

December 2017 - January 2018

POOLER *Today* SM

Vol II • Issue VI



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**Lions Club Holiday Poster Contest Winner:
Deyla Knowles from West Chatham**



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

<http://pooler-ga.us>

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
Bread of Life Ministries, Inc.	(912) 988-1102
Calvary Assembly of God	(912) 748-5847
Christ Presbyterian Church	(912) 399-5717
Chua Cat-Tuong Temple	(912) 965-1876
First Presbyterian Church of Pooler	(912) 330-9415
First Baptist Church of Pooler	(912) 748-7521
Gateway Community Church	(912) 748-7011
Heavenbound Baptist Church	(912) 921-1500
Hydrate Church	(912) 988-4120
Morning Star Baptist Church	(912) 748-9994
New Birth Savannah	(912) 748-2969
New Testament Baptist Church	(912) 964-7655
Pooler Bible Church	(850) 274-2534
Quacco Baptist Church	(912) 925-3885
Relate Church	(912) 988-1354
Risen Savior Lutheran Church	(912) 925-9431
Rothwell Baptist Church	(912) 748-7593
Savannah 1st 7th Day Adventist Church	(912) 748-5977
Southbridge Community Church	(912) 401-8505
South Valley Baptist Church	(912) 748-0279
St. Patrick's Episcopal Church	(912) 748-6016
The Church at Godley Station	(912) 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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Lions Club Holiday Poster Contest Winner:
Elizabeth Bancroft from Godley Station



POOLER TodaySM

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- | | |
|------------------------------|--------------------------------|
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| Martha Hartz, M.D. | Mayo Clinic |
| Heather Murphy | Real Estate Reflections |
| Davana Pilczuk, Ph.D. | Gift You Can Give Yourself |
| Karen Robinson | Lending A Helping Hand |
| Linda Saytanides | Pooler Lions Poster Contest |
| Jill Schlessinger | Long Term Care Decisions |
| Veronica Voisine | New Year Financial Resolutions |



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Merry Christmas - Happy New Year

Remember the days when beautifully hand-written notes were often included in holiday cards? I kept many of them and around the holidays find myself lost in fond memories as I read them again. The messages were often simple, but from the heart. The penmanship was exquisite and the words elegant and flowing.

Ah, penmanship. Remember that word? Haven't heard it for awhile. Who cares about penmanship when cursive writing is a thing of the past, and no longer taught in most schools.

When I was a kid back in pre-historic times, receiving an 'A' in penmanship was right up there with learning to read all the words in the book, 'Fun With Dick and Jane.' Remember books? Sadly, they also are becoming relics. I could continue along that line, but will stick with the loss of cursive writing for now.

If kids can't write cursive, they probably can't read it either. Not only will they never be able to read historical documents such as the U.S. Constitution, but they'll never be able to read those thoughtful, handwritten letters penned by parents or other distant relatives that we find stashed amongst junk and collectibles when clearing out a loved one's home.

Unlike typing LOL or BTW or replacing words with emojis, handwriting took time which allowed the writer to reflect on the words before committing them to paper. There was no delete key, so if you made a mistake, you used ink eradicator. This could look messy so great care was given to writing it properly.

These days, everything is disposable, including words. Type something one day and delete it the next, or save it to a file you'll never look at again. Anything that won't benefit us in the future is thrown away.

When asked about the move away from cursive writing, many educators agree that it takes an enormous amount of instructional time. The belief is that the time spent learning constantly changing new technology should take precedence since that is primarily how we communicate.

There's other research that suggests people remember things better when taking notes by hand, rather than with a word processor. The argument there is we don't need to remember things better when we can find all we need to know with a stroke of the keyboard.

So, should schools continue to teach cursive handwriting? The question divides the education community. Currently, the Common Core State Standards, which are set to give American students the knowledge and skills to succeed in life, don't require teaching cursive writing. States are allowed to add it to curricula, but only a few have done so.

Although K-5 language standards require students to "print all upper and lowercase letters," critics believe students need cursive to develop a signature to sign contracts and important documents. Not so, say the naysayers. No one writes checks or mails anything handwritten anymore. Most documents now allow e-signatures.

For me, it's sad because there are not many things a person can truly call their own, but signatures like fingerprints are completely unique identifiers.

In all honesty, I really don't sign many documents or hand-write notes in cards anymore. Perhaps it's because my senior fingers are a bit stiffer these days, but mostly it's because I'm spoiled by the ease of processing words on my computer.

But as you can see, I still like to sign my name at the bottom.

In Gratitude,

Dean Ayers
Co-Publishers

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POOLER

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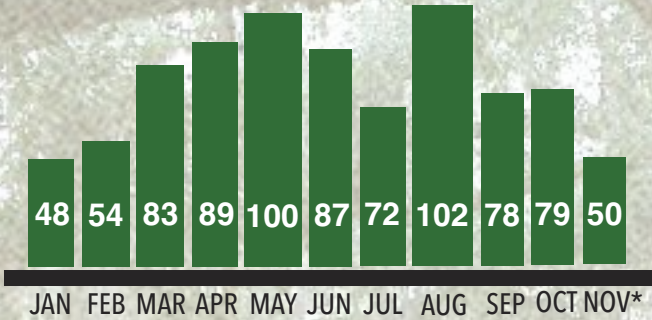
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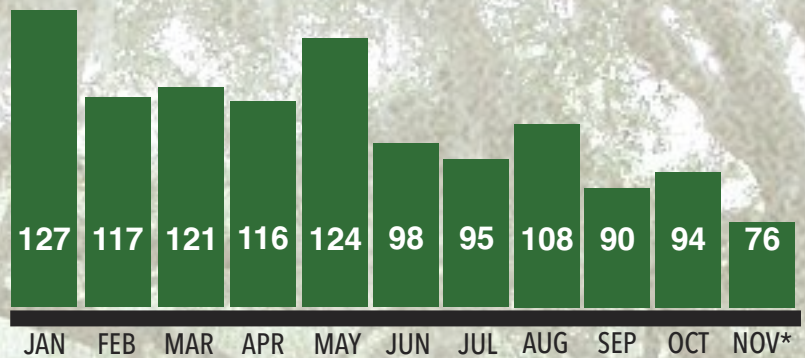
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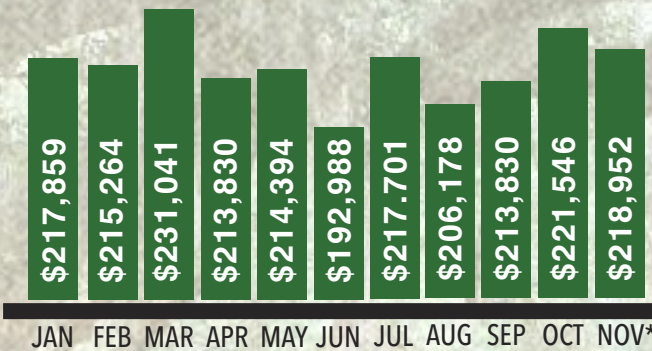
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** Data as of November 20, 2017*



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The Future Of Peace - Lions Club Local Competition

By Linda Saytanides

Congratulations to **Elizabeth Bancroft, a 6th grader at Godley Station Middle School** and **Deyla Knowles, an 8th grader at West Chatham Middle School** have taken the first steps to becoming internationally recognized artists by winning a local competition sponsored by the Pooler Lions Club on the first of November.

Bancroft and Knowles' posters are among more than 600,000 entries submitted worldwide in the 30th annual Lions International Peace Poster Contest. Lions Clubs International is sponsoring the contest to emphasize the importance of world peace to young people everywhere.

"For some, they have chosen to wage war. For me, I have chosen peace. Peace is the only way to mend," is 12 years old Bancroft's quote on peace. "In our hands, we will blossom under peace," is 13-year-old Knowles quote on peace. One poster was selected from each school participating by the Peace Poster Committee including Veronica Voisine, Club President; Linda Saytanides, Committee Chair; Rosemary Cutuli, Director; and Len Cutuli, District Governor. The two posters were selected for their originality, artistic merit, and portrayal of the contest theme, "The Future of Peace."

Pooler Lions Club President, Veronica Voisine, said she was impressed by the expression and creativity of the students from both middle schools. "It is obvious that these young people have strong ideas about what peace means to them. I'm so proud that we were able to provide them with the opportunity to share their visions." 46 students submitted entries from Godley Station, and 22 students submitted entries from West Chatham.

Bancroft and Knowles posters will advance to face stiff competition through the district, multiple districts and international rounds of competition if either one is to be declared the international grand prize winner," Voisine said.

One grand prize winner and 23 merit award winners will be selected. The grand prize includes a cash award of \$5,000, plus a trip for the winner and two family members to an award ceremony. The 23 merit award winners will each receive a certificate and cash award of \$500.

"Our club is cheering for Elizabeth and Deyla as their posters advance in the competition, and we hope that their vision will ultimately be shared with others around the world," Voisine said.

The Lions Club International grand prize and merit award winners are available for viewing at www.lionsclubs.org.

Lions Clubs International is the world's largest service club organization with 1.4 million members in more than 46,000 clubs in more than 200 countries and geographic areas. In addition to its efforts toward conquering blindness, the organization has made a strong commitment to community service and helping youth throughout the world.

The Pooler Lions Club is always looking for new members and new service projects to help the community. If you are interested, please contact us at lionsclub2@gmail.com or www.poolerlionsclub.org.

Please see poster artwork featured on page 4 and 5.



Christmas: The Joy And Pain Of The Holidays

By Reverend John Fender
Sr. Pastor First Presbyterian
Church of Pooler, & Chaplain
Pooler Police Department

*"And his mercy is for those who fear
him from generation to generation."
- Luke 1:50*

When I think back on my childhood, Christmas morning followed this sweet routine of waking up at my dad's farmhouse, then heading to open presents mid-morning at my grandparent's home (my dad's parents) and enjoying lunch. Truth be told, the presents were great and the food was just average. Supper was at my other grandmother's house. She was the gifted cooking grandmother who would make sure that each of her 16 grandchildren got something they liked in particular.

And yet, as happens, my grandfather Fender died. We continued to go to his house to each year to visit my grandmother Fender. She was always such a joy to be around, but Christmas was simply different from that point. Over time my grandmother Fender would die as well. Now our routine had to change drastically. Within a couple of years my other grandmother passed away. Christmas would never be the same.

There is always a certain joy and pain about the holidays! There is the joy of family, the joy of good food, the joy of presents, the joys of considering the precious story of a God who was willing to come for His people.

And yet there is always a certain pain about the holidays: loved one who are no longer living, families that are now broken up by divorce, children grown and now away from home.

The older I get the more I realize this life is ever changing and that change is not always what I had expected or even wanted. Perhaps that is part of this reason why this simple story about a young lady giving birth to a child in a stable in Bethlehem some 2000 years ago seems so precious to us. It is not only good news of great joy to our eternal souls that the Son of God has been born, but it is also a fixed story that will not change and cannot be altered. It is a fixed truth in an ever-changing world.

As Mary, the mother of Jesus, considered that she would bear the Son of God, she would burst forth in a song that is recorded for us in Luke 1. She famously states, "My soul magnifies the Lord..." Why would she do so? For "his mercy is for those who fear him from generation to generation." Luke 1:50

In the joy and the pain of the holidays, may your mind be drawn back over and over again to a God who gives mercy, a God who is full of mercy. May we consider a God who did not look down unconcerned about the brokenness of this world, but rather a God who willingly stepped into that broken world to save and comfort us. May His story and His work bless you this holiday! Regardless of the changes and challenges of your year, may this fixed story impact your story!

Pooler Tree Lighting Ceremony

Please see page 21 for additional information





Event Photography By:
Tom Reimer - t.howardreimerphotos@yahoo.com

Advancing During The Holidays Is Important

By Janese Bryant Cooper
Certified Kumon Instructor

It's official! We're approaching the thick of the holiday season – otherwise known as the most wonderful time of year for many adults and children alike. As millions nationwide buckle up for travel to visit family and friends near and far, there are a few things all parents should keep in mind when it comes to kids and learning during the holiday school break.

While all children should enjoy this festive time of year, a break from school doesn't have to mean a break from learning. Continuing structured learning during the holiday break can contribute towards a successful school year.



Daily practice goes a long way.

The key to success is continuity of practice. During school breaks, children typically have less thinking to do and more unstructured time. Study during the holiday break promotes educational development and an element of year-round stability in your child's academic life. Many experienced parents will say sticking with a study routine year-round is the secret ingredient for substantial academic gains in the school year.



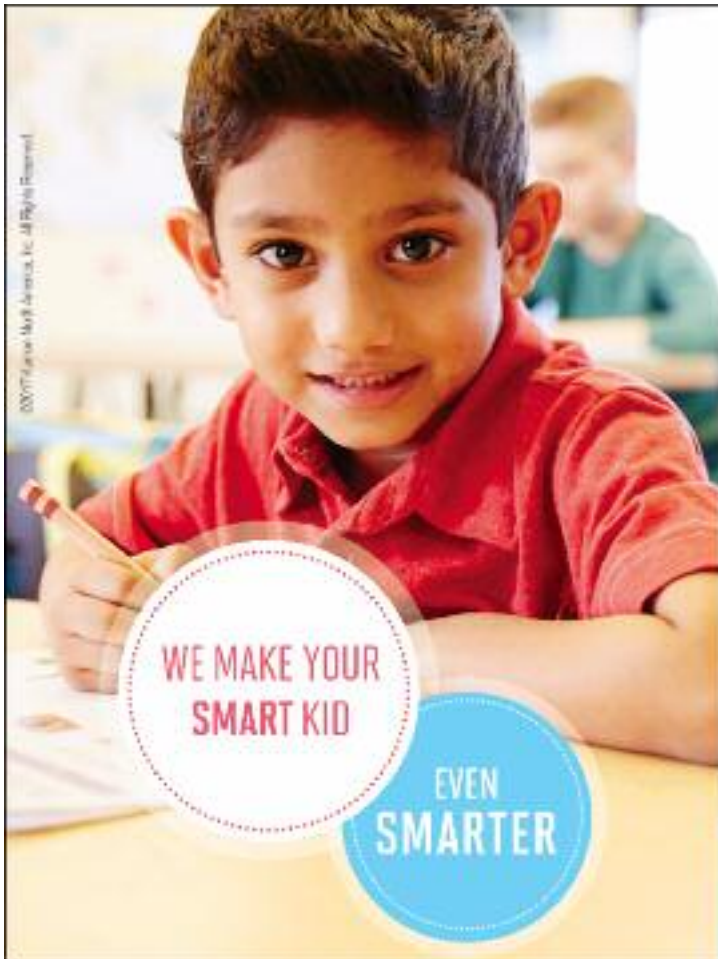
A steady routine helps keep kids on track.

Maintaining a steady routine even during the holiday break will make returning to a normal schedule seamless. Consider how motivated and great we feel when we work out regularly. After taking a few weeks off from the gym, getting back into our routine often becomes difficult. The same thing happens with academic habits. Our motivation stays high when we do not fall out of our

routine.

Significant schedule changes and different surroundings can make consistent practice a challenge for students. Falling out of the daily routine becomes easy, and trying to catch up later becomes difficult. When planning for schedule changes, and particularly when taking trips, it's important also to plan when children will complete their school-assigned homework.

What works for many families is for children to complete studies first thing in the morning before the hustle and bustle of the day gets into full swing. Sticking with the routine helps students continue their progress, and it makes the transition back to school after the new year a smooth process.



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Pets Can Enjoy The Holidays Too!

Courtesy of ADT

So, how exactly can a pet owner best prepare for the holidays? There are ten easy to follow, common-sense tips you can incorporate into your holiday plans to ensure your pets stay safe:

1. Secure, hide or cover electrical cords and electronics. Holiday lights and decorations usually lead to many new cords being scattered around the house. Be sure all cords are taped down or completely out of reach for your pets as they can trip on them, chew them up, or even experience an electric shock.

2. Keep holiday foods out of a pet's reach. The holidays always inspire delicious food, drinks, and desserts. Remember, dogs can't eat chocolate so make sure this is out of reach. Also, animals that ingest alcoholic beverages can experience nausea or upset stomach.

3. Keep your pet's daily routine as consistent as possible. The holidays are filled with tons of parties and activities that often change up our daily routines. Try to keep your pet on their regular daily routine because they don't adapt to change very well.

4. Keep your pets out of rooms with a Christmas tree. Although this may be difficult, the fact is that decorated trees pose too many dangers. Cats and dogs enjoy playing with dangling decorations and could knock over a tree or a glass ornament. Dogs may use a tree the same way they would outside, as an area to relieve themselves. If a pet accidentally eats a hook, ornament or tinsel, they could experience intestinal problems. Animals may also drink out of the water bowl which the tree sits in, so avoid adding chemicals to make the tree last longer.

5. Avoid long strings, lights or décor in areas accessible to pets. Pets always want to play and could easily mistake a string of lights as a toy. Unfortunately, this could lead to choking or other accidents.

6. Carefully watch candles. - Lighting scented candles are a great way to get into the holiday spirit. However, be sure to keep all flames and fires away from pets. They may get curious around a lit flame, which could lead to accidentally knocking the candle over.

7. Be careful with holiday plants. - There are many holiday plants that are dangerous for your pets. Common items such as mistletoe, holly, poinsettias, and lilies can be poisonous to your dog or cat. Certain plants affect different animals and breeds in unique ways. Be sure to research how your specific pet(s) is affected by different plant species.

8. Create a safe haven for your pets. - Many pets have an area or room where they feel safe. This is especially important for your pet's security during the holidays when there are many strangers around, as well as lots of loud noises (i.e., firecrackers on New Years). Pets need an area where they can retreat to if they are scared or overwhelmed.

10. Keep a list of emergency phone numbers for your pet. - You should always have the contact information for your veterinarian, a 24-hour pet hospital, and the Animal Poison Control Center easily accessible.

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50



athletic teams in 12 sports

4



International experiential group learning trips: Dominican Republic, Quebec, Mexico and Ecuador

24



International students

80



percentage of Middle and Upper School students who participate in at least one sport



12

National Merit finalists in the past 5 years

10

number of fine & performing arts offerings



108

colleges to which the class of 2017 gained acceptance

45



the number of Global Online Academy course offerings

25



percentage of the class of 2017 who gained early admission to UGA



10

awards won in the 2017 Scholastic Art and Writing competition



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65



acre wooded campus



8

active beehives in both the classroom and campus apiary

16



years SCDS has hosted Horizons summer enrichment for low-income community students

3.49

Average first year GPA of SCDS graduates at Georgia Tech

590



MacBooks and iPads available for student use

4

Governor's Honors participants in the past 4 years

17

alumni currently playing a collegiate sport



25

average number of course offerings in the Middle School mini-mester experience

4

Million dollars in scholarship money the class of 2017 was offered to select colleges

136



AP scholars in the past 5 years

1

only school in our region to receive both the Blue and Green Ribbon of Excellence by the US Department of Education



25

Advanced Placement and post-AP courses offered

30



different student-run community clubs & organizations

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Holiday Fire Safety

By The United State Fire Administration (USFA)

Residential fires during the holiday season are more frequent, more costly, and more deadly than at any other time of the year. The U.S. Fire Administration (USFA) reports more than double the number of open-flame fires on Christmas Day than on an average day, and about twice as many on New Year's Day. And when those fires occur, they do more damage: Property loss during a holiday fire is 34% greater than in an average fire, and the number of fatalities

per thousand fires is nearly 70% higher. When the source of the fire is a highly flammable Christmas tree, the toll in property and lives is even greater.

To keep your household from becoming a holiday fire statistic, here are some safety tips to follow.

Cooking - Cooking is the top cause of holiday fires, according to the USFA. The most common culprit is food that's left unattended. Make sure to keep a kitchen fire extinguisher that's rated for all types of fires, and check that smoke detectors are working. If you're planning to deep-fry your holiday turkey, do it outside, on a flat, level surface at least 10 feet from the house.

Candles - The incidence of candle fires is four times higher during December than during other months. According to the National Fire Protection Association, four of the five most dangerous days of the year for residential candle fires are Christmas/Christmas Eve and New Year's/New Year's Eve. (The fifth is Halloween.)

To reduce the danger, maintain about a foot of space between the candle and anything that can burn. Set candles on sturdy bases or cover with hurricane globes. Never leave flames unattended. Before bed, walk through each room to make sure candles are blown out. For atmosphere without worry, consider flameless LED candles.

Christmas Trees - It takes less than 30 seconds for a dry tree to engulf a room in flames, according to the Building and Fire Research Laboratory of the National Institute for Standards and Technology. "They make turpentine out of pine trees," notes Tom Olshanski, spokesman for the

Continued on Page 39

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New Year Financial Resolutions

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

We’re just about ready to open the door to 2017, so you might be thinking about some New Year’s resolutions. What’s on your list this year? More visits to the gym? Learning a new language? Mastering the perfect beef bourguignon? All worthy ambitions, of course, but why not also include some financial resolutions?

By reviewing your needs and goals, you can identify some resolutions that are particularly relevant to your own situation.

But here are a few suggestions:

- **Build an emergency fund.** If you needed a major car repair or a new furnace or faced some other large, unanticipated expense, could you cope with it? If you didn’t have the money readily available, you might have to dip into those investments intended for long-term goals, such as retirement. Instead, build an emergency fund containing three to six months’ worth of living expenses, kept in a liq-

uid, low-risk account.

- **Cut down on debts.** It’s not easy to cut down on one’s debt load. But if you can find ways to reduce your debts, you’ll help improve your overall financial picture. Many debts are not “useful” – that is, they don’t carry any tax advantages – so every dollar you spend to pay down those debts is a dollar you could use to invest for your future.

- **Boost contributions to your retirement plan.** If your employer offers a 401(k) or similar retirement plan, take full advantage of it. Your earnings have the potential to grow tax-deferred and your contributions may lower your taxable income. Plus, most plans offer a selection of investment options, so you can choose the investment mix that fits your objectives and risk tolerance. Therefore, if your salary goes up this year, or if you think you can find other ways to free up some money, increase your contributions to your retirement plan.

- **Review your portfolio.** Is your investment portfolio still on track toward helping you meet your long-term goals? If not, you may need to make some changes. You’ll also want to study your investment mix to make sure it still accurately reflects your risk tolerance. Overtime, and often without your taking any

significant actions, your portfolio can “drift” to a place where you are taking on too much risk – or even too little risk – for your needs and long-term objectives. If this happens, you may need to “rebalance” your holdings.

- **Avoid mistakes.** None of us can avoid all mistakes, in life and in our investment activities. But as an investor, you’ll clearly benefit from minimizing your errors. For example, it’s generally a mistake to jump out of the market in response to a period of volatility. If you wait for things to “calm down” before investing again, you might miss out on the opportunity to participate in the next market rally.

- **Think long term.** Keep this in mind: You’re not investing for today or tomorrow, but for many years from now. Try to keep a long-term focus when making all your key investment decisions. By doing so, you can avoid overreacting to short-term developments, such as a sudden drop in the market or a “momentous” political event that actually decreases in importance as time goes by.

Try to follow these financial resolutions as best as you can. You could make 2017 a year to remember.



Ongoing Pooler Drug Take Back Program

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

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

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

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

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

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

October's Successful Event

On Saturday, October 28th, Pooler Police Department teamed up with the DEA for National Prescription Drug Take-Back Day. Within 4 hours we collected six boxes full of assorted medications, a total of 150 plus pounds! What a great day, and thank you to the community for their continued support of this viable community project.



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Making Long-Term Care Decisions

By Jill Schlesinger
Tribune Content Agency

Long-term care is a tricky issue that is likely to impact a majority of Americans. According to the government, 70 percent of people turning age 65 can expect to use some form of long-term care during their lives. Although most of the care comes from unpaid caregivers (generally family members or friends), those who require more care are finding that the cost is rising.

According to Genworth Financial's Cost of Care Survey for 2017, the annual median cost of services increased by an average of 4.5 percent in 2017 from the prior year, the second-highest year-over-year increase since the study began in 2004 and nearly three times

the overall rate of inflation. If you need nursing home care, the cost for a semi-private room is up 4.4 percent to \$85,776 per year, and a private room jumped 5.5 percent to \$97,452. Of course, these are national numbers; the cost may be much higher or lower depending on where you live.

But what caught my eye in the survey was the 6.2 percent increase for the use of a licensed home health aide, who provides hands-on personal, not medical, care. You may think that \$22 an hour to care for your mother or father doesn't sound too bad, but 20 hours a week can set you back nearly \$23,000 per year!

Any discussion of long-term care must include a basic fact that many people do not understand until it's too late: Medicare and most health insurance plans, including Medicare Supplement Insurance (Medigap) policies, do not pay for more advanced services, sometimes called "custodial care."

So here we have an issue that tugs on our heartstrings and can drain our savings, making it seem like immediate action is necessary. Here's a great example: My friend Kim called me a few years ago to review her mother's situation. Her 91-year old mom was in perfect shape, but she and her siblings were concerned that she would soon need more assistance, which would eat into her nest egg of \$60,000 and could also potentially put her \$400,000 house at risk.

They met with an elder care attorney, who suggested that they put the house in a trust, which would allow them to qualify for Medicaid in the event of a long-term illness. As a reminder, Medicaid is a joint federal and state program that helps pay for certain health services for those who have limited resources.

But there are a lot of rules involved with

Medicaid, including a big one for Kim and her family: the five-year look back period. When you apply for Medicaid, any gifts or transfers of assets made within five years (60 months) of the date of application are subject to penalties. That means that if Mom puts the house in a trust, she would have to wait five years to claim that it was no longer part of her assets for Medicaid purposes.

More importantly, Medicaid allows an exclusion of \$500,000 toward your home, so if your home is valued at that level or less at the time of your Medicaid application, it is excluded as an asset (some states use an even higher permitted exemption of \$750,000).

So all that was really at risk was Mom's cash, because Medicaid would require that she spend down her \$60,000 to \$2,000 in order not be counted as an asset in determining Medicaid eligibility. I'm not sure why the attorney gave the advice that he did, but it might not surprise you to learn that establishing the trust would cost thousands of dollars.

As with most big financial decisions, it helps to get a second opinion, no matter what!

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.



Photos by Courtney Hinkle Rawlins

Annual Pooler Christmas Tree Lighting Ceremony

Hundreds of Pooler residents came out on a chilly evening and gathered at the Veterans Memorial Park for the Annual Pooler Christmas Tree Lighting Ceremony.

What a joyous evening of celebration as **Chief Wade Simmons** and the crew of **Pooler's Fire & Rescue** delivered Santa Claus (Public Works Director **Matt Saxon**) via fire truck!

Mayor Mike Fox along with WTOC's **Jamie Ertle MCing**, Mistress of Ceremonies, lit this spectacular tree, and festive music was provided by the **Pooler Bible Worship Team**.

Seasonal refreshments was served and provided by volunteers of **First Presbyterian Church, West Chatham Baptist, Hydrate Church, Gateway, First Baptist of Pooler, and the City of Pooler**.

A generous thank you to **Chief Mark Renew** and the **Pooler Police Department** for assisting guests with the logistics of parking and safety, **Maribeth Lindler** from the City of Pooler, **Jeff Hubbard and his Family of Elves** and **Laura Cook, Falgun Patel** of Royal Cinemas for his donation of Little Caesars Pizzas for all participants, and **Coca-Cola of Savannah**.

Last but not least, mark your calendars for the next Annual Pooler Christmas Lighting Ceremony scheduled for Sunday, November 24, 2018. See you there!



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What Did She Say?

By Julie Burch, M.S., Ed., CCC-SLP

Is your child's speech difficult to understand? He or she could have childhood apraxia of speech (CAS), a speech disorder that, typically, is not diagnosed until 2 to 3 years of age. A younger child with delayed speech development also may show signs of CAS. A speech-language therapist can determine if it is CAS and begin regular therapy.

The exact cause of CAS is unknown. It is believed to be a neurological speech disorder that interrupts the message from the brain to the muscles used for speaking. The child may have problems coordinating the mouth movements needed to make a sound or word. Sometimes, birth or prenatal injury that causes minor brain damage may result in CAS.

Children with CAS may have a hard time placing the tongue, lips, and jaw in the right position to make certain speech sounds. They have trouble putting speech sounds together; for example, /b-a-t/ for "bat."

Longer sentences or words are more difficult for the child to say which causes more errors. This makes the child's speech harder to understand. He or she may be able to make a sound or word correctly one time, but not be able to say it another time.

Usually, children with CAS do not struggle with non-speech movements, such as chewing, licking or swallowing. They may have problems with other motor skills, such as cutting, coloring, and writing. The difficulty with speech and later language development may result in problems with reading and spelling in school.

Your child may have CAS if he or she exhibits these common characteristics:

- Inconsistent speech sound errors
- Difficulty moving from one speech sound to another or one syllable to another
- Abnormal rhythm, stress, and intonation (voice pitch) during speech

If you suspect your child has CAS or other speech problems, ask your pediatrician for a referral to a licensed speech/language pathologist. The speech therapist can design an individualized plan to teach your child the motor skill needed to improve his or her speech.

For this skill to get easier, your child should often practice in between therapy sessions. Work with your child several times a day. The more he or she practices, the sooner your child will be able to speak more clearly.

Julie Burch is a licensed speech-language/pathology therapist at The Rehabilitation Institute at Memorial University Medical Center. She sees pediatric patients at the Savannah and Pooler offices.



Pooler Chamber of Commerce and Visitor Bureau, Inc.

Pam Southard, Executive Director

Greetings from YOUR Pooler Chamber of Commerce

We hope you had a wonderful Thanksgiving, and that your hearts remain gladdened throughout the rest of the holiday season. We have so much to be thankful for in this wonderful nation. Be generous and kind to those less fortunate, and to those serving our country on domestic and foreign soil. Always keep them in your prayers.

As this year comes to a close, we at the Chamber want to thank our members and the community at large for making 2017 such a successful year for our city. You have supported our efforts to move our city forward in a positive direction that encourages business growth and job opportunities. As a result, our team is stronger than ever. Our focus for the future is more jobs, great community services and an economy that continues to blossom and thrive. If you are not already a Chamber member, please stop by our offices to learn more about the benefits we can provide you.

Our Chamber enjoys making this time of the year joyful and festive for the entire community. Starting with the lighting of the Christmas tree in our beautiful new park, we then move forward to Breakfast with Santa on December 9th, where children of all ages (yes, Mom and Dad, that also includes you) can do a meet and greet with Santa. You can also have your picture taken with Mr. & Mrs. Claus. Our host this year is Texas Road House, at Tanger. Enjoy pancakes, sausage, coffee, juice, and milk. There will be coloring contests, games, and gifts for the kids. And our Pooler Bear will be having fun there too.

On December 14th, the Chamber will honor our fire and police department as well as recognize the Business of the Year, and Ambassadors of the Year at our annual Dinner and Awards Banquet. Please join us for these two great events by calling the Pooler Chamber of Commerce at (912) 748-0110.

During this holiday season, we encourage you to shop locally at our many retail stores and dine at our diverse variety of restaurants. No need to leave town when you have all you could want at your own back door.

On behalf of the Staff, Board of Directors, and our Ambassadors, the Pooler Chamber of Commerce wishes all of you a happy holiday season marked with happiness, peace and love.



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The City of Pooler is growing. We are proud to welcome our newest and exciting new establishments.



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Fall for Pooler





Event Photography By:
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Pooler Business Spotlight

Miss Sophie's Marketplace



Growing up in a family where women cooked the old-fashioned way, Teri Bell (aka Miss Sophie) is no stranger to the kitchen. So, it seems only natural that Teri would decide to open a business doing what she loves the most – feeding hungry people!

Armed with the fool-proof recipes from her grandmother, mother, aunt, and a few good friends she opened Miss Sophie's Marketplace, along with her husband Steve. Many of those special recipes are still in use today.

Join Miss Sophie's for lunch Monday-Friday inside the National Museum of the Mighty Eighth Air Force. True, old fashioned southern foods inside the quite atmosphere of the Pub inside the museum. Delicious catering services are also available.

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GNC Nutrition Center



More than a vitamin store, GNC - Village On Pooler Parkway has everything for your nutrition needs, including supplements, health food, protein bars and more.

Get the Best in Vitamins and Supplements From GNC. When it

comes to vitamins and supplements, settling for outdated options offers little benefit for your health. As the science behind supplementation improves, researchers constantly develop more effective products that produce better outcomes. At GNC - Village On Pooler Parkway, you won't have to worry about whether you're getting the latest developments in multivitamins, probiotics, and much more. Our products are the best because we don't accept anything less. In fact, our innovative team is made up of masters and PhD level registered dieticians who use information from over 110 clinical studies to help you achieve the results you want. In addition to the latest advances, we also focus on quality.

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Dentistry at Godley Station also includes Dr. Durham, Dr. Johnson, and Dr. Yarbrough, together we are Creating Smiles that last a Lifetime and just in time for the holidays.

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VALPAK OF COASTAL GEORGIA

Calendar of Events

Pooler Chamber of Commerce and Visitor Bureau, Inc.

2017

December 9 Breakfast with Santa
Breakfast at Texas Roadhouse
at Tanger Outlet Mall (See page 17)
7:30 a.m. - 10:30 a.m.

Holiday Shopping Pooler Tanger Outlet

**December 14 Annual Awards Banquet &
Annual Meeting**
5:30 p.m. - 8 p.m.
National Museum of the
Mighty Eighth Air Force

2018

**February 10 4th Annual
Hearts for Heroes Red Tie Gala**
National Museum of the
Mighty Eighth Air Force
6:30 p.m. - 11 p.m.

*Proceeds to benefit CASA
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The Best Gift You Can Give Yourself

By Davana Pilczuk, Ph.D.

Tis the season for shopping and resolution making. You're probably thinking of everyone else this time of year, but I challenge you to do something a little different this time around. Many of us are chronic givers, always doing and thinking of others, but we often give so

little back to ourselves. Well, that needs to stop.

If we are going to perform well in life, then we have to force ourselves to start focusing on us just a little bit more. At first, it sounds selfish but think about it. We cannot function, let alone perform well if our bodies are always depleted. We have become too used to being sleep deprived, chronically in pain and poorly nourished. We live from stressor to stressor and eat fast food and prepackaged meals to keep us going.

So this season focus on doing two good things for yourself: getting more sleep and improving your diet. Here's what I want you to do. It's simple. It's not expensive, and the benefits will be enormous to not just your health, but your performance. First, let's start with getting you some sleep. If you've been working on less than six hours, then you've been operating with a sleep debt. It takes three days of a restful night's sleep to make up for that sleep debt, so plan on going to bed early or sleeping in for three days straight. After you've made up for your sleep debt, start making it a priority to go to bed earlier. Tell your family members what

you are doing and that this is a gift to yourself. They need to understand that your health and well-being are as important as theirs. If you go to bed and the dishes aren't done, oh well. Leave them. You can do them in the morning. You need sleep, and you won't realize how badly you need it

until you've gotten enough. Sleep isn't something you should compromise on; it's essential to your healthy, your ability to think and to be



happy.

The second thing you need to do is to call a dietician. If you want to reduce your stress levels and perform better at your job, then you need to eat better. A dietician can get you started on a better meal plan and can explain what all that fast food is doing to your insides. Call your benefits department or wellness coach at work and find out if there is an onsite or telephonic dietician you can speak with. Their services are often free or covered by your health care plan.

Why a dietician? Because food is the fuel that runs every single system in your body. Food either helps or hinders, simple as that. A professional can explain what foods can help clear up your acne, calm your acid re-



flux, level out your diabetes and relax your nerves. Want to look better and feel better? Start with your diet.

If you're feeling motivated to be kind to yourself, get a massage. Our poor bodies take a beating from the jobs we do,

the sports we play, even the stress we are always under. Getting a massage isn't a nice to have. It should be seen as something necessary for your body to function properly. It's like an oil change for your car. You can skip it, but the car won't run as well. Give yourself one hour to have a professional work the kinks out. Like sleep, you won't know how much your body needed the attention until you receive it. I personally recommend Pooler Massage Therapy located on Canal Street. They are incredibly well priced, and their staff is exceptionally knowledgeable in different aspects of massage.

Give yourself the gift of self-care this season. Make sleep a priority, not a nice to have. Eat better not just for weight loss but simply to feel better. Life is too short to sell yourself short. Invest in you and start performing at your best.

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](https://twitter.com/DavanaHPG).



Pooler Lions Club Reading Action Program Looking For Dedicated Community Volunteers

Are you interested in working with children to help improve their reading skills? We have a wonderful opportunity available for you! The Pooler Lions Club will be working at Godley Station and Pooler Elementary School again this school year. If we have enough volunteers, West Chatham would like us to work with their students also!

Please contact us if you would like to help us with this community project. Days and times are flexible and we can accommodate your individual schedules as needed. We hope you will join us in reaching children in need. It is a very worthwhile and rewarding experience!

Please feel free to contact us at (912) 998-1466 or lionsclub2@gmail.com



Dear Pooler,

Thank you for the warm welcome! I have been so humbled by the response we've gotten to our new Pooler shop in the Savannah/Hilton Head International Airport.

Over the last month we've seen Savannah and Hilton Head Island visitors, folks who work in the area and lots of families stopping in for a scoop. Though Leopold's Ice Cream has been a Savannah tradition for many years, we're new to the Pooler neighborhood. I wanted to take a moment to tell you who we are and why our ice cream is special.

We are a 98-year-old ice cream company that still uses the same recipes and techniques that my dad used when he first started this small, family run business with his brothers in 1919. We use the finest, freshest ingredients possible when we handcraft each of our 5-gallon batches of super-premium ice cream. This small batch technique allows us the highest level of quality control possible. We *don't* cut corners and we *don't* cheap out.

We are committed to being an active member of the Pooler community, just as we have been in Savannah for almost 100 years. Currently, we sponsor a creative writing competition with the Live Oak Public Libraries, rewards for school children who excel and many organizations who support arts and education for kids. We will do the same for our new Pooler family.

Our new parlor offers all the same famous flavors that are available at our flagship store in downtown Savannah with everything from milk shakes to banana splits *and* we offer **free parking** to our airport customers. Stop by, say hello and pick-up a few hand-packed pints to stock your freezer. We're located at the top of the escalators before TSA security and are open seven days a week from 11am to 8pm. Be sure to bring in your parking ticket so you can take advantage of our **free parking!**

Here's to years of Tasty Memories in Pooler.

Stratton Leopold

Pooler's Newest Neighborhood Ice Cream Shop, is in the Savannah/Hilton Head Int'l. Airport!



When visiting, enjoy:

Free Parking: Bring your parking ticket to the customer information desk on the lower level for validation.

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Pints To-Go: Stop by to stock your freezer with our hand-packed pints!

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St. Joseph's / Candler Groundbreaking

With officials from the City of Pooler, St. Joseph's/Candler broke ground on a medical campus that west side residents have been seeking for decades.

"We begin building a technologically advanced medical campus that is specifically tailored to what the residents of Pooler and West Chatham need," said Paul P. Hinchey, President & CEO of St. Joseph's/Candler. "Pooler is the epicenter of an explosive population and economic growth in Chatham County. St. Joseph's/Candler will be able to provide more access and much needed medical services to this growing population."

This new campus will feature a technologically advanced, concierge-level of service across many specialties.

When complete, the 170,000-square-foot micro hospital will contribute to Pooler's economic development by employing approximately 100 co-workers. Phase I will be complete in January 2019. Full construction on the site will begin by Nov. 20.

St. Joseph's/Candler has been in Pooler since 1992 and has expanded services to correspond to the growth of the area. In addition to a thriving primary care practice, St. Joseph's/Candler has built offices for specialty physicians and an advanced imaging center. But now is the time for a centralized campus and to take St. Joseph's/Candler's advanced services to the community.

The new 18-acre campus will be located on Pooler Parkway near the intersection with Interstate 16. The project will be multi-phased and built out over a ten-year period to create a multi-story, technologically advanced medical facility.

It will house offices for specialty and primary care offices in close proximity to key clinical services. The total estimated cost of the project is \$62 million.

PHASE I

Phase I of the St. Joseph's/Candler Pooler Campus will be about 61,000 square feet and cost \$21 million. It will open in early 2019 and house distinct medical offices and clinical services.

The medical office building will contain:

- Primary Care Services.
- Specialist offices
- Urgent Care Services

The clinical services portion will contain:

- Advanced Imaging Services
- Outpatient surgery.
- Laboratory Services.
- Community Education
- Endoscopy
- Pharmacy Services
- Wellness Services
- Outpatient Physical Therapy

PHASE II

- Expanded primary care
- Expanded specialty offices
- Occupational medicine
- Short stay observation beds
- Wound Care
- Cardiac rehab
- Diagnostic cardiology

The St. Joseph's/Candler Pooler Campus fills a significant community gap in the rapidly developing Pooler area. Many of the housing subdivisions are completely built out, and others are filling up.

St. Joseph's/Candler has been building a significant regional footprint – now with 87 provider locations spanning 33 counties in southeastern Georgia and South Carolina.

What is a micro hospital? In the past few years, the health care industry has shifted dramatically from traditional in-patient services that involve longer hospital stays to more out-patient services, such as day surgery, imaging or non-invasive procedures that involve little or no time spent in the hospital for recovery.

These micro-hospitals address that shifts and treats lower-acuity patients in locations near where patients live.

The outpatient services that patients need are perfect for the setting that St. Joseph's/Candler is creating for the Pooler campus. The services will be convenient for patients who are visiting primary care and specialty doctors on the campus and don't have to drive into Savannah to have important procedures, labs or imaging done.

"These facilities are the future of healthcare," Hinchey said. "We have designed the Pooler campus so we can easily adapt to any changes in the healthcare industry that come in the next 25 years."



St Joseph's / Candler President & CEO Paul P. Hinchey is joined by Pooler City Council members; Mayor Mike Lamb and Pooler Today Magazine's Barbara Anderson; Monroe Marketing Executive Melissa Mixon and Candler's Melissa Foster. Photos courtesy of Courtney Hinkle Rawlins, renderings courtesy of St. Joseph's / Candler.



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WhassssUp Around Pooler?



WESTSIDE CANAL DISTRICT - The development of a new arena and the surrounding canal district on Savannah's westside is one of the largest projects to ever be undertaken by the City of Savannah. The new arena site presents the opportunity to redevelop the Canal District to the west of West Boundary Street, creating a vibrant new center of activity in Savannah's core.

SOUTHERN MOTORS ACURA - Southern Motors Acura has moved their auto dealership from Broughton Street to Chatham Parkway effective as of November 18.

NEW MEMORIAL HEALTH CEO - HCA Healthcare will be purchasing Memorial Health and has named Shayne George as CEO when the sale is complete. A new Advisory Board has been selected, but names are not available.

PARKER'S - Parker's has just opened their 50th convenience store on Dean Forest Rd. just off I-16. Demand from commercial truck drivers should be satisfied with both diesel and gas pumps. The location will include Parker's Kitchen serving breakfast, lunch and dinner.

PORT OF SAVANNAH - The Garden City Terminal has been experiencing meteoric growth and recorded the first month (October) to exceed 400,000 twenty foot equivalent units (TEUs). Port of Savannah is the single largest container terminal in North America.

PUBLIX - Publix has announced it will donate \$150,000 to the Low Country Food Bank as part of a corporate program of \$5 million to schools, food banks and other charitable organizations.

LEOPOLD'S ICE CREAM - This popular, local ice cream parlor opened a new location at Savannah International Airport. Located at the top of the escalator, Pooler residents can visit without going through security and Leopold's will validate customer's parking. Next time you pick up friends or relatives at the airport, enjoy an ice cream and get free parking.

CULVER'S - Culver's, a national fast food restaurant will be opening in Tanger Outlet Mall soon. Culver's has a good reputation for butterburgers and frozen custard and many are locally owned.

Advertise - If you own a business in Pooler or want to do business with Pooler residents, you should advertise in Pooler Today magazine. Call Dean (702-767-0508, dean@ayersgroup.org) to get started in the new year.



Publix Charities Bestows \$150,000 Donation To Second Harvest Kid's Cafe

Publix Super Market Cuts the Ribbon on their New Pooler Location America's Second Harvest of Coastal Georgia is chosen as the beneficiary America's Second Harvest of Coastal Georgia will receive a \$150,000 check from Publix Super Markets Charities to help address childhood food insecurity in Coastal Georgia. This donation will allow us to purchase an additional truck in order to increase the number of meals and children we are able to reach through our Kids Cafe program. Kids Cafe is now the third largest childhood hunger initiative in the United States and was created right here in Savannah in 1989.

Dwaine Stevens, Media and Community Relations Manager Jacksonville Division for Publix Super Markets, Inc. presented a check to Mary Jane Crouch, Executive Director at America's Second Harvest of Coastal Georgia November 15. The ribbon cutting and check presentation took place at the new Publix located at 101 Blue Moon Crossing in Pooler.

In Chatham County alone, there are over 51,000 food insecure individuals with nearly 14,600 food insecure children. Mary Jane Crouch, Executive Director of Second Harvest said, "We are so appreciative of Publix Super Markets Charities for their continuous support and commitment to Second Harvest and their desire to help us end hunger in Coastal Georgia".

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.





SSI Team (L to R): Chelsea Morgan-Client Relations Specialist; Philip Green- Implementation Specialist; Walt Kirby-Director of Implementation; Crystal Bragg-Software Support Engineer; Shannon Shore: Director of Sales & Marketing.

Pooler's Newest Technology Business Helps Law Enforcement Agencies Fight Crime

With fewer personnel and resources, public safety and law enforcement agencies are challenged to find more effective and efficient ways to fight crime. Thanks to state of the art tools such as predictive analytics software technology, agencies can conduct more precisely targeted investigations and help make our cities safer and keep criminals at bay.

Naturally, there is a learning curve when adapting to new crime-fighting software, and agencies are turning to technology companies to help them with these challenges.

One of those companies is Synergistic Software, Inc. (SSI) and Pooler is delighted that they've chosen to make our city their second home. Headquartered in Villa Rica, GA, the company is a leader in public safety software, providing solutions to over 300 law enforcement agencies across this great state. SSI has grown to be at the forefront of the law enforcement software market, as new technologies are embraced by all tiers of public safety to maximize their efficiency and help meet their goals and community commitments.

With close proximity to I-95 and I-16, Pooler gives SSI the logistic advantage of being more responsive to their Coastal and Eastern Georgia Clients. For a company that places high value on person to person relationships with its clientele and users, this location will further strengthen SSI's appeal to both prospective and current customers over the competition.

SSI is proud to call many of the law enforcement agencies in this area clients and partner with them to make Georgia safer. Our data sharing architecture helps all participating agencies solve cases and makes the community safer by not limiting their investigative data pool to jurisdictional boundaries. Criminals do not operate within these boundaries, and at SSI we see to it that our users are not forced to either. Our technologies are developed in-house, tailored around the needs of Georgia law enforcement, not the one size fits all approach some competitors use. We are proud that our clients report increases in case closures, property recoveries, and crime suppression, as well as improved accountability of their officers and resources as result of using our products.

As our second home, we look forward to continued success in partnering with surrounding area law enforcement, to keep our communities safe!



Operation Community Service

There was no concern or alarm as the Pooler Police Department stormed Fatz Cafe last month. On the contrary, Chief Mark Renew and members of the Pooler Police Department joined Fatz Cafe in Pooler and Calabash & Cops organization to raise awareness and money for citizens in need.

This was truly a gratifying and fun-filled experience for our officers. Having the opportunity to interact with so many community members, working alongside Fatz employees was invaluable.

Our Pooler officers were greeting guests, taking orders, refilling drinks, running food, placing orders, cleaning tables, and even cooking! All tip proceeds will go to the Pooler Police Association.

Thank you so much for your participation and supporting this deserving charity. Happy Holidays to the Pooler Community!



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Tips to Protect Against Porch Poachers This Holiday Season and Beyond

It's the most wonderful time of the year -- until your package gets stolen from your doorstep.

In the new age of online shopping and delivery services, porch poachers is a common and very active form of theft this holiday and beyond.

Want to avoid these "crimes of opportunity"? Here are a few tips to keep your packages safe during the holidays:

1. Ask for a tracking number to know when your package will be delivered. Track your packages and try to be home at the time of delivery. When you're placing an order, try to schedule shipment for a day you expect to be home, if possible.
2. Not sure if you'll be available for your tracked package's delivery? FedEx and United States Postal Service (USPS) suggest scheduling your delivery beforehand to set a time you know you'll be home.
3. FedEx also suggests requesting a signature for delivery. This will ensure the package won't be left at your door without you there to sign and bring it safely inside.
4. Want your package placed at the back door or behind a porch plant instead? Leave a note specifying what less conspicuous spot you would like it left. The FedEx Delivery Manager lets you leave delivery instructions on where you want your deliveries to be dropped off.

5. Have your packages delivered somewhere else. If you know you won't be home when your package will be delivered, FedEx and United Parcel Service (UPS) tell you to opt for delivering it to a neighbor who is home or to your workplace, if allowed. Often times delivery to a business rather than residential location costs less.



6. Another option is to deliver your packages to a retail store or locker, where they'll stay safe until you can pick them up at your convenience. Many retailers will let you place online orders and then pick up your items in the store. You can also look into the Amazon Locker service, which delivers Amazon orders to a "locker" in your area; you're provided a pickup code that will unlock the door for you. And the U.S. Postal Service suggests taking advantage of their Request Hold Mail service, which securely holds letters and packages at your local post office until you're back in town. FedEx and UPS also have similar location delivery services.

7. UPS suggests signing up for a service called "UPS My Choice," which allows users to request their packages to be held at a UPS store for pickup and more. You can control the service through text or email; it includes features such as delivery notices and the option to re-route your packages to a different address if you won't be home. You can also re-route your packages using the FedEx Delivery Manager.

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One Bead At A Time in Pooler

By definition, beads are small, decorative objects formed in many shapes, sizes and textures and made from a variety of materials. When threaded or strung together, they can become objects of art, especially when created by a talented designer like Leila Prioleau, who is the proud owner and principle designer for Beads on the Vine.

Located in the Savannah Hilton Head International Airport, this impressive bead and jewelry emporium offers an extensive selection of quality beads such as gemstones, fresh water pearls, Swarovski crystals, Czech glass, African glass, Toho seed beads and much more.

Having worked for more than 27 years in the travel retail industry, Leila began designing jewelry as a hobby in 2009. Her love of retail was evident early in life, which is why she pursued a Bachelor of Science degree in Clothing and Textiles from Bennet College in Greensboro, North Carolina. She chose to minor in Art, the perfect complement to her other creative interests.

Inspired by her sister Joyce, and highly encouraged by friends and family members who were frequent recipients of her beautiful creations, she soon decided it was time to turn her hobby into a business.

In 2012 she opened Beads on the Vine in Atlanta, GA where she put

her extensive training and background in retail to excellent use. With her exquisite eye for beauty, she was able to pursue her true passion for design full-time.

In May 2016 she was given a grand opportunity to implement her brand at the Savannah Hilton Head International Airport. She then relocated to Pooler to be closer to her growing company. "Pooler provides residents with great shopping, affordable living and easy access to the Savannah Hilton Head International airport," she explains.

"I have a great appreciation for the beading craft," says Leila. "I'm most inspired by texture, color, and contrast. These are great components for a fabulous piece of jewelry. I believe every artist is unique and brings to life their personal design creations. My creations reflect a classic and traditional style, which is one of a kind."

When seeking special pieces, her favorite destination is the Tucson Gem Show. This gem show is the industry's largest market place dedicated to gemstones, precious and semiprecious stones, and findings. The



vendors that attend this marketplace are all international and offer a great deal of excitement. Leila also shops the local bead shows in different cities and markets to add products that are indigenous to the Savannah Hilton Head area.

"My greatest joy is designing jewelry that customers appreciate as works of art," she continues. If a customer has something specific in mind, "we welcome requests to design unique pieces while providing assistance when needed. We are committed to exceeding all expectations by delivering exceptional customer experience that offers quality craftsmanship, competitive pricing and superior service."

Those of us who have had the pleasure to visit Beads on the Vine are convinced that this is the place to shop for exquisite handmade pieces unlike any others.



Holiday Fire Safety - Continued from Page 16

USFA. "A Christmas tree is almost explosive when it goes."

To minimize risk, buy a fresh tree with intact needles, get a fresh cut on the trunk, and water it every day. A well-watered tree is almost impossible to ignite. Keep the tree away from heat sources, such as a fireplace or radiator, and out of traffic patterns. If you're using live garlands and other greenery, keep them at least three feet away from heating sources. No matter how well the tree is watered, it will start to dry out after about four weeks, so take it down after the holidays. Artificial trees don't pose much of a fire hazard; just make sure yours is flame-retardant.

Decorative Lights - Inspect light strings, and throw out any with frayed or cracked wires or broken sockets. When decorating, don't run more than three strings of lights end to end. "Stacking the plugs is much safer when you're using a large quantity of lights. Extension cords should be in good condition and UL-rated for indoor or outdoor use. Check outdoor receptacles to make sure the ground fault interrupters don't trip. If they trip repeatedly, that's a sign that they need to be replaced. When hanging lights outside, avoid using nails or staples, which can damage the wiring and increase the risk of a fire. Instead, use UL-rated clips or hangers.

Fireplaces - Soot can harden on chimney walls as flammable creosote, so before the fireplace season begins, have your chimney inspected to see if it needs cleaning. Screen the fireplace to prevent embers from popping out onto the floor or carpet, and never use flammable liquids to start a fire in the fireplace. Only burn seasoned wood — no wrapping paper. When cleaning out the fireplace, put embers in a metal container and set them outside to cool for 24 hours before disposal.



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Pooler Police - Code Enforcements Let's Talk About The Laws

We are frequently asked what points are given for violations. Here is the point system break down for Georgia law.

A driver with 15 points in a 24 month period will be suspended. Points are assessed for each conviction pursuant to O.C.G.A. 40-5-57 (c)(1)(A).

- 40-6-397 Aggressive Driving 6 pts.
- 40-6-390 Reckless Driving 4 pts.
- 40-6-163 Unlawful Passing School Bus 6 pts.
- 40-6-45 Improper passing on hill or curve 4 pts.
- 40-6-181 Speeding: 15-18 mph over limit 2 pts.
19-23 mph over limit 3 pts.
24-33 mph over limit 4 pts.
34 mph or more over limit 6 pts.
- 40-6-20 Failure to obey traffic-control device 3 pts.
- 40-6-2 Failure to obey police officer 3 pts.
- 40-6-253 Possessing an open container of an alcoholic beverage while driving 2 pts.
- 40-6-248.1 Failure to adequately secure load (except fresh farm produce), resulting in an accident 2 pts.
- 40-8-76 Violation of child safety restraint
1st offense 1 pt.
2nd or subsequent offense 2 pts.
- 40-6-241.1 Violation of usage of wireless telecommunication device requirements. 1 pt.
- 40-6-241.2 Operating a vehicle while text messaging 1 pt.
- 40-6-54 Improper use of designated travel lane-4th and subsequent offense 1 pt.
- All other moving violations 3 pts.

Please note that this is not intended as legal advice. Always consult with an attorney before making a legal decision. Also, we are unable to answer any questions or give legal advice.

Celebrate the Holidays But Not While Drinking and Driving

The U.S. National Highway Traffic Safety Administration offers these safety tips to help prevent tragedies caused by drinking and driving:

Choose a designated driver - Before a party, make sure at least one person will stay sober and make sure everyone gets home safely.

Hand over your keys - Anyone who plans to drink but doesn't have a designated driver should give someone else their keys so they won't be tempted to drive.

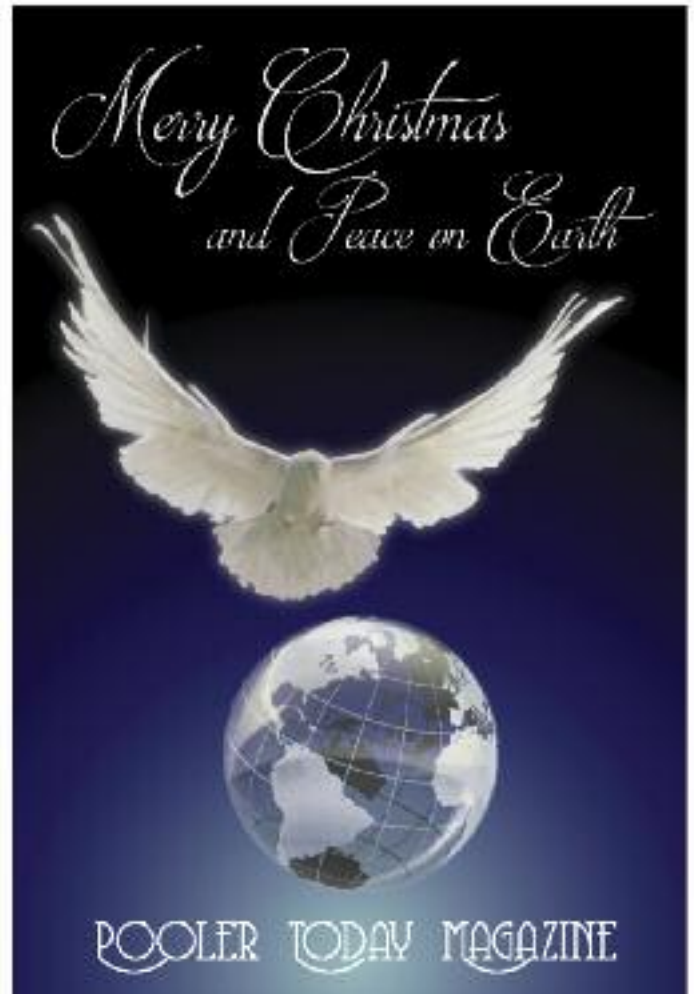
Take along an overnight bag - If the party will run late or there will be heavy drinking, be prepared to spend the night.

Take public transportation - Many cities run extra buses and trains to accommodate holiday crowds. Party-goers can also share a taxi to cut down on costs.

Don't walk home - More pedestrians are killed on Jan. 1 than any other day of the year, according to the Insurance Institute for Highway Safety. Those who do choose to walk should wear bright, visible clothing and stick with a group.

Buckle up - Whether riding or driving in a car, a seat belt is the best way to avoid injury.

Take your time to get sober - People only sober up with time -- not coffee.





Toys for Tots Program

By The U.S. Marine Corps Reserve

The mission of the U. S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys during November and December each year, and distribute those toys as Christmas gifts to less fortunate children in the community in which the campaign is conducted.

The primary goal of Toys for Tots is to deliver, through a new toy at Christmas, a message of hope to less fortunate youngsters that will assist them in becoming responsible, productive, patriotic citizens.

The objectives of Toys for Tots are to help less fortunate children throughout the United States experience the joy of Christmas; to play an active role in the development of one of our nation's most valuable resources – our children; to unite all members of local communities in a common cause for three months each year during the annual toy collection and distribution campaign; and to contribute to better communities in the future.

The principal Toys for Tots activity which takes place each year is the collection and distribution of toys in the communities in which a Marine Corps Reserve Unit is located. Local Toys for Tots Campaign Coordinators conduct an array of activities throughout the year, which include golf tournaments, foot races, bicycle races and other voluntary events designed to increase interest in Toys for Tots, and concurrently generate toys and monetary donations.

This year we are pleased to announce that the city of Pooler Toys for Tot drop-off location is at America's Home Place.

**Holiday is a time for giving...
Please consider donating a new
unwrapped toy for those in need.
Donation collections until
December 15th
at these following Pooler
participating locations:**

The Foot & Ankle Center
140 Traders Way

Spartina 449
200 Tanger Outlet Boulevard, Suite 221

The Joint Chiropractic Pooler
485 Pooler Parkway

Early Autism Project
130 Canal Street, Building 400 Suite 404

Hendrix Machinery
1725 Old Dean Forest Road

Advanced Chiropractic Center
1408 SW Highway 80

Villas at Park Avenue
260 Park Avenue

Risen Savior Lutheran Church
1755 Quacco Road

Dental Home Pooler
105 Park Avenue, Suite 200

Aspen Dental
276 Pooler Parkway

Teresa Cowart Team
445 Pooler Parkway

Aaron's Sales & Lease
1034 W. Highway 80

West Chatham YMCA
165 Issac G LaRoche Drive

Aspen Dental
276 Pooler Parkway, Suite A

Dream Finders Homes
153 Martello Road

Savannah Quarters
200 Blue Moon Crossing, Suite 100

Godley Station Dental
1000 Towne Center Boulevard, #101

Blackbeard Vapor Superstore
1215 Highway 80

McAlisters Deli:
405 Pooler Parkway, Suite 300

Ruby Tuesday
110 Pooler Parkway



Lending A Helping Hand

By Karen Robinson

Hotel employees of The Fairfield Inn & Suites by Marriott Savannah Airport and Image Hotels gathered to help with a National Build effort for Habitat for Humanity. All the local efforts benefited the Coastal Empire Habitat for Humanity.

As part of a national effort for Habitat for Humanity, employees of Image Hotels' The Fairfield Inn & Suites by Marriott Savannah Airport spent a day helping the Coastal Empire Habitat for Humanity with a local Build project. The hotel's employees did whatever was needed to help out the local Habitat for Humanity Build project, from clearing debris to painting, cleaning, and organizing.

"We have enjoyed a long-standing commitment to the Coastal Empire Habitat for Humanity," Steve Shealy, vice president of operations for Image Hotels, said. "This year was extra special, as we were part of a national effort during the month of October." Last October, Fairfield associates participated in build events for Habitat for Humanity throughout the U.S. and around the world.

Earlier this year, Fairfield by Marriott began a national partnership with Habitat for Humanity in celebration of Fairfield's 30th anniversary. Fairfield's global build campaign has brought together Fairfield associates with local Habitat organizations to work alongside future and current homeowners to help them build or improve the place they call home.

Image Hotels owns and operates six quality hotels under the franchise brands of Marriott, Hilton Hotels, and Choice Hotels. The company has properties in Savannah, Georgia and Mobile, Alabama. For more information or to view their hotel locations please visit their website at www.imagehotels.net.





Number Of Children With Peanut Allergies Has Increased Significantly

By Martha Hartz, M.D.,
Pediatric Allergy and Immunology
Mayo Clinic

DEAR MAYO CLINIC: Why is it that so many kids these days have peanut allergies? I don't remember it being an issue even 20 years ago. Is it something most kids will grow out of? I have heard of children doing a peanut allergy study to "cure" them of their allergy. What does that involve?

ANSWER: You're correct that the number of children with peanut allergies has increased significantly the last several decades. Although researchers have several theories, at this time there's no definitive explanation for the increase. A variety of studies are currently underway to better understand peanut allergies and to help find more effective ways of treating them.



Over the last several decades, the prevalence of peanut allergies in children in the United States has more than tripled. The reasons behind this dramatic increase are unclear. Lifestyle, diet choices and genetics all seem to play a role.

For example, one theory, called the hygiene hypothesis, highlights how the way people who live in developed countries may have an impact on childhood allergies, including peanut allergies. Babies born in developing countries have lower incidence of allergies than those in developed countries. But if a family moves to a more developed country, their children's incidence of childhood allergies increases. So simply being in the environment of a developed country seems to change things.

The hygiene hypothesis suggests that children who have more exposure to germs and certain infections at a very early age develop immune systems that are better suited to differentiating harmless substances from harmful substances. In this theory, exposure to certain germs teaches the immune system not to overreact. It would also explain why children who grow up on farms or those who have certain types of pets are less likely to develop allergies than other children. But much more research is needed to understand exactly how childhood germ exposure might help prevent allergies.

In about 20 percent of people who develop a peanut allergy when

they are young, the allergy eventually goes away over time. The remaining 80 percent have some sensitivity to peanuts throughout their lives, although the severity of symptoms varies widely from one person to another.

Of note, peanuts are actually legumes and not related to other nuts, known as tree nuts. Unfortunately, many children with peanut allergy go on to develop tree nut allergy. In addition, tree nuts can be cross-contaminated or confused with peanuts, so for these reasons, we often ask children with peanut allergy to avoid tree nuts as well.

A variety of research studies are looking at possible ways to treat peanut allergies. A number of them involve giving a small amount of peanut protein to children with peanut allergies, and then increasing the amount over time. In some of these studies, children eat the peanut proteins, while in others a patch on the skin is used to deliver them. The goal is to make children less sensitive to peanuts so if they have a small exposure, it won't result in anaphylaxis - a potentially life-threatening allergic reaction that causes blood pressure to drop and airways to narrow and restrict breathing.

There has been some success with these studies. They do come with risks, however. In addition to the possibility of anaphylaxis, some participants in these studies have developed a condition called eosinophilic esophagitis. It is the result of certain white blood cells called eosinophils building up in the lining of the esophagus, damaging the esophageal tissue and making it hard to swallow. Because of these risks, children in these studies need to be carefully monitored.

At this time, the most effective way to manage a peanut allergy is to strictly avoid peanuts and to always carry an injectable dose of the medication epinephrine to use for emergency treatment in the event of accidental peanut exposure.

If you have a child who is allergic to peanuts, or you suspect a peanut allergy in your infant or toddler, consult with a pediatric allergist. These specialists can provide a thorough evaluation and offer comprehensive education on how to best deal with a peanut allergy.

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



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Tips To Enjoy A Safe Holiday Season

By The National Safety Council

Holiday safety is an issue that burns brightest from late November to mid-January, the time when families gather, parties are scheduled and travel spikes. By taking some basic precautions, you can ensure your whole family remains safe and injury-free throughout the season.

Watch Out For Those Fire-Starters

Turkey Fryers for Thanksgiving and beyond - Many subscribe to the theory any fried food is good – even if it's not necessarily good for you – there is reason to be on alert if you're thinking of celebrating the holidays by frying a turkey.

The Consumer Product Safety Commission reports there have been 168 turkey-fryer related fires, burns, explosions or carbon monoxide poisoning incidents since 2002. CPSC says 672 people have been injured and \$8 million in property damage losses have resulted from these incidents.

NSC discourages the use of turkey fryers at home and urges those who prefer fried turkey to seek out professional establishments or consider a new oil-less turkey fryer. But for those who don't heed that advice, please follow these precautions:

- Set up the fryer more than 10 feet from the house and keep children away
- Find flat ground; the oil must be even and steady to ensure safety
- Use a thawed and dry turkey; any water will cause the oil to bubble furiously and spill over.
- Fryer lid and handle can become very hot and cause burns
- Have a fire extinguisher ready at all times

Candles And Fireplaces

About 2,200 deaths were caused by fires, burns and other fire-related injuries in 2013, according to Injury Facts 2015, and 12% of home candle fires occur in December, the National Fire Protection Association reports. Increased use of candles and fireplaces, combined with an increase in the amount of combustible, seasonal decorations present in many homes means more risk for fire.

- Never leave burning candles unattended or sleep in a room with a lit candle
- Keep candles out of reach of children
- Make sure candles are on stable surfaces

- Don't burn candles near trees, curtains or any other flammable items
- Don't burn trees, wreaths or wrapping paper in the fireplace
- Check and clean the chimney and fireplace area at least once a year

It's Better To Give ... Safely

We've all heard it's important when choosing toys for infants or small children to avoid small parts that can be pulled or broken off and might prove to be a choking hazard. Here are some additional gift-related safety tips you might not have heard about:

- Select gifts for older adults that are not heavy or awkward to handle
- Be aware of dangers associated with coin lithium batteries; of particular concern is the ingestion of button batteries
- For answers to more of your holiday toy safety questions, check us out online at www.nsc.org
- Check out which toys have been recalled

Traveling For The Holidays? Be Prepared

Many people choose to travel during the holidays by automobile, with the highest fatality rate of any major form of transportation. In 2013, 343 people died on New Year's Day, 360 on Thanksgiving Day and 88 on Christmas Day, according to Injury Facts 2015. Alcohol-impaired fatalities represented 31% of the totals.

- Use a designated driver to ensure guests make it home safely. Alcohol, over-the-counter or illegal drugs all cause impairment
- Make sure every person in the vehicle is properly buckled up no matter how long or short the distance being traveled
- Put that cell phone away; distracted driving causes one-quarter of all crashes
- Make sure the vehicle is properly maintained, and keep an emergency kit with you
- Be prepared for heavy traffic, and possibly heavy snow

Remember, when guests are staying in your home, make sure areas have night lights or easy-to-reach lamps in case they need to get up during the night. And, whether you are visiting someone else's home or you have guests in your home, make sure all medications are kept up and away and out of sight from young children.

Don't Give The Gift Of Food Poisoning

The U.S. Department of Health and Human Services provides some holiday food safety tips. Here are a few:

- Do not rinse raw meat and poultry before cooking
- Use a food thermometer to make sure meat is cooked to a safe temperature
- Refrigerate food within two hours
- Thanksgiving leftovers are safe for four days in the refrigerator
- Bring sauces, soups and gravies to a rolling boil when reheating
- When storing turkey, be sure to cut the leftovers in small pieces so it will chill quicker
- Wash your hands frequently when handling food





Flying With Gifts: The TSA Rules You Need To Consider This Holiday

Bringing souvenirs home for the holidays or simply flying with gifts seems like a great idea. But there are some TSA rules you should know before you make that purchase - especially if you're only flying with a carry-on.

TSA Rules for Flying with Gifts

Here's how to avoid having to toss your special gift or souvenir whether you're flying domestically or internationally, and a few alternative items to consider purchasing instead.

Avoid Toys That Look Like Weapons - This might seem like a no-brainer when it comes to TSA rules, but airports intercept a lot of toy or replica weapons that appear to baggage scanners to be the real thing. At the security line, there's a fine line between toys, sports equipment, and weapons: Toys resembling guns, swords, and explosives are sure to spook your security screener; but sporting equipment like bats and lacrosse sticks that could be used as a weapon will be snagged as well.

What to Do Instead: Your best bet is to check all sporting items and to avoid packing anything resembling a weapon. "In general, it's best to avoid packing toy or replica weapons in carry-on luggage," TSA Spokesman Michael McCarthy said. "These items should be placed in checked luggage or left at home when possible."

No Alcohol Over 140-Proof - A lesser-known item that's banned from both checked and carry-on bags, strong liquors over 140-proof (70 percent alcohol) like absinthe or 151-proof rum are prohibited from planes by the Federal Aviation Administration. Don't plan on gifting a bottle of absinthe you got in Amsterdam or bringing back some 151-proof liquor from a distillery visit; TSA can confiscate it on behalf of the FAA, regardless of which bag you packed it in.

What to Do Instead: Your souvenir doesn't have to be jet-fuel strong—try grabbing a less flammable local spirit, or opt for a subscription service to enjoy wine varietals from around the world without having to pack them: Vinebox delivers wines tailored to your tastes starting at \$25 per month, and makes a great gift.

Skip the Gift Wrap - Getting a jump on wrapping isn't a good idea if you'll be flying with gifts. Anything wrapped in paper, like presents or food items like pies (which are allowed, but subject to extra screening) are likely to be unwrapped for inspection if agents can't tell through the scanner if it violates TSA rules.

What to Do Instead: Use decorative gift bags, they also take up far less space.

Minimize Carry-on Liquids - Don't forget that 3-1-1 TSA rules also apply to traveling with gifts. Bottles of wine or spirits will have to be checked unless they're under 3.4 ounces, and the same goes for cologne and perfumes that are over the liquid limit. Also, remember to avoid aerosol items that could be considered flammable.

What to Do Instead: If you're not checking a bag but want to purchase a gift bottle of perfume or wine, buying at the duty-free shop beyond airport security is your only option. Make the best of it by getting something you can't at home, or that's more affordable when it's tax-free.



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Toastmasters: Where Leaders Are Made

What really happens in a Toastmasters meeting? Who hosts these sessions and what would I gain from it?

About five months ago I walked into the Mighty 8th Air Force Museum in Pooler just moments before the Westside Toastmasters meeting was about to begin. First thing I noticed was a Toastmaster banner hanging with many ribbons, representing the awards that this club had won over several years of its existence. I was greeted by the Vice President of Membership who cordially escorted me to the meeting room where I was eagerly welcomed by other Toastmaster members.

This was my first visit to Westside Toastmasters, and as a guest was treated as a VIP. I met diverse members of different professions, experience and interests. A few people worked at the same company as mine, along with veterans, a yoga teacher, a school principal, community engagement experts, meteorologist, a scientist, and the list goes on. The interesting aspect was that I had something to share with each and every member there.

The meeting started with an invocation and Pledge of Allegiance, followed by a Word of the Day. The challenge here is for every member to use the Word of the Day several times in their speeches so that by the time you leave, it will be cemented in your cortex. This was followed by an interesting session called Table Topics! This is the part where even the most experienced Toastmasters get stumped by brilliant impromptu questions that require you to talk for 2 whole minutes.

Even though this was my first visit to Westside Toastmasters, the amount of encouragement I received from the members motivated me to participate and I quickly raised my hand to volunteer for an impromptu speech. Next came the prepared speeches and critical evaluations, which I believe is the most important advantage of joining Westside Toastmasters. Don't expect the evaluators to go easy on you! You will be surprised by the minutia of feedback you receive on every element of your speech, including your delivery, body language, grammar, fillers, gesture, eye contact, movement, presentations and voice modulation. What I observed was that every member actually cares about helping each other become better leaders and speakers! The next week I returned to Westside and enrolled myself, or better said was "voted into the club" as a member.

This was my first visit to Westside Toastmasters, the amount of encouragement I received from the members motivated me to participate

My participation in about 20 meetings since my first visit has given me enough confidence to speak to the known and unknown public, give talks at my workplace, develop critical thinking ability, and mingle with experts who have a strong purpose to help people become better speakers and leaders. Today, as the VP of Public Relations at Westside Toastmasters, I am nurturing my leadership abilities along with attempting to "raise the bar" in giving impromptu and prepared speeches in front of a large audience. Toastmasters is one investment that will probably shape your present and future and fuel your professional goals towards success.

Crunching some numbers and facts about Westside Toastmasters Club, Pooler:

1) Ravi Gondaliya from our club won the Third Place in District 14 Humorous Speech contest in Nov 2017 at Macon. Participants comprised of toastmasters from 130+ clubs, South of I-85! That was an intense and exciting competition that Westside Toastmasters club bagged and brought home!

2) Srikanth Raviprasad from our club won the First Place in Evaluations Speech and Ravi Gondaliya won the First Place in Humorous Speech in Division H Speech contests, Oct 2017. That comprised participants from over 15+ clubs in the Division!

All said and done, joining Toastmasters is a minimalistic investment that transforms life and career beyond one's imagination! An experienced Toastmaster once said, "At Toastmasters, you don't learn how to get rid of the butterflies in your stomach. You learn how to control the butterflies and make them fly synchronously"



Photos Courtesy of Srikanth Raviprasad



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