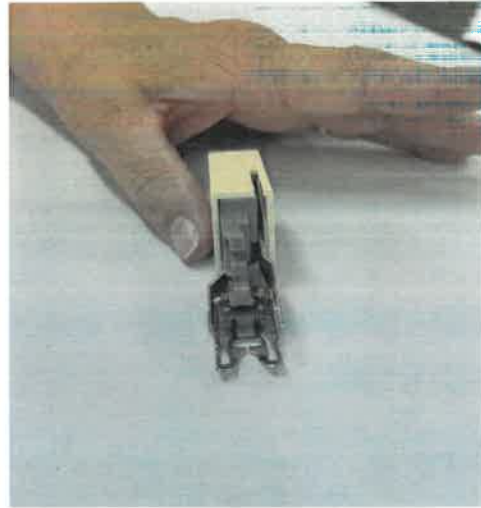


Basic Sewing Class

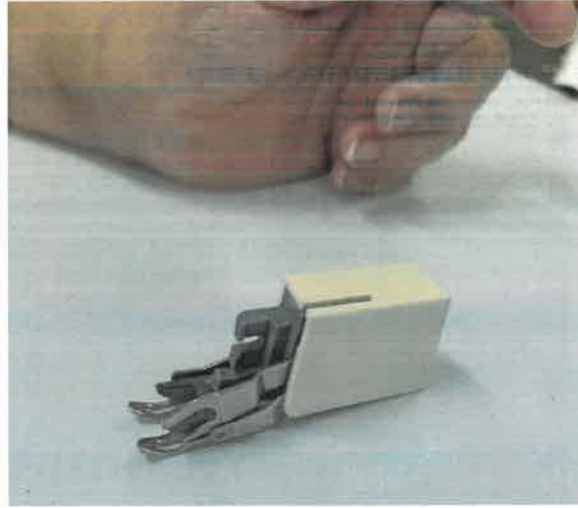
Join us the Master Clothing Volunteers on Oct. 9 starting at 3 pm to 5 pm in the Extension Office basement. Sewing applique Fall Pillows. Please Spaces are limited, register before Oct. 7 at 270-487-5504 and to get instructions for class.

Supplies needed for class:
Bring your own fabric ½ yard (18x44) or 2 fat quarters (18x22)



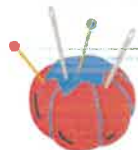
Trivia Time!!!!

Who can tell me what this is and what it is used for?

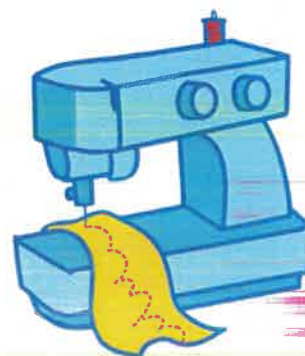


A Day for Me for Crafting

Join Us with Carol Wheeler
Oct. 23 at 9 am to 1:00 pm. You can bring and work on a current project with Carol and friends.



If anyone would like to get assistance with their sewing machine, you can set up an appointment with Sue Walsh. Call the Extension Office at 270-487-5504 for an appointment. She can help to operate it, help thread it, or cleaning. Thank you.



Cooperative Extension Service



White Chicken Chili

Servings:6 Serving Size:1 1/2 cupsRecipe Cost:\$8.94Cost per Serving:\$1.49

Ingredients:

- 1 pound boneless skinless, chicken breasts
- 1 small onion, diced
- 2 cans (15.5 ounces each) white beans such as cannellini or great northern, drained and rinsed
- 1 can (4 ounces) diced green chilies
- 1 cup fresh or frozen corn kernels
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 tablespoon chili powder
- 1 teaspoon salt
- 1 box (32 ounces) low-sodium chicken broth or water

Directions:

Optional slurry to thicken:

- 2 tablespoons cornstarch
- 1/4 cup cold nonfat milk

Optional additions: a pinch of dried or minced fresh cilantro, a tablespoon of nonfat yogurt, your favorite salsa, shredded cheese, pumpkin seeds, or sliced jalapenos.

Wash hands with warm water and soap, scrubbing for at least 20 seconds.

Place the chicken in the slow cooker. Wash hands after touching raw poultry.

Add onion, beans, chilies, corn, garlic powder, cumin, chili powder, and salt.

Carefully, pour broth or water over top to cover all ingredients.

Cook on high for 4 hours or on low for 8 hours.

When ready to serve, carefully remove chicken breasts from the slow cooker and place on a plate. Shred with two forks and carefully place back in the slow cooker.

For a thicker soup, mash some of the beans with a potato masher or a fork.

If you want to thicken the soup without mashing any beans, mix cornstarch and cold milk together in a separate bowl. Turn the slow cooker to high, stir the cornstarch slurry into the soup and replace lid. Cook for an additional 20 minutes on high.

Ladle into bowls and add desired toppings.

Store leftovers in the refrigerator within 2 hours.

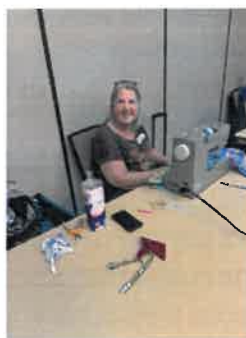
Make it a Meal

- White Chicken Chili
- Whole-grain roll or crackers
- Glass of low-fat milk
- Canned pineapple in juice

Source: Tanya Whitehouse, Extension Specialist Chef and Program Manager of The Food Connection
250 calories; 3.5g total fat; 1g saturated fat; 0g trans fat; 60mg cholesterol; 610mg sodium; 28g total carbohydrate; 8g dietary fiber; 3g total sugars, 0g added sugars; 27g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 25% Daily Value of potassium



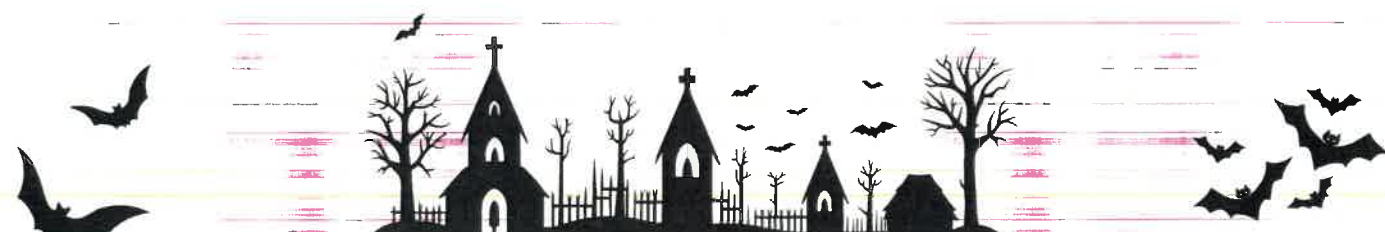
The Watermelon Quilt Show was a huge success this year. Congratulations to the winners. A big thank you to Old Rocky Hill-Bugtussle Homemakers for hosting this event. Thank you to all participants.



Mammoth Cave Area Cultural Arts Show. Congratulations to the Winners and to all who participated!



Master Clothing Volunteers, Carol Wheeler and Sue Walsh attended the 2025 Master Clothing Volunteer Training at the Cave City Conventional Center in Cave City, KY. These ladies are very talented and work hard every year to share and teach others sewing skills. Monroe County is grateful to have them as volunteers.



Mark Your Calendars!

County Officer and Chairman Training coming in Nov.

Nov.3-Monroe County Extension Homemaker Council Meeting at 4:45 pm at the Extension Office.

Nov. 3- uck Bash at 6 pm at the Extension Office.

Nov. 6 - KSU Horticulture, Clara Taylor will present a lesson on African Violets at 11 am at the Extension Office.

Nov. 6-Cooking Through the Calendar at 12 am at the Extension Office.

Nov. 14- Crafting with Allison 3 pm to 5 pm at the Extension Office.

Dec. 2-Holiday Gathering at 6 pm at the Extension Office.

Dec. 12-Crafting with Allison 3 to 5 pm at the Extension Office.

Stephanie is already accepting recipes for the Holiday Gathering Recipe Booklet. Recipes are due to Stephanie by Nov. 10. You can email the recipes at stephanie.hestand@uky.edu.



Crafting with Allison

Wire Sculpture Spiders

Oct. 17

3 pm to 5 pm

at the Extension Office

Call to register before Oct. 16 at 270-487-5504.



JOIN US AT 11 AM TO HEAR SPECIAL GUEST SPEAKER ATIANA SPIVEY.
SCENES FROM COOKING THROUGH THE CALENDAR FEATURED RECIPE:
GRITS, GREENS, AND EGG BOWL. OCTOBER COOKING THROUGH THE
CALENDAR WILL BE OCT. 7 AT 12 PM.



TEA For TEAL!

Join us with guest speaker Atiana Spivey!



MARK YOUR CALENDAR

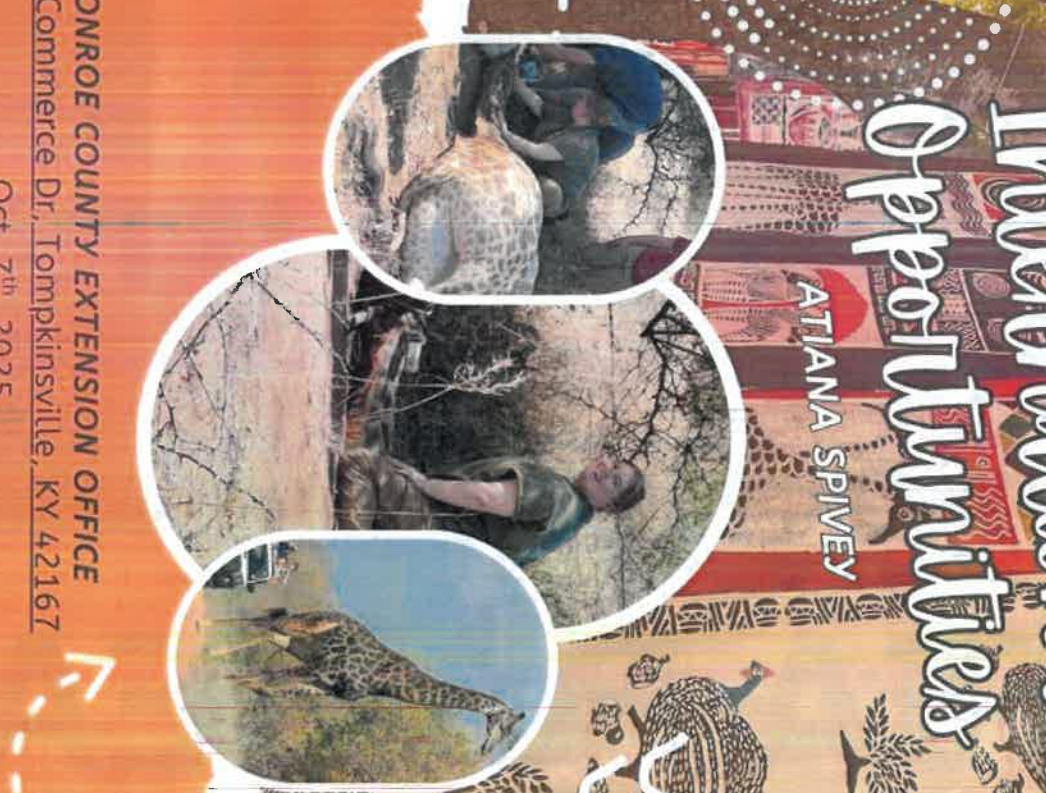
BUCK BASH

MONDAY, NOVEMBER 3, 2025

**MONROE
COUNTY
EXTENSION
OFFICE**

6PM

Hunting merges skill, patience and a deep respect for nature. Join us as we celebrate the upcoming season. More details to come but for now, add us to your calendar.



International Opportunities

ATIANA SPIVEY

MONROE COUNTY EXTENSION OFFICE
252 Commerce Dr., Tompkinsville, KY 42167

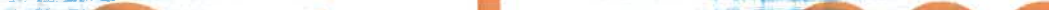
Oct. 7th, 2025
11am - 12pm

KENTUCKY  
COOPERATIVE EXTENSION

Stephanie Hestand, Monroe County Family and Consumer Science Extension Agent



Stephanie Hestand



October 2025

Monroe County Cooperative
Extension Service
288 Commerce Drive
Tompkinsville, KY 42167
270-487-5504
Fax. 270-487-6123
<https://monroe.ca.uky.edu/>

October Events

Oct. 7- Atiana Spivey will present a presentation on her journey to South Africa at 11 am at the Extension Office. Everyone welcome.

Oct. 7- Cooking Through the Calendar featured recipe Cheesy Pumpkin Pasta Bake and Wits Workout at 12 pm at the Extension Office.

Oct. 9-Basic Sewing 3 pm to 5 pm. Sewing Fall Pillows. Spaces are limited please register before Oct. 7 at 270-487-5504 and to get instructions for class.

Oct. 10- Fall and Winter Tasks for Landscapes and Gardens with KSU Horticulture Agent, Clara Taylor. 11 am to 1 pm. Light refreshments will be served. Call to reserve your spot before Oct. 9 at 270-487-5504.

Oct. 13-Basket Club meets at the Extension Office at 9 am.

Oct. 13-Help promote KEHA on Monroe Monday at 9:30 am. Call Stephanie for more information.

Oct. 14-KEHA Proclamation will be signed at the County Judge Executive's Office at 10 am at the courthouse. All homemakers are welcome to attend.

Oct. 14- Financial 101: Managing Holiday Expenses, How to Reduce Spending to Decrease Financial Stress :at William B. Harlan Memorial Library at 4:30 pm.

Oct. 16-Mammoth Cave Area Annual Day at Logan County Extension Office

Oct. 17-Fall Friday for Crafting will start at 10 am to 12 pm in the basement of the Extension Office. Crafting with Allison will be 3 pm to 5 pm. We will be making wire sculpture spiders. Please register before Oct. 16 for these events. Homemakers are welcome to come and pay dues and bring a friend to join!

Oct. 23-A Day for Me for Crafting. Join us and bring a craft that you are working on. It is from 9 am to 1 pm in the basement of the Extension Office.

Oct. 25.-Quilt Club meets at the Extension Office at 9 am.

Oct. 25-Falloween 3-5 pm. Around N' About will be hosting a booth. Around N' About is requesting that each club donate \$10 dollars.

Oct. 27-Cooking through the Calendar at the Tompkinsville Senior Center at 10 am.

Oct. 29-Cooking through the Calendar at the Fountain Run Senior Center at 10:30 am.

Oct. 30- Mammoth Cave Area Homemakers Council Meeting-Officer Training at 9:30 am at the Warren County Cooperative Extension Office.

Check Facebook at Monroe County Cooperative Extension Office, Monroe County Family and Consumer Sciences, and Monroe County Extension Homemaker pages for any updates on current events and any new events that are coming soon!

Extension Homemaker Enrollment Forms will be due Nov. 1. Fees are \$12.

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

International programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will also disseminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief sex, marital status, age, physical handicap, order preference, pregnancy, marital status, genetic inheritance, and sexual orientation. Physical or mental disability is regarded as restriction for participation but prior civil rights activity. Immediate representation of disabled groups available with prior action. Foreign information may be made available in languages other than English.

University of Kentucky, Kentucky State University, U.S. Departments of Agriculture, and Kentucky Council, Composting.

Lexington, KY 40508



Keywords: *workplace spirituality, organizational commitment, organizational citizenship behavior, turnover intention, organizational trust, organizational identification, organizational justice, organizational support, organizational commitment, organizational citizenship behavior, turnover intention, organizational trust, organizational identification, organizational justice, organizational support*