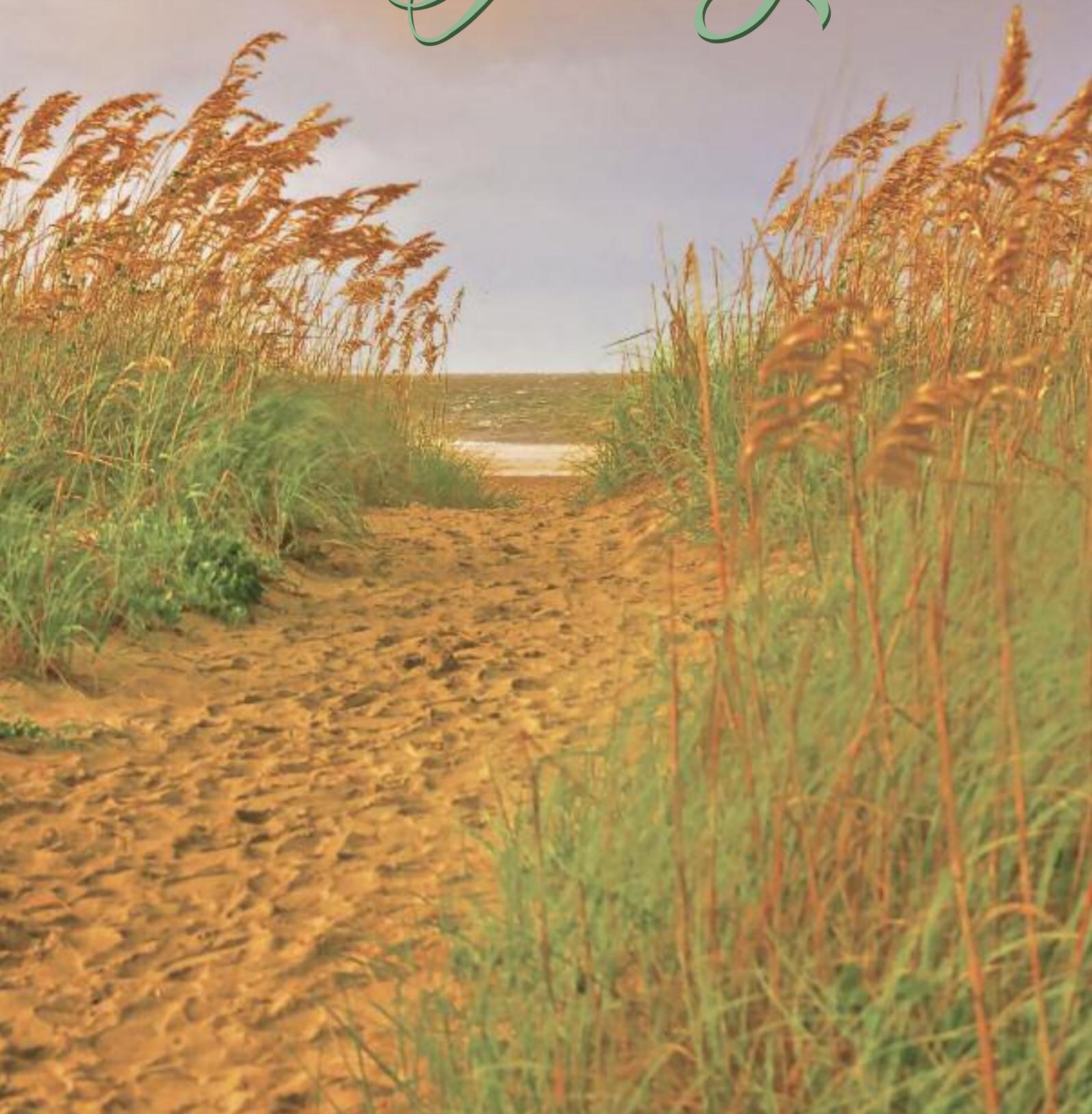


# POOLER

Vol II • Issue V

# Today<sup>SM</sup>

August / September 2017





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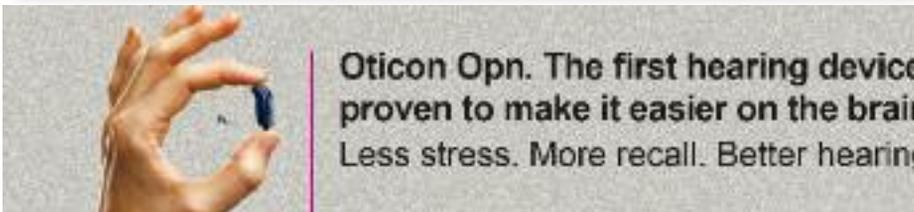
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**Katelyn Crockett, A.Ud MD;** and **Katherine Neufeld, A.Ud MD**

## POOLER USEFUL CONTACTS

### Pooler - Information / Non-Emergency

#### Pooler City Offices for the:

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

<http://pooler-ga.us>

#### Other Pooler Sources:

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

#### Hospitals, Health and Medical Resources:

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

#### Other Sources:

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

#### Pooler Schools

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

#### Pooler / Area Community Churches

Beth-El Alliance Church	(912) 925-2961
Calvary Assembly of God	(912) 748-5847
Christ Presbyterian Church	(912) 399-5717
Chua Cat-Tuong Temple	(912) 965-1876
First Presbyterian Church of Pooler	(912) 330-9415
First Baptist Church of Pooler	(912) 748-7521
Gateway Community Church	(912) 748-7011
Heavenbound Baptist Church	(912) 921-1500
Morning Star Baptist Church	(912) 748-9994
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Quacco Baptist Church	(912) 925-3885
Relate Church	(912) 988-1354
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Rothwell Baptist Church	(912) 748-7593
Savannah 1st 7th Day Adventist Church	(912) 748-5977
Southbridge Community Church	(912) 401-8505
South Valley Baptist Church	(912) 748-0279
St. Patrick's Episcopal Church	(912) 748-6016
The Church at Godley Station	(912) 236-1511
Trinity United Methodist Church	(912) 748-4141
West Chatham Baptist Church	(912) 748-2022
Westside Christian Church	(912) 748-0309

#### Utility Companies

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City of Pooler	(912) 748-4800
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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

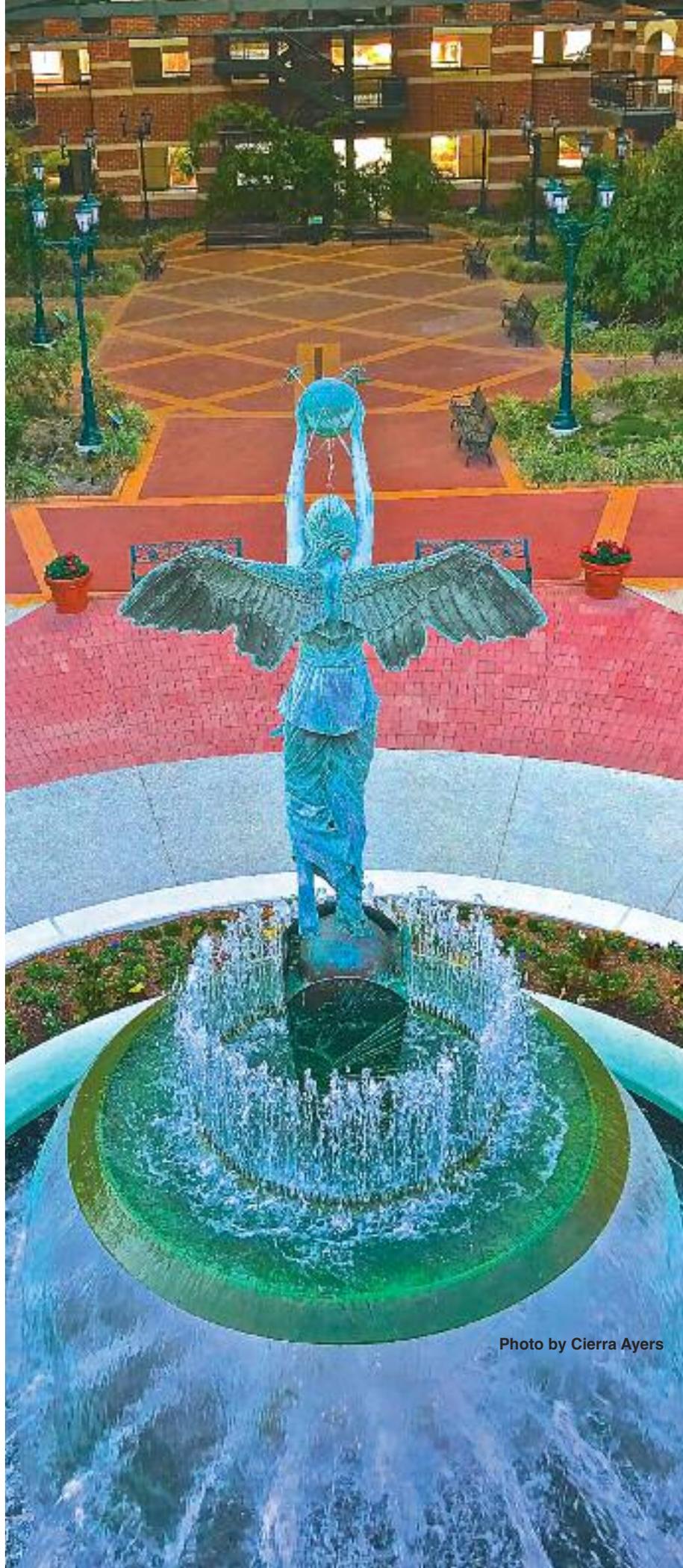


Photo by Cierra Ayers



Photo by Cierra Ayers

# POOLER *Today* <sup>SM</sup>

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Photo by Tom Reimer

## *Greetings Pooler Community*

As I watch parents preparing their kids to head back to school in the fall, I also am aware that for many of these parents, home is about to become an empty nest. Bags are packed, tears are shed and soon either their only chick or the last of the brood is flying the coop and headed off to college. Try as they might to be stoic and supportive as baby heads out the door, they are suddenly struck with the realization that this is it. There are no more siblings left behind to engage in the daily rituals of noisy activity, messy rooms, emotional meltdowns and lots of special loving moments that families share.

Life is a series of adjustments, and if you are about to be a home alone parent, you'll probably be blindsided by a storm of emotional reactions. Expect a bit of euphoria; a bit of sadness; a bit of confusion; and a huge sense of loss. Nobody warned you about this part, so take time to process your feelings. You'll always be a parent, but no longer the general of your little army. You'll cheer them from the sidelines, but the game is theirs to play. They are independent, young adults with a future of ongoing new experiences.

Although you knew this time would come, you may not have given thought to your personal goals that don't involve your kids. This is your opportunity to focus on yourself.

- Experiment with talents and interests that you may have put on hold while raising your brood.
- Plan special occasions or trips that involve just you and your spouse or friends.
- Talk to friends who have been down this road, and if need be, seek a support group or professional advice.
- Get a tattoo and buy a Harley. (Oops, sorry. That comes later in the process)

It's not a good idea to make major changes for at least six months. Don't convert the kid's bedroom into an office or spa because the nest may very well fill up again when the chicks, like so many thousands of others, move back home for financial or other reasons. Word of advice: Put in that spa and they may never permanently move out.

Sneezin's Greetings, Everyone!

Most Sincerely,

**Cierra B. Ayers**  
Co-Publisher

**Dean N. Ayers**  
Co-Publisher

**Barbara Anderson**  
Advertising Executive

### **Publishers**

**Cierra Ayers** (912) 210-9905  
[cba@AyersGroup.org](mailto:cba@AyersGroup.org)

**Dean Ayers** (702) 767-0508  
[dean@AyersGroup.org](mailto:dean@AyersGroup.org)

**Advertising Executive** (912) 631-5000  
**Barbara Anderson** [barbara@AyersGroup.org](mailto:barbara@AyersGroup.org)

### **Copy Editor**

**Dianne Carter** [dcarterpr@yahoo.com](mailto:dcarterpr@yahoo.com)

### **POOLER TODAY - The Ayers Group, LLC**

463 Pooler Parkway #110

Pooler, Georgia 31322-4200

(702) 767-0508 • [www.AyersGroup.org](http://www.AyersGroup.org)

### **This Issues Contributors**

#### **Tom Reimer Photography**

[t.howardreimerphotos@yahoo.com](mailto:t.howardreimerphotos@yahoo.com)

Sip and Savor Casino Night

#### **Dean Ayers**

**Teri Bell**

**Janesse Cooper**

**Dawn Davis, M.D.**

**Pastor John Fender**

**Lucinda Harris, M.D.**

**Andrew Hayes, P.T.**

**Randi Hempel**

**Heather Murphy**

**Davana Pilczuk, Ph.D.**

**Katherine Seawright**

**Jill Schlessinger**

**Rebecca Skinner**

**Lauren Matthews**

**Veronica Voisine**

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Letters to the Editor may be sent to:  
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## Georgia Bureau Of Investigations New Coastal Laboratory In Pooler

On June 26, 2017, the Georgia Bureau of Investigation (GBI) hosted a groundbreaking ceremony for the new Coastal Crime Laboratory in Pooler. This state-of-the-art 66,000 square-foot facility will replace the current building which has reached the maximum capacity to accommodate the coastal area's population which is estimated to grow by over a million by 2030.

Police departments in our area rely on the GBI's Coastal crime lab. It processes various types of forensics for death and criminal investigations. The new lab will allow easier access for law enforcement personnel and has the potential over time to double the staff of the Coastal Lab.

These enhancements mean better service to the lab's customers such as a faster turnaround time for forensic services. A toxicology section will also be added with room to expand the existing Chemistry, Firearms, Forensic Biology, and Medical Examiners sections.

This \$34,000,000 project was funded by the Georgia legislature and approved by the Governor Nathan Deal. Pooler City Council gifted the land to the state, and GBI's Staff Services section is partnering with General Contractor DPR Construction and JMA Architecture to complete the project that is expected to take approximately 18 months.

A site plan to construct a 31,000 square-foot regional crime lab and infrastructure to replace the existing facility on the south side of Savannah has also been presented to the Board of Public Safety. If approved it would be constructed on a 7.1-acre site behind Fire Station No. 2.

The Georgia Bureau of Investigation (GBI) is an independent, statewide agency that provides assistance to the state's criminal justice system. The Bureau consists of three divisions that offer support in the areas of computerized criminal justice information, forensic laboratory services, and criminal investigations. Special agents from the Investigative Division respond to requests for assistance from local law enforcement agencies to investigate major crimes throughout Georgia. The agents examine projectiles, drugs and biological samples from crime scenes in 23 Georgia counties, and provide forensic biology services for another seven counties in the state.

### DIVISIONS WITHIN THE GBI:

Georgia Crime Information Center (GCIC) serves as the chief provider of criminal justice information services in Georgia. Its principal mission provides law enforcement agencies throughout the state with round-the-

clock access to criminal justice information.

Division of Forensic Sciences (DOFS) furnishes scientific support to the Criminal Justice System of Georgia. Laboratory scientists and technicians in specialized disciplines collect, analyze, and interpret all aspects of physical evidence for officers, investigators, and District Attorneys throughout the state. Scientists and Technicians at DOFS collect, analyze and interpret all aspects of physical evidence for officers, investigators, and District Attorneys throughout the state.

The Investigative Division is the largest division of the GBI with over 350 employees, working in regional offices. Special agents from Drug Enforcement and other work units provide specialized assistance to requests from local law enforcement officials to investigate major crimes such as homicide, rape, child abuse, armed robbery, fraud and other felonies. Drug investigations can be initiated without request.

The Medical Examiner's Office of the Georgia Bureau of Investigation provides complete forensic pathology services to 153 of Georgia's 159 counties in deaths which qualify as coroner cases under the Georgia Death Investigation Act. The Chief Medical Examiner for the state of Georgia oversees the GBI's medical examiner (M.E.) program and also establishes policies and guidelines for all Georgia coroners and local medical examiners.

According to Pooler Planning Chairman Samuel Bostick, the new lab is going to give Pooler an additional resource by allowing them to expand. "This is going to help us because there is a big backlog of items that the GBI right now cannot handle in their current facility," said Pooler Planning Chairman Samuel Bostick.



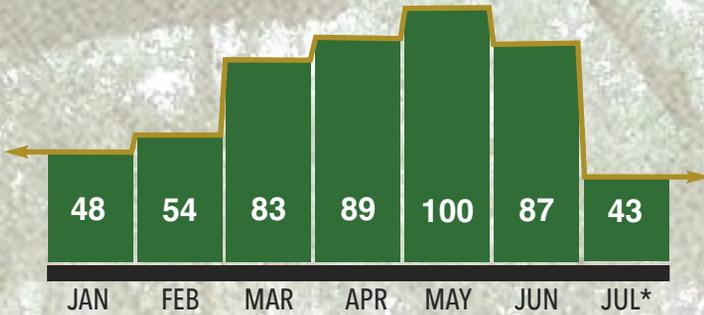
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and  
Governor Nathan Deal**

# Pooler

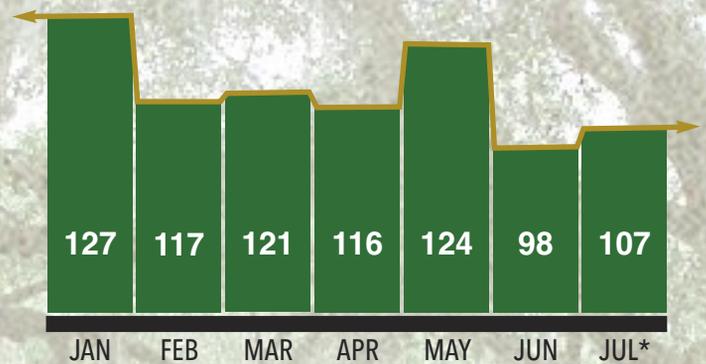
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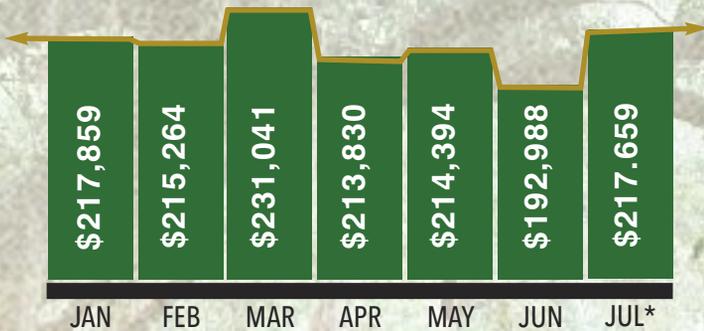
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## God Changes Communities Through Godly Parenting

By John Fender

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

School teachers are an invaluable resource in any community. Coaches can impact the lives of hundreds of kids. However, the most crucial component in the rearing of children is mom and dad. Parents must understand that they do not get to decide if they are training their children. Every day we are training them. It may be extremely sloppy and unintentional training but is training nonetheless. However, for those who understand this crucial role, they see that an investment in their children is not only good for the child and family but even their broader community as well. In that way, God changes communities through godly parenting.

A great example of this is Jonathan Edwards, the Puritan Preacher from the 1700s. Jonathan and his wife Sarah left a great godly legacy for his 11 children.

At the turn of the 20th century, American educator and pastor A.E. Winship decided to trace out the descendants of Jonathan Edwards almost 150 years after his death. His findings are astounding, especially when compared to a man known as Max Jukes. Jukes' legacy came to the forefront when the family trees of 42 different men in the New York prison system traced back to him.

Jonathan Edwards' godly legacy includes: 1 U.S. Vice-President, 3 U.S. Senators, 3 governors, 3 mayors, 13 college presidents, 30 judges, 65 professors, 80 public office holders, 100 lawyers and 100 missionaries.

Max Jukes' descendants included: 7 murderers, 60 thieves, 50 women of debauchery, 130 other convicts, 310 paupers (with over 2,300 years lived in poorhouses) 400 who were physically wrecked by indulgent living. It was estimated that Max Juke's descendants cost the state more than \$1,250,000.

It is important to note that sometimes kids from wonderful families end up getting into all kinds of trouble. And at times kids from really broken homes end up being a huge blessing to the communities they live in. There are many exceptions. However, that does not negate the biblical principle of reaping and sowing.

Parents are to raise their children "in the discipline and instruction of the Lord." Ephesians 6:4. This would involve many goals including helping them to grow in their knowledge and love of God and others, helping them to grow in godliness, cultivating godly relationships, learning to fulfill life's responsibilities in the home and at work, and much more. Therefore, we must be very intentional in our efforts in the home!

Our efforts, or lack of them, will not simply impact our home, but also our city. The child who will not obey mom and dad at home, will not obey the school teacher, and eventually will not obey the police officer. Conversely, kids who learn to respect their parents and honor rules in the home will function well in a society built upon a system of voluntary compliance to a set of laws meant to create a certain level of civility.

While teachers and police officers can have a great impact in the lives of kids, it is the role of mom and dad. The responsibility starts at home. Therefore, parents, equip yourself with all that is necessary to fulfill your God-ordained responsibility!

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Saturday, September 9th*



Patriot Weekend in Pooler

# POOLER PATRIOT WEEKEND

## 6th ANNUAL Festival IN THE PARK

**September 9, 2017**

Pooler Park: 900 S Rogers Street

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# Patriots Weekend Festival in the Park

**Saturday, September 9, 2017**

The Pooler Festival in the Park is free to participants and is a family friendly event. There will be lots of opportunities to purchase food, drinks and merchandise from our local vendors. Don't forget to pack a blanket and even your lawn chairs, stake out your spot and plan on enjoying a fabulous day of entertainment, fun, great food and fellowship!

Don't forget to explore our Fourth Annual First Responders Showcase. This is a great chance to meet some the great folks that serve in our local Police and Fire Departments, but also to check out their vehicles and equipment. The whole family will enjoy this event. Check out our firetrucks and equipment, bomb sniffing dogs, emergency helicopters and more!

There is designated handicap parking available at Pooler Park. Simply turn in the main entrance to the park. All participants please park at West Chatham Middle School (corner of Rogers Street and Pine Barren Road). Old Town Trolley shuttles will provide free shuttle service through out the festival beginning at 4:00 p.m. through 10:00 p.m.

# Preparation in August for Back to School

By Janese Bryan Cooper  
Certified Kumon Instructor

August is a good month to prepare for the new school year while still savoring the joys of summer. If you're like most parents, juggling fun and learning isn't always easy. Summer vacation is meant to give children a break from their long days of school, but it doesn't mean students should stop learning completely. Children who continue learning over the summer have a much easier time adjusting to the full-time school schedule in September.

While summer fun is at an all-time high, use the month of August to get them back into a routine that is more closely aligned with the fall schedule. You can set a specific time for reading a book each day and make it fun by establishing "together time." For instance, you can ask your child to read a book that matches a summer activity you shared, such as going to the beach, riding horses, or camping. Enhance these special learning moments by taking the reading session outdoors on a picnic or under a tree. To show interest in what your child is reading, and to learn more about his or her interests and reading style, try to schedule the reading time before dinner so that conversation at mealtime is filled with questions about the story.

As the school year comes into focus, your child may have some concerns and hesitation. From new teachers to new friends, new schools to new schedules, the anticipation of school starting up again can cloud the excitement of the awaiting opportunities. You can help your child adjust to back to school by listening and forming a strong connection with your child. Doing this reinforces the idea that your child isn't going through this alone and that the people closest to him or her understand the mixed emotions that come with new beginnings. August is the perfect

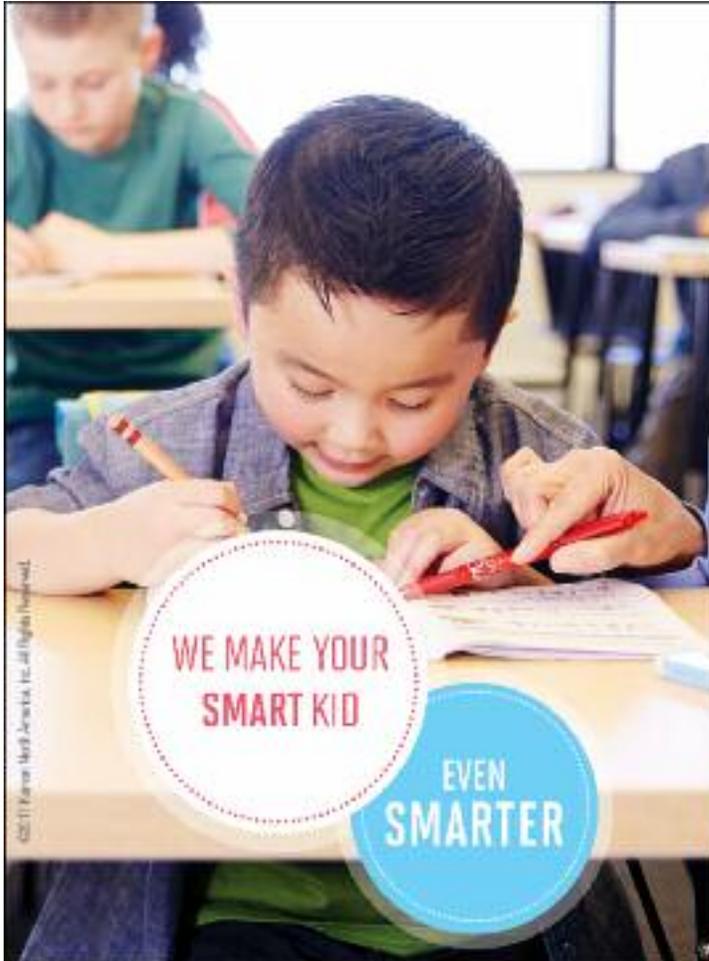


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Georgia law states: Once the flashing lights of a school bus has turned red and the stop signs have extended from the side of the bus, it is **UNLAWFUL FOR ANY VEHICLE TO PASS THE STOPPED SCHOOL BUS WHILE IT IS LOADING OR UNLOADING PASSENGERS.**

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Every year, animals suffer and die when their guardians make the mistake of leaving them in a parked car—even for “just a minute” while they run an errand. Parked cars are deathtraps for dogs: On a 78-degree day, the temperature inside a parked car can soar to 100 in just minutes, and on a 90-degree day, the interior temperature can reach as high as 109 degrees in less than 10 minutes.

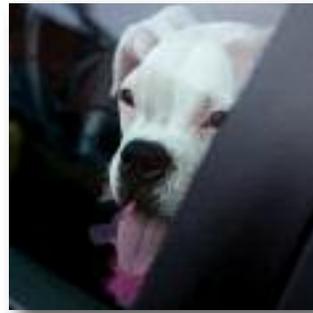
Animals can sustain brain damage or even die from heatstroke in just 15 minutes. Beating the heat is extra tough for dogs because they can only cool themselves by panting and by sweating through their paw pads.

If you see a dog left alone in a hot car, take down the car's color, model, make, and license plate number. Have the owner paged in the nearest buildings, or call local humane authorities or police. Have someone keep an eye on the dog. Don't leave the scene until the situation has been resolved.

If the authorities are unresponsive or too slow and the dog's life appears to be in imminent danger, find a witness (or several) who will back up your assessment, take steps to remove the suffering animal from the car, and then wait for authorities to arrive.

Watch for heatstroke symptoms such as restlessness, excessive thirst, thick saliva, heavy panting, lethargy, lack of appetite, dark tongue, rapid heartbeat, fever, vomiting, bloody diarrhea, and lack of coordination. If a dog shows any of these symptoms, get him or her out of the heat, preferably into an air-conditioned vehicle, and then to a veterinarian immediately. If you are unable to transport the dog yourself, take him or her into an air-conditioned building if possible and call animal control: Tell them it is an emergency.

Provide water to drink, and if possible spray the dog with a garden hose or immerse him or her in a tub of cool (but not iced) water for up to two minutes to lower the body temperature gradually. You can also place the dog in front of an electric fan. Applying cool, wet towels to



the groin area, stomach, chest, and paws can also help. Be careful not to use ice or cold water, and don't overcool the animal.

## *It Is Cruel To Leave Dogs In Hot Cars And On Hot Pavement*

When walking your dog, keep in mind that if it feels hot enough to fry an egg outside, it probably is. When the air temperature is 86 degrees, the asphalt can reach a sizzling 135 degrees more than hot

enough to cook an egg in five minutes. And it can do the same to our canine companions' sensitive foot pads.

On an 87-degree day, asphalt temperatures can reach 140 degrees, hot enough to cause burns, permanent damage, and scarring after just one minute of contact. Rapid burns and blistering can occur at 150 degrees. Hot sidewalks, pavement, and parking lots can not only burn paws, they also reflect heat onto dogs' bodies, increasing their risk of deadly heatstroke.

If you wouldn't put your dog in a frying pan, please don't make him or her walk on hot pavement. Always test the pavement with your hand before setting out (too hot to touch is too hot for Spot), walk early in the morning or late at night when it's cooler, carry water and take frequent breaks in shady spots and never make dogs wear muzzles that restrict their breathing.

PETA offers leaflets that can be placed on vehicles to remind people never to leave unattended animals inside. For information on ordering PETA's “Don't Let Your Dog Get Hot Under the Collar” leaflet, please contact us at [ActionTeam@peta.org](mailto:ActionTeam@peta.org).

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# The Shops At Pooler Parkway



## The Pooler Epicenter Project *Luxury Accommodations, Shopping, Conference Center And More!*

It seems that Pooler is on its way to becoming a shopper's paradise! The newest development to emerge in our bustling city is The Shops at Pooler Parkway which will be located at the intersection of Pooler Parkway and Durham Park Boulevard.

Originally part of the Savannah Quarters tract, zoning and other requirements had already been done for this mixed use project that will house six unique upscale boutiques as well as four magnificent hotels and office space.

Located on a 150-acre tract of land, approximately 20 acres is allocated for new hotels. The hotels will surround a resort style water recreation area, office space, and a main street which will feature the high-end specialty stores, coffee shops and a grocery store.

According to David Hornsby, vice president in charge of development for HD companies, the firm has already begun clearing the land and are awaiting their land disturbance permit which will allow them to move forward. The project will reach completion in about 5 years. Location was a crucial element during the planning stages and the firm thinks this desirable area will be the next epicenter of Chatham County. Offering character and style, The Shops will attract locals and visitors interested in world-class shopping, and offer luxury accommodations catering to travelers who are staying longer. Hotel amenities will feature various types of conference centers capable of hosting large corporate meetings and special events.

There are also current talks between Hornsby and the City of Pooler to form a public/private type of partnership to develop an amphitheater on the property for entertainment.

The Shops at Pooler Parkway leasing agent is Ashiq Khan, owner, Alyaans Property Solutions, LLC. Khan

indicates they are pre-leasing 6 spaces to include one drive-thru unit with excellent Pooler Parkway visibility and access.

This single story Class A retail center is surrounded by top tier national retailers represents a great opportunity for prospective tenants to lease in a rapidly growing area, with average traffic count of over 31,000 vehicles per day on Pooler Parkway as per Georgia Department of Transportation. For more information regarding leasing and site information, please contact Ashiq Khan at [i4id@yahoo.com](mailto:i4id@yahoo.com), <http://www.crelisting.net/LrL2jaj8Q>, or (912) 480-7773.

Meanwhile stay tuned for all the exciting updates as they unfold.



Renderings courtesy of Ashiq Khan



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## Ongoing Pooler Drug Take Back Program

The Pooler Police Department opened its 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.





## Savannah's Lowcountry Annie Oakley's Third Annual Charity Clays Tournament

Savannah's Lowcountry Annie Oakleys Third Annual Charity Clays Tournament benefiting the Dwaine & Cynthia Willett Children's Hospital of Savannah will be held on Friday, September 29 at the Forest City Gun Club.

A Driven Bird Flurry Contest will open the day at 11:30 a.m., and registration for the 100-shot tournament will begin at 1:00 p.m., followed by a shotgun start at 2:00 p.m. Non-shooters are also welcome to attend the After Party (see details below) which will include an awards ceremony, hors d'oeuvres, and live music.

The presenting sponsor for the event is Springer Mountain Farms, while platinum sponsors include Critz, The Kicklighter Company, Myrick Marine, and Susan and Charley Tarver.

Last year's shoot raised \$150,000 to support more than 4,700 children who are hospitalized each year at the only children's hospital in our region. All proceeds from the 2017 tournament will benefit the "Kids Only Campaign" for the Willett Children's Hospital of Savannah.

For ticket and sponsorship information, please visit [www.lowcountryannieoakleys.com](http://www.lowcountryannieoakleys.com).

About the Dwaine & Cynthia Willett Children's Hospital of Savannah:

In 1992, Memorial University Medical Center opened the first and only designated children's hospital in Savannah. In 2014, the Memorial Health Foundation launched a five-year, \$20 million "Kids Only Capital Campaign" chaired by Jackie Rabinowitz for the children's hospital. Construction on the new stand-alone hospital began in 2016 following an announcement that Dwaine and Cynthia Willett had donated \$5 million, the largest single gift in the campaign. Thanks to their generous support, the new facility has been renamed the Dwaine and Cynthia Willett Children's Hospital of Savannah, and has moved closer to reaching its campaign goal.

The Willett Children's Hospital of Savannah houses the only Level III Neonatal Intensive Care Unit, Pediatric Intensive Care Unit, and pediatric oncology program between Charleston and Jacksonville. The new building will feature a 24-hour Pediatric Emergency Department, Operating Rooms exclusively for children, and children's patient rooms designed to accommodate family and friends.

In 2016, the Willett Children's Hospital included 100 physicians, including 43 subspecialists. The Children's Hospital serves infants, children and adolescents from 35 counties throughout Georgia and South

Carolina. Last year, over 73,000 children received care in the pediatric outpatient clinic and emergency room, while 4,700 young patients were admitted as inpatients. Specialized transport brought 324 premature babies to the facility from regional hospitals.

For more information on the Dwaine & Cynthia Willett Children's Hospital of Savannah, please contact Janet Kolbush at 912-350-6369.

### *About The Lowcountry Annie Oakleys:*

With over 100 members, aged 28 to 80, the Lowcountry Annie Oakleys started over six years ago with the joint mission of enhancing and promoting the sport of clay shooting for women and supporting local charities through tournaments held in the Lowcountry. Individual members and teams have competed in nine tournaments over the past year. The group has also donated funds to support local youth shooting programs. The Lowcountry Annie Oakleys' own tournament has established itself as one of the area's most successful single day fundraisers within its first two years of existence, inspiring other organizations to take their efforts to the next level.

For more information about The Lowcountry Annie Oakleys, please contact Nancy Thomas at 678-488-5829 or email directly at: [thomasnancy6@gmail.com](mailto:thomasnancy6@gmail.com).



### *The After Party:*

Non-shooters may join at the "After Party" for \$25pp. Tickets for the party and raffle, as well as shooting teams and sponsorship opportunities may be found at [www.lowcountryannieoakleys.com](http://www.lowcountryannieoakleys.com).

To kick off the festivities, special awards will be given to the highest scoring male and female shooters, as well as to the two Lewis class winning teams.

Our Presenting Sponsor, Springer Mountain Farms, has again tapped Cotton & Rye to provide food for our After Party. Celebrity Chefs Zach Schultz and Brandon Whitestone, known for their carefully sourced ingredients and fusing modern techniques with culinary arts, will prepare a wide variety of delicious hors d'oeuvres. A curated selection of beer and wine will be available, presented by Palmetto Bluff, and we are also planning to offer a Bourbon Tasting again.

Chuck Courtenay will provide live musical entertainment

We will have a limited selection of high end silent auction items for guests to bid on during the reception. Items to date include:

- David's Defense V7 rifle
- A custom pet portrait by Susan Tarver
- A salt water fishing trip
- Satchel gun bag
- Diamond jewelry from Harkleroad
- Tybee Beach weekend donated by Kathy Warden
- A weekend at a Bed and Breakfast

In addition to the auction items, guests may purchase raffle tickets for a Caesar Guerini Tempio Field or Syren Tempio Field shotgun and a David Yurman Renaissance Bracelet (sterling silver and 14k yellow gold, faceted blue topaz, Lolita, and cabochon lapis lazuli). Raffle participants do not need to be present to win, and tickets may be purchased via the link above.

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## Diagnosing Celiac Disease Not Always A One-Step Process

By Lucinda Harris, M.D.,  
Gastroenterology and Hepatology, Mayo Clinic,  
Scottsdale, Arizona.

**DEAR MAYO CLINIC: My blood test for celiac disease came back negative, but I'm still having symptoms. Is it possible that I still could have it? What should my next steps be?**

*ANSWER: The symptoms and presentation of celiac disease can vary quite a bit from one person to another. The most common symptoms are bloating and weight loss. Diarrhea or constipation may also affect some people. Less commonly, patients may experience an itchy, burning rash, called dermatitis herpetiformis, as well as heartburn, headaches, fatigue and joint pain, among others.*

Celiac disease may also cause iron deficiency anemia and neuropathy - tingling or pain in the feet and hands that doesn't go away. Eventually, if left untreated, celiac disease may cause damage to the nervous system, bones, brain, liver and other organs.

If you have celiac disease, eating gluten - a protein found in wheat, barley and rye - triggers an immune response in your small intestine that leads to inflammation. Over time, that inflammation damages the lining of the small intestine, making it difficult for the small intestine to absorb some nutrients.

Diagnosing celiac disease is not always a one-step process. It's possible that you could still have celiac disease, even if the results of an initial blood test are normal. Approximately 10 percent of people with negative blood tests have celiac disease. Additional testing can provide more information and give you and your doctor a better understanding of what may be causing your symptoms.

Diagnosing celiac disease typically begins with blood tests. It's very important that the tests be done before you try a gluten-free diet. Taking gluten out of your diet before you have the blood tests may change the re-

sults so that they appear to be normal, even if you do have celiac disease.

The main blood test used for celiac disease checks for antibodies to an enzyme found in the lining of the intestine called tissue transglutaminase, or tTG. In about 3 percent of the population, however, the tTG test does not tell the whole story. That's because when blood is drawn for the tTG test, levels of a substance called immunoglobulin A, or IgA, also are checked. If you have low or absent IgA, then the blood test is not reliable and other blood tests need to be done or an upper endoscopy may need to be performed.

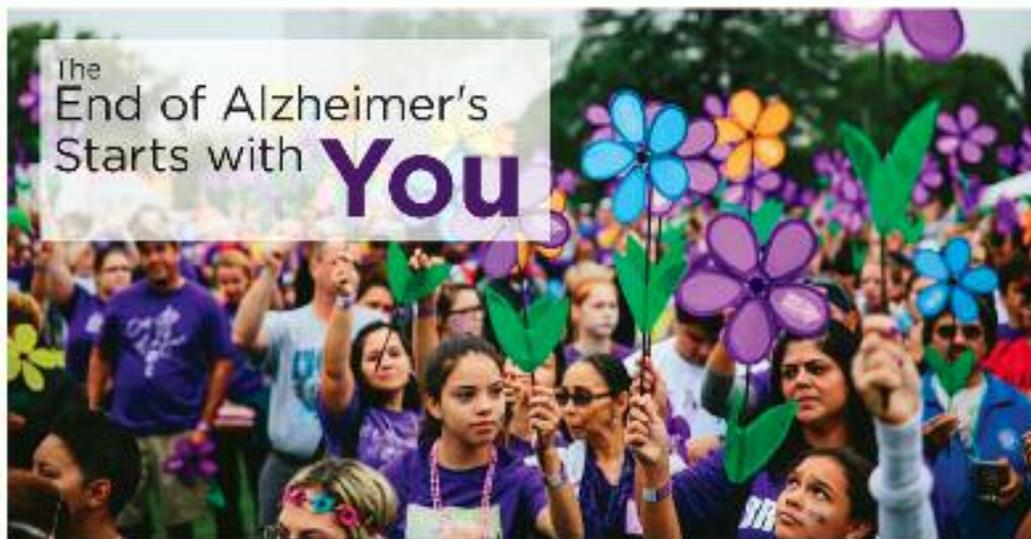
An upper endoscopy is performed using gentle sedation. It involves inserting a long, flexible tube, called an endoscope, down your throat and into your esophagus. A tiny camera on the end of the endoscope allows your doctor to see your esophagus, stomach and the beginning of your small intestine.

During the endoscopy, your doctor may take several tissue samples - this is called a biopsy. Those samples are later examined under a microscope to see if they show any damage. In particular, damage to the tiny finger-like projections that line the small intestine, called villi, may be a sign of celiac disease.

If the endoscopy and biopsy don't reveal any damage, then it's possible your symptoms are being caused by another medical condition. For example, some people have gluten sensitivity that's not related to celiac disease. In others, symptoms similar to those caused by celiac disease may be triggered by intolerance to carbohydrates. Additional testing typically is needed to identify other possible underlying causes.

In a situation like yours, it can be useful to seek care from a physician who specializes in celiac disease to further investigate the cause of your symptoms. You also may find it helpful to work with a dietitian, whether you're diagnosed with celiac disease or not. He or she can assess your diet and identify changes that may help ease your symptoms.

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



At Edward Jones, we live and work in the communities we serve. We want to make a difference in people's lives, both in and out of the office. Alzheimer's disease has a significant impact on individuals, family, friends and community. That's why Edward Jones is proud to support the Alzheimer's Association as the National Presenting Sponsor of the Alzheimer's Association Walk to End Alzheimer's.

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different investments have different characteristics and can help you in different ways. For example, you typically own stocks because you want them to grow in value so that you can eventually sell them for a profit. Other investments, such as certificates of deposit (CDs), provide you with a regular source of income and stability of principal – two valuable contributions to your portfolio. However, investments like CDs don't offer much in the way of growth. So if you own too many of them; you might be slowing your progress toward your important financial goals, such as a comfortable retirement.

You can maximize the productivity of your portfolio by owning a variety of investments – domestic stocks, international stocks, corporate bonds, U.S. Treasury securities, CDs and more. How much of each investment should you own? The answer depends on a variety of factors, including your age, income, risk tolerance, family situation and specific objectives. Over time, your ideal investment mix may change, but you'll likely need at least some growth potential at every stage of your life.

• **Don't let your portfolio go "unsupervised."** Your investment portfolio can be subject to "drift" if left alone for extended time periods. In fact, without your making any moves at all, your portfolio can move in directions that may not be favorable to you. Suppose you think your holdings should be made up of 70% stocks, but due to strong gains, your stocks now make up 80% of your portfolio. This development could lead to a risk level that feels uncomfortably high to you. That's why you should review your portfolio at least once a year, possibly with the help of a financial professional, to check your progress and

make adjustments as needed.

• **Don't stop at the nearest "resting place."** Some people hope that if they can get that one "winner," they will triumph in the investment arena. But the ability to "get rich quick" is much more of a myth than a reality. True investment success typically requires patience, persistence and the resilience to continue investing even during market downturns. In other words, investing is a long-term endeavor and you need a portfolio that reflects this reality. The investment moves you make today may pay off for you decades from now. You need to establish your goals and keep them constantly in mind as you invest. And you will never really reach the end of your investment journey, because you'll need to make choices and manage your portfolio throughout your retirement years.

Hopefully, you will enjoy a pleasant vacation sometime this summer. But your investment portfolio shouldn't take time off.

## Don't Let Your Investments Take A "Vacation"

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

It's summer again - time for many of us to take a break and possibly hit the open road. But even if you go on vacation, you won't want your investments to do the same – in summertime or any other season. How can you help make sure your portfolio continues to work hard for you all year long?

Here are a few suggestions:

• **Avoid owning too many "low growth."** investments. As you know,

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## Take Some Financial Responsibility Before Unplugging This Summer

By Jill Schlesinger  
Tribune Content Agency

With Independence Day behind us, the heart of summer has begun. For some, it is the time to disengage from real life issues, like personal finance. For me, it's time for my annual "KISS" for your money! What is KISS? "Keep It Simple, Stupid." And it's the perfect mantra for this time of year.

Here are five tasks that are easy to complete before you shut down.

❶ Manage due dates/Establish auto pay on available accounts. The National Foundation for Credit Counseling has found that about 1 in 5 adults do not pay all of their bills on time. While some are in fact struggling, for the vast majority the problem could be a case of bad timing. The good news is that most credit card issuers, cellphone carriers and utility companies

allow you to change due dates to times of the month that sync up with when you receive your pay. You should also establish automatic payments, even if it's for a small amount, so your most important expenses get paid and you can avoid, or at least minimize, penalties and fees. Remember, some bills are more important than others. While not paying a credit card bill or student loan on time could ding your credit score, failing to pay rent can get you evicted.

❷ Consolidate accounts. Do you have a couple of bank accounts floating around? By combining them, the resulting higher balance may help you avoid fees and even help you get better deals; not to mention, it will help streamline your financial life. The same rule applies to orphaned, old retirement or investment accounts that are looking for a home. Combining accounts also makes it easier to monitor your entire portfolio and ensure that your money is properly diversified. Once you create an asset allocation plan, set it and forget it! Choose auto-rebalancing so you don't have to worry whether market gyrations are changing the allocation and subjecting you to more risk than you are comfortable assuming.

❸ Boost retirement contributions. The first half of the year is over, and if you are lucky, or perhaps frugal, you may find yourself with a little extra cash on hand. If so, let's make a deal: Go ahead and allow yourself to spend some of the surplus on a summer indulgence; use the rest to increase your retirement contributions. This year, you can sock away \$18,000 in most employer-sponsored plans (\$24,000 if you're over the age of 50) and \$5,500 into a Traditional or Roth IRA (\$6,500 if you are over 50).

❹ Review auto and property insurance. If you have an old car worth less than \$5,000, elimi-

nate collision and comprehensive coverage, and increase deductibles. You may be able to earn discounts by purchasing car, homeowners and umbrella liability insurance coverage from one company. Next, with home prices rising, check to see if you have at least 20 percent equity in your home. If so, you may be able to drop your Private Mortgage Insurance (PMI).

❺ Become familiar with the terms of your homeowners or rental insurance policies. I hear your groans, but the time to figure out what is in your policy is not in the aftermath of a severe event, but before it occurs. As a reminder, most standard homeowners policies cover structural and water damage only in limited circumstances, like when a falling tree knocks a hole in a roof or breaks a window, allowing rain to fall inside. Most policies do not cover damages that result from rising water, unless the homeowner lives in a designated flood zone and has purchased insurance through the federal government's National Flood Insurance Program.

*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](mailto:askjill@moneywatch.com).*



## Pooler Lions Club Reading Action Program Looking For Dedicated Community Volunteers

Are you interested in working with children to help improve their reading skills? We have a wonderful opportunity available for you! The Pooler Lions Club will be working at Godley Station and Pooler Elementary School again this school year. If we have enough volunteers, West Chatham would like us to work with their students also!

Please contact us if you would like to help us with this community project. Days and times are flexible and we can accommodate your individual schedules as needed. We hope you will join us in reaching children in need. It is a very worthwhile and rewarding experience!

Please feel free to contact us at (912) 998-1466 or [lionsclub2@gmail.com](mailto:lionsclub2@gmail.com)



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## Vestibular Therapy May Ease Symptoms of Dizziness

By Andrew Hayes, P.T.

Dizziness affects 40 percent of adults at some point during their lifetime. It can include feelings of unsteadiness, spinning, movement or lightheadedness. Sometimes there is a medical cause, such as diabetes, heart problems or stroke. If your doctor has ruled out those conditions, you may benefit from vestibular therapy to treat your symptoms.

Vestibular rehabilitation uses exercises designed by a physical therapist who specializes in this area to improve balance and reduce problems related to dizziness.

There are three symptoms of dizziness that can be treated by physical therapy: vertigo, motion sensitivity and imbalance.

You may have vertigo if it feels as if you or your environment are moving or spinning. A common type of vertigo is benign paroxysmal positional vertigo. This type of dizziness occurs primarily with head movements, such as looking up or rolling over in bed. The dizziness seldom lasts more than a minute and is caused by tiny calcium crystals in the inner ear floating from their usual compartment to the tubes of your body's internal gyroscope. A physical therapist can use repositioning maneuvers to restore the calcium crystals to their proper place and reduce vertigo.

Motion sensitivity can occur when you have stopped performing movements that trigger the dizziness caused by an inner ear disorder. As a result, over time, the brain becomes desensitized to certain movements. A physical therapist can identify those movements and design a program to help you tolerate them.

Balance issues may result from ear infection, head injury or circulation problems that affect the inner ear or brain. Because the brain uses input from the eyes, inner ears and sensors in the feet and ankles to coordinate balance, you may experience instability during daily activities when those senses are impaired. A physical therapist can create an exercise program specific to your problem that will improve areas of weakness.

If you're suffering from dizziness, help is available. Ask your healthcare provider for a referral to a physical therapist who specializes in vestibular rehabilitation. With the right vestibular exercises, you can enjoy less dizziness and better functioning.

Andrew Hayes is a physical therapist who specializes in vestibular therapy. He sees patients at The Rehabilitation Institute at Memorial University Medical Center's Pooler office, 101 West Mulberry Boulevard, Suite 210. Call 912-273-1000 for more information.



## Pooler Chamber of Commerce and Visitor Bureau, Inc.

**Pam Southard**, *Executive Director*

Hello from YOUR Pooler Chamber of Commerce.

We are so fortunate to live and work in a strong community where businesses and citizens are committed to making our city an exemplary environment for responsible growth.

Our efforts to promote your businesses and introduce you to one another include an array of special events that can be both entertaining and educational. In June, we presented our third Sip & Savor/Casino Night which attracted more than 250 people. Guests sampled great wine, gin, and bourbon and then...the fun began at the tables where top winners came away with wonderful prizes. Exquisite food was presented by Chef Nick Mueller and desserts by the Cake Corner. Boomer Lee's lively music added perfect entertainment for the event.

The Pooler Chamber is currently preparing our August 17th Economic Outlook Luncheon. This is an opportunity to learn where Pooler has been, where we are now and what the future holds for our wonderful city. The luncheon and other such networking events and workshops are designed to both educate and connect local business owners and address the needs of our members and the community.

Moving forward to fall, we hope you will join us on September 9th, when the City of Pooler kicks off the annual Patriot Weekend at Pooler Park on Rogers Street. This popular event/fundraiser is a tribute to those who serve our nation (please see the exciting details on page 10-11). Join the community for food, fun, golf and numerous family activities. The festivities will end with a "bang" at the grand fireworks display.

On October 21st, the Pooler Chamber will host the 1st Pooler Day Festival at the new football stadium behind the YMCA. It's still in the planning stage, so stay tuned for more information. What we know for sure is that it will be a great family fun day.

I end this letter by reminding you that our Chamber of Commerce is the voice of the business community. We advocate for you and convey your interests and concerns to policy makers. We are dedicated to providing leadership to companies and putting your business out front. Our purpose is to provide quality service, improve economic development while protecting and promoting our member businesses in the local community. With our team of professionals, we can help shine the spotlight on your business and give it the attention it needs. Perhaps you have a business that needs effective advertising. Or maybe you want to create an avenue for more networking opportunities. Let us help you.

The chamber cares about the community and businesses. Each month, we spotlight a business on the billboards along Pooler Parkway, and the billboard at Benton and Pooler Parkway. We want our businesses to "shine", as well as our community. If you are interested in being on one of the billboards, please call the chamber office at 912-748-0110. We will make it happen.

We invite you to visit our website [www.Poolerchamber.com](http://www.Poolerchamber.com) for information and our Facebook page at <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.



**Ribbon-Cutting Ceremonies: (Top to Bottom)  
Salon de Baile Dance & Fitness Studio, Apollo  
Pharmacy, and Henry's Restaurant**

**Please See Page 27 For Our Upcoming Events**

*For details for events and membership,  
visit us online, or in person at:*

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

# SIP AND SAVOR / CASINO NIGHT

Presented by the  
Pooler Chamber of Commerce & Visitors Bureau, Inc



Event Photography By:  
Tom Reimer  
[t.howardreimerphotos@yahoo.com](mailto:t.howardreimerphotos@yahoo.com)





# Pooler Business Spotlight



## CHILI'S RESTAURANT

Chili's Grill & Bar in Pooler, Georgia is a restaurant with a Tex-Mex twist and a dedication to making every guest feel special. The menu is diverse and filled with high-quality items and the atmosphere is great for friends hanging out after work as well as families looking for a night out. Chili's Grill & Bar serves lunch and dinner and includes a kid's menu for the children in the party.

One way you can indulge in several of the favorites at Chili's Grill & Bar is to order a smokehouse combo. You can choose two or even three from favorites like the bone-in BBQ chicken breast or the house-smoked baby back ribs.

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the best possible care to their community. At Apollo Pharmacy our patient and customers come first. Apollo Pharmacy is first established in year 2016 in the heart of Savannah downtown. Our goal is to become the most trusted name in the world of pharmacy. We are committed to our profession and promise to provide outstanding patient care.

It is your trust in our pharmacy that inspires us to continue providing the best service with every customer who walks in, every vial of prescription medication we fill and with every home delivery we make. It is our hope that you give our pharmacy the honor of serving your health care needs for many years to come.

**115 Canal Street (Suite #101), Pooler, GA 31322**  
**(912) 856-4785**



Photo by Paul H. Camp

## SALON DE BAILE DANCE & FITNESS

Dancing is becoming a HUGE phenomenon with the hit shows "Dancing with the Stars" and "So you think you can dance" and recently with "America's Got Talent." Dancing is a great way to stay in shape, make friends, and mark that special day! Our goal is to turn dancing into a lifetime sport for you! All of our instructors teach social, competitive, and entertainers.

Salon de Baile in Pooler currently teaches couples, kids, and singles from all experience levels. The dance studio is versatile and teaches a wide range of dances. Ballroom dancing, Tap, Jazz-Hip/Hop, Cuban style salsa, Dance/Fitness Classes, Argentine tango, Country, Ballet for Adults and Teens, Wedding dances, and Swing style of dance.

If you are getting ready for a special occasion, let us handle the stresses of getting a dance together for you! Planning an event and need entertainment? Give us a call to teach and/or entertain your event with the best dancing styles out there!

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# Welcome New Members

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Georgia House of Representatives / Bill Hutchens

Johnny Rockets

Johnson Matthey Process Technologies

Liquor Land

Mahgniffe, LLC (Chef Nick Mueller & Co)

Marco's Pizza

Metabolic Research Center

Nordic Logistics & Warehousing, LLC

Olive Garden

Pooler Magazine

Redemption Center Church

Savannah Kona Ice, LLC

Sit and Sleep Mattress

Splash in the Borough Waterpark

Top Tint of Savannah

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## Calendar of Events

### Pooler Chamber of Commerce and Visitor Bureau, Inc.

**August 17**    **Economic Outlook Luncheon**  
Savannah Quarters Country Club  
11:30 a.m. - 1:00 pm.

**September 9**    **Pooler Patriot Weekend**  
Pooler Park - Roger Street  
4 p.m. - 9:30 p.m.

**October 21**    **Pooler Fall Festival**  
Pooler Stadium (behind YMCA) Isaac G. LaRoche Dr.  
Start time: 2 p.m.

**November**    Breakfast with Santa -  
Shop Pooler  
Time and location to be announced

**December**    Annual Awards Banquet - Annual Meeting  
Time and details to be announced



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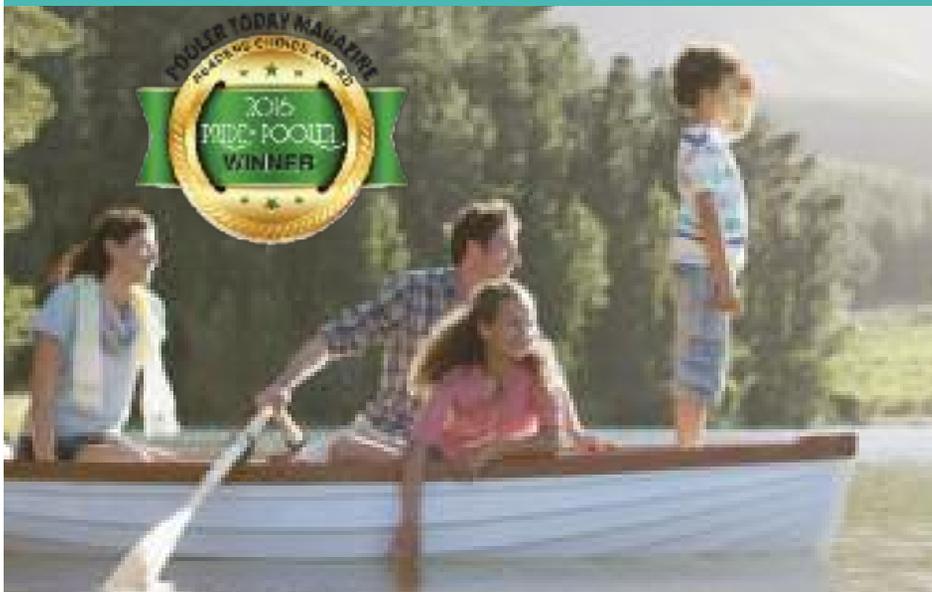
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## Best Backpacks for Back To School

By Davana Pilczuk, Ph.D.

It's the season for buying backpacks again and you need to know which is the best type to get for the kids and for you. Both adults who carry bags and briefcases and children who lug heavy backpacks around, know that those bags

can get pretty heavy fast. If you are concerned about your child carrying a bag that is too heavy, or you yourself have a back condition, you might want to test some alternative style backpacks and briefcases that have been designed more ergonomically. Listed below are some key things to look for when purchasing a backpack or work bag.

### Briefcases and One Strap Bags

Most adults who carry large purses or briefcases, do so using the one strap style bag. While this style brings convenience, a traditional look and easy access to your belongings, isn't the best design for your back. When you carry something heavy on just one side of your body, this unilateral loading elevates the opposite shoulder and can strain the back. If you plan on carrying a heavy bag like this for a while, you have a good chance of experiencing neck and back pain. An improvement is to look for a bag with a strap that wraps all the way around the torso and sits low near the hips (seen in photo).

The BackTpack is a good design because it transfers the load from your back, to your hips. This helps alleviate back pain and, although unusual looking, is a much easier on your body (see below).

### Two Strap Bags

The typical school backpack is tough to carry when its loaded down with books, especially for kids in middle and elementary school. When a child weighing 80 pounds has to carry a bag that weighs just 15 pounds, that's almost 19% of their body weight! That's a heavy load for a little guy to carry and it can lead to a high chance of them tipping over if they get slightly off balance.

## Back to School Basics



Don't worry parents. There are some better, more ergo friendly options out there. A great option for the whole family is a Zuca bag. This roller bag is becoming very popular for kids of all ages, since its design is very similar to a suitcase. It has a handle for pulling and wheels, so the load is taken off your back. If you won't be going up stairs or won't be lifting this bag too frequently, it's a great solution to minimizing back strain and general muscle fatigue. It's great for school, the office, gym, hiking or even being used as a pet carrier (depending on style). This bag runs about \$150-\$200.

LL Bean also makes a great roller book bag that can convert back into a typical, two strap backpack. Its light, small and relatively cheap, costing about \$85 and lasts for years.

In general, to make your bags more ergo friendly, find bags with wheels and handles and get that load off your back! If you must have a shoulder bag, minimize the weight, alternate arms when carrying and set it down as frequently as possible to give your body an ergonomic break.

*Davana Pilczuk has a doctorate in kinesiology and specializes in the field of human performance. She is an avid speaker and writer and has been featured in numerous magazines, newspapers and international conferences. She can be reached at [davanapilczuk@hotmail.com](mailto:davanapilczuk@hotmail.com) or follow her on [Twitter @DavanaHPG](https://twitter.com/DavanaHPG).*



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## The Mystery Of Essential Oils

It's well-known that a healthy lifestyle plays a very important role in brain health. However, at the same time, essential oils are also very beneficial for brain power.

Herbal practitioners, as well as modern medicine, have acknowledged the benefits different essential oils give to the brain. These oils can help with different cognitive problems such as mental fatigue, low clarity, poor intellectual performance, impaired concentration, poor memory recall, and impaired memory, to name but a few.

These oils are mostly used in aromatherapy. The reason for this is because the smell is the strongest of our senses and is best able to influence brain activity. However, before learning how essential oils can be used to boost your brain power, it's important to know which essential oils are the best for this purpose.

Therefore, below you can find the best essential oils for brain health.

**Lavender Essential Oil** - Lavender essential oil has calming and relaxing properties that will help put your nervous system in a parasympathetic rest-and-digest state. This soothing effect helps to relieve nervous tension and depression. To add to this, it also gives a boost to cognitive abilities.

Research has found that those who are exposed to the smell of lavender essential oil are more relaxed and less depressed, and are able to perform math computations faster and more accurately.

**Rosemary Essential Oil** - This essential oil works as an effective cognitive stimulant, thus helping to improve memory and mental focus. A major component of rosemary essential oil is 1,9-Cineole, which has been shown to boost memory. Furthermore, the smell of essential oil may help enhance prospective memory, which is the ability to remember upcoming events in order to complete future tasks.

It's also very good at increasing brain-wave activities and protecting against neurodegenerative diseases such as Alzheimer's.

**Lemon Essential Oil** - This strong smelling essential oil is highly beneficial for brain health. The strong scent helps to promote concentration, and helps to calm your mind when you're feeling anxious, angry, or run down. It can even help to reduce stress. Furthermore, this essential oil inhibits enzymes that are linked to neurodegenerative conditions.

**Peppermint Essential Oil** - Peppermint essential oil stimulates the mind to support memory, concentration, focus, and mental performance. To add to this, it has a soothing and cooling effect that promotes relaxation and clear thinking. The scent of this essential oil also stimulates the areas of the brain that are responsible for alertness.

**Cinnamon Essential Oil** - Cinnamon essential oil can help to fight mental fatigue and improve brain function related to working memory, visual motor speed, virtual recognition memory, and attention. Fur-

# WhassssUp Around Pooler?



## **The Georgia Bureau of Investigation (GBI)**

Has selected Pooler for the site of their new 66,000 sq. ft. facility. The Pooler City Council voted unanimously to approve the three-story forensic crime lab and a single-story morgue.

## **Shops at Pooler Parkway**

Will be located on Pooler Parkway across the street from the YMCA. The building will be home to six retail stores although specific tenants have not yet been identified. The owner, a Pooler resident, plans to break ground in August and complete the development in Spring 2018.

## **Florence Restaurant**

Owner and celebrity chef, Hugh Acheson, has closed his doors and said the financials behind the Victory Drive restaurant were the cause. Is Savannah/Chatham County ready for trendy, high-end restaurants and their high prices?

## **SPLOST Referendum Project**

Will extend Benton Blvd. from Highlands Blvd. to SR 30. The Benton Blvd. extension includes a two-lane road, a bridge over St. Augustine Creek, and a culvert at Little Hearst Branch. The project drainage, a multi-use path and improvements at intersections at Highlands, Meinhard, and SR30.

## **Real Estate**

Area home sales registered 775 homes selling in Chatham, Bryan and Effingham counties in May. This is the highest number of home sales in more than five years.

**Got a scoop ?  
Let us know so we can share...**

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## **Savannah/Hilton Head Airport**

A new record of 236,923 passengers in May for the busiest month since it opened. The first aircraft landing field in Savannah went into operation on the south side of Daffin Park in 1918. The east-west strip was about 2500 feet long by 450 feet wide. The airport as we know it today opened in 1984 and was expanded in 2007.

## **Social Security Increase**

Those who rely on Social Security income can expect to receive the biggest increase in several years in 2018. The increase is not massive, but is expected to be just 2.2 percent, or about \$28 a month.

## **Culver's Fast Food Chain**

A Midwest fast food chain is hoping to open at the Tanger Outlets in Pooler. The site will include parking and a drive-thru lane. The Pooler Planning and Zoning Board has recommended the site and landscape plans for a 4,330-square-foot Culver's Restaurant. If approved by the Pooler City Council, the restaurant would be constructed on an outparcel of the Tanger Outlets, next door to a Valvoline oil change location that is under construction now.

## **U.S. Jobs Report**

Employers added a strong 222,000 jobs in June, the most in four months, a reassuring sign that businesses may be confident enough to keep hiring in the future.

## **Pooler #1 Place to Live in Chatham County**

Pooler was ranked against other communities based on specific data such as education, affordable housing, cost of living, and public schools. Pooler beat out other Chatham County locations including Wilmington Island, Skidaway Island, Isle of Hope, Whitmarsh Island and Thunderbolt.

## **The Army & Air Force Exchange**

Has just announced that all honorably discharged veterans, in all branches of military service, will be eligible to shop tax-free on line at the Army & Air Force Exchange Service with the same discounts they enjoyed on active duty while in the military.

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## Keeping Up With Pooler Fire-Rescue

By Stacy B. Weston

Fire-Rescue Coordinator

The City of Pooler Department of Pooler Fire-Rescue Services under the direction of Fire Chief G. Wade Simmons, is one of the best equipped and trained departments in Georgia. Currently, the department has a staff of 59 personnel providing administrative functions, fire suppression, rescue response, emergency medical treatment, and fire prevention activities. Pooler Fire-Rescue provides coverage to all residents within the city limits of Pooler as well as several contract areas located within unincorporated Chatham County. Our total coverage area encompasses over 30 square miles.

Pooler Fire-Rescue serves one of the fastest growing communities in the state of Georgia. Pooler's population has more than tripled since the 2000 census, and according to the 2015 estimate 23,133 people reside in the city, and an additional 2,000 are protected in our contracted areas. Pooler, Georgia was incorporated in 1907, and the Fire Department was first recognized by a city ordinance on June 13, 1950.

There are now four stations staffed and in operation throughout the city, with four engines and an aerial ladder truck staffed with a minimum of three personnel on duty at all times. Construction plans call for station five are in place with construction to start later this year as growth continues through the city. The department maintains an impressive inventory of fire and rescue equipment that enables us to safely and efficiently do our job. The fleet of apparatus consist of seven firefighting engines, two aerial ladder trucks, a heavy rescue squad, a 75' quint, a 3,500-gallon water tanker truck, a QRV medical response squad, a state sponsored search and rescue truck (GSAR) and three command vehicles. We recently received an order of four new fire engines and a new aerial ladder that will combine our heavy rescue and one aerial into a single unit. The department also has automatic assistance and mutual aid agreements with Garden City, the City of Savannah and Port Wentworth in the event additional equipment and personnel are needed.

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

The Pooler Fire-Rescue Department is a State Certified Agency that complies with all state approved standards and with all policies and regulations, and is one of the best-trained and equipped fire departments in the region.



(Pictured left to right) Schulte, Robinson, Moreland, Monticelli and Cocita)

# Congratulations

## Congratulations To Pooler's New Firefighters!

Pooler Fire-Rescue is proud to introduce five new firefighters who recently joined the department. **Recruit Class 17-01** graduated on Friday, May 19, 2017.

**Kyle A. Cocita** was the class Honor Graduate.

**Ian Schulte** – Ian is a 5th generation firefighter from the Greater Cincinnati/Northern Kentucky area. Ian has been a firefighter for 10 years, serving as both a volunteer and career firefighter.

**Hunter Robinson** – Hunter is originally from Louisville, KY. He moved to Savannah, GA in 2004. Hunter was a Savannah Firefighter prior to settling here; He also worked at Tybee Ocean Rescue as well as dispatching at Metro 911.

**Andy Moreland** – Andy has 6-years of firefighting experience with both professional and volunteer departments. He recently returned to the area with his wife to work for Pooler Fire-Rescue and looks forward to serving this great city and department.

**Drake Monticelli** – Drake is originally from Reno, Nevada. He was a medic in the Army and looks forward to his new position at Pooler Fire-Rescue.

**Kyle Cocita** – For Kyle Cocita, a 7 year dream came true when joining Pooler Fire-Rescue. In May, 2016, Kyle, his wife Christina and son Kash relocated to our area. They love being in the Pooler area where their church, family and friends are a special part of their community. Spending time in Forsyth Park as well as leading free boot camps in Pooler are what the Cocita family do in their spare time. He's honored to be working with Pooler Fire-Rescue and hopes that his son Kash will follow in his footsteps.

# First Presbyterian Church

Pooler, GA

Please join us on Sunday, **SEPTEMBER 17, 2017** as we dedicate our new sanctuary to the glory of God.

Come at 10:00 am for a tour of the new space and a light continental breakfast.

The worship service starts at 11:00 am and will last about one hour."

The First Presbyterian Church has been in Pooler for about 15 years now. This sanctuary provides the opportunity to not only host more people during our worship services, but increases the room in our facility to accommodate more classrooms for kids.

We strive to be a church that is both welcoming to any who would seek a closer relationship with God, and at the same time hold fast to the truth of God's word.

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## Coastal Habitat for Humanity

By Randi Hempel

The Coastal Empire Habitat for Humanity and Home Builders Association of Greater Savannah hosted a three-house dedication on Tuesday, July 18th. The homes, located side by side at 5113 Dancy Street in Savannah, were all part of the nationwide Home Builders Blitz. This undertaking was made possible by 12 local home builders, countless subcontractors, and donations of building materials from multiple companies.

"The participating builders, their subcontractors, and vendors have truly demonstrated Habitat's mission statement of bringing people together to build homes, communities, and hope. It has been an honor to work alongside these builders to complete these houses," says Harold Tessendorf, Coastal Empire Habitat for Humanity Executive Director.

These Home Builders Blitz houses will now have four adults and 12 children in their forever homes. The Blitz brings our total numbers to 293 children and 155 adults since being founded in 1983. Countless numbers of volunteers and donations have allowed us to build strength, stability, self-reliance, and shelter for.

All CEHFH home recipients are required to put in at least 350 sweat equity hours, complete new homeowners education classes and will be paying no-interest mortgages on their homes. CEHFH has several ways the community can get involved in the mission. People can donate home items and building materials to our ReStore, located at 701 MLK Jr. Blvd. in Savannah. Donations can be dropped off from Tuesday-Saturday, 9 a.m. to 4 p.m., or pick-up can be scheduled, usually several weeks out, by calling 912-661-3137. The store is open for customers to shop Tuesday-Saturday, 9 a.m.-5 p.m.

We love volunteers and donors. Volunteers at build sites must be at least 18 years old.

We have several upcoming events and programs we would love to see you at. Tickets for Hops for Habitat, a fundraiser at Service Brewing Company on August 19th, can be purchased at the below link: <http://bit.ly/2qXQjIA>.

Ladies, we encourage you all to join our Building Family Futures Women's Club! Information can be located at the following link: <http://habitatsavannah.org/Club.html>.



### About the Coastal Empire Habitat for Humanity:

The Coastal Empire Habitat for Humanity, located in Savannah, Georgia, and an affiliate of Habitat for Humanity International, is a nonprofit Christian organization dedicated to eliminating poverty housing. Habitat for Humanity brings together people with resources and people in need to build simple, decent, affordable houses. The houses are sold to those in need at no profit, through no-interest loans. Coastal Empire Habitat for Humanity was founded in 1983 and has opened the door to home ownership to 137 families throughout Savannah. Anyone interested in volunteering or contributing to Habitat Savannah's mission is encouraged to call Habitat for Humanity at 912.353.8122 or visit us at [www.habitatsavannah.org](http://www.habitatsavannah.org); [www.facebook.com/HabitatSavannah](https://www.facebook.com/HabitatSavannah); as well as [www.twitter.com/HabitatSavannah](https://www.twitter.com/HabitatSavannah).



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## MISS SOPHIE'S



### Grilled Peaches with Bourbon Butter Sauce

With the warm winter and freezing temperatures in the spring, the peach crops have been slim, but the peaches I've had are still delicious! If you have never had the pleasure of a grilled peach, then you are deprived! There is something about a warm sweet peach with a hint of smokiness that I just love! When you add butter and bourbon the peach becomes sinfully decadent. You'll never look at a peach the same way again. So grab some peaches before they're gone and fire up the grill. You won't be disappointed.

#### Ingredients:

- 2 Georgia peaches cut in half and seeds removed
- 2 tablespoons butter
- ¼ cup firmly packed brown sugar
- ¼ cup bourbon
- ½ teaspoon ground cinnamon
- Pinch of salt

Combine butter, sugar, cinnamon, salt and bourbon in a medium saucepan. Cook on medium heat until butter and sugar are melted. Remove from heat.

Lightly coat hot grill grates with oil. Place peaches cut side down onto grates. Cook for 5 minutes or until caramelized.

Place grilled peach in a bowl, top with a scoop of ice cream and drizzle with glaze.

*Nothing feels like summertime quite like taking a bite into a juicy peach—and it's hard not to feel cheated when you bite into an unripe, hard, and mealy one. So how do you know when a peach is ripe and ready to eat? Well, there are a few telltale signs that a peach is ready to eat, starting with its color. If you see any green on the skin of the fruit, the peach is probably not ripe and was probably picked too early.*

*The best way to tell if a peach is ripe is by looking for a yellow ground color," the part of the fruit that's not exposed to sun, they explain. You also want to see a reddish blush on the opposite side where the fruit did get sun exposure, and the fruit should look vibrant. Avoid fruits that have visible dark spots and bruises, as well; those are likely overripe.*

*Smelling the peach is another good way to tell if it's ready to eat. A peach that's not yet ripe won't have a strong smell. But as peaches ripen, their aroma becomes stronger and stronger, and a fully ripe peach will smell, well, like a peach.*

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## Publix Super Markets Charities Donates \$21,000 To Second Harvest

America's Second Harvest of Coastal Georgia recently received a \$21,000 check from Publix Super Markets Charities to address food insecurity in Coastal Georgia. This donation is the result of the annual holiday season campaign "Food For All". This fundraising campaign offers customers and associates an opportunity to contribute by purchasing donation cards in \$1, \$3, or \$5 denominations. The funds raised are used to support programs designed to fight hunger and promote self-sufficiency.

Dwaine Stevens, Media and Community Relations Manager Jacksonville Division for Publix Super Markets, Inc. presented the check to Mary Jane Crouch, Executive Director at America's Second Harvest of Coastal Georgia. "We are so appreciative of Publix Super Markets Charities for their continuous support and commitment to Second Harvest and their desire to help us end hunger in Coastal Georgia," said Crouch.

Located on East President Street in Savannah, America's Second Harvest of Coastal Georgia, Inc. serves as a regional food bank functioning as the food warehouse and distribution center for over 300 nonprofit agencies and churches that partner in the fight to relieve food insecurity. In Chatham County alone, there are over 51,000 food insecure individuals with nearly 15,000 food insecure children.

Through food relief programs and collaboration with partner agencies, America's Second Harvest distributed more than 13.3 million pounds of food last year to people in need in our community – children, senior citizens, people with disabilities, people experiencing homelessness and others whose incomes are insufficient to meet their basic needs.

To learn more about the fight against hunger in our community, call (912) 236-6750 or visit [www.helpendhunger.org](http://www.helpendhunger.org).



## First Annual National Praline Day Partnership Yields Big Results For At-Risk Youth

River Street Sweets • Savannah's Candy Kitchen, Savannah's signature candy franchise, along with their parent companies recently announced the results of the 2017 National Praline Day fundraiser. Together the

companies raised \$3,342.25 in support of at-risk youth by donating a percentage of all praline sales online June 23-24, and in store June 24th to the Kids Cafe program of America's Second Harvest.

In commemoration of the donation, on July 20th the candy franchise co-founders Jennifer, Tim, and Stan Strickland presented a check to the Kids Cafe program at America's Second Harvest Headquarters in Savannah with Mary Jane Crouch, Executive Director of America's Second Harvest of Coastal Georgia. "It's incredibly important that we continue to support the programs that serve the Savannah community in such an impactful way," said Jennifer Strickland, co-founder and co-CEO of RSS•SCK. "We can't thank those enough that joined us to make National Praline Day an even sweeter occasion in 2017!"

Originating in Savannah in 1989, Kids Café, a nationally recognized program, provides children at-risk for hunger a nutritious evening meal along with tutoring, homework assistance and a safe haven. Participating children are served hot, balanced meals at an after-school program where they are safe and supervised during the afternoon hours.

The Kids Cafe program has proven to increase participants' likelihood to stay in school until graduation. Additionally, children nourished with nutritious evening meals are strengthened and fortified to participate in both physical and academic activities. More than 3,200 children at-risk for hunger receive a hot, balanced evening meal after school each day at one of the Kids Cafe sites in Appling, Bulloch, Chatham, Evans, Liberty, Tattnall, and Wayne counties. This past year, 398,229 meals were served to children through our Kids Cafes.

To learn more about this ongoing partnership, please contact Kelley Cale at [kelly@riverstreetsweets.com](mailto:kelly@riverstreetsweets.com) or visit [www.ilovepralines.com](http://www.ilovepralines.com).

If you would like more information or need assistance to include a Kids Cafe program in your organization, please contact Angie Johnson, Kids Cafe Manager at [ajohnson@helpendhunger.org](mailto:ajohnson@helpendhunger.org) or 912.236.6750, ext. 2019. The website is <http://www.helpendhunger.org/program/kids-cafe/>

America's Second Harvest of Coastal Georgia works in collaboration with various non-profits and faith-based organizations at Kids Cafe sites to provide tutors, mentors, supervision, and activities for the children. The non-profit serves as a regional food bank, functioning as the food warehouse and distribution center to more than 300 non-profit organizations and churches in our area. Through food relief programs and collaboration with partner agencies, America's Second Harvest distributed more than 13.3 million pounds of food last year to people in need in our community – children, senior citizens, people with disabilities, people experiencing homelessness and others whose incomes are insufficient to meet their basic needs.

To learn more about the fight against hunger in our community, call (912) 236-6750 or visit [www.helpendhunger.org](http://www.helpendhunger.org).

## Mediation Center of Coastal Empire “COPE” Program at Park Place Outreach

The Mediation Center of the Coastal Empire’s new “Children of Peaceful Engagement” program – or COPE – will be rolled out to help Savannah’s youth after a successful pilot program earlier this summer.

The COPE program teaches children who are going through stressful situations how to better cope with their anger and other emotions and manage their response using proven engagement strategies that focus on understanding and emotional learning. Typically, attendees are early school-age children and participation consists of two one-hour lessons, which take place during a one-week period.

Lee Robbins, Programs Director at the Family Law Resource Center and its parent organization, the Mediation Center, worked on developing COPE by researching and designing the interactive program through collaborations with educators and therapists. He introduced it to the Mediation Center earlier this summer. Now Robbins and his colleague, Crystal Commodore, the Mediation Center’s Youth Program Director, are about to bring this beneficial service to another Savannah nonprofit committed to helping the community’s young people.

Starting August 15, the two will implement COPE at Park Place Outreach, which provides services to at-risk youth and their families, aims to increase their functional levels, and reunifies families whenever possible. Once per month, Robbins will provide a one-hour lesson on a Tuesday, followed by another one-hour segment, taught by Commodore, on Thursday. Robbins will focus on understanding emotion, managing response and owning actions, while Commodore will educate participants on communicating when in conflict with others.

Mediation Center Executive Director Jill Cheeks is delighted COPE has been well-received and looks forward to increasing its availability by



partnering with more Coastal Empire organizations and educational institutions.

“The community already knows we offer a variety of conflict-resolution services, but we also are pleased to be able to provide programs like COPE. These resources enable us to educate youth at an earlier age and equip them with skills to handle difficult situations and respond in a more positive manner to stress and conflict,” Cheeks said.

Park Place Outreach, a youth emergency shelter, provides support for troubled children and teens from Savannah and the surrounding area. It is open 24 hours a day to youth in crisis, adolescents who are homeless, young people who have been abused, runaway youth, or those who may be thinking of running away. According to Park Place Executive

Director Julie Wade, they also assist those who are referred through the Division of Family and Children Services and the juvenile justice system.

Wade had been in talks with Cheeks about possible collaboration efforts between the two nonprofit entities, and she thinks COPE is a great place to start.

“A lot of these kids come in with a whole host of challenges. They don’t have stable families, and they’ve often experienced violence and crime since the beginning of their lives, so they don’t have a lot of anger-management skills or coping skills. They just don’t have the communication skills to regulate their behavior,” Wade said. “We are trying to bring in some instruction on conflict resolution, which will help the children we

serve communicate better and regulate their emotions appropriately.”

She believes Park Place Outreach’s efforts with the Mediation Center will benefit both organizations, as well as the segments the nonprofits strive to reach and serve.

“Everyone has incentive to collaborate; it’s just getting everyone to the same table,” Wade said. “Most kids are here about three weeks, so we don’t have much time with them. But we’ll offer COPE once per month, so we should be able to include everyone. We’re excited to have the opportunity to do it.”

For more information about the COPE program or the Mediation Center of the Coastal Empire, please email Cheeks at [jcheeks@mediationsavannah.com](mailto:jcheeks@mediationsavannah.com), call 912-354-6686 or visit [www.mediationsavannah.com](http://www.mediationsavannah.com).

### The Mystery Of Essential Oils - Continued from Page 30

therefore, it helps to break up any brain plaque and reduce any inflammation that could eventually lead to memory issues. At the same time, it is very effective at preventing/delaying the symptoms of Alzheimer's.

**How to Use the Aforementioned Essential Oils to Improve Brain Health** - There are many different ways in which you can use the powerful aroma of these essential oils to improve brain power and boost your mental health. The six best methods can be found below.

**Handkerchief Method** - This is the simplest method. You just need to place 2-3 drops of the essential oil of your choice onto a handkerchief and sniff it occasionally. You can also place the handkerchief near your pillow before going to sleep. This way you can enjoy the benefits of the essential oil even when you're sleeping.

**Pot and Water Method** - Another method you can use is the pot

and water method. Simply: Place some water in a small pot; Add 6-7 drops of your preferred essential oil; Allow the water to boil; Turn down the heat and keep the pot on the burner for a couple of minutes to allow the essential oil to evaporate into the air; Aromatherapy Bath/Massage.

**For an aromatherapy bath** - Mix 3 drops of your preferred essential oil in 1 teaspoon of carrier oil (olive oil, coconut oil, or sweet almond oil); Add this oil blend to your bath tub filled with water and mix thoroughly using your hand; Enjoy this relaxing bath for 15-20 minutes, a couple of times a week.

**For an aromatherapy massage** - Place two tablespoons of carrier oil like sweet almond oil into a bowl; Mix 10-12 drops of your preferred essential oil to the bowl; Massage your forehead, temples, and back of the neck with this solution.

Essential oils may be purchased at your local specialty stores, drug stores and Amazon.



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- 9am** Pound Class Outside  
Youth Fitness Class  
Yoga on Pool Deck
- 10am** HIIT Bootcamp
- 11am** Belly Dancing  
Aqua Aerobics

### 9/16/17

- 8am** Zumba Outside
- 9am** Pound Class Outside  
Yoga on Pool Deck
- 10am** Pilates  
HIIT Boot Camp
- 11am** Belly Dancing  
Aqua Aerobics

### 9/16/17 - (continued)

- 12pm** HIIT Boot Camp  
Ladder Class

### 9/30/17

- 8am** Zumba Outside
- 9am** Pound Outside,  
Yoga on Pool Deck  
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- 10am** Pilates  
HIIT Boot Camp
- 11am** Belly Dancing  
Aerobics
- 12pm** HIIT Boot Camp  
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**WHAT:** Super Saturday Open House  
**WHEN:** September 9th, 16th & 30th  
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# Vintage Wedding Traditions We Should Bring Back!

By Rebecca Shiners and Lauren Matthews



Every time a trendy new wedding idea goes viral online, we can't help but feel nostalgic for simpler times. These wedding traditions have slowly been disappearing over the years, but we'd love to bring them all back.

While brides today still often make sure to have something borrowed, something old, something new, and something blue on their wedding days, the famous saying actually ends with "...and a sixpence in her shoe," a lucky coin traditionally given to the bride by her father to symbolize good health and wealth for the newlyweds. On Etsy, you can find cute sixpence charms.

These days, newlyweds typically head off to the after-party once the wedding ends, but we think it's time they started decking out their cars with "Just Married" signs and tin cans again. And while we're at it, let's bring back the "going away" outfit change. There's something special about sending off the bride and groom, smartly dressed for their next big adventure, as the bride throws the bouquet to her guests.

Hiding a charm inside your wedding cake. This Southern tradition dates back to Victorian times when tiny charms with ribbons attached were placed inside wedding cakes. Charms would be decorated with a fortune for the future, and guests would then pull them out of the cake in a ceremony called a "cake pull" before it was sliced and served.

Writing a letter to your spouse the night before the wedding. Traditionally, pine trees were thought to symbolize new beginnings. In places like Holland and Switzerland, couples would plant a tree at their new house as part of the ceremony for good luck. We love the idea of a bride and groom doing this together the day before their wedding to start their lives together.

Freezing a slice of wedding cake (or the entire top tier!). Nowadays, brides and grooms serve all kinds of desserts at their weddings (cookies!

doughnuts! pie!), but there's nothing more classic than a good ol' fashioned cake. It's not as common of a practice today, but it used to be very common to freeze the top tier of your wedding cake to break out and eat together on your first anniversary.

Serving a groom's cake. Embraced by the South (we all know the hilarious red velvet armadillo cake scene from *Steel Magnolias!*), groom's cakes are a tradition that was actually started in Victorian England, when there would be a wedding cake, a groom's cake (for the groomsmen), and a bride's cake (for the bridesmaids). While the wedding cake is usually vanilla, the groom's cake is a place to have fun with chocolate and other less traditional flavors. Because more cake = a better wedding.

Wearing a snake ring as a wedding band. While it may seem odd now, proposing with a ring shaped like a snake with ruby eyes was once all the rage in Victorian England after Prince Albert proposed to Queen Victoria with a snake ring featuring an emerald-set head. At the time, the coils winding in a circle symbolized eternal love.

Not seeing each other before the ceremony. Couples today often make the decision to see each other before the ceremony so they can get portraits out of the way and enjoy the post-ceremony festivities. But while the tradition of not seeing you're betrothed before walking down the aisle has some icky origins (essentially, back when marriage was considered a business transaction, this was a way to ensure the groom didn't back out of the deal), we think it makes for a more emotional experience.

At the turn of the century, wedding guides advised brides that the ideal time to marry was high noon, following the British practice of lunchtime wedding receptions. (Ever wonder where the morning suit got its name? Morning weddings!) In the U.S. today, a lunchtime wedding is a great way to save some money, too, since they're not as popular as nighttime affairs.

Hosting a simple reception. While modern weddings often involve hors d'oeuvres, full sit-down meals, dancing, open bars, and other elaborate trappings, weddings have traditionally been much simpler affairs. As late as the 1960s, couples often skipped the post-wedding reception, and if they did have one, it typically involved just cake and punch. Sounds sweet to us!



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# Eastern Equine Encephalitis Virus

By Centers For Disease Control (CDC)

Eastern Equine Encephalitis is an infection caused by Eastern Equine Encephalitis (EEE) virus, which is spread to people by the bite of a mosquito infected with the virus. Viruses that are spread to people by mosquitoes are called arboviruses. EEE virus infections generally occur during warm weather months when mosquitoes are active. EEE occurs very infrequently in people with an average of 5 cases a year reported in the U.S. The disease also affects horses and is found primarily east of the Mississippi River in the U.S. It is among the most serious of a group of mosquito-borne virus diseases that can affect the central nervous system and cause severe complications and even death. Other similar diseases are Western Equine Encephalitis, St. Louis Encephalitis, and LaCrosse Encephalitis.

The EEE virus has a complex life cycle involving birds and a specific type of mosquito, *Culiseta melanura*, which lives in freshwater swamp habitats. These mosquitoes feed only on birds; they do not feed on humans and other mammals. In rare cases, however, the virus can escape from its normal habitat in other mosquitoes that feed on both birds and mammals (including horses and humans). These mosquitoes can transmit the virus to animals and people. After infection, the virus invades the central nervous system, including the spinal cord and brain.

Infection can cause a range of illnesses. Most people have no symptoms; others get only a mild flu-like illness with fever, headache, and sore throat. For people with infection of the central nervous system, a sudden fever and severe headache can be followed quickly by seizures and coma. About half of these patients die from the disease. Of those who survive, many suffer permanent brain damage and require lifetime institutional care. Unfortunately, there is no specific treatment for EEE virus infection. A physician may prescribe medications to relieve the

symptoms of the illness. Additionally, there is no vaccine because the virus occurs so infrequently in people. (There is a vaccine for use in horses.)

Chatham County Mosquito Control routinely monitors for the presence of EEE virus in mosquitoes through trapping and subsequent testing of adult mosquitoes as well as testing of avian blood samples.

More information about EEE can be found at the following sites:

<https://www.cdc.gov/EasternEquineEncephalitis/>

<http://www.mosquito.org/mosquito-borne-diseases%23WNV#EEE>

The best way to protect yourself is to keep mosquitoes from biting you. Consider wearing long sleeves and tucking pants into socks and shirts into pants when outdoors at dusk or dawn, the time of day when mosquitoes are most active. People spending time outdoors in mosquito-infested areas can use insect repellents containing DEET.

Be sure to follow the insect repellent label directions. Try to reduce the use of repellents by dressing in long sleeves and pants tucked into socks or boots.

Children should not handle repellents. Instead, adults should apply repellents to their own hands first and then gently spread on the child's exposed skin. Avoid applying directly to children's hands. After returning indoors, wash your child's treated skin and clothing with soap and water or give the child a bath.

To reduce the mosquito population around your home and property, reduce or remove all standing water around home premises to include: water-holding containers, remove used tires which are a significant mosquito-breeding site, clear roof gutters and drain properly, remove leaf debris from yards and gardens, clean vegetation and debris from edges of ponds, clean and chlorinate swimming pools, outdoor saunas, and hot tubs, and drain water from pool covers.

Make sure window and door screens fit properly and are in good condition.



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**T. Howard Reimer Photography**  
T. Howard Reimer  
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Traci Amick, Owner / Broker  
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