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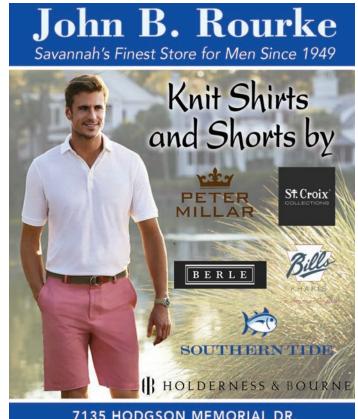


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with your ideas,

responses, letters

and more, email

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Horizons Savannah is a not-for-profit organization with a clear mission: We partner with youth, their families, and the community to enrich the lives of students through the joy of learning, while developing the skills for success and inspiration to reach their dreams.

The program features time-and-research-tested com- can leave, because you're wasting your time and you're ponents that differentiate it from other educational interventions. At its core: Six weeks of full-day classroom instruction, recreational activities, cultural exploration, and relationship-building.

Kids come to the program from all over the Savannah public school district. While they share socioeconomic challenges, they also share the basic human desires for connection, growth, and fun. Horizons kids are eligible to join the program as kindergartners and can remain (the vast majority do) year-after-year through high school graduation. Many return to the program after their high school years to work as volunteers or professional teachers as young adults.

Horizons operates at the generous invitation of four local independent host schools - Savannah Country Day, Bethesda Academy, St. Andrews School, and Savannah Christian. Horizons students enjoy the resources that these institutions provide as program sites. Young people from host schools volunteer as classroom and activity assistants. Horizons brings people together from disparate circumstances who might never otherwise meet. These connections demystify our perceived differences and create valuable lifetime bonds.

Horizons teaches kids to swim. Swimming is both a survival skill and an esteem-building activity, especially for kids who have never dipped a toe in water before. Horizons fields a swim team in the local league, another way to connect families from different backgrounds with

The program works. Horizons kids' reading and math standardized test scores, measured at the beginning and end of the summer session, significantly improve, in stark contrast to many of their non-Horizons peers. I was first introduced to the program when my kids volunteered as students at Country Day. Later, their mother, in the last few years of her life, worked as a middle school teacher after returning to school to qualify to do so. For the past two summers, I have taught middle school English and

I have celebrated little wins (a hesitant kid suddenly blossoms as she reads aloud to the class from our selected novel), and I lament the challenges ("If you're not going to put your phone away and join what we're doing, you

wasting mine"). It's an incredible privilege to have a chance to positively impact a kid.

Horizons Savannah depends on people like you. We employ professional teachers and limit teacher/student ratios to 15:1 (plus a paid assistant and a volunteer in most classrooms). We feed our kids - breakfast and lunch, ever day. We transport them using contracted buses. We operate all day, five days a week, for six weeks in summer, and we supplement the core session with ongoing engagement throughout the school year. We run a swimming program. We take five field trips. We offer a variety of clubs, ranging from personal finance, to yoga, to lacrosse, and many more. And we do it all for a cost of approximately \$1,500 per student for the entire year. This summer, we will welcome approximately 300 students, while more than 100 remain on our waiting list. Our capacity is limited only by our ability to fundraise.

Horizons Giving Day is our single most-important fundraising initiative each year. "Day" is misleading. The actual day was May 17, but the campaign continues through the entire month of May and beyond. Please consider supporting the work. I have studied many social impact groups - I am confident Horizons is among the very best (and offers the greatest return on your invest-

Email me directly, slauretti@theskinnie.com, and I'll answer any of your program questions and donation logistics concerns. Or check out horizonssavannah. org (where you can find a live donation link and learn more about the program, its history, and its outcomes). Schedule a visit to one of our sites this summer to see the program in action and understand the impact of your investment. The Horizons team, whose contact information is available at the aforementioned horizonssavannah.org is ready to assist you and welcome you to experience the magic for yourself.

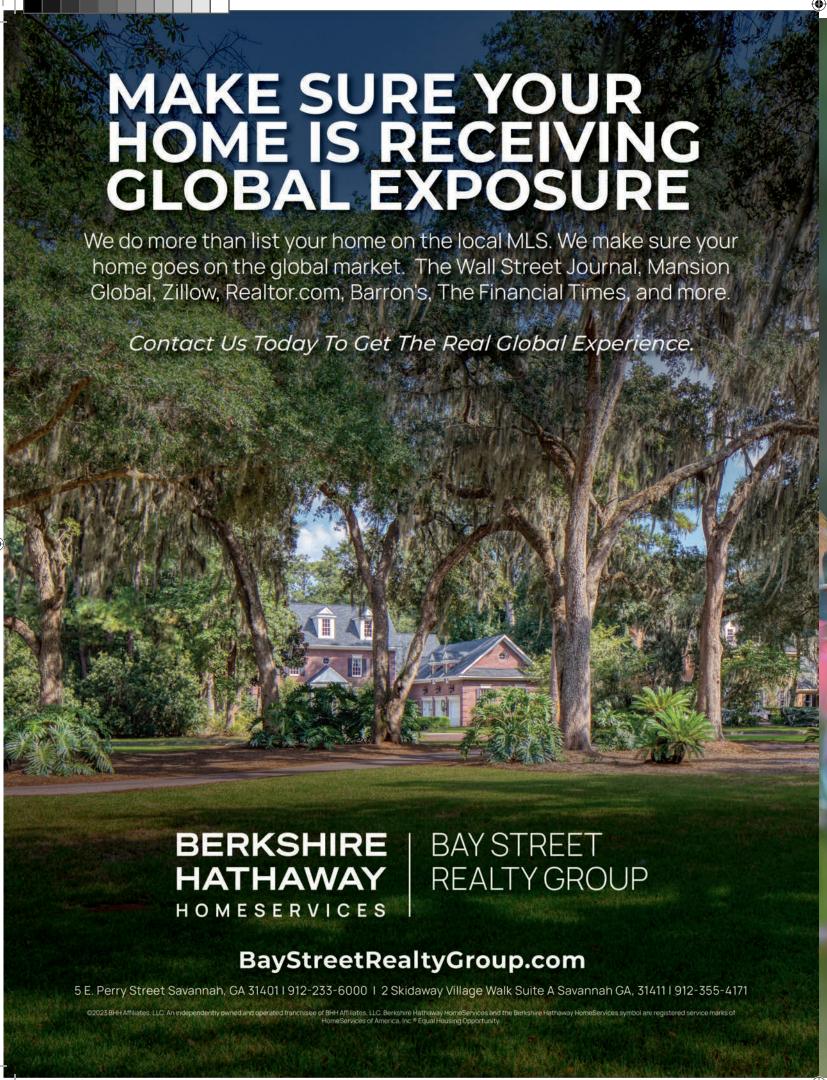
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John Taylor snapped this photo of Tybee Lighthouse. For more lighthouse history,

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EDITOR AND PUBLISHER

Scott Lauretti slauretti@theskinnie.com

GENERAL MANAGER

Charles Hendrix chendrix@theskinnie.com

CREATIVE DIRECTOR

Philip Schweier pschweier@theskinnie.com

OFFICE MANAGER

Teri Gravson tgrayson@theskinnie.com

ADVERTISING | CONTENT

Jenna Treat

jtreat@theskinnie.com

Skinnie Media, LLC 15 Lake Street, Suite 280 Savannah, GA 31411 912-598-9715

LETTERS TO THE EDITOR

editor@theskinnie.com We reserved the right to edit letters for clarity and content. We do not print unsigned letters.

GENERAL INQUIRIES

To contact us with your ideas, responses, letters and more, email us at mail@theskinnie.com

ADVERTISING

sales@theskinnie.com

ART AND STORY SUBMISSIONS

production@theskinnie.com

SEEING THE LIGHT

BY TERI GRAYSON

ighthouses serve as beacons, harbingers of safety, often replete authorized using lamps developed by his friend, Winslow Lewis, rather with lots of steep, steep stairs. Once you've reached one, the perils of your nautical journey might be behind you, but you are likely to have a long climb to the top to take in the expansive views exposed corruption related to Pleasonton's purchases from Lewis, and the that await the ambitious explorer.

The U.S. is home to more than 700 lighthouses, more than any other nation. Before the proliferation of modern navigational devices, men and women kept lighthouse flames burning so sailors could return home to loved ones, cargo ships could transport our goods, and luxury liners could enable us to see the world by sea. Oftentimes located in remote and rugged settings, lighthouses required hardy caretakers to ensure safe sailing for their floating "customers."

off the shore of Boston. It was constructed in 1716, 60 years before the official birth of the nation. In addition to being first, LBI is also the last lighthouse to be manned by Coast Guard personnel, who operated the facility until 1998. The oldest existing lighthouse in America that has never been rebuilt and remains in operation is in Sandy Hook, New Jersey, where it has stood since 1764.

than then-new and superior Fresnel lens technology. Notoriously thrifty, Pleasanton drew suspicion and criticism for his decision. An investigation auditor removed from his oversight position. Subsequently, a nine-member Light-House Board was created to govern the coastal resources. A system to classify navigational aids was introduced, and daymarks – unique, identifying paint schemes – were implemented.

The years that followed the board's creation saw a boom in lighthouse construction. Giant brick lighthouses 100 to 200 feet tall were built along the U.S. coastline and Great Lakes. Today, there are 391 lighthouses along the Eastern seaboard, while the West Coast has 94. There are more than 200 active lighthouses guiding ships around the Great Lakes. number has dropped to 129.

The Stannard Rock Light off Keweenaw Peninsula in Lake Superior is nicknamed "the loneliest place in North America." Built in 1883, it stands 100 feet tall and is located 24 miles from the nearest land, making it the most distant from shore of any lighthouse in the U.S. The SRL is for a lighthouse keeper who cherishes his privacy, if not his sanity.

Stag light" refers to stations that have been operated only by men, based on a belief that complete isolation is not a thing that a woman

should be compelled to endure. Because of their extreme disconnect from mainstream society, the job of operating and, often, occupying lighthouses often remained in a single family, passed down through the generations.

Lighthouse keepers – or light keepers – were sometimes referred to as "wickies" because of their job trimming the facilities' wicks. The keepers were responsible for tending and maintaining a lighthouse, particularly the light and lens, as well as the on-premises fog signal and weather station. Because of their unique perspectives, they often assisted with search-andrescue missions at sea. and played a major role in search and rescue at sea.

Technological advancements like remote monitoring and automatic bulb-changing emerged in the 1960s. As this technology evolved, resident keepers became unnecessary in certain areas, while their duties were greatly reduced in other locales. The last civilian keeper in the U.S., Frank Schubert, died in 2003.

EASTERN SEABOARD SITES

The first lighthouse in Georgia was built in 1736 on Tybee Island. Of the 15 lighthouses built along Georgia's ever-changing coastline, only five remain: Tybee Island, Cockspur, Sapelo Island, St. Simons Island, and Little Cumberland Island. Only three of them have functional lights - Tybee, Cockspur (not for navigational purposes), and St. Simons.

Florida, to no surprise, has 30 lighthouses, including the nation's southernmost in Key West. Most are only visible by boat, but if you're up for the ride, Florida has some of the most interesting-looking lighthouses anywhere. Ten of them are routinely available to visit, including the Ponce Inlet Lighthouse, just south of Daytona.

Completed in 1887, the PIL was a marvel of technology and a badly needed guidepost marking the only inlet between St. Augustine and Cape Canaveral. Standing approximately 175 feet tall, it required three light keepers to man the station. Today, the PIL and Museum is open daily, except for Thanksgiving and Christmas Day. The modest admission provides visitors full access to the historic light station and museum, including the tower.

South Carolina hosts nine lighthouses, the most popular in Harbour Town on Hilton Head Island. Hilton Head also has a "rear range" lighthouse named Leamington Light, located on the 15th hole of the Arthur Hills Golf Course. Although the "front light" at

Ponce Inlet Lighthouse, just south of Daytona, is Florida's tallest lighthouse.



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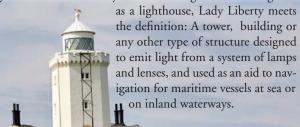




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LIGHT BANTER

- The oldest existing lighthouse in the world is La Coruna in Spain, dating from around 20 B.C. A Roman lighthouse constructed in 40 A.D. on the Cliffs of Dover in the U.K.
- In the 18th and 19th centuries, lighthouses were typically illuminated with candles and, later, with oil lamps. In the late 1800s, gas became the common fuel. The light shone through a massive Fresnel lens, which refracts a modest light source into a remarkably bright beam.
- The first electrically illuminated lighthouse was at Dungeness, Kent, England, in 1862. However, it was later converted back to oil, as electricity was not cost-effective. In 1875, the South Foreland Lighthouse (pictured) on the southern coast of England became the first to use a sustainable electric light.
- In America, the first lighthouse to use electricity was technically – the Statue of Liberty in 1886. Though seldom thought of



Leamington no longer exists, it was exhibited from a lantern room sitting atop a short, square tower protruding from the roof of the keeper's dwelling, while a 95-foot-tall iron tower served as the rear light.

Sullivan's Island, at the northern entrance to Charleston Harbor, is home to one of the most unique towers. Constructed in 1960, it is the only triangular-shaped tower in the U.S., and the only one with an elevator. Handy for reaching the top of its 140-foot tower.

North Carolina was once home to nine lighthouses, but seven remain: the Currituck, Bodie Island, Hatteras, Ocracoke, Cape Lookout, Oak Island, and Bald Head Island lighthouses. The Cape Hatteras Lighthouse, rising 210 feet, is the tallest in the U.S. The Cape Lookout Lighthouse was built in 1859 and stands 163 feet high. It is the only such structure in the U.S. to feature the checkered design daymark, used to indicate direction. The center of the black diamond points in a north-south direction, and the center of the white diamonds points east-west. That's smart thinking.

Maine is home to 65 lighthouses, including the shortest in the land. The Pocahontas Light on Echo Point, Great Diamond Island, in Casco Bay off Portland, is only six feet tall according to the Coast Guard registry. The Pine Tree State is also home to the northernmost lighthouse in the U.S - Whitlocks Mill Lighthouse in Calais, which rises a modest 25

If you're up for a road trip and willing to climb more than a few steps, pick a state with a coastline, wear some comfy shoes, and set out on a journey into our nautical past and present.



The Marshall Point Lighthouse in Port Clyde, Maine, was featured in the movie "Forrest Gump" (1994), when Tom Hanks' character concluded his cross-country run on the runway of the lighthouse.







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Plunging into Scuba Diving

BY PHILIP SCHWEIER

Recently, my wife and I enjoyed a cruise to celebrate our 20th anniversary. As with previous cruises, among the shore excursions was an introductory scuba session, which we've taken several times. For us, it's no longer introductory; Scuba and us - we're old friends. What was new was Aruba, where we found our best scuba experience, by far.

Our diving day was hosted by Red Sail Sports, located at Palm Beach on the northwest end of Aruba. Our instructor was Pietr, an experienced diver, originally from Germany. After helping us into our gear, Pietr led us to a pool at a nearby hotel, to literally get our feet wet. We reacquainted ourselves with breathing through a regulator, then he shared basic instructions on hand signals and other diving protocols.

Once ready, we crossed the beach to board the *Pass Bon*, a 48-foot catamaran. Though capable of accommodating up to 24 divers and their equipment, we had the boat to ourselves. Understanding we were more familiar with diving than most beginners, Pietr was very relaxed, and shared the background of our dive site.

Much of Aruba's economy has historically been tied to the oil fields of Venezuela. In 1942, the refinery on Aruba was a major fuel supplier for the Allies. To defend against enemy attack, derelict tankers were anchored off shore, brightly lit in the hope of deceiving the German navy. The trick worked, and German U-boats targeted the decoys, enabling the refinery to remain in operation. In the mid-1980s, the refinery was shut down and Aruba's economy shifted toward tourism. However, the sunken derelicts remain on the ocean floor and have become popular destinations



Aruba is in the southern Caribbean, about 18 miles north of Venezuela. Originally claimed by Spain in 1499, it was seized by the Netherlands in 1636, and has remained under its jurisdiction ever since.

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for diving and snorkeling. As sea life has taken over the site, it has become a beginner's paradise offering a combination of large pieces of wreckage spread out between coral formations.

Arriving at the site, Pietr struggled into his wetsuit then assisted us into the water. Carrying an air tank on your back is cumbersome if you're not used to it, so the most expedient means of entering the water is to simply sit on the edge of the boat and tip over backward. Masks and regulators in place, we began our descent along a rope to the sea floor approximately 40 feet below, pausing every six feet or so to allow our sinuses to acclimate to the change in pressure. Arriving at a reasonable depth about 10 to 15 feet above the floor, we lazily cruised through schools of fish. The clarity of the ocean was enviable, as colorful coral formations stood out vividly. Only in Cozumel do I recall the water being so clear.

We circumnavigated the tanker remains, as Pietr pointed out items of interest – coral formations, star fish, and more. The stars of the dive were a large sea turtle that seemed accustomed to visits from divers, and an octopus, who was more skeptical of our presence. During the dive, Pietr checked our air supply, expertly estimating when it would be time to surface. We encountered a handful of divers from Red Sails' other boat; why our two groups of divers weren't split more evenly is beyond me, but I wasn't complaining.

After about 40 minutes below the surface, we circled back to the rope and ascended topside. It's necessary to pause every so often to allow the body to readjust to its accustomed compression, and avoid "the bends." The skipper of the Pass Bon helped us aboard, offering us rum punch to wash the saltwater from our mouths. Usually, by this time I'm ready for dry land, but I could have easily returned to the water if permitted.

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The sea life living among the wreckage tolerates the intrusion of humans in their watery world, knowing we can't stay very long.

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SCUBA SCHOOL

Prospective divers might be intimidated by the required training and perceived costs, but once you become familiar with the basic requirements and procedures, Scuba is a safe, accessible pastime un-

like any other. It's a great way to sightsee, from fast-fading coral reefs to underwater museums. For those looking to dip their toes into scuba, experienced divers recommend your first experience occur on vacation, alongside trained professionals.

Learning to scuba dive on vacation can be fun, but traveling to a far-flung location for training isn't required. Dive schools from Savannah to Seattle offer basic "Discover Scuba Diving" classes that provide a taste of what the activity has to offer. PADI.com (Professional Association of Dive Instructors) offers an online guide to dive shops and sites that certify students over several days of training - sometimes several weekends in a row, other times over a one-week course.

Programs can vary in duration (from just a few days to a couple of months) and cost (often in the \$200 to \$600 range), but usually con-

sist of a few standard components - initial "book learning" covering basic skills and safety principles (in a classroom setting or through PADI's e-learning portal); "confined water" training in a pool or other enclosed body of water to become acquainted with

equipment (privately or in a group); and a series of four "open water" dives (between 15 and 60 feet deep) to put those lessons into practice.

Many cruise ships offer PADI certification classes onboard, but who wants to spend their vacation stuck in a classroom? The academic part of scuba certification – 8 to 15 hours – can often be done at a local dive shop or online, before an actual dive.

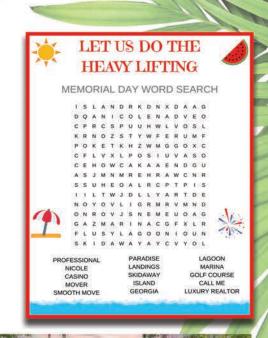
Dive shops and watersport services typically provide all the equipment you'll need - air tanks, fins, and regulators. It is recommended beginners invest in a well-fitting scuba mask, ensuring your goggles are snug and will stay fog-free. Wetsuits are optional. When you're ready to take the plunge, it's time to start seeing reefs, shipwrecks, and sea life up close.





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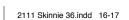
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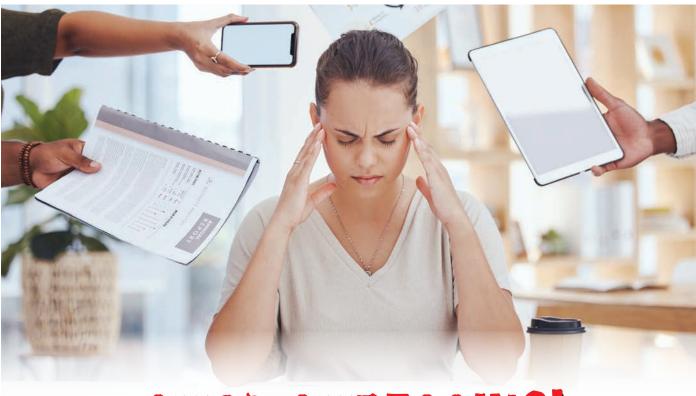
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ST'OP ST'RESSING!

Managing stress yields tangible health benefits...and can be fun!

reryone – from CEOs to doctors to third graders – experiences stress. It's a part of life, but mismanaged → stress can lead to health problems such as high blood pressure, insomnia, and a weakened immune system. Some methods of relieving stress, like eating junk food or abusing alcohol, are unhealthy and can make things worse. There are healthy ways to manage stress, and many are enjoyable. Try one of these:

- Sing out loud. Belting out a tune has shown to relieve tension in the body and release anxiety-reducing endorphins in the brain.
- Rock out. If you're not a crooner, you can still use music to get great results. Playing guitar, piano, or bongos would do. Or crank up the stereo and let your favorite band cheer you up.

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- LOL. Watching a great comedy or stand-up special isn't just a way to pass idle time. Laughter relieves stress, both emotionally and physically. Just be careful to avoid binging too many comedies at once and becoming a couch potato.

• Game night. A pick-up game of basketball, tennis, or whatever is convenient is

a good way to get exercise, which is a proven

Live smart

EMBRACING A NEW PHASE

Treatment Options Available for Women Experience Disruptive Symptoms of Menopause.

7omen in their 50s often have a lively road ahead of them. They often have new-found time and opportunity for travel, pursuing new interests, or a new direction with work. But if they experience uncomfortable symptoms from menopause, it could pump the brakes on their new journey.

There's no reason to fear menopause, however. The physical symptoms can be effectively managed, and this new season of life can be extremely rewarding. "Menopause is simply the cessation of ovarian hormone production," explains gynecologist Barry Schlafstein, MD, of St. Joseph's/Candler Physician Network - Gynecology. "Estrogen and progesterone regulate menses, and when those are no longer produced, there is the cessation of menses. It can happen between the ages of 45 to 55. Most patients are in their early- to mid-50s."

Menopause is defined clinically as a full year without a menstrual period. It can be confirmed through a blood test for women who have undergone hysterectomy or if it

is otherwise unclear. Menopause is a natural process, not a disorder. There are, however, potential symptoms that women may need to manage with help from their doctor. These

- Hot flashes
- Night sweats/trouble sleeping
- Vaginal dryness
- Mood changes

In the long term, the lack of hormone production can cause bones to weaken, putting women at risk for osteoporosis. Additionally, women may experience weight gain due to slower metabolism.

Hormone replacement therapy is an option for women who have moderate to severe hot flashes and other symptoms of menopause. With this treatment, medication replaces the hormones that are no longer being produced by the ovaries.

Menopause can be a factor in urinary incontinence and pelvic organ prolapse, which can occur as the pelvic floor muscles weaken. This, in turn, weakens the fascia (connec-



Barry Schlafstein, MD

Menopausal

tive tissue) that

provides support

in the pelvis.

To combat this,

Schlafstein rec-

ommends pelvic

floor exercises

and training. If

the condition is severe, Schlafstein

will discuss surgi-

cal options to repair the fascia.

transition can impact each woman differently; but, with individualized care, women can manage their symptoms and truly enjoy this time in their lives.

"It is a good idea to go to your doctor and map out a plan," Schlafstein says. "Discuss your symptoms and your goals, and how you'd like to proceed. But don't be afraid. It is part of life. In fact, it can be a wonderful phase of life. Embrace it."

stress reliever. If a board game is more your speed, play with friends to get the health benefits of social interaction.

- Walk it off. For those who prefer their activities on the quiet side, a simple walk in the neighborhood can be very refreshing. Walking, jogging, and even gardening can bring your mind back to your body's movements and away from stressful thinking.
- ity to be beneficial. Talk about your troubles over coffee with a supportive pal, or just connect with your funniest friend and take turns cracking

• Talk to yourself. Journaling is another activity that's been proven to help with stress. Remember, it's not a writing assignment; there are no points off for spelling or grammar, and nobody has to see your work product. Writing your thoughts and feelings down on paper gets them off your chest and clears your head. It can feel good to let it all out.

If you've tried a few different things but still feel overwhelmed by stress, talk with your doctor about more options, such as anti-anxiety medication or professional counseling. There's no need to suffer from the ill effects of stress when treatments are available.

• Socialize. Time with friends doesn't need to include a planned activ-

each other up.

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CSM QUENTIN V. FENDERSON



He Served by Ron Lauretti

ommand Sgt. Maj. (CSM) Quentin V. Fenderson is currently senior non-commissioned officer (NCO) for the 3rd Infantry Division, serving as the primary assistant to Maj. Gen. Charles Costanza, the division commander. Gen. Costanza has high praise for the career soldier, saying, "Quentin V. Fenderson is the epitome of what a command sergeant major should be."

Fenderson was born and raised in Demopolis, Alabama, graduating from high school in 1992. He was an above-average student, but his main interest was baseball, as a pitcher and outfielder. After high school, he played a year of minor league professional baseball for the St. Petersburg Cardinals, then attended Selma University for one year, where he was a key member of the Selma Bulldogs baseball team.

However, he grew restless with small-town campus life, and enlisted in the Army on March 16, 1994.

Both of Fenderson's older brothers served in the military – one in the Navy and the other in the Army – and their paternal grandfather was a veteran of the Korean War. So his choice was in keeping with family tradition. He completed basic training at Fort Benning, Georgia, and the One Station Unit Training (OSUT) offered there. Through OSUT, a recruit trains with one permanent unit and set of instructors for both basic combat training and advanced individual training. It was during this time that Fenderson developed a love for basic infantry duty.

Fenderson's first assignment after basic was with a military intelligence battalion at Fort Hood, Texas. He then deployed to Germany, serving as a trained rifleman and Bradley Fighting Vehicle (BFV) driver with the 1st Armored Division. While with the 1st AD, Fenderson deployed to Bosnia in support of Operation Joint Endeavor, and to Macedonia for Operation Able Sentry. "We were peacekeepers at both locations, and I spent more time there than I did in Germany," Fenderson explains.

Returning to Germany, he was promoted to E-5 sergeant. He subsequently rotated back to the U.S. and joined the 3rd Infantry Division (3rd ID) at Fort Stewart, as a BFV gunner, rifle squad leader, and company master gunner. With all this firepower at his command, he then deployed to Egypt in support of Operation Bright Star. When he finished his tour in the Land of Pharaohs, Fenderson headed to Fort Benning, again serving as a rifle squad leader but with the new rank of E-6 staff sergeant.

Recognizing his worth as a career soldier, the Army sent Fenderson to the borough of Queens, in New York City, where he served for three years as a master recruiter and station commander. A recruiter projects a uniformed spit-and-

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polish manner while screening candidates for military service, accenting the merits of military life, and supervising medical and psychological examinations for each prospective soldier. A tall task, but one that Fenderson relished, always achieving his quotas. "Loved it!" he enthusiastically says of the assignment.

But tragedy brought his happy recruiting duty to an abrupt halt on September 11, 2001, just a few miles from Fenderson's duty station.

He deployed to Iraq in 2003, the first of his four deployments to the war-torn country. While in-country for four months, he did multiple patrols as a BFV master gunner. Patrols outside the security wire were always dangerous, and insurgents were increasing their use of deadly improvised explosive devices (IEDs).

Following a brief recharge at Fort Benning, Fenderson returned to Iraq for a second and considerably-more-dangerous-than-the-first tour of duty. Now a platoon sergeant, Fenderson's patrolling unit took fire from rocket-propelled grenades (RPGs), while trying to avoid an increasingly dense landscape of IEDs. His platoon was hit 25 times. After each strike, the chase was on for the fleeing hit-and-run insurgents.

Another return to Fort Benning followed for some down time, then back to Iraq in support of Operation Iraqi Freedom V (OIFV). Fenderson's third deployment to Iraq lasted 15 months, this time as a brigade combat team master gunner. His operational area was south of Baghdad. By this time, he says, Isis had become a major and deadly opponent – a terrorist organization dedicated to establishing a strict Islamic state in Iraq and chasing out all foreign occupiers.

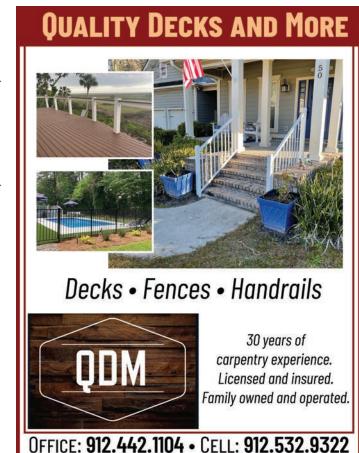
After another rotation stateside, Fenderson deployed to Iraq one last time, in support of Operation Iraqi Freedom VII, where he served as a

first sergeant for Bravo Company and Headquarters Company, 2nd Battalion, 69th Armor, 3rd ID.

Fenderson's next deployment was to another nation in turmoil – Afghanistan. For two months, he was assigned to U.S. Army Forces Command Headquarters as an assistant inspector general in support of Operation Enduring Freedom. He went on daily patrols with Afghan troops, searching for anti-government insurgents. Caves in the surrounding mountains provided cover for insurgents as they employed hit-andrun tactics. They fired their weapons in ambush at patrolling Afghans, then hustled back into the mountains to disappear; a deadly game of hit-and-hide. When the Afghan troops hunkered down for the night inside an area secured only by wire or low walls, they were often in danger of mortar attacks. "Afghanistan was not a friendly place," Fenderson says, understatedly, of the prevailing conditions during his tour.

Fenderson's return to the U.S., this time, was to Fort Bragg, North Carolina, where, as an E-9 sergeant major, he was enrolled in the U.S. Army Sergeant Major Academy. Lots of classwork, but Fenderson loved the experience. Upon completion, he was assigned to Operations Group, Joint Multinational Readiness Command in Hohenfels, Germany, as the interim battalion and operations (ops) sergeant major for the 1st Battalion, 4th Infantry Regiment, and brigade ops sergeant major observer, controller, and trainer. Completing this assignment, Fenderson became battalion command sergeant major for 1st Battalion, 30th Infantry Regiment, 3rd ID.

Throughout his tenure, he served as the interim command sergeant major for the 2nd Infantry Brigade Combat Team, deploying to Africa in support of the U.S. Army Africa Command rotation. "We would hear lions roar," he recalls of the station. Afterward, he became the brigade





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sergeant major for the 1st Armored Combat Team, 1st ID, as it deployed to Poland in support of U.S. Army Europe Command.

Fenderson has graduated from all levels of the Army's senior NCO education system and is the recipient of numerous awards and decorations, including a Legion of Merit with oak leaf cluster, a Bronze Star with two oak leaf clusters, and a Meritorious Service Medal with three oak leaf clusters. Also prominently displayed on his dress uniform are a combat infantryman badge, an expert infantryman badge, and a master gunner badge.

Fenderson has been a versatile career soldier. Surviving and commanding troops through five combat tours and several assignments in some of the most inhospitable and dangerous places on earth his reinforced his leadership instincts under very challenging conditions. He has never been wounded in action (fortunately), despite being a prime target for enemy combatants and numerous close calls. He has led by example, side by side with his most aggressive and "out front" troops, with very little rear echelon duty. He was a best friend in battle to the soldiers under his command, and the worst opponent to the enemy in front of him.

August 31 of this year will be an emotional day for Fenderson. After serving 29 years as a basic infantryman, he will retire from active duty, entering a civilian life devoid of command challenges and life-or-death decisions. He has mixed emotions about leaving his beloved Army. Even his personal life is closely tied to the military. His wife, Olivia, completed a 21-year career in the Army. If any soldier deserves a pat on the back and best wishes from the multitude of soldiers he trained, encouraged, and commanded, it is this model of American military dedication.





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island hopping

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HEAR GREAT SPEAKERS

WHAT: Kiwanis Club of Skidaway WHEN: Thursday mornings at 7:45 a.m. WHERE: Palmetto Club

HOW MUCH: Free to attend; Coffee/Tea: \$2.50 (Occasionally free pastries)

CONTACT: Michael Klavon, 912.306.0474 for

WHAT ELSE: Membership is open to Savannah/Chatham area residents. Visit www.kiwanisofskdaway.com for more information.

WHO NEW?

WHAT: New Neighbors

WHEN: Visit www.landingsnewneighbors.com to see our calendar

CONTACT: Visit our website or contact Jody at nnnewmember@gmail.com

WHAT ELSE: The club offers more than 250 different activities from biking, golf, pickleball, walking groups or fishing to Mahjong, Bridge, Needle-arts and Canasta. We have exciting military tours and special events for you to enjoy right here on Skidaway Island.

GOTTA LOVE IT

WHAT: Landlovers membership / open to all Skidaway Islanders

HOW MUCH: Each \$30 membership fee covers one household of one or two adults.

CONTACT: Vicki Knapp at landloversmembership@gmail.com or visit www.landingslandlovers. com for more information.

WHAT ELSE: The membership year runs from September 1 through August 31. Landlovers is a philanthropic and social organization dedicated to enriching the Landings community and Skidaway Island at large. Landlovers sponsors year-round social activities and fundraising events to support student scholarships and multiple non-profit service organizations.

WHERE ART THOU?

WHAT: The Paintings of Kitt Dobry WHEN: June 1 - 30; Opening reception June 8, 5 - 7 p.m.

WHERE: JEA Art Gallery, 5111 Abercorn St. **HOW MUCH:** Free and open to the public **CONTACT:** Vicky Lunick, 912.355.8111 WHAT ELSE: Kitt Dobry has established herself as a local artist specializing in oils, watercolor,

and graphite. She shows multiple times each year while taking on limited freelance work as she raises her son and daughter.

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PIANO MAN

WHAT: The Arts at Messiah: Guest Pianist Alan

WHEN: Friday, June 9, at 7 p.m. WHERE: Messiah Lutheran Church, 1 West

Ridge Road HOW MUCH: No admission charge, but dona-

tions are welcome **CONTACT:** MLC at 912.598-1188, Monday

through Friday mornings

WHAT ELSE: Alan Woo made his Lincoln Center debut at age 19, performing at Alice Tully Hall with the Juilliard Orchestra. He will present an exciting program of Mussorgsky's "Pictures at an Exhibition" and works of Chopin including his Rondo in E-flat Major.

STITCHIN' TIME

WHAT: Landlovers Stitch and Bead WHEN: Tuesdays, June 13 and 27, 2 to 4 p.m. WHERE: Members' homes

CONTACT: Leslie Mathews at lmathews 50@ gmail.com to be added to email list

WHAT ELSE: We welcome crafters working on any type of needle projects - knitting, needlepoint, beading, felting, crewel and cross-stitch. Location announced by email. Landlovers membership is required.

TURN THE PAGE

WHAT: Skidaway Community Church Book

WHEN: Thursday, June 15, 10:30 a.m. WHERE: At the church at 50 Diamond Cause-

HOW MUCH: No charge although donations will be accepted

CONTACT: Dr. Joe Crotty, program director, 912.598.0151 ext. 1104

WHAT ELSE: Registration is available at www. skidcc.org. A preselected book will be read each month and questions will be developed by Dr. Crotty. The purpose is to build faith through shared experiences. The first book is *Love Does*, by Bob Goff.

RIGHT ON!

WHAT: Ladies On The Right (LOTR) monthly luncheon meeting

WHEN: June 15: Social hour, 12 to 1 p.m.; lunch/program, 1 to 2:30 p.m.

WHERE: The Landings Palmetto Club ballroom **HOW MUCH:** LOTR members - \$30; guests

CONTACT: For more info or to register/pay (deadline June 12), please visit www.ladie-



GAMES PEOPLE PLAY

WHAT: Game Night at Skidaway Community Church

WHEN: 3rd Wednesday of the month at 6:30 p.m. beginning June 21

CONTACT: Dr. Joe Crotty, SCC program director - 598.0151, ext. 1104

WHAT ELSE: Join us for an evening of checkers, chess, Trivial Pursuit, group games, and Christian fellowship. To register, visit www. Skidcc.org.

BUNCO SQUAD

WHAT: Landlovers Bunco

WHEN: 2nd Wednesday each month - 6:30-8:30 p.m.

WHERE: Landings Association building on Landings Way South

HOW MUCH: \$6 to cover room cost and

CONTACT: Dianne Bloom, thewinelady2005@yahoo.com; or Barbara Capes, b_capes@comcast.net

WHAT ELSE: A dice game requiring no skill but enjoying a fun night out with friends. Any Landlovers member. Club membership is not required.

ALL ABOARD!

WHAT: Landlovers Mexican Train Dominoes, open to all Skidaway Island residents, not just the Landings

WHEN: Tuesdays, 3:00-5:30 p.m. WHERE: Palmetto Clubhouse's Byrd Room. Because we play in a clubhouse, Landings Club membership is required.

HOW MUCH: Free but Landlovers membership is required

CONTACT: Laurie Milano, lamilano@aol.

WHAT ELSE: Because we play in the Palmetto Clubhouse, vou must be a member of The Landings Club and Landlovers. The Byrd Room can have a maximum of 24 players. If you plan to join us, please bring a set of dominoes if you have one.

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ISLAND HOPPING

ISLAND HOPPING

sontheright.org

WHAT ELSE: Keynote speaker is Annabelle Rutledge, vice president of advancement and external relations for Concerned Women in America, a D.C.-based, conservative non-profit legislative action committee. LOTR is a greater-Savannah community leadership organization whose mission is to inform, educate and inspire members to take action roles on issues that impact our country, community, and lives.

HAPPY CAMPERS

WHAT: Creative Arts Academy Summer Camp **WHEN:** June 19-23 and July 17-21; 9 a.m.-3 p.m., Friday 9 a.m.-noon

WHERE: St. Peter's Episcopal Church, 3 West Ridge Road

HOW MUCH: \$200

CONTACT: Kathleen Turner, kturner@saintpeterssav.org or 912.598.7242

WHAT ELSE: Serious fun with the creative arts. Space available. Register at www.saintpeterssav. org/creativeartscamp.

SUMMER SOCIAL

WHAT: IWOL Summer Social for members and significant others

WHEN: Sunday, June 25 at 3:30 p.m. WHERE: Delegal Marina Sunset Room

HOW MUCH: \$30 per person

CONTACT: Call Phyllis at 610.203.4393 for more information. To register, text or call Carla Blumenthal at 845.216.1543 or email crsblumenthal@gmail.com

WHAT ELSE: RSVPs strongly encouraged; June 20 deadline. Please mail or tube your check made out to JWOL to Marcia Berens, 5 Benedictine Retreat. Scavenger hunt with dinner to follow. Each team will consist of four people, one car, and one digital camera or phone. More details TBA. Interested in dinner only? Come at 5:30.

WORSHIP WEEK

WHAT: Skidaway Community Church Vacation Bible School

WHEN: Monday, June 26 through Friday, June 30, 9 a.m. to 12:30 p.m.

HOW MUCH: \$50

CONTACT: To register, please call 912.598.0151 or visit www.skidcc.org

WHAT ELSE: Campers will engage in Bible study, games, activities, athletic activities, and learn from guest speakers as well as Pastor Jon Hauerwas and Dr. Joe Crotty. Please bring lunch and a water bottle.

TAXATION REPRESENTATION

WHAT: Opportunities for volunteer income tax assistance with Neighborhood Improvement

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WHEN: starting in January, flexible hours from 9 a.m. to 8 p.m.

WHERE: several sites in Savannah, Pembroke, Rincon, Richmond Hill and Hinesville

CONTACT: Tiffany Carter, tcarter@niacdc.org or 912.447.5577

WHAT ELSE: This program helps underserved communities by offering free tax preparation. No experience necessary. Volunteers include greeters/ screeners and tax preparers

FINANCIAL AID

WHAT: AARP Tax-Aide Program needs volun-

WHEN: Training in Dec. and Jan.; Tax preparation starts Feb. 1 for 10 weeks; hours and days are flexible

WHERE: Chatham SW and Bull Street Libraries **CONTACT:** Volunteer coordinator John Gerardi, 912.661.8705 or johngerardi@hotmail.com

WHAT ELSE: This program provides free tax preparation for low- to moderate-income families, as well as the elderly and people with disabilities. AARP Tax-Aide saves underserved individuals/ families millions in preparation fees and helps taxpayers claim millions in refunds, which can be used to reduce poverty. Tax preparers will be trained to become IRS-certified. Volunteers are also needed to help with intake/front desk.

HOUSE CALL

WHAT: Volunteer Opportunities WHEN: We ask that you commit 1-2 days/

WHERE: Green-Meldrim House, downtown on Madison Square

CONTACT: Jane Pressly: 912.667.1584 or janepressly@aol.com

WHAT ELSE: If you love history, architecture, art and storytelling, we need you! Volunteer as a docent or doorkeeper at the historic Green-Meldrim House. Training begins soon!

OUTDOOR ADVENTURE

WHAT: Boy Scout Troop 57, for boys 10-18 WHEN: Weekly meeting Tuesday 7-8:30 p.m. WHERE: Skidaway Community Church **CONTACT:** BSA office, 927.7272

WHAT ELSE: Chartered in 1989, the troop has sponsored 80 Eagle Scouts to date. Weekly meetings, monthly outings (canoeing, canoeing, hiking, kayaking, rafting, backpacking), yearly summer camp and high adventure trips. New Scouts and transfers are welcome.

BRIDGING THE GAP

WHAT: Landlovers Modern Bridge WHEN: every Wednesday from 11-2 WHERE: Marshwood

CONTACT: Marianne Claysmith, claysmith2@ aol.com

WHAT ELSE: The Modern Bridge group is designed to use the following basic conventions: Stayman, Jacoby Transfer, Weak 2's, Ace asking. Joining this group assumes you either currently use these conventions or are open to learning them. A 15-minute brush up will start at 1:00 p.m. game to follow. All participants must be members of Landlovers and a Landings Club member, in accordance with Landings Club policy. Due to limited space, sign up is required.

CAUSEWAY CLEAN-UP

WHAT: "Shine Bright like a Diamond (Causeway)," litter pickup along Diamond Causeway WHEN: 1 or 2 times per month, as trash amount deems necessary

WHERE: Meet in the parking lot of Butterbean Beach

CONTACT: Courtney Fowler, causewaycleanup@ gmail.com or 912.313.6040

WHAT ELSE: Please bring work gloves and a safety vest if you have one; a trash-picker works wonders as well. We will provide trash bags. Water is recommended to avoid dehydration.

SHALOM

WHAT: IWOL Membership **HOW MUCH:** Annual membership is \$20 **CONTACT:** Sherri Brecker

WHAT ELSE: Mail or tube check to Sherri at 18 Cricket Court. Membership entitles each member to share in the many wonderful programs and social events JWOL offers.

FERAL FRIENDSHIP

WHAT: Skidaway Cat Alliance Team WHEN: Ongoing

WHERE: Skidaway Island and surrounding CONTACT: skidawaycats@gmail.com or visit our Facebook page at www.facebook.com/skidawaycatallianceteam

WHAT ELSE: The Skidaway Cat Alliance Team is a group of dedicated animal lovers who provide food, population control (spay/neuter), medical care, and shelter for free-roaming cats in the Skidaway area. We have cats and kittens currently being fostered that are available to new, loving

PET PROJECT

WHAT: Kitten food drive for the Humane Society of Greater Savannah

WHEN: Ongoing

WHERE: Humane Society Adoption Center, 7215 Sallie Mood Dr.

CONTACT: Call Rosemary Longueira at 598.2875 or drop donations at 22 Long Island Road, Oakridge

WHAT ELSE: With so many kittens in foster care, the Humane Society is in need of Fancy Feast canned kitten food, Purina dry kitten chow,

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and kitten replacement milk (such as KMR) for the neonatal bottle fed kittens. Soft fuzzy blankets would also be appreciated. Donations can be dropped off during normal business hours (Tuesday-Saturday, 1:00-6:00 p.m.) or off-hours in the donation bins outside the Adoption Center on Sallie Mood Drive.

WALK AND TALK

WHAT: Landlovers "Let's Walk"

WHEN: One hour every Wednesday and Saturday at 8 a.m.

WHERE: June, Delegal; July, Oakridge CONTACT: Email Bev Dalrymple at bevdal00@ gmail.com to sign up

WHAT ELSE: Looking for walking buddies? Join our morning walking group. Walking pace is brisk but "talkable." This is a great way to get some exercise, see the island and chat with friends. You must be a Landlovers member to participate.

BE A DECENT DOCENT

WHAT: Become a historical interpreter WHEN: Part-time – Monday thru Saturday, 10 a.m.-4 p.m.; or Sundays, 12 noon -4 p.m. WHERE: The Andrew Low House Museum, 329 Abercorn St. on Lafayette Square HOW MUCH: \$9.50 per hour

CONTACT: Chris Sergi, Education and Programs Manager Andrew Low House csergi@ andrewlowhouse.com or 912.233.1828 ext.102

WHAT ELSE: The Andrew Low House is searching for enthusiastic and dedicated individuals with a love of history to serve as guides and educators to represent our museum.

SEW WHAT?

WHAT: Landlovers Material Girls WHERE: Skidaway Community Church WHEN: 3rd Thursday of each month, 3 to 5

HOW MUCH: Free but you must be a member of Landlovers

CONTACT: Janet Smart, maxwellsgal@aol.com; Sandra Grant, sandragrant07@comcast.net; or Donna Nicol, dkn777@aol.com

WHAT ELSE: Whether you are an experienced quilter or new to the craft, please join us for some handwork, conversation and networking. Bring a project you are working on, show and tell, or just plan to socialize. Learn about quilt shops in the area and local quilt guilds. All members of Landlovers who are interested in quilting are welcome.

WELCOME MAT

WHAT: Learn to create sleeping mats for the homeless from discarded plastic bags WHEN: Wednesdays, 10:30 a.m. - 12 noon and Thursdays, 9:30 a.m. – 12 noon

CONTACT: For project information, DIY videos or to schedule group workshops call Carol Greenberg at 912.355.1238 or MStarArts@gmail.com WHAT ELSE: These mat and pillow sets help divert plastic bags from landfills and waterways while providing comfort to the homeless. All ages can learn to cut the bags into ribbons, tie these together to make plastic yarn. No tools are needed for braiding, crochet hooks cost less than \$5 and looms about \$10 to make.

SMALL WORLD

WHAT: Landlovers Marco Polo Group WHEN: Third Monday, October through May, at 6:30 p.m.

WHERE: Member homes

CONTACT: Sue Souls, LLMarcoPolo100@gmail.

WHAT ELSE: The Marco Polo group is for our international friends. If you were born in or have lived at least one year (including an academic year) outside the U.S., you are eligible to join. Attendees are asked to bring an international appetizer to share as well as their own beverage and glass. Must be a Landlovers member. Membership is open to all residents of Skidaway Island.

LOSS MITIGATION

WHAT: Pandemic support group WHEN: Meeting Wednesdays at 6 p.m. WHERE: St. Peter's Episcopal Church Library **HOW MUCH:** Free

CONTACT: Suzanne at St. Peter's, 598.7242 WHAT ELSE: Many of us have lost friends or family, and pandemic isolation has made dealing with these losses difficult. Dr. Stevens Peirsol will guide the group, offering those who would like to share and find help in processing loss.

IT'S AN HONOR

WHAT: Honor Flight Savannah seeks war veterans and volunteers **CONTACT:** honorflightsavannah.org or

912.367.9020

WHAT ELSE: Honor Flight Savannah is offering WW II, Korea and Vietnam War era veterans living in southeast Georgia and southeastern South Carolina an all-expense paid trip to Washington, D.C., to visit their war memorials. Funding for trips is dependent on contributions from community citizens and businesses.

READ ALL OVER

WHAT: Landlovers Singles Co-ed Book Club WHEN: 4th Thursday each month, 5:30 p.m. WHERE: Palmetto Clubhouse CONTACT: Marianne Claysmith, claysmith2@aol

WHAT ELSE: Landlovers and Landings Club

membership is required.

BODY AND SOUL

WHAT: Mat Pilates and Sit-Fit exercise classes at Skidaway Island United Methodist Church (SIUMC)

WHEN: Mondays, Wednesdays and Fridays. Mat Pilates, 9:15-10:10 a.m.; Sit Fit: 10:15-11:10 a.m. WHERE: Bailey Hall at SIUMC, 54 Diamond Causeway

HOW MUCH: \$5 per class for 8 or more classes per month. \$6.25 per class for 7 or fewer classes per month.

CONTACT: For more info or to register, call Elena Bennett, ACSM-certified fitness instructor at 404.510.6042

WHAT ELSE: Mat Pilates participants must bring an exercise mat and be able to get up/down from the floor. Sit-Fit participants should wear athletic shoes. Everyone should bring a water

FRIENDLY WORDS

WHAT: Skidaway Scrabblers WHEN: Every Thursday afternoon WHERE: Members' homes

CONTACT: Cathy White, cathy77024@yahoo.

WHAT ELSE: We are a happy group of dedicated Scrabble players who enjoy a social game. Join us for a game or two and discover that you, too, may want to be a Skidaway Scrabbler.

MEETING OF THE MINDS

WHAT: Stroke Survivors

WHEN: Third Thursday of every month, 4 to 5

WHERE: Messiah Lutheran Church, 1 West Ridge Rd.

HOW MUCH: Free

CONTACT: Shirley Nack, 598.7047

WHAT ELSE: Share your experiences with stroke survivors. At our meetings we listen and learn what other survivors have accomplished in order to return to an active lifestyle.

ANIMAL ATTRACTION

WHAT: Call for volunteers

WHEN: Flexible hours to meet your needs and schedule, various tasks

WHERE: The Humane Society Thrift Shop, 7215 Sallie Mood Dr.

CONTACT: Volunteer coordinator, Yvonne Hemphill, 603.502.6906

WHAT ELSE: No experience necessary. All proceeds from the thrift shop go to supporting the care of the shelter's animals.

Complete Island Hopping listings are available online at www.theskinnie.com

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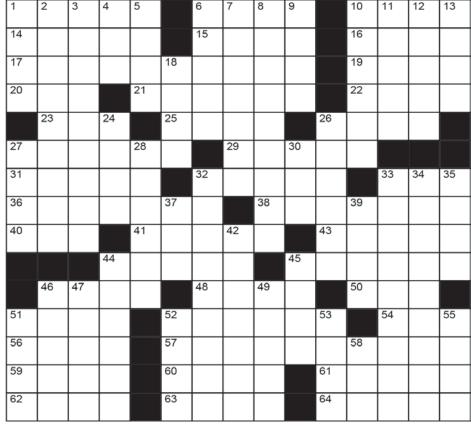
CLASSIFIEDS

ACROSS

- 1. Bedouin's mount
- 6. Gather, as crops
- 10. Masticate
- 14. Rolex rival
- 15. Linchpin's place
- 16. Hot issue?
- 17. "Easy Rider" ride
- 19. Cooker
- 20. Bard's "before"
- 21. White clay
- 22. Like a desert
- 23. DC insider
- 25. Tight
- 26. Say "No way!"
- 27. What combines do
- 29. Out, in a way
- 31. Engine lifter
- 32. Flower part
- 33. Dickens character
- 36. Like some pitches
- 38. Pizza seasoning
- 40. "It's no ____!'
- 41. Bellhop, often
- 43. Mortise insert
- 44. Badge earner
- 45. Guard at the gate
- 46. Eczema symptom
- 48. Some years are this
- 50. Deck (out)
- 51. Methane's lack
- 52. Strapped for cash
- 54. Satirical magazine since the 1950s
- 56. Prime-time hour
- 57. What 'A.D.' stands for
- 59. Fine-tune, as muscles
- 60. Lasting impression
- 61. Linenlike fabric62. Doomsayer's sign
- 63. Soccer immortal
- 64. Straight and tall

DOWN

- 1. Invitation word
- 2. Formless



- 3. Crater maker
- 4. Kind of trip
- 5. Carefree adventure
- 6. Dress fabric
- 7. Leave out8. Everglades critter
- 9. Ball hammer
- 9. Daii ____ nammer
- 10. After-hours shop sign
- 11. Any port in a storm
- 12. Day or thing starter
- 13. Draw to a close
- 18. Kind of cow
- 24. More or ____
- 26. Computer keyboard key
- 27. Biblical pronoun
- 28. Zigzag, e.g.
- 30. Black gunk32. Bratty attitude

- 33. Marceau's forte
- rip 34. Artificial
 - 35. Small equine 37. Scooby-____
 - 39. Lady's escort
 - 12. Lady's escort
 - 42. Never-ending
 - 44. Mosquito barrier
 - 45. Potato, slangily
 - 46. "See eye to eye," e.g.
 - 47. 1,000 kilograms
 - 49. Love to pieces
 - 51. Not duped by
 - 52. Door fastener
 - 53. Look (over)
 - 55. Atkins, for one
 - 58. Scratch up

Puzzle answers, page 33



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ly located on the Diamond Causeway (next to Kroger). Massage therapy, facials, medical spa procedures, waxing, brow & lash services, body treatments, and pelvic floor therapy. Our independent therapists and estheticians are highly trained and experienced. Easy online booking @www.suitelifespa.com. Open by appointment only - 7 days per week.

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HALF PRICE!! For Sale • Landings resident has three plots in the Forest Lawn Cemetery. The current value is \$3995 per plot. They are in the beautiful Old Rugged Cross section. We're offering these at \$2,000 each. Willing to sell individually or as a group. Please email stargrays@gmail.com.

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GUNS

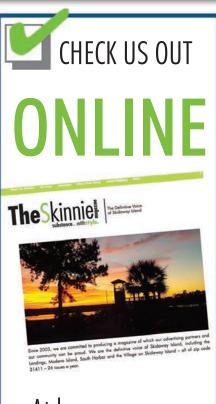
GUNS WANTED • Top cash paid. Z and Son

The Skinnie Classifieds listings are online at www.TheSkinnie.com/Classifieds.

www.theskinnie.com TheSkinnie VOL, 21 ISSUE 11 – **31**

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CLASSIFIEDS



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John B. Rourke Menswear • Part time accounting bookkeeper needed. Quick books experience preferred. Please send your resume to Patti@johnbrourke.com.

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HOME WATCH SERVICE • Skidaway Concierge Home Watch is owned and operated by Skidaway Island residents who understand the importance of providing exceptional service to neighbors. Our Concierge State of the Art Home Watch program is tailored to provide you with property protection and Peace of Mind. 912.598.6801 or

www.skidawayconciergehomewatch.com

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mates. Please call Mike Schuman at 912.354.8856.



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SKIDAWAY CAT ALLIANCE TEAM provides for the humane treatment, health, welfare and population control (spay/neuter) of free-roaming

cats on and around Skidaway Island. If you are interested in learning more or need help with a feral cat, please contact us at skidawaycats@gmail.com or visit our Facebook page, https://www.facebook.com/skidawaycatallianceteam

PORTA POTTY



PORTA POTTY DOGS • Planning a backyard bash? Don't want construction crews using your bathroom? Call Porta Potty Dogs for all your portable toilet needs. Our units are guaranteed to be washed and serviced regularly. Give us a call for the best intown service in the #2 business! 912.244.9788 or visit portapottydogs.com

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Summer classes in SAT and ACT preparation. Also: grammar review, summer reading projects, essay writing, and college essay creation; Anna Warm M.A. Mensa member and Landings resident. Retired from 30 years of English and Latin teaching at New Canaan High School in CT. Anna Warm, 5 Bishopwood Ct, Savannah, 31411, Call 203.644.8041 or email: annawarm@aol.com.

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WILDTHINGS

You live in a photographer's paradise. Keep those local nature snapshots coming our way. The bigger the photo, the better, so we can really show you off.



John Taylor (who snapped this issue's cover) took these photos of two baby armadillos. "They were totally oblivious to my presence," he says, "and I was able to walk right up to them! Orphans perhaps with no homeschooling about humans? Or no sense of danger is why you see so many as roadkill?"

"Wild Things" is a regular feature in The Skinnie, featuring your photographs of our beloved island. Email your high-resolution photos to production@theskinnie.com.

Please include your name and a little info about where the photo was taken.



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Elaine Lee - Savannah, GA





A sudden onset of weakness in her limbs and hands began interfering with two of Elaine's biggest joys:

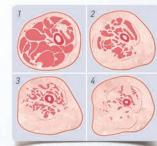
painting and bike riding. Additional symptoms, including slurred speech and severe trouble swallowing, led to electromyography (EMG) and muscle biopsy testing, which revealed necrotizing autoimmune myopathy – a rare autoimmune condition attacking the muscles.

Under the care of Dr. Poston, a neurologist, Elaine was treated with intravenous immunoglobulin and other lifesaving drugs. Immunosuppression and regular follow-ups with Dr. Poston and multiple St. Joseph's/Candler specialists helped Elaine regain her strength and return to the pursuits she loves.

"The team of specialists at St. Joseph's/Candler found answers and solutions to help me regain my strength so I could get back to doing the things I love to do." – Elaine Lee

"THAT'S WHY I CHOOSE ST. JOSEPH'S/CANDLER"

- Ryon Poston, M.D. - Neurologist



stages of myopathy

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