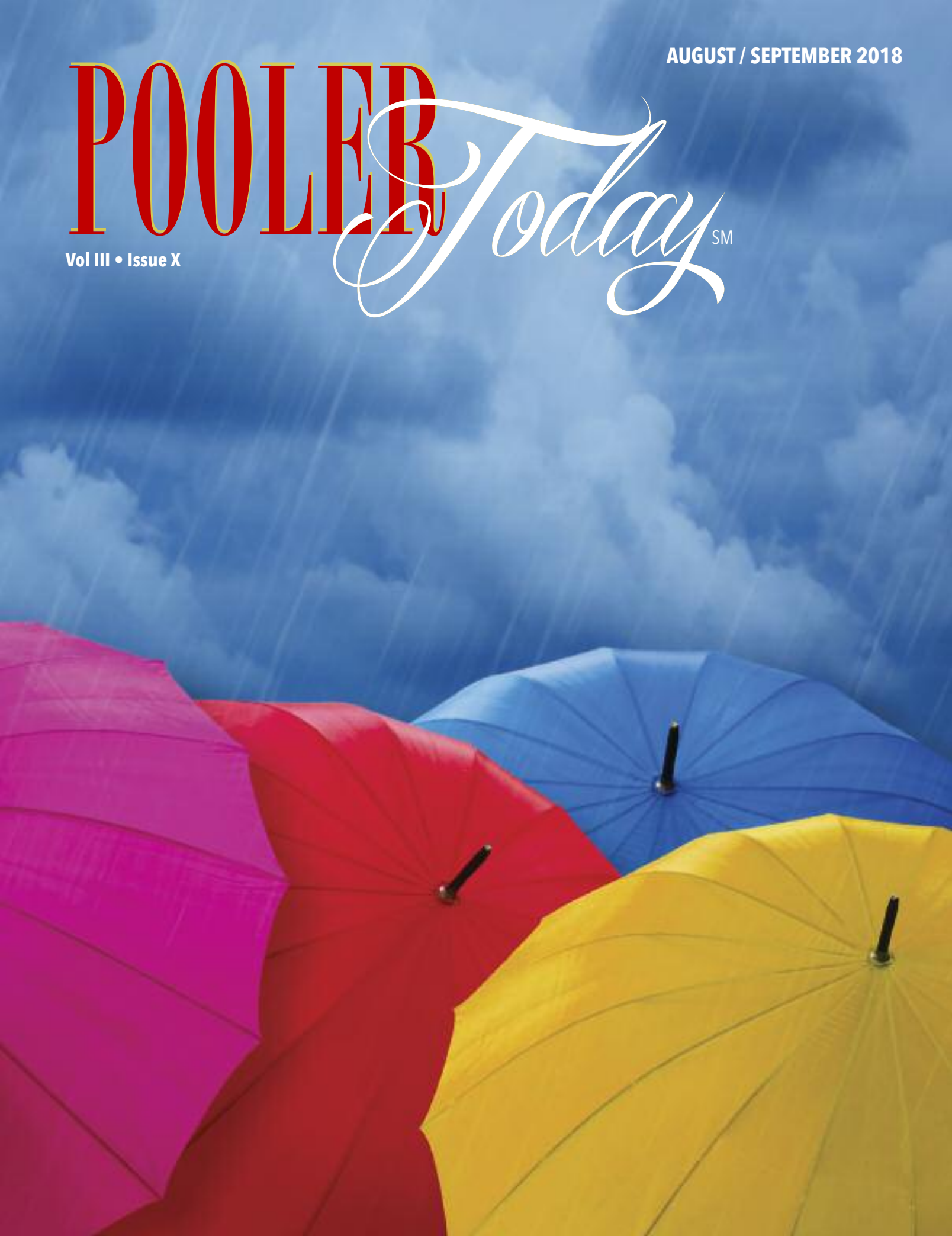



AUGUST / SEPTEMBER 2018

POOLER *Today* SM

Vol III • Issue X



A man in a dark suit and light blue shirt stands in front of a large, classical-style building with a portico supported by white columns. The building has a pediment with a circular window. The man is smiling and has his hands clasped in front of him.

“As an alumnus,
I am extremely excited
about having this great
institution located
in Chatham County.”

Robert Byrd

City Manager, City of Pooler

B.S., 2002, Georgia Southern University



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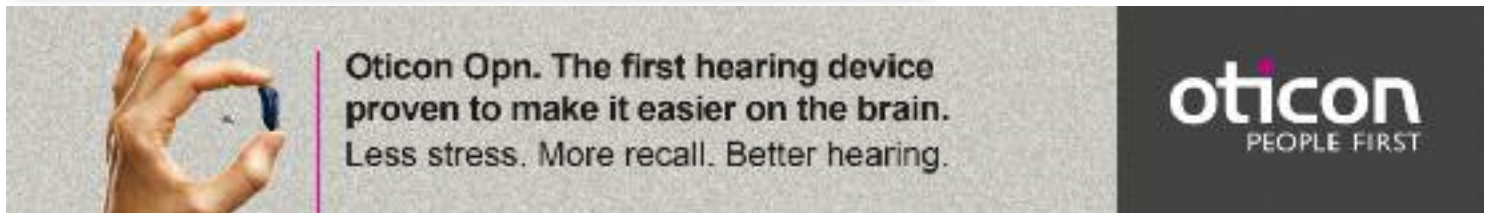
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POOLER USEFUL CONTACTS

Pooler - Information / Non-Emergency

Pooler City Offices for the:

Mayor	Mike Lamb	(912) 748-7261
City Manager	Robert H. Byrd Jr.	(912) 748-7261
City Attorney	Steven Scheer	(912) 233-1273
City Clerk	Maribeth Lindler	(912) 748-7261
Finance Officer	Michelle Warner	(912) 748-7261
Fire & Rescue	Chief G. Wade Simmons	(912) 748-7012
H/R Director	Andrea Anderson	(912) 748-7261
Police	Chief Ashley Brown	(912) 748-7333
Public Works	Matt Saxon	(912) 330-8650
Recreation Dept	Hugh Elton	(912) 748-5776
Sr. Citizen Center	Susan Edwards	(912) 330-0493
Zoning Admin.	Kimberly Classen	(912) 748-7261
Utility Billing		(912) 748-4800

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



Photo by Cierra Ayers

POOLER *Today*SM

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Photo by T. Howard Reimer

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After a recent trip to Great Britain, I found myself taking a trip down memory lane, reflecting on how different traveling is today compared to 20+ years ago. Aside from planes so cramped even someone with mild claustrophobia might start to hyperventilate, the ease of booking flights is much easier today. A few clicks on a device and voila – your plans are made. Select your seat and download your boarding pass. You can still make a reservation by phone, but you pay a fee for the privilege.

I love trains, but we don't ride them much anymore. Remember Eurail Passes? There was a time when they were a must have. The trains went everywhere and passed through beautiful places along their routes. They still traverse the continent, but today there are rigid restrictions and you must make a reservation. Also, travelers are often in such a hurry to visit as many places as possible in as little time as possible that they opt to fly from country to country. With the rise of budget airlines, airfares are often cheaper.

Another major change is the stuff we take along to guide us during our journeys. No longer do we carry travel literature and maps. They are heavy and cumbersome. Today, there are plenty of apps and websites to accompany us as we wonder about. These technologies really take the anxiety out of travel and it makes it easier to enjoy and wander. One of our favorite hotels included a free cell phone during our stay with apps to help us get around and FREE worldwide calling.

How many of you remember Arthur Frommer's 'Europe on \$5 a Day'? In the 60's, it was a travel bible for the budget minded and encouraged average folks to travel abroad. Not only did it tell you where to find dirt cheap pensions and flea bag hostiles, and where to get multi-course meals for less than \$1.00, but it was also a guidebook of what to see and how to do it cheaply. Over the years the amounts increased until Frommer decided in 2007 that 'Europe on \$95 a Day' would be the last. (Smart move since anything higher borders on ludicrous.) Travel costs have increased greatly since the 60s, but Frommer's advice still makes perfect economic sense. Fly coach, travel with little luggage, use public transportation, patronize mom & pop type eateries and stay at places like airbnbs and small pensions. At age 88, he still believes that the less you spend, the more you enjoy. Cierra would disagree with this mentality.

Another major change is how we document and share our travel experiences. Today, sophisticated digital equipment with phenomenal editing ability makes it almost impossible to take a bad picture. Even so, that doesn't prevent users from taking zillions of shots which they can immediately send to family and friends around the world. (Yes, I do that too.) Then there's the selfie. At my age, I'm not interested in putting my mug in every shot, but do get a kick out of watching others place themselves in sometimes precarious situations to accomplish the deed. Narcissism takes hold, and the photographer is the star of every frame.

Gone are the days when we'd lug bags bulging with cameras, a variety of lenses and enough 35mm film cassettes to keep us clicking into the next century. Not wanting to waste expensive film, we composed our photos carefully, taking time to hopefully get just the right shot. Sometimes it worked; other times not so much. Bottom line: it was a thoughtful and gratifying process. Some things are easier today, but often the harder you work for something, the greater the satisfaction.

I think most of you will agree that whether it's a trip abroad or our ongoing journey through life, memories of how things used to be ground us. They allow us to reflect on life as we've known it until now, while absorbing and making a place in our lives for all that is new and exciting. We have a lot more traveling to do, and there's so much out there waiting for us to witness.

Travel well, our friends!!

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Pooler Today

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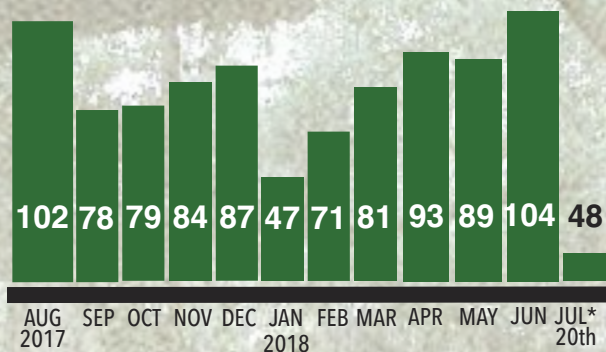
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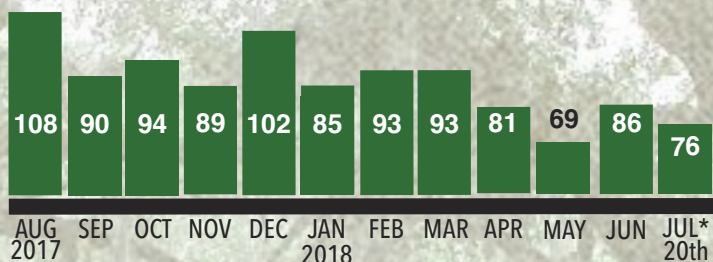
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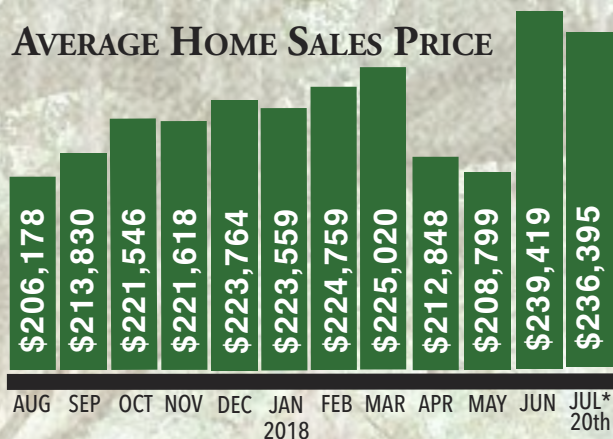
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Thomas Donohue, MD is Medical Director of St. Joseph's/Candler's Center for Hyperbarics and Wound Care at the Candler and Hinesville centers.

Smart Medicine Can Heal Wounds Faster

St. Joseph's/Candler Center for Hyperbarics and Wound Care offers a variety of treatments to help non-responding wounds heal faster.

Hyperbaric oxygen therapy is just one of those methods. A colorless, odorless, gaseous element, oxygen keeps the human body functioning. But, oxygen at 100 percent pressurized also is a drug – one that is a proven cure of chronic wounds.

This therapy is a treatment method for wounds that do not respond to traditional wound care. Treatment involves patients lying in a hyperbaric chamber (a big glass tube) while breathing in 100 percent pure oxygen. According to Thomas Donohue, M.D., medical director for Wound Care and Hyperbarics at the Candler and Hinesville centers, pressurized oxygen supersaturates your body with oxygen, allowing for:

- Decreased inflammation
- Development of new blood vessels to areas that are not getting enough blood flow followed by improved blood flow that is necessary to heal
- Killing off any lingering bacteria

The common chronic wounds and conditions hyperbaric oxygen therapy are used for include chronic bone infection, diabetic lower extremity ulcers that are infected, radiation wounds, compromised or failed skin grafts or flaps, crush injuries and necrotizing infections.

Hyperbaric oxygen therapy has been around for decades; however, Dr. Donohue says a lot of people do not realize it exists. St. Joseph's/Candler has been offering the treatment method for more than 20 years, available currently at three Center for Hyperbaric and Wound Care locations: Candler Hospital, Hinesville and Bluffton/Hilton Head.

"Hyperbaric oxygen therapy is so helpful because most wounds are ischemic, meaning most wounds don't have good blood flow, so when your body is put in a hyperbaric chamber it builds new blood vessels around wound tissues," Dr. Donohue describes. "Once you get more blood flow you can deliver nutrition, antibiotics and oxygen that helps the wound itself clear out the infection, get rid of the bad tissue, build new tissue and heal."

What patients should expect during hyperbaric oxygen therapy

Patients should expect anywhere from 20 to 40 treatments, Dr. Donohue says. Treatments typically last 90 minutes and a patient is never left alone while in the chamber. "You can watch TV, watch a movie or sleep," Dr. Donohue says.

Other treatments for wound care

Any wound can be helped by hyperbaric oxygen therapy with the right conditions, Dr. Donohue says. However, hyperbaric oxygen therapy can be expensive and only about 10 to 15 percent of patients meet the Medicare requirements to qualify for hyperbaric treatment.

St. Joseph's/Candler Center for Hyperbaric and Wound Care offers several other options to treat wounds effectively and timely.

"If you have a wound, we can help take care of it," Dr. Donohue says. "Most wounds heal within about two weeks. You have a cut – it usually heals within two weeks. If you have surgery, they usually take the sutures or staples out in about two weeks and you go on your merry life. We take care of the wounds that don't heal in those two weeks."

Wounds that can be treated include burns, diabetic ulcers, ischemic ulcers, peristomal skin irritations, pressure ulcers, non-healing wounds from falls, medication reactions or other conditions, traumatic wounds, surgical wounds, venous insufficiency and C-section wounds.

If you notice after two weeks a wound is not getting smaller, drainage is increasing and/or the wound doesn't look clean or healthy, wound care can help you heal and avoid further complications. Available treatments include:

- Multiple advanced dressing options including:
 - Dressings with silver
 - Anti-bacterial dressings
 - Dressings with collagen
 - Dressings that put moisture in the wound
 - Dressings that pull moisture out of the wound
 - Advanced skin substitutes
 - Compression therapy
 - Casting for diabetic foot ulcers
 - Edema management
 - Non-invasive vascular testing
 - Pressure relief and offloading, such as suggesting special shoes, wound vacs, sponges or other advanced devices to use at home.

In addition, the wound care center offers diabetic teaching, nutritional counseling and patient and caregiver wound management/prevention counseling.

The Center for Hyperbarics and Wound Care is an outpatient, non-emergency care facility. If you need immediate assistance, **please call 9-1-1.**

Medicare patients qualify for hyperbaric oxygen therapy if traditional wound care was not successful and their wound is one of about 13 Medicare approves treatment of. Appointments are required and can be physician or self-referred.

To learn more about hyperbarics and wound care at St. Joseph's/Candler, please visit our website at sjchs.org.

CHRISTY MARSH - Savannah, GA



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.



Nancy N. and J.C.
Lewis Cancer 
& Research Pavilion
at St. Joseph's/Candler

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

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Top Trends for Kitchen Countertops

By Andrea Antunes McGilton

The countertop is the foundation of kitchen décor whether you are doing a renovation or designing a whole new kitchen. It sets the tone and feel of the space and perhaps the whole house. And, it's the place where all the action takes place. As you would expect, color and material choices are most important.

Quartz is a Popular Choice

Quartz was introduced a few years ago as a high-end alternative to granite. It is non-porous, making it highly resistant to staining, and is one of the most hygienic countertop options for homeowners. Additionally, quartz is extremely strong, making it super durable and low-maintenance.

Quartz now comes in a huge selection of colors and patterns that mimic the look of natural stone like granite and marble. With quartz, you get the beauty of high-end marble and granite without the cost and with very little maintenance. No wonder it's the "hot" stone in today's market.

With quartz you can have countertops from royal blue to marble look-alike, from bright red to soft grey. The options grow almost daily and the biggest suppliers have the most current and extensive choices. Price points vary to fit almost every budget.

The most popular quartz – Polarstone, Cambria and Teltos – is all available at Distinctive Granite and Marble.



Textured Finishes vs. Polished

Even though the polished stone finish is still the most popular, designers are increasingly opting for more textured and tactile surfaces, like honed or leathered.

The honed finish is matte, with little-to-no shine. The overall look will vary depending on the stone type, but it generally offers a low sheen and a smooth surface. The lack of shine serves to conceal flaws or scratch marks more easily.

Leathered finish has become increasingly popular. It has a soft sheen that is less glossy than polished, and to the touch, it has a different feel. The leathered finish retains the stone's natural color giving it a sophisticated look. It also hides fingerprints and water spots remarkably well, which is very appealing.

Distinctive Granite and Marble was one of the first to offer the leathered finish with state-of-the-art technology that combines with old-world craftsmanship for spectacular results.

Finishes can create dramatic differences on the same stone in terms of look, feel and how the stone reflects the light. Using different finishes on the same stone in the same kitchen – for example one finish for the perimeter counters and another for the island – is a creative way to create a unique effect.

Countertops with Character – Veining and Patterns Are Popular

With homeowners seeking a bit more character in their countertops, technology now offers creative solutions. Materials like quartz are being designed to resemble slabs of natural stone, like granite and marble. This involves creating veins in interesting patterns swirled into the countertop slabs. These new countertops are particularly popular with varied finishes in the same space.



The look and feel of marble, once the choice of the high-end buyers, is now achievable for many homeowners through this new and exciting technology.

Neutral Tones are the New Colors

White kitchens continue to be white hot as the material choices now extend to a variety of quartz products as well as natural stone. No longer deterred by the cost of marble, home owners are opting for the beauty of marble in new materials.

Preference for soft neutral tones is a common theme that continues to run throughout our coastal design trends. The bright bold hues of Art Deco and mid-century styles are gradually losing place in the kitchen in favor of more laid-back tones.

Today, you are more likely to find soft grey, white and beige tones in kitchens. There is more focus on using neutral backgrounds. So you might find a beige countertop, with a ceiling-high mosaic pattern backsplash standing out against it. More and more, homeowners are choosing off-whites, ashy grays, and neutral beige. That doesn't mean that creativity is stifled. In fact, choices have never been wider, with the exciting new products now on the market.

It's Not Your Same Old Kitchen.

Kitchens have moved far beyond their original purpose to provide a place for food preparation. Today they are the heart of the home, a place for dining and socializing. No wonder suppliers have offered today's homeowners a myriad of choices in materials, colors, designs and budgets.

Andrea Antunes McGilton is sales manager at Distinctive Granite and Marble, with showrooms in Hilton Head, River Walk, Beaufort and Pooler (Savannah).



Senior Citizens Preparedness Guide Disaster Preparedness For Seniors And Their Caregivers By Chatham Emergency Management Agency

Natural disasters are not fun at any age, but they can be especially traumatic for elderly adults. Older adults may be frail or less mobile, which can cause additional challenges during an emergency event where quick response times are key. The key to taking care of yourself or your loved ones is preparedness! Take a look at the Disaster Preparedness Guide for Seniors. "This guide will cover the common types of emergencies that family and caregivers of seniors should be aware of, tips for helping the elderly evacuate when needed, and a handy checklist of items to have and bring with you in the event of an emergency".

In addition to this guide, if you, or someone you know, may need evacuation assistance during a hurricane evacuation, the Hurricane Registry for those with Functional, Access, or Medical Needs may be an option for you!

Functional and access need registrants/clients are defined as those who may need services to maintain their independence in a shelter. This includes, but is not limited to, children and adults with physical, sensory, mental, and cognitive and/or intellectual disabilities affecting their ability to function independently. Others may include women in late stages of pregnancy, elderly, and people needing bariatric equipment. Medical needs registrants/clients require the support of trained medical professionals. This may include managing intravenous therapy, tube feeding, receiving dialysis and oxygen, and operating power dependent equipment to sustain life. The registry is made up of residents who may require transport and medical assistance during a hurricane evacuation and have no other resources to help them if they need to evacuate. It is important to register early so officials will know where our vulnerable residents are located.

seniorliving.org/research/

important information.



HURRICANE REGISTRY

FOR THOSE WITH FUNCTIONAL ACCESS OR MEDICAL

Hurricane Registry For Those With Functional Access Or Medical Needs

REGISTER NOW AT: 1-833-CHD-REGISTER

This new Public Service Announcement explains the Hurricane Registry for those with Functional, Access and Medical Needs. This information could be life-saving!

Functional and access needs registrants/clients are defined as those who may need services to maintain their independence in a shelter. This includes, but is not limited to, children and adults with physical, sensory, mental, and cognitive and/or intellectual disabilities affecting their ability to function independently. Others may include women in late stages of pregnancy, elderly, and people needing bariatric equipment.

Medical needs registrants/clients require support of trained medical professionals. This may include managing intravenous therapy, tube feeding, receiving dialysis and oxygen, and operating power dependent equipment to sustain life.

The registry is made up of residents who may require transport and medical assistance during a hurricane evacuation and have no other resources to help them if they need to evacuate. It is important to register early so officials will know where our vulnerable residents are located.

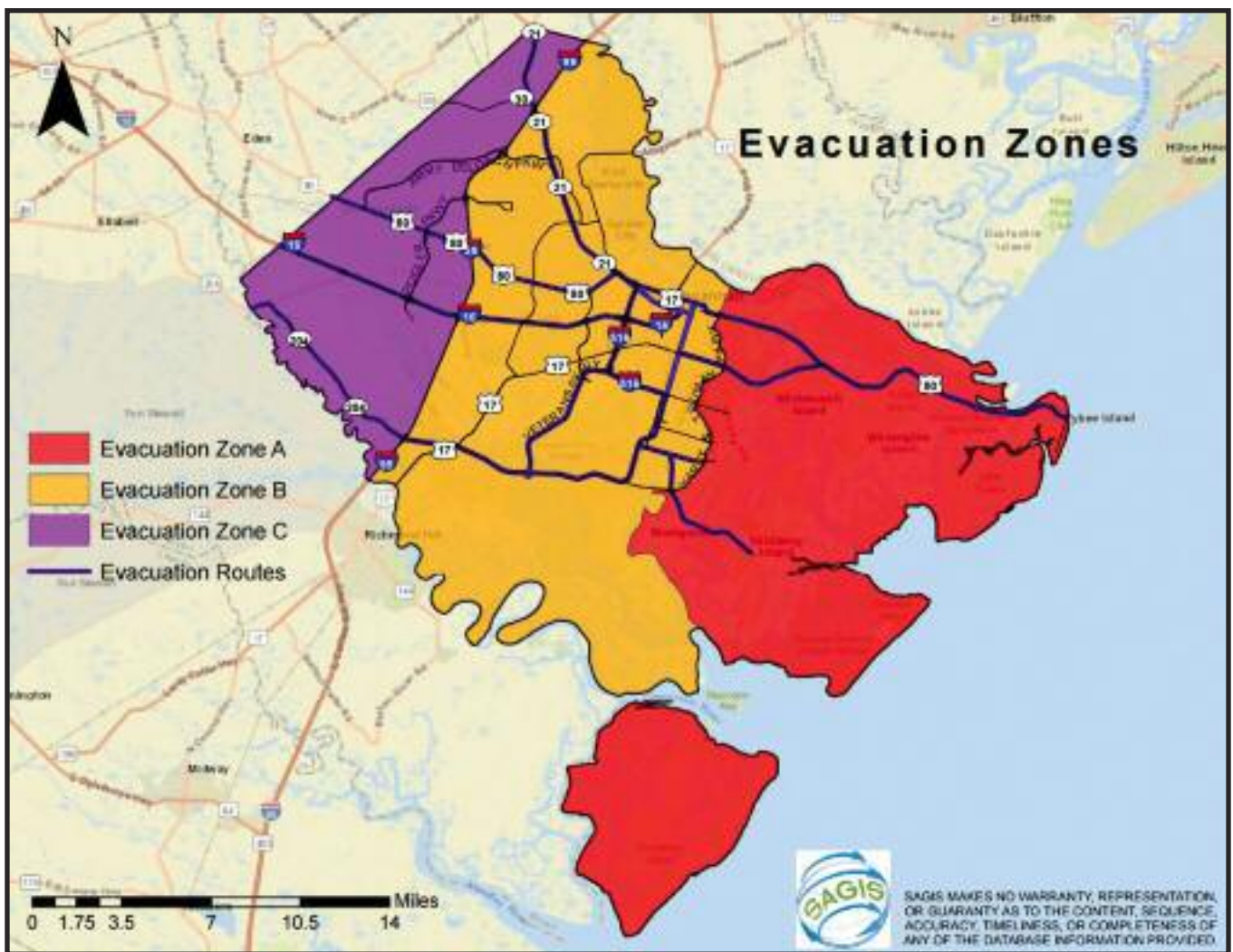
For those that may not qualify for the Hurricane Registry for Functional, Access and Medical, there is still evacuation assistance available. For more information, view the Evacuation Assembly Area plan.



Chatham Emergency Management Agency
124 Bull Street, Suite 140
Savannah, GA 31401

Phone: (912) 201-4500

Web: <https://www.chathamemergency.org>



New Evacuation Zones In Chatham County

By Chatham Emergency Management Agency - CEMA
Diagram Courtesy Of: SGIS

After Hurricane Matthew, there was a need for greater understanding and preparation to ensure the safe and effective evacuation of Chatham County during a hurricane or tropical storm. To better prepare for hurricane season, we are encouraging residents to learn the terminology that County officials will be using during an evacuation. Knowing the difference between an evacuation and mandatory evacuation orders will significantly affect how communities and residents will react and prepare for the threat of a hurricane.

For an interactive map on the evacuation zones, please [CLICK HERE!](#) This will allow you to type in any address in Chatham County and easily identify which zone you are in.

An Evacuation Order will be issued when local officials feel it may be in your best interest to evacuate the targeted area. An Evacuation Order is a general statement used to encourage residents to evacuate.

A Mandatory Evacuation Order is an executive directive requiring all residents, visitors, businesses and others in the target area to evacuate. Personal discretion is not an option.

In addition, Chatham County has constructed new evacuation zones to ensure an efficient exit for all communities that are in the target area.

These zones are:

EVACUATION ZONE A	Areas east of the Truman Parkway and the Vernon River
EVACUATION ZONE B	Areas west of the Truman Parkway, east of interstate 95
EVACUATION ZONE C	POOLER: Areas west of the 95

These zones are clear boundaries that are already established in Chatham County. Residents are familiar with these landmarks and should be able to easily identify which zone they live and work in



POOLER PATRIOT WEEKEND

The City of Pooler welcomes you to join them for a
Festival In The Park - Patriots Weekend

Saturday, September 8, 2018 - 4:00 - 9:30 pm

Live entertainment provided by:

The 8 Mile Bend; Esteban's Hat, Salon deBaile Dance & Fitness;
Robinson's ATA & Carson Fortner's Pooler Karate

FIREWORKS DISPLAY AT DARK

Rides from Funtime Amusements

Please visit our wide range of vendors displaying homemade items, light-up toys,
jewelry, books, and more.

Come and visit displays from the Pooler Police Department, Pooler Fire & Rescue, and the Military.

**PARKING AT WEST CHATHAM SCHOOL, TROLLEY SERVICE WILL BE PROVIDED
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www.patriotweekend.org



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POOLER



**11AM-
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SEPTEMBER 23

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Savannah Square Pops

Skeeter's BBQ

Sweet Spice

TACA

The Big Cheese

The Naked Dog

Yoshi's Kitchen

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July 16, 2018

In times of need people in the medical field will go beyond their duties to extend the life of our loved ones. I would like to give thanks to Pooler Fire Department, Pooler Police Department and Ambulance services. Our beautiful daughter Jennifer Brooke Stephens took her own life on February 14th 2014 she was being bullied at school.

They worked on Jennifer to bring her back to us but, she was already gone. All of the people that were there that day also had a loss in their lives this beautiful young lady that they would never forget. I was told many of them had a hard time after Jennifer's death, so Jennifer did touch many lives and to have this much love for her is amazing to our family. Thank you again for your dedication in the work that you do.

*Sincerely,
The Stephens Family
Jennifer's Dream Team*



When Hope Gets Lost

This tragic account of a young person's suicide is becoming a too familiar incident in homes across the nation. So far in 2018, the Georgia Bureau of Investigation (GBI) Child Fatality Review Unit has received 23 cases of suicide related deaths of children in Georgia under the age of 18. For every young person who dies by suicide, national statistics indicate 25 others will have attempted to take their own lives. There have been more than 1,000 suicide related admissions of children to Georgia hospitals in the past year.

We in Pooler are enormously grateful to GBI's Child Fatality Review Unit that works closely with the Georgia Child Fatality Review (GCFR) Panel to raise awareness of youth suicide. In July, (GBI), along with their partners at Children's Healthcare of Atlanta, Georgia Department of Behavioral Health and Developmental Disabilities, and the Division of Family and Children Services announced the release of part 2 of a series of public services announcements (PSAs) aimed at helping children in crisis. They feature GBI Director Vernon Keenan and his special message geared towards parents. The announcements include accounts from family members and experts who have seen this crisis firsthand and want to share their experiences with loved ones who have considered or attempted suicide. Their goal is raise awareness for others to continuously seek help for children in crisis. Parents and teachers are in a key position to pick up on these signs and get help <https://youtu.be/c-5zg GQAXvk>.

Individuals who exhibit signs of suicide, or identify signs of suicide in others, can call the Georgia Crisis and Access Line at 1-800-715-4225, 24/7. All calls are free and confidential. Alternatively, please visit www.mygcal.com for assistance. GCAL is provided statewide by DBHDD.

The Georgia Bureau of Investigation (GBI) is an independent, statewide agency that provides assistance to the state's criminal justice system. The Bureau consists of three divisions that offer support in the areas of computerized criminal justice information, forensic laboratory services and criminal investigations. Special agents from the Investigative Division respond to requests for assistance from local law enforcement

agencies to investigate major crimes throughout Georgia. Their agents examine evidence from crime scenes in 23 Georgia counties, and provide forensic biology services for another seven counties in the state.

Exciting news is that GBI will be opening their new Coastal Crime Laboratory in Pooler in early 2019. This state-of-the-art 66,000 square-foot facility was gifted by The City of Pooler and will be located along Pooler Parkway near Pooler Fire Station Two. It will replace the current building which has reached the maximum capacity to accommodate the coastal area's population which is estimated to grow by over a million by 2030. Police departments in our area rely on the GBI's Coastal crime lab. It processes various types of forensics for death and criminal investigations. The new lab will allow easier access for law enforcement personnel and has the potential over time to double the staff of the Coastal Lab. In addition to GBI's contributions to Pooler, we want to give a big

thumbs up to our fire and police departments. We think of them as superb fire and crime fighters, but they are often first responders to medical emergencies that result in heartbreaking tragedies such as the loss of Jennifer Brooke Stephens.

Our Pooler Fire Department serves one of the fastest growing communities in the state of Georgia. To accommodate a city whose population has more than tripled since 2000, the department

added its Fire Chief to the payroll in 1999, and by May 2008 a second station had been built and 16 career firefighters as well as 12 volunteers were serving the community. By 2016 the department had transformed into an almost fully career department with 59 paid employees and 2 remaining volunteers that help in a support function. Pooler Fire-Rescue is a full service fire department with four stations staffed and in operation throughout the city,

Thanks to the Pooler Police Department, our city has a reputation of being one of the safest in Georgia and in 2016 and 2017 was recipient of Safest Cities in Georgia, a report published by Safewise. Their primary duty as police officers is to protect people and property, but these dedicated and professional men and women are committed to providing the highest quality of law enforcement to the community.

Both the Fire and Police Department are family oriented and take every opportunity to get to know the community and its residents personally to make sure Pooler remains a great place to raise a family.

We usually see our public safety heroes in their official attire, but they are part of our extended family. Many live in Pooler where they are members of our churches and their children attend our schools. When you see our dedicated police and fire officers, please give a wave and a thank you. We owe them so much.

“
***Our Pooler Fire Department
serves one of the fastest
growing communities in the
state of Georgia.***



Future GBI facility in Pooler, GA.



Parenting Tips For Back To School

By Janese Bryant Cooper
Certified Kumon Instructor

A new school year equals a fresh start. Here are five ways to start the school year off right and make the transition from vacation back to the classroom a smooth one.

Establish a consistent homework routine right from the start.

Having a designated homework time sets clear expectations for when your child needs to do her work. This not only establishes a homework habit, but helps her understand that homework is a priority in your

home. Having a structure in place promotes disciplined study habits, consistent study, and time management skills.

Create a distraction-free study area.

To facilitate getting started quickly and maintaining concentration, have your child study in an area removed from distractions. All devices such as TV and portable technology should be put away or turned off. Supplies such as pencils and erasers should be within arm's reach.

Connect with your child's teachers.

Try to meet with the teacher for a few minutes as soon as the school year begins. It's good to build rapport and know the new expectations. Building a relationship with your child's teacher can help you understand how your child is doing and how you can help your child best at home.

Limit screen time.

Over the summer break, children usually have more free time and that could mean more time watching TV, playing video games, and using the computer. The new school year offers an opportunity to initiate different habits such as limiting screen time to a certain amount of hours a day or week.

Be enthusiastic.

Enthusiasm is contagious! If you're excited, your child will be more excited. When you are excited about your child's day-to-day effort, they will be motivated. When your child does their homework without a reminder that is good opportunity to give positive feedback on study habits and independence. Attitudes are infectious and an integral component to success.



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It's a new experience, none like any other hearing clinic. Experience it for yourself find out how you can actually hear better in noise! We can replicate how hard it is to hear in noise and show you how we can help you communicate better!

Join us for:

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- A complimentary simulation in noise and actually experience how you can hear better!

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- Affordable choices
- Over 40 years combined expert advice from only Doctors of Audiology

Learn more
about our
Pooler Clinic
see page 3



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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Pooler, GA 31322

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Question & Answers To Your Pet Inquiries

By Cathy M. Rosenthal
Tribune Content Agency

Question:

My Chihuahua is extremely protective of me. No one can touch me or come near me. I want to learn how to teach my dog not to be defensive on my command.

Answer:

With a small dog, overprotectiveness is mostly related to fear. Growling and baring their teeth is an attempt to control everything around them - and it often works.

But sometimes, with small dogs, we accidentally reinforce this behavior. If a large dog growls, "people change their behavior and back up," says dog training expert Megan Stanley in Calgary, Canada. "With a small dog, people are more likely to giggle and continue approaching the dog, which only increases the dog's fear."

So, the trick is not to command your dog to stop growling, but to change what's happening in his surroundings that triggers the behavior.

First, get your dog comfortable around people. Ask visitors not to approach your dog and to wait until your dog comes to them. Ask visitors to sit down to reduce the chance any sudden movements will trigger the behavior. And, give visitors dog treats to toss to your dog, so he learns visitors means treats.

The second step is avoiding the situations that trigger the behavior. Stanley says an example of this is when a dog is sitting on your lap and begins to growl as someone approaches. Don't try to change the dog's behavior at that point with a correction. Instead, "get up and move, so the dog is not left in a position to protect you," she says.

So, don't hold your dog when company comes over and don't let your dog get in between you and a visitor. Whenever your dog is in between you and a visitor, he is going to feel the need to protect you. Ask your dog to sit instead, and then stand between the dog and the visitor, so he learns you don't need his help.

If this feels like more than you can handle, or you aren't making progress, visit the Association of Professional Dog Trainers at www.apdt.com to find a local trainer who can help you.

Question:

Can dogs get depressed? My border collie was treated with a short trial of anti-depressants and it was quite helpful. He is a rescue and very atypical of his breed; not energetic and intense, like they usually are

Answer:

Both dogs and cats can suffer from depression, which is usually the result of situational circumstances, like a death in the family, or changes to their living situations, like a move to a new home or kids leaving for college. Certainly, as a rescue dog, Dorie may be mourning her past life, but it's been eight months and most dogs would have warmed up to 13-year-old Emma by now.

Some of the clinical signs of canine and feline depression include loss of appetite, lethargy and sleep disturbances, which also can be signs of other illnesses. Susan in Great River, N.Y., suggested Dorie might have heartworm since it is prevalent in South Carolina. Hopefully, Emma's family will find out what's wrong with Dorie soon.

Lethargy is not normal in a cat or dog.

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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Pooler Chamber of Commerce and Visitor Bureau, Inc.

Pam Southard, *Executive Director*

Hello from YOUR Pooler Chamber of Commerce.

Preparations have begun for our **August Economic Outlook Luncheon**, to be held August 16th from 11:30 am-1:30 pm at Savannah Quarters Country Club. Our guest speaker will be Dr. Michael Toma, Department of Economics, Georgia Southern University. Discover where Pooler has been, where we are now, and what the future holds for our wonderful city. Learn what drives our local economy and the roles we can all play to create responsible growth at a steady pace.

An important element of business development is community outreach and in September our Chamber is one of the sponsors in Pooler's Annual **Festival in the Park** at the park on Rogers Street. This year the festival will be held September 8, 4:30 pm - 9:30 pm, honoring military and public safety heroes. The festival features lively music, great food, a golf tournament, rides and games for kids and ends with a big "bang" at the spectacular fireworks display.

Approximately 3,000 people attended the first two Patriot Weekends. This year's event could attract more than 4,000. For more information and tickets, go to www.patriotweekendinpooler.org.

There's more fun to come in September, especially for foodies looking for a new food adventure. On September 23, bring the family, and your appetites to West Chatham Middle School for the **Inaugural Pooler Food Truck Festival**. The food truck phenomenon has exploded across this nation of consumers looking for food that is fast, inexpensive and innovative. This event is a delicious opportunity to treat your taste buds to a variety of epicurean delights, Fun for the whole family.

Both festivals are excellent opportunities to get more acquainted with the businesses and people that are a part of the community. We look forward to seeing you there.

At the Pooler Chamber of Commerce, we are dedicated to providing leadership to companies and putting your business out front. Our networking events, fundraisers, workshops, and other activities all have a goal of connecting local business owners and meeting the needs of its members. Our purpose is to provide quality service and improve economic development, while protecting and promoting our member businesses in the local community.

Our team of professionals can help shine the spotlight on your business and can give it the attention it needs. Perhaps you have a business that needs effective advertising. Or maybe you want to create an avenue for more networking opportunities.

The chamber cares about the community and businesses. Each month, we spotlight a business on the billboards along Pooler Parkway, and the billboard at Highway 80. We want our businesses to "shine," as well as our community. If you are interested in being on one of the billboards, please call the chamber office at 912-748-0110.

We invite you to visit our website...www.Poolerchamber.com for information and our facebook page...<https://www.facebook.com/PoolerChamberOfCommerce> for information on upcoming events, new members and other pertinent information. Please stop by our office for coupons and brochures.



Pooler Land Holdings Ground-breaking Ceremony on Pooler Parkway (across from Lowe's) will offer a 7,9000 square foot shopping center. Pooler Mayor Mike Lamb and Chamber Executive Director Pam Southard welcomes Matt Turner, comptroller at Marchese Construction in the recent ceremony.



Pooler Chamber of Commerce and Visitors Bureau is pleased to announce Ribbon Cuttings for Pooler Day Spa and Skin Care Salon, Shepherd Living Senior Community at Savannah Quarters, and Jim N Nick's Bar-B-Q.

Pooler Business Spotlight

Roy's Nuts and Buttz



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The Pooler Chamber of Commerce and Visitors Bureau, Inc. is committed to responsible development that will enrich our city for future generations.

The Pooler Chamber of Commerce has been presenting new opportunities for their members, as well as the residents of Pooler since their inception 10 years ago, providing the platform of growth necessary for the area to truly flourish. From its humble beginnings as a little railroad town, Pooler has now become a destination city and home to those that want the small town feel, southern charm and the convenience of urban amenities and with countless events planned and community driven projects in the works, the future seems brighter than ever. The Pooler Chamber of Commerce continues to support the community and our members.

Additional events throughout the year will increase the networking potential for all members and also provide community involvement. Annual events such as our Hearts for Heroes Gala, St. Patrick's Celebration shuttle service, Taste of Pooler, Sip and Savor and our Business After Hours continue to put the focus on Pooler, our members and the chamber.

Be a part of the Pooler family and join us!

**Pooler Chamber of Commerce & Visitor Bureau, Inc.
404 US Highway 80 West, Pooler, GA 31322
(912) 748-0110 - <http://poolerchamber.com>**

2018 Calendar of Events

Pooler Chamber of Commerce and Visitors Bureau, Inc.

August 16

Economic Outlook Luncheon - 11:30 am - 1:30 pm
at Savannah Quarters Country Club.
Presentation by Dr. Michael Toma

September 8

Festival in the Park - 4:30 pm - 9:30 pm
at Pooler Park (off Rogers Street).
See additional details on page 14.

September 23

Inaugural Pooler Food Truck Fest - 11 am - 6:00 pm
at West Chatham Middle School - 800 Pine Barren Road.
See additional details on page 15.

October 27

**2nd Annual
Fall Festival & Marketplace** - 12 noon - 5:00 pm
at Pooler Stadium, 200 Preston Stokes Drive.

Like Us on Facebook and get all the details!



Welcome New Members

Pooler Day Spa

Jim 'N Nick's

Savannah Termite and Pest Control

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Paradise Bay Express Car Wash

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Thompson & Thompson Service Group

Kiwanis Club of Pooler

Roy's Nutz & Buttz, LLC

Taylor's Landscape Supply

HalleluYAH Restoration, LLC

Vintage House Market,

Savannah Coca Cola

Karen L. Williams and Thomas C. Williams

The Reserves Network

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Questions To Ask Your Financial Advisor

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

You should always be able to ask as many questions as you'd like when working with your financial advisor. So, before you have your annual review, think carefully about what you'd like to ask. Here are a few suggestions:

- Are my goals still realistic? When you first began working with your financial advisor, you may well have articulated a number of financial goals. For example, you might have said that you wanted to pay for most of your children's college educations, or that you wanted to retire at a certain age, or that you wanted to travel for two months each year during your retirement. In fact, you could have many different goals for which you're saving and investing. When you meet with your financial advisor, you'll certainly want to ask if you're still on track toward achieving these goals. If you are, you can continue with the financial strategies you've been following; but if you aren't, you may need to adjust them.

- Am I taking on too much – or too little – risk? The financial markets always fluctuate, and these movements will affect the value of your investment portfolio. If you watch the markets closely every day and track their impact on your investments, you may find yourself fretting considerably over your investments' value and wondering if you are taking on too much investment risk for your comfort level. Conversely, if you think that during an extended period of market gains your own portfolio appears to be lagging, you might feel that you should be investing more aggressively, which entails greater risk. In any case, it's important that you know your own risk tolerance and use it as a guideline for making investment choices – so it's definitely an issue to discuss with your financial advisor.

- How will changes in my life affect my investment strategy? Your life is not static. Over time, you may experience any number of major events, such as marriage, children, new jobs and so on. When you meet with your financial advisor, you will want to discuss these types of changes, because they can affect your long-term goals and, consequently, your investment decisions.



When you stop to think about what's happened in the past year, it's easy to realize how quickly things can change.

That's why we believe that meeting at least annually is the best way we can help you stay on track to meet your goals. We'll discuss any changes in your life as well as how the market may have impacted your strategies. Then we can help you decide if you should revise your investments. We'll walk you through a process designed to help you:

Review your savings and spending to determine if any adjustments are needed

Take advantage of tax savings by considering rebalancing or converting to a Roth IRA

Evaluate your overall investment strategy to review asset allocation and diversification

Consider your estate to confirm beneficiary designations and evaluate your current life insurance needs

Even if you find you don't need to make changes, it's still important to evaluate your financial strategies on a regular basis to help ensure they're still on track with your goals.

Call today to schedule your personal financial review.



Veronica L. Voisine, AAMA®, CRPC®
Financial Advisor
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Proctor, GA 31322
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- How are external forces affecting my investment portfolio? Generally speaking, you will want to create an investment strategy that's based on your goals, risk tolerance, and time horizon. And, as mentioned above, you may need to adjust your strategy based on changes in your life. But should you also make changes based on outside forces, such as interest rate movements, political events, new legislation or news affecting industries in which you have invested substantially? Try not to make long-term investment decisions based on short-term news. Talk with your financial advisor to make sure your investment portfolio is not out of alignment with relevant external factors. By making these and other inquiries, you can help yourself stay informed on your overall investment picture and what moves, if any, you should make to keep advancing toward your goals. A financial advisor is there to provide you with valuable expertise – so take full advantage of it.



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Physical Therapy After Stroke Speeds Return to Independence

By Andrew Hayes, Physical Therapist
Memorial Health Outpatient Rehab

When a stroke happens, it can leave you with temporary or permanent disabilities, including paralysis or numbness of the face, arms or legs. But with physical therapy, stroke patients can improve their mobility and regain the use of affected limbs.

A stroke occurs when blood flow to the brain is interrupted. It can be caused by a blocked artery or a burst blood vessel. While you are still in the hospital, a physical therapist will begin working with you to stimulate the muscles and nerves that were affected.

The therapist will work with your physician and care team to design a therapy plan just for you. He will set realistic goals for you to work toward. Remember, everyone recovers at their own pace, so be patient.

First, the therapist will help you with basic tasks, such as how to move safely from the bed to a chair. Future exercises will improve balance, help you relearn coordination skills and even retrain your brain to perform movements such as picking up objects and walking.

It is common after a stroke for an affected arm or leg to become “floppy” and uncontrollable. The physical therapist will use deep-seated movement patterns and occasional quick stretch techniques to help you gradually regain conscious control of the limb.

Next, the therapist will introduce exercises designed to strengthen muscles, improve your ability to move and restore your independence. You may need help relearning how to get out of bed, sit in a chair or stand up. Eventually, you will progress to using parallel bars to practice placing weight on the affected leg. From there, you may move to a walker or a cane.

As your condition improves, you may not need any assistive devices to walk. The therapist will monitor your progress and help you make adjustments in your walking patterns and movements. The goal is for you to achieve the highest level of functioning possible.

A stroke can affect other areas of the body as well, including speech and arm movements. A certified speech-language pathologist or occupational therapist can help. Ask your doctor for a referral to one of our therapists in Pooler or Savannah.

Andrew Hayes is a physical therapist who sees patients at Memorial Health Outpatient Rehab's Pooler office, located at 101 W. Mulberry Blvd., Suite 210. For more information, call 912-273-1000.

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Mid-Year Financial Check-In

By Jill Schlesinger
Tribune Content Agency

The summer means cookouts, beach time and, for certain geeky financial folks like me, the perfect opportunity to recap where things stand for the economy, six months into the year.

Economic Growth: The current expansion (the second longest in U.S. history) got off to a slow start in 2018, but gained momentum in the second quarter. The tax cut has fueled corporate spending and consumers are perking up. Most economists anticipate that the economy, as measured by Gross Domestic Product will expand by about three percent in 2018, which would be the best showing since 2005.

Labor Market: The economy has added just over 200,000 jobs per month, on average in 2018, which is impressive considering that we are entering the tenth year of the recovery. The unemployment rate has dropped to an 18-year low of 3.8 percent, the broader rate has fallen, job openings have surged, wages are edging higher and the quality of jobs is improving.

Federal Reserve Rate Hikes: The Federal Reserve, under new chief Jerome Powell, has followed in Janet Yellen's footsteps by hiking short-term interest rates by a quarter of a percent twice so far this year. According to the

predictions by Fed officials, there will likely be two more increases by the end of the year.

Inflation: The rally in global oil prices pushed headline inflation to a six year high of 2.8 percent this spring. Without food and energy, even the Core CPI is edging up - to 2.3 percent, a 15-month high in May. Economists expect that the recently enacted steel and aluminum tariffs will add to the price pressure, but not by so much so as to derail growth. (More on tariffs below) According to economist Joel Naroff, "Since April 2017, the cost of all goods and services was up sharply and that is what we need to watch, since that is what consumers actually buy."

Housing: With the economy picking up steam and incomes are creeping higher, you might think that the housing market would be on fire. Unfortunately, just as more Americans are financially ready to buy a home, it's hard to find one. The National Association of Realtors said that the lack of inventory is pushing

“

The economy has added just over 200,000 jobs per month, on average in 2018, which is impressive

prices higher. Compounding the problem is the fact that 2018 has ushered in a new era for mortgage rates, which recently

touched a seven-year high. The situation may help explain why the most recent ATTOM Data Solutions Housing Affordability Index dropped to its lowest level since Q3 2008.

Trade/Tariffs: The Trump Administration has enacted a number of tariffs this year: 10 percent on imported aluminum; 25 percent on imported steel; and 25 percent on \$50 billion worth of Chinese goods "that contain industrially significant technologies." In retaliation, the European Union, Canada, Mexico and China have responded with a retaliatory round of tariffs on US exports, including soybeans, whiskey and motorcycles.

According to the analysts at Capital Economics, "protectionism alone is unlikely to kill the economic expansion," but it could eat into

growth this year and potentially make the next recession, worse.

Markets: Volatility is back, which while unnerving at some points, should not meaningfully affect long-term investors, who are funding goals that are years or decades away. Sure, the tariff situation has caused many investors to flee large cap stocks and rotate into smaller, domestic-focused ones. And indeed, emerging market stocks have been hurt by a stronger U.S. dollar and, yes, as the economy has improved, bond prices are down and yields are up.

But hopefully none of these short-term events will derail you, as you execute your financial and investment plan.



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

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Savannah Voice Festival

The Savannah VOICE Festival will return for its sixth annual festival themed "Stories Great and Small" with a sweeping array of over 30 concerts, operas, master minis and recitals taking place Aug. 4-26 around the Coastal Empire. With 130 artists and production staff from 15 countries, it will once again vibrate throughout the city.

It's a wonderful time to join the Festival membership the "VOICE Society", to take full advantage of this year's prestigious events and heightened perks. Each year, with their membership cards, Society members enjoy early seating, exclusive access to members-only events (such as the highly acclaimed Salon Series), early ticket sale access for events throughout the year, a personalized SVF seat cushion, members-only newsletter and an impressive selection of incentives and discounts offered by local businesses. Membership not only includes these and

other advantages, but more importantly helps to support the Savannah VOICE Festival's vital education and outreach programs in the schools, hospitals and those unable to attend their musical events.

The second Salon Series Event is at 7 p.m. Tuesday, Aug. 21 at the Green Meldrim House with "Stories on the Gondola." Though a relatively young country, Italy's culture and musical traditions run deep. Italian music boasts many forms, from early music to Neapolitan song. In this exclusive VOICE Society salon, the Savannah VOICE Festival artists embark on a tour of the birthplace of opera, la Repubblica Italiana. Guests will enjoy an hour-long concert again followed by an elegant buffet supper and champagne reception.

"Creating strong, community partnerships have been a desire of the Savannah VOICE Festival since its inception. Building business relationships, offering them the exposure they need and deserve, is an extension of building the community in general, and is directly in keeping with Savannah VOICE Festival's overall mission of serving the Coastal Empire and the performing arts communities at large," Zouves said.

The Savannah VOICE Festival offers three annual membership levels beginning at \$175. To become a member or for more information, please visit: www.savannahvoicefestival.org/join-the-voice-society/. Tickets to the Salon Series events cost \$75 each and can be purchased by visiting the Savannah VOICE Festival's website. For more information about these events or the Savannah VOICE Festival, or to purchase tickets, please visit www.savannahvoicefestival.org, call 855-766-7372 or email info@savannahvoicefestival.org.

WhassssUp Around Pooler?



TYBEE ISLAND PARKING RELIEF - A mobile parking app developed for Tybee Island brings relief to beachgoers. The FREE app permits you to pay for parking from your phone. My favorite feature allows you to extend your session remotely sparing us those HOT sand sprints to feed the meter.

SAVANNAH DREDGING CONTINUES - The dredging project, which began in 2015, will deepen the harbor by 5' to 47 feet. The new depth accommodates large ships that are coming through the Panama Canal. The provisions for this \$100 million project were developed by Senators Isakson and Perdue.

SAVANNAH AREA LABOR MARKET STAYS STRONG - Recent reports from the Georgia Department of Labor suggest that the employment in Coastal Georgia and the rest of the state remains strong. The unemployment rate for our area has dropped to 3.3% in May, down from 4.2% one year ago.

TARIFFS TO HURT SAVANNAH SEAPORT - Add five U.S. airports and five seaports to the list of those with a great deal to fear because the tariff battle that went into effect Friday between China and the U.S. appears likely to escalate. Savannah ranks fourth behind Los Angeles, Long Beach and Newark. The Savannah port boasts 8.14% of the total of Chinese imports into the United States this year.

ALDI AND AT HOME COMING TO POOLER - Aldi and At Home to open two new retailers are coming to Pooler. At Home, a home décor company is scheduled to open in October near Tanger Outlet. Aldi, a grocery chain box store, will open in 2019 on Trader's Way.



COMCAST UPS THEIR INTERNET SPEED - Comcast announced that it is increasing download speeds of some its Internet packages in the Savannah area. Beginning in July, download speeds for the company's Xfinity Blast package will increase from 100 Mbps to 150 Mbps, while their Extreme 150 speeds will improve from 150 Mbps to 250 Mbps.

TARIFFS ON PECANS COULD HURT GA FARMERS - "New Chinese tariffs on pecans could hurt Georgia farmers. China who imports more than 50% of their pecans from Georgia raised tariffs on pecans to 47% which will almost certainly hurt our pecan farmers. Tariffs are not productive for any country's economy, but recent tariff wars are making their impact."

GULFSTREAM DELIVERS - Gulfstream delivered a new, state-of-the-art medevac jet to Beijing Red Cross Emergency Medical Center. The plane is like a flying ER designed to treat injured patients in flight. A second Gulfstream G650ER was ordered by the Beijing Red Cross at the ceremony."

WhassssUp? Got a scoop to share?

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Miss Sophie's Southern Hospitality

By Teri Bell

This past June, while at a water park with my grandchildren, I had my first snow cone in over 20 years. As I crunched on the artificially flavored blue ice, I was taken back to my childhood and the simple joy of sitting on a curb in a sweltering hot summer, holding a flimsy paper cone, colored streaks running down my arm as I rushed to eat the snow cone before it all melted away.

Now, I'm a proper adult who probably couldn't get up off a curb if I did manage to get down there, and I would never let sticky syrup run down my arm in any situation! Thankfully, there is an adult solution. A Granita is like an adult snow cone or Italian ice, but without artificial flavors or colors. Most Granitas are made with pureed fresh fruit, and a simple syrup, but the possibilities are endless – you could use your favorite soda, fruit juices, even coffee. Basically, if you can puree it, you can make a Granita out of it. As an added bonus, you can eat it at the table in a dessert bowl using a spoon. Here are my two favorite Granita dishes.



Watermelon Granita

Ingredients:

1 cup sugar
½ cup water
4 cups watermelon, seeds removed
10-12 Mint leaves (or Basil leaves) coarsely chopped
Juice of 1 lime or lemon

Directions:

In a medium saucepan, bring water to boil and add sugar, stirring until sugar is dissolved. Remove from heat and set aside.

Place watermelon, mint (or basil) & lime or lemon juice in a food processor or blender and process until smooth. Add ¼ - ½ cup of

Refreshing Granitas

Watermelon is my favorite fruit and it makes a beautiful pink icy treat.

Also another of my favorite spin on Granitas...Peaches, Blueberry & Thyme!



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sugar water, depending on how sweet you want your granita. Pour into a shallow sheet pan and freeze for 3 hours. Every 30 minutes rake a fork across the frozen mixture to break it up. Serve in a cold dish garnished with a mint or basil leaf.

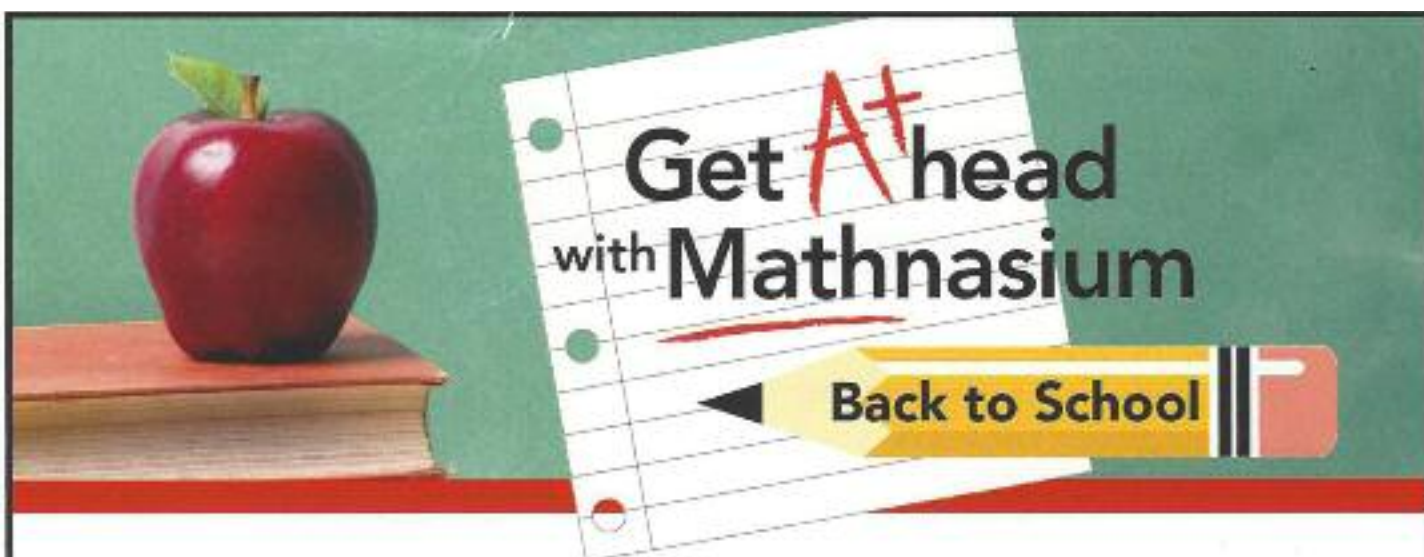
Peaches, Blueberry & Thyme Granita

1 cup sugar
½ cup water
2 cups peaches
2 cups blueberries
1/4 teaspoon fresh thyme leaves

Directions:

In a medium saucepan, bring water to boil and add sugar, stirring until sugar is dissolved. Remove from heat and set aside.

Place peaches, blueberries and thyme in a blender and process until smooth. Add ¼ - ½ cup of sugar water, depending on how sweet you want your granita. Pour pureed mixture into a shallow sheet pan and freeze for 3 hours. Every 30 minutes rake a fork across the frozen mixture to break it up. Serve in a cold dish garnished with a peach slice.



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Bluffton	Near Publix off Buck Island Rd	843-815-6284



Staying Cool In Pooler - About Heat Exhaustion

Heat exhaustion is a heat-related illness that can occur after you've been exposed to high temperatures, and it often is accompanied by dehydration.

There are two types of heat exhaustion:

Water depletion. Signs include excessive thirst, weakness, headache, and loss of consciousness.

Salt depletion. Signs include nausea and vomiting, muscle cramps, and dizziness.

Although heat exhaustion isn't as serious as heat stroke, it isn't something to be taken lightly. Without proper intervention, heat exhaustion can progress to heat stroke, which can damage the brain and other vital organs, and even cause death.

Symptoms of Heat Exhaustion

The most common signs and symptoms of heat exhaustion include:

- Confusion
- Dark-colored urine (a sign of dehydration)
- Dizziness
- Fainting
- Fatigue
- Headache
- Muscle or abdominal cramps
- Nausea, vomiting, or diarrhea
- Pale skin
- Profuse sweating
- Rapid heartbeat
- Treatment for Heat Exhaustion

If you, or anyone else, has symptoms of heat exhaustion, it's essential to immediately get out of the heat and rest, preferably in an air-conditioned room. If you can't get inside, try to find the nearest cool and shady place.

Other recommended strategies include:

- Drink plenty of fluid (avoid caffeine and alcohol).
- Remove any tight or unnecessary clothing.
- Take a cool shower, bath, or sponge bath.
- Apply other cooling measures such as fans or ice towels.

If such measures fail to provide relief within 15 minutes, seek emergency medical help, because untreated heat exhaustion can progress to heat stroke.

After you've recovered from heat exhaustion, you'll probably be more sensitive to high temperatures during the following week. So it's best to avoid hot weather and heavy exercise until your doctor tells you that it's safe to resume your normal activities

Risk Factors for Heat Exhaustion

Heat exhaustion is strongly related to the heat index, which is a measurement of how hot you feel when the effects of relative humidity and air temperature are combined. A relative humidity of 60% or more hampers sweat evaporation, which hinders your body's ability to cool itself.

The risk of heat-related illness dramatically increases when the heat index climbs to 90 degrees or more. So it's important -- especially during heat waves -- to pay attention to the reported heat index, and also to remember that the heat index is even higher when you are standing in full sunshine.

If you live in an urban area, you may be especially prone to develop heat exhaustion during a prolonged heat wave, particularly if there are stagnant atmospheric conditions and poor air quality. In what is known as the "heat island effect," asphalt and concrete store heat during the day and only gradually release it at night, resulting in higher nighttime temperatures.

Other risk factors associated with heat-related illness include:

Age: Infants and children up to age 4, and adults over age 65, are particularly vulnerable because they adjust to heat more slowly than other people.

Certain health conditions. These include heart, lung, or kidney disease, obesity or underweight, high blood pressure, diabetes, mental illness, sickle cell trait, alcoholism, sunburn, and any conditions that cause fever. People with diabetes are at increased risk of emergency room visits, hospitalization, and death from heat-related illness and may be especially likely to underestimate their risk during heat waves.

Medications. These include some medicines in the following classes: diuretics, sedatives, tranquilizers, stimulants, heart and blood pressure medications, and medications for psychiatric conditions.

Check with your doctor to see if your health conditions and medications are likely to affect your ability to cope with extreme heat and humidity.

Preventing Heat Exhaustion

When the heat index is high, it's best to stay inside in air conditioning. If you must go outdoors, you can prevent heat exhaustion by taking these steps:

- Wear lightweight, light-colored, loose-fitting clothing, and a wide-brimmed hat.
- Use a sunscreen with an SPF of 30 or more.
- Drink extra fluids. To prevent dehydration, drink plenty of water, fruit juice, or vegetable juice per day.

Because heat-related illness also can result from salt depletion, it may be advisable to substitute an electrolyte-rich sports drink for water during periods of extreme heat and humidity. Ask your doctor about the best types of fluid and how much you should be drinking.

A general recommendation for those doing moderate- to high-intensity exercise is to drink 17 to 20 ounces of fluid two to three hours before exercise, and consider adding another eight ounces of water or sports drink right before exercise. During exercise, you should consume another seven to ten ounces of water every 20 minutes, even if you don't feel thirsty. Also, drink another 8 ounces within a half hour after exercise. Take additional precautions when exercising or working outdoors.

Avoid fluids containing either caffeine or alcohol, because both substances can make you lose more fluids and worsen heat exhaustion. If you have epilepsy or heart, kidney, or liver disease, are on a fluid-restricted diet, or have a problem with fluid retention, check with your doctor before increasing liquid



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Alter Your Expectations Of Co-Workers' Workplace Behavior

By Dr. Daneen Skube
Tribune Content Agency

Q: I've been observing how often bad things happen to good people in business. When I started in my career I believed fairness ultimately prevailed on the job, but my faith in that concept is waning. You talk a lot in your column about having realistic expectations at work. What beliefs do you recommend to your clients about fairness in their career?

A: I strongly suggest to my clients that they toss the concept of fairness out the window. Many of my clients first see me because of unfair circumstances, and my clients are devastated or stunned. I point out that the problem is not the unfair circumstances but the unrealistic expectation my client had about his or her situation.

Obviously the emotional reactions we have when the world disappoints us are valid and important to experience. But, after we have acknowledged and felt our reactions we need to move into problem solving.

I joke with new clients that once they work with me they will never again have purely crappy problems happen to them. My new clients look excited before I add, "From now on you will only have interesting and educational crappy problems happen!"

No matter what adversity we experience at work, there are opportunities for learning. Many times the learning during an unfair experience is that our expectations were out of line with the reality of the business world.

Let me list just a few expectations that while understandable are not realistic. Most people will keep their word, be honest, be competent, have empathy, be kind, reward sacrifice, look out for you, be willing to see problems and see the big picture. If you hold out this high bar for everyone at your job, you will often be upset.

If instead you assume most of the time most people will do none of these things you will be more accurate and prepared to deal with normal workplace problems. Turns out the problem is not just that most people most of the time will disappoint your expectations but that you end up being ill-prepared to deal with reality.

Many clients have told me they don't enjoy looking at other people from this "cynical" viewpoint. New clients also spend quite a few ses-

sions ranting about how wrong it is that other people refuse to conform to the behavior these clients feel entitled to.

So yes it is initially disappointing to take off your rose-colored glasses about what you expect from others and also what you feel others owe you. In the long run, however, there is great liberation and peace is making workplace plans that anticipate a far lower bar of behavior than you previously planned for.

When your new bar is on the floor you won't trip over your own inaccurate expectations. You can also celebrate and gravitate to people who exceed your low bar rather than feeling predictably outraged at what is actually pretty normal behavior for most people most of the time.

Q: I work with a guy who I think is smart but always talks in such a complicated way I can never understand him. Is there a way to get him to speak in a way I can understand? Also, why does he do this?

A: Yes, he'll speak in a simpler language if you are willing to admit confusion. Big, confusing words are often a cover for someone who does not in fact really understand what he or she is saying.

Daneen Skube, Ph.D., executive coach, trainer, therapist and speaker, also appears as the FOX Channel's "Workplace Guru" each Monday morning. She's the

author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything" (Hay House, 2006). Please visit Dr. Skube at www.interpersonaledge.com.



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



The Abbey Church of Saint Peter and Saint Paul, Bath, commonly known as Bath Abbey, is an Anglican parish church and a former Benedictine monastery and a proto Co-cathedral.

Across The Pond Exploration, Part 2

By Cierra Ayers

While in London recently, we took to the backroads to discover the English countryside and our path lead us to Bath. The 2-hour drive from Heathrow Airport was an experience, the protocols for driving in the UK is the opposite of the US. That being said (*more on that later*) we arrived at the country estate of the Bailbrook House. Bailbrook House was quintessentially English with attentive and proper service located on a storied romantic estate with beautifully manicured grounds and restaurant venues. This historic gem had easy access to all the local sights and attractions, we made Bath our home base.

The city of Bath is a Unesco World Heritage Site, the region is known for their natural thermal hot spring from the waters surrounding Cotswold Hills. Apparently, it was an attraction for the ancient Romans (Aquae Sulis) when they invaded England over 2,000 years ago. In the 18th Century, the Georgian society transformed the baths from the backwater into an elegant spa town that it is today. Currently, the Georgian buildings reflect the profound influence of Palladio (1508-1580) and their collective scale, style, and the organization.



The interior of Bath's Benedictine Monastery. Gothic architecture featuring the legendary grand fan vaulted ceilings, and in the legendary honey colored stone and stained glass.

Bath remains one of the finest historic sites in Northern Europe today. We choose to wander the city by foot and experience all the visual treasures the region has to offers. Old fashioned shopping is abundant, but this area is not a museum destination and you will not see malls. So if you enjoy affluent sophisticated items, even unique and whimsical merchandise as well as antique establishments, you will enjoy this small-town life with lots of cosmopolitan sophistication. Of course, you must visit Bath Abbey Church of Saint Peter and Saint Paul, it is an Anglican parish church and a former Benedictine monastery with magnificent stain-glass windows, columns and honey gold colored stone with the finest display of fan vaulting in the world.



The Roman Baths is the site of extensive ruins and an interactive museum filled with many treasures and visual snippets that transport you back to Roman times and the lives of the Aquae Sulis people.

On our second day of adventure, we found ourselves in the villages of Lacock and Castle Combe.

Lacock is a small village and civil parish in the country of Wiltshire. The village is owned by the National Trust and visitors are treated to virtually unspoiled lush grounds and countryside. Lacock is the former home to Henry Fox Talbot the photography pioneer who resided at Lacock Abbey. The Abbey is well preserved and historic furnishing remains intact.



The beautiful exterior of Lacock Abbey home of William Henry Fox Talbot, pioneer of photography. Also the Abbey was featured in the first two Harry Potter films as well as the location shots in the gardens.



The interior of Bath's Benedictine Monastery. Gothic architecture featuring the legendary grand fan vaulted ceilings, and in the legendary honey colored stone and stained glass.



For those of you who are movie buffs, the village has been used as a film and television location, notably for the 1995 BBC production of *Pride and Prejudice* and the 2007 BBC production of *Cranford*. It has also made brief appearances in the *Harry Potter* films *Harry Potter and the Philosopher's Stone* and *Harry Potter and the Half-Blood Prince*, and in the spin-off film *Fantastic Beasts: The Crimes of Grindelwald*. In the spring of 2012, it was a filming location for the fantasy ad-

venture film *Mariah Mundi and the Midas Box*. In 2015 it was used for a series of *Downton Abbey* episodes.

A short drive outside of Leacock, we wandered into a very small village called Castle Combe. It is also a civil parish in Wiltshire. There is no castle located in this town despite the name, but it is filled with natural beauty and photogenic stop for those who would appreciate one of the prettiest villages in England. Within Castle Combe you'll find Market Cross and St Andrew's Church which dates from the 13th century. The church houses a faceless clock which is reputed to be one of the oldest working clocks in the country. You'll also find a couple of pubs and a luxury hotel with a golf course within the village.

Stroll along the village to the bridge and you'll not only enjoy the views but may be able to purchase homemade cakes, sweets or bunches of flowers from outside the locals' houses. Stop at the bottom of the village by the bridge and enjoy a great visual moment too!

Stonehenge was another destination worth exploring, it is located on the Salisbury Plain in Wiltshire. For centuries, historians and archaeologists have puzzled over the many mysteries of Stonehenge, the prehistoric monument that took Neolithic builders an estimated 1,500 years to erect. It is comprised of roughly 100 massive upright stones placed in a circular layout. Stonehenge is perhaps the world's most famous prehistoric monument. It was built in several stages: the first monument was an early henge monument, built about 5,000 years

ago, and the unique stone circle was erected in the late Neolithic period about 2500 BC.

Although we elected to drive a rental car through the countryside, it was convenient since I took advantage of so many picturesque opportunities. But, driving in the UK is not for the faint of heart. I recommend leaving the driving to the locals. Or, we have found the train system so convenient and fun as well as the many pre-planned tours...take advantage of them and get out of the city and explore. You will not regret it.



Stonehenge a prehistoric monument consisting of rings of standing stones. Each stand approx. 13 feet high 7 feet wide and weighing 25 tons each. Neolithic ancestors built these prehistoric structures.

Photos by Cierra Ayers



Lowcountry Annie Oakley's Fourth Annual Charity Clays Tournament September 28th

Savannah's Lowcountry Annie Oakleys, in partnership with the United Way of the Coastal Empire, will host their Fourth Annual Charity Clays Tournament benefiting Second Harvest of Coastal Georgia's Kids Cafe and the Boys & Girls Club of Jasper County on Friday, September 28 at the Forest City Gun Club. Registration for the 100-shot tournament will begin at 1:00pm, followed by a shotgun start at 2:00pm. Non-shooters are also welcome to attend the After Party which will include an awards ceremony, heavy hors d'oeuvres, and live music.

The presenting sponsor for the event is Springer Mountain Farms, while platinum sponsors include Critz, The Kicklighter Company, Neiman Marcus, Gail and Michael Garcia, Jacqueline and Stephen Rabinowitz, and Cynthia and Dwaine Willett.

Over the past three years, the Lowcountry Annie Oakleys' tournaments raised almost \$500,000 for the Willett Children's Hospital of Savannah,

and the group continues to work to ensure the health of at-risk children in our region. For tickets and sponsorship information, please visit www.lowcountryannieoakleys.com.

Kids Cafe is a nationally recognized program that originated in Savannah in 1989. America's Second Harvest of Coastal Georgia operates 42 Kids Cafes, providing an average of 3,200 meals for at-risk children.

Children are fed in a safe environment where they also receive after-school educational activities such as tutoring, homework assistance and mentoring to nurture minds as well as bodies. The Kids Cafe program has proven to increase participants' likelihood to stay in school until graduation.

The Boys & Girls Club is a community-based organization that provides children and teens with a fun, safe and constructive environment when they are not at home or school. Founded in 2001, the Clubs serve more than 280 youth with an average daily attendance of 75 members. Club members interact with friends, classmates, volunteers and staff while enjoying programs designed to put them on track to achieve academic success, become productive citizens and live healthy lifestyles.

With over 100 members, the Lowcountry Annie Oakleys started over seven years ago with the joint mission of enhancing and promoting the sport of clay shooting for women and supporting local charities through tournaments held in the Lowcountry. Individual members and teams have competed in a dozen tournaments over the past year, and the group also donated funds to support local youth shooting programs. The Lowcountry Annie Oakleys' own tournament has established itself as one of the area's most successful single day fundraisers within its first three years of existence.

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**Painful Bowel Movements
May Be Due To Anal Fissure**

**By John Pemberton, M.D., Colon and Rectal Surgery,
Mayo Clinic, Rochester, Minn.**

DEAR MAYO CLINIC: I've been having painful bowel movements for about a month. I thought they were caused by hemorrhoids, which I've had on and off for years. But over-the-counter hemorrhoid medication isn't helping at all. Could something else be causing the pain? Should I see my health care provider?

ANSWER: *It's unlikely that hemorrhoids are the source of your pain. Instead, the painful bowel movements you're experiencing are much more likely to be due to a condition called an anal fissure. Your health care provider can confirm that with an exam. Anal fissures usually don't go away on their own, so it's important to have the condition properly identified and treated.*

It's common for people to assume that their hemorrhoids are the cause of painful bowel movements. But, although hemorrhoids often cause itching, irritation, sensitivity and other discomfort around the affected area, hemorrhoids rarely lead to pain during a bowel movement.

Anal fissures, however, are a frequent source of pain with bowel movements. These small tears occur in the skin around the anus or in the thin tissue that lines the anus, called the anoderm. An anal fissure may develop when you pass hard or large stools during a bowel movement. Anal fissures typically cause pain and bleeding with bowel movements.

When an anal fissure occurs, the tear can expose the ring of muscle that holds your anus closed. This ring of muscle, called the internal sphincter muscle, lies underneath the anal skin and tissue. That exposure may trigger spasms in the sphincter muscle. The spasms often trigger more pain, and they also prevent the fissure from healing. This sets up a vicious cycle of continuing pain.

A physical exam is typically all that's needed to diagnose an anal fissure accurately. Treatment is completed in stages. How much treatment you need depends on how severe the fissure is and how well it responds to the initial treatment.

The first step in treatment is to increase the amount of fluid and fiber in your diet to make stools softer and easier to pass. That eases pressure on the fissure during bowel movements. Taking a bulking agent, such as Metamucil, Benefiber or Citrucel, can help.

If the fissure doesn't heal within several weeks, the next step is to use a topical medication that's applied to the skin to increase blood flow to the fissure, promote healing and help the sphincter muscle relax, thereby decreasing spasms. A topical form of nitroglycerin or the calcium channel blocker nifedipine is often used for this purpose.

If the fissure persists despite these therapies, your health care provider may recommend an injection of botulinum toxin type A (Botox) into the internal sphincter muscle. That eases spasms by paralyzing the muscle.

Finally, if a fissure still doesn't heal with the other treatments, you may need surgery. A procedure called lateral internal sphincterotomy typically is used to treat chronic anal fissures. It involves cutting a small area of the internal sphincter muscle to reduce spasms and pain. Research has shown that, for a fissure that doesn't heal over time with medical treatment, surgery is often effective. The procedure does, however, carry a small risk of causing brief incontinence to gas.

Make an appointment to see your health care provider, and have your situation evaluated. If it is an anal fissure causing pain during bowel movements, it's important to start treatment as soon as possible to promote healing and prevent further damage.

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Stature Investments Breaks Ground The Crossings at Godley Station

Stature Investments, a regional investment and development company, held a special groundbreaking ceremony earlier today (Thursday, July 26, 2018) at the site of its new retail development located just off Pooler Parkway at Grand Central Blvd. and North Godley Station Blvd. in Pooler, Ga.

City of Pooler Mayor Mike Lamb, Pooler Chamber of Commerce Executive Director Pam Southard, Stature Investments President and COO Yash Desai, members of the Pooler Chamber of Commerce Ambassador Council and business community came together to officially break ground on the new approximately 42,000 sq. ft. retail development just around the corner from Parker's convenience store and directly behind the CVS.

"The Pooler Chamber of Commerce and Visitors Bureau is honored to be part of this new endeavor," said Pooler Chamber of Commerce Executive Director Pam Southard. "The options and convenience provided to not only the residents of Pooler, but also our tourists is very exciting. We look forward to new retail opportunities at The Crossings and wish success to Stature Investments as they move forward."

With easy access to I-16 and I-95 and just minutes from major employers in the area and Savannah/Hilton Head International Airport, the new retail center is set within a high traffic, high visibility location. In partnership with leasing broker, Katie Chancy of DAI Commercial Realty, Stature has put tremendous thought into the leasing synergy of the project.

"We are putting together a higher-end, best-in-class development perfect for national retailers while adding a nice mix of local retailers, dining, and service providers," said Desai. "We are currently in talks with a high-end med-spa, a restaurant group, boutique pet retail store and other exciting prospects." The Crossings is scheduled for a spring opening in 2019.

The property's tenants will enjoy access to the 30,000+ vehicles per day that support neighboring area retailers including Tanger Outlets, two Publix markets, Walmart/Sam's Club and other large box tenants. A beautiful community just west of historic Savannah, Ga., Pooler was recently ranked in the top 40 of Georgia's 50 Safest Cities of 2018 by SafeWise and is one of the fastest growing cities in Georgia.

For more information about The Crossings at Godley Station, please contact Katie Chancy, of DAI Commercial Realty, at 912.944.4410 or k.chancy@daicommercial.com.



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