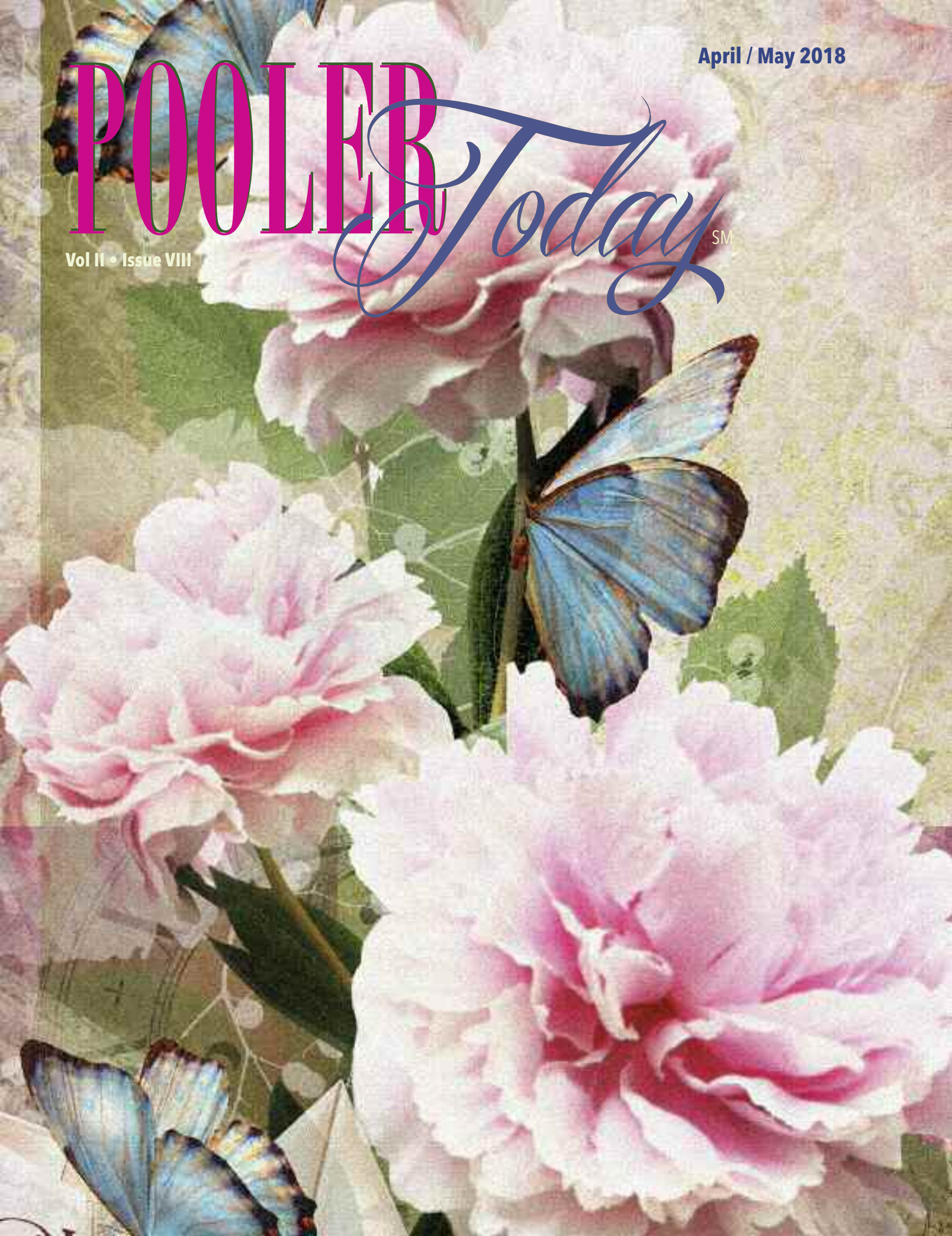


April / May 2018

# POOLER *Today* SM

Vol II • Issue VIII





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**AUDIOLOGY AND HEARING AID SERVICES** would like to congratulate **Dr. Casey Allen** and **Dr. Jess Lally** on receiving their doctorates!

We will now offer expanded hours at our Pooler office. Call today to schedule with Dr. Cori Palmer, Dr. Casey Allen or Dr. Jess Lally.



#### Doctors of Audiology

**Susan Timna, A.U.D. MD; Cori Palmer, A.U.D. MD;**  
**Katelyn Crockett, A.U.D. MD; and Katherine Neufeld, A.U.D. MD**



Historic Pooler Signage - Photo by Cierra Ayers

## POOLER USEFUL CONTACTS

### Pooler - Information / Non-Emergency

#### Pooler City Offices for the:

Mayor	Mike Lamb
City Manager	Robert H. Byrd Jr.
City Attorney	Steven Scheer
City Clerk	Maribeth Lindler
Finance Officer	Michelle Warner
Fire & Rescue	Chief G. Wade Simmons
H/R Director	Andrea Anderson
Police	Chief Mark Revenew
Public Works	Matt Saxon
Recreation Dept	Hugh Elton
Sr. Citizen Center	Susan Edwards
Zoning Admin.	Kimberly Classen
Utility Billing	

#### 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) 748-5199
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

<http://pooler-ga.us>

### Pooler / Area Community Churches

Beth-El Alliance Church	(912) 925-2961
Bread of Life Ministries, Inc.	(912) 988-1102
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
Hydrate Church	(912) 988-4120
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

AT&T	(800) 288-2020
City of Pooler	(912) 748-4800
Comcast	(800) 266-2278
Direct TV	(866) 810-7892
Excede Internet	(855) 627-2553
Georgia Natural Gas	(877) 850-6200
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





JCB Field - Photo by Cierra Ayers

# POOLER Today<sup>SM</sup>

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Photo by T. Howard Reimer

# POOLER Today

Ayers Group, LLC

April / May 2018

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Is it April already? Wasn't it just yesterday that we were ringing in the New Year? Not really. It was three months ago, but like so many others, I ask myself why does time seems to move faster as we grow older? It's just a feeling, of course, but everyone seems to experience it. There are numerous theories about this phenomenon, but none that's particularly scientific.

One theory that seems logical is what's called the 'ratio theory,' which means as we age we compare our total lifespan to the number of years we've been alive. Our sense of the present begins to feel short as compared to our total lifespan. As a child, forever can seem a long time because we're just beginning the journey. When you're one year old, a year is all the time that you've ever known, but as the years pass, one year is a smaller percentage of your total life. The years often seem to blend one into the next and the time does seem 'to fly.' Someone once said 'It's like watching something shrink in your rear view mirror.'

Another theory is one of anticipation and retrospection. We all anticipate things important to us. When we are young, every experience is a first-time event, and often it can seem like an eternity as we anticipate these new adventures. For example, the first day of school, first job or first date. Later when we recall these events, it seems they lasted forever because there are so many small details to remember about a 'first.' As we age, there are more new experiences behind us than ahead of us. Newness wears off and is replaced by a lot of 'been there, done that.' Routine makes time go faster, unique events slow it down.

There's also a phenomenon known as "telescoping," which is the impression that important events are closer to our present time than they actually are." We often look back on these times and exclaim. "Did it really happen that long ago?" For example, you receive an invitation to your long ago high school reunion which seems like yesterday. Once there, you're stunned to be surrounded by all these much older people (except for you, of course).

Biology plays a role as well, particularly our metabolism which slows as we get older. Our breathing and heart rate follow suit. A faster metabolism may influence the passage of time, making life appear more vivid and slower moving. Our dopamine level also decreases with age. This is the element that gives us the feeling of contentment and satisfaction and can also influence how we view time.

So what's an aging brain to do? Try learning new tricks such as practicing yoga, enrolling in adult education classes, taking dance classes or music lessons. These activities can sharpen your focus and train your brain to be more mindful and fully engrossed in the present. When the brain is stimulated, time appears to slow down.

As someone much wiser than me once said, "Idleness makes hours pass slowly and years swiftly. Activity makes the hours short and the years long." If that's too knotty a thought, just remember 'time flies, but you're the pilot.'

Happy Mother's Day and a Beautiful Spring-

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Co-Publishers

**Cierra Ayers**  
Co-Publishers

**Barbara Anderson**  
Sr. Account Manager



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Pooler Today

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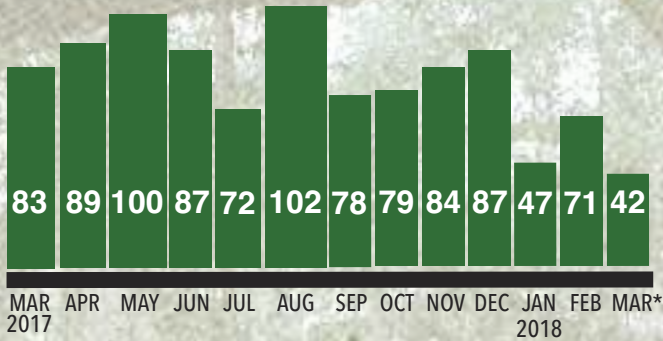
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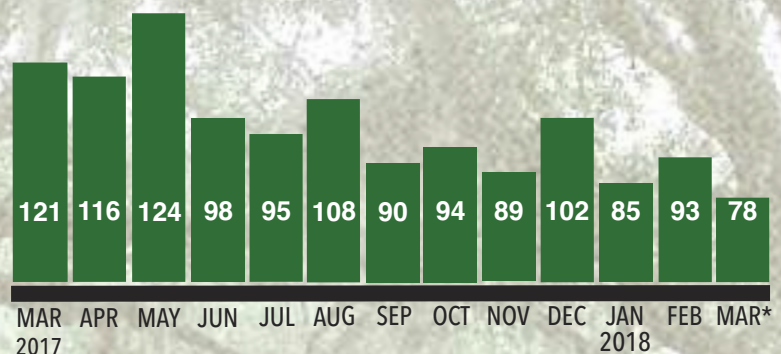
## REAL ESTATE REFLECTIONS

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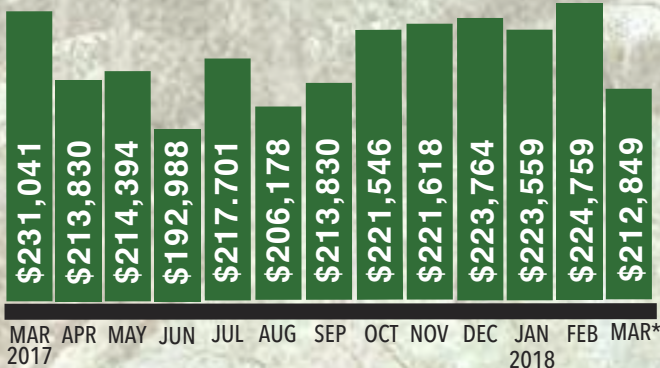


*\*March. 1, 2017 - March 19, 2018*

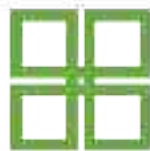
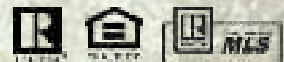
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*\* Data as of March 19, 2018*



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# POOLER'S READER'S CHOICE WINNERS 2017



Some of our Best of Pooler, Reader Choice Winners: (top to bottom left to right) Jessica & Co., Milan Esthetics Pooler, Modish Nails and Spa, Dr. Michael Brown of Godley Station Animal Hospital, Chazito's Gang & Jessica & Co., Chazito's Group, Dr. Foley of St. Joseph's, Miss Sophie's Catering, Trisha Cook Realty, Dr. Tracy Durham of Godley Station Dentistry, Mathnasium, and Don Dyches Attorney at Law.

(Following page) Tropic Air/HVAC, Jessica & Co., Ameris Bank, YMCA of West Chatham, Veronica Voisine of Edward Jones, Lowes Garden Center of Pooler, Wild Wing Cafe, Crosswinds Golf Course, St. Joseph's Urgent Care, Distinctive Marble & Granite, Cake Corner, Miller Coin, Perry's Rubber Bikes, General Nutrition Center, David's Dry Cleaners, Pat Parker's State Farm, Pooler Pawn, and hosted at Molly Mac Phearson Pooler. For a listing of all winners, please visit [www.AyersGroup.org](http://www.AyersGroup.org).





Photos By: T. Howard Reimer  
[thowardreimer.smugmug.com](http://thowardreimer.smugmug.com)



## Getting Back On Track

### Physical Therapists Offer Tips

### On Returning To Running After A Break

Those who define themselves as runners can relate to the common problem of “life” getting in the way of their running routine. Many local runners train throughout the summer and fall months in order to participate in popular local races such as the Rock-n-Roll Marathon and the Savannah Bridge Run.

After these races, runners find themselves caught up in the hustle and bustle of the everyday life which often times limits running time. Sometimes the break from fitness and running routines lasts much longer than one might plan. Along comes spring and nicer weather and finally running routines begin to normalize again.

**Here, one should be very careful.**

Physical therapist Heidi Prado of St. Joseph's/Candler's Pooler facility and a life-long runner herself, cautions those who attempt to return to their running routines or fitness programs too soon after a continued break. “I have seen the woes of my running partners who have tried to return too quickly,” she warns.

“As a physical therapist,” Prado explains, “While I am happy to offer my services to help people recover from injuries, I prefer to offer advice on safely returning to running (or any sport for that reason) to prevent injuries in the first place.”

Prado offers some easy to remember tips to prevent an injury after an extended break from running:

1. Consider how long you've been gone: You can expect to spend at least 2 days of training to get back into shape for each day lost.
2. Avoid doing too much too soon. During the first several weeks, do not run two days in a row and do not increase your weekly mileage more than 10% per week. Keep your runs at a conversational pace until you have re-established your base mileage.
3. Cross train to build fitness: Cross training in between running days is an excellent way to increase your endurance and strength.
4. Forget the past. Workouts that you have done in the past are not relevant to what you do today. You must restore your base mileage before resuming speed work or hill training.
5. Have a goal in mind. Maybe you have a particular race in mind. You should set realistic short term goals to meet the long term race goal.
6. Follow a training plan. Even experienced runners can benefit from a training schedule provided by a professional coach. As research advances, so does the expertise on safe running schedules. This also gives you a new perspective to reevaluate your entire approach and avoid previous mistakes.

7. Look at your footwear. Is it time for a new pair of shoes? Most shoe experts recommend replacing running shoes at a minimum of every 500 miles. If it has been years since you've last run, you may want to have a professional assist you in choosing the appropriate shoe for your running style and mileage.

8. Realize that strength returns slowly. Even when your endurance returns, your strength may still be deficient. Many running injuries can be attributed to lack of core and hip strength.

9. Consider your age. Sorry folks, it becomes progressively more difficult to regain conditioning and speed with age, but it is possible.

10. Don't race too soon. Approach early races as training/fun runs versus an opportunity for a personal record.



11. Be cautious. If you were previously injured and now recovered, ask yourself if you have determined the cause of your injury. The expertise of a physical therapist can help you identify potential underlying causes of previous injuries such as strength or flexibility deficits or training errors.

12. Join a running group. Running groups provide motivation and help you remain consistent with your training. Running partners can offer advice from their personal experiences to help you get back in the game.

#### Guide to Stretching for Runners

One of the more common causes of running injuries is improper stretching, or lack of stretching altogether. Prado offers the following guide to stretching\* for runners:

\*Perform all stretches slowly, without bouncing motion. Hold stretches for 30 seconds and repeat. Ideally, you should do a 10-minute warm-up and then stretch. Stretching after a run or any exercise is always recommended.

**Hamstring stretch:** Start by standing and propping your foot of the affected leg on a chair or step. Next, slowly lean forward until a stretch is felt behind your knee/thigh. Bend through your hips and not your spine. Hold, then return to starting position and repeat. Perform stretch on both legs.

**Gluteal stretch:** In a seated position, place ankle on opposite knee. Push on knee downward until a comfortable stretch is felt. Perform stretch on both legs.

**Gastrocnemius and Soleus stretch:** Standing with the involved leg back and the heel on the floor, lean toward the wall until you feel a stretch in the calf. Perform with the knee straight as well as with the knee slightly bent. Perform stretch on both legs.

**Iliotibial band stretch:** In a standing position, cross the affected leg behind your unaffected leg. Next, with your arm overhead, lean to the side towards the unaffected leg. Switch positions to stretch both sides.

**Continued on page 27**





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- Promote rapid return to athletics or work following an injury
- Regain maximum possible movement, strength and function after stroke, head injury, spinal cord damage, neuropathy or peripheral nerve damage/injury



*For more information, please call (912) 964-0007, or visit [sjchs.org/lptpooler](http://sjchs.org/lptpooler).*



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...to our Pooler Police Officers on their recent promotions at the Badge Pinning Ceremony on February 19.

*Captain*  
**Craig Bogden**

*Lieutenants*  
**Randy Lindler**  
**John Schmitt**  
**George Wilson**

*Sergeants*  
**Charles Davis**  
**Michael Lanier**  
**Michael Swords**

*Corporals*  
**Nick Clay**  
**Chris Dotson**  
**Johnny Griner**  
**Steven Howard**  
**Michael Huff**  
**Dee Morrow**  
**Diamond Newton**  
**Jason Pentecost**  
**James Self**



*Welcome and Congratulations*  
**Chief Ashley Brown**

Pooler Police Department was pleased to host the swearing in ceremony of new Police Chief Ashley Brown on March 26, 2018. The morning ceremony took place at Pooler City Hall and attended by his wife Abby, Judge White, Councilman Mike Royal, former Pooler Police Chief Mark Renew, Mayor Mike Lamb, and City Manager Robert Byrd, Jr.

Photos courtesy of Pooler Police Department





**City of Pooler Police Department  
100 SW Highway 80 Pooler, GA 31322**

Dear Pooler Residents,

I took over as your new Chief of Police on March 26, 2018. This is a position that I have, unknowingly, been training for over the last twenty-four years in Savannah. My intentions are to bring all of my experience concerning leadership, community involvement, and crime prevention back to my hometown.

My family has been a part of Pooler since 1880. Although I have temporarily lived in other places, I have always come back home to Pooler. I graduated from Groves High School and later graduated from Armstrong State College with a degree in Criminal Justice. On the Savannah Police Department, I have served in many positions. I have spent time working as an Undercover Vice Officer, a Homicide Detective, a patrol officer, and eventually worked my way up through the ranks and was promoted to Captain. In this position, I commanded patrol precincts and a variety of specialized units, to include the End Gun Violence program. Now with my career, I find myself once again coming home to Pooler.

I realize that I have big shoes to fill. As a child, I met Chief Butch Chan and considered him a mentor as I began my law enforcement career. He was then, and is still now, held in my highest regard. Chief Mark Renew and I have known each other and have had a healthy working relationship over the last several years. Both of these Chiefs have left the Pooler Police Department very strong and respected among our colleagues. It is their legacy that I hope to build upon and continue to make Pooler a very happy and safe place to live.

It is with pride and honor that I take over as Pooler's Chief of Police and finally come home. I ask for your continued support of this police department as we all work together to keep Pooler safe and strive to remain one the safest cities in Georgia.



Sincerely,

Ashley Brown  
Chief of Police

***Honor, Integrity, Compassion***



## Trending: Local Mobile Cuisine Hot New Food Trends

Food trucks have become a major force in the restaurant industry. Unlike traditional restaurants, food trucks are able to move around, giving them the optimal location.

Our featured vendors have been seen all over Savannah for special events, lunch time, evenings, feeding the military, catering at private residences, intimate destination parties, and recently, mobilizing to areas suffering from natural disasters with lack of resources.

These cuisine food trucks can pull up and bring their supply to the demand. Food trucks aren't just synonymous with traditional fast food, either – they've carved out a niche with unique, hybridized cuisines.

Although the food truck concept is certainly not new, the concept has evolved and come a very long way. Creative chefs like the ones we are featuring here, have so much to share with our community.

Here we introduce the top of the local favorites, their stories, passions and love for spreading deliciousness throughout the city.

Thank you **Chazitos Latin Cuisine**, **Leopold's Homemade Ice Cream**, **Molly MacPhearson's Scottish Fair**, and **Yoshi Kitchen Japanese Cuisine**. If you see any of these vendors parked, you are likely to see lines of diners who know these trucks are servin' up some delicious grub. Check it out, you will not be disappointed!



Photo by Howard Hackney



### Chazito's Latin Cuisine Food

Chaz Ortiz grew up in a large Puerto Rican household where food was the major attraction at the lively, frequent family events. Lots of storytelling and laughter prevailed while children and adults prepped and cooked delicious ethnic dishes. This exposed Chaz at a young age to the kitchen and its tools. Soon Chaz was bitten by the cooking bug, adding his own personal twists to traditional family recipes.

After moving from Pennsylvania to Savannah about 10 years ago, Chaz and his grandfather Domingo Ortiz were smitten by the idea of owning a food truck. Even before the City of Savannah and Chatham County passed the current food truck laws, Chaz's family was scouting for every opportunity to put the truck into action. The idea became more formalized and they bought an old Frito Lay's Potato Chips truck. While working afternoons at Gulfstream, Chaz and Domingo revamped it into 'Chazitos Latin Cuisine Food Truck.' The project took six months and a lot of hard work and determination.

While the business was in its infancy, they served delicious food from a tent on River Street and Forsyth Park for various festivals. When the truck was ready to roll, they were ready, and began serving authentic yet innovative Puerto Rican food such as scrumptious stuffed empanadas (event low country boil stuffed ones specific to their area), sweet and crunchy plantains, flavorful pulled pork dishes, meaty Cuban sandwiches and delicious varieties of rice options. They made the round of venues such as the Doggie Carnival Festival in Forsyth Park, the Isle of Hope Art & Music Festival, and festivals in the Atlanta and Jekyll Island areas.

Less than a year later, Chaz's business has grown to two food trucks serving Savannah and the low country area. His catering business for weddings and other special events has become an important part of this franchise. In 2016, the family opened a brick and mortar location, Chazitos Latin Cuisine, which has been winning the hearts of locals.

Chazitos Latin Cuisine is based upon a life time dream of Chaz Ortiz. It is entirely family owned and operated by Chaz, his wife Katherine and his dad JR aka Papi.





## Leopold's Ice Cream

For ice cream aficionados, it doesn't get any better than Leopold's Ice Cream. The brand was founded by three brothers from Greece, who perfected a secret family formula and opened their first Savannah ice cream parlor in 1919.

Even before social media, word traveled fast and soon passengers were leaping from streetcars to indulge in the delicious frozen treats, including their signature Tutti Frutti concoction. Their legendary soda fountain attracted locals, visitors and an occasional celebrity such as famed lyricist Johnny Mercer who worked in the shop as a boy.

Today, Stratton Leopold, son of one of the brothers, owns the business. A Hollywood filmmaker, his heart is never far from Leopold's. On trips home, you will find him at one of their three locations scooping ice cream for happy customers. Leopold's has a shop in downtown Savannah and two at the Savannah/Hilton Head International Airport.

As their popularity grew, Leopold's was regularly asked to cater special occasions. "So, when Stratton laid eyes on an ice cream cart that was made for use in one of the movies he hatched a plan to get that cart to Savannah for answer the call for a mobile Leopold's Ice Cream," says Leopold's marketing director Carey Ferrara. Today, they have five carts varying in size and an ice cream tricycle. Their carts even make yearly trips across the US, scooping in various locations.

"Our mobile soda fountains are unique," Carey continues. "Our award-winning ice cream and uniformed soda jerks are one-of-a-kind! We are a classic, retro ice cream company and thanks to the fact that everything old is new again, we are always in style!"

Leopold's does not take short-cuts on their creations. Each batch of ice cream is handcrafted with all sauces and cookies made in-house.

When possible, they source local products from Savannah. "We use a small batch technique that produces about 5 gallons of ice cream at a time," explains Carey. "This allows us the highest level of quality control possible." The company has shipped its premium ice cream to fans in every state in the US, including to two US presidents and several well-known actors.

Leopold's believes strongly in giving back to the community by taking their mobile soda fountains to charity events such as those at the Willett Children's Hospital of Savannah. "Getting a special treat just lights up their faces," says Carey. "Seeing those smiles makes all the hard work worth it...a million times over!"



## Molly MacPhearson's

Dannie Cloutier and Debbie Boulanger, owners of 'Molly's Fish & Chips "N" More,' had not intended to go into the food truck business, but sometimes opportunity is sitting right there on the side of the road. Returning to Savannah from Charlotte, they passed a truck by the road and stopped to take a closer look. It needed a bit of TLC, but they got a great deal and fixed it up with equipment from their restaurants in the Savannah/Pooler area.

Their back story includes a lot of professional food experience. They've both worked in the industry for years; Dannie as owner of restaurants in New England and Debbie as a manager in the food and hospitality industry. After moving to Savannah 2003, they opened their first pub, 'Molly McPhearson's,' in 2005. Named after Debbie's great grandmother, a Scottish lass who left her homeland for Nova Scotia after her young



husband passed away, Molly's clan proudly passed down traditional Scottish recipes, many of which are enjoyed today by eager guests in their pubs and from the food truck.

Originally, they had planned to operate the food truck only at the Scottish Games in Savannah, but it was so popular and successful that it became a full time business. Once they realized how much fun it was to talk to people, be part of the community and serve a great product, they were hooked. Not surprisingly, fish & chips is the specialty at 'Molly's Fish & Chips "n' More,' but they regularly change the menu to offer other yummy options.

Having given their food truck a spiffy new wrap recently, they are a major food truck player at events in the area. "It's a lot of work not knowing how many people will attend an event, deciding what to order and trying to stock accordingly," says Debbie. They are so delighted with their food truck business that they've turned over management of their three pubs in Savannah, Richmond Hill and Pooler to their sons.



## Yoshi's Kitchen

Takami Yoshimoto grew up in the restaurant industry. His parents own Sushi Zen, a small Japanese restaurant in Savannah. "Food is a universal language that connects people from around the world," he says, "but it takes experience to create a magnificent collage of flavors that paint a picture in your mouth."

From a young age Takami worked at Sushi Zen washing dishes and learning to cook the menu. He spent six years studying in Japan where he

learned the importance of food quality in a nation that enjoys a rich food culture. Upon returning to Savannah, he rejoined the family business. His parents had bigger dreams for their son than a career in the food business. "They worked long nights to provide for the family, and didn't want me to live that way," he explains. However, the restaurant was all he knew, and after high school, decided that the culinary path was the one for him.

He took an apprenticeship in South Carolina where Tsutomu Fukuhara, a well known master chef in Japan, taught him Japanese cooking, with a focus on traditional sushi and sashimi. Knife skills are a must in the culture and Takami learned them well. "Sushi is not something mastered in a few years, and Sushi chefs never stop learning," he explains. "Breaking down fish and preparing them for raw consumption, and using traditional Japanese flavoring techniques passed down for centuries, I was able to find in the middle of South Carolina."

After S.C., Takami chose to study western cuisine, enrolling in an Austin, Texas culinary school. While there, he worked alongside renowned chefs and learned the importance of knowing your food sources. His school had a farm-to-table program, allowing the students to work with local farms and learn about produce and meats.

Austin also exposed Takami to the world of food trucks, each with its own culture. "I was shocked by how many people would hunt for a food truck before dining in a brick and mortar," he says. About that time, his parents had discovered the new food truck movement in Savannah, and were thinking of opening one. Takami decided to join them. "I wanted to bring that scene to Savannah."

In January 2018 the Yoshimoto family opened Yoshi's Kitchen, allowing them to become mobile and come to your business or event. With current regulations, sushi isn't allowed for street sales. However, they are allowed to prepare sushi and sashimi at private events. "We take pride in being Sushi Zen's food truck. We cater high quality sushi with experienced Japanese sushi chefs. It takes many years of experience to know how to properly make it. It's not just a ball of rice and fish, or a roll with "stuff" in it. We have been given the highest certification Japan gives to sushi chefs."

"Food trucks are growing in popularity, and it's our responsibility to keep the interest alive. We are not competing with brick and mortars. People usually know beforehand what they want to eat. They don't dress up to dine in and swing for a food truck last minute."

"I love what I do and want to make good food that puts a smile on peoples' faces and stomachs. We care about what we feed our customers. Even if it's just a meal to them, to us, this is our life."







## The Power Of Practice

By Janese Bryant Cooper  
Certified Kumon Instructor

*"It is a mistake to think that the practice of my art has become easy to me. I assure you, dear friend, no one has given so much care to the study of composition as I. There is scarcely a famous master in music whose works I have not frequently and diligently studied."*

~ Wolfgang Amadeus Mozart

Supplemental academics can be compared more accurately to sport and music training than to traditional tutoring. When children learn how to play the violin or baseball, results are not expected to happen overnight, although they are asked to practice often. Becoming good at the piano, tennis, math, or reading requires a commitment to steadily practicing and not giving up. Instructors are academic coaches that guide children to improve their skills through practice and to reach specific goals.

There are two stages in learning a particular skill: the thinking stage and the knowing stage. When children learn how to play basketball, they need to think about how to correctly shoot the ball. But if all the players have to think about it each time, they cannot win a game. You have to know how to shoot to win a game. The transition from the thinking stage to the knowing stage is achieved through practice. Practice enables us to know how to do things automatically, and it decreases the risk of making a mistake. This is why, despite being the greatest basketball player in the game, LeBron James stays late after the team practice to deliberately practice his free throw shots. Continuing to practice the fundamentals is how you become and stay excellent.

*"Basketball is an intricate, high-speed game filled with split-second, spontaneous decisions. But that spontaneity is possible only when everyone first engages in hours of highly repetitive and structured practice — perfecting their shooting, dribbling, and passing and running plays over and over again — and agrees to play a carefully defined role on the court. . . . spontaneity isn't random."*

~ Malcolm Gladwell



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# White Kitchens are White Hot!

By Andrea Antunes McGilton

White motifs continue to dominate kitchen décor and Distinctive Granite and Marble now offers a new white quartz product that has taken the lowcountry by storm.

Called PolarStone, this quartz surface stone requires virtually no maintenance and mimics the look and feel of classic marble.

With an option that offers easy maintenance and enduring beauty, white stone surfaces are increasingly popular, used to create modern, clean, open spaces that reflect natural light and provide a subtle background for art and furnishings. White can be used to create kitchens that are modern, traditional, transitional or sophisticated.

The enduring spirit and beauty of white Italian marble, like Carrara and Calacatta, is flawlessly captured in PolarStone.



Teltos White Pebble Quartz

"PolarStone has really enabled homeowners to have the white marble-look kitchens they want," said Margaret Bowers, sales manager at Distinctive Granite and Marble's Pooler showroom on Morgan's Corner Road.

Distinctive is the Lowcountry's exclusive distributor of PolarStone and has seen it explode in popularity since introduced last year.

PolarStone has established itself as a revolutionary new product that combines the timeless beauty of marble patterns with quartz surface technology. The stone shows three-dimensional marble veins that change in shape, color and size throughout each slab, while achieving the identical natural translucency of marble. The enduring spirit and beauty of white Italian marble, like Carrara and Calacatta, is flawlessly captured in PolarStone.

White kitchens are classic, they defy trends, and they are the perfect backdrop for punches of color or a mixture of styles.

Today, the desire for the elegance of classic white marble, once avoided in many applications, can now be satisfied without reservation. PolarStone marries the aesthetics of marble to the surface performance of quartz. It is resilient against scratches, stains, chips and heat, and requires very little maintenance. Traditional marble colors beyond white are also offered.

In their quest to extend creativity in white kitchens, local designers are often opting to use white-on-white, mixing tones, textures and finishes of multiple white products within the same space.

A stone can be finished in two to three different ways to create sophisticated and subtle differences that make a big

statement about attention-to-detail and individual creativity. White bath countertops can coordinate with white tiled floors, stone shower walls and borders in a sophisticated neutral palette that encompasses tones, textures and varieties of white products.

Beyond white, for the slightly more adventurous, charcoal greys, neutral pastels and tinted whites are attractive alternatives. In fact, grey and silver-grey granite are now considered neutral since they pair easily with white and accent colors. Grey can be "cool" or "warm" depending on its tone. Grey is now a timeless kitchen and bath choice that is never outdated.

The big story here: the options for stone use have never been more exciting or unlimited for renovations and new construction. Even a small budget can allow new countertops or accent stone that can make substantial visual impact and provide practical upgrades. A visit to Distinctive Granite and Marble will open your eyes to the world of possibilities available within every budget.



Superior White Quartz

Andrea Antunes McGilton is sales manager at Distinctive Granite and Marble, the company founded by her father, John Antunes, over 30 years ago. Distinctive has showrooms in Pooler, River Walk, Hilton Head Island and Beaufort.





## Pooler Chamber of Commerce and Visitor Bureau, Inc.

**Pam Southard, Executive Director**

## Greetings from YOUR Pooler Chamber of Commerce

Hello to all from your Pooler Chamber of Commerce and Visitors Bureau, Inc.

“Why should I join a Chamber of Commerce?” As Executive Director of our Pooler Chamber of Commerce, I am frequently asked that question by successful business owners and those looking to grow their businesses. My answer is that a chamber offers an excellent opportunity for businesses to network and thrive. We share a common mission to promote and assist the local business community.

While many companies do a lot of their business on the internet, face-to-face interaction often leads to stronger relationships and better opportunities to sell and promote your business. You will find a sense of camaraderie exists amongst active chamber members who often develop lifetime business relationships and personal friendships. A strong chamber, such as ours, makes introductions easy by bringing people together and providing access to helpful resources on numerous issues and questions related to running and growing a business. We also keep you informed about up-to-date legislative and regulatory developments and how they affect your business.

Small businesses represent the largest segment of most local chamber membership. Results from a research study by The Shapiro Group, a marketing firm that provides data-driven strategic consulting services, found that local chamber membership is very important to a small business. Others are more likely to do business with you if you belong to a chamber and maintain a high standing within the business community. The study also found that about 80% of consumers are more likely to purchase a product or service from a chamber member. Naturally, it takes time for a business to establish a positive, trustworthy reputation in the community, and that trust must be earned.

Our Pooler Chamber is constantly on the move, hosting networking events, fundraisers, workshops and many other activities that attract not only businesses, but often families as well. Some events are strictly fun, while others are designed to educate the public on issues such as transportation, business development and the city's economic outlook. Below are samples of events we've hosted this year and those to come this spring.

Our 4th annual Hearts for Heroes Gala was a huge success. Support from the businesses and community was overwhelming. We are already planning for February 16, 2019.

March may come in like a lion, but it surely turned into a “Green” animal with our St Patrick's Celebration Shuttle service from Pooler to Savannah and back. The chamber has offered this service for 7 years run-

ning and I am continually impressed by the turn-out. Residents and tourist alike see the value. No need to worry about parking and driving when you can party on and have a safe ride home. Staff worked non-stop for the three days. We give a huge thumbs up to Susan, Donna and Sandy for their willingness to make it a success. Daniel and Chris of Molly MacPherson's Scottish Pub in Pooler did a beautiful job making sure their staff met the needs of the travelers. Pooler police (who provided security) and the chamber ambassadors and volunteers all put long tiring hours into this.

In April we gear up for our April 19th Taste of Pooler. We have over 24 restaurants represented who will offer a splendid variety of food to attendees. Over 400 people attend this annual event. We hope you can join us and sample food from our Pooler restaurants.

If you ask around, I think you will find that most business owners think their Chamber membership is worth it. The caveat is that you get out of it what you put into it. A chamber is a valuable tool which means attending events, volunteering, getting involved. In other words, work it to the max! When there's a high degree of participation by chamber members, the entire community benefits.

The Pooler Chamber of Commerce is in the people business and we are committed to nurturing positive relationships within our city. You are prominent members of the Pooler community. Thanks to your support of our businesses and plans for our city's ongoing responsible growth, the future of Pooler seems brighter than ever.

If you are not a member of the Pooler Chamber of Commerce, please stop by our office to learn how we can help your business share its message, develop its full potential and become a vital contributor to the community.

We look forward to meeting you!

## Pooler Chamber Business After Hours in March



**Photos By: T.Howard Reimer**  
[thowardreimer.smugmug.com](http://thowardreimer.smugmug.com)



CASA recruits, screens and trains volunteers from the community to represent the best interest of abused and neglected children in the court system. CASA volunteers have become increasingly important due to the system being overcrowded and overtaxed. The CASA volunteers are committed to the child(ren) they are representing. They do this work for free. The judges depend on the CASA volunteers' report in court because often the CASA is the person who knows the most about the child and what the child's needs are. Statistics show that children who have a CASA fare much better long term because they have someone to watch out for all of their needs including physical, emotional, mental, educational and anything else they may need.

This year Savannah/Chatham CASA celebrates 25 years of advocacy in Chatham County. On any given day in Chatham County, there are approximately 300 children in foster care. Although recently, we have seen a spike up to around 400 which means there is many more children who need us immediately. To be in foster care means they have no family who can take them in, their parents have been found unfit to care for them and they literally have no one. These children can often get lost in the system and fall through the cracks. CASA is there to make sure that never happens here. And not only that they don't get lost but we make sure they thrive. Sometimes it takes a lot of work from the CASA and lots of trial and error to figure out how to best serve these children who have already been through so much.

Our Savannah Chatham CASA office is currently in a period of growth. Our goal is to serve 100 percent of the children in care, making sure every child who needs a CASA has one. Currently we are serving between 60-70 percent. We have started a recruitment campaign, we have secured funding to hire an extra Advocacy Coordinator to focus on volunteer recruitment, retention and training and our numbers are going up. The challenge to this is we need more funds to train all of these volunteers and provide materials, training materials, background checks, refreshments for all of these new incoming trainees. We currently have 60 active volunteers. We usually train 12-15 new trainees per year. Already in 2018,



we have completed a class of 15 and have a new class scheduled to start April 2. We plan to continue to offer CASA training classes back to back until we reach our goal.

*"While it is a very exciting time at CASA, we need help from our community. CASA is all about inspiring the community to address the needs of these children because when we do this we know the results are wonderful."*

*-Executive Director Suzanne Wisdom*

"I think one of the reasons we are successful is that everyone who works or volunteers in our office is mission-driven. We all care very much about the outcomes for these children and are willing to work until their needs are met and we are sure they are safe." Executive Director Suzanne Wisdom

"We are so thankful, excited and honored to be the recipient of the Hearts for Heroes recognition by the Pooler Chamber of Commerce. It was also a wonderful opportunity for us to tell our story to a new audience and build more support for our cause." Executive Director Suzanne Wisdom

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3rd Annual Hearts for Heroes Gala  
February, 2018







T. HOWARD REIMER



PHOTOGRAPHY

Photos By: T.Howard Reimer  
thowardreimer.smugmug.com





## Q&A - Help For Dogs Who Swallow Inanimate Objects

By Cathy M. Rosenthal

**Question:** We have a 1 1/2-year-old beagle mix that we rescued. We got her around 6 months old. She is adorable, loving and gets along well with our 7-year-old lab pit mix that we also rescued as a pup.

Our problem started when we began crate training her. She ripped everything and anything we put in the crate - pillows, blankets and towels - and she sometimes eats it. She's already had bowel surgery to remove a wad of rope from a rope toy she swallowed.

We tried putting nothing in the crate, but she tore things outside of the crate, even if we were home. She is very quiet when doing this, so we don't know what she's done until we find the holes and missing material, stuffing, etc. She rips apart any toy that is not the toughest, strongest rubber. She has eaten pillows, zippers, Velcro, shoe laces, tops of shoes and snaps.

Our veterinarian says beagles do this, and that she will outgrow this. We have had huskies, a beagle, and lab pit mix and never experienced this behavior beyond the initial puppy chewing stage. Is there anything we can do? - Terry, Commack, NY

**Answer:** Your veterinarian is right that most dogs outgrow chewing and other destructive behaviors around 18-months-old, so you might see a change over the next few weeks.

While dogs sometimes ingest things they chew, swallowing things, like pillows, zippers and rope toys, with the frequency you describe is not an entirely normal behavior either. Dogs also can develop behavioral or psychological problems, which may require medication to treat. Initially, you can try some calming treats, available at pet stores and online, or introduce her to Melatonin, which I mentioned in a recent column, to see if it will relax her. If it doesn't help, don't be afraid to go back to your veterinarian to discuss medication for your dog.

Whether bad habit, end of puppyhood, or psychological problem, she still needs lots of supervision, for now, and corrections when caught chewing inappropriate items. Take away the item, say "no," and give her a hard rubber toy instead. Put peanut butter or other spray treat available at the pet store inside the toy and freeze it. A frozen treat will keep her mind engaged longer.

You also can spray Bitter Apple (available at pet stores or online) on items to discourage chewing, introduce basic obedience training daily to keep her mind busy, and take her on lots of walks, weather permitting, to expend some physical energy.

*Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to [cathy@petpundit.com](mailto:cathy@petpundit.com). Please include your name, city, and state.*

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## We All Grieve

**By John Fender**

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

Grief is that emotional suffering one feels when something or someone the individual loves is taken away. Everyone who reads this article has been and will be impacted by grief. Yet, most of us know little of how to biblically deal with such seasons and struggles.

In 1835 a man visited a doctor in Italy. He was filled with anxiety and exhausted from lack of sleep. He couldn't eat, and he avoided his friends. The doctor examined him and found he was in prime physical condition. Concluding his patient needed to have a good time, the physician told him about a circus in town and its star performer, a clown named Grimaldi. Night after night he had the people rolling in the aisles. "You must go and see him," the doctor advised. "Grimaldi is the world's funniest clown. He'll make you laugh and cure your sadness." "No," replied the despairing man, "he can't help me. you see, I am Grimaldi!" His grief was seemingly inconsolable.

Even King David struggled with grief. In Psalm 6:6-7 David would write, "I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping. My eye wastes away because of grief; it grows weak because of all my foes." In this Psalm he does not state the specific cause of his grief. It may have been his enemies. It may have been his own sin in 2 Samuel 11 or the loss of his child in 2 Samuel 12.

What we do know is that the burden of his grief was overwhelming. In that grief he would feel a sense of God disapproving of him. Vs. 1 "O LORD, rebuke me not in your anger, nor discipline me in your wrath."

We quickly believe that if we were a mature Christian, we would not struggle with grief as we are.

What will others think of me if they knew how much I cried? What would others think of me if they knew how stuck I am? What does my God think of me? Is He angry with me? Does He look upon me and say, "I am disappointed by how little progress you have made?" What is clear from Psalm 6 is that David is grieving and in his grief he senses that the Lord is angry with him. He is asking God to not rebuke him, nor discipline him.

How crucial it is, in good times and bad, that we would think rightly of our God.

The good news of the gospel is that the wrath of God for His children has been exhausted. Picture His wrath as filling a large vat, and that wrath that was due us for our sins has been poured out upon Jesus, completely poured out upon Jesus. So now, when you and I sin, the Lord may indeed discipline me, but never in wrath. It cannot happen. His wrath is exhausted and his anger is propitiated.

But when I am grieving, I don't think as clearly as at other times. When I am grieving, the eyes of my faith miss certain truths, they cannot behold certain truths. In your grief you will think all kinds of wrong thoughts, even that the God who calls us to Himself through Jesus' gracious invitation saying, "Come unto me all you who are weary and heavy laden" no longer holds out that invitation and instead now disapproves of me.

Thankfully, by the end of the Psalm David's confidence in God has been restored such that he would say, verse 9, "The LORD has heard my plea; the LORD accepts my prayer." This is the confidence that Nancy Guthrie speaks about in her articles "Six Words to Say through Tears."

She writes,

"When we are the ones who are grieving, what is far more important than what other people say to us is what we say to ourselves — what we say to ourselves in between sobs, when we have more questions than answers, when the emptiness feels overwhelming, when anger is getting a foothold in our heart. When the grief is fresh and intense, we might take some wild ideas for a test drive, but to move toward healing and return to joy requires that we press this one idea deeply into our souls until it begins to impact us at the level of our feelings: and the idea is found in these six words "I can trust God with this."

"I can trust God with this" has all kinds of implications that bring peace in the midst of grief's chaotic thoughts and emotions. It means:

I can trust God with the timing of my loved one's death.

I can trust God with the way my loved one died.

I can trust God with the unknowns about my future.


I can trust God with my unanswered questions until faith becomes sight.

I can trust God to heal the hurt, fill the emptiness, illuminate this darkness, restore joy to my life, speak to me through his word, supply sufficient grace and divine power for facing whatever comes.

I can trust God to cause this to work together for my good and for the good of others impacted by this, to conform us more closely to the image of Christ.

I can trust God that resurrection day is really coming and it will be worth all the waiting."

My God give you the confidence that He has given to David in David's grief. And may God again prove Himself sufficient and faithful!



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# What Should Investors Know About Recent Volatility?

By Veronica Voisine, AAMA®, CRPC®  
Financial Advisor, Edward Jones®

As you may have heard, the stock market has been on a wild ride lately. What's behind this volatility? And, as an investor, how concerned should you be?

Let's look at the first question first. What caused the steep drop in stock prices we experienced on a few separate days? Essentially, two main factors seem to be responsible. First, some good economic news may actually have played a significant role. A 17-year low in unemployment and solid job growth have begun to push wages upward. These developments have led to fears of rising inflation, which, in turn, led to speculation that the Federal Reserve will tighten the money supply at a faster-than-expected rate. Stocks reacted negatively to these expectations of higher interest rates.

The second cause of the market volatility simply appears to be a reaction to the long bull market. While rising stock prices lead many people to continue buying more and more shares, some people actually need to sell their stocks – and this pent-up selling demand, combined with short-term profit-taking, helped contribute to the large sell-offs of recent days.

Now, as for the question of how concerned you should be about this volatility, consider these points:

- Sell-offs are nothing unusual. We've often experienced big sell-offs, but they've generally been followed by strong recoveries. Of course, past performance is not a guarantee of future results, but history has shown that patient, persistent investors are often rewarded.
- Fundamentals are strong. While short-term market movements can be caused by a variety of factors, economic conditions and corporate earnings typically drive performance in the long term. Right now, the U.S. economy is near full employment, consumer and business sentiment has risen strongly, manufacturing and service activity is at multi-year highs, and GDP growth in 2018 appears to be on track for its best performance since 2015. Furthermore, corporate earnings are expected to rise this year. So, given this background, what's your next move?

## Here are some suggestions:

- Review your situation. You may want to work with a financial professional to determine if your portfolio is helping you make the progress you need to achieve your long-term goals.
- Reassess your risk tolerance. If you were unusually upset over your investments' loss of value during the market pullback, you might need to review your risk tolerance to determine if it's still appropriate for your investment mix. If you feel you are taking on too much risk, you may need to rebalance your portfolio. Keep in mind, though, that by playing it safe and investing heavily in vehicles that offer greater protection of principal, but little in the way of return, you run the risk of not attaining the growth you need to reach your objectives.

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**Veronica L Voisine, AAMS®, CRPC®**  
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- Look for opportunities. A market pullback such as the one we've experienced, which occurs during a period of economic expansion and rising corporate profits, can give long-term investors a chance to add new shares at attractive prices in an environment that may be conducive to a market rally.

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### Getting Back On Track - Continued from page 10

**Hip flexor stretch:** Take a knee with one knee down and the other foot out in front at 90 degrees. Lean forward leading with your hip until you feel a good stretch in front of thigh. Switch positions to stretch both sides.

**Quadriceps stretch:** While in a standing position, bend your knee back behind and hold your ankle/foot. Next, gently pull your knee into a more bent position. Perform stretch on both legs.

Of course, should you do endure a running injury, you may want to seek the professional expertise of a physical therapist.

"When we evaluate a client with a running injury, we perform a comprehensive screen to determine the underlying cause of the injury," according to Prado. "These deficits must be addressed to prevent reoccurrence of the injury upon returning to running. We also educate the client on how to safely transition back to their sport."

A marathon runner and triathlete herself, Prado says, "Running injuries can occur with any level of experience and regardless of years of running or level of competition,"

She adds that running injuries can have multiple causes, including muscle weakness or imbalance from one side of the body to the other, lack of flexibility, improper or worn foot wear and training errors.

For those who choose physical therapy to treat a running injury, Prado says clients can expect to be seen two to three times a week with each session lasting around an hour. The duration of therapy depends on the length of time the client has been suffering with the injury, but averages six weeks.

During a session, the client can expect to participate in a brief warm up, followed by instruction on individualized exercises to address their deficits, Prado says. The client will likely receive hands-on therapy to assist in mobilizing injured or restricted tissues, and the use of ice, heat or possibly electrical stimulation may be recommended to control pain, stiffness or swelling.

"I would encourage anyone who is dealing with a running injury to request a physical therapy consult," she says. "Our highly trained staff at Pooler or any of the St. Joseph's/Candler Physical Therapy facilities can help anyone heal quickly, safely and return to running. A lot of our therapist are runners themselves and have experience with these injuries. They can share with you what has worked for them."

St. Joseph's/Candler Physical Therapy is conveniently located in Godley Station Professional Park, 1000 Towne Center Boulevard, Building 1000/Suite A.

A doctor's referral is required for a physical therapy appointment. To learn more about physical therapy services offered at St. Joseph's/ Candler and its Pooler facility please call (912) 964-0007 or visit [sjchs.org/rehabilitation](http://sjchs.org/rehabilitation).





## The Rehabilitation Institute

### Pain Relief For Arthritic Hands

By Craig LeTourneau, OTR/L, CHT

It is said that if you live long enough you will have arthritis. That's because the most common type of arthritis, osteoarthritis (OA), occurs when the surfaces of your joints wear down over time. OA can be painful and debilitating. While there is no cure, there are steps you can take to help manage the pain.

Osteoarthritis can occur in any moving joint in the body, but for this article we will focus on OA of the hands.

If you suspect that you have OA in your hands, seek advice from a doctor and a therapist right away. An occupational therapist or a certified hand therapist can help you learn how to manage your OA pain. They can show you how to use heat, splinting, exercises and activity modification effectively. Your primary care provider can refer you for hand therapy.

**HEAT** - Heat warms up the joints, decreases pain and increases joint mobility. A therapist might use moist heat or paraffin wax in the rehab clinic. Talk to the therapist about how to use heat safely and effectively at home.

**SPLINTING** - Splints provide support for arthritic joints. Your therapist can create a custom splint for you in the clinic in a few minutes. Or you can purchase reasonably priced splints at your local pharmacy or online. A therapist can guide you through this process.

**EXERCISES** - Osteoarthritis causes joints to become stiff and painful, so it is important to keep the joints moving. A therapist can provide range-of-motion exercises to help keep your joints loose. Light activity is good for the joints; however, excessive strain on the joints can lead to more joint damage and pain.

**ACTIVITY MODIFICATION** - Sometimes the way you perform everyday activities causes harm to your joints. Occupational therapists and certified hand therapist are trained to observe and modify your tasks and tools so you can continue to complete your daily activities without causing further joint damage.

**MEDICATION** - There are a number of prescription and over-the-counter pain relievers, dietary supplements and topical analgesics that can alleviate joint pain. Talk to your physician about what is best for you.

**SURGERY** - When these approaches fail to help you manage OA in your hands, ask your physician if surgery is the next step. A hand surgeon can discuss your options and help you make the best decision.

*Craig LeTourneau is an occupational therapist and certified hand therapist who sees patients at Memorial Health Outpatient Rehab in Pooler and Savannah. Call 912-273-1000 for more information.*

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## What To Know About Tariff Talk?

By Jill Schlesinger  
Tribune Content Agency

After announcing new tariffs on imported steel and aluminum, the President tweeted, "Trade wars are good," but economists are not so sure.

While some would argue that President Trump is just making good on his campaign promise to level the international trade playing field, others, like White House economic adviser Gary Cohn, are concerned that this potential action could hurt the U.S. economy and more importantly, trigger a trade war that could cause the next global recession.

Here's what you need to know about the tariff talk:

What is a tariff? A tax or duty to be paid on a particular class of imports or exports, in this case, a 25 percent charge on imported steel and a 10 percent one on foreign aluminum. The rationale behind the imposition of tariffs is to raise money or to protect particular industries from competition.

The administration would levy these new tariffs based on national security grounds - the Commerce Department would rely on a rarely-used loophole that allows countries to impose restrictions in times of war.

When would they go into effect? The tariffs will go into effect March 23. Trump signed orders on Thursday imposing the tariffs, but he sought to soften the blow on some allies by exempting Canada and Mexico.

Who are the winners from tariffs? Domestic producers will be the biggest beneficiaries. If their businesses increase enough, these producers could potentially hire more.

Who are the losers? Companies that purchase the imported steel and aluminum are the losers. Included in this group would be car manufacturers, equipment makers, construction firms, tool and dye makers, manufacturers of air conditioners, industries that use aluminum for packaging, like beer companies and canned food makers.

Which countries are most affected? Although the president has criticized China for flooding the market with cheap metals, it is not one of the top 10 exporters of steel to the U.S. The

sent 78 percent of the total steel import volume. Canada, which has been exempted, accounted for the largest share (16 percent), followed by Brazil (13 percent), South Korea at (10 percent) and Mexico and Russia (9 percent each). Mexico also has been exempted.

How could this lead to a larger international conflict? Affected countries are not going to take tariffs sitting down. Jean-Claude Juncker, the president of the European Commission, said the EU would take retaliatory action if Trump followed through and Canada said that any trade impediments would be "absolutely unacceptable."

U.S. agricultural businesses, which amass a surplus of about \$21 billion from worldwide trade, are bracing for retaliation. A joint statement from the National Association of Wheat Growers and U.S. Wheat Associates said: "It is dismaying that the voices of farmers and many other industries were ignored in favor of an industry that is already among the most protected in the country."



*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@mon.eywatch.com](mailto:askjill@mon.eywatch.com).*

reason is that there were already targeted tariffs in place, which have dramatically reduced China's exports.

According to the Commerce Department's International Trade Administration, through the third quarter of last year, the U.S. imports steel from more than 110 countries and territories and the top 10 source countries repre-



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# Pooler Business Spotlight

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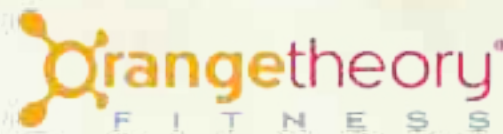


Orangetheory continued on next column

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# 2018 Calendar of Events

**Pooler Chamber of Commerce and Visitor Bureau, Inc.**

**April 19**

**Taste of Pooler - 5:30 - 8 p.m.**

*at: National Museum of the Mighty Eighth Air Force*

**June 15**

**Sip & Savor/Casino Night - 6-11 p.m.**

*at: National Museum of the Mighty Eighth Air Force*

**August 16**

**Economic Outlook Luncheon - 11:30 am - 1:30 pm**

*location to be determined.*



Pooler Chamber of Commerce

## Welcome New Members

**Capital Crest at Godley Station**

**Construct Clean Solutions**

**EV Infusions, LLC**

**Home 2 Suites by Hilton Savannah Airport**

**Junkluggers of the Coastal Empire**

**Old Savannah Tours**

**Publix**

**Valvoline Instant Oil Change**



Pooler Chamber of Commerce latest ribbon cutting events. Pooler welcomes: (Top to bottom, left to right) Emerald Neuro-Recovery Center; FabaFric Braiding; Spectrum Spine and Pain; Vaden Chevrolet; and Valvoline.



**Pooler Chamber of Commerce & Visitor Bureau, Inc.**

**404 US Highway 80 West, Pooler, GA 31322. • (912) 748-0110 - <http://poolerchamber.com>**





## It's Not Too Soon To Prepare For The 2018 Hurricane Season

By FEMA - Federal Emergency Management Association

Before Hurricanes Irma and Maria last September, there was Tropical Storm Otto in 2010, Tropical Storm Jeanne in 2004, Hurricane Lenny in 1999, Hurricane Georges in 1998, Hurricane Bertha in 1996, Hurricane Marilyn in 1995 and Hurricane Hugo in 1989.

As Virgin Islanders continue recovering from Irma and Maria, the next Atlantic hurricane season is less than three months away. The season runs from June 1 to November 30, with the peak occurring between mid-August and late October. Officials from the Federal Emergency Management Agency (FEMA) urge residents and communities to begin preparing now.

There are a number of actions we recommend to be well prepared for the next hurricane, and we urge you to be informed and plan ahead.

Loss of electricity, lack of drinking water, impassable roads, impaired phone service and a severely damaged home are effects to anticipate from a powerful hurricane. Preparations should include stores of food and water, medications, family documents and a number of other items. There is comprehensive information about preparations on the [Ready.gov](http://Ready.gov) website.

You may also need to be ready to evacuate, which means having a "go kit" packed and ready, knowing your hurricane evacuation route and having a plan for where you will stay.

"Starting now to be prepared for the next hurricane season gives you time to get ready over the next couple of months," said FEMA Federal Coordinating Officer William Vogel. "Depending on the severity of the storm, it may be days before help can reach you. Everybody should be ready with a plan."

## What Are El Niño and La Niña?

NOAA - National Oceanic and Atmospheric Administration

El Niño and La Niña are complex weather patterns resulting from variations in ocean temperatures in the Equatorial Pacific.

Warmer or colder than average ocean temperatures in one part of the world can influence weather around the globe.

El Niño and La Niña are opposite phases of what is known as the El Niño-Southern Oscillation (ENSO) cycle. The ENSO cycle is a scientific term that describes the fluctuations in temperature between the ocean and atmosphere in the east-central Equatorial Pacific (approxi-

mately between the International Date Line and 120 degrees West).

La Niña is sometimes referred to as the cold phase of ENSO and El Niño as the warm phase of ENSO. These deviations from normal surface temperatures can have large-scale impacts not only on ocean processes, but also on global weather and climate.

El Niño and La Niña episodes typically last nine to 12 months, but some prolonged events may last for years. While their frequency can be quite irregular, El Niño and La Niña events occur on average every two to seven years. Typically, El Niño occurs more frequently than La Niña.

### El Niño

El Niño means The Little Boy, or Christ Child in Spanish. El Niño was originally recognized by fishermen off the coast of South America in the 1600s, with the appearance of unusually warm water in the Pacific Ocean. The name was chosen based on the time of year (around December) during which these warm waters events tended to occur.

The term El Niño refers to the large-scale ocean-atmosphere climate interaction linked to a periodic warming in sea surface temperatures across the central and east-central Equatorial Pacific.

Typical El Niño effects are likely to develop over North America during the upcoming winter season. Those include warmer-than-average temperatures over western and central Canada, and over the western and northern United States. Wetter-than-average conditions are likely over portions of the U.S. Gulf Coast and Florida, while drier-than-average conditions can be expected in the Ohio Valley and the Pacific Northwest. The presence of El Niño can significantly influence weather patterns, ocean conditions, and marine fisheries across large portions of the globe for an extended period of time.

### La Niña

La Niña means The Little Girl in Spanish. La Niña is also sometimes called El Viejo, anti-El Niño, or simply "a cold event."

La Niña episodes represent periods of below-average sea surface temperatures across the east-central Equatorial Pacific. Global climate La Niña impacts tend to be opposite those of El Niño impacts. In the tropics, ocean temperature variations in La Niña also tend to be opposite those of El Niño.

During a La Niña year, winter temperatures are warmer than normal in the Southeast and cooler than normal in the Northwest.

## 2018 ATLANTIC HURRICANE SEASON

### 2018 Tropical Storm Names:

Alberto	Beryl	Chris
Debby	Ernesto	Florence
Gordon	Helene	Isaac
Joyce	Kirk	Leslie
Michael	Nadine	Oscar
Patty	Rafael	Sara
Tony	Valerie	William



## Preparing Your Five-Gallon

### Emergency Kit

By CEMA – Chatham Emergency Management Agency

Building Your Five Gallon Emergency Kit Can Save You Money and Help You Survive a

#### Disaster

Surviving a small or large scale disaster depends a lot on how prepared you are. You play a role in your safety and your family's safety. An easy and very organized way to be prepared is to build an emergency kit. If you build your own it gives you a certain intimacy with your kit - you know exactly what's in it and you know how to use it. Putting together your own kit means you can custom tailor what's important to you, your family and your community. For example, if a family member has allergies, some that can kill very quickly, an EpiPen may be a critically important supply. Just remember to put a date on your kit so you will know when you assembled it and can check expiration dates for certain items. A good emergency kit can easily last five years or more, but not everything inside will be good for that long and may need to be periodically replaced. Again, the EpiPen example – they only last about 20 months from the day they are made. Replacing an expired EpiPen could be a life or death matter!

A kit should always be tailored to what's likely to happen in your area and your family's needs. Every item should be listed in detail on a printed contents document. On the back, list important phone numbers such as relatives, insurance companies, police, fire, etc.

Here are a few suggestions, but tailor to your specific needs.

#### Hygiene Supplies:

- bar soap
- tissues
- floss
- baby shampoo
- hand lotion
- sunscreen
- toothpaste
- toothbrushes
- feminine hygiene items
- comb
- toilet paper
- wash cloths

#### First Aid Supplies:

- first-aid guide
- moist wipes
- antiseptic towelettes
- latex gloves
- acetaminophen
- ibuprofen (Advil)
- aspirin
- Benadryl
- Imodium A-D
- burn cream
- sting relief
- hydrocortisone cream
- Neosporin
- cough drops
- earplugs
- instant ice pack
- tweezers
- nail clippers
- scissors
- thermometer
- cotton balls
- adhesive tape
- gauze rolls
- gauze pads
- moleskin

#### General Supplies:

- glow sticks
- flashlight
- liquid candle
- matchbooks
- mylar blankets
- hand warmers
- AM/FM radio
- whistle
- sewing kit
- blank notebook
- pencils
- batteries assortment
- zip ties
- can opener
- trash bags
- N95 dust masks
- duct tape
- small tarp
- paracord
- safety goggles
- work gloves

#### Pet Supplies:

- collar
- leash
- toys
- medical and vaccination records



## Planning Ahead For The Vacation Season NEW Passport Procedures To Know About

Changes are in the works for how millions of Americans obtain, renew and use their passport. Many of the changes will take effect in 2018, and these are the top updates that every traveler should know.

#### You Will Soon Be Able To Renew Your Passport Online

According to Carl Siegmund, the community relations officer for passport services at the State Department's Bureau of Consular Affairs, you should be able to renew your passport online by mid-2018. This comes as the department works to be more "future-focused" and move from a paper process to digital functionality.

Special Passport Acceptance Fairs Will Pop Up For First-Time Applicants. The U.S. Department of State Bureau of Consular Affairs has begun to hold events around the country to help first-time passport applicants and children obtain their passports earlier and faster. Expect to see events like the ones found here more often in the new year.

#### Passport Status Updates Are About To Improve

Currently, if you want to check the status of your new or renewed passport, you have to constantly check the State Department's outdated website or call the passport service center which receives more than one million calls per year. In 2018, status updates will come via email or SMS to keep applicants up to date on applications.

#### Passport Photo Rule Have Changed

You are no longer allowed to wear eyeglasses in your passport photo, unless it's for medical reasons. If that's the case, you'll need to get a note from your doctor and submit that with your passport application.

#### Passports Are Now More Secure

In July 2016, passports received a makeover, including the installation of a computer-readable chip that contains the traveler's biometric data. This new technology helps to increase security and lower the risk of fraud. Additionally, there is more advanced technology due to arrive in the coming years, according to the State Department.

The newly designed passport has a protective coating on the outer blue cover, which acts to protect it against water damage and more. The book is then less likely to warp or bend. It also contains fewer pages than previous U.S. passports.

For further information on rush orders, new adult passports, child passports, renewal, damaged/stolen, name changes, or 2nd valid passports, you may contact the following for assistance:

[www.rushmypassport.com](http://www.rushmypassport.com) or [www.expresspassport.com](http://www.expresspassport.com)  
or call toll free: 877 503.9838.





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## **'Tis The Season For Pesky Mosquitos The Difference Between Bug Repellents**

If your backyard is full of pesky mosquitoes, you don't have to spend the summer inside. Instead apply an effective mosquito repellent to keep mosquitoes away and prevent itchy mosquito bites. Consult a doctor before using store-bought or homemade mosquito repellent on yourself or your children, particularly if you have allergies or health concerns.

### **DEET**

DEET, also known as "N,N-diethyl-m-toluamide" is a powerful and effective insecticide recommended by the Centers for Disease Control and Prevention (CDC) to repel mosquitoes and prevent West Nile Virus, a disease that is spread by mosquitoes. According to the CDC, the higher the concentration of DEET, the longer the product will provide protection from mosquitoes. A product that contains 23.8 percent DEET will give you approximately five hours of mosquito protection. DEET may be toxic, so do not apply it to the hands of young children who may stick their fingers in their mouth. Do not apply a mosquito repellent that contains DEET to children under the age of two months old. Products that contain DEET may have a strong chemical smell.

### **PICARIDIN**

Picaridin, also known as KBR 3023, is an odorless mosquito repellent that provides similar protection as DEET but is odorless. Outside of the U.S., picaridin is known as "bayrepel." Like DEET, picaridin may be toxic if swallowed and should not be used on infants under the age of two months. Wash the repellent from your child's skin after she comes back inside.

### **EUCALYPTUS OIL**

If you do not want to expose your skin to harsh chemicals, eucalyptus oil is a natural alternative to harsh insect repellents. To make your own natural repellent that may be effective in keeping mosquitoes away, combine 2 oz. of vegetable oil, 1/4 tsp. of eucalyptus oil, 1/4 tsp. of citronella oil, 1/8 tsp. of rose geranium oil, 1/8 tsp. of pennyroyal oil and 1/8 tsp. of cedar oil, recommends Kathi Keville in her book, "*Herbs for Health and Healing*." Rub the solution on your skin to keep mosquitoes away.



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- ❖ **Thursday, May 17th:** in house demonstrations and consultation

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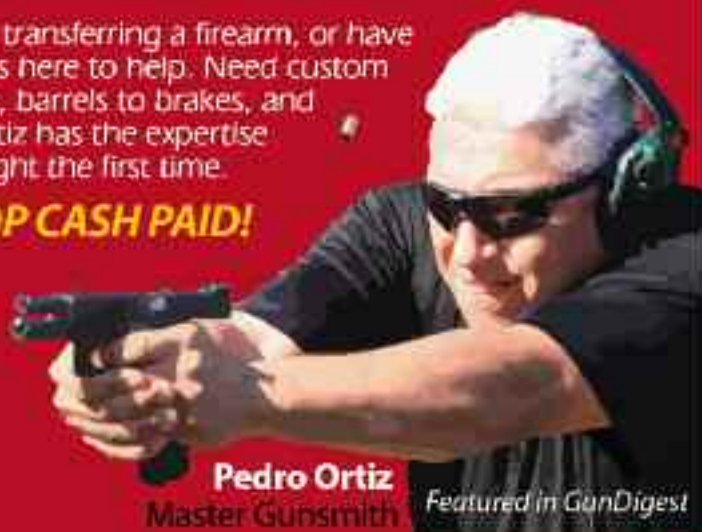
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One Love Animal Rescue - 463  
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Contact Pam Bebon at:  
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## Parks and Leisure Services

### POOLER RECREATION DEPARTMENT YOUTH SPORTS

*The Pooler Recreation Department strives to provide recreational sports activities for youth ages 4 to 14 from the Pooler community and outlying areas. The programs seek to provide opportunities that promote skill development, sportsmanship and positive self-growth. All programs promote volunteerism, as well as community and parental involvement in activities that are economically feasible and realistic for all families.*

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2. To provide a safe, fun, and competitive learning environment for all levels of youth athletes
3. Build a sense of pride within the community and organization
4. Ensure fair and equitable treatment of all players, coaches, and administrators
5. Work with local agencies, schools, and others to bring the best youth sports programs to Pooler
6. Help build the emotional, physical, and mental characteristics developed through athletics
7. To help ensure that all youth in the Pooler area have a place to play sports, and work with the community to ensure no kid is left behind

### Pooler Recreation Center Upcoming Summer Activities

*Registrations for fall open during the summer  
(football, soccer, cheer, volleyball, tennis, dance, gymnastics)*

- |                                       |   |
|---------------------------------------|---|
| <b>Youth Sports:</b>                  | ◆ Summer Basketball League<br>◆ Tennis<br>◆ Dance<br>◆ Gymnastics and Tumbling                          |
| <b>Camps:</b>                         | ◆ Higher Ground Team Softball<br>◆ Tracy McGrady Foundation Basketball<br>◆ Kids & Pros Football        |
| <b>High School:</b>                   | ◆ Boys Summer Basketball<br>◆ Girls Summer Basketball<br>◆ 7 v 7 Football Passing League and Tournament |
| <b>Adult:</b>                         | ◆ men's basketball  |
| <b>Other Activities:<br/>Weekends</b> | ◆ Hosting Baseball / Softball Tournaments   |



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**April 18, 2018**

**10 am - 2 pm**

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The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

The National Prescription Drug Take Back Day addresses a crucial public safety and public health issue. According to the 2015 National Survey on Drug Use and Health, 6.4 million Americans abused controlled prescription drugs. The study shows that a majority of abused prescription drugs were obtained from family and friends, often from the home medicine cabinet.

The DEA's Take Back Day events provide an opportunity for Americans to prevent drug addiction and overdose deaths.

Here are a few tips when disposing medications:

- Prescriptions only
- No biohazardous materials
- No needles

Please remove labels or black out any identifying information from the medication containers.





## Rate Of Progression Of Parkinson's Disease Hard To Predict

By Ryan Uitti, M.D., Neurology, Mayo Clinic

**DEAR MAYO CLINIC:** My father is 64 and was diagnosed with Parkinson's last year. So far his symptoms are very mild, but I'm wondering what the typical progression of the disease is like. I have read that deep brain stimulation is sometimes recommended. When is this type of treatment usually considered? Is it safe?

**ANSWER:** The symptoms of Parkinson's disease, or PD, tend to begin very gradually and then become progressively more severe. The rate of progression is hard to predict and is different from one person to another. Treatment for PD includes a variety of options, such as exercise, medication and surgery. Deep brain stimulation is one surgical possibility for treating PD, but it's usually only considered in advanced cases when other treatments don't effectively control symptoms.

Parkinson's disease is a syndrome which typically has no known cause. The diagnosis is based on symptoms. Neurologists who specialize in movement disorders typically have the most experience with PD diagnosis and treatment. There are many symptoms of parkinsonism. The most common include excessive slowness and lack of movement, as well as shaking or tremor.

As in your father's situation, symptoms are often mild at the outset. How quickly they get worse varies substantially, perhaps because there may be multiple underlying causes of the disease. In most cases, symptoms change slowly, with substantive progression taking place over the space of many months or years.

Many people with PD have symptoms for at least a year or two before a diagnosis is actually made. The longer symptoms are present, the easier it is to predict how a person with PD will do over time. In those who have tremor and symptoms on one side of the body only, the disease typically advances more slowly than in those without tremor who have symptoms that affect both sides of the body, as well as walking.

While life expectancy is marginally reduced, people with PD usually function quite well for many years. They are, however, at an increased risk to develop instability that could lead to falls. They also have a higher risk for dementia. These two possibilities represent the greatest potential difficulties for those with PD.

While no treatment is currently available to slow the natural progression of PD, this condition is by far the most treatable of all neurodegenerative disorders. The vast majority of patients see major improvements in their symptoms with treatment that includes exercise and medication. For example, most people who have PD are able to function better in their daily lives five years after they start medication treatment than they were before they started treatment.

Surgery is only rarely required to treat PD, and usually is in the form of deep brain stimulation. This procedure involves placing an electrode into the brain that is connected to a battery. It delivers a small electric discharge into the brain, which influences the brain circuitry and improves symptoms.

Most people who undergo surgery for PD have had symptoms for at least five years. Surgery can be helpful when medications don't consistently control symptoms or when tremor persists despite medication.



Serious complication rates for deep brain stimulation surgery are low, with most institutions reporting a 1 to 2 percent risk for serious side effects.

Several other disorders similar to PD, known as atypical parkinsonism, have a less favorable long-term outlook than PD. In some cases, it can be hard to distinguish these conditions from PD. After several years of symptoms, however, determining the correct diagnosis is relatively straightforward.

Working closely with his neurologist, it is likely that your father will be able to achieve acceptable PD symptom control. It's important that he contact his physician if he notices changes in symptoms, so treatment can be adjusted as needed over time.

Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question 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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## Making A Difference For Children - YES

By Cheryl Branch, Executive Director, SAFE Shelter

In 2017, SAFE Shelter Center for Domestic Violence Services provided shelter, legal advocacy and support to 883 victims of domestic violence. Over half, 483, of those helped were children who were innocent bystanders to the violence in their homes.

Every child who comes through our doors is suffering from trauma, some more than others. Some children internalize their anger and frustrations; others act out their feelings through aggressive behaviors. Left unattended, these feelings of helplessness, anger and sadness only worsen.

But there is hope. Every child coming through SAFE Shelter is afforded the benefit of Child Advocate Daisy Hernandez's compassion and years of experience working with children of domestic violence.

Soon after arriving at the shelter, mothers can make appointments with Daisy. These initial meetings give the mothers a chance to voice any concerns they have about their children. The child's physical, emotional and educational needs are discussed. With this information, Daisy can begin to develop an individual service plan for each child. A great deal of emphasis is placed on providing children the understanding and support they so desperately need in order for them to grow into adults who do not repeat violent behaviors. To this end, SAFE Shelter offers several creative programs to reach its youngest residents.

A twice-weekly support group is offered for both adults and children. For her group, Daisy may offer a program on music, inviting young would-be musicians to explore some of the numerous musical instruments kept in the YES (Youth Enrichment Services) Center. These include a baby grand piano, guitar, drums and a ukulele! Or a four-legged guest in the form of a pet-therapy dog may make a visit.

When the summer months roll around, the children in the shelter and those in the Follow-up/After Care Program are eligible to participate in the shelter's on-site Camp ROCK. For 8-weeks, the campers are treated to field trips, arts & crafts, trolley tours in downtown Savannah and healthy doses of just plain fun!

Helping Daisy out with camp will be two interns from Notre Dame University. Through our partnership with the school, two students come down each summer for Camp ROCK.

Campers will have a chance to get their hands dirty as they help tend

the shelter's organic garden. Started two years ago by Lorraine Boice and Sandy D'Angio who is a Master Gardener. Lorraine, the garden provides hands-on experience for the campers.

The children get lessons in organic gardening and good bugs versus bad bugs! They get to experience the miracle of watching seeds they've planted grow and produce vegetables that include tomatoes, lettuce, peppers and cucumbers. Many of the children who would not ordinarily eat a salad can't wait to take the vegetables to the kitchen, wash them and create beautiful, healthy meals.

Each week, campers jump into action, participating in exciting sports programs, exploring nature and becoming involved in performing and creative arts. The camp also offers an educational component with a Chatham County Board of Education teacher coming in several days a week to provide individual and group tutorials.

Starting in June, here is a sample of the activities the children will be involved in:

- ♥ Working in the garden
- ♥ Movie days at a local cinema
- ♥ Swimming at the Aquatic Center
- ♥ AMF bowling
- ♥ Tour of Savannah's City Hall & lunch at Buffalo Wild Wings
- ♥ A field trip to the Tybee Island Marine Center
- ♥ A field trip to the Jacksonville Zoo
- ♥ Splash in the Boro



Other activities include a tour of the Mighty Eighth Museum, going on Derek's Dolphin Tour and visiting the Civil Rights Museum. As you can see, the children will be exposed to local history, nature and the arts, such as the trip to the Children's Theater. Camp also means a

shelter bursting at the seams with a wonderful controlled chaos, laughter and smiling faces!

For over 36 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, 7 days a week. No fees are charged for any shelter services.



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## Vox: POOLER



*Pooler Podium is a new feature in Pooler Today. It is intended to give people who live and work in Pooler to express and share their opinions about public issues. Please send your comments to [dean@ayersgroup.org](mailto:dean@ayersgroup.org) for consideration. If selected, your comments and name will appear unedited. Let's be classy Pooler...no profanity, no vendettas, no character assassinations, etc... We reserve the right to make the final decision on all submissions. All articles will be reprinted exactly as submitted including your name.*

## “ Hey Vox: POOLER—

I am a business owner in Pooler. My business is a part of the "Medical Campus" there along Trader's Way. This was deemed so by the PUD (Planned Urban Development) agreement and declaration of restrictive covenants for Godley Station that we signed when purchasing our property 17 years ago. It was set up so that only medically related businesses could build in this area. Now, I would like to know how a Jim and Nick's BBQ restaurant was allowed to build between us and Memorial Health? I am definitely a fan of good BBQ and have heard that theirs is delicious, but am puzzled as to how they were allowed to build there? We along with other owners in the Medical Campus were never notified of any zoning or covenant changes for our area. The declaration of covenants states "that it shall have perpetual duration and such provisions shall continue only until 21 years after the death of the last survivor of the now living descendants of Elizabeth II, Queen of England." That sounds like a mighty long time to me! .....just wondering.

- Dr. Tracy Durham



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## Reasons You Should Consider Working A Temp Job

By Lisa Yannett

Are you looking for a job, but hesitant to do temp work? If so, it may be time to change your way of thinking. Before we talk about why temp work might be a step in the right direction for your career, let's look at why companies use temporary workers.

### Why Companies Hire Temps

First, companies can hire faster and more flexibly by hiring temps through a staffing service. They don't have to put new workers through a long, tedious interviewing process so they can fill openings faster. They also can add employees during their busy times and pare down their workforce when things slow down. Finally, it enables them to see how a new employee is working out before they make a longer-term commitment.

### Why Temping May Be Right for You

1) Temp work is here to stay. Our economy has changed and temporary, contracting and freelancing is becoming a bigger and bigger part of our economy, and the trend is likely to grow as companies work to control hiring costs and payroll expenses. In many cases, temp jobs have transitioned from day-to-day or week-to-week work to months or even temp-to-permanent full-time positions.

2) Temp work gets your mind right. When you're unemployed for a period of time and struggling to pay bills, it is easy to get discouraged, lose momentum and just give up. You'll be amazed how having somewhere to go each day, being around others, and having a paycheck to look forward to can change your perspective and get you recharged for the job search.

3) Temp work keeps "work gaps" off your resume. Even if you're not doing exactly what you want to, a temp assignment can prepare you for what you really want to do. It shows potential employers that you've been consistently employed, and it offers you the opportunity to make an impression and gain a good reference, while you're in the midst of a job search.

4) Temp work can turn permanent. Let's face it, most companies are always looking for people with a great attitude who are willing to work hard. A temp job can provide you an opportunity to show



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potential employers what you're made of and how you work. Who knows, the job may turn into a full-time position or you may make such an impression that you get promoted to another job you like more.

5) Temp work gives you new skills. Every new job gives you a chance to learn new skills, which can enable you to get a better, higher-paying job in the future. You can also learn about different industries and companies, which is likely to offer you more job opportunities.

6) Temp work helps you meet more people. Finding a job is not always about what you do, it is also about the contacts you make. A temp job allows you to get to know others who can serve as a reference, introduce you to others, or make you aware of more job opportunities inside or outside the company.

7) Temp work enables you to check out a company and job before you commit long-term. Just as the company gets a trial period, so do you. In a way, it is like dating before you commit to a long-term relationship. If you don't like your first temp job, you can try others until you find a situation that fits you better. It is much easier to move from one temp job to another, than it is to take a job and quit if you don't like it.



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## MOMS Club Opens Chapter In West Chatham And Effingham

By Amanda Ward

Our local MOMS Club chapter of West Chatham-Effingham county is part of a larger organization that began in 1983. It has grown to over 1,500 chapters in the US and around the world. MOMS Club is designed specifically as a support group for the at-home mother. MOMS actually stands for "moms offering moms support." We meet during the day, and our children are always welcome to attend. At-home mothers of any age children are welcome to join MOMS Club. MOMS Club chapters also perform at least one service project each year that helps, or supports, children within the community. More information can be found at [www.momsclub.org](http://www.momsclub.org).

The West Chatham-Effingham MOMS Club chapter has a wide variety of activities to choose from throughout the month. We have a monthly social to discuss chapter business, socialize, and hear from guest speakers or do a group activity. We meet at a variety of parks throughout Chatham, Effingham, and Bryan counties. Holiday parties, in-home playdates, and museum outings are just a few of the fun activities we plan on a regular basis. There is also a once per month mom's night out, or mom's night in, to unwind and get together with just us moms. Insight into our group, photos, and more can be found on our Facebook page [@momsclubofWestChatham-EffinghamGA](https://www.facebook.com/momsclubofWestChatham-EffinghamGA).

Anyone looking for more information, or to join MOMS Club of WC-Effingham, can email [momsclubofwestchathameffingham@gmail.com](mailto:momsclubofwestchathameffingham@gmail.com). Our membership vice president (or membership vp) will get back to you with more information about our group and how to join.

**Photo: 2017-2018 West Chatham-Effingham Board (sitting) Michelle, Tiffany (standing) Amanda, and Valerie.**



## Coastal Georgia

## Komen Race For A Cure - April 21, 2018

### We Are Racing Because...

One in eight women in the U.S. will be diagnosed with breast cancer in her lifetime. Because every minute, somewhere in the world, someone dies from breast cancer. And because, breast cancer knows no boundaries- be it age, gender, socio-economic status or geographic location.

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://komeencoastalgeorgia.org>



### 2018 KOMEN SAVANNAH RACE FOR THE CURE®

**Saturday, April 21, 2018**

Ellis Square - West Congress Street, Savannah, GA 31401

### Race Day Schedule:

6:00 a.m.	Packet Pick-u and Registration
7:00 a.m.	Ellis Square Exhibitor Open
7:00 a.m.	Survivor Café Opens
7:00 a.m.	VIP 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 Walk 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, Top 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.



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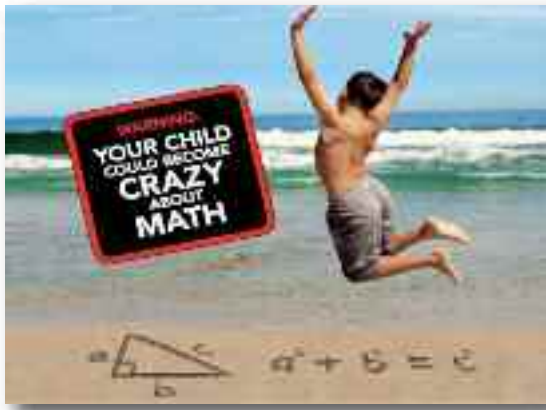
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## How To Avoid Summer Learning Loss

By Aileen Clarkson

When school is out for summer, thoughts turn to bbq's, beaches, ..... what about better grades?

The summer slide doesn't just mean those fun, spiraling chutes at the water park! Summer learning loss is a phenomenon that parents and educators have recognized as a significant setback to academic achievement. Math proficiency is particularly prone to the summer learning slide.

According to studies at John Hopkins University, it has been shown that students can lose up to 2.5 months' worth of the math skills they have learned during the school year. Gone are the days when teachers have the luxury of spending the first few weeks of the school year reviewing what the students learned last year. With the rigorous testing schedules that teachers face, students are expected to be proficient in the concepts from the previous grade. These studies also show that the summer slide can have a long-lasting effect on a student's academic success, including placement in academic courses, high school drop out and attending college.

Experts agree that students who attend summer programs, especially with a math component, score higher on tests the following school year than students who had no summer instruction. This gives students a leg up for the year ahead and enables retention and reinforcement of concepts they have already learned.

During summer break, children typically have a lot of unstructured time, allowing them to become more focused. These are the ideal conditions to absorb new information and having sudden 'aha' moments when things click into place.

Whether it be learning to count without fingers, mastering times tables, pre-algebra review or getting a head start on high school Algebra and Geometry, summer is the ideal time to get those math brains ready for the upcoming school year without the distraction of homework and tests. For further information, please contact

Aileen Clarkson, Math Learning Centers, (912) 330-0666. [www.mathansium.com/pooler](http://www.mathansium.com/pooler).



## Pooler Lions Club Reading Action Program And Free Kidsight Vision Screening

Are you interested in working with children to help improve their reading skills? We have a wonderful opportunity available for you! The Pooler Lions Club will be working at Godley Station and Pooler Elementary School again this school year. If we have enough volunteers, West Chatham would like us to work with their students also!

Additionally we are also looking for volunteers to assist us with

Lions KidSight USA Foundation is a nationwide program to safeguard the vision of children aged 6 months through 6 years.

According to educational experts, 80% of learning is visual. So if a child can't see well, he can't learn well. Yet 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.

Our 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, we 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.

Please contact us if you would like to help us with this community project. Days and times are flexible and we can accommodate your individual schedules as needed. We hope you will join us in reaching children in need. It is a very worthwhile and rewarding experience!

Please feel free to contact us at (912) 998-1466 or [lionclub2@gmail.com](mailto:lionclub2@gmail.com)

## Looking For Dedicated Community Volunteers







## Comcast Donates \$75,000 To America's Second Harvest of Coastal Georgia

On February 26, Comcast presented a check for \$75,000 to America's Second Harvest of Coastal Georgia. The presentation took place at Second Harvest office located at 2501 E. President Street in Savannah.

Established in 1981, America's Second Harvest of Coastal Georgia is a locally inspired, volunteer-driven nonprofit food bank and community partnering organization. Second Harvest provides food to tens of thousands of children, senior citizens, low-income families, and people with disabilities who are at risk for hunger throughout communities in southern Georgia.

Their programs include Brown Bag for the Elderly, Grace's Kitchen, Kids Cafe, Mobile Food Pantry, and Partner Distribution. These efforts provide hunger support to those most in need. The organization partners with 285 faith-based and non-profit agencies to provide emergency food assistance across Coastal Georgia communities.

"For decades, America's Second Harvest of Coastal Georgia has made a true difference in the lives of those who so greatly depend on them for hunger relief," said Doug Guthrie, Regional SVP at Comcast. "We are proud to announce this important partnership today."

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 285 non-profit organizations and churches in our area. Through food relief programs and collaboration with partner agencies, America's Second Harvest distributed more than 14.1 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).



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of coastal Georgia  
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# What Everyone Should Know About Shingles Vaccine (Shingrix)

BY CDC - Centers For Disease Control & Prevention

Shingles vaccination is the only way to protect against shingles and postherpetic neuralgia (PHN), the most common complication from shingles. CDC recommends that healthy adults 50 years and older get two doses of the shingles vaccine called Shingrix®, separated by 2 to 6 months, to prevent shingles and the complications from the disease. Your doctor or pharmacist can give you Shingrix as a shot in your upper arm.

Shingrix provides strong protection against shingles and PHN. Two doses of Shingrix is more than 90% effective at preventing shingles and PHN. Protection stays above 85% for at least the first four years after you get vaccinated. Shingrix is the preferred vaccine, over Zostavax®, a shingles vaccine in use since 2006.

## Who Should Get Shingrix?

Healthy adults 50 years and older should get two doses of Shingrix, separated by 2 to 6 months. You should get Shingrix even if in the past you had shingles, received Zostavax, or not sure if you had chickenpox.

## Vaccine for Those 50 Years and Older

Shingrix reduces the risk of shingles and PHN by more than 90% in people 50 and older. CDC recommends the vaccine for healthy adults 50 and older.

## There is no maximum age for getting Shingrix

If you had shingles in the past, you can get Shingrix to help prevent future occurrences of the disease. There is no specific length of time that you need to wait after having shingles before you can receive Shingrix, but generally you should make sure the shingles rash has gone away before getting vaccinated.

You can get Shingrix whether or not you remember having had chickenpox in the past. Studies show that more than 99% of Americans 40 years and older have had chickenpox, even if they don't remember having the disease. Chickenpox and shingles are related because they are caused by the same virus (varicella zoster virus). After a person recovers from chickenpox, the virus stays dormant (inactive) in the body. It can reactivate years later and cause shingles.

If you had Zostavax in the recent past, you should wait at least eight weeks before getting Shingrix. Talk to your healthcare provider to determine the best time to get Shingrix.

Shingrix is available in doctor's offices and pharmacies. To find doctor's offices or pharmacies near you that offer the vaccine, visit HealthMap Vaccine Finder.

If you have questions about Shingrix, talk with your healthcare provider.

## Who Should Not Get Shingrix?

The side effects of the Shingrix are temporary, and usually last 2 to 3 days. While you may experience pain for a few days after getting Shingrix, the pain will be less severe than having shingles and the complications from the disease.

## You should not get Shingrix if you:

Have ever had a severe allergic reaction to any component of the vaccine or after a dose of Shingrix, tested negative for immunity to varicella

zoster virus. If you test negative, you should get chickenpox vaccine. currently have shingles, currently are pregnant or breastfeeding. Women who are pregnant or breastfeeding should wait to get Shingrix.

If you have a minor acute (starts suddenly) illness, such as a cold, you may get Shingrix. But if you have a moderate or severe acute illness, you should usually wait until you recover before getting the vaccine. This includes anyone with a temperature of 101.3°F or higher.

## How Well Does Shingrix Work?

Two doses of Shingrix provides strong protection against shingles and postherpetic neuralgia (PHN), the most common complication of shingles.

In adults 50 to 69 years old who got two doses, Shingrix was 97% effective in preventing shingles; among adults 70 years and older, Shingrix was 91% effective.

In adults 50 to 69 years old who received two doses, Shingrix was 91% effective in preventing PHN; among adults 70 years and older, Shingrix was 89% effective.

Shingrix protection remained high (more than 85%) in people 70 years and older throughout the four years following vaccination. Since your risk of shingles and PHN increases as you get older, it is important to have strong protection against shingles in your older years.

## What are the possible side effects of Shingrix?

Studies show that Shingrix is safe. The vaccine helps your body create a strong defense against shingles. As a result, you are likely to have temporary side effects from getting the shots. The side effects may affect your ability to do normal daily activities for 2 to 3 days.

Most people got a sore arm with mild or moderate pain after getting Shingrix, and some also had redness and swelling where they got the shot. Some people felt tired, had muscle pain, a headache, shivering, fever, stomach pain, or nausea. About 1 out of 6 people who got Shingrix experienced side effects that prevented them from doing regular activities. Symptoms went away on their own in about 2 to 3 days. Side effects were more common in younger people.

You might have a reaction to the first or second dose of Shingrix, or both doses. If you experience side effects, you may choose to take over-the-counter pain medicine such as ibuprofen or acetaminophen.

Severe allergic reactions to any vaccine are very rare. Signs of a severe allergic reaction can include hives, swelling of the face and throat, difficulty

breathing, a fast heartbeat, dizziness, and weakness. These would start a few minutes to a few hours after the vaccination. If you have a severe allergic reaction or other emergency that can't wait, call 9-1-1 or go to the nearest hospital. Otherwise, call your doctor.

If you experience side effects from Shingrix, you should report them to the Vaccine Adverse Event Reporting System (VAERS). Your doctor might file this report, or you can do it yourself through the VAERS website, or by calling 1-800-822-7967.

Vaccine assistance programs are available, some pharmaceutical companies provide vaccines to eligible adults who cannot afford them. You may want to check with the vaccine manufacturer, GlaxoSmithKline, about Shingrix.

If you do not currently have health insurance, learn more about affordable health coverage options. To find doctor's offices or pharmacies near you that offer the vaccine, visit HealthMap Vaccine Finder.







# Cooking Trends

## Cast Iron

### Beef and Broccoli Stir Fry

By Lodge Cast Iron Kitchens

For this recipe, you can use an inexpensive cut of meat from the bottom of a cow such as flap, flank, or skirt steak. Marinating the meat in soy sauce and baking soda tenderizes and seasons it, turning it into a great date night meal that's ready in less than 30 minutes.

#### *Ingredients:*

¾ pound steak  
¼ cup + 2 tablespoons soy sauce, divided  
½ teaspoon baking soda  
Florets from 1 large broccoli head  
1 teaspoon cornstarch  
1 teaspoon finely chopped garlic  
1 teaspoon finely chopped ginger  
2 teaspoons sesame oil (optional)  
2 tablespoons brown sugar  
1 ½ teaspoons vegetable oil  
Green onions and sesame seeds to serve

#### *Preparation:*

Cut steak into ¼ inch strips against the grain and marinate in a bowl with ¼ cup soy sauce and baking soda. Set aside for 15 minutes to one hour. Preheat cast iron mini wok in the oven or over medium high heat. Combine remaining soy sauce with cornstarch, then add garlic, ginger, sugar, and sesame oil to make sauce.

Drain steak and shake dry. Pour ½ cup water into the skillet and turn the heat to high. Add broccoli and steam until the water is gone or until the broccoli is cooked to your preference. Drain and set on a kitchen towel to dry.

Add vegetable oil and swirl it around in the pan. Wait until it is smoking, then add steak. Do not move steak for one minute. Toss steak around in the pan for one additional minute. Remove from the wok.

Pour sauce into the wok and bring it to a boil. Return steak and toss with sauce until thickened. Return broccoli to the wok and quickly coat it in sauce. Serve immediately with thin sliced green onions and sesame seeds over rice.

*Suggested cookware for this recipe - 9 inch mini wok. Product is available at Amazon.*

### One Skillet Salmon with Creamy Greens

By Lodge Cast Iron Kitchens

The Everyday Pan makes it simple to braise vegetables and steam fish at the same time, cutting down the wait for a sweet, creamy, and heart healthy dinner. Thirty minutes, a cutting board, a measuring cup, and one small bowl are all it takes to make this super flavorful crowd pleaser. @0 minutes to cook time, serves 6.

#### *Ingredients:*

2 tablespoons butter  
2 large yellow onions  
2 large bunches Swiss chard  
½ cup chicken stock  
2 tablespoons adobo sauce  
(you can use the sauce from a can of chiles in adobo)  
¼ cup honey  
6 small salmon filets  
¼ cup heavy cream  
2 tablespoons sour cream  
Pumpkin seeds, cilantro, jalapeno, & lime for garnish

#### *Preparation:*

Finely dice one and a half onions; slice the remaining half into six 1" rings. Chop Swiss chard to your liking, keeping the leaves and stems separate. Heat 12" cast iron skillet over medium for 5 minutes, then add butter and diced onion. Sauté until translucent, then add chard stems and cook another two minutes. Add chicken stock and a big pinch of salt, then start folding in chopped chard leaves one large handful at a time.

Pat salmon dry and season it with salt and pepper. Place 6 onion rings on top of the greens and place salmon filet on top of each (this will keep the salmon elevated and allow for even steaming). Cover and steam for 6-8 minutes, or until salmon is cooked through. Remove salmon and discard onion rings. Mix 2 tablespoons adobo sauce with honey and brush onto salmon.

Stir in sour cream into greens. Place salmon filets back on top and garnish with herbs, pumpkin seeds, and a squeeze of citrus.

*Suggested cookware for this recipe - 12 inch everyday pan with lid. Product is available at Amazon.*

### Cleaning Your Cast Iron

Sprinkle a generous amount of coarse Kosher salt into the skillet. Cut a raw potato in half so that it fits in the palm of your hand. Place the spud, flat side down, onto the pan and scrub vigorously and in a circular motion. Once the pan is clean, rinse with water and pat dry with paper towel and air dry. Rub with a thin coat of flax seed oil into the cast iron surface and store.



Rendering courtesy of Capital Development Partners

## Capital Development Partners Announces Savannah Port Logistics Center

The 2.3-million-square-foot, \$125 million campus is one of the largest industrial infrastructure development projects in the Southeast.

Capital Development Partners, a national industrial real estate and infrastructure development company, will develop the Savannah Port Logistics Center in Pooler to help meet the needs of the fastest-growing port in the U.S. The new, state-of-the-art industrial campus located on 197 acres will offer more than 2.3 million square feet of space for lease with modern specifications, transload, cross-dock, high cube and trailer storage facilities.

The first phase of construction will begin April 2018 including 537,000 square feet (expandable to 1,075,000 square feet), which will be on the Genesee & Wyoming rail line servicing the port. It will be ready for occupancy April 2019.

The second phase will include a 1,314,000 square foot build-to-suit facility, which will also be on rail. Construction is expected to begin on Phase II in late 2018. The industrial campus will offer transload capability and over 2,000 trailer storage positions.

The Panama Canal expansion, which opened in June 2016, can now accommodate ships carrying triple the number of 20-foot container units, which means more product is steaming toward distribution centers along the Atlantic seaboard.

Savannah Port Logistics Center will offer direct connection onsite to dual Class I railroads via CSX and Norfolk Southern, as well as easy access to the Georgia Ports Authority Garden City Terminal, the largest single container site in North America. The Savannah Port Logistic Center will have immediate access to I-95, I-16, Highway 80, Jimmy DeLoach Parkway, SH Morgan Parkway and Pooler Parkway providing multiple points of access for customers.

Located less than 10 miles from the Port of Savannah, this landmark site will help feed Atlanta, the second largest inland port in the country, not only by road but by rail. There is competition among ports up and down the east coast as companies look for one-day access to the Midwest. The Savannah Port Logistics Center will help Georgia in that race for business, which is fueled by the boom in e-commerce.

"This is one of the largest and most significant development projects in the Southeast," said Capital Development Partners, CEO John Knox Porter, who previously served as Executive Vice President at CBRE, Inc. During his 25 year career, he was the industrial top producer and led the logistics and infrastructure specialty practice groups. He has completed significant industrial projects in every major market in North America while representing BMW, Mercedes, General Electric and PepsiCo in site selection.

Colliers International Savannah and NAI Brannen Goddard Atlanta will co-list the facility, which will offer spaces ranging from 300,000 square feet, or the entire 2.3 million square feet. Distribution center va-

cancy rates are extremely low in Savannah (1.2 percent in fourth quarter, 2017, according to a study by Cushman & Wakefield & Colliers International), especially for facilities tied into rail and road.

"Industrial land with good development fundamentals is extremely limited near the Port of Savannah," said Porter, who has more than 30 years of experience in the global industrial real estate and infrastructure industry. "Savannah Port Logistics Center will meet the needs of national and global companies that are interested in import, export and using Savannah as a hub to service their clients."

Capital Development Partners has offices in Atlanta, Savannah, Houston and New York. The company's focus is on the strategic development of e-commerce, manufacturing, logistics and infrastructure facilities in the top U.S. growth markets.



## Howard Family Dental Foundation Donates \$30,000 to St. Joseph's/Candler Hand in Hand Program

Howard Family Dental Foundation, the charitable foundation of a dental office group based in Coastal Georgia and South Carolina donated \$30,000 on January 26 to St. Joseph's/Candler Foundations. The money will be used to provide support, education and guidance to children and teens with a family member facing a life-threatening disease through the Howard Hand in Hand Support Program.

Howard Family Dental Foundation representatives, Dr. John C. Howard, Jr. and Dr. Julie Howard presented the check during a team annual summit at the Embassy Suites in Downtown Savannah. Dr. Howard Zaren, Marti Barrow and Skye Cossio of St. Joseph's/Candler were on hand for the check presentation and have been instrumental in the implementation of the program.

The donation comes as the third contribution of their \$150,000 pledge to support the program. This free program will help children cope with and process their thoughts and feelings – often fear, sadness, anger, confusion – about how life has changed for them and their families because of illness or disease.

Howard Hand in Hand served 60 families and 119 children from more than 18 area schools in 2016. The program grew to help more than 80 families and 163 children in 2017.

"I believe that Howard Hand in Hand helps meet the emotional and spiritual needs of many children and families facing extraordinary challenges," said Dr. John Howard, Founder of Howard Family Dental. "This program provides the support children will need in, perhaps, the most challenging times of their entire life. Together, we can all give life-changing support, encouragement and hope."

For more information on the Howard Hand in Hand Support Program, please visit [www.sjchs.org/howard-hand-in-hand](http://www.sjchs.org/howard-hand-in-hand).





# KELLY TOURS







Photos By: T. Howard Reimer  
[thowardreimer.smugmug.com](http://thowardreimer.smugmug.com)  
[thowardreimer.smugmug.com](http://thowardreimer.smugmug.com)



# WhassssUp Around Pooler?



**THE FIRST AMENDMENT** - The city of Savannah attempted to silence protestors by banning signs during V.P. Pence's visit to St. Patrick's Day. The ACLU quickly stepped in and cried foul claiming First Amendment rights. The city withdrew its ban before the judge could rule.

**SOUTHERN CHARM** - In case you missed the first season of "Savannah Southern Charm" Bravo may broadcast the second season of this reality show. This may delight some of you...and embarrass others.

**OPERATION EMPOWER HEALTH** - Relief may soon be available for uninsured residents of the Savannah area thanks to a collaborative coalition of Georgia Southern, St. Joseph's/Candler and the U.S. Military. More information about "Operation Empower Health-Greater Savannah" is available at (912) 819-5300.

**SAVANNAH PORT LOGISTICS CENTER** - Capital Development Partners has purchased 197 acres in Pooler to construct an industrial park, Savannah Port Logistics Center. The location is west of Pooler Parkway on Wild Cat Dam Rd. just off U.S. Highway 80.

**POOLER POLICE DEPARTMENT** - Now former Pooler Police Chief Mark Renew was close to retirement before he was hired to serve as interim Chief of Savannah Police Dept. Pooler City Council moved quickly to vet and install our new Pooler Police Chief, Ashley Brown. Chief Brown was plucked from the City Council where he had served as a Precinct Captain in Savannah and was elected to the Pooler City Council in 2015. Please read his message on page 13. Welcome Chief Brown.

**POOLER POLICE DEPARTMENT BADGE PINNING CEREMONY** - The City of Pooler welcomes and congratulates 15 officers that have been promoted to new positions within the department. The Badge Pinning Ceremony took place on February 15. Please see details on page 12.

**LIVINGOOD'S SELECTS POOLER TO EXPAND** - Livingood's Appliances and Bedding, currently located on Skidaway Island Road will be expanding their business. Meeting the need of the rapidly growing Pooler, Livingood's recently broke ground for their new store located at 1225 U.S. Highway.

**UTILITY BILLING CHANGE** - Utility Billing is now located on the second floor of city hall. With the separation from Public Works, their numbers have changed. Public Works: (912) 330-8650. • Utility Billing: (912) 748-4800.

**PLANNING & ZONING COMMISSION** - The Planning & Zoning Commission has changed the time of their meetings from 6:00 p.m. to 3:00 p.m. The meetings will be held every 2nd and 4th Monday of each month, in the Council Chambers located on the 3rd floor of City Hall.

**SAVANNAH HILTON HEAD AIRPORT** - Conde Nast Reader's Choice Award has bestowed our airport as the 5th Best Domestic Airport in the 29th Annual Conde Naste Reader's Choice Awards, and named the Top Ten Best Domestic Airports in the 2017 Travel & Leisure World's Best Awards.

**BETTER SPEECH & HEARING MONTH** - Audiology, Ear, Nose & Throat Physicians will provide a complimentary consultation for residents. Experience the latest state of the art sound simulation room, the first in the Savannah area. See page 37 for details.

**RACE FOR A CURE KOMEN OF COASTAL GEORGIA** - The 2018 Komen Savannah Race for a Cure is Saturday, April 21, 2018. Be a part of another walk/run through the beautiful Historic Savannah. Bring your family and friends for this fight against breast cancer event. All funds raised at this event will benefit Savannah. Please see page 49 for details.

**MOMS ORGANIZATION** - Now offering mothers a wide variety of activities for their new members. This chapter was formed to service the mothers in the West Chatham and Effingham communities with socials, fun activities, mom's night out, parties, play dates, and so much more. Join s, for details see page 49.

## WhassssUp? Got a scoop to share?

[cba@ayersgroup.org](mailto:cba@ayersgroup.org)

## Limoncello - Suspension Style

### Ingredients:

- Premium bottle of Vodka (750 ml.)
- 2 “organic” lemons, preferably Meyer lemons
- Cheesecloth
- String / twine

### To Finish:

- 1-1/2 cups simple syrup  
(50/50 water and ultra refine sugar by weight)
- Zest of two fresh Meyer lemons “organic”

### Directions:

- Pour vodka into a glass jar  
(one with a wide mouth and tight fitting lid).
- Wrap washed lemons in cheesecloth, tie it and suspend it over the vodka. Do not touch the vodka.
- Seal jar tightly and place the jar in a dark room for 30 days.
- After 30 days, discard the lemons and cheesecloth. Use finish ingredients and add syrup and the fresh zest of two fresh “organic” Meyer Lemons.
- Let sit for 15 minutes, strain through cheese cloth and a fine mesh sieve.

Chill and drink. I put a bottle in the freezer so it is always cold and refreshing. Garnish with a lemon peel curl when serving.

Unlike other recipes, this technique gives the pure lemony essence from suspending the fruit. Somehow it also adds a bit of the satisfying oils of the quick dunk of the zest. Many limoncello recipes soak the peels for a month, and the flavor is generally heavier, less vibrant in flavor and aroma, this suspension technique is so lovely, light and refreshing.

Use organic lemons or in my case homegrown free of pesticides. The last thing you want is fruit with chemicals!

~ Salut!



## A Perfect Summer-Pick-Me-Up

By Cierra Ayers

As the weather starts warming up, this is a perfect opportunity to enjoy some refreshing summer spirits. One of my all-time favorites is Limoncello. I was first introduced to it in our travels many years ago. Limoncello is an Italian lemon liqueur mainly produced in Southern Italy, especially in the region around the Gulf of Naples, the Sorrentine Peninsula and the coast of Amalfi.

This year we had an overgrowth of Meyer lemons, we juiced and froze them into sections to have on hand for cooking and baking. But we thought we'd try something fun, thus, homemade Limoncello came to mind.

Although we had no idea how to make it, we researched all sorts of recipes and came up with a very old traditional version that was unique and surprisingly easy. This version we found was delightfully refreshing with a lovely lemony essence.

The trick is to use organic Meyer lemons and a decent quality Vodka. So, check out the great inventory selection at **Coastal Spirits of Pooler** for recommendations. They will help you find something that meets your needs. You will also find this complimentary recipe in their store hanging from varieties that are suitable for this recipe and while supplies last of course.

Soon, you too will crave the sweet-tart pucker of this golden liqueur, and it's sublimely easy and what a great impressive party gift!

~ Buon appetito!

*Coastal Spirits*  
For all your holiday celebrations

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## Operation Southern Impact II - 76 Arrested For Child Exploitation

By Vernon Keenan  
Georgia Bureau of Investigations

A total of 76 people were arrested and 13 children were rescued or identified as victims during a mutually coordinated operation between eight (8) southeastern states. The joint, proactive operation, Operation Southern Impact II, was coordinated by nine (9) Internet Crimes Against Children Task Forces in those eight states and focused on persons who possess and distribute child pornography and those who are sexually exploiting children in other ways using technology and the internet. The planning for Operation Southern Impact II began approximately 4 months ago and culminated in 2 days of investigative actions to include search warrant executions, undercover operations, and arrests in Alabama, Florida, Georgia, Maryland, North Carolina, South Carolina, Virginia, and West Virginia. A total of 222 law enforcement and prosecutorial agencies participated in the operation.

The arrestees, ranged in age from 17 to 72. Some of their occupations included postal worker, non-profit employee, small business owner, store clerk, mechanic, daycare administrator, pastor, construction worker and magician. During the operation, 136 search warrants were executed and 100 knock and talks were conducted in those eight (8) states. During those search warrants and knock and talks, 736 digital devices were pre-viewed and 1,255 digital devices were seized. Of those devices seized, 235 were mobile phones. These investigative actions resulted from both reactive cases such as cybertips received by each ICAC Task Force from the National Center for Missing and Exploited Children (NCMEC) and proactive cases such as peer-to-peer investigations and proactive, on-line undercover investigations.

In Georgia, 34 people were arrested during Operation Southern Impact II. Many of those arrests involved the possession and/or distribution of child pornography. While investigators regularly target the trading of all types of child pornography, in Operation Southern Impact II investigators targeted those seeking out and distributing the most violent child pornography involving infants and toddlers.

Six (6) of those arrested in Georgia traveled for the purpose of meeting and having sex with a minor. There was one arrest involving sextortion, an alarming trend involving subjects that obtain sexually explicit photos of minors and then threaten or blackmail the victim for additional obscene images or videos. Investigators found instances in which arrested subjects, some of whom had no prior criminal history, were working in positions of trust or jobs where interaction with children is common.

Eight (8) registered sex offenders were encountered in Georgia, during the course of this operation, four (4) of those offenders were charged with new crimes related to child pornography while the others were charged with various compliance violations. There was an additional subject who had an arrest for a prior sex offense but was not a registered sex offender. At least one foster parent with young children was arrested. There were also searches conducted where guns were found and illegal drugs were discovered.

In Georgia, a total of 38 search warrants were executed and 12 knock and talks were conducted during Operation Southern Impact II. Law enforcement officers conducting the searches were looking for evidence of possession and distribution of child pornography using the internet as well as evidence of other child exploitation related crimes. Over the course of the operation, 196 digital devices were examined and 474 digital media and devices were seized as evidence.

The operation was a coordinated effort between the 50 local, state, and federal criminal justice agencies in Georgia, to include Federal Bureau of Investigation, Georgia Bureau of Investigation, GA Fusion Center – GBI-GISAC, Gwinnett County District Attorney's Office, Homeland Security Investigations, Naval Criminal Investigative Service, and the United States Marshal's Service.

In Georgia, the arrestees, ranged in age from 17 to 63. Some of their occupations included construction worker, truck driver, disc jockey, youth director, and a restaurant worker. Those arrested in Georgia were charged with crimes pursuant to O.C.G.A. 16-12-100.2, Computer Pornography and Child Exploitation Prevention Act of 2007. Additional charges are likely and other arrests will occur after analysis of seized digital devices.

The Georgia ICAC Task Force is comprised of 230+ local, state, and federal law enforcement agencies, other related criminal justice agencies and prosecutor's offices. The mission of the ICAC Task Force, created by the U. S. Department of Justice and managed and operated by the GBI in Georgia, is to assist state and local law enforcement agencies in developing an effective response to cyber enticement and child pornography cases. This support encompasses forensic and investigative components, training and technical assistance, victim services, prevention and community education. The ICAC Program was developed in response to the increasing number of children and teenagers using the internet, the proliferation of child pornography, and the heightened online activity by predators searching for unsupervised contact with underage victims. By helping state and local law enforcement agencies develop effective and sustainable responses to online child victimization and child pornography, the ICAC program delivers national resources at the local level.

The Georgia ICAC Task Force made 244 arrests in 2015. In 2016, the Georgia ICAC Task Force arrested 340 persons and in 2017 the Georgia

***Georgia ICAC Task Force  
arrested 350 people for crimes  
related to online child  
exploitation***



ICAC Task Force arrested 350 people for crimes related on online child exploitation. The Georgia ICAC TF received almost 4,000 tips from the National Center for Missing and Exploited Children (NCMEC) in 2017. More than 12.7 million reports of suspected child sexual exploitation have been made to the NCMEC CyberTipline between 1998 and June 2016. The Georgia ICAC TF also conducted 391 Internet safety presentations.

Those in custody and charged in Georgia as part of Operation Southern Impact are:

<b>Wesley Bunker</b>	27	W/M	Rome, GA
<b>Tony Burton</b>	52	B/M	Lawrenceville, GA
<b>Eric A. Burgess</b>	17	W/M	Suwannee, GA
<b>Jason R. Cash</b>	34	W/M	Monroe, GA
<b>Anthony L. Crane</b>	39	W/M	Cartersville, GA
<b>Jeffery Declouet</b>	46	W/M	Suwannee, GA
<b>Mark D. Driver</b>	36	W/M	Fort Valley, GA
<b>Kyam Forsyth</b>	25	W/M	Eatonton, GA
<b>Bill E. Garner</b>	54	W/M	Resaca, GA
<b>John Garrett</b>	62	W/M	Roswell, GA
<b>John P. Hart, Jr.</b>	63	W/M	Sandersville, GA
<b>Aaron C. Helton</b>	36	W/M	Adairsville, GA
<b>Bryan E. Holloway</b>	45	W/M	Winston, GA
<b>Mark Horn</b>	31	W/M	Dallas, GA
<b>Gordon L. Ingebritsen</b>	53	W/M	Duluth, GA
<b>Shawn M. Kemp</b>	31	W/M	Cedartown, GA
<b>Nicholas Knight</b>	29	W/M	Dublin, GA
<b>Jeffery Lance</b>	26	W/M	Silver, Creek, GA
<b>Donald Allen McFall</b>	31	W/M	Columbus, GA
<b>Stephen McGatha</b>	49	W/M	Cedartown, GA
<b>John Clark Miller</b>	57	W/M	Winder, GA
<b>Jonathan Okelly</b>	37	W/M	Douglasville, GA
<b>Andrew Orr</b>	34	W/M	Marietta, GA
<b>Daniel Pacheco</b>	27	H/M	Tucker, GA
<b>Hershell Kyle Pirkle</b>	29	W/M	Unknown
<b>Eric Wolfgang Rauth</b>	35	W/M	Elgin, Illinois
<b>Benjamin F. Smith</b>	41	W/M	Byron, GA
<b>Bryan F. Stisher</b>	35	W/M	Roswell, GA
<b>Karl K. Strenth Jr.</b>	28	W/M	Leesburg, GA
<b>Thomas C. Toler</b>	54	W/M	St. Mary's, GA
<b>Darren Alan Vincent</b>	47	W/M	Trion, GA

A number of arrests were made that were not directly related to child pornography but rather as a result of the investigative actions taken during Operation Southern Impact II. More specifically, these arrests consisted of offenders that were found to be non-compliant with the terms of previous criminal sentences.

<b>Darlene Johnson</b>	49	W/F	Valdosta, GA
<b>Michael Thor</b>	45	W/M	Valdosta, GA
<b>Stephon B. Gary</b>	31	W/M	Valdosta, GA

If you have information or would like to contact information for the Georgia ICAC Task Force, please contact: Debbie Garner, 404-270-8870, [debbie.garner@gbi.ga.gov](mailto:debbie.garner@gbi.ga.gov).



Photo by Barbara Anderson

## Livingood's Appliances Expands In Pooler

Four decades after opening the doors in Savannah, Livingood's Appliances and Bedding is growing its footprint with a new location in Pooler. On Wednesday, founders Dale and Phyllis Livingood along with their sons, Scott and Todd Livingood joined officials from the city of Pooler, Dewitt Tilton Group and others to break ground for the new showroom location at 1225 U.S. 80.

"We're excited about being in the community and excited about helping the good folks in Pooler find appliances and bedding," said Todd Livingood, whose parents founded the appliance and mattress company in Savannah in 1976.

The family had acquired the property about 10 years ago with the intention of opening a showroom and warehouse. Later, after the recession hit, the warehouse was constructed across the street in the Westside Business Park and plans for the vacant property were uncertain.

"Over the years, we tried to sell the property, but it never sold, so it must have been meant for us to have a place here," said Phyllis Livingood.

"With the growth (in Pooler) and the economy booming, we said now is the time. It just feels right. We just love Pooler."

Chris Tilton, co-owner of The Dewitt Tilton Group, which is constructing the store, said teaming up with Livingood's was an easy decision.

"Livingood's is synonymous with business in Savannah. ... It was a no brainer. When you're linked to Livingood's this day in age, it's like being linked to Apple or Amazon. They are really the business in Savannah," he said.

"We're excited and having this exposure on (Highway) 80 next to Spanky's is just a great opportunity for us."

Construction on the 12,000-square-foot showroom is expected to start next week and take about seven months to complete. It will be the company's third location, which includes locations on Skidaway Road and in Okatie, South Carolina.



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Please contact West Chatham YMCA for further details

**4/11:**

## **10AM COFFEE BREAK**

Free and open to all. A time to come a socialize with other Y members and taste a healthy snack.

**4/18:**

## **12PM LUNCH & LEARN**

Provided by Benchmark Physical Therapy  
Free and open to all

**4/28:**

## **RIDE ON RYAN SPRINT TRIATHLON & DUATHLON**

Held at L. Scott Stell Park

**5/5:**

## **9AM OPEN HOUSE & HEALTH KIDS DAY**

Pool Opening & Camp Orientation happening as well.

**5/9:**

## **10AM COFFEE BREAK**

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**5/11 - 5/13:**

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**5/17:**

## **12PM LUNCH & LEARN**

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