February / March 2018

Vol II • Issue VII

Pride of Pooler

Readers Choice Award

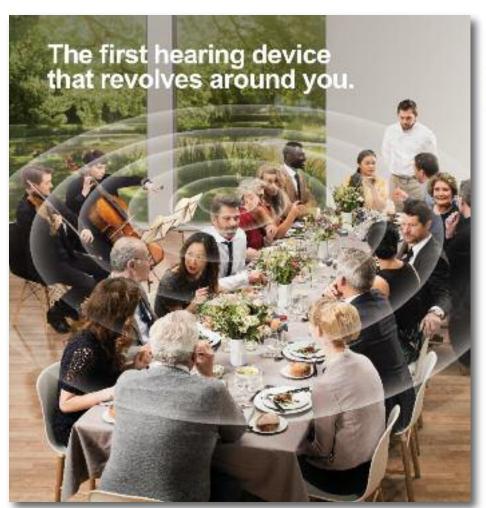
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Finance Officer	Michelle Warner	(912) 748-7261	Gateway Community Church	
Fire & Rescue	Chief G. Wade Simmons	(912) 748-7012	Heavenbound Baptist Church	
H/R Director	Andrea Anderson	(912) 748-7261	Hydrate Church	
Police	Chief Mark Revenew	(912) 748-7333	Morning Star Baptist Church	
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Recreation Dept	Hugh Elton	(912) 748-5776	New Testament Baptist Church	
Sr. Citizen Center	Susan Edwards	(912) 330-0493	Pooler Bible Church	
Zoning Admin.	Kimberly Classen	(912) 748-7261	Quacco Baptist Church	
Other Pooler Sources:			Relate Church	
Auto Registration		(912) 652-6800	Risen Savior Lutheran Church	
Better Business Bureau		(912) 354-7521	Rothwell Baptist Church	
CEMA Hurricane Hotline		(912) 201-4590	Savannah 1st 7th Day Adventist Church	
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Veterans Affairs		(912) 352-0441	Utility Companies	
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Candler Hospital		(912) 819-6000	City of Pooler	
Memorial Medical Cente		(912) 350-8390	Comcast	
Memorial Health Generation One		(912) 350-7587	Direct TV	
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St. Joseph's Hospital Car		(912) 819-3360	Georgia Natural Gas	
St. Joseph's/Candler SmartSenior		(912) 352-4405	Georgia Power	
Other Sources:			Hargray	
Chatham County Health Department		(912) 356-2441	Save n Energy	
Poison Control Hotline		(800) 222-1222	SCANA Energy	
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Pooler Schools			Vonage	
Pooler Elementary		(912) 395-3625	Animal Control	
West Chatham Elementary		(912) 395-3600	Animal Control	
West Chatham Middle		(912) 395-3650	Animal Shelter (Lost Pets)	
New Hampstead High		(912) 395-6789	Chatham County Humane Society	



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Congratulations to the Best of Pooler.'

Snowbirds from the north who head south for the winter were caught off guard last month when the warm Georgia coast was transformed into a winter wonderland. Trading in swimsuits for snowsuits, visitors and residents did their best to acclimate to freezing temperatures and icy conditions. There's not a big need for snow chains and snow plows in our area, and let's face it, not many folks down here know how to drive in this stuff (except for the snowbirds, of course). So rather than risk scenes resembling bumper cars on ice and kids slipping and sliding to and from classes, many schools and public buildings closed down. Don't know for sure, but it may have been the first snow holiday ever for the Pooler/Savannah school systems.

Most areas of Georgia have not seen much snowfall for years. Although there were some power outages and minor accidents, kids and adults mostly loved it! What could be more fun than making snowmen and snow angels and engaging in friendly snowball fights. Even golf carts were put to use towing sleds on streets. Some folks had never seen snow before. People were even bringing their kids from Florida to play in it.

It is a bit strange to see snow in Georgia, but just for the record, snowstorms are not new to the Southeast. This one (which left a little over a foot at Savannah Airport) was paltry compared to the one in 1989 that dumped three $3\frac{1}{2}$ feet in Savannah. Historically, these arctic blasts occur in the South about once every 10-15 years.

There's no denying that seasons everywhere seem to be more intense these days. Climate change might have something to do with what happened in our state last month, but studies show that sometimes a cold snap is nothing more than a freak of nature. It made for good stories to share with friends and relatives elsewhere, so remember it with a degree of fondness and look forward to those perky little buds that will be sprouting from the earth and exploding from tree branches in the warm months ahead.

Help us congratulate the winners of the 2017 Pride of Pooler Readers' Choice Awards. This is your opportunity to vote for your favorite Pooler businesses in 40+ categories every year. Several businesses have won the award now two consecutive years including State Farm (Pat Parker), Cake Corner, David's Dry Cleaners, Edward Jones (Veronica Voisine), GNC, Milan Esthetics, So Fit, Trisha Cook, and Thomas Strickland & Sons. See page 8-9 for a complete list of 2017 winners.

Finally, please welcome new advertisers; Distinctive Granite & Marble, Georgia Southern, Mungo Homes, Savannah Adventist Christian School and St. Joseph's/Candler Hospital. We encourage you to patronize our all our advertising partners and tell them you saw their ad in Pooler Today.

Happy New Year to you and yours, and may 2018 be healthy and prosperous.

In Gratitude, =

Dean AyersCo-Publishers

Cierra Ayers
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Barbara Anderson Sr. Account Manager



February / March 2018

Publishers

Cierra Ayers (912) 210-9905

cba@AyersGroup.org

Dean Ayers (702) 767-0508

dean@AyersGroup.org

Senior Account Manager

Barbara Anderson (912) 631-5000

Barbara@AyersGroup.org

Copy Editor

Dianne Carter dcarterpr@yahoo.com

POOLER TODAY - The Ayers Group, LLC

463 Pooler Parkway #110 Pooler, Georgia 31322-4200 (702) 767-0508 • www.AyersGroup.org

Event Photography Contributor

T. Howard Reimer Photography t.howardreimerphotos@yahoo.com

Janesse Cooper Kumon Learning Center

John Fender Battling Anger

Andrea McGilton Be An Educated Stone Buyer

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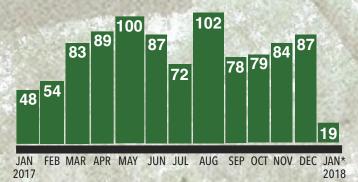
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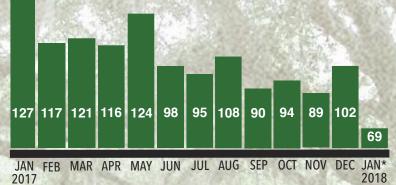


AVERAGE HOME SALES PRICE



FEB MAR APR MAY JUN JUL AUG SEP OCT 2017 2018 *Jan. 1, 2017 - January 18, 2018

AVERAGE # OF DAYS MARKET



* Data as of January 18, 2018











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POOLER'S READER'S CHOICE WINNERS

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Cake Corner*

Bank/Credit Union
Ameris Bank

Barber/Stylist
Jessica Gilchrist

Bicycle Shop
Perry's Bike Shop

Blinds/Shutters
Savannah Blinds*

Carpet & Floor

Diamond Carpet Cleaning

Casual Dining
Wild Wing Café

Caterer

Miss Sophie's Marketplace

Child Learning Center **Mathnasium**

Coin/Currency Shop
Miller's Coins & Currency

TODAY MAGAZINE

Day Spa

Milan Esthetics*

Dentist (tied)

Dr. Tracy E. Durham, Dentistry at Godley Station

and

Dr. Jan Cossar, Town Lake Dental Group

Dry Cleaner

David's Dry Cleaners*

Emergency/Urgent Care St. Joseph's IIC

Fast Food/Take Out
Chazito's

Financial Services

Veronica Voisine, Edward Jones/*

Fitness/Training (tied)

YMCA - Coastal Georgia

So Fit*

Florist

Special Touch

Funeral Home

Tomas C. Strickland & Sons*

Golf Course

Crosswinds Golf Club

Hair Salon

Jessica & Co. Beauty Lounge

Hearing Aid/Audiology

Dr. MacMillan, Coastal Audiology

Heating & Air

Tropic Air, Atlantic HVAC

Home Builder Mungo Homes

Insurance Agent
Pat Parker / State Farm*

Lawyer/Attorney

Don Dyches, Dyches & Norse

Liquor Store Liquor Land

Marble/Granite/Tile Installer
Distinctive Granite & Marble

Nail Salon

Modish Nails & Spa

Nutrition/Health Store

GNC - General Nutrition Center*

Nursery/Garden Center Lowe's Home and Garden

Pawn Shop Pooler Pawn

Pest Control

Yates-Astro Termite & Pest Control

Pharmacy Pooler Pharmacy

Photographer
One Moment One Shot

Physician

Dr. Dolores Haviland-Foley

Real Estate Agent
Trisha Cook*

Veterinarian

Dr. Michael Brown Godley Station Animal Hospital*

^{*} Indicates 2016 Award Winner



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St. Joseph's/Candler's Smart Care 24/7 is a new virtual healthcare clinic that's a convenient and time-efficient way to consult with medical experts via a smart phone, tablet, computer or landline. Patients can live chat with a provider on their laptop or smart phone or simply call 888-972-5460.

This innovative new program brings a health care provider to people when and where they need it. With live, online-video directly from a digital device, or simply through a live phone conversation, SJ/C Smart Care 24/7 connects patients to top-notch medical professionals in no time at all.

HOW SMART CARE 24/7 Works

- Visitors can access a provider through our web portal or with one of our apps.
- No appointment is needed.
- Register in less than three minutes.
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Payment can be accepted through Visa or Master Card at this time. There are no hidden fees. We cannot accept insurance for virtual visits. However, you may check with your insurance carrier to determine whether your visit fee can be applied to your deductible. Due to regulatory restrictions, we are prohibited from providing a virtual visit to individuals covered under a federal insurance program, such as Medicare Advantage, Medicaid or Tricare. The virtual visit fee typically qualifies as an expense for a Flexible Spending Account (FSA), Health Savings Account (HSA), or Health Reimbursement Account (HRA). Please check with your account administrator to be sure. If you have had a virtual visit and are still not feeling well, our virtual providers are happy to conduct a follow-up visit with you. If you are seen within 48 hours with the same chief complaint, you will not be charged for a new visit. If you are calling back outside of 48 hours or about a new chief com-

plaint or condition, then you will be charged for your visit. For those follow-up visits that qualify for no charge, please phone the Patient Concierge at 888-972-5460.

SECURITY

St. Joseph's/Candler Smart Care 24/7 collects only the patient information absolutely required in order to deliver our service effectively. Your personal information and visit details are confidential and are protected in a secure manner. Transmitted information is encrypted using Secure Socket Layer (SSL) technology. Your login credentials are securely collected and stored following industry standards for preventing others from determining your unique credentials

COMMON ILLNESSES:

From common conditions like colds, flu, back pain, nausea, sinus infections, sore or strep throats, allergies or skin issues, Smart Care 24/7 can treat the most common non-emergent medical issues, and even write prescriptions if necessary. We do not prescribe narcotics; these prescriptions are most appropriately filled by your primary care provider.

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- Allergies
- *Asthma
- Athlete's Foot
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- Colds
- Congestion
- Constipation
- *Cuts
- Cough
- Dermatitis
- Diarrhea
- *Ear Pain
- *Eye Issues
- Fever
- Flu
- *Headache

- Hives
- Insect Bites
- Minor Burns
- Minor Cuts
- Nausea
- Pink Eye
- Rash
- Scrapes and Bruises
- Shingles
- Sinus Symptoms
- Sore Throat
- *Sprains
- Stomach Flu
- Urinary Tract Infection in Adult Women
- *Vomiting
- Yeast Infection
- and much more...

GETTING STARTED

Patients can download the free Smart Care 24/7 app from the Apple Store or Google Play, or visit sjchs.org for more information.

Once your virtual visit starts via telephone or video (we support Skype, FaceTime and Video Chat), your virtual provider will ask you a series of brief questions to help understand the nature of your health concern and the best treatment options for you.

MORE SERIOUS MATTER?

Of course, if your situation is more urgent, please call 911 immediately. If your issue isn't covered by this service, we encourage you to make an appointment with a board-certified doctor at our St. Joseph's/Candler Medical Group-Pooler location. The main number is 748-1999.

Visit **sjchs.org** for more information on Smart Care 24/7 and other vital medical services.



^{*}May be treatable depending on severity





AFTER BATTLING CANCER, CHRISTY FOUND BALANCE.

Christy thought she was too young for cervical cancer until she found out she had it. Yet, she remained calm and never panicked because of her confidence in the expertise at the Lewis Cancer & Research Pavilion. Dr. Richards, an expert in gynecological cancer treatment, performed minimally invasive da Vinci robotic assisted surgery to remove the cancer – reducing Christy's recovery time and minimizing complications. The results? Well, based on her yoga form, we'd say her balance and outlook on life is pretty spot on.



THAT'S WHY I CHOOSE ST. JOSEPH'S/CANDLER

Edward Richards, MD Gynecologic Oncologist





A Salute To Tyler Melvin and Roz Awarded Lifetime Achievement Award...

Tyler Melvin, a senior at Islands High School Veterinary Science Program, has taken his love for animals to the next level as a puppy raiser for the Southeastern Guide Dog puppy-in-training program. Tyler's current charge, Roz, is a female yellow lab described by Tyler as "the smartest dog I ever met." Roz has been with Tyler since March 2017 and is with him every hour of the day. It's a huge year-long commitment for students who must keep up their school studies at the same time. Roz goes to school with him, accompanies him to his part time job at his dad's office and sleeps in his room. Once a month, Tyler provides her the medicine she needs. Roz is a well-traveled dog, having accompanied Tyler across the country to Montana. According to Tyler, her favorite spot was Mt. Rushmore.

Tyler's responsibilities as a raiser include basic obedience training and developing socialization skills. "There were goals I had to meet with her, such as basic stuff towards the beginning of her training (sit, stay, lay down, leave it and potty training)," he explains. "Roz also had to learn to sit at stairs, curbs, crosswalks, doors, and to lay down whenever I was not moving. The most important thing I taught her was patience. She had to leave things alone and only move when I asked her to at times. Her biggest obstacle was to learn not to jump on people when she meets them because she's so friendly!"

When the dogs are about 14 months old, they are placed elsewhere for more formal training that involves extensive medical and personality evaluations to determine their suitability as guide dogs, service dogs or facility therapy dogs. The dogs are then matched and placed with their handlers – the people they'll serve. The handlers then spend 12 to 21 days on the Palmetto Guide Dog campus getting to know their dogs – and vice versa. This is all free of charge to the handlers. At the end of the on-campus training, the puppy raisers are invited back to see the pup they raised and meet the handler. Guide Dogs, a national non-profit organization, works with the dog-handler team for the life of the team, providing follow-up training and support.

Recently the Melvin family traveled to the campus of Southeastern Guide Dogs where Roz is attending "Freshman Orientation." Together they celebrated the end of her puppy raising journey and the beginning of her formal training.

"Attending Islands High School allowed me to focus that love into education," says Tyler. "Southeastern Guide Dogs has given me the opportunity to practice what I've learned by raising Roz. She has never ceased to amaze

me with how quickly she's learned how to be a good dog."

For his dedication and excellent training of Roz, Tyler is being awarded with the President's Award for his Lifetime Achievement in Service to his Community, that's 4000+ hours served.

Former Navy Seal Marcus Luttrell, portrayed in the movie Lone Survivor, founder of the Lone Survivor Foundation, and founder of Team Never Quit, received Rigby, a Southeastern Guide Dog, after his retirement." Rigby was the most important and impactful being to have ever come into my life until I met my wife and started my family. There really are no words to describe what he means to me and how special he is."

Anyone interested in becoming a puppy raiser can visit the Southwestern Guide Dogs website at **www.guidedogs.org**.









Pooler Today

Seven Oral Reading Tips For Parents

By Janese Bryant Cooper Certified Kumon Instructor

It is essential for children to continue to read frequently as they get older and be exposed to a variety of genres to maintain reading proficiency. Here are seven tips for parents to make reading at home more impactful.

• Have your child read aloud to you each night through elementary school.

While not necessary, having a specific time establishes a consistent routine.

② Make a reading nook in your home that your child will associate with book reading.

It should be a well-lit area that is free from distractions and comfortable for you both. It can be as simple as bean bags on the floor, a certain place on the couch, or at the kitchen table.

3 As your child reads, point out significant patterns in spelling and sounds.

For instance, the plural of mouse is mice, "ph" makes an "f" sound, and the "w" sound is silent when in front of an "r."

4 When your child skips or mispronounces a word and keeps reading, point to the word, say it, and have your child repeat it.

When your child stops to self-correct how a word is pronounced and gets it right, praise her. Re-read the whole sentence to ensure comprehension.

6 While reading, pause to ask your child questions about the characters and events in the story.

Sometimes kids are reading, but not fully understanding because they are focused on the mechanics. Before getting to the end of the story,

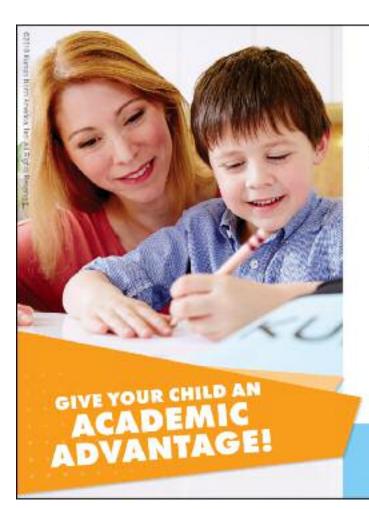
ask your child what she thinks will happen next. Ask her to support her answer with a reason.

6 After finishing the story or the chapter, ask your child to tell you in her words what happened.

Ask follow up questions if important pieces are missing in the summary. Use the illustrations to ask him to describe what happened.

• Ask questions that will help your child to make inferences.

You can ask why a character acted in a certain way, how a character is feeling, and how two characters are similar or different. Your child should answer in his own words, but can look through the story for reference.



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February / March 2018 ______ 1

CITY OF POOLER



POLICE DEPARTMENT

Honor, Integrity, Compassion

Mark Reveney, Chief of Police

Dear Pooler Citizens.

It is with a heavy heart that I am leaving the Pooler Police Department, my love for the last 33 years. While I was planning to retire in April, I was approached by the City of Savannah to act as the Interim Chief of Police while they conduct a national search for a permanent Chief. I was elated to be afforded the opportunity to lead a fine National and State Accredited agency. Any Chief of Police will tell you they are only as good as the officers serving the community. Pooler is blessed with some of the most selfless and compassionate officers! have had the fortune to work alongside.

I was further comforted in my decision when Deputy Chief Jim Ward was appointed Interim Chief of Police. Deputy Chief Ward embodies Pooler Police Department's philosophy of serving our community. He is a life long resident of the area, having served over 18 years with the department, except for a short time when he worked as a US Customs and Border Agent. He and his family are long term residents of Pooler and are committed to preserving our wonderful community. Anyone who knows him will share his down-to-earth and jovial attitude. The officers respect and like him and will undoubtedly support him during this transitional period.

I am proud of the relationship we have forged with the community and the businesses. Our mission of treating everybody fairly and respectfully will continue. Again, thank you for the opportunity to serve such a wonderful city and piease support Deputy Chief Ward and the fine officers who are proud to serve you.

Respectfully

Thief Mark Revenew, ret. Pooler Police Department

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Pooler Today

Pooler Police Presents Appreciation Plaque And Recognition To Businesses

A police department is only effective as their relationship with the businesses and residents of their community. Pooler Police Department has always been blessed to have a strong and open relationship with every member of the community.

However, some businesses go above and beyond to foster that partnership. Chief Revenew prior to accepting his new role, wanted to publically thank them and provide them with an Appreciation Plaque emblazoned with the Official Challenge Coin of the Police Department. Interim Chief Ward will continue promoting our philosophy of treating everyone regardless of his or her "walk of life", fairly and respectively.

Please join us in extending Kudos to the following supporters:

Falgun Patel, Royal Imax Theaters
Pam Southard, Pooler Chamber of Commerce
Dozier Cook, Dozier Crane
Trisha Cook Hayes, Trisha Cook Realty
Leslie Parkmann, Chick-fil-A
Tim Lovezolla, Lovezzola Pizza
Donnie Tuten, Chatham Classic Homes
Mayor of Pooler, Mike Lamb
Fatz' Cafe
Olive Garden
Publix Supermarket

























Top to bottom (left to right) Falgun Patel, Pam Southard, Dozier cook, Trisha Cook Hayes, Leslie Parkann, Tim Lovezolla, Donnie Tuten, Mayor Mike Lamb, Fatz' Cafe, Olive Garden and Publix Supermarket.

February / March 2018

Be an Educated Stone Buyer

By Andrea Antunes McGilton

Buying stone for your home should be fun, creative and exciting. And, it can be all those things if you are an educated buyer. If not, you might be surprised by what you are actually getting – and not getting.

First and foremost, when comparing stone from several sources, be sure you are comparing the same quality material.

Stone from different quarries can vary greatly. There are many degrees of quality that affect the appearance and durability of stone. You'll want to see sizeable samples to ensure that the look and touch of the stone is what you want.

What is the thickness of the stone? Has your stone been discontinued? Are you looking at a stone that might be considered "lesser quality" or "inferior?" Be sure you know exactly what your stone selection is and then shop several resources to compare prices.

Next, visit the stone yard to personally select your slab. Colors and veining vary greatly on natural stone and slabs of the same stone can look very different. The only way to know exactly what you are getting is to select the slabs yourself.

Distinctive Granite and Marble is the largest stone supplier in the area. They can guide you to a huge selection of stone from around the world, including marble, granite, quartz, onyx, limestone, travertine and more. You'll be able to see thousands of options in patterns, colors and texture. You'll see the stone in a large format, not just a small block, and you'll pick out your exact slabs.



Quartz offers the beauty of marble and the durability of granite.

Today, white continues to be the most popular color in kitchen and bath design. Designers and homeowners across the country are using white to create modern, clean, open spaces that reflect natural light and provide a subtle background for art and furnishings.



White is the most popular color in kitchen and bath desig

White can be used for virtually any design: traditional, modern, transitional, sophisticated, whimsical, classic or retro.

Distinctive Granite and Marble is the largest stone supplier in the area.

New products have emerged that offer the look of marble along with the carefree maintenance of granite. Quartz is one such product. Like classic marble, quartz shows three-dimensional veins that change in shape, color and size throughout each slab, achieving a natural translucency. The spirit and beauty of white Italian marble is captured in this modern product.

Using white-on-white, or mixing tones, textures and finishes of multiple white products within the same space, creates stunning visuals.

A stone surface can be finished in two or three different ways to create sophisticated and subtle differences within the same space 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 creative borders in a palette that combines textures and a variety of white stone.

There are a few ways to make your stone purchase more affordable. Consider using the more exoric stone in the prominent areas like kitchen islands and less expensive stone around the perimeter. Remnants are great for smaller applications and can even be mixed and matched for larger areas. Distinctive Granite and Marble has a stone yard at their River Walk location with hundreds of remnants that just might yield the perfect piece for your powder room or vanity top.



Small spaces are perfect for more exotic and higher priced stone.

Choosing your stone is a big step, but it's just the first one. Fabrication can make all the difference in your stone's appearance. Again, there are a number of choices in finishes; polished, honed, leathered are a few. And, there are additional choices to be made in edging. Precision cutting and finishing will greatly affect the final product.

Installation, too, should be precise and expert. Just another variable that you need to consider.

Not only will stone increase the aesthetic appeal of your home, it will increase its resale value. A visit to Distinctive Granite and Marble will open your eyes to the world of stone possibilities.

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.



For over 30 years, Distinctive Granite and Marble has been the leader in granite, marble, quartz and natural stone. Distinctive is the area's largest supplier of stone, with thousands of slabs in stock in hundreds of varieties. Plus expert fabrication, installation, personal services and affordability.

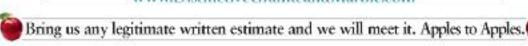


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What Should You Do With Your Tax Refund?

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

You may not get much of a thrill from filing your taxes, but the process becomes much more enjoyable if you're expecting a refund. So, if one is headed your way, what should you do with the money? The answer depends somewhat on the size of the refund. For the 2017 tax year, the average refund was about \$2,760 - not a fortune, but big enough to make an impact in your life. Suppose, for example, that you invested this amount in a tax-deferred vehicle, such as a traditional IRA, and then did not add another penny to it for 30 years. At the end of that time, assuming a hypothetical 7 percent annual rate of return, you'd have slightly more than \$21,000 - not enough, by itself, to allow you to move to a Caribbean island, but still a nice addition to your retirement income. (You will need to pay taxes on your withdrawals eventually, unless the money was invested in a Roth IRA, in which case withdrawals are tax-free, provided you meet certain conditions.)

Of course, you don't have to wait 30 years before you see any benefits from your tax refund.

If you did decide to put a \$2,760 tax refund toward your IRA for 2018, you'd already have reached just over half the allowable contribution limit of \$5,500. (If you're 50 or older, the limit is \$6,500.) By getting such a strong head start on funding your IRA for the year, you'll give your money more time to grow. Also, if you're going to "max out" on your IRA, your large initial payment will enable you to put in smaller monthly amounts than you might need to contribute otherwise.

While using your refund to help fund your IRA is a good move, it's not the only one you can make. Here are a few other possibilities:

- Pay down some debt. At some time or another, most of us probably feel we're carrying too much debt. If you can use your tax refund to help reduce your monthly debt payments, you'll improve your cash flow and possibly have more money available to invest for the future.
- Build an emergency fund. If you needed a new furnace or major car repair, or faced any other large, unexpected expense, how would you pay for it? If you did not have the cash readily available, you might be forced to dip into your long-term investments. To help avoid this

- problem, you could create an emergency fund containing three to six months' worth of living expenses, with the money kept in a liquid, lowrisk account. Your tax refund could help build your emergency fund.
- Look for other investment opportunities. If you have some gaps in your portfolio, or some opportunities to improve your overall diversification, you might want to use your tax refund to add some new investments. The more diversified your portfolio, the stronger your defense against market volatility that might primarily affect one particular asset class. (However, diversification, by itself, can't protect against all losses or guarantee profits.)

Clearly, a tax refund gives you a chance to improve your overall financial picture. So take your time, evaluate your options and use the money wisely.



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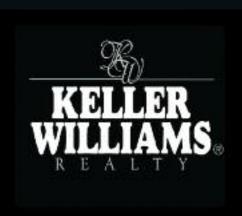
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Real Estate Matters -Home Seller Resolutions

By Ilyce Glink, Author Real Estate Minute

If you sold your home in 2017, you probably enjoyed the process. Home prices have risen 40 percent in the last five years, so you got a good price for your home. There is only four months' worth of housing inventory (the number of months it would take to sell all the homes that are currently for sale), which is an extremely low number. Consequently, you probably got a fast offer, maybe delivered via a bidding war, followed by a quick closing. And new competition on the agent side meant you might have paid less in commission.

Here's the good news: Homes will continue to be a hot commodity in 2018. There aren't enough people selling (thanks to a combination of factors, led by locking in extremely low interest rates and rising home prices). In some areas of the country, like Denver, you can drive a long time without seeing a "for sale" sign. Homeowners in hot communities receive almost instant offers.

We're starting to see pocket listings, where agents tell their friends or officemates about a listing so it can be sold without ever hitting the general market. Different types of brokerages, where discounted commissions are available. And, more home sellers seem to be trying to sell on their own.

When it comes to pricing your home, we usually talk about the three types of sellers: Someone who is desperate and anxious and must sell as soon as possible; someone who has a "pie in the sky" view of their home value; and someone who is realistic about what the market will bear and is willing to price their home accordingly.

But this year, given how overheated (some economists say) the market is, we're not sure any price a seller could dream up would be too high. Some housing economists, like Nobel Prize winner Robert Shiller, say that general impressions about the inherent risk of buying a home can indicate the presence of a bubble. At a conference in early December, Shiller noted the return of what he called the "buyer's panic," where potential buyers fear that they will be priced out if they don't purchase a home soon. "It's not just interest rates and tax law that drive prices in speculative markets," Shiller said.

Choosing the right price is the key to having a great selling experience. If you price your home too high, even in a hot market, it'll sit on the market, growing stale, until you reprice it. If you price it too low, it should ignite a bidding war. And, the agent you choose (whether he or she is aggressive or more low key) will be an important consideration.

Before you list your home in 2018, you should figure that out. Then, consider adopting my classic New Year's Resolutions for home sellers:

▲ Overcome any possible objections a buyer would have. Buyers are always looking for a reason not to buy your house. Your job as a seller is to eliminate any potential objections that would stand in the way for a buyer to make an offer.

Continued on page 44



Feral Friend
May Be
Happier
Staying Outside
By Cathy M. Rosenthal

Question:

I have been feeding a very feral cat since last March. Gradually, he has progressed to living on my deck. In July, I trapped him and had him neutered and treated for fleas, worms, and mites. He has gained weight and is extremely charming. He was a skeleton when I first saw him.

He can be very aggressive, however, and I have the scratches to prove it. He loves to be petted and has come to trust me, but when I go inside, he gets very upset and sometimes tries to scratch me. This behavior has lessened as time goes on. He appears to be very lonely and stares at my five indoor cats through the sliding doors. The other day I left the door open a few inches, and he acted very aggressively to one of my indoor boys.

I have provided him with an outdoor house with straw to keep him warm, and an outdoor heating pad. Both under a covered picnic table to keep everything dry. Is it possible he may eventually stop being so aggressive to my cats? I feel very bad for him as he appears to want to come

in. He's probably been outside his whole life and has never had a human friend until me.

My Thoughts:

You may not realize it, but you're already providing him with a good home where he knows he will be fed and looked after every day. The outdoor shelter you are providing with the straw bed sounds great, and I am glad he lets you pet him sometimes. He obviously trusts you, and could someday warm up to the other cats through the sliding glass door, but don't push the issue. While a few cats cross the threshold from feral to indoor cat, it can be very difficult to make this transition with five cats already in the home. Cats are very territorial.

If, at some point, you feel he could cross the threshold, then bring him inside and close him in a room for a few days so all the cats can get to know each other better through scent and some under the door paw play. But please don't feel you need to do this, since cats are very territorial, and this will be very stressful for all your cats, too. If he is "a very feral cat" then he is likely happier outside with the food, shelter, and friendship he gets from you.

As for your scratches, he may be showing what's called "redirected aggression," which means he scratches you because he is frustrated by another stimulus, like seeing your indoor cats. Maybe wear boots or long socks when you are with him to protect your legs.

Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field, and contributor to Tribune Content.

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Pooler Chamber of Commerce and Visitor Bureau, Inc.

Pam Southard, Executive Director

Greetings from YOUR Pooler Chamber of Commerce

Brrr! It's been a bit chilly in Pooler this winter, but most would probably agree that the snow provided a bit of unexpected fun as folks bundled up for snowball fights, sledding, and other snow activities. An extra plus for the kids was, of course, school closures.

The snow has melted, and the air is warmer as we all look forward to spring which is just around the bend. With it comes the sad news that our beloved police chief, Mark Revenew, has now retired from the Pooler Police Department. An officer with the Pooler Police Department since 1984, Revenew was promoted the chief in 2010. Under his leadership and no-nonsense integrity, Pooler experienced tremendous growth, and we are grateful for his extraordinary contributions and guidance. Although he has just accepted a new position as interim chief of the Savannah Police Department, he will serve on Pooler's advisory board for replacement of a new chief. Revenew's next in command, Major Jim Ward, will be at the helm during the transitional period. Ward, who is also highly respected and qualified, served the department under Revenew for ten years.



As president of the Pooler Chamber of Commerce, I was honored to receive a lovely letter of appreciation from Chief Revenew for my leadership and the support our organization has provided the Pooler Police Department. He spoke of "our dedication and constant contribution to our members and how this cohesiveness directly correlates to the improved partnership we share with the business community. All of this has resulted in making the City of Pooler the Gem of the Lowcountry."

We send out a big thanks to Chief Revenew for making our

city one of the safest in Georgia and wish him well in his new position.

Be assured that our Chamber of Commerce will continue to work hand in hand with our police, fire departments and city leaders, and be proud contributors to our city's exceptional and positive growth.

Our Gala committee has been tasked with utilizing their resourcefulness in presenting the **4th Annual Hearts for Heroes Red Tie Gala**. This year the beneficiary of the proceeds will be **CASA** (Court Appointed Special Advocacy for Children). We are pleased that this again will be a sold out event, and all for a very deserving organization and cause.

St. Patrick's Day is without a doubt a very exciting week of celebration with boisterous crowds filling the city from all corners of the city, state, and country. The Pooler Chamber of Commerce and Visitor's Bureau, Inc., announce that the St. Patrick's shuttles from Pooler to Downtown Savannah are available to residents, family and friends. So, park in the safety and convenience of our own neighborhood, relax and let **Kelly Tours** shuttle you to and from the festivities. Free and secure parking is available at **Molly MacPhearson's** (Pooler). We offer two days of shuttle services, round-trip day passes. Call us here at the Chamber (912) 748-0110 for reservations and prices, and see all the details on page 54.

Please help us recognize our new **Board of Directors of the Pooler** Chamber of Commerce and Visitors Bureau, Inc for 2018 (*previous page*). We have such a diverse group of community leaders who will help guide us through Pooler's continued and unprecedented growth.

Last and certainly not least is our office staff Jane Grismer, Donna Lippens and Susan Eiseman (*previous page*) who constantly maintain the bridge between visitors and potential relocators, businesses, community out-reach and constant flow of exciting activities. It is a tall task, but we feel fortunate to have the opportunity to work in the community and meet new people every day.

Forward Ho, one and all! There's much to look forward to in this year ahead.







Physical Therapy Provides Drug-Free Pain Relief

By Carty Powers, DPT, OCS, P.T.

Opioids are drugs commonly prescribed to treat pain. But there can be serious side effects. To counter the growing use of opioids for pain management, the Centers for Disease Control and Prevention recommends non-opioid therapy, such as physical therapy, to treat acute and chronic pain.

Opioids can cause addiction, overdose, depression and withdrawal symptoms. In Georgia, nearly 70 percent of drug-overdose deaths in 2016 were attributed to opioids. Nationwide, those numbers are nearing epidemic proportions.

But drug-free therapies can and do work. Research conducted by the American Physical Therapy Association shows that even a single session with a physical therapist can improve function, increase range of motion, and decrease pain. Physical therapists use exercise, manual therapy, dry needling, and other techniques to manage chronic pain.

McKenzie Method

One method of treatment found to be very effective is the McKenzie method, or Mechanical Diagnosis and Treatment (MDT). Most musculoskeletal pain is "mechanical" in origin, caused by everyday postures and stresses. This approach uses repeated movements and postural correction in the spine and extremities to reduce pain and improve mobility. The McKenzie approach also reduces or eliminates radiating nerve pain that begins in the neck or lower back.

Manual Therapy

Manual therapy techniques, such as joint mobilization and soft tissue mobilization, help relieve bone and joint pain. Joint mobilization is a hands-on technique that restores normal range of motion in painful or arthritic joints. Soft tissue mobilization is used to decrease muscular tension and myofascial adhesions. Physical therapists may use hot packs, cold packs and electrical stimulation after manual therapy to enhance its effects.

Dry Needling

Dry needling addresses trigger points to relieve nerve and muscle pain as well as movement impairments. A trigger point is a tender or tight area within the muscle tissue. Dry needling uses a thin filiform needle to penetrate the skin and stimulate underlying myofascial trigger points, muscular and connective tissues. Dry needling causes a twitch response in the trigger point that relaxes taut bands. In some cases, it can provide relief when conventional manual therapy techniques cannot.

The sooner physical therapy treatment begins, the better your prognosis. If you are suffering from acute or chronic pain, ask your doctor for a referral to a physical therapist - before you turn to addictive painkillers.

Carty Powers is a physical therapist at The Rehabilitation Institute at Memorial University Medical Center. For more information, call the Pooler office at 912-273-1000.



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Pooler Today



Battling Anger
By John Fender
Pastor, First Presbyterian Church of Pooler
Chaplain, Pooler Police Department

At times, it takes very little for us to become heated, inflamed, angry or even indignant. Causes range from being inconvenienced to being falsely accused of people lying and being manipulative, to kids and politics and traffic and football games and a thousand more reasons.

Anger is a problem that almost all of us struggle with, yet is a problem that many of us do not want to deal with. Frederick Buechner, in his book, Wishful Thinking Transformed by Thorns, states, "Of the 7 deadly sins, anger is possibly the most fun. To lick your wounds, to smack your lips over grievances long past, to roll over your tongue the prospect of bitter confrontations still to come, to savor to the last toothsome morsel both the pain you are given and the pain you are giving back--in many ways it is a feast fit for a king. The chief drawback is that what you are wolfing down is yourself. The skeleton at the feast is you."

Therefore, if our anger must be dealt with, then the question becomes "How to best deal with it?" The National Institute of Health has an article titled, "How to control your anger" gives advise such as this: Count to 10, breathe slowly, exercise, get creative by writing, making music, dancing or painting which can release tension and reduce feelings of anger, and talk about how you feel. I would not suggest that any of those are bad, but all of that is insufficient.

In Psalm 37, David calls us to consider how to handle our anger. Psalm 37:1 says, "Fret not yourself because of evildoers." The word fret means "do not become heated or angry". Psalm 37:8 states, "Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil." David is dealing with being sinned against and is helping us think through the way to deal with it.

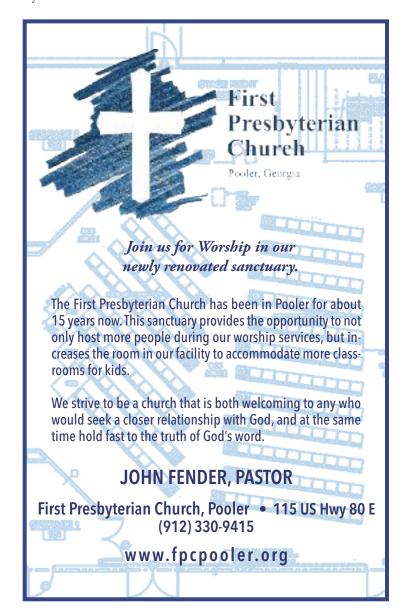
At this point we must be honest and state that so much of what you and I get angry about is not a person's sin against you, but us simply not getting our way! When you got angry in traffic, no one necessarily sinned against you. You just did not get where you wanted to get as fast as you wanted to get there. The person who does not call when you expect them to call, getting passed over for a promotion, those are not necessarily the work of evildoers. Lots of time, the problem is not external, the problem lies in your heart. You did not get what you wanted when your wanted it in the way you wanted it.

Additionally, even when it is a real sin against us, our righteous anger quickly deteriorates to unrighteous anger. In Eph. 4:26, Paul writes, "Be angry and do not sin; do not let the sun go down on your anger," So there is an anger that is not sin (Righteous anger) and there is an anger that is sin (unrighteous anger) and Paul commands us to not let the sun go down on our anger! Why? The longer we hold that anger the more likely it is to burn us alive! We decide to take matters into our own hands. We decide that clearly God is not taking care of this matter so we ought to do so. Our righteous anger quickly deteriorates into unrighteous anger!

So based off Psalm 37, let us consider one way to deal with anger, namely to fix your eyes upon our sovereign God. Psalm 37:3 Trust in the LORD, and do good; dwell in the land and befriend faithfulness. [4] Delight yourself in the LORD, and he will give you the desires of your heart. [7] Be still before the LORD and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices! [8] Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil.

Let's suppose you get in an argument with a co-worker. They have said you are not pulling your weight at work. They make a couple of derogatory comments about you and your work ethic. What are you likely to do all that day and into the night? Talk about that person, replay that person's words in your head over and over. You will fixate on that person and the audacity they had to say what they said!

The psalmist says to you and I: turn your gaze elsewhere, turn your eyes heavenward, behold our God. Delight yourself in the Lord, be still before the Lord. In that day of anger you tell me where you attention is most focused and I will tell you how you will respond. You fixate on the source of the problem you will want to return evil for evil. But you fix your eyes upon the sovereign God, you trust in Him, and your will be equipped to do good, instead of evil. You will learn to wait patiently for our God. You will learn to let God Himself fight these battles for you!









Camp Moon River Savannah Country Day School

Welcome to the first summer season of Camp Moon River (CMR) at Savannah Country Day School. We are delighted that you have found us, and we hope you will share our excitement about the newest and best thing in Savannah's summer day camps since bug juice, friendship bracelets, and color war!

Camp Moon River is fortunate to call the beautiful 65-acre campus of Savannah Country Day School home. In addition to top-of-the-line academic and athletic facilities — including multiple gymnasiums and fields, tennis and volleyball courts, and an all-weather track — the SCDS campus is home to beautiful gardens, woodsy trails, and natural spaces that are perfect for summer camp.

Moon River is a full-day traditional-style summer day camp with an "overnight feel" for rising K - 8th-grade children (extended care offered) with a half-day program offered to rising PK/JK students who are 4-years old before their first day of camp.

Your child will get the benefit of an overnight-camp atmosphere packaged into the convenience and affordability of a local day camp. Campers of all ages (PK/JK - 8th grade) will have a blast while making friends, learning compassionate leadership and what it means to be part of a camp community. CMR emphasizes the importance of good sportsmanship, self-respect, trying new things and, most importantly, having fun.

As part of the overnight camp atmosphere, campers are separated by division (rising grades):

- Pre-Juniors (PK/JK)
- Juniors (K-1st)
- Inters (2nd-5th)
- Seniors (6th-8th)

Campers are then put into "bunks" according to grade. In addition to bunk and division activities, campers will have the opportunity for CHOICE most every day. At least once a day, we'll be together as an entire camp. Everything we do from the schedule to the bunk names contributes to the "campiness" of camp.

Whether a camper attends one week or all ten weeks of Camp Moon River, s/he will leave having had a meaningful summer experience with treasured memories, dear friendships, and valuable personal growth.

Rising 9th-12th graders have the opportunity to be Junior Counselors in Training (JCITs) and Counselors in Training (CITs). On a case-by-case basis, rising 12th graders may become counselors or remain as a CIT. All counselors and specialists will be 18 and over.

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Budget Goals For The New Year: Evaluating Fixed Costs

By Georgia Heritage Federal Credit Union

It's easy to let long-time habits determine how your budget is allocated, but the new year is a great time to start and maintain a new kind of budget. One of the best ways to evaluate your budget goals for the new year is by analyzing each item based on whether there are reasonable ways to reduce it, and if so, how you will stick with the plan.

Most of us have fixed costs like rent or a mortgage, utility payments, monthly subscriptions, and deductions from our paychecks that are removed each month or every two weeks. The best way to evaluate these costs is to consider:

- Can this cost be changed by moving elsewhere or changing providers? Moving to a less expensive home can save you a lot of money over time, or you may get better Internet coverage for less money if you shop around.
- · Can this cost be eliminated or replaced with a cheaper alternative? A great example would be the level of television subscription you currently have; if you aren't happy with how expensive it is, consider a television break for the family for a few months, or switch to a lower-cost package of channels.
- •• Can this cost be negotiated? Some landlords may be willing to keep their rent at a reasonable level rather than raising rates if you've been a great tenant, and if you were considering canceling a service anyway, you might as well see if attempting to cancel gets you a better offer on price.
- Fixed costs are a great way to initiate your budget goals for the new year since once you change them, they tend to continue to save you money month after month.

Evaluating Variable And Discretionary Costs

Many of our budgets can change month to month, and this can result in a slow creep upward in costs. Look realistically at how much you've spent in 2017 on categories like food, entertainment, travel, or shopping and see where you can make changes.

Is there a limit you can impose to create savings? Choosing to cook at home for more meals than you previously did, or choosing to only watch films after they come out at the video store can be simple modifications to one's budget that create savings. The key is to not deprive yourself of your favorite things, but rather identify where cheaper alternatives can still make you happy - a night in cooking together can sometimes be a great experience.

Can planning ahead save you some money? People who prepare their meal calendar in advance can shop in bulk and save money per unit of food, for instance. Many of us have less money than we'd like, so a little extra planning may help us to keep the money in our pockets.

Even with these strategies, it can be hard to make big savings with small budget shifts alone. Your local credit union, Georgia Heritage Federal Credit Union, can make your savings work for you, and prepare for future events like college or retirement.





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February / March 2018





How To Stop Annoying, Endless Robocalls To Your Smartphone

By Jennifer Jolly

Robocalls, telemarketers, and scams blowing up your smartphone can be very annoying. But what you can do about it?

Have you noticed an uptick in those super annoying robocalls, telemarketers, and scams hitting up your smartphone all hours of the day and night? I have, and it's driving me nuts.

Last month, I had a bogus call to lower my electricity bill. A few weeks ago, it was a pause after I said hello, then a woman saying, "Oh, I'm sorry, I'm adjusting my headset," before launching into a sales pitch of some sort. And then there's the daily deluge of numbers that look legit - like my daughter's school calling, or a media outlet from Manhattan - only to end up being an obvious scam. "This is George Michael," says a male caller with a heavy accent, "calling from your online pharmacy with your diet medication." Talk about adding insult to injury.

Robocall rage:

According to the Federal Communications Commission, there are nearly 2.4 billion robocalls made every month. That's more than 7 calls per person, according to new research from the YouMail Robocall Index.

At best, the calls are frustrating. At worst, they're robbing us blind. So what can we do about it once and for all?

#1 Google your own smartphone number

Let's start with a little self-education. How the heck are these criminal-callers getting our cell numbers in the first place? If you don't post it publicly across social media, use it on shady shopping sites, or shout it out to every telemarketer who calls - how is it getting out there? The Better Business Bureau recommends Googling your own number. Do it!

Was it there? Mine was. It might not be alongside your name, but chances are it's there, collected by a "people search" company like Nuwber that aggregates information from "White Pages listings, Public Records and Social Network Information." Thanks to modern technology, these lists are now easy for cyber scammers to scrape. And that's how the the robo-games begin.

Putting your number in the Do Not Call registry is one step to blocking robocalls.

If you haven't already, add your cell number to the National Do Not Call list. I just went there to verify that I'm on the list and sure enough, I've been registered since February 2006. So much for that. Obviously, it doesn't fix the issue all the way around, but it does help keep legitimate companies from cold-calling you. Sadly for us, the bad-guys have easy workarounds.

If you're already on the Do Not Call Registry and still get hit up, report the calls to the FTC, which compiles the reports and hands out the fines. You can also block them right from your smartphone and block any spammy texts too.

#3 Blocking calls and texts

Here's where to block calls on your iPhone. On iPhones, tap the green phone icon on your home screen, select the "Recents" tab on the bottom of the screen, then tap the blue "i" information icon next to the phone number you want to block. A screen pops up with a bunch of options and at the very bottom you'll find "Block This Caller." Tap it and then when the verification screen appears, confirm your decision.

On most Androids, there are two easy ways to block numbers. If you're on the standard version of Android 6.0 you can go into your call log and long-press on the number you want to block, then select "Block number" from the pop-up menu. If you're using a version of Android other than the stock version (or if you don't know which version you're actually using) you can select "Settings" and then "Call blocking," then tap "Add number" and type in the number you want to block.

#4 Bring in the big guns

There are a handful of apps that promise enough anti-spam ammo to stop annoying calls for good. **NoMoRobo** & **TrueCaller** They all require a bit of set-up, but the toughest part of that so far for me has just been remembering my AT&T password. (You'll need the provider password for some of them.)

This is my best of these apps I've reviewed to date - so it's no surprise that it won a competition by the FTC. After you download the app onto your device, you can sign up for a free trial for 30-days, or commit right away to either \$1.99 per month or \$19.99 per year.

After you install the app, it prompts go into your iPhone's settings, select "Phone" then tap "Call Blocking & Identification" and tap Nomorobo to enable it. Back in the Nomorobo app, it asks you to enter your phone number for verification (to make sure you're not a robocaller yourself). After that - you're done.

You can send yourself a test robocall to see exactly how it all works. When a sketchy telemarketer hits up your phone number, your call screen shows a big red dot and a note that says "Robocaller" so you know to avoid it. There's even an option in the app to block these calls automatically, before they even reach your smartphone screen.

Nomorobo swears it doesn't block legitimate calls from pharmacies, schools, or other important institutions- because it "analyzes millions of calls made to hundreds of thousands of phone lines every single day."

Truecaller - This app (iPhone, Android, Windows Phone) reports that it's collected more than 3-billion phone numbers and relies on information from users to filter out the scams. When the app identifies a specific phone number as robocall or scam, it lets you know with an alert on the call screen. The website says it gets its information from a central database that is constantly being updated with new phone numbers. TrueCaller offers a free and a paid, subscription version. Set up is similar to NoMoRobo. Download the app, follow the prompts. I like that you get link it to Facebook to auto-fill and there's an animated screen that shows you the entire set-up process. It doesn't get much easier than that.

Jennifer Jolly is an Emmy Award-winning consumer tech contributor and host of USA TODAY's digital video show TECH NOW.

Money Matters



Is There Too Much Focus On Stocks?

By Jill Schlesinger Tribune Content Agency

A reader wrote to me: "After your recent article about the big questions for 2018, I was astounded that 'only 54 percent of Americans report having money invested in the stock market at all.' Does that mean that all of the attention we put on the stock market is misplaced? Are we putting too much focus on stocks?"

Because so many of you responded to that statistic, it probably means it's time for a primer/refresher on just what the stock market and the various stock market indexes really tell us.

When you buy a stock, you are placing a bet on a company's ability to generate earnings in the future, which in turn, would propel the price of the stock higher. In addition to that capital appreciation, you may also earn money from stock ownership in the form of dividends, which come when the company distributes some of its earnings to stockholders. That income can be especially

important for future retirees.

But the larger reason why many of us invest in the stock market is to help grow our money faster than the rate of inflation. Over time, we have learned, a diversified portfolio of stocks, bonds, a sprinkling of real estate or other commodities and cash, can deliver long term returns that will do

just that.

When the economy is strong, it stands to reason that companies will perform better, but there are also cases in which the stock market and the economy diverge.

This happens be-

cause other factors affect stock prices, such as interest rates (monetary policy), government actions like spending and taxing (fiscal policy), the rate of inflation and of course what's going at a particular company. The stars of monetary and fiscal policy have recently aligned, against a backdrop of stronger than expected global growth and low interest rates and inflation, all of which combined have had the effect of propelling corporate profits and as a result share prices.

In fact, at more than 3,200 days and counting, this is the second longest bull market for stocks on record. (A bull is defined by a period without a 20 percent decline from the recent high.) It could take time to shatter the record, held by the 1990's dot-com boom. The current bull would have stretch well into 2021 to do so. Before you start saying that another three and a half years of gains is "impossible," anything really could happen. Remember, this market has been called "the most hated bull on record," which may be why many investors have been on guard and have even pulled money out of the market over the past five years.

While the hoopla surrounding the aging bull or index records can spook some investors, it can lure others into a false sense of security. Here's your warning: The craziness of market records should not prompt you to either bail out of stocks or to jump in. Market indexes simply provide us with a snapshot of how the

When you buy a stock, you

are placing a bet on a

company's ability to

generate earnings

in the future.

overall stock market is doing. That means that focusing on an index does not change anything in your financial life. One way to keep you on the right

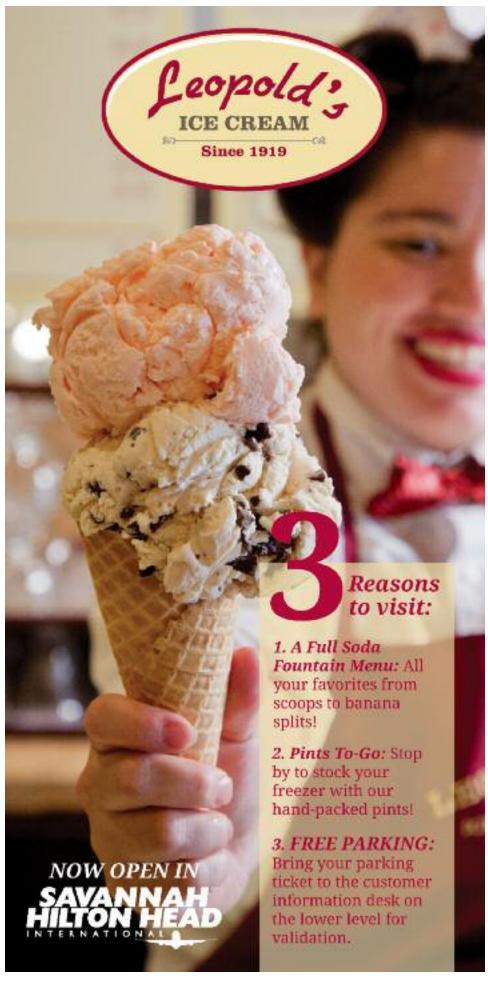
path is to employ an asset allocation plan, which incorporates your risk tolerance and time horizon.

Did you just read that sentence and think, "Oh, that boring old advice again?" Yes, I am trotting out the same old advice, because it works! Too many of us are swayed by our emotions and forget that a steady hand and a good plan can help us focus on the more important financial issues confronting us and our families

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.



February / March 2018





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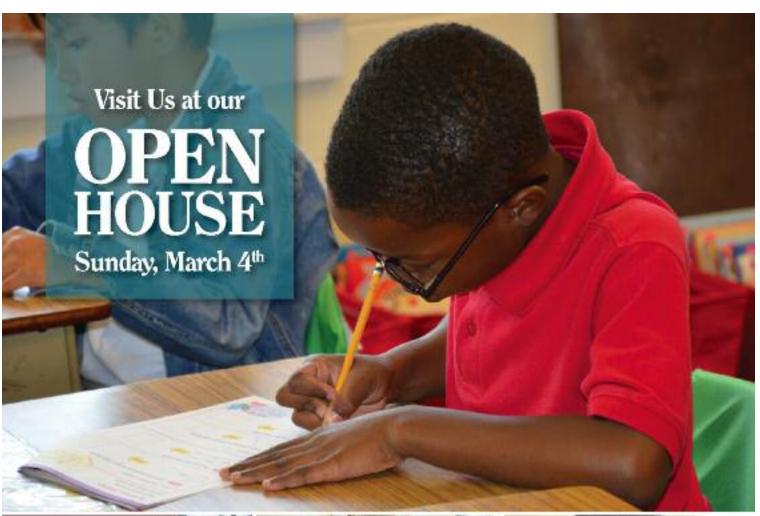
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Orchids Nail Spa continued on next column

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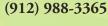
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Henry's Breakfast & Lunch



Are you hungry? Want some good hearty grub? Henry's is a perfect place to stop in if you are hungry or even if you want a small portion or snack. Breakfast is served all afternoon because some of the best food is served in the morning. The range of food choices are amazing, you are not limited here! Soup and salad bar variety, breakfast buffet, yummy breakfast burritos, Po Boys, sandwiches, fresh fruit....you name it. Service is fast, friendly and the food is well prepared and very reasonable. No problem with parking here, big lot and easy access. Opens at 6:30 am. daily and Friday and Saturday opens for dinner at 5 - 8 pm.

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2018 Calendar of Events

Pooler Chamber of Commerce and Visitor Bureau, Inc.

February 10

4th Annual Hearts for Heroes Red Tie Gala

at: National Museum of the Mighty Eighth Air Force 6:30 p.m. - 11 p.m.

Proceeds from the Gala will benefit CASA

March 16 and 17

St Patrick's Shuttles to Savannah festivities

Friday 16th 10 am -12 midnight 7:30 am -12 (Parade Day)

Pick up at: Molly MacPhersons Pooler 110 Towne Center Drive

April

Taste of Pooler - *TimelDate to be announced at:* National Museum of the Mighty Eighth Air Force

June

Sip & Savor/Casino Night - *Time/Date to be announced at:* National Museum of the Mighty Eighth Air Force



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http://poolerchamber.com

Henry Skipper

An Evening of Tribute to Henry Skipper, President and CEO of the National Museum of the Mighty Eighth Air Force, on the occasion of his retirement. Mr. Skipper has served The National Museum of the Mighty Eighth Air Force as CEO since March of 2009.



NATIONAL
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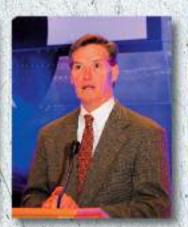
















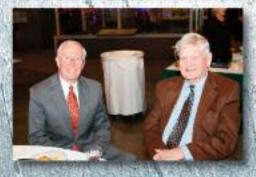








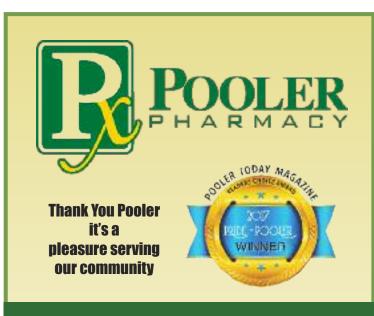








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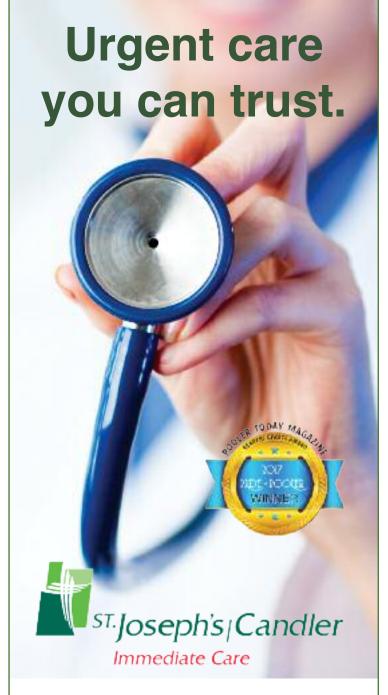
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Pooler Lions Club Reading Action Program And Free Kidsight Vision Screening

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 **lion-sclub2@gmail.com**

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Keeping Families Together Through Tough Times

By Coastal Pet Rescue and SAFE Shelter

No one wants to see families broken up. Many victims will stay in domestic violence situations because they don't want to leave their fur babies behind. Animals are often used as a tool by the abuser to control their victims.

For this reason, **Coastal Pet Rescue** has partnered with **SAFE Shelter** to house animals for their clients. They have specific foster care homes for SAFE shelter residents who will keep the pets in a loving home until the client can reunite in a safe environment. "This is a very scary time for the animals and the owners," said Lisa. She adds that "many owners have never been separated from their pets and they are very thankful." Whether the animals are fostered for a few days, weeks or months, visitation is arranged so that the owners stay in contact with their pets and are reassured they will have their pets back again.

Celebrating their 15 year anniversary, Coastal Pet Rescue was first fos-

ter home for cats, and Lisa was called "the rescue lady." In August 2014 they acquired property that was once a hunting camp off of Thomas Road. In 2015 they began housing animals and opened "Camp Pawsawhile." More than 128 volunteers work diligently between the shelter and foster homes to find permanent homes for the animals.

Based on her own experience, Lisa knows the benefits of keeping families together. She says, "Animals are a great coping mechanism and provide great comfort and hope for victims of domestic violence."

Safe Shelter Executive Director Cheryl Branch says, "Knowing your pets are not in kennels and are taken in by loving families, means the world to someone going through trauma and it's one less thing to worry about. It also gives them some peace of mind which is priceless."

Coastal Pet Rescue does not charge for the animals vaccinations and tries to get costs covered for spay and neuter of all animals. In order to do so, they applied for a grant. Lisa said their goal now is to establish a fund for SAFE Shelter animals since they are not seeking permanent shelter.

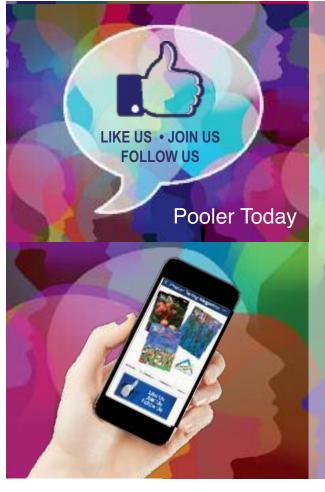
In order to ease the trauma of transitioning to a new home, Lisa points out that it's important for the pets to maintain a consistent diet. With so many changes at once, familiar food is not only comforting but also easier to digest, especially if the pet is anxious. If you would like to donate to Coastal Pet Rescue, they are in need of blankets, sheets, pillows, and food from their Amazon wish list.

We are so grateful for the wonderful services Coastal Pet Rescue is providing and appreciate the time and dedication of all the volunteers who provide love and life-saving support for the entire family.

Please visit http://www.coastalpetrescue.org/ for more information on how you can donate or become a foster family.

Pictured above: Coastal Pet Rescue's Director and Founder Lisa Scarbrough plays with her latest rescue from animal control and the foster family is on the way to pick up this sweet 9 year old basset hound.





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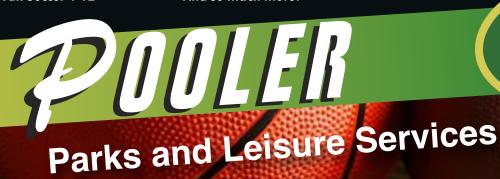
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Age Spots Typically Don't Require Treatment:

By Purna C. Kashyap M.B.B.S., Gastroenterology and Hepatology, Mayo Clinic, Rochester, Minn.

DEAR MAYO CLINIC: I've developed waxy, brown spots on my skin. Are they potentially dangerous? What's the best way to get rid of them?

ANSWER: What you describe may be seborrheic keratoses - commonly referred to as aging spots. Seborrheic keratoses are some of the most common, noncancerous skin growths in older adults. They're not cancerous or precancerous.

Seborrheic keratoses usually appear as brown, black or light tan growths on the face, chest, shoulders or back. The growths have a waxy, scaly, "stuck on" appearance. Occasionally, they appear singly, but multiple growths are more common. Their cause is unclear.

Although they may sometimes be itchy, these growths are typically painless and don't require treatment. But if they become bothersome or irritated by clothing or you just don't like the way they look or feel, there are several ways a dermatologist can remove them.

One common method, especially if several growths are being removed, is to freeze the growths with liquid nitrogen (cryotherapy). A few days after treatment, the seborrheic keratoses fall off.

Blisters or scabs may develop afterward but this will heal within a few days.

Another option is to apply heat (cautery) to the growth after the area's been numbed. The heat, which comes from an electric charge, softens the growth so that it can be removed with a cotton swab or a scoop-shaped instrument (curet).

Laser therapy is another option, but it's generally more expensive and no more effective than other methods.

Cauterization generally results in darker pigmentation of the treated skin area, whereas cryotherapy usually leads to lighter pigmentation. Talk to your dermatologist about which method may be best for your skin tone. (adapted from Mayo Clinic Health Letter) - Lawrence E. Gibson, M.D., Dermatology, Mayo Clinic, Rochester, Minn.

Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to MayoClinic **Q&A@mayo.edu.** For more information, visit **www.mayoclinic.org**.





Call Us for details

Barbara Anderson (912) 631-5000 Barbara@AyersGroup.org

February / March 2018

Real Estate Matters - Cntinued from page 20



A Get your home into selling shape. Cleaning your home is a must. After that, you should consider hiring a stager to give your home the television-worthy polish so many buyers expect today. (Yes, they want your home to look like something they'd see on HGTV.) Assess what other sort of work needs to be done, such as fixing things that don't work, touching up paint, or cleaning or replacing your carpets. Decide if you need to update your landscaping, and paint, clean or tuck point your home's exterior. And if you're selling in January, clear out the holiday decorations as quickly as possible.

▲ Invite at least three agents to create a comparative marketing analysis (CMA). Often, sellers simply call the agent who sold them their home to list it. While you may wind up hiring that person, you'll be doing yourself a favor if you invite a couple of other agents in from different firms. That's because each will bring different ideas to the table about how much your house is worth and what kind of marketing plan will work. They'll all have different experiences to draw on and have different buyers in mind who may want to make a quick offer.

▲ Be realistic about the market, even if it's a hot one. Find out what types of properties are selling in your area and how many days they're sitting on the market. Accept the reality of your local market and make sure you price your home realistically. Don't blame your broker if you don't get three offers over your list price within 24 hours of putting your home on the market. Sellers who set sky-high (or even pretty high) prices could wait months or years for an offer (one of my neighbors has been trying to sell his overpriced home for four years) and may wind up with the same price they would have had if they'd priced their home correctly the first time — or a lot less.

A Read all documents thoroughly before you sign them. Why would someone sign a legal document he or she hasn't read? I'm not sure, but home sellers do it every day. If you're going to sell (or buy) in the coming year, promise yourself that you'll take the time to read and understand the listing contract, offer to purchase, and loan documents for your next purchase. (If you're taking back a loan for the home buyer, have an attorney prepare the documents so you are sure to be protected.) Unless you've got cash to spare, a mistake in these documents and the warranties they contain, could seriously affect your finances.

▲ Don't get greedy. One big mistake many sellers make is to get a little greedy, particularly if the first offer is above the minimum acceptable price you've set. Then, the negotiation becomes a game of how much you can get.

Remember, a successful sale means everyone walks away feeling happy. If you get so greedy that the buyer walks away, you've let the deal get the best of you. Resolve to be reasonable and you'll end up shaking hands with the buyer at the closing. You should also know that there aren't unlimited buyers out there, and if you lose one it might take you quite some time to find another.

Ilyce Glink is the creator of an 18-part webinar+ebook series called "The Intentional Investor: How to be wildly successful in real estate," as well as the author of many books on real estate. She also hosts the "Real Estate Minute," on her YouTube channel. Samuel J. Tamkin is a Chicago-based real estate attorney. Contact Ilyce and Sam through her website, ThinkGlink.com.









Fostering A Love For Reading

Lions Club International (LCI) is an association of non-profit service organizations with over 1.4 million members in more than 200 countries. The association organizes a variety of initiatives, and local clubs choose what will best benefit their local communities. In addition to the initiatives of vision, hunger, environment, diabetes and pediatric cancer, LCI also encourages helping youth. The Pooler Lions Club has partnered with three local elementary schools - Godley Station, Pooler, and West Chatham. Thought the Reading Action Plan, volunteers work individually with students to help improve their reading skills and read aloud to large groups of kindergarteners.

The Lions became aware of the Savannah Chatham School District's challenge at the beginning of the school year, to collect new or gently used books for classroom libraries. They wanted to help get books into the hands of as many students as possible and help foster a love of reading. Theresa Baker and Lynn Bigsbee, the media specialists from Pooler and West Chatham Schools, ordered books for the children, using the \$500 donation from the Pooler Lions Club. Hopefully, there will be many hours of happy reading and happy readers at all grade levels.

If you are interested in more information email lionsclub2@gmail.com or go to www.poolerlionsclub.org.



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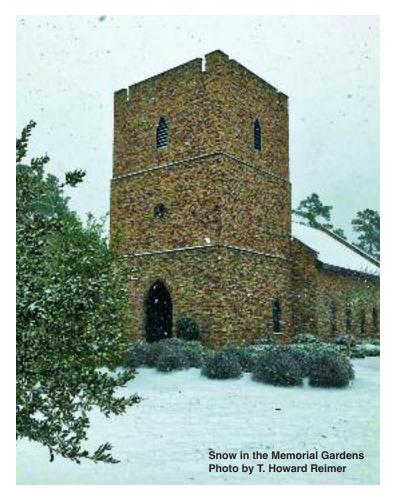
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WhassssUp
Around Pooler?

CONGRATULATIONS TO SAVANNAH POLICE PEPT. - We are all going to miss our Chief Mark Revenew! Recently announcing his retirement he was very quickly snapped up by Savannah Police Dept. as their interim-Chief. Our very best wishes to Chief Revenew and congratulate Savannah on a great addition to their law enforcement organization.

GEORGIA PORTS - Georgia Ports Authority announced a record year in 2017, handling more than 4 million twenty-foot container units (TEU's) which is an 11% increase from 2016. This makes Savannah the fastest growing port in the Southeast. By comparison, Charleston had only 2.2 million units last year.

GEORGIA HISTORY FESTIVAL -Georgia History Festival's Super Museum Sunday is February 11, 2018. Admission to the National Museum of the Mighty Eighth is FREE all day. We are welcoming authors Steve Snyder and Annette Laing to sign and sell books this year! Bring the whole family to Super Museum Sunday, where you are sure to enjoy a tour of the Museum.

ST. PATRICK'S DAY CELEBRATION - The ultimate Savannah celebration marches into downtown. Live music, dance party, food courts, and all the St. Patrick's shenanigans. Floats and marching units will hit the streets at 10:15 am on Saturday, March 17, 2018 for the 194th St. Patrick's Day Parade, which will feature more than 350 marching units and up to 15,000 people. Live n Pooler? Check out our shuttle schedules and pick-up zone. (see page 54)

POOLER IS GROWING - A new apartment complex, The Station, has begun construction of a four-story, 244 unit near Savannah Quarters. Completion is scheduled in 2019.

SAVANNAH QUARTERS - A new apartment complex, The Station, has begun construction of a four-story, 244 unit near Savannah Quarters. Completion is scheduled in 2019.

CHANGE OF LOCATION - Utility Billing is now located on the second floor of City Hall. Since they are now separate from Public Works, their phone numbers have changed.

Public Works: (912) 330-8650 • Utility Billing: (912) 748-4800. *year.*



Careers Now Q&A

By Joyce Lain Kenedy

DEAR JOYCE: I have a baby daughter and I'm looking for a job. I had to turn down an interview tomorrow because I can't get a sitter on quick notice. The caller said she understood and would call back to set another interview time. I never heard from her again. What's a better way to handle this situation?

You were caught off-guard. Next time, do a bit of self-marketing with this type of response:

"Your company is at the top of my list of desirable employers, and I'm delighted that you called me. The problem is that I've already set up an interview with another employer on the date you suggest. Would Tuesday afternoon or Wednesday morning work for you?"

DEAR JOYCE: A friend got me an interview where she works. After three meetings I was told I was the likely choice for the job. Nearly four weeks have passed since then. Is there anything I can do to get the job offer speeded up?

Call your friend and mention you have other job prospects but the job in her workplace is your favorite. Don't say you've received another offer, unless there really is one that you're prepared to accept.

Ask if there's any word about when the hiring decision will be made. You may get news. If not, you'll be motivated to move on with your search.

DEAR JOYCE: My previous performance reviews were good. But a new manager has unfairly downgraded me. Other than looking for another job, what can I do?

If you don't have a human resource specialist to help work out your problem, ask the new manager for a meeting to discuss how you can improve your performance on the job.

The meeting may reveal whether your work has indeed slumped, or if your bad grades are traceable to differing communication styles or expectations of a new level of achievement.

Take notes of your supposed shortcomings and ask for a date-specific meeting in six months to discuss your improvement. Try to meet higher standards or, if you sense oil and water, to transfer to another department.

It is not unknown for a new manager to use poor performance reviews to secure their real agenda: easing out veteran employees and replacing them with cronies.

This could be a good time for you to quietly look for another job.



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DEAR JOYCE: I dread going to work every morning and count the hours until quitting time. I may expire from terminal boredom. How have others dealt with burnout?

Maybe you can solve your burnout problem with your own creative fix. A classic example is the supermarket bagger who chose to stop bagging on automatic pilot and instead wagered with himself whether each order would come out odd or even in the number of items, in addition to smiling and making pleasant conversation with customers.

ABOUT CAREERS NOW

Joyce Lain Kennedy, author of numerous career books and the nationally syndicated "Careers Now" column, has been an expert on employment for more than four decades, offering job advice to readers across the country. In fact, Kennedy estimates she's received more than 3.5 million letters from readers seeking career advice and has answered more than 5,500 queries in her columns since 1968. Her advice on jobs and career management issues addresses problems experienced by virtually all working people: job searches, layoffs, workplace discrimination, job specialization, technological demands and the ever-changing concept of networking.

Kennedy began her career by offering advice to teenagers and young adults before broadening the scope of her column, which now appeals to all ages. She's the bestselling author of seven career guides, including "Resumés for Dummies," "Cover Letters for Dummies" and "Job Interviewing for Dummies."

A former resident of Washington, D.C., and New York, Kennedy grew up in St. Louis, where she earned a degree in business administration from Washington University.

February / March 2018

Interesting Facts About St. Valentine

BY Elizabeth Hanes

A man named Valentinus was martyred on February 14 late in the third century A.D.—this much we know. But when it comes to details about the life of St. Valentine, legend often supersedes fact. As you celebrate this Valentine's Day, find out the truth about the man for whom the day is named, as well as some other intriguing facts about history's most romantic holiday.

- The St. Valentine who inspired the holiday may have been two different men. Officially recognized by the Roman Catholic Church, St. Valentine is known to be a real person who died around A.D. 270. However, his true identity was questioned as early as A.D. 496 by Pope Gelasius I, who referred to the martyr and his acts as "being known only to God." One account from the 1400s describes Valentine as a temple priest who was beheaded near Rome by the emperor Claudius II for helping Christian couples wed. A different account claims Valentine was the Bishop of Terni, also martyred by Claudius II on the outskirts of Rome. Because of the similarities of these accounts, it's thought they may refer to the same person. Enough confusion surrounds the true identity of St. Valentine that the Catholic Church discontinued liturgical veneration of him in 1969, though his name remains on its list of officially recognized saints.
- ♥ In all, there are about a dozen St. Valentines, plus a pope. The saint we celebrate on Valentine's Day is known officially as St. Valentine of Rome in order to differentiate him from the dozen or so other Valentines on the list. Because "Valentinus"—from the Latin word for worthy, strong or powerful—was a popular moniker be-

tween the second and eighth centuries A.D., several martyrs over the centuries have carried this name. The official Roman Catholic roster of saints shows about a dozen who were named Valentine or some variation thereof. The most recently beatified Valentine is St. Valentine Berrio-Ochoa, a Spaniard of the Dominican order who traveled to Vietnam, where he served as bishop until his beheading in 1861. Pope John Paul II canonized Berrio-Ochoa in 1988. There was even a Pope Valentine, though little is known about him except that he served a mere 40 days around A.D. 827.

◆ Valentine is the patron saint of beekeepers and epilepsy, among many other things.

Saints are certainly expected to keep busy in the afterlife. Their holy duties include interceding in earthly affairs and entertaining petitions from living souls. In this respect, St. Valentine has wide-ranging spiritual responsibilities. People call on him to watch over the lives of lovers, of course, but also for interventions regarding beekeeping and epilepsy, as well as the plague, fainting and traveling. As you might expect, he's also the patron saint of engaged couples and happy marriages.

◆ You can find Valentine's skull in Rome. The flower-adorned skull of St. Valentine is on display in the Basilica of Santa Maria in Cosmedin, Rome. In the early 1800s, the excavation of a catacomb near Rome yielded skeletal remains and other relics now associated with St. Valentine. As is customary, these bits and pieces of the late saint's body have subsequently been distributed to reliquaries around the world. You'll find other bits of St. Valentine's skeleton on display in the Czech Republic, Ireland, Scotland, England and France.





Pooler's Ongoing Drug Take Back Program

The Pooler Police Department opened it's doors to the community and surrounding areas so that residents have the opportunity to safely dispose of any expired, unused, or unwanted medications. This disposal program includes prescription medications, over the counter medications, pet medications, etc.

Our Prescription drug collection box is ready to accept disposals. Feel free to dispose of your unwanted or expired medications.

The collection box is located inside our west entrance doors that face Bank of America. The doors are open from 9:00-5:00 Monday thru Friday. Provisions have been made for safety and security measures; such as video surveillance, securing the box in place, and locked collection bin.

Here are a few tips when using the Prescription Collection Box:

- Prescriptions only
- No biohazardous materials
- No needles
- No trash

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



Pooler Police Dept.

100 US-80 Pooler, GA 31322 (912) 748-7333

THANK YOU POOLER!

for your participation and keeping unused and expired prescription drugs off the streets.

These are results of the last National Take Back Day, making a difference across America



Total Collection Sites 5,321



Total Weight Collected 912,305 lbs. (456 tons)





Please participate in the 15th Annual Take Back Day in April 2018.

Details to follow.



This Year's Flu Is Nasty And Getting Worse

By CDC (Centers For Disease Control and Prevention)

How do I know if I have the flu? You may have the flu if you have some or all of these symptoms:

- Fever*
- Runny or Stuffy Nose
- Cough
- Body Aches
- Sore throat
- Headache
- Chills
- Fatigue
- Diarrhea and Vomiting

*It's important to note that not everyone with flu will have a fever.

What should I do if I get sick?

Most people with the flu have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care.

If, however, you have symptoms of flu and are in a high-risk group, or are very sick or worried about your illness, contact your health care provider (doctor, physician assistant, etc.).

Certain people are at high risk of serious flu-related complications (including young children, people 65 and older, pregnant women and people with certain medical conditions). This is true both for seasonal flu and novel flu virus infections. (For a full list of people at high risk of flu-related complications, see People at High Risk of Developing Flu-Related Complications). If you are in a high risk group and develop flu symptoms, it's best for you to contact your doctor early in your illness. Remind them about your high risk status for flu. CDC recommends that people at high risk for complications should get antiviral treatment as early as possible, because benefit is greatest if treatment is started within 2 days after illness onset.

Do I need to go the emergency room if I am only a little sick?

No. The emergency room should be used for people who are very sick. You should not go to the emergency room if you are only mildly ill.

If you have the emergency warning signs of flu sickness, you should

go to the emergency room. If you get sick with flu symptoms and are at high risk of flu complications or you are concerned about your illness, call your health care provider for advice. If you go to the emergency room and you are not sick with the flu, you may catch it from people who do have it.

What are the emergency warning signs of flu sickness?

In children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In addition to the signs above, get medical help right away for any infant who has any of these signs:

- Being unable to eat
- Has trouble breathing
- Has no tears when crying
- Significantly fewer wet diapers than normal

In adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with fever and worse cough

Are there medicines to treat the flu?

Yes. There are drugs your doctor may prescribe for treating the flu called "antivirals." These drugs can make you better faster and may also prevent serious complications. See Treatment – Antiviral Drugs for more information.

How long should I stay home if I'm sick?

CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol*. You should stay home from work, school, travel, shopping, social events, and public gatherings.

What should I do while I'm sick?

Stay away from others as much as possible to keep from infecting them. If you must leave home, for example to get medical care, wear a facemask if you have one, or cover coughs and sneezes with a tissue. Wash your hands often to keep from spreading flu to others.



Cold Versus Flu Questions & Answers

By CDC (Centers For Disease Control and Prevention)

What is the difference between a cold and the flu?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Flu can have very serious associated complications.

How can you tell the difference between a cold and the flu?

Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can tell if a person has the flu.

What are the symptoms of the flu versus the symptoms of a cold?

The symptoms of flu can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness). Cold symptoms are usually milder than the symptoms of flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems.

Influenza Symptoms

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly.

Flu Complications

Most people who get influenza will recover in several days to less than two weeks, but some people will develop complications as a result of the flu. A wide range of complications can be caused by influenza virus infection of the upper respiratory tract (nasal passages, throat) and lower respiratory tract (lungs). While anyone can get sick with flu and become severely ill, some people are more likely to experience severe flu illness. Young children, adults aged 65 years and older, pregnant women, and people with certain chronic medical conditions are among those groups of people who are at high risk of serious flu complications, possibly requiring hospitalization and sometimes resulting in death. For example, people with chronic lung disease are at higher risk of developing severe pneumonia.

Sinus and ear infections are examples of moderate complications from flu, while pneumonia is a serious flu complication that can result from either influenza virus infection alone or from co-infection of flu virus and bacteria. Other possible serious complications triggered by flu can include inflammation of the heart (myocarditis), brain (encephalitis) or muscle (myositis, rhabdomyolysis) tissues, and multi-organ failure (for example, respiratory and kidney failure). Flu virus infection of the respiratory tract can trigger an extreme inflammatory response in the body

and can lead to sepsis, the body's life-threatening response to infection. Flu also can make chronic medical problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic heart disease may experience a worsening of this condition triggered by flu.

Misconceptions about Flu Vaccines

Can a flu shot give you the flu?

No, a flu shot cannot cause flu illness. Flu vaccines given with a needle are currently made in two ways: the vaccine is made either with a) flu vaccine viruses that have been 'inactivated' and are therefore not infectious, or b) with no flu vaccine viruses at all (which is the case for recombinant influenza vaccine). The most common side effects from the influenza shot are soreness, redness, tenderness or swelling where the shot was given. Low-grade fever, headache and muscle aches also may occur.

In randomized, blinded studies, where some people get inactivated flu shots and others get salt-water shots, the only differences in symptoms was increased soreness in the arm and redness at the injection site among people who got the flu shot. There were no differences in terms of body aches, fever, cough, runny nose or sore throat.

Are any of the available flu vaccines recommended over the others?

For the 2017-2018 flu season, the Advisory Committee on Immunization Practices (ACIP) recommends annual influenza vaccination for everyone 6 months and older with either the inactivated influenza vaccine (IIV) or the recombinant influenza vaccine (RIV). The nasal spray flu vaccine (live attenuated influenza vaccine or LAIV) should not be used during 2017-2018. There is no preference for one vaccine over another among the recommended, approved injectable influenza vaccines. There are many vaccine options to choose from, but the most important thing is for all people 6 months and older to get a flu vaccine every year. If you have questions about which vaccine is best for you, talk to your doctor or other health care professional.

Is it better to get the flu than the flu vaccine?

No. Flu can be a serious disease, particularly among young children, older adults, and people with certain chronic health conditions, such as asthma, heart disease or diabetes. Any flu infection can carry a risk of serious complications, hospitalization or death, even among otherwise healthy children and adults. Therefore, getting vaccinated is a safer choice than risking illness to obtain immune protection.

Do I really need a flu vaccine every year?

Yes. CDC recommends a yearly flu vaccine for just about everyone 6 months and older, even when the viruses the vaccine protects against have not changed from the previous season. The reason for this is that a person's immune protection from vaccination declines over time, so an annual vaccination is needed to get the "optimal" or best protection against the flu.



February / March 2018

Why do some people not feel well after getting the seasonal flu vaccine?

Some people report having mild reactions to flu vaccination. The most common reaction to the flu shot in adults has been soreness, redness or swelling at the spot where the shot was given. This usually lasts less than two days. This initial soreness is most likely the result of the body's early immune response reacting to a foreign substance entering the body. Other reactions following the flu shot are usually mild and can include a low grade fever and aches. If these reactions occur, they usually begin soon after the shot and last 1-2 days. The most common reactions people have to flu vaccine are considerably less severe than the symptoms caused by actual flu illness.

What about serious reactions to flu vaccine?

Serious allergic reactions to flu vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the vaccination. While these reactions can be life-threatening, effective treatments are available.

What about people who get a seasonal flu vaccine and still get sick with flu symptoms?

One reason is that some people can become ill from other respiratory viruses besides flu such as rhinoviruses, which are associated with the common cold, cause symptoms similar to flu, and also spread and cause illness during the flu season. The flu vaccine only protects against influenza, not other illnesses.

Another explanation is that it is possible to be exposed to influenza viruses, which cause the flu, shortly before getting vaccinated or during the two-week period after vaccination that it takes the body to develop immune protection. This exposure may result in a person becoming ill with flu before protection from the vaccine takes effect.

A third reason why some people may experience flu like symptoms despite getting vaccinated is that they may have been exposed to a flu virus that is very different from the viruses the vaccine is designed to protect against. The ability of a flu vaccine to protect a person depends largely on the similarity or "match" between the viruses selected to make the vaccine and those spreading and causing illness. There are many different flu viruses that spread and cause illness among people. For more information, see Influenza (Flu) Viruses.

The final explanation for experiencing flu symptoms after vaccination is that the flu vaccine can vary in how well it works and some people who get vaccinated may still get sick.

Can vaccinating someone twice provide added immunity?

In adults, studies have not shown a benefit from getting more than one dose of vaccine during the same influenza season, even among elderly persons with weakened immune systems. Except for some children, only one dose of flu vaccine is recommended each season.

Is it true that getting a flu vaccine can make you more susceptible to other respiratory viruses?

There was one study (published in 2012) that suggested that influenza vaccination might make people more susceptible to other respiratory infections. After that study was published, many experts looked into this issue further and conducted additional studies to see if the findings could be replicated. No other studies have found this effect. For example, this article [99]

KB, 5 pages] in Clinical Infectious Diseases (published in 2013). It's not clear why this finding was detected in the one study, but the preponderance of evidence suggests that this is not a common or regular occurrence and that influenza vaccination does not, in fact, make people more susceptible to other respiratory infections.

Misconceptions about Flu Vaccine Effectiveness

Influenza vaccine effectiveness (VE) can vary from year to year and among different age and risk groups. For more information about vaccine effectiveness, visit How Well Does the Seasonal Flu Vaccine Work. For information specific to this season, visit About the Current Flu Season.

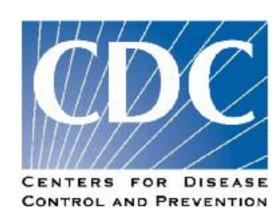
Should I wait to get vaccinated so that my immunity lasts through the end of the season?

CDC and the Advisory Committee on Immunization Practices (ACIP) recommend that flu vaccinations begin by the end of October, if possible. However, as long as flu viruses are circulating, it is not too late to get vaccinated, even in January or later. While seasonal flu outbreaks can happen as early as October, most of the time flu activity peaks between December and February, although activity can last as late as May. Since it takes about two weeks after vaccination for antibodies to develop in the body that protect against flu virus infection, it is best that people get vaccinated in time to be protected before flu viruses begin spreading in their community. Although immunity obtained from flu vaccination can vary by person, previously published studies suggest that immunity lasts through a full flu season for most people.

There is some evidence, however, that immunity may decline more quickly in older people. For older adults, two vaccine options are available. One of these options is a "high-dose" vaccine, which is designed specifically for people 65 and older. This vaccine contains a higher dose of antigen (the part of the vaccine that prompts the body to make antibody), which is intended to create a stronger immune response in this age group.

Is the "stomach flu" really the flu?

No. Many people use the term "stomach flu" to describe illnesses with nausea, vomiting or diarrhea. These symptoms can be caused by many different viruses, bacteria or even parasites. While vomiting, diarrhea, and being nauseous or "sick to your stomach" can sometimes be related to the flu — more commonly in children than adults — these problems are rarely the main symptoms of influenza. The flu is a respiratory disease and not a stomach or intestinal disease.





The Best Diet For Managing Your Diabetes

By Environmental Nutrition

Most older Americans have type 2 diabetes or prediabetes. In fact, even though many have not been diagnosed, one in four adults aged 65 or older have diabetes and nearly 50 percent have prediabetes. And what they eat matters.

MORE THAN A BLOOD SUGAR PROBLEM

Though healthcare providers use blood sugar levels to diagnose diabetes, problems associated with type 2 diabetes extend well beyond blood sugar. Thus dietary treatment must address these other concerns as well. Blood sugar levels rise because muscle, fat, and liver cells become resistant to insulin (the hormone that ushers blood sugar into body cells) and ignore insulin's signals. It's this insulin resistance that's at the heart of other problems too.

Blood pressure: Insulin resistance affects the nervous system, kidneys, and blood vessels in ways that increase blood pressure levels.

Cholesterol and triglycerides: Changes in fat metabolism often lead to high triglyceride and low HDL (good) cholesterol levels.

Heart disease and stroke: People with diabetes and prediabetes have increased risks for heart disease and stroke.

Cancer: Insulin resistance is likely one of the reasons that people with type 2 diabetes have increased risks for several types of cancer, including colon, postmenopausal breast, liver, pancreatic, endometrial and bladder cancers, as well as non-Hodgkins lymphoma.

Your best diet for diabetes in eight steps

Helping your body become more sensitive to insulin can help you with blood sugar management and reduce your risks for other problems associated with insulin resistance and diabetes.

1. Balance your diet. A health-boosting diet includes a variety of food groups and accounts for protein, carbohydrates and fats, says registered dietitian nutritionist and certified diabetes educator Jessica Crandall, R.D.N., C.D.E., national spokesperson for the Academy of Nutrition

and Dietetics. Though many people blindly focus on protein, Crandall explains that this often leads people to eat too much unhealthful saturated fat and too few disease-fighting nutrients, such as fiber.

- 2. Trim calories. If you're overweight and if your healthcare provider agrees that weight loss is beneficial, aim to lose a few pounds. You don't need to drop gobs of weight to see better blood sugar control and better health overall. Research shows that losing as little as 5 percent of your starting weight only 10 pounds for someone weighing 200 pounds can lessen insulin resistance. Whittling off a few pounds also improves blood sugar, blood pressure, cholesterol and triglyceride levels. There are many ways to trim calories. Consider shrinking portions; decreasing sweets, sugary drinks and alcohol; swapping whole milk and whole milk dairy for low-fat varieties, avoiding fried and fatty foods, and adding more low-calorie vegetables to your plate.
- **3. Avoid excess sodium.** Too much salt is bad for blood pressure, so compare food labels to choose lower sodium options. At home, use the saltshaker sparingly. Instead rely more on herbs, spices and a squeeze of fresh citrus fruits. When using packaged products, slash sodium by nearly 50 percent by mixing unsalted and regular products together. For example, combine a can of unsalted tomato sauce with a regular can of diced tomatoes.
- **4. Reduce saturated fats and eliminate trans fats.** These unhealthful fats raise your risk of heart disease. Avoid trans fats by saying no to anything containing partially hydrogenated oils. To cut back on saturated fats, avoid the foods most likely to contain them, including whole milk dairy products, butter, coconut, coconut oil, fatty cuts of meat, poultry skin, bacon and sausage
- 5. Choose Fish and other foods with omega-3 fatty acids. These fats

are a boon to the heart. Sources of omega-3 fats include salmon, herring, sardines, rainbow trout, tuna, walnuts, ground flaxseed, chia seeds, canola oil and soybean oil

- **6. Eat lots of non-starchy vegetables.** These low-calorie, low-carbohydrate nutritional stars should fill your plate and your belly. Not only are they good for your blood sugar, they are loaded with health-boosting, disease-fighting phytonutrients. Aim to eat one or more servings at most meals and snacks. Some examples include asparagus, beets, bell peppers, broccoli, carrots, cauliflower, eggplant, lettuce, radishes, spinach and tomatoes
- 7. Upgrade your carbohydrate choices. While it is true that carbohydrates turn into blood sugar, it's not true that all carbohydrate-rich foods are similar in nutrition and in their ability to fight disease. Crandall recommends selecting carb-rich foods with at least 5 grams of fiber per serving, and to regularly eat fruits, whole grains, legumes, such as black beans and lentils, and starchy vegetables like peas. Go easy on refined grains, snack bars, desserts, pretzels and chips.
- **8. Spread carbohydrates over your day.** The jump in blood sugar levels is related to the amount of carbohydrates you consume each time you eat. Instead of eating large amounts of carbohydrates once or twice daily, you'll get better blood sugar control by spreading your carb intake out fairly evenly over three or more meals.

February / March 2018 ______ 5

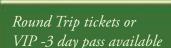
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SAINT PATRICK'S DAY

MARCH 16 and 17





ST. PATRICK'S SHUTTLES SCHEDULE:

FRIDAY 16 10 am -12 Midnight

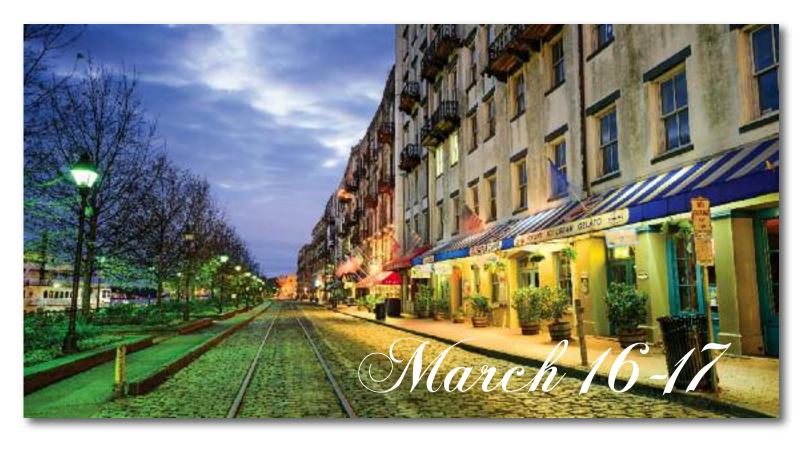
SATURDAY 17 Parade Day

7:30 am -12 Midnight

Off-duty uniformed Pooler Police officer will be providing security

Pick up location: Molly MacPhersons

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ST PATRICK'S DAY CELEBRATION ROAD CLOSURE SCHEDULE

STREET CLOSURE	BEGINNING (W/N)	ENDING	CLOSED	OPEN
Abercorn Ramp	Top of Ramp	River Street	4 pm	Closed
Barnard Ramp	Top of Ramp	River Street	4 pm	Closed
Barnard Street	Bryan Street	Broughton Street	4 pm	4 am
Bay Street	Open	Open	Open	Open
Bryan Street	Open	Open	Open	Open
Congress Street	Martin Luther King	Whitiker Street	4 pm	4 am
Drayton Ramp	Top of Ramp	River Street	4 pm	Closed
East Broad Ramp	Top of Ramp	River Street	4 pm	Closed
Indian Street	Fahm Street	Martin Luther King	4 pm	4 am
Jefferson Street	Bryan Street	Broughton Street	4 pm	4 am
Lincoln Ramp	Top of Ramp	River Street	4 pm	Closed
Macon Street	Abercorn Street	Drayton Street	8 am	Closed
McDonough Street	Whitiker Street	Bull Street	8 am	Closed
Martin Luther King	River Street	Bay Street	4 pm	4 am
Montgomery Street	Bryan Street	Broughton Street	4 pm	4 am
River Street	Martin Luther King	General Macintosh	4 pm	Closed
Rossiters Circle	Bay Street	River Street	Closed	Closed
St. Julian Street	Martin Luther King	Mntgomery Street	2 pm	Closed

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This past January, the first ever Blitz Border Bowl was hosted at our own Pooler Recreation Center. On a very windy, cold afternoon the die-hards weathered the cold to cheer on the Empire All-Stars and the Low Country (15-3).

It was wonderful to see this great stadium utilized to launch this event. Cheers and kudos to the Parks and Recreation staff and to Hugh Elton for his leadership!

































Recreation Center photo by Cierra Ayers

























Event Photography
Howard Reimer Photography
t.howardreimerphotos@yahoo.com



Elisabeth Von Trapp, Sound Of Music Family To Sing At Asbury Memorial UMC

Asbury Memorial United Methodist Church is slated to host Elisabeth von Trapp at 7 p.m. Wednesday, Feb. 7, 2018. The church is located at 1008 E. Henry St., downtown Savannah.

Elisabeth is the granddaughter of Maria and Baron von Trapp, whose story inspired "The Sound of Music." Singing professionally since childhood, Elisabeth has enthralled audiences from European cathedrals to Washington D.C.'s Kennedy Center and hundreds of Performance Halls and churches across the United States. This concert will feature sacred and secular music ranging from the contemporary to Gregorian chant, early American hymns, spirituals and perhaps a song or two from the Rodgers & Hammerstein songbook.

This concert is free and open to the public. Donations will be accepted during the performance with a suggested contribution of \$10. Asbury Memorial UMC will receive 10 percent of all donation proceeds for its Children's Ministries.

"We are looking forward to hosting Elisabeth von Trapp at our church and sharing this experience with the community," said Asbury Memorial UMC Pastor Rev. Billy Hester. "It will truly be incredible to experience Elisabeth's talent derived from the legendary von Trapp family."

Inspired by her father, Werner von Trapp's, guitar playing and singing, Elisabeth von Trapp has carried on the legacy of the internationally renowned Trapp Family Singers. She began taking piano lessons when she was eight and by the age of 16 she was playing guitar and traveling the back roads of New England, performing with her siblings at weddings, gospel meetings and town halls. Her concert repertoire ranges from Bach to Broadway and Schubert to Sting. With equal ease and eloquence, she sings timeless wonders, soaring gospel tunes, pop classics, and her own stunning compositions. Elisabeth has released five self-produced albums, and has performed across the United States, Austria and Russia. Her music has been featured on National Public Radio, BBC-Radio, Japanese National Radio and CNN Spanish Radio. She has appeared on CBS's Eye on People, ABC's Good Morning America, and BBC-TV.

For more information about this concert or Elisabeth von Trapp, please visit www.elisabethvontrapp.com. To learn more about Asbury Memorial UMC, please visit **www.asburymemorial.org** or call 912-233-4351.





It's Corned Beef Time!!

By Cierra Ayers

Corned beef is not considered an Irish national dish, and the connection with Saint Patrick's Day specifically originates as part of Irish-American culture, and is often part of their celebrations in North America. Corned beef was used as a substitute for bacon by Irish-American immigrants in the late 19th century.

I love corned beef, it is always a big treat and I make it frequently. I savor the aroma of it cooking hours on the stove or in a crock pot. Years ago however. my husband Dean who is quiet the chef, fetched the old pressure cooker from the pantry and decided to experiment.

Well, the corned beef cooked in a flash, 20 minutes for each pound, you can't beat that! Now, we make it very frequently because it doesn't take hours to cook anymore.

I rwcommend steaming the vegetables in the liquid you cooked the corned beef in. Cut the veggies into serving pieces, cut your cabbage into quarters or eights before cooking. Try different vegetables in addition to cabbage, potatoes, and carrots. How about brussel sprouts, bok choy, and asparagus for instance?

In the spirit of St. Patrick's Day, here are a few alternative dishes that might be fun to serve s leftovers:

- ♣ Corned Beef with a Marmalade-Whiskey Glaze
- Griled Corned Beef and Fontina Sandwiches
- ♣ Pulled Corned Beef
- ♣ Corned Beef Hash and Eggs
- ♣ Irish Channel Corned Beef and Cabbage
- A Parsnip Soup with Corned Beef and Cabbage
- Reuben Sandwiches with Kraut



Do you know the difference between Pastrami and Corned Beef? Both cuts of beef are cured, which means they've been brined in a salt water solution. The brine may or may not include spices and seasoning. The cooking process differs after the curing. Corned beef is boiled while pastrami is smoked.



So here is our pressure cooker recipe, worth a try especially since pressure cookers are so popular these days.

Recipe:

Cooking time - 20 minutes per pound. Serves: 4-6

1 (3 lb) corned beef brisket, flat cut preferred

1 bay leaf

1 garlic clove

1 teaspoon pickling spices (optional)

Water



Directions:

Place corn beef in pressure cooker. If, too large, cut in half. Add season packet, that comes with meat, along with bay leaf, garlic, and pickling spices if using. Add water, so just even with the top of the meat.

Turn the burner on, and bring to a boil, put cover and rocker on, and cook until rocker starts rocking. Keep at medium to low rocking motion, and cook for 1 hour. Turn off the burner. Allow pressure to escape on it's own. Carefully open pot and remove meat to serving platter. Let rest 5 minutes, and cut the meat against the grain thinly with a carving knife.

Just In Case It Strikes Again Cold Weather Safety Tip Quick Reference By NOAA

When you are outside, frostbite and hypothermia are possible so you need to protect yourself.

- 1. Wear layers of loose-fitting, lightweight, warm clothing.
- 2. Wear a hat. Try to stay dry and out of the wind.
- 3. Cover your mouth to protect your lungs from extreme cold.
- 4. Mittens, snug at the wrist, are better than gloves.

Ice Safety:

- 1. There has only been a short period of ice making weather. Ice has not had a chance to thicken and firm up.
- 2. It is recommended you stay off the ice at this time.

To keep pipes from freezing on an outside wall:

- 1. Let hot and cold water trickle or drip at night from a faucet.
- 2. Open cabinet doors to allow more heat to get to un-insulated pipes under a sink or near an outer wall.
- 3. Make sure heat is left on and set no lower than 55 degrees.
- 4. If you plan to be away: Have someone check your house daily to make sure the heat is still on to prevent freezing, and drain and shut off the water system (except indoor sprinkler systems).

If Pipes Freeze:

- 1. Make sure you and your family knows how to shut off the water, in case pipes burst.
- 2. NEVER try to thaw a pipe with an open flame or torch. Use a hair dryer instead.
- 3. Always be careful of the potential for electric shock in and around standing water.

Carbon monoxide poisoning is a silent, deadly killer claiming about 1,000 lives each year in the United States.

- 1. Install a carbon monoxide detector.
- 2. NEVER run generators indoors.
- 3. Open a window slightly when using a kerosene heater and follow the manufacturer's instructions.
- 4. NEVER use a gas oven to heat your home.
- If your heat goes out, you can keep warm indoors by closing off rooms you do not need, dressing in layers of lightweight clothing, and wearing a cap.

Wood-burning stoves, fireplaces and heaters:

- 1. Always keep a screen around an open flame.
- 2. NEVER use gasoline to start your fireplace.
- 3. NEVER burn charcoal indoors.
- 4. Do not close the damper when ashes are hot.
- 5. Use only safe sources of alternative heat such as a fireplace, small well-vented wood or coal stove or portable space heaters. Always follow manufacturer's instructions.

For more information please see:

http://www.nws.noaa.gov/om/winter/index.shtml

For more safety tips please see:

ready.ga.gov







Know Your Winter Weather Terms

Knowing winter weather terms helps you know when to put your personal preparedness plan into action.





Pooler Lions Club Presents:

Save some "Green"!
Early Birdie Registration Discount:
Register and pay by mail before
January 31, 2018
\$80 per Person or \$320 per Foursome

After January 31, 2018: \$100 per Person or \$400 per Foursome Includes golf cart, range balls, and box lunch. 3rd Annual Chipping For Charity!
Golf Tournament

Join us at Crosswinds Golf Club for a day of food, friends, and fun! Saturday, April 14, 2018 1:00 PM - 5:30 PM

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- · Prizes
- Raffle(s)AND MORE!

For more information and to register, www.poolerlionsclub.org or email lionsclub2@gmail.com RSVP By March 31, 2018!

February / March 2018



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