

POOLER

Vol I • Issue I

APRIL / MAY 2016

Today





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For emergencies call **911**

POOLER USEFUL CONTACTS

Pooler - Information / Non-Emergency

Pooler City Offices for the:

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

<http://pooler-ga.us>

Other Pooler Sources:

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

Hospitals, Health and Medical Resources:

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

Other Sources:

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

Pooler Schools

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

Pooler / Area Community Churches

Beth-El Alliance Church	(912) 925-2961
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
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





POOLER

is one of the safest cities in Georgia!

According to the
2015 Safest Cities in Georgia Report!

POOLER Today

APRIL / MAY FEATURES

- 4 City of Pooler Useful Contacts
- 6 From the Publishers
- 7 Rehabilitation Institute
- 8 Hurricane Season Ahead
- 9 Chatham Emergency Management
- 10-11 Pooler City Department Updates
 - Mayor Mike Lamb
 - Fire and Rescue - Chief Simmons
 - Police Department - Chief Revenew
 - Public Works - Director Saxon
- 12-13 Recreation Dept & Senior Citizen Center

- 14-15 Pooler Chamber of Commerce and Visitor Center, Inc
- 16 Pooler Municipal Complex
- 17 Pooler Patriot Weekend
- 21 Eat, Love, Live by Wolfgang Puck
- 22 Jill on Money
- 23 New Routes for Savannah Airport
- 24 About Your Blood Pressure
- 25 Pet World
- 26 Webb Military Museum Collection
- 29 Day Trippin' - St. Simons
- 32 W4 - Pooler Calendar of Events
- 34 Pooler Recreational Dept. Facilities
- 35 Crossword Puzzle

- 36 Pooler Parkway Update
 - Pooler Lions Club Updates
- 37 Sip and Savor Casino Night
- 26 Webb Military Museum
- 34 The Kid's Doctor
- 38 Savannah Earth Day
- 39 The Dangers of Texting Statistics
 - Georgia Cell Phone Laws
- 40 Mayo's Childrens Medical Edge
- 41 Classified / Want Ads
- 42 It's a Wrap for Moon River Studios
- 43 Summer Discomfort: Heat & Humidity
- 44 Hurricane Facts Series
- 45 Thank you Pooler Today Sponsors



Greetings Pooler Community

If you are reading this letter, you are probably a resident or business in Pooler. We welcome you to the first issue of **Pooler Today**, a magazine created especially for you that will be delivered bi-monthly to the close to 12,000 plus homes and businesses in Pooler.

Our mission for publishing this magazine is to communicate and enhance your sense of community. You are the voice and spirit of Pooler, and we invite and encourage you to share your thoughts and comments on the contents of Pooler Today.

Pooler has much to be proud of and we are honored to be the flag bearer to educate and inform the people of Chatham County, Georgia and visitors to our area. The people of Pooler are friendly and benefit from a low crime rate, much, much lower than the other surrounding cities. The growth of Pooler has been phenomenal and does not appear to be slowing down. The cost of living in Pooler has been favorable, too, compared to other local communities and housing prices are reasonable. All of this adds up to a great place to live.

We want to thank the civic leaders in the community who encouraged our efforts and you will find articles from the Mayor, Police Dept., Fire Dept., Pooler Chamber of Commerce and Visitor Bureau, and Parks & Recreation/Senior Citizen Center in every issue. These columns are important content to communicate information, events, statistics, etc...and we encourage you to not only read them, but send us your comments.

We would like to thank and acknowledge the fine businesses who have chosen to support us and advertise in this premiere issue. We hope you choose to patronize these businesses and let them know you appreciate their support for the City of Pooler. If you have a favorite business that you think will benefit from advertising with us, show them your magazine or send us an email dean@AyersGroup.org and we will contact them.

Once again, **Pooler Today** is for and about you, and your input is essential to spreading the word about Pooler's special qualities. Let us know about clubs and organizations, artists and painters; send us samples of your work, your favorite photos of Pooler; tell us about events we can add to the Pooler calendar. We especially love photos of you and your friends out and about in Pooler. Our goal is to service everyone in your diverse city, not just a few.

We at the Ayers Group, LLC., look forward to serving your community and growing along with you. Please stay in touch with us and let us know how we are doing, and what you would like to see in upcoming issues.

In Gratitude,

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- Urinary or fecal leakage
- Pressure or bulging sensation in vagina
- Painful scarring following episiotomy, tearing, or C-section
- Abdominal weakness after childbirth

Ask your doctor for a referral to our pelvic floor physical therapy program today.

Pooler
101 West Mulberry Boulevard
Suite 210
912-273-1000

Savannah
4700 Waters Avenue
912-350-7128


**The
Rehabilitation
Institute**
at Memorial University
Medical Center



Physical Therapy Helps Relieve Pelvic Pain

By Sarah Dagley, P.T., DPT

Q: I'm 20 weeks pregnant and experiencing pain in my low back. What is causing it, and how can I alleviate the pain?

A: You're not alone. Many women experience the same type of pain during pregnancy. It occurs when hormones help relax the ligaments that stabilize the pelvis, allowing for passage of the baby. Also, your growing baby can stretch and weaken the muscles of the abdomen and pelvis.

A pelvic floor physical therapist can recommend exercises that will strengthen and stabilize the pelvis during pregnancy. A pelvic correction technique may also be used to re-align your pelvis. Also, the therapist may suggest using a special belt to help maintain this proper alignment until your muscles are strong enough to stabilize your joints.

Q: My son is 3 months old and I'm still having pain from my episiotomy. What can I do to get rid of the pain and discomfort?

A: Your pain may be caused by scar tissue or adhesions that resulted from your episiotomy. Pelvic floor physical therapists use techniques such as therapeutic ultrasound and scar mobilization to improve scar pliability and break up adhesions to underlying tissues. This could help relieve the pain.

Q: Ever since my cesarean section, I have had horrible pain and pulling at the scar. What can I do to stop this pain?

A: You may have developed adhesions following your C-section. Adhesions often occur as a result of surgery or cutting through tissues. They are fibrous bands that form between tissues and organs, like internal scars that connect tissues that are not normally connected. A pelvic floor physical therapist can use therapeutic ultrasound, heating, and manual therapy to break up the scarring between the layers of tissues.

Q: After delivering my twins I have been experiencing urinary leakage when I exercise, cough, sneeze or laugh. Is there a way to prevent this?

A: Pelvic floor muscle contractions, or Kegels, can be performed to strengthen the pelvic floor muscles and prevent urinary leakage. It is important, however, to make sure you are performing these exercises correctly. Recent studies have suggested that 50 percent of women are performing Kegels incorrectly, and of those performing the exercises incorrectly, 25 percent are actually creating a problem that could lead to worsening of urinary leakage.

Sarah Dagley is a physical therapist who specializes in pelvic floor issues at The Rehabilitation Institute at Memorial University Medical Center. She offers private pelvic floor physical therapy for women and men at the Pooler and Savannah offices. Call 912-273-1000 to learn more, or go to women.memorialhealth.com.



Hurricane Season Ahead

By Meredith Ley

CEMA, Public Information Officer

The Atlantic hurricane season runs June 1 through November 30, 2016. Hurricanes are categorized according to the strength of their winds. A **Category 1** storm has the lowest wind speeds, while a **Category 5** hurricane has the strongest. They gather heat and energy through contact with warm ocean waters.

As a coastal community, we are extremely vulnerable to all of the dangers associated with hurricanes, says Dennis Jones, Deputy Director of the Chatham Emergency Management Agency. Even a small hurricane could cause major flooding and damage to our county.

Storm surge from a **Category 3** hurricane has the potential to cover about **75 percent of Chatham County**, while a **Category 5** storm can cover upwards of **95 percent**. These are relative terms, because lower category storms can sometimes inflict greater damage than higher category storms, depending on where they strike and the particular hazards they bring. In fact, tropical storms can also produce significant damage and loss of life, mainly due to flooding.

Do not wait until a storm threatens! This is the ideal time for our Southbridge residents to review their family contacts and develop a hurricane plan. For helpful tools and tips visit our website at ChathamEmergency.org. According to a Ready Georgia study, **73 percent** of Georgians do NOT know the designated evacuation routes from their community, and **71 percent** have NOT arranged a family meeting place or reconnection plan. To help residents prepare for hurricanes and other emergencies, CEMA provides online tools to make a disaster supply kit, develop a tailored communications plan and stay informed about potential threats. Visit ChathamEmergency.org to find helpful information on how protect your pets, elderly or disabled family members, and tips on preparing for severe weather.

STORM SURGE FACTS:

Storm surge is an abnormal rise of water generated by a storm's winds that can reach heights over 10 feet and flood nearly all of Georgia's coastal counties. Just as wind speeds increase as hurricane categories build, so does storm surge. Believe it or not, storm surge is responsible for the greatest number of hurricane fatalities. A major hurricane has the potential to push saltwater nearly 30 miles inland. As a coastal community, Chatham County is extremely vulnerable to storm surge which is why residents need to heed evacuation warnings.

Isolated areas not flooded but are surrounded by storm surge will be cut-off from rescue during a hurricane. These areas will be without power, water and proper sanitation. They will also become inundated with wildlife, insects and reptiles fleeing from the rising waters. Again, we urge you to use this time to map out your evacuation plan.

Sign Up for Text Alerts: Follow ChathamEMA to 40404

The recent early arrival of Tropical Storm Ana serves as a reminder that being prepared year-round is important for the residents of coastal Georgia – especially those with functional and medical needs. **The Functional and Medical Needs Registry** is made up of residents who may require transport and medical assistance during a hurricane evacuation and have no other resources such as family, friends, neighbors, or church members to help them if they need to evacuate. Residents must apply to be on the registry.

Those on the Registry will be evacuated to an American Red Cross shelter in an inland county that will likely be in a gymnasium or similar setting and could be several hours away. The Registry is truly a last resort, but if a hurricane is threatening our area, it is important that health department officials know where the most vulnerable residents are located so that evacuation assistance can be provided to them. Functional



needs registrants are individuals who may need services to maintain their independence in a shelter. This includes children and adults with physical, sensory, mental health, and cognitive and/or intellectual disabilities affecting their ability to function independently without assistance. Medical needs registrants are individuals who require support of trained medical professionals. This includes those individuals who may need assistance with managing unstable, terminal, or contagious conditions that require observation and ongoing treatment.

To apply, residents should call 912-691-7443 as soon as possible, do not wait for a hurricane to be called. The application and protected health information authorization form can also be downloaded by going to www.gachd.org/chatham and clicking on the Functional and Medical Needs Registration Information link under Chatham County Information.

Please take the possibility of an evacuation seriously, be prepared!

Below you will find the listing of hurricane names for the Atlantic Ocean for the year 2016. For every year, there is a pre-approved list of tropical storm and hurricane names. These lists have been generated by the National Hurricane Center since 1953. At first, the lists consisted of only female names; however, since 1979, the lists alternate between male and female.

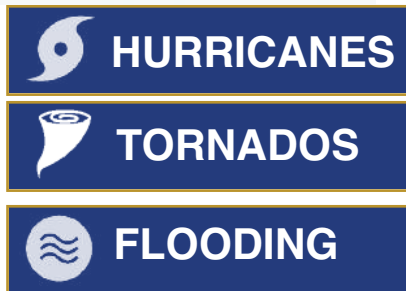
Hurricanes are named alphabetically from the list in chronological order. Thus the first tropical storm or hurricane of the year has a name that begins with "A" and the second is given the name that begins with "B." The lists contain hurricane names that begin from A to W, but exclude names that begin with a "Q" or "U."

There are six lists that continue to rotate. The lists only change when there is a hurricane that is so devastating, the name is retired and another hurricane name replaces it.

2016 HURRICANE NAMES:

Alex, Bonnie, Colin, Danielle, Earl, Fiona, Gaston, Hermine, Igor, Julia, Karl, Lisa, Matthew, Nicole, Otto, Paula, Richard, Shary Tomas, Virginie, Walter.





About CEMA

Mission

The Mission of the Chatham Emergency Management Agency is to protect lives and property from the threat of all types of major emergencies and disasters, both natural and man-made.

Philosophy

One of the most basic and fundamental responsibilities of government is to provide for the safety and welfare of its citizens before, during and after major emergencies and disasters. Therefore, an effective County-wide emergency Management Program should always remain as one of the highest priorities of elected and appointed officials at all levels. However individual citizens must also accept personal responsibility within their own means and abilities to be constantly aware of risk and always prepared to take protective actions when necessary for their own safety as well as that of their families, friends and property.



GET IT - WE HAVE AN APP FOR THAT

Developing a family preparedness plan and getting up-to-date emergency information has never been easier thanks to the new CEMA App. With the touch of a finger, users can access the latest weather information, live radar and alerts. The Apps is free and available on all iPhones and Android devices. To download, visit the App Store and search for "ChathamEMA."



(912) 201-4500

www.chathamemergency.org

HURRICANE PREPAREDNESS GUIDES are available at:

<http://www.chathamemergency.org/general/about.php>

- Hurricane Action Guide
- Hurricane Evacuation Guide
- Family Hurricane Preparedness Guide
- Pet Emergency Planning Guide
- Senior Citizens Hurricane Preparedness Guide
- Nursing Home Evacuation Guide
- Hurricane Planning Guide for County Departments and Agencies
- Storm Ready Community
- Public Transportation and Sheltering Guide
- Flooding
- Tornadoes

RESIDENT RESOURCES are available at

<http://www.chathamemergency.org/general-public/>

- Sheltering
- Functional, medical needs clients urged to register
- Special needs registry
- Disaster supply kit and planning tips
- Siren map and advisory and warning system
- Threat condition definitions
- Public transportation & sheltering guide
- Man-made emergency guide
- Hurricane planning guide
- Family emergency preparedness
- Terrorism
- School safety
- Senior citizen hurricane action guide
- Hazardous materials
- Earthquake

Tornado Watch: Be Prepared! Tornadoes are possible in and near the watch area. Review and discuss your emergency plans and check supplies and your safe room. Be ready to act quickly if a warning is issued or you suspect a tornado is approaching. Acting early helps to save lives! Watches are issued by the Storm Prediction Center for counties where tornadoes may occur. The watch area is typically large, covering numerous counties or even states.

Tornado Warning: Take Action! A tornado has been sighted or indicated by weather radar. There is imminent danger to life and property. Move to an interior room on the lowest floor of a sturdy building. Avoid windows. If in a mobile home, a vehicle, or outdoors, move to the closest substantial shelter and protect yourself from flying debris. Warnings are issued by your local forecast office. Warnings typically encompass a much smaller area (around the size of a city or small county) that may be impacted by a tornado identified by a forecaster on Radar or by a trained spotter/law enforcement who is watching the storm.



Pooler Updates

Mike Lamb
Mayor



As Mayor of Pooler, I am proud to announce that our city's growth is moving forward in a responsible direction that contributes to our economic and cultural growth. Our city's population has risen to more than 22,000, a number multiplied by four since 1995. This makes us one of the fastest growing cities in Georgia.

We are particularly excited that construction of our \$18.1 million dollar Municipal Complex is moving along nicely and due for completion later this year. The complex will include a new City Hall, police department, administrative offices, council chambers and municipal courtroom.

Conveniently located off the I-95 and a short distance from Savannah, our city's low crime rate, relatively low cost of living and high quality of life attracts visitors and those wishing to settle here from far and wide. Thanks to our city's well-qualified and well-trained Police and Fire Department, we are known to be one of the safest places in Georgia to live. We have good climate most of the year, and a variety of recreational activities and events for youngsters and adults. The nearby coastline is peppered with fascinating islands which make for delightful side trips.

Pooler's relatively high household median income translates to a better educated and more affluent population with solid purchasing power for good and services. Advanced telecommunications and e-commerce provide opportunities for many to earn their livings here, and with more than 1,000 businesses to choose from, it's rarely necessary to travel beyond our city limits to find the goods or services you need.

Our citizens have access to a superior educational system, outstanding retail merchants and restaurants, a vast number of medical facilities, the highly respected National Museum of the Mighty Eighth Air Force and beautifully landscaped parks and residential areas. Shoppers gravitate to our recently opened Tanger Outlet Mall, with more than 90 upscale stores.

At City Hall, our dedicated staff is always available to hear your comments and suggestions that are instrumental in maintaining our city's reputation as a premier city to live and work. My primary focus as Mayor of Pooler is on a local level, but it is also my responsibility to represent Pooler on a State level. My personal commitment is to act in cooperation with the citizens of Pooler, seek solutions to issues and encourage responsible growth.

Historically, the City of Pooler has done a tremendous job in keeping up with its growth and demands since it was incorporated in 1907. We have implemented and continue to improve the infrastructure necessary to continue this pattern. As Mayor of this great city, I can tell you that we have many more exciting days ahead.

We invite you to stop by and visit us at our new City Hall, or contact us at www.pooler-ga.us where you will find email and other contact information for all our city officials.



Fire & Rescue

G. Wade Simmons
Fire Chief



The City of Pooler Fire Department serves one of the fastest growing communities in the state of Georgia. Incorporated in 1907, Pooler's population has more than tripled since the 2000 census. According to the 2013 estimate 21,187 people reside in the city.

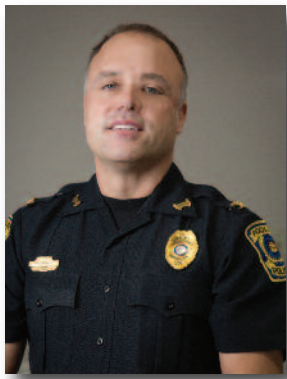
The Pooler Fire Department was first recognized by a city ordinance on June 13, 1950, and like the city, has undergone quite an expansion over the last few decades. The department added its Fire Chief to the payroll in 1999, and by May 2008 a second station had been built and 16 career firefighters as well as 12 volunteers were serving the community. Fast forward to 2016 and the department has transformed into an almost fully career department with 59 paid employees and 2 remaining volunteers that help in a support function.

There are now four stations staffed and in operation throughout the city, with four engines and an aerial ladder truck staffed with a minimum of three personnel on duty at all times. Construction is currently underway to replace our Headquarters station and, as growth continues throughout the city, plans are in place to begin construction on station 5 later this year.

The department maintains an impressive inventory of fire and rescue equipment that enables us to safely and efficiently do our job. There are five firefighting engines, two aerial ladder trucks, a heavy rescue squad, a 75' quint, a 3,500 gallon water tanker truck and three command vehicles. We recently placed an order for four new fire engines and a new aerial ladder that will combine our heavy rescue and one aerial into a single unit.

Pooler Fire-Rescue is a full service fire department that has the capability to respond to any type of fire, rescue and/or medical emergency. We offer more to the community than emergency response. We also provide home safety inspections, commercial building pre-fire planning, fire hydrant inspection, and blood pressure checks. Fire prevention activities complete with fire safety clowns are offered to local schools, and static fire apparatus displays and safety demonstrations can be requested for community activities.

The Pooler Fire-Rescue Department is a State Certified Agency that complies with all state approved standards and with all policies and regulations. It is one of the best-trained and equipped fire departments in the region. For additional information, please visit our website at <http://www.pooler-ga.us/pooler-departments/pooler-fire-department.html>.



Police Dept.

Mark Revenew
Police Chief



The City of Pooler Police Department has been in operation since 1950, and has been a state accredited agency since 2003. This requires adherence to rigorous state approved policies and standards and regularly auditing of their practices. As the City of Pooler becomes one of the fastest growing communities in Georgia, the Police Department continues to grow as well. At the moment, there are forty-nine officers employed by the city, as well as various support personnel. Their efforts became evident when Pooler was named by an independent firm two years in a row as one of the forty **"Safest Cities in Georgia."**

The dedicated and professional officers of the Pooler Police Department are committed to providing the highest quality of law enforcement to the community. The Pooler Police Department is family oriented, meaning their purpose is to make sure that Pooler remains a great place to raise a family. I strongly encourage our officers to reside here in Pooler. It's important that they interact and get to know the residents and business people both personally and professionally.

Despite being the epicenter for growth in the Southeast, the department offers several services to maintain that small-town charm. Neighborhood watches can be organized with the aid of the Police Department. We offer to educate the residents on how neighborhood watches make for a better community. The majority of Pooler is designed to encourage socializing and walking. The city has also become a golf cart friendly-community and the Police Department offers golf cart registration.

The traffic officers of the Pooler Police Department provide bike safety fairs at the local elementary schools where students are taught the importance of bike safety. Citizens' firearm courses and "ride-alongs" are offered to the community. I prefer an open-door policy with transparency it is a great way for the public to witness firsthand the professionalism and dedication all our officers and staff put into serving the residents and visitors of Pooler.

The Pooler Police Department actively supports and respects the valuable presence and service of our military. Reaching out and making deployments easier for the families left behind, and supporting those who have been wounded is important to the department. The City of Pooler honors the active duty soldiers and veterans every September with the **Pooler Patriot Weekend**. Please come out and support this worthy cause, details are outlined in this publication on page 17.

Finally, all of the pride and careful planning has resulted in Pooler being named by an independent firm, the **"2nd Happiest City to Live in Georgia."** For more information about the department and other important links such as identity theft victims packets, golf cart registration forms, local crime statistics, etc., please visit our website at <http://www.pooler-ga.us/pooler-department/pooler-police-department.html>.



Public Works

Max Saxon
Public Works Director



Where Does My Water Come From?

Mark L. Williams
Water Department Superintendent

You turn on the faucet and the water flows freely for everything from brushing your teeth or washing a load of clothes to making a pitcher of sweet tea or irrigating your lawn. But what is the real story and who is behind the hard work and dedication of the City of Pooler's Water Department that brings that water to your home?

The City's Water Department consists of a Superintendent who manages the daily operations of the Department. The Superintendent holds a Class 1 Water Treatment Operator certification and Class 3 Wastewater Treatment Operator certification, and was recently awarded Operator of the year for District 8 by the Georgia Association of Water Professionals. The City's Backflow Prevention Program Coordinator is responsible for keeping the drinking water safe from contamination. The Coordinator holds a Class 3 Water Treatment Operator certification, and a Backflow Prevention certification. The Backflow Prevention Program was awarded top Program in the State by the Georgia Association of Water Professionals. The City's Water Maintenance Crew consists of a Crew Leader and two laborers, and is responsible for all water leak repairs and general repairs and maintenance to the water system. The Crew Leader holds a Class 3 Water Treatment Operator Certification. The meter repair Technician is responsible for meter repairs and maintenance and completion of meter related work orders. The Laboratory Technician is responsible for all water sampling and analysis, and the operation of the Water Laboratory. The Lab Tech. holds a Class 3 Water Treatment Operator certification and a State Laboratory License.

The City of Pooler uses two ground water wells to pump water from the upper Floridan Aquifer, and one well to pump water from the lower Floridan Aquifer. We disinfect the ground water by adding Chlorine and ammonia, and then we also add fluoride. Pooler also purchases treated surface water from the City of Savannah. The treated drinking water is pumped through over a hundred and five miles of water distribution main lines throughout our City. Pressures are regulated in the system by a 250,000 gal. elevated storage tank. Every house and business in the City has a meter that records water usage.

The City has recently changed out all of our oldest meters and added Automatic meter infrastructure (AMI). In an effort to provide the best services to its customers, the City of Pooler has been working on integrating this newest technology in supplying the residents and businesses water. The system is known as AMI (Advanced

Continued on page 37



Recreation Department Senior Citizen Center

Hugh Elton
Director



Pooler Recreation and Leisure Services offers an array of recreational opportunities. Facilities include the Pooler Seniors Citizens Center, Pooler Park, the Pooler Recreation Complex, a community center and several smaller, passive parks. The mission of the Pooler Recreation Department is to provide quality facilities, educational programs and activities for the community that promote and enhance a healthy lifestyle. We encourage good sportsmanship, teamwork and fair play.

At our Recreation Department, Pooler's youth can choose from a variety of activities including basketball, tee ball, baseball, softball, soccer, football, cheerleading, gymnastics and dance. There are also opportunities for adult participation, including basketball, Zumba, softball and kickball.

Both the Recreation Complex located at 200 Preston Stokes Drive, and Pooler Park located at 900 South Rogers Street include baseball/softball fields, picnic pavilions and playgrounds. Pooler Park, which contains football and soccer fields, is also home to the Recreation Department offices and gymnasiums. The Senior Citizens Center, located at 955 Plantation Drive in the Sangrena Woods subdivision, is open Monday thru Friday, 9 a.m. to 3 p.m. The center strives to create a welcoming environment. Seniors can enjoy arts and crafts classes, games, day trips, hot meals and much

more at the center. Transportation can be provided for those Pooler residents who find it necessary.

The Community Center, located at 957 Plantation Drive in the Sangrena Woods subdivision, is available for parties, reunions and other events. It contains a kitchen, restrooms and enough room for parties up to about 100 guests. There is also ample room for outdoor activities.

For a complete list of offerings and amenities, as well as registration opportunities, please visit us at www.poolerrec.com, like us Facebook or call the recreation office at (912) 748-5776. Please refer to page 34 of this publication for a complete list of all our facilities. For information concerning the Senior Center, please call (912) 330-0493.

The City of Pooler Recreation Department is now offering an app that is compatible to both Android and iPhone users. The **Pooler Rec App** can be downloaded free of charge from Googleplay or iTunes. The Pooler Rec App gives the users access to all of the information available on our web site, including the ability to register for activities on-line.

We all know, life has become hectic and communication is of utmost importance. At the Recreation Department, this is especially true. The app will be another tool for us to communicate. Everything from the

opening and closing of registrations, to the launch of new activities, to cancellations and rescheduling will now be available as an instant push alert on your phone.

As always, we try to utilize the tools made available to us that will maximize our ability to disseminate information. This allows us to keep everyone informed the best we can. If you have an ac-

count on our website at www.poolerrec.com, we have an email address that we use to send information out. We try to also keep the website up to date with the latest information. You can sign-up for a 'Rained-Out' account, from which you can receive a text message if there is bad weather. You can also like us on FaceBook.

As you can see, there are currently several ways that we try to communicate, but we hope the App will help to streamline this process! Please download the App the first chance you get. See you at the park!

“ **TO PROVIDE THE BEST QUALITY PROGRAM
AND ACTIVITIES FOR THE COMMUNITY
THAT ARE SAFE, COMPETITIVE, EDUCATIONAL
AND THAT CREATE, PROMOTE,
AND ENHANCE A HEALTHY LIFESTYLE,
AS WELL AS ENCOURAGING
GOOD SPORTSMANSHIP,
TEAMWORK AND FAIR PLAY.** ”

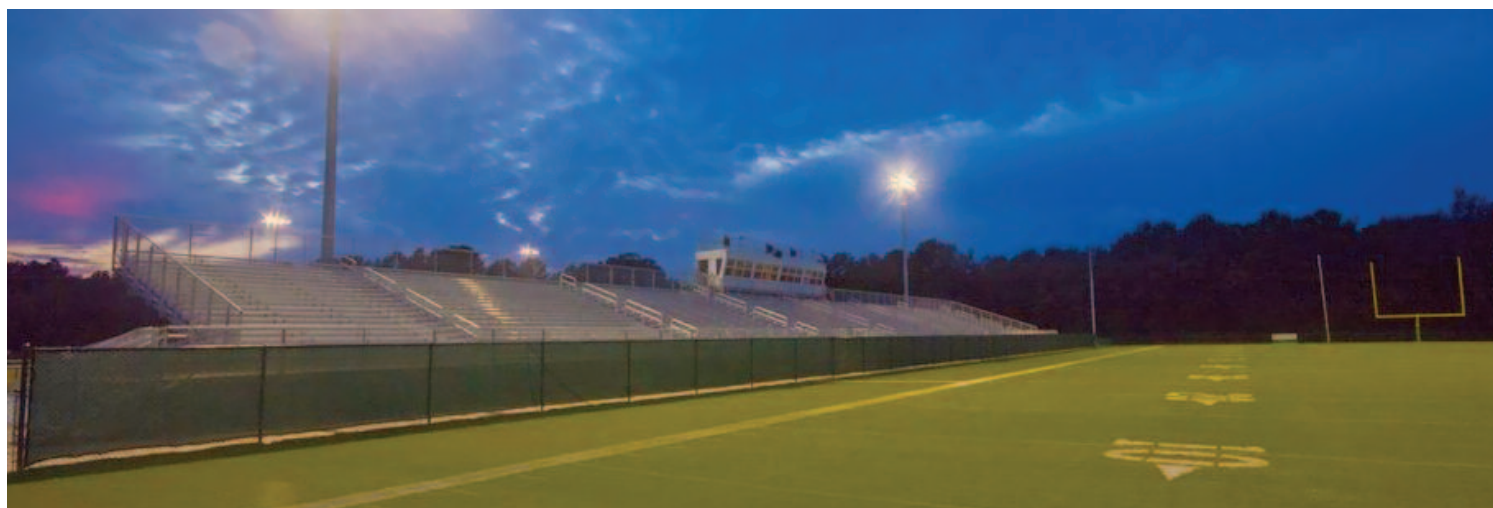


Photo courtesy of Pooler Parks and Rec. Dept.

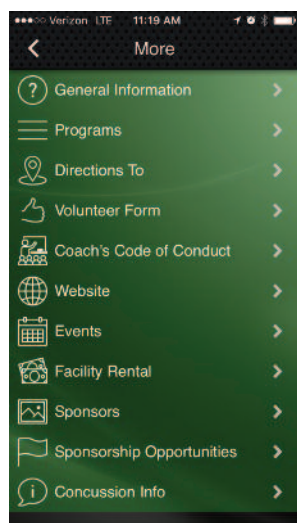
Pooler Recreation/Leisure & Senior Citizen Center



Photo by Fred Langley



Get The Pooler Rec App!



Senior Citizens Center Full of Activity

The Pooler Senior Citizen's Program has been in existence for approximately 20 years. It is a beautiful facility located in Sangrena Woods. Through the years, the center has proven to be a very important part of the City of Pooler, and it's senior population. We strive to create a welcoming environment to eliminate loneliness, and we have on-going and a variety of activities to offer.

We have approximately 75 seniors that enjoy the center and activities such as: health and exercise classes, arts and crafts, day trips, shopping trips and hot meals.

Our seniors conduct fundraisers when necessary to help support many of these activities. We meet Monday through Friday and provide transportation for many of the seniors to and from the center as a part of our service.

Susan Edwards, Director of the Senior Citizens Center, has worked with the senior citizens for over ten years. Please come out and say hello and take a tour! For information, please contact Susan at (912) 330-0493, or email at: sedwards@pooler-ga.gov.

RECREATION DEPT & LEISURE SERVICES

Hugh Elton, Director
200 Preston Stokes Drive
(912) 748-5776
poolerrecreation@pooler-ga.gov
www.PoolerRec.com

SENIOR CITIZEN CENTER

Susan Edwards, Director
Sangrena Woods - 100 Hwy 80 SW
(912) 330-0493
sedwards@pooler-ga.gov
Monday - Friday 9 a.m. to 3 p.m.



Pooler Chamber of Commerce and Visitors Bureau, Inc.

Pam Southard
Executive Director



Greetings!

Six years ago, my husband and I relocated to Pooler from Maryland. Looking around, we noticed that we had limited restaurants and “things to do” in Pooler. But we were warmly welcomed and decided to call Pooler home. Since that day in June, we have never regretted our decision. And look at Pooler now... Pooler began to grow, then exploded with new businesses on Pooler Parkway and Highway 80, opening up new opportunities for small and large enterprises and offering residents so many options.

Everyone who lives in Pooler has a sense of pride for this wonderful city. Families realize that Pooler is a great place to live and work while still keeping the small town feel and southern charm. Affordable housing and the low crime rate add to the appeal of settling down in the once little railroad town where Sherman camped out on his way to Savannah. Wouldn't he be surprised if he could see Pooler now?

If you are a business owner in Pooler, I want to take this opportunity to welcome you. We invite you to join our fast growing chamber and be part of the wonderful opportunities that membership affords you. Pooler is home to Fortune 500 businesses such as Gulfstream, JCB, Mitsubishi and large manufacturing businesses providing job opportunity for so many. And of course, Savannah Hilton Head International Airport is only a short 10-minute drive.

Pooler is rich in history and is a growing and thriving community with a brilliant future that will benefit your business. There are numerous benefits for you as a member of the Pooler Chamber, and I would like the opportunity to meet with you and tell you more about us. We support our businesses and committed to responsible development that will enrich our city for future generations. We recognize our businesses at our Annual Meeting and Awards Banquet each December. A chamber business is recognized as Business of the Year. The chamber also recognizes our firefighter and police officer of the year at this time.

Whether you are a resident, established business, or looking for a great place to live, work or open a new business, we know that you will love Pooler. Throughout the year, our Chamber hosts many popular social events such as our April and September Taste of Pooler, our June Sip&Savor/Casino Night, and regular Business After Hours. We invite you to visit us at www.poolerchamber.com to learn more about other events that are sure to appeal to everyone, and to become familiar with all we have to offer Pooler residents and businesses.

Taking all of this into consideration, your search for the ideal place to live and work is over. Come and visit our great city and see why we are proud to call it Home!



Pooler Chamber of Commerce and Visitors Bureau, Inc. invites you to visit their new office – 404 Hwy 80 West, Pooler. We are so proud of our new location.

2016 Pooler Chamber of Commerce and Visitor Bureau Board Members:

Marcus McBride, Jabron Webster, Kelli Weis, Adam Wallace, Sharon Lucas, Steve Larson, Marty Jone, Noah Yaugh, and Richard Weaver, President. Not pictured: Barbara Comoroda and Veronica Voisine. Photography by Fred Langley.





Pooler Chamber of Commerce & Visitor Bureau staff: Kathy Smith, Linda Saytanides, and Pam Southard, Executive Director.

Upcoming Events - Please Join Us!

TASTE OF POOLER

Thursday, April 28th, 5:30 to 8 p.m.

Sample food from over 15 restaurants, offering something for all.

National Museum of the Mighty Eighth Air Force

SIP & SAVOR / CASINO NIGHT

Friday, June 3, 6 to 10 p.m.

\$28-Pre-registration \$32 at Door

National Museum of the Mighty Eighth Air Force

BUSINESS AFTER HOURS

Thursday, June 16, 5:30 to 7:30 p.m.

Location TBD

POOLER BUSINESS EXPO/JOB FAIR

Thursday, July 21, 5 to 8 p.m.

National Museum of the Mighty Eighth Air Force

ECONOMIC OUTLOOK LUNCHEON

Thursday, August 18, 2016, 11:30 a.m. to 1:30 p.m.

Hear about state of economy and growth in Pooler, Chatham County

Pooler Holiday Inn & Suites, 103 Sans Drive

PICNIC IN POOLER - Kickoff to Patriot Weekend

Thursday, September 8, 5:30 to 8 p.m.

Join us for the kick-off event for Patriots Weekend. Something for all.

Location TBD.

12@12

Tuesday, September 20, 12 noon to 1 p.m.

New Pooler Chamber office

Join the Chamber, along with a small group of fellow members for an informal, networking opportunity, limited to twelve people. We want to learn about your business and hear from you as to how we can better serve you.

Meet Our Newest Pooler Chamber of Commerce and Visitor Bureau Members - See page 31



Pictured (top to bottom) Mayor Mike Lamb introducing the reality television stars, the Property Brothers Drew and Jonathan Scott at the Tanger Mall Grand Opening; Ribbon Cutting with officials at Tanger; Ribbon Cutting at K. Hovnanian Homes at Westbrook Cove in Savannah Quarters; Residence Inn / Marriott- Pooler Ribbon Cutting; and Hearts for Heroes Red Tie Gala benefitting Coastal Children's Advocacy Center. Photos courtesy of Pooler Chamber of Commerce.



Rendering of the City Hall complex (above and below) concept illustrations courtesy of Hussey Gay Bell.



Building progress on the new City Hall structure. Photo by Cierra Ayers.

Pooler Municipal Complex

Construction of Pooler's new \$18.1 Municipal Complex, which includes a new City Hall, is well underway and expected to be completed late in 2016. In anticipation of the growth of multi-use development in the area along U.S. 80, city officials have spent an additional \$1.8 on properties surrounding the complex. Approximately \$1.5 million of it went towards land under the complex.

Anticipating that the area's growth and an increased influx of people at the complex on court days will eventually require overflow parking, the city is gradually purchasing nearby lots which they are clearing in preparation. City Manager Robbie Byrd believes it probably won't be necessary to build more lots right away since on-site parking for the remodeled Municipal Courthouse will be sufficient for awhile. According to Byrd, on busy courtroom days, visitors are already parking in a lot on the other side of U.S. 80 and walking across the highway to attend court. Also in the

“ *The massive improvements and revitalization of the municipal complex brings new identity and growth possibilities to the area.* ”

works are the city's improvements to U.S. 80's intersection with South Rogers and South Chestnut Streets that will provide extra safety for pedestrians. The installation of berms will reduce noise from the parking lots.

Since the new land purchases are for municipal use and thus removed from the tax rolls, the city will no longer benefit from property taxes associated with the properties. According to Byrd, the expense and loss of property taxes is well worth it. He describes the houses there before as eyesores whose removal has improved the area's aesthetic.

The massive improvements and revitalization of the municipal complex brings new identity and growth possibilities to the area. Attractive and efficient, and with its natural allocation for green space, the complex will be a mix of commercial, residential and civic structures. Currently, Pooler is in the process of developing incentives for existing businesses to improve their buildings on the U.S. 80 corridor, which could include a waiver of building permit fees, water and sewer tap fees and fees charged for contribution to the city's wastewater treatment plant. Further details are still being refined.



POOLER PATRIOT WEEKEND



Thursday, September 8, 2016

PICNIC IN POOLER KICK-OFF TO PATRIOT WEEKEND (Location to be announced)

Hosted by the Pooler Chamber of Commerce & Visitor Bureau, Inc. If you are interested in participating as a vendor for the Picnic in Pooler, please contact us directly at: office@poolerchamber.com. Please call 912-748-0110 for more information.

Saturday, September 10, 2016

FESTIVAL IN THE PARK Pooler Park (Rogers Street)

The event is free and will be family friendly. There will be lots of opportunities to purchase food, drinks and merchandise from local vendors. Be sure to bring a blanket or lawn chairs. See parking options below!

Gates open at 4:00 p.m and the event is over at 9:30 p.m.

Come out for our third annual First Responders Showcase. This is a great chance to not only meet some the great folks that serve in our local Police and Fire Departments, but also to check out their vehicles and equipment. The whole family will enjoy this event. Come see firetrucks, bomb sniffing dogs, emergency helicopters and more!

There is limited parking available at Pooler Park. Simply turn in the main entrance to the park. Once that lot is full the Pooler Police will be directing you to our second lot.

There is a second lot available at West Chatham Middle School (corner of Rogers Street and Pine Barren Road). Old Town Trolley will be providing free shuttle service from 5:00pm-10:00pm back and forth from the school to the park and back!



Friday, September 9, 2016

THE GUNS AND HOSES GOLF TOURNAMENT Savannah Quarters Golf Course

There will be a shotgun start at 9:00 a.m.

About the Tournament:

- ★ Four player teams: You can sign up as a team or you can sign up individually and we will pair you with a team.
- ★ Format will be a four person Scramble with a 9:00 a.m. Shotgun start
- ★ There will be lots of special contests throughout the one round event.
- ★ Price includes range balls, 18 holes of golf, and cart.

Three options to play:

- 1) Sign up as a Team \$400 That price includes range balls, 18 holes of golf for 4 persons, and cart.
- 2) Sign up as an Individual \$100 That price includes range balls, 18 holes of golf per person, and cart.
- 3) Have your business or organization become a Major General level sponsor (*which includes a four person team plus publicity for your business*)

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Photo by Fred Langley



Hot Potato

By Wolfgang Puck

A plate of mashed potatoes ranks among the most widely beloved side dishes I know. It's easy to understand why.

They're an ideal comfort food: earthy and mild, rich yet also austere, filling and yet delightfully easy on the palate. They also go with virtually any main dish. At Spago, my CUT steakhouses, and many of my other restaurants, they're a very popular companion to grilled meat, poultry or seafood, as well as to stews and braises. They're so easy to vary, too, with the potatoes providing a blank canvas for any culinary artist to embellish with seasonings and enrichments.

Did I mention that mashed potatoes are also easy to make? Although I think most people don't know the few simple secrets to make them perfectly, you can easily master mashed potatoes with just a little bit of attention to detail.

The first step is to start with the right potatoes. I like ones that combine the slightly mealy quality of baking potatoes with the finer texture of waxy boiling potatoes. That usually leads me to the Yukon Gold variety, which also possesses a wonderfully rich, naturally buttery flavor. But you could also use common russet potatoes too.

The next key is to cook the potatoes properly. Use salted water, which helps season them as they simmer to tenderness. And don't cook the potatoes too long, or they'll get too watery to give you the consistency you need; in fact, as I explain in the recipe, I even dry them out a bit in a hot pan to eliminate any excess traces of water.

The way you actually mash the potatoes is another key step. I like to use an inexpensive ricer or a food mill, which gives them a uniform, smooth and slightly fluffy texture.

Last but not least, there's the matter of flavoring the potatoes. One of my favorite ways is to make them into what the French call "pommes aligot." It's a traditional preparation from south-central France in which the finely pureed potatoes are generously flavored with garlic and stirred together with warm cream, butter and a rich melting cheese to achieve a consistency that resembles a thick fondue almost as much as it does the mashed potatoes most Americans know and love.

Sure, you can use my secrets for cooking and pureeing to make mashed potatoes any way you might like them (even using low-fat milk instead of the richer ingredients). But please also try the following recipe, and you'll discover a new dimension of mashed potatoes that you might never have dreamed was possible.

FRENCH-STYLE POTATO PUREE WITH GARLIC AND CHEESE

Serves 4

1 3/4 pounds (875 g) Yukon Gold potatoes or russet potatoes, peeled, cut into halves or quarters depending on size

Kosher salt

8 cloves garlic, peeled, 6 or 7 left whole, the remainder finely grated

1/2 cup (125 mL) heavy cream, plus more as needed

3 tablespoons unsalted butter, cut into chunks

Pinch freshly grated nutmeg

6 ounces (185 g) whole-milk mozzarella cheese or Cantal cheese, coarsely shredded

1/4 cup (60 mL) freshly grated Parmesan cheese

Freshly ground black pepper

Put the potatoes and whole garlic cloves in a large saucepan with enough cold water to cover the potatoes. Season with salt. Cover and bring to a boil over high heat, skimming off any froth that rises to the surface.

Reduce the heat to a gentle simmer, partially cover the pan, and cook the potatoes until they are tender when pierced with a wooden skewer or a small, sharp knife, 20 to 30 minutes.

Drain the potatoes in a colander. Return them to the same pan over medium heat. Partially cover and cook, shaking or stirring occasionally, until excess water evaporates and the potatoes look dry, 3 to 4 minutes. Meanwhile, bring the cream to a simmer over medium heat.

Place the potatoes into a bowl. Working in batches, rice the potatoes and garlic cloves back into the same pan. Alternatively, pass them through a food mill; or use a hand-held masher and mash the potatoes and garlic in the pan.

Place the pan over medium heat. A little at a time, stir the hot cream and the butter into the potatoes. Stir in a little nutmeg and the grated garlic to taste.

Still over medium heat, stir in the mozzarella or Cantal in batches, along with the Parmesan, until the puree looks stringy and resembles thick cheese fondue. If needed for a more fluid consistency, stir in a little more cream. Season to taste with salt and pepper. Serve immediately.



Photo: Tribune Content



Jill on Money: Spring Cleaning Does Wonders For Your Financial Records

By Jill Schlesinger

Attention neat freaks and those who want to take more control of their financial lives: Spring isn't just a good time to clean your home and garden; it's an excellent time to get your money documents in order. Now that you have waded through a myriad of documents for tax season, why not clean out your files?

Here is what you need to know:

◆ **Bank statements:** Generally speaking, you only need to keep bank statements for one year. However, if you think that you may be applying for Medicaid, many states require that you show five years' worth of bank statements. Also, hold onto records that are related

to your taxes, business expenses, home improvements, mortgage payments and major purchases for as long as you need them.

◆ **Credit card bills:** Unless you need to reference something for tax or business purposes, or for proof of purchase for a specific item, you can shred credit card statements after 45 days. Like the bank statements, hang on to those statements that you may need for your taxes, as proof of purchase or for insurance.

◆ **Tax returns/supporting documents:** Despite being able to amend your tax returns going back three years, the IRS has seven years to audit your returns if the agency suspects you made a mistake and up to six years if you likely underreported your gross income by 25 percent or more. As a result, you need to hold on to your returns and all supporting documents for seven years. If you work with a tax preparer, ask for a copy of your return on CD - it will save some space in your file cabinets.

◆ **Medical records:** Given how hard it is to deal with health insurance companies, you should keep medical records for at least a year, though some suggest keeping records for five years from the time treatment for the symptoms ended. Retain information about prescription information, specific medical histories, health insurance information and contact information for your physician.

◆ **Utility and phone bills:** Shred them after you have paid them, unless they contain tax-deductible expenses.

◆ **Taxes:** If you received a tax refund of more than \$1,000, your first task is to adjust your withholding. Remember, a refund is the return of a yearlong, interest-free loan that you extended to Uncle Sam, so let's not do that again!

If you need help determining the proper withholding amount, the IRS has a nifty calculator: <http://apps.irs.gov/app/withholdingcalculator/>.

Once you adjust, you will have more money in each paycheck. It is critical that you capture this extra amount and save it. The easiest way to do so is to boost your retirement contributions into your employer-sponsored plan or to establish an automatic monthly draft from your checking or savings accounts into a traditional or Roth IRA.

◆ **Home maintenance:** Make sure that your property/casualty insurance is up to date and make a list of maintenance items that you need to address, especially those that may have occurred as a result of winter conditions.

If you are ready to tackle some larger projects, prioritize them by choosing those that add the most value to your home. According to Remodeling Magazine's 2016 Cost vs. Value Report, "many of the biggest percentage gains were for higher-dollar 'upscale' projects." Don't fret if you don't have big bucks available, because the report also found that replacement jobs - such as door, window and siding projects - generated a higher return than remodeling projects.

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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New Routes for Savannah/ Hilton Head Airport

There's good news for air travelers in the Pooler area. Allegiant Air is adding four new routes to the three it already operates into Savannah/Hilton Head. The domestic low-cost carrier will begin year round service to Baltimore and seasonal service to and from Indianapolis, Pittsburgh and Lexington, KY this spring. Currently, Allegiant flies to Savannah from three Ohio cities – Columbus, Cincinnati and Canton/Akron.

After less than two years of serving the Savannah area, the airline looks forward to bringing more visitors and economic growth to the area. "When Allegiant introduced the flights from Ohio, the response was surprising," said Jude Bricker, Allegiant senior vice president of planning. "The planes were immediately full, especially from Cincinnati to Savannah." As a result, they extended service twice since then. The airline is optimistic that the expanded routes and schedules will be successful. According to Gregory B. Kelly, the Savannah/Hilton Head Airport's executive

director, "It's great for our region that Allegiant has enough confidence in our market to add multiple flights to and from these new cities, in addition to the Ohio service they initiated in 2015. These flights will not only bring new visitors to the Savannah/Hilton Head area, they will give people in our market area the opportunity to travel nonstop, very affordably, to these large population centers in the North and Midwest."

With summer being prime travel months, Pooler and surrounding areas can expect an influx of visitors from the new cities on Allegiant's routes. More visitors means more exposure for our businesses, tourist attractions, cultural offerings and universities. Naturally, some visitors will fall so in love with our area that they will want to stay, or buy vacation homes here. That, of course, means an increase in home sales and home values. It's a win, win situation for the airline and the communities in our area they serve.

If you are planning to travel any of the Alle-

giant four new routes during the next few months, the airline is offering introductory fares beginning at \$39. According to the airline, the new flights will operate twice weekly (Monday and Friday), ex-

panding the routes to seven and bringing an estimated 42,000 additional visitors to the area each year. Service from Indianapolis and Pittsburgh will begin April 8; service from Washington/Baltimore will start April 29 and service from Lexington will begin June 2.

Owned by publicly traded Allegiant Travel Co. (NASDAQ: ALGT), the airline has grown

from one aircraft and one route just more than a decade ago to providing service in more than 100 communities nationwide.

The all-jet passenger airline focuses on low-cost leisure travel, providing customers with low base fares averaging nearly half of the cost of the typical domestic round-trip fare.

The company also offers travel-related products such as hotel rooms, rental cars and attraction tickets. Allegiant Travel has been named one of America's 100 Best Small Companies by Forbes Magazine for five consecutive years. In 2014, Aviation Week ranked Allegiant the Top Performing Airline in North America for the third consecutive year.

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Additional New Flights To Be Added:

- Pittsburgh (PIT) – Friday and Monday flights begin April 8
- Indianapolis (IND) - Friday and Monday flights begin April 8
- Baltimore (BWI) – Friday and Monday flights begin April 29
- Lexington (LEX) – Thursday and Sunday flights begin June 2

“ We look forward to bringing more visitors and economic growth to the area. ”



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About Your Blood Pressure

By Andrew Rule, M.D., Nephrology
The Mayo Clinic

With blood pressure, both numbers are important to overall health!

DEAR MAYO CLINIC: *I have a high systolic (top number) blood pressure, but my diastolic (bottom number) is normal. What does this mean? Is it considered high blood pressure? Do I need any treatment?*

ANSWER: When measuring blood pressure, both numbers are important to your overall health. If your systolic blood pressure is high, even if your diastolic number is normal, it could raise your risk for a variety of health concerns. The situation does need to be addressed. Blood pressure medication can be helpful. In some cases, though, lifestyle changes may be the only treatment necessary to lower systolic blood pressure to a healthier level.

Blood pressure is a measure of the pressure in your arteries as your heart pumps. Testing your blood pressure is an important way for

your doctor to monitor your general health. A blood pressure reading, given in millimeters of mercury (mmHg), has two numbers. The first, or top, number measures the pressure in your arteries when your heart beats. That is your systolic pressure. The second, or bottom, number measures the pressure in your arteries between beats. That's your diastolic pressure.

Historically, doctors used to care more about the diastolic blood pressure than the systolic blood pressure. They believed the body could tolerate occasional increases in systolic blood pressure, but consistently high diastolic pressure could lead to health problems. However, more contemporary research has shown that both systolic and diastolic blood pressure need to be consistently within the normal range to lower the health risks associated with high blood pressure.

The type of high blood pressure you describe, known as isolated high systolic blood pressure, is often seen in older adults. It is most common in people whose arteries have lost their elasticity due to aging or diabetes. This condition is called hardening of the arteries. Without treatment, high systolic blood pressure can raise your risk of death, stroke, heart disease and kidney disease.

An ideal systolic blood pressure is considered to be 100 to 120 mmHg. So any systolic blood pressure over 120 mmHg could be considered high. In people younger than 60, however, doctors usually only recommend treatment with medication when systolic blood pressure is higher than 140 mmHg. For those older than 60, treatment with medication typically is recommended when the systolic reading is

higher than 150 mmHg.

A variety of lifestyle changes can help lower blood pressure. Doctors often recommend a diet low in sodium, or salt. The exact sodium level you should aim for depends on your age and overall health. Focus on fruits, vegetables, whole grains and low-fat dairy foods in your diet. Limit fats and alcohol. Ask your doctor about a diet that's right for you.

Regular physical activity also can help lower your blood pressure. Try to get at least 30 minutes of exercise each day. Maintaining a healthy weight can make a difference, too. Blood pressure often goes up as you gain weight. If you are overweight, losing just five to 10 pounds can help bring down your blood pressure.

Finally, it's essential that you do not use tobacco. Smoking speeds up the damage caused by high blood pressure. It injures the walls of the blood vessels, making hardening of the arteries worse. If you smoke, ask your doctor about programs or resources in your area that can help you stop.

Talk to your doctor about how best to manage your high systolic blood pressure. Timely treatment is important to keep your blood pressure under control and to lower the serious health risks that can come with untreated high blood pressure.



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Dogs May Not Have A Specific Language, But They Do Know How To Communicate

By Steve Dale

Q: Do dogs actually speak a language? It does seem my dog uses different types of barks, and other sounds to communicate with me?

A: *You're certainly right about dogs using various means to communicate with people, with barking being the most noteworthy to attract our attention. Adam Miklósi, founder of the Family Dog Research Project in Budapest, Hungary at Eotvos Lorand University Department of Ethology says, "I think we have to be very careful to point out that dogs are not saying anything, they're vocalizing, a bark, a growl, whatever it is. Dogs use various vocal signals for communicating with one another. Peter (Pongracz) showed in a nice experiment that dogs are able to decode messages in the barking of other dogs and they respond differently to aggressive dogs' bark and barks emitted by a lonely dog, for example."*

Pongracz, an ethologist and researcher at the University adds, "We found that dogs are capable of distinguishing between different barks from other dogs." His research confirms that even people who don't have dogs generally understand the nature of what dogs are saying. Is

it an anxious dog or a dog that is angry? Some even suggest we're born understanding what dogs are trying to say. Pongracz says that's taking it too far, as young children seem not to understand.

But are various dog vocalizations actually a language? While these researchers in Hungary fall short of going that far, other researchers now maintain it is a language. In part, researchers have different views because there are varying definitions of what a language is.

All agree, when dogs want our attention, they know how to get it.

Q: My sweet older cat doesn't want to accept our new kitten. She's been chasing after her as if she wants to kill her. The kitten is trying to be friends, but he won't let that happen. I started the kitten in a separate room with the door closed as you suggest. And also, the kitten eats my other cat's food. I can't police the food all the time. I want my cats to be best friends. What can I do?

A: *It sounds like you went about all this the right way, but perhaps you introduced your older cat to the kitten too quickly. In any case, start all over. Restrict the kitten to one room in the house. Naturally, place the kitty's food and water dishes, litter box and various toys in that room. Visit and play with your kitten often. Your kitty should be eating separately, and on a different diet than your adult cat, anyway.*

Use a Feliway MultiCat diffuser in the kitty room, and at least one in the rest of the house (likely two or three depending on the size of the house; each diffuser covers about 700 feet). Feliway is a copy of a calming pheromone, which knocks anxiety down a notch, and is made specifically for this purpose.

Meanwhile, rotate blankets and toys, so your older cat smells the kitten's blanket and toys and your kitty smells your older cat's stuff. Also, after about 10 days, allow your kitten to wander the house and your older cat to tour the kitten's room for about an hour.

When it's finally time to introduce them, do so gradually; for only 15 to 30 seconds at a time. For these short times the cats are together, give them a reason to like one another, like tuna or sardines - the heavy artillery comes out. They'll be paying more attention to the food than one another; and hopefully will associate the amazing treat with each other. For example, if every time you saw me, I gave you \$100 - over time, you'll want to see me often.

You are welcomed to write me, please send your email to petworld@steve.dale.tv.

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A Private Collection Transforms Into A Military Museum

By Dianne Carter

The recently opened Webb Military Museum in downtown Savannah offers a stunning personal collection of rare military artifacts from Civil War to present. Savannah resident, Gary Webb, has transformed his lifelong passion for history into a formidable collection of military uniforms, heart-wrenching personal journals and letters. Each unique display evokes a deeply personal experience that goes far beyond staring at a military uniform. In some ways comparable to Ken Burns' Civil War documentary, this museum brings to life the culture of the different eras and the lives of those who fought these wars.

Webb Military Museum is dedicated to Gary's parents, James and Doreen Webb. His Father, a career Air Force Officer, was born in North Georgia and served in World War II and Vietnam. His mother grew up in London when Nazis were bombing the city, and it was her personal stories that inspired his love of history and ultimately created the inspiration for the new museum. "I thought everyone's Mother lived in a bomb shelter and carried a gas mask to school until I was 11 years old," says Gary. "It was at that time I realized my Mother had a special childhood, as horrible as it was."



"I began collecting military artifacts at the age of 10 while living in Germany in the mid-1960s," says Gary. "As my collection grew of these servicemen's personal items, I wanted to find a way to honor their service and share with the Savannah community the love of history I have."

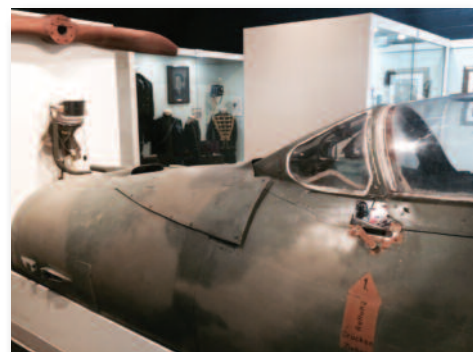
What started off as a hobby collecting small items and searching for military relics in the woods of Germany turned into a lifelong interest that has now turned into Webb Military Museum. "Collecting these artifacts, I feel as if I have become the curator of those servicemen's personal items," explains Gary. "I want to honor their service and share with the Savannah community the love of history that I have."



The items that started Webb's collection are in the museum, and each one featured has a story to tell. Among them are family photos found in the hat of a German soldier from World War II. Another display is dedicated to a Korean War fighter pilot whose log tells of strafing 20 trucks and a supply train in one day. "It's personal stuff," says Gary. "People think, 'Man, I had a hard day.' This guy had a real hard day."



Other items include hats Webb's grandfather wore when he was in London's fire brigade in World War II. In the mornings, after Nazi planes had left the airspace above the city, Webb's grandfather would dig through the rubble for bodies. "That resonated with me," says Gary. "Can you imagine being 35, 40 years old and that's what you're doing every day?"



Another display holds the uniform of an American soldier who's still considered missing in action in Korea. "Now, he's immortalized in my museum," adds Gary.

Stories like that are the focus of Webb's collection. Of local interest are stories that showcase ancestors of Savannah's own residents. There's even a uniform from the Chatham Artillery — Georgia's oldest military unit and the namesake of Savannah's signature cocktail.

He's got more contemporary items, too, like Bob Hope's USO uniform, and special displays such as the cockpit of a MiG-21 fighter jet and "Buffalo Soldier" regalia from the historic African-American 92nd Infantry Division,



After the self-guided tour, visitors leave the museum feeling a strong connection to these individuals and their experiences, and an enhanced appreciation for the men and women who fought for our country.

The Webb Military Museum, located at 411 E. York St. on Columbia Square in Savannah, offers a must-see, unique experience to learn about military history on a more-personal level. The museum also features a museum store and website where patrons can purchase collectables not found in the museum displays.

The museum hours are 10 a.m. to 5 p.m. Monday-Saturday. The cost is \$9 for general admission; \$8 for seniors 62 and older; \$6 for children 8-17; free for children under 8 and active-duty military. For more information, please call 912.663.0398, or visit www.webbmilitarymuseum.com.



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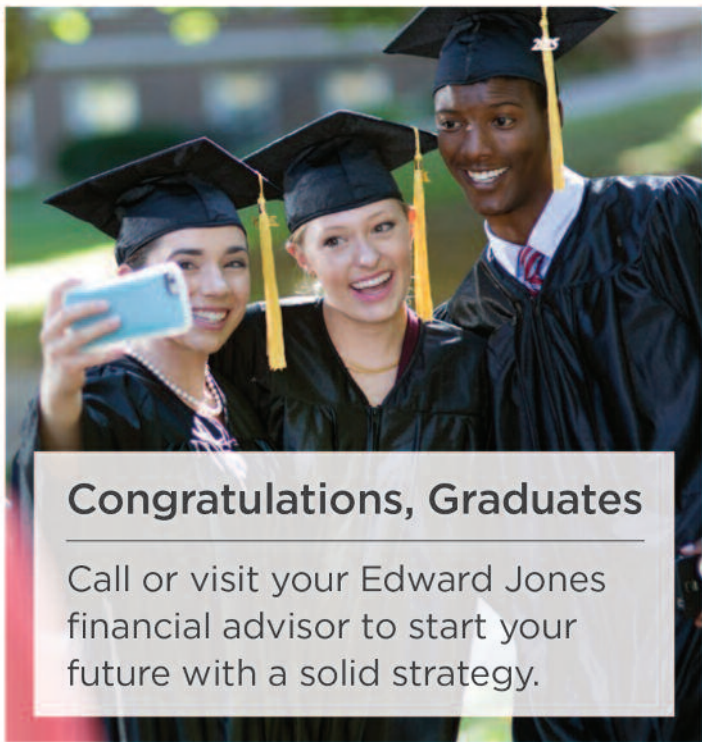
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Day Trippin' - St. Simons

By Dean Ayers

Several months ago we took a virtual trip to Jekyll Island. This month we will travel back to the Golden Isles and visit the largest, St. Simons.

Located less than 1½ hours from your front-door, St. Simons is a wonderful day trip for you and your family and is easily accessible via I-95 and the F.J. Torras Causeway.

St. Simons is not an action-packed vacation spot, but one that offers a personal interaction with the beauty and tranquility of nature. Enjoy the expansive beaches that invite you to sunbathe, surf, jog, shell and even fly fish from the north end beaches. If you're feeling a bit more adventurous,

book a guided charter for deep sea fishing where you might find shark, trout, snapper and other varieties dangling from the end of your line.

For history buffs, start with Fort Frederica National Monument and Bloody Marsh Battle Site where you will learn about the history of colonial America and the battle fought for Georgia territory between the English and Spanish. Right across the street from the fort is the lovely and peaceful Wesley Memorial Gardens. With its striking Celtic Cross as the centerpiece, the gardens are beautiful year-round, but particularly spectacular in spring when thousands of azaleas are in bloom.

Also, visit the St. Simons Lighthouse which has been operating since 1872. The original lighthouse was built in 1810 but was destroyed by Confederate troops in 1862 to confound Union forces. A Victorian designed, red-brick building adjacent to the lighthouse houses a mu-

seum and gift shop. If you're feeling energetic, climb the 129 steps for a spectacular view of the island.

Another choice which is both historic and bucolic is Christ Church and its bucolic gardens. Originally build in 1738, the church is a treasured landmark, and a walk through the nearby graveyard will tell you much about the island's past.

Golfers can find a little nirvana playing some of the most beautiful courses in the South. St.

Simons boasts five world-class courses, but most notable is Sea Island Golf Club, home to the McGladrey Classic on the PGA Tour. Plan to visit St. Simon's and attend the tournament November 16-22.

Other fun events scheduled this year

include A Little Light Music Concert Series on September 6, featuring Sensational Sounds of Motown. On September 12, enjoy The Farmer's Market and its potpourri of fresh produce, artisan products, vendors, live music, food samples and other goodies that will stimulate your appetite to return for the Wild Georgia Shrimp Festival September 18-20.

You may choose to spend more than a day at St. Simons and who would blame you. Unique experiences abound here, such as renting a kayak and paddling out to the island's marshlands, or spending time at Cannon's Point, one of the last untouched maritime forests on the coast.

A variety of hotels, B&B's, and romantic inns offer some of the best of coastal Georgia. Two favorites are The King and Prince Beach & Golf Resort and Village Inn & Pub. Vacation condominiums that are fully furnished with up to 3 bedrooms are available at The Beach Club at St.



Simons.

At the end of the day whether you are heading back to Southbridge tonight or in a few days, enjoy a delicious seafood dinner at Echo, Crabdaddy's or one of the other fine restaurants in the area.

Visit <http://www.stsimonsisland.com/category/september/> for more information about things to do and the many ways to enjoy your time on St. Simons Island.



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- 16 ~ ~ Savannah Earth Day - 12 noon - 5 pm**
Forsyth Park
Contact: (912) 662-5162 • earthday@wellfedsavannah.com
- 19 ~ ~ WOMENS MAKEOVER - 6 pm - 7:30 pm**
Vickery, Southbridge Golf Club
Contact: (912) 631-5000 • <http://bit.ly/ceps-southbridge>
- 28 ~ ~ TASTE OF POOLER - 5:30 pm - 8 pm**
National Museum of the Mighty Eighth Air Force
Contact: (912) 748-0110

MAY

- 1 ~ ~ LIONS CLUB BUSINESS OF THE MONTH**
Pooler Chamber of Commerce Office
Contact: (912) 988-1466 • lionsclub2@gmail.com
- 7 ~ ~ YMCA HEALTHY KIDS DAY**
Pool open for the season
Contact: (912) 748-9622
- 6-13 ~ READING LITERACY PROGRAM**
Contact: (912) 988-1466 • lionsclub2@gmail.com
- 7 ~ ~ LIONS CLUB ANNIVERSARY CELEBRATION - 4 pm - 7 pm**
Pooler Recreation Facility on Plantation
Contact: (912) 988-1466 • lionsclub2@gmail.com
- 24 ~ ~ LIONS CLUB MEET AND GREET - 6 pm -**
LOVEZZOLA'S
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JUNE

- 3 ~ ~ SIP & SAVOR / CASINO NIGHT - 6 pm - 10 pm**
National Museum of the Mighty Eighth Air Force
Contact: (912) 748-0110
- 16 ~ ~ BUSINESS AFTER HOURS - 1 pm - 4 pm**
Location to be determined
Contact: (912) 748-0110

JULY

- 21 ~ ~ POOLER BUSINESS EXPO/JOB FAIR - 5 pm - 8 pm**
National Museum of the Mighty Eighth Air Force
Contact: (912) 748-0110

AUGUST

- 18 ~ ~ POOLER BUSINESS EXPO/JOB FAIR - 11:30 am - 1:30 pm**
Pooler Holiday Inn & Suites 103 Sands Drive
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SEPTEMBER

- 8 ~ ~ KICK-OFF TO PATRIOT WEEKEND - 5:30 pm - 8 pm**
Location to be announced
Contact: (912) 748-0110
- 9 ~ ~ GUNS & HOSES GOLF TOURNAMENT - 9 am**
Savannah Quarters Golf Club
Contact: info@patriotweekend.org
- 10 ~ ~ FESTIVAL IN THE PARK - 4 pm - 9:30 pm**
Pooler Park - Rogers Street
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- Swim Lessons for Children and Adults
- Family Game Night



For details please call us - West Chatham YMCA Welcome Center 912-748-9622



Photo by Fred Langley©

Pooler Recreation Department Facilities

Pooler Park

900 South Rogers Street

A little over 33 acres of parkland, Pooler Park has been the home to the Pooler Recreation Department for many years. The park is conveniently located on Rogers Street between Highway 80 and Pine Barren Road.

Administrative Offices

- ❖ Programming and Athletics Offices
- ❖ Pooler Gyms
- ❖ 33.85 acres of parkland
- ❖ 13 acres wooded park land
- ❖ 4 lighted ball fields (softball, baseball, tee ball, soccer, football)
- ❖ 1 outdoor basketball court (2 goals)
- ❖ 2 playgrounds
- ❖ 1 play set ages 5 to 12 with bench seating and 2 picnic tables
- ❖ 1 play set ages 2 to 5
- ❖ 2 70ft tunnel batting cages
- ❖ Picnic areas

Pooler Gyms (Green and Gold Gyms)

900 South Rogers Street

- ❖ 2 high school regulation basketball courts
- ❖ 4 side goals (both gyms)
- ❖ 1 all purpose room used for gymnastics, tumbling, dance
- ❖ Restrooms
- ❖ Concession stand with porch and picnic tables
- ❖ Conference area

Gleason Park

Corner of Symons Street and Newton Avenue

Gleason Park is a small community park, located near the Gleason Heights neighborhood. It is a little less than an acre of tree covered, passive park. The park offers a gazebo and sitting areas.

Joe Baker Park

Highway 80 East

The park acts as a gateway to Pooler to welcome people from Interstate 95, on Highway 80. Joe Baker Park is a small green space park, but it is home to Pooler's fountain and several events are hosted there, including the annual lighting of the Christmas tree and the 'coffee breaks' during big travel weekends. There are also several picnic tables available at this park.

Memorial Park

The park is located at the intersection of Highway 80 and the Pooler Parkway. It is a passive, greenspace area that will serve as a memorial to all of Pooler's veterans, past, present and future. Memorial Park is still currently in the construction phase.

Pooler Recreation Complex

200 Preston Stokes Drive

- ❖ 36 acres in Phase I
- ❖ Pooler Stadium
- ❖ 2 lighted, large football/soccer fields
- ❖ 5 lighted ball fields
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Pooler Senior Citizens' Center

955 Plantation Drive

- ❖ Full kitchen
- ❖ Sewing room
- ❖ Arts and crafts room
- ❖ Large activity/dining room
- ❖ Billiards room
- ❖ Exercise area
- ❖ Reading room/library
- ❖ Carport with handicap access

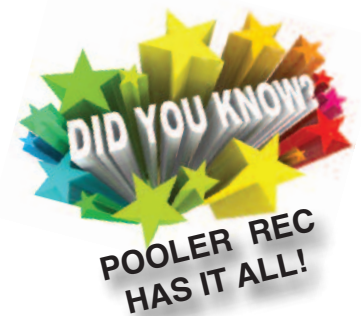
Pooler Community Building

958 Plantation Drive

- ❖ Over 1800 square feet
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- ❖ Tables and chairs available
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- ❖ Available for rental

Newton Cemetery

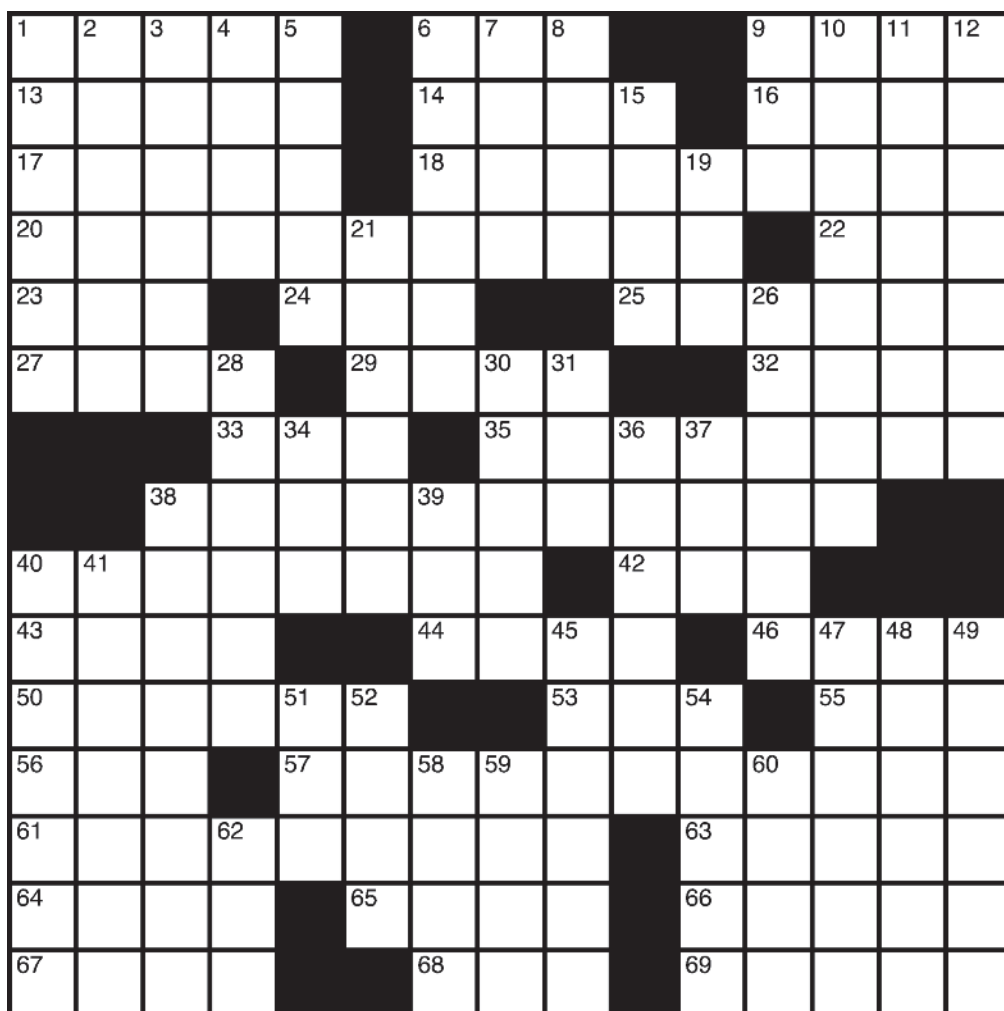
One of Pooler's oldest cemeteries and is the only cemetery operated and maintained by the City of Pooler,



CROSSWORD CLUES

Across

- 1 Rosie of "The Jetsons," for one
- 6 Recede
- 9 Downloadable programs
- 13 Golden Gloves venue
- 14 Chimney substance
- 16 Toondom's ___ E. Coyote
- 17 Camp shelters
- 18 Single proprietor
- 20 The Old Spaghetti Factory alternative
- 22 Big D hoopster
- 23 West Coast sch. with more than 100 NCAA championships
- 24 Martini order
- 25 Gloomy
- 27 Golf hole starting points
- 29 On the topic of
- 32 Fed. power dept.
- 33 "___ Legend": Will Smith movie
- 35 Nook and Kindle
- 38 Self-defense option
- 40 Emphatic military reply
- 42 Actor McKellen
- 43 Japanese soup noodle
- 44 Formula for salt
- 46 Brewpub lineup
- 50 Mr. Fixit's forte
- 53 Singer Orbison
- 55 Aflame
- 56 Chinese chairman
- 57 Fragrant bloomer with typically pink flowers
- 61 Comment after a feast ... or what the first word of 18-, 20-, 38- and 57-Across would sometimes say—if it could talk
- 63 Christmas celebrity
- 64 Future plant
- 65 Nonstick cookware brand
- 66 ___ salts
- 67 Grinds to a halt
- 68 Seek damages from
- 69 Poker-faced



Down

- 1 Squeal on
- 2 Parental warning words
- 3 "No fighting, kids!"
- 4 "As seen ___": ad phrase
- 5 Used a stun gun on
- 6 College application pieces
- 7 Mannerless fellow
- 8 Like headline typefaces
- 9 "So-o adorable!"
- 10 Cash for fun
- 11 Crowd ___: popular performer
- 12 Order takers
- 15 Overflow (with)
- 19 Artist with the website imaginepeace.com
- 21 Pa's pa
- 26 Hill-building biter
- 28 "Burnt" crayon color
- 30 ___ firma

- 31 Surg. sites
- 34 Mil. mail address
- 36 Literary wrap-up
- 37 Football's Parseghian
- 38 Popped the question
- 39 Bavarian article
- 40 Conjecture
- 41 Think tank guys
- 45 Baby rocker
- 47 King in Shakespeare's "The Tempest"
- 48 Moving engine part
- 49 Hot and humid
- 51 Post-surg. area
- 52 Rapids transport
- 54 Go-aheads
- 58 Inseparable pals, to texters
- 59 Brummell or Bridges
- 60 Captivated
- 62 NFL scores

Answers on page 40



Pooler Parkway

Life's about to get a little faster in the fast lane – at least on Pooler Parkway. The Pooler City Council has approved a \$65,000 engineering contract for the installation of new “smart” traffic signals at strategic areas along the Parkway which are expected to reduce travel times and delays significantly.

The contract, which is being done in conjunction with the Savannah/Hilton Head International Airport and the city of Savannah who are purchasing their part of the project, will cost Pooler about \$50,000 for the purchase and upgrade of the lights on the Pooler side of the Parkway, said City Manager Robbie Byrd.

The devices, which are expected to be operational by summer, have done well in case studies in other communities, and have proven to be very effective in mitigating traffic delays and increasing speed. According to Byrd, the new system will treat Pooler Parkway like a tunnel. As cars arrive at intersections along the Parkway, the light changes to accommodate them. Sitting for long periods at a red light with no other cars in sight will be a thing of the past.

“Our technology is essentially an artificial intelligence that sees all that approaches,” says Jesse Manning, director of commercial operations for Rhythm Engineering, who sell the devices. “Rather than follow a pre-programmed pattern, it’s counting all the cars, and it uses the data to make a decision on which light to turn green next. That way it’s serving things more efficiently.”

If the new system does well in heavy congestion and conditions improve on the Parkway, Byrd says the city will budget for more smart signals throughout the city. “The next one could be the Highway 80 Corridor.”

In the beginning it may seem a little strange and take some time for drivers to adjust until they realize that they’re getting where they want to go faster, and probably with fewer commuter headaches.



Pooler Lions Club Updates

The Pooler Lions Club is a non-profit service organization that helps the blind and vision impaired. We conduct free vision screenings and help people in need obtain doctor exams and glasses. We also collect used eyeglasses for recycling and have collection boxes in many local vision centers. We sponsor Sight for Students in Pooler schools, which allows qualifying local students to obtain vouchers for free eye care. In addition, we perform a variety of other services which include protecting the environment, relieving hunger, and engaging youth.

The Pooler Lions Club has permanent collection boxes for used eyeglasses/sunglasses at Walmart, Sam’s Club Vision Centers, Pooler Elementary School, Godley Station School Offices, and Low Country Eye Care. The donated glasses are cleaned, categorized, and given to those in need. Your donations are greatly appreciated.

Another ongoing project is our Fly the Flag program. Flags are displayed for patriotic holidays throughout the year along Hwy 80 in Pooler. If you would like to sponsor a flag with an accompanying sign (indicating your business or in memory of a loved one), please contact us at (912) 988-1466, or email us at lionsclub2@gmail.com.

APRIL ACTIVITIES:

April 1 - Business of the Month is Power Home Technologies, 130 Canal St. Thank you Mike Tut-sie for your support of our recent golf tournament fundraiser.

April 6 - Free vision screening for the public at Pooler Senior Citizens Center.

April 1, 8, 15, 29 - Reading Literacy Program at Godley Station Elementary and Pooler Elementary (reading to kindergarteners and tutoring second graders in reading).

April 12 - Board of Directors Meeting at Lovezzola’s Restaurant at noon.

April 26 - Meet & Greet at Lovzzola’s. Dinner at 6:00 & meeting at 6:30pm.

MAY ACTIVITIES:

May 1 - Business of the Month will be the Pooler

Chamber of Commerce, who helped us with our golf tournament and with gift bags for our International Directors when they met in Savannah last month.

May 6, 13 - Reading Literacy Program.

May 7 - 5th Anniversary Celebration of the Pooler Lions Club at Pooler Recreation Facility on Plantation Drive from 4-7pm. The public is welcome to join us and learn more about our activities. Buffet dinner is \$13. RSVP with your name and check by April 30th to:

Pooler Lions Club

PO Box 830, Pooler, GA 31322

May 10 - Board of Directors Meeting at Lovezzola’s at noon.

May 24 - Meet & Greet at Lovezzola’s. Dinner at 6:00 and meeting at 6:30pm.





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Friday, June 3, 2016

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Savannah Earth Day Festival

By Well FED Savannah

Each year in the spring, the 30 acre Forsyth Park at the heart of the historic district becomes the nucleus of the city's green initiatives. It is a celebration of environmentally responsible living and business in coastal Georgia. Earth Day Savannah serves as an important opportunity for local government, businesses, non-profits, and community groups to connect with the public and each other. It is the City's largest environmental outreach event of the year, and the largest education event in conjunction with Earth Day in Georgia.

When the first Earth Day celebration was held in 1970, the goal was to unite the nation's fragmented environmental movement to better reach the public and mobilize a response to water and air quality issues. While many Earth Day festivals take place around the state and country each year, Savannah's is one of the few that are still truly focused on education and activism, rather than crafts and entertainment. Modeled after the early Earth Day celebrations, the goal of Earth Day Savannah is to open dialogues about environmental issues affecting Savannah as citizens are welcomed by a festival of tents draped by 100 year old live oaks. A wide variety of exhibitors and workshops take place with something for everyone. The exhibits range from state and federal government programs, local government initiatives, national conservation organizations, environmental education centers, local sustainability non-profits, academic institutions, energy companies, industries, lobbying groups, public utilities, holistic health practices, youth groups, religious institutions, and local businesses and green contractors.

Providing a venue for these exhibitors to get their names out, educate the public about their causes, network with each other, and recruit new members or clients has not only strengthened the environmental network in Savannah, but has also generated new activists and organizations by introducing many to these issues for the first time.

Savannah is a diverse city, in demographics, values, and interests. Earth Day Savannah serves to unite the many different interests that would otherwise be celebrating the day independently. By hosting a central Earth Day festival we are not only working to unite Savannah's environmental interests, but also to unite it's politically and socially divided communities. These communities join in a common cause to sustain the precious natural resources of coastal Georgia.

For more information, contact: Well FED Savannah at (912) 662-5162, or earthday@wellfedsavannah.com.

Where Does My Water Come From?

Mark L. Williams

Water Department Superintendent

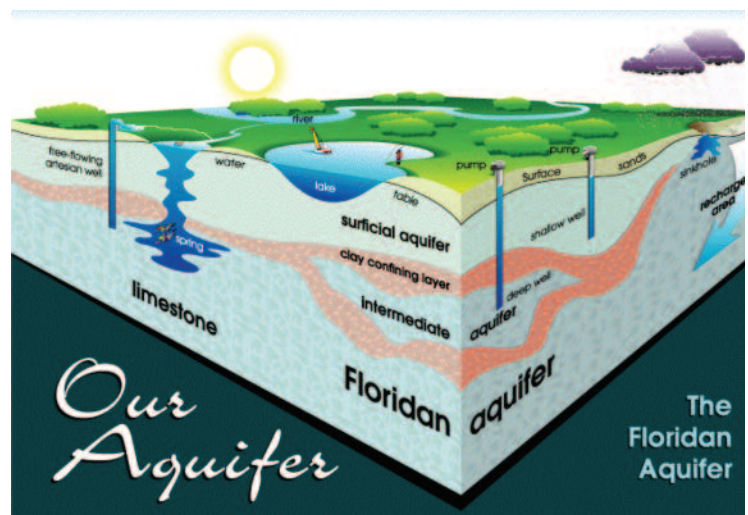
Metering Infrastructure). The new water meters and transmitting devices communicate with two antennas located in the city. The AMI system provides features which benefits, not only the city, but its utility customers as well. The greatest benefit is to help the city in its water conservation efforts.

An important feature of the new system is a usage report that is updated every four hours. This report will show the staff a breakdown of water usage by the day and by the hour. This feature benefits the water department in determining if a residence or business has a water leak at their location. In the past, customers may not have known of a small leak or a running toilet. Customers may not be aware of how much water their irrigation system uses, which is approximately 500 to 600 gallons an hour.

The system also provides the city with automated reads. This will provide better accuracy and a more consistency in the billing system. With the automated reading the billing department will be able to provide a more consistent reading date. In the past, meter readers would start reading meters and it could take up to a week to read all of the meters. Now the readings can be obtained within minutes.

The City of Pooler was recently selected to participate in the WaterFirst Community Program. This Program is a voluntary effort to improve the management and protection of our water resources beyond the requirements of the law. Communities that meet the goals set forth by the WaterFirst program will be recognized statewide, having demonstrated a strong commitment to water resource stewardship, and become eligible for financial and other benefits.

So the next time you turn on the faucet, think about the length that water has traveled and the hard work that the City of Pooler's Water Department put into bringing you safe drinking water.





The Dangers of Texting While Driving Statistics

Individuals who drive while sending or reading text messages are 23 percent more likely to be involved in a car crash than other drivers. A crash typically happens within an average of three seconds after a driver is distracted.

Facts About Texting and Driving

The United States Department of Transportation notes that cell phones are involved in 1.6 million auto crashes each year that cause a half million injuries and take 6,000 lives.

According to *FocusDriven*®, up to 80 percent of all crashes involve some form of driver distraction.

During any point of the day, 11 percent of drivers are talking on their cell phones, according to the *National Highway Traffic Safety Administration*.

A study from the *University of Utah* indicated that the reaction time of a teen driver using a cell phone is the same as that of a 70-year-old driver who is not using a cell phone.

According to the *Virginia Tech Transportation Institute*, texting while driving is six times more likely to cause an auto crash than driving when intoxicated.

The *Virginia Tech Transportation Institute* installed cameras on dashboards inside truck cabs. From the video footage, on average it took five seconds with their eyes off the road when driver's experienced distractions. The distance covered in five seconds of driving at 55 mph is equivalent to the length of a football field.

Sources: AAA, United States Department of Transportation, University of Utah, *FocusDriven*® Nationwide Insurance study, National Highway Traffic Safety Administration and the Virginia Tech Transportation Institute.

Georgia Cell Phone Laws and Legislation

Cell phone legislation news: The state of Georgia is seeing an increase in 2015 traffic fatalities, and the Department of Transportation (DOT) puts most of the blame on distracted driving. The increase, through August, is 87 deaths compared with 2014's total. "We're seeing a lot of distraction," a state DOT official said. "We don't want to see people die on Georgia roads for something as silly as a text." Traffic fatalities appear to be up across the nation so far in 2015.

Georgia drivers have been hit with an increasing number of con-

victions for distracted driving, peaking at 2,712 in 2014. Midway through 2015, the number is 1,168, according to the Department of Driver Services. Since the ban on texting and driving and related activities began in 2010, there have been about 7,800 convictions.

State Rep. Rahn Mayo has once again filed legislation for the 2015-16 session that would outlaw use of handheld mobile phones while driving in Georgia. The plan will "save lives," Mayo has said. "We think this will curtail distracted driving on our roads and highways."

Georgia bans texting by all drivers. State law also prohibits teens from using cell phones while behind the wheel.

Current Prohibitions:

- ✓ Text messaging banned for all drivers. Also sending of "Internet data." Fines of \$150 plus 1 point vs. license.
- ✓ Drivers under the age of 18 prohibited from using cell phones, regardless of whether a hands-free device is attached. Also bans computer use. Fines of \$150.
- ✓ School bus operators prohibited from using cell phones while driving, if passengers are present.



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Medical Edge: Children Hand-and-Foot Mouth Disease

By The Mayo Clinic

DEAR MAYO CLINIC: *What are the best ways to treat a toddler with hand-foot-and-mouth disease? Does she need to be seen by a doctor? Does having it once mean she won't get it again?*

ANSWER: Hand-foot-and-mouth disease is caused by a virus. It usually leads to mild illness and discomfort that does not require any specific treatment. You should contact your doctor, however, if your child's symptoms are persistent, or if they get worse. Although children do build up immunity over time, they can get hand-foot-and-mouth disease more than once.

Hand-foot-and-mouth disease is common in young children, especially those younger than 5. Children who go to child care centers are at higher risk for the condition than others because hand-foot-and-mouth disease spreads by person-to-person contact.

Hand-foot-and-mouth disease is most often caused by a coxsackievirus. A fever is usually the first sign of illness. Other symptoms appear within a few days. They include a sore throat and blisters or sores on the tongue, gums, back of the throat and inside of the cheeks. Blister-like lesions that are red to gray-white usually appear on the palms of the hands and soles of the feet. In some cases, a red rash also may develop on the thighs, buttocks and groin. Children affected by this disorder may have a general feeling of illness and lose their appetite.

Because this is a viral infection, no treatment is needed. Hand-foot-and-mouth disease typically goes away on its own in seven to 10 days. The mouth sores may be painful, though, and a topical oral anesthetic can help provide relief. The medication comes in gels and creams, and you can buy it without a prescription. Pain medications like acetaminophen or ibuprofen also can help ease discomfort. Children should not take aspirin because it's been linked to a rare but serious condition called Reye's syndrome.

To help soothe her mouth and throat, encourage your daughter to eat cool foods and beverages, such as ice cream, sherbet, ice pops, milk and ice water. Offer her soft, smooth foods that will not irritate her mouth and throat. Rinsing her mouth with warm water after she eats can help, too. Avoid foods that could make mouth sores worse, including spicy and salty foods, as well as acidic foods and beverages like citrus fruit, soda and fruit juice.

Self-care at home is usually all that's required to manage hand-foot-

and-mouth disease until the symptoms disappear. But contact your child's doctor if mouth sores or a sore throat make it hard for her to drink fluids. Seek medical care if any of the symptoms are severe, if they get worse over time, or if they last longer than 10 days.

Hand-foot-and-mouth disease is highly contagious. It can be hard to prevent because children who have it can spread it to others before symptoms appear. You can help lower your child's risk by teaching her good hygiene habits, such as frequent and careful hand washing. Also, gently encourage her not to put her fingers, hands or any objects in her mouth.

Because it is so contagious, a child may get hand-foot-and-mouth disease more than once, especially if it's being spread among a group of children in a child care or school setting. As they get older and are exposed to the virus several times, children tend to build up antibodies against it. This makes it less likely for teenagers and adults to get hand-foot-and-mouth disease. - Megha Tollefson, M.D., Pediatric Dermatology, Mayo Clinic, Rochester, Minn.

Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to medicaledge@mayo.edu. For more information, please visit www.mayoclinic.org.





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

Please forward your classified copy via email to dean@poolertoday.org. For inquiries, please call us at (702) 767-0508.

Pictures, Images and Articles We Would Love to Feature...

Pooler Today, is a private magazine designed exclusively for the residents of the Pooler community. This magazine is about you and your neighbors, therefore, we look forward to your participation. We LOVE pictures, lots and lots of pictures, so snap away and we'll include what we can. Are you an artist? We would love to share your creative artistry with the community, so send us your images.

Share all your joy and excitement and newsworthy announcements! A great opportunity to post a calendar of events item to promote your activity. Email your images and articles, we'll even edit them for you. All submissions must be received by the 15th of each month for the following month's publication. Contact Dean at (702) 767-0508 or email dean@AyersGroup.org or visit www.AyersGroup.org.

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It's a Wrap for Moon River Studios

There will be no happy ending for Moon River Studios plan to build a 1,560-acre movie studio complex in Effingham County. Three years ago, when the Studios presented its project to the Effingham County Industrial Development Authority (IDA), the plans were for a \$90 million complex that would include two 20,000 foot sound stages and employ 1,000 people.

This was exciting news.

The partnership was formed with IDA, and city officials eagerly anticipated development of what was to be one of the largest movie making complexes in the nation. Unfortunately, a couple of years passed

and nothing happened. Ultimately, Moon River was unable to raise the capital from investors and other resources and recently relinquished rights to the land owned by the Authority.

According to Authority CEO John Henry, the IDA board will need to vote on whether to accept the bond termination for the property at Interstate 16 and Old River Road. Although the Studios had agreed last October to cut the amount of property it would use to 51 acres, the paperwork needed for the transaction was never signed.

Moon River has announced numerous projects, but none has materialized. In their recent annual report filed with the Securities and Exchange Commission, the company said it would need at least \$4 million over the next year. The report also stated that their only significant employees are their executive officers. As of 9/30/15, the company had a loss of \$6.4 million and is having difficulty repaying loans it borrowed to operate. According to the company's own auditors, they don't have enough money to stay in business for long, let alone build what was promised. The odds for crawling out of such a deep hole do not appear to be in Moon River's favor.

The property involved created a field of dreams for all, but it appears it's a wrap for Moon River Studios in Effingham County. Unfortunately, the promised jobs and all the excitement of the movie business will just have to remain a dream for now.

It's sad to see it end this way, but it's probably time for IDA to create another script and take another look at possible industries to move to the 4,500 acres it owns; companies who will responsibly develop their businesses and add support to the economic growth of the county.



Summer Discomfort: Heat and Humidity

By Keith C. Heidorn, PhD,
The Weather Doctor

We all recognize that summer is a time for warmer temperatures. But in addition to the effects of heat, personal comfort and health are strongly affected by the humidity -- the moisture content of the air. The combination of heat and high humidity may cause discomfort, heat stroke or even death to humans and animals. In fact, on average in the United States, only one weather condition, extreme cold, kills more people than high heat/humidity. For example, in July 1995, a strong heat wave killed over 600 people in the City of Chicago alone. In the heat waves of 1936, more than 4,768 Americans died from heat and high humidity. Because humidity affects the body's ability to cool itself, biometeorologists -- scientists who study the relationship between weather and life -- have looked for ways in which to combine the air temperature and humidity.

First, let us look at how the body reacts to heat and the role humidity plays in cooling the body. Then we will look at the indices which the Canadian and American weather services use to alert the public to the potential dangers of high heat and humidity.

How The Body Reacts To Excess Heat

When blood is heated above 98.6° F, the human body attempts to lose the extra heat by losing water through the skin and sweat glands, altering the rate and depth of blood circulation and, as a last resort, by panting. As body temperature rises, the heart rate increases and blood vessels dilate to increase blood flow from the body's core to the skin's surface. There, the blood is circulated through tiny capillaries threading around the upper layers of skin, and some excess heat drains off into the hopefully cooler atmosphere. At the same time, water moves from the blood through the skin, a process we refer to as perspiration or sweating. About 90 percent of the body's heat is lost through the skin, and most of that is lost through perspiration. When the air temperature is greater than 104° F, heat can only be lost through sweating.

Sweating by itself, however, does nothing to cool the body unless the water is removed by evaporation. In order to evaporate the sweat from the body, heat energy is required to change liquid water into the vapour state: 540 calories of heat energy per gram of water to be exact. That heat of vaporization is contributed by the body to the water -- that is where the cooling comes from. However, some water vapour also condenses back onto the body returning those 540 calories per gram of heat in the process. If the rate of evaporation exceeds the rate of condensation, the body will cool. The concentration of water vapour in the air, the humidity, is a prime factor in determining the degree of evaporative cooling.

Those who inhabit the areas affected by both heat and humidity often wonder about the relative comfort of desert heat, which exceeds 104° F. The answer lies in the water vapour content of the air: the humidity. In a hot, dry environment, more heat can be lost through evaporation than regained through condensation and the body cools.

When the humidity is high, however, much of the heat lost is countered by an almost equal heat gain. Thus the cooling of the body is minimal, leading to overheating. And overheating can cause discomfort at the very least and death at the very worst. Continued loss of water and a variety of dissolved chemicals such as sodium chloride -- salt -- from the body, if not replenished, can cause dehydration and chemical imbalances. Dehydration depletes the body of water needed for sweating and thickens the blood, requiring more pressure to pump it through the body, thus straining the heart and blood vessels. In addition, the increased heart rate and blood flow may harm or kill those with heart or circulatory diseases. Research on the effects of heat and humidity on humans has shown the severity of heat disorders increases with age. Conditions which cause heat cramps in a 16-year old may cause heat exhaustion in a 40-year old and heat stroke in someone over 60.

Giving Discomfort A Number

The danger posed by heat and humidity has lead biometeorologists to develop various discomfort indices in order to define the danger and alert the public. American weather services issue heat warnings with their weather forecasts similar to the windchill warnings of winter. In winter we are concerned about too rapid heat loss; in the summer, too slow a cooling rate.

Because these indices are, to some degree, subjective, the level of discomfort or danger will depend on a person's age, health and physical condition, on the type and amount of clothing worn, and their activity level. Besides the temperature and humidity, weather conditions such as amount of sunshine and wind speed also will affect the "feel" of temperature and humidity.

Heat Index

In the United States forecasters use the Heat Index Apparent Temperature, more commonly known as the Heat Index, as their accepted measure of thermal discomfort. It is a simplification of an index developed by R.I. Steadman in 1979. Steadman originally included 20 factors in his index, but the American Heat Index is calculated only from temperature and relative humidity. Strong sunshine can increase the Heat Index value by up to 15 F. And when the air is very hot, strong winds can actually increase the body temperature rather than cool it.

The relationship between the Heat Index and heat disorders can be summarized as:

Heat Index	Health Effects
80 - 90 °F	Fatigue possible with prolonged exposure and/or physical activity.
90 -105 °F	Heat cramps and heat exhaustion possible with prolonged exposure and/or physical activity.
105 - above	Heat cramps or heat exhaustion likely and heatstroke possible with prolonged exposure and/or physical activity.

Tips For Enjoying Summer Heat

To best enjoy the heat of summer:

- ❖ Avoid excess activity during periods of hot temperatures and high humidity.
- ❖ Drink plenty of fluids and replace lost electrolytes (potassium, sodium, chloride, etc.) with foods or supplements.
- ❖ Avoid the direct sun.
- ❖ Avoid sunburn: the skin cannot lose heat effectively when burned.
- ❖ Wear loose-fitting clothing.
- ❖ Eat "light" foods such as fruit and vegetables and avoid heavy foods such as proteins which increase body heat.
- ❖ Give the body time to adjust to warmer temperatures during the first hot days.
- ❖ If necessary, seek areas with cooler temperatures: air-conditioned buildings, forests, lake or sea shores.



Hurricane Fact Series For The Curious Minds

A hurricane's strength depends on how warm the water is—the warmer the water, the stronger the hurricane becomes.

A tropical storm is classified as a hurricane when sustained winds reach 74 miles per hour, though hurricane winds are often faster. When a tropical cyclone's sustained wind speed is between 39-74 mph, it is classified as a tropical storm. When its winds are less than 38 mph, a tropical cyclone is called a tropical depression. For a hurricane to form, there needs to be (1) a pre-existing condition disturbance with thunderstorms, (2) warm water (at least 80 ° F) to a depth of 150 ft., and (3) light upper-level winds.

Each year, approximately 10 tropical storms form over the Atlantic Ocean, Caribbean Sea, and Gulf of Mexico. Out of these, six become hurricanes.

Approximately five hurricanes strike the U.S. coastline during an average three-year period. Of these, two are major hurricanes over 110 mph.

Project Stormfury was an organization that tried to control hurricanes by seeding them with silver iodide, which would cool the hurricanes. However, the project had little success, and most scientists now have abandoned the idea of controlling hurricanes.

Hurricane Andrew's (1992) outer rain bands extended 100 miles from the center. In contrast, Hurricane Gilbert's (1988) stretched over 500 miles.

Hurricanes can last for weeks, but most hurricanes typically last approximately 10 days.

During the 20th century, 158 hurricanes of all categories hit the U.S. Most hurricanes hit Florida (57), with Texas coming in second with 26. Louisiana and North Carolina each had 25.

Thirty-six of the 64 major hurricanes (Categories 3-5) that hit the U.S. in the 20th century struck in September. August was the second busiest month, with 15.

The Atlantic hurricane season typically lasts from June 1 to November 30, though most hurricanes form during the fall. The Eastern Pacific hurricane season is from May 15 to November 30.

A hurricane warning is issued when a hurricane is expected to arrive within 24 hours. A

hurricane watch is issued when the storm is 24-36 hours away.

The years 2000-2009 have seen the most Category 5 hurricanes, with eight. These include Isabelle (2003), Ivan (2004), Emily (2005), Katrina (2005), Rita (2005), Wilma (2005), Dean (2007), and Felix (2007).

The Southern Hemisphere typically experiences about half the number of hurricanes as the Northern Hemisphere each year.

No hurricane is on record as ever hitting the U.S. Pacific Coast. Hurricanes have, however, hit the West Coast of Mexico.

The number of Atlantic hurricanes is increasing. The 2005 Atlantic hurricane season, for example, was the worst on record. Some scientists think the rise in hurricanes is due to a natural cycle: hurricanes are rare for the first 30 to 60 years of the cycle and then they become more common for the next 30 to 60. Other scientists blame global warming.

Anyone can check to see if his or her name is on the latest list of hurricane names at <http://www.nhc.noaa.gov/aboutnames.shtml>. Hurricane/Typhoon. John lasted 31 days in 1994, which is longer than any other hurricane in history. It was both a hurricane and a typhoon because it passed through both eastern and western parts of the Pacific Ocean.

It is a common misconception that opening all the windows in a house during a hurricane

will equalize the pressure in the house so the windows won't explode. Experts argue, however, that opening the windows will only weaken the house by allowing more wind, rain, and debris to fly in.

Top 5 Deadliest Atlantic Hurricanes

Hurricane	Deaths	Year
Great Hurricane, 1780	27,500+	1780
Hurricane Mitch	18 - 21,000	1998
Galveston	8 - 12,000	1900
Hurricane Fifi	8 - 10,000	1974
Dominican Republic	2 - 8,000	1930

Top 5 Deadliest U.S. Hurricanes

Hurricane	Deaths	Year
Galveston, TX	8 - 12,000	1900
San Felipe, FL	2,500	1928
Hurricane Katrina, LA	1,836	2005
Long Island Express	700	1938
Labor Day Storm, FL	400 - 600	1935

Top 5 Costliest Atlantic Hurricanes (Adjusted for inflation)

Hurricane	Cost	Year
Katrina	\$105,840,000,000	2005
Andrew	\$45,561,000,000	1992
Ike	\$27,790,000,000	2008
Wilma	\$20,587,000,000	2005
Ivan	\$19,832,000,000	1992



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Mommy, Mothers Makeovers & More



Cocktails and Hors d'oeuvres are complimentary, but the information is PRICELESS!

Join Dr. Meghan McGovern, board certified plastic surgeon, for a complimentary and informative evening of fine food and drink. Coastal Empire Plastic Surgery will present all the latest information on mommy makeovers, breast augmentations, tummy tucks, and body lifts.

Date: Tuesday, April 19

Time: 6 p.m. until 7:30 p.m.

Where: Vickery, Southbridge Golf Club

Cocktails and hors d'oeuvres are complimentary, but the information is priceless!

Win door prizes including skin care products and Grand Prize up to 30 units of botox.

What You'll Learn

- Advances in breast augmentation, lifts, and reductions
- Surgical and non-surgical interventions for facial rejuvenation
- New techniques in tummy tucks, body lifts, and VASER liposuction.
- How to achieve fat reduction without surgery
- Recent innovations in cosmetic surgery

About Meghan McGovern, MD, FACS

Dr. McGovern is a wife, mother, and dedicated professional. She truly understands her patients' needs. A few years ago she took her own advice: You don't need to live with body changes you don't like. She then asked her trusted colleagues at Coastal Empire Plastic Surgery to do a Mommy Makeover. She also chose non-invasive procedures to restore her face's structural volume, necessary for a youthful profile.

Dr. McGovern's passion is helping you find the best plan of action for the results you want to achieve. Whether it's the traditional approach or a non-surgical alternative, she does what's right for you and your lifestyle. Her professional philosophy means personalized care and impressive results. Board certified by the American Board of Plastic Surgery and is a member of the American Society of Plastic Surgeons, we look forward to joining us.

Seating is limited. Reserve your space today. Please contact us: <http://bit.ly/ceps-southbridge>.



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