NATIONAL DIABETES MONTH

If you have computer access, you can go to [www.diabetes.org](http://www.diabetes.org) and take a short risk test. When you bring the site up, look on the left side of the screen and click on Diabetes Prevention and the Diabetes Risk Test. This test will ask you several questions regarding yourself and your relatives in order to determine if you are at risk to develop diabetes. Now, this does not mean that you will never develop diabetes if the test shows that you are not at risk, but it just might give you some clues to look for in your life and things to avoid. There are many other lessons you can learn from this web site.

**Diabetics**

During the holidays some of us might tend to indulge more than we should in pies, cakes, cookies and candy. If you are diabetic, you might want to Contact the Diabetes Research and Wellness Foundation to request a free diabetic identification necklace. You can contact them at 1-800-941-4635.

**Senior Citizen Pen Pals**

Do you have a computer and a little time on your hands to make a difference in someone’s life? Just go to the following website at [www.writeseniors.com](http://www.writeseniors.com). You will be given senior citizens you can e-mail all over the world. What a wonderful experience this would be to communicate with someone halfway around the world and learn about their life and culture. They also have their favorite recipes posted for you. If you are 55 years of age you could have pen pals write to you. Just sign up at the same website. Believe it or not this idea was developed by 2 very compassionate and creative young adults age 18 and 21.
**Vision Loss**

www.visionAWARE.org is an easy-to-use resource that provides a wealth of FREE information and help for people with vision loss. This unique website covers topics from eye disorders and rehabilitation services to tips for independent living and advice for coping with vision loss. **EXPLORE the website today for more information.**

Thanksgiving Day, or Thanksgiving, presently celebrated on the fourth Thursday in November, has been an annual tradition in the United States since 1863. It did not become a federal holiday until 1941. Thanksgiving was historically a religious observation to give thanks to God, and is still celebrated as such by most religious families, but it is now considered a secular holiday as well.

Most Americans celebrate by gathering at home with family or friends for a holiday feast. Though the holiday’s origins can be traced to harvest festivals which have been celebrated in many cultures since ancient times, the American holiday is tied to the deliverance of the English settlers by Native Americans after the harsh winter at Plymouth, Massachusetts and that event has become the pre-eminent foundation story for English North America.

The Bainbridge Subregional Library for the Blind will be closed on Thursday, November 26, 2009 for Thanksgiving.
Short History of the Pumpkin

Pumpkins are believed to have originated in North America. Seeds from related plants have been found in Mexico dating back to 7000 to 5500 B.C.

References to pumpkins date back many centuries. The name pumpkin originated from the Greek word for "large melon" which is "pepon." "Pepon" was changed by the French into "pompon." The English changed "pompon" to "Pumpion." American colonists changed "pumpion" into "pumpkin."

Native American Indians used pumpkin as a staple in their diets centuries before the pilgrims landed. They also dried strips of pumpkin and wove them into mats. Indians would also roast long strips of pumpkin on the open fire and eat them. When white settlers arrived, they saw the pumpkins grown by the Indians and pumpkin soon became a staple in their diets. As today, early settlers used them in a wide variety of recipes from desserts to stews and soups. The origin of pumpkin pie is thought to have occurred when the colonists sliced off the pumpkin top, removed the seeds, and then filled it with milk, spices and honey. The pumpkin was then baked in the hot ashes of a dying fire.
Bainbridge Subregional Library
F/T Blind & Handicapped
Southwest Georgia Regional Library
301 South Monroe Street
Bainbridge, GA  39819

Free Reading Matter
F/T Blind & Handicapped
U. S. Mail
Do Not Cancel

Information presented in this newsletter will be provided in alternative formats upon request.

Online Catalog for ordering library books:  www.klas.com/glass
Call the library for your log-in and password.

NOTE: Please submit information or news that you would like to share to Kathy Hutchins.