

POOLER

Vol I • Issue V

December / January 2017

TodaySM



Cover Image By: Hayden Thurman

Helping People Afford Life



Let us show you how we help people afford life!

Anyone who lives, works, worships or attends school in Chatham, Effingham or Bryan counties is eligible to open an account.



**Georgia Heritage
Federal Credit Union**

102 Park Ave., Pooler • (912) 236-4400
www.gaheritagefcu.org



The first hearing device
that revolves around you.



Finally there's a hearing device that lets you hear what you want to hear, even in the most complex hearing environments. It's Oticon Opn™. Only Opn features a revolutionary microchip that adjusts and balances all the sounds around you, not just the ones directly in front of you. It separates speech from noise and lets you focus on what's important. And because **Opn** works in harmony with your brain to process sounds exceptionally fast, you'll enjoy 30% better speech understanding*, reduce your listening effort by 20%* and remember 20% more of your conversations**.

With **Oticon Opn**, you can open up to a fuller, more natural hearing experience.

TRY OTICON OPN RISK-FREE

Call us at **912.351.3038**

Online at: **www.ahasavannah.com**

* Compare to Alta2 Pro.

**Individual benefit may vary depending upon instrument prescription.

Oticon Opn. The first hearing device
proven to make it easier on the brain.
Less stress. More recall. Better hearing.

oticon
PEOPLE FIRST

THE SOUTHEAST'S PREMIER HEARING HEALTHCARE TEAM

For Your Complimentary Demonstration

- No interest finance plans
- Most Insurances Accepted
- 60 Day No Risk Trial

Call today for your priority appointment

912 351-3038

www.ahasavannah.com



Doctors of Audiology

Susan Timna, A.U.D. MD; Cori Palmer, A.U.D. MD;
Katelyn Crockett, A.U.D. MD; and Katherine Neufeld, A.U.D. MD

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
Southbridge Community Church	(912) 401-8505
South Valley Baptist Church	(912) 748-0279
St. Patrick's Episcopal Church	(912) 748-6016
The Church at Godley Station	(912) 236-1511
Trinity United Methodist Church	(912) 748-4141
West Chatham Baptist Church	(912) 748-2022
Westside Christian Church	(912) 748-0309

Utility Companies

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

Animal Control

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





POOLER *Today* SM



DECEMBER 2016 / JANUARY 2017 FEATURES

4	City of Pooler Useful Contacts	14-16	Pooler Chamber of Commerce and Visitor Center, Inc	39	Christmas in Pooler
6	From the Publishers	17	Miss Sophie's Kitchen	40	Mayo Clinic - Corticosteroids
7	The Pooler Readers Choice Awards	21	Jill On MOney	41	• Fire Department Can Food Drive America's Second Harvest
8	Pooler Real Estate Replay	24	Ten Things About Mold	42	After Hurrican Matthew - Disaster Assistance
9	A Salute to Chef Joe Randall	28	A Precious Gift For The Holidays	43	Classified Ads
10	Celebration of Peace Poster Contest	29	My Pet World Q&A	44	The Queen Sends Her Regards
11	Christmas The Day God Stepped In • Toys For Tots Program	32	Guten Tag, Shoppers! The New Aldi	45	CURE - The Gift Of Saving Lives
12	Enjoy A Safe Holiday Season	34	Identity Theft	46	Pooler Today Advertising Sponsors
13	Pooler Recreation Center	35	Is Your Child Too Clumsy?		



Greetings Pooler Community

After an emotionally charged election season, I'm relieved that visions of sugar plums are starting to dance through my head. I am looking forward to packing politics away for a while, pulling out the holiday decorations and celebrating the time of year when family values, traditions and good tidings are foremost on my wish list.

I've been around the block a few times and accept that our lovely holiday tree might take a nose dive and end up in the Christmas pudding. We'll all laugh about it next year. I take pleasure in drinking cocoa from the chipped holiday mug that I unpack each year. It's flawed like its owner, but I cherish what it represents and embrace its imperfections. Just as the sun rises every morning, my old mug will be waiting for me next year and will give me comfort.

There's this world we live in. Like the chipped mug, there are imperfections, but it's the place we all inhabit; a place with thousands of diverse cultures all celebrating unique holiday traditions. Many have moved far from their childhood roots, but all it takes is a song or the sound of a musical instrument from those early years to emotionally transport them home. There are also many like me who keep some version of the chipped cup from their past to remind them of all they hold dear.

No matter how we celebrate, there's always the hope that this will be the perfect holiday. The kids won't get cranky and throw food, the cat won't eat needles from the Christmas tree resulting in an emergency trip to the vet, the turkey and fixings will be divine and everyone will love their presents – even the hideous holiday ties.

Hope is a huge motivator and catalyst for action. It's this powerful little feeling inside us that lies somewhere between wishing and expecting. Life can get messy at times, but we always hope that things will turn out well. The New Year arrives with a new president unlike any before him, leading us into uncharted territory. We are nervous, but hopeful that our divided country will soon get back in the game of living and working together. This is not a perfect world, but when our wishes and dreams don't come true, we create new ones and move forward.

We are a very resilient society and my hope for the future is that we enhance our lives and those of others by carefully listening, showing respect and being genuinely kind.

Merry Christmas, Joyous Holiday and a Happy, Healthy 2017!


Cierra B. Ayers
Co-Publisher
cba@AyersGroup.org


Dean N. Ayers
Co-Publisher
dean@AyersGroup.org

December 2016 / January 2017

Publishers

Cierra Ayers (912) 210-9905
cba@AyersGroup.org

Dean Ayers (702) 767-0508
dean@AyersGroup.org

Advertising Executive (912) 631-5000
Barbara Anderson barbara@AyersGroup.org

Copy Editor
Dianne Carter dcarterpr@yahoo.com

POOLER TODAY - The Ayers Group, LLC
463 Pooler Parkway #110
Pooler, Georgia 31322-4200
(702) 767-0508 • www.AyersGroup.org

This Issues Contributors

Celebration of Peace Cover Drawing by
Hayden Thurman - Godley Station School

Dean Ayers	Travel: London
Teri Bell	Miss Sophie's Kitchen
Becca Bruni	A Precious Gift of Life
Dianne Carter	Tribute to Chef Randall
	Guten Tag, Shoppers!
John Cangemi, M.D.	Medical Edge
Teresa Cowart	Pooler Real Estate Replay
Mary Jane Crouch	America's Second Harvest
Rosemary Cutuli	Pooler Lions International
Rev. John Fender	Christmas
Mandy Garola	CURE
Paul Huddleston, M.D.	Mayo Clinic
Katherine Kirby	Is Your Child Clumsy
Marc Morrone	My Pet World
Jill Schlessinger	Jill On Money
Veronica Voisine	Identity Theft



Letters to the Editor may be sent to:
dean@AyersGroup.org or (702) 767-0508

DISCLAIMER: *Pooler Today*, The Ayers Group, LLC Publication- articles included in this publication and/or opinions expressed therein do not necessarily reflect the views of *Pooler Today* but remain solely those of the author(s). The paid advertisements contained within *Pooler Today* magazine are not endorsed or recommended by The Ayers Group, LLC Publication. Therefore, neither *Pooler Today* nor The Ayers Group, LLC may be held liable or responsible for business practices of these companies. **NOTE:** When community events take place, photographers may be present to shoot photos for that event and they may be used in this publication.

COPYRIGHT - PROFESSIONAL PHOTOGRAPHY AND ORIGINAL ART: *Pooler Today* respects and upholds the legal rights of our photographers and image authors. It is UNLAWFUL to reproduce images that are copyrighted without express written permission of the person or entity that created the original work. If you would like to use or purchase any artwork or photographs presented in this magazine, please contact the artist directly or *Pooler Today*.

THE READERS CHOICE AWARDS



Pride of Pooler 2016

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

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

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

votes. Only (1) one ballot per person. When you nominate a business, it will count as a vote.

How to Nominate Your Favorite Business:

① Fill out the survey form below and mail to:

Pooler Today Magazine

463 Pooler Parkway Suite 110, Pooler, GA 31322

② Visit Pooler Today online and complete online survey. www.AyersGroup.org, > then go to **Readers Choice Award** and fill in the online ballot. Here are some sample categories. If you do not see the category for the business you wish to nominate, you are welcome to write it in. New categories may be considered for the 2017 Readers Choice Award.

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

Some Suggested Categories:

Architectural Firm
Attorney/Law Firm
Bakery
Banks/Credit Union
Barber/Stylist
Blinds & Shutters
Carpet & Floor Cleaners
Floor & Carpet Co.
Day Spa
Dentist

Dry Cleaner
Emergency/Urgent Care
Financial Advisor
Fitness and Training
Florist
Funeral Home
Golf Course
Hair Salon
Heating & Air Conditioning
Home Builder
House Cleaners
Insurance Agent

Landscape/Lawn Care
Marble, Granite & Tile Co.
Mortgage/Lending Services
Nursery/Garden Center
Nutrition/Health Store
Painter
Pawn Shop
Pest Control
Pet Supply
Pharmacy
Photographer
Physician

Real Estate Agent
Restaurants
Retail Specialty
Veterinarian
Wine, Beer & Liquor Store

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

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

Name _____ Email _____

Address _____



Category / Type of Service

Name of Business / Person

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

POOLER REAL ESTATE

January 1- October 31, 2016

Replay

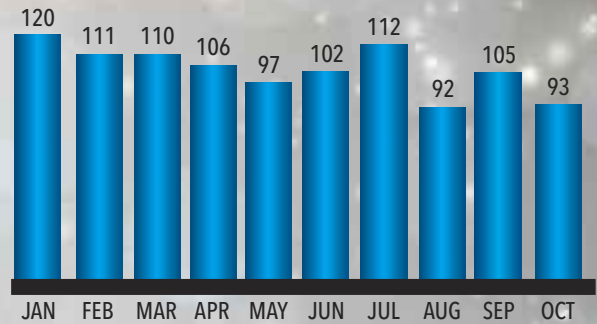


CLOSE PRICE TO LIST PRICE RATIO

Percentage

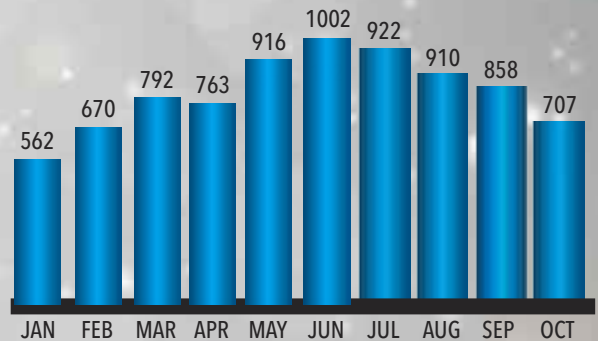


AVERAGE # OF DAYS ON THE MARKET



Provided by
Eddie Warren,
Associate Broker/Co-Owner
Re/Max Accent

NUMBER OF HOMES SOLD



Serving you from two convenient locations:

445 Pooler Parkway **17 Richard Davis Drive**
Pooler, GA Richmond Hill, GA
912 988-5888 **912 756-5888**

www.coastalaccent.com

Source: Multiple Listing Service. All Information herein has not been verified and is not guaranteed.
There Teresa Cowart team or Re/Max accent assume no responsibility for data presented in this publication.



Real Estate Sales ~ Property Management ~ Leasing



TERESA COWART

912-667-1881

Associate Broker, Co-Owner
teresa@teresacowartteam.com
www.teresacowartteam.com



EDDIE WARREN

912-572-6100

Associate Broker, Co-Owner
ewarren04@comcast.net
<http://app.remax-georgia.com/eddiwarren>



KELLY B. JOHNSON

912-572-1303

Broker, Co-Owner
johnson.kellyb@gmail.com
www.kellybjohnson.com



A Modern Classic of Southern Cooking: Putting South In Your Mouth!

By Dianne Carter

Chef Joe Randall at his cooking school, and the dynamic duo, Barbara and Chef Joe sharing memorable meals and fellowship with their guests.



It is with much sadness for those of us who consider Randall our down-home cooking guru to learn that he will be closing Chef Joe Randall's Cooking School and retiring from his business at the end of 2016.

Known by many as the Dean of Southern Cuisine, Chef Joe Randall has been cookin' up fine southern dishes in Savannah since 1999. Lured by the city's charm and love for traditional southern fare, Randall introduced his talent to the area by preparing a meal for Savannah College of Art and Design President Paula Wallace. The next day he was hired as director of food services for SCAD. His popularity grew and in 2000 he founded Chef Joe Randall's Cooking School where he demonstrates basic southern cooking techniques and shares his favorite cooking tips with clients from around the world. His unique style exemplifies authentic southern cuisine. Using food from the South, the Low Country and Georgia's Atlantic Coast, it doesn't get any better than Joe's mouth-watering Sea Island Smothered Shrimp with Stone-Ground Grits, or a steaming pot of Savannah Red Rice. To show his pride as an African-American chef, Randall has added his signature hand-woven Kente cloth from Ghana to his uniform.

A veteran of the food service industry for more than 50 years, Randall began his career as a cook in the Airforce. In 1966, following his stint in the military, he worked as an apprentice and sous chef and assistant for chefs at hotels and restaurants across the country. Eventually, he rose to executive chef posts at numerous restaurants, including award-winning Cloister Restaurant in Buffalo New York and Baltimore's Fishmarket in Maryland. While there, Randall met and helped groom a young line cook, William McClellan. Inspired by Randall, the first black chef he ever met, McClellan chose to pursue a career as a chef. Today, he owns McClellan's Urban Eatery in Spartanburg, S.C. which features upscale southern cuisine, and travels the country opening restaurants. He also has cooked at events for the two Bush Presidents, and Presidents Clinton and Obama.

Randall also offered beneficial advice to Mashama Bailey, executive chef at The Grey, a popular, highly respected restaurant in Savannah. "He popped in one day" soon after we opened in 2014 and really liked it, says Bailey. "I am grateful he chose to befriend me."

His vast experience and dedication to professional excellence has earned him the respect of worldwide professional chefs such as television host, Emeril Lagasse and others. Randall has a philosophy about food "keep it simple and make it taste good." Noted for his ability to help others learn

the craft of restaurant operations led to Randall's serving on the faculty of four schools.

Randall's expertise in southern cuisine is held in such high esteem that he was honored and featured in the Culture Expressions Gallery of the newly opened Smithsonian National Museum of African-American History and Culture in Washington, D.C., along with chefs Edna Lewis, Patrick Clark, Leah Chase and Hercules, George Washington's enslaved cook. Randall's cookbook, "A Taste of Heritage: the New African-American Cuisine" and his 40-year-old colander will be on permanent display there.

A good friend of the late Edna Lewis, the "Grand Dame of Southern Cooking," Randall's mission as chairman of the Edna Lewis Foundation is to fulfill her dream to preserve older cooking recipes and protect Southern cuisine and its heritage in black kitchens. His other professional affiliations have included the American Culinary Federation and the American Academy of Chefs.

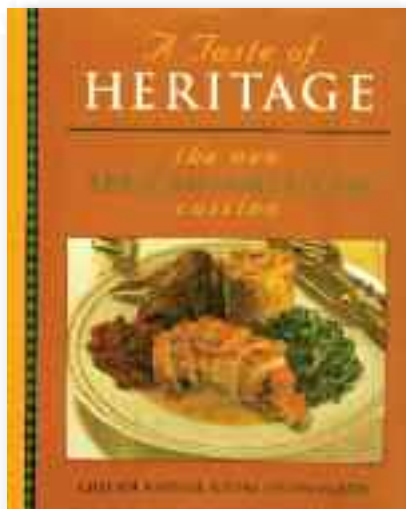
Randall's culinary ride has definitely been enhanced by the love and support of Barbara, his wife of 38 years, who retired recently from her job as an administrative specialist assistant at Savannah State University's president's office. The job did not stop her from working nights and weekends at the cooking school for the last 16 years. However, when he first showed her the empty building on Waters Avenue that he envisioned for the cooking school, she said "You've lost your mind. I'm keeping my day job....I hate it when my husband is right." At home, however, Barbara is head chef as noted by the kitchen sign which reads "Barbara's Kitchen." She jokes that she prefers he not cook in their kitchen because he acts like he has his own personal kitchen crew.

It has been our good fortune that Joe and Barbara Randall chose to make Savannah their home and introduce our community to the nuances and a style of southern cuisine that many of us had never experienced. According to him, it's time for them to move on to the next chapter of their lives. "We truly appreciate all of our loyal and dedicated friends for their patronage and support over the past 16 years," said Randall. "It has been a joyful, wonderful and unforgettable chapter to say the least."

Since 1999, Randall has taught two generations of "food enthusiasts and cooks" at his cooking school. Many of us will be sharing recipes and tips we learned from him to future generations of eager chefs, ensuring that Chef Joe Randall's Cooking School will not be forgotten.

For those who wish to purchase a collectors edition of this richly diverse cookbook, please contact:

<http://www.chefjoerandall.com/book-a-taste-of-heritage/>



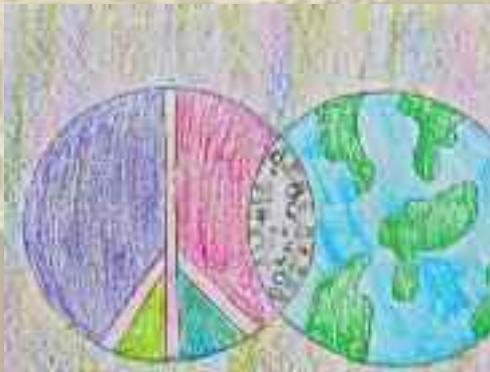
Here's to a Delicious Life and Our Best Wishes!



CELEBRATION OF PEACE



Avy Zhang - Godley Station
Laura Simms, teacher



Loni Brant from West Chatham Middle
Lauren Glover, teacher



By Zephora Pinete - Godley Station



By Neil Yurksitis - Godley Station



By Sebrea Jackson - Godley Station



By Matthew Boone - Godley Station



By Hayden Thurman - Godley Station

Pooler Lions Club Sponsors Celebration of Peace Poster Contest

The Lions Club of Pooler sponsored a "Celebration of Peace" poster contest held on November 15. The contestants were between the age of 11-13 years. This year two schools participated, West Chatham Middle and Godley Station school, and two leading winners won gift certificates for art supplies provided by the Lions Club of Pooler.

The winners of this district event will have a chance of vying for the state competition. The overall grand prize winner will be presented to the international competition, and a \$5000 prize to be presented at the UN next year. Additionally, the winning poster will be made into an international stamp. 23 Merit Award winners will receive a \$500 prize. Congratulations to winners Avy Zhang and Lori Brant, and all participants on behalf of the Lions Club and thank you for sharing your vision of Peace.



Christmas: The Day God Stepped In

By Reverend John Fender

So often we consider the story of the birth of Jesus as a sweet, simply story for kids. We have this picture in our minds of a humble couple that cannot find a room to stay in, cattle in their stalls, and a baby lying in a manger. The scene seems far removed from the cruelty of the 6 o'clock news or the battles in the Middle East. The scene seems to have little to no connection with my life, my struggles, my past or my future.

We must understand that Christmas is not just a story of a baby being born, but a story of God stepping into a broken world.

The brokenness we experience in this world is a result of that first sin recorded in Genesis chapter three. It was a rebellion against the God who made the world perfect. It was a rebellion that would lead to disastrous consequences: separation from God, physical death, separation in our relationships with one another, and much more. Like the giant waves that result from an earthquake under the sea, so too the effects of that first sin flood into my life.

And for hundreds and hundreds of years the people of God clung to the simple promise that God Himself would come for His people. That promise is first found in Genesis 3:15 which tells us that Jesus will be the seed of the woman who will crush the work of the devil. Genesis 12:3 tells us he would come from the seed/offspring of Abraham and would bless all the nations on earth. Further, the Bible tells us that he would be a "prophet like Moses" to whom God said we must listen (Deuteronomy 18:15). He would be born in Bethlehem of Judah (Micah 5:2). He would be born of a virgin (Isaiah 7:14). He would have a throne, a kingdom, and a dynasty, or house, starting with King David, that will last forever (2 Samuel 7:16). He would be called "Wonderful Counselor," "Mighty God," "Everlasting Father," "Prince of Peace," and would possess an everlasting kingdom (Isaiah 9:6-7).

And finally, in Matthew 1 and Luke 2 we find the glorious news that God has indeed stepped into this broken world to redeem it. God has stepped into this broken world to make all things new. God has stepped into the world to not only save us individually from the consequences of our sin but to transform families and communities, even cities and countries.

So often people will ask, "Where was God when this tragedy occurred?" And part of the answer is that God has not remained in the comforts of heaven but has indeed stepped into the brokenness of this world in the person of the Lord Jesus to begin the glorious work of making all things new. The Christmas story is not just a story about a baby but is a story about a new hope through the One who was born to die. Read the story to your children. Read the story also to your own struggling heart.

Rev. John Fender is the Senior Pastor of the First Presbyterian Church of Pooler, and Chaplin for The Pooler Police Department.



Toys for Tots Program

By The U.S. Marine Corps Reserve

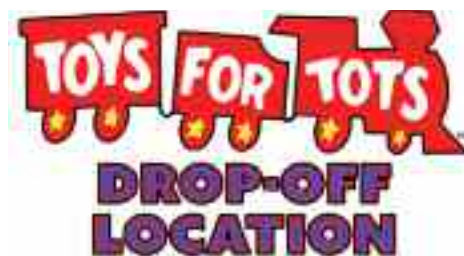
The mission of the U. S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys during November and December each year, and distribute those toys as Christmas gifts to less fortunate children in the community in which the campaign is conducted.

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

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

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

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



America's Home Place

1108 East US Hwy 80, Suite 100

(next to Larry's Giant Subs)

Hours Mon. thru Fri. 9 am – 6 pm and Sat 10 am to 4 pm.

Please bring new and unwrapped presents to our local office by
DECEMBER 12, 2016.



Enjoy A Safe Holiday Season

By The National Safety Council

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

Watch Out for those Fire-starters

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

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

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

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

Candles and Fireplaces

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

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

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

It's Better to Give ... Safely

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

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

Traveling for the Holidays? Be Prepared

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

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

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

Don't Give the Gift of Food Poisoning

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

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



The Teresa Cowart Team



We've Sold Over 200 Homes This Year And We'd Love To Sell Yours!



Teresa Cowart
Co Owner/Broker
912-667-1881
www.teresacowartteam.com



17 Richard Davis Drive
Richmond Hill, GA 31324
912-750-5888
445 Pooler Parkway
Pooler, GA 31322
912-988-5885



Pooler Recreation Center Looking Back On A Year Of Success

Another year draws to a close, it is time to reflect on the year that has past. In 2016, the Pooler Recreation Department has continued to experience growth and expansion throughout the year. With this growth, there has been some exciting moments and milestones reached. Pooler Recreation Center initiated the first season of youth volleyball. While not knowing what to expect, they had a larger than anticipated turnout and the season was a huge success. As a result, volleyball will be offered again Spring of 2017, as well as in the Fall. Another success for the Recreation Center, the 'Kids and Pros' football camp held in the early summer. This organization hosts camps in different areas of the state and the Pooler camp this year set the record for a total number of participants, surpassing Atlanta! With such success, there were a few growing pains, but the program will drive forward with adjustments that will strengthen this great event even more.

Now, in the final month of 2016, the Pooler Recreation Department would like to thank the many people that have contributed to another successful year. It would be impossible to list everyone, but we would like to try and thank each and every one of you. The parents and par-

ticipants, instructors, sponsors, partners, the community, city officials, and last but certainly not least, the volunteers (without whom none of this would be possible).

Thank you for a great 2016 and look forward to seeing you in 2017!

EVENTS

Now-December 16

Youth Basketball Practices, Pooler Gyms on Rogers Street

December 2-4

Youth Basketball Tournament, Pooler Gyms on Rogers Street

December 11

Tumbling Class – Show at Pooler Gym

December 5-16

Tennis Lessons, Dance Classes, and Gymnastics will continue until School is out for holidays

January 3, 2017

All classes resume, youth basketball resumes – games will be 4 to 5 nights per week and on some Saturdays

January 17

Registration for youth baseball, softball, tee ball, volleyball and spring soccer opens

The Recreation Department programs traditionally follow the school calendar and will break for the Holidays, but will be back in full swing the first week of January. Be on the lookout for the registration periods opening in January for spring programs and events.

If you haven't already, please download the Pooler Rec App, available from both Google Play and iTunes (see above for full details) it's the best way to receive up to date information and announcements.

Between the current programs and classes, scheduled tournaments, special events and high schools sports, Pooler Recreation Department has a very busy and exciting 2017 to look forward to (and just maybe a few new programs or 2...)! Stay tuned.



Pooler Chamber of Commerce and Visitor Bureau, Inc.

Pam Southard
Executive Director

Happy holidays and greetings from YOUR Pooler Chamber of Commerce. As you can see from the pictures in this article, the chamber is now 326+ members, a tremendous growth since our humble beginnings. Ribbon cuttings and grand openings for our new business members are a regular part of our Chamber agenda, and we are always eager to welcome our new members who bring new and exciting business growth to Pooler.

We always enjoy meeting members of our community and visitors to Pooler. In November, we actually got to spend time with celebrities, Mr. and Mrs. Claus themselves. (See page 16) Although they are not Chamber members (we're working on it), they agreed to be our guests of honor at our Breakfast with Santa/Shop Pooler on November 19th. The event was a huge success. The happy, delighted faces of the children when they saw not only Mr. and Mrs. Santa Claus, but Ronald McDonald, Pizza Man and the Zaxby's Chicken were heartwarming. All of those attending enjoyed a yummy breakfast of pancakes and sausage. The children (young and old) loved the craft table.

Santa is obviously enjoying Pooler and will be starring in another meet and greet Breakfast with Santa at Chick-Fil-A Pooler on Saturday, 12/10 between 8 - 10:30 am. Check out their website at cfa-restaurant.com/pooler for details.

Another event of interest to many of you will be our Annual Meeting and Awards Banquet on December 15, at the National Museum of the Mighty Eighth Air Force Museum 6 - 8 pm. Please join us to recognize the Pooler Officer and Supervisor of the Year and the Pooler Firefighter and Rookie Firefighter of the Year. Call the Chamber of Commerce to reserve your seat, (912) 748-0110.

Also mark your calendars for February 11, 2017 when The Pooler Chamber will be presenting the **Hearts for Heroes Red Tie Gala**. The event will be held at the National Museum of the Mighty Eighth Air Force Museum. Proceeds will benefit Lindsey's Place, a special retreat for young people with special needs.

The chamber continues to encourage businesses to relocate to Pooler. Our city is growing, and with that comes opportunity for employment. Today, Pooler is the hub for commercial development in West Chatham County. And of course, the population of Pooler is also increasing. Retirees are seeing the many benefits that Pooler has to offer. But it does not stop there. Young people and families are seeing the accessibility that Pooler lays at their door steps. With our ideal location, quality of life, low crime rate and a variety of retail, manufacturing and service businesses, Pooler the ideal place to put down roots.

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

With the holiday season fast approaching, the Pooler Chamber of Commerce encourages you to remember the less fortunate. There are many Toys for Tots locations throughout Pooler. And, you may drop off non-perishable food items at the Pooler Police station on Roger's Street or Pooler Parkway. That said...the Pooler Chamber of Commerce Board of Directors, Ambassadors and staff wish you and your family a happy, safe, and blessed holiday.

We hope that you remember the real meaning of Christmas and remember the less fortunate...



Ribbon Cutting Ceremonies:
Pooler Chamber of Commerce and Visitors Bureau, Inc., welcomes: Castrol Premium Lube Express, Modish Nails and Spa, Big Papa's Caribbean Cuisine, and Lovin' Spoonful.



COME TO **pooler** Events

CALENDAR OF

YOUR OFFICIAL GUIDE TO WHAT'S HAPPENING IN POOLER.

February 2017 - June 2017

FEBRUARY 11, 2017

HEARTS for HEROES

RED TIE GALA

6:30PM - 11PM

National Museum of the
Mighty Eighth Air Force



**MARCH 16th, 17th, 18th
2017**

ST. PATRICK'S SHUTTLES

6:30AM-12 midnight

Pick up Molly MacPhersons - Pooler



APRIL 20, 2017

TASTE OF POOLER

5:30PM - 8PM

National Museum of the
Mighty Eighth Air Force



JUNE 23, 2017

SIP & SAVOR / CASINO NIGHT

6PM - 11PM

National Museum of the
Mighty Eighth Air Force



VISIT US ONLINE at **POOLERCHAMBER.COM** LIKE US ON FACEBOOK!



Pooler Chamber of Commerce 2nd Annual Breakfast with Santa at the West Chatham YMCA



We are proud to have you as a member
and thank you for your support.

COASTAL APPLIED SYSTEMS

DIANA DALEY

DOZIER CRANE & MACHINERY

FRESH COAT OF SAVANNAH

MAURICES

PURE BARRE

RENFROE OUTDOOR ADVERTISING

SLEEP INN

SMOOTHIE KING

SWEET SPICE RESTAURANT

TRAVELODGE





**Merry Christmas
And A
Happy New Year
To You All!**



Back in the days when I could still stay up past midnight, I loved to invite friends over for a midnight brunch on New Years. Before leaving for a party, I would start the grits cooking in the crock pot and place a cold breakfast casserole in the oven with the timer set to start cooking it at 11:30 p.m. After we brought in the New Year together, everyone headed over to our house for a hot breakfast and mimosas.

Whether it's after a late night celebration or an early morning breakfast after opening gifts from Santa, this breakfast casserole is sure to please. Merry Christmas and a Happy New Year to you all!

South of the Border Breakfast Casserole

6 slices white or wheat bread, cubed
1 pound hot ground sausage
1 red or green bell pepper, diced
6 eggs
1 teaspoon salt
1 teaspoon pepper
½ cup sour cream
1 ½ cups milk or half and half
2 cups shredded Monterey Jack Cheese
Salsa

Spray a 9X13 pan with cooking spray. Spread bread cubes across the bottom of the prepared pan and set aside. In a medium skillet, cook sausage and bell pepper until sausage is browned. Drain well. Sprinkle cooked sausage and bell pepper over bread crumbs. In a medium mixing bowl, beat together eggs, milk, sour cream, salt and pepper. Stir in cheese and pour over bread & sausage. Cover and refrigerate for 2 hours or overnight.

To cook: Preheat oven to 350 degrees. Uncover and bake for 35-40 minutes or until center is set and top is golden brown. Remove from oven and allow to cool for 10 minutes before slicing. Slice and serve topped with salsa.

MISS SOPHIE'S

*Proudly Serving Great Food with
True Southern Hospitality*



Steve & Teri Bell, Owners
and the *real* Miss Sophie



**Corporate Catering • Wedding Receptions
Family Reunions • Cocktail Receptions**

**Miss Sophie's experienced staff is just what you
need to make your next event the talk of the town!**



Also Serving Lunch 11am - 2 pm, Mon. - Fri.

The Pub

175 Bourne Avenue • Pooler, Georgia

(inside the National Museum of the Mighty Eighth)

912-330-0778

www.sophiesmarketplace.com




**Indoor
Climate
Experts**

*MERRY Christmas
from our family to yours!*

*And this will be a sign
for you you will find a baby
wrapped in swaddling cloths
and lying in a manger.
Luke 2:12*

Residential • Commercial
REPAIR • NEW INSTALLATION • PREVENTIVE MAINTENANCE

22901 GA HIGHWAY 46 • PEMBROKE, GA • (912) 863-8777 • www.indoor-climate.com 

**YOU CALL,
WE DELIVER!**



SERIOUS DELIVERY!

155 TRADERS WAY ~ 912.748.1200

©2006 JIMMY JOHN'S, INC. ALL RIGHTS RESERVED.

Counter Fitters

CUSTOM COUNTERTOPS
"Since 1993"



Serving Savannah and the surrounding areas for OVER 20 Years!

GRANITE ~ MARBLE
QUARTZ ~ SOLID SURFACES



(912) 231-0103

WWW.COUNTERFITTERSAV.COM

1026 LYNES AVENUE
SAVANNAH, GA 31415



*Do you have a home to sell?
Don't know who to call?
Read this!*

“

Three years ago we needed a place to live in Savannah, GA and through the internet we found Traci. We could not have been more blessed. She spent time helping us find the perfect place and we enjoyed it for the past three years.

Just recently we had to relocate to another city. We contacted Traci and again she came through for us. We sold our house and closed in thirty days. What a delight it was working with someone who truly cares about her clients. She not only sold our house, but helped with the transition in many ways.



If you need a realtor that is not only hard working but also cares about the people she works with, you will not find anyone else like Traci and her excellent team!! Take our advice and call Traci with any of your realtor needs! We promise...you will not be disappointed.

Thanks again Traci!

- Glenn and Lindy Hill

”

Traci Amick

West Chatham's Leading

Luxury Lifestyle Realtor

Specializing in:

- ❖ Corporate & Retiree Relocation
- ❖ Waterfront & Historic Properties
- ❖ Golf, Swim & Tennis Communities

kW COASTAL AREA
PARTNERS
KELLERWILLIAMS REALTY

Traci Amick

mobile 912.631.0220
office 912.356.5001
email TraciAmick@gmail.com
visit SouthbridgeHomes.com



DISCOVER THE COUNTRY DAY DIFFERENCE

Nowhere Else. The foundation. The experience. The result.

To be a part of Savannah Country Day is to be engaged and inspired, to be challenged and supported, to wonder and create, and above all else, to discover an abiding sense of place.

We invite you to explore our campus and spend time in our classrooms.

Call 912.925.8800 to schedule a visit.



savcds.org

Service | Knowledge | Character



Forget the Election, Focus on Investment Long Haul

By Jill Schlesinger

Defying the polls and odds, Donald J. Trump won the presidential election. As the results became clear on the evening of November 8, financial markets around the world reacted swiftly: Stocks plunged (at one point during the overnight session, U.S. futures were down 5 percent, indicating a more than 800 point wipe out for the Dow Jones Industrial Average), the Mexican peso cratered by 13 percent, the U.S. dollar tumbled and safe havens like gold, U.S. Treasury bonds and the Japanese yen jumped.

Then a strange thing happened: as Trump spoke in the wee hours after capturing enough Electoral College votes to win, markets started to reverse course, as investors seemed to take some comfort in his conciliatory tone. By the

time they rang the opening bell on the day after the election, stocks had steadied and actually closed higher on the session.

So what happened over the course of 18 hours? In the short run, investors may have learned a lesson from the UK Brexit vote. After that unexpected outcome in June, U.S. stocks were down 5 percent in the subsequent two trading sessions, but then they slowly marched back up as investors concluded that it would take a long time to figure the impact of Great Britain's departure from the European Union.

While investors had been concerned about some of candidate Trump's campaign rhetoric on trade and immigration, in the immediate aftermath of the election, it was hard to measure the impact on the U.S. and global economies, as well as what future policies could mean for corporate earnings.

Still, hours after the results came in, I was inundated with reader/listener/viewer questions that went something like this: "What should I do with my retirement account?" The answer for long-term investors is clear: **ABSOLUTELY NOTHING!**

Unexpected events can create market volatility - both to the upside and the downside, which can lure you into feeling like you should do something. Try to resist that urge by reminding yourself that you are not investing for the next four weeks, four months or even four years - you are trying to build your nest egg beyond those time frames. And even if you were planning on retiring at the end of this year, you aren't likely to pull all of your money from your account at once - you need it to last for decades in the future. In other words, you are not investing to retirement; rather you are investing through retirement.

That's why you have created a diversified port-

folio, based on your goals, risk tolerance and time horizon - because over the long term, this strategy works. Yes, the unknown is scary and can lead to market volatility, but you have to refrain from being reactive to short-term market conditions. It's not easy to do, but sometimes the best action is NO ACTION.

If you were freaked out when you saw big numbers on the downside, maybe your portfolio has too much risk. If that's the case, you may need to readjust your allocation to better align with your risk tolerance. If you do make changes, be careful NOT to jump back into those riskier holdings after markets stabilize. Conversely, if you were kicking yourself for not being fully invested as stocks swung back to the upside, you might need to hold your nose and get back in.

One last note: battling emotions is something every investor encounters. One way to help you out is to establish auto-rebalancing for your accounts, which can help take fear and anxiety out of the investment process.

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

The Attorney You Hire Can Make A Difference

EXPERIENCE DEDICATION INTEGRITY

CHARLES C. GRILE

ATTORNEY AT LAW



1020 East Highway 80
Pooler, Georgia 31322

Phone (912) 748-5096
Fax (912) 748-7545

www.charlesgrile.com



coastal empire periodontics
& implant dentistry
JUSTIN W. BORDLEMAY, DMD

SPECIAL SERVICES

Implant Placement and LANAP
(Laser Assisted New Attachment Procedure)
Pin Hole Surgical Technique • IV Conscious Sedation



Dr. Justin W. Bordlemay, DMD

OTHER SERVICES:

Crown Lengthening
Scaling & Root Planing
Soft Tissue Grafts
Bone Grafts
Sinus Lifts
Extraction, Ridge Preservation

Pooler

107 Grand Central Bl., 206
Pooler, GA
912-988-1907

Richmond Hill

10055 Ford Ave., #3C
Richmond Hills, GA
912-445-5311

Office Hours:

Mon-Fri 8:30am - 5pm

info@coastalempireperiodontics.com

www.coastalempireperiodontics.com

We have the perfect Holiday Gifts!

Coastal Spirits

107 S. Godley Station Blvd. • Pooler, GA
(Next to Sherwin Williams)

912-450-1200

www.poolerbeverage.com

Hours Monday - Thursday 11am-9pm

Friday - Saturday 10am-10pm

Sunday 12:30pm-7pm

Specialty Craft Beers Available



MOLLY MACPHERSON'S

Scottish Pub and Grill

180 Single Malts!

*Serving delicious Scottish & American Fare
for lunch and dinner daily.*

Monday - Saturday - 11am - 2 am • Sunday - 11 am - 12 am

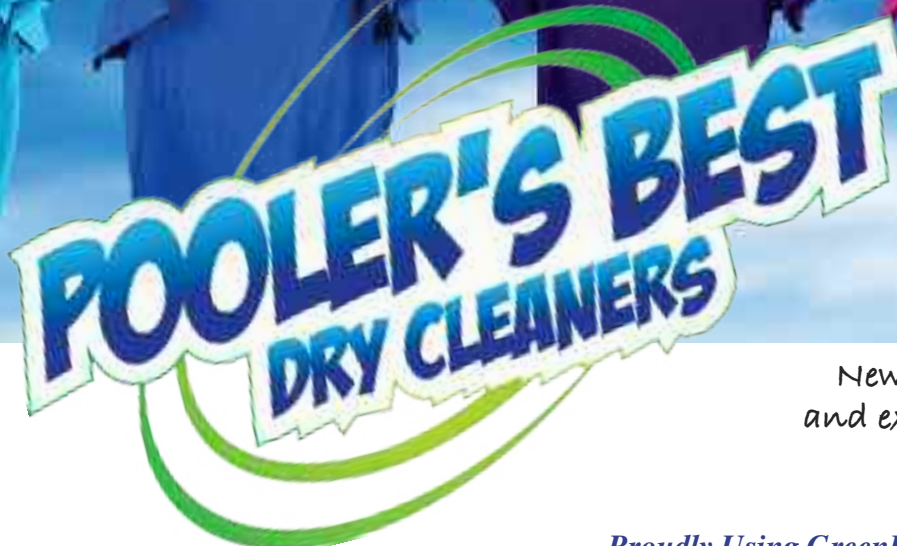
110 Towne Center Dr. Pooler, GA (Next to IMAX & SK8 City)

912-348-3200

www.macphersonspub.com



Like Us and get our Weekly Entertainment:
Bingo, Trivia, Karaoke, Live Music



New Ownership
and extended hours

Expert Dry Cleaning and Alterations

10% Discount
for Prepaying Customers

Wedding Gown Preservation

Leather Care

Comforters including Down
and much more...

115 S. Godley Station Blvd
Pooler, GA

next to Sherwin Williams

912-988-1943

www.RichmondHillCleaners.com

Extended Hours:

Mon-Fri 7am to 6:30pm

Saturdays 9am to 3pm

Proudly Using GreenEarth Technology



Pooler's Best Dry Cleaners use a silicone based dry cleaning fluid (made from sand, water and CO2) which is non toxic, biodegradable and not EPA regulated, read more about GreenEarth Cleaning: GreenEarthcleaning.com.

**We Keep Your Clothes
Looking Newer Longer With**

Environmentally non-toxic
and safe on all fabrics



Gentle, silicone-based
solvent, not a harsh
petrochemical

Fejuvenates the fibers in
clothes making them bright
and clear, without shrinking



Garments smell fresh and
clean with no chemical odor



The Doctor Will See You Now

Walk-in Urgent Medical Care
(minor illnesses and injuries)

No appointment necessary

Open 7 days a week

Most insurance accepted

Affordable-flat rate for self-pay patients



St. Joseph's/Candler Immediate Care
107 Canal Street on Pooler Parkway
Pooler, GA 31322

Phone: 912-450-1945
www.getIMMEDIATEcare.com

Hours:
Mon. to Fri. 9 am – 8 pm
Sat. 9 am – 5 pm
Sun. 12 pm – 5 pm

Walk-ins Are Always Welcome!



After the Hurricane Ten Things You Should Know About Mold

Potential health effects and symptoms associated with mold exposures include allergic reactions, asthma and other respiratory complaints. There is no practical way to eliminate all mold and mold spores in the indoor environment; the way to control indoor mold growth is to control moisture.

If mold is a problem in your home, you must clean up the mold and eliminate sources of moisture. Fixing the source of the water problem or leak will help prevent mold growth.

Reducing the indoor humidity (to 30-60%) will decrease mold growth by: Venting bathrooms, dryers and other moisture-generating sources to the outside, and using air conditioners and de-humidifiers.

Increasing ventilation will also make a difference, using exhaust fans whenever cooking, dishwashing and cleaning. Make sure to clean and dry any damp or wet building materials and furnishings within 24-48 hours to prevent mold growth.

Cleaning mold off hard surfaces with water and detergent, and dry completely. Absorbent materials such as ceiling tiles, that are moldy, may need to be replaced.

Prevent condensation by reduce the potential for condensation on cold surfaces (i.e., windows, piping, exterior walls, roof, or floors) by adding insulation.

In areas where there is a perpetual moisture problem, do not install carpeting (i.e., concrete floors with leaks or frequent condensation). Molds can be found almost anywhere; they can grow on virtually any substance, providing moisture is present. There are molds that can grow on wood, paper, carpet, and foods. Please protect your health!

8 TIPS TO CLEAN UP MOLD



Protect Yourself

Put on personal protective equipment (gloves, mask, goggles) to protect your eyes, nose, mouth, and skin.



Toss!

Don't sell! Anything that was wet with flood water and can't be cleaned and dried completely within 24 to 48 hours should be taken outside. Take photos of discarded items for filing insurance claims.



Fix It Out

Open all doors and windows when you are working, and keep as many open as you safely can when you leave.



Circulate

When electricity is safe to use, use fans and dehumidifiers to remove moisture.



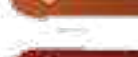
Don't mix chemicals

If you use cleaning products, do not mix cleaning products together. DO NOT mix bleach and ammonia because it can create toxic vapors.



Scrub Surfaces

Clean with water and a detergent. Remove all mold you can see the right away.



Don't cover it up!

Painting or caulking over mold will not prevent mold from growing. Fix the water problem completely and clean up all the mold before you paint or caulk.



Do It All

Do your best and everything at the same time as possible -- within 24 to 48 hours if you can.



Miller's

Coin & Currency

Savannah's one-stop shop for all your precious metal needs!

(912) 330-9919
1212 Highway 80 East — Suite 700
Pooler — GA 31322

CURRENTLY BUYING:

**Gold • Silver • Diamonds
Coins • Currency • Collections
Estate Jewelry • Rolex Watches**

With the price of Gold and Silver on the rise, now is a great time to cash in on those precious metals you have sitting around collecting dust.



We Buy Estate Jewelry

**We'll Pay
You More
Than The
Other Guys!**

**REMEMBER
EVERYONE
DEPLOYED**



RE/MAX

Accent



Military Relocation Professional



Tina Flesher Harrington, MRP - REALTOR

Remax Accent • 17 Richard Davis Drive • Richmond Hill, GA 31324

Office: 912.756.5888 • Cell: 912.247.8593

Email: tinaflesher@remax.net • www.tinaflesher.com



HAPPY HOLIDAYS



GIVE A **GIFT** THAT RE- ALLY MATTERS

**Martial Arts Makes A Fantastic
Gift For Your Kids!**



MARTIAL ARTS

Individually Owned and Operated

**HOLIDAY
SPECIAL**
5 CLASSES FOR \$55
Martial Arts Classes & FREE Uniform
For 100% Money Back Guarantee
New Students Only Expires 1-31-2017

ROBINSON'S ATA BLACK BELT

Contact Us Now At: **912-748-4505**

Or Visit Us Online:

WWW.POOLERMARTIALARTS.COM

22 COLEMAN BLVD • POOLER, GA

TAKE A TIP FROM THE FASHION WORLD AND DRESS YOUR WINDOWS IN LAYERS



Amazing drapery
promotions like
upgrades, discounts
and more going on
now! *

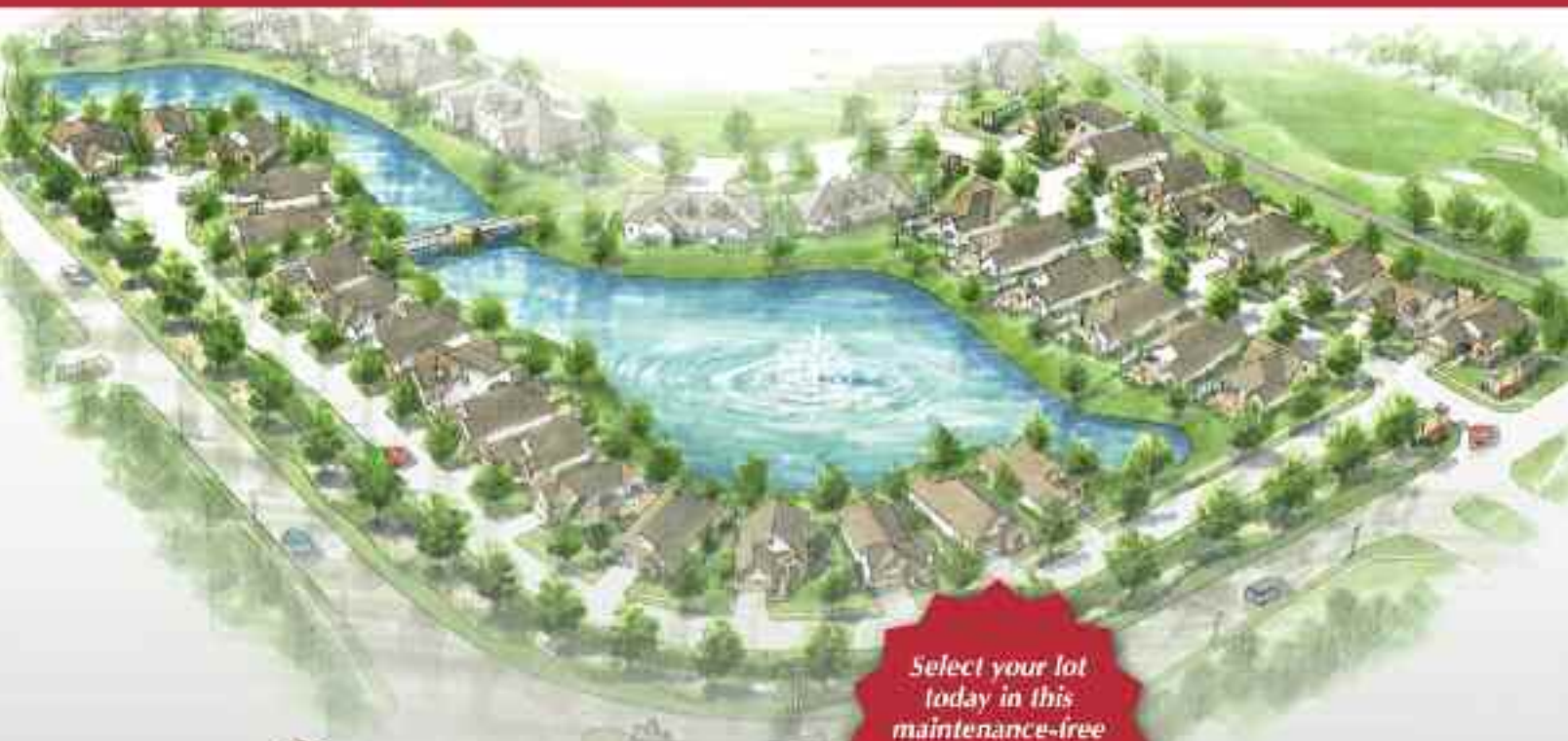
912-436-6806

www.budgetblinds.com/coastalempire

**Budget
Blinds**

The Best in Custom Blinds and Window Coverings

NOW SELLING | MAINTENANCE-FREE HOMES



Select your lot
today in this
maintenance-free
GATED
community



Base Prices start at \$289,900



- Maintenance-free, single story living
- Exclusive Savannah Quarters® gated community
- Waterfront and golf course home sites
- Our most popular private outdoor courtyards
- The Club at Savannah Quarters® offering:
Tennis, Swim, Fitness & Golf



131 Kingfisher Circle
Poulet, GA 31322

RSVP TO: Ann Bjork | New Home Sales Representative
Office: 912-450-9876 | Cell: 704-905-5352 | AnnBjork@fairways-sq.com

Limited Time Offer

First **3** Buyers
to receive 50%
off lot premium
or a **FREE**
screened porch.

Contact us today for promotion details.

Savannah Quarters

www.epconsneakpeek.com/Savannah





A Precious Gift of Life for the Holidays

By Becca Bruni

Director of Development & Marketing
Humane Society for Greater Savannah

Let the Humane Society help you give a precious gift this holiday season.

Each year in the United States alone, 2.7 million adoptable dogs and cats are euthanized because too few people adopt from shelters. Because space within shelters is limited, staff members too frequently are required to decide which animals will be euthanized. The number of euthanized animals could be reduced dramatically if more people adopted pets instead of buying them. By adopting from a humane society or private animal shelter, rescue group, or from a local animal-control agency, you will help save the lives of two animals – the pet you adopt, and a homeless animal somewhere who can be rescued because of the space you helped free up vital resources.



When you adopt, you adopt a healthy pet animal shelters and rescue groups are brimming with happy, healthy animals just waiting for someone to take them home. Here at HSGS we examine, vaccinate, spay or neuter and microchip all of our pets prior to adoption. In addition to medical care, we also screen animals for specific temperaments and behaviors to make sure each family finds the right pet for its lifestyle. It is a common misconception that animals end up in shelters or with rescue groups because they've been abused or done something "wrong." In fact, most animals are given to shelters or rescue groups because of "people reasons" like a divorce, a move, lack of time, and financial constraints are among the most common reasons pets lose their homes... not because of anything they've done.

Adopting a pet is much less expensive than buying a pet at a pet store or through other sources. For \$9-\$300 your adopted pet is already vaccinated, fixed and micro-chipped! And at HSGS, every adoption includes a free vet visit and 30 days of free pet insurance! That's a steal!

Pets have a way of putting a smile on your face and a spring in your step. Not only do animals give you unconditional love, but research confirms that pets provide us humans with psychological, emotional, and physical benefits. Caring for a companion animal can provide a sense of

purpose and fulfillment as well as lessen feelings of loneliness and isolation in all age groups. Simply put, pets aren't just good friends; they're also good medicine and can improve a person's well-being in many ways.

If you adopt, you won't be supporting puppy mills and pet stores. Puppy mills are "factory style" breeding facilities that put profit above the welfare of dogs. Most animals raised in puppy mills are housed in shockingly poor conditions with improper medical care. The "parents" are kept in cages; bred over and over for years, without human companionship and little hope of ever joining a family. And after they're no longer profitable, breeding dogs are simply discarded – either killed, abandoned or sold at auction. Puppy-mill puppies are sold to unsuspecting consumers and pet stores, over the Internet, at flea markets and through newspaper classified advertisements to anyone willing to pay for them. Marketed as from great breeders, well-honed sales tactics keep money flowing to the puppy mills. Buyers never get to see where the pups are bred (a vital step in puppy-buying). Many of the puppies have serious behavioral and health problems that might not be apparent for months, including medical problems that can cost thousands of dollars to treat, if they are treatable at all.



Unfortunately, a lot of people are not even aware that puppy mills exist, so when they buy a pet from a pet store, online or other retail outlets, they are unwittingly supporting this cruel industry. By adopting instead of buying a pet, you can be certain you aren't supporting the cruelty of puppy mills. Puppy mills will continue to operate until people stop purchasing from them. Instead of buying a pet, visit your local shelter or contact a local rescue group, where you will likely find dozens of healthy, well-socialized puppies, kittens, and adult pets – including purebred – just waiting for that special home. Yours!



My Pet World Q&A's

By Marc Morrone



Q: My son recently got a Labradoodle puppy. She is now 4 months old. He has had her since August. He just finished building a dog pen. It is large about 20 feet long. The problem is she won't poop or pee in the pen, which is on a cement slab. She holds it till she is on the lawn. My son puts her poop in the pen to show her, no luck. Any advice would be greatly appreciated.

A: Well it is obvious that she regards the pen as her home and she does not want to soil it. So the best thing to do would be to make part of her pen different from the rest of it so she does not feel like she is violating her instincts.

The best way to do this is to get some wooden garden ties that are used for creating borders around a lawn and nail them together to create a square in the pen about 4-by-4 feet. Then fill the resulting square with pea gravel and sprinkle some grass clippings on top of the gravel to entice her.

Most likely she will use it right away and you can then scoop out the poop and hose out the gravel bed. All my dogs used such a set up and they would always gravitate off the lawn to pee or poop in their "dog toilet."

Q: We have two parakeets - a male and female - and they have been together for three years now. I swear that they are in love with each other and their devotion is quite humbling. They never leave each other's side and do everything together. I believe they love each other as we human beings do, but my husband thinks animals cannot love like humans do. What is your opinion on this topic?

A: This is a hot question, as love is not totally understood in humans, let alone in animals. I certainly am not qualified to answer such a question.

However, just about everything I learned about animals was from the works of the late great scientist Konrad Lorenz, who won a Nobel Prize in 1973 for his work on the organization of social behavior in animals.

He kept many greylag geese and jackdaws and often said that some pairs had clearly fallen in love; other scientists took him as being too sentimental about this. His reply to the scientists was: "It is the accurate term for a real phenomenon for which there is no other name. I consider the term appropriate to any species, if that is in fact what they do."

So forget my opinion, Konrad Lorenz would say that your parakeets are indeed in love and as far as I am concerned that is the end of that.

Q: We adopted a hound mix from a rescue group. They take care of the animal getting spayed and neutered. This dog is a sweetheart and just loves people. Though, he has one bad habit - he goes out of his way to mount our legs. Why would a neutered dog do this? I always thought that neutering removes these behaviors?

A: Neutering a dog will remove all testosterone from its body, thus in theory all the behaviors associated with it. However, the timing of it determines the efficacy of the operation. The earlier it is done the greater the likelihood of success since the unwanted behaviors have yet to be established.

In your case, the dog was most likely neutered later in life, and so the mounting behavior he manifests is now a learned behavior and hard wired into his head.

The key here is to never give the dog the opportunity to do it. If he starts just get up and walk away or push him off quickly and with no drama. The whole family has to be consistent - if he tries to do it 10 times and is foiled but on the 11th time he gets to do it, then he will continue to try all the harder.

Some dogs though are chronic in this way. My Cairn Terrier was neutered late in life and he was a habitual mounter. We were able to teach him to leave us alone, but we were never able to stop him from doing it to pillows or whatever other house hold object that he found attractive.

Marc Morrone has kept almost every kind of animal as a pet for the last half-century and he is happy to share his knowledge with others. Although he cannot answer every question, he will publish many of those that have a general interest. You can contact him at petxperts2@aol.com.

Godley Station Animal Hospital

Your pet is sure to find top-notch care at Godley Station!
We offer a wide range of services, from full hospital care to experienced dog and cat groomers!

Our Specialty Services include:

Behavioral Medicine ♦ Boarding ♦ Dental Care ♦ Emergency / Critical Care ♦ Fully Stocked Pharmacy
Grooming ♦ Hospice ♦ Microchipping ♦ Pain Management ♦ Parasite Prevention ♦ Radiology (X-Rays)
Surgery ♦ Vaccinations ♦ Wellness Exams, and much more...

(912) 748-8805 • godleystationvet.com

27 Canal Street - Pooler, GA 31322

Phone: 912-748-8805 Boarding Facility: 912-450-8814 Fax: 912-748-8807

Hours: Mon-Fri: 8:00am-6:00pm • Sat: 8:00am - Noon • Sun: Closed



Brewer

LAND SURVEYING

- FEMA Flood Elevation Certificates
- Lot Corner Surveys
- Boundary Surveys
- As-Built Surveys
- ALTA Land Title Surveys
- Property Subdivisions

Call Today for a Free Estimate
912-856-2205



J. Craig Brewer
is a Professional
Land Surveyor
with over 20 years
experience.



Welcome
HOME
WEDNESDAYS

You're invited to our
Welcome Home Wednesdays
for prospective families!

December 7 • January 11 • January 25 • February 15

Director of Admissions • Debbie Fairbanks • 721.2114 • www.savcps.com

Savannah Christian Preparatory School does not discriminate on the basis of gender, race, color, national or ethnic origins.

THE READERS
CHOICE AWARDS



PRIDE OF POOLER
Vote for the Best of Pooler!
Go to: www.AyersGroup.org
See page 8 for all the details.



RE/MAX
Accent

All Roads Lead Home...



303 Lakeside Blvd., Port Wentworth, GA
4 Beds - 4 Baths - 3,290 SQ FT. \$237,352
MLS #156383



mb
maureenbryant

Maureen Bryant

17 Richard Davis Drive • Richmond Hill, GA
Office: 912.756.5888 • Cell: 912.441.3053
Email: maureenbryant62@yahoo.com
Website: www.maureenbryant.com



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXERCISE
YOUR HEART
IN MORE WAYS THAN ONE.

Strengthening your community.
For a better us.

Join the Y in January
and pay no JOIN FREE!

WEST CHATHAM YMCA
912.748.9622
ymcaofcoastalga.org

Guten Tag, Shoppers!

By Dianne Carter

Pooler is excited to announce that Aldi, a discount supermarket and one of the fastest growing retailers in the U.S., is planning to open a location at the corner of Maxwell Drive and Trader's Way. This comes just months after Pooler approved plans for Lidl, another discount supermarket, to open a location on the other side of Pooler Parkway in the Pooler Marketplace. Both of the chains are German in origin and offer a similar cost-effective approach to grocery shopping.

With nearly 1,600 stores in 34 states, Aldi's strategy is a simple one. While typical supermarkets carry about 30,000 items, Aldi sells only weekly high-quality must-haves that include fresh meats, fruits vegetables and bakery items. The grocery story is full organic and bans all pesticides. Customers can find most of the items on their weekly shopping list at Aldi. Smaller inventory means smaller stores, which results in lower rent and electricity costs. They pass the savings on to the customer.

The grocer also offers ALDI Finds which are premium food and household products only in stores for a limited time. The incentive here is "take it soon before it's gone forever."

Although Aldi's carries some national brand products, more than 90% of the store's products are Aldi exclusive brands which are manufactured by many of the nation's leading food producers. This allows them to provide the same high quality without passing on hidden costs associated with national brands such as marketing and advertising. According to Aldi's, many of their shoppers have found that switching from national brands to Aldi exclusive brands can save them up to 50% on their weekly groceries.

The store also uses the Aldi Test Kitchen to ensure that their products meet or exceed the quality and taste of national brands. The best test, of course, is customer loyalty. People would not keep coming back and the company would not continue to grow the way it is doing, if they didn't sell premium products.

Aldi's strategy also includes streamlining the shopping experience. For example, they implemented an efficient shopping cart rental system. Shoppers pay a quarter for a cart which is refunded when they return the cart. Benefits to this include no stray carts taking up spaces in the lot or causing dents to cars and not having to hire someone to police the carts. Once again, they pass the savings to the customer.

Another cost saving measure is encouraging the customer to bring their own bags or purchase a reusable Aldi bag, rather than adding bag costs to prices. In doing so, they also save resources to protect the environment.

Although a grand opening has not yet been scheduled, keep your reusable bags and quarters close at hand, so you're prepared to head to Aldi for a unique shopping experience unlike anything else in the market.

Check them out online www.aldi.us and if you are interested in a job go to www.jobhat.com.



Check out daily specials and upcoming events. Get the Mobile App for iPhone and Android.

SUPER-FAST DELIVERY - CARRY OUT

HOME OF THE ORIGINAL

**HICKORY
SMOKED**

CHICKEN WINGS

*Stoner's
Pizza Joint*

**BEST PIZZA
& WINGS IN TOWN**

Family Owned & Operated

Gulfstream and
JCB Employees
**RECEIVE 10%
DISCOUNT**

912-988-7913

200 Governor Treutlen Rd., Unit 3
Pooler, GA 31322

ORDER ONLINE

WWW.STONERSPIZZAPOOLER.COM



**Savannah's Largest
Gun Store**

ORTIZ CUSTOM GUNS

BUY ~ SELL ~ TRADE ~ GUNSMITH

7 East Montgomery Cross Road
Savannah, Georgia 31406

912.925.0799

Visit our online store: **ortizcustomguns.com**



PEDRO ORTIZ, GUNSMITH
Featured in GunDigest

Whether you are buying new or used, transferring a firearm or have an item you wish to sell, our team of experts is here to help. Need some custom work done? From stocks to scopes, barrels to brakes and from triggers to tritium sights, Pedro Ortiz has the expertise and equipment to do the job right the first time. **We Buy Guns, Top Cash Paid!**



stop n stor

CLIMATE & NON-CLIMATE UNITS
24 HR. GATED ACCESS
PARKING SPACES
ALL SIZE UNITS

**NOW
OPEN IN
POOLER!**

**2 Locations Serving
Pooler Residents:**

RESERVE YOUR UNIT TODAY AT

www.stopnstorstorage.com

STOP N STOR
1010 SH MORGAN PKWY
POOLER, GA 31322
Corner of Pooler Pkwy & Morgan Pkwy



CALL 912-662-0600

STOP N STOR
2180 BENTON BLVD
SAVANNAH, GA 31407
Corner of Benton & Highlands



NOW OPEN! 912-480-0522

Identity Theft

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



Identity theft is a big problem. How big? Consider this: In 2015, about 13 million Americans were victimized, with a total fraud amount of \$15 billion, according to Javelin Strategy & Research. That's a lot of victims and a lot of money. How can you protect yourself from becoming a statistic?

Here are a few suggestions:


- ◆ **Secure your Social Security number.** Identity thieves eagerly seek Social Security numbers, so don't give out yours to anyone who asks for it. In fact, as a general rule, be reluctant to give it out at all. Always ask whomever you're dealing with if he or she will accept another form of identification, or at the very least will take just the last four digits of your number. And never carry your Social Security card with you.
- ◆ **Shred credit card offers and bank statements.** If you're not going to apply for the credit cards offered to you, shred the offers. Identity thieves have been known to go through garbage, fill out credit card offers and take advantage of them. At the same time, shred your bank and brokerage statements, and any other statement containing personal or financial information.
- ◆ **Study your credit card bills and checking account statements.** Question any credit card charge or checking account activity you don't recognize as

your own.

- ◆ **Don't give out your credit card number unless you are initiating a purchase.** Many of us shop online. As long as you're dealing with a reputable merchant who uses a secure site, i.e., one that has "https" in the web address, you should be fairly confident that your credit card information is protected. Never give out your credit card number to people or businesses who, unsolicited, try to sell you something over the phone or Internet.
- ◆ **Protect your passwords.** Do you use a password to log onto your computer? If so, don't share it with anyone, outside perhaps your most trusted family members. Use a strong password, one that doesn't contain your real name or even a complete word that could be used to identify you. Also, it doesn't hurt to periodically change your password, whether it's for your computer login or entry to any of your financial or consumer accounts.

Even after taking these steps, you could still run into identity theft. That's why you need to watch for certain signs, such as the arrival of unexpected credit cards or account statements, denials of credit for no clear reason, or calls or letters regarding purchases you didn't make. If any of these things happen to you, you may want to place a "fraud alert" on your credit reports and review them carefully. Three national credit-reporting companies: Equifax, Experian, and TransUnion keep records of your credit history. If someone has misused your personal or financial information, contact one of the companies and ask for an initial fraud alert on your credit report. A fraud alert is free, but you must provide proof of your identity. And the company you call must tell the other companies about your alert.

For more information on placing a fraud alert, visit the website of any of the three companies.



This year, stuff their piggy banks instead of their stockings

To learn about all the holiday gift options available, call or visit a financial advisor today.



Veronica L. Voisine, AAMS®, CRPC®
Financial Advisor

138 Canal St
Suite 406
Pooler, GA 31322
912-748-6512

www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING



Make this your child's best school year ever. Our specialized pediatric therapists design treatment plans to meet your child's unique needs. In our Pooler office, we offer a full range of pediatric rehabilitation services, including physical and occupational therapy and speech/language pathology. Call today to help your child succeed.



at Memorial University
Medical Center

101 West Mulberry Drive, Suite 210
Pooler, Georgia 31407

T: 912-273-1000 | F: 912-273-1010
rehabinstitute.memorialhealth.com

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



Is Your Child Too Clumsy?

By Katherine Searight Kirby, P.T., DPT

Bumps, bruises, falls, and spills are all part of a normal childhood. But when is clumsy too clumsy? If you notice specific warning signs in your child, he could have coordination impairments.

Children develop at different rates, so it's best to not compare your child to another. However, if you see that your child is unable to keep up with other kids her age in team sports or on the playground, she may have problems with gross motor coordination.

Does your child struggle with gross motor skills, such as running and crawling, that more than 75 percent of kids his age can complete? Or does he avoid gross motor tasks altogether, because he cannot do them? These could be signs of coordination impairments.

Other warning signs of coordination impairments include:

- Significantly delayed gross motor skills (greater than two months behind for children under 1-year-old, or six months or more behind for children older than one year)
- Frequent falls
- A child who rarely or never extends her arms to catch herself to prevent her head hitting the floor from a fall
- Skips significant gross motor skills, i.e., crawling
- Difficulty climbing onto chairs, rocking horses or bicycles
- Difficulty with a hard gross motor task, such as a baby unable to crawl over an obstacle; a 3-year-old unable to go up and down stairs switching feet, so only one foot is on a step at a time; a 4-year-old unable to ride a bike with training wheels or a tricycle; a 5-year-old unable to skip
- Daycare providers or teachers express concerns

If your child has any of these warning signs, he might suffer from dyspraxia. Children with dyspraxia have difficulty developing and executing motor plans that are fundamental for all coordinated movements.

Physical therapists can help children with coordination impairments learn advance gross motor skills to improve their safety, function, and ability to play with other children.

Physical therapists can identify errors in motor planning and abnormalities in strength, rhythm and gross motor deficits. They can then address abnormalities or deficits and break up gross motor skills so that children are able to learn and catch up with their peers.

Katherine Searight Kirby is a pediatric physical therapist who sees children. Ask your primary care physician for a referral to our Pediatric Physical Therapy prove their safety, function and ability to play with other children.

Physical therapists can identify errors in motor planning and abnormalities in strength, rhythm and gross motor deficits. They can then address abnormalities or deficits and break up gross motor skills so that children are able to learn and catch up with their peers.

Katherine Searight Kirby is a pediatric physical therapist who sees children. Ask your primary care physician for a referral to our pediatric Physical Therapy.



Family owned and operated

*The medicine you need,
and the service you deserve*

Hours: 9:00am to 6:30pm Monday - Friday
9:00am to 1:00pm Saturday

990 Pine Barren Road, Suite 102
Pooler, Georgia 31322-9448
Tel: (912) 348-4420 • Fax: (912) 348-4421

submit your refills on line at:
<http://www.poolerpharmacy.com>



Annual Meeting & Awards Banquet

Please join the
Pooler Chamber of Commerce & Visitors Bureau
Dec 15, 2016 , 6 - 9 p.m.
National Museum of the Mighty Eighth Air Force
as we recognize the
**Pooler Police Officer
and Supervisor of the Year**
along with
**Pooler Firefighter
and Rookie Pooler Firefighter of the Year**

Member Fee- \$25
Non-Member - \$35
Additional \$10 at the door
Call for reservations (912) 748-0110

Sponsored by:



WJCL



We offer complete Landscape Management
Landscape Installation & Design
Irrigation Installation Service & Repairs
Hardscapes, Landscape Lighting
Lawn and Shrub Chemical Programs.

**Year Round Maintenance Programs,
FREE Evaluation & Estimate
on your Landscaping needs.**

We are proud to provide references.
Owned and operated by: **MIKE SCHUMAN**

Call (912) 354-8856
www.mygrassmaster.com

CUSTOM HOMES SINCE 1972



QUALITY + VALUE + SERVICE

America's Home Place is proud to build custom homes
in Savannah and all surrounding areas.



SAVANNAH BUILDING CENTER
1108 E US HWY 80 #100, POOLER, GA 31322
(912) 335-2669
AMERICASHOMEPLACE.COM



AMERICA'S HOME PLACE

1108 East US Hwy 80, Suite 100

(next to Larry's Giant Subs)

Hours Mon. thru Fri. 9 am – 6 pm and Sat 10 am to 4 pm.

Please bring new and unwrapped presents to our local office by
DECEMBER 12, 2016.



PEST SOLUTIONS

Locally owned and operated



**Bee Green is committed to offering safe and effective
services for your home and business, guaranteed!**

Custom Service to Meet Your Needs:

- Pest Control
- Termite Control
- Wildlife Control
- Free Termite & Bedbug Inspections
- Mosquito Control
- Family and Pet Friendly
- Bedbug Treatments

"When Pests Are Seen, Call Bee Green!"
912-429-3995

**Honesty.
Respect.
Professionalism.
Courtesy.**

It's how I treat all my customers. And you can be sure I'll always do my best to meet your needs.

**Like a good neighbor,
State Farm is there.®**

CALL ME TODAY.



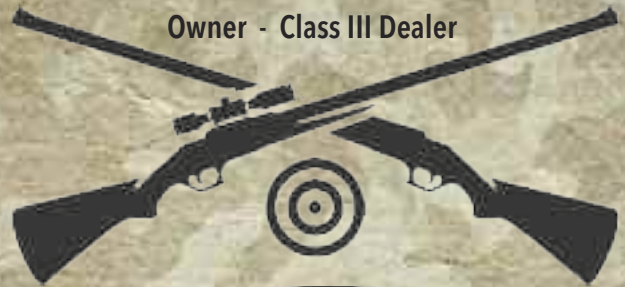
Pat Walter Parker, Agent
930A Morgan's Corner Road
Pooler, GA 31322
Bus: 912-330-9191
pat.parker.jlqm@statefarm.com



**BUY • SELL
CONSIGNMENTS • LAYAWAY**

KAYTON SMITH, III

Owner - Class III Dealer



POOLER GUNS
INCORPORATED

(912) 450-9308

1024 US Highway 80 West, Suite 105

Pooler, Georgia 31322

PoolerGuns@comcast.net

Hours: Monday - Saturday 11am to 7pm



The
FRONT PORCH
COFFEEHOUSE



We are OPEN!

215 West Collins Street

Pooler, GA 31322

Hours: Mon-Wed 7am-6pm

Thur-Sat 7am-9pm

Closed Sundays



**Your Banking,
Made Simple.**

- ★ Free Checking Accounts
- ★ Auto Loans
- ★ Credit Establishing Loans
- ★ Low-Rate Visa® Credit Cards
- ★ Personal Loans
- ★ Free Mobile Banking with mobile deposit.



Applying is Easy!
membersfirstga.com



Click, Call or Come by Today!

912-352-2902

606 East 67th Street, Savannah

Plus, Shared Branching and
Surcharge-Free ATMs near you.





Pain Relief From Corticosteroid Injections Can Vary Greatly

By Paul Huddleston, M.D., Orthopedic Surgery,
Mayo Clinic, Rochester, Minnesota



DEAR MAYO CLINIC: I have osteoarthritis in my spine. About a month ago, I got a steroid shot in my lower back because my doctor said it might help with stiffness and pain in my back and legs. It worked wonderfully, and my symptoms are gone now. How does this medicine work? If the pain comes back, could another one of these shots take care of it again? Or is my arthritis gone?

ANSWER: *The injection you received likely contained a corticosteroid medication. These powerful drugs can be very useful in treating many conditions that cause joint pain, including osteoarthritis.*

How long the effects of a corticosteroid injection last can vary quite a bit, depending on your health and the severity of your symptoms. If your pain returns, you may be able to get another injection. Because of the possibility of serious side effects, though, the number of injections and how often you can receive them is limited. Unfortunately your arthritis is not gone, even if you're not currently having any symptoms.

A corticosteroid shot helps relieve joint pain by decreasing inflammation in and around a joint. They're used in people who have osteoarthritis because the disease frequently leads to joint pain, tenderness and swelling, especially in the hands, knees, hips and spine. The injections also are commonly prescribed for people who have pain due to other disorders, such as tendinitis, carpal tunnel syndrome, gout, bursitis and rheumatoid arthritis, to name just a few.

Getting a corticosteroid shot usually involves only an office visit to your doctor. Before the injection, the area around the injection site is cleaned. Your doctor may apply an anesthetic spray to numb the area where the needle is inserted. To make sure the needle is placed correctly, your doctor may use ultrasound or a type of x-ray called fluoroscopy to watch where the needle goes inside your body.

After the needle is inserted, the medication is released into the injection site. Typically, these shots include the corticosteroid medication to relieve pain and inflammation over time, as well as an anesthetic to provide immediate pain relief.

How long the pain relief from a corticosteroid injection lasts depends a great deal on your individual health situation. For some people, the effects may last only a week or two, while others may be symptom-free for several months or more.

Corticosteroids can be very effective in relieving symptoms such as joint pain, tenderness and stiffness, but they're not without risks. For some people, the shot may cause a flare of pain and inflammation in the joint just after it's given. In most cases, these symptoms fade within 48 hours of receiving the injection.

Although uncommon, longer-lasting complications can include nerve damage, joint infection, damage to nearby tendons, and thinning of the bones near the injection site. There are some individuals who have temporary pain relief due to the numbing medicine commonly used with these shots, but they don't obtain long-term pain relief. Additionally, people who take blood thinners for the treatment of stroke, heart or clotting disorders may not be able to have the injections safely while on those medications.

There is some evidence that repeated corticosteroid shots do not change the way arthritis in the spine progresses over time. Chronic use of the shots eventually can cause cartilage within a joint to deteriorate, resulting in permanent joint damage. Because of that, these injections are usually not given more often than once every six weeks. It's also typically recommended that people receive corticosteroid injections no more than three or four times a year.

If you notice your symptoms of osteoarthritis returning, review the benefits and risks of a second corticosteroid injection with your doctor to help decide if another shot may be the right choice for you.

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



One CAN at a Time

**Drop off your Can Food items to the
Pooler Fire Department
on Rogers Street and Pooler Parkway.
Your donations are appreciated and will
help those in need this holiday.**



Enterprise Rent A Car Foundation Supports America's Second Harvest Of Coastal Georgia Efforts To Fight Hunger

By Mary Jane Crouch

Enterprise Rent-A-Car Foundation Donates \$7,000 to America's Second Harvest of Coastal Georgia. On November 22, America's Second Harvest of Coastal Georgia received \$7,000 from the Enterprise Rent-A-Car Foundation to address food insecurity in coastal Georgia. The donation is part of a program – called Fill Your Tank – that celebrates Enterprise Rent-A-Car's 60th anniversary by providing \$60 million over six years to fight hunger around the globe. The Fill Your Tank program donations made locally are determined by local Enterprise operations.

Beyond donations, Enterprise Rent-A-Car is supporting the Fill Your Tank program with a hunger awareness and local engagement campaign. Hunger is often invisible, and the campaign helps make hunger in our communities more visible.

In presenting the donation, Tyson Bragg, Group Human Resources Manager said, "Enterprise Rent-A-Car is woven into the fabric of the coastal Georgia community, and food insecurity is an issue for our community. This donation to America's Second Harvest of Coastal Georgia will support those in our community who need a little help to reach their full potential."

Globally, one in nine people doesn't get enough food to be healthy and lead an active life, according to the World Food Programme. Today, more than a third of households served by Feeding America include at least one child. And, according to Food Banks Canada, 13 percent of Canadians live in a state of food insecurity, which means they do not have reliable access to adequate amounts of safe, good-quality, nutritious food.

Mary Jane Crouch, Executive Director of America's Second Harvest of Coastal Georgia, said, "We are so appreciative of Enterprise Rent-A-Car Foundation's support and commitment to ending hunger and their staff for their volunteerism to making a difference."

About: America's Second Harvest of Coastal Georgia, Inc. America's Second Harvest of Coastal Georgia serves as a regional food bank, functioning as the food warehouse and distribution center to more than 275 non-profit organizations and churches in our area. Through food relief programs and collaboration with partner agencies, America's Second Harvest distributed more than 13 million pounds of food last year to people in need in our community – children, senior citizens, people with disabilities, people experiencing homelessness and others whose incomes are insufficient to meet their basic needs. To learn more about the fight against hunger in our community, call (912) 236-6750 or visit www.helpendhunger.org.

Not Feeling Well? In A Hurry?



DRIVE THRU & DROP OFF YOUR PRESCRIPTIONS



- Skip the Long Wait-Come see the Difference
- We're Convenient!
- Pooler's 1st Drive-Thru Pharmacy
- Delivery Service Available
- Medication Flavoring
- Online Refill Service & Our Own Mobile App



Like Us
Follow Us



Get Our
Mobile App!

110 Medical Park Drive - Pooler
(912) 748-3194
(912) 748-8190 Fax

Mon-Fri: 9am - 7pm • Sat: 9am - 5pm
Sun: 11am - 5pm
www.quickrxdrugs.com

"Your Family Pharmacy"

Easy transfers and we welcome most insurance!
Est. 1987 (6 locations serving Savannah area)



After Hurricane Matthew: Free Local Services - Disaster Assistance

Disaster Unemployment Assistance

Available to Savannah Residents Affected by Hurricane Matthew

Disaster unemployment assistance is available to workers in Bryan, Bulloch, Chatham, Effingham, Evans, Glynn, Liberty, Long, McIntosh and Wayne counties who lost income as a direct result of Hurricane Matthew in Georgia.

The purpose of disaster unemployment assistance is to help workers whose primary incomes are lost or interrupted by a federally declared disaster. It differs from regular state unemployment insurance because it provides benefits to people who are self-employed, farmers, loggers and employees who work on commission.

Individuals in the ten counties approved for disaster assistance in Georgia must first apply for regular unemployment insurance by visiting the Georgia Department of Labor website at dol.georgia.gov or apply in person at any Georgia Department of Labor career center.

For locations, visit dol.georgia.gov/locations/career-center.

The Georgia Department of Labor will notify claimants if they are also eligible to file for disaster unemployment assistance.

For more information on applying for disaster unemployment assistance visit the Georgia Department of Labor website at FAQs on Disaster-Related Benefits.

For updates on Georgia's Hurricane Matthew response and recovery, follow @ChathamEMA, @GeorgiaEMA, and @FEMARegion4 on Twitter and visit gemhsa.ga.gov and fema.gov/disaster/4284.

Legal Assistance

FEMA is now providing legal assistance to low-income Georgia disaster survivors who need help with home repair contracts and contractors, counseling on landlord-tenant issues or assistance with life, medical and property insurance claims. Individuals who qualify for assistance will be matched with Georgia lawyers who have volunteered to provide free, limited legal help.

Legal assistance can include:

- Help securing FEMA and other government benefits available to disaster survivors.
- Assistance with consumer's protection issues such as price gouging and avoiding contractor scams in the rebuilding process.
- Replacement of wills and other important documents lost or destroyed in the disaster.

- Counseling on mortgage-foreclosure problems.

Toll-free legal hotline to connect disaster survivors affected by Hurricane Matthew with legal aid providers is 866-584-8027. Local residents may call 404-527-8793. The lines are open Monday to Friday, 9 am to 5 pm.

Note: This service is provided by the Federal Emergency Management Agency not Chatham Emergency Management Agency.

RENTERS CAN APPLY FOR FEMA DISASTER ASSISTANCE TOO!

If Hurricane Matthew damaged your belongings inside a rented home, you may qualify for financial assistance.

APPLY FOR FEMA ASSISTANCE:

Call: 800-621-3362

www.disasterassistance.gov

**or visit the Disaster Recovery Center
Savannah Technical College
5717 Whitebluff Road, Savannah , GA**



Don't wait for an insurance settlement to apply for Disaster Assistance through FEMA.

Those affected by Hurricane Matthew only have until DECEMBER 16, 2016 to sign up for assistance.

**Call 1-800-621-3362, or visit us at:
www.disasterassistance.gov.**



CLASSIFIEDS

Do You Have Items to Sell, Services To Provide, Job Opportunities?

COMPLETE LANDSCAPING SERVICE

FREE evaluation and estimate of all your landscaping needs. Award winning service. Excellent references available. Fertilization, insect control, fungus and weed control, sprinkler repair and installation, year round maintenance programs. Grassmaster Lawn Care. Call me, Mike Schuman (912) 354-8856.

LOVING GRANDMA CHILDCARE

I am available to sit with your child / children on a date night or other special occasions. Lots of TLC, and lots of experience. Prefer the Highlands area in Pooler. References upon request. Call Donna at (912) 660-6666.

WHITE GLOVE CLEANING

Let us help take some stress out of your life! We have 10 years experience. We are dependable, trustworthy, and have excellent references. We offer weekly, and bi-weekly cleaning services. Bonded and insured. Call Debbie for a FREE estimate. (912) 508-9535. Attention to detail is out business!

HOUSE CLEANERS

Relief is just a phone call away. Let us clean and/or organize your home. Our cleaning service so thorough that your home will sparkle! We will clean regularly or for pre and post special occasions. We have excellent references available upon request. Call Paula or text me for further information and free estimates: (912) 373-2146.

LET US HELP YOU SELL YOUR ITEMS AND SERVICES

Do you have items in your home or garage that you want to sell? Do you have a product or service you want to advertise? Send us your classified ad today. Classified ads cost \$25/issue up to 50 words of copy Ask about cost for longer ads. We reserve the right to edit length of submissions. Your ad must be received by the 1st of the month for inclusion in the next issue. Call Dean, dean@ayersgroup.org or phone (702) 767-0508.

INVITATION & ANNOUNCEMENTS

When your invitation commands a Must Attend Response....Let us conceptualize and implement your invitations, announcements, tributes from a flat medium into a limitless means of social expression. We'll exceed your expectations at an affordable cost. Please call for an appointment and a no-obligation personalized sample. www.affairofthearte.com or call (912) 210-9905.

A Call Out For Your Community Classified

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

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

You do not need to be a Pooler resident to place a classified ad in Pooler Today.

SPECIFICATIONS AND COSTS

Classified advertisements:

Cost: \$25 per issue for 50 words or less.

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

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

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





Photo by Cierra Ayers

The Queen Sends Her Regards

By Dean Ayers

London is one city that is probably on everyone's bucket list. It has been many years since I first visited and Cierra had never touched down on England's soil so we decided to visit there from Bruges and Amsterdam.

The word chunnel has been in my vocabulary ever since the Channel Tunnel was conceived in 1994 so this was my chance to test it out. The Channel Tunnel connects France (near Calais) to Folkestone in the United Kingdom via a 31.35 mile-long tunnel under the English Channel's Straits of Dover. The tunnel reaches a depth of 250 ft. at its deepest point and top speed is 99 mph. The hype did not live up to the experience since you never actually see the tunnel and the entire ride is in total darkness.

We chose to stay at Park Grand Hotel, a small boutique hotel in the Lancaster Gate district just a short walk to Hyde Park and Paddington. The service was excellent and the staff treated us like family. Their location was perfect for us because we like to walk and ride buses when we travel and we did a lot of both.

The Park Grand was experimenting with a new service that we tested and loved. Each room is provided with a FREE cell phone loaded with unlimited international phone calls, internet service and loaded with apps; directions, sights, restaurants, etc... to make our stay more manageable.

Arriving in the early evening, we inquired about good, local food for dinner. Hotel staff recommended The Swan, a local pub a few blocks away. Keep in mind our visit was during UEFA Soccer Championship so The Swan was crowded and noisy with soccer games on every TV. "When in London..." so we ordered the Frontier-battered Fish & Chips, Cierra's favorite dish and it did not disappoint. I imbibed a few pints and enjoyed the ambiance. No trip to London is complete without a visit to at least one British pub to experience the culture, food and to create fond memories.

After breakfast the next morning in our hotel, we took a brisk walk to Marble Arch where we started a day of sightseeing on Big Bus Hop-On Hop-Off Tour. We purchased the 48-hour ticket that included both the

Red and Blue lines and a Thames River Tour. Our main objective was to get oriented with a sense of London geography so we spent much of the time on the open, top deck gawking and taking photos when we weren't dodging rain drops. If you visit London, be sure to pack an umbrella!

We got off the Red Tour bus at Piccadilly Circus, London Bridge, Tower of London, Westminster Abbey and Buckingham Palace, spending more time at the latter. With English blood coursing through my veins, it may be the heritage of the "Motherland" that is most fascinating to me. We missed the changing of the guard but loved viewing the Royal Guards and meandering about with the thousands of tourists flocking to this historical palace.

We ate lunch at Covent Garden, the popular theater district. There are numerous options, but we settled on Cote Brasserie. The place was crowded but full of English charm. We dined on a delicious meal of steak & frites, and enjoyed chatting with the staff, who were fun and engaging.

The next morning it was raining lightly as we headed out to Knightsbridge via Hyde Park and Kensington Gardens. The English gardens that surrounded The Serpentine pond that runs through the park were beautiful. Cierra was eager to view the Princess Diana Memorial Fountain, but small and seemingly hidden, it fell far below our expectations.

We emerged in the rain in Knightsbridge (an area known for its swanky restaurants and luxury shops) and headed straight for Harrod's... surprise. Feeling like Alice in Wonderland, Cierra spent her time admiring resplendent displays of exotic items in the world famous department store. Meantime, I pursued the perfect lunch place. Caffe Concerto is an elegant, pretentious restaurant with servers in

cute uniforms and gorgeous chandeliers. We split an order of smoked salmon tartines that were very tasty and hopped back on the bus in a steady rain. We rode up and down Brompton Road and made another stop at Fortnum & Mason, a historic and luxurious department store





emporium known for its hampers, teas and coffees. By now, Cierra was in fully-charged shopping mode, while I opted for the classy wine bar on the first floor. Smart move by this emporium to provide wary shopping spouses a place to sit and chill.

Tired from walking all day in the rain, we sought out a Hop-On Hop-Off bus and landed back at Marble Arch. Contemplating a busy travel day tomorrow we decided to have dinner on the way back to the hotel at a local Italian restaurant, Taormina. This family-owned, Sicilian restaurant specializes in true home cooking, my Veal Taormina and Cierra's Ravioli Bolognese, were a fine finish to our visit to London. In the morning we take the Eurostar back to Amsterdam before catching our flight home.

Reflecting on our wonderful journey, I've learned that the best parts of traveling are being relaxed, content, entertained and educated by all you experience. Our trip to Europe provided all those elements and more. A trip such as this is designed for all ages, but travel is one of the greatest gifts you can give to your children. Perhaps it's time for you to start thinking about a family vacation in Europe.



Top to bottom (left page) Hyde Park, Buckingham Palace, Westminster Abbey. This page (top to bottom) London Bridge, Royal Albert Hall, and Big Ben.



CURE - The Gift of Saving Lives and Families

By Mandy Garola
Patient-Family Services
Engagement Manager

CURE Childhood Cancer is dedicated to conquering childhood cancer through funding targeted research and through support of patients and their families.

tients and their families.

Football, earlier sunsets, pumpkin spice, and cooler temperatures are all tell-tale signs that fall has arrived in southeast Georgia. Each year around this time, we all tend to reflect on the things for which we are thankful. I am thankful for an organization called CURE Childhood Cancer.

When I share with people what I do, they sometimes respond with disbelief. Until you are thrown into the world of childhood cancer, you might not realize just how many local children are currently battling this disease. On average, one in every four elementary schools has a student battling cancer. Other times when I tell people about my position, they are sympathetic. They tell me that they could not imagine being in the trenches with the patients and families day to day. The truth is, childhood cancer is affecting families in our Savannah and Pooler communities. Some days are difficult, but these families need our support. Celebrating even the smallest of victories make the difficult days worth it. I am so thankful to be a part of an organization that has such a drive to cure pediatric cancer and support local families who find themselves facing a painful diagnosis. As a result, I have channeled my inner fourth grader and put together a little fall CURE Childhood Cancer acrostic.

Three Million Dollars- CURE was once again able to donate over \$3 million to research projects across the U.S. that are aimed at finding effective treatments for the 20% of the kids who do not survive with current treatment methods.

Helping Hands- CURE's volunteers are the heart and soul of the organization. Whether it be by preparing Open Arms lunches, stuffing envelopes, or serving at a local event, the hands of our volunteers allow us to further our mission.

Annual Donors- We are so grateful for the supporters who believe in our mission and give money, donations, and time year after year.

Named Funds- We love our families, and they love us. We walk through the most difficult journey imaginable with some families. We are extremely grateful when these families choose to partner with CURE by establishing named funds in the honor or memory of their child.

Knowledgeable Researchers- Annual research projects are selected by our Scientific Advisory Council, a group of medical doctors and scientists who conduct a thorough review of each research proposal in order to assess scientific merit and alignment with CURE's goals.

Families- The precious patients and families that we serve are at the heart of everything we do. Our relationship with them extends beyond the length of their child's cancer treatment. They become a forever part of our CURE family.

Unwavering Courage- Even the youngest cancer patients display an unbelievable amount of courage as they face treatment head on. They are truly our heroes!

Loving Caregivers- We value our relationships with the doctors, nurses, chaplains, child life specialists, social workers, parents, and siblings who serve as frontline caregivers for these young patients. We do our best to show them how much we appreciate them any time we can.

This fall, we hope that you will remember, there is ALWAYS something for which you can be thankful.

To learn more about CURE Childhood Cancer, please visit www.curechildhoodcancer.org.

POOLER Today

The Pooler Today Index of Neighborhood Sponsors is provided for easy access when searching for a trusted vendor of services. Pooler Today Magazine is produced just for you, and our collective efforts would not be possible without the support of our distinguished advertisers. We thank you in advance for patronizing these businesses often, and letting them know you appreciate their support of your Pooler community.

ACADEMICS-PRIVATE SCHOOL

Savannah Christian Prep
Debbie Faribanks, Admissions
(912) 721-2114

•
Savannah Country Day
Terri Barfield
(912) 925-8800

ASSISTED LIVING CARE

The Oaks Senior Living
Customer Relations
(912) 748-5999

ATHLETICS / HEALTH

West Chatham YMCA
Customer Relations
(912) 748-9622

ATTORNEY AT LAW

Charles C. Grile, Attorney at Law
Charles C. Grile
(912) 748-5096

AUDIOLOGY & HEARING AIDS

Audiology & Hearing Aid Service
Client Services
(912) 351-3038

BANK / FEDERAL CREDIT UNION

Georgia Heritage Federal Credit Union
Client Services
(912) 236-4400

•
Members First Credit Union
Client Services
(912) 352-2902

CLEANERS / DRY CLEANER

Pooler's Best Dry Cleaners
Jacqueline Mohler
(912) 988-1943

COFFEE & TEA HOUSE

The Front Porch
Client Services
(912) 348-2240

COIN, CURRENCY & JEWELRY

Miller's Coin & Currency
Client Services
(912) 330-9919

CUSTOM COUNTERTOPS / REMODEL

Counter Fitters Custom Countertops
Client Services
(912) 231-0103

CUSTOM HOME BUILDERS

America's Home Place
Client Services
(912) 335-2669

•
Savannah Quarters Courtyard
Ann Bjork
(912) 450-9876

DENTAL

Coastal Empire Periodontics
Justin W. Bordlemay, DMD
(912) 988-1907 / 445-5311

FINANCIAL ADVISOR

Edward Jones
Veronica L. Voisine, AAMS
(912) 748-6512

GUNS

Ortiz Custom Guns
Pedro Ortiz, Gunsmith
(912) 925-0799

Pooler Guns

Kayton Smith, III
(912) 450-9308

HEALTH CARE

St. Joseph's/Candler Immediate Care
Pooler Clinic
(912) 450-1945

•
Memorial University Medical Center
Pooler Clinic
(912) 273-1000

HEATING & AIR CONDITIONING

Gerrald's Heating & Air
Client Services
(912) 756-3422

HEATING & AIR CONDITIONING

Indoor Climate Experts
Client Services
(912) 748-4823

INSURANCE

State Farm
Pat Walter Parker, Agent
(912) 330-9191

LAND SURVEYING SERVICE

Brewer Land Survey
J. Craig Brewer
(912) 856-2205

LAWN CARE & LANDSCAPE

Grassmaster Lawn Care, Inc.
Mike Schuman
(912) 354-8856

LIQUOR & SPIRITS

Coastal Spirits
Client Services
(912) 450-1200

MARTIAL ARTS

Robinson's ATA Martial Arts
Mike Robinson
(912) 748-4505

PEST CONTROL

Bee Green Pest Solution
Customer Service
(912) 429-3995

PHARMACY RX

Pooler Pharmacy
Patient Services
(912) 348-4420

Quick RX Drugs

Patient Services
(912) 748-3194

REAL ESTATE

Keller Williams
Traci Amick
(912) 631-0220

REMAX Accent

Maureen Bryant
(912) 441-3053, 756-5888

RE/Max Accent, Teresa Cowart Team

Teresa Cowart, Co-Owner/Broker
(912) 667-1881, (912) 756-5888

REMAX Accent

Tina Harrington, MRP Realtor
(912) 247-8593, (912) 756-5888

RE/Max Accent

Pooler Branch
(912) 988-5888, (912) 756-5888

RESTAURANT / DELIVERY SERVICE

Jimmy John's Sandwiches
Client Services
(912) 748-1200

Stoner's Pizza Joint

Client Services
(912) 988-7913

RESTAURANT / CATERER SPECIAL EVENTS

Miss Sophie's
Teri Bell
(912) 330-0778

Molly MacPherson's

Daniel Cloutier
(912) 631-0220

STORAGE FACILITIES

Stop N Stor
Customer Relations
(912) 662-0600

VETERINARIAN / HOSPITAL

Godley Station Animal Hospital
Client Services
(912) 748-8805

WINDOW COVERINGS

Budget Blinds
Nancy Beskar
(912) 436-6806

Thank You
SPONSORS



For advertising information please contact:

Pooler Today Magazine

Barbara Anderson

(912) 631-5000

Barbara@AyersGroup.org • www.AyersGroup.org

Real Estate is on Fire
call RE/MAX Accent!



Happy Holidays!



RE/MAX[®]
Accent

www.coastalaccent.com

17 Richard Davis Drive
Richmond Hill, GA 31324
912.756.5888

445 Pooler Parkway
Pooler, GA 31322
912.988.5888

Real Estate Sales ~ Property Management ~ Leasing



POOLER

The Ayers Group, LLC Publication

Today

463 Pooler Parkway, Suite 110
Pooler, Georgia 31322-4200

POOLER RESIDENT

Gerrald's

Heating & Air

**Enter
to
WIN**

- Improve your health
- Lower your energy costs
- Keep your HVAC running efficiently
- Maintain a comfortable home

Call to schedule your maintenance on your heating and air system. Existing customers...refer a new customer that signs up for our maintenance club and you will be entered to win a NEW heating and air system, up to 3.0 tons, worth up to \$5,000!

We service ALL systems, and our technicians are NATE trained and certified.

Call GERRALD'S HEATING & AIR for details

(912) 756-3422