

### October is National Breast Cancer Awareness Month

Breast Cancer Awareness Month, marked in countries across the world every October, helps to increase attention and support for the awareness, early detection, and treatment of the disease.

There are about 1.38 million new cases and 458,000 deaths from breast cancer each year. Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point in their lives.

The good news is that many women can survive breast cancer if it's found and treated early enough. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat.

- If you are a woman age 40-49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50-74, be sure to get a mammogram every 2 years. You may also choose to get them more often.
- Talk to a doctor about your risk for breast cancer, especially if a close member of your family had breast or ovarian cancer.

For additional resources visit:

Breast Cancer Coalition of Rochester - <http://bccr.org/>

UR Medicine Wilmot Cancer Institute -

<https://www.urmc.rochester.edu/cancer-institute/cancers/breast.aspx>

### Get out and about this October in and around Rochester!

All October – Garden Spooktacular at the Strong National Museum of Play  
Watch as Dancing Wings Butterfly Garden transforms into a spooky paradise. Visit [www.nationalmuseumofplay.com](http://www.nationalmuseumofplay.com)

October 1<sup>st</sup> – 29<sup>th</sup> Fall Foliage Trolley Rides at the New York Museum of Transportation – Visit [www.nymtmuseum.org](http://www.nymtmuseum.org)

October 1<sup>st</sup> and 7<sup>th</sup> – Fall Family Fun at the Garden Factory  
Amusement activities for the whole family. Visit [www.gardenfactory.com](http://www.gardenfactory.com)

October 28<sup>th</sup> – Tails & Treats at Lollipop Farm  
Join Lollipop Farm from 2pm-4:30pm for an afternoon of howlingly-fun games and activities. Visit [www.lollypop.org](http://www.lollypop.org)

October 30<sup>th</sup> – Jumping Pumpkin Jamboree at the Medina Railroad Museum  
Includes a one-hour train ride, goodie bag, museum admission, and more! Visit [www.medinarailroad.com](http://www.medinarailroad.com)

October 29<sup>th</sup> – Al Sigl Walkabout  
Help over 55,000 kids and adults with special needs in our community. Visit [www.alsigl.org](http://www.alsigl.org)

### Spaghetti Squash with Pine Nuts

*95 Calories per serving*

*Serving size 1 cup*

- 1 medium spaghetti squash halved
- 2 tsp. olive oil
- 2 minced garlic cloves
- 1 minced onion
- 1 large minced shallot
- ¼ cup toasted pine nuts
- 2 tbsp. grated Romano Cheese
- 1 tbsp. fresh sage
- ¼ tsp. crushed red pepper flakes
- Salt and pepper to taste

Preheat oven to 400°. Place squash (cut side down) on parchment lined baking sheet and roast for 50 minutes or until tender.

Heat olive oil over medium heat and add onion, shallot, and garlic. Add pine nuts and set aside.

Scoop the flesh from the squash shell so that it comes out like strands of spaghetti (pasta rake works best).

Put strands in a large bowl. Add pine nut mixture, cheese, sage, crushed red pepper flakes, salt, and pepper.

Toss well and serve

