

October 2020

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## October is National Bullying Prevention Month

Every October, schools and organizations across the country join STOMP Out Bullying™ in observing National Bullying Prevention Month. The goal: encourage schools, communities and organizations to work together to stop bullying and cyberbullying and put an end to hatred and racism by increasing awareness of the prevalence and impact of all forms of bullying on all children of all ages.

Monday, October 5th 2020

### #BlueUp

Anti-bullying activities include STOMP Out Bullying™'s signature campaign **World Day of Bullying Prevention™** on the first Monday of every October – this year on Monday, October 5th. Watch for our public service announcements by featured celebrities!

This is your chance to make bullying prevention heard around the world! You can begin to change the culture by putting an end to Bullying and Cyberbullying!

<https://www.stompoutbullying.org/national-bullying-prevention-awareness->



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# Halloween Tips during COVID-19

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## These lower risk activities can be safe alternatives:

- Carving or decorating pumpkins with members of your household and displaying them
- Carving or decorating pumpkins outside, at a safe distance, with neighbors or friends
- Decorating your house, apartment, or living space
- Doing a Halloween scavenger hunt where children are given lists of Halloween-themed things to look for while they walk outdoors from house to house admiring Halloween decorations at a distance
- Having a virtual Halloween costume contest
- Having a Halloween movie night with people you live with
- ♦ Having a scavenger hunt-style trick-or-treat search with your household members in or around your home rather than going house to house



## Avoid these higher risk activities to help prevent the spread of the virus that causes COVID-19:

- Participating in traditional trick-or-treating where treats are handed to children who go door to door
- Having trunk-or-treat where treats are handed out from trunks of cars lined up in large parking lots
- Attending crowded costume parties held indoors
- Going to an indoor haunted house where people may be crowded together and screaming
- Going on hayrides or tractor rides with people who are not in your household
- Using [alcohol or drugs](#), which can cloud judgement and increase risky behaviors
- Traveling to a [rural](#) fall festival that is not in your community if you live in an area with community spread of COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#halloween>

# Pumpkin Chili

## Ingredients

- 1 tbsp olive oil
- 1 cup yellow onion chopped
- 1 cup green bell peppers chopped
- 1/2 cup jalapeno seeded and chopped
- 1 tbsp garlic minced
- 1 lb extra lean ground beef
- 1- 14.5 oz can diced tomatoes with the liquid
- 1 cup water
- 1- 15 oz can pumpkin puree
- 1 tbsp chili powder
- 1 tsp ground cumin
- 1- 15 oz can kidney beans rinsed and drained

## Instructions

1. Heat oil in a large pot over medium high heat
2. Add onion, bell pepper, jalapenos, and garlic and cook, stirring frequently, until tender
3. Add lean beef and cook until browned
4. Add tomatoes, pumpkin, water, chili powder, cumin, salt and pepper, and bring to a boil
5. Reduce heat to medium low and add beans
6. Cover and simmer, stirring occasionally for 30 minutes. Ladle chili into bowls and server

### Nutrition Facts

Amount per Serving

Calories 238

Calories from fat 72

	%Daily Value
Total Fat 8g	12%
Saturated Fat 2g	10%
Polyunsaturated Fat 2g	
Monosaturated Fat 3g	
Cholesterol 40 mg	13%
Sodium 438 mg	18%
Potassium 736 mg	21%
Total Carbohydrates 23g	8%
Dietary Fiber 7g	28%
Sugars 6g	
Protein 23g	46%
Vitamin A	242%
Vitamin C	90%
Calcium	7%
Iron	15%



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### LAMPASAS COUNTY NEWS

Canned/Dry Goods Drive for 4H Project. Drop off at the Extension Office through Oct. - PLEASE

Lampasas Community Gardens. Check out and "Like" the new Facebook page at [-https://www.facebook.com/lampasascommunitygardens](https://www.facebook.com/lampasascommunitygardens)

Lunch & Learn Gardening Series - by Master Gardeners. 4th Tuesday in Nov. Contact Amy Parke if you are interested at [steveamyparke@yahoo.com](mailto:steveamyparke@yahoo.com)

4-H Enrollment has begun for the new year. The fee is \$25/child until Oct. 31st, then increases to \$30. Log onto 4-H Connect at <http://tx.4honline.com> to register. The most recent newsletter can be found at: <https://lampasas.agrilife.org/newsletters/4h-newsletters>

Beginning County 4-H Food and Nutrition Workshops on Oct. 8. Contact Karen if interested, The District Food Show is Nov. 19 in Abilene.

Oct 7-18 is the Tractor Supply Co. **4-H Paper Clover Campaign**. If you donate at the store during that time 90% is returned to the county. Please consider donating today.

Family and Community Health  
"Connections" is provided by the  
following Texas A&M AgriLife  
Extension Service

Family and Community Health  
Agents:

Courtney Parrott, Brown County

London Jones, Burnet County

Vacant, Coleman County

Milissa Wright, Coke/Concho/Menard/ and Sterling Counties

Whitney Whitworth, Llano County

Jacque Behrens, McCullough County

Staci Winders, Nolan County

Kandice Everitt, Runnels County

Kailey Miller, San Saba County

Kim Miles, Taylor County

Courtney Redman, Tom Green County

Kelli Maberry, Jones County

Karen DeZarn, Lampasas County

Barbara Brown BLT Regional Project Specialist

Stacy Drury, D7 Regional FCH Program Leader

# BOO

### Tips for Halloween Safety

- Carry glow sticks or flashlights, use reflexive tape or stickers on costumes and bags, and wear light colors to help kids see and be seen by drivers.
- Join kids under the age of 12 for trick-or-treating.
- Slow down and be alert! Kids are excited on Halloween and may dart into the street. Turn on headlights early in the day to spot kids from farther away.
- Remind kids to cross the street at corners and **CROSSwalks**.
- When selecting a costume, make sure it is the right size to prevent trips and falls. Choose face paint over masks when possible. Masks can limit children's vision.

<https://safekids.org/halloween>

