

February / March 2019

POOLER

Vol III • Issue XIII

TodaySM



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Happy Valentine's Day

February 14th



POOLER USEFUL CONTACTS

Pooler - Information / Non-Emergency

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

Other Pooler Sources:

Auto Registration	(912) 652-6800
Better Business Bureau	(912) 354-7521
CEMA Hurricane Hotline	(912) 201-4590
Chatham County Court House	(912) 652-7175
Chatham County Tax Assessor	(912) 652-7271
Drivers License	(912) 691-7400
Georgia Dept of Revenue	(912) 748-5199
Library	(912) 748-0471
Pooler Chamber of Commerce/Visitor Bureau	(912) 748-0110
United States Post Office	(912) 748-4927
Veterans Affairs	(912) 352-0441

Hospitals, Health and Medical Resources:

Candler Hospital	(912) 819-6000
Memorial Medical Center	(912) 350-8390
Memorial Health Generation One	(912) 350-7587
St. Joseph's Hospital	(912) 819-4100
St. Joseph's Hospital CareCall	(912) 819-3360
St. Joseph's/Candler SmartSenior	(912) 352-4405

Other Sources:

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

Pooler Schools

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

<http://pooler-ga.us>

Pooler / Area Community Churches

Beth-El Alliance Church	(912) 925-2961
Bread of Life Ministries, Inc.	(912) 988-1102
Calvary Assembly of God	(912) 748-5847
Christ Presbyterian Church	(912) 399-5717
Chua Cat-Tuong Temple	(912) 965-1876
First Presbyterian Church of Pooler	(912) 330-9415
First Baptist Church of Pooler	(912) 748-7521
Gateway Community Church	(912) 748-7011
Heavenbound Baptist Church	(912) 308-3601
Hydrate Church	(912) 988-4120
Morning Star Baptist Church	(912) 748-9994
New Birth Savannah	(912) 748-2969
New Testament Baptist Church	(912) 964-7655
Pooler Bible Church	(850) 274-2534
Quacco Baptist Church	(912) 925-3885
Relate Church	(912) 988-1354
Risen Savior Lutheran Church	(912) 925-9431
Rothwell Baptist Church	(912) 748-7593
Savannah 1st 7th Day Adventist Church	(912) 748-5977
Southbridge Community Church	(912) 401-8505
South Valley Baptist Church	(912) 748-0279
St. Patrick's Episcopal Church	(912) 748-6016
The Church at Godley Station	(912) 330-8461
Trinity United Methodist Church	(912) 748-4141
West Chatham Baptist Church	(912) 748-2022
Westside Christian Church	(912) 748-0309

Utility Companies

AT&T	(800) 288-2020
City of Pooler	(912) 748-4800
Comcast	(800) 266-2278
Direct TV	(866) 810-7892
Excede Internet	(855) 627-2553
Georgia Natural Gas	(877) 850-6200
Georgia Power	(800) 437-2262
Hargray	(912) 631-1300
Save n Energy	(888) 248-0998
SCANA Energy	(877) 467-2262
Sunpower	(800) 786-7693
Vonage	(888) 218-9015

Animal Control

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



POOLER *Today*SM

FEBRUARY / MARCH 2019 FEATURES

4	City Of Pooler Useful Contacts
6	From The Publishers
7	Pooler Real Estate Reflections By Heather Murphy
8-10	Pooler Today Magazine Readers Choice Award Winners
11	Do You Know This Shepherd? - By John Fender
14	Savannah St. Patrick's Celebration
15	Walk To Remember Scholarships
16-17	Happy 77th Birthday National Museum Of The Mighty Eighth

18	Parents Can Develop Engaged Learners - By Janese Bryant Cooper	35	WhasssUp Around Pooler
19	Coffee, Conversation, And Donuts • Pooler Ongoing Drug Take Back	36	Forsyth Park Fountain Turns Festive Leprechaun Green • Don't Rely On Irish Luck
20	Q&A To Your Pets Inquiries	37	Just A Reminder From The Georgia Governor's Office
22-23	They Take Care of Business in Pooler	39	19th Annual Home And Garden Show February 9-10th
25	Crocheting Talents Goes To Good Use	40	Vox: POOLER
26	Edward Jones, Veronica Voisine Financial Focus	42	Mayo Clinic: Sleep Medications Aren't For Long Term Use
28	The Rehabilitation Institute Simple Stretches To Relieve Joint Pain	43	Pooler Lions Chipping For Charity
29	Money Matters: Be Smarter With Your Money In 2019	44-45	St. Patrick's Epicure
30	Tell Your Boss Where To Go By Davana Pilczuk, PhD	46	Pooler Today Sponsors
33	Childhood Cancer Day, February 15th		



Photo by T. Howard Reimer

Greetings!

Remember Joe Namath? I sure do. We came of age together. Well – not really. He was busy preparing for an illustrious football career, and all I wanted was to date a cheerleader.

Joe came to mind as I watched play-offs recently for Super Bowl LIII and realized I have been a spectator to probably every single one of those games – mostly from a couch somewhere watching them on TVs that evolved from those with rabbit ears to the giant HD screens of today. It's hard to believe it's been 50 years since quarterback Joe Namath led the underdog N.Y. Jets to one of the greatest upsets in football history, defeating the undefeated Baltimore Colts by a score of 16-7.

Nicknamed 'Broadway Joe' by fans, Namath became a super star, both on and off the field. With his mega-watt smile and huge personality, he was everywhere. Gorgeous women vied for his attention and he seduced the media to a degree that would put the Kardashians to shame. He even did a pantyhose commercial! Now that took courage. Age appropriately, he is a spokesman for the Medicare Coverage Helpline in TV commercials.

Joe is now in his 70s, and still flashing those beautiful teeth. He lives a very full life which includes running the Joe Namath Foundation, writing his fifth book which will explore things that have transpired over the years, and spending lots of time with his kids and grandkids.

Because I also am a septuagenarian, Joe got me wondering about other athletes, writers, actors, scientists, political activists, etc. who inspired me 50 years ago, and what they're up to today. I did a google search and was delighted to learn that so many of those icons are still rolling through life in high gear (many in their 80s and 90s) continuing to be role models for all ages. They prove day after day that no matter how old we grow, life should always be an ongoing series of rewarding beginnings.

So, good on you, Joe. Would love to meet you one of these days – anytime between now and our centennial year works for me. We can toss the pigskin around a bit and wax profound about our two spectacular lives.

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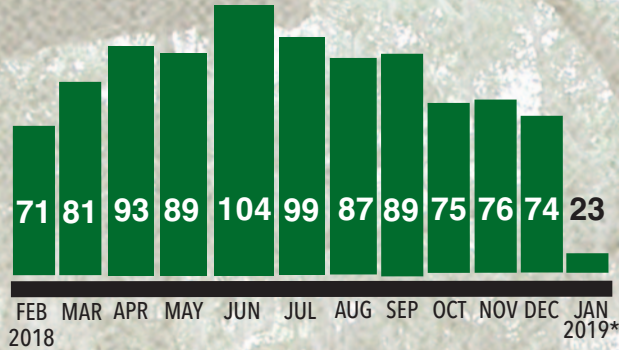
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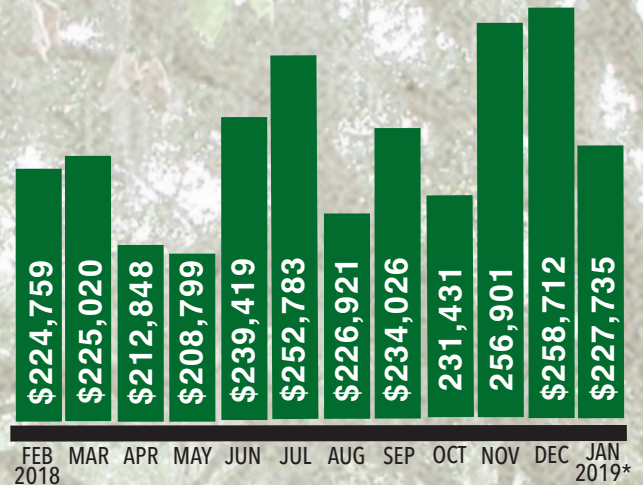
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POOLER HOMES SOLD

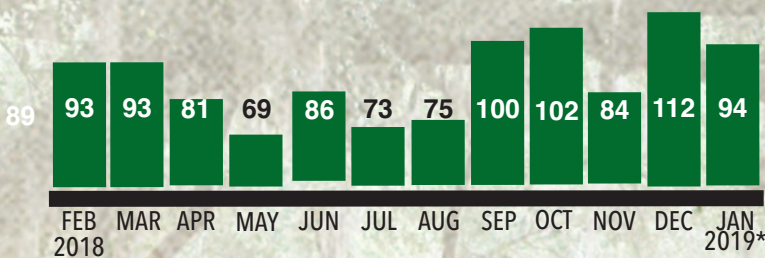


*Feb 2018 - *Jan 18, 2019*

AVERAGE HOME SALES PRICE



AVERAGE # OF DAYS MARKET



** Data as of January 18, 2019*



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POOLER



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and helping us recognize your favorite and outstanding establishments!

POOLER'S READER'S CHOICE WINNERS

APARTMENT RENTAL

Olympus at Carrington

APPLIANCE RETAILER

Livingood's

AUTOMOBILE DEALER

Vaden Chevrolet

BAKERY

Cake Corner*

(Runner-up) Pie Society

BANK/CREDIT UNION

Ameris Bank*

(Runner-up) Wells Fargo

BARBER/HAIR STYLIST

Jessica Sauls*

(Runner-up) Allie Hamilton

BLINDS/SHUTTERS

Savannah Blinds*

(Runner-up) Budget Blinds*

TODAY MAGAZINE

CARPET/FLOOR CLEANING

Diamond Carpet & Textile*

(Runner-up) Zerorez

CASUAL DINING

Texas Roadhouse

(Runners-up) Cheddars, Sushi Hana,
Wild Wings Café

CATERER

Paul Kennedy Catering

(Runner-up) Jimmy John's

CHILD LEARNING CENTER

Mathnasium*

(Runner-up) Kumon

COIN/CURRENCY SHOP

Miller's Coin & Currency*

DAY SPA

Pooler Day Spa

(Runner-up) Vitali MedSpa

DENTIST

Dr. Tracy Durham*

(Runner-up) Dr. Jason Howard

DRY CLEANER

Pooler's Best Dry Cleaners

(Runners-up) Sandy's Dry Cleaner
David's Dry Cleaners

EMERGENCY/URGENT CARE

AppleCare

(Runner-up) St. Joseph's/Candler Immediate Care

FAST FOOD/TAKEOUT

Chick-fil-A

(Runner-up) Culver's

FINANCIAL SERVICES

Edward Jones/Veronica Voisine*

FITNESS/HEALTH CENTER

West Chatham YMCA*

(Runner-up) Orangetheory Fitness

FLORIST

A Special Touch Florist Shop*

FOOD TRUCK

Chazito's

(Runner-up) Roy's Nutz & Buttz

FUNERAL HOME

Thomas Strickland & Sons*

GOLF COURSE

Crosswinds*

(Runner-up) Savannah Quarters Golf Club

HAIR SALON

Jessica & Co.*

(Runner-up) Colorboxx

HEARING AID/AUDIOLOGY

Dr. Dawn MacMillan*

HVAC/PLUMBING CO.

Edge Air Cond. & Refrigeration

(Runner-up) Atlantic HVAC

HOME BUILDER

Lamar Smith

(Runner-up) Landmark 24

MORE

HOTEL

Home2 Suites

INSURANCE AGENT

State Farm: Wally Walker

(Runner-up) Vernon Donovan

LANDSCAPING SERVICES

The Greenery

MARBLE/GRANITE/TILE

Distinctive Granite & Marble*

MORTGAGE LENDING COMPANY

Ameris Bank

NAIL SALON

Orchid Nail Spa

(Runner-up) The Nail Lounge

NURSERY/GARDEN CENTER

Polks Plus*

(Runner-up) The Greenery

NUTRITION/HEALTH STORE :

General Nutrition Center GNC*

(Runner-up) NutriShop

PAWN SHOP

Pooler Pawn*

PEST CONTROL

Cingo and

(Tie for 1st) **Yates-Astro***

PHARMACY

Apollo Pharmacy

(Runner-up) Pooler Pharmacy

POWER WASH

Aaron's Pro Wash

PROFESSIONAL PHOTOGRAPHER

R. Thomas Reimer

PHYSICIAN

Dr. Christi Ghaleb

(Runner-up) Dr. Ramon Ramos

PRINTING SERVICES

Dasher Reprographics and

(Tie for 1st) **UPS Store**

REAL ESTATE AGENT

Trisha Cook*

(Runners-up) Dawn Sanders
James Zarycki

SENIOR SERVICES/LIVING

Shepherd Senior Living

VETERINARIAN

Dr. Michael Brown*

(Runners-up) Dr. Jessica Hood

WINE, BEER, LIQUOR

D&M Liquor

(Runners-up) Coastal Spirits



** Previous Pride of Pooler Readers Choice Winner*





Do You Know This Shepherd?

By John Fender
Pastor, 1st Presbyterian Church of Pooler
Chaplain, Pooler Police Department

Psalm 23: Where to Turn in Times of Trouble

Psalm 23 is one of the first places people turn to in the midst of their troubles. It is read at funerals and memorials. It has been a source of great encouragement for now 3000 years.

A famous actor was once the guest of honor at a social gathering where he received many requests to recite favorite excerpts from various literary works. An old preacher who happened to be there asked the actor to recite the Twenty-third Psalm. The actor agreed on the condition that the preacher would also recite it. The actor's recitation was beautifully intoned with great dramatic emphasis for which he received lengthy applause. The preacher's voice was rough and broken from many years of preaching, and his diction was anything but polished. But when he finished there was not a dry eye in the room. When someone asked the actor what made the difference, he replied, "I know the Psalm, but he knows the Shepherd."

One preacher from the 1800's likened the 23rd Psalm to a nightingale that God sent forth on a pilgrimage. He writes, "This pilgrim God has sent to speak in every language on the globe. This Psalm has charmed more griefs to rest than all the philosophy of the world. It has remanded to their dungeon more felon thoughts, more black doubts, more thieving sorrows, than there are sands on the sea-shore. It has comforted the noble host of the poor. It has sung courage to the army of the disappointed. It has poured balm and consolation into the heart of the sick, of captives in dungeons, of widows in their pinching griefs, of orphans in their loneliness. Dying soldiers have died easier as it was read to them; ghastly hospitals have been illuminated; it has visited the prisoner, and broken his chains, and, like Peter's angel, led him forth

in imagination, and sung him back to his home again. It has made the dying Christian slave freer than his master, and consoled those whom, dying, he left behind mourning, not so much that he was gone, as because they were left behind, and could not go too. Nor is its work done. It will go singing to your children and my children, and to their children, through all the generations of time; nor will it fold its wings till the last pilgrim is safe, and time ended; and then it shall fly back to the bosom of God, whence it issued, and sound on, mingled with all those sounds of celestial joy which make heaven musical for ever."

Hear the words which the people of God have turned to for now 3000 years:

Psalm 23, "The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake.

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever."

Do you know this Shepherd?

Rev. John Fender is the Senior Pastor of the First Presbyterian Church of Pooler, GA, and serves as Chaplain of the Pooler Police Department. Please visit at www.fpcpooler.org.



**First
Presbyterian
Church**

Pooler, Georgia



Natural Stone Makes Outdoor Livin' Easy

By **Andrea Antunes McGilton**, *Distinctive Granite and Marble*

Summer's coming and the livin' is easier and more fun with a new outdoor kitchen. Industry sources say that the second most popular remodeling project after indoor kitchens is outdoor kitchens. Why not jump on the bandwagon?

With the wide variety of materials, fixtures and appointments to fit every budget, the outdoor kitchen has moved from luxury concept to mainstream enjoyment.

Start with natural stone. Used in creative ways, stone makes outdoor living spaces practical, comfortable, elegant and virtually maintenance free.

Patios, decks, walkways, pools, gazebos, bars, showers, countertops, and kitchens can all be part of your wonderful outdoor oasis. Besides the pleasure that they bring you, they also enhance the value of your home.



Think beyond the grill

Go beyond the grill and create a truly special outdoor kitchen. From a simple stone-clad counter that accommodates a grill-top and service bar, to an elaborate outdoor living room, there's an option for every budget.

Of course, your countertop will be a centerpiece of your outdoor kitchen. Impervious to the elements; natural stone adds a timeless and luxurious quality to the outdoor kitchen.

Granite is by far the most popular outdoor surface stone. For resistance to bacteria, heat, scratches and stains, granite is unsurpassed in overall performance. It won't chip or crack and is the least porous stone.



Granite is the perfect stone for outdoor living

Granite is excellent for food preparation because it is one of the most bacteria-resistant surfaces. It's nearly impossible to scratch and will not stain under normal use. A granite countertop is by far the best choice for durability and ability to retain its original luster and color with little to no maintenance.

Granite comes in so many colors and patterns and finishes, and has so many varieties, that it becomes a colorful focal point for outdoor design. You can get the same quality and timeless look outdoors as that found inside your home.

In terms of texture and color, granite offers endless choices. Today's most popular countertops inside the home are showing more colors, textures and patterns, as well as some creative mixing and matching of materials to create more personalized designs. No reason this can't extend to your outdoor living spaces.

Travertine is an excellent choice for patios and pool decks, often preferred by architects and interior designers. With a surface that is brushed, the stone feels soft; it's not hot or cold on your feet and it's not slippery. It's a great choice for floors in an outdoor cabana bath.

Limestone has been used in the construction of countless outdoor buildings, monuments and fine residences. It, too, is an excellent choice for exterior applications.

When planning your new outdoor living area, be sure to consider all the opportunities, like a built-in grill, refrigerator, cabinets, all-weather furniture and landscaping. Plus, perhaps a pergola or gazebo for shade, a wet-bar for mixing and serving cocktails, ceiling fans, misters, a gas patio heater, fireplace or fire pit, special lighting and a good sound system.

Lighting, fabrics, furniture, seating arrangements, awnings, accessories and decorative accents are all personal selections for your outdoor space. Think beyond your walls - and let your imagination blossom!



Glamorous stone pool house

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Calacata Gold Quartz

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Savannah St. Patrick's Celebration Information

The public observance of St. Patrick's Day in Savannah traces its roots back to the year 1824. On March 16th of that year, a notice from the Hibernian Society was published in the local paper, *The Georgian*, inviting the citizens of Savannah to join them for a discourse at the Roman Catholic Church on the Feast of St. Patrick the following day. The notice also called for the members of the Society to be punctual in their attendance at a 10:00 AM meeting, in order to conduct the business at hand, prior to moving in procession to the church. This is the first documented invitation to the general public regarding the celebration of St. Patrick's Day in Savannah.

While the 1824 festivities are recognized as the first public observance to which the current iteration of the Parade can be traced, it is documented that two private processions took place in Savannah prior to that year. The first occurred in 1813, when the members of the Hibernian Society (est. 1812) marched in procession to the Independent Presbyterian Church. The second was a private parade held in 1818 by a local military group known as the Fencibles.

Today, approximately 280 units - bands, families, societies, soldiers, public servants and commercial floats - wind through the streets of Historic Downtown Savannah every March, making our

St. Patrick's Day Parade one of the largest and most recognized in the world!

Join Kelly Tours for a private VIP Party. This party includes two gourmet buffet meals, one served before the parade and one served after the parade. It also includes unlimited Green Punch and Beer, use of clean private restrooms, reserved bleacher seating, and entertainment by Savannah's DJ Donnie.

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- Call Kelly Tours at (912) 964-2010 or (800) 442-6152 for bleacher seats and more information.

MASS OF THE FEAST OF ST. PATRICK
March 16, 2019 - 8:00am

195TH ST. PATRICK'S DAY PARADE
March 16, 2019 - 10:15am



Walk To Remember Signature Event At West Chatham Middle School, March 2 To Benefit Scholarships

A Walk to Remember, a local charitable initiative that provides scholarships to students who've suffered a loss, is making waves as it enters its second year. A Walk to Remember was inspired by The Grief-Sensitive Schools Initiative (GSSI), a part of New York Life's nationwide effort to better equip educators and other school personnel to care for grieving students in classrooms.

The program is known locally thanks to Rudy Pope, who was then serving as the managing partner of New York Life's General Office in Savannah and is currently the managing partner of the company's Columbus office. When he and his team – including then-assistant Judy Blackston – were given the opportunity to participate in The Grief-Sensitive Schools Initiative, they jumped at the chance. Soon after, the team began laying the groundwork for a separate undertaking to award a dozen \$1,000 scholarships annually. And A Walk to Remember was “born” in January 2018.

Blackston, who is now a full-fledged New York Life agent in Savannah, serves as president of A Walk to Remember. The effort gets its name from its signature annual event – a fundraising memory walk that generates proceeds used to provide scholarships to children who have lost a parent or guardian. The charity also provides educators with resources and support needed for coping with grief in their schools and classrooms.

“This is an issue that occurs more frequently than people realize, and there's little out there on how to help a child who is struggling,” Blackston said. “One in 15 children experiences the death of a parent or sibling by the time he or she is 18 years old and there are millions of children in the U.S. living in a single-parent household due to the death of one parent, and nearly 70 percent of teachers have at least one grieving student in their classrooms. Yet, only 7 percent of teachers have had bereavement training at any level.”

Blackston and New York Life are working to change that. Last year,

New York Life facilitated GSSI Workshops in Savannah-Chatham County Public Schools. The most recent workshop, hosted September 19 at New Hampstead High School, was a daylong event consisting of two different sessions – one in the morning and one in the afternoon – to give busy educators a better chance of fitting the training into their schedules. Renowned expert David J. Schonfeld, director of the National Center for School Crisis and Bereavement, served as the keynote speaker.

According to Blackston, who taught high school math for 22 years before becoming a New York Life agent, A Walk to Remember met its initial goal and raised enough money to give twelve \$1,000 scholarships to students who've lost a parent or guardian. During last year's event, former Chicago Bears running back and Georgia Southern star Adrian Peterson served as the keynote speaker. Peterson's son, A.J. Peterson, died of brain cancer in February 2015, and the family has struggled with grief.

At this year's charitable memory walk, slated for Saturday, March 2 at West Chatham Middle School, Blackston is hoping to raise enough money to give 50 \$1,000 scholarships in 2019.

“Throughout my years of teaching, I saw kids with parents who died and they had to leave school, they had to drop out of school, and our goal is to keep kids in school to further their education. Whatever the need is for them to get an education to help ensure their future success, that's what we want to do,” Blackston said.

Blackston and the organizers of A Walk to Remember are always searching for additional supporters, sponsors and businesses to partner with. They recently launched a special initiative to help make these connections.

That effort, dubbed “Charitable Hearts for Children,” is intended to be a group of businesses and business professionals who are interested in doing a variety of charitable acts for children – whether that's actual volunteering, contributing to scholarship funds or sponsoring fundraisers. Charitable Hearts was unveiled on Nov. 13, 2018 and now gives local businesses a variety of options through which they can become involved in those smaller fundraisers and projects.

Blackston and others involved in A Walk to Remember do understand that while children may struggle more to process their emotions appropriately, grief does affect people of all ages. That's why they're looking to expand in the future to help educators who might find themselves in similar situations.

“One of the things that came to us as we went through the schools was that I realized the teachers were going through grief as well, and you can't help your students if you can't help yourself. So, one thing we wanted to branch out and incorporate this year is helping teachers cope with their own grief. They've lost a parent, they've lost a spouse, they've lost a child in their classrooms. Whatever their struggle is, we want to be of assistance,” Blackston said.

Organizers are excited by the possibilities that exist for expanding A Walk to Remember throughout the community as they strive to aid students in need and equip educators with knowledge and resources. Area residents interested in getting involved have a number of options. They can participate in the walk on March 2, join Charitable Hearts for Children or make financial contributions. For more information, please visit www.awalktoremembersav.com, call 912-713-8453 or email info@awalktoremembersav.com.

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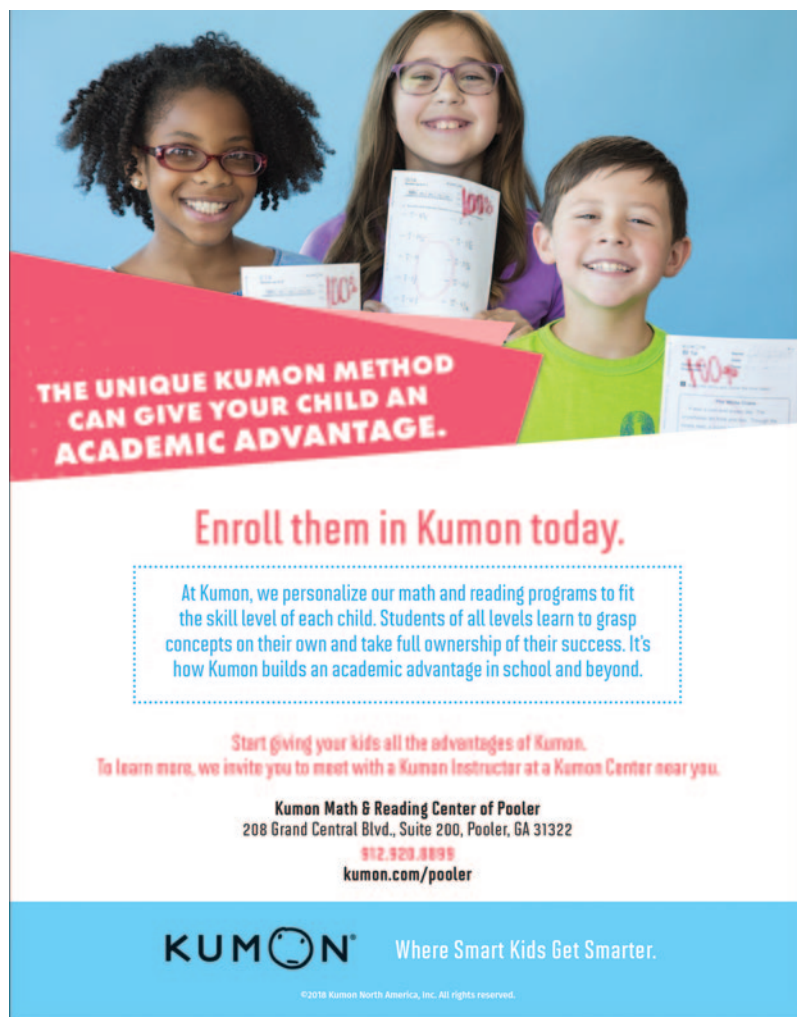


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How Parents Can Develop Engaged Learners

By Janese Bryant Cooper
Certified Kumon Instructor

Establishing a strong academic foundation and keeping your child motivated to learn are essential to developing engaged learners. When parents are involved in their children's education, kids tend to do better and have more positive feelings about learning.

There are many fun ways for parents to support learning engagement such as the following:

- Capitalize on your child's interests. Children are naturally motivated to learn about topics and activities that interest them.
- Incorporating math lessons into a love of sports is easy. For example, if your child likes baseball, learn together how batting averages are calculated.
- For children who like trains, encourage learning about the different types of trains, how fast they go, their routes, and even calculating the minutes between trains on a schedule.
- If your child likes stuffed animals, offer to watch your preschooler put on an imaginary play starring the animals and help your school-age child research the different types of bears, penguins, or big cats.

Promote active learning at home. Turn daily routines into practical learning opportunities.

- Teach your child new vocabulary and meal planning at the grocery store. Cooking together builds math skills through measurements, science knowledge through understanding chemical and physical reactions, and problem solving skills by doing a few things at once.
- Sing songs and play musical instruments to build memorization skills.
- Incorporate learning and fun by hosting a weekly family game night. Educational board games like Monopoly encourage children to read, interact and count with currency.

Read books for enjoyment. Learning to read is not just an important milestone in a child's education, it opens doors to a lifetime of entertainment and enrichment.

- Encourage your child to read independently while you read independently.
- Ask your child to read to you and praise them. Turn reading sessions into a fun and engaging activity.

HOW TO ENCOURAGE STUDENTS

Growth Mindset

What to say:

"When you learn how to do a new kind of problem, it grows your math brain!"

"If you catch yourself saying, 'I'm not a math person,' just add the word 'yet' to the end of the sentence."

"That feeling of math being hard is the feeling of your brain growing."

"The point isn't to get it all right away. The point is to grow your understanding step by step. What can you try next?"

Fixed Mindset

What not to say:

"Not everybody is good at math. Just do your best."

"That's OK, maybe math is not one of your strengths."

"Don't worry, you'll get it if you keep trying."

*If students are using the wrong strategies, their efforts might not work. Plus they may feel particularly inept if their efforts are fruitless.

"Great effort! You tried your best!"

*Don't accept less than optimal performance from your students.



SOURCE: Carol Dweck

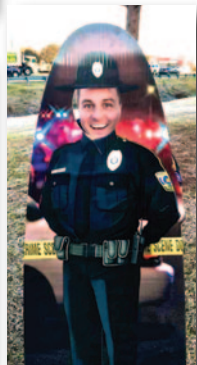


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Coffee with a Cop brings police officers and the community members they serve together—over coffee—to discuss issues and learn more about each other.

Coffee, Conversation And Donuts!

Pooler Police Department hosted Coffee with Cops this past January. The meet and greet gathering took place at Dunkin' Donuts in Pooler. These are wonderful events for the community to interact with the Police Department have their questions and concerns answered and most of all to meet all our local officers. If you have not attended Coffee with Cops events, make a point to join them in the future.



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.

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Dog Owners Learn A Colorful Lesson On The Dangers Of Chocolate

By Cathy M. Rosenthal
Tribune Content Agency

Dear Cathy,

One of your recent columns reminded me of this story. It was Christmas Day, and I was expecting 15 relatives for dinner. The house was

sparkling clean, the buffet table was set up with my best china, the cold food platters were in the refrigerator, and the hot food was bubbling in the oven.

A few years before, I had inherited a dog from my son. His house was too small for his gaggle of kids and a large dog, so he passed him on to me. He was sweet and obedient, and I hadn't had any problems with him. His name was Bandit. (Why hadn't I ever questioned that?)

Shortly before the guests arrived, I placed a large bowl of Hershey's Kisses on a living room table. These were the special holiday candies covered with red, green and gold foil. There were two pounds of Kisses in the bowl. I returned to the kitchen to check on dinner, and, when I returned, the Hershey's Kisses were gone, wrappers and all. I thought that all that foil could seriously injure the dog and called the vet who sounded very concerned.

"How much does the dog weigh?" he asked. I told him that Bandit weighed about 65 pounds. "That's good," he replied, "That amount

of chocolate could kill a smaller dog. Your dog will be very sick with violent diarrhea."

"But what about the foil?" I asked. "The foil will go right through him," he said. "It's the chocolate that's poisonous."

My relatives arrived, but all I could think about was that Bandit might explode on my new beige carpeting in front of my guests. I kept putting Bandit in the backyard every 20 minutes, but it was too cold to leave him out there indefinitely. I was in a panic all day and afraid to take my eyes off him. Every time he moved, I jumped.

Surprisingly, Bandit had no reaction whatsoever. Nothing happened, except that for the next week, my backyard looked like it was decorated with red, green and gold Christmas ornaments!

As soon as you said the dog's name was Bandit, I was ready for the sneaky thief story. The danger is based on the type of chocolate ingested and the size of the dog. Two pounds of chocolate might have killed a not much smaller dog. I'm glad you learned about the dangers of chocolate in a story with a happy (and colorful) ending.

Dear Cathy,

In April, I adopted a retired 4-year-old greyhound. I named him Geo. He suffers from extreme separation anxiety. He barks and whines when I am away. I tried doing the limited time apart, but after an hour, he reverts back to whining and barking.

I purchased him a new larger kennel and started letting him sleep in it with the door closed when we go to bed. He has gotten used to not sleeping in the same room, but he still doesn't like being alone for a long time during the day. I'm thinking of getting him another dog, so he won't be alone when I leave.

Continued on page 31

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Edward Jones - Veronica L. Voisine

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In 2012, I began my Edward Jones career as a financial advisor in Pooler, GA. I have received the following awards from the firm and the community: Ted Jones Prospecting Award; Pioneer Award; Spirit of Partnership Award; Eagle Award; 2013 Pooler Ambassador Award; 2016 Lion of the Year Award and Pride of Pooler Winner 2016, 2017 & 2018.

Learn more about Veronica at her website, <https://www.edward-jones.com/financial-advisor/index.html>.

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Local Resident's Crocheting Talents Goes To Good Use For Two Hundred Club Family Gifts

Several area families who've made extraordinary sacrifices will soon be gifted with a bit of extra comfort. The Two Hundred Club of the Coastal Empire is an all-volunteer nonprofit that supplies immediate and significant financial assistance to families of fallen and critically injured law-enforcement officers, firefighters and emergency service personnel. The organization also provides college educations for the family members of first responders who die in the line of duty.

In the coming weeks, however, many of the families the club has served will receive gifts that differ a bit from the monetary support the nonprofit is known for. As a way to remind the families of first responders that they're always thought of fondly and cared for, the Two Hundred Club is presenting them with beautiful, handmade afghans bearing color patterns that correspond with certain branches of service. Families of fallen law-enforcement officers will receive blue-striped afghans, and the families of firefighters will receive red-striped afghans.

The idea behind the heartfelt campaign was Chatham County Sheriff Deputy Richard Pfister's. The inspiration struck when he saw a star-shaped afghan online that someone had made. A longtime member and supporter of the Two Hundred Club, Pfister was struck by the sentimentality behind the handmade gifts and thought it would be nice to do something similar for families served by the club. He knew just what was needed and who could provide it.

Pfister's mother, Christel Pfister, is 80 years old and has been knitting for nearly 75 years, having learned when she was a child growing up in New York City.

"I was a latchkey kid and the superintendent in my apartment building was from Finland. She didn't want me sitting idle or getting into things while waiting for my parents so she taught me how to knit and crochet," Christel Pfister said.

Deputy Pfister told his mom about his idea to give handmade afghans

to the Two Hundred Club's families as gifts. Because the club assists so many families who've suffered losses, it was decided that the first batch of afghans would go to those who lost a loved one in a line-of-duty death. The second batch of afghans will be made and given to families of first responders who passed away due to non-line-of-duty deaths. Christel Pfister loved the idea and immediately agreed, even though she knew the project would require some serious man hours. Her son pays for all the materials, and she lovingly labors over them – sometimes night and day.

"I started in early summer, around June, and have done 26 afghans since then. Each one takes five or six days to make. I crochet them all the time – in waiting rooms, the Veterans Day Parade, doctors' offices, whenever I have time. Sometimes I get a little cross-eyed by the evening and have to take a break," Christel Pfister said. "I love making them. My son says it keeps me out of trouble!"

She just moved to Savannah in June from Jacksonville in order to be closer to her son. The Pfisters have a long family history when it comes to first responder careers. Christel's daughter is a retired paramedic, and her son-in-law is a retired NYPD officer.

Christel does not sell the beautiful afghans and other pieces she makes, but she does accept donations, which she then funnels to the Two Hundred Club and other nonprofits.

"These afghans are not for sale but they are available for a \$90 donation, and any amount over that is welcome. The money goes to charities," she said. "I love to knit and crochet, especially for charities. Prior to this, I was making afghans for the Georgia Sheriff's Youth Home in Hahira, where the young kids go when their parents are incarcerated. I was making them for the cabins there."

Christel and Deputy Pfister both agree that their goal in taking on this project was just to remind the Two Hundred Club's families that the hardships and struggles they've faced will never be forgotten.

"I hope the families know we're thinking of them, that we appreciate what they sacrificed, and that we love them. These afghans are for comfort. They should use them, they're not for

display. They don't wear out, but if they do, I'll just make them another one," Christel said.

Deputy Pfister, who runs the reserve unit, first joined the sheriff's office in 1988, but later left and returned in 2016. Since then, he's been an active member of the Two Hundred Club and tries to attend every event and fundraiser they host. Club President Mark Dana readily agreed to the afghan project when the Pfisters presented it to him.

"We just want to make sure that these families know they're not forgotten. They'll always be family," the deputy said. "The Two Hundred Club takes care of people. It's a continuing commitment. We're very lucky to have this club here."



How Should You Respond To Wild Swings In Financial Markets?

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

What's going on with the financial markets? Specifically, what's behind the price swings of the past several weeks? And, more important, how should you, as an individual investor, respond?

To begin with, the recent volatility was not really all that extraordinary. The daily drops pushed U.S. stocks down about 10% from their recent record highs, although they have regained some of that ground. A 10% drop represents a "correction" – not a crash – and historically, corrections have occurred about once a year.

So what seems to have caused these market jitters? Here are the key culprits:

- Anticipated slowdown in economic growth and corporate earnings. The stock market is forward-looking – investors make decisions based on what they think will happen. And right now, many investors are anticipating a slowdown in economic growth (partially due to higher tariffs and trade disputes) and corporate earnings (as the jolt from the corporate tax cuts begins to fade). We may still see reasonably strong economic growth and corporate profits, but possibly not at the same level as we had for much of 2018.
- Rising interest rates – The Federal Reserve raised interest rates in 2018. While higher rates are not bad for all market sectors, they can slow the expansion plans for many businesses, resulting in reduced growth prospects. The Fed may continue its gradual rate increases, but investors are closely watching for any signs that might lead the Fed either to pause or increase rates more rapidly.
- Slowing global economy – The global economy is growing more slowly than expected, resulting in lower returns for international stocks and a particularly sharp decline in emerging markets.

While it's useful to understand the factors causing the recent stock market gyrations, you'll want to focus primarily on what you can control. Consider these suggestions:

- Keep realistic expectations. Try to maintain realistic expectations about how your investments are likely to perform over time. After five years in which the S&P 500's returns have averaged almost 14% per year, we may well be in for a period of more typical returns, possibly in the 5% to 6% range. As always, though, there are no guarantees when it comes to anticipating the performance of the financial markets.
- Review your mix of investments. From time to time, and sometimes in response to changing market conditions, you may need to change the mix of investments in your portfolio. So, for example, if higher market volatility makes you uncomfortable, you may want to consider adding bonds or other fixed-income vehicles, as these types of investments tend to stabilize stock-heavy portfolios during turbulent times.
- Don't get scared away from investing. You may not like seeing multi-hundred point plunges in the Dow Jones Industrial Average, but don't get scared off from investing. After all, recent stock market history has taught the value of patience: If you had given up on investing in March 2009, at the market's low point in the Great Recession, you would have missed out on the 300 percent gains achieved before the current round of volatility. Of course, the market's past performance can't guarantee what will happen next.

The financial markets will always fluctuate – sometimes violently. But as an investor, you should strive for calmness, patience, and discipline – because these attributes can help you look past today's headlines toward the future you envision.

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Simple Stretches To Relieve Joint Pain

By Carty Powers, PT, DPT, OCS

Aching, discomfort, pain, stiffness – almost 15 million Americans experience symptoms of severe arthritis-related joint pain. If you're looking for relief, then start moving because exercise is an all-natural way to ease joint pain.

Arthritis is an umbrella term that generally describes various types of joint pain or disease. The most common type of arthritis is osteoarthritis, or the “wear-and-tear” arthritis.

Movement can help keep your joints lubricated and protected, because movement helps your body produce the synovial fluid that helps keep your joints healthy. Maintain your mobility and relieve joint pain symptoms with these low- or no-impact moves.

If you spend your days sitting, at a desk or on the road, you probably feel it in your hips. You can stretch hip flexors standing or lying down.

The first move is called a standing stretch. Begin by standing upright on one foot. Next, place the opposite knee up on a chair. With your hands on your hips for stability, begin to shift your weight forward on the standing leg, slowly stretching the hip of the opposite side.

If the standing stretch is too difficult, then try this move. First, lie down on the edge of a bench, couch or bed with one leg hanging off to the side. Bend the resting leg at the knee, foot flat on the bench to keep you steady. Hook a towel or yoga strap around your ankle on the hanging leg. Gently pull back as if you are trying to touch your foot to your glutes, bringing your knee down and stretching that same inner thigh area. Repeat until you feel loose and limber.

Besides at-home stretches, there are other joint-friendly forms of exercises that can keep your joints lubricated and strong. Some low-impact workouts to try include:

- Swimming
- Aqua aerobics
- Tai chi
- Yoga
- Walking
- Elliptical machine workouts

For persistent, severe pain, ask your doctor for a referral to a physical therapist who can create an exercise or movement plan that will best suit your body and activity level.



Carty Powers is a physical therapist who is manager of outpatient rehab at Memorial Health Outpatient Rehab in Pooler. To learn more, go to MemorialHealth.com/Rehab or call (912) 273-1000.

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How To Be Smarter With Your Money in 2019

By Jill Schlesinger
Tribune Content Agency

Every year, millions of Americans resolve to "do better" with their money and 2019 will be no different.

According to Fidelity Investments' New Year Financial Resolutions Study, for the 10th consecutive year, the top three financial resolutions among Americans considering one are: Save more (48 percent), pay down debt (29 percent) and spend less (15 percent). The telephone survey covered 2,005 adults.

Of course, if those are the same three goals as previous years, maybe we are not very good at keeping them. Not so, according to the survey!

Of those who had a financial resolution for 2018, a whopping 74 percent of them reported that they stuck with it. They could be fibbing, of course, so don't feel bad about yourself if you were not among those who succeeded with your goals.

The three top resolutions share something in common: They require that you actually understand how much money is coming into your household and the amount that you spend.

Before you stop reading, I am not going to tell you to create a budget. With that out of the way, here's more good news: Technology makes it much easier to track your money.

Of the free apps, Intuit's Mint allows you

to see everything in one place, from bank account balances, to credit card bills, to retirement accounts. Mint also comes with a free credit score. Another free choice is Marcus by Goldman Sachs' Clarity Money, a personal financial management tool that helps organize your financial life and uncover unwanted spending so you can redirect those funds elsewhere.

In addition to the free app world, many users of You Need a Budget report that the \$6.99/month cost (after an initial free 34-day trial) is worth it. The service is free for 12 months for students.

If this sounds about as much fun as having root canal and you are inclined to blow it off, here's the problem: If you don't know how the cash is coming in and out of your household, it's hard to make informed decisions about your financial life.

For example, how much money is really available to pay down your outstanding debt? Can you afford to push a little bit more toward your emergency reserve fund so you have that

comfy six to 12 months of living expenses socked away? Ditto for your retirement plan or college funding.

If you already have

the cash flow nailed and want to resolve to make 2019 the year of firmer financial footing, here are other ideas worth considering.

--Consider buying a \$149 subscription to ES-Planner's software. Boston University economist Laurence Kotlikoff developed it to help people conduct their own planning. The service uses technology to "do lifetime budgeting, calculating how much to spend, save and insure each year to maintain your family's living standard."

--As Cher said to Nicolas Cage in Moonstruck: "Snap out of it" and once and for all, schedule an appointment with a CFP professional, a CPA-PFS or a member of the National Association of Personal Financial Advisors. Make sure that any professional you engage adheres to the fiduciary standard, where they put their clients' interests first at all times.

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

Understand how much money is coming into your household and the amount that you spend





Tell Your Boss Where To Go

By Davana Pilczuk PhD

It's the dream we all dream. No it's not dreaming about your wedding day or dreaming about that tropical beach vacation we have been saving up for. It's the simple, gratifying thought we all have wished for: the moment we tell our boss just what we really think of them. Just take a second to soak up that thought. Ahhhhhhhh glorious.

So why DO we feel so happy to think of something, well, so mean? We derive great pleasure imagining this conversation and how it would play out mostly because we have chosen to remain silent all those times our boss crossed the line. Think about it. Recall a time he or she annoyed you, even in the slightest. What did you do or say? Probably nothing. The boss went about behaving in a manner you didn't like, but you said nothing. Another time they lost their cool and yelled at you, and you did nothing. They dismissed your ideas, took credit for your work or told a less than colorful joke, and again, chances are, you did nothing. Now after all this time, their behavior has struck your last nerve and you're ready for blood.

When you find yourself saying "woe is me" and then venting about your horrible, terrible boss, take a minute to soak in this next sentence. We teach people how to treat us. And that means despite your terrible, horrible boss' behavior, YOU have some accountability for allowing them to behave in a manner that's not ok with you.

I had a friend tell me that her new boss, a former military officer, often comes into her office, cusses at her, rolls his eyes at her, then walks away. She said, "Can you believe that! He's awful! I'm so upset that I end up crying when he walks out." I replied with, "Does your husband speak to you this way?" She laughed and said, "Oh GOD no! He

knows better than that!"

If your boss or anyone one your work with is behaving 'badly', that's on them. But it's on you to decide if you're willing to allow it. We all have boundaries that, when crossed, upset us. But these boundary lines are invisible, unless you let others know what and where they are. It isn't fully fair to blame someone else for crossing your line, when you never made the line visible to them.

The best way to avoid ever having to tell your boss off, is to address things as they come. For instance, if she dismisses your idea in a meeting, request a follow-up meeting and let her know how her dismissal made

you feel and offer some suggestions as how to interact when you aren't aligned in your thinking. If she cusses or pitches a fit, approach her when she's no longer upset and explain how her outbursts are affecting the team.

Does this sound crazy and completely uncomfortable? Well that's because people rarely do it. We would rather behave like kids and going running to mom when our sister punches us. At work, mom is HR and our hope is to pass it to her to handle. It takes a much higher skill set to have that difficult conversation on our own, but that's what makes the difference being a kid and being an adult.

Adult conversations remain both respectful and considerate, of BOTH parties. Be clear and concise as to what you need and how they can help you achieve that. "Carol, I understand you're frustrated when deadlines are missed. I completely get it. And I need us to communicate in an more effective way when we get frustrated with each other. Is there a way, that works for both of us, that we can work through difficult moments without being disrespectful to one another?"

The message remains crystal clear that you aren't going to take the eye rolling or tantrums any more. Sometimes we have to lead up and teach those above us how to behave. It takes courage. But by practicing courage, we become more courageous. So the next time your boss crosses your line, be an adult and gently, but firmly tell them where you need them to go.

Small changes can have profound improvements on your health, so focus on a few items and start taking better care of you.

Davana Pilczuk has a doctorate in kinesiology and specializes in helping individuals and teams perform better at work, in sports, or in life. Follow her on Twitter @DavanaHPG or contact her at davanapilczuk@hotmail.com.



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Your Pet Questions - continued from page 20

Kudos to you for adopting a former racing dog. With Florida's new ban on racing, there will be many greyhound dogs adjusting to new homes. Adopting a second dog can sometimes help, but you're right, there's no guarantee.

I like that you're "kennel training" Geo. Sometimes, anxious dogs benefit from having their own space. I wouldn't put him in it all night, though, because being away from you both day and night may make his daytime anxiety worse. Instead, use it for short periods during the day, preferably no more than an hour or two, and only after you have trained Geo to be comfortable in it while you are still home. Over time, his kennel will become a happy retreat that will comfort him when you are away from home.

Next, get a Kong treat toy and put some peanut butter in it and freeze it. Whenever you leave, take the Kong toy out and give it to your dog, especially when he's in the kennel. It's important to keep his mind busy while you're away.

I also recommend plugging in some canine pheromones around the house and asking your vet about anxiety-reducing medications. Short-term, medications, when combined with other techniques, can help him adjust better to his new home.

Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to cathy@petpundit.com.

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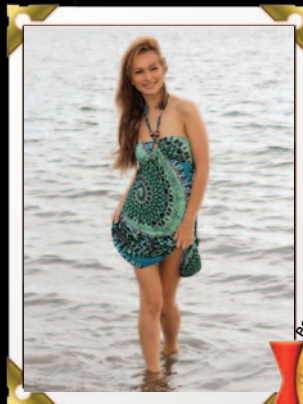


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Childhood Cancer Day February 15, 2019

The Pooler Lions Club saw a need and set the course for a Service Project in support of International Childhood Cancer Day which is celebrated on February 15, 2019.

Kristen King, MS, CCLS, Manager of Child Life at Memorial Health Dwaine & Cynthia Willett Children's Hospital of Savannah, spoke at the Club's July 2018 Meet & Greet about the needs of the little patients and families...and from there the Lions formed a plan.

Pooler Lions set out contacting local businesses and churches who would accept the challenge by displaying a bin to collect PJs and toys. Thirteen businesses and churches accepted the challenge, 12 in Pooler and one in Savannah. News of the challenge spread and the community came together to collect over 1,000 items, including 100 pairs of pajamas and over 30 cozy blankets and fun pillows. In addition, Lion Bonnie O'Leary contacted Bombas Socks and, through their Giving Program, the Lions received 1,000 pairs of children's socks to donate.

Past District Governor and Global Service Team Chair, Len Cutuli noted, "Our goal was to collect as much as we could in four months with a focus on pajamas, stuffed animals, Play-Doh, colorful Band-Aids, superhero figurines and children's books. We received these and so much more! Our Pooler Lions also generously donated some great items."

Pooler Lions Club President, Linda Saytanides stated, "The overwhelming response from the community was heartwarming. Whenever I went to pick up a full bin, it was such a surprise to see what people were donating above and beyond what we originally asked for. We have a doll house, mini basketball game, big fire engines, 5' tall giraffe and many games and crafts. We know we have touched many lives - from the people who generously donated, to the children who will receive the donations. It's about making a positive difference. Our thanks also to Old Town Trolley Tours for stepping up and making the delivery extra special."

Lions Clubs International is the world's largest service club organization with 1.4 million members in more than 47,000 clubs in more than 200 countries and geographic areas. In addition to its efforts toward conquering blindness, the organization has made a strong commitment to community service and helping youth throughout the world.

The Pooler Lions Club is always looking for new members and new service projects to help the community. Contact us at lion-sclub2@gmail.com or www.poolerlionsclub.org.



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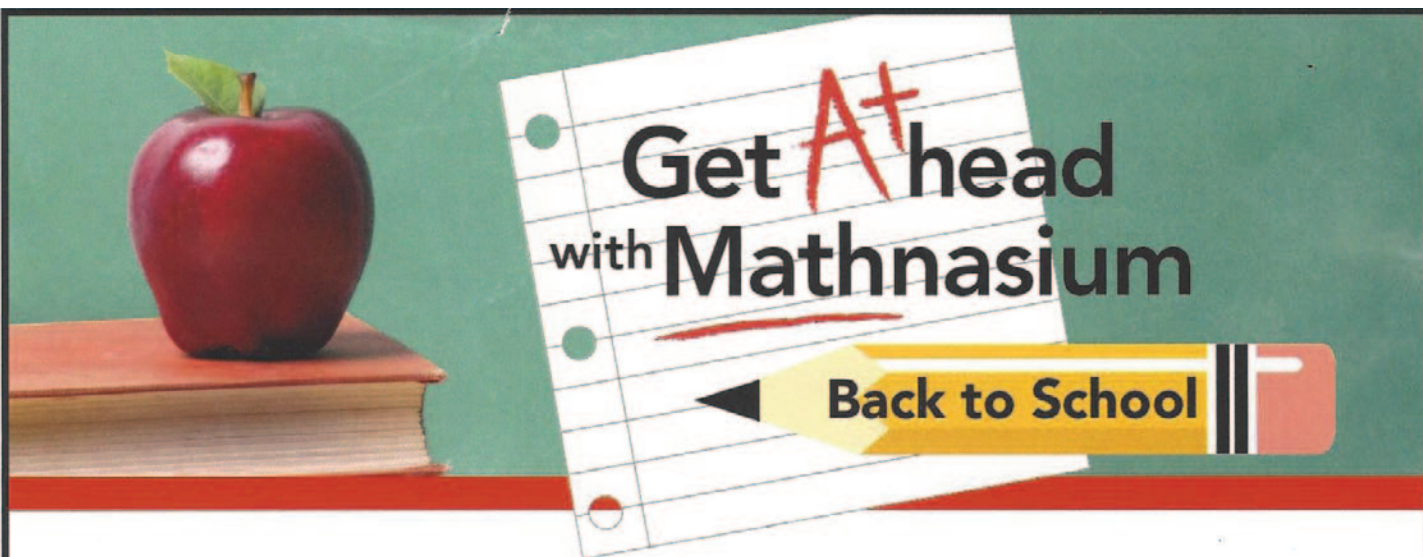
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WhassssUp Around Pooler?



GEORGIA PORTS AUTHORITY - The Georgia Ports Authority is on track to reach 4.36 million twenty-foot equivalent container units handled in 2018, its highest volumes ever in a calendar year. The performance would mean an increase of 8 percent (312,385 TEUs) compared to CY2017. It is the 25th consecutive month the GPA has posted positive year-over-year growth.

GEORGIA SOUTHERN UNIVERSITY'S LATEST ECONOMIC MONITOR -

"Consumer confidence in the south Atlantic states has been volatile for about two years but generally rising while oscillating between ups and downs," stated Michael Toma, Ph.D., Fuller E. Callaway Professor of Economics, and director of the Center for Business Analytics and Economic Research (CBAER). "Overall, the regional economy's growth phase is expected to further weaken in early 2019."

GEORGIA BUREAU OF INVESTIGATIONS - This year marks 20 years that the GBI Crime Lab has utilized the Combined DNA Index System or CODIS. CODIS enables federal, state, and local forensic laboratories to exchange and compare DNA profiles electronically. This milestone culminates years of quality work produced by GBI Crime Lab scientists and technicians in combination with state-of-the-art technology.

GEORGIA BOARD OF REGENTS - The Georgia Board of Regents voted on January 17 to make Kyle Marrero the new president of Georgia Southern University. He will assume his new position on April 1st.

THE ANNUAL ST PATRICK'S CELEBRATION - The Annual St. Patrick's Day celebration in Savannah will be held rain or shine on Saturday, March 16th and will begin at 10:15 a.m. The Hostess City will usher in all sorts of exciting events throughout the city. The Savannah St. Patrick's Parade is ranked one of the second largest St. Patrick's Day Parades in the world, and there are lots for the whole family to enjoy.

Events taking place on March 8th will be: the Greening of the Fountains starting at Forsyth Park on 12 p.m, the March of Dimes Shamrock Run beginning on Ellis Square, and the Irish Heritage Dance at Alee Shriners Temple at 8 p.m. On March 10th, the Celtic Cross Ceremony

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and Reception at 1 p.m. in Emmet Park. And finally, come down to River Street on the 15th & 16th for live music, great grub, and green libations. For all details and up-to-date info, check out www.savannah.com or savannahsaintpatricksdays.com.

ENMARK BUILDS NEW HEADQUARTER ON OGEECHEE ROAD - Enmarket, the Savannah-based convenience store chain, plans to build a new headquarters building as part of a new complex at Ogeechee Road and Chatham Parkway. The lot has been cleared and site work is currently underway. The company will build a new 22,000-square-foot office structure along with a second building of equal size that will be used as flex space and will provide room for future expansion.



Forsyth Park Fountain Turns Festive Leprechaun Green

It's a favorite tradition in Savannah to welcome St. Patrick's celebrations with green fountains! The annual ceremony opens with the St. Patrick's Day Parade Grand Marshal pouring green elixir into the waters. So come out and enjoy the festive event Friday, March 8, 2019 at 12 p.m. Of course the event will begin at Savannah most famous fountain... Forsyth Park.

Don't Rely On The Luck Of The Irish Stay Safe This St. Patrick's Month

Drinking and driving is a bad idea. Fortunately, ride-hailing companies such as Uber and Lyft are ready to do the driving for you so you can kick back and enjoy St. Patrick's Day to the fullest.

St. Patrick's Day is the one day each year when everyone thinks they're Irish, regardless of their actual heritage—particularly in Savannah when the celebration is taken seriously. This year the day of the official parade and festivities, kicks off on a Saturday, which means no worries about calling out of work sick the day afterward.

Here is an opportunity to get acquainted with ride-sharing if you have not used them before. Also check to see if and when they are offering special pricing during the St. Patrick's celebration. Don't be a risk to yourself and others on our roads and highways.

Check out these two links for rideshare apps.

<https://www.lyft.com/signup>

<https://www.uber.com/us/en/ride/>





Georgia Governor's Office of Highway Safety Just A Reminder...

**Georgia's Hands-Free Law Took Effect JULY 1, 2018.
Drivers cannot have a phone in their hand or touching any
part of their body while talking on their phone while driving.**

Even with hands-free technology, drivers cannot write, read or send text messages, e-mails, social media content and other internet data while on the road. Voice to text is allowed however.

- ✓ Drivers cannot watch videos when they are on the road. Navigational/GPS videos are allowed.
- ✓ Drivers cannot use their phones or electronic devices to record video when they are on the road. Continuously running dash cams are allowed.
- ✓ Drivers may listen to streaming music that does not include videos on the screen of their phone or device while driving but cannot touch their phones while on the road to activate or program any music streaming app. Streaming music that is controlled by and listened through the vehicle's radio is allowed. Drivers who need to touch their phones to activate/program their music streaming apps must do so before getting on the road
- ✓ The fine for a first conviction is \$50.00 and 1 point assessed against the driver's license. The fine is \$100.00 and 2 points for a second conviction and \$150.00 and 3 points for three or more conviction. The fines for a 2nd or 3rd offense only apply when date of a 2nd or 3rd conviction takes place within 24 months of the date of the first conviction. First time offenders can have the charge dropped by showing the court they have obtained a device that allows them to talk on a phone with hands-free technology or devices.

FREQUENTLY ASKED QUESTIONS

Why is this law needed in Georgia?

Our state has seen significant increases in vehicle traffic crashes, fatalities and bodily injury. The vast majority of these increases have been in rear-end crashes, single-car crashes and crashes by drivers from 15 to 25-years-old. State and local law enforcement have stated that these incidents are a clear indication of driver inattention. The 15 states that have passed hands-free driving laws saw a 16 percent decrease in traffic fatalities in the two years after the law was passed. In addition, traffic fatalities were reduced even further in subsequent years.

Could I still talk on my phone while driving?

Yes, as long as it is done hands-free. Drivers would be able to use their phone's speakerphone, Bluetooth technology, an earpiece, a headphone or other device to allow them to communicate on a hands-free basis.

Could I touch my cellphone to dial a number or receive or end a call?

Yes. The law would simply prohibit drivers from holding or supporting the phone.

Would I be required to purchase a hands-free accessory, such as a mount or bracket?

No. The proposed law simply states that a driver cannot hold or support a mobile phone. A phone can be left on a vehicle's console, a front seat, etc. However, for the safety of all Georgians, state and local law enforcement recommend the purchase and use of a hands-free device if using a mobile phone while driving.

My vehicle does not have Bluetooth technology/capability. How could I comply with the law?

Many online retailers offer a Bluetooth adapter for vehicles without Bluetooth or similar technology built into the vehicle. These adapters can be found at local retailers or online by searching "Bluetooth hands-free car kit" in an internet search engine.

What would the fines/penalties be?

- First conviction: \$50, one point on a license;
- Second conviction: \$100, two points on a license;
- Third and subsequent convictions: \$150, three points on a license.

Could I listen to online radio apps while driving?

A driver cannot touch their phone to activate or program a radio app while they are on the road (the road includes being stopped for traffic signals and stop signs). A driver can activate a radio app before getting on the road and listen to the programming. A driver can also listen to programming from their app if it is connected and controlled by the vehicle's stereo (radio), and the driver is not touching their phone while driving. We caution drivers that music streaming apps that also include video do violate the new law which specifically prohibits drivers from watching videos. The rule of thumb here is you can listen to your radio app as long as you do not touch your phone when driving on the road AND its use does not distract the driver in any manner in the safe operation of their vehicle.

Could I listen to music stored on my mobile phone, thus not requiring an internet connection?

Yes, as long as the driver is not holding or supporting the phone.

Could I talk to someone via video telephony apps, such as FaceTime or Skype, if doing so "hands-free?"

No. The proposed hands-free driving law states that a driver shall not "record or broadcast a video" on any mobile phones, iPads, computers, etc. while operating a vehicle.

The Hands-Free Georgia Act was signed by Governor Nathan Deal on May 2, 2018, and is in effect and enforced. For more information on the law and FAQ, visit <http://www.headsupgeorgia.com/hands-free-law/>.



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19th Annual Low Country Home & Garden Show - February 9-10

The Annual Low Country Home & Garden Show is back for its 19th year at the Savannah Convention Center on Saturday, February 9 and Sunday, February 10, 2019. At this year's event, whether you are renovating, building, landscaping, or decorating, you can solve all your projects with endless inspiration for both inside and outside your home. Highlights of the show include thousands of square feet of exhibits for home improvement products and services as well as garden and landscape features; seminars at the Coastal Georgia Botanical Garden Stage; the all-new WTOC Local Flavors Cooking Stage featuring local chefs; the Art, Gift, & Gourmet Area, daily wine tastings; kid's activities including workshops by Lowe's and a Curious George meet and greet; and on-site pet adoptions by Jasper Animal Rescue.

Guests at 19th Annual Low Country Home & Garden Show will also get the exciting opportunity to attend seminars by special guests Brian Santos and Norman Winter.

About Special Guest: DIY Painting Expert, Brian Santos

A fourth-generation painting contractor and author of best-selling how-to books, Brian Santos uses "edutaining" demonstrations in his television appearances and how-to's for industry giants like Sherwin-Williams®, Imperial Wall coverings, The Home Depot and Lowe's, and at home and garden shows throughout the world. Brian has toured for more than 25 years, developing his "Wizard Workshops" that educate audiences and help them complete home improvement projects. Over the years, Brian has presented more than 5,000 workshops to more than one million people and has also shared his tips and tricks on national TV, including Good Morning America, Today, and HGTV's Smart Solutions, as well as on TLC and the Discovery Channel.

About Special Guest: Norman Winter, The Garden Guy

Former Director of the University of Georgia's Coastal Georgia Botanical Gardens in Savannah, Norman Winter is an author as well as a national garden columnist with Tribune News Service that is read across the US and Canada. Norman is also regularly featured in many local and regional publications. Throughout his career, Norman spent almost 15 years as an Extension Horticulture Specialist with Mississippi State University and also served as the Director of the National Butterfly Center in Mission, TX. Norman is a sought-after garden lecturer speaking at many events across the nation, including the Callaway Gardens Sym-

posia, Georgia Perennial Plant Association, Southern Cultural Heritage Foundation, Little Rock Flower Show, and more.

Guests will also be the first to experience the all-new WTOC Local Flavors Cooking Stage, featuring four local chefs who will be conducting cooking demos on all your favorite dishes and giving out samples.

About Local Chef: Chef Kenneth Brown, Sisters of the New South

Named after Vicky's many sisters involved in the concept, Sisters of the New South was founded by Chef Kenneth and his wife Vicky Brown in 2009 in Savannah. The business has since grown to include three franchise restaurants. The menus at Sisters of the South are made up of recipes that have been passed down through generations of Chef Kenneth's wife's family. With his many years of restaurant experience, Chef Kenneth also appeared on Food Network's Bite Club, hosted by Tyler Florence.

About Local Chef: Chef Neil Youngblood, Gaslight Group

Originally from Phoenix City, Alabama, Chef Neil Youngblood moved to Savannah to attend the Culinary Institute of Savannah Tech. Chef Neil has cooked a broad range of cuisines over the years and has made his impressions on the local culinary scene. Chef Neil joined the Gaslight Group over five years ago and has gained reputé with his BBQ and tacos at Blowin' Smoke as well as his southern cuisine at East End Provisions. During his time in Savannah, Chef Neil has been awarded Best Chef in Savannah 2016 and has also appeared as a judge on Food Network's Bite Club, hosted by Tyler Florence. His electric culinary background, passion for food, and larger-than-life personality are all very apparent when you taste his spin on Southern Cuisine.

About Local Chef: Chef Patrick Gilpin, Gaslight Group

Born and raised in Savannah, Chef Patrick graduated from Benedictine Military School. At 18 years old, he started his chef career in Athens, GA at Big City Café & Bakery. He then moved back to Savannah and worked at Il Pasticcio before he moved on to Alligator Soul. When he turned 25, he transferred to Garibaldi's where he learned his passion for Italian food and traveled to Italy. While abroad, he trained in multi-

ple restaurants and then returned back to his roots in Savannah. After returning to Alligator Soul and working with SCAD, Chef Patrick became the executive chef at East End Provisions.

Plus, Chef Mir Ali, owner and chef at Lili's Restaurant & Bar who was also on Food Network's Bite Club!

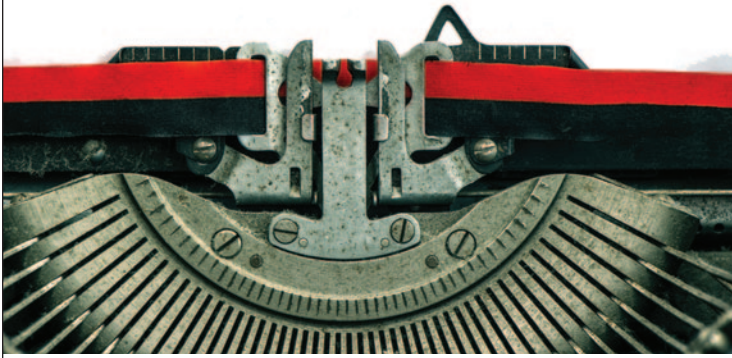
Tickets for the 19th Annual Low Country Home & Garden Show are \$7.00 for Adults (17+) and \$6.00 for Seniors (65+) and retired military with ID. The show is free for youth 16 and under and is also free for active duty military and first responders with ID. Tickets are on sale now at SavannahHomeandGardenShow.com and are also available for purchase at the door.

The show will be held at the Savannah Convention Center located at 1 International Drive in Savannah, on Hutchinson Island. Parking is available in Lot 7 for \$5.00 (credit card only). The expo is open from 9:00 a.m. to 7:00 p.m. on February 9th and from 10:00 a.m. to 6:00 p.m. on February 10th. For more information, please visit SavannahHomeandGardenShow.com.



Brian Santos, of Wizard Workshops

Vox: POOLER



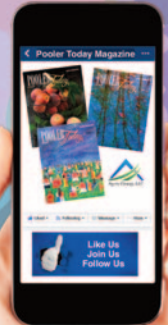
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Sleep Medications Aren't Meant For Long Term Use

**By Craig Sawchuk
Ph.D., Integrated Behavioral Health
Mayo Clinic, Rochester, Minn.**

DEAR MAYO CLINIC: What is the best way to eliminate insomnia? For almost a year, I've had trouble getting much sleep. I've tried over-the-counter medications, but they aren't very effective.

ANSWER: Although sleep medications may be useful when you have occasional trouble sleeping, they aren't meant for long-term use. A better approach is to change your behaviors to cultivate quality sleep. An evaluation with your health care provider to check for underlying issues that could be negatively affecting your sleep also could be valuable.

Insomnia is defined as having problems getting to sleep or staying asleep three nights a week or more for at least three months. When dealing with insomnia, it's important to rule out medical issues that could be driving it. For example, restless leg syndrome and sleep apnea are two common problems that can lead to insomnia. Some medications also can cause sleep problems. See your health care provider to review any medications you take, and investigate whether a medical condition could be contributing to your sleeplessness.

If an evaluation doesn't reveal an underlying cause of insomnia, you may benefit from behavioral changes. These changes get your brain to associate your bed and nighttime with sleep.

First, establish a bedtime routine. For example, about 30 to 60 minutes before you go to bed, turn lights low. Turn off the TV and other electronic devices. Brush your teeth and wash your face. Change into pajamas and get into bed. A consistent routine each night gives your brain clear signals that sleep is coming.

Second, reduce the amount of wakeful time you spend in bed. If you get into bed and don't fall asleep within 15 to 20 minutes, get up and go to another room. Keep your surroundings quiet and dimly lit. Don't turn on the TV or other electronic devices. That will wake up your brain, rather than getting it ready for sleep. Instead, do some light reading, listen to quiet music or engage in relaxation techniques. Perform these activities sitting up, rather than lying down.

When your eyes get heavy and your head starts to bob, get back into bed. Don't go back to bed when you're just feeling tired. Wait until you're sleepy. If you can't sleep once you get into bed, or if you wake up again and cannot fall back to sleep within 15 to 20 minutes, repeat the cycle.

By minimizing the amount of time you spend in bed awake, you're teaching your brain to associate your bed with sleep. Sometimes, people think it's a good idea to be in bed at night - even if they are not sleeping - because they are getting some rest. But that conditions your brain to associate being in bed at night with being awake - the opposite of what you want.

Another way to condition your brain to associate your bed with sleep is to avoid other activities in your bedroom. Don't read, watch TV or spend much time in your bedroom during the day. When your alarm goes off, get up, start your morning routine and get out of the bedroom as soon as possible. Do this even when you haven't slept well. Dozing in bed between snooze alarms won't provide quality sleep, and it reinforces poor sleep patterns.

Also, pay attention to other health habits. Sometimes when you are not sleeping well and feel tired the next day, you'll increase your caffeine intake. While this may help you during the day, it can complicate sleep at night. Work to reduce or eliminate caffeine in your diet. If you continue to use caffeine, consider gradually reducing the amount over time or try switching to half-caffeinated beverages. It is also a good rule of thumb not to consume caffeinated drinks after 3 p.m. or six to eight hours before bedtime.

Finally, don't rely on sleep medication to cure insomnia. Prescription and non-prescription sleep medications are only intended for occasional, short-term use - typically no longer than four to five weeks at the most. Over longer periods of time, these medications can contribute to sleep problems and lower the quality of your sleep.

If you continue to have insomnia after trying behavior modification for several weeks, talk to your health care provider or consider consulting with a health care provider who specializes in sleep disorders.

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St. Patrick's Epicure

Yield 6-8 servings. Total prep time 5 minutes, cook time 4 hours.

CORNEB BEEF WITH BLACKBERRY MUSTARD GLAZE

You will love this savory Glazed Corned Beef recipe. It is sure to make your mouth water! Try something with a twist of sweet savory.

Corned Beef Ingredients:

- 1 (4-5 pound) corned beef
- 2 Tbsp. canola oil
- 1 onion, peeled and quartered
- 8 whole cloves
- 4 cloves garlic, minced
- 3 sprigs fresh thyme or 1 tsp dried thyme
- 3 bay leaves, broken
- 1 Tbsp. whole black peppercorns
- 3 carrots, peeled, quartered, chopped into 4-inch pieces

Blackberry Dijon Glaze Ingredients:

- 1/2 cup blackberry preserves
- 2 Tbsp. dijon mustard
- 2 Tbsp. brown sugar, packed
- 1 Tbsp. soy sauce
- 1/2 tsp. freshly-ground black pepper

To Make The Glaze:

In a small saucepan, whisk the glaze ingredients together until combined, and bring to a boil over medium-high heat. Continue to boil until the mixture has slightly reduced and thickened, about 7-10 minutes.

To Make The Corned Beef:

Use a sharp knife to carefully trim off the excess fat on the corned beef. Heat oil in a Dutch oven or thick-bottomed stock pot over medium-high heat. Place corned beef in the pot and cook for 1-2 minutes on each side until browned. Add the next six ingredients (onion through peppercorns), then fill pot with water until the beef is completely covered. Bring water to a boil. Then either reduce heat to low and simmer for about 3-4 hours, until meat is fork-tender. Or transfer to a 300-degree oven, and cook for 4-5 hours, or until the meat is fork-tender. If you would like to make cooked carrots as well, add them to the pot about an hour before the beef is finished cooking.

Remove the beef and carrots and set the carrots aside. Place the beef on an aluminum-foil covered baking sheet. Brush with glaze, then place under the broiler for 5-7 minutes, until the glaze begins to caramelize.

Remove from oven, and let the corned beef sit for at least 10-15 minutes before carving. Brush with additional glaze if desired. Serve with roasted cabbage, herbed potatoes and carrots if desired.

NO-KNEAD BEER BREAD

Love fresh baked bread? Here is a recipe that is quick, no-kneading necessary. Serve warm with butter, garlic butter, or honey butter.

Bread Ingredients:

- 2 c. self-rising flour (no substitutes)
- 12 oz. Guinness beer freshly opened

Directions:

- Heat oven to 375°F. Lightly grease a 9 x 5 x 3-in. loaf pan.
- Put flour in a medium bowl. Add Guinness and stir with a rubber spatula until flour is moistened completely. Scrape into prepared pan.
- Bake 50-55 minutes or until top is lightly browned and the sides pull away from the pan. Cool in pan on a wire rack for 5 minutes, then turn out on rack to cool. Cut in 1/2-in. slices to serve. Makes great toast.

FROZEN THIN-MINT GRASSHOPPER PIE

Here is a tasty favorite dessert especially in time for the St. Patrick's festivities. Fresh and light, serve with Irish coffee.

Ingredients:

- 1 box dark-chocolate thin mints 1 1/4 c. heavy (whipping) cream
- 1 ready-to-fill chocolate crumb crust
- 25 large marshmallows
- 1/4 c. each white crème de cacao and green crème de menthe
- Garnish: whipped cream, thin mints and mint sprigs

Directions:

- Reserve 4 thin mints for garnish. Put remaining 26 mints in a small saucepan; add 2 Tbsp cream. Stir over medium-low heat 1 to 2 minutes until melted and smooth. (Or microwave in a 4-cup glass measure about 1 minute.) Pour into crumb crust and place in freezer to cool until firm, about 30 minutes.
- Meanwhile, put marshmallows and crème de cacao in a medium saucepan over medium-low heat. Stir with a whisk 4 to 5 minutes until melted and smooth. Whisk in crème de menthe; place in freezer to cool about 10 minutes.
- Put remaining cream in a large, deep bowl. Beat with mixer until stiff peaks form when beaters are lifted. Whisk cooled liqueur mixture to recombine, then fold into the cream until well blended. Pour over thin-mint layer. Cover and freeze at least 24 hours.
- Just before serving: Garnish as shown. To make clean cuts, use a long, sharp knife, and dip in hot water between cuts.

Festive Libations

Here are some fun, festive and unique boozy cocktails, creative mocktails, and even milkshakes in everyone's favorite St. Patrick's Day hue. But don't forget: Drinks are always more Irish when there's whiskey involved. Sláinte!

Lucky Leprechaun Rum Punch

A sparkling pineapple-lime rum punch with a Lucky Charms rim.

Ingredients:

- 1 bunch fresh mint, stems removed plus more for garnish
- 2 pkg. Kool-Aid Lemon-Lime Flavor Unsweetened Drink Mix
- 2 qt. (8 cups) pineapple juice, chilled
- 1 bottle (2 L) carbonated lemon-lime soda, chilled
- 1 bottle (750 ml) white rum, optional
- 2 lemon, sliced
- 3 lime, sliced

Instructions:

Rim glasses: Place Lucky Charms marshmallows in a ziplock bag and crush into small pieces. Pour out onto a plate and set aside. Dip glasses in honey then in crushed marshmallows.

Make the punch: Muddle mint with Kool-Aid in punch bowl or pitcher.

- Add pineapple juice; stir until mix is dissolved.
- Stir in soda, rum and fruit just before serving.
- To serve, pour punch carefully into rimmed glasses, add a few extra slices of citrus and a sprig of mint.

Irish Buck

This fresh drink, made with lime, ginger ale and whiskey, will make anyone believe in the luck of the Irish.

Ingredients:

- Ice
- 2 oz. Irish whiskey
- 1 tbsp. fresh lime juice
- 3 oz. ginger ale
- lime wedge

Direction:

Fill a glass with ice. Add whiskey, lime juice, and ginger ale. Stir and garnish with lime wedge.



Fuzzy Leprechaun

This delicious, fruity cocktail is made with peach schnapps, blue Curacao, and vodka and may leave you feeling a little bit fuzzy. It is a bright green drink but is a delicious peachy flavor.

Ingredients:

- 1 oz Peach Schnapps
- 1 oz Blue Curacao
- 1 oz Vodka
- 1/2 oz Orange Juice
- 1/2 oz Pineapple Juice
- Garnish with an orange and cherry

Directions:

- Combine ingredients in a shaker with ice and shake
- Strain into glass and garnish with orange and cherry

Emerald Isle

What a great name for this gin-based drink almost as much as the taste. The Emerald Isle Cocktail blends herbal and citrus notes with a touch of mint for an unusual flavor combination. What brings it all together is three dashes of Angostura bitters.

Ingredients:

- 2 ounces gin
- 1 teaspoon green creme de menthe
- 3 dashes of Angostura bitters

Directions:

Put all ingredients into a mixing glass with ice. Stir to chill, and strain the mixture into a cocktail glass.

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