

# VISION 2020 STUDENTS TAKE PART IN WORKSHOP



Thirty Emanuel County high school students recently participated in a truly dynamic and energetic Vision 2020 workshop. The program presenter, Dr. Debbie Phillips, inspired the students with her powerful and engaging program regarding important job skills and resume writing. The Vision 2020 project is a collaborative effort between the Swainsboro-Emanuel Chamber of Commerce, local business and industries, and the Emanuel County Schools system to help increase the graduation rate and prepare graduates for the workforce. The project provides relevant, real-world work experience while helping students to complete their education.

## HUNTER SAFETY COURSE TO BE OFFERED



The Georgia Department of Natural Resources (DNR) will provide a Hunter Education Course Saturday, March 12, at the Center. Individuals born on or after January 1, 1961 must successfully complete a hunter education course prior to purchasing a season hunting license. The class will run from 8:00 a.m. until 5:00 p.m. The course is open to the public, and individuals who are 12 years of age and older are welcome to attend. Registration is required and may be made at <https://gaevents.olspassport.com/Events/Events.aspx>.

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FULFORD CENTER STAFF  
Jean Schwabe, Director  
Erin Youmans, Magnolia Midlands  
GYSTC Coordinator  
Malanie Jackson, Work-Study Student



## MARCH 2016

### 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



JEAN D. SCHWABE  
DIRECTOR



### Message From The Director

As we approach spring, there is much excitement about several upcoming events! The Georgia Department of Natural Resources will provide a Hunter Safety Course Saturday, March 12, for individuals 12 years of age and older. A registration link is provided within this newsletter. We are delighted to host our 2nd Annual Amazing Science Day. This is a free event that will provide a host of fascinating hands-on experiments and activities for all ages. This year, the event will include an engaging Nanoscience display. We're also pleased to offer a four-part Yoga Basics Series. The sessions will be offered each Wednesday beginning March 30 and will run through April 20. Certified yoga instructor, Alise Beccaria, will be leading the classes. *Happy Spring...we hope to see you soon!*

### UPCOMING EVENTS

- March 1-3 ... SAT Reading/Language Review
- March 2 ..... UGA Extension Economics Training
- March 4 ..... Georgia Department of Education School Nutrition Meeting  
Smithsonian Committee Meeting
- March 9 ..... EGSC Homecoming Dance
- March 10 .... Emanuel County Family Connection Meeting  
Fulford Advisory Board Meeting
- March 11 .... McDaniel Bridesmaid Luncheon  
GSU Partnership for Rural Health Meeting
- March 12 .... Hunter Safety Course
- March 14 .... Glad Garden Club Meeting
- March 14 .... Boy Scout STEM Visit
- March 16 .... ECI PREP Visit
- March 16 .... Smithsonian Committee Meeting
- March 18 .... Emanuel County Head Start Planetarium Visit
- March 23 .... DEA K-4 Planetarium Visit
- March 26 .... 2nd Annual Amazing Science Day
- March 30 .... Yoga Basics Series, Part 1

# YOGA BASICS SERIES PLANNED

A four-part Yoga Basics Series will begin Wednesday, March 30, and run each Wednesday through April 20 from 9:00 a.m. until 10:00 a.m. Alise Beccaria, a certified yoga instructor, will lead the sessions. Beccaria's nurturing nature will create an environment conducive to a successful yoga experience. The classes are designed as an introduction to the practice of yoga and will focus on developing clear and safe alignment in foundational poses. Whether you're a couch potato or a professional athlete, size and fitness levels do not matter because there are modifications for every yoga pose. From lowering blood pressure to increasing pain tolerance, the practice of yoga has many health benefits associated with it, and we hope you will join us for this important series. The fee for each class is \$5, and pre-registration is required. Please call the center to register. Enrollment is limited to 15, and participants are asked to bring a yoga mat to the session.

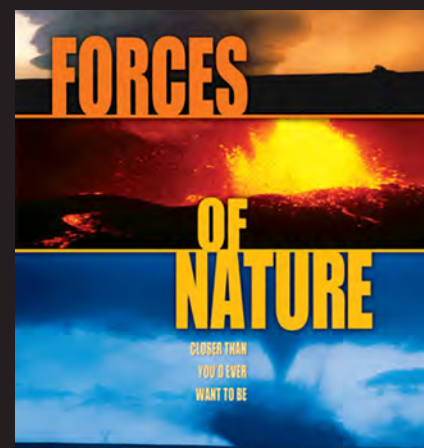


## TWO NEW SHOWS AVAILABLE AT FULFORD PLANETARIUM THANKS TO THE MILL CREEK FOUNDATION, WE RECEIVED FUNDING FOR *THE ACCIDENTAL ASTRONAUT AND FORCES OF NATURE.*



**The Accidental Astronauts** | Grades: 1-5 | Length: 32 Minutes  
Follow the adventures of Cy, Annie and Armstrong (Cy's dog), as they embark upon an unexpected journey into space! Armstrong gets the kids into a little trouble with his antics on a field trip to the science center. From there the adventure only grows as the three are whisked into space by a wise-cracking spaceship named Halley. It's off to the Moon for a little exploring, followed by a visit to the Sun. What wonders will they discover? Will they make it back to Earth? This wonderful adventure show is based on a story by award-winning children's author Kristyn Crow. Accidental Astronauts was created with curriculum specifically designed to suit elementary school standards.

**Forces of Nature** | Grades: 6+ | Length: 40 minutes  
Witness the awesome power and the unimaginable destruction of explosive volcanoes, ground-buckling earthquakes, and deadly tornadoes as you head into the field with scientists who risk their lives exploring the origins and behaviors of these fearsome natural disasters. Venture to the brink of an erupting volcano on the Caribbean island of Montserrat. Crisscross the Midwest's infamous Tornado Alley with storm-chasers racing to unlock the secrets of monster twisters. Discover how the history of massive, city-leveling earthquakes in Turkey is helping scientists predict where and when the next quake will strike. This is a spectacular, up close glimpse of the Earth's most destructive forces! Narrated by Kevin Bacon.



## DON'T MISS OUR 2ND ANNUAL AMAZING SCIENCE DAY



Join us Saturday, March 26, for an absolutely awesome time! The Center will host the 2nd Annual Amazing Science Day, 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 and exciting 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, make ice cream with liquid nitrogen, get DNA from strawberries, skewer balloons with a stick without popping the balloons, and many, many more cool activities. This year, a nanoscience room will be added which will offer a variety of activities, all related to extremely small things! Well over a dozen science stations will be set up for kids from 4 to 104! See you on the 26th!

