

POOLER

Vol II • Issue I

February / March 2017

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Katelyn Crockett, A.U.D. MD; and Katherine Neufeld, A.U.D. MD

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POOLER USEFUL CONTACTS

Pooler - Information / Non-Emergency

Pooler City Offices for the:

Mayor	Mike Lamb	(912) 748-7261
City Manager	Robert H. Byrd Jr.	(912) 748-7261
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 Revenew	(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

Other Pooler Sources:

Auto Registration	(912) 652-6800
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

Hospitals, Health and Medical Resources:

Candler Hospital	(912) 819-6000
Memorial Medical Center	(912) 350-8390
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
Heavenbound Baptist Church	(912) 921-1500
Morning Star Baptist Church	(912) 748-9994
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
Risen Savior Lutheran Church	(912) 925-9431
Rothwell Baptist Church	(912) 748-7593
Savannah 1st 7th Day Adventist Church	(912) 748-5977
Southbridge Community Church	(912) 401-8505
South Valley Baptist Church	(912) 748-0279
St. Patrick's Episcopal Church	(912) 748-6016
The Church at Godley Station	(912) 236-1511
Trinity United Methodist Church	(912) 748-4141
West Chatham Baptist Church	(912) 748-2022
Westside Christian Church	(912) 748-0309

Utility Companies

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City of Pooler	(912) 748-4800
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Georgia Power	(800) 437-2262
Hargray	(912) 631-1300
Save n Energy	(888) 248-0998
SCANA Energy	(877) 467-2262
Sunpower	(800) 786-7693
Vonage	(888) 218-9015

Animal Control

Animal Control	(912) 625-6575
Animal Shelter (Lost Pets)	(912) 351-6750
Chatham County Humane Society	(912) 354-9515

<http://pooler-ga.us>

National Museum of the Mighty Eighth Air Force

75
YEARS
ANNIVERSARY





Congratulations

See all the
Pride of Pooler Winners on Page 7

POOLER *Today* SM

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Greetings Pooler Community

Your ballots were submitted and tabulated for the **2016 Pride of Pooler Readers Choice Award**. We are so thrilled with all your enthusiasm and participation in helping us recognize your favorite businesses and services. We at **Pooler Today Magazine** want to thank you and invite you to recognize and congratulate the 2016 Winners; Please refer to page 7 for the detailed listing.

Additionally, you can view the winners on **Pooler Today Facebook** page, "Like Us and Follow Us" while you are there and stay current on Pooler activities, special offers, articles, and links.

Our nation has a new president; and we the people are still trying to settle down after a highly emotional, contentious and lengthy campaign season. We are so divided as a nation that it will be a challenge to put away our verbal weapons and focus on how to make our country whole again.

Part of our democratic process is ensuring a smooth transition from one administration to the next and to honor the office of the presidency. That doesn't mean unconditional endorsement. We start from scratch each time with the knowledge that there will be differences and conflicts. None of us will get all we want from a new administration, but it's important to be reasonable and not expect the impossible. Let's try to redirect anger and/or disappointment into positive conversations about how best to address and possibly resolve our conflicts, even when we disagree with the outcome.

Compromise is not always easy, but it is essential to a democracy. We all want positive change, but it will not happen without compromise. Sometimes we are so hung up on principle that we have no trust of opposing views. It seems that long campaigns have helped make compromise more difficult by increasing polarization and reinforcing ideological differences.

As citizens, we want our leaders to govern well and fairly, and we play an important role in guiding them along the way. It is important that we engage our elected officials and keep them informed of our opinions. Communicating with them does not have to be complicated. Summarize your arguments and prepare in advance what you will say.

Whether by phone, email, letter or at a public forum, be clear, concise and honest. Speak or write with conviction, but be mindful in your judgements. Back up your opinions with facts and other evidence. Whether you agree or disagree, do so with kindness and respect. Public officials represent many thousands of constituents who are petitioning them with their concerns. Keep your mind open to alternative ideas and solutions. Remember that sometimes you have to lose the battle to win the war. Always thank them for fighting for you. As we begin the four-year term of the 45th President of the United States, let's give him and his administration a chance to govern before we pass judgement

Most Sincerely,

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You have voted, and these are the Winners

Pooler Today Magazine is proud to present the **Winners of 2016 Pride of Pooler Readers Choice Awards**, and to congratulate them as the **Best Pooler Businesses** voted by the residents of Pooler.

Our gracious thanks to our readers, for their participation and enthusiasm in helping us to recognize these outstanding businesses and services in your community.

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Elite Carpet Cleaners
Milan Esthetics
Godley Station Dental
David's Dry Cleaners
Memorial Apple Care
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Sam Sharpe State Farm
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GNC
Prestige Pest Control
Publix
SouthCoast Health
Trisha Cook
Chik-Fil-A
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Godley Station Animal Hospital
BJ's Beverage

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Doreen Bowers
Nikki Scott
Morgan & Nikki Pettit
Trip Moses
Katie Reith
Sarah Westcott
David Reeves
Dana Dowling
Veronica Voisine
Stephanie Meade
J. Carlson
Trey Strickland

Pat Khotphuy
Brandon Smith
Steve Cannavaro
Sam Sharpe
Becky Orsi
Becky Bashlor
Steve Larson
Marty Jones
Christine Hannifin
Dr. Russell Sliker
Trisha Cook
Leslie Parkman
David Tonroe
Dr. Michael Brown
Jonathan Bridges & Adam Wallace

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Kimberly's Inspiring Story Racing For The Cure

Kimberly Smith, 31, participated in her first Susan G. Komen Coastal Georgia Race for the Cure in 2016, and she was missing her boyfriend, Darrin. A one-year cancer survivor, Kimberly had hoped to have Darrin by her side as she raced around Ellis Square in Savannah. He said he had to work that day, but encouraged her to still go and celebrate being a survivor in her bright pink Susan G. Komen t-shirt.

At the finish line, in addition to crowds cheering her and her fellow survivors on, Kimberly noticed one young man awaiting the runners, and she thought she recognized him. Drawing closer, she realized that Darrin was the young man, and he was waiting for her. As she approached, he knelt down before her and opened a small box. This was a proposal, and it was a surprise. Kimberly covered her face, opened her hands to see Darrin clearly, smiled from ear to ear, and said yes. The crowd cheered the happy couple who were later introduced and congratulated on stage. It was a touching moment during a day of powerful emotions for everyone in attendance.

Race for the Cure Savannah is a special event, unlike many others. The primary fundraiser for Susan G. Komen Coastal Georgia is coming up to its 9th year on Saturday, April 22, 2017. 'In addition to being a vital fundraiser for our lifesaving mission, it is an incredible support network of survivors, families of survivors, and even families of loved ones lost,' shared Executive Director Aileen Gabbey. 'It is a beautiful celebration that brings joy to thousands of women, and is a highlight of the year.' Funds raised from the organization's Race stay locally. 'We share with our community that what is raised here, stays here,' added Gabbey. 'Seventy-five percent of donations raised go to local programs in Coastal Georgia, and the remaining twenty-five percent support cutting-edge research.'

Susan G. Komen Coastal Georgia serves nine counties in our state: Bryan, Bulloch, Camden, Chatham, Effingham, Glynn, Liberty, Long, and McIntosh. In this region, 12 women a month are diagnosed with late-stage breast cancer, and African-American women die at higher rates. 'This is what motivates us to continue this lifesaving work. Detecting breast cancer early saves lives,' said Gabbey.

Programs funded by Susan G. Komen focus on early detection including, not only education and outreach but critical services such as mammograms. In the past five years, the Coastal Georgia Affiliate has provided funds for over 7,000 screenings, all with the goal to save lives.

Kimberly is still a strong survivor. She is feeling good and planning her wedding for the summer of 2017. Her day at the 2016 Race will be unforgettable. She'll always remember her special surprise proposal. And, she'll also have the memories of being among fellow survivors, all holding each other up on a day of joy and celebration.

For more information on the April 22 Race for the Cure, visit www.komencoastalgeorgia.org, or please e-mail us directly at: info@komencoastalgeorgia.org, and/or call us (912) 32-2535.

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*Please come out and join us,
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2017 Komen Race For The Cure®

Saturday, April 22, 2017

6am - Packet Pickup & Registration

7:45 - Survivor Processional

8:15 - Walk Start

8:30 - 5K Start



The Silent Witness Display at the Oglethorpe Mall during Domestic Violence Awareness Month in October. They represent local DV homicide victims from the last two years.

Safe Shelter Making A Difference For Domestic Violence Victims

In the world of non-profits, Safe Shelter Center for Domestic Violence Services could be considered one of Chatham County's best-kept secrets.

For over 35 years SAFE has provided a haven for those fleeing the violence in their own homes. Savannah's only family violence shelter is open 24-hours a day, seven days a week. No fees are charged for any shelter services.

Last year, the shelter provided services to over 800 women and children (along with about half a dozen male victims). Throughout its history, no one who was actively involved in any SAFE Shelter service or program has been killed by her or his abusive partner.

SAFE Shelter was born out of the compassion and concerns of four local women in the late 1970's who recognized the need for services for battered women and their children. Thanks to the untiring work of Norma Brewin, Lucy Brannen, Harris Lentini, and Caroline Armstrong, the shelter became a reality.

To fill that need, they visited every social service agency in Savannah asking if that agency would undertake or add a battered women's project to its services. While the agencies acknowledged the need and said they would support such an effort, no one could undertake the project.

After the decision to create an independent agency was made, the following two years were spent gathering support for the project. These years were filled with enlisting influential community leaders, increasing public awareness of domestic violence, researching established shelters and raising money. A house was purchased with matching grants from the city and county. Work was then contracted to turn the house into an emergency shelter for fifteen residents. The staff was hired, and the shelter officially opened its doors on September 15, 1980.

Several years later, a second house adjacent to the shelter, was purchased to accommodate the shelter's expanding needs. In 2001, following a successful capital campaign, a new 48-bed shelter was constructed.

Over the years, the shelter's services evolved to meet the many complex needs of the clients it served. In 1996, the SAFE Shelter Outreach Pro-

gram was created to address the needs of those victims who needed services but not a shelter. Currently located at 7395 Hodgson Memorial Drive, Suite 203, the program is staffed with two legal advocates (one of whom is bilingual) and a coordinator, the senior legal advocate. The advocates are all certified through Georgia Legal Services to assist victims with Temporary Protective Orders. They not only prepare and file the orders but obtain attorneys who provide their services Pro Bono for the TPO hearings.

Along with the Outreach Program, the Follow-up/After Care Program was added to provide those families/individuals exiting the shelter with support for up to two years. The Follow-up Case Manager and Child Advocate assist with helping these families set up their new homes with

Furniture, household items that have been donated to the shelter. They are also able to provide limited financial assistance for rent/utilities. This invaluable program has helped those starting all over again by taking the services started in the shelter and continuing them for up to two years. Currently, 98% of those in the program have not returned to their abusive partner.



(Left to right) New Board President Shalena Jones, SS CFO Bard Way, SS Executive Director Cheryl Branch

Realizing that working with the children and young adults in the shelter is often the best way to break the cycle of violence, the shelter offers these young victims comprehensive age-appropriate services. The Child

Advocate facilitates twice weekly support groups and serves as a liaison between the mothers and school social workers/teachers.

The older youth coming into the shelter with their mothers posed very specialized, difficult issues that needed to be addressed. To address these problems, two years ago, thanks to successful fundraising, the Youth Enrichment Services (YES) Center was

built as an addition to the shelter. This 1,500 square foot room is specifically designed for 12-18-year-old age group, with two flat-screen televisions for gaming or movies and bright, cheerful furniture and wall hangings. The room is designed to provide both recreational and educational activities for the youth. A computer lab is necessary for homework assignments, term papers and other school assignments. For those who are musically inclined, there is a baby grand piano (donated to the shelter last year) and a wide variety of other musical instruments includ-

“Realizing that working with the children and young adults in the shelter is often the best way to break the cycle of violence.”





Garden of Dreams, the organic vegetable garden projet conceived by Master Gardner and Auxiliary Board Member, Lorraine Boice.

ing drums, a guitar, tambourines', and even a ukulele!

The YES Center is also home to the shelter's annual Camp ROCK. Now in its seventh year, this summer camp provides the children and youth both in the shelter and in the Follow-up Program an opportunity to experience a real childhood. Funded through SOUPER Bowl Parties by a group of dedicated shelter supporters, the children have taken field trips to Tybee Island, museums downtown, the aquarium in Charleston, SC and the Jacksonville Zoo.

Notre Dame University, through a partnership with the shelter, provides two college interns to assist the Child Advocate in facilitating the camp. The Board of Education provides a teacher who comes several times a week to provide individual and group tutorials. Every child that enters the doors of SAFE Shelter has experienced some degree of trauma. For the majority, they have never had the opportunity just to run, plan and

have fun. And like all the other services provided by the shelter, there are no fees charged for the camp.

Last but certainly not least is the organic garden started by a SAFE Shelter Auxiliary Board Member Lorraine Boice. With the help of a friend who is a Master Gardner, Lorraine has created a beautiful garden space on the side of the shelter. The children have been given lessons regarding "good bugs versus bad bugs", and have had the chance to not only tend to the garden but to pick lettuce, broccoli, and carrots for salads! The children have affectionately named it, The Garden of Dreams.

If you or someone you know needs help from intimate partner abuse, please contact us through the crisis hotline at 912-629-8888. Or if you would like to volunteer or help raise funds, please contact Laurie Ross at 912-507-5931.

Please visit our website at www.safeshelter.org

You can follow us on Facebook - https://www.facebook.com/profile.php?id=435192433168678&ref=br_tf



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Pooler...Come to visit, stay for a lifetime. See what Pooler has to offer.

Hello from YOUR Pooler Chamber of Commerce. The chamber continues to encourage businesses to relocate to Pooler. With that continued growth, there is the opportunity for employment. And of course, the population of Pooler is also increasing. Retirees are seeing the many benefits that Pooler has to offer. But it does not stop there. Young people and families are seeing the accessibility that Pooler lays at their door steps. Retail, manufacturing and residential growth makes Pooler the ideal place to put down roots.



The future of Pooler seems brighter than ever. Small town feel... big town amenities...Southern charm all wrapped up in Pooler!



Kelly Rothwell, Director of Community Development | Pam Southard, Executive Director,
Susan Eiseman, Office Coordinator | Kathy Smith, Administrative Manager



Robert Byrd
City Manager

404 Highway 80, Pooler GA . 912.748.0110 . www.PoolerChamber.com

The Pooler Chamber of Commerce & Visitors Bureau, Inc.

is proud to introduce the 2017 Board of Directors



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POOLER

CHAMBER OF COMMERCE AND VISITORS BUREAU, INC.

PLEASE CONTACT US AT 912-748-0110



A Weekend of Activities at the Pooler Patriot Event

2017 Pooler Calendar of Events

The Pooler Chamber of Commerce & Visitors Bureau, Inc., welcomes you to join us throughout the year for our exciting and fun events. For details for events and membership, visit us online, or in person at:

Pooler Chamber of Commerce & Visitor Bureau, Inc.
404 US Highway 80 West, Pooler, GA 31322
(912) 748-6577
<http://poolerchamber.com>

February 11 - Hearts for Heroes Gala

March 14 - Kick-off to St. Patrick's Day -
 Business After Hours at Molly McPherson's

March 16, 17, 18 - St. Patrick's Day Shuttle from Pooler

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



Pooler Chamber of Commerce



Christmas Tree Lighting and Festival



Building relationships one cup at a time....



Photos by Lindsey Butler

The **FRONT PORCH** COFFEEHOUSE



Coffee With A Pooler Cop

The Pooler Police Department invited city residents to join them again for the second Coffee With Cops. Community residents turned out to meet and greet the Pooler Police officers over coffee and discuss issues and learn more about each other. This was a great opportunity to understanding the concerns of the community members and even meet the officers who may come to their aid at some later date in time.

It was wonderful to have the participation of children as well. Officer James Jackson was interviewed by two young boys who were interested in a future career in law enforcement. It is valuable for these children as the residents to know that we are here to talk to at any time. These gatherings are a wonderful way to show that we are not just law enforcement, but we are people just like them who live, work and play in the community we serve.

At a time when the job of a policeman has grown even more challenging, the Coffee With Cops programs has sprung up around the nation. These events are supported by The United States Department of Justice and other services.

We thank the Front Porch Cafe for hosting this successful event, what a perfect ambiance for this event.



Check Out The Pooler Recreation Department Facilities - We Have It All!



POOLER RECREATION COMPLEX

200 Preston Stokes Drive - (912) 748-5776

Pooler Park - 900 South Rogers Street

A little over 33 acres of parkland, Pooler Park has been the home to the Pooler Recreation Department for many years. The park is conveniently located on Rogers Street between Highway 80 and Pine Barren Road.

Administrative Offices

- ❖ Programming and Athletics Offices
- ❖ Pooler Gyms
- ❖ 33.85 acres of parkland
- ❖ 13 acres wooded park land
- ❖ 4 lighted ball fields (softball, baseball, tee ball, soccer, football)
- ❖ 1 outdoor basketball court (2 goals)
- ❖ 2 playgrounds
- ❖ 1 play set ages 5 to 12 with bench seating and 2 picnic tables
- ❖ 1 play set ages 2 to 5
- ❖ 2 70ft tunnel batting cages
- ❖ Picnic areas

Pooler Gyms (Green & Gold Gyms) - 900 South Rogers Street

- ❖ 2 high school regulation basketball courts
- ❖ 4 side goals (both gyms)
- ❖ 1 all purpose room used for gymnastics, tumbling, dance
- ❖ Restrooms
- ❖ Concession stand with porch and picnic tables
- ❖ Conference area

Gleason Park - Symons Street and Newton Avenue

Gleason Park is a small community park, located near the Gleason Heights neighborhood. It is a little less than an acre of tree covered, passive park. The park offers a gazebo and sitting areas.

Joe Baker Park - Highway 80 East

The park acts as a gateway to Pooler to welcome people from Interstate 95, on Highway 80. Joe Baker Park is a small green space park, but it is home to Pooler's fountain and several events are hosted there, including the annual lighting of the Christmas tree and the 'coffee breaks' during big travel weekends. There are also several picnic tables available at this park.

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Memorial Park

The park is located at the intersection of Highway 80 and the Pooler Parkway. It is a passive, greenspace area that will serve as a memorial to all of Pooler's veterans, past, present and future. Memorial Park is still currently in the construction phase.

Pooler Recreation Complex- 200 Preston Stokes Drive

- ❖ 36 acres in Phase I
- ❖ Pooler Stadium
- ❖ 2 lighted, large football/soccer fields
- ❖ 5 lighted ball fields
- ❖ Concession stands, bathrooms, storage, officials, scorers area
- ❖ Large paved parking lot
- ❖ Playgrounds
- ❖ Picnic Pavilions
- ❖ Irrigation system

Pooler Senior Citizens' Center - 955 Plantation Drive

- ❖ Full kitchen
- ❖ Sewing room
- ❖ Arts and crafts room
- ❖ Large activity/dining room
- ❖ Billiards room
- ❖ Exercise area
- ❖ Reading room/library
- ❖ Carport with handicap access

Pooler Community Building - 958 Plantation Drive

- ❖ Over 1800 square feet
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Chicken with Wine Sauce

I found this recipe in a diet cookbook about 20 years ago when the low fat diets were becoming the new health trend. I loved it so much that I've kept it all these years, serving it at elegant dinner parties and for a weeknight dinners for my family. It's quick, delicious and you probably have all you need to make it in the refrigerator now. I hope you'll enjoy and keep it around for another 20 years!

Ingredients

2 pounds meaty chicken pieces
(breasts, thighs and drumsticks) skinned
1 cup fresh mushrooms, sliced
1 small onion, chopped
1 teaspoon dried basil, crushed
1 clove garlic, minced
1/3 cup chicken broth
1/3 cup dry white wine
1/4 teaspoon salt
1/4 teaspoon pepper
1 tablespoon cornstarch

Directions

Spray a large skillet with nonstick spray. Add mushrooms, onion, basil and garlic. Cook on medium heat until onion is tender. Stir in chicken broth, wine, salt and pepper. Add chicken to skillet and bring to a boil. Reduce heat. Cover and cook over low heat for 30 minutes or until the chicken is tender and no longer pink. Remove chicken and vegetables to a platter. Combine cornstarch and 1 tablespoon of water. Stir into liquid in skillet. Cook and stir until thickened. Spoon over chicken.

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Why Dow 20k Doesn't Matter

By Jill Schlesinger

What is it about big, round numbers that excites us? As of this writing, folks are once again obsessed with the new milestone of the Dow Jones Industrial Average: 20,000!

Although I am forced to report on it on a daily basis, I think the Dow is perhaps the least meaningful U.S. stock index available. Sure, it's got history on its side - it was created by Charles Dow in 1896, in order to provide investors with a snapshot of how the overall stock market was doing. But for an index that is supposed to provide investors with a big picture view, it includes just 30 large companies. And considering that Amazon, Google and Facebook are not part of the Dow, it is hard to make the case that it reflects the broader market.

Besides its limited size and scope, there's another big problem with the Dow: The way the average is calculated makes no sense. The index is "price-weighted," which means that the company with the highest price per share carries the most weight in calculating the daily index value, while the company with the lowest price per share carries the least weight. Because of this method, the daily performance of an expensive Dow stock, like Goldman Sachs, can have an outsized impact on the whole index. That's why professional investors do not look at the Dow to determine what's going on in the U.S. stock market; instead they use the S&P 500 or the Wilshire 5000, both of which use a different methodology based on market capitalization (number of shares outstanding multiplied by the price) of a company, to determine the index's value.

Despite the inadequacy of the index itself, focusing on any index does not change anything in your financial life. I recently asked you to

consider a concrete and achievable financial resolution: not to muck around with your portfolio, to avoid timing the market and to instead get back to the more important financial issues at hand.

A number of you wrote in and asked to expand on the list of potential financial resolutions to consider. These ideas are not new, but like recommendations about diet and exercise, the tried and true advice hold ups over time. Here is a baker's dozen list of potential financial resolutions:

- ✓ Track where your money goes.
- ✓ Automate bill paying.
- ✓ Go to AnnualCreditReport.com and review and or correct your credit report.
- ✓ Focus on identity theft protection. Change passwords; install firewalls and virus-detection software; shred unwanted financial documents; and store personal information in a safe, secure place.
- ✓ Pay down consumer debt (credit card, auto loans).
- ✓ Create an adequate emergency reserve fund (six to 12 months' worth of expenses; 12 to 24 months' worth for retirees).
- ✓ Maximize retirement contributions. You may contribute up to \$18,000 for 401(k), 403(b) and 457 plans, with an additional \$6,000 catch up contribution available if you are over the age of 50, and \$5,500 for IRAs, with an additional \$1,000 catch-up contribution. Enroll in auto rebalancing and auto escalation, if possible.
- ✓ Diversify your portfolio with an asset allocation that is consistent with your time horizon and risk tolerance level.
- ✓ Draft or update your will, power of attorney, health care proxy and other estate documents.
- ✓ Review insurance coverage (life, disability, long-term care and property and casualty).
- ✓ Consider refinancing your mortgage. In December, the Fed raised rates by a quarter of a point and is on track to continue doing so this year. Mortgage rates have already started to rise, but they are still at historically low levels.
- ✓ Consider funding a 529 plan for college expenses.
- ✓ Have the "money talk" with spouse/kids/parents.



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.)



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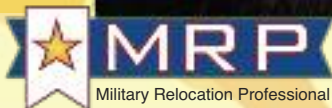


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Keeping Up With Pooler Progress United States Post Office Update

The Pooler Main Post Office, currently located at 502 US Highway 80, will relocate within the next few weeks. It will move to a temporary modular building at first, but then in

March, to a permanent location, the former Goodwill Industries space - both in the Bl-LO Shopping Center, located at 1030 US Highway 80.

The mail delivery operation will remain at the current post office station until the permanent location is ready to accommodate the city's full staff of letter carriers.

Pooler residents have long criticized the cramped conditions and lack of available parking at the existing site, which has been the city's sole post office for more than 40 years. The new location will help relieve some of the facility's congestion and keep up with the growth in Pooler.

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My Pet World

How To Introduce A New Dog To Established Pet Cats

By Marc Morrone

Q: I have two cats and I am about to bring a new puppy into our home. The larger cat does not seem frightened of dogs but my little female's hair 'stands up' just at the sight of them. What is the best way to socialize everyone and minimize the stress on my younger cat?

A: It is a lot easier to socialize a full grown cat to a puppy than it is a full grown dog to a kitten. However, it's really not that hard when you think of it as every farm in almost every culture. Dogs and cats have been living together harmoniously and there is obviously many different ways to have them get acquainted.

The only universal rule here is to remember that animals never accept our word that a situation they feel unsure about is harmless to them. Only the animal itself can come to that conclusion and it can only happen if the animal is exposed to the situation for themselves.

First of all the cat needs a safe zone that it can choose to be in that the puppy cannot enter. This is pretty simple as most puppies are contained in their new homes via gated doorways or training crates. The cat needs to be in the proximity of puppy so it can see and smell the dog, yet the dog cannot be in the cat's flight zone. Every animal has a flight zone - a distance they feel is needed to be safe from a perceived threat - when the flight zone has been breached then the drama occurs.

It's best to keep the puppy on a leash when it is in the same room with the cat. That way everyone can feel safe about the situation. The puppy also gets to learn about the cat and when the cat no longer feels defensive, then you can allow them to interact.

However, do not do this until the cat is calm while being in the same room as the puppy. When you do allow them to interact, then I would suggest you trim the cat's claws just as a precaution.



Q: We just got a Labrador puppy and we want to teach her to ring a bell tied to the wall by our front door so we know when she has to go out. Our previous dog would scratch at the door and he ruined the wood work. We have guided our puppy's head toward the bells by leading her to it with her collar and then when the bells ring we praise her and let her out, but she does not seem to be able to put them together. We wondered if the dog was at fault as a student or if we were poor teachers?

A: There does seem to be a lack of communication between student and teacher.

First the bells should be hanging on the door rather than the wall next to the door. They should also be at nose height to the dog. Then when the puppy is standing in front of the door you should not touch her or lead her to the bells, just wait until she touches the bell on her own. She will be inclined to touch them because all lab puppies want to play.

As soon as she touches a bell then praise her and open the door and let her out. Since she touched the bell on her own and the door opened, then she will figure the whole thing out on her own.

Once the dog gets the idea that touching the sash of bells gets us to open the door, then you can gradually move the sash away from the door and hang it on the wall so there is no jingling as you open and close the door. Since the dog learned what the bells mean on her own, she will seek them out when she needs to go outside.

Marc Morrone has kept almost every kind of animal as a pet for the last half-century and he is happy to share his knowledge with others. Although he cannot answer every question, he will publish many of those that have a general interest. You can contact him at petxperts2@aol.com.

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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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MacBooks and iPads available for student use

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Governor's Honors participants in the past 3 years

16 

alumni currently playing a collegiate sport

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

3

Million dollars in scholarship money the class of 2016 was offered to select colleges

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AP scholars in the past 4 years

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Dear Editor...



Pooler Today, is a magazine for and about you and your neighbors. We look forward to your participation and comments. We LOVE pictures, lots and lots of pictures, so snap away and we'll include what we can. Are you an artist? We would love to share your

creative artistry with the community, so send us your images. Post your special events and classifieds. Check it out...



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Chipping for Charity

Pooler Lions Club

Please join the Pooler Lions Club for their
2nd Annual Chipping for Charity Golf Tournament

Saturday, April 1, 2017
Crosswinds Golf Club

11:30 am Registration ~ 1:00 pm Shotgun Start

All proceeds from this tournament go to benefit the Pooler Lions Club Charity Fund and support our work helping the blind and visually impaired. Pooler Lions conduct free vision screenings and help people in need obtain vision exams and glasses. We sponsor "Sight for Students" in six Pooler schools. It is anticipated in this year alone; Pooler Lions will screen over 8,000 students and adults. Screenings are a significant tool in saving eyesight.

Some of our other current service projects include collecting used eyeglasses for recycling, volunteering to read with students at Godley Station and Pooler Elementary School, donating school supplies, selling subscriptions for American flags flown along Highway 80 in Pooler on patriotic holidays, awarding an annual college scholarship to a graduating Pooler high school senior, delivering holiday cards to residents of local nursing homes, providing stuffed lions to the Pooler Police for their distribution to kids in traumatic situations, and provide food and discounted hotel rooms for military personnel stranded at the Savannah Airport USO.

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For information regarding sponsorships and participation in the Pooler Lions Club 2nd Annual Chipping for Charity Golf Tournament, please contact Linda Saytanides at saytanides@sbcglobal.net or 912-677-0161.

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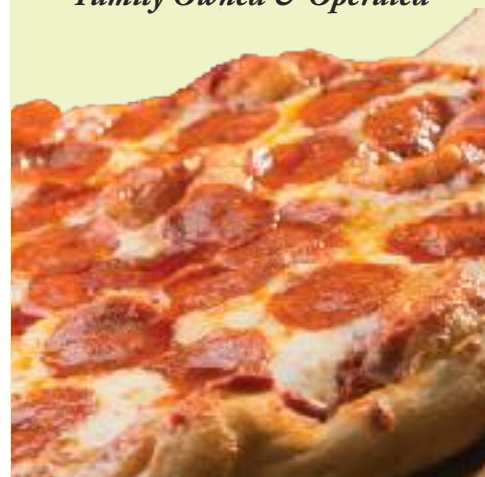
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What's Smarter – Paying Off Debts Or Investing?

By Veronica L. Voisine, AAMS®, CRPC®

If you're just starting out in your career, you will need to be prepared to face some financial challenges along the way but here's one that's not unpleasant: choosing what to do with some extra disposable income. When this happens, what should you do with the money? Your decisions could make a real difference in your ability to achieve your important financial goals.

Under what circumstances might you receive some "found" money? You could get a year-end bonus from your employer, or a sizable tax refund, or even an inheritance.

However the money comes to you, don't let it "slip through your fingers." Instead, consider these two moves: investing the money or using it to pay off debts.

Which of these choices should you pick? There's no one "right" answer, as everyone's situation is different. But here are a few general considerations:

- **Distinguish between "good" and "bad" debt.** Not all types of debt are created equal. Your mortgage, for example, is probably a "good" form of debt. You're using the loan for a valid purpose – i.e., living in your house – and you likely get a hefty tax deduction for the interest you pay. On the other hand, nondeductible consumer debt that carries a high interest rate might be considered "bad" debt – and this is the debt you might want to reduce or eliminate when you receive some extra money. By doing so, you can free up money to save and invest for retirement or

other goals.

- **Compare making extra mortgage payments vs. investing.** Many of us get some psychological benefits by making extra house payments. Yet, when you do have some extra money, putting it toward your house may not be the best move.

For one thing, as mentioned above, your mortgage can be considered a "good" type of debt, so you may not need to rush to pay it off. And from an investment standpoint, your home is somewhat "illiquid" – it's not always easy to get money out of it. If you put your extra money into traditional investments, such as stocks and bonds, you may increase your growth potential, and you may gain an income stream through interest payments and dividends.

- **Consider tax advantages of investing.** Apart from your mortgage, your other debts likely won't provide you with any tax benefits. But you can get tax advantages by putting money into certain types of investment vehicles, such as a traditional or Roth IRA. When you invest in a traditional IRA, your contributions may be deductible, depending on your income, and your money grows on a tax-deferred basis. (Keep in mind that taxes will be due upon withdrawals, and any withdrawals you make before you reach 59½ may be subject to a 10% IRS penalty.) Roth IRA contributions are not deductible, but your earnings are distributed tax-free, provided you don't take withdrawals until you reach 59½ and you've had your account at least five years.

Clearly, you've got some things to ponder when choosing whether to use "extra" money to pay off debts or invest. Of course, it's not always an "either-or" situation; you may be able to tackle some debts and still invest for the future. In any case, use this money wisely – you weren't necessarily counting on it, but you can make it count for you.

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Tummy Time Gives Babies Much Needed Workout

By Laura Douglas, P.T.

You probably know that putting your baby to sleep on his back is the safest sleep position. It has significantly reduced the risk Sudden Infant Death Syndrome, or SIDS. What you may not know is that alternative positions – side-lying and tummy – during his awake times are vital for his healthy development.

Babies who spend too much time lying on their backs can suffer plagiocephaly (asymmetrical head shape), brachiocephaly (flattened back of the head) and general developmental delays. Putting babies down on their backs is for sleep, not awake times.

Tummy time is a baby workout that is necessary to develop strength, body awareness and development. Every hour your baby is awake, expose him to some tummy time. You can lay him across your chest, over your lap or on the furniture beside you, or you may roll him gently on a yoga ball. Be sure to never leave your baby unattended.

With your baby supported in your arms, lean her forward so she can practice lifting her head. Encourage weight-bearing on her arms while she is seated in your lap. Simply lean her to one side or forward and place her hands on your thigh with the elbow extended.

Seating options such as the Bumbo, swings and ExerSaucers are good alternatives to keeping your baby on his back while he is awake. However, they do not replace the value of tummy time.

During the day, limit your baby's time in a car seat. Leaving him in the seat at home, on a shopping cart, in restaurants or on stroller bases can create problems with head shape and cause developmental delays. Restrict his time in the car seat to transportation times only.

Even at night your baby can exercise his developing muscles. In addition to a crib, try using a rocker/sleeper at bedtime. It can be set up in your room and allows your baby to sleep in a tilt position on his back. This position helps strengthen neck muscles.

Be sure to alternate your baby's nighttime sleep options. Using a rocker/sleeper for extended periods of time can result in tight neck muscles and negatively impact head shape.

For sleep, your baby is safest on her back. But when she is awake and ready to play and interact, give her a "workout" with tummy time.

Laura Douglas, P.T., is a pediatric physical therapist at The Rehabilitation Institute at Memorial University Medical Center (rehabinstitute.memorialhealth.com). She sees patients in the Pooler office. Call 912-273-1000 for more information.





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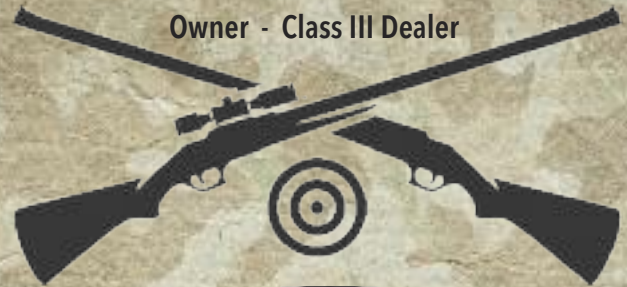
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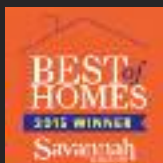
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Increased Heart Disease Risk For People With Rheumatoid Arthritis

By Rekha Mankad, M.D.,
Cardiovascular Diseases, Mayo Clinic, Rochester, Minn.

DEAR MAYO CLINIC: Is it true that people with rheumatoid arthritis have a higher risk of heart disease? How are the two conditions related? Is there a way to lower the risk?

ANSWER: Studies have shown that if you have rheumatoid arthritis, your risk of developing heart disease is two to three times higher than people who don't have the disorder. Although the exact connection between the two conditions is unclear, a number of factors seem to play into the increased heart disease risk. Regular check-ups, tests to check for heart problems, lifestyle changes and being able to recognize symptoms of heart disease can all help manage the risk.

Rheumatoid arthritis is an inflammatory disease that causes swelling. It often affects the small joints in the hands and feet and causes joint tenderness, pain and stiffness. But the disorder can go beyond the joints, too, and that's part of the connection to heart disease.

The inflammation of rheumatoid arthritis may cause changes within the walls of your arteries. That can make the arteries narrow, lowering blood flow and raising blood pressure. Also, plaque can build up in the arteries - a condition called atherosclerosis.

Atherosclerosis is related to the typical risk factors for heart disease: high blood pressure, high cholesterol, diabetes and smoking. However, in people with rheumatoid arthritis, inflammation may also trigger plaque formation. Rheumatoid arthritis can affect the heart muscle, too, making it stiff and reducing its ability to effectively pump blood. That makes the heart more prone to heart failure.

Drugs used to treat rheumatoid arthritis can raise your risk of heart disease. For example, steroid medications are very effective at decreasing inflammation. However, in high doses over a long period of time, these medications can raise blood pressure, contribute to weight gain and raise cholesterol levels. All of these side effects can increase the likelihood of heart problems. Non-steroidal anti-inflammatory drugs (NSAIDs) often used to ease joint pain have been shown to have negative effects on blood pressure and overall heart disease, as well.

Because people with rheumatoid arthritis are at high risk for heart problems, ongoing monitoring is key. Imaging exams and blood tests can help identify stiffness in the heart muscle and arteries, as well as early signs of artery blockages. If tests reveal these or other signs of heart disease, your

health care provider can be proactive about treating them promptly.

It's also important to keep an eye on traditional heart disease risk factors, such as blood pressure and cholesterol levels. If they rise, then you may need treatment to help keep them under control, making it less likely that they'll lead to heart problems.

Managing the inflammation of rheumatoid arthritis carefully can make a difference, too. For example, if steroids are part of your treatment plan, they should be used for the shortest amount of time possible, at the lowest dose possible.

Make sure you understand the symptoms that may signal heart problems. In some people with rheumatoid arthritis, symptoms of heart disease may not show up in the same way as they do in other people. Ask your doctor about symptoms to watch for.

Finally, work to maintain overall heart health. Follow a heart-healthy diet, get to and stay at a healthy weight, reduce stress, get enough sleep and exercise regularly. Exercise can be challenging if your joints hurt from rheumatoid arthritis. If so, consider working with a physical therapist or an exercise physiologist to find the best exercise program for you.

If you have rheumatoid arthritis, ask your doctor about your risk for heart disease. Taking that risk into consideration, set up an ongoing care plan to monitor both your arthritis symptoms and your heart health. If possible, include a cardiologist and a rheumatologist on your care team. Together, they can help you lower your heart disease risk while managing rheumatoid arthritis.

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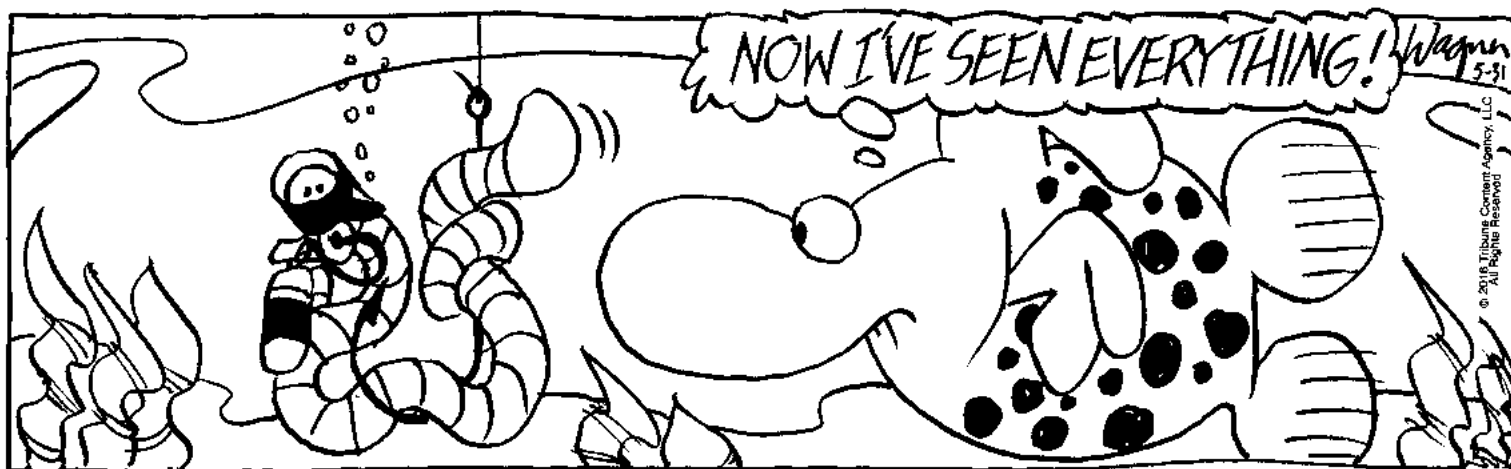
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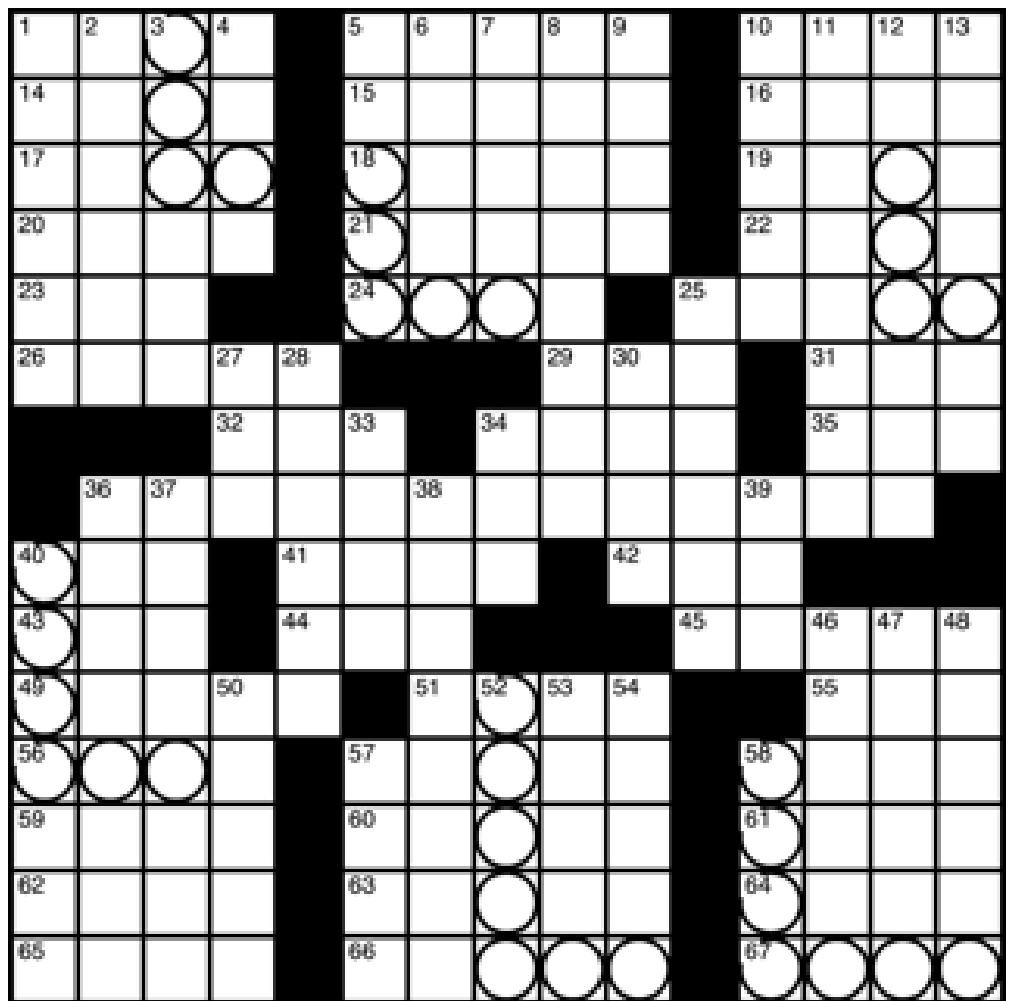
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The Back Streets of Bohemian Montmartre

By Rick Steves

Montmartre, the hilltop neighborhood hovering on the northern fringes of your Paris city map, is in many ways the perfect French cliché: red-and-white checkered tablecloths, artist's easels filling petite squares, and bohemian cabarets offering up high-kicking cancons. The literal high point is the bone-white Sacre-Coeur Basilica, from where the City of Light fans out at your feet.

Just over a century ago, Montmartre hosted a perfect storm of artistic creativity and avant-garde thinking. Back then, life on the hill was a working-class commotion of cafes, bistros and dance halls. Its low rents lured struggling artists whose canvases now sell for millions (Renoir, Degas, Picasso, Toulouse-Lautrec, Utrillo).

These days, the hill is equal parts charm and kitsch - still vaguely small-town rustic but mobbed with tourists and pickpockets on sunny weekends. But if all you do is eat an overpriced crepe and marvel at the views, you will have missed out on Montmartre's charm and history. To get away from the crowds, take a walk on the back streets, where a bit of village Montmartre survives.

A stroll takes you amid the traces of the many people who've lived here over the years: monks stomping grapes (1200s), farmers grinding grain in windmills (1600s), dust-coated gypsum miners (1700s), Parisian liberals (1800s), Modernist painters (1900s), and all the struggling artists, poets, dreamers and drunkards who called Montmartre home.

Start at the Montmartre Museum, tucked away on the side of the hill. This 17th-century manor house (the oldest building in Montmartre) offers the best look at the history of the neighborhood and the amazing period from 1870 to 1910, when so much artistic action percolated here. In its day, the house was the meeting place for a who's who of artists, including Auguste Renoir, Raoul Dufy, and Maurice Utrillo (whose gorgeously lit attic studio is a highlight).

Montmartre was the perfect escape from grimy Paris. Rents went down as the hill went up, so younger, more avant-garde artists lived on the "butte," the top of the hill. In 1904, a poor, unknown Spaniard named Pablo Picasso moved into an artists' abode - Le Bateau-Lavoir - that he shared with 10 others. In his studio he painted his radically modern "Les Femmes d'Alger" - and revolutionized 20th-century art.

Long ago a wall separated Paris from Montmartre, and to enter the city you passed through tollbooths that taxed anything for sale. Budget-minded drinkers took to the hill to drink tax-free beverages. In those days, Montmartre was blanketed with grape vines, reverentially tended by the monks and nuns of a large abbey. Today, just one Montmartre vineyard is still under cultivation - the pocket-sized Clos Montmartre, which produces about 800 bottles a year (off-limits to tourists except for an annual grape-harvest fest in October).

A favorite local hotspot was the ivy-covered cabaret called Au Lapin Agile. A poster above the door gave the place its name: a rabbit ("lapin" in French) makes an agile leap out of a pot while balancing the bottle of wine that he can now drink - rather than be cooked in.

This is where artists and writers gathered to perform serious poetry, recite dirty limericks, or deliver anarchist manifestos. Once, in a practical joke on the establishment art community, patrons tied a paintbrush to the tail of the owner's donkey and entered the resulting "abstract painting" in an art show (it won critical acclaim and sold for a nice price). Even today, the old personality of Au Lapin Agile survives, with jazz or blues jam sessions taking over the basement most nights.

Montmartre was once dotted with 30 windmills, used to press the monks' grapes and mill farmers' grain. Two of these functional windmills still stand, but nowadays, the most famous is the "Red Windmill" - the Moulin Rouge dance hall.

When it opened in 1889, the lively nightclub seemed to sum up the pleasure-seeking belle époque. Most nights, Henri de Toulouse-Lautrec was among the customers, busily sketching as pretty cancan girls kicked their legs. He'd been hired to create the cabaret's advertising, and the colorful posters he made of cabaret singers, dancers, and club owners are now among the most recognizable works hanging in museums anywhere (including Paris' Musée d'Orsay).

By the way, at the foot of Montmartre is Paris's red light district, the infamous Pigalle (or "Pig Alley," as American soldiers nicknamed it during WWII). Ooh la la! If you venture here, stick to the bigger streets, hang on to your wallet, and exercise good judgment. Avoid the bars, where a 150 euro bottle of what would otherwise be cheap champagne comes with a friend.

Montmartre today retains some of the untamed appeal that drew fin-de-siècle bohemians and nonconformists to its winding lanes. As you wander, you may catch an echo of the free spirits who once partied, painted, and cancanned here.

If you visit here are some tips:

Sleeping: Le Relais Montmartre has 26 cozy rooms with plenty of amenities (splurge, www.relaismontmartre.fr). Hotel Basss offers snappy modern rooms with splashes of color (moderate, www.hotel-basss.com).

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Getting Around: Montmartre is a hill. To get to the top without having to climb, take the funicular that rides up to Sacre-Coeur Basilica, or catch the Montmartrobus city bus that runs from the Pigalle Metro stop.

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Rick Steves (www.ricksteves.com) writes European travel guidebooks and hosts travel shows on public television and public radio. Email him at rick@ricksteves.com and follow his blog on Facebook.



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