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November/December 2021

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Your Community Website

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MORE great stories about the people, places and happenings from Your Community Magazine.



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ABOUT THE COVER



Shopping locally benefits the Pooler community in ways big and small. This holiday season, visit some of the wonderful shops, restaurants, and businesses right here in your own community.

We want to hear from you!
Please send your comments, questions and stories ideas to Jan@JDelSURMarketing.com.

Your Community Magazine
POOLER MAGAZINE

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LETTERS TO THE EDITOR
Write to us and tell us what you think. *Pooler Magazine* welcomes all letters to the editor. Please send all letters via email to Jan Southern at Jan@JDelSURMarketing.com. Letters to the editor must have a phone number and name of contact. Phone numbers will not be published.

ARTICLE SUBMISSIONS
Pooler Magazine welcomes story ideas from our readers. If you have a story idea or photo essay you would like to share, please submit ideas and material by emailing Jan Southern at Jan@JDelSURMarketing.com.

Stories or ideas for stories must be submitted by email. Only feature stories and photo essays about people, places or things in the Pooler area will be considered.

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SHOP LOCAL ISSUE


Jan Southern

Add to Cart. Buy Now. Free Delivery. These enticing words are perfectly crafted calls-to-action to drive you to make your purchases online. But when you do this, you're missing out.

Missing out on unique items that you can't find on big e-commerce sites. Missing out on stellar service with a smile. Missing out on the richness and the connection to our community. Missing out on buying local.

With the pandemic affecting so many small businesses, it is more important than ever to consider shopping locally.

When you choose to do business locally, your dollars stay here and benefit your community in a tangible way. When you buy local, sales tax revenues fund projects like parks, recreation facilities and roads. The profits reaped by the business also stay local, supporting other local businesses and nonprofit organizations, instead of funding a billionaire's trip to space.

I always love our annual **Shop Local** issue. It is very rewarding to get to know local business owners, hear their passion for what they do and the gratitude they feel when people choose to shop with them or use their services. This issue will give you a look at many of Pooler's can't-miss local businesses. (Be sure to check out some of my favorite local items on page 18.)

After reading this issue, I hope you stop by a local vendor event, visit a local retailer or consider a local business first before making your purchasing decisions.

There's no time like the present to start—stop by that new local restaurant you have been meaning to try, pick up a gift at that cute little shop on the corner, or try a local doctor instead of driving out of town.

Our community is special. We learn to appreciate it even more when we get involved and take the time to get to know the local businesses.

Jan Southern

CEO/Publisher
Pooler Magazine

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WHY IT'S IMPORTANT to *Shop Local*

There are countless ways that shopping locally benefits the Pooler community, but are you aware of how it helps you?

1. **Local Businesses Use Other Local Businesses:** Local businesses are more likely to utilize other local businesses such as banks, service providers and farms.

2. **Local Businesses Donate More to Their Communities:** Did you know that local businesses tend to donate more to local causes than other bigger businesses? These business owners are your neighbors and friends, so they care about the local community just as much as you do. That little league team or local charitable organization benefits greatly from healthy local businesses who want to give back to their neighbors. Keeping your business close to home is just another way that you can give back to your community.

3. **Money Stays in Your Community:** For every $100 you spend at local businesses, $68 will stay in the community. Independent retailers return more than three times as much money per dollar of sales to the community in which they operate than chain competitors. Independent restaurants return more than two times as much money per dollar of sales than national restaurant chains.

4. **Shopping Local Creates More Local Jobs:** Local businesses means more local ownership. These businesses are huge contributors to local jobs. Supporting a local business also supports the local workforce.

Easy Ways to Support Local Business

It isn't always the easiest or most convenient option to visit a local independent business rather than a large national chain that might be down the street, or even Amazon. However, there are plenty of ways you can help support your local economy in Pooler by thinking local first:

- Try the menu at a local restaurant for lunch or dinner
- Purchase a birthday present at a local gift shop
- Make a point to visit a shop you haven't been in before. Make this a weekly goal. You will be so glad you did.
- Visit a local nursery or hardware store for your lawn and garden needs
- Get your car serviced at a local mechanic
- Visit the many area Farmer's Markets or vendor events to buy ingredients for dinner or holiday decorations.
- **SHARE! SHARE! SHARE!** Almost all local businesses have social media accounts on pages such as Facebook and Instagram. Share their posts and help them get noticed.

Finally, help build good reviews for the local businesses within your community. A quick word about your great experience can go a long way for helping others decide on whether or not to try out their products or services. Thanks for your support!

Pooler Lives Up to its Tagline
EAT, SHOP, PLAY & STAY

Story by Jane Grismer

For many residents, the idea of getting it all done in Pooler seemed more like a dream than a reality. The city, however, has rapidly evolved into a one-stop shop to fulfill its commitment to become a place where you can eat, shop, play and stay.

"Pooler has it all!" Pooler Mayor Rebecca Benton said. "It's expanding with even more businesses and opportunities for our residents."

Born and raised in the Pooler area, Benton has witnessed the expansion first hand.

"Our city is progressing—coinciding with new businesses, expanding infrastructure to meet our growing needs. All this while maintaining its small-town feel. We are very proud of where we are as a city."

The mayor along with the city council work with Pooler government staff to keep it a safe and desirable place to live, work and play.

To another lifelong resident, Dana Noto, the city's transition has been extraordinary.

"I live and work in Pooler, and the luxury of being able to take care of all of my family's needs without leaving town was unfathomable just a few short years ago."

"From groceries to retail to medical care, it's all here. We used to have to travel into town (Savannah) for everything. I am very proud of where we are now as a community."

We highlighted some businesses to eat, shop, play and stay.



MISS SOPHIE'S MARKETPLACE: A TREASURE IN ITSELF



Inside Pooler's local treasure, the National Museum of the Mighty Eighth Air Force, is **Miss Sophie's Marketplace**, a business owned by Teri and Steve Bell. Not only a local favorite for lunch (Tuesday-Friday, 11:00am-2:00pm), the establishment also has a booming catering business for the Greater Pooler area.

With a British pub flair as a nod to the World War II museum's decor, Miss Sophie's prepares some of the most iconic Southern entrees (read: comfort food). Customers can select from their full menu with both Southern and British fare or can choose from the hot bar specials that are announced daily on their Facebook page.

We're approaching (one of) Miss Sophie's favorite times a year: their holiday catering and very popular to-go holiday meals. The Holiday "Take and Bake" is the tried-and-true option for customers to have dinners already prepared so they can spend more time with their families. Some have been known to bring in their own casserole dishes for Miss Sophie's to fill—a secret pact between customers and the restaurant.

In business for 16 years, Miss Sophie's Marketplace has withstood the test of time. During the pandemic lockdown, customers rallied together to keep them afloat.

"We're so thankful for the support of our Pooler family, especially during the shutdowns. Just when we were sure we would have to close the doors, they adjusted with us and kept supporting us," Teri Bell said.

"I can't even describe the generosity of this 'small town.' It was so amazing and humbling. Customers, old and new, held us up and forever endeared themselves to Miss Sophie's. I wouldn't want to do business anywhere else."

And for Pooler, Miss Sophie's Marketplace has certainly become a treasure in itself.

Miss Sophie's MARKETPLACE
(912) 330-0778
175 Bourne Ave., Pooler
/MissSophiesMarketplace

FLEET FEET POOLER: GETTING POOLER MOVING AND ON THE MAP



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www.fleetfeet.com/s/savannah/locations/pooler

For nearly 20 years, **Fleet Feet** has been the local authentic specialty running store. Gauging both the area's economic impact and the demographic of the store's growing customer base, Fleet Feet Savannah owner Mike Nadeau identified the need to add a Pooler location.

"Pooler has so much growth and excitement happening that it's a privilege to serve the community," Nadeau said. "We're excited to bring our services to Pooler and help them to get moving."

The local Fleet Feet stores have been the first stop for runners and walkers to be properly fitted for the correct shoes that align with the body, specialized apparel such as clothing made with high-performance fabric, and properly fitted sports bras for women.

It's also the hub for training, community and road racing.

The stores in Savannah and Pooler both emphasize the importance of offering training programs at no cost.

"My goal is to get people involved at all levels—whether it's off the couch or shaving time off of your PR," Nadeau said. "It's important to us and that's why we meet every runner and walker exactly where they are at. Community is the cornerstone of our business."

With local racing getting back into the groove after an unprecedented past year and a half during the coronavirus pandemic, look no further than the local Fleet Feet community calendar to promise a well-managed racing event in the area. Fleet Feet offers race management to charity organizations and adds those events to their publicized community calendar.

With races just beginning to come onto the Pooler event stage, there's no telling where running will take this city. Like the pioneer that Fleet Feet Savannah was when it first entered the area in 2002, consider Fleet Feet Pooler to be a stake in the ground, a center for runners and walkers alike, the beginning of a movement. Wish list? Putting Pooler on the national running map.

LAVISH HAIR SALON: SUSTAINABLE SUCCESS

For Melissa Mast and Whitney Figueroa, co-owners of **Lavish Salon**, the jump to business ownership in Pooler in 2015 was not only a natural decision but the best they ever made.

While working in Pooler for over 15 years, they were able to see the diversity and rapid growth within the city while connecting to the community and honing their craft. They decided it would be a great place to do business.

They weren't wrong. Their connections sustained them as they were seamlessly able to transition into business ownership with great success by offering services such as hairstyling, hair color, aesthetics and makeup.

"We have recently added an aesthetics department," Whitney said. "Our aestheticians provide a wide range of facial services for a variety of skin conditions. We also provide cosmetic services such as brow lamination, lash extension, henna brows and body sugaring, just to name a few."

Committed to sustainable beauty, they are proud to be a GreenCircle Certified Sustainable Salon, which is a system to thoughtfully and efficiently help recycle beauty waste. They also are a Davines concept salon with a product line of sustainable hair care products.

Besides beauty and sustainability, their passion is for people -- both from the customer perspective and in developing new talent.

"We are committed to elevating the beauty industry. Over the past two years we have implemented an associate program to help grow and educate career-minded stylists while maximizing their earning potential," Melissa said.

They also have a following of loyal customers that have kept their advertising budget significantly low because of word-of-mouth referrals.

"We've had customers that have stayed with us for our entire careers and they send their friends and family," Melissa said. "Of all the joyful things within our business, this, to me, is a wonderful sign of our success."



HOLIDAY INN & SUITES SAVANNAH AIRPORT POOLER: THE PLACE TO STAY IN POOLER

One of Pooler's newest hotels, the **Holiday Inn Savannah Airport Pooler**—located just off of Interstate 95 inside the Tanger Outlets—is a comfortable haven for travelers, corporate dwellers and shoppers alike.

The hotel has become a favorite for corporate stayovers, and this year has become an unofficial headquarters for group holiday shopping excursions with Tanger Outlets just steps away.

"We love seeing how travelers are creating exclusive getaways while utilizing the nearby retail outlet space," said Sheren Hinton, director of sales and marketing for the hotel.

With a full in-house restaurant and bar with many nearby dining options and just a short ride to the Savannah Hilton Head International Airport, this 104-room jewel is a great place to retreat. The hotel also houses a highly sought-out, 1,330-square-foot meeting space for corporate events and parties.



Dee Muff, General Manager of the Holiday Inn Savannah Airport Pooler, is forecasting a significant increase in room occupancy for the upcoming holiday season.

"We opened our doors to a brand-new hotel about the same time that the world shut down," Muff said. He also stated that "the upturn of the local economy and recent travel trends in our area is very promising, and we are especially looking forward to the year ahead."

He also thanks Pooler for helping to pave the way for success in the business sphere.

"Being a member of the Pooler community has created a backbone for our business that became evident during the recent turbulent times—support that we will never forget," Muff said. "It absolutely pays to do business in Pooler."

BOLD SOUL BOUTIQUE: STYLE AND PURPOSE

When you enter the doors of **Bold Soul**, an independently owned boutique in Tanger Outlets, you will find an eclectic mix of carefully hand-selected apparel items, beautiful accessories and inspirational gifts.

The items in the store are carefully curated with delicate earth tones and a rustic vibe. From the T-shirts to the paper goods, there are positive messages throughout Bold Soul that can almost guarantee to put your mind on the right path.

All of the items in the store serve a purpose. For owner Carrie Rouse, her business was born in 2015 out of a passionate entrepreneurial spirit and a love of affordable fashion and unique finds, while giving back to a greater cause.

"You can leave the store knowing that your shopping bag has a little bit of good for someone in need," Rouse said.

A portion of the sales from Bold Soul help sponsor educational expenses for almost 20 children who live in Pestel, Haiti, through the non-profit ChurchQuake International. Bold Soul also offers a variety of products that give back to other charities and various causes.

Between purpose and passion, Rouse believes that the success of Bold Soul Boutique is from the exceptional customer relationships that have been cultivated since the store opened. That, and anticipating their customers' needs.

"Our boutique releases new collections every week to ensure our customers have top-notch selection," Rouse said. "We offer in-store shopping as well as a weekly Facebook Live sale in addition to our online shopping on our website and the Shop BoldSoul app."

Whether people shop online or in store, Carrie Rouse is so grateful to have her thriving business in Pooler, Georgia.

"There has been no better community to have a successful business than Pooler—it has been an honor to become a part of it. It's been an awesome experience to see just how rapidly our city has grown and I'm excited to see where we are headed." ■





BoldSoul BOUTIQUE

SHOP WITH PURPOSE

(912) 450-0098
www.boldsoulboutique.com
200 Tanger Outlets Blvd., Unit 717, Pooler

BREWER LAND SURVEYING

Brewer Land Surveying is a full-service land surveying firm located in Pooler and licensed for operation in Georgia and South Carolina. Owner J. Craig Brewer is a licensed Land Surveyor with over 14 years of professional experience. Experience, attention to detail and customer service are the keys to the success of Brewer Land Surveying.

Although the company has grown over its 10 years in business, their focus remains on the individual customer. Craig says "We serve everyone, from the homeowner who needs a residential survey, to commercial developers and design professionals. We work with architects, engineers, attorneys, real estate professionals and mortgage companies. No job is too small for us."

Their areas of focus include Commercial and Residential Land Surveys, Topographic and As-Built Base Map creation, ALTA-NSPS Land Title Surveys, as well as FEMA Flood Elevation Certificates, Boundary Surveys, Foundation Surveys, Subdivision Plats, GPS Control Points, Route Surveys, Wetland and Marsh Jurisdiction Line Mapping and Aerial Photography Control.

"Every survey is unique to the property and environmental factors surrounding the property," says Craig, "and because we have the experience, we know what to look for and how to manage complex issues."

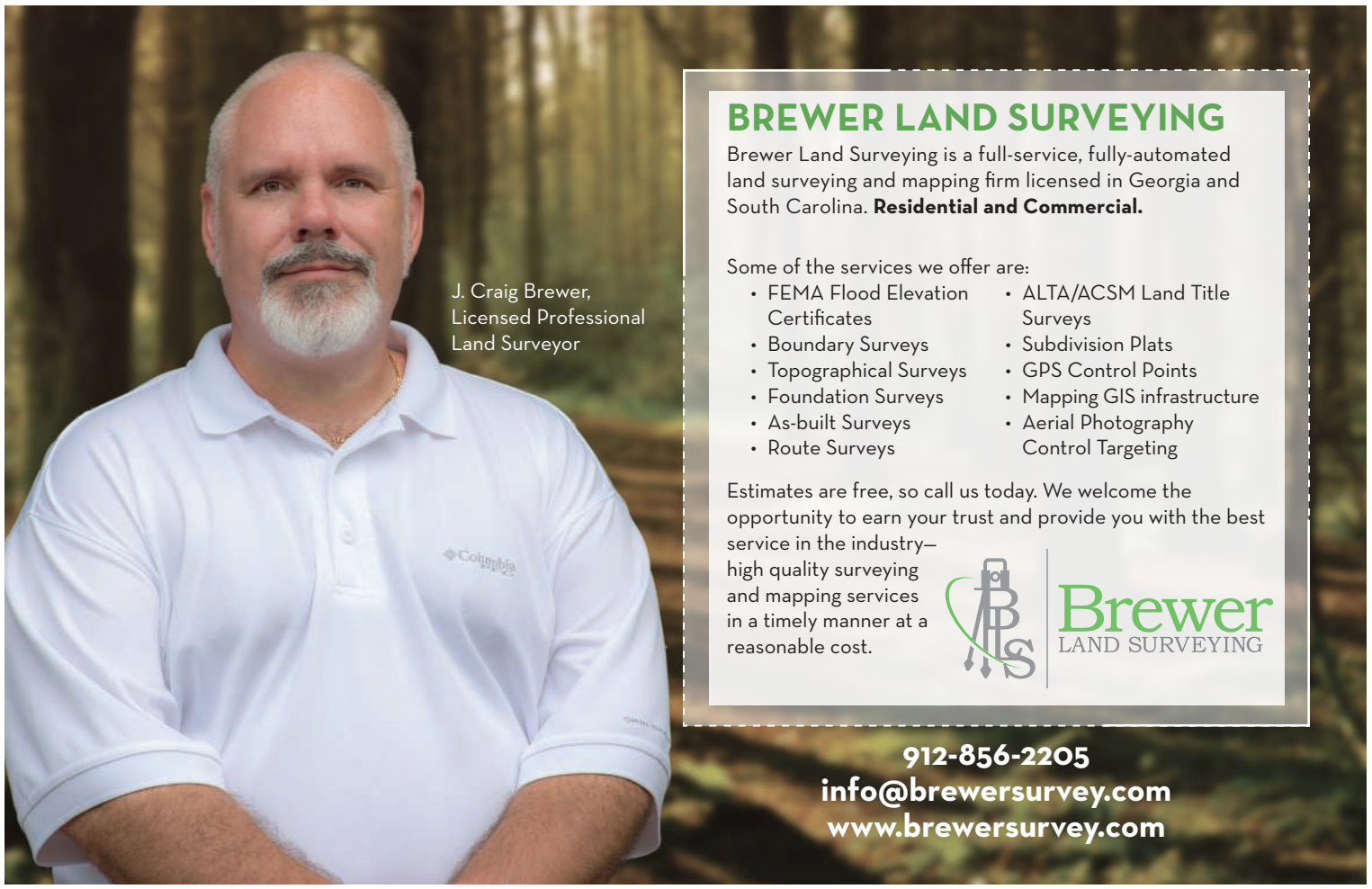
FUN FACT- Three of the four U.S. Presidents on Mount Rushmore were land surveyors. George Washington, Thomas Jefferson, and Abraham Lincoln surveyed colonial or frontier territories prior to serving office.

Craig and his team at Brewer Land Surveying are ready to work with you on your project, residential or commercial. "Please contact us to discuss your needs. There is no charge for estimates," says Craig, "We welcome the opportunity to earn your trust and provide you with the best service in the industry."

J. CRAIG BREWER

Craig is licensed as a Professional Land Surveyor in the states of Georgia and South Carolina. Craig has over fifteen years of experience as a land surveyor. His areas of focus include Commercial and Residential Land Surveys, Topographic and As-Built Base Map creation, Construction and Industrial surveys, and ALTA-ACSM Land Title Surveys. Craig has also written product reviews for *Professional Surveyor Magazine*.

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It's Fourth Quarter...There's Still Time

Fall is here. This is my absolute favorite time of year. I grew up in Cincinnati and fall is beautiful there—I have the fondest memories of falling into piles of leaves after hours of raking, performing at halftime at high school football games and drinking hot chocolate from a Styrofoam cup in the bleachers. The leaves changed to the most beautiful colors. The air became a bit frosty but there were still many warm days as well. I loved fall, but there was also a little sadness at the impending cold weather, shorter days, dark nights, and inevitable snowfall. It always made me a little sad.

Now that I live in South Georgia, fall is beautiful in a different way. I am happy with the cooler weather, changing leaves, an abundance of hay bales and—of course—pumpkin spice flavored everything. Ohio can keep the snow!

The changing colors of fall can also be a catalyst for personal and professional reflection. For me and my business, this is the time of year I take time to assess whether I am achieving my goals. I don't wait until December to check in with my goals and see if I can be satisfied with what the year brought. I don't set a New Year's resolution in hopes that I will do better next year. There is still time—this year—to achieve more. Even though the holiday season can be hectic, it's still a good time to implement new habits to carry into the new year.

This applies to goals and milestones in our personal lives, careers, or businesses. Use November and December to assess where you are and work to finish the year strong.

Are you on track to hit your goals for the year? If so, great! Maybe it's time to raise the bar a little. Stretch yourself, your family or your work team and see what else you can achieve before the New Year ball drops.

If you find you're going to fall short of your goals, don't despair. It's okay to be honest and acknowledge that you may not have achieved all you hoped. Adjust your goals so you can finish the year with some forward momentum. Then take that momentum and carry it into your battle plan for 2022.

With just two months left in the year, narrow your attention to the activities that will bring you the most results in the short term. If you run a local business, consider running some promotions or partnering with other businesses to have a holiday open house. If you've gotten complacent with your fitness regimen, carve out some time to hit the gym and rebuild a routine. There's no time like the present to begin.

Be sure to set aside some time to understand why you missed the mark and how you will overcome this shortfall next year. Here's a few prompts to get you started:

- *Did you do what you said you were going to do?*
- *Did you keep goals in mind every week of every month of the year?*
- *What obstacles got in the way (Pandemic anyone?)*

Take your answers to these questions and use them as you plan for next year. Set weekly goals with tasks to be completed each day that will move you toward success by year's end. To keep yourself accountable, be sure to document them, whether you use an analog planner or a web app.

We've all had a challenging year. It will feel much better come New Year's Eve if we can feel some sense of accomplishment about the positive things achieved in 2021.

For more business information and tips, visit our blog at **JDelSURMarketing.com/blog** or listen to our local podcast at **JDelSURMarketing.com/podcast**.



The Publisher's PICKS

Here are just a few of my favorite items from around Pooler! I hope you enjoy these special products and can share them with someone this Christmas.

1. 25 mg Hemp Peach and watermelon gummy rings (100 count, $150) 2,000 mg award winning topical cream $135. **Facebook: / YourCBDStoreRinconGA**
2. Rosehip and Jojoba Glow Serum 1oz ($25), helps inflammation and sun damage, hyperpigmentation, reduces wrinkles and promotes a healthier glow. **MySkynProducts.com**
3. Merle Norman Cleansing Cream ($19). **MerleNormanStudio.com**
4. Cuticle oils ($9 each) and gift cards in any amount for The Nail Lounge. **TheNailLoungePooler.com**
5. Fall/Winter Double Sided Door Hangers ($65). **Facebook: /blossomsandbloomswreaths** or **Etsy: etsy.me/37CA46m**
6. Naturally Fabulous Skincare and handmade soaps **EllenClaireSoapery.com**
7. Volume shampoo ($28), True soft argan oil ($31), and Styling spray ($16). **ChristieWilsonSalon.glossgenius.com**
8. Savannah Moss Co. homemade Mint Julep clay earrings ($32). **SavannahMossco.com**
9. Mo' Southern Coffee in Regular, Dark Roast, Decaf and Flavored Coffee ($12). **MoSouthernCollection.com**
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Are You Concerned About Your Baby's Head Shape?

Babies are prone to developing flat spots on their head because their skull has not fully hardened and are composed of several soft, flat bones that are not yet fused together. Because newborns have limited head control, they are susceptible to having extra pressure on their head leading to flat spots. The two most common diagnoses associated with flattening of the skull include plagiocephaly and brachycephaly.

- **Plagiocephaly** –Flattening of the side of the skull commonly related to baby lying on their back with head turned to side
- **Brachycephaly** – Flattening of the back of the skull commonly related to baby lying on their back for too long

If plagiocephaly/brachycephaly is not treated early, it may lead to facial asymmetries that include: uneven eyes, uneven ears, and a jaw shift. Facial asymmetries and plagiocephaly/brachycephaly may be associated with Torticollis (muscle tightness in the neck which may present with a lean to one side or rotation to one side).

How Can Physical Therapy Help?

Physical therapists are trained in evaluating, assessing, and treating postural abnormalities that are associated with plagiocephaly and brachycephaly. We use our skills to assess muscle development, head shape, facial asymmetries and developmental milestones. The following will be completed during evaluations and treatments in order to provide the best care and resources for you and your child:

1. Educate on how to position your baby throughout the day to prevent further flattening
2. Provide tips and tricks to improve tolerance to tummy time in order to decrease pressure on your baby's head
3. Assess for Torticollis and muscle development. We can provide safe stretches if there is a lack in mobility
4. Assess gross motor development to ensure your baby reaches the appropriate milestones
5. Monitor skull shape to determine if an orthotic (such as remolding helmet) is needed

The best outcomes for improving head shape and posture occur when intervention is started early, preferably by the age of 3-4 months. The earlier you seek intervention, the more time there is to provide education related to positioning, stretches, posture, and motor development. Older infants are often on the move, which makes providing stretches more difficult. They also may develop compensatory patterns or asymmetrical movement patterns, which can be prevented with early treatment.

How Can I Prevent Plagiocephaly and Brachycephaly?

Flattening of the skull can occur during pregnancy or following birth. The following are some ways that you can prevent potential flattening of the skull after birth.

- Implement tummy time as soon as possible. This allows your baby to improve muscle strength while also reducing pressure on their head. Supervised tummy time during waking hours is a great way to interact and play with your baby.
- Limit time spent in "containers," such as car seats, bouncers, swings, and strollers. These "containers" limit their movement which can lead to flattening of their skull.
- Frequently change the position of your baby throughout the day. This will prevent them from developing any preferences while also allowing them to interact in new ways within their environment.

If you are concerned about your baby's head shape, please reach out and come see us at Chatterbox. We are happy to assess your concerns and develop a plan to assist you and your child.



FOR MORE INFORMATION related to your child's fine motor development, use this QR code to check out our FREE developmental checklist.

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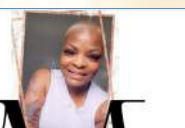
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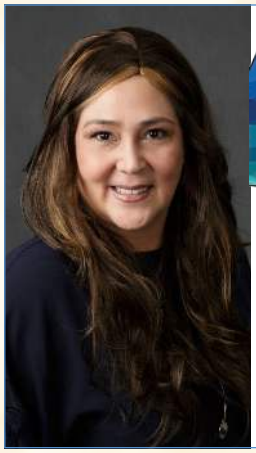
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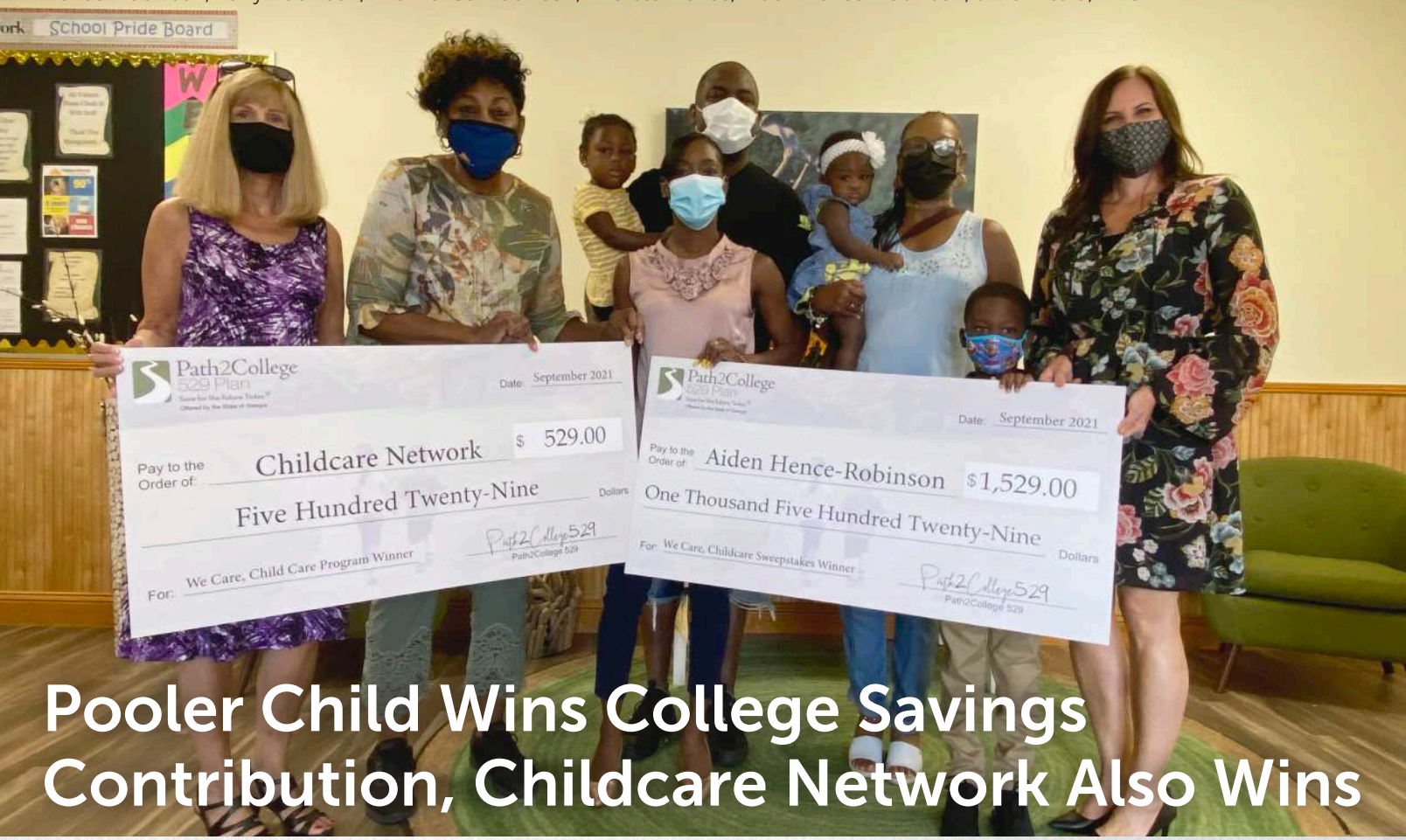
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Left to Right: Lynn Riley, Georgia Student Finance Commission; Ernestine Riley, Childcare Network; Aubrey Hence-Robinson, Adrienne Hence-Robinson, Terry Robinson, Aria Hence-Robinson, Theresa Hence, Aiden Hence-Robinson, Jill O'Meara, DECAL



Pooler Child Wins College Savings Contribution, Childcare Network Also Wins

Aiden Hence-Robinson, a five-year-old from Pooler, is now one step closer to achieving his dreams. Hence-Robinson was one of four statewide winners of the We Care Child Care Sweepstakes, and he was awarded $1,529 for his college savings.

"We are firm believers that proper planning prevents poor performance. There is no better time than now to start planning and preparing for our children's future. Winning this sweepstake is a great investment into Aiden's future," said Adrienne Hence, Aiden's mom.

This is the sixth year that the Path2College 529 Plan and the Department of Early Care and Learning's (DECAL) have held the sweepstakes to encourage families to explore the resources that are available to help them plan for higher education costs.

"The sweepstakes stimulates parents and grandparents to focus on saving for college. Prizes give a child a head start on their college savings, and also provide their childcare facility with resources to better serve children," said Georgia Student Finance Commission President Lynne Riley.

Hence-Robinson's child care, Childcare Network, received $529 as part of the sweepstakes.

"We are incredibly proud of Aiden for winning the We Care Child Care sweepstakes in the South East Region," said Sally Hardin, Region Director for Childcare Network. "As an early childhood education company, we work to positively shape our children's early learning and love to see opportunities available—like the Path2College 529 Plan—that help positively impact their future learning. Our mission is to give every child a great start in life, and the $529 we will receive thanks to this program and Aiden will go a long way in supporting our school and the families in our care."

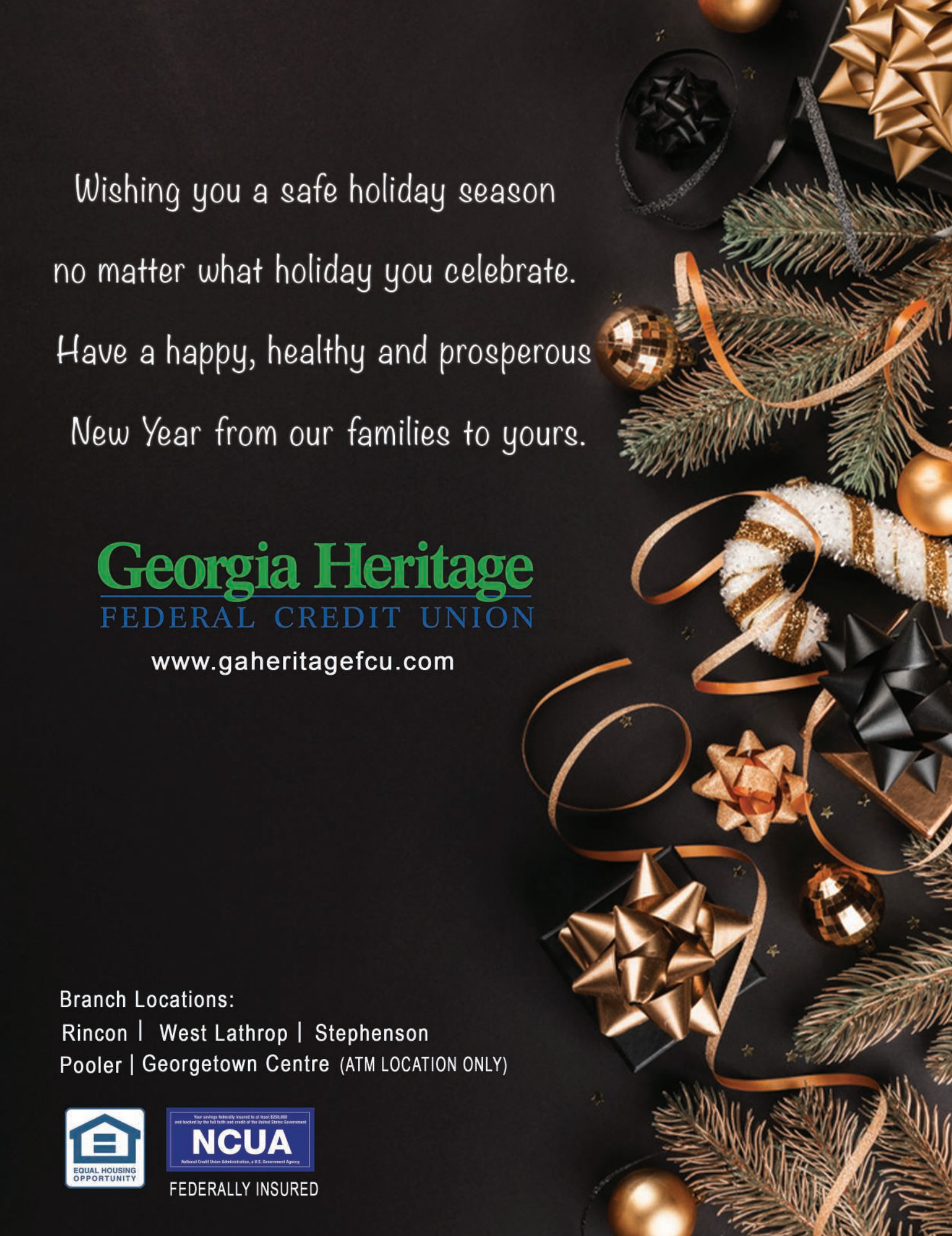
The We Care Child Care Sweepstakes has awarded nearly $60,000 to children and childcare facilities in the past six years.

"I congratulate the winners of this year's We Care, Child Care sweepstakes: the families AND the child care providers where the winners are enrolled in care," said DECAL Commissioner Amy M. Jacobs. "DECAL and the state's child care programs help prepare children academically and Georgia's Path2College 529 Plan administered by the Georgia Student Finance Commission helps prepare families financially to ensure that children's academic and career dreams can come true."

For more information about the Path2College 529 Plan or to open a college savings account, please visit www.Path2College529.com or call (877) 424-4377.

To learn more about the Path2College 529 Plan, its investment objectives, tax benefits, risks, and costs please see the Plan Description at path2college529.com. Read it carefully. Investments in the Plan are neither insured nor guaranteed and there is the risk of investment loss. Check with your home state to learn if it offers tax or other benefits such as financial aid, scholarship funds or protection from creditors only available for investing in its own 529 plan. Consult your legal or tax professional for tax advice. If the funds aren't used for qualified higher education expenses, a 10% penalty tax on earnings (as well as federal and state income taxes) may apply.

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10 SWEET TOOTH TIPS



My husband and I were grocery shopping the other day and I noticed something. It dawned on me that it's that time of the year again. The season of sweet tooths! I see all the shelves packed with candy ready for Halloween. You know kids love candy. And parents, we can't deny diving into our kids' candy bags from time to time. And what's coming next? Thanksgiving and Christmas right around the corner. And we know all about those Little Debbie's Christmas tree cakes.

So in this article, I want to give you my **10 SWEET TOOTH TIPS** to follow during this sweet tooth season:

1. **SPACE EATING YOUR CANDY CORNS AND LITTLE DEBBIE CAKES PREDOMINANTLY DURING MEALTIMES**. This will allow enough time to pass for your saliva to do its job neutralizing all the acids from eating.

2. **PAY ATTENTION TO HOW MUCH YOU EAT**. You have to think of your mouth as a machine. The more you use it, the more parts are likely to break on it. Occasionally, you're going to have to repair some parts, but why not save what you can, when you can?

3. **BE MINDFUL OF THE CONSISTENCY OF THE FOODS YOU EAT AS WELL**. Caramels and taffys are very sticky and are known for pulling out fillings and crowns. Hard foods like almonds and candy canes are hard by nature and by force can break teeth. Soft foods like breads and cakes can inadvertently cause teeth to break as well. I see this all the time in our dental practice, especially around the holidays. So be careful guys and gals.

4. **IF YOU ABSOLUTELY LOVE CANDY AND ALWAYS HAVE TO HAVE IT, AT LEAST CHOOSE SUGAR-FREE CANDIES WITH XYLITOL**. Xylitol actually fights cavities by arresting the activity of the Streptococcus mutans bacteria that causes tooth decay. Xylitol gums are great because they stimulate salivary flow which is great for neutralizing acids and xylitol acts on stopping the bacteria. My personal favorites are Dr. John's xylitol candies (www.drjohns.com) and Mentos gum.

5. **TRY NEUTRALIZING THE ACIDS IN YOUR MOUTH FREQUENTLY THROUGHOUT THE DAY**. For a quick organic solution of neutralizing mouthwash, mix 1 teaspoon of baking soda with 2 cups of water. The main thing is to reduce acid wear.

6. **TRY TO BALANCE OUT THOSE EXTRA CALORIES WITH EXERCISE AND A NUTRITIONAL DIET**. Exercise is the best medicine. It's natural and prevents depression, diabetes, high blood pressure and obesity.

7. **OF COURSE MAKE SURE THE LAST THING YOU DO BEFORE GOING TO BED IS FLOSS THEN BRUSH YOUR TEETH USING A FLUORIDATED TOOTHPASTE**. The act of brushing will remove the remaining bacterial plaque buildup on your teeth left from the day, and the fluoride acts as a protectant sealer and makes the teeth stronger, further protecting the teeth from acid wear.

8. **ALSO MAKE SURE YOU'RE UP TO DATE WITH YOUR REGULARLY SCHEDULED DENTAL CLEANINGS**. Professional cleanings help maintain the health of the oral cavity. Keep in mind, your oral health is directly connected to your systemic health.

9. **IF YOU DO EXPERIENCE ANY SENSITIVITY OR "ZING" IN YOUR SWEET TOOTH, THAT IS NOT A GOOD SIGN**. You should see a dentist right away. You are experiencing sensitivity due to a problem, and the tooth is letting you know.

10. **IF YOU DO EXPERIENCE A TOOTHACHE DURING THE SWEET TOOTH SEASON AND YOU CAN'T GET TO THE DENTIST RIGHT AWAY, TRY PUTTING TINY DABS OF CLOVE OIL ON THE TOOTH** along with using and alternating between Tylenol and ibuprofen every six hours for pain relief. Be careful with the clove oil. It's very strong in smell and can cause chemical burns to the gum tissue.

No one wants to have a dental emergency during memorable moments. So hopefully my 10 tips will help you have a pleasant sweet tooth season. Y'all enjoy! #LoveToSmile

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The Greater Pooler Area Chamber is in the people business, and we are committed to nurturing positive relationships within the city so that we all prosper.

We invite you to visit PoolerChamber.com for information on upcoming events, new members and more. We are once again offering great networking events, fundraisers, workshops and other activities—all targeted to support local business and improve economic development while protecting and promoting our member businesses in the local community.

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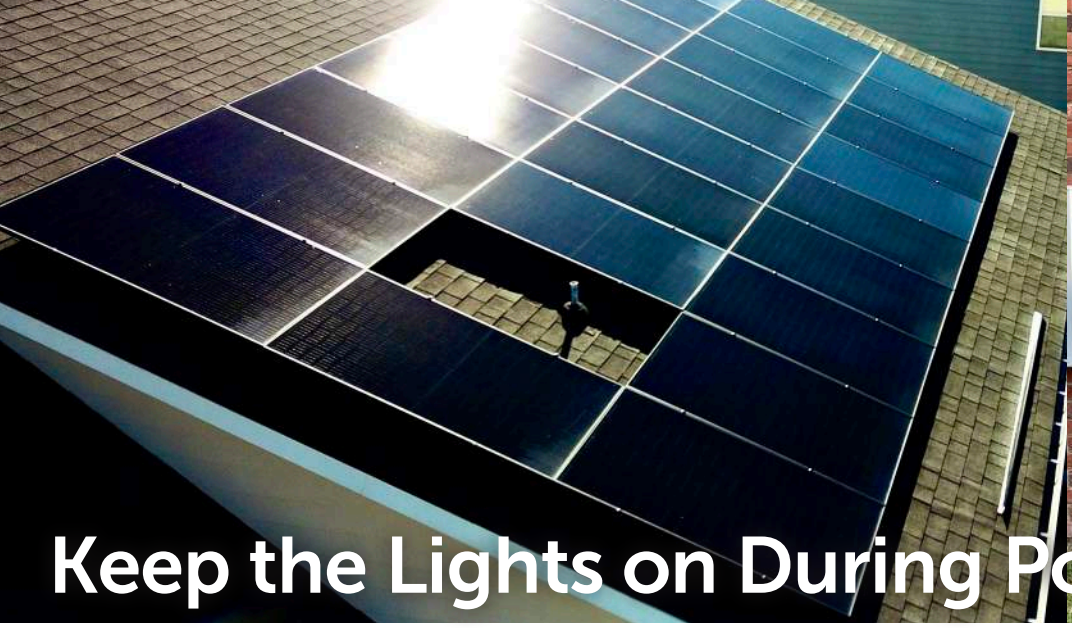
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THE FRONT PORCH BY THREE TREE COFFEE

Come for the Coffee and Stay for the Fun

Story by Walinda P. West
Photography by Jonathan Chick

A stroll along the 200 block of West Collins Road in Old Pooler reveals a mixture of mostly small, one-story, tidy homes that overlook the city's municipal offices.

At the end of the block at 215 West Collins—between a red brick home and the stately white house that serves as home to the Greater Area Pooler Chamber of Commerce and Visitors Bureau—sits a white clapboard farmhouse with its green metal roof, matching green shutters and a wraparound porch that invites guests to sit and stay a while. The house is home to The Front Porch By Three Tree Coffee Coffeehouse—or The Front Porch, as it is better known. The Front Porch is believed to be the only independently owned coffee shop in Pooler.

Once inside the front door of the 2,026 sq. ft.-house-turned-coffeeshop, the smell of freshly brewed coffee greets its brew-craved customers. Before the pandemic, most of the front of the store was filled with a long communal table and ample seating throughout that encouraged customers to sit together and mingle.

These days, though, the layout and seating have been modified to accommodate a new reality—social distancing—with a clear open space that leads to the coffee bar where baked goods can be purchased and specialty drinks are made to order.

While in-store dining is possible, seating is spare and strategic, mostly around the perimeter of the store. For coffee drinkers who want to stay for an hour or even the day, wifi is available. Board games also are at the ready in an adjacent room and a kids' room is in the back of the house for families who want to enjoy coffee while keeping an eye on their children; another room can be reserved for special events or meetings.







The store's wraparound front porch—its namesake—is one of the most popular hangouts and is filled daily with guests enjoying the outdoors at a table or a picnic table on the side lawn.

"I want everyone to feel invited in," said Heather Taylor, a co-owner of the coffeehouse. Taylor, one of five owners of the business, took over The Front Porch nearly two years ago after the previous owner moved out of state; the partners kept the name of the shop.

This is the third venture for Taylor and her partners, who also run similar businesses: a flagship store, Three Tree Coffee Roasters in Statesboro and Three Tree Coffee Roasters at Georgia Southern University in Statesboro. All three businesses share the same ethos: "Empower Farmers, End Human Trafficking and Engage the Community." Labor exploitation is pervasive among the coffee and chocolate industries.

The Front Porch, under the Three Tree Coffee Roasters' ownership, opened two weeks before the pandemic shut down the country and forced coffee shops nationwide to close or reduce hours or staff. Taylor said the businesses worked together to keep each other afloat.

According to the National Coffee Association, which tracks coffee trends in and out of the home, COVID-19 drove record coffee consumption at home, with 85 percent of coffee drinkers having at least one cup at home (up 8 percent since January 2020) and average daily consumption steady at nearly two cups per capita. The association said more Americans (nearly 60 percent) choose coffee each day than any other beverage, including tap water.

While enjoying new home coffee routines, about 35 percent of Americans said they miss their favorite coffee businesses and beverages. Nearly half of Americans (48 percent) are already returning to coffee shops, like The Front Porch.

"The COVID-19 pandemic has kept many people at home for the better part of a year, and the latest 'Atlas of American Coffee' (a report produced by the organization) shows they took their coffees with them," said William "Bill" Murray, NCA President and CEO. "In fact, we've seen Americans embracing their new coffee routines, experimenting with new coffees, and even trying to replicate their favorite beverages at home. Now, with light at the end of the pandemic tunnel, many Americans are also returning to their favorite coffee businesses or plan to," Murray added.


THREE TREE
COFFEE ROASTERS
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Taylor said The Front Porch is still holding its own and is enjoying a loyal following based on social media recommendations and long-time customers who appreciate the welcoming atmosphere and down-home feel of the place.

On Facebook, the shop has nearly 6,000 followers and more than that in likes. On the popular websites that offer reviews—Yelp and Google—the shop has a near-perfect rating with most commenting as much on the coffee as everything else including the coffee artistry and the pictures on the wall.

Graydon Sheperd has been a customer of the Front Porch Coffeehouse for three or four years, he said. Sheperd was first introduced to the store when he lived in Pooler, but has remained a loyal customer, even though he has since moved to Savannah where he has dozens of coffee options.

"You can get coffee anywhere, but this place is special," Sheperd said. He said he makes the 15-20 minute trek to The Front Porch, where he knows each of the staff by name and they know him and the coffee he likes. "It's a welcoming environment here and you can sit here for hours."

On a fall morning, Sheperd was conducting job interviews at the coffee shop for staff for a new dental practice he will manage in the area. His interviews were set for 10:30, 11:30 and 2 p.m., at a small table in one of the side rooms in the coffeeshop. Each candidate, he said, is offered a coffee drink of their choice while Sheperd orders his regular house brew. "I can't say enough about this place. It is truly a welcoming place. I truly do love it and want it to be successful," he added.

While the key to success is the warmth customers feel when they walk through the door, Taylor said having customers linger has an added bonus: more sales.

"People first and business second," she said.

> *"The businesses share the same ethos: Empower Farmers, End Human Trafficking and Engage the Community"*

The Front Porch has garnered a following for its unique drinks with names like The Philospoher's Cup—a chocolate, caramel and toffee nut latte; the Flower Girl—a lavender and vanilla latte; and That's my Jam—a white chocolate and blackberry latte. The Philosopher's Cup is the most popular drink, Taylor said. "That's the coffee that pays the bills," she joked. She estimates she sells between 50-60 of that drink a day with lattes, in general, the most ordered.

The vanilla latte is the drink of choice for Tracy DuBois and her business partner, Heather Jackson, who frequently order the drink during their visits to the coffeeshop. The pair, who co-own WW Drayage Company, also use their visits to conduct finance and business meetings. "They stole us from Starbucks," DuBois joked.

Taylor attributes the coffeeshop's success to personalized service. She said she and The Front Porch staff make it a point to remember customers' names and drinks as much as they can, and when there are customers they haven't seen in a while, they want to know why.

"The moment you walk into The Front Porch in Pooler after nearly eight months and they are like, 'Good Morning, Marcus,' said Marcus Kevin Thompson, a poster on the shop's Facebook page. "The drive from Richmond Hill to Pooler was worth it for the amazing coffee alone, but man do they know how to make you feel valued."

Based on a Pooler Chamber of Commerce estimation, The Front Porch is one of six coffee establishments in Pooler, including Starbucks, Dunkin' Donuts and Just Love Coffee Café.

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POOLER Happenings



Pooler Carwash celebrated its groundbreaking ceremony on October 19









Up bright and early on a chilly October morning, participants ran in the inaugural YMCA of Coastal GA - West Chatham Branch Monster Dash 5k run and the 1/4 Kids Fun Run. All proceeds supported the West Chatham YMCA's Annual Campaign.

On October 16, Goshen Park Commercial Center celebrated fall with Octoberfest, featuring music, vendors and food trucks. The event was sponsored by Your CBD Store and *Effingham Magazine*.









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CARTER'S CORNER

ADVICE FROM A DOG'S PERSPECTIVE



FOOD BOWL OR FOOD CARPET

Dear Carter,

I don't know why I have this compulsion to take a piece of food from my bowl and carry it to a rug or carpet to eat it. I know this isn't what my human wants me to do because she always wants to clean up after me. Some of my buddies at the dog park tell me they do the same thing. Some of them like to carry their food to where their humans are—like the living room but some just chomp it down right there at bowl. Is there something wrong with us?

– Travis, Pooler

Dear Travis,

Ah...such are the mysteries of dog life. Once again my crack staff and I used extensive barking sessions with canine focus groups as well as the Dognet to track down an answer. Some animal behaviorists point to the primal instinct left over from wolves, our closest cousins, and a need to remove the food to a safer place so we can eat it without fear of it being taken. Some dogs may even eat smaller pieces at their bowls but carry larger ones away, since they may have to set these down or part of the piece may drop when they bite it and other dogs could take the food.

Other experts suggest another wolf heritage-based idea that eating is a communal event for the members of a pack. A dog may carry the food from the bowl in the kitchen to the living room or any room where your human may be. In this instance, it is the dog's tie to it's human as a member of the pack; the dog wants to eat in the comfort of the group.

In our interviews, however, many dogs expressed concern about our queries and the whole "humans need to know" problem. Just enjoy our eccentricity, they say. Many respondents said we work from instinct and often seem to be doing things for different reasons than humans.

"Of course we do things different from humans," one interviewee barked. "We're dogs! Many of us live for the moment. Others have trepidation about our every action. Let us be...dogs."

So I guess the best answer for you to tell your human is while these exercises in looking into the mind of a dog are fun (even this column), remember we're dogs and we do dog things.

One note: If any of you guard your food and food bowl or act aggressively toward anyone or anything that gets near your food, you need help. This is indeed an unwanted behavior and can quickly cause trouble for everyone involved. Some training from an expert can help you overcome your problem before it causes you, or some human you love, pain.

MIXED SIGNALS IN DAVIE

Dear Carter,

I just passed basic obedience and I'm very proud. But I'm also confused. When my mom finds me on the sofa she always shouts, "Down!" But I'm already "down," as in lying down. So I just look at her. Then she gets cross and shoos me off the furniture. What am I doing wrong?

– Crosby, Rincon

Dear Crosby,

Let me assure you, you are indeed doing nothing wrong—at least when it comes to this situation. Being a well-read (and well-bred) dog, I am reminded of what one of my favorite authors, Antoine de Saint Exupery, had to say, "Language is the source of misunderstandings." It might sound silly to us, but humans often forget that dogs don't speak English—or any other human language.

Humans generally train us to respond to a sound. They call them words. It can be "banana" or "noodle" or "down." Once we associate the sound with what is being required of us, we will then respond, pretty much, to that sound with a specific action. We don't really know what the word means, just what we should do in response to hearing it.

This is why it is useful for humans to use distinct commands for different actions. In this case, you hear ''down" and you respond—correctly and as you have been trained—to lie down, be it on the sofa, the floor or wherever you might be. Your mom, unfortunately, is using an alternate meaning of the word, a nuance that we dogs don't pick up on.

It would be useful for her to work with you to teach you "off" and that "off" means to get "off" the furniture. Or she could use ''floor" or even "bamboo" if she wants to.

Unfortunately if she continues to use "down " to try to get you "off" the furniture, you'll soon be so confused you won't respond to "down" properly as you were first caught.

Let's hope your mom reads this! 🐾



WONDERING WHAT MAKES YOUR PET TICK? Carter is an expert! Email your questions to Info@JDelSURMarketing.com.

Do You Know Your Breed?

So you are thinking about getting a dog but not sure if you should get a pure breed or a mixed breed. Here are the advantages and disadvantages of each.

Purebred

Purebred dogs have predictable physical characteristics; however, some of these characteristics have variations even within the same breed of dog—of which coat type, color and size are but a few. These characteristics can be manipulated by a skilled breeder who understands genetics and how one dog's genes will combine with another's to produce a particular breed standard.

The temperament of a purebred is fairly predictable based on the genetics of the dog. Depending on whether you want a friendly dog, an aloof dog, a high-energy dog or a low-energy dog, you should search for a breeder who has proven they can consistently produce such dogs. A temperament that is genetically based can be difficult to change. Working behaviors, such as chasing things, digging holes, herding or hunting can be a nuisance to some people and can be hard to change.

If you don't have the knowledge or education to manage breeds with these behaviors, you might want to reconsider your choice of breed. But remember that all dogs are individuals, and some purebreds may not have the temperament and behavior typical for their breed. You can avoid this pitfall by not acquiring any purebred puppy unless you can see both parents. A dog that falls outside the norm for its breed typically has one parent that also falls outside the norm.

With regard to overall health, purebreds are prone to problems. Bone and joint disorders, eye diseases, heart disease, immune system diseases, epilepsy, skin diseases and cancer are just a few. Over 300 genetic health defects have been documented in dogs, and in many purebreds the incidence of defects is extremely high. Some of the reasons for this include a limited or closed gene pool. Without the introduction of new and unrelated genes, loss of genetic diversity will occur.

This is happening right now with purebred dogs. Many are bred for a detailed standard of appearance to meet requirements of organizations such as the American Kennel Club (AKC). Show breeders limit the gene pool even more by rejecting breeding stock that might be healthy and good-tempered, but cannot provide genes for a particular trait, such as the shape of the ears. Breeding the same champion dogs over and over also floods the breed not only with the same sets of good genes, but also with the same sets of bad genes.

Basic laws of genetics show that if a dog has a defective gene for a particular trait, this trait may be recessive but if this dog is bred with another dog with the same defective gene, this trait will now become dominant. Some dogs are bred for unnatural traits. Breeds with short faces such as Bulldogs and Pugs are sweet dogs but can't breathe normally. Breeds with long bodies, such as Dachshunds, are prone to crippling back problems and paralysis.

There are many websites that list the congenital problems associated with particular breeds of dogs. In addition, several pet insurance companies use lists of congenital purebred problems for exclusion from coverage. Kirk's Current Veterinary Therapy is a specific veterinary textbook that lists the inherited problems often used on these exclusion lists. Your veterinarian can help you identify breed-specific congenital problems, before you choose a particular breed.

Hybrid

Another type of dog that has become more popular lately is the "hybrid" dog, or what is now commonly referred to as the "designer" dog. A hybrid is not a breed; the term means it is a mix of more than one purebred dog. Examples of the more common hybrids are:

Cockapoo - Cocker Spaniel/Poodle
Labradoodle - Labrador/Poodle
Pekepoo - Pekinese/Poodle

Some of these are crosses of purebreds that share similar health problems. This means the same defective gene could come over from both parents and pair up in their puppies.

Someone may choose a Labradoodle because they want certain traits of the Labrador and the lack of shedding of the Poodle. Unfortunately, you may not get the traits you want from each specific breed and you will still get some of the other characteristics of



each breed whether you want them or not. Some of these hybrids are inbred just as much or more than purebreds. If the supply cannot keep up with the demand of a particular hybrid, some breeders may have only a few dogs that they keep interbreeding.

Mixed Breed

Most non-purebred dogs have good genetic diversity which tends to promote overall health. Because their genes are usually unrelated, the chances are good that the parents of a mixed breed puppy did not both have the same defective genes. You will seldom find a mixed breed dog with an elongated body, a face as short as a Pug or as tiny as a Maltese.

With a mixed breed dog, the extremes of temperament and behavior often seen in purebreds are less common. Because their temperament and behavior is more "middle-of-the-road", non-purebreds tend to be more flexible and often adjust more easily to a greater variety of households and living conditions.

With mixed breed dogs, you can't predict the appearance or behavior of any one puppy. This is because a mixed breed is not necessarily a purebred mix like a hybrid. It is more likely that a mixed breed dog is a product of two other mixed breed dogs. He might even be the product of many generations of mixed breeding. So, unless you know for sure that a puppy had purebred parents, trying to guess what breeds are in him may be entertaining but, at best, inaccurate.

DNA

DNA testing to test for some genetic diseases is just beginning, to determine with certainty whether a dog has or carries or is completely clear of a specific disease. Currently, this DNA testing is limited to identifying only a very few diseases and only for a few breeds. Although it could help identify certain diseases, it wouldn't eliminate genetic disease from purebred dogs because of the current breeding practices. A continuing loss of genetic diversity leads to a less healthy, less resistant animal.

Do not make your decision about which dog to adopt based on guesses of which breeds are in him, even if you know the parents of the mixed breed dog very well. What you see on the outside often doesn't reflect the true genes on the inside. There is a DNA test available in a home kit available which can identify up to 38 specific breeds of dog. This test is not intended to identify genetic diseases but to fulfill your curiosity about your dog's inherited gene pool.

Mixed or Purebred

With all the problems purebred dogs are facing, you might not be getting a better dog no matter how much money you spend. Finding the right breeder who asks the right questions about the type of dog, disposition, use of the dog and environment it will live in is critical. Truly dedicated breeders will not sell a puppy to just anybody. They want to make sure you know what you are getting and if it will be the right choice for you. A responsible breeder is not doing it for the money; they are breeding dogs because they truly care about the breed.

Rescue organizations and shelters will also be identifying the right dog for your family and environment if you decide to adopt. High-end pet stores selling pure bred and designer dogs are in it for the money and buyer beware. If you spend a lot of money at a pet store or from the wrong breeder, be sure you have extra money put aside for the potential health problems that are sure to pop up long after you purchase the dog.

To help eliminate uncertainty, a solution may be to look to adopt an adult dog that already has the appearance, temperament and behavior you seek. It is important to understand that all dogs are individuals, regardless of their heritage. Because dogs are such individuals, purebred and mixed breed dogs can only be compared in general terms. If you put a mixed breed dog next to a purebred dog, either may be more beautiful, more intelligent, healthier and the very best choice for your family.

Please consider adopting a dog from a local rescue like those listed in *South Georgia Pets*. Many purebred and mixed breed dogs are available for adoption and make wonderful, loving additions to your family.

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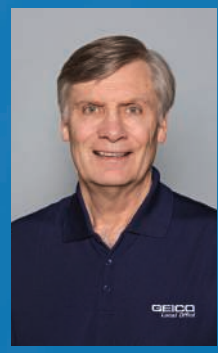
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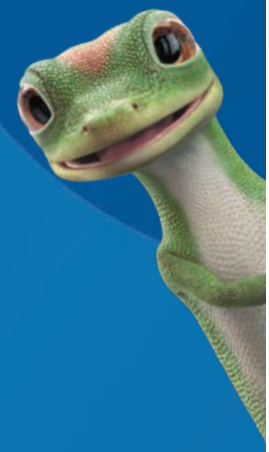
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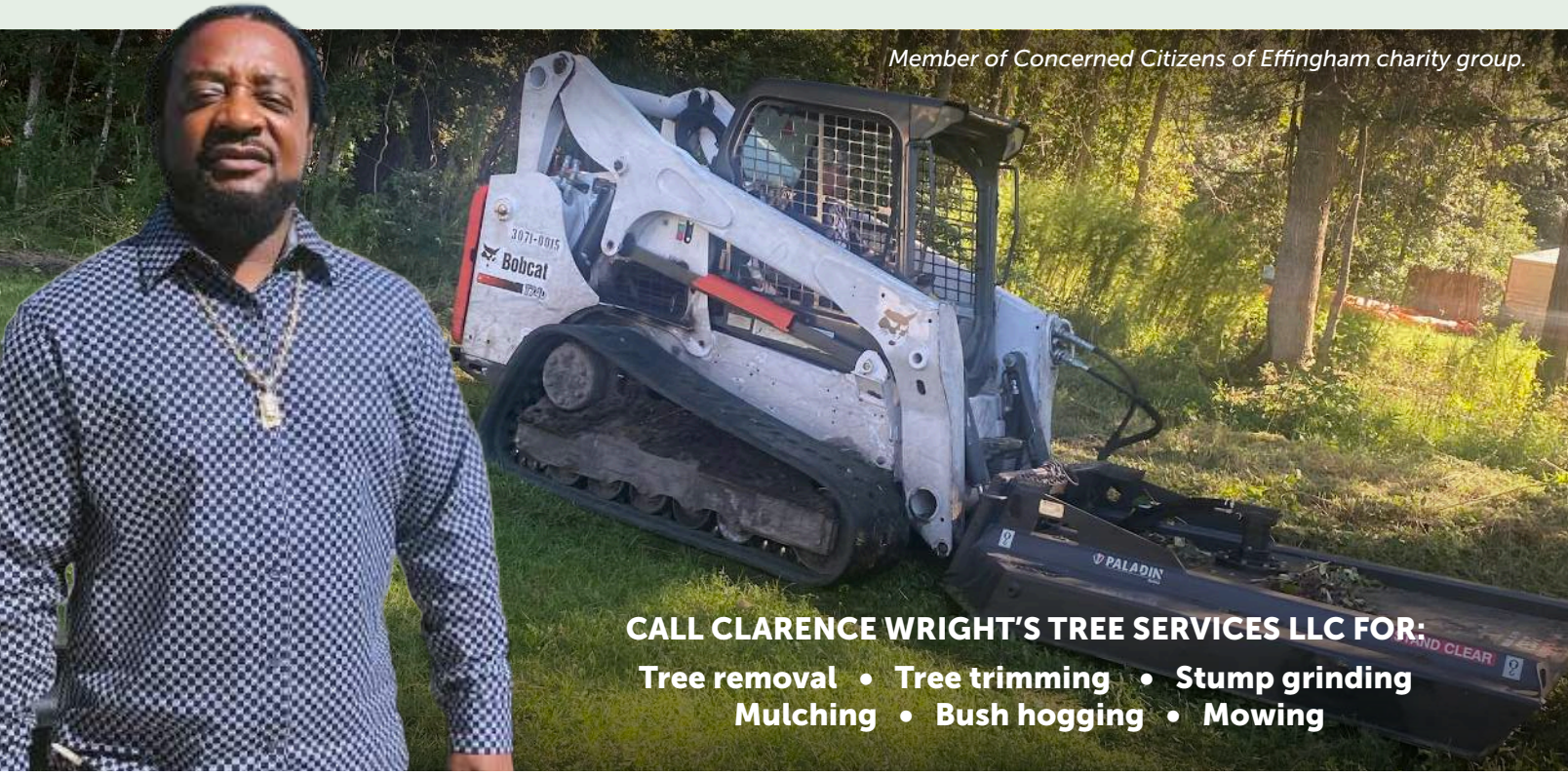
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From left, top row: Dr. Michael Zoller, Dr. Fred Daniel, Dr. Stephen Rashleigh, Dr. William Moretz; bottom row: Dr. Brad Rawlings, Michelle Yamada, PA-C, Kristen Thomas, PA-C and Dr. Jennifer Miles

WE SPECIALIZE IN comprehensive medical and surgical treatment for problems of the ear, nose, throat and related structures of the head and neck, including treatment of allergies and sinusitis, sleep apnea, thyroid and parathyroid disease and voice and swallowing disorders. We also treat pediatric ENT patients for a variety of problems, including chronic ear infections and tonsillitis. Our skilled audiologists provide the latest in hearing-aid technology at Audiology and Hearing Aid Services. We utilize the latest ENT technologies, such as balloon sinuplasty for treatment of sinusitis, radiofrequency ablation of the tongue base for treatment of sleep apnea and endoscopic techniques for thyroidectomy and parathyroidectomy.

FOR THE CONVENIENCE OF OUR PATIENTS we have a state-certified Ambulatory Surgery Center, are fully privileged at Savannah-area hospitals and offer early morning and Saturday appointments. We have satellite offices in Pooler, Statesboro and The Landings.

WE TREAT each patient and set of symptoms individually because we know what works best for one patient may not work best for another. We take the time to create an individualized approach to your ENT health, working to improve your conditions and quality of life. We want you to feel comfortable and confident understanding your treatment plan. Our health coach will walk you through each step of your treatment plan, surgery or other procedures to ensure you are healing and improving.

November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

POOLER EVENTS

11/13: Holiday Pop Up Event!
The Stamper's Boutique
586 S Columbia Ave, Rincon

11/19: Bill Wade Memorial Golf Tournament, Rotary of West Chatham
9:00am | Savannah Quarters Country Club

11/22: Turkey Camp
9:00am - 12:00pm | Children's Museum of Pooler
200 Tanger Outlets Blvd Suite 589, Pooler

12/1: Geechie Rootz Christmas Pop-up
3:00pm | Tanger Outlet, Pooler

12/4: Annual Merry Little Christmas Event
9:00am - 3:00pm | Ellen Claire Soapery
3130 US Highway 80, Bloomingdale

12/4-12/5: Sam's Club Merry-ville
15 Mill Creek Circle, Pooler

12/11: Holiday Spectacular Pop-Up Event
9:00am - 2:00pm
Goshen Park Commercial Center

12/17: The Friday Experience
12:30 – 3:00pm | Advanced Academics
405 Louisville Rd. Suite 104, Pooler

12/18: Christmas with Rick Elvis
7:00 - 10:00pm
Cottonwood Suites Savannah Hotel and Conference Center

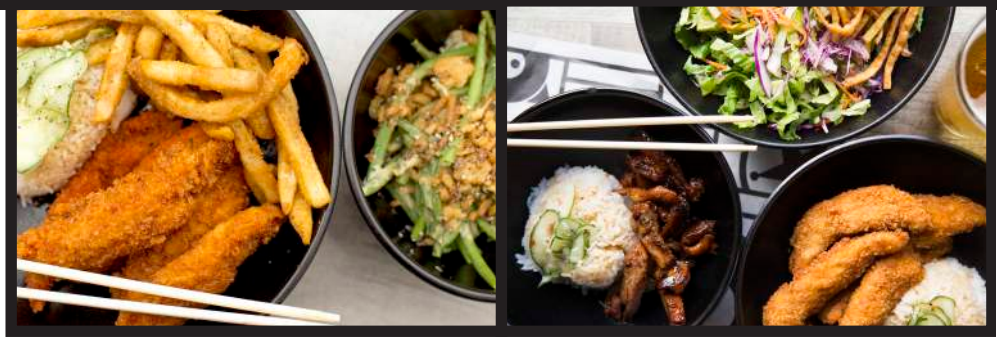
12/31: Clayton Knight: Artist of the ETO Allied War Effort 1942
National Museum of the Mighty Eighth Air Force
179 Bourne Ave, Pooler

Find more events and happenings at **PoolerMagazine.com.**

To submit your events to the calendar, email Tonya@JDelSURMarketing.com.

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Award Winning PONKO Chicken Opens In Pooler



Get ready Pooler! Atlanta's award-winning Japanese Fusion, fast-casual restaurant, **PONKO Chicken**, is opening mid-November!

PONKO Chicken Pooler is owned by one of the area's most well-known restaurant franchisees, Steve Mills, and partner Charlie Bruce. They are very excited to bring one of Atlanta's most popular restaurant concepts to Pooler for locals to enjoy.

Every item on PONKO's "East Meets West" menu is unique, from the deliciously crispy breaded Chicken Tenders, its sweet OG Sauce, Japanese-marinated Pickles, Green Beans drizzled with Miso Tahini and Fried Onions, as well as the Sweet Potato and PONKO fries sprinkled with "Foodie Flakes"—a combination of Japanese Furikake along with other savory spices. Even PONKO'S Grilled Chicken is offered with a choice of Island, Teriyaki, Barbeque or Spicy sauces and the all-beef Hot Dogs are fried and served with PONKO's signature Slaw on a Potato Bun. **PONKO Chicken** also serves a wide array of delicious gluten free, vegan and vegetarian options including Tofu Tenders and Veggie Burgers. Every aspect of PONKO'S menu is made in-house daily, in small batches and is mouthwateringly delicious.

And whether you're looking for the perfect game day platter, individual meals for a meeting or an array of fabulous food for your next family gathering, their customized catering menu is absolutely perfect!

Known for their focus on healthy dining, **PONKO Chicken** only uses Rice Bran Oil to prepare all of their food, due to the fact that it is known to help lower cholesterol, boost the immune system, protect heart health and has a host of other benefits.

Located in a spectacular 2,500 sq. ft. venue, the restaurant features beautiful millwork touches providing a warm and inviting atmosphere. In fact, the instant you walk through **PONKO Chicken's** doors you at once feel welcome by their wonderful staff.

PONKO Chicken Pooler is located at 405 Pooler Parkway, between Starbucks and McAlister's, and is open for lunch and dinner from 11am until 9pm Sunday through Thursday and 11am through 10pm on Fridays and Saturdays. For menus and more information, please visit www.ponkochicken.com



Terry Carter Agency, Allstate Insurance

"Our goal in the **Terry Carter Agency** is to deliver outstanding customer service and make sure everyone is properly insured and protected for the unexpected," says agency owner Terry Carter. They offer auto, homeowners, flood, renters, business, boat, and life insurance. They are dedicated to providing customers with the information they need to make informed insurance decisions.

From helping you find available discounts on your auto insurance to talking you through your coverage options, it's personalized help that keeps you covered and provides peace of mind.

Homeowners insurance is an important area where the team at the **Terry Carter Agency** can help you get the coverage that fits your life and home. Terry says, "No two homes are alike. We will work together to design your insurance policy. We help make the process quick and easy, so you can start protecting your home as soon as possible."

He says it's crucial to consider adding flood insurance because it helps cover physical damage to your home and belongings from floods or related losses from rising water. "When you purchase a flood policy, you're helping protect yourself from the financial burden flooding can cause," he says, "In fact, just one inch of water in a home can cost more than $25,000 in damage. Having flood insurance can help make the recovery process quicker, easier and less costly."

Terry moved to Pooler in 2011 and says he treasures its small town feel with big city access. He enjoys helping his community and serves as Chairman of the YMCA Board, Chairman of the Morningstar Children's Center (a 24-hour facility for children with disabilities) and is a member of the Pooler Chamber of Commerce.

Terry says being there for his customers "feels like a privilege to me. My team and I are proud to help customers protect their families and future."

Allstate
You're in good hands.

(912) 748-6639

agents.allstate.com/terry-carter-pooler-ga.html
/TerryCarterAllstateInsurance

157 Mack Rd, Pooler, GA 31322
HOURS: M-Fri: 8:30am - 5:30pm; Sat: by appointment; Sun: Closed

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WE'RE OPENING IN
Pooler

Thursday, November 18, at 8 a.m.



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Shop opening day starting at 8 a.m.
200 Mosaic Circle

For location details, visit Costco.com and search: **Pooler Opening**



*To receive a Costco Shop Card, you must agree to auto renewal of your Costco membership on a Visa® card at the time of sign-up. If you elect not to sign up for auto renewal, a Costco Shop Card will not be mailed. Valid only for nonmembers for their first year of membership. Limit one per household. Nontransferable and may not be combined with any other promotion. New members will receive their Costco Shop Card by mail in 4 to 6 weeks. Costco Shop Cards are not redeemable for cash, except as required by law. A Costco membership is $60 a year. An Executive Membership is an additional $60 upgrade fee a year. Each membership includes one free Household Card. May be subject to sales tax. Costco accepts all Visa cards, as well as cash, checks, debit/ATM cards, EBT and Costco Shop Cards. Departments and product selection may vary.

Expires: Dec. 19, 2021 · Valid only at: Pooler · Awareness Code: 23705

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