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| **Cooperative Extension**  **Service** |
| *Trigg County*  *P.O. Box 271*  *Cadiz, KY 42211-0271*  *(270) 522-3269*  *Fax: (270) 522-9192*  *www.ca.uky.edu/ces* |

Greetings, A person smiling at the camera

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Trigg County Extension Homemaker Newsletter

Fall 2023

I am honored and blessed to be the new

Family Consumer Science Agent for Trigg County. I look forward to serving you and our lovely community. This is going to be a great journey!

A bit about myself: I have been a teacher for

28 years. I earned a Master’s in Education

from Murray State University, and I am a member of Phi Kappa Phi. My husband and

I have a blended family of 5 grown children which include 3 daughters, 2 sons, and a

sweet 2 ½ year old grandson. A few of my favorite things are cooking, crafting, singing, reading, family game nights, and our adorable Cavapoo, Willow. I look forward to meeting you!

Blessings,

Teresa Garcia

A dog standing in grass

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**“Isn’t she just the cutest?”**

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**Upcoming Homemaker Events:**

**Trigg County Homemakers Annual Meeting**

**Wednesday, Sept. 20th at 4:00 pm.**

**Senior Citizens Center**

**127 Joy Lane**

**Cadiz, Ky**

**Potluck Meal:**

**Salad, Sandwiches, & Desserts**

**Pennyrile Area Homemakers Meeting**

**A poster for an event

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**Ham Festival**

October 13 & 14, 2023

Bring entries to:

Cadiz Baptist Church Annex

ON THURS. OCT. 12th

Between 9:00 am and 12:00 pm

**See Information about Ham Festival**

**Entry Classes and Numbers attached.**

**FCS Events:**

Diabetes Education Classes

October 26th and 30th

1:00 pm to 5:00 pm

Trigg County Extension Office

**October 26**: What is Diabetes, How to treat high and low blood sugars, Long term complications, Taking care of your feet, teeth, & skin, Monitoring & Management, Being active, Goal setting.

**October 30**: Medications, What to do on sick days, Healthy eating, Coping with diabetes, Goal setting.

**Please register by October 24th**

**(270)-522-8182 ext. 212**

**Presented by Kelly Dawes & Teresa Garcia**

One of my favorite stories…..

A starfish and shells on a beach

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A favorite Quote:

“No one cares how much you know until they know how much you care.”

~President Theodore Roosevelt