

December 2018 / January 2019

POOLER *Today*SM

Vol III • Issue XII



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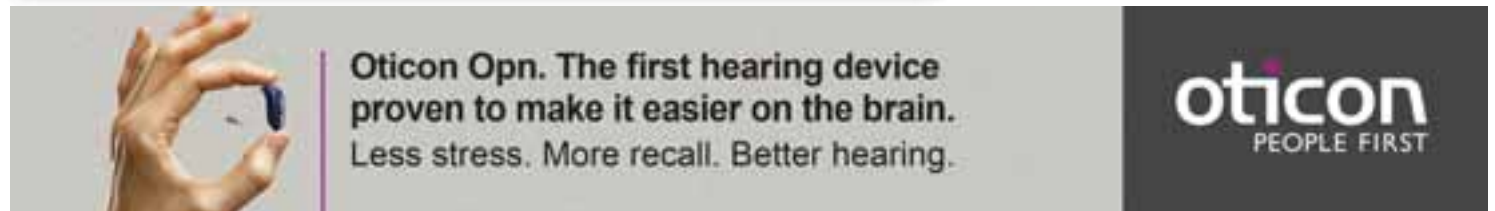
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happy NEW YEAR



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City Attorney	Steven Scheer
City Clerk	Maribeth Lindler
Finance Officer	Michelle Warner
Fire & Rescue	Chief G. Wade Simmons
H/R Director	Andrea Anderson
Police	Chief Ashley Brown
Public Works	Matt Saxon
Recreation Dept	Hugh Elton
Sr. Citizen Center	Susan Edwards
Zoning Admin.	Kimberly Classen
Utility Billing	

<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) 748-5199
Library	(912) 748-0471
Pooler Chamber of Commerce/Visitor Bureau	(912) 748-0110
United States Post Office	(912) 748-4927
Veterans Affairs	(912) 352-0441

Hospitals, Health and Medical Resources:

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

Other Sources:

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

Pooler Schools

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

Pooler / Area Community Churches

Beth-El Alliance Church	(912) 925-2961
Bread of Life Ministries, Inc.	(912) 988-1102
Calvary Assembly of God	(912) 748-5847
Christ Presbyterian Church	(912) 399-5717
Chua Cat-Tuong Temple	(912) 965-1876
First Presbyterian Church of Pooler	(912) 330-9415
First Baptist Church of Pooler	(912) 748-7521
Gateway Community Church	(912) 748-7011
Heavenbound Baptist Church	(912) 308-3601
Hydrate Church	(912) 988-4120
Morning Star Baptist Church	(912) 748-9994
New Birth Savannah	(912) 748-2969
New Testament Baptist Church	(912) 964-7655
Pooler Bible Church	(850) 274-2534
Quacco Baptist Church	(912) 925-3885
Relate Church	(912) 988-1354
Risen Savior Lutheran Church	(912) 925-9431
Rothwell Baptist Church	(912) 748-7593
Savannah 1st 7th Day Adventist Church	(912) 748-5977
Southbridge Community Church	(912) 401-8505
South Valley Baptist Church	(912) 748-0279
St. Patrick's Episcopal Church	(912) 748-6016
The Church at Godley Station	(912) 330-8461
Trinity United Methodist Church	(912) 748-4141
West Chatham Baptist Church	(912) 748-2022
Westside Christian Church	(912) 748-0309

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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

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Photo by T. Howard Reimer

Greetings!

Life is a complicated journey and it isn't always easy to take the high road. Try as we might to be fair and thoughtful in our assessments of others or of situations, we sometimes fail. Having a bad day can cause good intentions to go haywire, but most of us don't head down the road to a school, concert or place of worship to kill a bunch of people. We are still rational thinkers who have developed sensible coping mechanisms to get us through the rough times without being unkind to others.

Statistics demonstrate that we are experiencing the greatest surge of hate crimes in recent times. No one is born knowing how to hate, but we learn what it is by watching others react to it. President Truman said, "You can't encourage people's prejudices. You have to appeal to people's best interests, not their worst ones." His message sometimes seems lost as we witness depraved individuals choose to be evil and inflict their madness on society.

Religious teachings advise us to love one another, but those obsessed with hatred for others they perceive as different from themselves are completely devoid of the ability to feel anything but ugliness in their hearts. This lack of empathy is responsible for many human conflicts, particularly between people from different cultures and religions.

Often people decide who another person is before they have even spoken to them. Thus, I would like to suggest that we take extra moments each day to practice empathy. Try not to be so quick to judge when someone offends your way of thinking. Make every effort to understand and care about their perspectives and what motivates them. They may have valid arguments and good intentions which you have not considered.

When you look at those around you, try to imagine who they are, what is going on in their lives and what it would be like to walk in their shoes. If you want respect, be respectful. Rather than focusing on what separates us, look for ways to relate because we all have much more in common than not.

We are living in ugly and difficult times, but holidays offer the perfect time to begin teaching our children what empathy means and how to apply it to our daily lives. Reinforce their understanding of its importance by introducing opportunities to support, comfort and show compassion for those in need. It can be as simple as offering a smile or a warm word to someone who could use a touch of kindness. The lesson is learned.

"Never look down on anybody unless you're helping them up."
- Jesse Jackson

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Veronica Voisine

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Pooler Today

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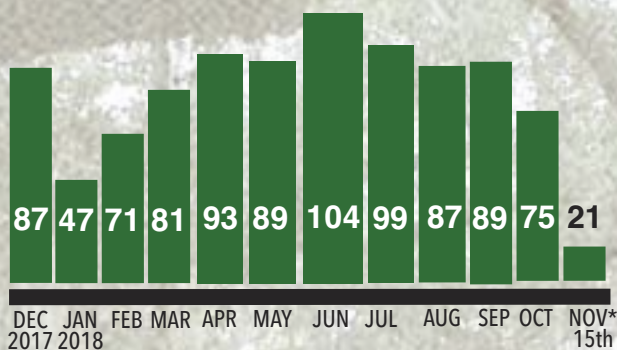
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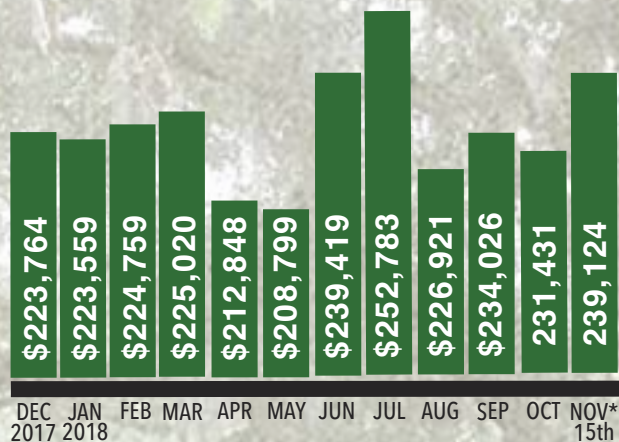
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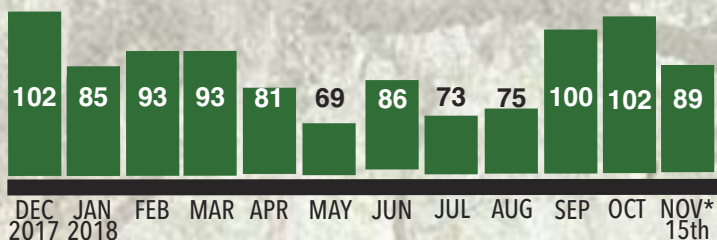
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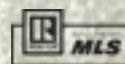
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FASTER THAN A BEATING HEART

Advances in CT technology help radiologists get a clearer picture of the heart

For computerized tomography, the imaging technique known as CT, the more still the patient is, the better. Patients are asked to lie as still as they can be, and may be asked to hold their breath for a few seconds. Movement can cause images to blur.

But no matter how still you are, your heart still beats. So how do you get a clear image when the heart is your subject? With the advanced technology in the GE Revolution CT scanner, recently installed in St. Joseph's Hospital, you get the image of the whole heart within a single beat.

The machine can scan just that fast, and it is a great help to physicians like Daniel M. O'Mara, MD, a radiologist with Savannah Chatham Imaging.

"Our goal is to use imaging to give our patients the most accurate picture of their health," Dr. O'Mara says.

"One challenge in achieving this goal, particularly when we are

evaluating small and continuously moving structures like the coronary arteries, is to minimize motion as much as possible. The new scanner allows us to essentially freeze motion, which results in exceptionally crisp images that are easy to interpret."

This advanced capability not only helps achieve high-definition images for heart patients, but also for trauma and stroke patients, as well as the very young, who aren't typically inclined to stay still no matter where they are.

Delivering clear, sharp images in seconds helps physicians with diagnosis and treatment planning, but it also provides more convenience to patients. To begin with, in many instances, the contrast dose is lower and the appointment is often shorter.

"Because we are able to obtain images very quickly, our patients spend less time in the scanner," Dr. O'Mara says. "Because the images we obtain are high quality and motion free, fewer repeat scans are required."

Radiologist Daniel M. O'Mara, MD discusses the advantages of St. Joseph's/Candler's new GE Revolution CT scanner.





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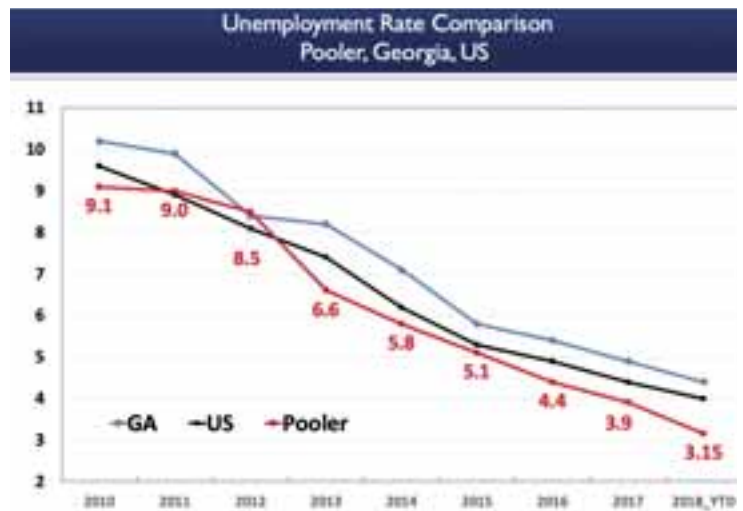
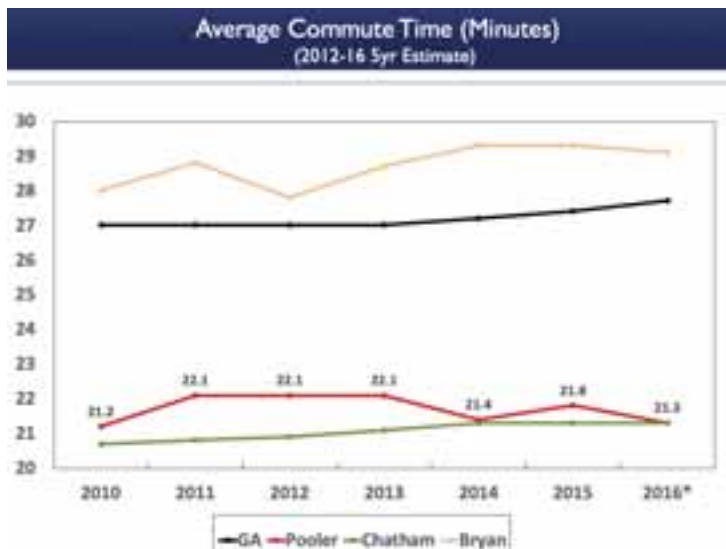
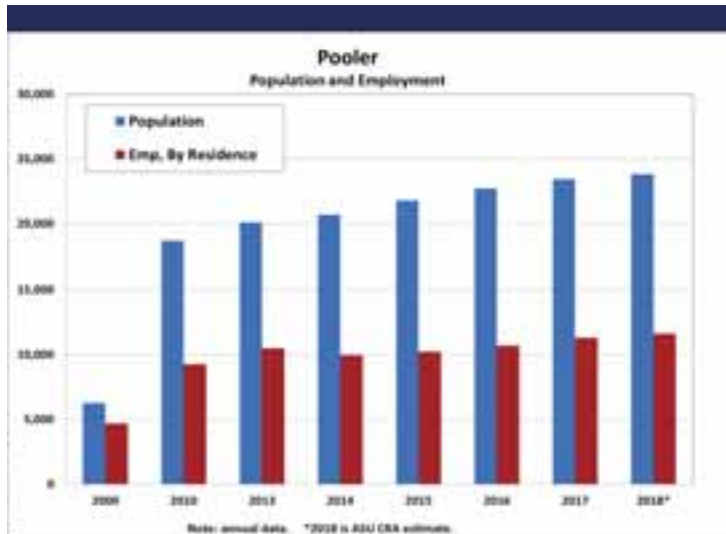
POOLER: EMERGING EDGE CITY

ECONOMIC PREVIEW 2018

BY: MICHAEL TOMA

FULLER E. CALLAWAY PROFESSOR OF ECONOMICS

GEORGIA SOUTHERN UNIVERSITY, COLLEGE OF BUSINESS



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West Chatham School entry by Elizabeth Haynes, 7th grader. Working Together Can Make A Whole



Two Pooler Students Advance In Annual Lions International Peace Poster Contest

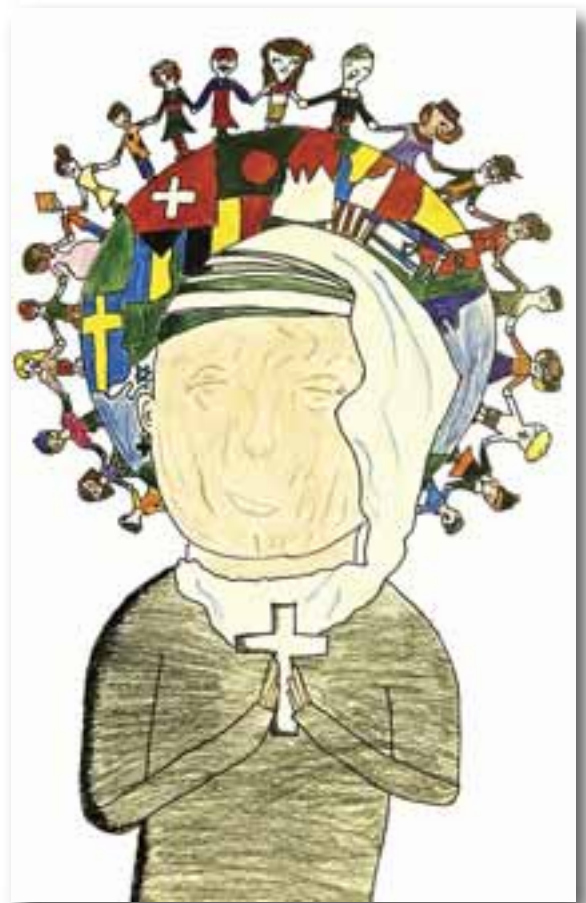
Pooler, November 1, 2018 – Jaidyn Parra, a 6th grader at Godley Station Middle School and Elizabeth Haynes, a 7th grader at West Chatham Middle School have taken the first steps to becoming internationally recognized artists by winning a local competition sponsored by the Pooler Lions Club.

Parra and Haynes' posters are among more than 600,000 entries submitted worldwide in the 31st annual Lions International Peace Poster Contest. Lions Clubs International is sponsoring the contest to emphasize the importance of world peace to young people everywhere.

"Peace Begins with a Smile," is 11-year-old Parra's quote on peace. "Working Together Can Make A Whole," is 12-year-old Haynes' quote on peace. One poster was selected from each school participating by the Peace Poster Committee including Sandi Downes, Committee Chair; Veronica Voisine, Immediate Past President; and Rosemary Cutuli, Vice President and Club Service Chair.

The two posters were selected for their originality, artistic merit and portrayal of the contest theme, "Kindness Matters."

Pooler Lions Club President, Linda Saytanides, said she was impressed by the expression and creativity of the students from both middle schools. "It is obvious that these young people have strong ideas about what peace means to them. I'm so proud that we were able to provide them with the opportunity to share their visions." 40 students submitted entries from Godley Station and 100 students submitted entries



Godley Station School entry by Jaidyn Parra, 6th grader. Peace Begins With A Smile.

from West Chatham. Committee Chair Sandi Downes stated, "The judging was difficult because you could just see that some students took a lot of time and put quite a bit of thought into their artwork. I credit the Art Teachers, Ms. Glover and Ms. Sims, for pulling their students together for this project."

"Parra and Haynes' posters will advance to face stiff competition through the district, multiple district and international rounds of competition if either one is to be declared the international grand prize winner," Saytanides said.

One grand prize winner and 23 merit award winners will be selected. The grand prize includes a cash award of \$5,000, plus a trip for the winner and two family members to an award ceremony. The 23 merit award winners will each receive a certificate and cash award of \$500. "Our club is cheering for Jaidyn and Elizabeth as their posters advance in the competition, and we hope that their vision will ultimately be shared with others around the world," Saytanides said. Locally, Jaidyn and Elizabeth will be honored for their participation by the Pooler Lions Club at the Club's Meet and Greet on Tuesday, November 27th to be held at Lovezzola's on Route 80 in Pooler.

View international grand prize and merit award winners at www.lionsclubs.org/peaceposter



The Enduring Impact Of The First Christmas

By John Fender
Pastor, First Presbyterian Church of Pooler
Chaplain, Pooler Police Department

All too often at Christmas we focus our eyes only on the night of Christ's birth. Our minds are drawn to Bethlehem, to a manger, to this idea of a small child in a manger, sleeping in a feeding trough, but our minds are not drawn beyond that. We do not allow our minds to consider the enduring impact of this event in a small town over 6,000 miles from Pooler on a night over 2,000 years ago. Therefore, I want you to become familiar with a timeline that will give you a taste of the massive ripple effect that began on the night we just read about.

Jesus' birth, though obscure, could be seen from as far away as heaven, such that angels are dispatched that very moment to reveal such glorious news to the shepherds keeping watch over their flocks.

Jesus' birth, though obscure, could be seen in the skies, as the Wise men from the East observed the sign and came to worship Jesus.

The news of Jesus' birth, though obscure, would travel fast, even to the palace of Herod the King.

The one born a child would grow up to be a man, and some 30 years later would begin his public ministry. Within a year or so, thousands seek him out to hear him preach and to be blessed and healed by him. Men and women would commit to partner in this work such that as Jesus ascends to heaven they would continue to spread the news about his birth and his life.

Around 33 AD, one of those followers, Peter, will stand up in Jerusalem and deliver a sermon in which about 3,000 Jews would place their faith in Jesus. Two chapters later 5,000 Jews were converted. By the time we reach Acts 10-11 and we read the story of Peter and Cornelius, an especially noteworthy story because of the strong emphasis on the gospel coming not just to Jews, but also to Gentiles. And we read that Cornelius and his household place their faith in Jesus.

In 42 AD, Mark, out of a love for Jesus, will carry the gospel to Egypt.

In 49 AD, Paul carries the gospel to Turkey.

In 51 AD, Paul carries the gospel to Greece.

In 52 AD, Thomas carries the gospel to India.

By 174, we learn of the first reported Christians in Austria.

By 200, Tertullian spoke of the spread of the gospel this way "all the limits of the Spains, and the diverse nations of the Gauls (France), and the haunts of the Britons, inaccessible to the Romans, but subjugated to Christ".

By 280, the first Christians in rural areas in northern Italy so the gospel moves outside the major cities

By 350, 31.7 million or roughly 53% of Roman Empire claims Jesus Christ as Savior.

By 432, Patrick carries the gospel to Ireland (of course many in Savannah, GA celebrate that fact by getting drunk on St. Patrick's day)

By 596, Gregory Great sends Augustine to England and in Canterbury they baptize 10,000 in a year.

By 635, missionaries arrive in China.

By 900, missionaries reach Norway

By 1200, the Bible now available in 22 different languages.

By 1498, the first Christians are reported in Kenya.

By 1501, Pope Alexander the 6th grants to Spain all the lands in the Americas on the condition that provisions, funds and men are made for the religious instructions of the native population.

By 1554, there are 1500 converts to Christianity in what we now call Thailand.


In 1733, Scotsman landed with James Oglethorpe at the founding of Georgia and brought with them a strong faith.

In the 1730s – 1740s, the First Great Awakening swept Britain and its Thirteen Colonies. The revival movement permanently affected Protestantism as adherents strove to renew individual piety and religious devotion. An estimated 75-80% of the population attended churches.

And all of this is simply the ripple effect of a night in Bethlehem, when Jesus was born. And you and I are caught up in that. The massive impact can be felt even now. So when you wake up Christmas morning and hopefully read to the family the story of the birth of Christ, pause and know the implications for that story are still reverberating today, and will forever and ever. For God has sent his Son to redeem a people unto himself, that will have the ultimate joy of being with him forever.

Rev. John Fender is the Senior Pastor of the First Presbyterian Church of Pooler, GA, and serves as Chaplain of the Pooler Police Department. Please visit at www.fpcpooler.org.





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You may only vote once, all ballots must be received by December 31, 2018. Thank you for helping us recognize your favorite businesses through the Pride of Pooler Readers Choice Award! You are welcome to visit us to view last years winners at **www.ayersgroup.org/pride-of-pooler-award.html**.



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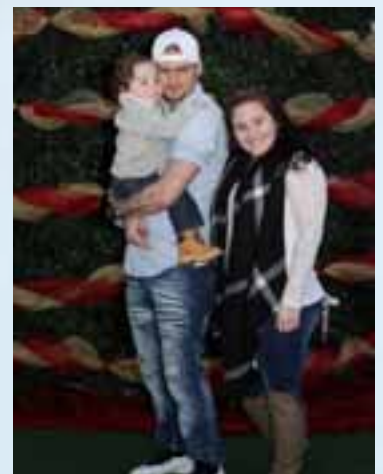
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Pooler Tree Lighting Ceremony



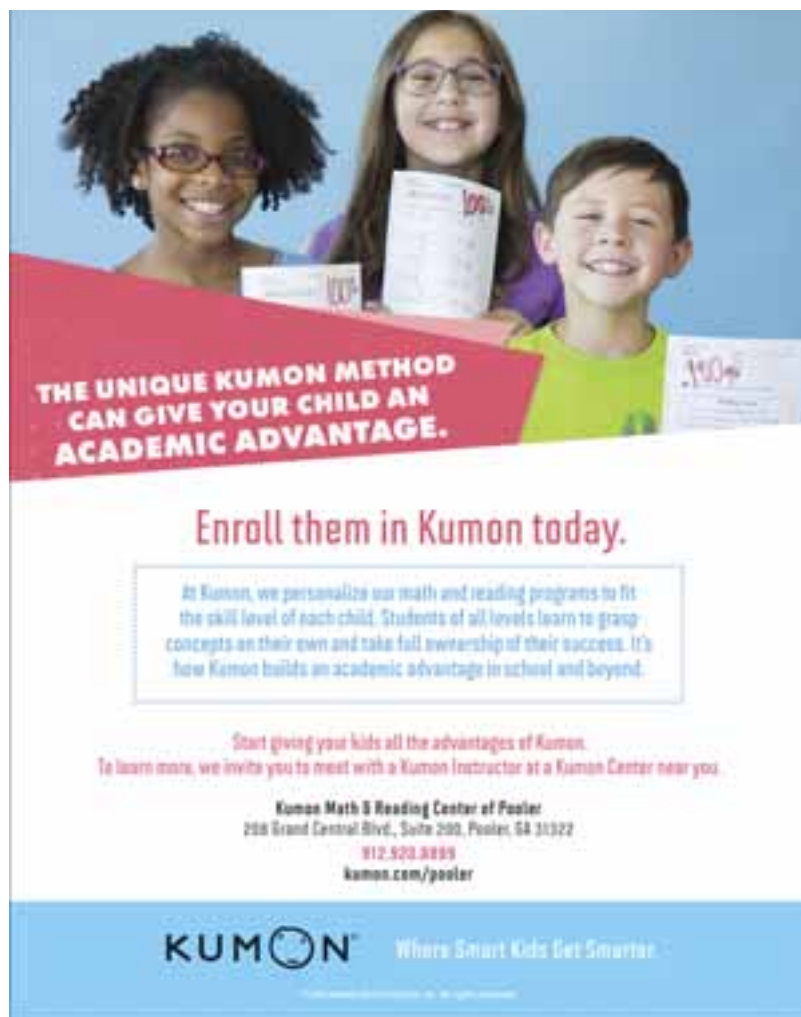
Thank you to the City of Pooler and our local Pooler Community Churches for your sponsorship! Merry Christmas.



T. HOWARD REIMER



Photos by T. Howard Reimer
thowardreimer.smugmug.com



Motivating Children By Developing A Growth Mindset

By Janese Bryant Cooper
Certified Kumon Instructor

“Motivation is the most important factor in determining whether you succeed in the long run. What I mean by motivation is not only the desire to achieve, but also the love of learning, the love of challenge, and the ability to thrive on obstacles. These are the greatest gifts we can give our students.”

– Carol Dweck

Parents often ask how they can help their child become more motivated to learn, especially material that is above grade level. Stanford University Professor of Psychology, Carol Dweck demonstrates that communication to children about their effort, successes, and setbacks often shapes a child’s mindset and motivation. Here is how it works. The author of *Mindset: The New Psychology of Success*, Dweck postulates that people have either a “fixed mindset” or “growth mindset” that influences our perspective and communication. When we believe that success is based on innate ability, we are said to have a fixed theory of intelligence, otherwise known as a fixed mindset. When we believe that success is based on hard work, learning, and perseverance, we are said to have a growth theory of intelligence, also called growth mindset.

Parents and Instructors are most effective when they praise effort and results equally. Praising effort means recognizing errors as learning opportunities that lead to improvement and success. The brain is a muscle that becomes stronger through hard work and learning from our mistakes. We can motivate children to develop a growth mindset and achieve their goals through communication about effort, learning, and persistence.

Here are different ways of communicating that can drive your child’s motivation and mindset.

<http://www.edweek.org/ew/articles/2015/09/23/carol-dweck-revisits-the-growth-mindset.html>

“I’ve got to have a growth mindset, man. That’s what it’s about, me still trying to improve even at 30 and (after) 12 years in the league.”

– LeBron James

HOW TO ENCOURAGE STUDENTS

Growth Mindset

What to say:

“When you learn how to do a new kind of problem, it grows your math brain!”

“If you catch yourself saying, ‘I’m not a math person,’ just add the word ‘yet’ to the end of the sentence.”

“That feeling of math being hard is the feeling of your brain growing.”

“The point isn’t to get it all right away. The point is to grow your understanding step by step. What can you try next?”

Fixed Mindset

What not to say:

“Not everybody is good at math. Just do your best.”

“That’s OK, maybe math is not one of your strengths.”

“Don’t worry, you’ll get it if you keep trying.”

“If students are using the wrong strategies, their efforts might not work. Plus they may feel particularly upset if their efforts are fruitless.”

“Great effort! You tried your best!”

“Don’t accept less than optimal performance from your students.”



SOURCE: Carol Dweck



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Pooler's Ongoing Drug Take Back Program

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

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

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

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

- Prescriptions only
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Please remove labels or black out any identifying information from the medication containers.



Pooler Police Dept.

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Question and Answers To Your Pet Inquiries

By Cathy M. Rosenthal
Tribune Content Agency

Walking dogs off-leash can stress other dogs, and people.

A few months ago, we moved to a community that requires dogs to be leashed while walking. Leash walking has been clearly stated in our newsletter several times. If someone ignores this community rule, they are fined at some point, but I don't know if that has ever happened.

In our previous home, our dogs had a large dog run for exercise. We don't have that anymore so we walk them several times a day. It took some time for them to get used to walking on a leash.

My issue is with people who, against community rules, walk their dogs unleashed. They seem to think it's OK because the owner trained their dog to walk that way. Before reporting one person (after observing her unleashed dog several times), I asked her why she was walking her dog unleashed while holding the leash in her hand. She became indignant and cursed me out.

While driving, we passed a golden retriever off-leash with its owner. When the dog saw us, he began walking toward our car. The owner had to stop the dog from going in the street.

Recently, a man began walking his labradoodle off-leash. When I asked, "why no leash?" he said he's been training his dog for six years and the dog knows better. He said his dog doesn't know he's a dog. Mind you, I saw him walking well in front of his dog, who was turning around and looking at my dog. My dog postured in a dominant stance, but never pulled on his leash. As a side note, my dogs are awesome in dog parks interacting with other dogs. It's being walked on a leash where they stiffen up around other dogs.



I realize I may not be the best dog walker, but I am very aware of other dogs while walking, so we can all have a safe and fun walk. I don't want to be the neighbor reporting on unleashed dogs. My husband feels it's fine as long as the dog stays with its owner, but how can you know for sure whether a dog's curiosity or even ire may cause an issue with other dogs and humans? No matter how a person feels, dogs (while extremely important members of our families) are animals. I would love to believe nothing can happen, but there is no guarantee. Am I overreacting?

I don't think you're overreacting, but I do think it can be difficult to police people in a neighborhood, especially when enforcement depends on neighbors reporting on each other. Educating, rather than confronting, your neighbors is the right way to go, so feel free to quote any of the following information for your neighborhood newsletter.

Many neighborhoods have leash rules for dogs to ensure the safety of the neighborhood. While a dog may listen to its owner while off-leash, there is no way for others in the neighborhood to know that when they see an unleashed dog or watch as one approaches. Very often, when an unleashed dog approaches, you might hear their owner say, "don't worry, he's friendly." But what if you or your children are afraid of dogs? What if your leashed dog is not friendly with other dogs? These reactions can impact the unleashed dog's response.

Even if your dog is friendly, communication is a two-way street and can change between dogs when one is on a leash and the other is not, which is why your dogs are friendly at dog parks but stiffen when an unleashed dog is nearby. The leash pulls and puts their bodies in a tense posture, which can change how the unleashed dog reacts to the situation.

Rather than address someone's dog being off-leash, talk to your neighbor about how your dog reacts and handles off-leash dogs, so at the very least, your neighbor, if respectful, will give you a wide-berth when they see you. Every dog owner should leash their dog when they see another dog approach.

Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to cathy@petpundit.com.

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Battery Warehouse

When I first visited Battery Warehouse in Pooler I did not know what to expect. Manager, Dave Burkert gave us the deluxe tour and was I surprised. Behind the service bays and welcome desk there is a HUGE warehouse filled with batteries for every need. They strive to meet their customers' needs by providing the highest level of service and support. They stand behind their products and work with you to meet all of your battery demands.

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YOU tell us about yur favorite business...

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Do you have favorite business in Pooler that always leaves you with a good feeling when you go there?

It could be a restaurant, dry cleaner, veterinarian, etc... they just do a great job and treat you well. Now you can return the favor and give them a nod in Pooler Today.

Just let us know, email Dean, dean@ayersgroup.org, and tell us who and why your favorite business should be featured here in our upcoming issue. Your nominations must be received by **January 2, 2019**.



Photo by Cierra Ayers

Got a fabulous photo or artwork of Pooler or the surrounding area you'd like to show-off?

Just let us know so we can share it with the community!

Please contact Cierra Ayers at cba@ayersgroup.org.



POOLER Fall Festival





Photos by T. Howard Reimer
thowardreimer.smugmug.com

What's Smarter – Paying Off Debts Or Investing?

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

It probably doesn't happen as much as you'd like, but you may occasionally have some extra disposable income. For example, perhaps you have recently re-ceived, or will soon receive, a year-end bonus. Or maybe you will get a sizable tax refund in just a few months. Wherever this money comes from, you will want to put it to good use. Should you use the cash to pay down debts or should you invest it instead?

There's no simple answer, and every-one's situation is different, but here are a few suggestions for helping you make a good choice:

- Evaluate your cash flow. If you already have enough cash to meet your daily living expenses, you might lean to-ward investing the money, but if you are just getting by, possibly due to heavy debt payments, then you might be better off using your newfound funds to reduce your debt load. Another way of possibly reducing your debt load is to build an emergency fund containing three to six months' worth of living expenses, with the money kept in a liquid, low-risk account. Once you have such a fund, you could use it, instead of going into debt, to pay for unexpected costs, such as a new furnace or a major car repair.
- Evaluate your debts. Some of your debts are actually more "expensive" to you than others. This expense level doesn't necessarily refer to the size of the debt, however. You might have a large mortgage, for instance, but because

your interest pay-ments are typically tax deductible, your "after-tax" interest rate may be relatively modest. Therefore, you might consider using your excess cash for investments, rather than paying down your mortgage. But if you have consumer loans or credit cards that carry a high interest rate and whose interest payments are not deductible, you might be better off paying down this debt.

- Evaluate your investment opportunities. You may have heard that one season or another is a "better" time to invest – but there's really no strong evi-dence to support this claim. However, now that we are nearing the end of the calendar year, and only a few months away from the tax-filing deadline on April 15, you may want to take advantage of at least one time-related investment opportunity. Specifically, you could use whatever extra money you have to fully fund your IRA, if you haven't done so already. For the 2018 tax year, you can contribute \$5,500 to a traditional or Roth IRA, or \$6,500 if you are 50 or older. (Depending on your income, you may not be able to contribute the full amount to a Roth IRA.) You've got until the April 15 deadline to fully fund your IRA, but if you have the money sooner, why wait? The quicker it's in your account, the faster it can go to work for you.

One final suggestion: If you have a company match as part of your 401(k) or similar retirement plan at work, con-sider contributing enough to get your employer's full matching contribution be-fore you pay down debts – don't leave this "free money" on the table.

Your year-end bonus, tax refund or other source of beyond-the-pay-check money can help you make progress toward your financial goals – so evaluate your situation and options carefully before making any moves. It will be time well spent.



Investing is about more than money.

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Ergonomics Can Transform Workplace, Relieve That 'Pain In The Neck'

By Gigi Murphy, PT, Cert. MDT

Is your job a “pain in the neck” – literally? That’s not surprising, considering Americans spend about 2,000 hours per year at work. The good news is, ergonomics can transform your workplace into a safe, comfortable, productive environment.

Long hours of repetitive activity or even inactivity can lead to aches, pains and injuries. Often, they are due to poorly designed work stations that result in poor posture and improper body mechanics. In turn, you may experience chronic problems.

Ergonomics is a field of study dedicated to designing work spaces that accommodate a variety of physical capabilities and limitations.



The Power of Posture

If your job requires prolonged sitting, working at a desk and/or using a computer, proper posture is vitally important. Poor posture causes lower back pain, neck pain and upper-extremity pain.

Ergonomically designed work stations and equipment can help you and your joints stay comfortable throughout the day. In addition to aligning the right body posture, ergonomics corrects chair height and positions work equipment for optimal effect.

Office Ergonomics Tips

- Adjust your chair so that your feet rest flat on the floor or on a footrest and your thighs are parallel to the floor.
- Keep work equipment close by to minimize reaching.
- Keep the weight of your arms supported.
- Watch your head position. Do not “crane” your neck or head forward.
- Place a computer monitor directly in front of you about arm’s length away.
- Don't slouch!

Improve Your Work Station

If you need help getting rid of that “pain in the neck,” a licensed physical therapist can help. She can develop a treatment plan to relieve your pain, improve your mobility and prevent further occurrence of pain or injury.

To keep you pain-free after treatment, consider making changes in your workplace. Physical therapists are experts at modifying work stations to improve efficiency and prevent or relieve pain.

Gigi Murphy is a physical therapist who is specially certified in the McKenzie Method of Mechanical Diagnosis and Therapy (MDT), which treats spinal and extremity pain. She sees patients at Memorial Health Outpatient Rehab. Please call 912-273-1000 for more information or go to MemorialHealth.com/Rehab.

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Shopping Around For Medical Insurance Can Bring Big Savings

By Jill Schlesinger
Tribune Content Agency

Health-care inflation has outpaced the overall rate of price increases over the past 20 years. While costs have slowed, they are still projected to rise by 4.2 percent over the coming 20 years, according to research from HealthView Services. Please feel free to sigh, complain or yell right now.

Now let's move on to what you can actually control in this process: the choices you make for health insurance coverage.

Employer coverage: A Kaiser Family Foundation survey found that average annual premiums for family health coverage reached \$19,616 this year (\$6,896 for single coverage), up 5 percent from last year. Of that total, workers on average are paying \$5,547 (\$1,186 for single) toward the cost of their coverage, a whopping 21 percent jump since 2013.

The dreaded deductible can add significant cost to your health care. The average deductible among all covered workers is \$1,350. Over the past five years, the average annual deductible among all covered workers has increased 53 percent.

So what can you do? Shop around. Yes, it's tedious, but it could save money. Start by reviewing your current plan, what you spent this past year, and then try to project what your health care costs will be in the year ahead. Then compare plans and determine what they cover, how much they cost, including co-pays and deductibles and whether your doctors are in the network.

If your employer offers a High Deductible Health Plan paired with a tax advantaged Health Savings Account, there can be great savings. Additionally, Flexible Spending Accounts allow you to set aside money in pre-tax dollars to cover out-of-pocket expenses.

Medicare: In January, Social Security recipients will get a 2.8 percent cost-of-living adjustment, the largest in eight years. But the COLA calculation does a relatively poor job of taking into account the costs that matter most to seniors, because it relies on the spending habits of people who are mostly working age. For a

healthy 66-year-old couple retiring this year, health-care costs will consume about half of lifetime Social Security benefits.

Social Security recipients will get a 2.8% cost-of-living adjustment. The largest in 8 years.

That means that seniors should pay attention to the all-important Medicare open enrollment period, which ends Dec. 7th. You can switch from original Medicare to Medicare Advantage, the managed-care alternative to fee-for-service coverage.

If you do, make sure that your doctors are in

the network and understand the deductible/out of pocket limits and the prescription drug choices. For the Part D medication plan, check out Medicare.gov/findaplan to compare coverage options. If you don't request a change, your coverage will be automatically renewed.

Affordable Care Act: After all of the fighting, the ACA is still open for business. The 2019 open enrollment period runs from Nov. 1 to Dec. 15. If you miss the deadline, you may be able to qualify for a special enrollment period. Prices on average are expected to edge lower for silver plans, the most popular mid-range option on the exchanges. But costs are dependent on your state of residence.

The big change to the ACA concerns the individual mandate, which required that most Americans carry health insurance, or face a tax penalty. However, the tax law passed last December now drops the penalty to zero. One note: This change is not retroactive, so you might owe the payment when you file your taxes in 2019 if you did not have coverage in 2018.

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.)





Business Travelers At Higher Risk For Health Issues

By Davana Pilczuk PhD

For those of us who travel for our jobs, it is not an unknown fact that we seem to struggle with our health more than our office based colleagues. We tend to put on weight, suffer from poor sleep, live off of coffee and catch more colds than most people. Turns out the science is supporting what our bodies already knew: people who frequently travel for their jobs, tend to have higher levels of risk for illness, weight gain and mental health problems.

According to research published in the Journal of Occupational and Environmental Medicine, people who were considered to be extensive business travelers were at 95% greater risk to not exercise, 79% greater risk of becoming obese and 37% greater risk of suffering from sleep problems. They also exceeded the clinical threshold for depression by 127%, for alcohol dependency by 104% and anxiety by 69%.

Workplace wellness programs don't really work for traveling employees because they tend to focus on employees who work a typical eight to five job, where travel is not very frequent. So company funded gym memberships, healthy foods at the cafeteria and onsite yoga classes do little to nothing for the globe trotters. Yet more and more of us are having to travel for our jobs, with many of us living on the road anywhere from 30-75% of our year. Yes, we rack up on the frequent flyer miles and hotel points, but we also rack up the pounds and health problems.



Sleep

The first huge factor for jet setter's declining health is poor sleep. Traveling can do three things to your sleep: reduce the quality of your sleep, reduce the hours of sleep and mess up your circadian rhythms, especially from those long trips that incur jet lag. Chronically poor sleep can lead to weight gain, increased anxiety and/or depression and can open the door for a host of illnesses to wreak havoc on the body.

Food

It is exceptionally hard to eat healthy when you travel without some forethought going into your planning. Eating salad and 'healthy' fast food isn't very easy or practical and it only takes one dinner out with

clients to shoot the daily calorie count beyond where it should be. Do that several days in a row and you will easily gain a pound or two each trip. A trick to keeping those calories in check: use your per diem to grocery shop. Buy foods you would normally eat at home, stock the hotel room fridge with those items and stick to not eating out. Before the big customer dinner, eat a power bar or something healthy that will fill you up so you don't head to dinner hungry.

Exercise

It's next to impossible to workout on business trips, especially those filled with long or unpredictable days. In those cases, settle for activity versus exercise. Stand when possible. Take the stairs. Park farther away. Do small activities that will burn calories and when you get back to the hotel room, knock out some push-ups, sit-ups, lunges, and squats for 30min if possible.

When the body is physically depleted, from lack of sleep, hunger or illness, our emotional state is affected. Go easy on yourself if you don't feel great versus constantly pushing through things. Panic attacks often occur as a way for the mind to tell the body to slow down. Chronic depletion can have mental and emotional consequences, so if you're suffering with anxiety, occasional panic attacks or even feeling more uneasy during those social gatherings for work, know it's your mind's way of reminding you to slow down.

Small changes can have profound improvements on your health, so focus on a few items and start taking better care of you.

Davana Pilczuk has a doctorate in kinesiology and specializes in helping individuals and teams perform better at work, in sports, or in life. Follow her on Twitter @DavanaHPG or contact her at davanapilczuk@hotmail.com.

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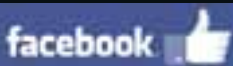
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MISS SOPHIE'S



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.

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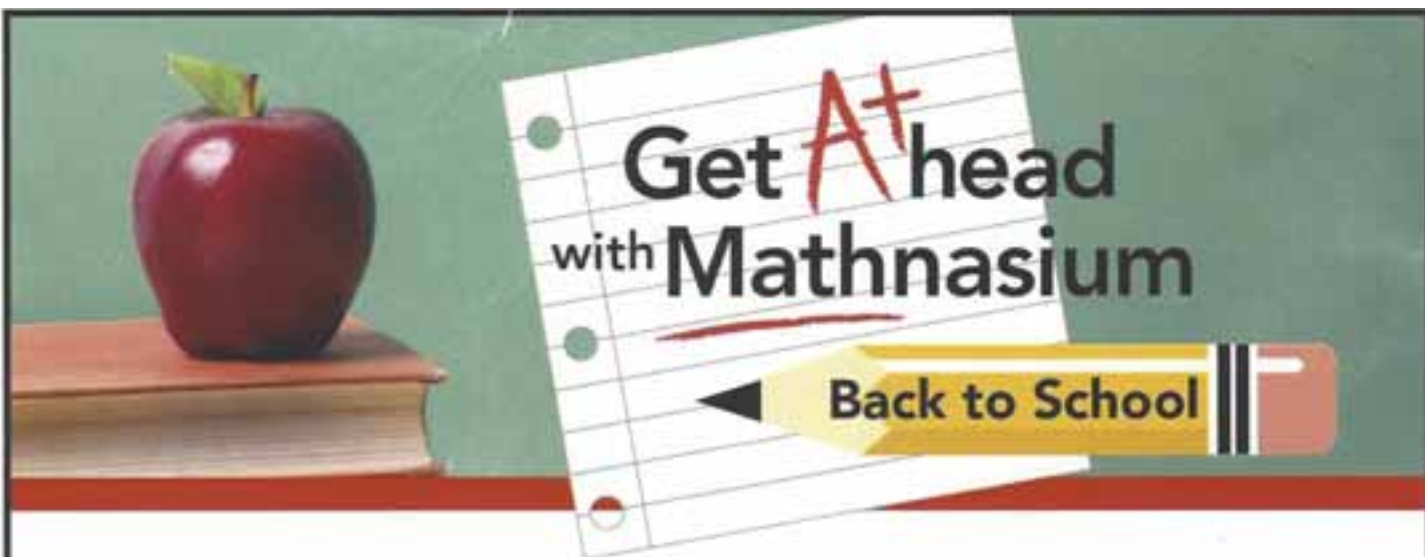
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WhassssUp Around Pooler?



GULFSTREAM - Gulfstream Aerospace Corp. today announced it has opened a Sales and Design Center in Midtown Manhattan. The nearly 8,500-square-foot/790-square-meter space expands Gulfstream's portfolio of showrooms and sales offices intended to enhance the customer experience with centralized locations and white-glove sales and design service.

GULFSTREAM - Gulfstream Aerospace Corp. today announced it has delivered the first all-new Gulfstream G500, officially marking the arrival of a new generation of Gulfstream innovation and design. The North American customer took delivery of the record-breaking aircraft at Gulfstream's Savannah headquarters, just shy of four years after the aircraft was announced in October 2014.

POOLER ECONOMIC OUTLOOK - It is all good news if you support continued growth for Pooler according to Michael Toma, head of the Center for Business Analytics and Economic Research at Georgia Southern University-Armstrong Campus. During a luncheon hosted by the Pooler Chamber of Commerce Mr. Toma in August said, "What's happening in Pooler, you're at the genesis stage with the city of Savannah in the peripheral to become the urban core, so in 50 years this is going to be an awesome place, even more awesome than it is right now." During the past five years the population has grown to 24,000 and median home values are slightly less than \$188,000. Unemployment hit a low of 3.15% and Toma described Pooler as beyond full employment. See detailed graphs on page10.

JCB AWARDED GOVERNMENT CONTRACT - JCB has received an extension to its current production contract with the Department of Defense to manufacture High Mobility Engineer Excavators (HMEEs) for the United States Army. The \$72.8 million deal for approximately 180 HMEEs will continue production through 2020. A new multi-year contract is expected in the future and will further HMEE production into the middle of the next decade, JCB officials said. JCB manufactures the HMEE at its North America headquarters in Pooler. Last month, the company hosted military and community leaders, and visiting dignitaries, at the facility to commemorate the production of 1,000 HMEEs for the U.S. military and allied nations.

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SUNDAY ALCOHOL SALES IN POOLER - Pooler overwhelming (71.4% vs. 28.6%) voted to permit alcohol sales by the drink on Sundays from 11:00 AM to 12:30 PM.

JAGUAR / LANDROVER WITHDRAWS PLANS FOR DEVELOPMENT - Originally slated to bring high-paying jobs to the area, in the company's first move to the U.S., Tata withdraws plans to build near the Savannah / Hilton Head Airport. It is possible they will resume building and production once financial conditions improve for them abroad.

TRIPLETT PARK UPGRADES - According to a proposed Phase IV of the Triplett Park master plan, the complex may receive a multipurpose sports field, new parking lots, restrooms, a boat ramp, a playground with pathways. Funds from PLOST from the years 2003-2008 and 2008-2014 will be used for the project.



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.



Drop off locations has not yet been announced.
Please check Pooler Today Face Book Page
for all the updates.

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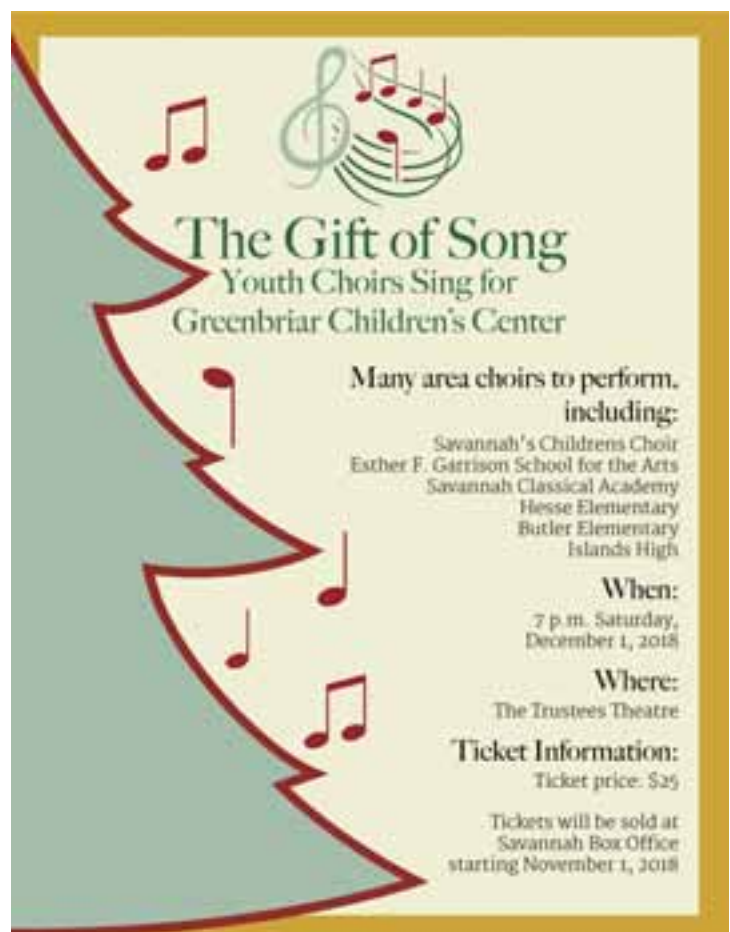


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Vox: POOLER



Pooler Podium is a new feature in Pooler Today. It is intended to give people who live and work in Pooler to express and share their opinions about public issues. Please send your comments to dean@ayersgroup.org for consideration. If selected, your comments and name will appear unedited. Let's be classy Pooler...no profanity, no vendettas, no character assassinations, etc... We reserve the right to make the final decision on all submissions. All articles will be reprinted exactly as submitted including your name.



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Key Facts About Seasonal Flu Vaccine And Flu Vaccination

By the Centers for Disease Control and Prevention

Why should people get vaccinated against the flu?

Influenza is a potentially serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently, but millions of people get the flu every year, hundreds of thousands of people are hospitalized, and thousands or tens of thousands of people die from flu-related causes every year. An annual seasonal flu vaccine is the best way to help protect against flu. Vaccination has been shown to have many benefits including reducing the risk of flu illnesses, hospitalizations and even the risk of flu-related death in children.

How do flu vaccines work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. Traditional flu vaccines (called “trivalent” vaccines) are made to protect against three flu viruses; an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus. There are also flu vaccines made to protect against four flu viruses (called “quadrivalent” vaccines). These vaccines protect against the same viruses as the trivalent vaccine and an additional B virus.

What kinds of flu vaccines are available?

CDC recommends the use of any licensed, age-appropriate influenza vaccine during the 2018-2019 influenza season, including inactivated influenza vaccine [IIV], recombinant influenza vaccine [RIV], or live attenuated influenza vaccine (LAIV). No preference is expressed for any influenza vaccine over another. Both trivalent (three-component) and quadrivalent (four-component) flu vaccines will be available.

Trivalent flu vaccines include:

- One standard-dose trivalent flu shot (IIV3) manufactured using virus grown in eggs. This shot (Afluria) can be given either with a needle (for people aged five years and older) or with a jet injector (or people aged 18 through 64 years only).
- A high-dose trivalent flu shot (Fluzone High-dose), approved for people 65 years and older.
- A trivalent flu shot made with adjuvant (Fluad), approved for people 65 years and older.

Quadrivalent flu vaccines include:

- Standard-dose quadrivalent flu shots that are manufactured using virus grown in eggs. These include Afluria Quadrivalent, Fluarix Quadrivalent, FluLaval Quadrivalent, and Fluzone Quadrivalent. Different flu shots are approved for different age groups. Some are approved for children as young as six months of age. Most flu shots are given in the arm (muscle) with a needle. One quadrivalent flu shot (Afluria Quadrivalent) can be given either with a needle (for people aged five years and older) or with a jet injector (for people aged 18 through 64 years only).
- A quadrivalent cell-based flu shot (Flucelvax Quadrivalent) containing the virus is grown in cell culture (that is egg-free), which is approved for people four years and older.
- A recombinant quadrivalent flu shot (Flublok Quadrivalent) approved for people 18 years and older.

Are any of the available flu vaccines recommended over others?

For the 2018-2019 flu season, the Advisory Committee on Immunization Practices (ACIP) recommends annual influenza vaccination for everyone 6 months and older with any licensed age-appropriate flu vaccine including inactivated influenza vaccine (IIV), recombinant influenza vaccine (RIV4) or live attenuated influenza vaccine (LAIV4) with no preference expressed for anyone vaccine over another.

Who should get vaccinated this season?

Everyone 6 months of age and older should get a flu vaccine every season. This recommendation has been in place since February 24, 2010, when CDC’s Advisory Committee on Immunization Practices (ACIP) voted for “universal” flu vaccination in the United States to expand protection against the flu to more people.

Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from influenza. See People at High Risk of Developing Flu-Related Complications for a full list of age and health factors that confer increased risk.

Who Should Not Be Vaccinated?

Different flu vaccines are approved for use in different age groups. In addition, some vaccines are not recommended for certain groups. Factors that can determine a person’s suitability for vaccination, or vaccination with a particular vaccine, include a person’s age, health (current and past) and any allergies to the flu vaccine or its components.

- People who cannot get a flu shot
- People who should talk to their doctor before getting the flu shot

When should I get vaccinated?

You should get a flu vaccine before the flu begins spreading in your community. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body. CDC recommends that people get a flu vaccine by the end of October. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout the flu season, even into January or later. Children who need two doses of vaccine to be protected should start the vaccination process sooner because the two doses must be given at least four weeks apart.

Where can I get a flu vaccine?

Flu vaccines are offered in many doctor’s offices, clinics, health departments, pharmacies, and college health centers, as well as by many

employers, and even in some schools.

Even if you don't have a regular doctor or nurse, you can get a flu vaccine somewhere else, like a health department, pharmacy, urgent care clinic, and often your school, college health center, or workplace. Visit the HealthMap Vaccine Finder to locate where you can get a flu vaccine.

Why do I need a flu vaccine every year?

A flu vaccine is needed every season for two reasons. First, the body's immune response from vaccination declines over time, so an annual vaccine is needed for optimal protection. Second, because flu viruses are constantly changing, the formulation of the flu vaccine is reviewed each year and updated as needed to keep up with changing flu viruses. For the best protection, everyone six months and older should get vaccinated annually.

Does flu vaccine work right away?

No. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. That's why it's better to get vaccinated by the beginning of November before the flu season really gets underway.

Vaccine Effectiveness

Influenza vaccine effectiveness (VE) can vary from year to year. The protection provided by a flu vaccine depends on the age and health status of the person getting the vaccine, and the similarity or "match" between the viruses or virus in the vaccine and those in circulation.

How well does the Flu Vaccine Work

Can I get seasonal flu even though I got a flu vaccine this year? Yes. It's possible to get sick with flu even if you have been vaccinated (although you won't know for sure unless you get a flu test).

This is possible for the following reasons:

- You may be exposed to a flu virus shortly before getting vaccinated or during the period that it takes the body to gain protection after getting vaccinated. This exposure may result in you becoming ill with flu before the vaccine begins to protect you. (Antibodies that provide protection develop in the body about two weeks after vaccination.)
- You may be exposed to a flu virus that is not included in the seasonal flu vaccine. There are many different flu viruses that circulate every year. A flu vaccine is made to protect against the three or four flu viruses that research suggests will be most common.
- Unfortunately, some people can become infected with a flu virus a flu vaccine is designed to protect against, despite getting vaccinated. The protection provided by flu vaccination can vary widely, based in part on health and age factors of the person getting vaccinated. In general, a flu vaccine works best among healthy younger adults and older children. Some older people and people with certain chronic illnesses may develop less immunity after vaccination. Flu vaccination is not a perfect tool, but it is the best way to protect against flu infection.

What protection does the flu vaccine provide if I do get sick with flu?

Some people who get vaccinated may still get sick. However, flu vaccination has been shown in some studies to reduce the severity of illness in people who get vaccinated but still get sick. A 2017 study showed

that flu vaccination reduced deaths, intensive care unit (ICU) admissions, ICU length of stay, and overall duration of hospitalization among hospitalized flu patients. Another study in 2018 showed that a vaccinated adult who was hospitalized with flu was 59 percent less likely to be admitted to the Intensive Care Unit than someone who had not been vaccinated. Among adults in the ICU with flu, vaccinated patients on average spent four fewer days in the hospital than those who were not vaccinated. In addition, it's important to remember that the flu vaccine protects against three or 4 different viruses and multiple viruses usually circulate during any one season. For these reasons, CDC continues to recommend flu vaccination for everyone six months and older even if vaccine effectiveness against one or more viruses is reduced.



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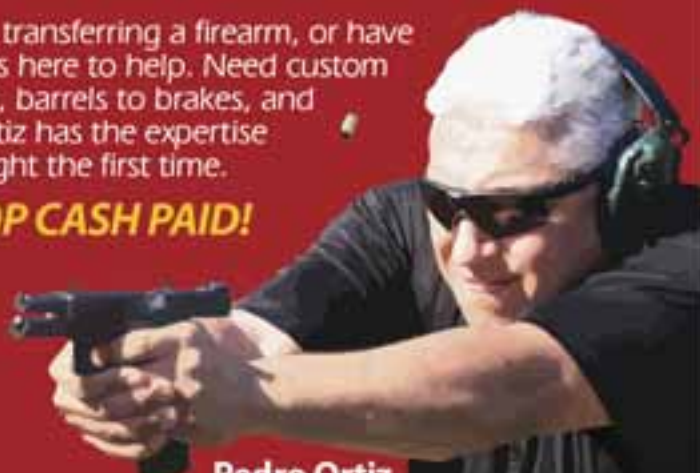
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Patients With Lupus Should Work Closely With Care Team To Monitor Condition

By Uma Thanarajasingam
M.D., Ph.D., Rheumatology
Mayo Clinic, Rochester, Minn.

DEAR MAYO CLINIC: I was diagnosed with lupus six months ago. I am 23. Are there things I can do now to prevent heart or kidney problems down the road?

ANSWER: Lupus is a complex autoimmune disorder that can affect any organ system in the body. Although you can take steps that may lower your risk for developing complications, it may not always be possible to prevent heart, kidney and other health problems associated with lupus. But treatment is available that often can manage symptoms effectively. Working closely with your care team to get regular checkups and blood tests to monitor your condition can help control lupus.

Lupus develops when your body's immune system attacks your own tissues and organs. Inflammation caused by lupus can affect many body systems - including your heart, kidneys, joints, skin, blood cells, brain and lungs. Lupus is a chronic disease that does not have a cure at this time.

The severity and frequency of lupus symptoms vary widely from one person to another. In some cases, symptoms may appear suddenly, while they develop slowly in others. Symptoms may be mild or severe, or temporary or permanent. Although lupus sometimes can be life-threatening, many people have a milder form of the disease characterized by episodes, called flares, when symptoms worsen for a while, and then improve or disappear for a time.

One of the most important steps you can take when you're first diagnosed with lupus is to find a primary health care provider and rheumatologist who are familiar with the disease to guide your treatment. In addition to seeing your care team regularly to check symptoms, blood tests may help your providers better understand what areas of your body the disease is most likely to affect. Results from blood tests also may be able to help your team predict if you are likely to have a flare in the near future.

Seeing your primary health care provider regularly is also important for heart health. In people with lupus, the risk for heart disease, including strokes and heart attacks, is about two times higher than normal. Therefore, they must be checked regularly for risk factors associated with heart disease, such as high blood pressure, high cholesterol and diabetes. If these risk factors arise, they need to be treated aggressively.

If you have a severe form of lupus, or if the disease begins to affect multiple organs, seek care with a health care organization that has a range of specialists who can work together to coordinate your care.

Along with working closely with your health care team, there are self-care steps you can take to help prevent lupus flares. That, in turn, reduces the likelihood of organ damage and other complications.

First, because sun exposure can trigger flares, protect yourself from the sun's rays. Avoid sun exposure as much as possible. When you spend time outdoors, wear protective clothing. Use sunscreen with a sun protection factor (SPF) of 50 or higher. Apply it at least 20 minutes before going out in the sun.

Second, talk to your health care provider about whether you should take a vitamin D supplement. Research has found some evidence that low levels of this vitamin can be associated with an increase in lupus flares.

Third, engage in a healthy, active lifestyle overall. Don't smoke. Eat a diet rich in vegetables, fruits and whole grains. Exercise regularly. Reduce and manage stress in your life.

But understand, too, that sometimes lupus can progress despite lifestyle modifications and other prevention strategies. Fortunately, medications can effectively control symptoms and treat flares. Your care team can work with you to monitor, treat and manage lupus over time as your needs change, so you can control the disease and live well.

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.

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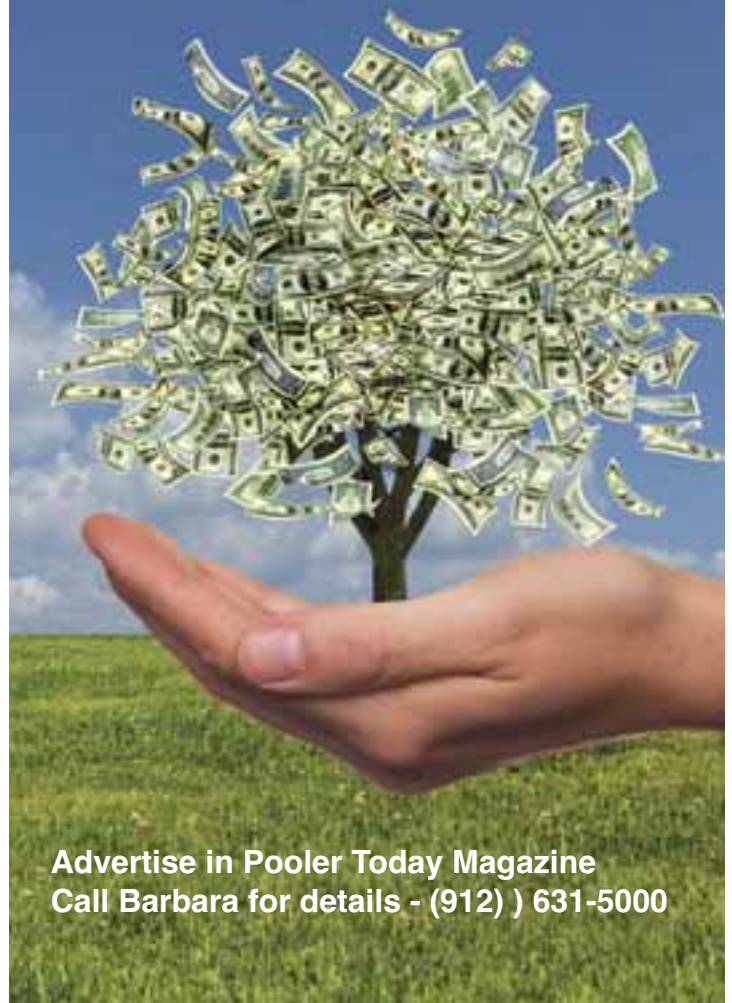
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Children are a gift to the world, yet every two minutes a child is diagnosed with cancer and less than half of the world's children have access to adequate care. Children who survive cancer are often left with debilitating effects that can impact their physical development and ability to learn. That's why Lions and Leos are answering the call to expand access to life-saving treatment and support the children and families who need us most. We are working to give children with cancer a second chance at life.

Pooler Childhood Cancer Service Project

Courtesy of Pooler Lions Club

The Pooler Lions Club has joined forces with the Childhood Cancer Service Project. They will be collecting new toys and new pajamas (size infant to 3 years old for boys and girls) for this valuable project. All donations will go to comfort the children at the Dwaine and Cynthia Willett Children's Hospital in Savannah.

The items should be new and in their original packaging to protect the health of the children.

Pajamas - Stuffed animals - Playdoh - Children's books

Superheroes - Colorful band-aids

All items that are greatly appreciated especially during this holiday season.

For your convenience, collection bins have been placed throughout the Pooler community. So, kindly considering giving generously, and place your gift items at:

Kidz Korner Dentistry, 143 Canal St.

Lovezzola's Restaurant, 320 Hwy 80 E.

Miller's Coins & Currency, 502 W. Hwy 80

Pooler Day Spa, 447 Pooler Parkway

Pooler Elementary School, 308 Holly Ave.

Pooler Pediatric Dentistry, 120 Towne Center Drive #500

Savannah Pediatrics, 1000 Towne Center Blvd.

New Hampstead High School, 2451 Little Neck Rd. Bloomingdale

Towne Lake Dental Group, 125 Southern Junction Blvd.

Reflections Hair Salon, 1002 US Hwy 80 W.

Dr. Ramon Ramos Pediatric Office, 412 US Hwy 80, Pooler

Dr. Ramon Ramos Pediatric Office, 460 Mall Blvd, Savannah

The Pooler Lions Club thanks these participating businesses for their generous support of the Childhood Cancer Service Project.

Your donations will be welcomed at the Pooler Lions Meet & Greet on the fourth Tuesday of each month at Lovezzola's at 6 pm. Monetary contributions for purchasing items are also accepted. Call Linda at (912) 677-0161 for details or if you would like to have a collection bin at your place of business. We will be collecting items throughout 2018 for delivery to the hospital at the end of the year.

On behalf of the little patients and their families, we thank you!

Where there is a need, there is a Lion. Our motto is "*We Serve.*"



Photo by Cierra Ayers

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Enjoy A Safe Holiday Season

By The National Safety Council

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

Watch Out for those Fire-starters

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

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

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

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

Candles and Fireplaces

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

- Never leave burning candles unattended or sleep in a room with a lit candle
- Keep candles out of reach of children
- Make sure candles are on stable surfaces
- Don't burn candles near trees, curtains or any other flammable items
- Don't burn trees, wreaths or wrapping paper in the fireplace
- Check and clean the chimney and fireplace area at least once a year

It's Better to Give ... Safely

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

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

Traveling for the Holidays? Be Prepared

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

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

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

Don't Give the Gift of Food Poisoning

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

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





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