News Release

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Texas A&M Agrilife Extension Service

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**Town & Country Women’s Fair Scheduled – February 20**

“If you eat and wear clothes, you are involved in agriculture.” This is the slogan for the 20th annual Town and Country Women’s Fair scheduled for Tuesday, February 20 in conjunction with the Texas Farm Ranch Wildlife Expo. The Women’s Fair will be held in the Display Building on the grounds of the Taylor County Expo Center. The Extension Women’s Fair Task Force has planned a day filled with educational programs and creative ideas to promote agricultural food and fiber products. Plan to join women from Abilene and the surrounding area for a day of fun and useful information.

Registration will begin at 8:30 a.m. and the event will conclude at 2:00 p.m. The day is free to the public and the conference facilities are accessible for the physically disabled. You may spend the entire day or pick and choose the sessions you want to attend.

Mari Cockerell, KTXS-TV Morning Anchor will serve as moderator for this years’ event. She will kick off the day at 9:00 a.m. with the first session, “Path to the Plate”. This presentation will focus on understanding food packaging and marketing claims so that the consumer is well informed and aware of the food they are purchasing. Terms such as GMO’s Organic, Hormones, and Natural will be addressed. Speakers will be Mandi Seaton, Regional Program Leader for Family and Community Health – San Angelo, TX and Kim Miles, County Extension Agent for Family and Community Health – Jones County. Representing Texas A&M AgriLife Extension, this research-based program will help consumers understand how their food choices impact their health.

At 9:30 a.m. we will “Quilt with Brenda”. Join us for this 15 minute session and see the latest in quilting with speaker Brenda Keith, Quilt Designer and owner of Quilt Shop in The Oaks. Her creative style will offer many options for making unique quilts.

The 10:00 a.m. session, “Living Well Aware: Essential Elements to Health & Happiness” will feature Dr. Patricia Sulak, MD. who is a nationally recognized practicing physician, researcher, speaker and medical school professor. In a motivating and entertaining fashion, she delineates the documented self-induced nature of today’s most common health problems empowering audiences to make life changing alterations to dramatically decrease their risk of disability and disease.

Each year, Medicare loses billions of taxpayer dollars to improper claims. This puts the Medicare trust fund at risk for everyone and affects the future of the Medicare program. “Healthcare Fraud” will be addressed at the 11:15 a.m. session presented by Jennifer Salazar – Program Director for Texas Senior Medicare Patrol. Three Steps to prevent healthcare fraud will be presented and all participants will receive a personal health care journal.

During the sponsored luncheon, CATO of Abilene will provide a look at the newest in fashions through a style show.

The afternoon program will begin at 1:00 p.m. with Detective Timothy Pipes speaking on “Self Defense Through Awareness”. Detective Pipes is a full-time law enforcement professional, currently employed by the Abilene Police Department as a detective assigned to the Criminal Investigation Divisions’ major crimes against persons unit. Through various awareness tips presented in the program, participants will learn which actions make you a target to assailants and which deter them. Beginning at 1:30 p.m. we will “Sew with Molly”. Molly Yarger, owner of SEW in Abilene will be stitching up a surprise to close out the afternoon. You will not want to miss this fun program where Molly will share what is new in the world of sewing.

Women’s Fair attendees will receive a SWAG bag of information, samples, coupons, and goodies. Local, area, state, and national businesses are providing door prizes for the event which will be drawn for throughout the day. A variety of vendors and educational booths will also be on hand throughout the day featuring information and sale items.

The Town & Country Women’s Fair is presented by Texas A&M AgriLife Extension Service – Taylor County and Abilene Chamber of Commerce. We hope you will join us on **February 20** for the 2018 event in the Display Building on the grounds of the Taylor County Expo Center.

For more information, contact the Taylor County Extension Office at (325) 672-6048.

For more information on family and consumer science related topics go to [www.haskell.agrilife.org](http://www.haskell.agrilife.org) or like us on Facebook at: Haskell County 4-H and Texas A&M AgriLife Extension Service. Also, contact Darlene Hopkins- the Haskell County Extension Agent for Family and Community Health at 101 S. Ave D, Haskell, Texas- phone # 940-864-2658.

*Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regards to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture and the County Commissioners Courts of Texas cooperating*