A Symbol of Bounty
A festive and familiar sight at Thanksgiving, cornucopias overflow with fall fruits, gourds and flowers.

This symbol of abundance is often associated with the first Thanksgiving in 1621, but there is no record of cornucopias at the feast. The decoration actually has roots in ancient Greek legends, and was originally a goat’s horn filled with fruits and grains and placed at the center of a lavish spread of food. The name cornucopia comes from the Latin words cornu, meaning “horn,” and copia, meaning “plenty,” which is why it’s also called a horn of plenty.

Cornucopias were depicted in European art as symbols of wealth and a bountiful harvest. Over time, actual horns were replaced with woven horn-shaped baskets, which became prominent at fall festivals as well as in homes as the classic centerpiece for a Thanksgiving table.

A modern horn of plenty is typically made of wicker but can also be metal, stone, wood or ceramic.

Tips To Prevent Falls
The cooler months provide a refreshing break to get out and about, but fallen leaves, wet surfaces and other hazards can raise the risk of falling. These tips can help you stay safe.

Wear appropriate shoes — Properly fitting, sturdy footwear with nonskid soles will provide good traction in all types of weather.

Dress warmly — When you are cold, your muscles tense up, which can affect your balance. Wearing warm layers during cool weather can relax your muscles, keeping you steady.

Pay attention — When walking, focus on the path ahead and look for any obstacles or slippery surfaces. Scan the surroundings using your eyes only; moving your head to look down or around may throw off your balance.

Use assistive devices — Handrails, walkers and canes are designed to keep you safe, so use them whenever possible.

Keep your hands free — Carrying bags or packages can cause unsteadiness. Try to keep your load light, or ask for assistance.

Take care around vehicles — When getting in and out of a car or bus, take it slow and make sure your footing is secure before moving.

Wipe your feet — Leaves, mud, ice and snow can stick to the bottoms of your shoes and get tracked indoors. Wipe your feet at the door to clean the soles and prevent slipping inside your home.

The Pumpkin Pie Tradition
For many, Thanksgiving dinner isn’t complete without a slice of pumpkin pie, the traditional holiday dessert.

Pumpkins are native to North America and were taken to Europe by explorers. In the 1600s, French and English cooks began using the orange squash in early pie recipes.

Native Americans and the Pilgrims probably included pumpkin at the first Thanksgiving, most likely as a savory dish. The early colonists would also hollow out pumpkins, fill them with sweet, spiced milk, and cook them over a fire.

Several generations later, in 1796, the first American cookbook, Amelia Simmons’ “American Cookery,” offered two recipes for “pomppkin pudding,” in which a custard-like filling was baked in a crust. This became the basis for the pie we know today.

Thanksgiving was declared a national holiday in 1863, but Americans had already made pumpkin pie a tradition of the annual meal. By the 1920s, canned pumpkin was a grocery staple, saving cooks time by eliminating the laborious process of cooking the squash.
Honoring Baseball’s Best Pitchers

Each November, the most outstanding pitchers of the Major League Baseball season are presented with the Cy Young Award.

The prize is named after the winningest pitcher in baseball history, Hall of Famer Cy Young, who made his MLB debut in 1890. During his 22-year career, Young set many records, including most wins, with 511. Among those wins were three no-hitters, one of which was a perfect game, meaning none of the opposing team’s players reached first base.

As a tribute to Young’s legacy, the Cy Young Award was introduced in 1956, a year after Young’s death. Originally, only one pitcher was selected annually. In 1967, due to fans’ requests, the rules were changed to honor the top pitcher in both the American and National leagues.

Members of the Baseball Writers’ Association of America vote on the candidates, and the winners are announced live on television. Notable past recipients include Don Newcombe, Sandy Koufax, Tom Seaver, Greg Maddux, Randy Johnson, Pedro Martinez and Roger Clemens.

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