



OCTOBER 2026



Breast Cancer Awareness Month

Garlicky Sauteed Greens



Ingredients

2 T extra virgin olive oil
3 cloves garlic, thin sliced
½ t crushed red pepper flakes
1 ½ lbs. leafy greens
½ C chicken broth
1 T apple cider vinegar

-Warm the olive oil in a wide skillet over medium heat, and then stir in the garlic and crushed red pepper.

-Cook the garlic until fragrant, about 2 minutes, and then toss in the greens until well-coated with olive oil.

-Pour in the chicken broth, and let the greens simmer until crisp-tender and most of the liquid has evaporated, about 5 minutes.

-Sprinkle with vinegar and adjust seasoning with salt, then serve.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
United on the Plaza 11 am - 1 pm Oct. 9, 2026 Gov. Plaza Food Trucks, Blood Mobile & United Way Pledge Sign-up! Celebrating 80 years				There are currently 4 million breast cancer survivors in the USA.	NATIONAL CUSTODIAN APPRECIATION DAY 	UA @ MS State Farmers Market AU @ Tennessee
4	5	6	7	8	9	10
Coach Appreciation Day "A coach is someone that sees beyond your limits and guides you to greatness" -Michael Jordan				National Depression Screening Day Call EAP if you need help with depression. 205-650-0576	United on the Plaza	UA v. Georgia Farmers Market World Mental Health Day
11	12	13	14	15	16	17
National Case Management Week		Breast Cancer Awareness Day 	1 in 8 women and 1 in 755 men will be diagnosed with breast cancer in their lifetime.			UA @ Tennessee Farmers Market AU @ Georgia
18	19	20	21	22	23	24
	Ladies, don't forget to schedule your annual mammogram		Flu Shot Clinic 7am-1pm @ Health Dept.	TECH TREAT 6pm-8pm	BREAST CANCER AWARENESS WEAR PINK DAY 	UA v. Texas A&M Farmers Market AU v. LSU
25	26	27	28	29	30	31
30% of all new cancer diagnoses in women will be Breast Cancer		Annual TPD Halloween Carnival @University Mall 5:30pm-7:30pm	First Responders Day World Stroke Day			 Happy Halloween! AU @ Ole Miss