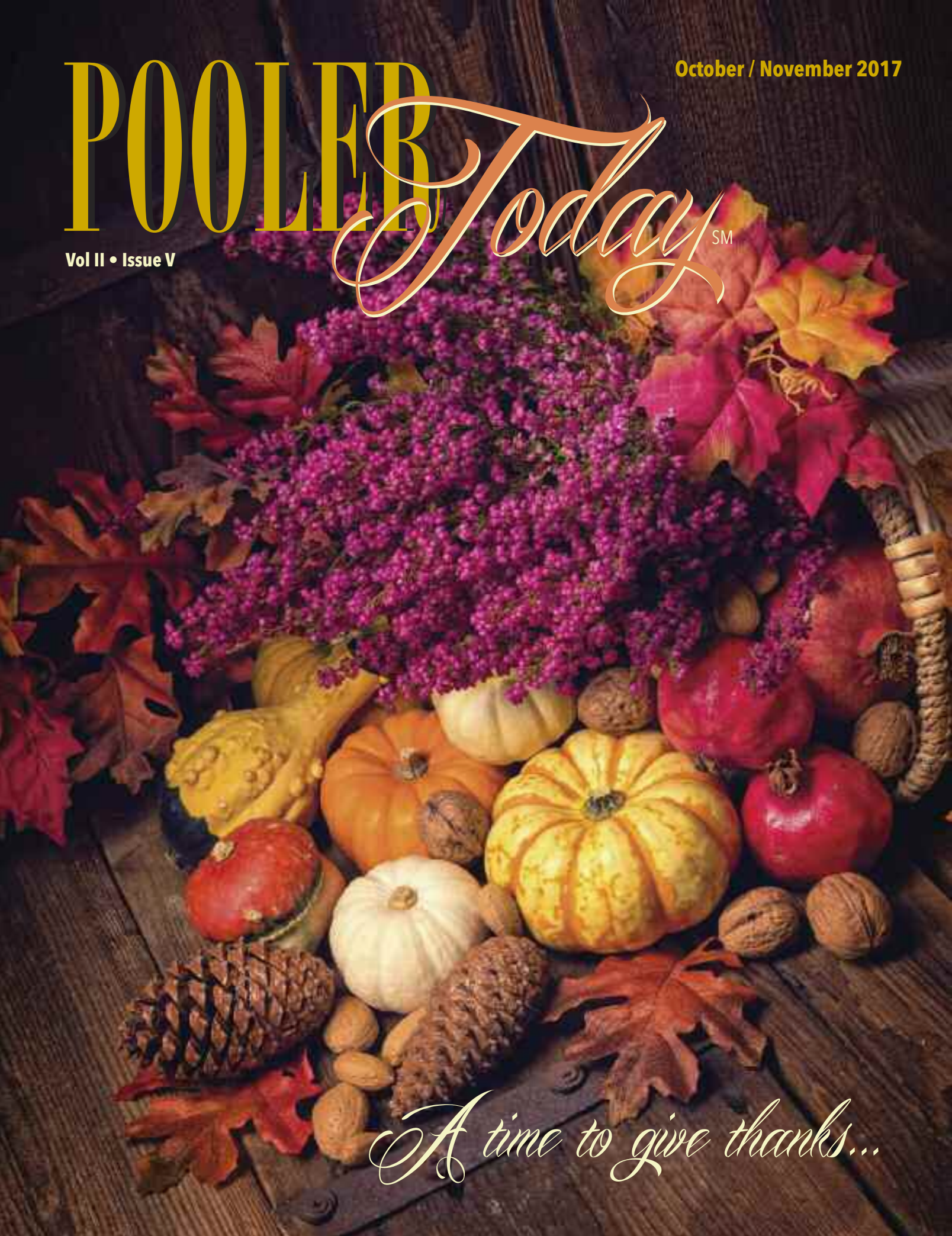


POOLER

October / November 2017

Vol II • Issue V

Today SM



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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

POOLER USEFUL CONTACTS

Pooler - Information / Non-Emergency

Pooler City Offices for the:

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

Other Pooler Sources:

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

Hospitals, Health and Medical Resources:

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

Other Sources:

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

Pooler Schools

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

Pooler / Area Community Churches

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

Utility Companies

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City of Pooler	(912) 748-4800
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Georgia Power	(800) 437-2262
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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

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POOLER *Today* SM

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October / November 2017



Photo by Tom Reimer

Greetings Pooler Community

With its small town values, beautiful neighborhoods and great quality of life, we feel fortunate to be part of this little piece of paradise known as Pooler. We also are aware that during any hurricane season, this idyllic community could become the target of the next Irma or Harvey.

Although Pooler has been touched by, but pretty much spared the wrath of those violent events in recent years, they remind us that our town plain and simply got lucky. Preparing for a hurricane is stressful and exhausting. There's a nagging thought to just be complacent, hunker down and ride it out, but the big lesson we've learned in recent weeks is don't do that and get out of Dodge if necessary. Thus, we stock up on food, water, batteries, batten down the hatches and prepare as best we can, but sometimes that just isn't enough. We truly are at the mercy of nature's power and during these times it is often the kindness and courage of good Samaritans that see us through the worst.

Following the recent storms, I and most of America put aside the bitter political rhetoric that has so divided our nation and replaced it with a language of compassion and the mind-set that no matter who we are politically, racially or ethnically, we unite in spirit for the common cause of helping those suffering losses too great for most of us to fathom.

Glued to our TVs, we watched first responders, volunteers and strangers travel great distances and risk their own lives to save others. We've donated millions of dollars, tons of clothing and other supplies to people who have lost so much because compassion and altruism are driving forces that compel us to help however, whomever and whenever we can.

We are grateful that Pooler was not hit harder by recent storms, and also feel comfort that if such a storm would not give us a break next time, this nation of good Samaritans would be there with helping hands. Thank you to our Police and Fire/Rescue Departments for going above and beyond for the safety of this community.

Hopefully, when the floods recede and life returns to some degree of normalcy, we will all remember what it feels like to have witnessed such unification in what truly is the United States of America.

In closing may you and yours have a wonderful and warm Thanksgiving holiday.

Most Sincerely,

The Pooler Today Magazine Team

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Pooler Today

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Vote for your favorite businesses in Pooler;
restaurants, barbers, pest control, and more than forty different categories.

Voting is open until
DECEMBER 31, 2017

All Winners will be announced in our February/March issue.

Vote by visiting:

www.surveymonkey.com/r/KF35X6C

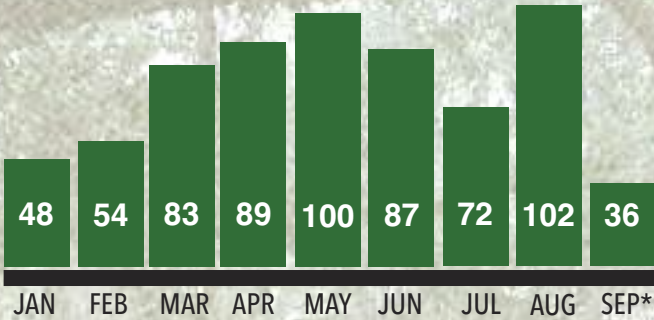
You may only vote once, all ballots must be received by December 31, 2017. Thank you for helping us recognize your favorite businesses through the Pride of Pooler Readers Choice Award! You are welcome to visit us to view last year's winners at **www.ayersgroup.org/pride-of-pooler-award.html**.

Pooler

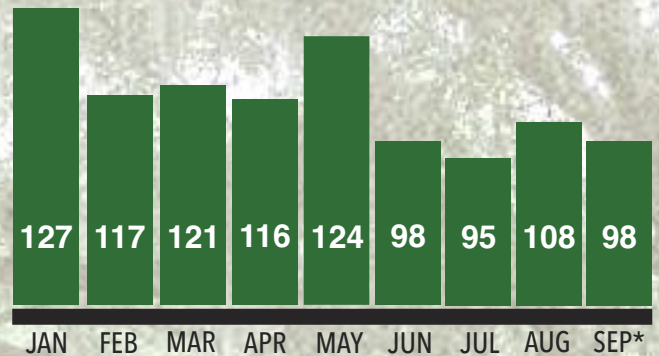
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POOLER HOMES SOLD

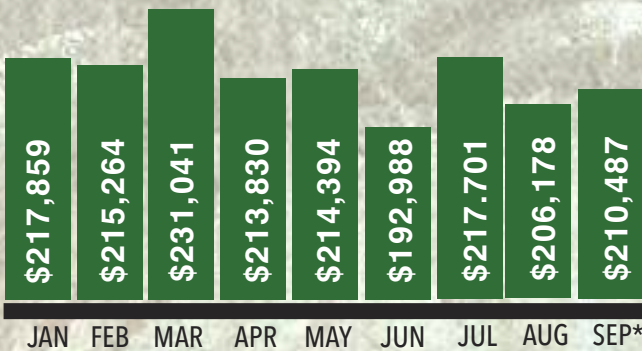
**Jan. 1st - Sep. 21, 2017*



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AVERAGE HOME SALES PRICE



**Data as of September 21, 2017*



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Got **Drugs?**



Turn in your all your unused or expired medication for safe disposal

Why Should I Be Concerned About Safe Disposal of Medicines?

By The Drug Enforcement Agency

Prescription medications play an important role in the health of millions of Americans. However, expired medications or unused drugs often stay in the back of cabinets for months or even years. These expired drugs can pose significant health hazards to toddlers, teens, and even family pets who may inadvertently consume medications. Some medications are so potent that even one dose could be fatal if accidentally ingested.

There are other important safety issues: misuse of prescription narcotic drugs is increasingly a major public health concern. Over 46,000 Americans die each year from drug-related deaths, with more than half being from heroin and prescription opioids. The abuse of prescription narcotics is second only to the use of marijuana.

A U.S. government report shows that more than 70 percent of people who first misuse prescription drugs get them from their friends, relatives or simply take them without asking. A 2017 report in Pediatrics revealed that a child's risk of a potentially fatal drug overdose more than doubles if a parent brings home a prescription opioid painkiller like oxycodone, codeine or morphine. In fact, researchers at Johns Hopkins University found that nearly 70 percent of prescription opioids in homes with children are not stored safely. These statistics magnify the need for proper disposal of unused or expired prescription medications from the home to help prevent misuse - or accidental overdose - of dangerous drugs.

Other Important Points For Safe Drug Disposal

Inhalers and aerosol products can be dangerous if punctured or thrown into a fire or incinerator. Read the handling instructions on your inhaler. As recommended by the FDA, contact your local trash and recycling facility to confirm local laws about disposal of inhalers and aerosols.

Residents of assisted living communities and their family members should check with their community health care management team to learn the best way to dispose of used or unneeded medicines. If the resident is responsible, they, or a family member, should attempt to go to a sponsored Take Back Day or follow the directions for safe drug disposal.

Protect your identity, too. Before you throw away the medication container or bottle, fully mark out any personal information such as your name, address, or prescription number to protect your privacy.

Please participate in City of Pooler's Drug Annual Take Back Program. This successful event will be held on October 28 throughout the day. Pooler CVS (Pooler Parkway) along with the members of the Pooler Police Department will man the collection site for all residents who wish to properly and safely dispose their medications.

We are also participating in the drug take back day again on October 28th. This time we will be set up outside CVS (500 Pooler Pkwy) in an effort to be more accessible for those that want to properly dispose of medications.

Please refer to page 16 for the Pooler Police Departments permanent disposal site and information for collection times, etc.

National Prescription Drug

TAKE BACK DAY

Saturday, October 28, 2017

500 Pooler Parkway

Sponsored by the
Pooler Police Department
and
Pooler CVS Pharmacy





October is Domestic Violence Awareness Month

SAFE Shelter Center for Domestic Violence Services held their annual candlelight vigil to kick off Domestic Violence Awareness Month October 4 at the Forsyth Park Fountain in Savannah. WTOC's Dawn Baker was this year's master of ceremonies.

The Silent Witness Exhibition consists of 14 life-sized, red laminated silhouettes, with 13 representing an actual person murdered in the act of domestic violence in Chatham County since 2013, plus one additional figure to represent those uncounted women whose murders went unsolved or were erroneously ruled accidental. Each silhouette will also bear a "Plaque for Hearts" chest plate with the story of the person represented.

After the vigil, the exhibit will be placed in the Oglethorpe Mall Center Court and Macy's Court where for the first time the fountains will be dyed purple in honor of DV awareness month. The display will then move to area businesses including 24 e on Broughton Street, Memorial Health, and Kathi Rich.

Crafted by the Bethesda Barn Builders, a dedicated group of local craftsmen who volunteer at Savannah's Bethesda Academy, the exhibit is supported by the Savannah Chatham Metropolitan Police Department and SAFE Shelter Center for Domestic Violence Services.

"The purpose of this living memorial is to ensure the individuals represented will be remembered not merely as victims, but as people with stories and dreams," said Cheryl Branch, executive director of SAFE Shelter. "People don't want to think that they or their neighbor or family member might be abused or be an abuser. They think it is somebody else's problem or that it will get better on its own, but it never does. Our hope with this exhibit is to give past and potential victims a voice and stop the cycle of abuse."

In 1990, the Silent Witness Initiative began an education program designed to support an end to domestic violence. It started with a small group of volunteers in one state and has since expanded to all 50 states and internationally. The Silent Witness Exhibit program is a powerful way to honor those whose lives have been lost through acts of domestic violence and to begin the healing process through awareness, education, and treatment.

The Exhibit is also intended to help rally community support, not only by grieving the losses but also by creating awareness and education programs.

"The stigma of domestic violence needs to step out of the shadows so the community can support its victims and begin working together to recognize and disrupt the cycle that feeds it," added Branch. "No one who has been actively involved at SAFE Shelter has been killed by his or her abuser. That is a testament to the power of breaking this vicious cycle. But there are untold numbers of victims who have not sought help out of fear, intimidation, and shame."

Please visit our website at www.safeshelter.org to see all events occurring in October, please visit <http://safeshelter.org/events/201710/>.



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Mosquitoes and Bees After A Hurricane Or Heavy Rain Storm

Hurricanes are violent, nerve-racking storms to deal with, and just when you think the danger is over and you start the clean up around your house, you have to deal with the second storm. The storm of mosquitoes and other biting insects as well as a possible swarm of bees that occur as a result of a Hurricane or heavy rain.

Stop and ask yourself, where did these come from? They were not here before the rainstorm. The answer is simple. They have been blown from their homes in trees and shrubbery and are usually thirsty, hungry, and to be quite honest, pissed off! You would be too.

Get Mosquito Control

The heavy rainfall we just experienced has made perfect conditions for mosquitoes to breed. Female mosquitoes lay their eggs in standing water and after the rain, we just experienced there are plenty of places for them to now breed. We strongly recommend you dump out any water in and around your yard. Look for places such as wheelbarrows, children's pools, old tires, water cans, garbage cans, and kiddies toys.

Clean your gutters of leaves that may have accumulated. These are all perfect places for water to collect. If there are things or places you cannot empty such as drainage ditches, bird baths, or low areas of the yard where water collects, we recommend you use a product called Mosquito Dunks. This is an all natural Larvicide that contains BT (Bacillus thuringiensis) and it kills the larvae of mosquitoes.

To control adult mosquitoes, we recommend a general purpose insecticide to spray on your lawn, trees, and shrubs. This will kill and repel them and make your yard an unsuitable resting area. We recommend a hose end applicator containing permethrin or Sevin. We also recommend a granular product called Mosquito Beater from Bonide. You apply this to your lawn or garden, and it repels them.

Bees, Hornets, And Wasps - What Should You Do?

It is recommended that you don't kill them as they are very important to our ecosystem. Bees are responsible for the pollination of flowers and 1/3 of the United States food crops. Hornets and wasps also serve an important role in our ecosystem as predatory insects and as minor pollinators, but if you are in danger of getting stung, then, by all means, use a Hornet and Wasp Killer.

By performing these few easy steps, you will help minimize the attack of biting insects, and after a few short weeks, their population will diminish back to normal levels.



Additional Tests Advisable Before Deciding On Treatment For Hypothyroidism

By Marius N. Stan, M.D.,
Endocrinology, Mayo Clinic

DEAR MAYO CLINIC: At my last checkup, the doctor told me I have borderline hypothyroidism and gave me a prescription for medication to treat it. She said she'd check my thyroid again in six months. Will I have to take this medicine for the rest of my life? What are the risks if I choose not to take it? I'm a 62-year-old woman and very healthy.

ANSWER: Before you move forward with treatment for hypothyroidism, it would be worthwhile to wait and repeat the test in several months to confirm your diagnosis. Even if the results are the same at that time, you should consider several other factors before you decide on treatment.

Your thyroid is a small, butterfly-shaped gland at the base of the front of your neck. Hypothyroidism, sometimes called underactive thyroid, is a condition in which your thyroid gland doesn't produce enough of certain important hormones.

The hormones that the thyroid gland makes - triiodothyronine, or T3, and thyroxine, or T4 - have a large impact on your health, affecting all aspects of your metabolism. They maintain the rate at which your body uses fats and carbohydrates, help control your body temperature, influence your heart rate, and help regulate the production of proteins.

The rate at which your thyroid makes T3 and T4 is regulated by another hormone that your pituitary gland produces, called thyroid-stimulating hormone, or TSH. The term "borderline hypothyroidism" typically is used when blood tests show that your body's level of TSH is slightly above normal, but your T3 and T4 levels are normal. Another name for this condition is subclinical hypothyroidism.

Not all physicians agree on whether there is benefit to treating hypothyroidism at this stage. That's because treatment typically involves a daily dose of a synthetic hormone, and if you take that medication in excessive doses it can have a negative effect on a variety of your body's systems, including your brain, heart and muscle function. It also can

interfere with how your body handles fluid and fats.

If left untreated, about 30 percent of people whose condition falls into the category of subclinical hypothyroidism have their TSH levels return to normal within one year. Only 3 percent per year will go on to develop the classical form of hypothyroidism. That condition is characterized by elevated TSH levels and low levels of T3 and T4. It requires treatment in all cases.

If a second blood test confirms your diagnosis of subclinical hypothyroidism, there are several factors to consider before you decide on treatment. In general, treatment is recommended if you have symptoms of hypothyroidism, such as fluid retention, fatigue, increased sensitivity to cold, constipation, muscle weakness or painful joints, among others. Treatment also may be necessary if you have another underlying medical condition, such as congestive heart failure or high cholesterol.

In these cases of subclinical hypothyroidism, many physicians recommend treatment for three to six months to see if it helps relieve symptoms. If after the initial course of treatment the symptoms remain, then treatment needs to be re-evaluated.

If you have subclinical hypothyroidism, but you don't have symptoms or other health problems, then it would be wise to wait with treatment and be tested again in six to 12 months. If your TSH level is significantly higher; if it increases consistently and you have a family history of thyroid disease; or if another blood test finds you have positive anti-thyroid antibodies, therapy would be appropriate at that time.

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



Dear Officer Alberts:

Thank you so much for reaching out to Hendrick, my 3 year old. Your extra care and conversation put a twinkle in my son's eyes and taught him that y'all are not the bad guys!

Stay safe,

- Ms. Rae Robertson

7 Important Study Habits for School

By Janese Bryan Cooper
Certified Kumon Instructor

To be successful at school, children need good study habits. It's never too early to begin thinking about the skills needed in and outside of the classroom. Here are 7 study habits that are essential for students of all ages.

1. Establish a study area at home.

Find the perfect place to designate as the homework station. Stock the study space with school supplies including pencils, sharpeners, erasers, highlighters, and index cards. Remove distractions such as the TV and portable devices like an iPad and PSP.

2. Communicate with the teacher.

It's important to understand the assignments and the expectations for class. Students should ask the teacher questions for clarity when needed. If homework is missing, it's important to speak with the teacher about the reason.

3. Keep assignments organized.

Students should keep the details of their assignments organized in a planner or notebook and write down the dates for tasks, tests, and projects. Some work requires multiple steps to finish. Thus, making a plan is essential.

4. Avoid procrastination.

Many students wait until the last minute to do their work, but pro-



crastination must be avoided. Unforeseen problems occur like getting sick or a flat tire, which could make it hard to complete the task.

5. Take notes in class.

Listening and note-taking are important study habits for school and careers. Students identify the most relevant information they need to retain and write it down in order to review it later.

6. Highlight key concepts in the reading materials.

Students can use different color highlighters or sticky flags to highlight material in specific classes. Creating a color-coding system is not only great for organization, it is also fun!

7. Prepare your bookbag before going to bed.

Forgetting to bring back completed homework leads to poor grades. Students should ensure their bookbag is prepared with homework, books, and school supplies before going to bed.



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A Few Tidbits About Felines

By Cathy M. Rosenthal

Cats lick and chew and suck on items for a variety of reasons. Some cats may have been weaned too early; some may have a deficiency in their diet; and some may have an underlying health problem, like feline immunodeficiency virus (FIV). Some cats may even have developed an obsessive-compulsive behavior.

Eating a little grass is normal for most dogs and cats. Eating a lot of grass could indicate a health problem. Always rule out a health problem first before addressing something as a behavior issue.

If your cat has a clean bill of health, begin removing things your cat likes to eat from his environment. For example, hang wet bathing suits on a shower rod and keep dry bathing suits in drawers. Get the pineapple plant out of reach. The leaves have low toxicity levels, and can cause digestive problems for your cat.

Next, spray items, like the oriental rug fringes, with either Bitter Apple - a proven product that keeps both dogs and cats away. If the scent doesn't thwart your cat, apply SmartCat Sticky Paws (available on a roll at pet stores) across the fringes until your cat kicks the fringe-licking habit.

Also, get rid of all potentially dangerous houseplants. Search online for the ASPCA's "Toxic and Non-Toxic Plant List for Cats" to see what's safe to have in your home. Visit <https://www.asPCA.org/pet-care/animal-poison-control/cats-plant-list>. Then, place house-



plants that aren't dangerous out of reach. You can also spray the product Bitter Apple directly onto the leaves of your houseplants to keep your cat away. Give your cat something to chew on by growing catnip or cat grass in a container in the home.

Finally, build in two 10-minute play sessions a day with your cat. Inside cats rarely get enough physical or mental stimulation and some develop obsessive behaviors, like licking and chewing strange things or even licking the hair off their belly, as a result. Keep your cat busy to reduce that anxiety-driven behavior.

(Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to cathy@petpundit.com. Please include your name, city, and state. You can follow her [@cathymrosenthal](https://twitter.com/cathymrosenthal).)

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Behind The Opioid Epidemic A System Of Greed And Heedlessness

By Mary Sanchez

If you want to understand America's opioid epidemic, start with an autopsy.

Sarah Fuller died March 25, 2016. She was 32, suffering from chronic head and neck pain due to two car accidents. The cause of her death was allegedly an overdose of Subsys, a highly addictive spray medication developed to ease intense pain associated with cancer - debilitating pain that other drugs can't relieve. It contains fentanyl, which is often said to be 50 times as powerful as heroin.

Fuller did not have cancer. According to a Congressional report made public this week by Sen. Claire McCaskill, a Democrat of Missouri, Fuller never should have been prescribed the drug, as she didn't qualify for it medically. The devious and possibly illegal way that she did receive it is the subject of McCaskill's report.

"Basically, you know, they set her up to die," the deceased woman's mother, Deborah Fuller, told The Philadelphia Daily News.

A drug sales representative with the Arizona-based Insys pretended to be an employee of Fuller's doctor's office. She placed a call and stretched the truth, implying that Fuller needed Subsys. It's all on tape and was played at the release of the report this week.

The sales rep's motivation can be inferred from the fact that Fuller's medicine cost as much as \$24,000 a month over a 14-month treatment period.

The title of the report is a mouthful: "Fueling an Epidemic: Insys Therapeutics and the Systemic Manipulation of Prior Authorization." The key word is "systemic."

Understanding the opiate crisis requires unraveling a system in which many players participate and benefit: drug company shareholders, sales representatives and doctors and other intermediaries who OK prescriptions, among others.

The FDA approved Subsys in 2012, and soon it was making sensational profits. According to the report, revenues and profits soared, and the "value of company stock increased 296 percent between 2013 and 2016." It's highly likely that a culture of chasing sales goals helped form the dynamics behind what is alleged to have happened to Fuller.

According to McCaskill's report, "Neither the Insys sales representative nor (Fuller's doctor) informed Sarah or her father that Subsys was fentanyl and that it was only approved and indicated for patients that were experiencing breakthrough cancer pain from malignant cancer." This would have been important to know, as Fuller's parents had dis-

closed to her doctor that she had previously overcome addiction to narcotic pain medication.

McCaskill is approaching the opioid epidemic with the skills of a county prosecutor, her prior calling.

Her office is investigating five manufacturers and distributors of these highly addictive drugs, delving into the practices of insurers to approve such drugs. Investigators have more than a million documents to sort through.

They released the taped conversation with the Insys sales representative, a smart move to pique public interest.

If you still doubt the power of opioids like fentanyl, if opioids sound like benign prescription drugs, recall the photos that have become viral sensations on social media. One shows a mother and father slumped over, passed out cold from opioids, in the front seats of the family car while their little boy was strapped into his seat in back.

It's a family portrait of America today, the faces of addiction.

Too often, people who overdose are seen as weak and somehow deserving of their fate for having let themselves get addicted.

This Congressional report pokes a very big hole in that fallacy. People are getting addicted because companies knowingly lie about the conditions of patients, and sales reps are pushed to meet quotas and incentivized to downplay the addictive qualities of the medications they sell.

Insys insists that this is all past tense, insisting that long-gone executives were responsible. The firm asserts that it has cleaned its own house, establishing compliance programs while fully cooperating with federal agents.

Sorry, there are no morality medals for acting after being caught.

This is just one company and the story of one victim. There are many more, each with heartbreaking tale, each a part of this unfolding saga of addiction sweeping America.

What Is The Government Doing To Address the Opioid Epidemic?

By Substance Abuse And Mental Health
Services Administration

In March 2016 two federal agencies proposed measures to try to rein in prescription painkiller overprescribing. A guideline published by the Centers for Disease Control and Prevention (CDC) -- Guideline for Prescribing Opioids for Chronic Pain, 2016 -- and new boxed warning label changes from the U.S. Food and Drug Administration (FDA) highlight the need to educate health care professionals to address overprescribing of narcotics. Although the addiction epidemic has been deemed a public health crisis, individual health care providers must take action, too.

In October 2016, the DEA announced mandates to lower the production of powerful prescription opioids that are fueling the epidemic of addiction, overdose, and fatalities. Since 1999, overdose deaths including prescription narcotics and heroin, have increased four-fold. The manufacture of drugs such as oxycodone (Oxycontin), hydrocodone (Vicodin), hydromorphone (Dilaudid, Exalgo, Palladone), fentanyl, and morphine will be reduced by 25 percent or more in 2017. The DEA states these initiatives are needed because legal prescribing of these drugs has declined while illicit use has risen.

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Ongoing Pooler Drug Take Back Program

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

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

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

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

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

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





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**Pooler Lions Club
Reading Action Program And
Free Kidsight Vision Screening**
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!

Additionally we are also looking for volunteers to assist us with Lions KidSight USA Foundation is a nationwide program to safeguard the vision of children aged 6 months through 6 years.

According to educational experts, 80% of learning is visual. So if a child can't see well, he can't learn well. Yet most young children don't get their vision screened until they have problems learning or paying attention in school. By then, it may already be too late. Unless vision problems are detected early and corrected, they risk becoming permanent by age 7.

Our mission is to ensure eye screening and follow-up care is given to all kids because every child deserves to learn and see the world clearly. To do this, we will work with Lions to increase the number of screening programs around the country in order to reach more children when it is possible and where it is needed.

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



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Does Market Volatility Scare You?

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

Halloween is almost upon us. Of course, on Halloween night, you may see a parade of monsters, demons, Transformers and other frightening individuals stopping by your house, exercising their right to demand candy. Fortunately, their appearance will be unlikely to cause you unpleasant dreams. But some people seem to have real fears about other things – such as what may happen in the financial markets.

One way to keep those fears at bay is to avoid certain impulsive moves, such as the following:

- **Avoid ducking out of the market** – Consider this: In March 2007, the Dow Jones Industrial Average stood at about 12,275 points. Exactly two years later, in the immediate aftermath of the financial crisis, the Dow had fallen to about 6,500 – a drop of 47% and the Dow's lowest point in 12 years. By that time, a lot of people had gone to the investment sidelines. So, what did they miss? Depending on how long they stayed out of the market, they may have missed some, or perhaps most, of one of the longest and strongest bull markets in history, because, just eight years later, the Dow had soared to almost 21,000, a gain of 223%. Of course, investing does involve the risk of losing principal, and there is no guarantee the market will perform as it has in the past. However, it's fair to say that if you duck out of the market during its lower points, you might not benefit from the gains that may follow.

- **Avoid chasing "hot" stocks** – By the time you hear about a supposedly "hot" stock, it may already be cooling off. Also, how trustworthy is the source? Does this tip come from an unbiased, knowledgeable individual? If not, you have reason to doubt, you need to ask if the hot stock is appropriate for your needs, goals and risk tolerance. If not, it's not so hot.

- **Avoid taking on too much – or too little – risk.** If you feel the need to push your portfolio toward the maximum possible returns, you might invest too aggressively and take on too much risk. Conversely, if you are determined to avoid any amount of loss, at any time, you



Balancing your investments may be your next step

Having a well-balanced life is important. The same is true for your investments. Having too much of one investment can put you out of balance and potentially expose you to unnecessary risk. And some risks are never worth taking, especially with your money.

To help ensure your portfolio is properly balanced, schedule a portfolio review with your Edward Jones financial advisor. It's a great way to review the progress your accounts have made this past year and discuss any changes to keep your portfolio on track to meet your goals. Your investments should be prepared for market changes, and properly diversifying your portfolio is an important step in this preparation.

Investing involves risk and volatility. Diversification does not ensure a profit or protect against a loss. The value of your investments will fluctuate. Past performance does not guarantee a similar outcome. Please consult your advisor for more information. © 2017 Edward Jones & Co. All rights reserved.

Call today to schedule your portfolio review and help determine if your investment strategy is well-balanced.



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might invest so conservatively that your portfolio won't grow enough to help you achieve your long-term goals. You need to strike a balance between risk and reward that is appropriate for you, and you need to make investment choices suitable for your individual risk tolerance.

- **Avoid owning too many of the same investments** – If you own a lot of one particular financial asset and a market downturn affects that asset class strongly, your portfolio could suffer. But if you spread your investment dollars among domestic and international stocks, bonds, U.S. Treasury

securities, certificates of deposit (CDs) and so on, you may not be as susceptible to a downturn, because different types of investments often perform differently at any given time. (Keep in mind, though, that while diversification can help reduce the effects of market volatility, it can't guarantee profits or protect against all losses.) No matter what you do, you can't take all the uncertainty out of investing. But by understanding market volatility and the composition of your portfolio, you can invest with more confidence.



Pooler Police Department's Young SherRock Contest



Top (left to right) Edwin found rock #5 at the Library;
Conner found rock #2 at Royal Cinemas; and Celestia
found rock #3 in the New Park.

Our Police Department was anxious to extend a little fun
in our community for our youngest residents!

The concept of the Rock Hunt originated at the precinct,
and with specific clues (listed below). The announcement
was made, and our young SherRock's set out into the com-
munity to see what they could find.

Here were the lists of clues:

- #1 Slide on over to the "old" park and have some fun.*
 - #2 Grab some popcorn and enjoy a show-**FOUND**
 - #3 Swing by and play on the new playground-**FOUND**
 - #4 Enjoy an iced coffee or danish at this local coffee shop*
 - #5 Sit down and go on adventure in a good book-**FOUND**
- * not found as the publication went to press.

The department originally hid five distinguished rocks
around the Pooler, once the rocks were located, the little
SherRock's brought their finds into the Pooler Police De-
partment and claimed their special goodie bag.

Thank you so much for your participation, please follow
the Pooler Police Department's Facebook page to stay up-
dated on all the activities within the community.



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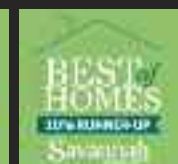
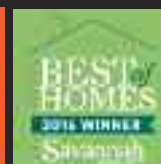
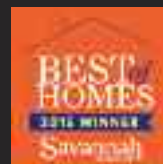
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Equifax Breach Puts Consumers On High Alert

By Jill Schlesinger
Tribune Content Agency

The massive data breach at the credit monitoring company Equifax has reminded us how vulnerable we are to cyber-attacks.

Considering that a whopping 143 million Americans - more than half of adults over the age of 18 - are impacted, everyone should go to the Equifax emergency website, EquifaxSecurity2017.com, to determine if information has been compromised. If so, you will be enrolled in Equifax the protection service ("TrustedID"). Consumer advocates pressed to make sure that signing up for the service would not mean a waiver of legal rights in the future. (If you're still skeptical, follow the directions in Equifax's terms of service for opting out of the arbitration clause.)

The problem with this remedy, as credit expert John Ulzheimer observed, "You're only going to get (TrustedID) free for one year." Your liability is going to last a lot longer. Additionally, he noted, it "only applies to your Equifax credit report, and not your credit reports at Experian and TransUnion. That's like locking one of the three doors to your house."

If you are a victim of this (or any) breach, here's what to do - the whole process took me about an hour to complete:

-Contact one of the three credit bureaus - Equifax, Experian and TransUnion - to put a free fraud alert on your credit report, which makes it harder for an identity thief to open more accounts in your name. (Under law, each is obligated to notify the other two.) It



lasts 90 days, but you can renew it. You will also receive a free credit report from each of the three companies.

-File a complaint with the Federal Trade Commission (www.identitytheft.gov) and print your Identity Theft Affidavit. Use that to file a police report and create your Identity Theft Report.

▲ Place a credit freeze on your file, which generally stops all access to your credit report. Unfortunately, you need to contact all three companies to freeze your files. Important note: If you need to access credit, you have to unfreeze your records, which can take a few days. In some states you will be charged a fee for placing or removing a freeze.

At this point, the question is not if your information will be compromised, but when. While there is no magic shield to protect your coveted identity, there are plenty of best practices to keep the criminals at bay.

▲ Guard your information. Refrain from providing businesses with your Social Security number just because they ask for it. (Medicare recipients should be careful, because SSNs are printed on Medicare cards.)

Don't provide personal information over the phone, through snail mail or via the internet unless you have initiated the contact or you know with whom you are dealing. This is especially important to communicate to older relatives or friends, who are prime targets of fraudsters.

Beware of over-sharing on social media, where criminals are finding treasure troves of information. Because they are explicitly targeting children under the age of 18, parents need to talk to their kids and explain why it's so dangerous to share too much information.

▲ Protect your password. Change logins and passwords monthly, use password generators and sign up for two-factor authentication.

▲ Shop carefully. Don't send financial information on unsecured wireless networks, and when making purchases use a credit card, which has more fraud protections under federal law than debit cards or online payment services.

▲ Review credit card statements. Before you pay, make sure that there are no fraudulent charges. While you're at it, enroll in a credit card notification program, in which the bank alerts you to charges over a preset amount.

▲ Review your credit report (and your kids') every 12 months at AnnualCreditReport.com. If you find an error, report it immediately and stay on top of the process.

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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Hand Therapy May Relieve Symptoms Of CTS

By Craig LeTourneau, OTR/L, CHT

Have you ever had numbness and tingling in one or both of your hands? You may be one of the millions of Americans who suffer from carpal tunnel syndrome, or CTS. In its early stages, CTS may be treated with occupational or hand therapy to relieve symptoms.

CTS occurs when the median nerve, which is found in the center of the wrist, is compressed. This nerve sits in a space known as the carpal tunnel. When the space narrows, the median nerve signals are disrupted, resulting in pain, numbness and tingling. In severe cases, the nerve signals are blocked altogether, causing complete numbness.

What causes the pressure on the median nerve? There are a variety of causes, including prolonged “awkward positions” of the wrist, prolonged vibration of the wrist and hand or mechanical compression (pressing down on the wrist).

Early on, CTS may cause occasional numbness or tingling of the thumb, index finger, middle finger and part of the ring finger. For some people, the symptoms are worse at night or during certain activities, such as driving or talking on the phone.

If compression of the median nerve gets worse, then the numbness and tingling may go from occasional to constant. You may accidentally drop objects from the numb hand, due to decreased sensation in the hand or from weakness in the hand.

Left untreated, CTS symptoms may progress to a complete loss of sensation (numbness) and profound weakness in the hand, along with muscle atrophy (muscle shrinking) in the hand.

The best approach is to see your healthcare provider as soon as you experience these symptoms. With early detection and intervention, you may prevent further damage and avoid surgery. Your physician may refer you to an occupational therapist or a certified hand therapist.

Hand rehabilitation therapy may include a simple splint and movements to reduce your symptoms and allow you to resume normal activities. The therapist can give you exercises that will strengthen the muscles in your hand, fingers and forearm and improve flexibility of your wrist, hand and fingers. He may use heat and cold treatments to relieve pain.

If splints and exercises do not help, you may need special testing to determine if you need surgery to decompress the median nerve and allow the nerve to function normally again.

Don't suffer any longer with numbness and pain. Ask your doctor for a referral to a certified hand therapist.

Craig LeTourneau is a certified hand therapist who sees patients at The Rehabilitation Institute's Pooler office. Call 912-273-1000 for more information.



Pooler Chamber of Commerce and Visitor Bureau, Inc.

Pam Southard, *Executive Director*

Greetings To All!

In the aftermath of Hurricane Irma, I believe we are all feeling relief that Pooler dodged a bullet. We didn't know what to expect. Although we feared that its fury might blast through our wonderful city, we listened to our city leaders and prepared as best we could. This experience presented us an opportunity to appreciate how when we are threatened by imminent disaster, our community bands together, checking on neighbors and friends and offering support in any way we can.

We graciously want to acknowledge how proud we are of the Pooler Police Dept. and Pooler Fire and Rescue who logged in many dedicated and long hours to ensure the safety of the community. Both departments patrolled businesses and residential communities to make sure there was no looting and loitering and were constantly on the lookout for circumstances that might result in public health, safety or welfare issues. Our good citizens honored the curfew and appreciated the plan for voluntary evacuations.

Hopefully, the worst of hurricane season is behind as we can move forward into autumn with its magnificent pallet of fall foliage, cooler temperatures, football games and the onset of the holiday season.

Do mark your calendars for the **October 21st Pooler Day Festival and Marketplace** which will be held at the new football stadium behind the YMCA on Pooler Parkway. This fun family event will feature live music performances, and over 40 vendors showcasing local talent and artisan wares. Feast on a variety of delicious food and enjoy fun rides for all ages. The festival will end with a movie at dusk. If you are interested in being a vendor, please contact us at 912-748-0110.

On December 9th, the big man in the red suit (better known as Santa), will be coming to Pooler to have breakfast with 'children' of all ages. Enjoy a delicious breakfast of pancakes, sausage, coffee, juice, milk and have your picture taken with Mr. & Mrs. Claus. All generously hosted by **Texas Roadhouse** at 101 Outlet Parkway in Pooler. Don't miss out!

Some of you may have heard about the "vamping" of Hwy 80, historic district of Pooler. While Pooler Parkway continues to grow, the development of the Hwy 80 area will add a touch of sophistication to Pooler. Thank you to Mayor Mike Lamb and the city council, as well as the City Manager, Robbie Byrd for having the vision to put the spotlight on Historic Pooler district. Growth near Savannah Quarters continues with the new Village at the Commons showcasing boutique shops, new hotels and businesses in the area. The city of Pooler has so many exciting projects and developments, making Pooler an even greater city.

Stay safe and stay connected to all that is happening in Pooler through publications like Pooler Today and your Pooler Chamber of Commerce.

We invite you to visit our website...www.Poolerchamber.com for information and our facebook page <https://www.facebook.com/PoolerChamberOfCommerce/> for information on upcoming events, new members and other pertinent information. Please stop by our office for coupons and brochures. On behalf of the Pooler Chamber of Commerce and Visitor Bureau, Inc., we wish you all a Happy Thanksgiving.

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

Another Exciting Groundbreaking: The Commons In The Village at Savannah Quarter



Please See Page 27 For Our Upcoming Events

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

**Pooler Chamber of Commerce
and Visitor Bureau, Inc.**
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<http://poolerchamber.com>

Pooler Chamber of Commerce & Visitor Bureau, Inc.



Members Meet and Greet Mellow Mushroom

September 27, 2018

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





Pooler Business Spotlight

The Cake Corner

Polks Fresh Produce & Marketplace



At the **Cake Corner**, let them take care of that "sweet tooth". Whatever you are looking for, the Cake Corner will make sure it is delightful and top-notch. Try their red velvet ... not just red food coloring but true to form red velvet.

All of their cakes, cookies and brownies are made to order but you can stop in and pick up one of your choice, providing there are any left. Enjoy!

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Calendar of Events

Pooler Chamber of Commerce and Visitor Bureau, Inc.

2017

October 21 Pooler Fall Festival & Marketplace
Pooler Stadium
(behind YMCA) Isaac G. LaRoche Dr.
Start time: 2 p.m.

December 9 Breakfast with Santa
Breakfast at Texas Roadhouse
@ Tanger Mall
7:30 a.m. - 10:30 a.m.

Holiday Shopping Pooler Tanger Outlet

December 14 Annual Awards Banquet & Annual Meeting
Time and location to be announced

2018

February 10 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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Practicing Gratitude Reduces Stress Levels

By Davana Pilczuk, Ph.D.

It's holiday season. It is the time when families and friends start coming together to celebrate fun, festive and food-filled days. Ironically, it's also the time of year we feel the most stressed. When we feel stressed, adrenaline and cortisol are produced and make us feel keyed up.

These hormones are part of the fight or flight response and are meant to help us get out of danger. Even though having the in-laws over for a turkey dinner isn't truly 'dangerous', our brains recognize that we feel under pressure preparing for their visit and the stress response is activated.

While acute stressors, like the holidays, make us on edge, it is the chronic exposure to stress that can do real damage. Although stress alone doesn't cause health problems, it lowers the immune system's ability to function properly and opens the door for illness to creep in. Chronically stressed people are often sick, tend to gain weight, don't sleep well, and emotionally never feel the sense of calm that the body needs to rejuvenate itself.

Some of the most important jobs in our community are also the most stressful. Soldiers, airline pilots, police, firefighters and newspaper reporters are exposed to some of the highest levels of stress because of the physical job demands, environment exposures, personal harm they potentially face, and even strict deadlines and need for constant accuracy in their performance. Constantly being in these stressful environments can eventually wreak havoc on their health, their hearts and their emotional state.

Yet there is one simple way to save your heart and mind from this endless world of stressors: practice the art of gratitude. Now, don't stop reading or roll your eyes at this. Science is seeing that practicing being grateful actually works well at reducing the stress response, and this is great news for your heart.

Here's what you do: first, make a list of three to five things you are truly grateful for. When you write them down, visualize that particular person, place or thing and soak in what it means to you. Allow yourself

to really, truly feel its importance and significance in your life. This moment is crucial because it allows the brain and the body to get in synch with one another. The more detail you can hone in on about this special person or item, the more effective the exercise will be at creating real peace and calm inside of you. Take your time for each item on your list, giving each one a solid few moments of reflection. If you have performed this activity correctly, you should have a smile on your face or tears in your eyes when you are done.

Now for the science behind why this works. Research has found that subjects who practiced gratitude had higher hypothalamus activity, which controls certain functions like sleep, metabolism and stress levels. Practicing gratitude was linked to increasing their desire to exercise, lowering anxiety and depression, improving sleep, and reducing physical ailments. Every day, find five minutes to review your list or add something to it. Notice how it is nearly impossible to be grateful and stressed at the same time.

Practicing gratitude is also something that is insanely powerful for teams. It increases trust across members and bonds them closer together. During your next team meeting, go around the room and have each person say one thing they are grateful for. "I'm grateful that my coach was there for me when my parents got divorced" or "I'm grateful for the strength within this team that got us through that difficult reorganization."

Gratitude is like armor. It protects your health, it protects the team, and it makes you stronger to handle whatever life throws at you. So this holiday season, when life starts stressing you out, tell the people around you why you are grateful for them. I promise, it will make you feel incredibly happy and much less stressed.

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).



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Acknowledging Pooler's Dedicated Police Department And Fire/Rescue During Hurricane Irma

The Pooler Police Department would like to acknowledge all the officers and support staff of our department, and the Pooler Fire and Rescue Department for their extraordinary service and the dedication they exhibited during our city's close call with Hurricane Irma. Maintaining 12 hour rotating shifts, the dedicated members of both departments never ceased services even when other cities ceased operations.

Under the leadership of Police Chief Mark Renew, who is known for his no non-sense approach to keeping the city safe, our department ensured there were no looters or disturbances in our Pooler businesses or vacated homes.

On any day, our primary duty as police officers is to protect our people and property. We do not tolerate speeding, loitering and disorderly conduct in our precinct. Pooler maintains their reputation for being one of the safest towns in Georgia, and our police department takes pride that in 2016 and 2017, Pooler has been a recipient of Safest Cities in Georgia, a report published by Safewise.

When you see our dedicated police and fire/rescue members, please give a wave and a thank you to these men and women. Also, take a moment to like our Facebook page for upcoming activities and newsworthy bulletins. Thank you for the privilege of serving this wonderful community.

Please have a wonderful and safe holiday season!

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Future Reference: Reduce Hurricane Damage

By The Insurance Institute For Home Safety

An important part of emergency preparedness is knowing how to prepare your home for a hurricane. Use these hurricane safety tips when preparing for a hurricane. Importantly, **DON'T WAIT UNTIL THE LAST MINUTE** to gather all of the emergency essentials on your hurricane supply list.

Hurricane Preparation

Shutters - Install the hardware needed to put up shutters or pre-cut plywood to protect windows and doors now. This will allow for easier installation if the storm threatens your area.

Surroundings

Bring in any loose items, such as garbage cans and lawn furniture, and pick up any debris in the yard that can act as a projectile during high winds, before a storm arrives.

Trees

Trim your risk of damage by cutting weak tree branches, along with branches that are positioned over structures, which could be broken off by high winds and cause property damage. Learn more about reducing tree damage <http://disastersafety.org/videos/fortified-videos/>.

Seals

Make sure caulking around windows and doors is in good shape and not cracked, broken or missing, and fill any holes or gaps around pipes or wires that enter your building.

Roofs

Inspect your roof and overhang to look for signs of wear or damage. Have your roof inspected to make sure the roof sheathing is well-connected. Learn more about how to strengthen your roof against high winds and wind-driven rains.

Attached Structures

Have porches, carports, entryway canopies and storage sheds inspected to make sure they are firmly attached and in sound structural condition.

Sump Pumps & Drains

Inspect sump pumps and drains to ensure proper operation. If a sump pump has a battery backup, make sure the batteries are fresh or replace the batteries.

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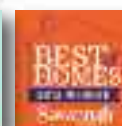
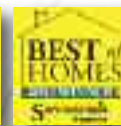
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WhassssUp Around Pooler?



Company Footprints Expand In Pooler

Three companies will increase their business footprint in Pooler bringing another 90 jobs and \$42 million in investment. The companies include ONL-RBW logistics, ICON Health & Fitness and Distribution Services International (DSI).

Total Jobs Set Record In August

Metro Savannah set a record for total jobs in the month of August. Georgia State Labor Commission announced that jobs reached 181,500. Other important economic indicators such as new unemployment claims, workforce size and the total number of employed residents showed metro Savannah's economy continues to be strong. The unemployment rate was 4.5 percent, down from 4.6 percent in July.

Pooler Re-Zoning Approved

Pooler Council has created a Main Street overlay district along Highway 80 from I-95 to Bloomingdale. The project is designed to inspire new development in the city's historic downtown. To encourage new and improved development, officials in Pooler this week created a new zoning district in the city's historic downtown. The Main Street overlay is expected to accommodate mainly commercial and light industrial businesses plus residential space in upper stories.

Largest Container Ship Visits Savannah Area

The CMA CGM Theodore Roosevelt is the largest container ship to call on the East Coast of the U.S. The vessel cleared the Talmadge Bridge with only three feet to spare. It was the first time in the history of the Savannah port that they would use seven cranes on one vessel.

Nuclear Plants Back On Track

Georgia Power announced that it wants to proceed with finishing the two new nuclear reactors at Plant Vogtle that are scheduled to come online in November 2021 and November 2022 at an estimated cost of \$19 billion, according to a request the company filed with the Georgia Public Service Commission.

Two New Developments at Savannah Quarters

Two new developments in Savannah Quarters have gained preliminary approval from Pooler Planning and Zoning Commission. One development by LStar Ventures would build up to 1,100 residential units that could consist of single-family homes, townhomes and condominiums. The project is located on the south end of Savannah Quarters near the intersection of I-16 & I-95.

Pooler to Add Manufacturing Training Center

Now, another development commercial development announced as site work on the Georgia Advanced Manufacturing Training Center is underway at the corner of Interstates 16 and 95 in the Pooler mega site. This latest announcement is expected to create a powerful new tool for attracting and retaining high-paying manufacturing jobs.

Exciting New Store Openings In Pooler

Four new stores have opened with great anticipation to the Pooler community. Although the shopping center located across the street from the Tangers Outlet has several more openings scheduled on the near horizon, we welcome Dick's Sporting Goods, HomeGoods, Hobby Lobby, and Ulta Beauty.

Vaden Chevrolet Of Pooler Dealership

This new dealership with a shopper-friendly environment (located just steps away from the Tanger Outlet Mall), will continue to give Pooler residents their signature consumer service and satisfaction. The dealership's location will be of great convenience to the community residents, so watch for their opening during the upcoming holidays.






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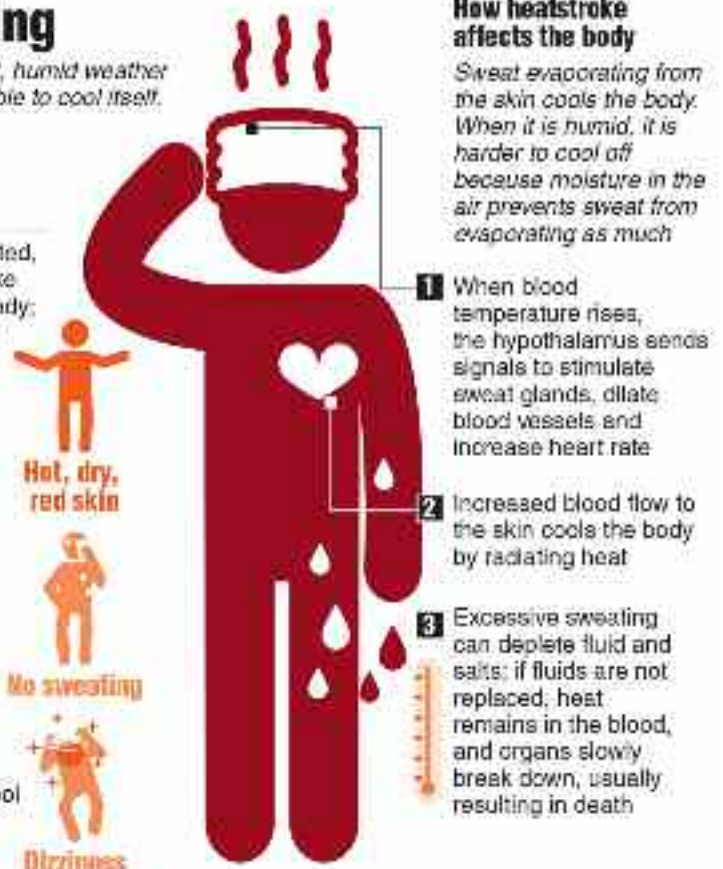
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When heat becomes life-threatening

Increased physical activity and prolonged exposure to the sun during hot, humid weather can bring on heatstroke, a dangerous condition in which the body is unable to cool itself. Heat exhaustion is a condition in which the body becomes dehydrated.

Recognizing and treating heat-induced illnesses

	Heat exhaustion	Heatstroke
How it starts	Insufficient water and salt intake are the primary causes; faintness, dizziness and fatigue usually are the first signs.	Heat exhaustion, if untreated, can develop into heatstroke as heat builds up in the body; people who aren't treated quickly can die.
Skin	Usually cold and clammy, with heavy sweating.	Hot, dry and red; perspiration usually stops completely.
Pulse	Rapid and weak.	Rapid and strong.
Body temperature	Usually low or normal.	Above 103 F (39.4 C); at 107 F (41.7 C), it usually is fatal.
Other symptoms	Thirst, giddiness, weakness and lack of coordination.	Fainting or staggering, confusion or delirium.
Treatment	Lie down in a cool, shady place; loosen clothing; sip water (unless nauseated); seek medical attention immediately if vomiting occurs.	Seek medical attention immediately; move to a cool place; remove clothing; apply a wet sheet or immerse in cool water.





Kids Staying Healthy During The Bad Weather Season

By Sue Hubbard, M.D.
www.kidsdr.com

The last few weeks have been tough for those displaced by recent storms, especially for those affected by Hurricane Harvey in Houston and along the Texas Gulf Coast as well as those affected by the recent landfall of Hurricane Irma in the Southeast.

Having my son, brother and mother all with houses in Houston, I have been watching the Hurricane Harvey situation quite closely. Fortunately, my family is lucky enough not to have flood damage, and they have not had to leave Houston. But, too many other families have suffered flooding and have been forced to evacuate their homes and seek refuge in shelters not only in Houston, but in Dallas, where I live, and throughout Florida and the Caribbean.

There are many families who are now living in very close quarters where they may be for some time, as it will take weeks and months if not years to recover from this disaster and to rebuild the homes, schools, churches, and businesses that have been either damaged or destroyed.

The necessary relocation of families and children into shelters is also "a perfect storm" for the possibility of the spread of infectious disease. This is an important time in which managing the spread of illness and infection is paramount. What this means is that EVERYONE needs to be up to date on their immunizations to prevent the spread of vaccine preventable diseases.

If you have ever "skipped" a vaccine by choice or missed a vaccine, now is the time to get your child's vaccines updated. This is not only for those who have had to evacuate but for everyone, as infectious diseases are spread outside of the shelters and as well. We, pediatricians, are working in the shelters to try and make sure that everyone is vaccinated as they arrive, but there are those who are too young to be vaccinated and others who do not have their medical records to ensure the accuracy of their vaccines. It is an arduous process.

But for the public health system, which will be stretched even more so during the flood recovery, vaccines are one of the most important ways to protect people. It only takes one person who might get mumps, measles or whooping cough to spread it to hundreds of others all living in close proximity. These people will then also leave their shelter to go to school, church, the store or even a temporary job where they may put others at risk; you never know if you might be exposed.

Lastly, it is time to get those flu shots! The last thing we need is an early flu season with a large group of un-immunized people, and most doctors have already received shipments of flu vaccine.

Please pray for these families who have lost so much, and protect everyone by immunizing your children (and yourself).

(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.)

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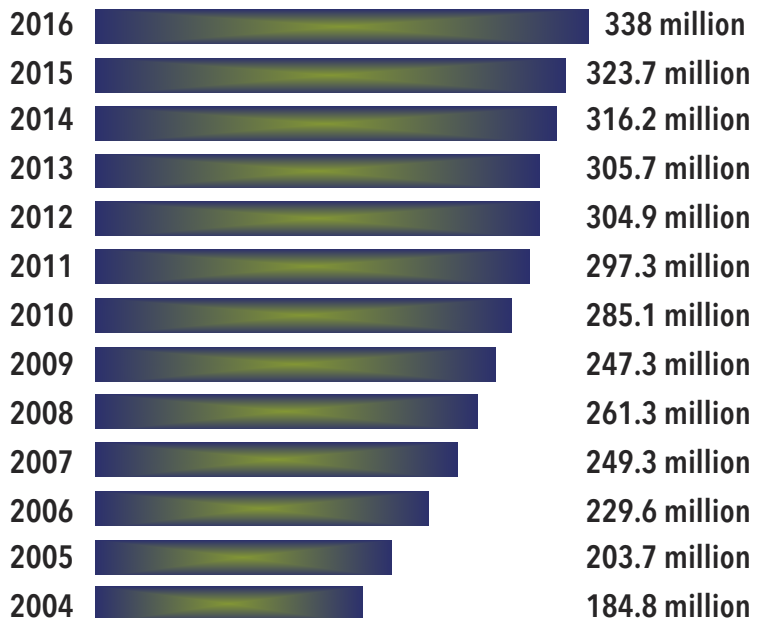
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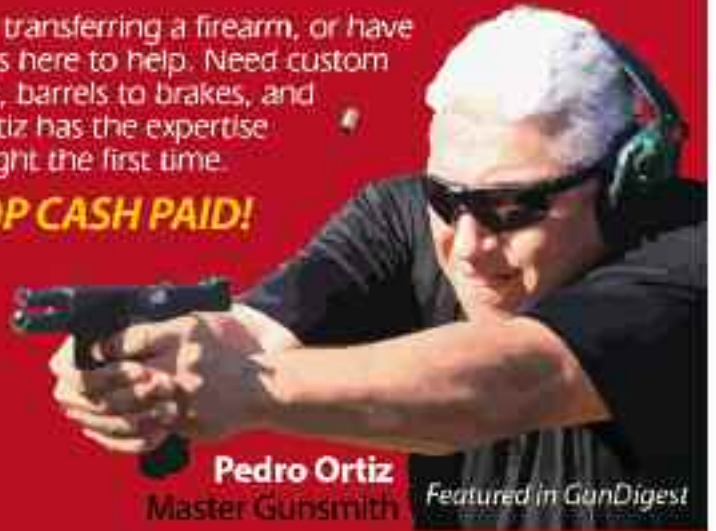
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A Seasons Favorite Festive Pumpkin Rum Cake

We have trouble waiting for the Fall to make this Pumpkin Rum Cake. All of my employees love it and you can pretty well count on the fact that the first week of September, one of these will be baked. I know we could bake it year round, but it just doesn't taste the same in the hot summer as it does in the fall and winter. The cake is a basically a pound cake with pumpkin in it, but the Rum Butter Glaze seeping through the holes in the cake makes the ordinary cake come alive. It keeps for 3-4 days at room temperature and a week when refrigerated. It will be a welcome change at your Halloween and Thanksgiving get together.



PUMPKIN RUM CAKE INGREDIENTS:

¾ cup chopped pecans (optional)
3 cups all-purpose flour
2 tablespoons pumpkin pie spice
2 teaspoons baking soda
1 teaspoon salt
2 sticks of butter (1 cup), softened
1 cup packed brown sugar
1 cup granulated sugar
4 large eggs
1 can (15 oz) pure pumpkin
1 teaspoon vanilla extract

RUM GLAZE:

¼ cup butter
½ cup granulated sugar
2 tablespoons water
2-3 tablespoons dark rum

Preheat oven to 350 degrees. Grease 12 cup Bundt pan. Sprinkle pecans over the bottom, if using. In a medium bowl, stir together flour, pumpkin pie spice, baking soda and salt, combining well. In a separate bowl, beat together butter, brown sugar and granulated sugar until light and fluffy. Add eggs and beat well. Add pumpkin and vanilla extract and beat well. Add flour mixture to pumpkin mixture 1/3 at a time, mixing well after each addition. Spoon batter into Bundt pan. Bake for 60 to 70 minutes or until toothpick comes out clean. Cool 10 minutes. Pour half the glaze over the cake and let stand for 5 minutes. Make holes in the top of the cake with long wooden skewers and pour remaining glaze over cake.

Rum Glaze: Melt butter in small saucepan, stir in granulated sugar and water. Bring to a boil. Remove from heat, dark rum.

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October – Early November

Youth Football Games - Tuesday and Thursday Nights at Pooler Stadium (includes cheerleading)

Youth Soccer Games - Tuesday and Thursday Nights at Pooler Recreation Complex

Youth Volleyball Games Tuesday and Thursday Nights at Pooler Gym

High School Football Games Friday Nights at Pooler Stadium

October – December

Dance Classes - Tumbling and Gymnastics

Tennis Lessons

at Tom Triplett Park (Pooler Gym in bad weather)

Up Coming Programs:

**Registration now open for Youth 6u Basketball will end in October Season will be November thru December at Pooler Gyms

**Registration now open for Youth Basketball – will end in November Season will be December thru March at Pooler Gyms

**Registration will continue to remain open for Dance classes, gymnastics and tumbling, tennis lessons



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Balanced Literacy Million Book Challenge

The Savannah Chatham County School System has launched a new balanced Literacy Program this year which includes students reading both silently and out loud to others in their classrooms. Each school has been challenged to collect new or gently used books so that every classroom has a library of at least 300 books. You may bring your dona-



tions to the school office or to the Pooler Lions Club Meet & Greet, which is the fourth Tuesday of each month at Lovezzola's Restaurant at 6 p.m.



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The Fastest Game On Two Feet

By Allison Smith

Like many people in Pooler, I am not a native to the area or even the state of Georgia, but rather a transplant from the North East. I moved here almost two years ago, after visiting and falling in love with the area. I fell in love with the idea that by living here I would only be 20 minutes from one of the most beautiful little cities around. I fell in love with the idea of only being a short drive to the beach and the fact that I would be within walking distance to any store or restaurant imaginable. Pooler has so much to offer! However, I think this beautiful little community is missing one very important thing. Lacrosse.

Growing up in the North East, lacrosse is a way of life much like football is to most Georgia natives. That being said, I knew when I moved here that I would need to find a league immediately, and that is where I met Christian Harris, director of The Coastal Empire Lacrosse League. He introduced me to Jennifer Redmond (also a transplant) who is not only a youth lacrosse coach (and mom) but instrumental in organizing and growing lacrosse here for nearly a decade. They are two of many volunteers that have been working hard to grow the sport all across the low country area.

I soon found myself coaching the club girl's lacrosse team, the Raiders, at Savannah Christian Preparatory School. Because this is a club team it consists of girls from many Chatham county schools and is open to homeschoolers as well. This amazing and talented group of young women have taught me so much in the past year, and I can't thank them enough for that. Almost every girl plays multiple sports and is involved in other academic and extracurricular clubs both in and out of season... yet they show up to each practice with a smile on their faces, ready to learn and improve. They are truly impressive young ladies! Lacrosse is a sport for every type of girl. It is as unique as its players.

The parents of the Raiders Lacrosse team and I would like to provide the best experience for the girls to show our appreciation for their ded-

ication and hard work each season. With the help of the Savannah Christian Preparatory School Athletic Department, we have been able to provide a majority of what is needed to ensure a successful and enjoyable season. The only thing missing is surrounding area involvement.

Unfortunately, there are only a few local girls lacrosse teams so we would have to travel to Atlanta every weekend to qualify for state tournaments. Asking the parents and players to dedicate eight weekends each spring to traveling is just not plausible, so we are left to play only a few established local teams. Coming from a high school team that was very competitive in the sport, I know that not having an end goal in mind (i.e., sectional or state championships) make even the big win not as exciting as they could be. The only way to fix that problem is to help grow the sport, and what better place to start than the community with more northerners than not!?

I ask that if you as a parent or your child is interested or just curious about lacrosse, please reach out to me or Christian Harris (charris@lowlax.com)! We invite any and all to participate and watch a game, join a clinic (beginner & advanced), or volunteer to help! Lacrosse is said to be "The Fastest Game on Two Feet", and I can promise you will fall in love with the sport even faster than that.



EVERY **BIGWIG** KNOWS... WHAT'S RAISED HERE STAYS HERE.



Top Row – Left to Right: Cyreia Sandlin, Jesse Blanco, Cecilia Arango, Stratton Leopold, Sarah Lamar, Amy Shippy. Bottom Row – Left to Right: Lesley Taylor, Shelley Lowther, Carl Davis, Kim Goode, Dr. Daniel Most.

Savannah 2017 Bigwigs On A Mission To Save Lives

By Aileen Gabbey, Executive Director
Susan G. Komen Coastal Georgia

Susan G. Komen Coastal Georgia is announcing its class of 2017 BigWigs in Savannah who will raise funds for community breast cancer services. Eleven local leaders will be donning bright pink wigs throughout the city, all in an effort to raise awareness and funds for Susan G. Komen Coastal Georgia and its vision of a world without breast cancer.

The BigWig Campaign asks each community VIP (BigWig) to raise at least \$2,500 to fund local breast cancer patient services and education programs. The campaign will run from Sept. 21 through Nov. 7.

‘We had a slight delay in the launch date due to Hurricane Irma, so the BigWigs asked to extend the campaign past its usual October 31 end date into November,’ shared Executive Director Aileen Gabbey. ‘We’re glad that our VIPs are all set and excited to get going on this unique campaign.’

Dubbed “BigWigs” by the local Komen Affiliate, these leaders will spread awareness and fundraise during the six-week campaign. Each BigWig has committed to serve as a breast cancer advocate throughout the campaign duration – all while raising funds to save lives locally and advance global research initiatives.

‘We share with our supporters that Komen is more than pink,’ added Gabbey. ‘The color gets attention, but the funds raised by our BigWigs translate to lifesaving action such as local screenings and national research.’

2017 Savannah BigWigs Include: Stratton Leopold, Leopold’s Ice Cream; Cyreia Sandlin, WTOC; Jesse Blanco, Eat It & Like It; Shelley Lowther, Dancing Dogs Yoga; Cecilia Arango, Thomas & Hutton; Amy Shippy, Marche de Macarons; Dr. Daniel Most, Most Plastic Surgery; Sarah Lamar, HunterMaclean; Lesley Taylor, Savannah Chatham

Public School System; Carl Davis, Kroger; Kim Goode, Savannah Area Realtors

Susan G. Komen Coastal Georgia founded the BigWig campaign in 2014, and the concept has since inspired Komen affiliates across the county to adopt the program. In 2016, Komen Coastal Georgia was awarded the Excellence in Fundraising Award from Susan G. Komen Headquarters for starting BigWigs in Savannah.

Visit www.komencoastalgeorgia.org for more information.

About Susan G. Komen® and the Komen Coastal Georgia Affiliate
Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever. In 1982, that promise became Susan G. Komen® and launched the global breast cancer movement. Our vision is a world without breast cancer. The Susan G. Komen Coastal Georgia Affiliate has invested over \$2.7 million in local breast health programs and screenings in Bryan, Bulloch, Camden, Chatham, Effingham, Glynn, Liberty, Long and McIntosh Counties.



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Seasonal Service Begins April 14, 2017

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Seasonal Service Begins April 13, 2017

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Daily Number of Seats - 177
Seasonal Service Begins May 26, 2017

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The Best/Worst Days For Holiday Travel 2017

By Ed Perkins
SmarterTravel

When experts name the “best” days to travel, they usually name the days airfares are lowest—which often aren’t optimal for most people once you factor in personal convenience and schedule constraints. There’s typically a reason why these are the slower travel days.

All you need to conclude the best days for holiday travel this year is a calendar. And while this talk is usually about “best” days, it’s better to work backwards: Focus on identifying the worst holiday travel days (read: busiest and most expensive) based on the days of the week, and try to fly on one of those outlying days.

Here are the flying days to keep in mind for holiday travel 2017.

Thanksgiving Holiday Travel 2017

By now, just about everybody has heard this conventional travel wisdom: Thanksgiving weekend is the busiest time of the year for airlines. The worst days to fly are the Wednesday before Thanksgiving (this year, November 22) and the following Sunday (this year, November 26). For the few days before the 23rd and the few days after the 25th, low-

fare seats will be scarce. So, the further away from these days you can travel, the better. Low-fare seats are often more available on Thanksgiving Day and the next day, when everyone is relaxing after the Thursday meal and/or looking for Black Friday shopping deals.

Canadian Thanksgiving is on Monday, October 9, so the worst days will likely be Friday, October 6, and Tuesday, October 10. And just the same, the few days leading up to and following those days will be busy. Christmas and New Year’s Holiday Travel 2017

The biggest year-end holidays fall on Mondays in 2017, making for a plethora of “worst” holiday travel days. For Christmas, they’re Friday, December 22, plus the 23rd and 24th. For New Year’s avoid Friday, the 29th, and Tuesday, January 2nd. Travel on the interim days is usually down a bit from these peak days, because many travelers like to combine the two three-day weekends into a 10-day holiday to use up those leftover vacation days. So, you can likely find some good deals during that period.

When to Buy for Holiday Travel 2017

But, be sensible. Sure, if you’re flying, you want to find good deals—but don’t let the airlines dictate your holiday. Always keep in mind those days you really want to be at your destination, not flying, and finalize your fares somewhat early.

Previous reports have found that airfares rise from their lowest point only gradually until three to four weeks before the holiday period begins. Finding them will only continue to get tougher after a certain point as the holidays approach. Check the available airfares early, and, as Airfarewatchdog’s George Hobbica often advises: “When you find a good deal, pounce.”

If you’re heading to a popular holiday destination such as Hawaii, Florida, or Vegas, remember to check for air-hotel packages. Packages often remain available and affordable well after cheap airline seats are gone.



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Does Cold Brew Coffee Contain More Caffeine Than Hot Coffee?

It's complicated, but there IS a definitive answer

By Julie R. Thomson

There's a common misconception about coffee and its caffeine content. Folks seem to think it exists in higher quantities in places where it doesn't. Espresso, for example, is often touted as being the strongest coffee drink to order (but it isn't if you're judging by serving size). Dark roast gets credit for having more caffeine than lighter roasts when it doesn't — all roasts have the same amount of caffeine. And cold brew coffee gets a lot of love for delivering a major jolt of caffeine. But is that reputation deserved?

We got to the bottom of it, and as it turns out, it's complicated. Caffeine content in coffee is extremely variable.

The first thing you need to know is that the caffeine content in coffee is volatile. Energy drinks can confidently list the caffeine content found within them, but coffee drinks can sometimes have a pretty big range. For example, an average cup of Arabic coffee can contain anywhere between 84 and 580 milligrams of caffeine. This is best illustrated by the varying quantities of caffeine found in drip coffee from different coffee store chains.

Many factors play a role in this. We're talking coffee type, grind size, brew time, dwell time, roast level and blend. Despite variables, cold brew coffee drinks usually have less caffeine than regular coffee. But it isn't black and white, obviously. Caffeine is soluble in water, and the hotter the water used to brew coffee, the more caffeine is extracted meaning you get more caffeine out of the beans and into your coffee. (And there is such a thing as over-extracting with water that is too hot.)

More caffeine can be extracted from coffee beans with hot water than with cold water. This implies that hot coffee contains more caffeine than cold brew, which is made with cold water.

"Caffeine's solubility is primarily driven by temperature, such that at higher temperatures, significantly more caffeine will dissolve in solution than at cooler temperatures," Joseph Rivera of Coffee Chemistry told The Kitchen. "If you are using the same brew-to-water ratios, the cold brew will definitely have less caffeine than hot."

But, cold brew coffee is typically made with a higher ratio of coffee to water we're talking 2 to 2 1/2 times more which means it is stronger than if made with a more conventional coffee-to-water ratio. However, cold brew is made as a concentrate that should be diluted with one part coffee to one part water or milk, which brings that caffeine level right back down.

Starbucks offers an example. A 16-ounce cold brew from Starbucks is reported to contain 200 mg of caffeine, while a hot 16-ounce coffee can contain anywhere from 260 to 360 mg, depending on the beans you choose. That's a pretty big difference in caffeine content.

What does this mean for your cold brew obsession?

That you should enjoy it. Just do so knowing that you're not drinking it for a gigantic caffeine buzz.

Here is an easy cold brew recipe - Make your own!

Cold Brew Coffee

Prep time: 10 minutes.

Steeping time: 12 hours

Yield: About 3 cups

If you normally have your coffee ground when you buy it, ask for it to be ground on a coarse setting. You'll need a scant cup (or 4 ounces) for this recipe.

You can also make cold-brew coffee in a French press. Steep the coffee overnight, then press to separate the grounds from the coffee. Transfer the coffee to a bottle or jar for longer storage.

Ingredients

1 cup (4 ounces / 113 grams) whole coffee beans
4 cups water

Special Equipment

Coffee or spice grinder

1 1/2 quart (or larger) glass, ceramic, or plastic container (I use a 2-quart canning jar)

Small strainer

Cheesecloth or cotton flour sack cloth (I like these)

Bottle or jar, for storing your cold-brew



Adding Flavors To Your Favorite Beverages

By Cierra Ayers

One of my all-time favorite products is the Monin brand. Monin is synonymous with exceptional gourmet flavored syrups, and they proudly carry an extensive variety of syrups, purees, beverage concentrates, mixers, smoothie mixes, sugar free syrups and now organic coffee syrup flavors. It's not easy to create organic syrups that still maintain their pleasing flavors. But, Monin has easily done so, and their syrups use completely natural, organic flavors, with absolutely no preservatives or additives. I use them for coffee enhancements, cooking, baking, and my grandson Rome likes to experiment with different flavors to enhance his lemonade, sodas and hot coco. I encourage you to check out their website www.monin.com for all their fabulous flavors, culinary and beverage innovations. You can also purchase from them directly and some of their items are available at Amazon as well. During the holiday season, bring some festive and creative cheer into your celebrations - you won't be disappointed, I promise!

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