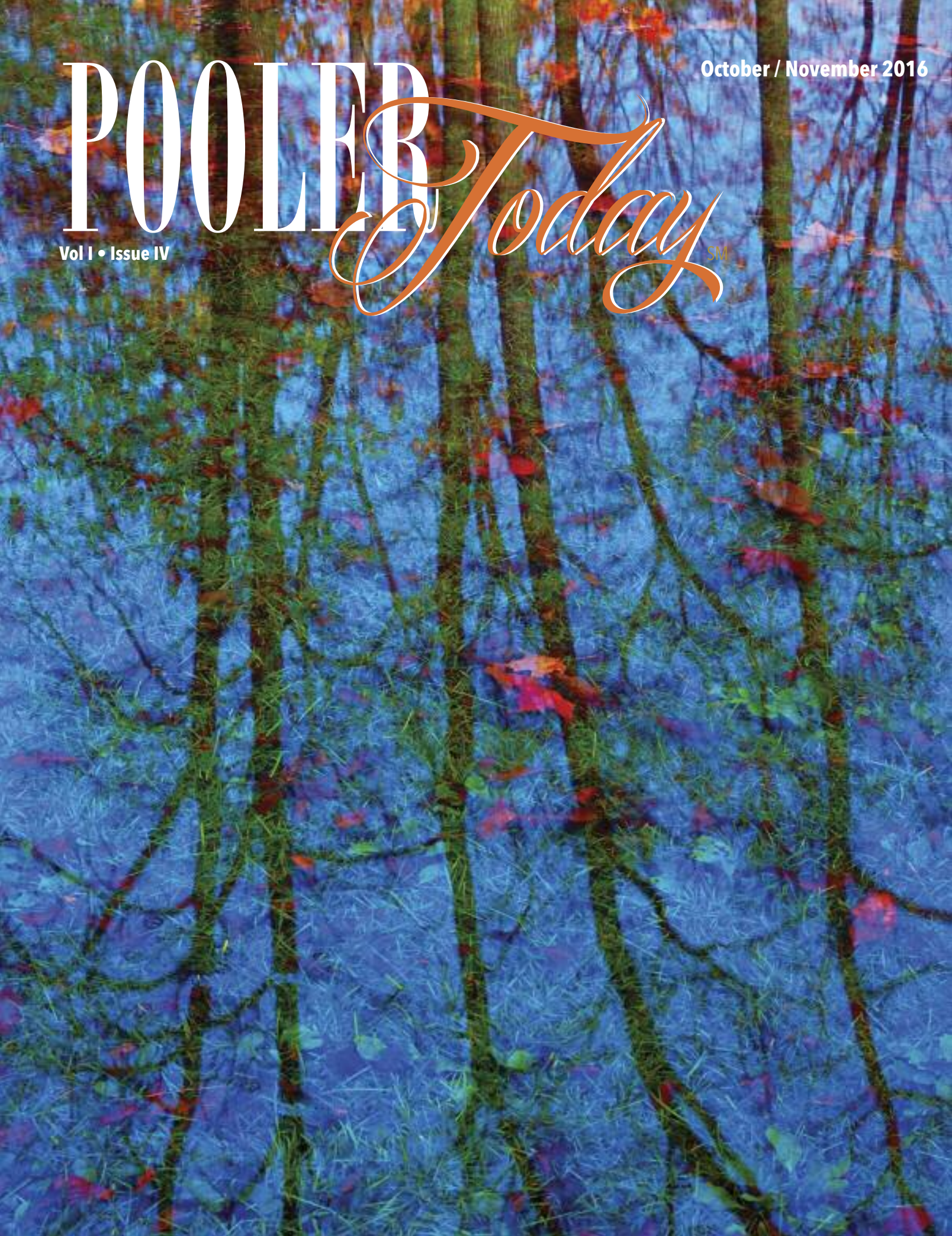
POOLER Today℠

October / November 2016

Vol I • Issue IV



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CISA, CRISC, Principal, DHG IT Advisory

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Susan Timna, A.Ud MD; **Cori Palmer**, A.Ud MD;
Katelyn Crockett, A.Ud MD; and **Katherine Neufeld**, A.Ud MD

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For emergencies call 911

POOLER USEFUL CONTACTS

Pooler - Information / Non-Emergency

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

Other Pooler Sources:

Auto Registration	(912) 652-6800
Better Business Bureau	(912) 354-7521
CEMA Hurricane Hotline	(912) 201-4590
Chatham County Court House	(912) 652-7175
Chatham County Tax Assessor	(912) 652-7271
Drivers License	(912) 691-7400
Georgia Dept of Revenue	(912) 356-2140
Library	(912) 748-0471
Pooler Chamber of Commerce/Visitor Bureau	(912) 748-0110
United States Post Office	(912) 748-4927
Veterans Affairs	(912) 352-0441

Hospitals, Health and Medical Resources:

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

Other Sources:

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

Pooler Schools

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

Pooler / Area Community Churches

Beth-El Alliance Church	(912) 925-2961
Calvary Assembly of God	(912) 748-5847
Christ Presbyterian Church	(912) 399-5717
Chua Cat-Tuong Temple	(912) 965-1876
First Presbyterian Church of Pooler	(912) 330-9415
First Baptist Church of Pooler	(912) 748-7521
Heavenbound Baptist Church	(912) 921-1500
Morning Star Baptist Church	(912) 748-9994
New Birth Savannah	(912) 748-2969
New Testament Baptist Church	(912) 964-7655
Pooler Bible Church	(850) 274-2534
Quacco Baptist Church	(912) 925-3885
Relate Church	(912) 988-1354
Risen Savior Lutheran Church	(912) 925-9431
Rothwell Baptist Church	(912) 748-7593
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

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

Animal Control

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

Photo by Cierra Ayers

Photo by Cierra Ayers

POOLER Today SM

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Happy Thanksgiving

from the *Publishers*

Greetings Pooler Community

The current political environment has certainly stirred up the emotions of many Americans and challenged us to reevaluate our values and beliefs. It isn't a bad thing to occasionally take inventory of these things… our lives are so busy we rarely have time to deal with the big issues. As I ponder these weighty issues, I ask you and myself to evaluate the fundamentals of what defines and joins us as Americans. It is these values that connect all Americans, not race or religion.

You, like me, may not have been aware that there is an accepted standard of Rights and Responsibilities to being a U.S. citizen. They are normally applied to persons seeking citizenship, but should remind us all of the common thread that joins us all; freedom, liberty and equality.

According to the U.S. Citizenship and Immigration Services there are seven Rights and nine Responsibilities. We do not have enough space to cover both, so we will examine only Rights in this letter.

- Freedom to express yourself. We all know you can't scream fire in a crowded room. Sometimes your private thoughts are best kept private.
- Freedom to worship as you wish. Amen. A founding principle of our country.
- Right to a prompt, fair trial by jury. The wheels of justice turn slowly, but many countries do not provide any path to justice.
- Right to vote in elections for public officials. Exercise this Right in November and in every election.
- Right to apply for federal employment requiring U.S. citizenship.
- Right to run for elected office. If you don't like the system, don't revolt, work to change it.
- Freedom to pursue "life, liberty, and the pursuit of happiness." Although open to interpretation, this is the most important Right we have.

We have a tendency to not think enough about our Rights and Responsibilities, and often take them for granted. Let's all put aside some time to re-evaluate what it means to be a good citizen. See you at the polls.

In Gratitude,

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Ayers Group, LLC

October / November 2016

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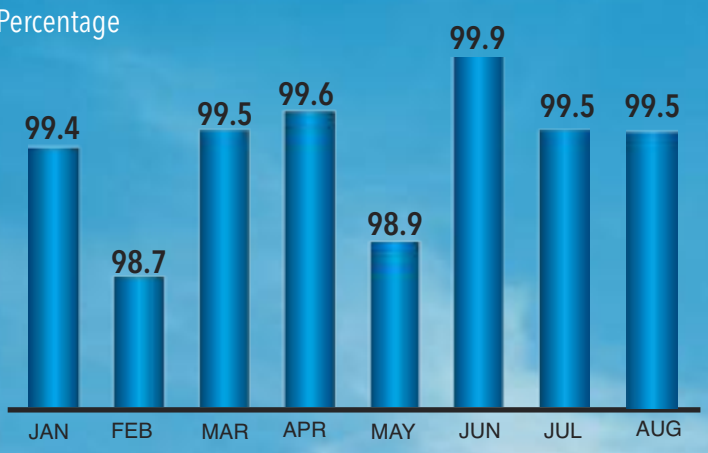
Pooler Real Estate Replay

January 1- August 31,2016

RE/MAX ACCENT

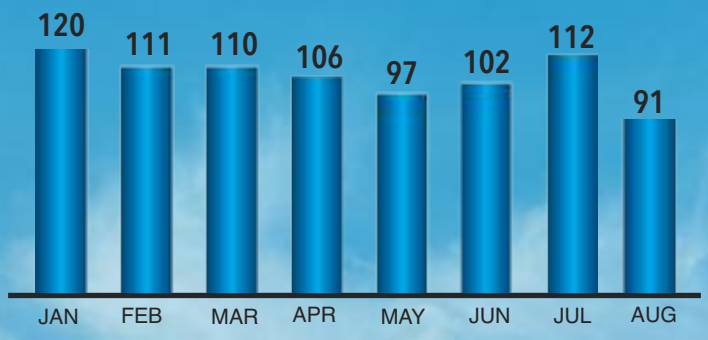
Close Price to List Price Ratio

Percentage



Average # of Days on the Market

Number of Days



Provided by
Eddie Warren,
Associate Broker/Co-Owner
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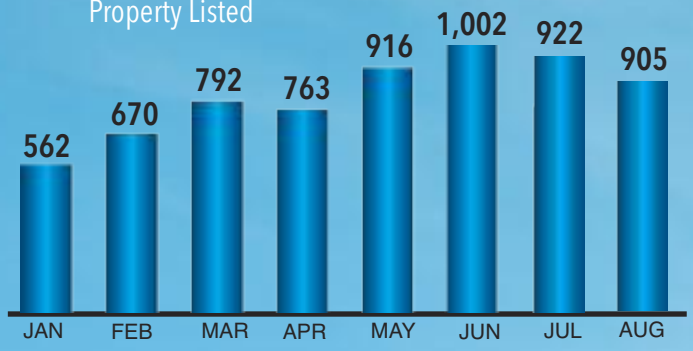
Number of Homes Sold

Property Listed



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THE READERS CHOICE AWARDS

Pride of Pooler 2016

Greetings Pooler Residents! Welcome to the **Pride of Pooler 2016**, brought to you by Pooler Today Magazine. We are proud to provide the Pooler community the opportunity to vote for local businesses that they feel are the **BEST** at what they do. So, please follow the nomination and voting procedures below and help us recognize these outstanding businesses. Only businesses located in Pooler are eligible.

Make your vote/nominations count; your ballot must be received by **December 31, 2016**. Votes will be accumulated in two ways: Online or by mail, please see below for details.

Our guidelines and procedures: Winners will be selected by receiving the highest number of votes. The business/organization/person with the most votes in a specific category will receive **The 2016 Pride of Pooler Readers Choice Award** and be acknowledged in the 2017 February/March issue of Pooler Today Magazine. For a candidate to win **The Pride of Pooler Choice Award**, they must receive (5) ten or more votes. Only (1) one ballot per person. When you nominate a business, it will count as a vote.

How to Nominate Your Favorite Business:

❶ Fill out the survey form below and mail to:

Pooler Today Magazine
463 Pooler Parkway Suite 110, Pooler, GA 31322

❷ Visit Pooler Today online and complete online survey. **www.AyersGroup.org**, > then go to **Readers Choice Award** and fill in the online ballot.Here are some sample categories. If you do not see the category for the business you wish to nominate, you are welcome to write it in. New categories may be considered for the 2017 Readers Choice Award.

That's it - Thank you for participating as we look forward to unveiling the results next year! For inquiries email **dean@AyersGroup.org**.

Some Suggested Categories:

Architectural Firm
Attorney/Law Firm
Bakery
Banks/Credit Union
Barber/Stylist
Blinds & Shutters
Carpet & Floor Cleaners
Floor & Carpet Co.
Day Spa
Dentist
Dry Cleaner
Emergency/Urgent Care
Financial Advisor
Fitness and Training
Florist
Funeral Home
Golf Course
Hair Salon
Heating & Air Conditioning
Home Builder
House Cleaners
Insurance Agent
Landscape/Lawn Care
Marble, Granite & Tile Co.
Mortgage/Lending Services
Nursery/Garden Center
Nutrition/Health Store
Painter
Pawn Shop
Pest Control
Pet Supply
Pharmacy
Photographer
Physician
Real Estate Agent
Restaurants
Retail Specialty
Veterinarian
Wine, Beer & Liquor Store

... and so much more, so, tell us what and who impresses you by nominating your favorite business. **Voting ends December 31, 2016**.

Please mail your ballot to: **Pooler Today Magazine 463 Pooler Parkway Suite 110, Pooler, GA 31322**

Name _____ Email _____

Address _____

Category / Type of Service	Name of Business / Person

If you have additional nominees, you are welcome to list on a separate sheet

Revitalizing Historic Pooler

There has been much anticipation for the new and exciting addition to the Pooler City Hall Government complex. The $18 million Pooler City structure sits just behind the original offices along the Hwy 80 corridor right in the center of Historic Pooler. The old city dwelling will be razed shortly to incorporate a new walkway and main building entrance.

The construction has been steady and now almost complete as officials and employees make the transition of moving into this 52,000 square foot, three-story building. It is expected that the completion of the move will be made before the Thanksgiving holiday.

Currently, the city's largest project at $17.3 million, is a magnificent legacy building, and will house the police department on the first floor, various city agencies will occupy the second floor and the mayor's office, and council chamber will reside on the third floor. Court will no longer be held in the city hall as the new plan allocates for a separate building across the parking lot.

The city of Pooler has acquired all of the land surrounding the new City Hall area in an effort to create a central city square, reminiscent of an old-time, historic town square. They want to one day create a charming, walkable downtown area that Pooler has lacked for so long.

"*I just think it's a great idea to make sure we keep this historic area, because this is where Pooler started, and I don't think we ever need to ignore this part of Pooler*," said Mayor Lamb.

Also in a recent move, the Pooler Chamber of Commerce and Visitor Bureau vacated their previous office in the National Museum of the Mighty Eighth Air Force and are now located just two blocks west of the new city hall. The Pooler Chamber office has been bustling welcoming new and exciting business to Pooler. Please stop in and visit them in their new home, 404 US Hwy 80 W, they are a wealth of information and hospitality!

As Pooler continues towards fast-paced growth, the timing could not be better. City officials will constantly be tasked with keeping up with Pooler's managed growth and development in the residential and commercial building. Thank you to our officials who are maintaining the integrity of a safe and friendly small town environment. How lucky we are to live here!

Image of the original city hall building; the new city dwelling still under construction, the new court building, Pooler Chamber of Commerce and Visitor Bureau, Inc. and the historical train monument.
Photos by Cierra Ayers

POOLER PATRIOT WEEKEND

Fireworks Sponsored By:

DOZIER CRANE

Patriot's Weekend Hosted By:

CITY OF POOLER, GA
PRIDE FAMILY HONOR
1901

Opening Ceremony Sponsored By:

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CHAMBER OF COMMERCE
GEORGIA

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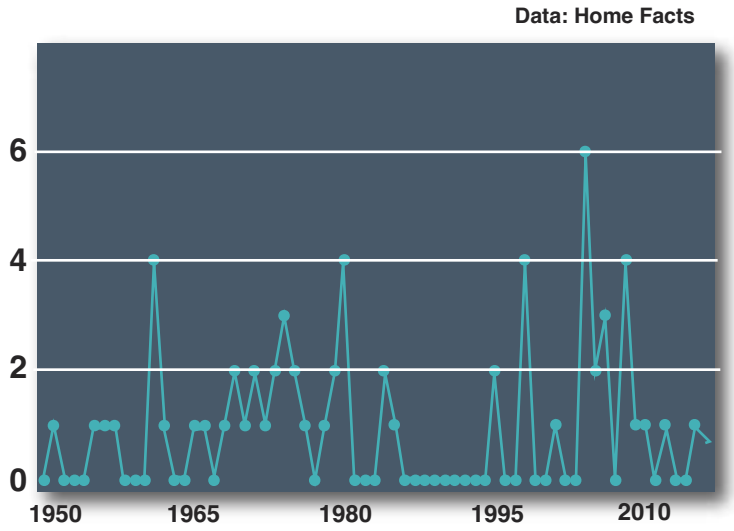
POOLER CITY OF POOLER GA PRIDE FAMILY HONOR 1907 FIRE-RESCUE

POOLER PATRIOT WEEKEND



Number of Tornados Since 1950 in Pooler 31322

Last month CEMA confirmed that a tornado touched down in Savannah, more specifically the Marshwood section of the Landings on Skidaway Island. The tornado touched down around 5:45 a.m. Residents did not report or witness the funnel from the tornado likely because it occurred so early in the morning. Mass power outages and many downed trees and structural damages were left as Hermine passed through the city. Here are some helpful Tornado facts presented by CEMA (Chatham Emergency Management Agency).

Tornado Awareness

By CEMA

The Enhanced Fujita Scale, or EF Scale, is the scale for rating the strength of tornadoes in the United States estimated via the damage they cause.

Implemented in place of the Fujita scale, it began operational use on February 1, 2007. The scale has the same basic design as the original Fujita scale, six categories from zero to five representing increasing degrees of damage.

It was revised to reflect better examinations of tornado damage surveys, so as to align wind speeds more closely with associated storm damage. Better standardizing and elucidating what was previously subjective and ambiguous, it also adds more types of structures as well as vegetation, expands degrees of damage, and better accounts for variables such as differences in construction quality.

TORNADO WATCH

A tornado watch is issued when conditions are favorable for a tornado to occur. Remain alert for approaching storms.This is time to remind family members where the safest places within your home are located, and listen to the radio or television for further developments.Be prepared to seek shelter.

TORNADO WARNING

A tornado warning is issued when a tornado has been sighted in the area. Immediately seek safe shelter.

PRIOR TO THE THREAT

Before you are faced with the threat of a tornado, plan now and be prepared.

- Conduct tornado drills each tornado season.
- Designate an area in the home as a shelter.
- Conduct tornado drills with your family.
- Know the difference between a "watch" and a "warning."•
- Have Emergency Supplies on hand.
- Flashlight and extra batteries
- Portable, battery-operated radio and extra batteries
- First aid kit and manual
- Emergency food and water
- Non-electric can opener
- Essential medicines
- Cash and credit cards
- Sturdy shoes

IF YOU SEE A TORNADO

A tornado is one of nature's most awe inspiring events. Be familiar with this information if in the event you spot a tornado. Take cover immediately.Stay away from windows, doors, outside walls and open spaces. Protect your head from falling objects or flying debris. In public buildings, go to the pre-designated shelter areas. In a vehicle, trailer, or mobile home, get out immediately and go to a more substantial structure. Never get underneath a mobile home/trailer. Seek shelter on foot if possible. If there is no shelter nearby lie flat in the nearest ditch with your hands shielding your head.

DURING A TORNADO

If you are in an area when a tornado strikes the following information is provided to help in protecting your family.

If in a Building: Go to the basement, storm cellar, or the lowest level of the building. If no basement, go to an inner hallway or a smaller inner room without windows. Get away from the windows. Get under a piece of sturdy furniture.

Use arms to protect head and neck. If in a mobile home, get out and find shelter elsewhere.

If Outside: If possible, get inside a building. If shelter is not available, lie in a ditch or crouch near a strong building. Be aware of the potential for flooding. Use arms to protect head and neck.

If in a Car: Never try to out drive a tornado. Get out of the car and take shelter in a nearby building. If shelter is not available, lie in a ditch or crouch near a strong building.Be aware of the potential for flooding. Use arms to protect head and neck.

How Are Hurricanes Different From Tornados?

While both tropical cyclones and tornadoes are atmospheric vortices, they have little in common. Tornadoes have diameters on the scale of feet and are produced from a single storm (i.e. a thunderstorm). A tropical cyclone, however, has a diameter on the scale of miles and is comprised of several to dozens of convective storms.

Tornadoes are primarily an over-land phenomena as solar heating of the land surface usually contributes toward the development of the thunderstorm that spawns the vortex. In contrast, tropical cyclones are purely an oceanic phenomena - they die out over-land due to a loss of a moisture source. Lastly, tropical cyclones have a lifetime that is measured in days, while tornadoes typically last on the scale of minutes.

Hurricane Preparedness Plan

By Meredith Ley
CEMA

Do You Know Your Plan?

You play a vital role in your family's safety. Surviving a small or large scale disaster depends a lot on how prepared you are. This is the time to discuss who you will call, where you will go and how you will get to your destination during a hurricane evacuation.

In case family members are separated from one another during a disaster, designate a family rally point--both locally and out-of-town. Ask an out-of-town relative or friend to serve as the "family contact." Make sure everyone in the family knows the name, address, and phone number of the contact person.

"Teach family members how to text and use email as alternative modes of communication," says Dennis Jones, Deputy Director of the Chatham Emergency Management Agency. "Even social media can allow communication between family members and play a part in getting your loved ones back together when phone lines are overburdened."

Take the guess work out of planning by downloading the CEMA mobile app. The "My Plan" feature allows users to discuss and share with friends and family their personalized strategy to surviving a disaster, and it can be emailed or shared on social media. The app is free and available on iPhone and Android devices. To download, visit the App Store and search for "ChathamEMA."

Sign-up to get alerts:**http://www.chathamemergency.org/**

- ✔ Emails
- ✔ Text Messages
- ✔ Phone Calls
- ✔ Siren Systems

EMERGENCY MANAGEMENT
CHATHAM COUNTY

Get The Pooler Rec App!

2016 Holiday Boutique

Mark your calendar now for the Second Annual Southbridge Women's Club Holiday Boutique on Sunday, November 13, 2016, at Vickery's Tavern. Make plans to join us for a fun afternoon, and get a jump-start on your holiday shopping!

Southbridge residents will be selling handcrafted items that they or their family members have personally made. Cash payment is requested, for simplicity.

The top sellers at last year's boutique included homemade food items, original artwork, handmade jewelry, baby and doll clothes, holiday ornaments, cards and stationery, embroidered and knitted items, decorated bags, garden/herb markers, wooden decorative items, and photography.

Admission is free and open to the public. Beer and wine will be available to purchase at the cash bar while you shop and socialize. Purchase raffle tickets on-site ($5 cash per ticket) for some exciting gift baskets donated by our vendors. Prize winners will be announced at the end, but you do not need to be present to win, so stop in anytime between 2:30 and 5:30 PM on November 13th as your busy schedule permits.

Pooler Chamber of Commerce and Visitor Bureau, Inc.

Pam Southard
Executive Director

A Note From Your Pooler Chamber...

Wow, the fourth issue of this great publication is now in your hands. And, as you can see, it just keeps getting better and better. As Pooler grows, so too does Pooler Today.

So many great things happening in Pooler…our new City Hall is just about complete. And with that will come the new facelift of historic Pooler and Highway 80. The Pooler Planning Commission just recently approved plans for a four-story, 104 room hotel on Town Center Boulevard.

Patriot Weekend was a huge success. We loved seeing our Pooler community enjoying a full day of activities. For those of you who attended, I know you had a great time. The food trucks serving up special foods and crowd favorites were a really big hit, along with local vendors with goodies and informative items. It was a family focused day and a great event in Pooler.

The Pooler Chamber has so many new and great events on the horizon. We are so excited, our newest…the Shuttle to Jacksonville for the GA/FLA Game, October 29th. We hope you can join us for the biggest tailgate party of the year. Then, of course in November, our second annual Breakfast with Santa. This is a great time to enjoy a great breakfast and give back to help needy families in Pooler have a great Christmas.

The Pooler Chamber continues to present new networking opportunities for members and residents with countless events and community driven projects. Some events are strictly fun, while others are designed to educate the public on issues such as transportation, business development and the city's economic outlook.

New hotels, new restaurants, and new retail businesses continue to choose Pooler, which translates to new residential community growth. The Pooler Chamber of Commerce is in the people business and we are committed to nurturing positive relationships within our city. You are prominent members of the Pooler community, and thanks to your support of our businesses and plans for our city's ongoing responsible growth, the future of Pooler seems brighter than ever.

Small town feel, big town amenities,
Southern charm all wrapped up in POOLER.

Like us on facebook
Pooler Chamber of Commerce

Ribbon Cutting Ceremonies: Pooler Chamber of Commerce and Visitors Bureau, Inc., welcomes: Budget Blinds, Charlton Visiting Nurses, Papa Murphy's, and Randstad Staffing.

COME TO pooler CALENDAR OF Events

POOLER CHAMBER OF COMMERCE AND VISITORS BUREAU GEORGIA

YOUR OFFICIAL GUIDE TO WHAT'S HAPPENING IN POOLER.

October 2016 - March 2017

OCTOBER 29, 2016

GEORGIA - FLORIDA
Football Game Shuttle
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Come Grow with Us

Logan Lewis Triumphs: Logan and Coach Cohen. Photos courtesy of Jodi and Isaac Lewis

Logan Lewis:
Pride of Pooler: An Olympic Hopeful

That's right, folks. The talented young athlete is 11-year-old Logan Lewis, already a weightlifting champion who has collected over 20 gold medals in local and regional championships in the past three years. He is also a two-time National Champion in the 11U, 69+ Kilo Class. He won his first National Title at the Youth National Weightlifting Championships in Minneapolis, Minnesota at the age of 10 in June of 2015, and successfully defended his title in Austin, Texas this past summer. Logan's long-term goal is to compete in the 2028 and 2032 Olympics when he will be 23 and 27, respectively. There is a chance he could make the team in 2024 at age 19, but in the sport of weightlifting, unlike many other Olympic sports, the male competitors usually don't reach peak muscle development and strength until their mid-20s.

> **"Never be scared to try new things and always put in your best effort"**

Coached by Savannah resident and three-time Olympian, Michael Cohen, Logan has been a member of Team Savannah Olympic Weightlifting Team since he was 8. He resides in Pooler with his parents Scott and Jodi and is currently preparing for the 2017 Youth National Weightlifting Championships in Atlanta, GA in June for the 13U Division National Title.

Although weightlifting is Logan's passion, he has found time to play football and other organized sports such as baseball and basketball for the Pooler Packers at the Pooler Recreation Department since the age of 6 where he has learned such life lessons as maximum effort = maximum results. When not involved with a sport he likes to spend time in the woods at the family farm and you can usually find him riding his bicycle or fishing in the lagoons around the neighborhood on the weekends.

In addition to his athletic prowess, Logan also excels in academia. Previously a high honor roll student at the Presidential Blue Ribbon award winning Savannah Christian Preparatory School where he followed a challenging curriculum reflecting high academic standards and a Christian world view, he was later accepted and currently attends the STEM Academy, which specializes in students with advanced placements in science, technology, engineering, and mathematics. The Academy is the number one middle school STEM program in the nation. Logan enjoys the small and intimate campus life and his association with students from all over the country.

Logan attributes his keen interest in social studies and all types of U.S. historical events to his grandfather, Reeves Lewis, Jr., a history major and attorney, who remains a great influence and inspiration in Logan's life. Not only has Reeves provided Logan with a wealth of knowledge, but he was also the one who originally took Logan to the gym to meet Mr. Cohen over three years ago and introduced him to the sport of weightlifting, not fully known by his parents at the time.

"Never be scared to try new things and always put in your best effort," advises Logan." You never know the gift you might find in yourself." Obviously, this special young man who maintains a humble shyness about his accomplishments has found many of those gifts already, and will assuredly continue to discover much more in the years to come.

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Thanks again Traci!"

~Glenn and Lindy Hill

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Milan Esthetics Supports Breast Cancer Research

Pooler's hottest day spa, Milan Esthetics, is supporting Breast Cancer Awareness month by donating 10% of any facial service booked and completed during October to The American Cancer Society.

Milan Esthetics opened on Pooler Parkway earlier this year as a sister to the downtown Milan Day Spa on Broughton Street. Independently owned and operated by Cat and Jimmy Garrido who live in Pooler with their two children, the spa is committed to giving back to the community.

"We have been fortunate that the Pooler community has welcomed us and we wanted to do something special to help raise money for Breast Cancer Research."

For more information on the spa or to book an appointment, please visit **www.milanesthetics.com**, call 912-348-2381 or email us for details **concierge@milanesthetics.com**.

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Where There's A Need, There's A Lion!

For the Centennial Anniversary of Lions Club International, our Pooler Lions Club purchased two signs that commemorate the year the organization was founded - 1917. Look for the signs at the intersection of Pooler Parkway and I-95 and the intersection of Pooler Parkway and I-16.

The Pooler Lions Club President, Veronica Voisine, presented Major Jim Ward of the Pooler Police Department with a token of appreciation for serving and protecting our community. Thank you Pooler Police!

The Pooler Lions Reading Literacy Program has begun again this year with volunteers reading with kindergarten and first-grade classes at Godley Station and second graders at Pooler Elementary. Volunteer Cathy Bell is pictured reading to Kristen Self's kindergarten class at Godley Station School.

Rosemary and Len Cutuli visited the Leader Dog Facility in Rochester Hills, Michigan recently, with Lions from all over the country. Leader Dog provides guide dogs for visually impaired clients, through a 26-day residential training program.

At the Pooler Patriot Festival, the Pooler Lions gave free books to kids, courtesy of McDonalds. There was also a raffle for a stuffed lion, as well as information about the club's service activities. Lion Len Cutuli, prospective member Kevin Kemmer and Lion Linda Saytanides took the first shift.

Throughout the day many lion lovers stopped by to check out our furry friend. Pictured are Mayzie Meeks with Anna-Sophia

Unchurch, Caiden Manuel, Jessica Warren, and the raffle winning siblings, Juan Barrientez and Leila Brown.

The Pooler Lions Club is a non-profit service organization that serves our community in a variety of ways, including free vision screenings, Sight for Students vouchers for school nurses, a Reading Literacy Program in local elementary schools, a college scholarship for a graduating Pooler seniors, holiday cards for residents of The Place, stuffed lions for the Pooler Police to give to children in traumatic situations, food and discounted hotel rooms for military personnel stranded at the airport USO. If you are interested in more information about how to help our community, email us at **lion sclub2@gmail.com**. If you are not a member, get involved we welcome new members!

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Money Matters

Gender Equity Is Far From Reality on Wall Street

By Jill Schlesinger

In 1987, when I started my first full-time job as a derivatives trader on the floor of the Commodities Exchange in New York (COMEX), there was no mention of workplace sexual harassment. Rather, I was told explicitly that the environment on the trading floor was "rough and tumble," and that if I wanted to be taken seriously I needed to accept the fraternity party shenanigans and figure out how to make money for the company that was employing me.

I was one of eight women traders amid 800 men and while we often commiserated with one another, we mostly rolled our eyes at the benign name calling and shrugged off the more intrusive bra snapping and physical jostling for position in the trading ring. There is not one of us who would have said a word to a boss about our experiences because we knew that they would have done nothing.

I was thinking about those early years of my career as I watched the new movie, "Equity," a Wall Street thriller where all of the main characters are women. The film, which takes place in the post-financial crisis era, explores both gender and generational roles in the finance industry, in an entertaining and provocative way.

As the film unfolds, we see ambitious women walking the tightrope between being too nice and being accused of "having sharp elbows" or "rubbing people the wrong way." Naomi, the main character, played by Anna Gunn of "Breaking Bad" fame, is a star investment banker who needs a big win on a tech initial public offering after a previous deal went south. Her associate Erin (Sarah Megan Thomas) is trying to rise up the corporate ladder while juggling her personal life.

The women in "Equity" sometimes adapt to their male-dominated field by holding their noses and resorting to questionable methods. Sam (Alysia Reiner of "Orange is the New Black"), the assistant U.S. attorney who is a college acquaintance of Naomi, uses her sexuality to her advantage as she investigates Naomi's firm for insider trading. Meanwhile, Erin finds herself asked to treat a twenty-something tech entrepreneur "very, very gently."

Besides being immensely entertaining, "Equity" is the first movie that I have seen where Wall Street women are portrayed as fully formed characters, not sidekicks or girlfriends. Naomi, Erin and Sam resemble real women that I know who work in all of these jobs. I'm guessing the reason for the accurate portrayals is that women also populated every role behind the camera. In addition to co-starring in the film, both Alysia Reiner and Sarah Megan Thomas were co-producers. I spoke to Reiner recently and she told me that they, along with writer Amy Fox and director Meera Menon, spoke to current and former women who worked on Wall Street, some of whom became investors in the film.

I asked Reiner what she found most surprising about the industry, after all of the interviews that they conducted. She said that it was stunning that women on Wall Street still confront such overt sexism when they show up to work every day. While there has been progress from the bad old days of my youth, clearly there needs to be more. According to Catalyst, the 2015 U.S. gender pay gap is significant: Women earned 81.1 percent of men's salaries based on median weekly earnings for full-time workers. But the biggest gap is in the finance industry. Women account for more than half of all employees, yet earn nearly $0.69 for every $1 men make. We've got a long way to go before getting to equity.

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

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Pooler Fire and Rescue New Apparatus Delivered

Five new pieces of fire apparatus were delivered to the City of Pooler Fire Department in late August from Pierce Manufacturing of Appleton, WI. The new equipment was funded with money from the latest SPLOST vote. A little over $2,700,000 was expended for the new vehicles which should last 15-20 years each.

The first apparatus, a 2016 Pierce Enforcer tractor-drawn aerial ladder (or tiller) as Truck 61 at the Rogers St. fire station. Truck 61 is equipped with a 100-foot aerial and numerous specialized rescue equipment including the "Jaws of Life" rescue tools. It is equipped to respond to a range of emergencies, including vehicle or machinery extrication, high angle and confined space rescue, and flat or swift water environments.

The remaining four are 2016 Pierce Enforcer pumpers as Engine 61, 62, 63 and Engine 64, one at each fire station. The Engines are equipped with a 1250 gallon per minute pump, 500-gallon water tank, and 50-gallon foam tank.

The state of the art equipment was delivered to Pooler after a stop at the Pierce service center in Forsyth, Georgia. Additional equipment was added, and training was conducted by factory representatives in early September. Special training for the tiller operators/trainers was conducted during September, with a driving course set up at the Garden City Gym and a road course around the city. Our trainers will continue training additional drivers through the end of the year.

Photos Courtesy of: Pooler Fire and Rescue

Shooting To Raise Funds

By Royceann Friedman

The Lowcountry Annie Oakleys announced today that they $150,000 for the Dwaine and Cynthia Willett Children's Hospital at their Charity Clays Tournament yesterday. The group provided volunteers to host 40 shooting teams for the 100-round tournament, some from as far away as Atlanta. Many non-shooters joined them for the After Party, which included a raffle, live and silent auction, fabulous food from Cotton & Rye, curated wine & beer sponsored by Palmetto Bluff, and a bourbon tasting presented by Beam Suntory. All proceeds will fund a new pediatric intensive care nurses' station.

The winning team was Oliver Maner with 380 points. The highest scoring male shooter was Lee Summerford with 98 points. The highest scoring female shooter was Lucy Millar with 75 points.

The Presenting Sponsor was **Springer Mountain Farms**; Platinum Sponsors were **Critz, The Kicklighter Company**, and **Susan and Charley Tarver**; and Gold Sponsors were **GOMAP**, **Kathy & Scott Warden, Myrick Marine, Seacrest Partners, and Donna and John South.**

In 1992, Memorial University Medical Center opened the first and only designated children's hospital in Savannah. On April 8, 2016, the groundbreaking ceremony was held to begin construction on the new stand-alone children's hospital, which will open in 2017. The Willett Children's Hospital of Savannah houses the only Level III Neonatal Intensive Care Unit, the only Pediatric Intensive Care Unit, and the only pediatric oncology program between Charleston and Jacksonville. The new building will feature a 24-hour Pediatric Emergency Department, Operating Rooms exclusively for children, and children's patient rooms designed to accommodate family and friends.

In 2015, the Willett Children's Hospital included 100 physicians, including 43 subspecialists. The Children's Hospital cared for infants, children, and adolescents from more than 120 countries.

Throughout Georgia and South Carolina. Over 70,000 children received care in their outpatient center and emergency room, while 5,500 young patients were admitted as inpatients, and specialized transport brought 350 urgently ill newborns to the facility from other hospitals.

About the Lowcountry Annie Oakleys:

The Lowcountry Annie Oakleys started over five years ago with the joint mission of enhancing and promoting the sport of clay shooting for women and supporting local charities through tournaments held in the Lowcountry.

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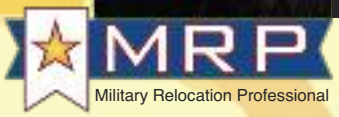

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My Pet World
The Dry Food Versus Canned Food Debate

By Marc Morrone

Q: A recent column of yours said canned cat food is preferable to dry cat food. My vet asks what I feed my cats at each visit but has never said to switch to canned cat food even when one of them had "issues" with vomiting. He recommended several things to try until finally, I found a dry food for sensitive stomachs that has helped. What are the pros and cons of dry versus canned cat food?

A: Well like most things in life this answer is not quite that cut and dry. Neither dry food nor canned food can be considered "better" than the other; both have all the nutrition a domestic cat needs.

However, I do not feed my cat's dry food, and it's only because of two observations I have noticed when I did feed my cat's just dry food. Some cats I have kept on a dry food diet seemed to just eat most of it without chewing it. Then, many times, they would vomit the un-chewed pieces up in the middle of the night. At first, I just thought they were hair balls, but when I actually broke the wads open, I discovered that it was made up of undigested kibble. I tried giving those cats a smaller sized kibble, but they still did not chew it, and the problem persisted.

Then, when I put the cats on a diet of just canned food the vomiting stopped and never happened again. Obviously, those cats just had issues chewing while other cats I had did fine on the kibble.

Another observation I noticed with cats on canned food was that their stool was much smaller. It seems that cats can digest all the ingredients in a can of cat food, while dry kibble has some ingredients added to maintain the integrity of the kibble that is not easily digested.

So, my conclusion, based on these personal observations, is that a canned food diet is better for us humans. I do not think that any scientific studies have been done to prove that it is better for the cats, though. This all happened to me three decades ago, and all my cats from then on have only eaten canned food. Two other observations since then have been that my cats on canned food do not shed very much, and they are always the perfect weight. However, I cannot offer any theories on why this is so.

Q: I just bought a house in the suburbs, and I have taken up bird watching. One of my great pleasures for the last three months was listening to the birds singing in the early morning. However the last couple of weeks I have noticed that the morning is silent - no bird song at all and I wondered what happened?

A: Do not worry, no ecological disaster here, it is just now mid-August, and the baby birds have grown up and left the nest. Breeding season is now over, and the parent birds are resting and molting - losing their old feathers and re-growing new ones - to get ready for either winter or migration.

Since there is no longer a need to attract a mate or protect a territory, then they do not have to waste precious recourses singing. Late summer and fall are the time of the insects, in the same manner, that you were able to listen to the birds singing in the morning, you can now listen to the insects singing in the evening, thus still taking pleasure in the natural world.

Marc Morrone has kept almost every kind of animal as a pet for the last half-century and he is happy to share his knowledge with others. You can contact Marc at **petxperts2@aol.com**.

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LiDl Aggressively Expands In The Southeast

Pooler residents may soon experience a unique shopping experience unlike anything else in the market. A major discount supermarket chain, LiDL, plans to open a much anticipated store on a site between Pooler Parkway and Tanger Outlet. The intention is to create a 4.91 acre parcel to construct the 26,000 square foot specialty store to include parking facilities. Described as a cross between Walmart and Trader Joe's, the popular German based grocer, with more than 10,000 stores across Europe, is expanding to many areas of the U.S. Lidl has recently built a distribution center in North Carolina and seek to aggressively expand throughout Virginia, North Carolina, South Carolina, and Georgia.

According to the company, LiDL's philosophy is simple: to focus on offering customers top quality products in the most competitive pricing in convenient locations.

With a no frills approach to shopping such as displaying products in their original delivery cartons, stocking both locally sourced foods as well as low-priced gourmet products from around the world, LiDL has carved out a niche market. Like Trader Joe's, the chain will also sell brands under its own label.

Additional details will follow as the progress unfolds.

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Encore & Entrees In Pooler

The Savannah VOICE Festival's acclaimed artists make a stunning return to Pooler this fall when they present Encores & Entrees – an international journey in food, wine, and song at Savannah Quarters Country Club at 6 p.m. on Thursday, November 17.

This will be the second time the Festival Artists of the Savannah VOICE Festival (SVF) entertain guests with opera, musical theater, and song that compliments the international adventure of a four course meal with elegantly paired wine. Beautiful voices from around the globe will be performing, plus world-class opera singers Maria Zouves and Sherrill Milnes will host the musical portion of the evening. Savannah Quarters Country Club and The Salt Table present an elegant evening featuring the culinary talents of the Savannah Quarters Country Club Team, a curation of wonderful wines, and the stunning singing of a range of music from different continents and traditions.

SVF Executive Director Maria Zouves is delighted to return to Savannah Quarters Country Club "The Arias and Entrees sold out event last May was a tremendous experience for artists and guests and we are looking forward to making more music in a beautiful environment. Pooler is a wonderful community and a great place to live and clearly has an appetite for quality music and cultural events," Zouves said.

Reservations are priced at $85 until November 11, and $100 until the event on November 17 to include food, wine, and music. Tickets and information are available by contacting Miranda Sutphen at Savannah Quarters Country Club by calling 912.450.2280 ext. 230 or by email at **msutphen@savannahquarterscc.com**.

To learn more about the Savannah VOICE Festival, please visit **www.savannahvoicefestival.org**. For more information or to buy tickets to the operas and other SVF events, please visit **savannahvoicefestival. org**, call 855-76OPERA or email **info@savannahvoicefestival.org**.

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Thank you Miss Miller!!!

"For Compassion Church Home Life Bible Study, I have made the recipe from Pooler Today. Miss Sophie's Pesto Chicken and Bowties. As you know, I am a Wednesday regular diner with Miss Teri. And I love Miss Ayers Pooler Today magazine".

~ Tea Marie Miller

Brugge A Fairy-Tale Medieval Town

By Dean Ayers

After watching In Bruges, a 2008 movie starring Colin Farrell and Ralph Fiennes, Cierra and I were so inspired by this idyllic coastal city setting that we decided to make Bruges (Brugge in Dutch) a stop on our trip to Amsterdam (see August/September Pooler Today) and London. With its gabled houses and cobblestone streets, this medieval, storybook city did not disappoint. All that was missing were knights in shining armor to greet us.

Located in Flanders, the northern part of Belgium, this canal-laced city is often called the Venice of the north. It is a small city similar to Pooler in size and the metropolitan area is about the same size as Chatham County. Bruges is designated as a World Heritage Site by UNESCO. To be included on the World Heritage List, sites must be of outstanding universal value and meet at least one out of ten selection criteria. See **http://whc.unesco.org/en/criteria/** to discover all ten criteria.

We chose Hotel Navarra based on excellent Trip Advisor reviews and were not disappointed. Housed in a 17th century mansion and only one mile from the train station, the hotel is conveniently located just a 3-minute walk from the central Market Square and the Belfry of Bruges…ideal for sightseeing, shopping and dining. Be sure to sign up for the elaborate Belgian breakfast buffet.

Market Square is the hub of much social activity in Bruges and the shopping is fabulous…just ask my wife. Belgian products are the real draw with beer and chocolate (essential parts of the Belgian economy) at the top of the list. It's been said that beer is to the Belgians is what wine is to the French, and there are an estimated 1000 varieties of national brews. Popular locations to imbibe the delicious brews include 2be-The Beer Wall and The Bottle Shop. Belgians are very proud of their beers and local store owners will welcome you and invite you to sample their brews. If you prefer to sit in one of the many local pubs and absorb the Belgian culture, we recommend 't Brugs Beertje, a classic Belgian beer venue. Hidden from most tourists is the very popular De Garre where they serve their own brew, De Garre Tripel.

And now comes the word that sends Cierra into a food frenzy – chocolates! Bruges residents are connoisseurs of what is considered the world's finest chocolates. Chocolate shops are plentiful, extraordinary and creative. In Market Square Dumon Chocolatier, Chocolaterie de Burg and The Chocolate Line are excellent choices. For the romantics and special occasions the hotel will place an exquisitely wrapped, decadant chocolate selection on the pillow of your room…and, yes I did!

You will find many fine restaurants located throughout Market Square, but we suggest you venture onto the side streets rather than the large, more commercial ones located right on the Square. We chose to eat at Poules Moules where mussels are a specialty. For the non-Francophiles poules is chicken and moules are mussels. Their extensive menu makes it difficult to pick just one, but the house specialty, mussels, is offered five different ways with a choice of sauces on the side; garlic and cream, tomato and garlic, curry, cream, roquefort, ore mustard. I recommend you order a side of world famous Belgian fries and chase your meal down with a pint of Brugse Zot, an excellent local brew.

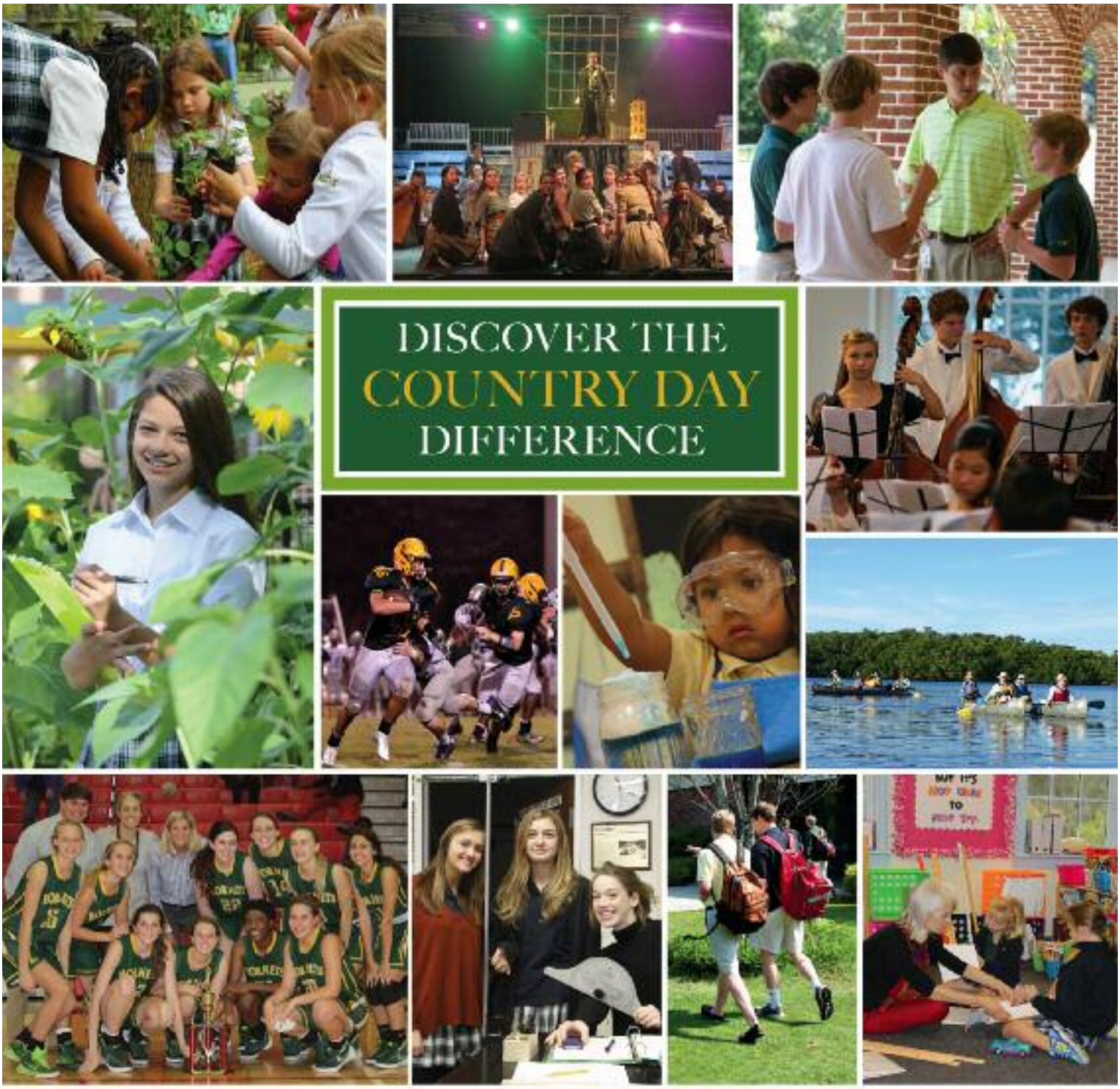
For a different view of Bruges consider taking one of the canal cruises that seem to be located on every street/canal corner. The city is very small, so if you enjoy walking this is the perfect place for ambling, but as in Amsterdam, beware of the cyclists who make up a large percentage of the traffic.

Bruges has many interesting sights that can fill a 2 or3-day visit including the dining, shopping and canal cruises. The Belfry (or Belfort) is a huge tower that started to be built in the 1200s. Throughout the years, construction continued until it reached almost 295 feet in height.

For those of you looking for fine arts you must visit the Groeninge Museum which displays a comprehensive survey of six centuries of Flemish and Belgian painting, from Jan van Eyck to Marcel Broodthaers. You can also spending a relaxing few hours in Minnewater Park… a photographers dream. The place is absolutely beautiful, with lots of ducks, gooses and other animals, the wonderful Minnewater lake and lots of trees and flowers.

Our visit to Bruges was brief and we had only enough time to capture the essence of this enchanting city – and, of course, devour lots of fine chocolates, waffles, cheese, local wine and beer. If we could make one suggestion, it would be to stay longer. There's a lot of history, art, architecture and culture packed into such a small city.

Hotel Navarra: **www.HotelNavarra.com**, **www.tripadvisor.com**
Poules Moules Simon Stevinplein 9, **www.poulesmoules.be**
Trip Advisor: **https://www.tripadvisor.com/Tourism-g188671-Bruges_West_Flanders_Province-Vacations.html**



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Want to Retire Early?

By Veronica L. Voisine, AAMS®, CRPC®
Financial Advisor, Edward Jones

Start Planning Now

The average American retires at about age 63, according to data from the U.S. Census Bureau. If you enjoy your work, of course, you may want to go well beyond that age. But what if you don't want to wait until 63 or so? Can you afford to retire early? Possibly – if you are diligent in controlling your debt load and adhere to the following suggestions:

✔ **Know the rules governing retirement plan withdrawals.** If you want to retire before age 59 1/2 and begin taking distributions from your IRA or 401(k) plan, you will generally be subject to a 10% early distribution penalty, plus normal income taxes. To withdraw your earnings from a Roth IRA tax and penalty free, you generally must have owned the account for at least five years and have reached age 59 1/2. However, you may be able to avoid the 10% penalty if you take "substantially equal periodic payments," which are calculated based upon your age and other factors. Once these distributions begin, they must continue for five years or until you reach age 59 1/2, whichever is longer. Other rules apply to these distributions, so before taking any, consult with your tax and financial professionals. Keep in mind that if your withdrawal rate is too high, you risk seriously depleting your retirement accounts, especially if your investments decline in value during the years you're taking these payments.

✔ **Research the costs involved**. What will you do during your retirement years? Will you travel the world or stay close to home, pursuing your hobbies? Will you downsize from your current home? How will you pay for health care until you're old enough for Medicare? You will need to answer these and other questions to determine how much you will need to sustain a comfortable lifestyle as an early retiree.

✔ **Invest more** – and invest for growth. One big advantage in retiring at the usual age, or even later, is that it gives you more time to invest. But if you're determined to retire early, you will almost certainly need to accelerate your investment rate. –In practical terms, that means you'll likely have to contribute more each year to your IRA and 401(k) or similar employer-sponsored retirement plan than if you were going to retire later on. Plus, you may have to "ratchet up" the growth potential of your investment portfolio. However, because growth-oriented investments typically are more volatile than other investments, you will be taking on more risk than you might otherwise. If you are truly uncomfortable with this risk level, you may need to re-evaluate your plans for retiring early.

✔ **Do everything early.** Plan early, invest early (and don't stop), and lower your debt load early.

Getting a jump on all these activities can go a long way toward turning your early retirement dreams into reality.

✔ Most importantly, cut down your debt load. It's always a good idea to enter retirement with as few debts as possible.

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MAKING SENSE OF INVESTING

Halloween Safety Tips

By The American Academy of Pediatrics

Halloween is an exciting time of year for kids, and to help ensure they have a safe holiday, here are some helpful tips.

ALL DRESSED UP:

❖ Plan costumes that are bright and reflective. Make sure that shoes fit well and that costumes are short enough to prevent tripping, entanglement or contact with flame.

❖ Consider adding reflective tape or striping to costumes and trick-or-treat bags for greater visibility.

❖ Because masks can limit or block eyesight, consider non-toxic makeup and decorative hats as safer alternatives. Hats should fit properly to prevent them from sliding over eyes.

❖ When shopping for costumes, wigs and accessories look for and purchase those with a label clearly indicating they are flame resistant.

❖ If a sword, cane, or stick is a part of your child's costume, make sure it is not sharp or too long. A child may be easily hurt by these accessories if he stumbles or trips.

❖ Obtain flashlights with fresh batteries for all children and their escorts.

❖ Do not use decorative contact lenses without an eye examination and a prescription from an eye care professional. While the packaging on decorative lenses will often make claims such as "one size fits all," or "no need to see an eye specialist," obtaining decorative contact lenses without a prescription is both dangerous and illegal. This can cause pain, inflammation, and serious eye disorders and infections, which may lead to permanent vision loss.

❖ Review with children how to call 9-1-1 (or their local emergency number) if they ever have an emergency or become lost.

CARVING A NICHE:

❖ Small children should never carve pumpkins. Children can draw a face with markers. Then parents can do the cutting.

❖ Consider using a flashlight or glow stick instead of a candle to light your pumpkin. If you do use a candle, a votive candle is safest.

❖ Candlelit pumpkins should be placed on a sturdy table, away from curtains and other flammable objects, and should never be left unattended.

HOME SAFE HOME:

❖ To keep homes safe for visiting trick-or-treaters, parents should remove from the porch and front yard anything a child could trip over such as garden hoses, toys, bikes and lawn decorations.

❖ Parents should check outdoor lights and replace burned-out bulbs.

❖ Wet leaves or snow should be swept from sidewalks and steps.

❖ Restrain pets so they do not inadvertently jump on or bite a trick-or-treater.

ON THE TRICK-OR-TREAT TRAIL:

❖ A parent or responsible adult should always accompany young children on their neighborhood rounds.

❖ If your older children are going alone, plan and review the route that is acceptable to you. Agree on a specific time when they should return home.

❖ Only go to homes with a porch light on and never enter a home or car for a treat.

❖ Because pedestrian injuries are the most common injuries to children on Halloween, remind Trick-or-Treaters:

- ❖ Stay in a group and communicate where they will be going.
- ❖ Remember reflective tape for costumes and trick-or-treat bags.
- ❖ Carry a cell phone for quick communication.
- ❖ Remain on well-lit streets and always use the sidewalk.
- ❖ If no sidewalk is available, walk at the far edge of the roadway facing traffic.
- ❖ Never cut across yards or use alleys.
- ❖ Only cross the street as a group in established crosswalks Never cross between parked cars or out driveways.
- ❖ Don't assume the right of way. Motorists may have trouble seeing Trick-or-Treaters.
- ❖ Law enforcement authorities should be notified immediately of any suspicious or unlawful activity.

HEALTHY HALLOWEEN:

A good meal prior to parties and trick-or-treating will discourage youngsters from filling up on Halloween treats. Consider purchasing non-food treats for those who visit your home, such as coloring books or pens and pencils.

Wait until children are home to sort and check treats. Though tampering is rare, a responsible adult should closely examine all treats and throw away any spoiled, unwrapped or suspicious items.

Try to ration treats for the days following Halloween.

Here are some healthy Trick or Treat candy alternatives:

❖ Packages of low-fat crackers with cheese
❖ Single-serve boxes of cereal
❖ Mini boxes of raisins
❖ Single-serve packets of low-fat popcorn
❖ Prepackaged fruits/vegetables
❖ Granola bars
❖ School Supplies - ie: Pencils, Stickers, Erasers, Pencil toppers, Mini crayon set, Halloween rubber stamps, Mini paper pads

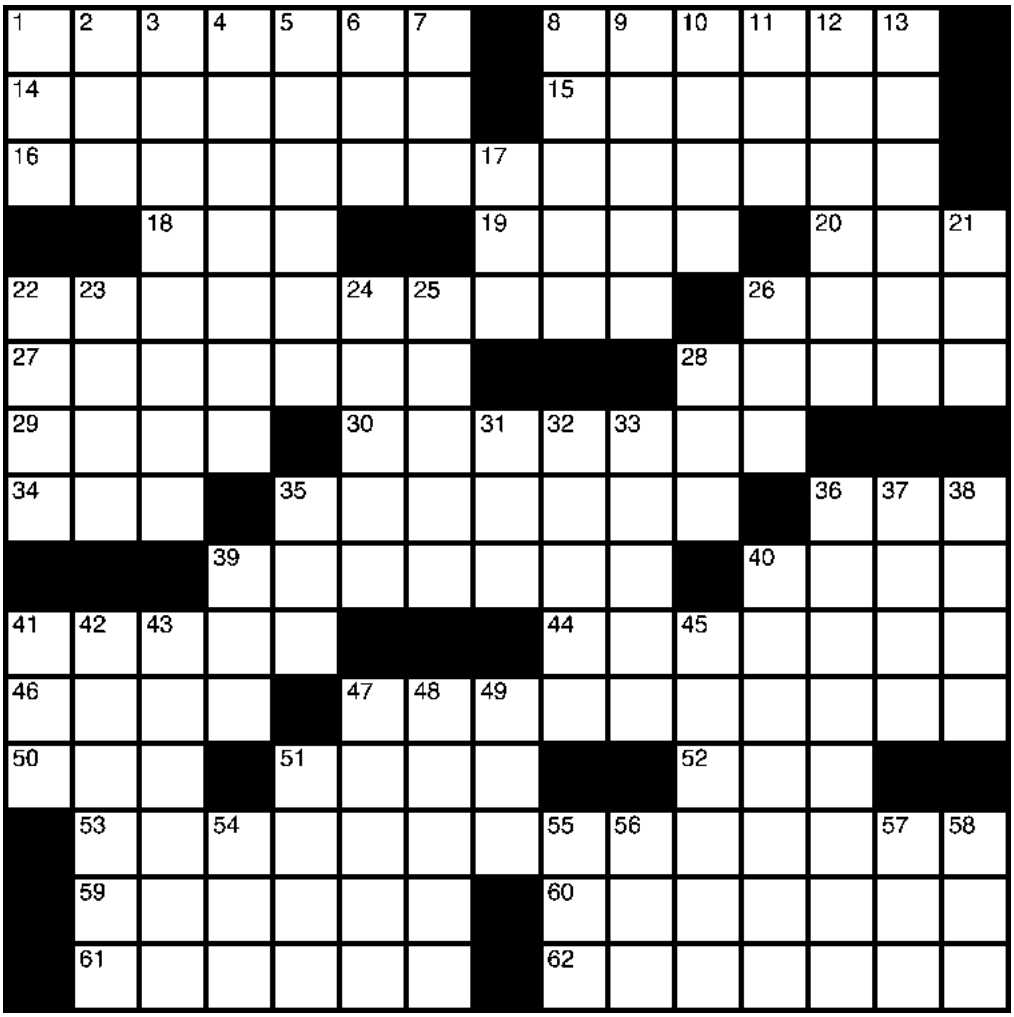
CROSSWORD CLUES

Across

1 Visits
8 Legal test, familiarly
14 Reporter's needs
15 Punk rock surname
16 Like some watches
18 Cost-of-living fig.
19 Feed in a bag
20 "Am __ the right track?"
22 Bath floater
26 Gumbo veggie
27 Nylons, fishnets, etc.
28 Petty squabbles
29 Penny-__
30 "I'll have another" responder
34 Neon, or fuel for a Neon
35 Patchwork plaything
36 Public image, briefly
39 Freaked out
40 One-eighties
41 Freak out
44 Shows proof of
46 Player with a record 14 100-RBI seasons
47 Running a marathon may be on it
50 '90s "SNL" regular Meadows
51 "__ Jim"
52 Knack for snappy comebacks
53 Project suggested by the starts of 16-, 22-, 35- and 47-Across
59 River through Toledo
60 Hall who won on "Celebrity Apprentice" in 2012
61 Linen closet stack
62 Jones with a diary

Down

1 Cincinnati-to-Nashville dir.
2 Shelley's "__ Skylark"
3 Pariahs
4 Private school student
5 Parchment user
6 Atmo- kin
7 "Ash Wednesday" poet's monogram
8 __ by fire
9 Speed
10 Ambulance VIPs
11 Fluffy scarf
12 Golfer Sorenstam, who was among the first women to become honorary members of St Andrews golf club in February 2015
13 Comeback
17 More than sniffle
21 "One Mic" rapper
22 Carpet type
23 The last Mrs. Chaplin
24 __ renewal
25 How some wines are sorted
26 Facing: Abbr.
28 Pommes frites sprinkling
31 Nutritional stat
32 Coin for Putin
33 …cole attendee
35 Korean soldier
36 Speaking from memory
37 Spud sprouts
38 Furtive attention-getter
39 Saturn, for one
40 Like sketchbook paper
41 Collected dust
42 Rainbow makers
43 Big brass output
45 Formal admission
47 Lisa of "Enemy of the State"
48 They can be hard to fight
49 Atlanta-based health agcy.
51 Sherbet flavor
54 Repent
55 Photo __
56 Throw too low, say
57 Merkel's "never"
58 Captured



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Answers on page 40

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Several Factors That Play A Role In Diverticulitis

By John Cangemi, M.D.,
Gastroenterology, Mayo Clinic, Jacksonville, Florida.

DEAR MAYO CLINIC: I was recently diagnosed with diverticulitis. It was treated, and the symptoms went away, but I'm wondering what could have caused it. I'm a 52-year-old man with no other medical problems. Am I at an increased risk for developing diverticulitis again since I've had it once?

Answer :Diverticulitis happens when small pockets that develop in the lining of your digestive tract become inflamed or infected. Treatment for diverticulitis focuses on eliminating the infection or inflammation, but it does not get rid of the pockets. Because those pockets remain, there is some risk you could get diverticulitis again, yet that risk is less than 10 to 15 percent. In some cases, making certain lifestyle changes may help lower the risk.

As we age, it's common for small, bulging pockets to form due to pressure at weak spots in the digestive tract lining. The pockets are called diverticula. They most often occur in the large intestine or colon. By themselves, these pockets do not typically cause any problems or lead to symptoms.

When diverticulitis develops, and one or more of the pockets becomes infected or inflamed, that can result in significant symptoms. These may include persistent and severe abdominal pain, nausea, vomiting, and constipation. In some cases, diverticulitis can result in diarrhea, but that is less common than constipation.

Several factors may play a role in raising your risk for diverticulitis. As mentioned earlier, digestive tract pockets become more common with age. Diverticulitis most often affects people older than 40. Men tend to develop the condition more often than women. Obesity can increase the risk of diverticulitis, too, as can smoking. A lack of regular exercise may contribute to diverticulitis, as well.

Although you can't do anything about your age or being male, you can take steps to lower your risk in other areas. Exercising regularly, losing weight if you need to and avoiding smoking can all help.

The specific role that diet plays in preventing diverticulitis is unclear. In the past, some doctors recommended that people who had diverticula not eat seeds and nuts, including foods with small seeds, such as tomatoes, cucumbers, and strawberries. It was thought that these tiny food particles could lodge in the pockets and cause diverticulitis. But there is no scientific evidence of that, and doctors no longer recommend these foods be avoided.

Some experts have advocated eating a high-fiber diet - which may include nuts and seeds - to lower the risk of diverticulitis. A high-fiber diet on its own, however, has not been shown to prevent diverticulitis.

At this time, it appears that no specific foods trigger diverticulitis, and there's no special diet recommended to prevent it, either. So before you make any big changes to your diet in an effort to lower your risk of developing diverticulitis again, talk with your doctor about your individual needs to decide what's best for you. In many cases, eating a variety of well-balanced and nutritious foods along with plenty of fluids are good choices.

You should also review with your doctor any medications you're taking. Several drugs are associated with an increased risk of diverticulitis, including steroids, opiates and nonsteroidal anti-inflammatory drugs, such as ibuprofen and naproxen. Your doctor can help you determine if you may need to change any of your medications based on your history of diverticulitis.

If you have symptoms of diverticulitis again, contact your doctor right away. He or she will likely suggest testing to confirm the diagnosis before prescribing treatment. If it is confirmed, treatment would consist of a clear-liquid diet for a few days along with antibiotics. You would then return to a more normal diet as your symptoms improve.

E-mail a question to MayoClinic **Q&A@)mayo.edu**
For more information, visit **www.mayoclinic.org**

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MISS SOPHIE'S

I'm a fickle apple lover. My affection wanes when the apples are so tart they make my mouth pucker and, if I by chance find a sweet one, it often disappoints with a mushy and grainy texture. For most of the year, I turn my nose up and walk pass by them in the produce section without even a glance.

Around the end of September that changes. The seasonal, shiny apples displayed in a myriad of colors beckon me from afar and I just can't resist lifting one to my nose and inhaling the sweet – crisp scent of a seasonal apple. I want one of every color and size! For months I am romanced by their flavor and the heavenly scent that wafts through our house when they are cooked. I fall in love all over again.

I share with you one of the many recipes that highlight the season of my apple love. I hope you too will be romanced by the flavor and scent of seasonal apples.

Apple & Sausage Casserole

- 1 pound mild or hot bulk pork sausage
- 1 medium apple, peeled and chopped
- 1 medium onion, chopped
- 1/2 cup chopped celery
- 3 cups cooked long grain rice
- 1/3 cup minced fresh parsley
- 1 tablespoon brown sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon pepper

Directions

- In a large skillet, cook the sausage, apple, onion and celery over medium heat until meat is no longer pink; drain. Stir in the remaining ingredients.
- Transfer to a greased 2-qt. baking dish
- Cover and bake at 350° for 25-30 minutes or until heated through. Yield: 4-6 servings.

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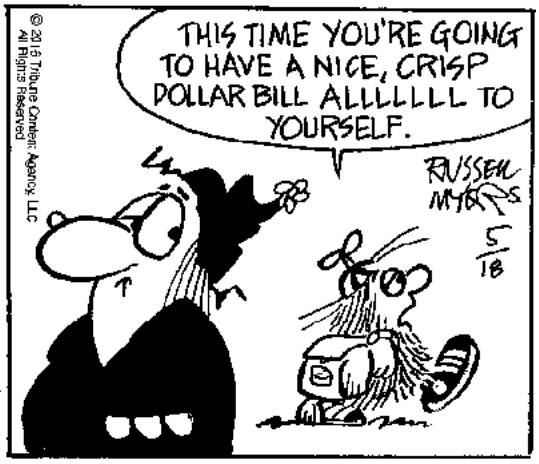


The Kids Doctor: What Can You Do About The EpiPen Price Hike?

By Sue Hubbard, M.D.

I have more than several patients who have had serious allergic reactions (anaphylaxis) to a variety of things, including insects (fire ants, bees) as well as foods (peanuts, tree nuts, fruits, shellfish). All of these children need to have epinephrine auto injectable pens (an EpiPen) on hand in case of "accidental" exposure to the allergen and a subsequent life threatening allergic reaction. These medical devices are seldom used (thank goodness), but need to be replaced every 12 to 24 months and should always be readily available in case of an emergency.

For the longest time, it was not a "big" issue (cost wise) to write prescriptions for these allergic children and to make sure that they had several EpiPens on hand. This included having them available at home, at school, in the mother's purse, in the car or in the gym bag. Many people also wanted "extras" to have at the grandparents' house or at the lake house, for example. So, I would write a script for the EpiPen two-pack and the family might get four to five sets to disperse to the appropriate people. Prior to 2009, the cost was less than $100 per two-pack.

It was several years ago that a few families started talking to me about the expense of these devices and also how quickly they seemed to expire. In fact, we started asking the pharmacist to look at the expiration dates and to try and dispense the ones that had the longest expiration in hopes of saving some expense. At that time, there were also two companies that were making the epinephrine devices.

Then, in the last, year parents started calling me complaining that the EpiPens were becoming cost prohibitive and asked if they really need to keep filling them since they had never needed to use one. Thankfully, because of their vigilance, they had not needed to use an EpiPen, but I told them that YES, they indeed needed to continue to have them on hand. Several families reduced the number that they bought and tried to make sure that they handed them off to their child if they left the house, which is terribly hard (I would think) to keep up with.

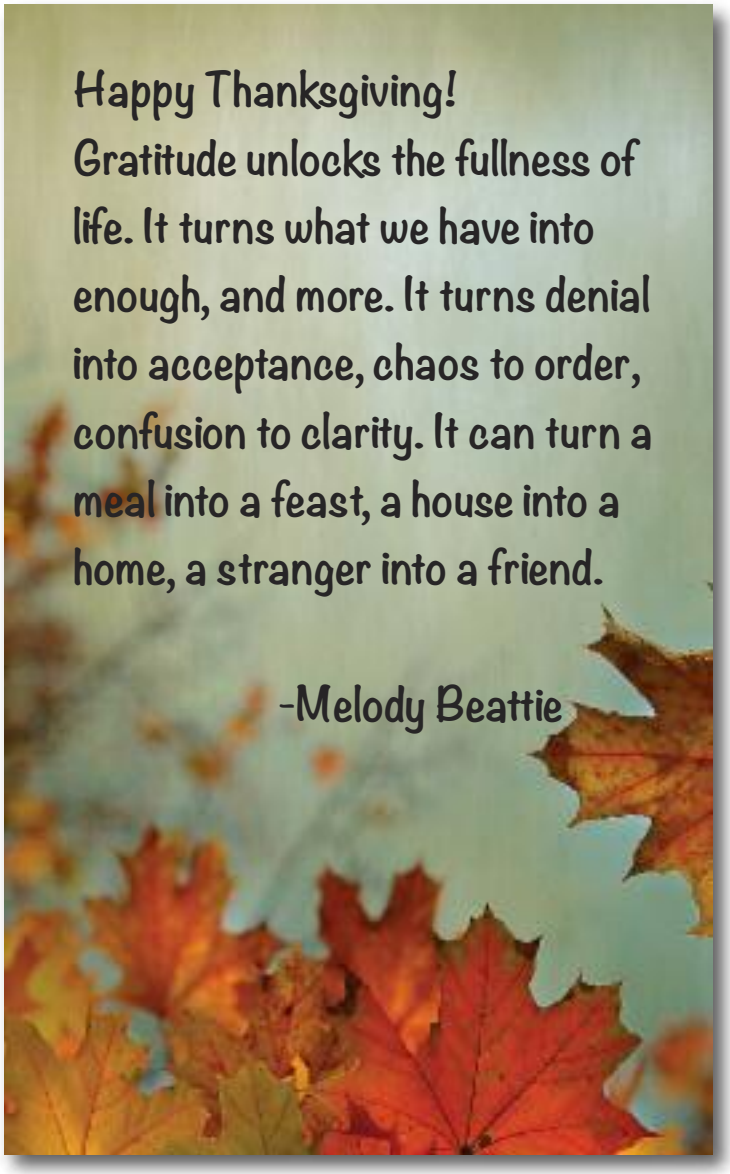
This issue came into view most recently as parents across the country started complaining to not only their physicians, but to the pharmacy, their insurers and the drug maker, Mylan Pharmaceuticals, asking, "Why in the world has the price jumped to more than $600?" In retrospect, the price had been raised 15 percent twice a year over the past two years! (It was also pointed out that this was a six-fold price increase in the past decade).

I do know that epinephrine has been around for a long time, the drug itself is not that expensive, and it is used every day in hospitals around the country. But the EpiPen auto injector, which allows "anyone" to inject the medicine into a muscle without any measuring, has become cost prohibitive for many families, even some those with insurance. It seems that Mylan Pharma is setting prices "based on whatever the market may bear" and not on the fact that the drug is new or expensive to produce.

This is one of the times that all parents with children who need to carry an EpiPen need to contact their representatives in Congress, as well as their insurers, to see if the public can be influential in trying to remedy this situation. The public will have to let their concerns and voices be heard.

Just as I am writing this, Mylan announced an "instant savings card" for those who are paying out of pocket plus help for those who do not have the means to buy the EpiPen. But this does not correct the problem as a whole. While the discount may be helpful for some, it is not the answer to the ever-growing problem of exorbitant drug costs in this country.

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



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Liam is a 4 year old high spirited boy of great courage and loves Police Officers. He is our Hero and is currently in remission of Stage 4 Cancer. Watch more of todays efforts at Memorial Health Hospital on #WTOC and local radio stations. Thank you for having us!

Our gracious Thank You to Pooler Police Chief Revenew, Sheriff Wilcher of Chatham County Sheriffs Office, and Major Mosely of the Tybee Police Department for joining us today and being apart of this amazing incentive. We will be lifting you up Liam and family. We hope this cape brings you courage and strength through your journey.

Capes For Super Heros

Capes for Courage converts decommissioned police officers' uniforms into superhero capes for courageous kids like Liam. Liam, who has battled Stage 4 Cancer for years, donned the cape like the unbeatable champion he is! Thanks to Liam for showing us what courage is about and being such a tough young kid. Also, thanks to his family for sharing and showing what a being a superhero is truly about. Good Luck and keep up the fight Liam!!!

Capes for Courage is an amazing program that Tiffanie Miller started by teaching herself to sew in order to bring this idea to fruition.

This is Tiffanie's story:

I started the group, **Handcuffed to My Hero** in April 2015 just two years after leaving our family and moving here from Michigan with our newborn who was two weeks old, our five year old and a new career for my Husband as a Police Officer. I knew this transition as a Police Officer's wife was going to be a culture shock and would take some time to adjust. Time passed, and we still weren't able to really connect, or plant roots with other Police Families. We finally found our family at Savannah Christian, or now Compassion Christian Church. I wasn't able to relate to any Police wives or families because we lacked an avenue for us to connect. I was sure others felt the same way. A Community of people who can directly relate to one another with their life style choice is so important. We needed an opportunity that encouraged us to relate and share life vulnerably as Police Families.

Handcuffed to My Hero is for anyone connected to a Police Officer. Although my original intentions were just to integrate a culture into our Department, the more I talked about the idea, the more my eyes opened to a much bigger need for Police Families here in our City and surrounding Departments. Most Police Departments offer little for their Police Officers and their Families in the aspect of bringing us together or making us aware of risks etc. We really need encouragement and support. Not in the sense of recognition, but more acknowledgment that our position is not easy. Obviously, we don't want pity or sorrow... We just want the community to come together. We can't do this alone.

The group started out with three civilian significant others. Now, we are at 66 SCMPD civilian Female Police significant others. We are currently in the process of becoming non-profit. We will be reaching out to many Departments and families nationwide.

As a group, we have brought much joy to our Department. We provide food and encouragement to our Police Department and organize events to gather together. We worked alongside our Department and produced our first exclusive event for our Police Department in over 40 years. This event launched our Behind the Badge initiative that offered a community for our whole Department. At the event, Handcuffed to My Hero raised over $5,000 worth of donations that were given by partnering with our community. Businesses and a few churches have been generous in donating to our cause. We encourage more to join in on our efforts!

Most of us within our group are servant driven. I remember asking some of the other wives and our Department what we do with uniforms that we have outgrown and no longer need. We didn't have a place to put them, and they were doing nothing but taking up closet space. I prayed for a way for God to use my husband's passion and my drive to help us impact our community. My son loves superheroes and Police Officers. He was running around with a cape when this thought came to mind, to see if there was a way to make these uniforms into capes. I had only sown one time in my life. This was crazy! I had no skill and trusted for God to provide. Sure enough, I met someone at a game night who sews for a living. This encounter was nothing short of God's perfect timing. I connected with her, and she helped make this vision come to life. Police Capes of Courage, is a way for our police families to connect with our community of Children that need their spirits lifted. My Hero has now used his passion to be a hero for others who need encouragement in difficult times. Police Officers do not consider themselves heroes, but I know My guy is My Hero. He is selfless. With his sacrifices, I see his compassion every day that some overlook. He is courageously going out into our city every day unsure of what lies ahead. My Husband has been so supportive of this group, and this new cause of helping children in the hospital relate to these officers by portraying strength, and courage. Police officers are strong mentally, physically and emotionally hardened. They are thrown in so many directions and are expected to remain calm and collected under pressure. Children need a good example of strength while they go through their journey at the hospital. If Police Families through Police Officers can encourage these children, we are making a difference to encourage hope in our community.

Let me know if you want to talk! I would love to share more information or elaborate on anything or provide more pictures etc.

In October, we will be hosting a fundraiser at Hoppers Paintball where our community can come and shoot Zombies and give back to our officers. This is a family friendly event and will be a lot of fun

The event is on Police Capes of Courage Facebook page:
Facebook.com/policecapesofcourage
https://www.facebook.com events/1783286041928399/

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