



WARM WISHES FOR A HAPPY HOLIDAY SEASON FROM THE FULFORD CENTER ADVISORY BOARD:

(Standing) Angie Johnson, Kenny Griffin, Elizabeth Kraus, Darlene Dickens, Courtney Joiner, Tammy Wilkes, Norma Kennedy, Betsy Johnson (Seated) Jean Schwabe, Ada Lee Correll, Bill Rogers



MARK YOUR CALENDAR FOR NOVEMBER 12! LUNCH & LEARN

Currently, 29.1 million people or 9.3% of the U.S. population have diabetes. Diabetes is a disease in which blood glucose levels are above normal, and it can cause serious health complications. The key to preventing diabetes, and lessening the need for medication after diagnosis, lies in a person's diet. By eating healthy, blood-sugar-lowering foods, and avoiding foods that raise blood sugar levels, individuals can help their bodies heal naturally.

In anticipation of World Diabetes Day, the Fulford Center will host a *Modifying Recipes to Manage Diabetes* Lunch and Learn on Wednesday, November 12. Marnie Dekle, UGA Extension Agent, will provide the program. The event begins at noon, and the cost is \$5, which includes lunch and program handouts. Registration is required. Contact the Center to register.



LEAVE A LEGACY

When you are honoring or memorializing family and friends, please consider making a donation to the Sudie A. Fulford Community Learning Center through the East Georgia State College Foundation. The Foundation is a 501(c)3 non-profit organization. All gifts are tax deductible to the extent approved by law. Contact Elizabeth Gilmer at 289-2037 for more information.



FULFORD CENTER STAFF
 Jean Schwabe, Director
 Erin Youmans, Magnolia Midlands
 GYSTC Coordinator
 Tammy Durden, Administrative Assistant

Phone: 478.289.2464
 Fax: 478.289.2465
 Email: jdschwabe@ega.edu
 Normal Hours of Operation
 Monday - Friday, 8 a.m. - 5 p.m.
 Other times by appointment



**NOVEMBER
 DECEMBER
 2014**

OUR MISSION

By providing an environment where learning opportunities take place and community relationships are enriched, the Sudie A. Fulford Community Learning Center will develop individual capacity and improve the quality of life for Swainsboro and Emanuel County.

OUR GOALS

- Education
- Civic Engagement
- Hospitality



**SUDIE A. FULFORD
 COMMUNITY LEARNING CENTER**

UPCOMING EVENTS

- November 4.....EGSC Phi Theta Kappa Induction Ceremony
- November 5.....40 Under 40 Advisory Group Meet and Greet
- November 6.....4th Annual Family Astronomy Night
- November 10.....Glad Garden Club Meeting
 Seedling Garden Club Meeting
- November 11, 18, 25 ...Chess Club
- November 12.....Lunch and Learn (Modifying Recipes to Manage Diabetes)
- November 13.....Emanuel County Family Connection Meeting
- November 14.....GSU Partnership for Rural Health Meeting
- November 15.....EGSC Amazing Science Day
- November 19.....Governor's Office of Student Achievement Reading Mentor Program Meeting

- November 20.....Edmund Burke Academy Planetarium Visit
- November 21.....GDOE School Improvement Regional Meeting
- November 22-23.....GA Forestry Open Land Training Course
- November 24-25.....UGA Extension Farm Bill Training
- December 2, 9, 16Chess Club
- December 3AAMI End of Year Reception
- December 4EGSC Plant Operations Holiday Dinner
- December 5Davis-Rowland Rehearsal Dinner
- December 11.....Fulford Advisory Board Meeting
 Emanuel County Family Connection Meeting
- December 12GSU Partnership for Rural Healthcare Meeting
- December 13Youngblood Invitational Chess Tournament



**JEAN D. SCHWABE,
 DIRECTOR**

Message From The Director

As we enter the holiday season, I hope you enjoy all that this time of year has to offer and that you'll find time to rest, reconnect with those significant people in your life, and just enjoy yourself!

As I reflect on 2014, I am truly grateful to everyone who has played a part in our growth and success during the year.

On behalf of the Fulford Center staff, we wish you a warm and joyous holiday season and a safe and peaceful 2015.

RECENT FULFORD CENTER VISITORS ★

METTER ELEMENTARY 2ND GRADERS VISIT PLANETARIUM
The fun begins on deck for these Metter Elementary students



CANDLER COUNTY YOUTH LEADERSHIP HOLDS FIRST SESSION

Metter High School students participate in personality styles activity

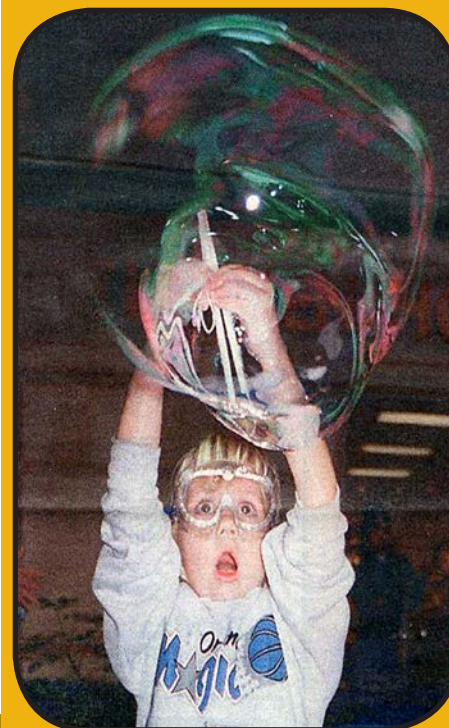


THOMAS JEFFERSON PRE-K STUDENTS ENJOY A DAY AT CENTER
Thomas Jefferson Academy Pre-K students create star puppets.



CLAXTON MIDDLE SCHOOL VISIT KICKS OFF 2014-15 PREP SEASON
Claxton Middle School students with Taylor Edenfield, EGSC Assistant Director of Student Life

EGSC AMAZING SCIENCE DAY TO BE HELD NOVEMBER 15



Join us Saturday, November 15, for an absolutely awesome time!

The Center will host a free community hands-on science event sponsored by the East Georgia State College STEMM Club (Science, Technology, Engineering, Math, and Medicine). A variety of

interactive, exciting, and engaging science activities are planned for kids of ALL ages. Participants will be able to make slime and silly putty, implode cans, see colorful acid/base reactions, play with oobleck (You have to stop by to see what that is!), make ice cream with liquid nitrogen and many, many more cool activities. Over a dozen science stations will be set up for kids from Pre-K to adult.

SEE YOU ON THE 15TH!

The Alien Who Stole Christmas



CONSIDER SCHEDULING A HOLIDAY PLANETARIUM SHOW

'Tis the season to be jolly! Why not contact the Center to schedule one of our holiday planetarium shows for your group? They're sure to get you in the holiday spirit!

THE ALIEN WHO STOLE CHRISTMAS

Family Audiences

Length: 35 minutes

Santa is in a flying saucer instead of a sleigh! Will Christmas ever be the same? This show is in two parts: Part 1 is a winter star walk, highlighting the constellations, planets and other celestial sights visible on a long, dark winter's night. The second part is a planetarium fantasy to the tune of "Twas the Night Before Christmas", with a few changes. Santa finds himself aboard a flying saucer with his alien friend, Mr. Freep. The two visit all of the planets of the solar system to see what children on those planets might like for Christmas. While fictional, the 'children' provide a fun way to remember what the environment is like on each planet.



Let It Snow!

Family Audiences

Length: 30 minutes

Celebrate the season with this holiday music experience! "Let it Snow" features a variety of festive classics from Frank Sinatra and Chuck Berry to Burl Ives and Brenda Lee, and includes a stunning multi-media finale by the Trans Siberian Orchestra. The soundtrack is visually enhanced with thematic animation, special effects and all-dome scenery. The 30-minute program is a fun and entertaining experience for audiences of all ages, especially families.

