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| City Attorney | Steven Scheer | (912) 233-1273 |
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| Finance Officer | Michelle Warner | (912) 748-7261 |
| Fire & Rescue | Chief G. Wade Simmons | (912) 748-7012 |
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| Police | Chief Ashley Brown | (912) 748-7333 |
| Public Works | Matt Saxon | (912) 330-8650 |
| Recreation Dept | Hugh Elton | (912) 748-5776 |
| Sr. Citizen Center | Susan Edwards | (912) 330-0493 |
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| Utility Billing | | (912) 748-4800 |

Other Pooler Sources:

| | |
|---|----------------|
| Auto Registration | (912) 652-6800 |
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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:

| | |
|----------------------------------|----------------|
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| Poison Control Hotline | (800) 222-1222 |
| VA Outpatient Clinic | (912) 920-0214 |

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| | |
|-------------------------|----------------|
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| West Chatham Elementary | (912) 395-3600 |
| West Chatham Middle | (912) 395-3650 |
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| 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 |
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| Morning Star Baptist Church | (912) 748-9994 |
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| City of Pooler | (912) 748-4800 |
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POOLER *Today*SM

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Greetings!

'And the truth shall set you free.' Really? What really is truth? Simply put, truth is something that is a fact; such as snow is white. That may sound obvious, but it's rarely a simple matter of getting the facts straight. When it comes to truth, objectivity goes out the window because it is not always what we'd like it to be or what we believe it to be. It is human nature to sometimes confuse strong opinions and preferences with truth, but a lie believed is still a lie.

As kids, we are raised to always tell the truth. You tell a lie and then you are trapped and tell more lies to back it up. You get caught in a web of lies. They are like lesions that only get worse when you irritate them. My dad taught that when you make a mistake or tell a lie and someone confronts you, you respond, "You are right, I lied. I didn't mean to and don't know why I did. I am sorry if it hurt you in any way." This takes the wind out of their sails and effectively neutralizes the situation.

As we age, we realize telling or understanding the truth isn't always easy. We might believe it's always better to tell the truth, but society often encourages and even rewards deception. Relationships in general are magnets for deception, and are often rewarded. There are small lies such as pretending to like someone's awful cooking, or complimenting someone's bad haircut. Both parties are released from hurt feelings. These are called "fake positive" lies and often make it easier for people to get along and avoid confrontation.

Lying, of course, has deeper layers and is integral to many professions such as lawyers spinning the truth a bit on behalf of clients, or a car salesman embellishing features to make a sale. When it comes to avoiding confrontation, saving face, or sparing someone's feelings, many people are going to do it. It's called self-preservation.

Of course, some lies are just so big and awful that they take the nation's breath away. They are lies that mislead, deliberately conveying something that is false. Remember the Pentagon Papers and Watergate? These were lies that unnecessarily cost the lives of thousands of troops and brought down a president and the country's morale.

Today, social media can make it even more difficult to know what is true. We try to make sense out of accusations of "fake news" and someone or something being an "enemy of the people." We listen to talking heads deliberate and argue what they know for sure to be true. Often, we just tune them out.

Borrowed thinking has no power, and the best we can do is learn to think for ourselves, rather than allowing others to think for us. Sometimes it's easier to embrace someone else's persuasive opinion, but you need to explore the issue, and come to your own conclusion. As long as you accept that it is just an opinion and, to your knowledge, contains no lies, you are being true to yourself – and that truth should set you free.

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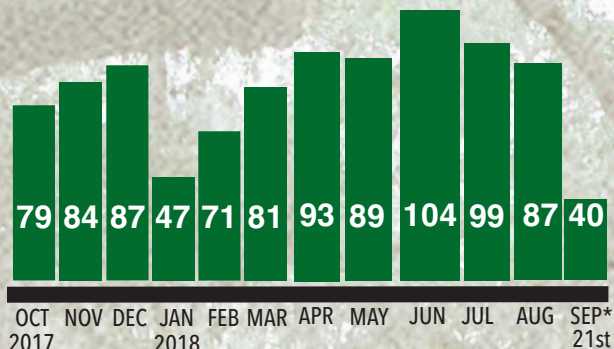
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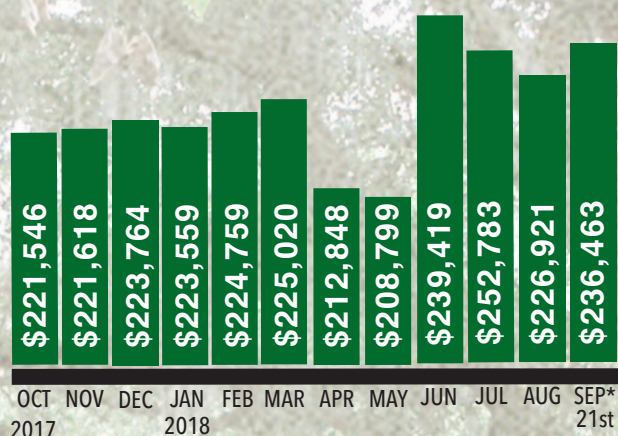
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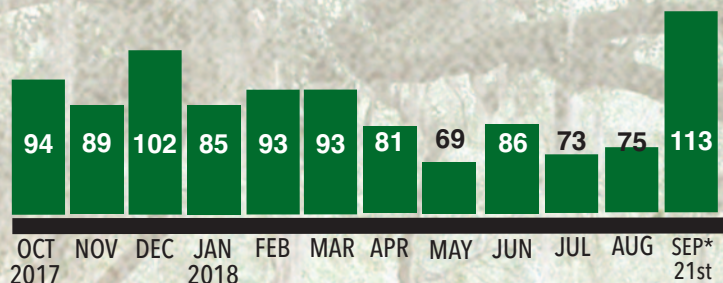
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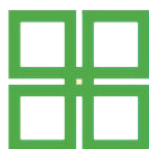
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St. Joseph's/Candler President & CEO Paul P. Hinchey addresses local supporters during the 2017 groundbreaking ceremony for the new St. Joseph's/Candler Pooler campus.

St. Joseph's/Candler Pooler Campus Takes Shape - Project's Phase One Remains On Target For February Opening

Residents of Pooler are much closer to having advanced medical and surgical services right in their own backyards. Phase one of the new St. Joseph's/Candler Pooler campus remains on target for a February opening.

"The reality of a technologically-advanced medical campus tailored to what the residents of Pooler and West Chatham need is quickly becoming a reality," says Paul P. Hinchey, President & CEO of St. Joseph's/Candler. "We will soon be providing important medical services that residents used to have to drive miles for."

St. Joseph's/Candler construction of the new technologically-advanced, concierge-level of service medical campus that will house primary care, urgent care, surgical suites, many medical specialties, and more. The new campus will be developed in three phases, cost \$62 million and have an expanded capacity of 200,000 square feet. When complete, the hospital campus will contribute to Pooler's economic development by employing approximately 100 co-workers.

The new 27-acre campus is located on Pooler Parkway near the intersection with Interstate 16. The project will be multi-phased and built out over a ten-year period to create a multi-story, technologically advanced medical facility. Phase I will be approximately 83,000 square feet and cost \$35 million.

The first phase scheduled for a February 2019 opening will include primary and urgent care, as well as physical therapy, pediatric services, medication management, all imaging modalities (mammography, CT, MRI, and ultra sound), laboratory services and endoscopy services. Medial office space in phase one will also provide access to physician specialty services such as OB/GYN, otolaryngologists, cardiologists, vascular surgeons, general surgeons, gastroenterologists and pulmonologists among others.

Outpatient surgery services will include a wide range of specialties such as ENT, general surgery and orthopedics. Additionally, phase one will also feature two operating rooms and two endoscopy suites. A new state-of-the-art daVinci Surgical System robot has been dedicated to the Pooler campus to provide surgeries that are minimally invasive with faster recovery times.

According to St. Joseph's/Candler Vice President Greg Menke, who oversees the construction effort, the timeline is right on target. "Currently, we are working on window installation this month and next, as well as the interior electrical and plumbing. The HVAC is nearing completion and the second and third floor rough-ins are underway. Even with all the recent rain, we are weather-tight and working on interior finishes," he says.

"We don't see any issues meeting our intended opening date goal," Menke adds.

Meanwhile, the operations team has been working hard to make this a truly unique and wonderful customer experience from first contact throughout their entire time on campus.

"We not only want to serve the residents of Pooler and surrounding counties, but we want to do it in a way that is extremely convenient for them," says Campus Administrator Ben Anderson.

In the past few years the health care industry has shifted dramatically from traditional in-patient services that involve longer hospital stays to more out-patient services, such as day surgery, imaging or non-invasive procedures that involve little or no time spent in the hospital for recovery. These facilities address that shift and treat lower-acuity patients in locations near where patients live.

The outpatient services that patients need are perfect for the setting that St. Joseph's/Candler is creating for the Pooler campus. The services will be convenient for patients who are visiting primary care and specialty doctors on the campus and don't have to drive into Savannah to have important procedures, labs or imaging services completed.

"We will also be implementing some new technologies that will create a new patient experience. One that is smarter, faster and easier on our patients," Anderson says.

"We are adapting to the needs of the community and catering to patients with urgent needs by being accessible before and after work hours. We are also enhancing and streamlining processes for efficiency. We are making things more convenient for the patient and ultimately a much more pleasant overall experience," he adds.

"We've designed the Pooler campus so we can easily adapt to any changes in the healthcare industry that come in the next 25 years," states Paul Hinchey.





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New Countertops Can Create a New Kitchen

By Andrea Antunes McGilton,
Distinctive Granite and Marble

Time for a new kitchen? Or at least a new look? Making a dramatic change can be as simple as changing the countertops. And, if you keep the same cabinets, and perhaps give them a fresh coat of paint, your new kitchen can be surprisingly affordable.

Want to go modern? Exotic? Sleek? Dramatic? Classic? With the huge variety of stone currently available, the only limitation is your imagination. Stone suppliers in the lowcountry have slabs on hand that can be fabricated and installed within a couple of weeks.

Countertops are the most important part of your kitchen re-design puzzle. A new slab of stone will work wonders. There are so many new colors in granite, quartz and marble, new finishes and edge choices, that the alternatives seem endless.

Stone is available at all price points, including many of the popular light colors, greys and marble-like quartz. Of course, the size of your kitchen is the most determining factor. A good option is to pick one stone for the perimeter counters, perhaps more moderately priced, and another statement stone for the center island. Take a light kitchen dark, or lighten up the palette for a fresh, clean look.

White is still the most popular choice for local kitchens, and the choices within a white palette are dazzling. One local stone supplier has a huge section of their vast warehouse dedicated just to white stone, especially quartz, marble and granite.



A new countertop is surprisingly affordable.



Change stone and you change the whole kitchen.

But don't overlook the darker or more colorful stone with dramatic movement and interest. Some of these slabs are more like abstract paintings than natural stone and make strong visual statements in the right kitchen.

that home buyers select and pay more for a home with a great stone kitchen.

Other ways to freshen the kitchen? Change your light fixtures or add new ones over the island or countertops.

Using different stone finishes in your kitchen can create dramatic but subtle effects as well. Consider highly polished surfaces, matte or leathered finishes. Mix them up among the perimeter and island. The stone will not only create visual appeal, it will also feel different to the touch.

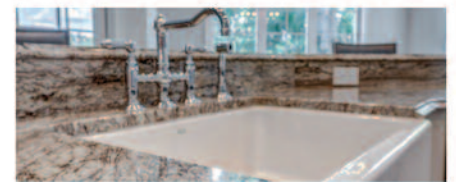
Adding a new tile backsplash or changing out the existing one can create new focal points. Use the area behind the stove as a blank canvas for creative tile detail.

Your stone options can range from the surprisingly affordable to the stratosphere for exotic designs. But new stone is still easily within reach. Just choose a more common granite pattern, a new quartzite product, a simpler edge profile and limited cutouts. You can have a marble-look kitchen for far less than you thought. And, don't forget to ask your stone supplier to see the remnants. You're apt to find the perfect stone for a smaller space at a great price.

New stone and an attractive kitchen can add value to your home when it becomes time to sell. Real estate agents confirm

Change the faucets. Change the artwork and wall colors, floor covering and ceiling fixtures. If you opt to go simple on the countertops, consider adding drama with the backsplash. The only requirement is imagination – and a good stone supplier.

Shop the local showrooms and work with a professional to consider all the alternatives to help get the kitchen you want – and deserve.



Granite, marble and quartz are popular choices.

Andrea Antunes McGilton is project manager at Distinctive Granite and Marble, the 37-year-old company founded by her father, John Antunes. Distinctive has showrooms in Pooler, River Walk (Okatie), Hilton Head Island and Beaufort.



Battling Pain

By John Fender

Pastor, First Presbyterian Church of Pooler
Chaplain, Pooler Police Department

"Pain insists upon being attended to. God whispers to us in our pleasures, speaks in our conscience, but shouts in our pain: it is His megaphone to rouse a deaf world."
- CS Lewis in The Problem of Pain

Psalm 69 is a blunt word. It expresses the heart of a choice servant, David, when he felt overwhelmed in the very depths of his soul, when he felt abandoned, when he felt shamed beyond the capacity to survive. And there are so many around us who have been there and perhaps, are there now.

David, in *Psalm 69*, uses metaphors like drowning and being stuck in the mud. He speaks of being like a man who is worn out. In his case, he tells us specifically why he is struggling. *Psalm 69:4*, "More in number than the hairs of my head are those who hate me without cause; mighty are those who would destroy me, those who attack me with lies.

What do you do with your pain? How do you handle it? Where do you go? What do you say?

Without trying to be too simplistic there are two main ways people deal with their pain in unhealthy ways.

The first is to numb the pain. By numbing I mean some means of depriving the power of the sensation.

I don't want to hurt anymore so I will take steps to deaden the pain. I get criticized so I go eat or I go shop, or I binge on movies. I get made fun of so I take a pill to get some sleep or I throw myself into some distraction.

Other times we nurse the pain. By nurse the pain I mean we feed it, we care for it, we don't take steps for it to be dealt with. Instead we actually encourage it. That looks like replaying the offense over and over in your head. We become fixating on that offense. "I cannot believe he said that! I cannot believe she would think that!" You must understand that some people get comfortable in their pain. I know that sounds crazy but it makes sense that when you have been hurt often, that's all you know, so you pull back, stay hurt, stay mad, so that they can stay in control of a situation. "You may have hurt me, but you will not do it again! And my anger will ensure distance"

Part of the challenge of pain is that it obscures our view of God. So numbing our pain or nursing our pain sounds like a better option, but in the end only hurts us more.

What does the Psalmist do with His Pain?

1. He laments his condition to God. *Psalm 69:1*, "Save me, O God! For the waters have come up to my neck."

Lamenting is the honest vocalizations of grief to God. Open the book of Lamentations and hear Jeremiah's vocalizations of suffering, pain, and grief. "Though I call and cry for help, he shuts out my prayer" (*Lamentations 3:8*). Jeremiah feels like God isn't listening to him. Today, we'd say, "When I pray, it feels like my requests don't make it past the ceiling. I pray and I don't feel anything." Honest. Uncomfortable. Real lamenting.

2. He relates his condition to God. In other words, he considers His God in relation to what is happening around him. That is what happens in *Psalm 69:6*, "Let not those who hope in you be put to shame through me,

O Lord GOD of hosts; let not those who seek you be brought to dishonor through me, O God of Israel." Your current struggle, your current pain, is somehow connected to God. The way you respond reflects upon God. The way you speak reflects upon God. Younger Christians are watching. What do they learn about God in your struggle?

And of course, God Himself is at work in that scenario. What are you learning about God in that struggle?

3. His concern is for the glory of God. What is at stake is that he is jealous for God's glory, and his adversaries reproach him for it. Verse 7: "It is for your sake [O God] that I have borne reproach, that dishonor has covered my face." Verse 9: "Zeal for your house [O God] has consumed me, and the reproaches of those who reproach you have fallen on me." In other words, his suffering is not only undeserved, but it is endured precisely as a representative of God. "The reproaches of those who reproached you, O God, have fallen on me." It's the people who hate you, God, who are making life hard for me, because I represent you.

So often my greatest concern is ME. My feelings, MY reputation, getting MY way, when I want it, how I want it! But you were made for so much more. You were made by God for God. He clothes you in dignity that you might dignify Him. And the sooner concerns for yourself can transition to concern for the glory of God the better. Remember the glory of God is the beauty and worth of God. You stay focused on yourself and the ways you are hurting, the days will be long and painful. Oh but consider who you God is and how your God is working even in that hardship, and TODAY you can change! You can walk out of here a different man, a different woman.

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JOHN FENDER, PASTOR

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Voting is open until

DECEMBER 31, 2018

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

Vote by visiting:

www.surveymonkey.com/r/prideofpooler

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**.



How To Hurricane Proof Your Home Tips

By Chatham Emergency Management Agency

Whether you are evacuating from the area or sheltering in place, performing a general assessment of your home and making it hurricane-ready is always the best plan. To prepare your home for hurricane season we suggest you perform an inspection of your property, get the supplies needed to strengthen your home, and talk with your insurance provider to ensure you have proper coverage.

The strong winds present during Hurricanes Matthew in 2016 lead to extensive property damage throughout Chatham County. Many of the ancient oak trees and tall Georgia pines found throughout the area were toppled over with their root system exposed. Before a hurricane strikes, be sure to remove or trim any dead or diseased tree limbs that are hanging over your house or garage. Ensure that trees that can reach your home are healthy and, if they are not, have them removed.

Take time now to do a quick home assessment for any outdoor hazards or repairs that need to be made. Make a list of any work that needs to be done outside as well as any openings to your home that could be penetrated by wind or rain. Check all outside entry doors to ensure they are securely fastened to their frame. If you have a garage door, ensure that you have a brace to help secure it against the strong winds seen during tropical storms and hurricanes. If strong winds are able to breach the garage door the only direction the wind can travel is up, which could remove the roof of your home.

By assessing your property, you could potentially save your home during a hurricane. The other benefit to assessing your home now is that it gives you the time you need to make repairs and purchase supplies. Before a storm hits, many stores sell out of essential items for protecting homes. Purchasing supplies early can save time, money, and ensure you have the products you need to secure your home.

Did you know that most homeowner's and renter's insurance policies do not include flood insurance? This means that without a separate flood policy, you may be responsible for covering all hurricane-related flood damage out-of-pocket. This could leave you and your family in a tough situation. Given that flooding due to storm surge and heavy rain is one of the leading causes of damage during a hurricane, we urge you to do an insurance checkup. To do this, simply review your homeowner's or renter's insurance policy or call your insurance provider to ask if you have adequate coverage and a flood insurance policy. If you need coverage, contact FEMA who provides the National Flood Insurance Program to help connect you to local flood insurance agents. Having flood insurance is a vital step in being prepared for hurricane season;

act now- flood insurance policies require a 30 day waiting period. Also, it is important to note that flood zones for Chatham County are freshwater ratings, this means that they rate the risk of flooding from rain only and do not take into consideration the risk of rising saltwater flooding from storm surge. If you live in Chatham County you live in a storm surge zone and are at risk of saltwater flood damage. To see what evacuation zone you live in and what your storm surge risk is.

Lastly, when filing an insurance claim after a storm, insurance companies may ask for documentation of damages; this includes damage to your home, property, and belongings. One of the easiest things you can do to make this process smoother is to document your home on a regular basis. Documenting your home consists of taking photos and/or videos of your property, home, and belongings. This way you have proof of what you own and what condition your home was in prior to the storm.

By strengthening your home and checking in with your insurance provider now, you are helping to strengthen our community.

Additional Resources:

Chatham County Hurricane Preparedness:

<https://www.chathamemergency.org/preparedness/hurricanes.php>

Chatham County Interactive Evacuation Zone Map:

<https://pub.lic.sagis.org/evaczones/>

FEMA's National Flood Insurance Program:

<https://www.floodsmart.gov/>

Federal Alliance for Safe Homes:

<http://flash.org/>

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DISCOVER THE COUNTRY DAY DIFFERENCE

Open House: Sunday, November 11

The program begins at 1:30PM in the Morrison Pangaea Garden.

The Open House is the best way for families to gain a comprehensive view of the Savannah Country Day School experience. In addition to a campus tour, current students and parents are present to share their experiences and answer questions. Guests also have the opportunity to meet with Country Day's talented faculty, coaches, and fine arts instructors to learn more about the School's outstanding programs and the admissions process, including financial aid. This event is open to both parents and prospective students.

Parent Informational Coffee and Campus Tour

All events begin at 9:30AM

| | |
|-------------|-------------|
| November 14 | February 20 |
| December 5 | March 6 |
| January 23 | April 10 |

Our informational coffees and campus tours are small group events where parents spend time in our classrooms and explore our 65-acre campus.

For reservations or additional information, please contact Amy Pinckney at 912-961-8700 or pinckney@savcds.org.



FOOD TRUCK FEST

T. HOWARD REIMER



West Chatham Middle School
September 23, 2018

Photos By: T. Howard Reimer
thowardreimer.smugmug.com

PHOTOGRAPHY







How Parents Can Develop Engaged Learners

By Janese Bryant Cooper
Certified Kumon Instructor

Establishing a strong academic foundation and keeping your child motivated to learn are essential to developing engaged learners. When parents are involved in their children's education, kids tend to do better and have more positive feelings about learning. There are many fun ways for parents to support learning engagement such as the following:

Capitalize on your child's interests. Children are naturally motivated to learn about topics and activities that interest them.

- Incorporating math lessons into a love of sports is easy. For example, if your child likes baseball, learn together how batting averages are calculated.

- For children who like trains, encourage learning about the different types of trains, how fast they go, their routes, and even calculating the minutes between trains on a schedule.

- If your child likes stuffed animals, offer to watch your preschooler put on an imaginary play starring the animals and help your school-age child research the different types of bears, penguins, or big cats.

Promote active learning at home. Turn daily routines into practical learning opportunities.

- Teach your child new vocabulary and meal planning at the grocery store. Cooking together builds math skills through measurements, science knowledge through understanding chemical and physical reactions, and problem solving skills by doing a few things at once.

- Sing songs and play musical instruments to build memorization skills.

- Incorporate learning and fun by hosting a weekly family game night. Educational board games like Monopoly encourage children to read, interact and count with currency.

Read books for enjoyment. Learning to read is not just an important milestone in a child's education, it opens doors to a lifetime of entertainment and enrichment.

- Encourage your child to read independently while you read independently.
- Ask your child to read to you and praise them. Turn reading sessions into a fun and engaging activity.



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October Is National Breast Cancer Awareness Month

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that most women can survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat.

National Breast Cancer Awareness Month is a chance to raise awareness about the importance of detecting breast cancer early. Make a difference! Spread the word about mammograms, and en-

courage communities, organizations, families, and individuals to get involved.

How can National Breast Cancer Awareness Month make a difference?

We can use this opportunity to spread the word about steps women can take to detect breast cancer early.

Here are just a few ideas:

- ♥ Ask doctors and nurses to speak to women about the importance of getting screened for breast cancer.
- ♥ Encourage women ages 40 to 49 to talk with their doctors about when to start getting mammograms.
- ♥ Organize an event to talk with women ages 50 to 74 in your community about getting mammograms every 2 years.





Trick or Treat Safety Tips

By Safe Kids Worldwide

Everyone loves a good scare on Halloween, but not when it comes to child safety. There are several easy and effective behaviors that parents can share with kids to help reduce their risk of injury. For more information visit safekids.org. © 2015 Safe Kids Worldwide®

Walk Safely

- * Cross the street at corners, using traffic signals and crosswalks.
- * Look left, right and left again when crossing and keep looking as you cross.
- * Put electronic devices down and keep heads up and walk, don't run, across the street.
- * Teach children to make eye contact with drivers before crossing in front of them.
- * Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
- * Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.

Trick or Treat with an Adult

- * Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, remind them to stick to familiar areas that are well lit and trick-or treat in groups.

Keep Costumes Both Creative and Safe

- * Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
- * Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
- * Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- * When selecting a costume, make sure it is the right size to prevent trips and falls.

Drive Extra Safely on Halloween

- * Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- * Take extra time to look for kids at intersections, on medians and on curbs.
- * Enter and exit driveways and alleys slowly and carefully.
- * Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
- * Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.
- * Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.

On average, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year. Be safe...Be Smart!



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
- No biohazardous materials
- No needles
- No trash

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



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Question and Answers To Your Pet Inquiries

By Cathy M. Rosenthal
Tribune Content Agency

I live in a condo that doesn't allow certain service dogs. I have a certificate, a vest and badge, and a doctor's letter, but the president of the condo association doesn't want to look at it. I have panic attacks, anxiety and depression. When I have my lab with me, she calms me down until I am totally calmed down. Isn't there a law that service dogs are allowed in condos?

Under the American Disabilities Act (ADA) and Florida law, if your dog is a service animal - an animal that has been trained to provide certain tasks for someone with a mental, physical, sensory, psychiatric or intellectual disability - then your condo must allow the dog to remain with you. A service animal must have received specialized training to respond to your particular disability.

These laws, however, do not apply to emotional support animals. An emotional support dog is not trained to provide a service, even though there is no discounting the fact that he or she is providing an enormous comfort for a stressed owner. Emotional support animals, however, are



covered under the Fair Housing Act, and no training is required. You do have to provide proof, which requires a letter from a doctor or mental health care professional who has determined you need this emotional support animal for a mental health disability.

Unfortunately, emotional support animals do not have the same guarantees to be in public spaces, like restaurants and grocery stores, as service animals, but landlords are required under the FHA to make reasonable accommodations for people who need emotional support animals. The caveat: Not all properties are covered by the FHA.

If you are unsure whether your dog is a service animal or an emotional support animal or is covered under the FHA or not, consult a lawyer. Hopefully, your condo allows pets because it's clear you benefit from having a dog in your life.

I love all the reader tips about getting a cat to cooperate with nail trimming. I have tried all those suggestions at one time or another with my cats, but to no avail with nail trimming. So now, I take one of my guys to the vet (he was banned from the pet groomers for rude behavior). The other cat, however, sits there sweetly, docilely and readily allows the groomer to trim his nails. He even purrs throughout the process.

If at first you don't succeed, find someone else to do it. Cats are particular about people and sometimes it just means you have to find the right person to cut their nails. I am not surprised you have two different solutions for two different cats. They have such different personalities, and a technique that works on one won't necessarily work on another.

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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Pooler Chamber of Commerce and Visitor Bureau, Inc.

Pam Southard, *Executive Director*

Hello from YOUR Pooler Chamber of Commerce.

We hope all of you who attended the Patriot Picnic in the Park enjoyed this day. The chamber was proud to have sponsored the fun rides for this city event honoring military and our public safety heroes. Also, the Pooler Chamber of Commerce, presented the Pooler Inaugural Food Truck Fest event. It was a delicious and exciting success and an opportunity to sample all the diverse collection of food from all our favorite vendors. We look forward to hosting future Food Truck events in the future, so stay tuned!

Summer is behind us, and we are so looking forward to cooler days and the crisp, colorful autumn season. To rev up the season, we have been very busy preparing our exciting fall events. We know how to throw a party, and on **October 27th**, you are invited to the **Pooler Fall Festival and Marketplace**. Held at the Football Stadium behind the YMCA on Pooler Parkway, there will be kid-friendly activities, games for all ages, specialty vendors and, of course, great food. Speaking of specialty vendors we still have a few spots available. This is a perfect opportunity to promote your business and be part of this great family day.

Come November, we will be hosting a **Health Fair** to be held at the new Courtyard by Marriott next to IHop on **November 10**. What better way to celebrate life than to live in good health. At this event, health affiliated vendors and professionals will provide information, consultations and demonstrations on healthy living. They will impart to you the benefits of treating your mind and body with a respect that will help keep you on track for years to come. This event is free to the public, and we hope to see you there.

These are just a few of the events we present throughout the year that are opportunities for you to grow your networks, gain insights and address challenges facing businesses today. Some events are strictly fun, while others are designed to educate the public on issues such as transportation, business development and the city's economic outlook.

We hope you will join other Chamber members who volunteer in Chamber activities and participate in the many other community service organizations in Pooler. Whenever possible, also support our member companies with your business.

The Pooler Chamber of Commerce is in the people business and we are committed to nurturing positive relationships within our city. Our residents play a big part in the Pooler community and we thank you for your support of our businesses and events. With the city's plans for ongoing responsible growth, the future of Pooler seems brighter than ever.

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

Thank you for the opportunity to be of service to you, and may you and yours have a warm and wonderful Thanksgiving holiday.



The Chamber of Commerce hosts the 2018 Economic Outlook presented by Dr. Michael Toma from the Department of Economics, Georgia Southern University.



The Crossings Groundbreaking Ceremony. Recent Ribbon Cuttings: Premiere Bowl, Wellness Massage Therapy, Paradise Bay Express Car Wash, and Building Blocks Family Counseling.

Pooler Business Spotlight

Jimmy John's Gourmet Sandwiches



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The Pooler Chamber of Commerce and Visitors Bureau, Inc. is committed to responsible development that will enrich our city for future generations.

The Pooler Chamber of Commerce has been presenting new opportunities for their members, as well as the residents of Pooler since their inception 10 years ago, providing the platform of growth necessary for the area to truly flourish. From its humble beginnings as a little railroad town, Pooler has now become a destination city and home to those that want the small town feel, southern charm and the convenience of urban amenities and with countless events planned and community driven projects in the works, the future seems brighter than ever. The Pooler Chamber of Commerce continues to support the community and our members.

Additional events throughout the year will increase the networking potential for all members and also provide community involvement. events such as our Hearts for Heroes Gala, St. Patrick's Celebration shuttle service, Business After Hours, Taste of Pooler, Sip and Savor, Pooler Food Truck Festival, and Fall Festival and Marketplace, and Breakfast with Santa continue to put the focus on Pooler, our members and the chamber.

Be a part of the Pooler family and join us!

Pooler Chamber of Commerce & Visitor Bureau, Inc.
404 US Highway 80 West, Pooler, GA 31322
(912) 748-0110 - <http://poolerchamber.com>

2018 Calendar of Events

Pooler Chamber of Commerce and Visitors Bureau, Inc.

October 27

2nd Annual

Fall Festival & Marketplace - 12 noon - 5:00 pm

at Pooler Stadium, 200 Preston Stokes Drive.

November 10

Health, Fitness & Wellness Fair - 2:00 pm - 6:00 pm

at Courtyard by Marriott (Near IHOP and McAlister's Deli)

December 8

Breakfast with Santa - 7:00 am - 11:00 am

at Texas Roadhouse at Tanger Outlet Mall

December

Annual Meeting & Awards Banquet Time/Date TBA

at National Museum of the Mighty Eighth

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Pooler Chamber of Commerce

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Financial Focus

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

Can You Count on a Bountiful Investment “Harvest”?

We’re officially in autumn – the season when we bring in what we planted in the spring. But the concept of planting and gathering isn’t confined to agriculture. In fact, it can be used in many walks of life, including investing. So what can you do to help work toward a successful investment “harvest”?

Here is (not quite) a bushel of ideas:

- **Plant the right “seeds.”** When farmers plant specific crops, they know about what to expect – how long it will take for them to grow, how much yield they’ll produce, and so on. When you invest, you too need to plant “seeds” by choosing investments that are designed to help meet your goals. For example, to accumulate enough money for a comfortable retirement, you will probably need to own a reasonable percentage of growth-oriented vehicles, such as stocks – you generally can’t expect the type of growth you need by investing solely in fixed-income investments, such as bonds and certificates of deposit.

- **Nurture your “crops.”** Agricultural workers are diligent about cultivating their crops through proper irrigation, fertilization and weed control. And if you want to keep your investment portfolio healthy, you also must find ways to nurture it. First of all, you will need to keep adding new dollars regularly, because the larger your overall investment base, the more you can expand its growth potential. But you might also need to do some “weeding” of your own, because, over the years, you may have purchased some investments that, for one reason or another, are now no longer suitable for your needs. If that’s the case, you might be better off by selling these investments and using the proceeds for new ones that could fill gaps in your portfolio.

- **Diversify.** Farmers may plant a mix of crops: corn, soybeans, flax, legumes, fruits, and so on. Consequently, if one crop fails, it won’t sink the farmer’s entire business. As an investor, you, too, need to diversify, because if you only own one type of asset class, and a financial downturn hits that asset, your portfolio can take a big hit. But spreading your dollars among stocks, bonds, cash, and other investments can help reduce the impact of market volatility on your holdings. (However,



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diversification can’t guarantee profits or protect against all losses.)

Thus far, we’ve looked at ideas on how you can create a healthy investment crop. But once it’s time to actually start harvesting your portfolio – that is, once you begin liquidating parts of it to support yourself during your retirement years – you also need to act carefully. Specifically, you need to establish a withdrawal rate that’s appropriate for your situation, based on your age, lifestyle, income sources, and other factors. You could be retired for two or three decades, so it’s essential you don’t withdraw so much during your early years of retirement that you risk outliving your money. A financial professional can help you determine the rate that’s right for you.

The agricultural harvest season only lasts a few weeks. But doing a good job of growing and managing your investment crop can help you reap the rewards far into the future.



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Physical Therapy After Stroke Speeds Return to Independence

By Laura Douglas, Physical Therapist
Samantha Letson, OTR/L,
Rita Massie, MS, CCC-SLP
Memorial Health Outpatient Rehab

With the new school year well under way, your child may be facing some challenges, due to a learning disability. Don't wait to get help so your child doesn't fall behind. Outpatient rehabilitation therapy may be the answer.

A child who struggles academically may also experience difficulties with basic communication skills, fine motor skills and gross motor skills. These can affect how your child learns, making it harder to keep up in class.

Gross motor skills are the movements we make with the larger muscles, such as running, jumping, hopping and balancing. They also include complex skills that use the hands and feet to throw, catch and kick. Our bodies are required to "multitask" in order to perform these movements.

Some learning disabilities can delay these skills. This may result in a decreased ability to pay attention or focus on challenging tasks. With physical therapy, children work to refine gross motor skills.

Fine motor skills impact handwriting, spacing of words, letter formation, letter reversals, spelling and word order in sentences. An occupational therapist uses techniques to help children improve the fine motor movements required to complete these tasks successfully.

Visual perceptual skills allow children to process, interpret and understand what they see. A learning disability can prevent a child from accurately perceiving the world around him. Occupational therapy helps children learn how to sift through the many visual messages they receive, identify the information they need, understand it and apply it in the classroom.

Speech-language therapy helps children with a wide variety of communication disabilities. Through individual treatment sessions, they learn to understand language and concepts, express themselves and advance their vocabulary social language skills. Feeding problems are treated with structured tasks.

Therapy enables children with learning disabilities to communicate their wants and needs. It can also help with feeding and swallowing.

Learning disabilities don't have to limit your child's school success. Ask your pediatrician for a referral for outpatient rehabilitation services.

Physical Therapist Laura Douglas, Occupational Therapist Samantha Letson and Speech Therapist Rita Massie see patients at Memorial Health Outpatient Rehab in Pooler. Call (912) 273-1000 to learn more, or go to MemorialHealth.com.

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- Traumatic brain injury therapy

Ask your healthcare provider for a referral.



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What To Know One Year After Equifax Breach

By Jill Schlesinger
Tribune Content Agency

It has been one year since credit monitoring company Equifax announced that a "cyber-security incident" had exposed names, Social Security numbers, birthdates, addresses and, in some cases, driver's license and credit card numbers from nearly 148 million Americans, which means that it's time for an identity theft prevention check-in.

Although the Equifax incident affected nearly half of the U.S. population, it may shock you to learn that not too much has happened in the aftermath. Sure, there were congressional hearings, Equifax's CEO Richard Smith resigned and, early this year, the company signed a consent order with regulators from eight states agreeing to improve oversight mechanisms, security audits and threat monitoring.

But if you were hoping for serious consumer reform, forget it. That means that the onus is still on you. Here are nine things you need to know about ID theft prevention:

1. If you want access to credit, whether to buy a house or a car or to open up a credit card account, you will be handing over your personal information to a credit-reporting agency. While you may have heard of "the big three," Equifax, Experian and TransUnion, according to the Consumer Financial Protection Bureau, there are hundreds out there.
2. A "fraud alert" requires that a financial institution take steps to verify your identity before opening a new account, issuing an additional card or increasing the credit limit on an existing account. Alerts can make it a bit harder for criminals to mess with your file. They last 90 days, after which you can renew it.

3. A "credit-freeze" on your credit file generally stops all access to your credit report, including by you. That means that if you need to access credit, you have to unfreeze your records, which can take a few days. State law and/or a consumer reporting company's policies dictate

the availability of a freeze, which in some cases involves a small fee for placing or removing it. You need to contact each company directly to freeze your file: Equifax (800) 685-1111 (Automated, Option 3) or (888) 298-0045 (Live); Experian (888) 397-3742 (Option 2 followed by Option 2); TransUnion ((888) 909-8872).

4. If someone has used your information to make purchases or open accounts, file a complaint with the Federal Trade Commission and print your Identity Theft Affidavit. Use that to file a police report and create your Identity Theft Report.

5. Review your credit report every 12 months at AnnualCreditReport.com. If you find an error, report it immediately and stay on top of the process. A new federal law going into effect this month allows you to check your kids' credit reports.

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

7. Guard your information. Don't provide a business with your Social Security number just because they ask for it; don't provide personal information over the phone, through snail mail or via the internet unless you have initiated the contact or you know with whom you are dealing; and beware of over-sharing on social media, where criminals are finding valuable information.

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

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

Review your credit report every twelve months and stay on top of the process.

directly to freeze your file: Equifax (800) 685-1111 (Automated, Option 3) or (888) 298-0045 (Live); Experian (888) 397-3742 (Option 2 followed by Option 2); TransUnion ((888) 909-8872).

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





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WhassssUp Around Pooler?



KIDNAPPING SCAM - One of the newest phone scams in Chatham County is kidnapping fraud. Scammers will call your cell phone and tell you they have kidnapped a relative or other loved one. If you get a call ask the caller for personal information about the person they claim to hold such as birth date, pet's name, favorite food, etc...and report it to the Pooler Police. Another safeguard is to not open any links on your phone from unknown parties.

POOLER DRUG BUST - Pooler Police, Chatham County's Sheriffs and the Counter Narcotics Team broke up a Pooler drug ring at the Wal-Mart parking lot in Pooler. Evidence at the drug house located on Yellow Jasmine included Roxicodone, marijuana, cocaine and some cash.

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 Tome described Pooler as beyond full employment.

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velopments, like the 130-acre Mosaic site, are expected to keep the economy on the upward swing during the next few years.

PARKER'S WINS NATIONAL FOOD AWARD - Savannah-based Parker's convenience stores was named the 2018 Convenience Food Service Leader. The award is given for quality, innovation and excellence in the food service industry.

GULFSTREAM DELIVERS FIRST NEW-GENERATION G500 IN TIME - 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.

WhassssUp? Got a scoop to share?

dean@ayersgroup.org

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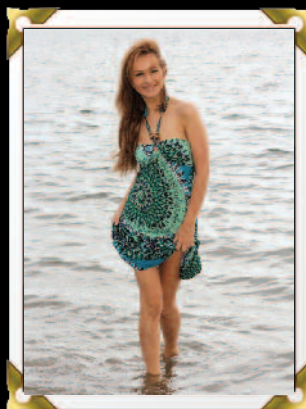
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MISS SOPHIE'S

A Seasons Favorite Festive Pumpkin Rum Cake

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



PUMPKIN RUM CAKE INGREDIENTS:

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

RUM GLAZE:

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

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

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

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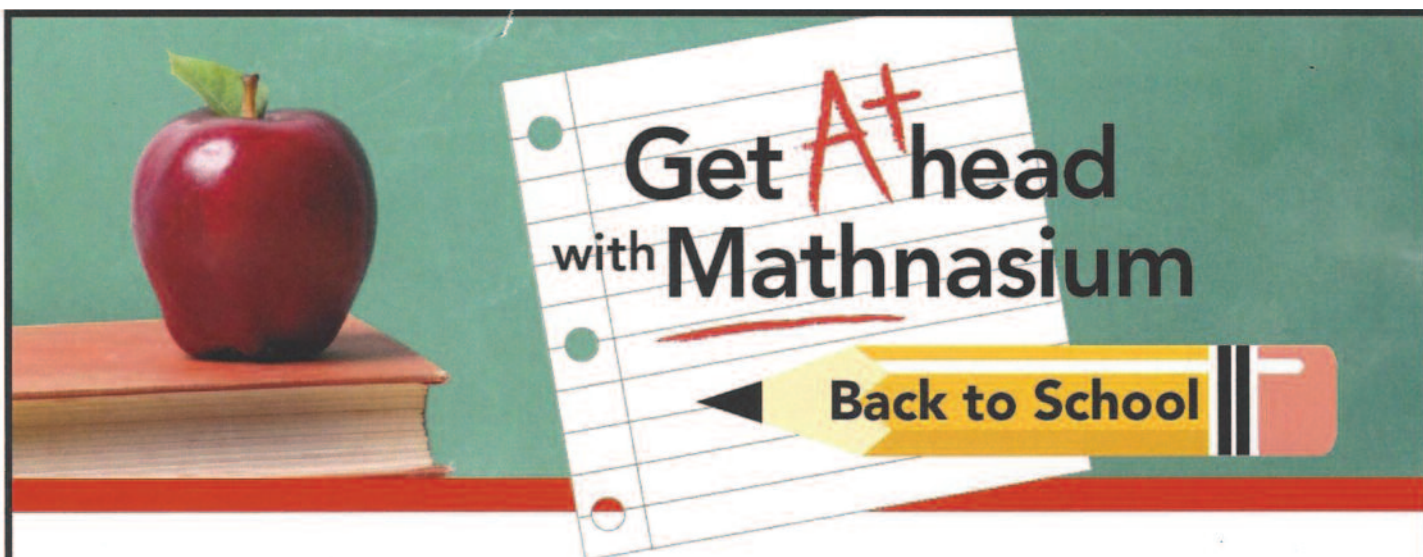
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| Pooler | Near Publix in Pooler Marketplace | 912-330-0666 |
| Bluffton | Near Publix off Buck Island Rd | 843-815-6284 |



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.

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."

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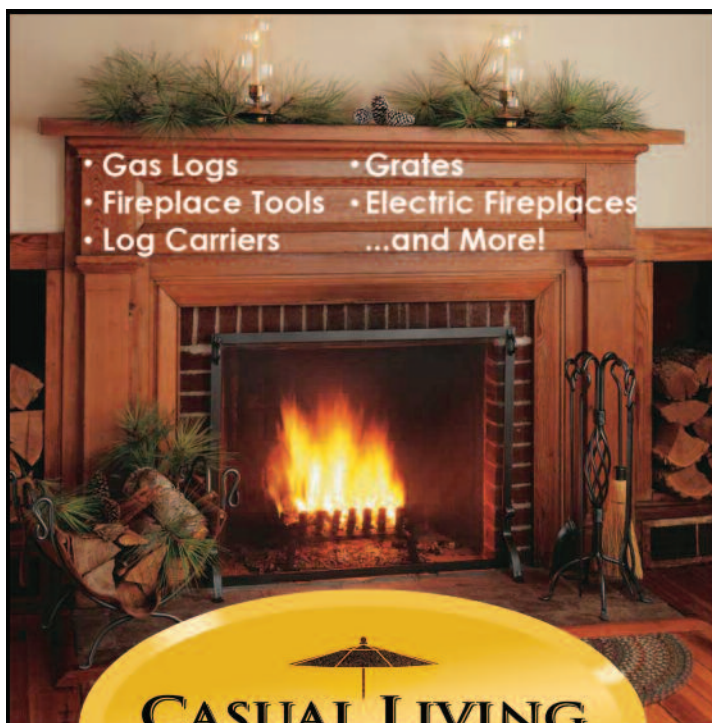
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Georgia Bureau of Investigation's future headquarters located in Pooler.

GBI And Savannah Police Department Partnered To Host Youth Suicide Prevention And Awareness Summit

On Wednesday, August 22, 2018, the Georgia Bureau of Investigation's Child Fatality Review Unit hosted a Youth Suicide Prevention and Awareness Summit at the Savannah Civic Center. The Summit was held in partnership with the Savannah Police Department to reduce childhood fatalities in Chatham County and the Coastal Region.

The summit was held to address the rise in youth suicides in Georgia, discuss how to recognize warning signs, and promote prevention efforts. So far in 2018, 24 youth suicides have been reported in the state. Suicide is the second leading cause of death for ages 15 to 17.

"The topic of suicide is a sensitive one. The first thing families have to do is have communication with their child. They also need to recognize when a child's behavior changes. There are many behaviors when a child is contemplating suicide," said Vernon M. Keenan, Director of the GBI.

"The youth in our community need to feel cared for and safe. It is our responsibility as adults and individuals in public service to ensure that," said Assistant Chief Kerry Thomas, of the Savannah Police Department. "Raising awareness about suicide prevention, especially among our youth, is one way to further the goal of a safe and healthy community."

Also presenting during the summit were:

Trebor Randle, Special Agent in Charge,
GBI Child Fatality Review Unit

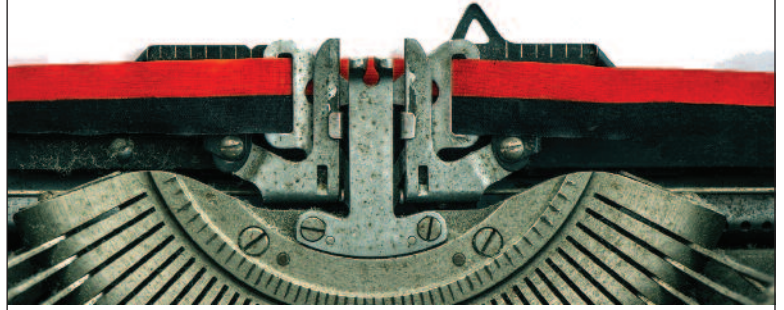
Sheila Deas-Dinkins, Region 12 Director,
Georgia Division of Family and Children Services

Alloceia Hall
National Alliance on Mental Illness (NAMI)

Ashunti Lyons
Savannah-Chatham County Schools System

For access to services, regardless of income or insurance, the Georgia Crisis and Access Line (GCAL) is available 24/7 to help you or someone you care for in a mental health crisis at 1-800-715-4225.

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.

"After reading about the Ayers recent trip to the UK, I want to share something I learned...the hard way....get a Global Entry Pass before you go.

My husband and I took a trip to many of the same places in May, and the worst part of the trip was the very long and slow lines at Customs. Standing in line for 3 hours in London was pure torture. The same thing happened upon reentering the US. We had plenty of time to watch, with envy, the travelers who just walked up to a machine, put in their passports, and went on their way.

Now we know that there is something called a Global Entry pass, which allows expedited entry into the US. The passes cost \$100. and they automatically come with a TSA pre check pass for domestic travel. The frosting on the cake is that many credit cards reimburse the cost of the pass....our Venture Card did. The form is available online, at cbp.gov, but you will need to go to an interview at one of the centers. Closest to us are Atlanta or Orlando".

- Susan Blashford

Susan, thank you for the information about Global Entry Passes. We have had GE Passes for 5+ years and find them very helpful, also. However, it also has times when it is not helpful.

When we returned from this trip to the UK we were subjected to a most invasive inspection of our personal items at Salt Lake City Airport. My wife was subjected to a very thorough search that consumed a great amount of time. One woman on our flight had purchased a gift of bath beads which was gift wrapped. The TSA made her unwrap the gift, open the tin, and empty the entire contents to inspect.

BTW...we have covered the subject of Global Entry Passes, TSA Pre-check and other helpful tips for travel in previous issues of Pooler Today.

We appreciate your suggestion and think it is a good one. Blue skies and safe travel to you.



Interpersonal Edge: Managing Fear In The Workplace

By Dr. Daneen Skube

Q: Most people in my company have been under severe stress lately. In team meetings nothing gets done and everyone seems irritable and defensive. How can I be productive when my co-workers and managers don't seem to be able to think their way out of paper bag?

A: *Fear has a powerful effect on decision making. You can be productive if you understand just how pervasive fear is in the workplace these days and how it affects people.*

When you go into work Monday morning, really look at everyone you meet. Consider that people you encounter are wrestling with a ton of anxiety about things you do not know. Most of us are keenly aware of our problems and fears about the future. We rarely stop to think that everyone we meet has their own long list of problems.

We may be aware that prescriptions for depression and anxiety are on the rise, as are suicide and substance abuse. We may not see the link that people who are terribly anxious commonly self-medicate with food, alcohol, drugs, cigarettes and even self-destructive behaviors.

Living in a state of high anxiety is living in a state of intense suffering. We either cannot go to sleep or we wake up in the middle of the night worrying. We have trouble enjoying anything. Making intelligent choices and being proactive in this emotional state is possible but difficult.

The most powerful action you can take is to see this anxiety in others and acknowledge worry when it is present. Fear itself is not a problem but most people try (unsuccessfully) to avoid fear when it is present. If you can acknowledge anxiety when you talk to people, you actually calm everyone down.

The worst thing you can do is ask people to buck up or intellectually overcome fear. Fear does not work that way. When we discuss what we fear there is incentive for problem solving. When we dismiss or belittle anxiety, it grows exponentially.

The myth in most workplaces is that we should only be rational. The problem with this myth is we only end up driving emotions underground where they multiply and expand. All our negative emotions, including fear, can be useful when acknowledged. In order to use negative emotions we need to recognize that we cannot surgically remove our emotions when we enter our office.

If you say in a team meeting, "It sounds like our team may be concerned about the effect of downsizing; would it be helpful to make a plan if this happens?" You just handled the elephant in the room.

Fears we can openly discuss and plan for lose their power in our imagination. If we have a plan for a problem, we cease to obsess. When people are trying hard to never appear afraid, fear develops a stranglehold simply because it is taboo.

I once saw a T-shirt that I enjoyed greatly. The front of the shirt read, "No Fear," and the back of the shirt read, "Really Stupid!" Pretending we have no fear does indeed make us act really stupid. If you become a place where discussions about anxiety happen, everyone's decision making and thinking around you will improve.

The issue of fear will become more of an engine for creative solutions when you are in the room and less of a pervasive emotion that no one acknowledges or manages.

Q: I really dislike my manager. I have tried every communication I can and still find working for him painful. Am I being unrealistic to want to enjoy my manager?

A: *No, there are times when you are not ever going to enjoy someone you work with. Communication skills are about how to handle this situation well while you quickly identify a better position, not about suffering long-term.*

Daneen Skube, Ph.D., executive coach, trainer, therapist and speaker, also appears as the FOX Channel's "Workplace Guru" each Monday morning. She's the author of "Interpersonal Edge: Breakthrough Tools for Talking to Anyone, Anywhere, About Anything" (Hay House, 2006). You can contact Dr. Skube at www.interpersonaledge.com.

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Festival in the Park

Pooler Patriots Weekend
September 8, 2018

T. HOWARD REIMER



Photos By: T. Howard Reimer
thowardreimer.smugmug.com

PHOTOGRAPHY





Experience the SCAD Savannah Film Festival, Oct. 27-Nov. 3, 2018.

Get ready for eight days of cinematic excellence and join more than 50,000 film aficionados and industry insiders for the SCAD Savannah Film Festival, Oct. 27-Nov. 3, 2018.

With compelling documentaries, fascinating shorts, vibrant student work, groundbreaking animation and Hollywood's most promising Oscar contenders, the SCAD Savannah Film Festival offers something for everyone.

In 2017, festivalgoers had the opportunity to see Academy Award Best Picture nominees "Call Me by Your Name," "Darkest Hour," "Lady Bird," and "Three Billboards Outside Ebbing, Missouri," as well as Best Picture winner "The Shape of Water." A total of 133 films were shown

at the 2017 festival, and this year's schedule is sure to feature even more.

Stars who have previously attended the SCAD Savannah Film Festival include Patrick Stewart, John Boyega, Holly Hunter, Molly Shannon, Miles Teller, Olivia Wilde, Meg Ryan and Mahershala Ali. The soon-to-be-announced roster for 2018 promises an equally sparkling constellation of talent.

The SCAD Savannah Film Festival is but one of the signature events of the Savannah College of Art and Design. SCAD degree programs have been recently featured on The Hollywood Reporter's "Top 10 Costume Design Programs," "Top 25 Drama Schools," "Top 25 Film Schools," and "Top 10 Visual Effects Schools" and Variety's "Stellar Film Schools." Andra Reeve-Rabb, dean of the SCAD School of Entertainment Arts, was named as one of "Best Teachers in Entertainment Education" by Variety for 2018.

Georgia is currently the #1 state in the U.S. for feature film production. Film and television productions generated \$9.5 billion in economic impact in Georgia in fiscal 2017. SCAD students and alumni fill every role imaginable. In 2018, SCAD students and alumni worked on nominated films in 14 Academy Awards categories: best picture, feature-length documentary, visual effects, animated short, animated feature, and more.

This year, as we celebrate 40 years of SCAD, the 21st annual SCAD Savannah Film Festival spotlights excellence in cinematic storytelling. SCAD students, alumni, and faculty, winners of Oscars, Grammys, Emmys, Golden Reels, Tonys, and Annies, rub shoulders with film lovers and legends alike. We look forward to you joining us.

For the latest details as they are announced, visit scad.edu/filmfest. Passes are available online, or in person at the Trustees Theater, located at 216 E. Broughton St., Savannah, Georgia. 2018 passes are available now. Tickets go on sale Monday, Oct. 1.

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**Changing Color Of Nasal Mucus
Not Necessarily A Sign Of Bacterial
Infection**

**By James Steckelberg, M.D.,
Infectious Diseases,
Mayo Clinic, Rochester, Minn.**

DEAR MAYO CLINIC: My grandson frequently has a runny nose, and the color of the nasal mucus is sometimes green to yellowish. I've heard that this is a sign of a bacterial infection and perhaps the need for antibiotics. Can you confirm?

ANSWER: Greenish-gray or yellowish nasal mucus - your health care provider might call it purulent nasal discharge - isn't a sure sign of a bacterial infection, although that is a common myth; even in the medical world. Both viral and bacterial upper respiratory infections can cause similar changes to the type and coloration of nasal mucus.

During a common cold, nasal mucus may start out watery and clear, then become progressively thicker and more opaque, taking on a yellow or green tinge. This coloration is likely due to an increase in the number of certain immune system cells, or an increase in the enzymes these cells produce. Over the next few days, the discharge tends to clear up or dry up.

Viruses cause the vast majority of colds in both children and adults. Antibiotics do nothing against viruses - regardless of whether green mucus is produced. However, the timing of symptoms may offer a clue as to the type of germs present. Thick, colored nasal mucus more often occurs at the beginning of a bacterial illness, rather than several days into it, as occurs with a viral infection. In addition, symptoms due to a bacterial infection often last more than 10 days without improvement.

In a few cases, a bacterial infection may develop on top of a viral cold, in which case symptoms may get better and then worse again. Under these circumstances, an antibiotic may lessen the severity of symptoms and shorten the duration of the illness.

In the meantime, measures that might help include taking in plenty of fluids to stay hydrated, gently suctioning out the discharge, using saline nasal drops to rinse out or irrigate the nasal cavities, and perhaps using a cool-mist humidifier to moisten the air.

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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Savannah Philharmonic Launches Larsen Spotlight Series *Family and Budget Friendly Live Orchestra Music*

The Savannah Philharmonic Orchestra will introduce audiences to the Larsen Musician Spotlight Series beginning Sunday, September 30. This unique series of seven concerts will feature spectacular performances curated by Philharmonic musicians, and offer guests an exciting and intimate experience into the imagination, expertise and skill found within the orchestra. All seven, one-hour concerts will be performed on Sunday afternoons at 5 p.m. at the Lutheran Church of the Ascension, 120 Bull St.

From Baroque to brass, the Larsen Musician Spotlight Series will feature sensational works for chamber music ensembles of various sizes and genres. With value priced tickets of \$25 each, and extra savings available through subscription packages, all seven concerts for \$150, and students can purchase the entire series at a 50% discount. The Larsen Musician Spotlight Series is the perfect opportunity to experience live classical in an intimate setting and gives attendees the chance to personally meet the musicians after the concerts.

Brass on High will be the Spotlight series' inaugural concert, begins September 30, and will feature members of the Philharmonic's bright and brilliant brass section as they perform illuminating arrangements of favorite classical melodies from Purcell to Bizet. No one will want to miss this first, exhilarating performance.

The Spotlight series continues October 14, with Masters of Baroque, featuring Jeana Melilli on flute, Ann Cafferty on violin, Marcy Brenner on gamba and Anne Acker on harpsicord. These outstanding musicians will take the audience on a European adventure performing Baroque pieces from Italy, France and Germany, all on period instruments.

On November 4, a bombastic chamber performance, Mallets and Melodies, will be presented with a repertoire including: Dave Hall, Escape Velocity, Tom Gauger, Gainsborough, Ney Rosauero, Brazilian

Myths, along with Matt Fallin, Ryan LeVeille, Ray McClain, Jesse Monkman, Steve Primatic and Diana Sharpe. This concert shines a spotlight on the Philharmonic's tremendous percussion section and is guaranteed to create an evening of rhythmic and harmonic virtuosity and excitement.

Rising Stars will be the Spotlight series' first concert of the New Year. On January 27, audiences will be transformed during an evening of lush and dreamy French impressionist music by Debussy and Franck. This vibrant and ethereal concert features up-and-coming stars of the Savannah Philharmonic: Adrienne Munden-Dixon on violin, Lavinia Pavlish on violin, Patrick Shelc on viola, Ismail Akbar on cello and Margarita Rovenskaya on piano. They'll perform the Claude Debussy String Quartet in G minor, Op. 10, and César Franck Piano Quintet in F minor. On Sunday, February 24, the Spotlight series will present An Evening with the Concertmaster, featuring Savannah Philharmonic's own concertmaster, Dr. Sinisa Ciric, along with the internationally-renowned Italian pianist, Paolo André Gualdi. Audiences will be memorably awed as these brilliant, master musicians perform the deeply melodic and lyrical works of Ludwig van Beethoven's Violin Sonata No.10 and César Franck's Sonata in A major for Violin and Piano.

A winds concert, Mozart's "Gran Partita", will be presented on Sunday, March 10. Composed at the peak of his abilities, Mozart's tour de force "Gran Partita," will feature Philharmonic musicians: Andrew Jay Ripley and Brian Seaton, oboes, Kristen Spiridon, Leslie Johnson, Taylor Massey and Jeana Melilli, clarinets, Sandra Nikolajevs and Sasha Ene-gren, bassoons, Mike Daly, David Bradley, Debra Sherrill-Ward and Helen Werling, horns, and Vadim Volynets, bass. Written for a unique 13-member chamber ensemble, the complex and colorful melodies of Wolfgang Amadeus Mozart's Serenade No. 10 for Winds in B-flat major, K. 361/370a "Gran Partita" are not ones to be missed.

The final Larsen Musician Spotlight Series concert is a crowd-favorite. Celli will be presented on Sunday, April 28 featuring the sensational, all-female cello quartet. Musicians Mary Beth Bryant, Erin Cassel, Nan Kemberling and Jessica Messere are returning to the chamber series by popular demand and will perform custom-made arrangements of works from Renaissance to modern popular charts. By combining tunes in astonishing ways never heard before, Celli promises the audience a thrilling evening full of high energy and rapturous excitement.

For more information on the Savannah Philharmonic or to purchase tickets, please visit www.savannahphilharmonic.org, call 912-232-6002 or email info@savannahphilharmonic.org.



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