the seeds and brush the cut surface with oil. Place cut side down in a baking dish with 1/4 cup of water. Bake uncovered at 350 F until the flesh is soft.

Once butternut or acorn squash is cooked and cooled, it can be peeled away from the skin, cut into cubes, and used in soups, stews and casseroles along with other vegetables. Butternut or acorn squash can be used interchangeably in recipes.

Spaghetti squash is the exception. Once cooked, use a fork to peel the flesh away from the skin. It looks just like spaghetti as it peels away. You can serve it with any type of pasta sauce, in the same way you would serve spaghetti noodles.

Delicata squash is the easiest squash to prep and cook because of its soft, edible skin. It contains seeds in the center, but they can easily be removed by scraping them out with a spoon. This delicious recipe for Maple-Garlic Delicata Squash Oven Fries is a wonderful side dish on a cold winter's day!



Photo Credit: DepositPhotos

Maple-Garlic Delicata Squash Oven Fries

- 1 large or 2 small delicata squash
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon pure maple syrup or agave syrup
- 1 garlic clove, crushed or minced
- 1 teaspoon sea salt

1. Heat oven to 375 F and line a large rimmed baking sheet with parchment paper or foil. Place the pan in the oven to provide even roasting on the top and bottom of the squash.

2. Cut the ends off the delicata squash, halve it lengthwise, scrape the seeds out (using a small spoon) and slice each half into thin half-moons.

3. Combine the olive oil, maple syrup, garlic and 1/2 teaspoon of the salt in a medium-sized mixing bowl, then add the delicata and toss until it is evenly coated with the oil mixture.

4. Remove the hot pan from the oven and carefully arrange the squash in a single layer on the lined baking sheet.

5. Roast for about 15 minutes, then stir the squash and rotate the pan. Continue to roast the squash for another 15 minutes until it starts to turn brown and crispy. Sprinkle with the remaining 1/2 teaspoon of salt and serve immediately. Serves 4.

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. 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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