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Vol II • Issue III

April / May 2017

*Today* SM

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*Easter*





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City Attorney	Steven Scheer	(912) 233-1273
City Clerk	Maribeth Lindler	(912) 748-7261
Finance Officer	Michelle Warner	(912) 748-7261
Fire & Rescue	Chief G. Wade Simmons	(912) 748-7012
H/R Director	Andrea Anderson	(912) 748-7261
Police	Chief Mark Renewen	(912) 748-7333
Public Works	Matt Saxon	(912) 748-4800
Recreation Dept	Hugh Elton	(912) 748-5776
Sr. Citizen Center	Susan Edwards	(912) 330-0493
Zoning Admin.	Kimberly Classen	(912) 748-7261

<http://pooler-ga.us>

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Better Business Bureau	(912) 354-7521
CEMA Hurricane Hotline	(912) 201-4590
Chatham County Court House	(912) 652-7175
Chatham County Tax Assessor	(912) 652-7271
Drivers License	(912) 691-7400
Georgia Dept of Revenue	(912) 356-2140
Library	(912) 748-0471
Pooler Chamber of Commerce/Visitor Bureau	(912) 748-0110
United States Post Office	(912) 748-4927
Veterans Affairs	(912) 352-0441

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Memorial Health Generation One	(912) 350-7587
St. Joseph's Hospital	(912) 819-4100
St. Joseph's Hospital CareCall	(912) 819-3360
St. Joseph's/Candler SmartSenior	(912) 352-4405

#### Other Sources:

Chatham County Health Department	(912) 356-2441
Poison Control Hotline	(800) 222-1222
VA Outpatient Clinic	(912) 920-0214

#### Pooler Schools

Pooler Elementary	(912) 395-3625
West Chatham Elementary	(912) 395-3600
West Chatham Middle	(912) 395-3650
New Hampstead High	(912) 395-6789

#### Pooler / Area Community Churches

Beth-El Alliance Church	(912) 925-2961
Calvary Assembly of God	(912) 748-5847
Christ Presbyterian Church	(912) 399-5717
Chua Cat-Tuong Temple	(912) 965-1876
First Presbyterian Church of Pooler	(912) 330-9415
First Baptist Church of Pooler	(912) 748-7521
Gateway Community Church	(912) 748-7011
Heavenbound Baptist Church	(912) 921-1500
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New Birth Savannah	(912) 748-2969
New Testament Baptist Church	(912) 964-7655
Pooler Bible Church	(850) 274-2534
Quacco Baptist Church	(912) 925-3885
Relate Church	(912) 988-1354
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South Valley Baptist Church	(912) 748-0279
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Animal Shelter (Lost Pets)	(912) 351-6750
Chatham County Humane Society	(912) 354-9515







# POOLER *Today*<sup>SM</sup>



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from the  
*Publishers*



## *Greetings Pooler Community*

It's been a nasty winter and everyone is hankering for spring, that transient period between bitter cold and scorching heat. It's the season of new beginnings. Crops ripen, critters wild and tame give birth and trees suddenly bear leaves. Flocks of chirping birds return and plants turn green. In full bloom, flowers erupt in palettes of color and intoxicating fragrances, signaling to the bees that it's time to pollinate. And here is where my essay takes a bit of an ugly turn because the word pollen sends me into a sneezing frenzy.

Spring is definitely in the air, and in my nose. As I sneeze my way past blossoming fields of azaleas, daffodils and roses, I ponder how such delicate loveliness can wreak such havoc on my immune system, sending it into overdrive. Sometimes I feel that Mother Nature is out to get me with endless pollen attacks. Perhaps she's pounding on me for complaining so much about cold winters.

I speak in the first person, but spring allergies plague a large part of the population. In our modern world, allergy has spread like wildfire. Although allergies tend to run in families, scientists are certain that genes alone can't be the whole reason why. "The genetic pool does not dramatically change over decades," notes Dr. Michael Cyr, an allergist and immunologist. "So it's obvious there's something else going on. And that something appears to be our environment."

The biggest allergy trigger is the pollen. It can travel for miles, so it's not just about the plants in your neighborhood. Trees, grasses, and weeds release these tiny grains into the air to fertilize other plants. When they get into the nose of someone who's allergic, they send the body's defenses haywire, leaving those affected with running noses, itchy eyes and sore throats.


The immune system mistakenly sees the pollen as a danger and releases antibodies that attack the allergens. That leads to the release of chemicals called histamines into the blood. Histamines trigger the allergy symptoms.

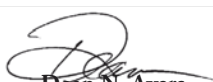
Our revenge is to fight back by loading our systems with large quantities of vitamin C, bee pollen (isn't that ironic) and allergy medicines. A positive perspective is that all those pharmacy purchases and extra trips to the car wash to remove pollen from the car are good for the economy. Look at it this way: The difference between an itch and an allergy is about one hundred bucks.

Spring may have drawbacks to our health, but there's no denying it's a time for optimism; a time of renewal; and a time to remember that we must take every opportunity to appreciate and protect our delicate and beautiful environment every season of the year.

Sneezin's Greetings, Everyone!

Most Sincerely,

  
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**50** 

athletic teams in 12 sports

**4**  International experiential group learning trips: Dominican Republic, Quebec, Mexico and Ecuador

**17** 

International students

**80**  percentage of Middle and Upper School students who participate in at least one sport

**11**  National Merit finalists in the past 4 years

**10** number of fine & performing arts offerings

**105** 

colleges to which the class of 2016 gained acceptance

**45**  the number of Global Online Academy course offerings

**25** 

percentage of the class of 2017 who gained early admission to UGA

**29** 

awards won in the 2016 Scholastic Art and Writing competition



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**4** Governor's Honors participants in the past 3 years

**16**  alumni currently playing a collegiate sport

**25**

average number of course offerings in the Middle School mini-mester experience

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**102** 

AP scholars in the past 4 years

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**22**  Advanced Placement and post-AP courses offered

**30**  different student-run community clubs & organizations



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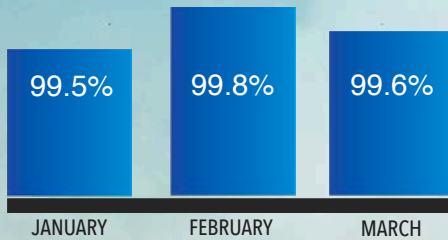
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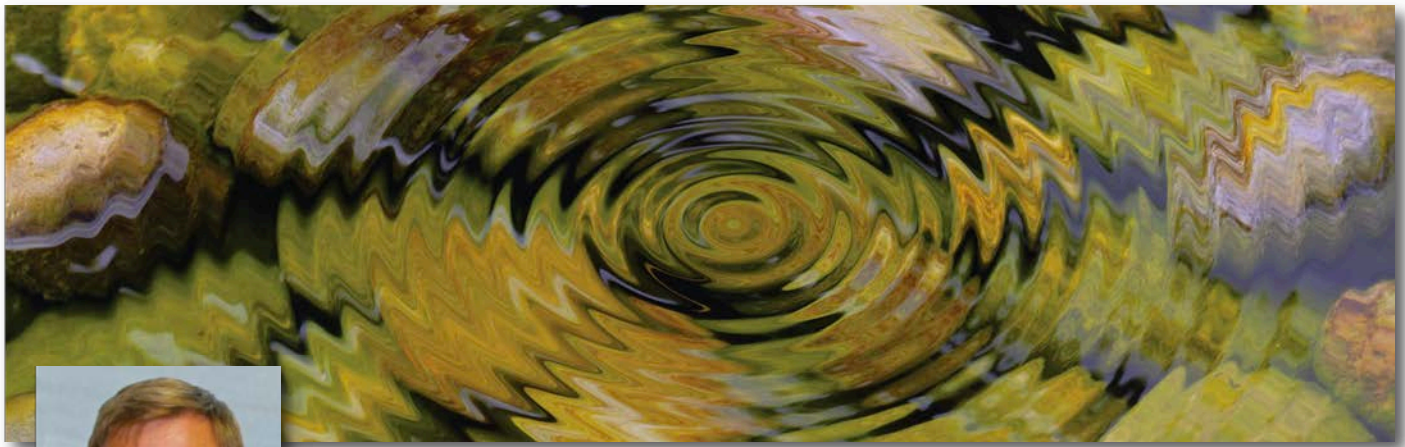
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## God Changes Communities One Person At A Time

By John Fender

*Pastor, First Presbyterian Church of Pooler  
Chaplain, Pooler Police Department*

Even if you have only briefly surveyed the Civil Rights struggles in America during the 1960's you will be familiar with the Edmund Pettis Bridge in Selma, AL. That bridge is the famous sight of Bloody Sunday, the day police officers stepped in on March 7, 1965 to brutally beat back those marching from Selma to the capitol in Montgomery, AL. What you might not know is why they were marching from Selma.

The story most immediately started on February 18, 1965 when a protest at Zion United Methodist Church in Marion, AL spilled out into the surrounding streets. The story of what happened next depends on who you ask. However, the stories intersect with one particular plot line: Jimmie Lee Jackson, an activist and deacon, was shot by an Alabama State Trooper. Jackson was transported to the hospital in Selma, AL but would die on February 26, 1965.

To protest the shooting, one activist proposed that they take Jimmie Lee Jackson's body and throw it on the steps of the capitol in Montgomery. That idea was set aside for another idea, namely to march from Selma to Montgomery. And the rest, as they say, is history.

I moved to Marion in 2002 having just graduated from seminary. The town was still deeply segregated. My sense was they were stuck back in the early 1970s. The church I pastored provided a home for us. That home was half a block from the only church in town with a full-time African American pastor. Being a bit naive I stopped by and introduced myself to the pastor. He was about to retire and had very little time for me. His replacement, however, was my age. From the first day I stopped by until now, Dwight and I became and remain friends.

Over the next two year we would intentionally eat in public together as a demonstration of the power of the gospel in the lives of individuals. Our hope was simply that if God could demonstrate His power to bring together two pastors, perhaps even their congregations would be changed, and through them, even the community itself.

From 2002 to 2005 we watched God work through our friendship. And if God can work in tough soil like that, I am confident He can work in all types of situations here in Pooler, GA. To understand how that change occurs, we must consider that God changes communities one person at a time!

God. The process of change does not start with a person or a congregation, but rather starts with God Himself. The process starts with a God who entered the Garden of Eden when sin first reared its ugly head, a God who approached Noah when He saw that the wickedness of man was great in the earth, and that every intention of the thoughts of his heart was only evil continually, a God that set apart Abraham and Moses and David, a God that sent His prophet Nathan to a rebellious David. The process starts with a God that sent His own Son into this broken world. The process starts with God Himself.

God changes communities. God is not only the one who initiates change, God empowers change. The Bible tells us in Jeremiah 13:23, "Can an Ethiopian change his skin or a leopard its spots? Neither can you do good who are accustomed to doing evil." What will it take to change racism or sexism or hearts that are prone to greed or stealing? It will take an act of God Himself. Yes governments and police departments can work to restrain sin, but only God changes the sinners heart! God changes communities! And how does He ordinarily work?

God changes communities one person at a time. While I was the one who initiated the friendship with Dwight, it was Dwight who took the first public stand. He invited me to attend his installation service and even invited me to sit up on the stage with the other pastors who would be joining. I believe I was the only white person in a room of 300. When I first arrived at the church, several younger men knew who I was, but quite honestly were not that kind to me. Towards the end of the service, Dwight had me stand and shared the story of me coming to his house to welcome him to Marion. He shared words I will never forget. He told them, "This man's name is John Fender and he is my friend!" From that point forward I could go anywhere in the city and feel safe, for I was Dwight's friend!

But what struck me was even a couple of the young guys who seemed suspicious of me when I arrived at the church that day, suddenly they were wonderfully kind to me from that day forward. God's work in Dwight and I began to spill over to those young men. And from there the change seemed almost contagious. God was changing Marion, but He was doing so one person at a time.

My prayer is that, like a ripple effect of a rock thrown in a pond, that God might begin to work in our city in this same way. I will not despise the day of small things for I know that when God does a work, it is often like a small mustard seed being planted in the ground. In due time, a tree comes forth that blesses many. One person is changed and then their marriage is different, and their parenting is different, and their work place becomes impacted, and their neighborhood begins to change. sThis is the way God ordinarily works.

What a joy it would be to see that change in our own city!





# You have voted, and these are the Winners

## Participating Category

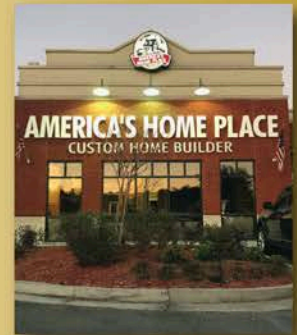
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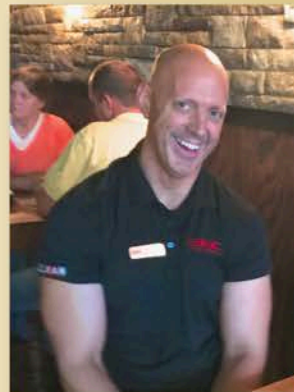
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*Pooler Today Magazine* was proud to present the **Winners of 2016 Pride of Pooler Readers Choice Awards** in February. A Reception / Meet and Greet for the winners was held at Molly MacPherson's in Pooler. Our thanks to the Pooler community for your contributions and helping us recognize the Readers Choice Award Winners. Stay tuned for the 2017 Pooler Today Magazine's Pride of Pooler Award Submissions.



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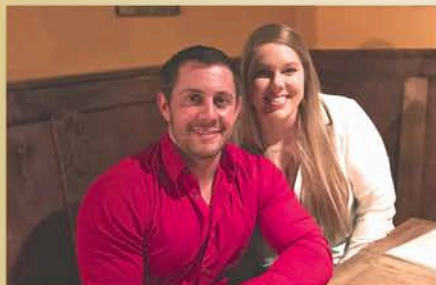
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## The Last Supper, A Musical Production

The Rotary Club of Savannah West and The Maritime Ministry Players are proud to present "The Last Supper" at 7 p.m. Sunday, April 9 through Tuesday, April 11 at White Bluff United Methodist Church, located at 11911 White Bluff Road in Savannah.

This 80-minute musical theater production is a musical interpretation of Leonardo da Vinci's most challenging creation, the painting of "The Last Supper," and is presented by special arrangement with Samuel French, Inc., SCAD's Kevin Wallace will serve as musical director and the Averitt's Eileen Bayens from Statesboro will direct this contemporary musical with music by Gary William Friedman and book and lyrics by Thomas Mitz.

The evening will begin with dinner at 6 p.m. and curtain at 7 p.m. Proceeds from the Monday, April 10 event will benefit the Georgia Rotary Student Program, and guests will enjoy seeing Rotary District 6920 Assistant Governor Todd Freeseemann appear on stage as a special guest actor. Proceeds from the April 9 and 11 performances will benefit the Maritime Bethel at Savannah.

The Maritime Ministry Players are a talented group of performers who are affiliated with the nonprofit organization, the Maritime Bethel at Savannah. The Maritime Bethel at Savannah provides personal and practical support to seafarers who come into our port on ships from all over the world. This nonprofit is a faith-based organization providing advocacy, spiritual, physical, and emotional support.

Tickets for the Sunday and Tuesday shows cost \$15 each for the show only, and \$30 each for dinner and the show. On Monday evening, as the Rotary Club raises much-needed funds for their international student, tickets are \$20 for the show only and \$40 for the dinner and the show.

"This will be our 18th year presenting *The Last Supper* all over the U.S., and we are excited to return to the Savannah community," said Andy Krey, chaplain and executive director of the Maritime Bethel at Savannah. "This is a beautiful depiction of Jesus' last days on earth as well as a stunning piece of art – you don't want to miss it."

Tickets can be purchased by emailing [chaplainkrey@gmail.com](mailto:chaplainkrey@gmail.com) or [saustinwright@yahoo.com](mailto:saustinwright@yahoo.com), or by calling/texting (912) 441-4640 or (912) 704-2067. Tickets are also available by calling Carolyn Anderson, church secretary at White Bluff United Methodist Church, at (912) 925-5924. To learn more about the Maritime Bethel at Savannah, please visit [www.maritimebethelatsavannah.org](http://www.maritimebethelatsavannah.org).



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## 25 Million Kids Need You Get Involved Today!

By Dianne Carter



Children with vision problems often don't know they see the world differently. They certainly don't know that at least 25% of them start school each year with undetected vision problems that will affect their ability to learn. Many of them suffer from serious eye conditions that can cause permanent vision loss. Most of these problems are reversible if identified early.

Unfortunately, most young children don't get their vision screened until they have problems learning or paying attention in school. By then, it may already be too late. Unless vision problems are detected early and corrected, they risk becoming permanent by age 7.

Thanks to **Lions KidSight USA Foundation**, a national coalition that brings together Lions programs, more than a million preschool and school age kids are screened each year. Their primary concentration is children from 6 months to 6 years of age. Many will be referred for a follow-up exam by an eye-care professional.

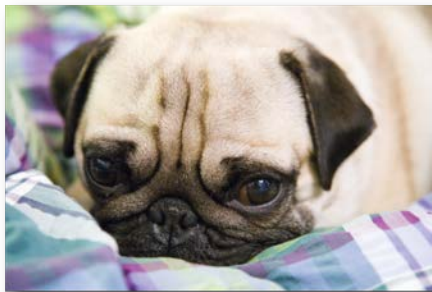
The Foundation's mission is to ensure eye screening and follow-up care is given to all kids because every child deserves to learn and see the world clearly. To do this, they will work with Lions to increase the number of screening programs around the country in order to reach more children when it is possible and where it is needed.

The Pooler Lions Club conducts free vision screenings for adults and children in a variety of places and community gatherings. They provide free vision screenings to children in the Savannah area through the **KidSight USA** program, using the **Welch Alyn Spot Vision Screener**. This is a handheld, portable device designed to help easily detect vision issues on children as young as 6 months old, as well as adults. Both eyes are screened at once from a 3 foot distance and the results are immediately displayed on the computer screen. This computer display allows for early detection of near & far sightedness, unequal refractive power, blurred vision, pupil size deviation and eye misalignment. People are referred to an eye doctor for further care as needed.

The Pooler Lions Club has screened over 8,000 children in the Savannah area during the 2016-2017 school year and the goal for our Lions District 18N next year is 25,000 children screened. To schedule your school or daycare facility or learn how to get involved, contact us at [lionsclub2@gmail.com](mailto:lionsclub2@gmail.com) or go to [www.poolerlionsclub.org](http://www.poolerlionsclub.org) for more information.







## Every Dog Is Different, No Matter The Type Of Breed

By Marc Morrone

**Q:** We own an eight-year-old, male Pug, Digger, who is smart, lovable, and extremely calm. My brother-in-law always loved Digger and bought a male Pug from a breeder. Needless to say, this pup is the total opposite of Digger. Blackie is like the Energizer Bunny in that he just never stops moving. He has been recently neutered, which has not changed him too much. I know there are certain breeds that are known for their energy (Jack Russel Terrier's) but on the other hand, are there breeds that are known for being calm?

**A:** Well there is no right or wrong answer to a question like this one. Yes, each breed of dog does have certain talents; however what you are asking is a bit different.

A Jack Russel Terrier has been bred over generations to look at situations in its environment and figure things out for itself. People that bred and kept these dogs used them to patrol farms and destroy vermin; they were independent contractors so to speak.

However what you are describing here is different. All breeds of dogs as puppies have a natural desire to learn about their environment. So the only way to satisfy this curiosity is to explore it by sniffing, tasting and touching whatever part of it's environment that it does not understand.

As the dog matures, then all his questions are gradually answered through trial and error. Just like humans, there are some dogs that have more curiosity than others and those with less curiosity learn all they need to at a younger age. It is not fair to compare two dogs in this issue.

Neutering or spaying a dog only removes testosterone and estrogen from the dog's body, and though lowers their desire to mate, it does not eliminate all levels of curiosity. This is all a matter of growing up and learning, and he should not be judged for it.



**Q:** My Chihuahua and cat get along very well. In fact, it seems they spend too much of their time together as they love to share their meals. We do our best to prevent this from happening by feeding the cat up on the kitchen counter. However when we try to feed the dog separately by locking the cat out of the room the dog gets very upset. The vet examined them just last week and said both animals are fine and not to worry about it but we do anyway.

**A:** I think this sounds pretty cute actually. So many of the questions I get are about pets not getting along! Realistically speaking if a cat were just fed dog food or vice versa then there would be an issue here, but I think that the cat is just politely partaking of the dog's meal so that there are no hurt feelings.

The fact that you say the cat gets to eat as much of its food up on the counter away from the dog means that he is getting all the nutrition that he needs. So as your vet said-do not worry here and just enjoy watching the friendship between these two species.

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## Image Hotels Comes To Pooler

Kal Patel, President/CEO of Image Hotels says that construction is well underway for a new hotel that will address the growing need for meeting space and features Marriott's latest prototype. Local owner/management company IMAGE HOTELS is bringing the latest-generation Marriott to the Savannah / Hilton Head International Airport area.

On February 24, 2017, Pooler Mayor Mike Lamb and local officials welcomed the city's newest hotel and the latest Marriott prototype during Image Hotels' groundbreaking ceremony today. A leading hotel management and development company based in Pooler, Image Hotels is building a four-story, 120-room Courtyard by Marriott at 419 Pooler Parkway, just minutes from the Savannah / Hilton Head International Airport and Tanger Outlet Mall.

"It's very important to have meeting space for businesses like Gulfstream as well as our leisure travelers," Mayor Lamb said today, adding "I've been talking to Kal Patel and his group at Image Hotels for a while about this hotel and I look forward to them bringing the Courtyard here." Scheduled to open in September 2018, the new Courtyard by Marriott will have 6,820 feet of banquet and event space. The space includes 4,000 square feet of meeting space that can accommodate up to 175 people.

Image Hotels is a success story, President / CEO Kal Patel explained, noting that "Image Hotels began 39 years ago as an independent, 12-

room 'Mom and Pop' operation and now has hotels in two states operating under brands such as Marriott." The Courtyard Pooler/Savannah Airport will operate as a Marriott franchise, owned by Image Pooler, LLC and managed by Image Hotels, Inc. with opening scheduled for September 2018.

Located in the rapidly-growing retail corridor of Pooler, the Courtyard Pooler/Savannah Airport will offer convenient access to Savannah/Hilton Head International Airport, Savannah's famed historic district, Hilton Head Island and the Tanger Outlet Mall. The hotel will also be within walking distance to numerous shops, restaurants and entertainment venues.

In addition to extensive meeting space, the new hotel will include such amenities as a fitness center, guest laundry, a business center, and the Bistro restaurant, The Market™, a 24/7 shop for snacks and beverages. The hotel will offer Courtyard's latest generation in design and feature an exclusive Courtyard GoBoard™, a 52-inch LCD touch screen packed with local information.

Image Hotels owns and operates six quality hotels under the franchise brands of Marriott, Hilton Hotels and Choice Hotels. The company has properties in Savannah, Georgia and Mobile, Alabama. For more information or to view their hotel locations please visit their website at [www.imagehotels.net](http://www.imagehotels.net).



## Chipping for Charity Pooler Lions Club

The Pooler Lions held their second annual "Chipping for Charity" Golf Tournament on a sunny Saturday afternoon, April 1, 2017, at **Crosswinds Golf Club**. The proceeds from the tournament will fund the club's charitable activities for the next year, including a college scholarship for a Pooler high school senior, Sight for Students (vouchers for vision exams and glasses) in six local schools, vision exams & glasses for qualifying residents, stuffed lions for the Pooler Police to distribute to kids in traumatic situations, and holiday cards for residents of two local nursing homes. In addition, the Pooler Lions support the GA Lions Lighthouse Foundation, the GA Lions Camp for the Visually Impaired in Waycross, GA, Leader Dogs and the Lions Club International Foundation.



Photo by Cierra Ayers

Thank you to the sponsors of the tournament for their generous donations. **Eagle Sponsor was the Pooler Chamber of Commerce** and the two Birdie Sponsors were **Lighthouse Financial** and **Miller Coins & Currency**. Other sponsors were: **Adam Wallace Allstate, Bee Green Pest Control, Bright Life Chiropractic, Dasher Reprographics, Edward Jones, Freedom Boat Club, Georgia Heritage Federal Credit Union, International Paper, Landmark 24 Homes & Realty, Low Country Eye, Molly MacPherson's Pub, Paper Clip Office Supply, Pat Parker State Farm, Penny Rafferty Realty, Strickland Funeral Home, Tracy Durham DDS, Savannah Blinds, and Savannah Volvo.**

Chipping for Charity Continued on page 31





## Coastal Georgia Komen Race For A Cure - April 22

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We continue to Race because at the current rate, 13 million breast cancer deaths around the world will occur in the next 25 years.

Encourage your friends and family to come out and join the **Race for a Cure**. When you participate and fundraise for the Race, we fight these statistics together. In 1980, the 5-year relative survival rate for women diagnosed with early-stage breast cancer (cancer confined to the breast) was about 74 percent. Today, that number is 99 percent! Komen has played a critical role in every major advance in the fight against breast cancer - transforming how the world talks about and treats this disease and helping to turn millions of breast cancer patients into breast cancer survivors. This progress was made with your continued support, and together we can reach our vision of a world without breast cancer.

For Race information, participation and donations please see us online at <http://komentoastalgeorgia.org/>

### 2017 KOMEN SAVANNAH RACE FOR THE CURE® Saturday, April 22, 2017

Ellis Square - West Congress Street, Savannah, GA 31401

### Race Day Schedule:

6:00 a.m.	Packet Pick-up & Registration
7:00 a.m.	Ellis Square Exhibitor Open
7:00 a.m.	Survivor Café Opens
7:00 a.m.	BIP Area Opens
7:15 a.m.	welcome Remarks
7:45 a.m.	Survivors Processional
8:00 a.m.	Kid's Race - Kids For The Cure
8:15 a.m.	One Mile Start
8:30 a.m.	Competitive 5K Start (Women and Men) 5K Walk Start (Women and Men)
10:00 a.m.	Closing Ceremony, New Balance Award Racers and Team Awards, Tip Fundraising Team Award

### Parking:

Participants and Volunteers may use the Liberty St. Garage(401 W. Liberty St.) and the Robinson Garage (132 Montgomery Street.) We do suggest car-pooling or having someone drop you off at the race site, as parking will be limited.



## The Power Of Sleep

By Davana Pilczuk, Ph.D.

If there was a magic pill that could make you look better, lose weight, reduce stress and perform better at work, would you take it? Well look no further because the magic elixir actually exists and it's called sleep. When it comes to wellness, we tend to focus on diet and exercise as the cure all for good health, but the powerful health benefits that sleep gives us cannot be ignored.

For instance, did you know that between the hours of 3 a.m. and 5am, we are in our deepest level of sleep? And when 3 p.m. rolls around, we get extremely drowsy, but tend to bounce back awake after 5 p.m. This is because your circadian rhythm, your body's natural internal clock, cycles in and out of deep and light sleep all night long, with the peak hours of deep sleep occurring between those keys hours of 3-5 a.m. Roughly 12 hours later, when the afternoon rolls around, our bodies become sleepy again and we crave a cat nap around 3 p.m.

During deep sleep, your immune system kicks into full gear. Its job is to repair cells, fight illness, and help the body recover physically. If those deep sleep cycles are frequently interrupted, we tend to become sick more often, we become more forgetful and we become more irritable. Sound familiar? It doesn't take but two days of poor sleep to feel the effects of sleep deprivation and notice how drained your body feels and how slow your brain reacts as it attempts to process incoming information.

Here's another tid bit you may not know about not getting enough sleep: its making you gain weight. When the body doesn't get the recovery it needs via good sleep, it wakes up feeling deprived of energy. The hormone leptin, which regulates your appetite and tells the brain when you're full, gets thrown off and you end up feeling hungry all day. That hunger feeling sends constant cravings for sugar rich foods such as soda, candy, a bag of chips, a pizza or big bowl of pasta. Over time, that lack of sleep starts to show up on your hips.

As for the work we do, think of all the jobs that require people to work the night shift. Police officers, medical personnel, pilots, manufacturing jobs, and the list goes on. Weight gain and health issues are rapidly climbing in these fields and the interruption of our natural time clock has a good deal to do with it. Lack of sleep contributes to poor decision making and performance, and has also played a major role in some of history's worst accidents. Tragic events such as the Exxon Valdez, Chernobyl and the Challenger accident all cited fatigue as a contributing factor in these disasters.

If you do work the night shift, start to educate yourself on good sleep hygiene habits. Remember, despite common folk lore, your body never truly adjusts to truly adjusts to working at night. We are diurnal beings, designed to be awake during the day and at sleep at night. So this year, if you want to lose weight, be happier or perform better at your job, make sleep a priority.



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## Pina Colada Whip:

16 ounces of cream cheese, softened  
 8 tablespoons pineapple juice  
 ½ cup shredded coconut  
 ½ cup sugar  
 1 ½ cup whipped cream  
 1 teaspoons vanilla extract  
 4-6 slices of canned pineapple  
 Rum

Place pineapple slices in a medium bowl. Pour enough rum into bowl to cover the pineapple. Set aside and soak for 2-3 hours.

In a medium bowl beat cream cheese, sugar and pineapple juice until smooth and fluffy. Stir in coconut. Refrigerate for 1 hour until firm.

Preheat oven to 350 degrees. Drain pineapple slices and place on a baking sheet. Bake pineapple for 12 minutes or until edges of pineapple begin to brown slightly. Remove and allow to cool completely.

To assemble: Place a piece of baked pineapple on a plate or in a bowl. Top with a generous scoop of cream cheese mixture. Garnish with toasted coconut and pineapple tidbits.

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## Six Ways To Reduce Your Tax Bill

By Jill Schlesinger

Although the tax code is complicated and thorny, here are six potential ways to reduce your bill.

✓ **Claim your credits.** Tax credits provide a dollar-for-dollar reduction of your income tax liability, which is why they are the best way to save. Here are some of the most popular ones:

✓ **Earned income tax credit:** This is a refundable credit for married couples who in 2016 earned income under \$53,505 and for singles who made less than \$47,955. Your income and family size determine the amount of the credit, but the maximum credit is \$6,269 this year.

✓ **Child tax credit:** Parents can get a credit up to \$1,000 for each qualifying child who was under the age of 17 at the end of 2016. This credit phases out for married filing jointly (MFJ) earning over \$110,000 (\$75,000 for singles).

✓ **Child and dependent care credit:** If you pay someone to care for your dependent (under age 13) so that you can work or look for a job, you can claim 20 to 35 percent of your child-care expenses up to \$6,000, depending on your income.

✓ **American opportunity tax credit:** This refundable credit of up to \$2,500 per student for undergraduate college expenses can help a range of taxpayers, including those who owe no tax. (The credit is limited to singles who earn up to \$80,000 or up to \$160,000 for MFJ couples.)

✓ **Lifetime learning credit:** This is another credit for the costs of post-secondary degree education or courses to improve job skills. In order to claim this credit of up to \$2,000, single adjusted gross income (AGI) must be less than \$65,000 (\$131,000 MFJ).

✓ **Deduct away.** If your deductible expenses exceed the 2016 standard deduction limits of \$6,300 for single and \$12,600 MFJ, you should itemize and grab write-offs such as miscellaneous deductions, which includes tax-preparation fees, job-hunting expenses, and professional dues, if they total more than two percent of your AGI; medical and dental expenses that exceed 10 percent of AGI or 7.5 percent if either you or your spouse is age 65 or older; standard mileage rates for business use of your vehicle is 54 cents per mile, for medical care at 19 cents and charitable use at 14 cents.

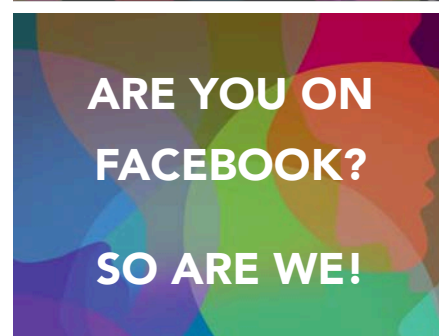
✓ **Let Uncle Sam help you save for retirement.** When you make a contribution to an Individual Retirement Account (IRA or Roth IRA), the government provides you with tax benefits. Your total contributions to all IRAs cannot be more than \$5,500 (\$6,500 if you're age 50 or older), or your taxable compensation for the year if your compensation was less than the dollar limit. If you're covered by a retirement plan at work, you may also be able to deduct contributions to an IRA, subject to income limits.

✓ **Beware the alternative minimum tax (AMT).** The government created the AMT to penalize higher-income taxpayers who use deductions and credits to wipe out tax liability. It's an alternative computation of your tax, with different deductions, add-backs, and flat rates.

✓ **Help defray long-term care insurance costs.** The IRS allows for a deduction of a portion of your premiums for this expensive coverage. The deal gets better as you age: If you're over 70, you can deduct \$4,870, but under 40, you can write off just \$390.

✓ **Get big help for your small business.** If you have a small business with fewer than 25 full-time employees, there is a health care tax credit that can put money in your pocket. Check the rules, but if you paid at least half of employee insurance premiums and purchased coverage through the SHOP marketplace, you may be able to receive a credit on a sliding scale.

*Jill Schlesinger, CFP®, is the Emmy-nominated, Business Analyst for CBS News. Jill appears on CBS radio and television stations nationwide covering the economy, markets, investing and anything else with a dollar sign. She translates complicated business and economic news into understandable, relatable topics for everyday viewers and listeners. Jill is also the host of the nationally syndicated radio show, "Jill on Money", which airs over 80 markets. Jill is a LinkedIn Influencer and also writes the nationally syndicated column "Retire Smart" for Tribune Media Services. (Contact Jill Schlesinger, senior business analyst for CBS News, at [askjill@moneywatch.com](mailto:askjill@moneywatch.com).*







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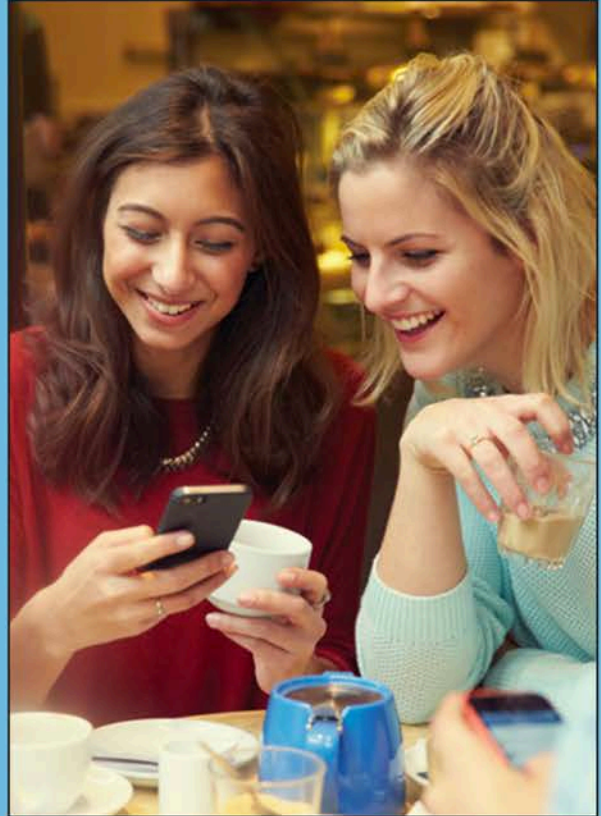








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## Publix - The Village At Savannah Quarters® Well Underway

Pooler elected officials, Publix representatives and The Village at Savannah Quarters® held a unique Valentine's Day ceremony as they broke ground on a 46,000 square foot Publix. Construction for the newest Publix is officially underway on Pooler Parkway near Blue Moon Crossing. The new Publix will be located on a 9.27-acre site in the southwest quadrant of Savannah Quarters®. Additional retail stores will be developed adjacent to the Publix building.

"We welcome Publix to The Village at Savannah Quarters and embrace their company mission to be an involved and responsible part of our local community," Gerrit Albert, President, Coastal South-LStar Communities, said today.

The Publix at The Village at Savannah Quarters® has been eagerly awaited, as it will complement the existing store located at the north end of Pooler Parkway. Dwaine Stevens, Media and Communications Manager for Publix, noted that "Savannah Quarters is a beautiful community and we are looking forward to being a great neighbor." Stevens added, "We anticipate opening the doors of this store at the end of November 2017."

According to Pooler Mayor Mike Lamb, "We are proud to have Savannah Quarters as part of the Pooler community. The City of Pooler is working with Savannah Quarters to help them continue to grow and

be 'all that they can be.' Savannah Quarters in Pooler will continue to be a great place to live, work, shop, and do business." Community leaders, developers, and residents of surrounding areas will benefit from this additional shopping location.

Publix is privately owned and operated by its 189,500 employees, with 2015 sales of \$32.4 billion. Currently, Publix has 1,138 stores in Florida, Georgia, Alabama, Tennessee, South Carolina and North Carolina. The company has been named one of Fortune's "100 Best Companies to Work For in America" for 19 consecutive years. Also, Publix's dedication to superior quality and customer service is recognized among the top in the grocery business. For more information, visit the company's Web site, [corporate.publix.com](http://corporate.publix.com).

Savannah Quarters® is a premier new home community in the southeast located 10 miles west of the Savannah city center in Pooler. The 2,600-acre master-planned community offers charm, relaxation, beauty and recreation. The fun and relaxed Club at Savannah Quarters® features resort-style amenities such as Fitness, Tennis, Swimming, and a stunning Clubhouse with year-round dining and gracious Southern service. Residents can also enjoy the 18-hole Greg Norman Signature Golf Course woven throughout the community. Plans include a new Village Center, new residences and new adventures for every generation. To schedule a tour and find your dream home please call 912.450.2300 or visit [www.savannahquarters.com](http://www.savannahquarters.com).



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## St. Joseph's/Candler Micro Facility Coming To Pooler

As Pooler continues to grow, so does its need for more state-of-the-art medical facilities. An announcement from St. Joseph's/Candler that it plans to build a "micro hospital" system in Pooler is an exciting shot in the city's arm. The concept of a "micro hospital" presents an innovative means to address a shift in medical care from traditional in-patient services that involve longer hospital stays to more out-patient services such as non-invasive procedures that involve little or no time recovering in the hospital. It's a wonderful opportunity to treat less serious patients in convenient locations.

The first phase of the \$62 million Pooler campus is scheduled to open in early 2019 on Pooler Parkway near the intersection with Interstate 16. This phase will be around 61,000 square feet and cost \$21 million. Thus begins a 10-year plan to create a 170,000-square-foot, multi-



story, technologically advanced medical facility. The campus is designed to adapt to changes in the health care industry over the next 25 years.

This location will serve not only the people of Pooler, but also populations from surrounding communities who don't want to drive into Savannah for certain medical services including specialty and primary care. According to Pooler Mayor Mike Lamb, the city is always seeking ways to help our citizens not have to travel great distances for care and other services.

The "micro hospital" announcement comes a month after St. Joseph's/Candler opened the first phase of a \$21.6 million expansion of St. Joseph's Hospital. The plan includes upgrades to the outpatient surgery and imaging departments and ambulance entrance. It will be followed by a renovation of the former emergency department. "The expansion is a keystone of an overall strategic plan to deliver easy access to high-quality health care in the entire region with a focus on patient comfort," said Paul P. Hinchley, president/CEO of St. Joseph's/Candler.



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## Ashia Miller, Miss Georgia US A Champion For Senior Hunger In GA

Second Harvest of Coastal Georgia was honored to host Miss Georgia United States 2016, Ashia Miller for a visit to the food bank. Ashia has come to learn more about the work we do in the twenty-one counties of Coastal Georgia and lend a helping hand volunteering to pack Brown Bags for the Elderly. America's Second Harvest of Coastal Georgia provides Brown Bags of groceries for 1,500 food insecure seniors (age 60 and older), every month in Chatham County alone. Second Harvest recognizes that food insecure seniors are at an increased risk for chronic health problems, like asthma, diabetes, and heart problems and that they are 60% more likely to suffer from depression. We can provide a week's worth of stable shelf groceries to help their situation towards the end of the month when resources are wearing thin and tough decisions about food, medication or utilities have to be made.

Ashia Miller is a 26-year-old alumna of South Effingham High School class of 2008. As Miss GA United States 2016, she has made nearly 50 appearances around the state and has worked tirelessly for her platforms of ending senior hunger through Meals On Wheels and supporting music education through SONATA, Inc. Miss Miller states, "As a beauty queen, we are required to choose one platform that is dear to us to champion and advocate for throughout our reign. I am personally very close to music education as I am a classically trained French hornist. I am also close to ending senior hunger through Meals on Wheels as my paternal and maternal grandparents were once recipients of those meals. It was tough to choose just one platform as I do work with the Boys and Girls Club, literacy, and the homeless population, but my main platform is ending senior hunger."

"Being able to provide a basic need for our nation's elderly is something that I take great pride in. Being a southern girl born and raised, I know just how important food is in a cultural, spiritual, and emotional context, so, being able to provide food and a bit of southern hospitality to those in need is something special. The people that I have volunteered with and met while delivering meals have become a part of my extended family, and that just goes to show you the power of food, compassion, and the resiliency of the human spirit," says Miss Miller.

*America's Second Harvest of Coastal Georgia, Inc. America's Second Harvest of Coastal Georgia serves as a regional food bank, functioning as the food warehouse and distribution center to more than 300 non-profit organizations and churches in our area. Through food relief programs and collaboration with partner agencies, America's Second Harvest distributed more than 13.3 million pounds of food last year to people in need in our community – children, senior citizens, people with disabilities, people experiencing homelessness and others whose incomes are insufficient to meet their basic needs. To learn more about the fight against hunger in our community, call (912) 236-6750 or visit [www.helpendhunger.org](http://www.helpendhunger.org).*

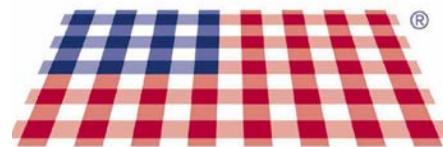
## Disaster Relief From International Paper Helps America's Second Harvest

America's Second Harvest of Coastal Georgia received \$50,000 from the International Paper Foundation to address food insecurity in coastal Georgia. This donation is part of International Paper's disaster relief effort brought on by Hurricane Matthew. International Paper Company Foundation in North America supports U.S. not-for-profit organizations within the communities where International Paper has operating facilities.

International Paper's Mill Communications Manager, Karen Bogans presented the check at Second Harvest and stated "The Savannah Mill is pleased to present this check to Second Harvest to assist them in replenishing their shelves after the impact of Hurricane Matthew. We are glad they are a part of our community, always ready to help those in need."

International Paper Company and its Mills are responsible neighbors, environmental stewards, and contributing members of the communities where they live and work and that definitely rings true for the Savannah Mill. In addition to the generous financial donation, Second Harvest received a truckload of cardboard boxes from International Paper's Savannah Container Plant. The boxes were immediately utilized for emergency food distribution at the food bank as well as through Mobile Food Pantry serving rural areas.

Mary Jane Crouch, Executive Director of America's Second Harvest of Coastal Georgia said, "This gift from International Paper is important to our entire community as we provide the food for more than 300 non-profits that assist those that are food insecure throughout coastal Georgia. We provided meals and emergency boxes to more than 15,000 people impacted by Hurricane Matthew."



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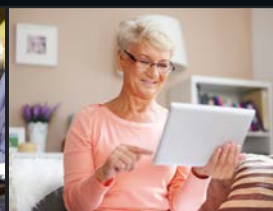
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Photo by Jesse Demonbreun-Chapman

## Ogeechee Riverkeeper April Paddle Trip Route

Registration is under way for Ogeechee Riverkeeper's April paddle trip. This excursion will begin at 9 a.m. Saturday, April 22 at Scarboro Landing just outside Millen, GA. This trip is expected to last until mid-afternoon with a break for lunch.

This seven-mile route provides a unique excursion each time it's traveled, with several alternate passages presenting themselves at high water only to be replaced by frequent portages and deadfall limbo competitions at low water. Luke Roberson, Ogeechee Riverkeeper's outreach and water quality specialist, will lead this paddle. Participants should bring lunch/snacks, water bottles, sunscreen, hat, sunglasses, water shoes or old tennis shoes, and a bag to store keys, phone, etc.

This course's difficulty ranking is intermediate and children 12 years and younger should be accompanied by an experienced paddler. Please contact the Ogeechee Riverkeeper office if you are unsure if you should bring your child.

"In addition to preserving, protecting, and improving the water quality of the River basin, our organization aims to raise awareness of the already improved quality of the water," Ogeechee Riverkeeper Executive Director Emily Markesteyn Kurilla. "People have been afraid to utilize the river following the 2011 fish kill but these paddle trips are a wonderful way of showing that these beautiful waterways are ready to be enjoyed again."

All members are encouraged to register and take part in this monthly paddle trip at no cost beyond an annual membership. Non-members can also experience the beauty of the River by paying \$35, which will include a yearly membership.

Registration for this guided paddle trip closes at 4 p.m. Friday, April 21. To register for this trip or for more information about Ogeechee Riverkeeper, please visit [www.ogeecheeriverkeeper.org](http://www.ogeecheeriverkeeper.org) or call 866-942-6222.



## Chipping for Charity Pooler Lions Club

Continued from page 16

After a box lunch, the golfers took to the course for a 1:00PM shotgun start and several hours later the results were determined. Winning first place in the tournament was the team of Robert Gillespie, Chris Gillespie, Chris Buckner and Mike McGraw. They were awarded a round of golf for four at Savannah Harbor. Second place went to the team of Louis Manuel, Ken Leidy, Kenny Daloach and Larry Middleton. Their prize was a round of golf for four at Crosswinds. Placing third was the team of Marlon Barefield, Buddy Padgett, Chuck Brown, & Gordy Cox, winning a round of golf for a foursome at Black Creek.

Congratulations to Marlon Barefield, who won the closest to the pin contest and received a round of golf at Sterling Links. Marcus McBride hit the longest drive and received a round of golf at Sapelo Hammock Golf Course. The lucky winners of the raffle received gift certificates at area golf courses. Congratulations to: Marlon Barefield - Savannah Quarters, Al Bruce - Southbridge, Melanie Jewart, Paul Myers & Chuck Hennessey - Lost Plantation, Dave Renton & Linda Saytanides - Sterling Links, Rita Wilhelm, Marcus McBride & John Snelling - Sapelo Hammock.

Savannah Volvo sponsored a Hole-in-One Contest on Hole #8, and although there was one contestant who came close, unfortunately no one was able to go home with a new car. Thanks to **Coca Cola** for providing drinks and to **Sam's Club** for providing snacks at the awards ceremony following the tournament.

The Pooler Lions Club appreciates the support of our community to help those in need and make a positive difference in their lives. The Pooler Lions meet on the fourth Tuesday of each month at 6 p.m. for dinner at Lovezzola's Restaurant, 320 E Hwy. 80 and the Meet & Greet begins at 6:30PM. We welcome visitors and would like to have suggestions for future service projects. The Lions Club motto is "We Serve".







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## Time For Some Financial Spring Cleaning

Veronica L. Viosine, AAMS®, CRP®

Financial Advisor, Edward Jones

Spring is in the air, even if it's not quite there on the calendar. This year, as you shake off the cobwebs from winter and start tidying up around your home and yard, why not also do some financial spring cleaning?

Actually, you can apply several traditional spring cleaning techniques to your financial situation. Here are a few ideas:

- **Look For Damage.** Damage to your home's siding, shingles and foundation can eventually degrade the structure of your home. Your investment portfolio is also a structure of a sort, and it, too, can be damaged. Specifically, you may have deliberately constructed your portfolio with an investment mix – stocks, fixed income vehicles, cash instruments, etc. – that's appropriate for your goals and risk tolerance. But over time, your portfolio can evolve in unexpected ways. For example, your stocks may have grown so much in value that they now take up a larger percentage of your holdings than you had intended, possibly subjecting you to a higher degree of risk. If this happens, you may need to rebalance your portfolio.

- **Get Rid of "Clutter."** As you look around your home, do you see three mops or four nonfunctional televisions or a stack of magazines from the 1990's? If these items no longer have value, you could get rid of them and clear up some living space. As an investor, you also might have "clutter" – in the form of investments that no longer meet your needs. If you sold these investments, you could use the proceeds to fill gaps in your portfolio.

- **Consolidate.** Do you keep your lawnmower in a shed, a rake in your garage, and your gardening tools in the basement? When working on your outdoor tasks, you might find it more efficient to have all these items in one location. You could also have your investments scattered about – an IRA here, a new 401(k) there, and an older 401(k) someplace else. But if you consolidated all your investments in one place, you might cut down on paperwork and fees, and you wouldn't risk losing track of an asset (which actually happens more than you might think). Even more importantly, when you have all your investments with one provider, you'll be better positioned to follow a single, centralized investment strategy.

- **Prepare For A Rainy Day.** As part of your outdoor spring cleaning, you may want to look at your gutters and downspouts to make sure they are clear and in good repair, so that they can move rainwater away from your home. Your financial goals need protection, too, so you'll want to ensure you have adequate life and disability insurance.

- **Seal Leaks.** In your home inspection this spring, you may want to investigate doors and windows for leaks and drafts. Your investment portfolio might have some "leaks" also. Are investment-related taxes siphoning off more of your earnings than you realize? A financial professional can offer you recommendations for appropriate tax-advantaged investments. This spring, when you're cleaning your physical surroundings, take some time to also tidy up your financial environment. You may be pleased with the results.



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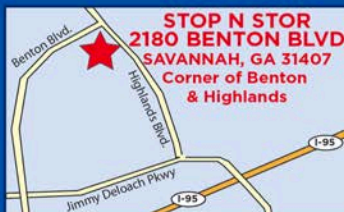
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<http://poolerchamber.com>

**April 20** - Taste of Pooler at The National Museum of the Mighty Eighth Air Force

**May 25** - Business after Hours

**June 23** - Sip & Savor/Casino Night at The National Museum of the Mighty Eighth Air Force

**August 17** - Economic Outlook Luncheon - TBD

**September** - Patriot Weekend

**October 7** - Pooler Picnic for a Cure

**October 28** - Georgia/Florida Game Shuttle from Pooler

**November 18** - Breakfast with Santa

**December 14** - Annual Dinner and Awards Banquet at The National Museum of the Mighty Eighth Air Force



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## **Protect Your Young Athlete From Concussions**

By Paul Tschida, M.S., ATC, LAT, CES

A concussion, which is a type of traumatic brain injury, can occur during many daily activities, but children who play sports have an increased risk. Protect your child by learning how they can happen and how to prevent them.

Concussions are often caused by a bump to the head or a hit to the body that causes the head and neck to move quickly. This movement may shake the brain around inside the skull, which can damage brain cells.

According to the U.S. Centers for Disease Control and Prevention, 65 percent of sports- and recreation-related concussions seen in the emergency department are in children ages 5 to 18 years old. Concussions in children younger than 10 are even more difficult to diagnose.

If your child has suffered a head injury during a game, watch her for signs and symptoms of a concussion. These include:

- Appears dazed or stunned
- Answers questions slowly
- Loses consciousness, even briefly
- Unable to recall events before or after a hit or fall
- Headache or feels "pressure" in the head
- Nausea or vomiting
- Balance problems or feels dizzy
- Sensitive to light or noise
- Blurred or double vision
- Does not feel "right"

If you or your child's coach suspects a concussion, remove your child from physical activity immediately. Get your child evaluated by your primary care provider or the school's athletic trainer or nurse.

Symptoms of a concussion may not appear for a few days. Treatment includes plenty of rest, to allow the brain time to heal.

Not all concussions can be avoided, but parents can take these steps to help protect their children:

- Get educated. Work with your child's coach to make sure he is teaching his players how to lower their chance of concussion.
- Report symptoms right away. Explain to your child the importance of reporting concussion-like symptoms to a parent or coach.
- Follow the rules. Ensure your child is following his coach's rules for safety in his particular sport and practicing good sportsmanship.

If your child suffered a concussion, his return to the playing field should be gradual. Begin with light activity. Report the return of any symptoms to your child's doctor.

Paul Tschida is manager of sports medicine at The Rehabilitation Institute at Memorial University Medical Center. Adult and pediatric outpatient therapy services are available at their Pooler office at 101 West Mulberry Boulevard, Suite 210. Call 912-273-1000 to learn more.





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## Hair Removal Is Safe For Kids, Study Techniques Before Treatment

By Dawn Davis, M.D., Dermatology, Mayo Clinic

**DEAR MAYO CLINIC:** My daughter is 12 and has coarse, dark hair on her upper lip and wants to have it removed. I'm worried that this process is not safe for someone her age. Is laser hair removal appropriate for kids? Are there other methods that would be better?

**ANSWER:** A variety of techniques are available to remove facial hair. When used correctly, all are safe and none have age restrictions. No hair removal method is permanent, although some do last quite a while. Some hair removal techniques can be painful. Carefully consider the pros and cons of each method with your daughter before deciding which one to use.

Puberty often triggers facial hair growth in girls, but other factors can contribute. Some endocrine disorders, such as polycystic ovary syndrome and adrenal hyperplasia, cause changes in the body's hormone production that can increase facial hair growth. Excess hair also can be a side effect of some medications.

If your daughter has other symptoms that could be related to an endocrine disorder, such as periods that are very irregular or severe acne, make an appointment with her health care provider to rule out an underlying medical problem. If she takes medication, check if excess facial hair may be a side effect. If so, talk with her health care provider about an alternative.

If the facial hair is a result of normal puberty, your daughter has several options. Some girls just shave the hair every two to three days. That requires quite a bit of upkeep, though, and many girls find the stubble from shaving unacceptable. Removing the hair with tweezers reduces stubble and usually lasts several weeks. Tweezing can take a lot of time, however, and tends to be painful.

Wax removal is another possibility. This involves applying a layer of warm, melted wax to the skin, letting it harden and then pulling it off. The hair is uprooted when the wax is removed. Waxing kits are available over the counter at most pharmacies. Many salons also provide this service. Although wax removal is briefly painful, the results last longer than shaving or tweezing, and the process is not as time-consuming. Waxing can cause skin irritation.

Other methods that uproot hair include mechanical epilation, needle epilation and threading. You may be able to buy equipment to perform these techniques at home, or you can go to a practitioner who performs them. If you do them on your own, follow the directions exactly. If you choose someone else for these treatments, make sure that individual is well-trained and experienced.

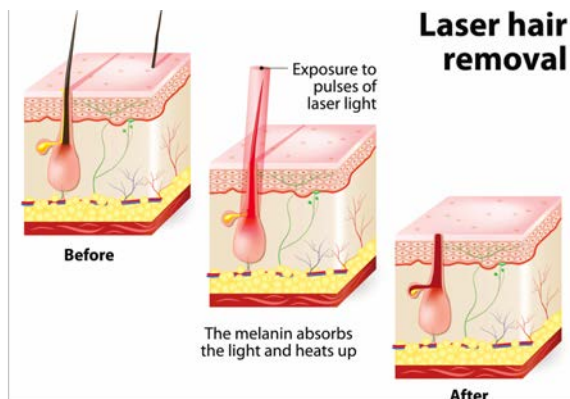
Creams and lotions known as depilatories are other options for hair removal. When a depilatory is applied to hair for a certain amount of time, the hair dissolves. Results usually last about a month. These products are available at most pharmacies without a prescription. If she uses a depilatory, your daughter should follow the instructions carefully. If left on too long, depilatories can cause skin irritation, burning, peeling, blisters, or a rash.

Laser hair removal can be effective but it's a medical procedure and should be performed only by a qualified professional. During the procedure,

a laser beam passes through the skin to the individual hair follicles. The laser's heat damages the follicles, limiting future hair growth. Although laser hair removal slows growth, it doesn't guarantee permanent hair removal. It typically takes multiple treatments to provide an extended hair-free period. Follow-up treatments may be needed.

Unwanted facial hair can be a big source of anxiety for girls. Having it removed may boost your daughter's self-esteem. Before you move forward with any method of hair removal, though, make sure your daughter is comfortable with it. Help her gather information and discuss the options with her. Then let her make the choice on how she wants to proceed.

Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail your personal questions to [MayoClinicQ&A@mayo.edu](mailto:MayoClinicQ&A@mayo.edu). For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org).



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## What's In A Name?

Will a hurricane be named after you this season? The 2017 storm names are here for the new season which begins June 1 and ends November 30, 2017.

And while storm season doesn't start until June, if you're on the list you may want to start preparing for the possibility that a hurricane with your name on it may form up this year.

Hurricane Harvey has a ring to it, but it may be hard to hunker down for a Hurricane Irma or Gert.

Hurricanes get monikers based on their basin, and names that are familiar in the region.

Hurricane names are selected by the World Meteorological Organization and are usually common names associated with the ethnicity of the basin that would be affected by the storms.

"For example, in the Atlantic basin, the majority of storms have English names, but there are also a number of Hispanic-origin names as well as

a few French names," said National Hurricane Center spokesman Dennis Feltgen during an interview about 2015's Hurricane Henri. "For the eastern North Pacific basin, the majority of names are of Hispanic origin, as the impacted countries are Mexico, Guatemala, and other nations of Central America."

There are six lists in the rotation, which are maintained and updated by the World Meteorological Organization.

A name can be removed from the list if a storm hits and is particularly deadly or costly.

For example, there will not be another Hurricane Andrew, after the devastating 1992 Category 5 storm. And the 2004 and 2005 seasons saw a whole slew of names retired from the list including, Charley, Frances, Ivan, Jeanne, Dennis, Katrina, Rita, Stan, Wilma and Matthew, and Hugo.

Pooler Today Magazine's June/July Issue will feature 2017 Hurricane related information.

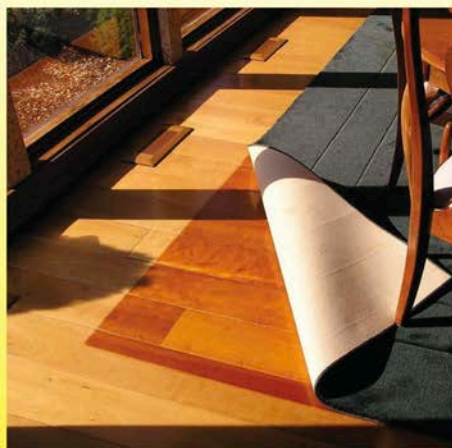
## 2017 ATLANTIC HURRICANE SEASON

### 2017 Tropical Storm Names:

**Arlene, Bret, Cindy,  
Don, Emily, Franklin, Gert,  
Harvey, Irene, Jose, Katia,  
Lee, Maria, Nate, Ophelia,  
Philippe, Rina, Sean, Tammy,  
Vince, Whitney**

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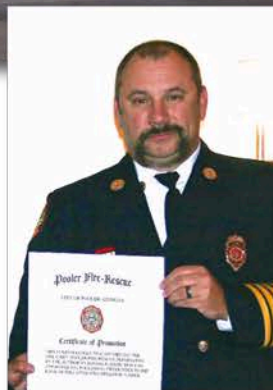
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# Pooler Fire-Rescue

## 2017 Awards Ceremony



**Chief G. Wade Simmons**  
Pooler Fire-Rescue



**PROMOTED TO THE RANK OF LIEUTENIENT:** LT. Joshua Rodriguez, LT. Joshua Daniels, LT. Timmothy Wilson, and LT. Justin Taylor.



**CPR SAVE RIBBON:** Firefighter Jeffrey Neilson, FAO Christopher Stock, and LT. Michael Green. Not pictured Firefighter Vinson Troisi.



**PROMOTED TO THE RANK OF FIRE APPARATUS OPERATOR/ PUMPER (FAO):** Stephan Hutchins, Andrew Haviland, Jack Jackson, William Kennedy, Adrian Lewis, Christopher Stock, and Kyle Weber, not pictured Francisco Garza.



**EXTRICATION RIBBON:** FAO/AOIC Jackie Howell, Firefighter Ricky Merritt, and FAO Adrian Lewis. Not pictured Firefighter Austin Reid.





**CPR SAVE RIBBON:** Firefighter Edward Pochet, Captain Michael Fort, LT. Josh Daniels, Firefighter Ricky Merritt, Firefighter Tyler, and Firefighter Nick Martin.



**UNIT CITATION RIBBON:** Firefighter Kelli Miller, LT. Bradley Brooks, and LT. Timothy Wilson. Not pictured Firefighter Francisco Garza, and Randy Trowell.



**Extrication Ribbon:** Firefighter Garrison Roberts, Firefighter Kelli Miller, Firefighter Tevin Drysdale, FAO/AOIC Jack Jackson, and LT. Michael Green. Not pictured Captain Randy "Lee" Williams, LT. Brooks Sammons, Firefighter Travis Horton, Firefighter Timothy Brady, and Firefighter Vinson Troisi.



**EXTRICATION RIBBON:** FAO Adrian Lewis, LT Josh Daniels, and Captain Robert Nietzold. Not pictured LT. Ashley Morrow.



**EXTRICATION RIBBON:** Firefighter Garrison Roberts, FAO Christopher Stock, LT. Michael Green, LT. Jeremy Batayias, Firefighter Jamal Kinney, LT. Justin Taylor, LT. Joshua Rodriguez, and Firefighter Tyler Cook. Not pictured Firefighter Travis Horton.



**SAVE RIBBON:** FAO Aaron Willis, Firefighter Tyler Cook, and AOIC Charles Dennis. Not pictured Firefighter Josh Israel.

Photos by Stacy Weston





## Specialty Coffee 101

By Cierra Ayers

When it comes to Java and caffeine, these days there are so many options, and there is something for everyone. In my day the only choice was full leaded (regular) or decaf (sanka).

So now when I wander into a specialty coffee shop, I can hear the cashier holler to the Barista "Iced Coconut Mocha Macchiato, or an Iced Cinnamon Almondmilk Macchiato, Mocha Decaf, or a cold brewed iced dark roasted coffee." I stand there dazed with my mind wandering in all directions. I love the creativity, the rich aromas, and all the wonderful choices even though it can get a little daunting and complicated for those who are not used to all the choices.

This current coffee culture is truly inspiring once you get the hang of it and find your favorite blends. We take our coffee saturated joe seriously and fortunately Baristas around the country are always mixing it up with new and exciting concoctions.

For now here are some of the basics, don't be intimidated live dangerously you won't regret it. Here are the most popular varieties interpreted:

**Cappuccino** - Is a very popular espresso drink, a cappuccino is equal parts espresso, steamed milk, and topped off with foamed milk.

**Mocha** - This drink is a sweeter variety. It consists of espresso, chocolate, and steamed milk.

**Latte** - Mostly consists of steamed milk with shots of espresso, and topped off with foamed milk.

**Cafe Au Lait** - Regular brewed coffee with warm steamed milk

**Americano** - For those who prefer the stronger taste of espresso, this drink is prepared with a shot of espresso and twice the amount of water.

**Cafe Noisette** - Similar to a macchiato and the latte but with a big shot of espresso with half of that amount in hot milk.

**Macchiato** - Stronger taste, this drink has two shots of espresso with a generous dot of foamed milk.

**Doppio** - Double espresso, very strong and usually served with a shot of cold water.

**Espresso** - A small shot of caffeine, usually half the size of a Doppio and also served with a shot of cold water.

**Ristretto** - Perhaps the strongest coffee, very concentrated espresso shot., and also served with a short of cold water.

The European tradition is to serve a cold shot of water which is to be consumed before you drink your espresso. Drinking water first is said to bring out the sweetness of the espresso.



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Your copy must be received by the 20th of the month (May, July, September, November) for the following months publication.

Please forward your classified copy via email to [dean@AyersGroup.org](mailto:dean@AyersGroup.org). For inquiries, please call us at (702) 767-0508.

## Snakes in West Chatham

By Kent King

As a resident in the community, I would like to inform our residents of Southbridge of the ever growing population of Copperhead Snakes.

Last year several people and pets encountered snakes and were bitten. Due to the favorable weather and environmental conditions this year we are spotting numerous copperheads within the community. Please be advised, this is not just in isolated areas, but all throughout Southbridge.

Always be aware of your surroundings, avoid pulling weeds, and debris from out of flower beds, etc until we begin to have cooler weather. These reptiles are masters of camouflage, and they don't run away like other garden variety snakes. September and October are the worst months because snakes are on a feeding frenzy before they go into hibernation.

## Six of The Most Dangerous Snakes in Georgia

By Jeremy Jones

• **EASTERN DIAMONDBACK RATTLESNAKE** - The most dangerous snake in Georgia, it has no natural enemies and is at the top of the food chain. Normally found in south Georgia although there's been few sightings a little north. The Eastern Diamondback is ready to strike at moments notice and his highly irritable and will readily defend itself if threatened. This snake is the largest venomous snake in all of America.

• **COTTONMOUTH** (Water Moccasin) - The Cottonmouth is apart of the viper family and can normally be found in the middle & southern areas of Georgia as it likes to be around wetter/swamp areas. This somewhat aggressive snake has venom that dissolves tissue, a bite from this snake can kill an adult. The Cottonmouth delivers enough venom of stronger proteins that break down more tissue and blood cells, and can cause systemic bleeding that can kill a person.

• **CORAL SNAKE** - Normally found in south Georgia the Coral snakes can potentially be extremely venomous though they are generally shy and slow to bite. Coral snakes thus account for fewer than 1% of venomous snakebites in the United States with most people bitten while handling the snakes intentionally. On top of all, Coral Snakes cannot strike quickly and must hang on for a brief pe-

riod to achieve significant envenomation in humans. There has been no deaths from Coral Snake bites in the United States since antivenin became available. These pretty snakes are rather short and easy to recognize with their distinctive alternating black, red and yellow bands.

• **COPPERHEAD** - Another viper, the Copperhead can be found almost everywhere in the state of Georgia. A Copperhead bite is almost never fatal to an adult. Maybe a little kid or pet. If you see one of these just step away because they are somewhat aggressive!

• **TIMBER RATTLESNAKE** - The Timber Rattlesnake can be found everywhere in Georgia, and is commonly found on Wooded hill-sides and rocky outcrops. It has a slightly more laid back reputation but make no mistake, it is deadly.

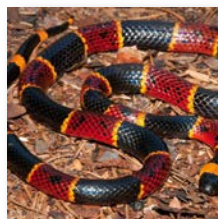
• **PIGMY RATTLESNAKE** - This snake is pretty small but it IS venomous, don't let it's size fool you. They can be found nearly everywhere in Georgia but you should be able to prevent anything serious from happening if bitten.



Diamondback  
Rattlesnake



Cottonmouth  
Water Moccasin



Coral Snake



Copperhead  
Snake



Timber  
Rattlesnake



Pigmy  
Rattlesnake

## Snakebites: First Aid

Courtesy of The Mayo Clinic

Most North American snakes aren't dangerous to humans. Some exceptions include the rattlesnake, coral snake, water moccasin and copperhead. Their bites can be life-threatening.

If you are bitten by a venomous snake, call 911 or your local emergency number immediately, especially if the area changes color, begins to swell or is painful. Many hospitals stock antivenom drugs, which may help you.

If possible, take these steps while waiting for medical help:

- Remain calm and move beyond the snake's striking distance.

- Remove jewelry and tight clothing before you start to swell.

- Position yourself, if possible, so that the bite is at or below the level of your heart.

- Clean the wound, but don't flush it with water. Cover it with a clean, dry dressing.

### Caution

- Don't use a tourniquet or apply ice.
- Don't cut the wound or attempt to remove the venom.
- Don't drink caffeine or alcohol, which could speed the rate at which your body absorbs venom.
- Don't try to capture the snake. Try to remember its color and shape so that you can describe it, which will help in your treatment.

### Venomous Snakes in North America

Of the venomous snakes found in North America, all but the coral snake have slit-like eyes and are known as pit vipers. Their heads are triangular, with a depression (pit) midway between the eye and nostril on either side of the head.

Other characteristics are unique to certain venomous snakes:

- Rattlesnakes rattle by shaking the rings at the end of their tails.

- Water moccasins' mouths have a white, cottony lining.

- Coral snakes have red, yellow and black rings along the length of their bodies.

Please refer to images located to the left.



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