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.
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.

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.