

April / May 2019

POOLER

Vol III • Issue XIV

*Today*SM



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City Attorney	Steven Scheer	(912) 233-1273
City Clerk	Maribeth Lindler	(912) 748-7261
Finance Officer	Michelle Warner	(912) 748-7261
Fire & Rescue	Chief G. Wade Simmons	(912) 748-7012
H/R Director	Andrea Anderson	(912) 748-7261
Police	Chief Ashley Brown	(912) 748-7333
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Sr. Citizen Center	Susan Edwards	(912) 330-0493
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CEMA Hurricane Hotline	(912) 201-4590
Chatham County Court House	(912) 652-7175
Chatham County Tax Assessor	(912) 652-7271
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Georgia Dept of Revenue	(912) 748-5199
Library	(912) 748-0471
Pooler Chamber of Commerce/Visitor Bureau	(912) 748-0110
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Hospitals, Health and Medical Resources:

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St. Joseph's Hospital	(912) 819-4100
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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
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Pooler / Area Community Churches

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Quacco Baptist Church	(912) 925-3885
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SCANA Energy	(877) 467-2262
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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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APRIL / MAY 2019 FEATURES

4	City Of Pooler Useful Contacts	18	Making Summer Learning Fun By Janese Bryant Cooper	30	Benefit From Magnesium By Davana Pilczuk, PhD
6	From The Publishers • Publication Acknowledgments	19	Safest City - Safewise 2019 Poll • Pooler Ongoing Drug Take Back	35	WhasssUp Around Pooler • Groves K-12 School A Reality
7	Pooler Real Estate Reflections By Heather Murphy	20	Q&A To Your Pets Inquiries	36	Hearts For Heroes Gala In Pictures
8-10	Pooler Today Magazine Readers Choice Award Winners	22	The Shops In Lakeside Village • Enmark's New C-Store Concept	38	Savannah Port Expansion • Memorial Health Children's Hospital
11	Be Smart About Your Hearing	23-25	Pooler Chamber of Commerce, and Visitors Bureau, Inc., Updates • Calendar of Events • New Members • Business After Hours	39	St Joseph's / Candler Completes Phase I New Pooler Campus
14	What Will You Do With The Easter Story? By John Fender	26	Edward Jones, Veronica Voisine Financial Focus	40	Vox: POOLER
15	Savannah Earth Day 2019	27	Unusual Dress Project - Girl Scout Troop # 30157	42-43	St. Patrick's Celebration In Pictures
16-17	A Walk On The Wild Size Part Deux Unusual Dress Project	28	The Rehabilitation Institute Helping Your Child Succeed In School	44	Mayo Clinic: Omega 3 Supplements
		29	Money Matters: Lessons Learned From Oracle of Omaha	45	SAFE Shelter Center For Domestic Violence
				46	Pooler Today Sponsors



Photo by T. Howard Reimer

Greetings!

There seems to be a lot of disgruntled people these days. Nothing is ever quite the way they'd like it to be, whether it's the neighbor's loud dog, someone with a fully loaded cart in the express lane of a store, gridlock on the freeway, or having your feelings hurt. "It's always something," as Gilda Radner professed. The fact is that expectations and reality often collide.

I thought about this recently when a friend described her failed marriage. "It was quite tender until I got fussy," she lamented. Those words were simple, but profound with meaning and emotion. Of course, there was more to her story, but what dawned on me was that's how life is. 'Things are often quite tender until someone gets fussy.' How we react to these times is usually more important than what caused the 'fussy.' Sometimes we pick up the pieces and quickly get over it. Other times we hunker down as guest of honor at our own pity party. Often it's easier to stay frustrated or angry than to choose another direction.

When this happens, what we need is a reality check and a change of attitude. Sounds easy, but we all know it's not. Take a pause to recognize that you are heading down the wrong road hauling a load of unrealistic expectations, and then focus on how you want to feel. We can't change the fact that 'things work until they stop working', and we might not be able to fix them. You don't have to like the reality of a situation, but in order to reduce the intensity of your emotions and feel some degree of satisfaction, you do have to accept it. By shifting from frustration to appreciation for what is good in our lives, we renew our energy and attitude. Sometimes we have to work at feeling satisfied, and in time it can become a natural reaction.

Most likely, we'll still wake up on the wrong side of the bed from time to time, and get all fussy for a while, but there will be many more tender times ahead. Now, here are a couple of Dean words that are simple, but profound also. "Stuff happens – so get over it!"

Dean Ayers
Co-Publishers

Cierra Ayers
Co-Publishers

Barbara Anderson
Sr. Account Manager

POOLER *Today*

Ayers Group, LLC

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Publishers
Cierra Ayers

(912) 210-9905
cba@AyersGroup.org

Dean Ayers

(702) 767-0508
dean@AyersGroup.org

Senior Account Manager
Barbara Anderson

(912) 631-5000
Barbara@AyersGroup.org

Copy Editor
Dianne Carter

dcarterpr@yahoo.com

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

Event Photography Contributor
T. Howard Reimer Photography
t.howardreimerphotos@yahoo.com
thowardreimer.smugmug.com

Brent Bauer, M.D.

Mayo Clinic

Lorraine Boice

SAFE Shelter Center

Janesse Bryant Cooper

Making Summer Learning Fun

Laura Davids

Rita Massey

Memorial Outpatient Rehab

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Letters to the Editor may be sent to:

dean@AyersGroup.org

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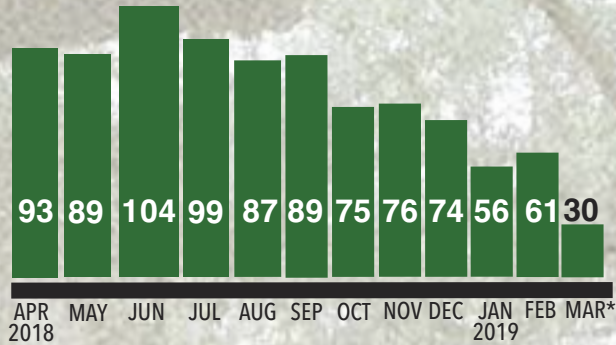
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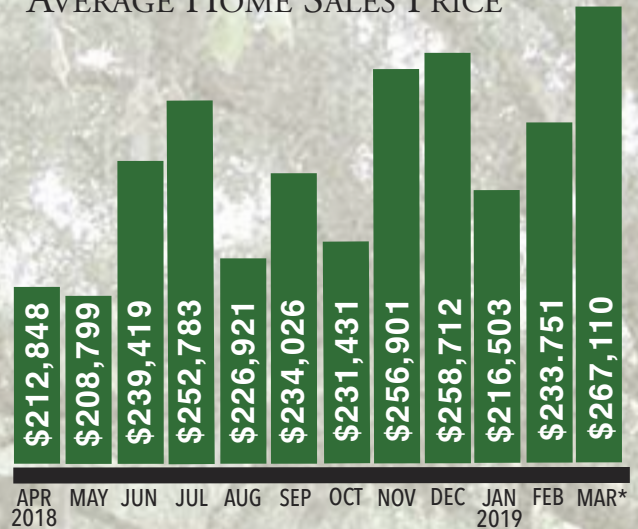
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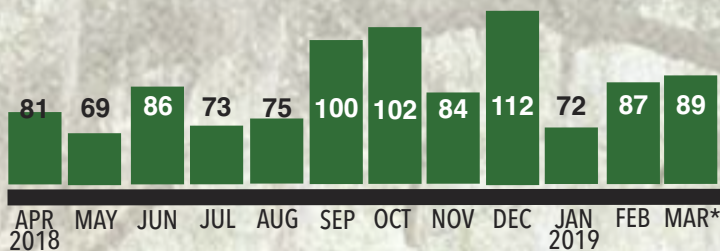


*April 2018 - *March 18, 2019*

AVERAGE HOME SALES PRICE



AVERAGE # OF DAYS MARKET



** Data as of March 18, 2019*



HEATHER MURPHY
REAL ESTATE GROUP

kW COASTAL AREA
PARTNERS
KELLERWILLIAMS REALTY

912-335-3956 cell 912-356-5001 office

HeatherMurphySold@gmail.com

329 Commercial Dr, Ste 100 Savannah, GA 31406

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Olympus at Carrington

APPLIANCE RETAILER

Livingood's

AUTOMOBILE DEALER

Vaden Chevrolet

BAKERY

Cake Corner*

(Runner-up) Pie Society

BANK/CREDIT UNION

Ameris Bank*

(Runner-up) Wells Fargo

BARBER/HAIR STYLIST

Jessica Sauls*

(Runner-up) Allie Hamilton

BLINDS/SHUTTERS

Savannah Blinds*

(Runner-up) Budget Blinds*

CARPET/FLOOR CLEANING

Diamond Carpet & Textile*

(Runner-up) Zerorez

CASUAL DINING

Texas Roadhouse

(Runners-up) Cheddars, Sushi Hana,
Wild Wings Café

CATERER

Paul Kennedy Catering

(Runner-up) Jimmy John's

CHILD LEARNING CENTER

Mathnasium*

(Runner-up) Kumon

COIN/CURRENCY SHOP

Miller's Coin & Currency*

DAY SPA

Pooler Day Spa

(Runner-up) Vitali MedSpa

DENTIST

Dr. Tracy Durham*

(Runner-up) Dr. Jason Howard

DRY CLEANER

Pooler's Best Dry Cleaners

(Runners-up) Sandy's Dry Cleaner
David's Dry Cleaners

EMERGENCY/URGENT CARE

AppleCare

(Runner-up) St. Joseph's/Candler Immediate Care

FAST FOOD/TAKEOUT

Chick-fil-A

(Runner-up) Culver's

TODAY

MAGAZINE

FINANCIAL SERVICES

Edward Jones/Veronica Voisine*

FITNESS/HEALTH CENTER

West Chatham YMCA*

(Runner-up) Orangetheory Fitness

FLORIST

A Special Touch Florist Shop*

FOOD TRUCK

Chazito's

(Runner-up) Roy's Nutz & Buttz

FUNERAL HOME

Thomas Strickland & Sons*

GOLF COURSE

Crosswinds*

(Runner-up) Savannah Quarters Golf Club

HAIR SALON

Jessica & Co.*

(Runner-up) Colorboxx

HEARING AID/AUDIOLOGY

Dr. Dawn MacMillan*

HVAC/PLUMBING CO.

Edge Air Cond. & Refrigeration

(Runner-up) Atlantic HVAC

HOME BUILDER

Lamar Smith

(Runner-up) Landmark 24

HOTEL

Home2 Suites

INSURANCE AGENT

State Farm: Wally Walker

(Runner-up) Vernon Donovan

LANDSCAPING SERVICES

The Greenery

MARBLE/GRANITE/TILE

Distinctive Granite & Marble*

MORTGAGE LENDING COMPANY

Ameris Bank

NAIL SALON

Orchid Nail Spa

NAIL SALON

(Runner-up) The Nail Lounge

NURSERY/GARDEN CENTER

Polks Plus*

(Runner-up) The Greenery

NUTRITION/HEALTH STORE :

General Nutrition Center GNC*

(Runner-up) NutriShop

PAWN SHOP

Pooler Pawn*

PEST CONTROL

Cingo and

(Tie for 1st) Yates-Astro*

PHARMACY

Apollo Pharmacy

(Runner-up) Pooler Pharmacy

POWER WASH

Aaron's Pro Wash

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R. Thomas Reimer

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Dr. Christi Ghaleb

(Runner-up) Dr. Ramon Ramos

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Dasher Reprographics and

(Tie for 1st) UPS Store

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(Runners-up) Dawn Sanders

James Zarycki

SENIOR SERVICES/LIVING

Shepherd Senior Living

VETERINARIAN

Dr. Michael Brown*

(Runners-up) Dr. Jessica Hood

WINE, BEER, LIQUOR

D&M Liquor

(Runners-up) Coastal Spirits

MORE



Some of our Pride of Pooler Winners: Cingo, Distinctive Granite and Marble, Trisha Cook-Keller Williams, Mayor Mike Lamb, Pooler Today Magazine- Barbara Anderson & Dean Ayers, Edward Jones, Crosswinds Golf Course, Savannah Blinds, YMCA of West Chatham, Memorial Apple, R. Thomas Reimer Photography, D&M Liquor, General Nutrition Center, The Greenery, Livingoods, Aaron's Pro Wash, Coastal Audiology, Jessica and Co., Godley Station Animal Hospital, and Pooler Day Spa.



Photos by T. Howard Reimer
thowardreimer.smugmug.com



Be Smart About Your HEARING



With an aging population, it's not surprising that hearing loss has become epidemic – especially amongst seniors. Studies show that nearly 30 percent of people in their 50s suffer from hearing loss. By their 70s, it is estimated that more than two-thirds have significant hearing loss. Yet there's still a stigma attached of getting old that sometimes prevents people from having their hearing checked. Also, the public is inundated with ads and offers for an array of hearing aid devices that can be daunting in their scope.

Thus, fewer than 30 percent of adults who could benefit from a hearing solution end up getting one. This only makes the problem worse because the longer a person has uncorrected hearing loss, the greater the risk to the brain of losing the ability to understand speech. According to a Johns Hopkins study, hearing loss is associated with an increased risk of dementia and depression. It can also contribute to social isolation and loneliness.

The wise choice when you realize you may have hearing loss problems and think you will benefit from a hearing aid, is to do your research first. Hearing loss is a health issue that needs to be evaluated by a Doctor of Audiology to rule out any medical issue that may exist. If you don't know a good audiologist, ask your doctor for a referral. An audiologist will assess your hearing and help you choose the most appropriate hearing aid and adjust the device to meet your needs.

Once you have a professional understanding of your hearing loss and a prescription, you may decide to purchase hearing aids from a retail store but think twice. Keep in mind that any store can sell you a hearing aid, but are they qualified to examine and diagnose your hearing? Check their credentials first. Wearing a white lab coat does not make a person a medical professional. Don't be fooled by retail hearing aid stores selling one size fits all hearing aids. Make sure you understand the different types of hearing aids and which ones would be most beneficial for your loss.

Would you buy a hearing aid or prescription eyeglasses from the Dollar Store? No, of course, not. Programming hearing devices is a science and an art which takes a trained and experienced provider like a Doctor of Audiology. Your hearing is only as good as the professional who is programming them.

When selecting hearing aids, the important element is the software inside the devices...not how stylish is the casing. Hearing aid retailers and club stores sometimes leave out some of the software to keep the advertised price low. And you have to return to the seller to unlock the software so your choices are restricted.

Common sense dictates that your health requires professional expertise to diagnose the problem and recommend a healthcare solution. So if you notice hearing problems for yourself or a loved one, schedule an appointment with a Doctor of Audiology and get a professional opinion before you buy hearing aids.



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THE ULTIMATE LUXURY: A STONE MASTER BATH

by Andrea Antunes McGilton, *Distinctive Granite and Marble*

Stone baths were once the stuff of dreams unless you were a princess or the wife of an oil magnate. Today, stone baths are affordable, versatile and well within reach.

Natural stone in the bathroom is a timeless trend, and today, granite and marble have made room for other beautiful stone such as quartz. Quartz has gained popularity as a sometimes more affordable

of space and can be used to make a dramatic statement in a smaller bathroom.

Just as the tub is considered a luxurious necessity, the shower is equally important as a place to invigorate body, mind and spirit. Imagine a shower clad in rugged slate or creamy limestone. And, with shower walls offering large expanses for creativity, do not overlook the opportunity to generate dramatic design. Dress a wall in a field of mosaic tiles or cover the wall in a large travertine tile and splurge on decorative accents. The look is stunning.

While traditional porcelain floors are still popular, a stone floor is similarly weighty but with a greater sense of texture and luxury. The smaller bathroom floor space may allow you to use a more costly stone for greater impact within your budget.

Thoughtfully considered bath and shower amenities are as vitally important as the room's appearance. A small seat or bench, a recessed niche or exposed shelf are all important features that should not be overlooked. Again, let your imagination play with textures, colors, materials and design.

Perhaps more than anything else, the vanity defines the style of the master bath. There are endless options. A clean, reflective metal stand with cool slabs of pale colored marble creates a classic bath.



A sleek blonde cabinet capped with thick slate

▲ Possibilities for a glamour bath are endless.

offers an Asian or contemporary feel. A retro-fitted antique dresser crowned with a slab of limestone imparts an aura of romance.

Along with the vanity, the sink is a focal point as well and can be used to create a strong design statement. Vessel sinks that sit on top of a vanity rather than within it are popular. Many designers continue to choose a simple white under-mount porcelain sink so that it doesn't fight for attention with the vanities, faucets and countertops around it. An under-mount sink is easy to clean and doesn't eat up counter space.

The possibilities for a glamorous and soothing bathroom are endless. Just remember the qualities of each type of stone and select the type best suited for each area of your bath. Use your imagination to create the bath of your dreams. It's available and it's affordable. ■



▲ The vanity defines the style.

option that is less prone to damage. It has the look of marble, but is non-porous which makes it more durable and easier to keep clean. With so many choices that can fit virtually every budget, it's no wonder that a stone bath is now on almost every homeowner's list.

Standing in the middle of a room; tucked into a private niche; sunken, elevated or recessed; the tub is a welcoming sight at the end of a long day. The tub itself can be encased in limestone, travertine, onyx or quartz. Adding backslashes of decorative stone, mosaics, etched or glass tiles can create significant visual appeal. Generous decks surrounding the tub put candles, scented oils and soft towels within easy reach.

The sculptural freestanding bathtub, an increasingly popular choice, is bold and beautiful, and suits many decorating styles. A freestanding tub doesn't need a lot

► A freestanding tub is bold and beautiful.



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What Will You Do with The Easter Story?

By John Fender
Pastor, 1st Presbyterian Church of Pooler
Chaplain, Pooler Police Department

On the very day in which Jesus rose from the dead, men conspired to hide the truth.

On the very day in which Jesus rose from the dead, money was given to keep this glorious truth quiet.

On the very day in which Jesus rose from the dead, men whose job it was to reveal the truth about God did what they could so that others would not know what God had done.

The Apostle Matthew writes in 28:11-15, "While they were going, behold, some of the guard went into the city and told the chief priests all that had taken place. [12] And when they had assembled with the elders and taken counsel, they gave a sufficient sum of money to the soldiers [13] and said, 'Tell people, 'His disciples came by night and stole him away while we were asleep.' [14] And if this comes to the governor's ears, we will satisfy him and keep you out of trouble." [15] So they took the money and did as they were directed. And this story has been spread among the Jews to this day."

These Jews were very, very clear that there was only one explanation that would fly and that was that somebody stole the body. They didn't do it. The Romans wouldn't have taken it. They could not have gained anything

by taking it. Jesus was nothing to them. So, the only possibility left was that the disciples stole the body, that was the only tale they could tell to explain away an empty tomb. That's exactly what they concocted.

But to believe that is true, you must work through these details: The Roman guard would have numbered anywhere from ten to thirty men. The usual number for protecting a prisoner would be 16 men. They were warned back in Matthew 27 that Jesus' followers might come and take him so be careful. They would usually take four-hour shifts staying awake during the night, so it not as is they had the burden of being awake all night long. The soldiers had very strict discipline. The punishment for deserting one's post was death. The fear of punishments produced faultless attention to duty, especially in the night watches.

Those of you who are military know how much training goes into such work and you probably know how powerful and professional the Roman guard would be.

Normally what they did was this: 4 men were placed immediately in front of what they were to protect. The other 12 were asleep in a semi-circle in front of them with their heads pointing in. To steal what these guards were protecting, thieves would first have to walk over those who were asleep. To fall asleep on duty was punishable by death.

In addition to that, consider what it would take even if they did fall asleep:

A large stone had been rolled against Jesus tomb. Generally speaking, the stones were too big to be moved by just a few men, so levers were used to move them. Some have estimated that the stone that sealed Jesus' tomb weighed 1-1/2 to 2 two tons (3000-4000 pounds), which is the approximate weight of a midsize car.

Men who had been scared for their life such that they fled on Thursday and Friday, now would have to sneak right under the nose of trained guards, with their levers to roll a 4000 pound stone, and without waking them, do the job.

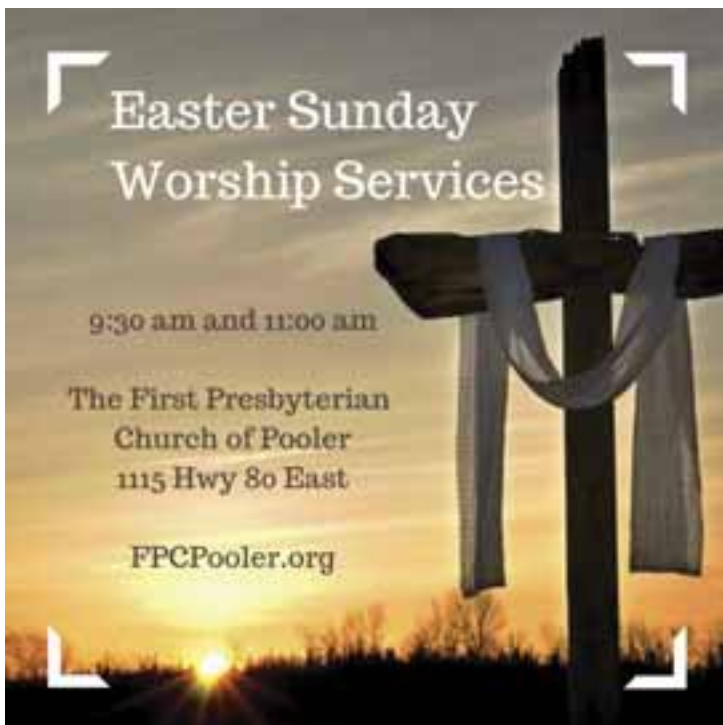
The Roman seal was affixed to the stone that secured the tomb. The seal stood for the power and authority of the Roman Empire. Breaking the seal meant automatic execution by crucifixion upside down. Anyone trying to move the stone from the tomb's entrance would have broken the seal and thus incurred the wrath of Roman law.

Therefore, to believe the lie the disciples stole the body we would have to believe that men who had been cowardly on Friday were absolutely courageous on Sunday.

Your other option is to believe that the God who made all things, who foretold the resurrection, who raised to life men like Lazarus, indeed caused Jesus Christ to be raised from the dead. Jesus' dead body was not stolen, it was raised from the dead!

That event has changed the world forever. My prayer is that this Easter you would revisit that story so that it would change your life as well.

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.





Savannah Earth Day Festival In Daffin Park April 20, 2019

Each year in the spring, the Savannah Chatham Sustainability Coalition and our local community gather in a city park to become the nucleus of the city's green initiatives. It is a celebration of environmentally responsible people and business in coastal Georgia.

The 2019 Savannah Earth Day Festival marks the first year we will be setting up under the mighty oaks in Daffin Park!

The Savannah Earth Day Festival serves as an important opportunity for local government, businesses, non-profits, and community groups to connect with the public and each other. It is the City's largest environmental outreach event of the year and the largest educational Earth Day event in the state of Georgia.

This event is made free to the public, with generous support from The City of Savannah's Sustainability Department, these community leaders and people like you!

Food, Drinks and Live Entertainment All Day Long!

Experience fresh foods and local craft beer or bring your own picnic. The day will be filled with live music and other performances, so bring your blanket or lawn chairs to enjoy the afternoon.

This year's festival will offer a wide selection of food from a diverse selection of local businesses, they are:

Fox & Fig Cafe
Salt Island Fish & Beer
Bull Street Taco

Food Trucks:

Prowl
Magic Food Truck
Molly's Fish & Chips n More
Chazitos Latin Cuisine
Ben & Jerry's
Kona Ice of Savannah

Local Beer on Tap!

Moon River
Service Brewing
Coastal Empire

Earth Day Festival Music Line Up:

12:00	Festival Opens
12:15	Lafaye
1:10	Soap-Savannah
1:50	Fire
2:10	The Train Wrecks
3:00	Tybee Island Maritime School Choir
3:20	Danielle Hicks and the Resistance
4:15	Myers / DeRenne Middle School Bands
4:30	Saeed and the Waxman Family with MC Reneé LaSalle of Live Like Locals Savannah and Jive English of Spitfire Poetry

Workshops

With 20 different workshops, covering a variety of topics, there's a little something for everyone! Each workshop lasts about 30 minutes and is completely free to attend.

Rethink Repair Savannah Workshop

2pm – 4pm

Storytelling

Patt Gunn, Gullah Geechee Master Storyteller
Time to be announced

Unusual Dress Fashion Show:

Two Fashion Shows will be scheduled – times TBA

Free Bike Valet

Cycling plays an important role in sustainable transportation for our city. Ride your bike to the festival and the Bike Walk Savannah will look after it while you enjoy the fun.

Get In Touch With Us:

2301 Bull Street • Savannah, GA 31401
912.662.5162 • earthdaysavannah@gmail.com

A Walk On The Side Of Whimsy Inspiration

An Unusual Dress Project Part Deux

Photos by Tera Jones

The Unusual Dress Project association was conceived and implemented by Tera Jones (Two Crafty Cats Photography) and Megan Williams (Creations by Megan) last year. Collectively, they have grown to new heights this past year. What initially began as a last minute photography project has turned into a community outreach program. They are now mentoring youth and encouraging creativity, fashion design, and recycling. Much interest has been stirred in the community and beyond for their whimsical creativity and above all their attention to recycling.

Join the Unusual Dress Project group as they featured a unique fashion show at the 2019 Savannah Earth Day Festival in Daffin Park on April 20, 2019. So bring the whole family to the event, and see all the event details on page?

If you would like to join the project, volunteer, or sponsor a dress, please contact them directly at:

Email: UnusualDressProject@gmail.com

Website: www.UnusualDressProject.com

Facebook: www.facebook.com/groups/unusualdressproject

Please see page 27 - The Girls Scouts Troop #30157

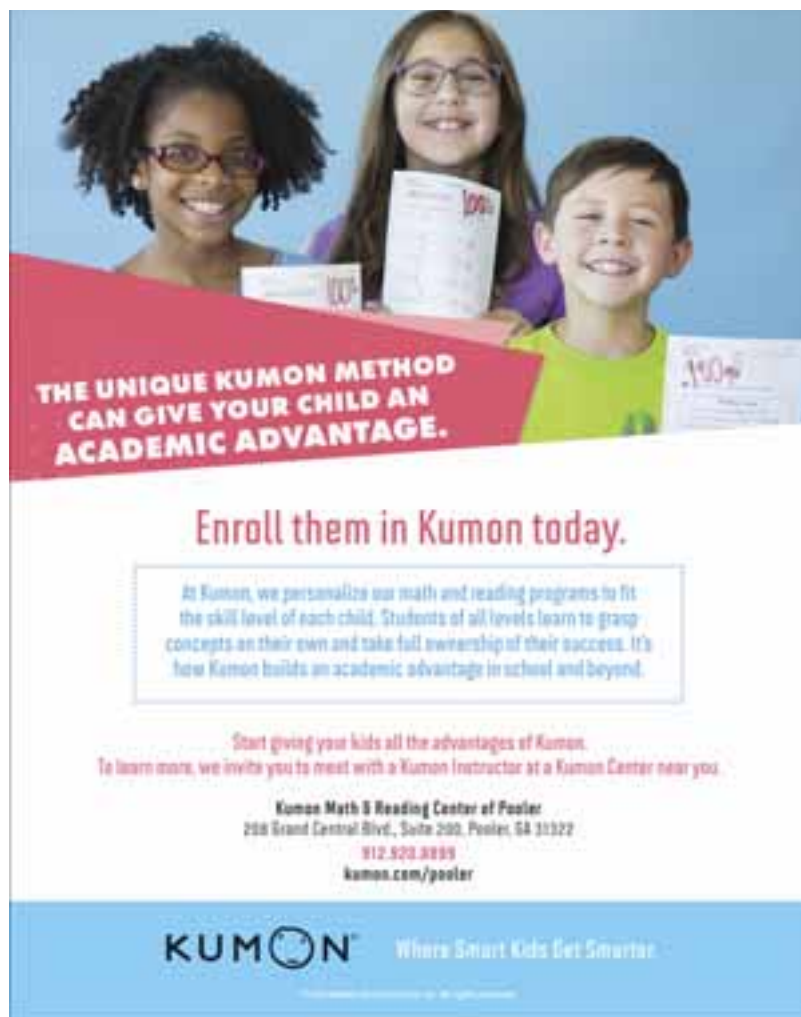


Debby (Paper Bag),
Julia (Upholstery),
Benjamin (Misc. Materials),
Melissa (Pop Tab),
Cailey (Life of the Party),
Martha (Upholstery),
Michelle (Sponsor)



Samantha (Stage Skirting),
Maddie (Stickers),
Evie (Umbrella),
Jaylyn (Flowers/Bows),
Katie Grace (Super Recycler),
Group Picture,
Penelope (beads),
Piper (Trash Bags),
Tyler (Map/Tarps).






Three Simple Ways to Make Summer Learning Fun

By Janese Bryan Cooper
Certified Kumon Instructor

While summer is a great time for kids to rest and have fun, it's also a wonderful time to prepare for the following school year. Continuous study in Kumon every day is the best way for kids to maintain their skills over the summer. Kumon Students strengthen their confidence and develop new skills. Students who continue learning throughout the summer have an academic advantage that catapults them into the new school year.

There is plenty of time for summer fun and learning. Try turning typical fun activities into learning opportunities! Here are simple things you can do to keep your kids' skills sharp through the summer.



Read more books

The easiest way for kids to prepare for school is to read a book each day. The great thing about books is that they can be read anywhere. Incorporate reading into the bedtime routine or if your child is an early riser, this is a great activity first thing in the morning. Reading each day goes a long way towards developing valuable vocabulary and comprehension skills. Libraries are the most affordable resource to replenish your book supply and get reading recommendations based on your child's interest and ability. Don't forget about the Kumon Recommended Reading List!



Take an educational tour.

Museums give great educational tours. Get your children excited by first exploring the museum's web site and taking a virtual tour. At the museum, start backwards in the gift shop and let your child pick out postcards of paintings or objects on display. Then turn your trip into a treasure hunt by trying to find those paintings or objects in the museum. Look for interactive exhibits and periods of history that your child has studied in school to make it even more engaging. Once you return home, help your child deepen his learning by exploring online the areas that interested him the most. This will help your child develop his interest in history, research, and writing.



Visit the zoo.

Kids love animals! Visiting the zoo is another great activity. Find out which animals were your child's favorite. If elephants, for example, topped the list encourage your child to learn more about them when you get home. How long do they live? What countries have a lot of them? What do they like to eat? You can even ask your child to make a project that includes artwork and a summary about his favorite animal at the zoo. This will help develop his interest in animals, research, and writing.

Even though summer means a break from school, it shouldn't be a break from learning. Summer is the perfect time for children to discover that learning is fun and can happen anywhere. Enjoy creating enriching experiences that nurtures your child's mind.



SafeWise is happy to release our fifth annual Safest Cities report. Pooler, Georgia was ranked 13th out of the top 50 cities in Georgia.

#13 Pooler



Population

24,601

Median Income

\$75,193

Violent Crime Rate (per 1,000)

1.02

Property Crime Rate (per 1,000)

35.61

SafeWise - Safe City report is based on the number of reported violent crimes - aggravated assault, murder, rape and robbery, in each city. In the case of a tie, SafeWise also took into account the number of property crimes such as burglary, arson, larceny-theft and motor theft. To level the playing field, it also calculated the rate of crimes per 1,000 people in each city- which makes it easier to directly compare the likelihood of these crimes occurring in cities with vastly different populations, according to SafeWise. You can learn more about how SafeWise ranks its safest cities reports and you can access them at the following site.

<https://www.safewise.com/safest-cities-america/>



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.



Pooler Police Dept.

**100 US-80
Pooler, GA 31322
(912) 748-7333**

Why Does My Cat 'Swim' Around The Water Dish And My Dog Bark At The TV?

By Cathy M. Rosenthal
Tribune Content Agency

The oldest of our two cats has the habit of standing in front of his water dish and making movements as if he were swimming while drinking his water or even when done eating. His little brother likes to paw at the area, but it's not really the swimming motion that his big brother does. These two are rescued kitten, and we can't imagine life without them.

Cats often exhibit inexplicable behaviors, and this "swimming" behavior around the food and water bowls sort of falls into that category. It sounds like your cat is pawing around the water dish, and not pawing the water itself, since you said he was doing it while drinking.

But cats can and will do both.

They have scent glands on their paws and may be marking their territory around their food and water dishes. They also are fascinated with movement and like to play with their food and water, reminiscent of what they might do in the wild if they caught a small animal or insect. So, while the behavior is fairly common among cats, it sounds like your oldest cat has developed a unique way of displaying this behavior.

Our 2-year-old female westie, Bella, is driving us nuts. Overall, she's a good dog, but she barks at passing dogs and has issues with the television. Anytime a commercial or show comes on with a dog, or there are sudden movements or violence or bright colors on the TV, she goes into a fit. She barks wildly, jumps at the TV, grabs a toy or stuffed animal and shakes it and runs back and forth.

We've tried distracting her by putting her in her pen until she's quiet. We even had a trainer come in to help. The trainer took her off the floor when she started acting out and yelled and pushed her face into the couch cushions - a little too violent for me. We've tried an air horn, water bottle, and noise and vibration collar. We can't do the shock collar at this point.

We would hate to have to send her away, but there is no peace any evening. I've attached a short video of her antics.

Thank you for firing the trainer. No one should ever yell, scream or push a dog around during training, ever. Good riddance to them.

As for Bella, I watched the video, and she is a very smart dog. Some dogs react to images and sounds on television, depending on their personalities. While her reactions are exaggerated, they are fairly common for terriers who are very sensitive to movement and sound. With our larger than life flat screen televisions, it's easy to see why such an alert dog is highly triggered by the sights and sounds she hears and sees.

In the video you sent, Bella responded quickly to your request to come back into the room. Let's begin there. Every time you are in the room, ask her to come to you and sit. When she does, click with a clicker or say a reward word like "bingo," and then give her a treat. Train her with the TV off at first; then with the TV on, but muted and paused; then with it just muted. If the on-screen sound or movement triggers the behavior, pause and mute everything, and shake a can of coins, if needed, to get her attention. Then repeat the steps above. (I suggest muting commercials going forward since they are louder than regular programming anyways.)

When she responds, give her a distraction. An x-pen is not a distraction, but a time out. A distraction fully engages her mind and takes her mind off the trigger. Give her a puzzle toy to engage her brain. Freeze some peanut

Continued on page 30

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clothes making them bright
and clear, without shrinking



Garments smell fresh and
clean with no chemical odor



Stature Investments Announces The Shops at Lakeside Village, The Newest In Pooler Retail Development

Stature Investments, a regional investment, and development company is pleased to announce The Shops at Lakeside Village, a new retail development scheduled to break ground in Pooler later this year (fall 2019).

They are located at the northwest corner of the Pooler Parkway, and I-16 interchange (at Memorial Boulevard), The Shops at Lakeside Village will total 17,040 sq. ft. and occupy lot one of the Lakeside Village development, a mixed-use and luxury residential community development across the street from the new St. Joseph's/Candler hospital campus.

"The Shops at Lakeside Village will provide an incredible opportunity for businesses to solidify their place within the most sought after retail real estate along the rapidly growing Pooler Parkway corridor," said President and COO of Stature Investments Yash Desai. "We're very excited to announce we've already signed lease agreements with Dunkin' Donuts and AT&T. Both are highly-established brands and will bring incredible value to the area and its residents."

The 1.83-acre lot enjoys an unobstructed view of Pooler Parkway and features multiple suites of varying sizes, modern design, glass storefront windows, and high ceilings. For leasing information, please contact Preston Andrews, Savannah Commercial Real Estate, at 912.200.4531 or preston.andrews@svn.com.

Stature Investments is a leading regional investment and development company under the leadership of Yash Desai, a second-generation developer. Headquartered in the rapidly expanding area of Pooler, Georgia, the company boasts an impressive portfolio of developments strategically focused in retail, c-store and hospitality markets.



Images courtesy of Stature Investments



Enmarket's New C-Store Concept in Pooler

Enmarket's new c-store features a proprietary restaurant, touchless restrooms, exposed ceilings and outdoor seating.

Enmarket has built its largest c-store yet—a new 6,366-square-foot store on Pooler Parkway.

The new c-store is located across the street from the soon-to-open St. Joseph's/Candler Pooler Campus in Georgia. It offers 20 fueling stations and an electronic vehicle charging station. The new location marks Enmarket's third in Pooler, Ga., but its first on Pooler Parkway. The two others are on Highway 80.

The new store features the chain's first drive-through window, serving fresh food and beverages from Enmarket's proprietary restaurant, The Eatery. It also features touchless restrooms, exposed ceilings, spacious parking and outdoor seating.

Some features are invisible to customers but will contribute to better service, such things as a redesigned and more efficient kitchen and an improved vendor receiving area. Progressive Builders was the general contractor for the project.

"This is the largest Enmarket we've built from the ground up," said Brett Giesick, president of Enmarket. "We're excited to announce this new location, and believe it serves as a fine example of our dedication to providing customers with quality service and food."

The new store is part of an Enmarket expansion plan that includes the rebuild of the existing store on Martin Luther King Jr. Boulevard in downtown Savannah, a new headquarters complex that will include the rebuild of the Enmarket on U.S. 17 at Chatham Parkway and a future store in Port Wentworth.

Enmarket currently operates 124 convenience stores and 14 quick-serve restaurants with more than 1,200 employees in Georgia and North and South Carolina.



Pooler Chamber of Commerce and Visitor Bureau, Inc.

Pam Southard, *Executive Director*

Greeting!

After a rather harsh winter, we eagerly await spring and warmer weather. Flora is already blooming in some areas, soon to be followed by the burst of color that confirms Spring has definitely sprung.

Our Pooler Chamber has had a busy first few months. In February, we held our 5th annual Hearts for Heroes Gala at the National Museum of the Mighty Eighth Air Force. With great support from our businesses and the community, the fundraiser was an overwhelming success, and sold out with more than 250 guests in attendance. Our beneficiary this year was the 200 Club of the Coastal Empire, an organization that helps provide for the surviving spouses and dependents of law enforcement officers, fire-fighters and paramedics who lose their lives in the line of duty.

In March, the Pooler Chamber presented its first Lunch and Learn for 2019. Ben Anderson, Administrator, St. Joseph's/Candler – Pooler campus provided updates on the new hospital and its services. We are so proud to have this great addition in Pooler.

As in many areas, St. Patrick's Day in Pooler can be quite lively with happy revelers enjoying the festivities. For 8 years running our Chamber's St. Patrick's Celebration Shuttle service from Pooler to Savannah and back has helped alleviate some of the traffic and safety issues associated with that day of fun. With no need to worry about driving and parking, folks partied on, knowing they'd have a safe ride home. Big thanks to our staff, that included Susan, Donna, Sue and Jessica, who worked non-stop for three days to make it a success. Kelly Tours offered comfortable rides to and from Savannah, and the staff from Molly MacPherson's in Pooler made sure they met travelers' needs. Pooler police (who provided security) and the chamber ambassadors and volunteers all put in many long hours. We are grateful to all!

In April and June, we host two food and beverage events guaranteed to attract a hungry community. On April 18th, we present our Taste of Pooler. More than 24 restaurants will offer a variety of food to our attendees. Over 400 people attend this annual event. We hope you can join us this year.

Our June event is the popular Sip & Savor/Casino Night. Enjoy samples of wine and liquor and then play the tables with a chance to win great prizes. Be sure and check our website for dates, locations and time for these and other Chamber events.

The Pooler Chamber continually presents networking opportunities for members and residents with countless events and community driven projects. We are in the people business and are committed to nurturing positive relationships within our city. As a catalyst for business growth, we connect people and resources, and help address the ever-changing challenges facing businesses today. We act as your liaison with city and state officials to educate the public on issues such as transportation, business development and the city's economic outlook. Mayor Mike Lamb, City Manager, Robbie Byrd, and all city officials greatly support our efforts.

You are prominent stakeholders of the Pooler community, and thanks to your support of our businesses and plans for our city's ongoing responsible growth, the future of Pooler seems brighter than ever.

Please see pages 24-25, 36-37, and 42-43 for more activities

The Chamber of Commerce is pleased to welcome our newest members: Bear Axe Throwing Recreation Center, Courtyard by Marriott of Pooler, Godley Station Dental, Simplicity Barber Center, at their recent Ribbon Cutting events.



Pictures courtesy of Pooler Chamber

2019 Calendar of Events

Pooler Chamber of Commerce and Visitors Bureau, Inc.

April 18

Taste of Pooler - 5:30 pm - 8:00 pm
at National Museum of the Mighty Eighth Air Force

May 16

Lunch and Learn - 11:30 am - 1:00 pm
(Second in a series of Health Related presentations)
at National Museum of the Mighty Eighth Air Force

June 28

Sip and Savor Casino Night - 6:00 pm - 11:00 pm
at National Museum of the Mighty Eighth Air Force

August 15

Economic Outlook
Time, place to be announced

Like Us on Facebook and get all the details!



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Low Country Radio Group

Medical Associates of the Low Country

TAB - Low Country

The Big Cheese Legend

The Color Station

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The Edgar Group

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Pooler Chamber of Commerce & Visitor Bureau, Inc.

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Business After Hours



Photos by T. Howard Reimer
thowardreimer.smugmug.com

Business After Hours sponsored by the Pooler Chamber of Commerce, and hosted by Molly MacPhersons.

Try To Avoid “Titanic” Investment Mistakes

By Veronica Voisine, AAMA®, CRPC®

Financial Advisor, Edward Jones®

It's been 107 years this month since the tragedy of the Titanic. Of course, this disaster has fascinated the world ever since, leading to books, movies, musicals and, ultimately, a successful search for the big ship's remains. On the positive side, commercial shipping lines learned a great deal from the Titanic, resulting in safer travel across the oceans. And as an investor, you, too, may be able to draw some important lessons from what happened on that cold April night more than a century ago.

So, to avoid some “Titanic” investment mistakes, consider the following:

- Create a financial strategy with a solid foundation. Although considered a technological marvel, the Titanic had some real structural, foundational flaws – such as compartments that weren't fully watertight. To withstand the inevitable rough seas ahead, your investment strategy needs a strong foundation, based on your needs, goals, family situation, risk tolerance, and time horizon.
- Be receptive to advice. The Titanic's crew had received plenty of Marconi wireless warnings from other ships about ice in the area. Yet they did not take precautions, such as slowing down. When you invest, you can benefit from advice from a financial professional – someone who can caution you when you're making dangerous moves, such as pursuing inappropriate investments, which could ultimately damage your prospects for success.
- Be prepared for anything. The Titanic had far fewer lifeboats than it needed, resulting in a tragic loss of life that could have been prevented. As an investor, you need to be prepared for events that could jeopardize your financial well-being and that of your family. So, at a minimum, you need to maintain adequate life and disability insurance. And it's also a good idea to build an emergency fund containing six to 12 months' worth of living expenses, with the money, kept in a liquid, low-risk account.

• Don't overreact to perceived threats. When the iceberg loomed directly ahead, the Titanic's crew frantically tried to steer clear of it. While this move was understandable, it inadvertently hastened the ship's demise, because it exposed a more vulnerable part of the hull to the huge ice mass. When you invest, you might also be tempted to overreact when facing perceived dangers – for example, if the financial markets plunge, you might think about selling your stocks. This is often a bad idea, especially if you're taking a big loss on your sales. If your investments are still fundamentally solid, you might well be better off by staying patient and waiting for the markets to recover.

• Give yourself time to reach your goals. Edward J. Smith, the Titanic's captain, apparently wanted to break speed records on the Atlantic crossing – and this desire may have contributed to his somewhat reckless passage through fields of ice. As an investor, you could also run into problems if you rush toward a goal.

To illustrate: If you wanted to retire at 65 with a certain amount of money, but you didn't start saving and investing until you reached 55, you'd likely have to put a lot more away each year, and possibly invest a lot more aggressively, than if you had started investing when you were 30. Put to work some of the Titanic's lessons – they might help you improve your chances of smooth sailing toward all your important financial goals.



Graduation is no time to learn you haven't saved enough for college.

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Photos by Tera Jones



Unusual Dress Project Translated

Girl Scouts Troop # 30157 lead by Tiffany Rodriguez and Brandie Finnegan decided to have their troop participate in the Unusual Dress Project and earn some badges in the process. They all did a fantastic job and learned about recycling and using items in a creative way. Here's to artistic creativity.

Participants: Liberty Meneses (age 9), Justice Johnson (age 10), Kinsynton Butler (age 12), Addison Dunn (age 11), Diamond Singleton (age 10), Jenny Dunn (age 13), Saraya Cooper (age 11), Cambria Finnegan (age 9), Kiara Hardy (age 9), Temperance Thomas (age 9), Soleil Gehrlein (age 10), Isabella Rinaldi (age 11), Hayle Ludka (age 11), Daisy Soto (age 9), and Cloe Guise (age 11). **See page 16.**

Pooler Senior Citizen Center

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Help Your Child Succeed In School With Rehabilitation Therapy

By **Laura Douglas**, PT, Samantha Letson, OTR/L, and **Rita Massie**, MS, CCC-SLP

If your child is experiencing some challenges in school due to a learning disability, don't wait to get help until he falls 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/Rehab.

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Ask your healthcare provider for a referral.

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Lessons From The Oracle Of Omaha

By Jill Schlesinger
Tribune Content Agency

I must be in a nostalgic mood, because just a couple of months after writing about the legacy of John C. "Jack" Bogle, the father of the index mutual fund, I am writing about another legend.
~ Warren Buffett

Buffett is very much alive and recently released the annual Berkshire Hathaway shareholder letter to investor anticipation and fanfare. I always enjoy Buffett's perennial wit and wisdom and there are always distinct investor takeaways from the Oracle of Omaha.

2018 performance: Sure the fourth quarter was a bad year for stock investors. But for Berkshire shareholders, the investment in Kraft Heinz was a serious drag, which along with a few other laggards, contributed to a \$25.4 billion loss in the fourth quarter and one of Buffett's worst years ever.

Without dodging the loss, Buffett encouraged investors to "focus on operating earnings," which were at a record high for the year, rather than paying "attention to gains or losses of any variety."

Investor take away: Don't focus on a bad month, quarter or year for your portfolio. Keep looking toward your long-term goals and fund them accordingly.

Cash is king: At the end of the year, there was nearly \$112 billion of U.S. Treasury bills and other cash equivalents on the Berkshire Hathaway balance sheet. Buffett explained that unlike the private equity firms, who are happy to jump into deals regardless of cost, he and his partner Charlie Munger are unwilling to pay up for businesses that have just so-so prospects.

Buffett said that he will always "hold at least \$20 billion in cash equivalents to guard against external calamities."

Investor take away: Don't buy for the sake of buying and create a financial fortress of six to 12 months of living expenses in cash.

Playing the long game: Buffett readily acknowledges that he "will make expensive mistakes of commission and will also miss many opportunities, some of which should have been obvious to me." And yet, Berkshire's Compounded Annual Gain from 1965 to 2018 has been 18.7 percent vs. 9.7 percent gain of the S&P 500 (including dividends).

Investor take away: Amid all of the noise, your success should be judged over a long term.

Metal vs. mettle: Buffett says that he used to worry about government budget deficits and a worthless currency, but those concerns have turned out to be somewhat overwrought.

In fact, over the past near eight decades since Buffett made his first investment, those who avoided stocks and instead turned to gold to



Don't focus on a bad month, quarter or year for your portfolio. Keep looking toward your long-term goals and fund them accordingly.

protect themselves against these threats, "would now have an asset worth about \$4,200, less than 1 percent of what would have been realized from a simple unmanaged investment in American business (S&P 500 Index). The magical metal was no match for the American mettle."

Investor take away: Skip the gold, embrace the index.

Dubious about debt: Berkshire generally avoids using borrowed money to "juice the returns for equity owners," because doing so can be like Russian Roulette, where you may "usually win," but you "occasionally die ... that strategy would be madness for Berkshire."

Investor take away: Before you borrow money for anything, remember Buffett's warning: "Rational people don't risk what they have and need for what they don't have and don't need."

Not ready to hang 'em up: Buffett is 88 and Munger is 95, but they have capable vice chairmen in Greg Abel and Ajit Jain. Buffett said these 2018 management changes "were overdue. Berkshire is now far better managed than when I alone was supervising operations."

Investor take away: Keep working, but hire good help along the way.



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.)



Jet Setters Can Benefit From Magnesium

By Davana Pilczuk PhD

Jet lag stinks. It has to be one the most annoying collection of physical ailments a person has to endure in order to function in another time zone. Common symptoms range from dizziness, excessive sleepiness, constipation, gastrointestinal problems, headaches, vertigo and muscle aches and pains.

As someone who used to live overseas, I am all too familiar with these fun and exciting maladies that often take a few days to suffer through until your body adjusts to your new location. I would make it through the first five hours off the flight, then slowly, like a cruel joke, my brain and body stopped communicating. Brain fog kicked in and as the day progressed, my cognition and motor control declined so by late afternoon, I looked and felt like I was in a drunken stooper.

To get through this uncomfortable and highly unproductive adjustment period, sports teams and business travelers can benefit from a magnesium supplement. Magnesium is great because it addresses the three most common ailments tied to jet lag: constipation, sleep deprivation, and muscle aches.

First and foremost, jet lag affects your sleep. When you cross time zones heading east, it's much harder to adjust to the time change. This would be like taking a flight from Atlanta to London. Going to the UK, you lose five hours and your body has a much harder time resetting its wake-rest cycle. How do you get through the hump? Expose yourself to sunlight as much as you can. Our sleep cycles are affected by sun exposure and you can get regulated faster if you go outside where there is sunlight. Taking a magnesium supplement can also help because low levels of magnesium are tied to insomnia.

When we cross time zones, another inconvenient condition often sets in: constipation. Our gastrointestinal tracts are actually sensitive to our natural circadian rhythms. To add insult to injury, the foods we eat at our new location aren't usually the normal foods we prepare at home and this change in diet can add to tummy discomfort. Magnesium acts as a natural laxative and can help greatly help with travel induced constipation. Commonly known as milk of magnesia (magnesium hydroxide), this wonder mineral can also help with heart burn and indigestion.

Sitting for long periods of time, like during a transatlantic flight, can lock up your back and legs. Movement and stretching are great ways to reduce the discomfort, but magnesium can also help reduce the soreness because magnesium is a natural muscle relaxer. Epsom salt is actually magnesium sulfate and is great for a pre-bedtime bath. The warm water and magnesium will create a very soothing therapy for those tired muscles and can improve the quality of your sleep. The last thing you want is to be sleep deprived and unable to sleep because your muscles are cramping up!

Magnesium can interact with other medications, so before taking it, discuss it with your doctor.

The next time you plan on taking a long haul flight, pack yourself some magnesium and get those much needed Zzzz's that you need in order to perform well when you arrive at your destination.

Dr. Davana Pilczuk is an award winning kinesiologist, writer and founder of The Human Performance Group LLC. She specializes in helping individuals and teams perform better on the field or in the boardroom. Interested in helping your team be better? Go to www.hpgsolutions.net or follow her on [@DavanaHPG](https://twitter.com/DavanaHPG).

Why Does My Cat 'Swim' Around The Water Dish And My Dog Bark At The TV?

Continued from Page 20

butter in a Kong or let her push around a Wobbler that dispense treats. Give her the puzzle toy only when you are watching television and not during the initial training period. We don't want her getting bored.

These same recall and distraction training techniques also work for when she is barking at passing dogs. A dog can't bark at dogs or the television and come to you for a treat at the same time. It's not enough to call her to you, you have to engage her with another activity for her to move past the trigger.

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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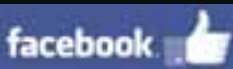
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WhassssUp Around Pooler?



NOGS - If you live in Pooler you undoubtedly enjoy the spring season and the beautiful gardens our area is known for. The NOGS (north of Gwinnett Street) Tour of Hidden Gardens is an annual self-guided tour of at least six private home gardens in the downtown Savannah Historic District. It's fun to visit these secret gardens, learn about southern plants, stroll through the neighborhood squares with your tour map, and stop in local shops and restaurants. Enjoy a Southern Tea, from 2 pm to 4 pm each day, at the infamous Green-Meldrim House, where General Sherman headquartered during the Civil War. It runs two days, April 26-27.

COSTCO - Still no official word from Costco about opening a store in Pooler. With the closest Costco 80 miles away in Charleston, they must be focused on opening a new Costco somewhere in our area. Let's hope they don't locate anywhere near Pooler Parkway. We'll keep our eyes and ears open for any news and let you know here or on Facebook.

SAFEWISE - If you read our article about safe cities in Georgia, you know Pooler came in #13. Other area cities ranked well below us. Port Wentworth was #47 and Savannah/Chatham Metro ranked #85. Keep up the great work Chief Brown and your entire Team.



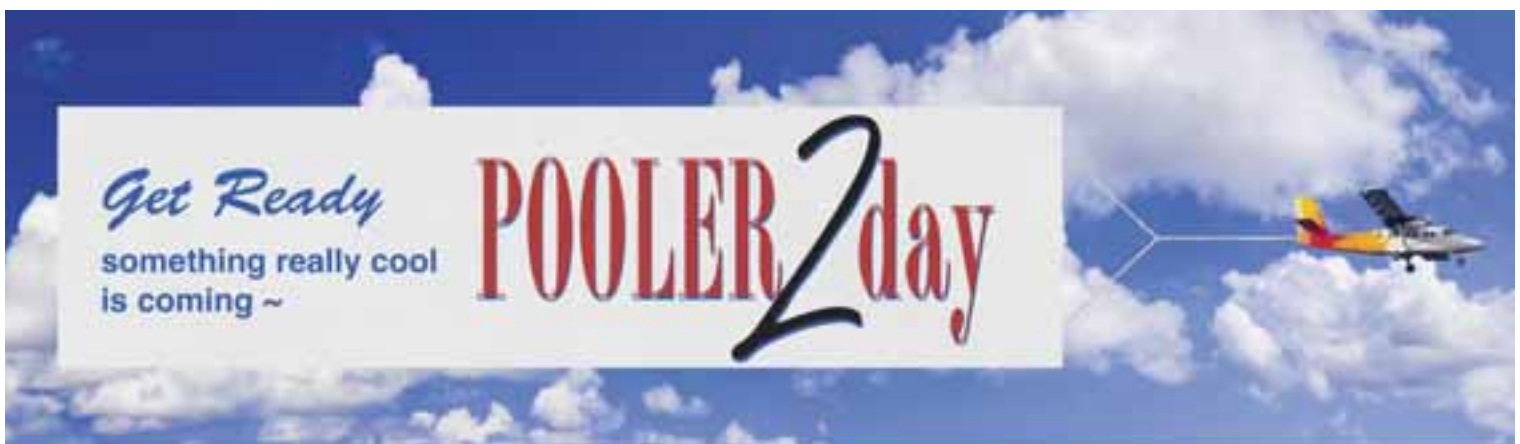
Groves K-12 School A Reality

An enormous new K-12 school is now coming to Chatham County.

Recently, the Savannah-Chatham County school board approved the concept for the "Groves K-12" school. The school will be located in Garden City and provide home for Kindergarten through age 12 students all under the same roof. Groves K-12 is designed to replace the existing Gould, Mercer and Groves schools. It is scheduled to open in 2023 with more than 2,000 students.

Deputy Superintendent Vanessa Miller-Kaigler indicated that they will be consulting with an architectural designer as the next step of the overall development plan. The cost is estimated to be \$18 million.

ARTISTIC CRAFTERS AND MORE FESTIVAL - The Savannah riverfront comes alive with music, food, and arts and crafts displays all summer. The Rousakis-River Street Plaza hosts the festival the third weekend of every month starting in April and ending in December.





Pooler Chamber of Commerce and Visitors Bureau, Inc.
4th Annual Hearts for Heroes Gala
February 2019





Photos by T. Howard Reimer
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Photos by Cierra Ayers

Savannah Port Expansion Update

The Port of Savannah, has added East-West routes to its refrigerated produce business, to prepare for new services to Europe and Asia.

The port is a gateway for perishable products after joining the U.S. Department of Agriculture's Southeast In-Transit Cold Treatment Pilot Program. Previously, the port received produce from Chile, Peru, Uruguay and Argentina that had been cold treated. Now the port serves all of South America, with the ability to import from Spain, Morocco and Italy.

"This is an exciting development that opens Savannah as a new option for growers around the world to reach the U.S. Southeast with greater speed and efficiency," Georgia Ports Authority Executive Director Griff Lynch said in the release. "Georgia's central location means shorter over-land routes to inland markets, allowing time-sensitive cargo to reach customers faster, fresher and at lower cost."

Savannah's accessibility to large cities like Atlanta, Jacksonville, and Memphis sets the port up as a major distribution center for refrigerated produce. Ships call on the port 35 times a week.

Earlier this year, Americold Realty Trust, which owns and operates temperature-controlled facilities and infrastructure, acquired PortFresh Holdings, which serves the fresh produce industry primarily through the Port of Savannah.



Memorial Health Dwaine & Cynthia Willett Children's Hospital On Target

The long-held dream of Memorial Health's first regional free-standing children's hospital is on line to become a reality on the Waters Avenue campus.

"We've already done the demolition so we're ready to do the new construction," said Memorial Health Inc. CEO Shayne George. "We're ready to move forward."

An August 2020 ribbon cutting and opening is still on target for the Memorial Health Dwaine & Cynthia Willett Children's Hospital of Savannah, he added.

When completed on the back side of the healthcare provider's campus facing the Truman Parkway, the child-friendly structure will have 50 patient beds, plus 18 emergency department beds, four operating rooms and a complete imaging suite — all designed to allow Memorial to ramp up and expand its child services. Those areas will be larger and more family friendly than at present, officials said.

It will replace the current children's hospital in the main building and its 58 patient beds. A separate pediatric emergency department has additional beds.

For George and his HCA Healthcare team, it represents not just a vision, but a ready fit to provide needed services for the 106-county region it will serve.

"It's continuing a vision that was set before — the Dwaine and Cynthia Willett contribution — and it's needed for the area, I believe, as well," George said.

He ticked off the need, identifying the children served last year, of more than:

- ❖ 70,000 pediatric patients on campus
- ❖ 27,700 pediatric emergency room visits
- ❖ 4,300 inpatient admissions
- ❖ 2,800 pediatric surgeries



St. Joseph's / Candler Completes Phase I New Pooler Campus

The next level in healthcare was recently opened at the new St. Joseph's/Candler Pooler Campus. St. Joseph's/Candler President & CEO Paul P. Hinchey greeted community leaders and physicians at the hospital to unveil the completely new patient experience the campus will provide.

"Our goal is to create the best consumer experience possible by using high-touch and high-tech strategies," Hinchey said. "We will put the patient in charge by enhancing communication, personalizing the experience, creating convenience and eliminating duplication. This facility is the model for our healthcare future."

The first patients were first seen at the campus on Monday, March 25.

The growth in and around Pooler during the last decade showed that the residents needed better access to healthcare and more services. Those services represent the move in healthcare to more outpatient procedures.

"The reality of this technologically-advanced medical campus tailored to what the residents of Pooler and West Chatham need is quickly becoming a reality," Hinchey said. "We will soon be providing important medical services that they used to have to drive miles for."

St. Joseph's/Candler is building a technologically advanced, concierge-level of service medical campus that will house surgical suites, many medical specialties, primary care, urgent care and more. The 220,000-square-foot facility will have three phases and cost \$62 million. This first phase is 83,000 square feet and cost \$32.5 million.

The hospital will contribute to Pooler's economic development by employing approximately 100 co-workers.

St. Joseph's/Candler has been in Pooler since 1992 and has expanded services to correspond to the growth of the area. In addition to a thriving primary care practice, St. Joseph's/Candler has built offices for specialty physicians and an advanced imaging center. But now is the time for a centralized campus to take St. Joseph's/Candler's advanced services to the community.

The new 27-acre campus will be 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.

It will house offices for specialty and primary care offices in close proximity to key clinical services.

PHASE I - The hospital contains:

- St. Joseph's/Candler Physician Network Primary Care
- Urgent Care Services (opening May 1)
- Specialist offices
 - St. Josephs/Candler Physician Network - Cardiology Associates of Savannah
 - Georgia Ear, Nose and Throat Specialists
 - Savannah Pediatric ENT
 - Savannah Facial Plastic Surgery

- St. Joseph's/Candler Vascular Surgery
- St. Joseph's/Candler Physician Network Neurology
- St. Joseph's/Candler Physician Network Podiatry
 - St. Joseph's/Candler Physician Network OB/GYN
 - Metro Surgical
 - Gastroenterology Consultants of Savannah

The clinical services section contains:

- Outpatient Surgery Services, the da Vinci Robotic Surgical System
- Advanced Imaging Services
- Endoscopy
- Outpatient Physical Therapy Services
- Blood draw
- Wellness Services
- Medication Management

The St. Joseph's/Candler Pooler Campus fills a significant community gap in the rapidly developing Pooler area. Many of the housing subdivisions are completely built out and others are filling up.

St. Joseph's/Candler has been building a significant regional footprint – now with 87 provider locations spanning 33 counties in southeastern Georgia and South Carolina.

A New Type of Hospital

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 hospitals 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 and will no longer have to drive into Savannah for important procedures, labs or imaging.

"These facilities are the future of healthcare," Hinchey said. "We have designed the Pooler campus so we can easily adapt to any changes in the healthcare industry that come in the next 25 years."



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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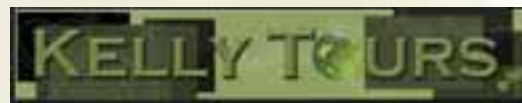
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| 6:00 a.m. | Packet Pick-up and Registration |
| 7:00 a.m. | Ellis Square Exhibitor Open |
| 7:00 a.m. | Hope Tent Opens |
| 7:00 a.m. | Top Fundraising Teams Tent Opens |
| 7:15 a.m. | Welcome Remarks |
| 7:45 a.m. | Survivors Processional |
| 8:00 a.m. | Kid's Race For The Cure |
| 8:15 a.m. | One Mile Walk Start |
| 8:30 a.m. | 5K Start |
| 10:00 a.m. | Closing Ceremony, Survivor Volunteer Award,
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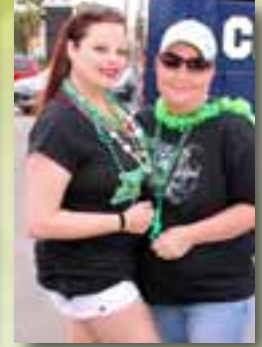
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St. Patrick's Weekend Celebration





Photos by T. Howard Reimer
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Omega-3 Supplements For Kids Is Varied

By Brent Bauer, M.D.,
 Complementary & Integrative Medicine
 Mayo Clinic, Rochester, Minn.

DEAR MAYO CLINIC: I recently read an article that said giving children certain supplements, such as omega-3, can help them do better in school. Are omega-3 supplements safe for kids? What are the risks and benefits?

ANSWER: The evidence on this topic is mixed. In healthy school-age children, taking an omega-3 supplement seems to have little effect on cognitive ability and school performance. In children who have attention deficit hyperactivity disorder, or ADHD, there appears to be more benefit. In general, few side effects are associated with taking an omega-3 supplement. But, as with all supplements, talk with your child's health care provider before your child begins taking an omega-3 supplement to make sure it's a good choice.

Omega-3 fatty acids are substances the body needs for a wide variety of functions, from muscle activity to cell growth. But your body can't make omega-3 fatty acids on its own. It gets them through the food you eat or a dietary supplement. Dietary sources of omega-3 fatty acids include fatty fish, such as salmon, trout and mackerel, and shellfish, such as oysters, crabs and mussels. Fish oil is a common dietary supplement people use to increase their intake of omega-3 fatty acids. Some nuts, seeds and vegetable oils also contain a form of omega-3 fatty acids.

Because they play a role in brain development and brain function, particularly learning and memory, it's been suggested that increasing the amount of omega-3 fatty acids that school-age children get can improve performance in school.

Results from clinical research studies looking at the effect of omega-3 fatty acids on cognitive ability have varied significantly. Some have shown no difference in school performance when healthy children take an omega-3 supplement. Others have noted some improvement in reading, learning and memory. The effects were most notable in children who had low literacy rates and those who were malnourished.

In school-age children diagnosed with ADHD, the evidence for taking an omega-3 fatty acid supplement to help ease ADHD symptoms also varied. Overall, though, those study results appear to indicate that when children in this population regularly take an omega-3 supplement, they reduce their symptoms and improve school performance. It's important to note, however, that supplementation with omega-3 fatty acids alone did not lead to positive results. Improvement was only seen in children who already had been taking a stimulant medication to treat ADHD and then added the omega-3 fatty acid supplement.

Dietary supplements that contain omega-3 fatty acids - the most common is fish oil - generally are considered safe. Side effects of taking fish oil can include a fishy aftertaste, bad breath, indigestion, nausea, loose stools and a rash. Taking fish oil in high doses may increase a person's risk of bleeding and could increase the risk of stroke. Generally, the risk of health problems associated with taking this supplement is low.

If you're interested in having your child take an omega-3 fatty acid dietary supplement, make an appointment to talk to your child's health care provider first. He or she can review your child's medical history, current medications and overall health, and, based on those factors, discuss with you in more detail the potential benefits and risks for your child associated with using this supplement.

SAFE Shelter Center for Domestic Violence

For many families, domestic violence is a part of everyday life. In Savannah, roughly 45% of the police department's aggravated assault cases are family violence related. According to Police Chief Roy Minter, these calls are some of the most dangerous that officers respond to and some of the most stressful and traumatic for the families involved. To streamline the investigation process, the department has launched a centralized new Family Violence Unit that is made up of five detectives, some with violent crime experience, and a supervisor.

Detectives assigned to the unit will work closely with SAFE Shelter Center for Domestic Violence Services, the district attorney's office and city leadership to better identify resources for victims and develop the best investigative techniques. There is no simple solution to any case of domestic abuse. Each case is separate and distinct. The model for this new program is collaborative and includes a checklist for protocol that begins when the violence is disclosed. Procedures are then in place to help expedite an arrest, provide outreach to the victim and implement a crisis intervention plan for law enforcement and professional counselors to protect the victims from further abuse.

This is a partnership that has been long in the making. According to SAFE's Executive Director, Cheryl Branch, the first Domestic Violence Unit was established in 1996 in conjunction with the creation of the shelter's first Outreach Program. While the Outreach Program continued to assist victims who don't require shelter, the original Domestic Violence Unit was later disbanded. "I am absolutely thrilled we're going back to a specialized unit for victims of domestic violence," Cheryl said.

SAFE Shelter Center for Domestic Violence Services is an organization that provides a safe, supportive environment to protect victims and promote change in lives, families and the community. Since 1979, SAFE Shelter has been Savannah and the surrounding communities' only shelter dedicated to victims of intimate partner violence and their underage children. It is one of the largest domestic violence shelters in the state of Georgia. Safety, comfort and healing describe the shelter's atmosphere.

For many shelter residents, their home has become a dangerous environment. A major function of SAFE Shelter's staff and volunteers is to help empower victims of violence to discover their inner strength. It can be a long journey for some, but at SAFE Shelter they receive the respect they deserve; empathy for what they are experiencing; and professional counseling to help raise their self-esteem.

In addition to the Shelter, SAFE Shelter offers other programs and services which include the following:

Follow-up/After Care Program – Anyone leaving the shelter is provided home visits and monthly support groups for two years. An on-site Pod is used to store household items and furniture for those starting over again. The program can provide rent / utility deposit assistance, groceries, and bus tickets as well. Currently, 95% of the victims in the follow-up program have not returned to their abusers.

Outreach Program - For victims who do not require shelter but need legal advocacy and other advice. The Outreach Program advocates will assist with preparing Temporary Protective Orders, meet victims at the courthouse to file the order, and present the request to a Superior Court

Judge. Outreach clients are provided a pro bono attorney for the hearing.

Child & Family Advocacy - Children are often part of the equation when it comes to domestic violence, and are at particular risk when raised in a violent home. That is why SAFE has dedicated a staff Child Advocate to ensure their needs are met. The Advocate provides opportunities for them to express themselves through art, writing and

weekly support groups. All kids need a chance to just be kids – especially those who have lived in violent environments. SAFE Shelter's Camp R.O.C.K. is for children ages 5 – 17 who have been directly affected by domestic violence. Starting on June 3, 25-30 kids will enjoy 8 weeks of both educational

and fun activities. SAFE Shelter's Child Advocate, Jessica Scott, will be assisted by Shelter Program Manager, Dorothea Rice, two Interns and various Shelter supporters. Camp activities include numerous field trips to museums and other points of interest. A Chatham County school teacher comes to the camp several times a month to provide tutorials. One of the campers' favorite activities is working in the Shelter's organic garden three times a week. They then harvest the crops that go straight to the kitchen.

Obviously all of this requires resources. On average it costs about \$700 to send a kid to camp. SAFE Shelter is still experiencing a shortfall in Camp funding which could mean that they will need to reduce the size of Camp and/or limit the activities.

Camp R.O.C.K. and all of SAFE Shelter's life-saving and life-changing services and programs for victims of domestic violence are free of charge. They are only possible because of support from individuals and organizations who believe everyone deserves to live a life that is violence-free. You can be a part of the solution by making a donation to provide shelter residents the resources to rebuild their lives. For information on donations, go to safeshelter.org.

If you have time on your hands, consider becoming a SAFE Shelter volunteer. They always can use some help with their clothes closet; front desk reception; organic garden and lots more. Please contact the Volunteer Coordinator, Marie Williams directly at mwilliams@safeshelter.org. To learn more about all of SAFE Shelter's programs and services, contact them at (912) 629-0026.



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