

PANHANDLE PATH TO HEALTHY



Human Trafficking

Human trafficking is modern-day slavery. It is the exploitation of men, women, and children for forced labor or sex by a third-party for profit or gain.

Texas is on the forefront of combating this hideous crime. In 2016 – in one of his first major initiatives – Attorney General Paxton formed the Human Trafficking and Transnational/Organized Crime Section (HTTOC), tasked with combating human trafficking across our state.

As designated by the Texas Legislature in Senate Bill 72, the Office of the Attorney General also leads the Human

Trafficking Prevention Coordinating Council, which is tasked with creating a strategic plan to halt and prevent human trafficking in Texas.

Learn to be one to Prevent, Recognize, Report on the next page.



2019 Statistics <https://humantraffickinghotline.org/>

Kelli Lehman

BETHEONE

IN THE FIGHT AGAINST HUMAN TRAFFICKING

Please call the 24-hour hotline
to report suspicious activity

1-888-3737-888

or

text: 233733

PREVENT ★ RECOGNIZE ★ REPORT



KEN PAXTON
ATTORNEY GENERAL *of* TEXAS

Learn trafficking
**RED
FLAGS** RED FLAGS
and more



OPEN CAMERA ON SMART PHONE

What does your vehicle tell predators about you?

What information are you DRIVING around?

Let me introduce you to our children, and because they're involved with extracurriculars, we'll be gone most evenings and/or weekends for practices or games.

We'll have our hands full and be distracted when we get where we're going, making us an easy target.

We like outdoor sports and may have expensive equipment at home or possibly in our car. We'll also be gone on most weekends during peak seasons, leaving our house unattended.

We like expensive toys that you can probably find in our garage.

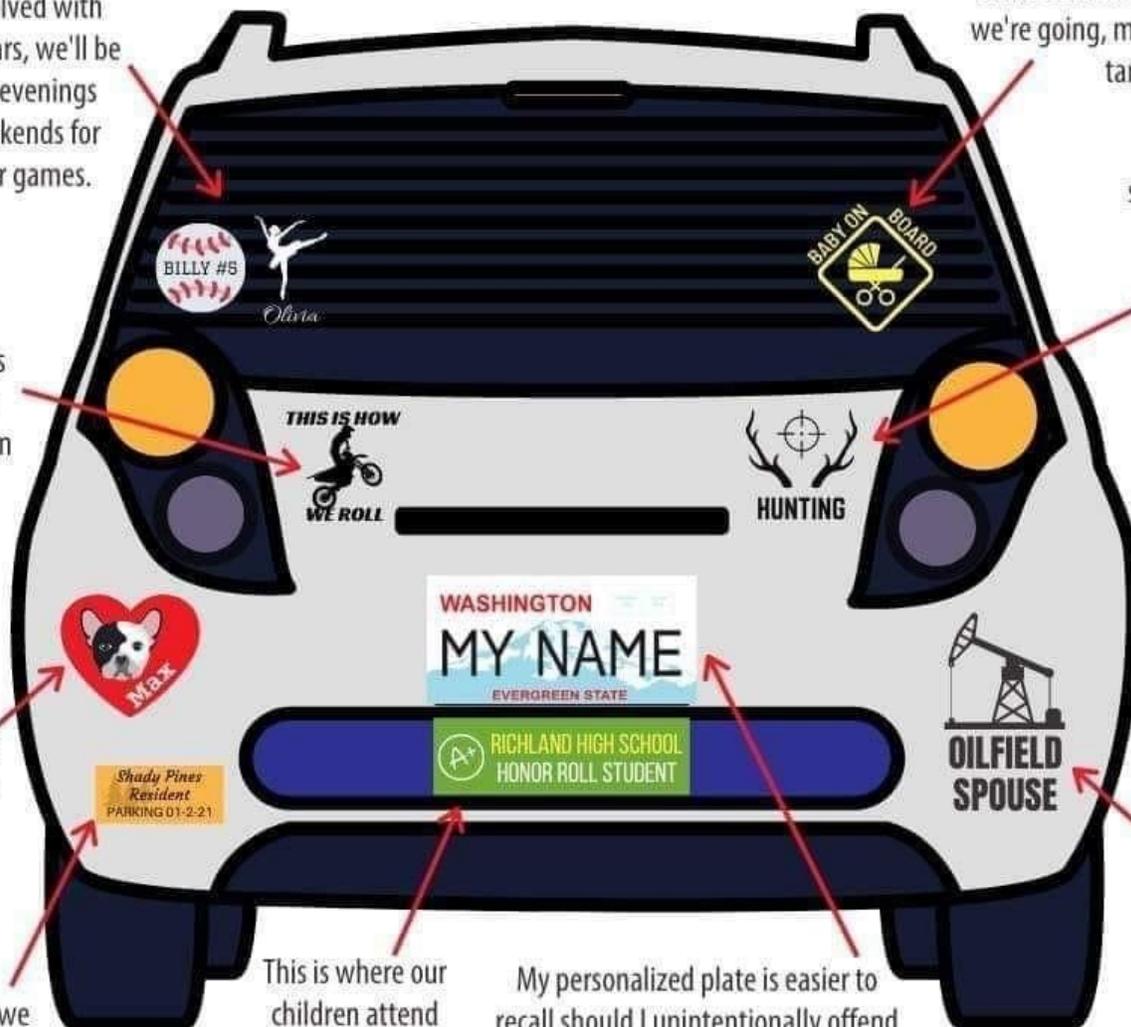
We have a small-breed dog that answers to the name "Max."

This is where we live/work.

This is where our children attend school.

My personalized plate is easier to recall should I unintentionally offend someone or if someone wants to keep track of my vehicle.

My spouse is away for extended periods of time.



National Cookbook Month

Observed next on Thursday, October 1st, 2020.

National Cookbook Month is an annual designation observed in October. Most things we do have moved to a digital-based format, including using recipes to cook. Nowadays, we usually use Pinterest, or the notes in our phone to reference when we're cooking. This month, we challenge you to do it the old school route. Grab your favorite cookbook, dust it off, and make some fun, new recipes this month!

HOW TO OBSERVE

1. Pull out a cookbook and try out a new recipe.
2. Post a photo of you with your cookbooks and the total number of cookbooks you own to the **'Texas A&M AgriLife Extension Service - Randall County FCH'** Facebook page
Don't forget to Use **#NationalCookbookMonth**

The fun thing about cookbooks is they usually have some kind of theme. If you can pin down a certain kind of food or sweet treat you're craving, I can almost guarantee you can find a cookbook that's got a ton of options for you. Are you in the mood for Italian? There's a cookbook

(or 100) for you. Or are you craving pizza, but you can't decide what kind? Pull out a pizza cookbook and you'll have all the options you'll need right at your fingertips. Another unique thing about cookbooks is they can open the door to a new culture, new recipe, or even some cultural traditions that go along with the meal you're preparing.

So this month, we challenge you to cook using a cookbook as much as possible, rather than using your smartphone to pull up recipes from the internet. I think you'll have fun with it.

Using a cookbook means you're cooking from home more than you're going out to eat, or grabbing some fast food on the go. This promotes a much more healthy lifestyle, because cooking your own meals means less preservatives, usually less sugar, and less saturated fat than if you order from a restaurant. Grab a few of your favorite cookbooks and enjoy the process!





The fabric of our lives

A natural, eco-friendly fiber that has far-reaching benefits for every aspect of your life, cotton is pretty special. That's why we call it The Fabric of Our Lives®.

One of the most used items of the cotton plant that has been considered a waste for centuries is the cotton seed. This little seed is more by weight than the cotton fibers that are produced. For each 100 pounds of fiber there is 155 pounds of cotton seeds made.

From the cotton seed comes a wide variety of products with many uses in very different fields of commerce. The majority of it is the production of cottonseed oil. This oil is created by pressing the seed to extract the oil from inside. It is a common cooking oil today in America. It is also the main ingredient of Crisco shortening. Other applications include use in the making of potato chips, cereals, breads and snack foods. The cotton seed oil can also be turned into a margarine for human consumption. This oil is high in poly-unsaturated fats and vitamin E.

While the cottonseed oil is safe for humans to use, it is toxic to insects. It has been used for centuries by farmers to control insects and mites around the farm. It is considered the most toxic of the vegetable oils against pest. More common items where cottonseed oil is used include soaps, cosmetics, the pharmaceutical industry, rubber paint and as a water proofing ingredient. Much of the cottonseed and its husk is ground into animal feed and fed to livestock across the regions of the world where cotton is grown.

Everyone knows the fiber of the cotton plant is made into threads and fabric. As with all creations of nature, the cotton fibers are grown inconsistent in length. The longer ones are used in the textile industry, but the shorter ones are used elsewhere.

Most of the shorter ones are used in the manufacturing of paper. The most common one that everyone handles is paper money. Seventy-five percent of the paper money made in America is cotton with the remainder being linen. This cotton fiber is generally 3 mm or less and is gathered as a waste product from the cotton gin process.

Only 65% of the world production of cotton is converted into fabrics and cloths. The remainder is used in other industries that include tire cords, tents, book bindings, coffee filters and fishing nets. They are also used for medical supplies including bandages and in x rays.

Today the cotton plant and the products produced from them vary more widely than most consumers are aware of. This is a flexible and durably all nature fiber that withstand heat and actually increases in strength when wet. The wondrous cotton plant is pretty special.

<https://thefabricofourlives.com/>



Path to the Plate

FRESH

CHILES MEXICANOS

EL ANTES Y EL DESPUÉS

DRY

FRESCO

SECO

JALAPEÑO



CHIPÓTLE



POBLANO



ANCHO



CHILACA



PASILLA



ANAHEIM



COLORADO



MIRASOL



GUAJILLO



SERRANO



CHILE SECO



BOLA



CASCABEL



eljornalero.com.mx



Volunteer

If you are interested in serving on the **Family and Community Health Program Area Committee** or becoming a trained Master Wellness Volunteer, contact Kelli Lehman @ 806.468.5543 or klehman@ag.tamu.edu



Like us on

“Texas A&M Agrilife Extension Service - Randall County FCH”

Page offers program information and daily educational resources

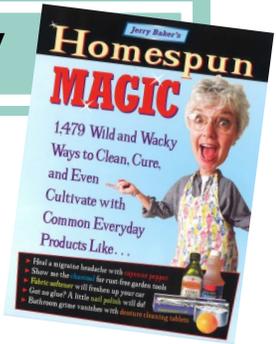
Find us on the web at



<https://randall.agrilife.org/>

Path to County

Improving Circulation In Your Scalp



Here's an old trick for improving the circulation in your scalp and helping your hair to stay put at the same time. Rinse your hair with peppermint or spearman tea. If you're not growing these herbs in your kitchen garden or window box, you can use the kind you buy in the health food store.

I'm not saying you'll grow hair where there is none, but by improving the blood flow to your scalp, the hair that you do have will stay put because the hair you do have will be healthier.



TEXAS A&M AGRI LIFE EXTENSION

Panhandle Path to Healthy Living is a Family and Community Health information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.



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County Extension Agent –
Family & Community Health
<http://randall.agrilife.org>

TEXAS A&M AGRILIFE EXTENSION SERVICE
Randall County
Herbert F. & Jeanine Kuhlmann Extension Center
200 N. Brown Road
Canyon, Texas 79015

Return Service Requested

Path to Plate..... Twice Baked Spaghetti Squash

Ingredients

- 1/4 teaspoon garlic salt
- 1/4 teaspoon fresh ground pepper
- 1 small spaghetti squash 3lb
- 1/3 cup mozzarella cheese
- 1/3 cup tomato sauce Italian herb, canned
- 2 tablespoons Parmesan cheese
- 2 teaspoons canola oil cooking spray

Instructions

- Clean and sanitize your workspace. Pull back your hair and wash your hands.
- Preheat oven to 350 F. Spray 9" x 13" baking dish with olive oil cooking spray.
- Slice spaghetti squash in half, length-wise. Scrape out seeds of spaghetti squash.
- Spray each halve of spaghetti squash

with canola oil cooking spray and sprinkle garlic salt and fresh ground pepper on each halve.

Turn face down into baking dish. Bake for 30 minutes or until tender. Size of spaghetti squash may vary its cooking time.

Once tender, use a dinner fork to scrape the inside of the spaghetti squash into a bowl. Caution: Spaghetti Squash is hot. Use hot pads to hold squash while scraping.

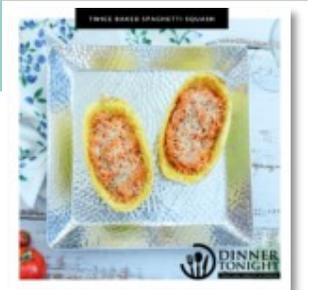
Pour mozzarella cheese into the bowl of spaghetti squash, add tomato sauce, and stir.

Add spaghetti squash dip back to spaghetti squash bowl. Top with parmesan cheese.

Bake for 5 minutes or until cheese is melted.

Serves 4

<https://dinnertonight.tamu.edu/recipe/twice-baked-spaghetti-squash/>



Nutrition Facts	
4 servings per container	
Serving size	1/2 Cup (377g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 420mg	18%
Total Carbohydrate 24g	9%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 169mg	15%
Iron 1mg	6%
Potassium 421mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.