The Subregional Library for the Blind & Physically Handicapped of Southwest Georgia is a part of your public library and the National Library Service for the Blind and Physically Handicapped, serving Baker, Brooks, Calhoun, Clay, Colquitt, Decatur, Early, Grady, Miller, Mitchell, Quitman, Randolph, Seminole, Terrell, Thomas and Webster counties.

We do not endorse any product or service mentioned in this newsletter.

(229) 248-2680, 1-800-795-2680, or lbph@swgrl.org

Staff: Susan Whittle, Director and Subregional Librarian, Kathy Hutchins, Supervisor, Arlene Freeman, Tammy Lindsey

November 2010

NATIONAL DIABETES MONTH

Diabetes Research & Wellness Foundation is an organization for people who live with diabetes every day. Our mission is to help find the cure for diabetes and until that goal is achieved, to provide the care needed to combat the detrimental and life-threatening complications of this terrible disease. Their website is http://diabeteswellness.net.

American Diabetes Association

Diabetes is a serious disease that leads to life-threatening complications such as heart disease, stroke, kidney disease, blindness and amputation. 24 million children and adults in the USA have diabetes and one out of every three children born today will face diabetes. The American Diabetes Association has information resources throughout the country. Check them out to learn more about this disease.
Fun Facts about the Pumpkin!

A pumpkin is really a squash?
It is! It’s a member of the Cucurbita family which includes squash and cucumbers.

Those pumpkins are grown all over the world?
Six of the seven continents can grow pumpkins including Alaska! Antarctica is the only continent where they won't grow.

That the "pumpkin capital" of the world is Morton, Illinois?
This self proclaimed pumpkin capital is where you'll find the home of the Libby Corporation’s pumpkin industry.

That the Irish brought this tradition of pumpkin carving to America?
The tradition originally started with the carving of turnips. When the Irish immigrated to the U.S., they found pumpkins a plenty and they were much easier to carve for their ancient holiday.

- Pumpkins contain potassium and Vitamin A.
- Pumpkin flowers are edible.
- The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.
- In early colonial times, pumpkins were used as an ingredient for the crust of pies, not the filling.
- Pumpkins were once recommended for removing freckles and curing snake bites.
- The largest pumpkin ever grown weighed 1,140 pounds.
- The Connecticut field variety is the traditional American pumpkin.
- Pumpkins are 90 percent water.
- Eighty percent of the pumpkin supply in the United States is available in October.
- Native Americans flattened strips of pumpkins, dried them and made mats.
- Native Americans called pumpkins "isqoutm squash."
- Native Americans used pumpkin seeds for food and medicine.
Recovering Missing Digital Books and Containers

When sending digital books back to us, please make sure that the right book is inside the right blue container. We are receiving a lot of empty digital book containers from patrons who forget to put the book inside the case before sending it back. We are also receiving cases with the wrong book inside. Please take a few minutes to make sure you have the right book in the container before sending it back to us.

Happy Thanksgiving
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

Hours:
Monday 9am to 8pm
Tuesday 9am to 6pm
Wednesday 9am to 6pm
Thursday 9am to 7 pm
Friday 9am to 6 pm
Saturday 9am to 4 pm

Phone: (229) 248-2680
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Email: lbph@swgrl.org
Fax: 229-248-2670

Take a virtual tour of our libraries and Subregional Library for the Blind and Physically Handicapped by clicking on www.swgrl.org/handicap.php

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.