

POOLER

Vol II • Issue IV

June / July 2017

TodaySM



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POOLER USEFUL CONTACTS

Pooler - Information / Non-Emergency

Pooler City Offices for the:

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

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) 356-2140
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

Pooler / Area Community Churches

Beth-El Alliance Church	(912) 925-2961
Calvary Assembly of God	(912) 748-5847
Christ Presbyterian Church	(912) 399-5717
Chua Cat-Tuong Temple	(912) 965-1876
First Presbyterian Church of Pooler	(912) 330-9415
First Baptist Church of Pooler	(912) 748-7521
Gateway Community Church	(912) 748-7011
Heavenbound Baptist Church	(912) 921-1500
Morning Star Baptist Church	(912) 748-9994
New Birth Savannah	(912) 748-2969
New Testament Baptist Church	(912) 964-7655
Pooler Bible Church	(850) 274-2534
Quacco Baptist Church	(912) 925-3885
Relate Church	(912) 988-1354
Risen Savior Lutheran Church	(912) 925-9431
Rothwell Baptist Church	(912) 748-7593
Savannah 1st 7th Day Adventist Church	(912) 748-5977
Southbridge Community Church	(912) 401-8505
South Valley Baptist Church	(912) 748-0279
St. Patrick's Episcopal Church	(912) 748-6016
The Church at Godley Station	(912) 236-1511
Trinity United Methodist Church	(912) 748-4141
West Chatham Baptist Church	(912) 748-2022
Westside Christian Church	(912) 748-0309

Utility Companies

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City of Pooler	(912) 748-4800
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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
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Animal Control

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

<http://pooler-ga.us>



Photo by Cierra Ayers



POOLER *Today* SM

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Photo by Tom Reimer

Greetings Pooler Community

June is the month we associate with graduations. Students everywhere toss their mortarboards into the air and shout, "I made it!" Not so fast boys and girls. You have a long road ahead before you can lay claim to those words.

Today, you are closing one chapter of your life and beginning another. That's why graduations are referred to as commencements. Hopefully, you will take the lessons you learn with each chapter and put them to good use. Be realistic. There will be disappointments. At times, you may feel you failed, but if your heart and efforts were in the right place, you probably did the best you could. The lessons continue, and your homework is to move beyond the tough times and continue to graduate again and again.

Remember that your professional work is only part of your life and there will be thousands of graduates competing for jobs you want. Don't lose sight that you are special and have much to offer - not only to an employer, but also the world. A wise person once said, "No man ever said on his deathbed I wish I had spent more time in the office."

We often hear the expression, "Get a life." In a commencement address some years ago, novelist Anna Quindlen said "...life is the best thing ever, and you have no business taking it for granted. Care so deeply about its goodness that you want to spread it around. Once in a while take money you would have spent on beers and give it to charity."

Graduates, be grateful. Live your own life. Listen to what others say, but you are your own gatekeeper. This is your opportunity to use that diploma for something more than finding the right job. You are our future, and throughout your lives you will be challenged to put aside the textbooks and lead lives that bring honor and grace to you, your families and humankind. Be strong; be courageous and don't be afraid to fail every now and then.

Stay true to yourself and be kind to others. Work hard at your job and your life, so that your final chapter will pay tribute to a life well-lived. Only then do you get to shout, "I made it!"

Sneezin's Greetings, Everyone!

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The Savannah Country Day School Congratulates the Class of 2017



The Class of 2017 earned admission to 118 colleges and universities located in 31 states and the District of Columbia. The impressive, and abbreviated, list of admitted schools below is a testament to our talented students who embrace a rigorous curriculum while receiving personalized college guidance from our team of experienced counselors.

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Brown College
Centre College
Chapman University
Davidson College
Dickinson College
Elon University
Emory University
Fordham University
Georgetown University
Georgia Institute of Technology
Johns Hopkins University
Lawrence University

New York University
Northeastern University
Pepperdine University
Providence College
Purdue University
Sewanee
Stanford University
Swarthmore College
Texas Christian University
The Ohio State University
The University of Georgia
The University of North Carolina at Chapel Hill
The University of Texas, Austin
Tulane University
University of California, Berkeley

University of Florida
University of Miami
University of Michigan
University of Notre Dame
University of Pennsylvania
University of Richmond
University of Rochester
University of Virginia
Vanderbilt University
Villanova University
Wake Forest University
Washington and Lee University
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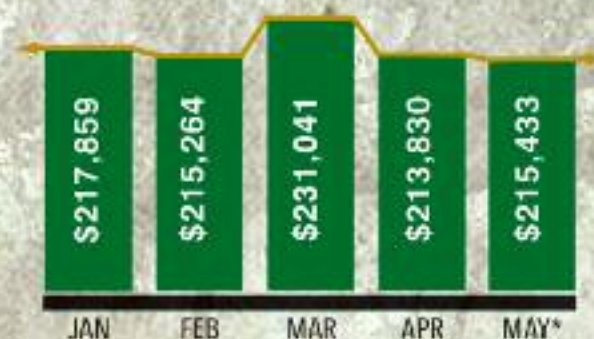
REAL ESTATE REFLECTIONS

Geographically Pooler 31322 and 31407

Jan. 1st - May 23, 2017



POOLER HOMES SOLD



AVERAGE HOME SALES PRICE



AVERAGE # OF DAYS MARKET

* Data as of May 23, 2017



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God Changes Communities Through Godly Marriages

By John Fender

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

A strong, healthy community is dependent upon strong, healthy families. Strong, healthy families are dependent upon strong, healthy marriages!

Let me quickly add that I know some incredible folks from broken homes who are wonderfully impacting their communities. Yet, on the whole the statistics are telling. Consider a few statistics from the Marriage and Religion Research Institute:

Individuals from intact families completed, on average, more years of schooling and were more likely to graduate from high school and college than were their peers raised in non-intact families.

High school students in intact families have GPAs 11 percent higher than those from divorced families.

A child's likelihood of living in poverty is reduced by 82 percent if he is raised in a married two-parent family with a mother and father.

Married men are less likely to commit crimes and acts of domestic violence.

Adolescents from intact families commit fewer violent acts of delinquency.

Parental divorce contributes to "externalizing behaviors," including weapon carrying, fighting, substance abuse, and binge drinking.

Married people are least likely to have mental disorders, and have higher levels of emotional and psychological well-being than those who are single, divorced, or cohabiting.

Again, there are wonderful exceptions. At the same time, there is a certain stability that comes from having two parents in the home. But we must quickly note that simply having two parents does not guarantee stability. Marriages can be very rocky and unstable. Which brings us to the topic of godly marriages.

A godly marriage is a marriage in which God Himself is recognized as the ultimate authority and in which the couple is seeking to more and more honor God in their actions and attitudes. These marriages are by no means perfect, but they are marked by an effort to pursue God and be transformed by Him.

God Himself instituted marriage in Genesis 2:24, "Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh." Crucial to the biblical concept of marriage is the concept of a covenant. Marriages are covenant commitments. They are vows that create a certain stability, a certain permanence in which that relationship can deepen. However, human commitments often crumble. Therefore, to stabilize those commitments they must be built upon One who is completely stable, namely God Himself.

Building a marriage relationship upon God Himself involves more than simply an appeal to a greater authority who commands we stay married. It involves first and foremost personally knowing God's authority over you and love for you! It involves allowing His love for you to shape the way you love others. It involves allowing His forgiveness for your failures to motivate you to forgive your spouse when he/she fails you. It involves allowing His patience towards you to generate a patience within you.

Most people enter marriage with the idea that this will be a 50/50 commitment. If your spouse does his part then you will do your part. The problem? You will constantly be counting each other's effort! And when you spouse slacks off some, so will you! But if you are primarily motivated by God Himself, a God who seeks us out, a God who saves us when we could not save ourselves, a God whom we love because He first loved us, then even on your spouse's worst day we can move towards them in love.

Godly marriages are those in which God Himself motivates, empowers and changes the couple. And then through that couple, impacts those around them. And as the number of godly marriages in any community increases, then so does the impact upon that community.

May God work through local churches to strengthen marriages and therefore, impact our city!

TASTE OF POOLER



NATIONAL MUSEUM OF THE MIGHTY EIGHTH AIR FORCE

Taste of Pooler Photos by:
Tom Reimer
t.howardreimerphotos@yahoo.com



The Pooler Chamber of Commerce wishes to thank all our vendors and sponsors who helped make this such a success.

Congratulations to the Winners of Our 2017 Taste of Pooler!

BEST TABLE WINNERS:

- 1st Place Tijuana Flats
- 2nd Place Pie Society
- 3rd Place Molly Macpherson's

MAIN DISH:

- 1st Place Miss Sophie's
- 2nd Place Molly Macpherson's
- 3rd Place Longhorns Steak House

SIDE DISH:

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- 2nd Place Molly Macpherson's
- 3rd Place Pie Society

BEST OVERALL:

- 1st Place Pie Society
- 2nd Place Cake Corner
- 3rd Place Molly Macpherson's

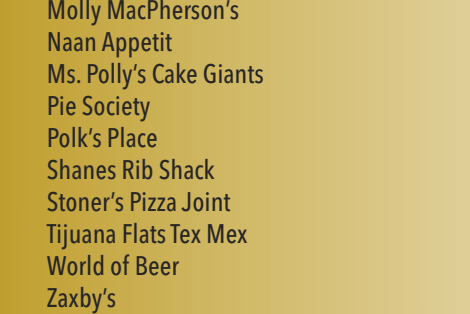
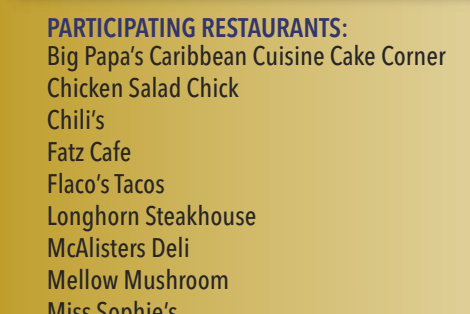
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 Shanes Rib Shack
 Stoner's Pizza Joint
 Tijuana Flats Tex Mex
 World of Beer
 Zaxby's



Dehydration And Physical Activity

By Davana Pilczuk, Ph.D.

Summer is fast approaching and along with it comes the heat and humidity. Now is the time to become knowledgeable about the effects of dehydration on the working body. Whether you are working outside in the hot sun or just out for a fun family bike ride here are some things you need to know.

Water is the major component of the human body, making up about 60% of your body. The body can survive for weeks without food, but only for a few days without water. Water aids in the digestion and absorption of food, is the main component of urine and sweat, and is the medium in which most chemical reactions occur. Water is also an important component of blood and pulmonary function. It is essential to keep the body performing at its best, thus, proper hydration should always be stressed in hot, high temperature environments.



Who Is Affected

Anyone can be affected by dehydration. However, people who work and play outside, especially in the direct sun are at the highest risk for heat stress or stroke. Adults, children and even pets can be affected by dehydration. Your peak times to avoid the sun are between 10am-4pm.

Don't Like water?

There are other options other than plain water that can help keep you hydrated. Drink Propel or use Dasani Drops to add flavor to water. Popsicles and fleshy fruits like water melon, plums and peaches can contribute much needed fluid and vitamins to the body.

Five Tips to Remember

- Kids tend to forget to drink during the day. Give them a water bottle and ask that they finish it by early afternoon. Reward them if

they drink water since most kids want soda or juice simply because it tastes better. Getting them to drink water now will put them in a good habit of drinking it when they are older.

- You need about 2 liters, or 8 cups of water/day; more if you are physically active.

- Water is fine for low intensity jobs or continuous physical activity under one hour. Sports drinks are good for high intensity physical exercise/activity that continues for well over one hour.

- Watch your alcohol consumption. If you consume alcohol on your days off, remember it can stay in your system for up to 48hrs later. Alcohol is a diuretic, which means it can dehydrate you so planning accordingly.

- Check your urine. If you're hydrated, it should be almost clear and odor free. It is yellow or smelly, go chug a big glass of water and get yourself hydrated. Your kidneys will thank you.

Summer is meant to be fun. Stay hydrated you'll be happier for it!

Davana Pilczuk has a doctorate in kinesiology and specializes in the field of human performance. She is an avid speaker and writer and has been featured in numerous magazines, newspapers and international conferences. She can be reached at davanapilczuk@hotmail.com or follow her on Twitter @DavanaHPG.



Ascension Art Gallery

Monica Floyd, Artist

223 US HWY 80 E • Pooler GA

www.ascensionartgallery.com

(912) 660-4972

Practice self love and gift yourself an original piece of artwork from Ascension Art Gallery in Pooler, Georgia. Ascension Art Gallery is a space where you feel the beauty of inspiration through image and atmosphere. The owner and artist, Monica Floyd, is truly passionate about bringing art and culture into the Pooler community. Grand opening plans are set for June/July, so take a look at the 117 year old house at 223 US HWY 80 E as new life is breathed into it.



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Photo by Clerra Ayers

The Safest Cities In Georgia Pooler Ranks Again In 2017

By Safewise

Whether it's on Georgia's thirty public institutions for higher-education, across the Peach State's highways, or in the cribs of Georgia's next generation, safety is priority number one in this southern state. From the Safe to Sleep campaign's efforts to prevent SIDS to the Share the Road initiative - which earmarked nearly \$100,000 from the Governor's Office of Highway Safety to help keep motorcyclists safe on Georgia's roads—Georgia puts dollars and manpower behind keeping its citizens safe.

Because of Georgia's effort, it's no surprise that 75% of last year's safest cities stayed in our top twenty once again. This year, we're recognizing the fifty safest cities in Georgia, all of which reported fewer than forty total violent and property crimes per 1,000 people, according to the 2015 FBI crime data. Although Georgia has a slightly higher crime rate than the national average, 58% of Georgia's safest cities have lower property crime rates and 88% reported lower violent crime rates than the national average.

Helping to boost those numbers were the 33 safest cities that reported zero murders. Find out if your city made the cut this year, and explore how you can help make your neighborhood, city, and state a safer place for everyone to live. Our Georgia Safety Directory has resources to help you with everything from personal security and fire safety to neighborhood watch groups and emergency preparedness. Your efforts could help push your city to the top of our list next year.

How We Chose the Safest Cities in Georgia

To identify the 50 safest cities in Georgia, we reviewed the most recent FBI Crime Report statistics from 2015, along with population data. We eliminated all cities with fewer than 4,000 residents as well as any cities that failed to submit a complete crime report to the FBI.

The City of Pooler Georgia Safest City in Georgia ranked #35. Violent crimes per 1,000 was recorded at 1.82 and property crimes per 1,000 was 28.73.

From there, we evaluated the remaining cities. We narrowed it down based on the number of reported violent crimes (aggravated assault, murder, rape, and robbery) and property crimes (burglary, arson, larceny-theft, and motor vehicle theft) in each city. To further level the playing field, we calculated the likelihood of these crimes occurring out of 1,000 people in each city.

Congratulations to the City of Pooler!

Make a Disaster Plan For Your Pets

How to Keep Pets Safe In Natural Disasters and Everyday Emergencies

By The Humane Society

Start getting ready now

ID your pet

Make sure that cats and dogs are wearing collars and identification tags that are up to date. You'll increase your chances of being reunited with pets who get lost by having them microchipped; make sure the microchip registration is in your name. But remember: The average citizen who finds your pet won't be able to scan for a chip, but they will probably be able to read a basic tag!

Put your cell phone number on your pet's tag. It may also be a good idea to include the phone number of a friend or relative outside your immediate area—in case you have had to evacuate.

Put together your disaster kit

Use our checklist to assemble an emergency kit for yourself and your pet.

Find a safe place to stay ahead of time

Never assume that you will be allowed to bring your pet to an emergency shelter. Before a disaster hits, call your local office of emergency management to see if you will be allowed to evacuate with your pets and verify that there will be shelters in your area that take people and their pets.

Contact hotels and motels outside your immediate area to find out if they accept pets. Ask about any restrictions on number, size, and species. Inquire if a "no pet" policy would be waived in an emergency. Keep a list of animal-friendly places handy, and call ahead for a reservation as soon as you think you might have to leave your home.

For help identifying pet-friendly lodgings, check out these websites: Make arrangements with friends or relatives. Ask people outside your immediate area if they would be able to shelter you and your pets—or

just your pets if necessary. If you have more than one pet, you may need to arrange, to house them at separate locations.

Consider a kennel or veterinarian's office. Make a list of boarding facilities and veterinary offices that might be able to shelter animals in disaster emergencies (make sure to include their 24-hour telephone numbers).

Check with your local animal shelter. Some shelters may be able to provide foster care or shelter for pets in an emergency. But keep in mind that shelters have limited resources and are likely to be stretched during a local emergency.

Plan for your pet in case you're not home

In case you're away during a disaster or evacuation order, make arrangements well in advance for someone you trust to take your pets and meet you at a specified location. Be sure the person is comfortable with your pets, and your pets are familiar with them. Give your emergency caretaker a key to your home and show them where your pets are likely to be (especially if they hide when they're nervous) and where your disaster supplies are kept.

If you have a pet-sitter, they may be able to help. Discuss the possibility well in advance.

If you evacuate, take your pet

Rule number one: If it isn't safe for you, it isn't safe for your pets. You have no way of knowing how long you'll be kept out of the area, and you may not be able—or allowed—to go back for your pets. Pets left behind in a disaster can easily be injured, lost or killed.

Pledge to take your pet with you when disaster strikes

Rule number two: Evacuate early. Don't wait for a mandatory evacuation order. Some people who have waited to be evacuated by emergency officials have been told to leave their pets behind. The smell of smoke or the sound of high winds or thunder may make your pet more fearful and difficult to load into a crate or carrier. Evacuating before conditions become severe will keep everyone safer and make the process less stressful.

Continued on Page 57

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Pooler Fire Department Deployment Saving The Okefenokee Wildlife Refuge

By Chief G. Wade Simmons
Pooler Fire and Rescue

While wildfires burned across our nation, the largest to date was the Okefenokee National Wildlife Refuge.

The West Mims Fire in Okefenokee National Wildlife Refuge prompted evacuations in South Georgia. The wildfire was ignited by a lightning strike and was reported on April 6, 2017. The site is approximately 2.5 miles northeast of the Eddy Fire Tower in the Okefenokee National Wildlife Refuge. The fire continued to grow but was contained within the refuge until late in the evening. The fire jumped the containment lines and spread rapidly toward the small community of St. George. An urgent call was placed for resources from around the state to help protect the town and the surrounding areas covered with commercial timber.

On May 7th, Pooler Firefighters responded to assist in one of the largest wildfires ever to occur in the state. Eventually, over 238 square miles would burn. Crews of firefighters and apparatus were committed to the scene for over a week and rotated in and out on a twenty-four-hour cycle. Many fire crews were assigned to the east side of the refuge where there were 15 mph winds with gusts up to 25 mph which push the flames close to the Swamp Edge Break.

By the end of our deployment on May 15th, over 20 of Pooler Fire Department personnel were directly responsible for assisting in this massive undertaking operation.



Photos courtesy of Pooler Fire and Rescue



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Medication May Help Slow Progression of PBC

By Konstantinos Lazaridis, M.D.,
Gastroenterology and Hepatology,
Mayo Clinic, Rochester, Minn.



DEAR MAYO CLINIC: I was diagnosed with primary biliary cirrhosis three months ago. I don't have any symptoms yet but wonder what I should look for. Are there things I can do to slow its progression?

ANSWER: *Your situation is common. Most people diagnosed with primary biliary cirrhosis, or PBC, in its early stages don't have any symptoms. Many remain symptom-free for years. Medication is available that can slow the progression of the disease, making it less likely that you'll develop symptoms soon.*

PBC is a disease in which the bile ducts in the liver become damaged. Bile, a fluid that your liver makes, plays a role in digesting food. It also helps your body get rid of worn-out red blood cells, cholesterol and toxins. When bile ducts don't work the way they should, harmful substances can build up in your liver. In time, that may lead to irreversible scarring of your liver tissue.

PBC mainly affects women in their 50s. It isn't clear what causes PBC, and in the disease's early stages most people don't know they have it. Many

find out about PBC when results of a blood test done for another reason reveal that their liver enzyme levels are higher than normal. Additional blood tests usually confirm the diagnosis.

PBC is a slowly progressive disease. It often can be slowed further with a medication called ursodeoxycholic acid, or UDCA. Studies suggest that if UDCA is started in the early stages of the disease, it may extend life expectancy for people with PBC to the same point it would be if they didn't have the disease. For the majority of patients, this medication is all they need to substantially postpone PBC symptoms.

But even if you take UDCA, PBC symptoms may develop eventually. The most common symptoms are fatigue, weakness and itchy skin. Less common symptoms that usually appear after the disease has progressed significantly may include jaundice; bone, muscle and joint pain; fluid buildup; weak or brittle bones; and dry mouth and dry eyes, among others. A variety of therapies are available that can help keep these symptoms under control.

For a small number of people, UDCA is not effective in slowing the disease progression, and PBC eventually leads to liver failure. In those cases, a liver transplant typically is the only treatment option. Fortunately, transplants for PBC are much less common now than they used to be before UDCA became available. Research is underway to find additional treatment choices for those individuals who do not respond to UDCA.

Although uncommon, some people with the disorder have a family history of PBC. With that in mind, it's important for the women in your immediate family - your mother, sisters and daughters - to know about your PBC diagnosis, especially if they are middle-age. If results of blood tests show that they have elevated liver enzymes, they should be tested to check for PBC.

As you consider how to manage PBC over time, talk with your doctor about taking UDCA if you haven't done so already. Also, set up a schedule for follow-up care. Regular checkups and blood tests allow your doctor to monitor your liver function and keep track of how quickly PBC is progressing. If you notice new or unusual symptoms at any time, contact your doctor right away.

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



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

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

DEET

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

PICARIDIN

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

EUCALYPTUS OIL

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



Hospice Savannah Thrift Shoppe In Pooler Is Now Open!

The Pooler community was out to warmly welcomed the ribbon cutting of Hospice Savannah's Thrift Shoppe at 331 US Highway 80 East in Pooler's Fortune Plaza.

Mayor Lamb, the Pooler Chamber of Commerce and Visitors Bureau and Hospice Savannah board members, officially welcomed shoppers to the upscale store that opened in mid-April. All proceeds from the Shoppe provide a self-sustaining revenue stream to fund the many extra services and programs offered to both community members and hospice patients and their families by not-for-profit Hospice Savannah, Inc.

The Byrd's Cookie Cruiser was out in the parking lot greeting guests and distributing their special and delicious treats; there was fresh lemonade, raffle and door prizes; and shoppers who came out and enjoyed an additional 20% discount.

The Thrift Shoppe is stocked with many new kitchen items generously donated from the former Twelve Oaks store, Kitchen Outfitters, and with lots of gently used furniture, clothing and household wares donated by Hospice supporters. All donations are tax-deductible.

The Hospice Savannah Thrift Shoppe is open Tuesday through Saturday from 10 a.m. to 6:00 p.m. More information can be found at www.HospiceSavannah.org/Thrift or by calling the Hospice Savannah Foundation at (912) 629-1055.

Hospice Savannah, Inc. is the only community-based not-for-profit hospice in the Coastal Empire and the only hospice to have earned the Gold Seal of Approval from The Joint Commission. Hospice care, caregiver support (through the Edel Caregiver Institute) and bereavement counseling (through Full Circle Grief & Loss Center) are provided in Chatham, Bryan, Effingham, Liberty, and Long counties. Palliative Care (through the Steward Center for Palliative Care) is offered throughout the greater Savannah area.



MISS SOPHIE'S



With the heat of summer bearing down on we begin to look for recipes that get us out of kitchen fast. No one wants to stand over a hot stove and cook. This recipe does just that. It's good served hot or cold and can get you out the kitchen in 15 minutes max! Mix it with a crisp green salad and a pasta or potato salad and you've got a gourmet dinner.



- 1 French banquette, sliced and toasted
- 16 oz crabmeat
- 1 cup tomato chopped
- ¼ cup bell pepper chopped
- 3 tablespoons fresh chives, chopped
- 1 tablespoon fresh basil, chopped

Mix all ingredients, except bread together in a bowl. Arrange toasted bread slices on a baking sheet. Top with crab mixture. Bake at 425 degrees for 2-3 minutes

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Financial Literacy Blind Spots: Debt and Retirement

By Jill Schlesinger
Tribune Content Agency

April was Financial Literacy Month, and throughout I kept track of the most frequently asked questions that I fielded from this column, my "Jill on Money" radio show and the "Better Off" podcast. The good news is that my listeners and readers are more on top of financial matters than the wider public!

According to the National Financial Literacy Test, a snapshot of basic money concepts, the average score was a disappointing 63 percent, and only 48 percent of those who took the test were able to pass it. One area that proved especially tough for respondents was debt. Just 44 percent knew that loan payments are based on both the interest rate and the length of the loan.

Most of the debt-related questions that I fielded during the month were about student loans. Borrowers were hyper-focused on paying down outstanding debt, but many wondered, "Should I pay off my student loans before funding retirement?" If you have access to a workplace match for your retirement plan, I recommend contributing up to that level to capture the money, in addition to aggressively paying down student loans. Without a match, I would suggest putting 1 percent or 2 percent of your income into an employer-based or your own retirement account, simply to get into the habit of saving.

Another common question was about con-

solidating old retirement accounts, which makes the overall management of retirement funds easier. "Are there any situations where it doesn't make sense to roll over a 401(k) at a previous employer into an IRA?" one person asked. "If a 401(k) is preferable, should I roll my old IRAs into my current 401(k)?" If your old plan has plenty of low-cost investment options and your employer allows you to maintain it after leaving, it is just fine to leave it as is. There is also an extra benefit to a 401(k) account: Assets within the account are protected against claims from creditors and from bankruptcy courts.

Presuming that you are currently participating in an affordable, company-sponsored plan that allows you to transfer other retirement accounts into the plan, there may be another compelling reason to do so. If you plan to or are likely to keep working into your 70s, you can postpone required minimum distributions from a 401(k), 403(b), profit-sharing or other defined contribution plan until you retire, as opposed to an IRA, from which you are compelled to take distributions after you turn 70 1/2.

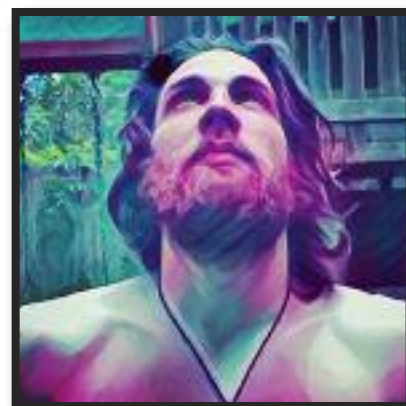
The most frequently asked question that I received during Financial Literacy month was: "Do I have enough to retire?" Considering that the hardest question on the National Financial Literacy Test was one that explored the concept of compounding interest, this is indeed an important topic! (Just 30 percent were able

to answer correctly: "If I invest \$100 per month starting at age 21, and that money earns a 7 percent annual return, how much will I have after 70 years?" The answer: "More than \$1.5 million.")

How much you need to retire depends on your specific circumstances, not a simple rule of thumb. You need to start by projecting what your income need will be during retirement; for those who don't currently track expenses, this involves an extra step.

Once you have your income need in hand, then you need to factor in future income, such as pensions, Social Security or earnings from your investments. Many investment companies have free retirement calculators, as does the Employment Benefit Research Institute. If you are willing to pay up, the ESPlanner calculates what you should save, spend and insure to maintain your living standard. It costs \$149 for the first year one and \$70 annually thereafter to update licenses.

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.)



Father's Day

Here's to Alex, the Father of two.
Here's to Shelby, The Father of three.
One my children had to lose.
The other was just meant to be.

Fathers here and Fathers lost,
You celebrate on different planes.
We're on both and that's the cost,
Of losing some while some remain.

Fathers watch and Fathers teach,
Trying to protect their own.
Fathers love and Fathers preach,
Sharing all that they have sown.

Watch your Fathers for they have wisdom,
Beyond what we know at our own age.
Father's Day to give back some,
To a Wiseman or a Sage.

~ Monica Floyd

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Codeine was prescribed to more than 800,000 children younger than 11 years old in 2011!



A New Warning About Codeine

By Sue Hubbard, M.D.

In order to keep us all safe, the FDA is constantly monitoring drugs and their side effects. For many years codeine was prescribed for children's pain relief as well as to suppress coughs. Over the last few years there have been more and more discussions about limiting the use of narcotics in children, but I continue to see some children who come from seeing other physicians and have received a prescription that contains codeine.

The FDA just issued new warnings against prescribing codeine for children and adolescents. The FDA reviewed adverse event reports from the past 50 years and found reports of severe breathing problems and 24 deaths linked to codeine in children and adolescents. Genetic variation in codeine metabolism may lead to excessive morphine levels in some children. The FDA also performed a literature review, which noted excessive sleepiness and breathing problems, including one death, in breastfed infants whose mothers used codeine.

Due to these findings the FDA is now recommending that "codeine should not be used for pain or cough in children under 12 years of age." It has also issued a warning that codeine should not be used in adolescents ages 12 to 18 "who are obese or have conditions associated with breathing problems, such as obstructive sleep apnea or severe lung disease." In retrospect, codeine was prescribed to more than 800,000 children younger than 11 years old in 2011. Amazingly, codeine is currently available in over-the-counter cough medicines in 28 states.

Lastly, the FDA "strengthened the warning" regarding codeine and breastfeeding. They now recommend that breastfeeding women do not use codeine, which may change the post-delivery pain protocol. Non-steroidal anti-inflammatories (Ibuprofen) and acetaminophen (Tylenol) are preferred and are effective for mild to moderate postpartum pain. As a pediatrician, it is important that I discuss this with new breastfeeding mothers as well.

*Dr. Sue Hubbard is an award-winning pediatrician, medical editor and media host. The Kid's Doctor TV feature can be seen on more than 90 stations across the U.S. Submit questions at <http://www.kidsdr.com>. The Kid's Doctor e-book, *Tattoos to Texting: Parenting Today's Teen*, is now available from Amazon and other e-book vendors.*



Apps for Kids

By Common Sense Media

Give your smartphone or tablet a workout while you and the kids head outside for some healthy, tech-infused fun. Apps designed for outdoor adventures let kids do everything from study bugs to collect leaves to identify countless species of birds! Whether you're interested in family fitness, DIY, or environmental sustainability, you'll find plenty here to keep kids active and engaged.

So grab your device and head outside armed with these amazing tools. Check out these wonderful Apps:

Out-A-Bout

Great combo of reading and outdoor activity; some crashes.

Recommended for ages 4 and older

Devices: iPhone, iPod Touch, iPad

Gro Garden

Free play in virtual sustainable garden requires patience.

Recommended for ages 5 and older

Devices: iPhone, iPod Touch, iPad, Android, Fire phone, Kindle Fire

Plum's Creaturizer

Make creatures and take pics outside for fantastic fun.

Recommended for ages 5 and older

Devices: iPhone, iPod Touch, iPad, Android

Disneynature Explore

Get in touch with nature with cool augmented-reality app.

Recommended for ages 6 and older

Devices: iPhone, iPod Touch, iPad

Meet the Insects: Forest Edition

Inspire backyard explorers with bug-tacular resource.

Recommended for ages 7 and older

Devices: iPad

Plum's Photo Hunt

Fun nature missions get kids outside; safe sharing options.

Recommended for ages 7 and older

Devices: iPhone, iPod Touch, iPad

Audubon Birds A Field Guide to North American Birds

Invaluable reference tool for North American bird-watchers.

Recommended for ages 8 and older

Devices: iPhone, iPod Touch, iPad, Android, Kindle Fire

Leafsnap

Leaf collecting goes high tech with free field guide app.

Recommended for ages 8 and older

Devices: iPhone, iPod Touch, iPad

Common Sense Media is an independent nonprofit organization offering unbiased ratings and trusted advice to help families make smart media and technology choices. Check out our ratings and recommendations at www.commonsense.org.



Six Practical Tips For Summer Parenting

By Janese Cooper

Kumon Math and Reading Center, Pooler

"I'm bored." The dreaded and inevitable words most parents hear at some point during the summer break.

For many working families, summer time isn't always full of pool parties, trips to the playground or amusement park, and endless play dates.

Children have a lot of free time on their hands and it can be overwhelming to maintain their day-to-day activities. So how can parents keep their children structured, organized and active in the summer months?

Schedule fun. Together with your children, come up with your summer "bucket list" or list of activities the family wants and can afford to do this summer—trip to the zoo, beach vacation, backyard camping adventure, etc. Next, map out the activities on a calendar so the children know exactly when their adventures will take place. This will give them something to look forward to.

Resist the urge to over schedule. During the school year, parents

know exactly when and where their kids will be each day. When it comes to the summer, parents often feel a need to schedule every minute of the day from drama camp to soccer practice to carpools to the park. While having a consistent routine is important, it's also imperative to allow time for unstructured downtime.

Set aside time each day. The biggest mistake parents can make is getting caught up in all of those posts and pictures of other parents' summer activities on social media. Your child doesn't need a Martha Stewart or Pinterest worthy activity, all they need is a loving connection with you. So, whether it's running through the sprinkler together, roasting marshmallows in the backyard or even just counting the stars on a blanket before bedtime, do at least one thing a day to connect and have fun.

Encourage your child to try something new this summer. There's no time like the summer to encourage your child to try a new activity. Maybe he wants to take swimming lessons, or a painting class, take-up a new sport or attend a summer camp. New activities encourage brain development and build your child's focus and creativity. But remember, don't go overboard in the scheduling of activities!

Limit technology. When it's hot outside and kids are bored, screen time has a way of swallowing up all of their time. Parents can easily fall into the trap of technology becoming the babysitter. Replace that screen time with daily reading and regular trips to the library. Books open the imagination and creativity in every child.

Create structure and set boundaries. Summer routines are sure to be different than school routines, but it's important to remember the necessity of routines. Children need to be freed of the tight structure of the school year, but they also need the security of knowing that some things will remain the same. Keep the same bedtime, maintain the same chore schedule, etc. You can easily discourage behavioral problems by ensuring a structured environment.



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Flaco's Tacos:

has been ranked #5 for best restaurants for tacos in the U.S. according to Business Insider.

Air Canada:

Began their non-stop service from Toronto to Savannah on a seasonal basis.

Salonde Baile Dance & Fitness Studio:

Has now moved to Pooler, so get acquainted and your groove on!

BCE

Original developer of Tanger Outlets, will add Hobby Lobby, Dick's Sporting Goods, Home Goods and Ulta to the 56 acres surrounding the mall by year's end.

COSCO Development

The largest container ship to call on a U.S. port, arrived at Garden City terminal on Thursday, May 11.

Ascension Art Gallery

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The Wedding Season Begins - Deciphering Special Event Dress Codes

By Aramide Esubi

Now that we are officially in the depths of spring, not only does that mean spring showers and menacing allergies, but it also means it's time for special occasions like weddings and graduations. 'Tis the season for family and friends tying the knot. As you make your way through the save the dates on your refrigerator, you may realize you will need different outfits for each one. Enter: the wedding dress code.

As a stylist and fashion-enthusiast I have come to realize that knowing what to wear to an event is something that comes very naturally to me. I also know the same can't be said for everyone, so I am here to give you some suggestions for the most common wedding dress codes.

Dress Code: Casual

For some, this can be tricky. Casual dress for a wedding isn't the same as casual dress in real life. It doesn't mean it's OK to wear jeans and a T-shirt. Unless, of course, the bride and groom have a specific theme to which that may apply. But to be on the safe side, don't go that route; after all, it is a special occasion. Think more along the lines of how you would dress for a casual first date. Your attire won't be super dressy; it will be more relaxed, but you will still put some effort into it. Guys can wear a button down shirt or a polo with slacks and ladies can wear a simple dress or a top and skirt.

Dress Code: Cocktail

Cocktail dress codes mean semi-formal. For women, wearing a knee-length cocktail dress is suitable. I would say keep details like beading to a minimum since we're not going all out with this dress code. You can choose to add some flair with accessories, such as shoes and a handbag.

For men, I suggest wearing a dark suit with a tie. A tie isn't necessarily required but it's a nice distinction to convey a dressier occasion.

Dress Code: Formal

People tend to struggle with this one as far as the difference between formal and black tie. Formal is not as specific, whereas black tie is a very specific type of dress. With formal ladies can do a cocktail dress or a long dress; both would suffice. Men should wear a suit, preferably a dark-colored suit. This is an occasion where I would say to definitely wear a tie with your suit since it is a formal dress code. Nowadays it helps to think of a formal dress code as upscale, trendy clothing.

Dress Code: Black Tie

This means that formal attire is required. Most likely the start time will be after 6 p.m. Ladies can wear a full-length gown with fabulous jewelry and accessories. This is the time to go all out! With black tie dress you can think of getting dressed up as if you were attending the Oscars. Men should wear tuxedos or a white jacket with black dress pants if it's a summer wedding. Now, sometimes the invitation will say "black tie optional" which leaves it up to you, the guest, to decide if you would like to wear a full-length evening gown or a tuxedo. Be sure to pay attention to see if that "optional" word is there, because if it is not then that means black tie dress is in fact required.

Hopefully this takes away some of the confusion that can arise when you're planning what to wear to weddings this season!

Whether she's dishing out advice on how to wear the latest trends or putting fun looks together, fashion writer and stylist Aramide Esubi is always on the move keeping up with the latest in fashion. Email her at thesassypeach@gmail.com, or follow her on Instagram at [instagram.com/thesassypeach](https://www.instagram.com/thesassypeach).



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From yogurt to kombucha to supplements, probiotics appear to be on the tip of everyone's tongue, literally and figuratively. Probiotics are live bacteria and are believed to have properties that improve digestive health. *Lactobacillus* found in yogurt and other fermented foods is just one example. Though the National Center for Complementary and Integrative Health expresses concern regarding the marketing of probiotics outpacing the current body of research on their benefits, awareness of promoting a healthy gut microbiome (the collection of microbes in the gut) is on the rise. And in order to nurture friendly bacteria, you'd better feed them fiber-rich foods and prebiotics.

Probiotics Need Prebiotics

Often confused with probiotics, prebiotics are also beneficial to the microbiota and digestive system. Prebiotics are not bacteria, but are in-

digestible fibrous components that stimulate the growth of healthy bacteria in the gastrointestinal tract. Marcel Roberfroid, who first discovered prebiotics, described them as fermentable ingredients that alter the composition and activity in the gastrointestinal microflora in a beneficial way. This fermentation is part of the beneficial process, though those who have not consumed high-prebiotic foods regularly may experience some slight gastrointestinal discomfort, such as bloating and gas. Introducing these foods slowly and increasing fluids helps with tolerance.

Prebiotic Pros

The evidence has long pointed to the benefits of fiber in lowering cholesterol and controlling blood sugar levels, so it's no surprise that prebiotics, which are components of fiber, are also beneficial. Inulin, beta-glucan and fructooligosaccharides are the most common examples of prebiotics and they are found in readily available, common foods. A 2016 review in the journal *Nutrients* looked closely at prebiotics and found they have a potential role in issues like obesity and immune function. While there are no current recommendations for prebiotic intake, there are strong recommendations for increased fiber intake in the general public. And the foods high in prebiotics have additional beneficial components in the form of phytochemicals. While we wait for the evidence to build on prebiotics, there is almost no downside to adding these foods to one's diet.

Environmental Nutrition is the award-winning independent newsletter written by nutrition experts dedicated to providing readers up-to-date, accurate information about health and nutrition in clear, concise English. For additional Environmental Nutrition information, please visit www.environmentalnutrition.com.



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

Pam Southard, *Executive Director*

Hello from YOUR Pooler Chamber of Commerce.

As you can see from this publication, the Pooler Chamber has been busy. Our **Taste of Pooler** was so successful. If you attended, you know how great the food and event was. Over 20 vendors participated this year. An increase from the last 5 Taste of Pooler events. And, of course, there are so many great events yet to come.

In June, our **Sip & Savor/Casino Night** will be such a fun filled event. Sample a great selection of complimentary wine, gin and bourbon and play the tables for a chance to win great prizes. Topping off the evening with a DJ providing a lively ambiance for our adult community. Don't miss this great evening of festivities. In the fall, we will host a picnic in Pooler for families. This will be a "want to attend" event for all ages.

The Pooler Chamber cares about the community and businesses. Each month, we spotlight a business on the billboards along Pooler Parkway, and the billboard at Benton and Pooler Parkway. We want our businesses to "shine," as well as our community.

Young people and families see the accessibility that Pooler lays at their door steps. Retail, manufacturing and residential growth makes Pooler the ideal place to put down roots. The Pooler Chamber of Commerce is in the people business, and we are committed to nurturing positive relationships within our city. You are prominent members of the Pooler community, and we thank you for your support of our businesses and the city.

We invite you to visit our website www.Poolerchamber.com for information and our Facebook page <https://www.facebook.com/PoolerChamberOfCommerce/> for information on upcoming events, new members, and other pertinent information. Please stop by our office for coupons and brochures. The future of Pooler seems brighter than ever. **Small town feel...big town amenities...Southern charm all wrapped up in POOLER.**

Pooler Chamber of Commerce & Visitors Bureau, Inc.,

welcomes you to join us throughout the year
for our exciting and fun events.

Please See Page 33 For Our Upcoming Events

*For details for events and membership,
visit us online, or in person at:*

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

**404 US Highway 80 West, Pooler, GA 31322
(912) 748-0110**

<http://poolerchamber.com>



Ribbon Cutting Ceremonies: Pooler Chamber of Commerce and Visitors Bureau, Inc., welcomes: Apollo Pharmacy, Flacos Tacos, Shane's and Trisha Cook Team KW Westside, and Texas Roadhouse.

Legacy Ball - The National Mighty Eighth Air Force Museum



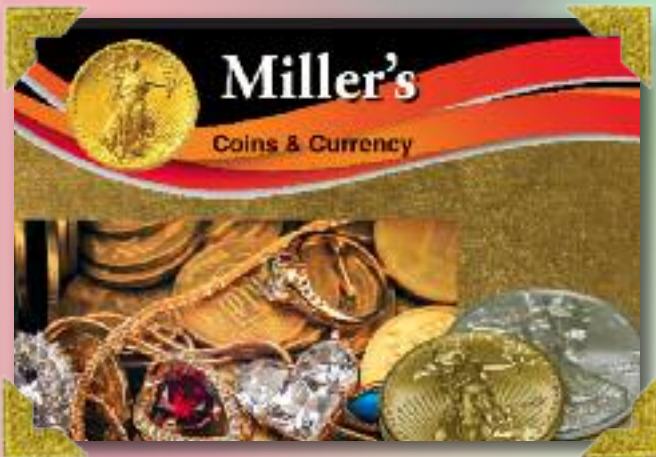
Honoring Real-Life Superheroes - May 13, 2017



Legacy Ball Photos by: Tom Reimer t.howardreimerphotos@yahoo.com



Pooler Business Spotlight



Miller Coins and Currency

At Miller's Coins and Currency, you'll get a variety of coins that include gold, silver, platinum and palladium. We also deal in diamonds of all shapes and sizes. What's more - you can buy paper money (old stuff) along with foreign and domestic currencies too!

Your search for quality and affordable jewelry ends right here with us. Take advantage of our stunning collection to meet your needs. We buy and sell scrap gold jewelry, estate jewelry, Rolex products, diamonds and more. Get a military discount on your purchases. Our friendly and knowledgeable staff is here to assist you.

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Pie Society

We strive to make our products as tasty as possible. That means no artificial ingredients- everything is fresh! Using better quality ingredients helps us to create better quality food, and happy customers who keep coming back.



Having one of those days where you just don't feel like cooking? Pie Society can help. Pick up a pie for the family, reheat it in the oven yourself and serve it up before they arrive home hungry.

We make everything fresh daily so we often sell out by the end of the day. We recommend calling ahead to place an order to avoid disappointment. For large orders please call a day in advance so that we can ensure everything is ready for your collection. Having a dinner party? You can even drop in with your own dish and your order and we'll have it ready for you the next day- your secret's safe with us!

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We have your comfort in mind with amenities such as a new fitness center, an indoor pool and spa, high-speed wireless internet access, a snack shop and meeting room space. Guests can also enjoy all of their meals from Kem's Café - our full service breakfast restaurant and dinner lounge. Book your Savannah/Pooler hotel reservations now to enjoy our great rooms, rates, and amenities!

103 Sans Drive, Pooler, GA 31322
(844) 207-2428

Welcome New Members

Abshire Public Relations, LLC

Buddy's Home Furnishing

Care Patrol of Savannah Care for Tomorrow

Cottages at Emerald Cove

Georgia House of Representatives/Bill Hitchens

Gratitude & Glamour Lula Roe

Greg Day Roofing Inc.

Johnson Matthey Process Technologies, Inc.

Liberty National Life Insurance

Lowe's of Pooler

Morgan's Mommy's

Seashell Creation & Face Painting

Nordic Logistics and Warehousing, LLC

Olive Garden

Perry Rubber Bike Shop Pooler

Redemption Center Church

Salon De Baile Ballroom

St. Joseph's Candler Medical Group

State Bank & Trust Company

The Greenery Inc

Top Tint of Savannah

WSAV

Calendar of Events

Pooler Chamber of Commerce and Visitor Bureau, Inc.

June 23 Sip & Savor/Casino Night at The National Museum of the Mighty Eighth Air Force

August 17 Economic Outlook Luncheon - Savannah Quarters Country Club

September 9 Patriot Weekend

October 7 Pooler Family Day In The Park

October 28 Georgia/Florida Game Shuttle from Pooler

November Breakfast with Santa - Date and location to be announced

December 14 Annual Awards Banquet - The National Museum of the Eighth Air Force



Pooler Chamber of Commerce & Visitor Bureau, Inc.
404 US Highway 80 West, Pooler, GA 31322
(912) 748-0110

<http://poolerchamber.com>

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4 Years of Service in Our Community. Thank You.



Thank you for giving us the opportunity to serve you and your family for the past 4 years. We look forward to working together with you toward your financial goals in the future.



Veronica L Voisine, AAMS®, CRPC®
Financial Advisor

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MAKING SENSE OF INVESTING

The Graduate

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

It's Graduation Season again. If your child is graduating from high school or college, you have reason to celebrate. But what should you give to your newly minted diploma holder? You might want to consider offering a combination of financial gifts and tips, which, taken together, could set your graduate on a path toward a successful, independent life.

What sort of gifts and tips should you consider? Here are a few ideas:

- ✓ Give a few shares of stock. Everyone should understand the financial markets and how they work. One great way to encourage this interest is to give your child a few shares of stock. Young people enjoy owning a piece of a company that makes the products and services they like – and the very act of ownership can inspire them to learn more about investing and to ask questions: What causes the stock price to go up or down? How long should I hold this stock? Should I own several stocks like this one, or is it better to branch out to find new opportunities? Over time, in learning the answers to these and other questions, your child can become familiar with investing and how to make the best choices.

- ✓ Encourage your graduate to open an IRA. Your child can open an IRA as long as he or she has some earned income. You might want to suggest that your child consider a Roth IRA, which, at the child's age and income

level, may be a good choice. With a Roth IRA, children can access their contributions at any time, tax- and penalty-free. They can't touch the earnings without incurring both taxes and penalties, however, until they reach 59½. But you will want to encourage them to keep the money in their IRA intact, giving it the chance to grow.

- ✓ Provide some financial education. Unfortunately, most young people don't really receive any kind of formal financial education. Of course, you can try to provide some of this knowledge to your own children, but, as you know, advice from Mom and Dad sometimes gets ignored.

However, you might get better results if you arrange for your recent graduate to meet with a financial professional. As mentioned above, owning stocks, and following their progress, can teach your children a great deal about investing, but a financial professional can paint the "big picture" and explain how all aspects of money management – such as borrowing, budgeting, saving and investing – fit together to help individuals stay in control of their finances and make progress toward their important financial goals, such as buying a house and retiring in comfort.

Recent graduates, whether leaving high school or college, are at "turning points" in their lives and can benefit greatly from understanding the importance of developing good, lifelong financial habits.

Most of us can think of several money-related mistakes we've made over the course of many years. And your children will make some errors, too. But by providing them with some appropriate financial gifts and valuable advice upon their graduation, they may well be better prepared to keep those mistakes to a minimum – while maximizing their ability to make good decisions.



Your child is one of a kind. That's why our specialized pediatric therapists design treatment plans to meet your child's unique needs. From speech/language pathology to physical and occupational therapy—right here in our Pooler office. Give us a call today.



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Directions: From Pooler Parkway, turn north on Benton Boulevard.
Mulberry Drive is just past Home Depot, across from Cheddar's.



Gross Motor Skills Lead To Walking

By Katherine Searight Kirby, DPT, P.T.

The first year of a child's life is filled with major milestones in his gross motor development, including his first step. But to get there, he must first develop many important gross motor skills. Skipping any of those skills can result in developmental delays.

Gross motor skills are like building blocks, with each skill helping to improve the child's strength and coordination. This makes it possible for the child to advance to the next gross motor skill.

During a child's first year of life, she will move from independent sitting and rolling from tummy to back and back to tummy, to crawling, to pulling to stand and tall kneeling, to cruising and squatting. These skills prepare her to take that first step.

Crawling is a vitally important gross motor skill that can have consequences if it is not achieved. Crawling on hands and knees in a reciprocal pattern is the first time a child mimics the reciprocal pattern of walking in the forward motion.

Crawling strengthens abdominal and shoulder girdle muscles. It establishes depth in the visual field when the child moves through a visual field to reach a toy. The skill of crawling may even relate to a child's future reading skills.

After crawling, children quickly figure out a pull-to-stand sequence. They grab a supportive surface and pull to their knees and into the standing position. This helps them establish strength and muscle balance.

As children get stronger, they start practicing lateral weight shifting. They will reach for toys, and then cruise on supportive surfaces. With the skill of cruising, children first learn brief single-leg stance that is required for a normal gait pattern.

From cruising, children move to unsupported standing. Once they have the strength and balance to maintain unsupported standing, while reaching and shifting their weight, they will be ready for early stepping.

Typically, squatting follows early stepping and is important for establishing strength and muscle balance in the lower extremities, muscle control and center of gravity. The squat position helps children improve leg strength and balance to advance to a more mature gait pattern.

When children skip early gross motor skills that are vital for neuromotor development, they can experience problems with strength, coordination and education. A physical therapist can help correct deficits and enable your child to achieve greater independent function.

Katherine Searight Kirby is a pediatric physical therapist at The Rehabilitation Institute at Memorial University Medical Center. Pediatric physical therapy is available at our Savannah and Pooler locations.



Raising Our Children Kreativity

By SAFE Shelter Savannah

SAFE Shelter is in bloom, literally and figuratively! We're busy gearing up for our annual on-site Camp ROCK which will start in just a few days. For eight glorious weeks, children in the shelter and our Follow-up/After Care Program will have their days filled with arts & crafts, field trips and an abundance of laughter!

And for the second year, they will also have a chance to experience organic gardening, thanks to Lorraine Boice and Sandy D'Angio who is a Master Gardener. Lorraine, a long-time patron saint of SAFE Shelter wanted a garden where shelter residents and their children could be part of the whole process, from planting the seeds to harvesting the bounty. She turned to her friend Sandy for guidance, and the garden became a reality.

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

Continuing our commitment to the welfare of our children, we also offer Camp ROCK (Raising Our Children Kreativity). The idea for the camp was born out of our desire to give the children of SAFE Shelter the opportunity just to be a kid. Too many of the children have been traumatized by the violence they've witnessed in their own homes. More often than not, they never even have a place to call home. Their lives have been defined by simply moving from place to place, never knowing what the next day holds in store for them. Without the camp, most of these children would either be running through the streets or be parked in front of a television all summer.

The camp is funded through a Souper Bowl part held every year by a group of dedicated ladies from The Landings. The shelter also has a partnership with Notre Dame University where they send two interns every summer to help our Child Advocate Daisy Hernandez run the camp. The YES (Youth Enrichment Services) Center is home to Camp ROCK. This 1,500 square foot addition to the shelter was built to provide a special place for the shelter's older youth (12-18). This colorful, airy room includes flat-screen televisions for gaming or just watching movies; a baby grand piano and other instruments for budding musicians and a complete computer center.

"More often than not, they never even have a place to call home"

The camp is open to children ages 5-17 who are either in the shelter or the Follow-up/After Care Program. Each week, campers jump into action, participating in exciting sports programs, exploring nature and becoming involved in performing and creative arts. The camp also offers an educational component with a Chatham County Board of Education teacher coming in several days a week to provide individual and group tutorials.

Starting June 5, here is a sample of the activities the children will be involved in:

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



Other activities include a tour of the Mighty Eighth Museum, going on Derek's Dolphin Tour and visiting the Civil Rights Museum. As you can see, the children will be exposed to local history, nature and the arts, such as the trip to the Children's Theater. Camp also means a shelter is bursting at the seams with a wonderfully controlled chaos, laughter, and smiling faces!

For over 35 years SAFE has provided a haven for those fleeing the violence in their own homes. Savannah's only family violence shelter is open 24-hours a day, seven days a week. No fees are charged for any shelter services.

Last year, the shelter provided services to over 800 women and children (along with about half a dozen male victims). Throughout its history, no one who was actively involved in any SAFE Shelter service or program has been killed by her or his abusive partner.





2017 ATLANTIC HURRICANE SEASON OUTLOOK

NOAA Climate Prediction Center - 2017
Atlantic hurricane Season most likely to be
above normal. #hurricanestrongnoaa.gov/media-release/

BELOW
NORMAL



NEAR
NORMAL



ABOVE
NORMAL



2017 SEASON PROBABILITY

NAMED STORMS

11-17

HURRICANES

5-9

MAJOR HURRICANES

2-4

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Georgia Visitor And Information Center

Georgia state has a total of twelve Visitor Information Centers which welcomes more than 13 million guests each year. The newest visitor and information center was recently completed, and it is a special place indeed. Located in Garden City off of I-95 right on the Georgia and South Carolina line.

When you enter this warm and attractive building, you are immediately greeted by the many hosts and hostesses welcoming to the center and you are plunged into the Savannah scene through lifelike displays. Pretty impressive, even the live oak trees are dripping with the romantic Spanish moss, so for those who have never stepped into Savannah they will get a small introduction of what makes our town so special.

Although welcoming centers are designed for visitors, it is a wealth of information for those seeking information about the local areas and all that they have to offer.

They have many Kiosks throughout the spacious compound which is sorted by areas with all different activities, hotel/lodging information, shopping, dining, museums, national parks and so much more. So even if you are local, if you are in the area, stop by and check it out!

Georgia Visitors Center- Savannah

Mile Marker 111, I-95 South • Port Wentworth, GA 31407
(912) 963.2546

Hours of Operation: Monday - Sunday 8:30 a.m. - 5:30 p.m.



Photos by Cierra Ayers



Pooler Today

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What's Happening in Pooler?

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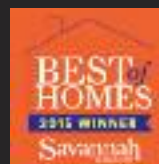
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- Baseball 5-14
- Softball 7-12
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- Spring Soccer 4-12
- Fall Soccer 4-12
- Youth Basketball 5-13
- Summer Basketball 9-13
- Volleyball 11-14
- Adult Sports
- Tumbling
- Dance
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POOLER PARK
900 South Rogers Street

POOLER RECREATION COMPLEX
200 Preston Stokes Drive

POOLER



Parks and Leisure Services



Pooler Senior Citizen Center

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

*Ceramics • Exercise Classes • Quilting • Day Trips
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KIDS & PROS SAVANNAH, GA JULY 24-25 8PM-9PM 40,000+ Attendees Expected

FREE FOOTBALL CAMP

*** 2017 KIDS & PROS YOUTH FOOTBALL TOUR ***

GET IN THE GAME!
The 2017 Kids & Pros Youth Football Tour will be at Pooler Recreation Fields in Savannah for a FREE 2-day, non-contact youth football camp! Kids and pros will be teaching techniques and position fundamentals training while incorporating character building through football and enriching the lives of athletes ages 7-12.

Sign up today! Space is limited, registration is required, no walk-ins or drop-ins.

POOLER RECREATION FIELDS
200 Fredon Stokes Drive
Pooler, GA 31322
2 Nights - July 24-25, 2017
8:00pm-9:00pm

Parent Information Session covers program, equipment, concussion awareness, and safety issues.
Monday, July 24, 2017
8:00am-9:00am

REGISTER AT KIDSANDPROS.COM
THIS FOOTBALL CAMP IS FREE THROUGH THE GENEROUS SUPPORT OF KIDS & PROS SPONSORS. PLEASE VISIT OUR WEBSITE FOR OUR SPONSOR LIST.

Memorial Health, GEORGIA POWER, ENGEL & WOLF, CEI, JPMORGAN CHASE, WALMART, and others.

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Pooler Recreation Complex Summer Activities

CAMPS

June 5 - 8	Miner League Baseball Camp	@Pooler Rec. Ctr.
June 5 - 9	Cooper Football Camp	@ Pooler Park
June 12 - 16	Middle School Baseball Camp	@Pooler Park
	Contact Robbie Ertle for info (912) 663-1269	
June 19 - 23	TMAC Basketball Camp	@Pooler Gym
	• Session I - 19th to the 21st	
	• Session II - 21st to the 23rd	
	• Session III - all week	
	• All times are 8-3 each day	
	• For more info go to www.poolerrec.com	
July 17 - 19	Higher Ground Softball Camp	@Pooler Rec. Ctr.
	• Team camp for high school and middle schools	
July 24 - 25	Kids & Pros Football Camp	@Pooler Rec. Ctr.
	for info www.kidsandpros.com	
	• FREE CAMP	

BASEBALL TOURNAMENTS

June 2 - 3	Wheel Pitch World Series	@Pooler Park
June 10 - 11	USSSA Baseball	@Pooler Rec. Ctr.
June 17	Peach State Diamond Sports	@Pooler Rec. Ctr.
June 23 - 26	GRPA District 2 Championships	@Pooler Rec. Ctr.
July 20 - 23	Sandlot America	@Pooler Rec. Ctr.

SUMMER LEAGUE BASKETBALL

June	Summer Rec League (Tu/Thu)	@Pooler Gym
June	High Sch League (M/W)	@Pooler Gym
July	Youth (team) League (M, W, Th)	@Pooler Gym

GYMNASTICS (summer session)

Registration is open June 1 - June 22
Classes Start July 7

DANCE

Open house and registration July 28th @Pooler Gym
Classes resume August 2

FALL YOUTH SPORTS REGISTRATIONS - June 1 - July 13

- Football - Practice starts July 31
- Soccer and Pep Squad starts August 7
- Volleyball - practices start August 28

TENNIS FALL REGISTRATION - July 1 - August 31

- Resumes in September

HIGH SCHOOL FOOTBALL - Pooler Stadium

Aug 11	7:30 p.m.	Savannah Christian v Beach High
Aug 18	7:30 p.m.	Savannah Christian v Jefferson County High
Aug 25	7:30 p.m.	Savannah Christian v New Hampstead High

Get All The Current information at:
www.poolerrec.com

COACH COOPER'S

SPORTS ENRICHMENT CAMP

POOLER RECREATION PARK
900 S ROGERS ST.
POOLER, GA 31322

JUNE 5-9, 2017
6:00PM-8:30PM (M-F)

AWARDS/FUN DAY
JUNE 10 - 10:00AM-1:00PM

We invite boys ages 7-12 to learn the basic fundamentals of football during a fun and enriching one-week football camp.

Enhance skills like running routes, receiving, passing, blocking, tackling while improving agility, conditioning, and speed!

REGISTER ONLINE
POOLERREC.COM

\$100

WHAT TO BRING: FOOTBALL, GUARDS, & INDOOR SHOES - PLEASE BRING A T-SHIRT WITH MARIAN BASKETBALL

Email questions to Coach Marcel Cooper at coachcoopersportscamp@gmail.com



Pooler Drug Take Back Program

The Pooler Police Department would like to acknowledge and thank the community for their participation in April's successful 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.

As a safe and environmentally friendly way to dispose of unwanted medication, this DEA inspired program has already collected more than 28 metric tons of prescription drugs across the U.S., and Pooler collected close to 40 pounds! We appreciate the assistance and expertise of the students of South University School of Pharmacy who assisted in this worthy endeavor.

The purpose of this program: is to safely destroy these medications and keep them from being introduced into our water supply, our landfills, or the hands of our youth. With the increased popularity of recreational prescription drug use, the Pooler Police Department is looking to help people clean out their medicine cabinets, and help prevent crime or injury that may occur if these medications are stolen, taken after their expiration date, or simply thrown away.

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.



Stay tuned for all the details

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Pride of Pooler Award



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What Is A Hurricane ?

Preparing For Hurricane Season 2017

By Chatham Emergency Management Agency (CEMA)

The term "hurricane" is a specific name for a strong "tropical cyclone". A tropical cyclone is the generic term for a low-pressure system over tropical waters with organized thunderstorm activity and defined wind circulation. Tropical cyclones with maximum sustained winds of less than 39 mph (34 kts) are called "tropical depressions". Once the tropical cyclone reaches winds of at least 39 mph, they are typically called a "tropical storm" and assigned a name. If winds reach 74 mph (64 kts) then they are called a hurricane.

How are Hurricanes different from Tornadoes?

While both tropical cyclones and tornadoes are atmospheric vortices, they have little in common. Tornadoes have diameters on the scale of feet and are produced from a single storm (i.e. a thunderstorm). A tropical cyclone, however, has a diameter on the scale of miles and is comprised of several to dozens of convective storms. Tornadoes are primarily an over-land phenomena as solar heating of the land surface usually contributes toward the development of the thunderstorm that spawns the vortex. In contrast, tropical cyclones are purely an oceanic phenomena - they die out over-land due to a loss of a moisture source. Lastly, tropical cyclones have a lifetime that is measured in days, while tornadoes typically last on the scale of minutes.

How does a Hurricane Form?

A hurricane needs several different factors present in order for it to develop.

- Warm ocean waters of at least 80°F throughout a sufficient depth of at least 150 ft. Warm waters are necessary to fuel the heat engine of the tropical cyclone.
- An atmosphere which cools fast as the elevation increases. This causes instability in the accumulation of moisture.
- Relatively moist layers near the mid-troposphere (about 3 miles up). Dry mid levels are not conducive for allowing the continuing development of widespread thunderstorm activity.
- A pre-existing near-surface disturbance with sufficient vorticity and convergence. Tropical cyclones cannot be generated spontaneously. To develop, they require a weakly organized system with sizable spin and low level inflow.

Having these conditions met is necessary, but not sufficient as many disturbances that appear to have favorable conditions do not develop.

What is a Hurricane Watch?

A hurricane watch is issued when there is a threat of hurricane conditions within 48 hours.

What to do during a Hurricane Watch

- Fill up your car with gas.
- Secure buildings.
- Review evacuation plan.
- Listen to a radio or television for official instructions.
- Check your family's emergency supplies.
- Bring in outdoor objects (i.e. toys, garden tools).
- Turn refrigerator and freezer to coldest settings.
- Secure outdoor objects which cannot be brought inside (i.e. boats, lawnmower).
- Store drinking water in clean bathtubs, jugs, bottles, and cooking utensils.



What is a Hurricane Warning?

A hurricane warning is issued when hurricane conditions (winds of 74 miles per hour or greater, or dangerously high water and rough seas) are expected in 36 hours or less.

What to do during a Hurricane Warning?

- Listen to a radio or television for official instructions.
- If in a mobile home, check tie downs and prepare to evacuate.
- Store valuables and personal papers in a waterproof container.
- Stay inside, away from windows, skylights, and glass doors.
- Keep a supply of flashlights and extra batteries handy.
- If power is lost, turn off major appliances to reduce power "surge" when electricity is restored.

If Evacuation is necessary

- Take blankets and sleeping bags to shelter.
- Tell someone outside of the storm area where you are going.
- Bring pre-assembled emergency supplies and warm protective clothing.
- Leave as soon as possible. Avoid flooded roads and watch for washed-out bridges.
- Lock up home and leave.

Adequate Disaster Supplies

- Flashlight and extra batteries
- Portable, battery-operated radio and extra batteries
- First aid kit and manual
- Emergency food and water
- Non-electric can opener
- Essential medicines
- Cash and credit cards
- Sturdy shoes

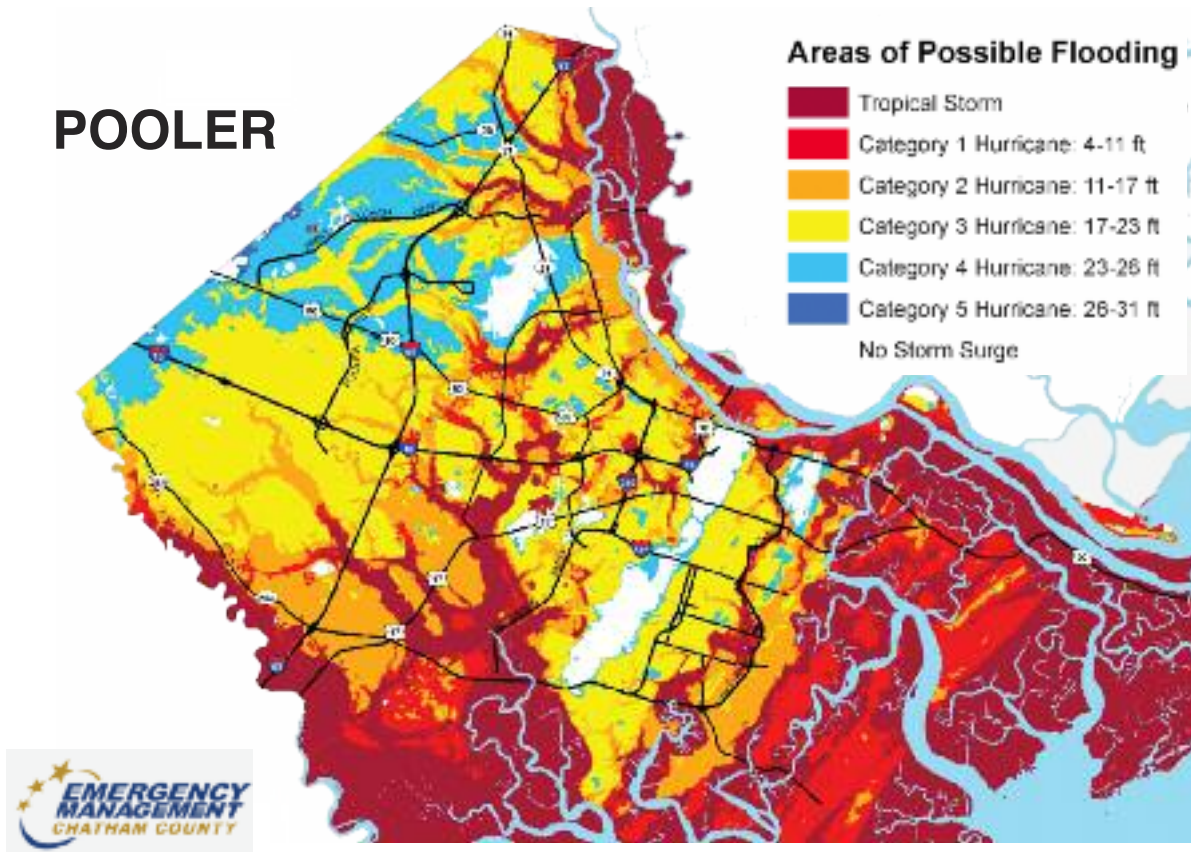
How to Protect your Home

Permanent shutters are the best protection. A lower-cost approach is to put up plywood panels. Use at least 1/2 inch plywood cut to fit each window. Remember to mark which board fits which window. Pre-drill holes every 18 inches for screws. Trim back dead or weak branches from trees. Check into flood insurance. You can find out about the National Flood Insurance Program through your local insurance agent or emergency management office. There is a 30-day waiting period before a new policy becomes effective. Homeowners policies generally do not cover damage from the flooding that accompanies a hurricane.

Developing your Family Emergency communications Plan

In case family members are separated from one another during a disaster (a real possibility during the day when adults are at work and children are at school), have a plan for getting back together. Ask an out-of-town relative or friend to serve as the "family contact." After a disaster, it's often easier to call long distance. Make sure everyone in the family knows the name, address, and phone number of the contact person.

POOLER



Ten Facts That Every Unincorporated Chatham County Resident Should Know About Flooding

❶ 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, Placentia, 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.

❷ 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 COM-CAST Channel 16 and refer to the phone book to gain additional information including evacuation routes and the location of emergency shelters.

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 Countys Department of Engineering at 124 Bull Street, Room 430 (652-7800) for free publications on how to protect yourself and your dwelling. Additional information on FEMA's web site at www.fema.gov.

❸ 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. Thats an average of over \$16 per policy holder.

❹ 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. Its 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 (WTOG, 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.

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.

For more information, please visit the Chatham County Department of Engineering's page.

2017 ATLANTIC HURRICANE SEASON

2017 Tropical Storm Names:

**Arlene, Bret, Cindy,
Don, Emily, Franklin, Gert,
Harvey, Irene, Jose, Katia,
Lee, Maria, Nate, Ophelia,
Philippe, Rina, Sean, Tammy,
Vince, Whitney**



Chatham Savannah Authority For The Homeless

By Nick Pecone

On a recent trip to Atlanta to attend family events, my wife Judy and I stopped at Arby's in Dublin to grab a quick dinner. Entering the restaurant, I noted a gentleman with bandaged hands using a walker headed toward the entrance. It appeared he was wearing pajama bottoms. I held the door for him to enter unimpeded. I thought he would get in line but he simply went in and sat down. I assumed he was waiting for someone, but no one joined him. After I finished my dinner, I decided to go talk to him, and what I learned was heartbreaking.

This gentleman had just spent four weeks in the burn unit of an Augusta hospital after an accident with a chainsaw that had exploded, causing severe burns to both hands. His landlady refused to hold his room until he could get back to work. As a result, he was sleeping in the woods. I am a former Rehabilitation Counselor and can tell you that a recovering burn victim is very susceptible to infection. To make matters worse, he was diabetic and did not have his medication. There are no homeless shelters in Dublin beyond the VA Hospital which I men-

tioned to the gentleman. He failed to respond so I suggested that he try contacting the local churches. I asked him if he had had anything to eat and he said no. He did not ask for anything, but I purchased a meal for him and he was most grateful.

This man's story is an example of how quickly one can become homeless. The most recent count of people homeless in Savannah/Chatham County stood at 4,224. Most are people who float in and out of homelessness due to economic or other reasons. The number includes 364 male youth and 385 female youth 17 or younger. Women accounted for

1,205 while men accounted for 2,270. Adding to the disgrace, 237 of our homeless population are Veterans who served our country. Many of these Veterans have been left with mental health disorders such as Post Traumatic Stress Disorder (PTSD). People included in the count often have an income, but it is too low to be considered a "living wage". We estimate that the waiting list for public housing and Section 8 housing exceeds 8,000 heads of households. Within Savannah and Chatham County there is a significant lack of affordable housing. Out of Reach 20161 reports that "fair rent" for a modest two bedroom apartment in Savannah would require the renter to earn \$17.25 per hour, far above minimum wage. With our poverty rate hovering above 25%, the choice often comes down to what to spend the family's limited income on: housing, food or medicine? There are far too many of our neighbors at risk living paycheck to paycheck where a layoff or illness could put them out on the street.

In Savannah and Chatham County, there are 35 homeless camps where people who cannot afford basic housing are living in the woods in tents and under tarps. Residents of the camps must contend with mosquitoes and the possibility of the Zika virus and venomous snakes. These camps have no sanitary facilities or running water. Disease is ever present.

For too many years, our approach to homelessness in Savannah and Chatham County has

been reactionary. The needle on the dial has not moved much as we have failed to address a major underlying cause of homelessness, the lack of affordable housing. The result of this failure has financially strained our social services, hospitals, and law enforcement. Around the country a new initiative has made "housing first" a priority and a number of tiny house communities have been developed. These tiny house villages now exist in a number of states from Maine to California which have proven to

be a more cost effective method of addressing homelessness. Unfortunately, widespread acceptance of this cost effective methodology has yet to gain traction.

Under the direction of the Chatham-Sa-

vannah Authority for the Homeless, Executive Director Cindy Kelley and with full support of the Board of Directors, CSAH is moving toward establishing a community of 70 - 80 tiny houses. The first single occupancy 12 houses will be limited to homeless Veterans. We closed on 3.1 acres at 75 Dundee St. on June 2nd at a cost of \$207,200. The Saffold family had owned the property for over 80 years and graciously financed the purchase of the property by CSAH.

Currently, Kelley and the Board are diligently working with the Municipal Planning Commission, Codes Enforcement and the City to make this happen. To date we have had three major clean-ups of the property in preparation of the purchase along with having completed due diligence most of which has been provided as "in-kind" services. The Cove at Dundee will be divided into several villages of 12 tiny houses with a "clubhouse" containing laundry facilities, a restroom and meeting room. Also planned toward the back of the property is a small chapel and outdoor arena. Our tiny house model can be seen at 704 Wheaton St. in the parking lot of the Savannah Baptist Center

This demonstration project shows what can be done to reduce the cost of homelessness and effectively address the underlying causes of homelessness in Chatham County. There are no government funds involved in this endeavor and for that reason we are appealing to the public for assistance. Materials for each house cost approximately \$7000. The first 12 houses will be

***For too many years, our
approach to homelessness in
Savannah and Chatham
County has been reactionary.
Please help us!***



Photos by Nick Pecone



built through the HBI program at Fort Stewart by military personnel in their construction training program who are ready to ETS into civilian life. In addition to the cost of the property, there will be considerable costs to develop the infrastructure for the community i.e. water, sewer, utilities and a service road for emergency vehicles. Each resident will be required to pay a nominal monthly rent and perform duties in the community of the Cove at Dundee. Please visit our website www.homelessauthority.org and check out the "About Us" tab for additional information and pictures.

How can you help? We need donations from individuals, churches, civic organizations and corporations. Any personal help you can provide will be deeply appreciated. If you belong to any of the organizations I have mentioned or others, please encourage them to donate. For example, one church has already pledged to build the chapel. Visit www.homelessauthority.org to donate or call Cindy Kelley at 790-3400. No Veteran who served in defense of our nation should be experiencing homelessness.

No child should have to endure the hardships of homelessness. No mother should be afraid to seek help for fear of losing her children. **Please HELP!**

(Nick's career spanned 40 years and included positions as an educator, counselor, public social services administrator and non-profit senior executive. He currently serves as the Chairman of the Board of Directors for the Chatham-Savannah Authority for the Homeless.)



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Airline Ratings: What Do They Really Measure?

By Ed Perkins

Two high-visibility airline rating reports issued last week measure “quality” in very different terms, but they result in substantial agreement:

The Airline Quality Rating (AQR) measures how reliably and consistently an airline delivers on its product, not the product, itself. This is the way industrial quality control folks look at their world: “quality” means conformance to specifications. If an airline offers only a bottom-level product but delivers it as promised, to a QC person, that’s “high quality.” This year’s AQR concludes that in 2016, the industry, as a whole, improved its performance over 2015. Alaska, Delta, Virgin America, and JetBlue topped the list of individual lines, with Frontier and Spirit at the bottom.

For more than a decade, professors now at Embry-Riddle Aeronautical University and Wichita State University have published an annual AQR report. Overall industry ratings as well as individual airline AQR scores are really nothing more than weighted composites — a “front end,” if you will — of airline performance data from the Department of Transportation’s Air Travel Consumer Reports. Specifically, AQR figures are based on flights arriving on time, travelers “bumped,” bags mishandled, and consumer complaints.

AQR methodology results in scores that are always small negative numbers; for 2016, the composite score for U.S. airlines improved from -1.21 to -0.95, a 27-percent difference and an all-time best:

- **Alaska & Delta**, at -0.4, were alone at the top.
- **Hawaiian & JetBlue**, at -0.6 to -0.7, scored well above industry average.
- The other three giants, **American, Southwest, and United**, scored near average.
- Scores for **Frontier and Spirit**, in the -2 range, fit nicely with their reputation as bottom feeders from both the “how good is the product” and performance measures.

Ratings from *TripAdvisor*, and most other ratings based on traveler surveys or trip reports, focus on how good the airline’s composite “product” is, as designed. Survey responders and trip reporters typically react to the reliability factors, too, but they also address questions about the “hard product,” largely seat space and comfort, and the “soft product” cabin service, inflight entertainment, crew friendliness, the boarding experience, frequent flyer program benefits, and such. This is probably the way most consumers look at “quality.” In TripAdvisor’s worldwide scores, the “usual suspects” Emirates and Singapore earned top spots, with a surprising Azul in third place. Fourth-place JetBlue was tops among North American lines.

As with all its ratings, *TripAdvisor*’s “Travelers’ Choice” awards are based on reviews posted by travelers, expressed as the number (with fractions) of “bubbles,” with 5 as top score.

The top 10, worldwide, all scored the maximum 5 bubbles: **Emirates, Singapore, Azul, JetBlue, Air New Zealand, Korean, Japan, Thai, Alaska, and Garuda.**

Among North American lines, **Delta, JetBlue, Alaska, Southwest, Virgin America (now part of Alaska), and WestJet** all scored 5 bubbles. **Hawaiian** scored 4, **Air Canada** scored 3-1/2, **American** and **United** scored 3, and **Frontier** and **Spirit** scored 2-1/2.

The Take-away. Whenever you see any airline ratings, consider whether the scores or ratings should influence your choice of airline. My answer is “sometimes.”

The main conclusion taken from the two reports together is that, for a domestic flight, you’re most likely to be satisfied on Alaska, Delta, Hawaiian, and JetBlue, lines that score well in both the AQR and TripAdvisor scorings.

Among the giant lines, Delta and Southwest seem to be pulling ahead of American and United, for very different reasons: Delta runs a tight ship, or at least seemed to run one until the recent computer meltdown; Southwest avoids the worst of annoying fees.

Frontier and Spirit offer a bottom end product and then don’t deliver it well. They’re the lines of choice for travelers who value low fares above all else.

Internationally, big Asian lines and Air New Zealand tend to “win” almost all of the popular scoring systems.

Still, there’s no getting away from the fact that, for most of you, schedules and fares trump “quality” factors, however measured. But the quality measures can be useful tie-breakers.

Travel columnist Ed Perkins, a nationally recognized reporter and consumer advocate, focuses his weekly columns on ways travelers can find the best deals while avoiding scams and misleading promotions.

Perkins, the retired founding editor of the Consumer Reports Travel Letter, one of the country’s most influential travel publications, is known for his consumer-oriented research and reporting. From 1992 until 1997, Perkins was the principal author of the annual “Best Travel Deals” books (Consumer Reports). He has also written for the London-based Business Traveler magazine. You may contact Ed via e-mail to eperkins@mind.net. Also, check out Ed’s new rail travel website at www.rail-guru.com.



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Dear Editor...



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Photo by Cierra Ayers

A Window Into Pooler Elementary School

By Monica Floyd

Five years ago, I walked down the halls of Pooler Elementary School for the first time. My oldest child was going to start the Pre-K program. I'm not from Pooler, Georgia, so I didn't know a soul in that building. My son wasn't even with me for orientation because where I grew up, only parents went to that type of thing. When I arrived at Alex's classroom, I cried. I cried because all the other children were there, and his seat was empty with his little name on it. There were popcorn and balloons waiting for him. Alex's Pre-K teacher was formerly Ms. Elizabeth Bragg, currently Mrs. Elizabeth Smith. She hugged me as I cried and composed myself. She told me she would take care of my son, and she kept her word.

In the five years since my first tearful encounter, I have watched Pooler Elementary School grow and overcome some amazing things. Principal West left, and we all wondered if the new administrator would be a good fit. Mrs. Stacey McPipkin arrived as interim principal in the 2015-2016 school year. The 2016-2017 school year that just ended for Chatham County on the nineteenth of May was the start of Mrs. McPipkin's official capacity as principal of Pooler Elementary School. Mrs. McPipkin has always been very warm to me and my children. My impression of her is that she truly cares for the children and families of the children that attend her school. During my interview with her for this article, I realized how much I respect her and the direction she is trying to take the school in, no matter what she may be dealing with elsewhere. She is professional and caring. It is refreshing to see.

This year was the first school year that all three of my children were attending school at Pooler. It was a bit of a struggle for me to keep up with everything, but the administrators, teachers, and staff at the school were very supportive towards my family during the transition. Alex had a new teacher this year, Mrs. Gambino. She worked tirelessly to find ways to stimulate his rapid-fire brain all school year. The gifted teachers Mrs. Beasley and Ms. Dukes were there for him as well, showing him new things and creating an interesting and captivating learning environ-

ment for all gifted children. I also cannot say enough about the positive influences of Ms. Harper who teaches art, Ms. Powell, the music teacher, and Coach Clayton, the physical education teacher, and leader of Pooler's All Pro Dad's Program.

My son Anthony in the second grade was lucky enough to have Mrs. Speaks as his teacher this year. Not only did his reading Lexile score double, but he was also chosen to represent the school in Chatham County's Quick-Think-A-Thon. She also worked hard to shape him for the gifted program in the coming school year.

My youngest, Janie, started Preschool this year with another new teacher, Mrs. Remion, and her assistant Mrs. White. Not a day passed that Janie did not come home happy with something new she learned. She can write

her name, count to 100, recognize shapes and letters. The school nurse, Mrs. Danis was always there if my children needed her. The whole staff at Pooler is incredible to work with. Mrs. Shirk the assistant principal and Ms. Mincey, the new guidance counselor, worked very hard with the children this year to help mediate behavior and encourage a friendly environment. Sarah Clark leads our PTA and is a supermom.

It was a pleasure to sit down and talk with Mrs. McPipkin about some of the goals she has for the school. She is focused on teaching for our children, and not just about getting

the best test scores. Pooler is looking forward to new playground equipment and a new P.A. system next year. Anyone who would like to help donate to raise money for improvements can mail a check to the school's address at 308 Holly Avenue Pooler, GA 31322.

Seeing how caring our principal is, made me curious as to her background. Mrs. McPipkin has been teaching education for 29 years in the Savannah-Chatham and Bryan County school districts. She has taught every grade level; from Pre-K to fifth. She stated she never wants to forget what it's like to be in the classroom. Being a principal is important to her because she wants to be there for the teachers to give them the support they need. It is very apparent that the students and teachers at her school are her top priority.

It is an odd feeling walking the halls of an elementary school as an adult. I can almost hear my own teachers' voices echoing in the classrooms. I

**"Education is a
life insurance policy.
Once you have it, no one
can take it.
Life is about choices."**



can imagine my old cafeteria, playground, and nurse's office. I remember the best and worst memories of my childhood. So many people focus on their high school experience as the best time in their lives. For me, it was elementary school. I loved learning and seeing my friends every day. I loved the validation of a job well done. As we get older, those simple things become few and far between.

I would like to add that Mrs. McPipkin feels some of the greatest challenges for Pooler are attendance and getting more parent volunteers. Pooler is growing, and with our growth, we need more people to realize it takes a village to raise a child. Some of the amazing organizations that help Pooler regularly are The Lions Club, Mathnasium of Pooler, Kona Ice, Kids First Pediatrics, and Dorsey Tires. Every student at Pooler Elementary School receives free breakfast as part of the Title I program, and as a parent, I have to say it makes mornings much easier when shuffling three boisterous children to school.

I asked Mrs. McPipkin what was the best advice she would give to any student if they were to ask her. Her response was, "Education is a life insurance policy. Once you have it, no one can take it. Life is about choices." Mrs. McPipkin's favorite poet is Shel Silverstein, and when she is not involved at school, she enjoys the outdoors. She loves the ocean, and enjoys boating, crabbing, and traveling to new places in her spare time.



Photos by Monica Floyd



Top 10 Fireworks Safety Tips:

Use fireworks outdoors only. Never carry fireworks in a pocket or shoot them off in metal or glass containers. Never point or throw fireworks at another person.

Always have an adult supervise fireworks activities. Never allow young children to play with or ignite fireworks including sparklers. Only persons over the age of 12 should be allowed to handle sparklers of any type.

Avoid buying fireworks packaged in brown paper. This is often a sign that the fireworks were made for professional displays and that they

could pose a danger to consumers.

Be careful when lighting the fuse. Never place any part of your body directly over a fireworks device when lighting the fuse. Light fireworks one at a time, then quickly back up to a safe distance.

Never relight a "dud" firework. Wait 20 minutes and then soak it in a bucket of water.

Only use fireworks as intended. Don't try to alter them or combine them. They can kill you!

Keep a bucket of water or a garden hose handy in case of fire or other mishap. After fireworks complete their burning, douse the spent device with plenty of water before discarding it to prevent a trash fire.

Use common sense. Spectators should keep a safe distance from the shooter and the shooter should wear safety glasses.

Alcohol and fireworks do not mix. Have a "designated shooter."

Obey local laws. If fireworks are not legal where you live, do not use them.



POOLER

PATRIOT WEEKEND

6th ANNUAL FESTIVAL IN POOLER PARK

September 9, 2017

Pooler Park: 900 S Rogers Street

Come Celebrate our Pooler Patriots

**Meet Our Local Merchants,
Restaurants and Food Trucks**

FREE Amusements for the Kids

**Concert in the Park featuring live entertainment by
Camryn Rewis and 8 Mile Bend**

**First Responder Showcase featuring
Police Cars, Fire Trucks and other Emergency Vehicles**

and more to be announced!

**FIREWORK FINALE at 9:30 p.m.
Gates Open at 4:00 p.m.**

Free parking available at West Chatham Middle School
with FREE Trolley Shuttle to and from the park will be provided

Fireworks Sponsored By:



Amusements
Sponsored By:



Patriot's Weekend
Hosted By:



Opening Ceremony
Sponsored By:





Save the Date and join us for...

Patriots Weekend Festival in the Park

Saturday, September 9, 2017

★ The Pooler Festival in the Park is free to participants and is a family friendly event. There will be lots of opportunities to purchase food, drinks and merchandise from our local vendors. Don't forget to pack a blanket and even your lawn chairs, stake out your spot and plan on enjoying a fabulous day of entertainment, fun, great food and fellowship!

Don't forget to explore our Fourth Annual First Responders Showcase. This is a great chance to meet some the great folks that serve in our local Police and Fire Departments, but also to check out their vehicles and equipment. The whole family will enjoy this event. Check out our firetrucks and equipment, bomb sniffing dogs, emergency helicopters and more!

There is designated handicap parking available at Pooler Park. Simply turn in the main entrance to the park. All participants please park at West Chatham Middle School (corner of Rogers Street and Pine Barren Road). Old Town Trolley shuttles will provide free shuttle service through out the festival beginning at 4:00 p.m. through 10:00 p.m.



Join the Pooler Patriot's Festival In The Park
Showcase Your Company and become a **SPONSOR or a **VENDOR****

SPONSORSHIP LEVELS AVAILABLE:

Official Concert Sponsor (\$7500) and Official First Responders Showcase (\$3000)

VENDOR LEVELS AVAILABLE:

Vendor categories available: Prime Merchant (\$100), Merchant (\$50) Food (\$65), Non-Profit (\$50)

For information on vendor & sponsorships, please contact Lindsey Butler at lbutler@pooler-ga.gov



Activities in town for July 4th weekend

Here are a few ideas to pass the time during the 4th weekend. Contact the organizations directly for dates, times, reservations and costs (if applies).

Tangers Holiday Sales

Perfect time to shop Savannah's newest outlet mall for savings on almost anything you can think of. So come out and save BIG! Plenty of places to grab a bite to eat or enjoy your favorite desserts!

Fort McAllister State Park

Come out and watch a Civil War drilling, rifle, and cannon firings! Lots of activities and old-style games. Join in a fun-filled Civil War-era baseball game!

Savannah Bananas Baseball

Take us out to the ballgame! America's favorite pastime on America's birthday the Savannah Bananas CPL baseball team hosts the Wilmington Sharks at historic Grayson Stadium! Immediately after the game, enjoy a special 4th of July fireworks show at the stadium.

Steam Train Rides at Georgia State Railroad Museum

All aboard! Catch a ride aboard a circa-1913 steam train ride for an unforgettable experience full of both history and fun for riders of all ages.

Historic Wormsloe Plantation

Celebrate this Independence Day by going back in time! The Wormsloe Historic Site is having their annual British Occupation of Savannah, a day that will recount the British Occupation of July 1780, when Savannah was under British occupation after the Battle of Savannah. There will be battle reenactments, musket demonstrations, drills and cannon firings. Children can brandish their own wooden muskets and defeat the British invaders!

Ice Cream, Ice Cream I Pledge for Ice Cream

Do you know the pledge of allegiance by heart? Do you love ice cream? Are you under the age of 12? If you said yes to all three of those questions, head over to Leopold's Ice Cream in Downtown Savannah to be a part of their I Pledge project! Any child under the age of 12 who can recite the Pledge of Allegiance by heart will get a free ice cream cone, starting Friday, July 1, 2016, and continuing every Monday throughout the month of July

Watermelon Crawl at Lake Mayer

It's not 4th of July without watermelon! Take part in this fun, family-friendly group run featuring a 6-mile and 8-mile loop. After the run, enjoy fresh, delicious watermelon to celebrate!

Fourth at Tricentennial Park

Experience 4th of July celebration at the Savannah History Museum. Enjoy costumed interpreters debuting new American Revolution-themed programming, complete with visitor battle reenactments, musket firing demonstrations, and live music.

National Museum of the Mighty Eighth Air Force

Activated in 1942, the Museum features over 90,000 square feet of exhibits, interactive displays, historical artifacts and a magnificent collection of aviation art. See a visually realistic mission experience, a world renowned research Center and beautiful Memorial Garden. The World War II B-17 Flying Fortress, "City of Savannah," is undergoing a complete restoration inside the Museum's Combat Gallery. Come be a part of history in the making!

Old Fort Jackson

A Century of Sentries throughout the long weekend, an enhanced program covering the history of Savannah in conflict during the America Revolution, the War of 1812 and the Civil War. "Visitors will enjoy artillery drills, cannon firings and more.

Savannah Children's Museum

Celebrate July 4th, and all youngsters can participate in themed crafts and activities throughout the day.

Savannah River Fireworks

Rousakis Riverfront Plaza for a fireworks spectacular! Get down to live music from 8pm-10pm and watch the Savannah 4th of July fireworks starting around 9:30 pm. Plus, there's plenty of entertainment for children at the Kids Zone! Make sure to arrive early to grab a spot.

Tybee Island Fireworks

Get down to the beach for some awesome Fireworks on the Pier. The 4th fireworks go off with a bang at dark, which is between 9:00 pm and 9:30 pm. An exciting event for the entire family!

Webb Military Museum

Relive the stories of those who wore the uniforms, hats, and medals. Featuring military artifacts from the American Civil War to Desert Storm. Original uniforms, headgear, and equipment are displayed in a walk-through setting. The museum honors our servicemen from all wars and branches. Many of the displays contain named groupings of servicemen highlighting their stories of service. A visit to Webb Military Museum will certainly bring back one's love of history and the realization of how much we owe to our men and women in uniform.

Make a Disaster Plan for Your Pets

Continued from Page 15



If you stay home, do it safely

If your family and pets must wait out a storm or other disaster at home, identify a safe area of your home where you can all stay together.

- Close off or eliminate unsafe nooks and crannies where frightened cats may try to hide.
- Move dangerous items such as tools or toxic products that have been stored in the area.
- Bring your pets indoors as soon as local authorities say trouble is on the way. Keep dogs on leashes and cats in carriers, and make sure they are wearing identification.
- If you have a room, you can designate as a "safe room," put your emergency supplies in that room in advance, including your pet's crate and supplies. Have any medications and a supply of pet food and water inside watertight containers, along with your other emergency supplies. If there is an open fireplace, vent, pet door or similar opening in the house, close it off with plastic sheeting and strong tape.
- Listen to the radio periodically, and don't come out until you know it's safe.

After the disaster

Your home may be a very different place after the emergency is over, and it may be hard for your pets to adjust.

- Don't allow your pets to roam loose. Familiar landmarks and smells might be gone, and your pet will probably be disoriented. Pets can easily get lost in such situations.
- While you assess the damage, keep dogs on leashes and cats in carriers inside the house. If your house is damaged, your pets could escape.

- Be patient with your pets after a disaster. Try to get them back into their normal routines as soon as possible. Be ready for behavioral problems caused by the stress of the situation. If these problems persist, or if your pet seems to be having any health problems, talk to your veterinarian.
- If your community has been flooded, check your home and yard for wild animals who may have sought refuge there. Wildlife can pose a threat to you and your pet. Check out our tips for humanely evicting wildlife.

Be ready for everyday emergencies

You can't get home to your pet

There may be times that you can't get home to take care of your pets. Icy roads may trap you at the office overnight; an accident may send you to the hospital—things happen. But you can make sure your pets get the care they need by making arrangements now:

- Find a trusted neighbor, friend or family member and give them a key. Make sure this backup caretaker is comfortable and familiar with your pets (and vice versa).
- Make sure your backup caretaker knows your pets' feeding and medication schedule, whereabouts and habits.
- If you use a pet-sitting service, find out in advance if they will be able to help in case of an emergency.

Heat wave

High temperatures can be dangerous. Learn more about hot weather safety for pets.

The electricity goes out

If you're forced to leave your home because you've lost electricity, take your pets with you to a pet-friendly hotel. If it's summer, even just an hour or two in the sweltering heat can be dangerous. If you stay at home during a summer power outage, ask your local emergency management office if there are pet-friendly cooling centers in the area. If it's winter, don't be fooled by your pets' fur coats; it isn't safe to leave them in an unheated house.

Plans aren't just for pets

Disaster plans aren't only essential for the safety of pets. If you're responsible for other kinds of animals during natural disasters, disaster plans for feral or outdoor cats, horses, and animals on farms can be lifesavers.



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Nine Amazing Beauty Finds Hiding At Your Local Drug Store

By Deven Hopp

When was the last time you stepped into your local Pooler Pharmacy /Drug Store and walked away carrying only your prescription? Exactly. We typically don't make it through the drugstore's doors without a handful of Maybelline mascaras, a restock on our Almay makeup-removing wipes, Q-tips, nail polish remover, and the list goes on (and on). But we rarely stop there. We often find ourselves roaming the aisles and discovering new under-the-radar beauty products _ many that you can't find anywhere else.

Needless to say, waiting for the pharmacy to fill our prescription almost always leads to a few (read: several) impulse buys but it is a welcome bonus for our beauty routines. To streamline your shopping the next time you find yourself waiting at your local pharmacy-drug store, check out our curated list of surprising drugstore beauty finds waiting on the shelves. Read through to discover the hidden gems you've been missing out on!

VERMONT'S ORIGINAL BAG BALM (\$11)

Long before every major brand was putting its name on some sort of balm, there was Bag Balm. It's been healing farmers' calloused hands since 1899. If you need to keep your heels in sandal-ready shape this summer, this can help.

PEACH SLICES AQUA JELLY LIP MASK (\$4)

You've seen lip masks all over celebrities' Instagrams, but now's your chance to try this fun trick to getting red carpet ready. Infused with nourishing shea butter, coconut, honey, yuzu and bamboo stem extract, this K-beauty jelly mask will leave your lips super smooth and refreshed.

FRUDIA BLUEBERRY HYDRATING SERUM (\$22)

Quench your skin's thirst with this hydrating serum made of 71 percent blueberry extract. Applying before your moisturizer will allow for better absorption to keep your skin moisturized and refreshed throughout the day.

ENLITE FLAWLESS BODY SHIMMERING GLYCOLIC BODY LOTION (\$22)

Let us introduce you to Enlite, your new CVS obsession. They have an entire face-and-body line. We instantly fell in love with this body moisturizer because it gives our legs a subtle, airbrushed sheen. Plus, we also love that it's spiked with lactic and glycolic acids.

ENLITE SUPER FACE SCRUB + GLOW FACIAL MICRODERMABRASION (\$12)

OK, we know this is the second Enlite product in the roundup, but we've

just been swooning over this line. Plus, this one is for your face. We love a good microdermabrasion scrub with chemical exfoliators weaved in. This one has lactic acid to further the brightening effects.

NUANCE WILD LIME EXFOLIATING FACIAL GEL (\$8)

Salma Hayek's CVS-exclusive brand is another can't-miss product line. This fruit acid exfoliator provides gentle resurfacing to leave your skin feeling baby-soft.

MUA LIP PRIMER (\$5)

One swipe of this stuff will neutralize the color of your lips, creating a clean canvas for whatever lip color you want to apply. And it feels velvety smooth on your lips.


PROMISE ORGANIC NOURISHING COCONUT MILK FACE CREAM WITH MANGO (\$12)

A dermatologist-tested, all-natural brand at the drugstore? Yes, please. This moisturizer is ultra nourishing but surprisingly light.

WILMA SCHUMANN HYDRA GEL MASQUES (4 COUNT) (\$39)

If your sheet mask isn't hydra-gel, you're doing something wrong. From hydrating and antioxidant-boosting to soothing and irritation-calming formulas, this four-pack has you covered for everything your skin needs.


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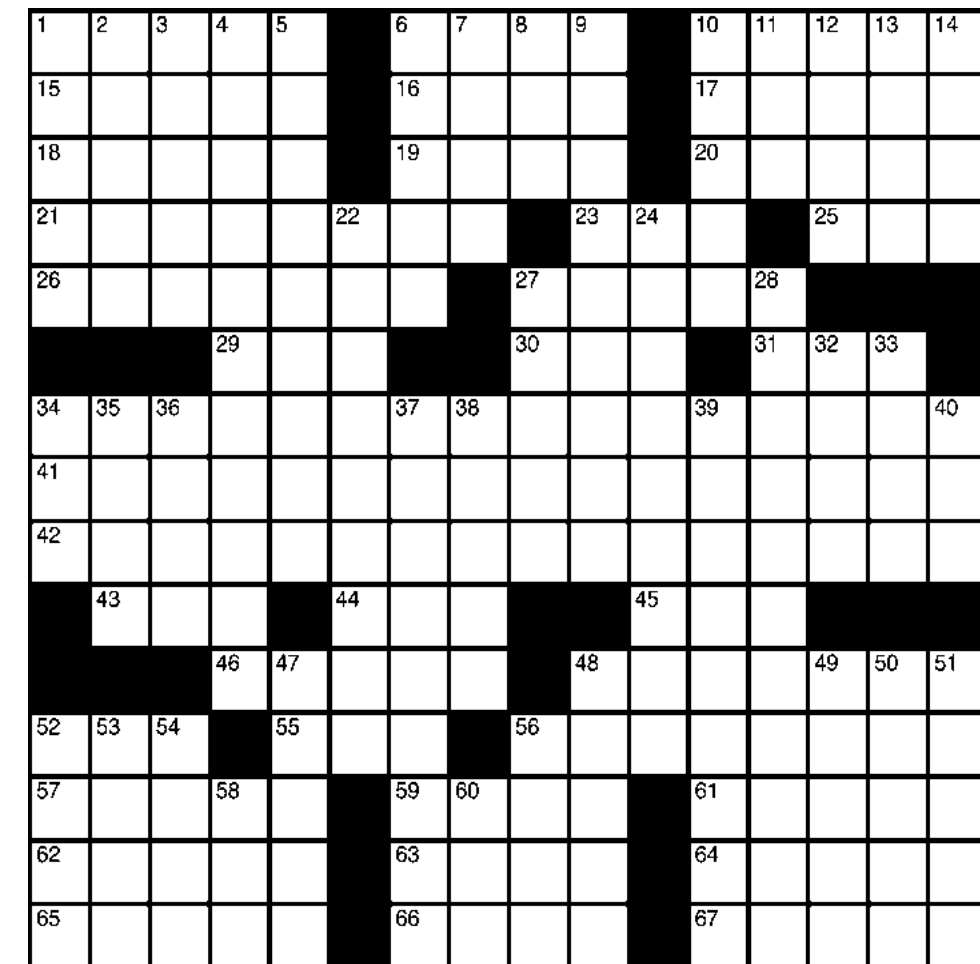
CROSSWORD CLUES

ACROSS

- 1 Protests by not taking any courses?
- 6 Floorboard hardware item
- 10 Cloaks
- 15 Top dog
- 16 Western city with an annual balloon race
- 17 She slugged a sheriff in "Selma"
- 18 Pick up
- 19 Big story
- 20 With 13-Down, "Unfaithful" Oscar nominee
- 21 Waits on hand and foot
- 23 "Pity"
- 25 Proof letters
- 26 Not much power
- 27 "Never Cry Wolf" author Farley ____
- 29 "____ tree falls ..."
- 30 Significant period
- 31 ____ moment
- 34 Capital near Las Vegas
- 41 Popular software for gamers
- 42 Variety show on which "The Honeymooners" began as a skit
- 43 Buddy
- 44 Former court gp.
- 45 Big name in outdoor gear
- 46 Pope John Paul II's given name
- 48 "Ready for business" sign
- 52 Toon that debuted in the 1954 cartoon "Devil May Hare"
- 55 "Hyde Park on Hudson" subj.
- 56 Peak
- 57 Hardly warm
- 59 Comet competitor
- 61 Secretary of war under Teddy
- 62 Language that gives us "mako"
- 63 Accept
- 64 Tears down, in 65-Across
- 65 North Sea county
- 66 Inspected
- 67 Decorative pitchers

DOWN

- 1 Gandolfini's TV wife
- 2 "Yond Cassius has ____ and hungry look"
- 3 Sudden rush
- 4 Obeyed a fishing regulation
- 5 Marin County seat
- 6 Football's Favre
- 7 Tow job, for short
- 8 Singer DiFranco



9 BBC hero since 1963

10 Screwdriver part

11 Commercial prefix with Pen

12 Big oil exporter

13 See 20-Across

14 Lose

22 It may be swiped at work

24 Lowland amphibian

27 1980s attorney general

28 Attorney's specialty

32 Simple greeting

33 Big name in PCs

34 Ink ____

35 Actor Driver of "Girls"

36 Salmon choice

37 Involved

38 Athlete known as "The King of Clay"

39 Absent

40 Logical operators

47 Pin, say

48 Rejected

49 Self-confidence

50 Wild blue yonder

51 City across the Rhine from Düsseldorf

52 Hardly boundary-pushing

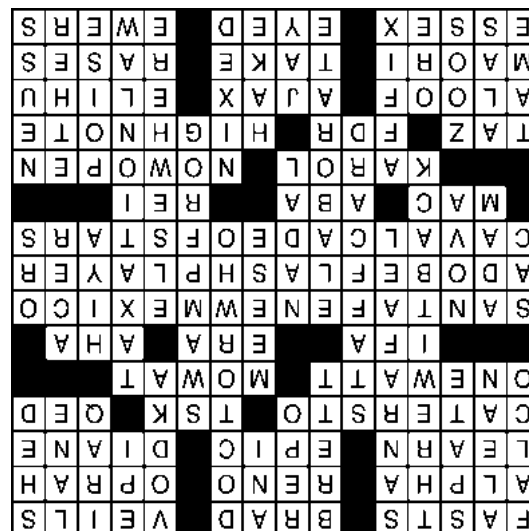
53 "Poor me!"

54 Places with exhibits

56 Cod relative

58 Mt. Hood setting

60 Colorful flier





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A Call Out For Your Community Classified

We would love to help you share your event, services, for sale items, etc.

Send us your **Pooler Today Classified**, and begin promoting. Great for garage sales, lost and found, for sale items, babysitters, jobs wanted/needed, services and much more ...

SPECIFICATIONS AND COSTS

Classified advertisements:

Cost: \$40 per issue for 50 words or less.

Pooler Today is a bi-monthly publication and reserves the right to edit the length of submissions and appropriate listings for inclusion. Space is very limited.

Your copy must be received by the 20th of the month (May, July, September, November) for the following months publication.

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America's Second Harvest Kids Cafe Manager

By Angie Johnson



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America's Second Harvest of Coastal Georgia is participating in the Summer Food Service Program. Meals will be provided to all eligible children free of charge. (To be eligible to receive free meals at a residential camp, children must meet the income guidelines below for reduced-price meals in the National School Lunch Program.) Children who are part of households that receive foods stamps, or benefits under the Food Distribution Program on Indian Reservations (FDPIR), or Temporary Assistance to Needy Families (TANF) are automatically eligible to receive free meals.

Acceptance and participation requirements for the program and all activities are the same for all regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service.

Here is a list of sites with the start and end times of meal service for each site.



SCHOOL SITE	CITY	1st Meal	2nd Meal	Date Start	Date End
Langston Chapel Elementary	Statesboro	7:45am-8:45am	11:15am-1:00pm	6/26/17	6/26/17
Jenkins High School	Savannah	7:30am-9:00am	11:00am-1:00pm	5/30/17	6/16/17
JW Hubert Middle School	Savannah	8:00am-8:45am	11:00am-12:00pm	5/30/17	6/19/17
Shuman Elementary School	Savannah	8:15am-9:15am	11:00am-12:00pm	5/30/17	6/19/17
Otis J. Brock Elementary	Savannah	8:00am-8:30am	11:00-11:30am	5/30/17	6/19/17
Gadsden Elementary	Savannah	8:30am-9:00am	11:30am-12:30pm	5/30/17	6/19/17
DeRenne Middle School	Savannah	8:00am-8:45am	11:15am-11:45am	5/30/17	6/19/17
East Broad K-8 School	Savannah	8:30am-9:15am	12:00pm-1:00pm	5/30/17	6/19/17
Garden City Elementary	Garden City	-----	11:30am-12:30pm	6/5/17	6/30/17
Godley Station School	Savannah	8:00am-8:30am	11:30am-12:15pm	5/30/17	6/19/17
Gould Elementary	Savannah	8:30am-9:00am	11:00am-11:30am	5/30/17	6/19/17
Groves High School	Garden City	7:30am-8:00am	10:30am-11:30am	5/30/17	6/19/17
Hodge Elementary	Savannah	8:15am-9:15am	10:30am-11:30am	5/30/17	6/19/17
Mercer Middle School	Savannah	7:30am-8:30am	11:30am-12:30pm	5/30/17	6/19/17
Windsor Forest High School	Savannah	7:15am-7:45am	12:00pm-12:30pm	5/30/17	7/28/17
Myers Middle School	Savannah	8:30am-9:00am	12:00pm-12:30pm	5/30/17	6/19/17
Thunderbolt Elementary	Savannah	8:00am-9:15am	11:00am-11:30am	5/30/17	6/19/17
West Chatham Elementary	Pooler	8:30am-9:00am	12:00pm-12:30pm	5/30/17	6/19/17
White Bluff Elementary	Savannah	8:00am-9:00am	11:30am-12:30pm	5/30/17	6/19/17

America's Second Harvest of Coastal Georgia, Inc. America's Second Harvest of Coastal Georgia serves as a regional food bank, functioning as the food warehouse and distribution center to more than 300 non-profit organizations and churches in our area. Through food relief programs and collaboration with partner agencies, America's Second Harvest distributed more than 13.3 million pounds of food last year to people in need in our community – children, senior citizens, people with disabilities, people experiencing homelessness and others whose incomes are insufficient to meet their basic needs. To learn more about the fight against hunger in our community, call (912) 236-6750 or visit www.helpendhunger.org.

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