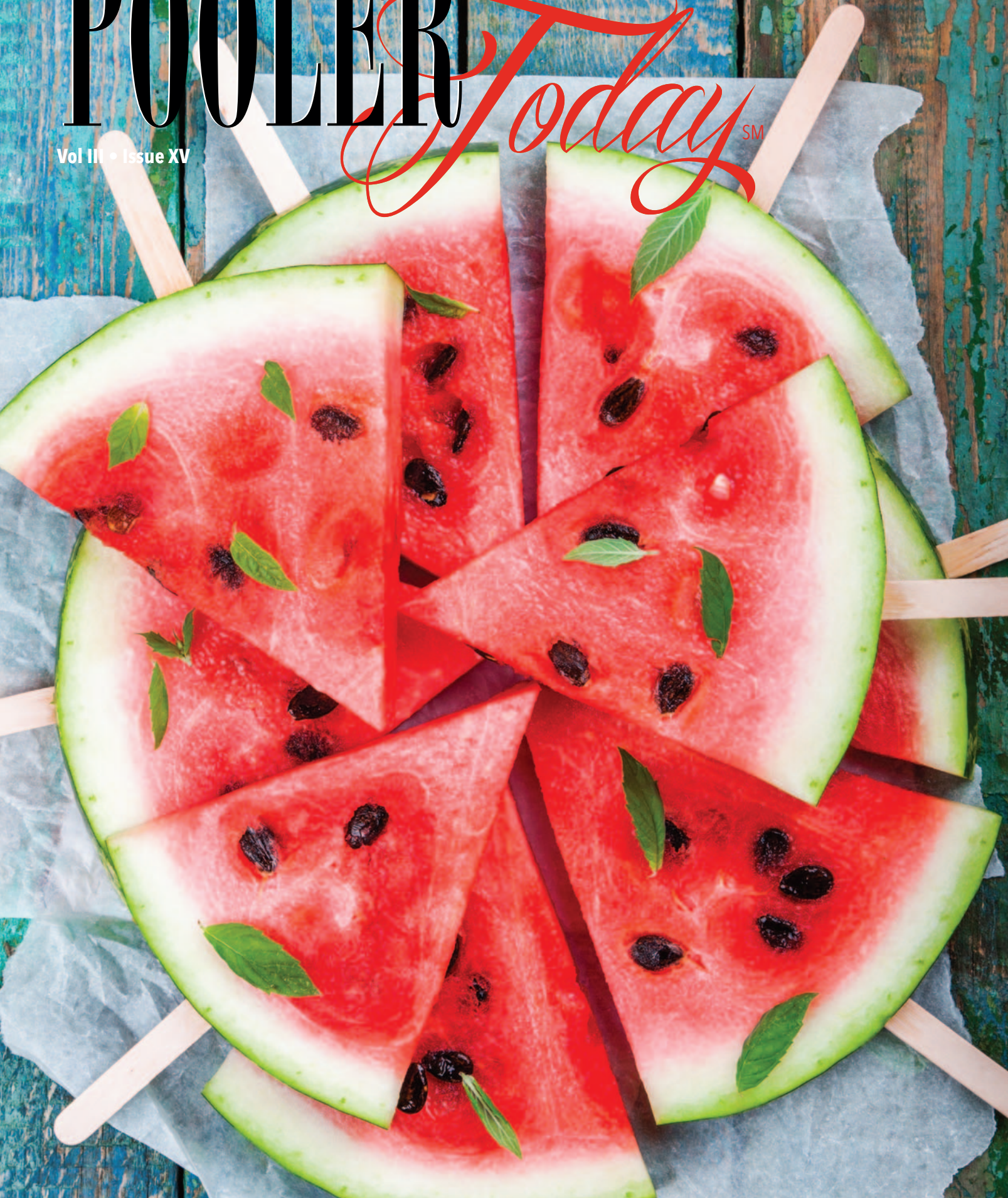


August / September 2019

POOLER *Today* SM

Vol III • Issue XV



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Represent all of Pooler • Protect our greenspace



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YOUR VOTE COUNTS

November 5th

POOLER USEFUL CONTACTS

Pooler - Information / Non-Emergency

Pooler City Offices for the:

| | |
|--------------------|-----------------------|
| Mayor | Mike Lamb |
| City Manager | Robert H. Byrd Jr. |
| City Attorney | Steven Scheer |
| City Clerk | Maribeth Lindler |
| Finance Officer | Christopher Lightle |
| Fire & Rescue | Chief G. Wade Simmons |
| H/R Director | Caroline Hankins |
| 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 |

Back To School Season Please Drive Safely



POOLER *Today*SM

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IT'S LIVE...CHECK IT OUT!!!



Photo by T. Howard Reimer

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We often hear people talk about a “sense of community.” It has a warm and fuzzy sound to it, but what exactly does it mean? In itself – not much until you try to define community. That can be tough because the word elicits all sorts of definitions and emotions, depending on who you ask. It’s a simple word that connects us to others, but the meaning can be so complex. Most probably agree that the word feels good and brings to mind a place you can settle into like a warm blanket. It’s familiar and comfortable, but sometimes it gets torn and soiled.

Like an extended family of diverse, eclectic members, each community has its own dynamic with all the lumps and bumps that come with the territory. Some aspects we like and some we don’t, but the glue seems to stick best when everyone tries to work together for a positive outcome. Often when something goes horribly wrong within the community network, its members go the extra mile to fix it.

Of course, there are different kinds of communities. Some are formed without having common beliefs such as a physical place situated in a given geographical area. Others are social units that do have something in common such as norms, religion, ethnicity or politics. What members of all the various types have in common is a desire to belong and be accepted. Those who benefit the most are the ones who take the time and make the effort to understand their community’s culture, its people and its issues.

Building a sense of community is easy but maintaining a sense of community can be difficult. Start by being a good neighbor to those next door as well as those on the other side of town. Take the time to reach out, and lift each other up. Accept your community’s imperfections, support your local businesses, get involved and think about what you can do to make it an even better place to be. Express your thoughts and views those of others at Pooler2Day.com/forum.

Pooler is your community...enjoy it, embrace it, love it, engage in it. The next time you hear the word “community,” think about the potential it has and what it can truly accomplish, one person at a time. As a member of the Pooler community be educated and engaged in the upcoming mayoral and city council election . **Get Out and VOTE! On November 5.**

A community is like a ship; everyone ought to be prepared to take the helm.

- Henrik Ibsen

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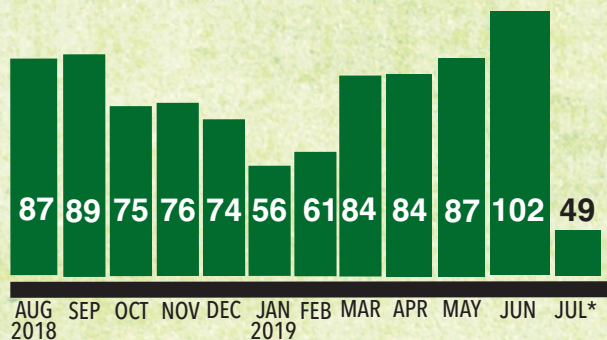
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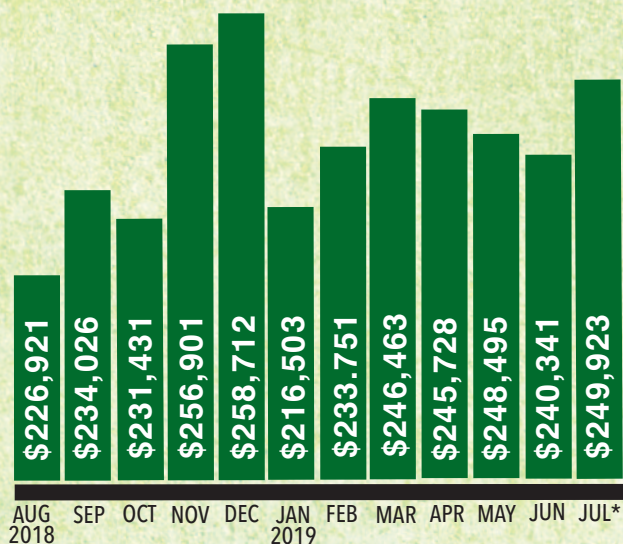
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POOLER HOMES SOLD



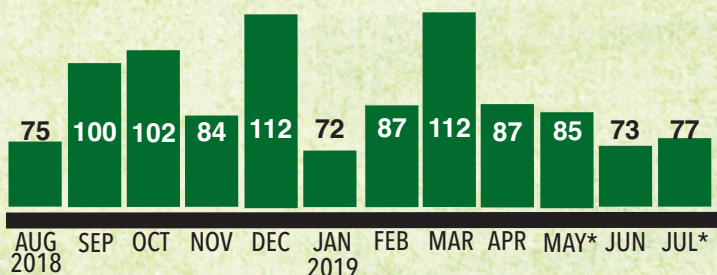
*August 2018- *July 16, 2019*

AVERAGE HOME SALES PRICE



** Data as of July 16, 2019*

AVERAGE # OF DAYS MARKET



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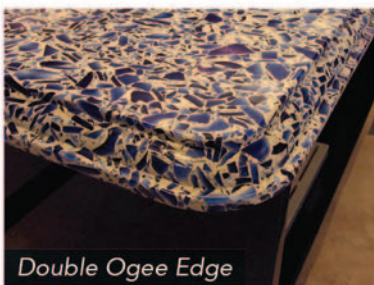
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WHO DOESN'T LOVE AN ISLAND?

by Andrea Antunes McGilton, *Distinctive Granite and Marble*

Kitchen islands, once considered a luxury for larger homes, are now one of the most popular items in new kitchen design and renovations.

Consider all that a kitchen island offers: extra counter space, additional storage, added seating, space definition, especially in an open concept plan.

According to the National Kitchen and Bath Association guidelines, you should have at least 42" of clearance on

for gathering and working together.

More expensive luxury stone might be possible on the smaller space of the island top. Huge visual and design impact could be achieved without breaking the budget. Stay open to changes in colors, texture and pattern.

On the top end of the spectrum is the waterfall island. Here stone "falls down" each side of the island to the floor. A good fabricator and installer will match the movement, color and patterns at the corners so that it looks like one piece of stone is draped over the counter.

Here are a few top trends:

Quartz is Here to Stay

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. Quartz is extremely strong, making it super durable and low-maintenance. Quartz comes in many colors, patterns, and finishing techniques that mimic the look of natural stone.

Textured vs. Polished Finishes

Even though polished is still the most popular finish, there are advantages to honed and leathered surfaces.

Honed is a matte finish 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.

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 remarkable well, which is very appealing.

Neutral Tones are the New Colors

Preference for soft neutral tones is a common theme running throughout current design trends. Today, you are likely to find soft grey, white and beige tones in kitchens.

With so many choices and options, the Distinctive Granite and Marble showroom in Pooler should be your first stop along your path to a new kitchen. ■



▲ This peninsula features waterfall stone.



▲ This island defines the kitchen.

each side of a kitchen island for a walkway.

One of those walkways can be as narrow as 36" if you consider it just a walkway and not a work aisle, but a true island needs all sides open. This means a kitchen should be at least 12.5' to 13' from wall to wall to accommodate cabinets on each wall, a walkway on each side and a standard depth island.

If you simply don't have the space, one alternative to a full island is a peninsula which offers two sides of countertop. This could take the form of a working side and a breakfast bar, or two working sides. A peninsula can add the extra space you need without disrupting the traffic flow or work space. An island or peninsula can easily take the place of a kitchen table.

A kitchen island can become your canvas to express creativity, create drama, and provide an irresistible place

► Provide an irresistible place to gather.



16@95 Improvement Projects

Major Mobility Projects — P.I. Numbers: 0012757 and 0012758

Fact Sheet

What are the Projects?

The 16@95 Improvement Projects will improve traffic flow and enhance safety along I-16 and I-95, one of Georgia's busiest freight corridors as well as the gateway to Georgia's growing port in Savannah.

The projects include:

- Widening I-16 from two lanes to three lanes in each direction
- Reconstructing six bridges, replacing four bridges, and constructing three new bridges
- Replacing two existing loop ramps located on the westside of I-95 with innovative turbine configuration ramps
- Adding collector-distributor* (CD) lanes on I-95 northbound to help eliminate weaving to and from I-16
- Adding lighting at the I-16/I-95 interchange
- Installing Intelligent Transportation System (ITS) technology to link to Georgia NaviGator

5 Things You Need to Know

1. The projects will add new lane miles at the busy gateway to Savannah
2. Georgia DOT is building a two-lane emergency-use ramp across the median between I-95 and Dean Forest Road to aid hurricane evacuations
3. The projects are also expected to result in a 32% reduction in delay on I-16 from I-516 to I-95 by 2030**
4. The collector-distributor (CD) lanes will run parallel to the interstate and help improve traffic flow, speed, and safety
5. Includes two of the initial 11 large-scale Major Mobility Investment Program projects to improve transportation in Georgia's metro areas

* Collector-distributor (CD) lanes run parallel to the main travel lanes of an interstate or highway, connecting them to access roads or entrance ramps in order to improve traffic flow, speed, and safety.

**Source: Cambridge Systematics study for Georgia DOT, 2016



Where are the Projects?



What's the Status?

Savannah Mobility Contractors JV has been selected as the Design-Build team for the project. Construction is scheduled to start in Q4 2019.

What's Next?



Stay Connected

1695improvements@dot.ga.gov (sign up for updates)

912-480-9625 (project hotline)

[www.dot.ga.gov/BS/ProjectsSpecialProjects/](http://www.dot.ga.gov/BS/ProjectsSpecialProjects/1695Improvement)

1695Improvement (website)

Georgia Department of Transportation

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Atlanta, GA 30308

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07/08/2019

The Exchange - Pooler Mosaic Town Center

The new Mosaic Town Center in Pooler is shrouded in secrecy by design. Developers, tenants, realtors and social media have been tight-lipped since its inception. It is suspected that Costco is the element that has shut down information to the public and created speculation that would make Area 51 proud.

What DO we know? This 170-acre mixed-use development is located in Pooler with frontage on both I-16 and I-95 claims developer, Stafford Properties...although aerial views posted so far do not show any frontage on I-95. This location appears to be located on the south end of Pooler Parkway at the intersection with I-16 and could be beneficial to relieve some current traffic conditions north around I-95 and Pooler Parkway much to the chagrin of Pooler Parkway retailers there.

You really can't discuss Mosaic Town Center without including the improvements being made to the I-16/I-95 interchange. Interestingly, GDOT may have anticipated increased traffic in the area with their new improvement projects for the I-16/I-95 interchange already underway. Construction of the improvements is scheduled to start in Q4 of 2019 with completion in 2022 (see image below).

We also know that Costco is expected to be THE anchor tenant although Costco and the developers will not name or acknowledge any tenants. Costco as a tenant is a widely accepted legend, although there is very little hard evidence. I am betting there will be a Costco at Mosaic Town Center. It has also been leaked that Starbucks and Topgolf have agreed to lease space here, also.

With two super tenants like Costco and Starbucks, it should not be difficult to attract other tenants. However, we are experiencing a disruption in the retail sector with many brick and mortar retailers consolidating and closing stores

while online retailers continue to grow. Building new, large shopping and retail locations seems very risky in the current environment. It is our opinion that the rapid growth of retail stores, restaurants and hotels in Pooler has left many businesses struggling to survive. This new development only seems to compound this problem.

Our city has seen expansive growth with 18% population increase over the past 5 years and another projected 11% increase by 2021. Managing growth for a city that is growing at such rapid rates must be a priority for city officials.

The latest expansion of Savannah Quarters subdivision was recommended unanimously by the Pooler Planning and Zoning Board in July. Approval by the Pooler City Council is also expected but was not known at the time of this printing. Savannah Quarters consists of nearly 2,600 acres located at the I-16/I-95 interchange. The newest expansion, Phase 18, will consist of 288 single-family homes.



POOLER2Day.com

**Welcome to YOUR Pooler
community forum**

CHECK IT OUT!



The Lord Our Keeper

By John Fender

**Pastor, 1st Presbyterian Church of Pooler
Chaplain, Pooler Police Department**

We often find ourselves in need. Sometimes it is because of our own sinfulness or neglect. Sometimes it is because of the sinful actions or neglect of others. Sometimes it is the result of living in a broken world where things deteriorate or storms occur. But ultimately, if we affirm the sovereignty of our God, we know that ultimately, it is the Lord who brings such trouble upon His own children as to make them sensible to their own need of Him.

And when the writer of Psalm 121 considers his own trouble, he contemplates the character of God. He says, "I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth. 3 He will not let your foot be moved; he who keeps you will not slumber. 4 Behold, he who keeps Israel will neither slumber nor sleep. 5 The Lord is your keeper; the Lord is your shade on your right hand. 6 The sun shall not strike you by day, nor the moon by night. 7 The Lord will keep you from all evil; he will keep your life. 8 The Lord will keep your going out and your coming in from this time forth and forevermore.

One of the great blessings of reading through the Bible is that we get a fuller sense of who this God is. Here the Psalmist calls Him a "keeper" in verse 5. Six times in eight verses the psalmist will use the word keep or keeper. In our troubles, how precious it is to know that God is the keeper of those who turn to Him in faith and rest in the finished work of His Son, our redeemer.

In this Psalm we find crucial promises from the Keeper of Israel. First, in vs. 3 the Keeper of Israel promises to give you the grace to stand. This would specifically mean that we would be able to hold our convictions, to not step away from the word of God, to live according to God's ways.

Imagine you have been overwhelmed by your circumstances, a hard day at work, a frustrating time relating to a loved one, and temptation rears its ugly head, and you think, "Wouldn't it be nice to over indulge, to blow off some steam." Your foot is on the precipice ready to slip into a decision that would not honor the Savior who loved you enough to die for you. The keeper of Israel promises, "I will not let your foot be moved. If you would but turn to me, trust in me, remind yourself of the salvation I have provided, lean upon the Spirit that I have provided, then you will have the grace to stand."

Second, in vs. 4 the Keeper of Israel promises to never leave you unattended. The Keeper of Israel is also the watchman of Israel. There is never a moment of time when He fails to attend to the needs of the

church and the individual members of it.

The story is told of a poor woman in the Middle East who came to the Sultan one day and asked for compensation for the loss of some property. The monarch, the Sultan asks, "How did you lose it?" to which the woman replied, "I feel asleep, and a robber entered my home." The Sultan responds, "Why did you fall asleep?" The woman replied, "I fell asleep because I believe that you were awake and would watch out for me." The Sultan was so delighted with the woman's trust in him that he ordered her loss to be made up. Of course, God can go what no human can ever do. We can sleep peacefully because God is ever awake.

Third, in vs. 7 the Keeper of Israel promises not to lose you. To be kept from all evil means to keep your life, not necessarily your physical life, but your life with God, your relationship with God which is ultimately guaranteed by Jesus Christ Himself. This is the same promise that the apostle Paul makes in Romans 8:38-39, "For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, 39 nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord."

And finally, in vs. 8 the Keeper of Israel promises to always guide you. He will be intimately involved. The idea of going out and coming in surely refers to the changes of life that will occur. The going out may be the beginning of life and the coming in the end of life. The going out may be the start of a work day and the coming in the end of the day on your return home. The going out may be a season of prosperity and the coming in a season of want. What is certain is that in this world there will be change, but through it all God will keep his people. He will guide them through the valleys and hills of life.

And in closing, note the duration of this promise, "from this time forth and forevermore." Adoniram Judson said of this verse, "He has not led me so tenderly thus far to forsake me at the very gate of heaven." What wonderful promises from the Keeper of Israel.

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



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NEW POOLER ALERT SYSTEM

Sign up for City of Pooler Alerts
Emergency messages and important updates.

The Pooler Police is encouraging Pooler residents to participate in their **MyConnect EMERGENCY ALERT SYSTEM**. This portal system is by Blackboard Connect specifically for the City of Pooler. This feature allows the City to provide you with critical information in an emergency situation. When a natural disaster, police activity or other emergency occurs, you will receive texts, e-mails or phone calls informing you of the situation and what, if any, action is required to keep you safe.

You may register as many devices as you like to receive alerts: Home, cell, or business phone, email, text messages, hearing impaired receiving devices, and more.

Residents may register their address to get location-specific notifications, as well. This informative and timely service is **FREE**, and residents can sign up at pooler.ga.bbcportal.com. Pooler Police Department encourages you to subscribe for this informative service for late breaking news. So, get connected, stay informed, be informed!



Welcome

**Please join the Pooler Police Department
in welcoming (L to R)
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How To Properly And Safely Dispose Of Batteries In Georgia

What's with all these different kinds of batteries?

A battery is simply a storage unit for electrical energy. Batteries are usually named for one or two of the materials within the battery that store the energy. So, an alkaline battery is so named because it contains an alkaline electrolyte, usually potassium hydroxide.

The only major differences between batteries are their size and the materials used inside of them. The same applies for the difference between rechargeable and disposable batteries. Rechargeable batteries contain materials that can be recharged if electricity is pumped into the battery while disposable batteries contain materials that cannot be recharged. The most common disposable batteries are the alkaline battery and the lithium battery. The most common rechargeable batteries are lithium ion, nickel-cadmium, nickel metal hydride, nickel-zinc, and small sealed lead batteries. Batteries for devices like cell phones, iPods, and laptops are usually rechargeable while disposable batteries are the AA, AAA, D, etc. batteries that we use in many different appliances.

How do I recycle my batteries?

Free alkaline battery recycling opportunities are not easy to find. Cost effective, environmentally safe recycling processors are not yet universally available. Since the mercury content of alkaline batteries has been reduced, they can be safely disposed of in household garbage. They are accepted via IKEA and some hardware and home improvement stores in small quantities. Large quantities can be recycled at Metal Conversion Technologies in Cartersville, GA (678) 721-0022 or at Davis Recycling in Atlanta (404) 524-1746. Waste Management has begun a new program called Think Green From Home. This program allows consumers to ship old disposable batteries to WM for recycling for a small fee. Go to <https://www.thinkgreenfromhome.com> to find out more.

Rechargeable batteries that can be readily recycled include nickel cadmium, nickel metal hydride, and lithium ion-like those found in phones, camcorders, power tools and laptops. For information about recycling rechargeables, call 1-800-822-8837 or visit www.call2recycle.org (Call2Recycle, Inc.). Participating locations include RadioShack, Home Depot, AT&T Mobility, Wal-Mart and Ace Hardware, plus many local community drop-off sites.

What about automobile batteries?

Automobile batteries, also known as lead acid batteries are prohibited from disposal in Georgia landfills. They must be recycled under Georgia law. Check with your local auto dealer, battery retail location, or other retail outlet about recycling these batteries. When you purchase a new auto battery, the dealer or retail outlet should accept your old one for recycling.



Pooler's Ongoing Drug Take Back Program

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

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

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

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

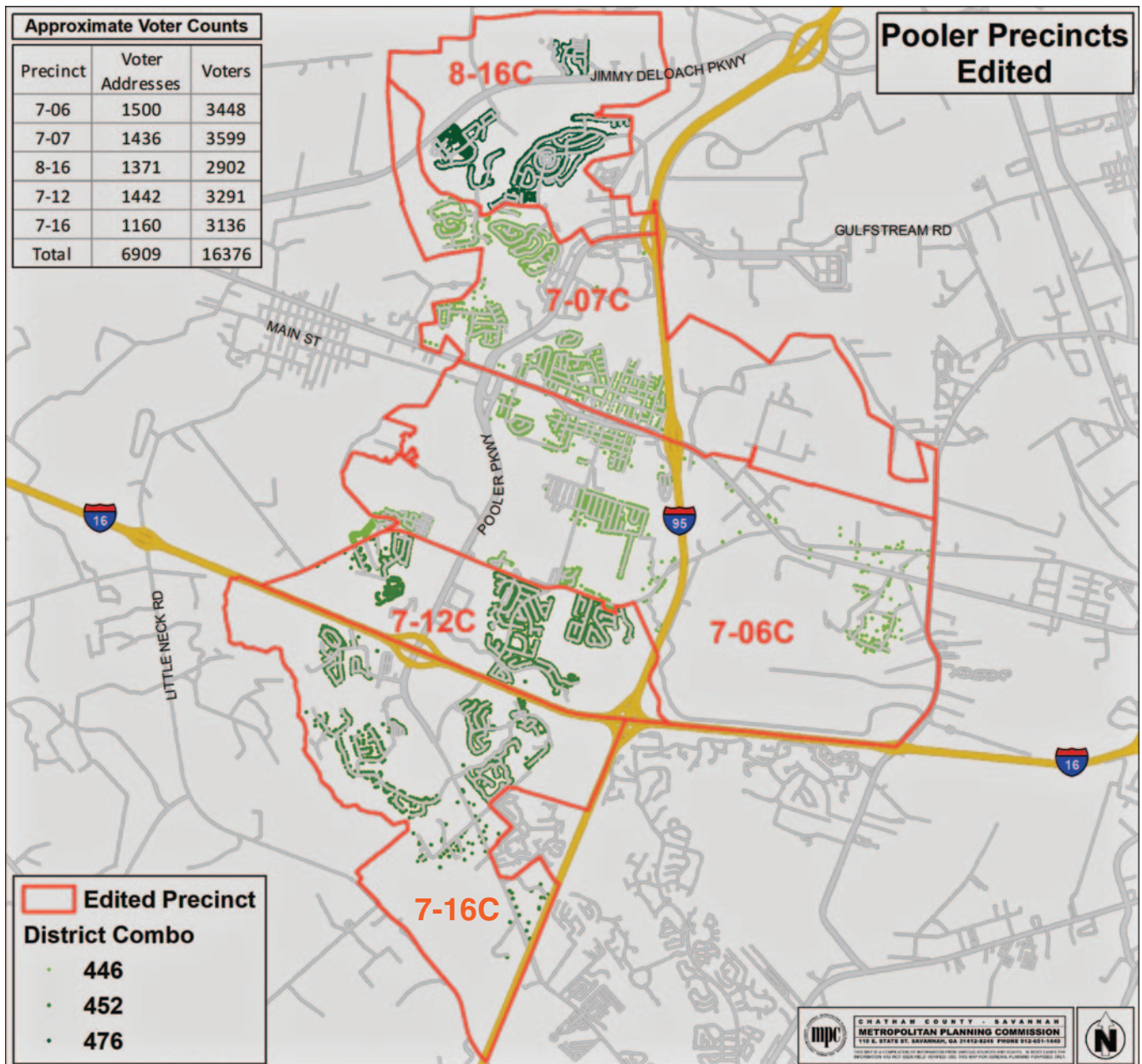
- Prescriptions only
- No biohazardous materials
- No needles
- No trash

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



Pooler Police Dept.

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



Pooler Voting Precincts Edited

The Chatham County Board of Elections presented a plan to expand the number of voting precincts from 3 to 5. This is the result of extreme overcrowding and long waiting lines at the last election. The Pooler City Council unanimously approved the plan and instructed Elections Committee Supervisor Russell Bridges to now select the specific polling locations.

Mr. Bridges wrote Pooler Today, "What is known and given at this time is that we are proposing to add two new voting locations in Pooler by dividing out portions of two of the existing precincts to create the new precincts. This will distribute the voters in Pooler more evenly and by adding two new polling locations will better serve the community. Our goal is to have the two new locations in service as soon as possible. This will serve two purposes: 1) to better serve the voters. 2) begin the experience before the Presidential election cycle so voters will have more opportunity to know about the change and therefore will be less likely confused next year.

We fully expect that we will be expanding polls in Pooler again, but with the upcoming census will come redistricting, which will change other jurisdictional boundaries, so we expect that we can incorporate future changes along with realigning precincts to accommodate jurisdictional boundary changes that occur as result of the census.

POOLER2Day.com

Welcome To YOUR Pooler Community Forum!

The first community (internet) forum for Pooler was launched on Pooler2Day.com in July.

Why do you need a community forum and why now?

What is a community or internet forum? An **Internet forum**, or message board, is an **online discussion** site where people can hold conversations in the form of posted messages. They differ from chat rooms in that messages are often longer than one line of text and are at least temporarily archived. Also, depending on the access level of a user or the forum set-up, a posted message might need to be approved by a moderator before it becomes publicly visible.

Forums have a specific set of jargon associated with them; example: a single conversation is called a "THREAD", or *topic*.

A discussion forum is hierarchical or tree-like in structure: a forum can contain a number of subforums, each of which may have several topics. Within a forum's topic, each new discussion started is called a thread and can be replied to by as many people as so wish.

Depending on the forum's settings, users can be anonymous or have to register with the forum and then subsequently login to post messages. On most forums, users do not have to login to read existing messages.

Why does Pooler need an internet forum? Have you ever wanted to communicate with city officials, friends, companies, utilities, etc... to express your opinions or thoughts? Would you like to know what other people think about certain topics? Well Pooler Community Forum is where all of these things happen.

Why Now? There is no magical reason for your forum to launch right now. It could have happened at any time. Some people do not like forums because they flush out and publicize topics they prefer to keep quiet. They want to control the dialogue. For example, a cable TV provider may not like people starting a forum topic about their bad service and frequent outages. However, the upcoming election on November 5 is the perfect opportunity for residents to post their opinions on issues and candidates and see what others are saying.

How does an internet forum work? Visit www.Pooler2Day.com and click on the forum menu tab. Guests must either register which permits you to participate in new discussions (creating a new topic or replying to existing topics) or log-in if you want to view comments, only. Review the

forums and topics listed and add your comments or view what other people have added. For example, under the category of **Development** there are several forums including **Aldi's is Coming!** Here you can see what other people think about this new retailer in Pooler and you can add your comments and experiences. If you want to recommend another forum, email the administrator, dean@pooler2day.com.

Do I have to register? If you only want to view what other people have posted...no, you just need a log-in. However, if you want to participate and add your comments and thoughts, you must register. It only takes a minute and requires a user name, password and email address. If you have something to say, you should stand behind it. Please, we simply ask the following:

- ✓ No abusive or slanderous language is allowed.
- ✓ Professional conduct and communication are expected of you.
- ✓ No sharing offensive or inappropriate material.
- ✓ No spamming.
- ✓ No sharing materials that belong to someone else, *unless you have their permission*.
- ✓ Disagreements, negative opinions or points of view **should not be personal or disparaging**. We want to create a courteous, respectful and an open environment.

We welcome you to join us!



Dogs In Hot Cars And On Hot Pavement

By PETA - People For The Ethical Treatment Of Animals

Every year, dogs suffer and die when their guardians make the mistake of leaving them in a parked car—even for “just a minute”—while they run an errand. Parked cars are deathtraps for dogs: On a 78-degree day, the temperature inside a parked car can soar to 100 degrees in just minutes, and on a 90-degree day, the interior temperature can reach as high as 109 degrees in less than 10 minutes.

Animals can sustain brain damage or even die from heatstroke in just 15 minutes. Beating the heat is extra tough for dogs because they can only cool themselves by panting.

If you see a dog left alone in a hot car, take down the car's color, model, make, and license plate number. Have the owner paged in the nearest buildings, or call local humane authorities or police. Have someone keep an eye on the dog. Don't leave the scene until the situation has been resolved.

If the authorities are unresponsive or too slow and the dog's life appears to be in imminent danger, find a witness (or several) who will back up your assessment, take steps to remove the suffering animal from the car, and then wait for authorities to arrive.

Watch for heatstroke symptoms such as restlessness, excessive thirst, thick saliva, heavy panting, lethargy, lack of appetite, dark tongue, rapid heartbeat, fever, vomiting, bloody diarrhea, and lack of coordination. If a dog shows any of these symptoms, get him or her out of the heat, preferably into an air-conditioned vehicle, and then to a veterinarian immediately.

If you are unable to transport the dog yourself, take him or her into an air-conditioned building if possible and call animal control: Tell them it is an emergency.

Provide water to drink, and if possible spray the dog with a garden hose or immerse him or her in a tub of cool (but not iced) water for up to two minutes in order to lower the body temperature gradually. You can also place the dog in front of an electric fan. Applying cool, wet towels to the groin area, stomach, chest, and paws can also help. Be careful not to use ice or cold water, and don't overcool the animal.

When walking your dog, keep in mind that if it feels hot enough to fry an egg outside, it probably is. When the air temperature is 86 degrees, the asphalt can reach a sizzling 135 degrees — more than hot enough to cook an egg in five minutes. And it can do the same to our canine companions' sensitive foot pads.

On an 87-degree day, asphalt temperatures can reach 140 degrees, hot enough to cause burns, permanent damage and scarring after just one minute of contact. Rapid burns and blistering can occur at 150 degrees. Hot sidewalks, pavement and parking lots can not only burn paws, they also reflect heat onto dogs' bodies, increasing their risk of deadly heatstroke.

If you wouldn't put your dog in a frying pan, please don't make him or her walk on hot pavement. Always test the pavement with your hand before setting out (too hot to touch is too hot for Spot), walk early in the morning or late at night when it's cooler, carry water and take frequent breaks in shady spots and never make dogs wear muzzles that restrict their breathing.



Pooler Senior Citizen Center

955 Plantation Drive (at Sangrena Woods) • Daily Activities 9 a.m. to 3 p.m.

*Jewelry Making Class • Exercise Classes
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- Youth Basketball 5-13
- Cheerleading 7-12
- Summer Basketball 9-13
- Baseball 5-14
- Volleyball 11-14
- Softball 7-12
- Adult Sports
- T-Ball - Girls 4-6 / Boys 4
- Tumbling
- Spring Soccer 4-12
- Dance
- Fall Soccer 4-12
- And so much more!

POOLER RECREATION COMPLEX

200 Preston Stokes Drive

POOLER



Parks and Leisure Services





Pooler Team - State Champions

The Pooler Boys 8U All-Star baseball team has won their second consecutive state championship. The team competed in the Georgia Recreation and Parks Association Class A/B Division. The Pooler team won all five games piling up a 5-0 record and scoring 74 runs. Opponents scored only one run total in all five games. Well done Pooler Boys 8U! Congratulations and "hats off" to coaches Tommy Gibbs, Scott Huntley, Jeremy McCallum, and David McMurray.

GAME SCORES

- Pooler 24-0 vs Port Wentworth
- Pooler 17-0 vs St. Simons
- Pooler 6-1 vs Lyons
- Pooler 12-0 vs Thomasville
- Pooler 15-0 vs Thomasville- Championship game

Please help us acknowledge and congratulate the team:

Front Row

**Elijah Crumbley
Andrew Acel
Liam Coburn
Trey Gibbs
Tucker McCallum
Anthony Walker**



Middle Row

**Jackson Selph
Evan Huntley
Cole McMurry
Donald Thomas
Ryan Shawl
Will Dixon**

Back Row - Adults left to right

**David McMurray
Scott Huntley
Jeremy McCallum
Patricia Harris
Rick Harris
Jeremy Greene
Tommy Gibbs**



Slow Down: Back To School Means Sharing The Road

By National Safety Council

School days bring congestion: School buses are picking up their passengers, kids on bikes are hurrying to get to school before the bell rings, harried parents are trying to drop their kids off before work. It's never more important for drivers to slow down and pay attention than when kids are present – especially before and after school.

If you're dropping off

Schools often have very specific drop-off procedures for the school year. Make sure you know them for the safety of all kids. The following apply to all school zones:

- Don't double park; it blocks visibility for other children and vehicles
- Don't load or unload children across the street from the school
- Carpool to reduce the number of vehicles at the school

Sharing the Road with Young Pedestrians

According to research by the National Safety Council, most of the children who lose their lives in bus-related incidents are 4 to 7 years old, and they're walking. They are hit by the bus, or by a motorist illegally passing a stopped bus. A few precautions go a long way toward keeping children safe:

- Don't block the crosswalk when stopped at a red light or waiting to make a turn, forcing pedestrians to go around you; this could put them in the path of moving traffic.
- In a school zone when flashers are blinking, stop and yield to pedestrians crossing the crosswalk or intersection
- Always stop for a school patrol officer or crossing guard holding up a stop sign
- Take extra care to look out for children in school zones, near playgrounds and parks, and in all residential areas
- Don't honk or rev your engine to scare a pedestrian, even if you have the right of way
- Never pass a vehicle stopped for pedestrians
- Always use extreme caution to avoid striking pedestrians wherever they may be, no matter who has the right of way

Sharing the Road with School Buses

If you're driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give you more time to stop once the yellow lights start flashing. It is illegal in all 50 states to pass a school bus that is stopped to load or unload children.

- Never pass a bus from behind – or from either direction if you're on an undivided road – if it is stopped to load or unload children
- If the yellow or red lights are flashing and the stop arm is extended, traffic must stop
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them space to safely enter and exit the bus
- Be alert; children often are unpredictable, and they tend to ignore hazards and take risks

Sharing the Road with Bicyclists

On most roads, bicyclists have the same rights and responsibilities as vehicles, but bikes can be hard to see. Children riding bikes create special problems for drivers because usually they are not able to properly determine traffic conditions. The most common cause of collision is a driver turning left in front of a bicyclist.

- When passing a bicyclist, proceed in the same direction slowly, and leave 3 feet between your car and the cyclist
- When turning left and a bicyclist is approaching in the opposite direction, wait for the rider to pass
- If you're turning right and a bicyclist is approaching from behind on the right, let the rider go through the intersection first, and always use your turn signals
- Watch for bike riders turning in front of you without looking or signaling; children especially have a tendency to do this
- Be extra vigilant in school zones and residential neighborhoods. Watch for bikes coming from driveways or behind parked cars
- Check side mirrors before opening your door

By exercising a little extra care and caution, drivers and pedestrians can co-exist safely in school zones.





Pooler Chamber of Commerce and Visitor Bureau, Inc.

Pam Southard, *Executive Director*

**Greetings from your Pooler Chamber of Commerce
and Visitors Bureau, Inc.**

Another season change is soon to come. Out with the hot and steamy; in with the cool and comfortable – or so we hope. Our Chamber enjoyed a lively and active summer, beginning with our popular Sip & Savor/Casino Night, a festive gathering with lots of pouring, swirling, and tasting of delicious wines. Guests then headed to the tables to play their luck and possibly head home with some great prizes. We thank those that attended, as well as our sponsors.

July was busy with ribbon cuttings, business after hours and our Lunch and Learn, where attendees heard firsthand about the I-95 and I-16 improvements project. The Georgia Dept. of Transportation says their plan will reduce congestion and enhance safety. There are two primary components to this project. First, I-16 will go from two lanes to three lanes in both directions. Second, GDOT will reconfigure the I-16/I-95 interchange, which will use different ramps and lanes to prevent drives from having to weave and merge into different lanes, which can cause accidents. According to GDOT, they will have substantial traffic control throughout the project and will try to do the bulk of work at night. The project is set to begin at the end of this year and last until 2022.

Please mark your calendars for August 15th when our Chamber hosts its annual Economic Outlook Luncheon from 11:30 to 1:00 pm. The presentation will examine the changes that have taken place in the Pooler area over the past year and compare Pooler to other communities in Chatham County. In addition, Center for Business Analytics and Economic Research (CBAER) will share updated population, employment, and income figures focused on Pooler. Finally, the presentation will conclude with a brief look ahead to 2020/2021 and a Q&A session.

I am excited to announce that this fall the Pooler Chamber of Commerce will relocate to the lovely two-story home next to the Front Porch Coffee House on W. Collins Street. Thanks to your continued support, we are growing, and this new spacious location will serve our needs. Once we move, stop in to admire our new facility. Many thanks to the City of Pooler for purchasing this great and beautiful addition to historic Pooler.

Please remember that your Chamber membership provides unequalled opportunities to bring members of the business community together as a cohesive unit to learn about each other, support one another and expand your network of resources to thrive in an ever-competitive business environment. By working together as a unit, our Chamber has a much stronger voice with elected leaders as they contemplate policies that help ensure an improved environment for business.

When people walk up to a business and see a Chamber of Commerce decal on their door, there is an instinctual feeling of trust. I encourage you to become active in the community, as well as our Chamber of Commerce. Remember that local purchases support our community and our schools.

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

Please stop by our office for coupons and brochures, and of course to get your new Cooler in Pooler T-shirts. They are now available in a variety of colors and sizes.

2019 Economic Outlook Pooler: Building Towards The Future August 15, 2019

Hear from Mr. Benjamin McKay, Assistant Director of Business Analytics and Economic Research, Georgia Southern University. The presentation will focus on Pooler's economic state and what the future holds. Q&A session immediately following the presentation.

This is a catered lunch, with limited seating. Pre-registration with payment is encouraged.

MARKETPLACE VENDORS WANTED! 2nd Annual Food Truck Fest & Marketplace

If you sell artwork, pottery, handmade, homegrown, or craft-like items OR if you have a home-based business, we have a booth space for you!

(We have currently filled booths for Mary Kay, Lularoe, Paparazzai and Lipsense by Senegence).

\$50 for a 10 x 10 booth space and you provide canopy, table and chairs.

Saturday, October 5, 2019 11am to 6 pm

Pooler Recreation Complex

For more information at 912-748-0110 or email donna@poolerchamber.com

About Your Business

The Pooler Chamber of Commerce is proud to display brochures and business cards for our members.

If you have either, please drop them off at our office and we will proudly display them for you so that folks have YOUR information at their fingertips.



2019 Calendar of Events

Pooler Chamber of Commerce and Visitors Bureau, Inc.

July 25

Business After Hours - 5:30 pm - 7:30 pm
at CORA Physical Therapy
123 Canal Street, Suite 203, Pooler, GA

October 5

Pooler Food Truck Festival and Marketplace - 11 am - 6 pm
at Pooler Stadium
200 Preston Stokes Drive, Pooler, GA

August 15

Economic Outlook - 11:30 am - 1:30 pm
at Savannah Quarters Country Club
8 Palladian Way, Pooler, GA

December 7

Breakfast With Santa - 7:00 am - 11:00 am
at Texas Roadhouse
101 Outlet Parkway, Pooler, GA



Pooler Chamber of Commerce

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Pooler Chamber of Commerce & Visitor Bureau, Inc.

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The **Pooler Chamber of Commerce** is in the people business and we are committed to nurturing positive relationships within our city. Our residents play a big part in the Pooler community. With the city's plans for ongoing responsible growth, the future of Pooler seems brighter than ever.

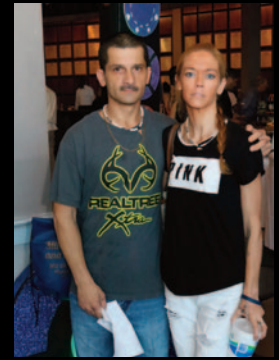
We invite you to visit our website: **PoolerChamber.com** and our Facebook page, **www.facebook.com/PoolerChamberofCommerce/** for information about our amazing city.

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For more information:
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Photos by T. Howard Reimer
thowardreimer.smugmug.com



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| Occupational therapy | Sports medicine |
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| Pelvic floor therapy | Traumatic brain injury therapy |

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Therapy Can Relieve Symptoms Of Lymphedema

By Corie Turley, P.T.

If you experience chronic swelling, heaviness, skin changes, pain, numbness and/or limited range of motion in your joints, lymphedema could be the cause. This abnormal accumulation of lymphatic fluid in a particular part of the body affects 140 million people worldwide, with only 1 in 5 diagnosed.

Although there is no cure for lymphedema, its symptoms can be treated and managed. A four-step plan of physical therapy, performed by a licensed, trained therapist, can relieve the symptoms and stimulate the lymphatic system to work more effectively.

Lymphedema can affect the arms, abdomen, legs, face and neck. Typically, it is caused by infection, surgery, trauma, obesity or vein problems that impair the body's ability to drain lymphatic fluid.

Primary lymphedema is congenital, meaning you were born with fewer lymph nodes or inefficient lymphatic vessels. Symptoms may not develop until later in life after weight gain or pregnancy.

Secondary lymphedema can occur after some cancer surgeries. If you have had lymph nodes surgically removed or received radiation treatment for cancer, you are at risk for lymphedema. Call your doctor if you notice changes such as swelling, pain or loss of motion.

The lymphatic system works closely with the immune system and vascular system. It helps filter out bacteria and other particles that our bodies do not need. Normally, there are 600 to 700 lymph nodes in the body.

When lymphedema symptoms occur, it can be difficult to find clothing and shoes that fit. Air travel may make them even worse.

To treat lymphedema, physical therapists use the gold standard of care: complete decongestive therapy, which consists of four steps:

Step 1: Manual lymph drainage. This light massage-like treatment stimulates the remaining working lymphatic system.

Step 2: Compression. Compression garments, including face masks, socks, thigh highs, pantyhose, sleeves, gloves and gauntlets, come in a variety of styles, colors and patterns – even tie-dyed or tattoos.

Step 3: Decongestive exercises. These muscle-pump exercises help support lymphatic flow.

Step 4: Good skin care. Avoid getting cuts or scratches and wearing tight or restrictive clothing.

Patients with lymphedema can lead active lives with help to manage their symptoms. Ask your doctor for a referral to a physical therapist today.

Corie Turley is a physical therapist who is certified by the Lymphology Association of North America. She works with patients at the Curtis and Elizabeth Anderson Cancer Institute at Memorial Health in Savannah. Learn more at MemorialHealth.com/Rehab.

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ABC'S of SAFE to SLEEP

- ALONE -**
Babies should sleep **alone** in their own sleep space, close to but separate from their caregiver.
- BACK -**
Babies should be placed on their **back** to sleep. Every sleep. Every nap. Every time.
- CRIB -**
Babies should sleep in a **crib** or bassinet with a firm, flat surface with no extra items such as blankets and toys.

*Promoting **Safe Infant Sleep** Policy & Education in Georgia*

THE GEORGIA SAFE TO SLEEP EFFORT IS ADAPTED FROM THE NATIONAL SAFE TO SLEEP® CAMPAIGN, LED BY THE CUNCE KENNEDY SHRYVER NATIONAL INSTITUTE OF CHILD HEALTH AND HUMAN DEVELOPMENT.

Life Events Can Lead You To See A Financial Advisor

By Veronica Voisine, AAMA®, CRPC®

Financial Advisor, Edward Jones®

Over the years, you'll experience many personal and professional milestones. Each of these can be satisfying, but they may also bring challenges – especially financial ones. That's why you may want to seek the guidance of a financial professional. Here are some of the key life events you may encounter, along with the help a financial advisor can provide:

- **NEW JOB** – When you start a new job, especially if it's your first "career-type" one, you may find that you have several questions about planning for your financial future, including your retirement. You may have questions about how much you should contribute to your employer-sponsored retirement plan. What investments should you choose? When should you increase your contributions or adjust your investment mix? A financial advisor can recommend an investment strategy that's appropriate for your goals, risk tolerance and time horizon.

- **MARRIAGE** – Newlyweds often discover they bring different financial habits to a marriage. For example, one spouse may be more of a saver, while the other is more prone to spending. And this holds true for investment styles – one spouse might be more risk-averse, while the other is more aggressive. A financial advisor can help recommend ways for you and your spouse to find some common ground in your saving and investment strategies, enabling you to move forward toward your mutual goals.

- **NEW CHILD** – When you have a child, you will need to consider a variety of financial issues. Will you be able to help the child someday go to college? And what might happen to your child, or children, if you were no longer around? A financial advisor can present you with some college-savings options, such as an education savings plan, as well as ways to protect your family, such as life insurance.

- **CAREER CHANGE** – You may change jobs several times, and each time you do, you'll need to make some choices about your employer-sponsored retirement plan. Should you move it to your new employer's plan, if transfers are allowed? Or, if permitted, should you keep the assets in your old employer's plan? Or perhaps you should roll over the money into an IRA?

A financial advisor can help you explore these options to determine which one is most appropriate for your needs.

- **DEATH OF A SPOUSE** – Obviously, the death of a spouse is a huge emotional blow, but it does not have to be a financial one – especially if you've prepared by having the correct beneficiary named on retirement accounts and life insurance policies. Your financial advisor can help ensure you have taken these steps.

- **RETIREMENT** – Even after you retire, you'll have some important investment decisions to make. For one thing, you'll need to establish a suitable withdrawal strategy so you

don't deplete your retirement accounts too soon. Also, you still need to balance your investment mix in a way that provides at least enough growth potential to keep you ahead of inflation. Again, a financial advisor can help you in these areas. No matter where you are on your journey through life, you will need to address important financial and investment questions, but you don't have to go it alone – a financial professional can help you find the answers you need.



If You Aren't at Your Last Job . . . Why Is Your 401(k)?

At Edward Jones, we can explain options for your 401(k), including leaving the money in your former employer's plan, moving it to your new employer's plan, rolling it over to an Individual Retirement Account (IRA) or cashing out the account subject to tax consequences.

To learn more, call today.



Veronica L Voisine, AAMS®
Financial Advisor

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Savannah: 501 Eisenhower Drive Savannah, GA 31406 | 912-354-1515

Pooler: 145 Traders Way, Ste. A Pooler, GA 31322 | 912-748-4365

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WhassssUp Around Pooler?



ALDI IT IS HAPPENING - It is official, Aldi's is moving to Pooler. The City Council approved the beer & wine license for them at a City Council meeting on June 17. Opening is scheduled for Fall 2019. Nothing new on Costco. Costco does not announce new locations more than 2 months in advance.

ELECTIONS - This is an election year and unusual because the entire City Council is up for election for four-year terms. Of course, the office of Mayor is also up for grabs. Mark your calendars for the November 5 general election and get to the voting booths...there is no primary.

If you intend to run for City Council the deadline is during qualifying week, August 19-23, but don't wait until the last minute. Candidates must be legal residents of the United States and eligible to vote. You must also be a resident of Pooler for at least the past twelve months. Visit the blog, "Upcoming Elections-Be an Informed Voter" on the Home page at Pooler2Day.com and express your thoughts and opinions.

POOLER RECREATION DEPARTMENT - The Pooler Boys 8U Baseball team wins the Division A/B State Championship for the second consecutive year! We are so proud of their continued accomplishments and to their dedicated support staff and family. Please see article on 21.

THE COMMUNITY POOLER PATRIOTS - Pooler Patriot's Weekend festivities is scheduled for Saturday, September 7th. So, please mark your calendars, plan on bringing the entire family and friends to our annual event. Food vendors, rides and activities for the youngsters, live music, and much more. Please stay tuned for all the exciting details. Sponsorships, vendor information and reservations, please contact Lindsey Butler at lbutler@pooler-ga.gov or check out www.patriotweekend.org.

SAVANNAH QUARTERS - Savannah Quarters - The latest expansion of Savannah Quarters subdivision was recommended unanimously by the Pooler Planning and Zoning Board in July. Approval by the Pooler City Council is also expected but was not known at the time of this printing. Savannah Quarters consists of nearly 2,600 acres located at the I-16/I-95 interchange. The newest expansion, Phase 18, will consist of 288 single-family homes.

If you have comments or opinions on any of the above topics or other topic, please share them on the Forum at Pooler2Day.com/forum.



Meet the Candidates!

Look for our special election issue in mailboxes in early October. We will introduce you to the candidates for Mayor and City Council and let them tell you why you should vote for them. Elections occur every four years and could be the most important event affecting your life in Pooler.

Be informed and vote November 5. In the meantime, you can visit Pooler Community Forum and share your thoughts and opinions with others and view theirs.

POOLER 2Day.com

IT'S LIVE...CHECK IT OUT!!!



Lose Weight While At Your Office Job

By Davana Pilczuk, PhD

Eight months ago you probably had high hopes to lose some weight. Chances are you've hit a plateau or what you've been trying just isn't working as well as you would have liked. If you work in an office and are tied to a desk most of your days, the weight loss journey will be even harder. Here are four ways to jump start that metabolism of yours and get you losing weight again.

STAND DON'T SIT

Standing burns about 10-20 more calories an hour than sitting does. It doesn't seem like much and standing alone won't do a whole lot to help you drop weight, but it will still help you burn calories none-the-less. Even if you stand only four hours a day and burn an additional 40 calories, by Friday you will have burned a total of 200 extra calories. At the end of a year, that's about three pounds lost and you didn't even have to exercise. Ask your office to order you a sit-stand desk and not only will you help your weight loss plan, you will also reduce your risk of low back pain related to poor ergonomics from sitting all day.

CLIMB THE STAIRS

Find a stairwell and climb it for 10 minutes a day. A 200-pound person can burn about 127 calories in 10 minutes. Do that for five days at work and you will have burned off an additional 635 calories a week. If you can find take a break twice a day for 10 minutes each time, maybe take a conference call then, you will double your calorie burn to 1,270 a week. In less than a month, you could drop over a 1.5 pounds.

GO OUTSIDE

Being outside does two things for your weight. First, it breaks the monotony of being stuck in that office building and reminds the brain and body of the joys of being outside. I often find the more I go outside, the more I want to be in nature. Walks, bike rides, beach trips are all great activities to get you in shape but sometimes we just need a reminder to start to do these things.

The second benefit of being outside has to do with sleep. Our circadian rhythms are determined by our exposure to light, so if you are having trouble sleeping, you need to go outside a little every day. If you can go outside first thing in the morning when you get to work, the exposure to sunlight will help the brain suppress melatonin production and increase cortisol production. Cortisol is known as a stress hormone, and while not good for you if chronically elevated, normal amounts of cortisol actually help energize the body to get ready for the day. Serotonin, another hormone affected by sunlight, is released into the body and is known for its effects on mood and sleep. Why is sleep so important to weight loss? Because sleep deprivation is closely tied to weight gain and diabetes, so improving your quality of sleep will directly help your body's ability to lose those unwanted pounds.

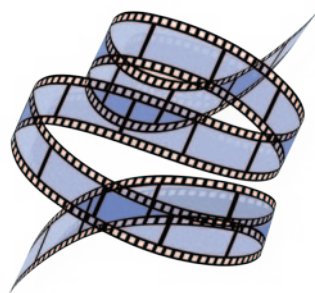
MAKE POPCORN

If you want to make your co-workers happy with a little treat, put away the candy bowl and instead feed them popcorn. No, not the but-

tery bags of movie popcorn, but rather the air-popped, natural popcorn. Popcorn is rich in fiber and fiber helps keep you feeling full and a diet high in fiber will help you lose weight. Invest in an air-popper and make an afternoon snack for the office when the munchies kick in.

Don't let the daily grind of being stuck in an office hurt your weight loss efforts. Find simple ways to motivate yourself to keep trying and remember, the little things do add up.

Dr. Davana Pilczuk is an award winning kinesiologist, writer and founder of The Human Performance Group LLC. She specializes in helping individuals and teams perform better on the field or in the boardroom. Interested in helping your team be better? Go to www.hpgsolutions.net or follow her on [@DavanaHPG](https://twitter.com/DavanaHPG).



SILVER SCREEN SOCIETY

Silver Screen Society Opens Membership

The Silver Screen Society has been a proud tradition at Savannah Film Festival for 16 years. Forty members enjoy a reception and VIP reserved seating at the main film screening during the Savannah Film Festival, presenting the Silver Screen Award for the Best Short Film by a SCAD student, meeting guest actors, directors and producers, and a tax-deductible donation to a fully accredited 501C (3).

Now, for the first time, a limited number of memberships has opened to new members. Membership donations are \$200 per year for couples and are fully tax deductible. This organization has lots of fun at the Savannah Film Festival and enjoys the charitable benefits of helping students finance their education. Last year they established the Silver Screen Society Endowed Scholarship at the School of Film & Television.

Join your friends and neighbors and learn all about Silver Screen Society at a reception from 5:30-7:30 pm on September 11 at Poetter Hall. Officers of the Silver Screen Society, SCAD faculty and staff, and current members will be on hand to answer all your questions and help you get signed up. Space is limited

You may also call Dean Ayers (702-767-0508) or Christine Savage (912-598-0781) for more information.



U.S. Travelers' Top Ten Travel Tips

Take all the travel documents required for the countries you are visiting, as well as identification for your U.S. reentry. U.S. citizens need passports to reenter the country by air. Go to www.travel.state.gov for destination information.

- Declare everything you bring in from abroad, even if you bought it in a duty free shop.
- Be cautious when buying something from street vendors. The merchandise may be counterfeit and/or unsafe and you may have to surrender it when you return home.
- Items brought abroad for personal use or as gifts are eligible for duty exemptions. If you are bringing them back for resale, they are not eligible for duty exemption.
- Be aware of U.S. prohibited merchandise, such as ivory, tortoiseshell products, and counterfeit items.
- Many foreign-made medications are not approved for United States use and are not permitted in the country. When traveling abroad, bring only the medication you will need. Make sure the medication is in the original container.
- Travels to and from Cuba - Before departing on your trip, check the latest information for the full list of prohibited and restricted items on the U.S. Department of the Treasury Cuba Sanctions website, as well as other related government resources.
- Before bringing food to the United States, please check the list of prohibited items. All live animals, birds and bird products may be restricted, quarantined or require certification.
- CBP officers can inspect you and your belongings without a warrant to enforce U.S. laws.

For more information, read the CBP brochure, "Know Before You Go." Request printed copies or view it online at www.cbp.gov/newsroom/publications/cbp-publication-catalogue.



Savannah Philharmonic Receives Grant From Georgia Council For The Arts

Savannah Philharmonic has been awarded a \$5,000 grant from Georgia Council for the Arts (GCA) to produce two Link Up Young Person's Concerts in February of next year.

The Savannah Philharmonic was one of 42 organizations to receive the Arts Education Program Grant. The \$5,000 reward will be used to produce the Savannah Philharmonic's annual Link-Up Young Person's Concerts in collaboration with Carnegie Hall's Weill Music Institute.

Link-Up is a music education program that is offered to students of the Savannah-Chatham Public School System in grades third through fifth. Participating students undergo a three-month study program with curriculum provided by Carnegie Hall. Students learn how to play the recorder flute, create musical compositions, sing a variety of songs and melodies and learn more about music history and important composers and musical styles. Upon completion of the coursework, students join the Savannah Philharmonic orchestra in a 'debut' performance for family, friends and the greater Savannah community.

The Link-Up program is a way for the youth of Savannah to engage with music performance and music education in a very interactive and hands-on way.

"We are very excited to have gained additional support for this program and appreciate GCA's ongoing support," said Savannah Philharmonic Executive Director, Terri O'Neil. "We look forward to another amazing year of Link-Up."

The Georgia Council for the Arts awarded 135 organizations a collective amount of \$1 million in funding. The grants presented by the council fall into three categories: Partner Grants to support general art organization operation, Project Grants to fund specific art initiatives and Arts Education grants that help organizations, like the Savannah Philharmonic, provide quality art education to their respective Georgia communities.

For more information on the Georgia Council for the Arts and their annual grant programs, please visit their website <http://gaarts.org/>.

The mission of Savannah's Philharmonic is to inform, instruct and enrich the community through orchestral and choral performances, and to promote and increase community knowledge and appreciation of the arts. The nonprofit organization's vision is to be regarded as an essential musical, educational, cultural, and economic asset to the community.

To learn more about the Savannah Philharmonic, please visit savannahphilharmonic.org, email info@savannahphilharmonic.org, or call 912-232-6002.

What Determines Blood Type?

Have you ever donated blood? If so, you probably remember them asking you for your blood type. But you might not know that even if you tell them your type with confidence, they still test your blood to confirm this information. So, what's the big deal about blood types? What does it mean and why is it so important?

What is blood type?

Let's take a step back to your high school biology class. You remember that our blood is composed primarily of red blood cells and plasma. Of course, there are other items like platelets and white blood cells, but that's a topic for a different article. For some red blood cells, there can be what's called antigens which act as identifiers. Not everyone has these antigens on their blood cells. And based on their presence on the cell's surface—or lack thereof—and antibodies within the plasma, medical professionals can determine your blood type. In total, there are four main blood types: A, B, AB, and O. Depending on your blood type, there may be antibodies present in your plasma that will be the opposite of your type. However, there are exceptions.

- Type A will present A antigens on cell surfaces with B antibodies in plasma
- Type B will present B antigens on cell surfaces with A antibodies in plasma
- Type AB will present A and B antigens on cell surfaces with no antibodies in plasma
- Type O will present no antigens on cell surface with A and B antibodies in plasma

How is your blood type determined?

Blood types can be identified with a simple screening test for the antigens mentioned above. But genetics is the real factor behind your blood type. You get your blood type from your parents, and the genes can be dominant or recessive. Your blood type is determined by three distinctive genes. Types A and B are dominant while O is recessive. So, if one parent passes an A gene, but the other gives an O, you will be type A. However, if one parent passes an A, and the other a B, the co-dominant genes result in a type AB child. The possible combinations include:

- Type A: AA or AO
- Type B: BB or BO
- Type AB: AB
- Type O: OO

Now we'll go a step further and talk about the Rhesus or Rh factor. You've probably heard people say whether they're positive or negative. This essentially means that in addition to their blood type, their red blood cells either contain or lack an additional antigen. So, there are four antigens that are screened when testing blood. The only two options with an Rh screen is to be Rh negative or positive. If you are positive, it means that your blood cells do contain this antigen. And of course, a negative result means your blood cells don't have this antigen, but you do have Rh antibodies.

The importance of blood types

Because of the potential for antibodies in your plasma, it's crucial that blood is properly categorized. Giving someone the wrong blood type, or the right blood type but the wrong Rh factor, causes their body to reject the blood. An Rh-positive person can receive blood from both positive and negative donors while an Rh-negative person can only accept Rh-negative blood.

Any woman who's ever been pregnant knows that one of the first tests your obstetrician will perform is to confirm not just your blood type, but your Rh factor. For Rh-positive women, there is no concern, and they can continue on as normal. For an Rh-negative mother, there is a risk of Rh incompatibility. If the fetus is Rh positive, the blood between

mother and fetus could potentially mix, and the mother's antibodies could attack the fetus and cause complications. While this usually isn't an issue for first-time Rh negative mothers, it can be a real concern in later pregnancies. Because of this, pregnant women who are Rh-negative usually receive a Rhogam shot to avoid developing antibodies.

So how many blood types are there?

If your head isn't swirling yet, here are the possible combinations:

- A+/A-
- B+/B-
- AB+/AB-: AB+ can receive blood from anyone because they lack antibodies for blood type and Rh factor
- O+/O-: O- is the universal donor because they lack all antigens for blood types and Rh factor

Blood types and personalities

In many parts of Asia, blood type is treated like your horoscope sign and is said to influence your personality. Just like with Western star signs, some blood types are viewed more favorably depending on the person's gender. Type A is considered the most ideal for anyone while type B men are viewed unfavorably as playboys.

Did you learn anything new about blood types that you didn't know before? Do you know your blood type? While it's not something that you might need on a daily basis, it's always a good idea to have that information on hand in case of an emergency.



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Blood Supply Statistics

The Red Cross provides about 40% of our nation's blood and blood components, all from generous volunteer donors. But supply can't always meet demand because only about 3% of age-eligible people donate blood yearly. Each new donor helps us meet patient needs.

Each year, an estimated 6.8 million people in the U.S. donate blood. 13.6 million whole blood and red blood cells are collected in the U.S. in a year.

About 45% of people in the U.S. have Group O (positive or negative) blood; the proportion is higher among Hispanics (57%) and African Americans (51%).

Type O negative red cells can be given to patients of all blood types. Because only 7% of people in the U.S. are type O negative, it's always in great demand and often in short supply.

Type AB positive plasma can be transfused to patients of all blood types. Since only 3% of people in the U.S. have AB positive blood, this plasma is usually in short supply. Red blood cells must be used within 42 days (or less). Platelets must be used within just 5 days.

One donation can save up to three lives

Every 2 seconds someone in the U.S. needs blood

Less than 38% of the population is eligible to give blood/platelets

Blood and platelets cannot be manufactured,

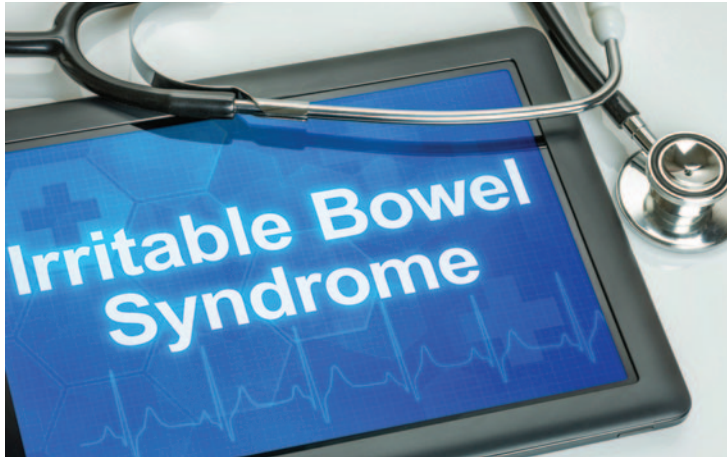


Microscopic Colitis

By William Tremaine, M.D.,
Gastroenterology and Hepatology,
Mayo Clinic, Rochester, Minn.

DEAR MAYO CLINIC: I am 58 years old and have had watery diarrhea off and on for about six months. I thought it was irritable bowel syndrome, but I'm wondering if it could instead be microscopic colitis. How is microscopic colitis diagnosed?

ANSWER: *Microscopic colitis can cause symptoms that also are present in other conditions, including irritable bowel syndrome. Because of this, it's important that you see your health care provider, who can help determine what's causing your symptoms.*



Microscopic colitis is an inflammatory condition in which there's an abnormal immune response in the lining of the colon. This leads to watery stools. The condition has two subtypes: collagenous colitis and lymphocytic colitis. These subtypes are mainly distinguishable at the microscopic level.

The most common sign of microscopic colitis is watery diarrhea that doesn't contain any blood. The diarrhea can come on gradually and intermittently, or be more sudden in onset. You may have up to nine watery stools a day. In severe cases, 15 or more may occur. For some, it's a daily problem lasting months to years. Others may experience cycles of improvement and worsening. Signs and symptoms also may include abdominal cramping, weight loss, urgent bowel movements and stool leakage.

Since causes of persistent diarrhea can have similar signs and symptoms, diagnosis is a process of confirming or ruling out various possibilities. That often involves sharing your medical history with your health care provider, providing a stool sample or undergoing blood tests. Ultimately, microscopic colitis confirmation requires colonoscopy with biopsies of colon tissue for examination under a microscope. This also rules out other diseases, such as ulcerative colitis or Crohn's disease. Testing for celiac disease, a digestive sensitivity to gluten, also may be performed, as celiac disease and microscopic colitis can overlap.

Some cases of microscopic colitis improve within a few weeks without treatment, although relapse is common. To relieve signs and symptoms sooner, or to relieve those that recur or persist, the typical approach is to start by eliminating possible causes or contributors. A number of

medications may contribute to microscopic colitis or worsen diarrhea. Nonsteroidal anti-inflammatory drugs (NSAID), such as ibuprofen and aspirin, are common culprits, as are acid-suppressing drugs called proton pump inhibitors. Artificial sweeteners or, for those who are lactose-intolerant, some dairy products, also can cause diarrhea. Identification and elimination of a contributing factor can lead to improvement and, in some cases, complete resolution of the problem.

If signs and symptoms persist, your health care provider may recommend taking anti-diarrheal medications, such as loperamide (Imodium) or bismuth subsalicylate (Pepto-Bismol). If symptoms are mild, anti-diarrheal drugs can be taken indefinitely at the lowest effective dose. It also may be possible to stop taking them if the problem goes away. However, have a plan in place should symptoms recur.

When these steps aren't working or symptoms are more severe, the corticosteroid budesonide may be prescribed. This medication decreases inflammation in the colon, but relapse is common after the drug is stopped. Rarely, it may need to be used long term, which usually involves regular monitoring for side effects such as high blood sugar or bone thinning. Other options include redoubling the effort to find an alternative or contributing cause, more potent drugs or, rarely, surgery to remove the colon.

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PREPAREDNESS: Flooding

Here are 10 Facts that every Unincorporated Chatham County Resident should know:

(1) Chatham County's Local Flood Hazard - Because various locations of Chatham County are located within low laying coastal plains, these areas are susceptible to flooding from the Savannah, Wilmington, Vernon, Forest, Grove, and Ogeechee Rivers. The Springfield, Casey, Placencia, Pipemakers, and Hardin Canals can also cause flooding. As a coastal community, Chatham County is also subject to flooding from hurricanes. On July 10, 1948, over 5 inches fell within a 24-hour period. Since 1948, Chatham County has flooded over 14 times due to storms with 4" of rainfall or more. The County has on record over 1400 dwellings that flooded during those flood events.

(2) You should know your flood hazard. Check with the Chatham County Department of Engineering at (652-7800) to find out what flood zone you are in and what the Base Flood Elevation (BFE) is for your neighborhood. You can also use the forms or email address on this page to obtain a Flood Zone Determination letter. Check with Chatham Emergency Management Agency (CEMA) at 201-4500 to find out about the flood warning system (how much warning can you expect, and what evacuation route you should use). You can also view COMCAST Channel 16 and refer to the phone book to gain additional information including evacuation routes and the location of emergency shelters.

You can also visit the FEMA Map Store at <https://msc.fema.gov/portals/home>

There are specific measures you can take to protect yourself from flood waters. Learn how to turn off the gas and electricity to your house and do so if flooding is imminent. Be sure not to try to walk through flowing water or drive through flooded areas. Drowning is the number one cause of flood deaths followed by electrocution. Electrical currents from downed power lines and your home circuits can travel through water causing a safety hazard.

STAY OUT OF FLOOD WATERS!!

Contact Michael Blakely, the C.R.S. Program Manager in the County's Department of Engineering at 124 Bull Street, Room 430 (652-7800) for free publications on how to protect yourself and your dwelling. Ad-

ditional information can be found on FEMA's web site at www.fema.gov.

(3) Flood Insurance - The County participates in the National Flood Insurance Program (NFIP). In doing so, local insurance agents can sell a Flood Insurance policy, which is separate from regular property insurance, at subsidized rates set by the Federal Government. The Federal Government passed a law making it mandatory for owners to obtain a Flood Insurance policy if the structure is in a Special Flood Hazard Area (SFHA) and the loan is Federally backed. Flood Insurance can cover the structure alone or cover a combination of the structure and contents. Renters can buy coverage for contents, even if the owner does not have structural coverage. A new insurance policy is now available that assists

in bringing a non compliant structure up to the NFIP standards if the building is substantially damaged or repetitively flooded. Flood insurance is also available for structures outside the 100 year floodplain (Zone X). There is normally a 30-day waiting period before flood insurance goes into effect. Therefore, it is essential to plan ahead.

Chatham County subscribes to the Community Rating System (C.R.S.). By doing so, 15,877 flood insurance policy holders have received a 5% discount on their policy cost. Currently, our residents saved a total of \$257,400 each year on flood insurance premiums. That's an average of over \$16 per policy holder.

(4) Property Protection - In order to protect your property, electrical panel boxes, heat pumps, washers and dryers and water heaters should be elevated or re-located to areas less likely to be subjected to flood waters. Anchor and elevate fuel tanks. Raising the furniture and other valuables on blocks also will offer protection. If you have a basement, take preventive measures from flooding due to sewer backup or sump pump failure by having a check valve installed. Know what options there are to retrofit your house. Retrofitting means to alter the building to eliminate or reduce flood damage. There are several options to consider: elevation, flood barriers, dry floodproofing, and wet floodproofing. There are several references in the public libraries on retrofitting and additional documents pertaining to floodplain management topics. It's a good idea to keep materials around like sandbags, plywood, lumber and plastic sheeting. These materials can help minimize the damage caused not only by flood waters, but damage by hurricane force winds too.

Staff personnel from the Departments of Engineering and Public Works are prepared to make site visits, upon request, to assist property owners with flooding, drainage and sewer problems and to address any site-specific flooding concerns within your community. This service is provided at no charge. For additional information on flooding, flood insurance, flood zones, retrofitting, or how to pick a contractor, you may call the



Michael Blakely in the Countys Department of Engineering at 652-7800.

(5) Natural and Beneficial Functions of Floodplains - Natural floodplains generally include marsh areas and low lying areas along canals. Open parks such as Henderson Golf Course also have natural flood plains. Our natural floodplains reduce damage by allowing flood waters to spread out over large areas which helps facilitate absorption into the ground, reduces flow rates and serves as a flood storage area to reduce downstream peaks. We should all do our part to help keep our floodplain and floodplain waters free of contaminants such as oil, paint, anti-freeze and pesticides. These chemicals pollute the marsh waters that the local wildlife depends upon for their habitat.

Chatham County has barrier islands such as Little Tybee, Ossabaw, Cabbage and Wassaw Islands. These islands serve as a natural protective barrier to incoming hurricanes forces such as wave attack, and serve to reduce tidal and wind energies. These islands serve as natural aquatic habitats, wetlands, marshes and estuaries.

(6) Flood Warning System - In Chatham County, the Chatham Emergency Management Agency (CEMA) manages the flood warning system. Once CEMA receives a potential dangerous warning, sirens will be activated. The sirens can give as little as fifteen minutes warning time. When you hear the sirens, information can be heard on the television (WTOC, WSAV, or WJCL) or on the radio at WCHY (94.1) on what to do. Information can be heard on the NOAA weather radio broadcast at frequency 162.40. Local evacuation routes can be found in the phone book. For additional information, contact CEMA at 201-4500. Additional information about potential flood conditions can also be obtained by visiting the USGS River Gage Website.

(7) Permit Requirements - There are certain things you need to know when considering this question. The County Flood Damage Prevention Ordinance requires that all construction, additions, conversions and/or development located in areas of special flood hazard comply with certain minimum standards intended to minimize damage from floods. For example, houses and certain other structures are required to be built at or above the 100 year base flood elevation. The County Zoning Ordinance requires that building permits be obtained from the County Department of Building Safety & Regulatory Services. The County Stormwater Management Ordinance has restrictions on the placement of fill in special flood hazard areas. The County Land Disturbing Activities (LDA) requires permits for certain land disturbing activities and requires soil erosion control best management practices for construction even if a LDA permit is not required.

To obtain a building permit, contact your building official at the Chatham County Department of Building Safety and Regulatory Services at 1117 Eisenhower Drive, Savannah Georgia or phone them at 201-4300.

If you see someone working without a building permit or if you have any other questions or concerns about permits, please do not hesitate to call 201-4300.

(8) Substantial Improvement Requirements - Any substantially improved or substantially damaged home must be brought up to the NFIP and Countys Flood Ordinance requirements. This is known as the 50 % Rule. The "50% Rule" states that if the lowest finished floor of an existing house is below the base flood elevation (BFE) and the cost of repairs or renovations will increase the structures original Fair Market Value by more than 50%, then the lowest finish floor elevation must be raised or elevated to at least the BFE. In the VE zones within Unincorporated Chatham County, the bottom of the lowest horizontal member must be brought up to or exceed the BFE. Also note that additional County Floodplain requirements may apply.

(9) Drainage System Maintenance - Besides flood insurance, you should protect your structure by ordinary preventive means. For example, do not sweep or blow yard leaves, pine needles, grass clippings or soil into the street or storm water system. This clogs up the pipes and prevents water from draining. If your property is adjacent to a drainage ditch, please aid the County by keeping the banks clear of brush and debris. Dumping in ditches is prohibited as stated in the Countys Storm Water Management Ordinance. To report someone dumping trash in the canals, storm drainage system, drainage ditch, or to request needed maintenance of drainage facilities, please contact the Department of Public Works at 652-6840.

“
*Various locations of
Chatham County are located
within low laying
coastal plains, these areas are
susceptible to flooding*

(10) Unincorporated Chatham County Flood Prone Areas - You can review the flood zone map information at www.sagis.org to determine if you are in or near a flood prone area. If you need a Flood Zone Determination Letter, see #2 above.





Was The Fourth Quarter of 2018 Just A Bad Dream For Investors *It Sure Looks Like It Now*

By Jill Schlesinger
Tribune Content Agency

The first half of the year is over and I don't know about you, but I am exhausted! As I prepared for a much-needed week off, I thought back on some recent interviews I conducted with guests who inspired me. Three seem apt, as I prepared for vacation.

Cal Newport, author of "Digital Minimalism: Choosing a Focused Life in a Noisy World," continues to tackle difficult questions. In his earlier book, "Deep Work," he wrote about learning how to focus without distraction on a cognitively demanding task. His newest project was an outgrowth of that project. He found that while work issues distracted many, there was something bigger at play: a noisy digital world was impeding progress and causing unhappiness. The combination of the smartphone, its apps and our obsessive urges are preventing us from getting lost in a good book, a home improvement project and enjoying friends and family without feeling the need to document the experience.

Drawing on a diverse array of real-life examples, from Amish farmers to harried parents to Silicon Valley programmers, Newport shows how digital minimalists are rethinking their relationships to social media, rediscovering the pleasures of the offline world and reconnecting with their inner selves through regular periods of solitude.

If you have tried to turn off notifications or limit your email check-ins to a set period each day, you may have felt like those actions don't go far enough to take back control of your technological life. Newport's book helped me discover a more thoughtful and purposeful method to decide what tools to use, for what purposes, and under what conditions.

The key is to learn how technology can support your goals and values, rather than letting it control you, and Newport's book is a welcome guide to doing so.

The other author who came to mind as I was looking forward to time off was Daniel H. Pink. In his book "When: The Scientific Secrets of Perfect Timing," Pink shows us that timing is really a science. Drawing on a rich trove of research from psychology, biology, and economics, Pink shows us how to use the hidden patterns of the day to build the ideal schedule.

He also tackles larger issues, like the ideal time to quit a job, switch careers or get married. Pink's practical takeaways provide compelling insights into how we can live richer, more engaged lives.

“
***Practical takeaways
provide compelling
insights into how we can
live richer, and more
engaged lives.***”

Finally, if you are seeking a new way to see your workplace, check out "Nine Lies About Work: A Freethinking Leader's Guide to the Real World" by Marcus Buckingham and Ashley Goodall.

Besides the delicious title, the authors shed light on something that many of you may feel: There are some big lies, distortions and faulty assumptions that we encounter every time we show up for work.

If you want to get past the lies and discover what's real, there are no shortcuts; you will need to recognize the power and beauty of our individual uniqueness.

The authors reveal the essential truths that freethinking leaders and workers will recognize immediately: that it is the strength and cohesiveness of your team, not your company's culture, that matter most; that we should focus less on top-down planning and more on giving our people reliable, real-time intelligence; that rather than trying to align people's goals we should strive to align people's sense of purpose and meaning; that people don't want constant feedback, they want helpful attention.

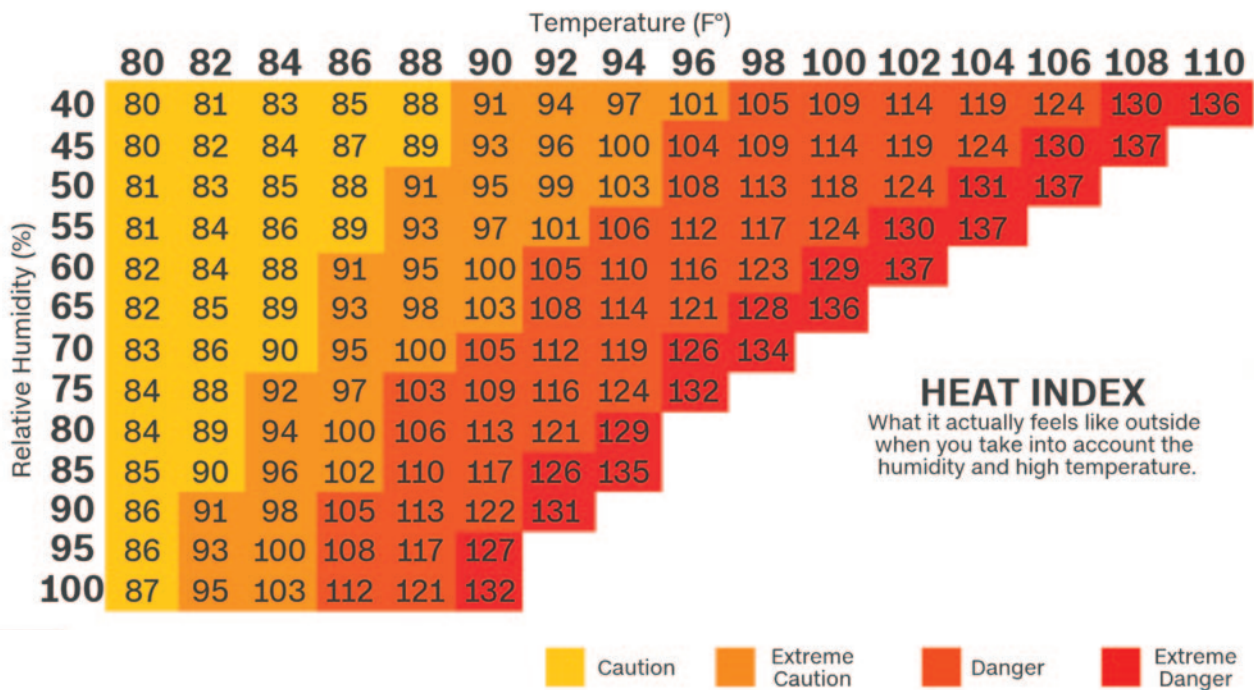
"Nine Lies About Work" reveals the few core truths that will help you show just how valuable you are to those who truly rely on you, and vice versa.

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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Baby It's Hot Outside!

Understanding the Heat Index



Why The Heat Index Matters More Than The Temperature In This Heatwave

Humidity can be measured in several ways, but relative humidity (RH) is the most common. In order to understand RH, it is helpful to first understand absolute humidity.

Absolute humidity is the mass of water vapor divided by the mass of dry air in a volume of air at a given temperature. The hotter the air is, the more water it can contain. Absolute humidity is expressed as grams of moisture per cubic meter of air (g/m³).

Relative humidity is the ratio of the current absolute humidity to the highest possible absolute humidity (which depends on the current air temperature). A reading of 100 percent relative humidity means that the air is totally saturated with water vapor and cannot hold any more, creating the possibility of rain. This doesn't mean that the relative humidity must be 100 percent in order for it to rain — it must be 100 percent where the clouds are forming, but the relative humidity near the ground could be much less.

Humans are very sensitive to humidity, as the skin relies on the air to get rid of moisture. The process of sweating is your body's attempt to keep cool and maintain its current temperature. If the air is at 100 percent relative humidity, sweat will not evaporate into the air. As a result, we feel much hotter than the actual temperature when the relative humidity is high. Your shirt may become saturated with perspiration that doesn't go anywhere, leaving you feeling like a swampy bog monster of revolting proportions.

If the relative humidity is low, we can feel much cooler than the actual temperature because our sweat evaporates easily, cooling us off. For example, if the air temperature is 75 degrees Fahrenheit (24 degrees Celsius) and the relative humidity is zero percent, the air temperature feels like 69 degrees Fahrenheit to our bodies. If the air temperature is 75 degrees Fahrenheit and the relative humidity is 100 percent, we feel like it's 80 degrees out, and you start praying that you had the air conditioner serviced last fall.

People tend to feel most comfortable at a relative humidity of between 30 and 50 percent. Humidifiers and dehumidifiers help to keep indoor humidity at a comfortable level. They also vitally help to dry interior structures like drywall and lumber to prevent them from deteriorating due moisture and subsequent mold [sources: Keefe, EPA].

If you're an outdoorsy person or just particularly sensitive to that clammy, damp feeling you detect outside, it's vitally important to understand the difference between relative humidity (RH) and dew point, because the latter will actually give you a better idea of just how quickly you'll become uncomfortable with any exertion. The dew point is, in short, the point at which dew droplets form on objects like grass — in other words, when a relative humidity of 100 percent is achieved [source: National Weather Service].

The higher the dew point, the muggier it will be and the more uncomfortable you'll become. A dew point around 55 is pretty comfortable, but higher than 65 and you'll quickly realize how oppressive the



situation really is. For example, a temperature of 80 degrees F and a dew point of 60 degrees F would mean a RH of 50 percent. (Humidity is calculated using a formula combining vapor pressure, temperature, dew point and other factors [source: WHIO]). That's a level that most people won't enjoy unless they have easy access to a nice cool air conditioner.

So, when you hear a weather forecaster say, "It's 85 degrees outside, but with the humidity, it feels like 92 degrees," that 92 is combination of the temperature and the dew point, also known as the heat index.

As a quick rule of thumb, the closer the dew point is to the actual air temperature, the more likely it is that you'll feel like the air is too humid, but keep in mind that air temperature does affect our perception of humidity. For example, on a 35-degree F winter day, if the RH is 94 percent, the dew point would be 34 degrees F. But because the air is frigid, you're much less likely to complain about the muggy conditions.



| HEAT EXHAUSTION | | OR | HEAT STROKE | |
|---|--|----|---|--|
| Faint or dizzy | | | Throbbing headache, confusion | |
| Excessive sweating | | | No sweating | |
| Cool, pale, clammy skin | | | Body temperature above 103° Red, hot, dry skin | |
| Nausea or vomiting | | | Nausea or vomiting | |
| Rapid, weak pulse | | | Rapid, strong pulse | |
| Muscle cramps | | | May lose consciousness | |
| <ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses | | | <p>CALL 9-1-1</p> <ul style="list-style-type: none"> • Move person to cooler place • Cool using cool cloths or bath • Do not give anything to drink | |
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