

# The Skinnie

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UP  
front

*Since March 14, 2020, I've had roommates. Not a thing I would have expected my 56-year-old self to say. Almost 17 months of sharing living space.*

*In less than two weeks, I'm on my own again.*

One daughter – the younger – having left the dirty inconvenience of New York as the pandemic first raged to return to it again during “lockdown” for six months then exit once more, has designed a fulfilling life here, much to my delight. She secured a challenging and rewarding job and adopted two very tiny kittens. Her new world extends beyond her childhood bedroom, so she moved into her own apartment on the other side of Forsyth Park.

The older one, subject to remote-work restrictions, has been in Savannah most of the time since two St. Patrick's Days ago. A few months back, she migrated from our main building to the carriage house, a small physical distance but a meaningful and essential change for her. Still, a bit too close for this moment, as difficult as it is to concede. She's 26; her office will soon reopen; she continues to advance professionally; her local social options are limited; so, she is heading to Washington, D.C., in 10 days.

Their mother and I expended significant energy and resources to ensure they'd leave – perhaps for somewhere far away – when college, and whatever comes after, called. Now, just eight years removed from the first freshman move-in, I'd do (just about) anything to keep them here forever. Which might be selfish or unfair, but – maybe – awesome, too.

There was a period – several months in length – when the three of us shared the main house, our sleeping arrangements just as they were when the girls were in high school, minus their mom – them: each with her own room on the top floor; me: the too-loud TV playing all night long, one level below. We ran into each other regularly during a typical day. They exercised together in the dining room. We ate in the kitchen. We shopped for each other. We took long walks.

Lately, I barely see the older. My office is right below her bedroom in the carriage house, so I hear her footfalls when I'm working (She's padding about as I type). We texted about a clever cable series across the courtyard last night. Despite her tendency towards aloofness (inherited, I'm afraid), her proximity – as irrational as this might seem – enables me to affirm, if only telepathically, how precious she is to me. I'm sure my intentions don't translate, and I come off as annoying, with each of my faults magnified up close. But she is my girl; they are my girls; and nothing feels both so indescribable and profound.

I'll miss my roommates...I already do. For now, I'll manage the house solo. They're welcome back anytime (“delta” variant shutdowns and subsequent federal handouts, anyone?). If/when my kids have kids, I have plenty of room to provide ad hoc daycare. And I hope to see those yet-to-be-born little ones nearly every one of those future-days, at least until it's time for them to move away, too.

*Scott A. Lauretti*



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Peter Schreck shared this photo of a painted bunting, taken at Skidaway Island State Park.

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# BACK TO SCHOOL

By Mike Broderick

*It's the most wonderful time of the year. No, not the holidays, when people are filled with good cheer. It's back-to-school season, when the burden of too much togetherness is lifted from families. When moms no longer hear, "I'm bored," several times a day, and dads can resume their usual routine of sleep/work/television.*

Children return to their routines as well. They need structure. Whether they recognize it or not, there's comfort in knowing what to expect, and what is expected of them; a goal to be achieved. To no great surprise, each child responds differently to these expectations. Schools provide more than just academics. Students learn social and emotional skills, get exercise, and have access to other activities and support services.

Aside from reuniting with classmates, the first day of the school year can be revitalizing for a child. Everything is new – new teacher, new classroom, maybe even a new school. That is especially true this year as schools and families recover from the disruptions of COVID-19. Many common back-to-school items such as clothes, backpacks and lunchboxes, are in high demand as students return to in-school learning.

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Retailers expect a larger wave than normal in back-to-school spending. Department stores and clothing stores had a disastrous 2020. This year, families are stocking up on new outfits in preparation for a return to in-person school. The National Retail Federation predicts back-to-school spending will average \$850 spent on back-to-school per family. Many hope this increased spending – combined with an increased child tax credit – will help fuel economic recovery. However, parents are encouraged to shop smarter by not investing too heavily in in-classroom learning right away. Remote schooling – or at least some elements of it – may return. It's human nature that a shopping spree of any kind leads to imprudent purchases. As always, parents should help guide their children toward wise decisions in the quality of merchandise they choose.

## LUNCH AND LEARN

Resuming a daily routine includes lunch and the need for quality nutrition. Working and learning from home, with easy access to snacks throughout the day, has contributed to weight gain for parents and children. To mitigate this trend, health and education officials recommend students take advantage of scheduled school lunches. For some families, school lunches represent their best source for a well-balanced meal.

Healthy students are better learners. As students return to school in person or continue virtual learning from home, schools may use a variety of methods to ensure students have access to nutritious meals. Establishing healthy eating patterns in school lays the foundation for continued healthy eating in later years.



Over the past decade, health and education officials have concentrated on overhauling school lunch programs nationwide. A recent study published in the Journal of the Academy of Nutrition and Dietetics used healthy-eating-index scores, awarding points for healthier options like whole grains while deducting points for empty calories, sugars and fats. Lunch scores have climbed from 58 points to 82 points.



L-R: KATHY BOAEN, TONYA MURPHY, APRIL BOYETTE, MELANY MAYERS, DR. MATT GRILL, MADISON EVANS, APRIL ZIPPERER, TABITHA CORNWELL,

  
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## COPING WITH BACK-TO-SCHOOL STRESS

Returning to school can be a challenge for students of any age – and their parents. Even if a child has done well academically in the past, circumstances change as the child gets older, especially as more schools return to in-classroom learning.

- Talk with your children. Discuss the coming school year with each child separately. Each child is different, with individual needs and concerns. Ask them what their goals are, and how you can help them achieve them. Make your expectations clear to your children but do not lecture them. They'll get plenty of lectures in the classroom.

- Talk with their teachers. Take advantage if your child's school has an open house, so you and your child can meet teachers and discuss the coming school year.

- Manage time. Don't over-extend yourself or your child. Extracurricular activities are important, but too much can take away from studying, homework, or just simple downtime to enjoy the day.

- Go shopping. A fun aspect of the new school year is shopping for new clothes and school supplies. Though browsing online might be more convenient, making a day of it with your child will help him or her to feel more engaged in the decision-making.

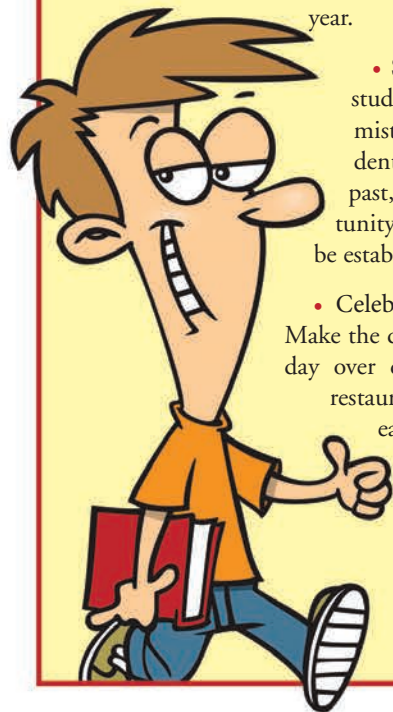
- Get organized. Make certain each child has everything necessary to start off the new school year. Stock backpacks with supplies, while keeping some in reserve for later. It might also be wise to keep some in the car, for those days when your student is absent-minded.

- Get back on schedule. Lack of adequate sleep can directly impact a child's academic performance. Don't wait until school starts to re-establish bedtimes. Lay groundwork a week or so in advance of opening day by waking children early to prepare them for the morning routine of the school year.

- Stay positive. Encourage your student by not dwelling on past mistakes. Regardless of how a student may have performed in the past, a new school year is an opportunity to start fresh. New habits can be established and old ones discarded.

- Celebrate the first day of school. Make the day special. Discussing the first day over dinner at the child's favorite restaurant is a good opportunity to ease anxiety.

— Source: American Institute of Stress



It's important for families and schools to communicate regarding the benefits of school meals and different meal options during in-person and virtual instruction. Parents can participate by encouraging healthy eating at home and being aware of what foods schools offer in the cafeteria and at school events.

## CHALLENGES

Though major strides have been made to ease general concerns regarding the pandemic, many parents are reluctant to send their children back to the classroom. Relatively few students have been vaccinated, and even if they have, physical distancing in crowded hallways remains a challenge. Also, many school activities like sports require a certain degree of close contact. Others, such as performing arts, expect an audience.

The CDC recommends each family weigh its unique needs and situation and comfort level with the steps the school is taking to reduce the spread of COVID-19. Some considerations may include the specific risks to members of your household if a child were to become infected in school, at school meal programs or after-school services, extra-curricular activities and transportation. Parents who are concerned about potential exposure should go straight to the source: Ask your school about safeguards and guidelines for students, families, and the school community. School administrators should be able to explain how often bathrooms are being cleaned, how hallways are managed between classes, and what the plan is for isolating a child who is sick at school. These protocols should be available for parents to review, if or when needed. Children should be aware of basic response recommendations in the event they begin to feel sick.

Adam J. Ratner, MD, director of the Division of Pediatric Infectious Diseases at Hassenfeld Children's Hospital at NYU, recommends teaching children to navigate situations that may risk their health and safety. "Parents need to arm their children with information," he says. "These are tough discussions, but it's important to reinforce these strategies in the least scary way possible."

Children should be encouraged to wash their hands before they leave home and when they return; before and after eating; after using the bathroom; and after sneezing or blowing their noses. These are habits that can continue at school, like using hand sanitizer after contact with frequently touched surfaces such as bannisters and door-knobs.

Despite precautions, some children will be anxious about returning to school and being part of a large crowd. Rather than offer blanket reassurances – "Everything will be fine, nothing to be worried about" – parents are encouraged to be open and encouraging. The honesty of expressing concerns and reinforcing the need for precautions helps reduce risk to everyone, and instills confidence in a safe school environment.

## TO MASK OR NOT TO MASK

In January, most Georgia public school systems that required face coverings for in-person learning began discarding such policies. "Strongly encouraged" became a common phrase. In May, Gov. Brian Kemp signed an executive order rescinding his "permission" for public schools to require students and staff to wear masks. His decree stopped short of legally preventing school systems from issuing mask

mandates. Much public policy and messaging – from all sides of the discussion – on the matter remains confusing, ambiguous, and disturbingly nuanced.

Health officials have hoped for higher vaccination rates than currently realized. Roughly 39 percent of Georgia residents have been fully vaccinated. Children under 12 years of age are not yet eligible, and only a small number of Georgia teenagers have been inoculated.

Kemp's decision has raised concerns for new outbreaks and emerging variants when students return in the fall. "It's one of the most transmissible diseases we know about," says CDC director, Dr. Rochelle Walensky. According to the CDC, the Delta variant is about four times as transmissible as its original lineage, with each infected person spreading it to eight or nine others, on average.

While opinions regarding facemasks are often split along party lines, parents should set their politics aside when it comes to their children's health. Their primary concern should be the well being of their child and the entire school community. For some parents, it might make sense to consider a school with a mask policy in line with their own thinking.

As the new school years begins, one of the best sources of support for parents is other parents. Not just by sharing transportation or passing along clothing and equipment their children have outgrown, but also by comparing thoughts and ideas regarding suitable schools, community activities, and health concerns.

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# KITCHEN Experiments

By Scott Lauretti

Last weekend, I had an overabundance of two things. Not sleep, unfortunately. Also...I don’t drink. And I live alone. So, the things I had too much of: One came from my garden, and the other(s) from a grocery store. Basil and peaches, respectively. I experimented with both. My experiments yielded excellent results. The basil became pesto meatballs, and the peaches starred in a perfect, nutritious, and super-simple three-ingredient dessert. As is my custom, the ingredient amounts in the following recipes are unscientific approximations. It’s cooking, not machine-shop work; precision is overrated.

## PESTO MEATBALLS

1 lb 80/20 ground chuck  
1 lb ground pork  
1 batch pesto (see below)  
½ round loaf of rustic bread, just the insides, torn into pieces  
½ c whole milk  
2 eggs  
½ c Olive oil (extra-virgin, why not)  
Salt and freshly ground black pepper

Preheat oven to 450. In a small bowl, com-

bine the milk and bread and toss thoroughly to saturate the bread. Gently squeeze excess milk from bread. In a large bowl, combine the two meats, but don’t overwork them, and season well. Add pesto, wet bread, and eggs and thoroughly but gently mix, by hand. Form balls from the mixture (I’m a bit of a meatball heretic, as I make mine very big... like baseballs). Place meatballs on an aluminum-foil-covered sheet pan. Cover loosely and refrigerate for at least an hour, and up to 4. Heat oil over medium to medium-high heat in a high-sided pan. Gently place the refrigerated meatballs in the hot oil. DON’T move them around for at least two minutes, or until a nice brown crust has formed across the bottom side of each. Once they’ve set, delicately flip them (using a slotted spoon works well) and brown the other side. Remove browned meatballs from oil and return to foiled baking sheet. Bake meatballs in oven for 12 to 15 minutes, depending on preferred doneness (12 suits me). Serve any way you like. I love them as-is (no pasta, no polenta, no grated cheese, no distractions). Makes 8 (baseballs).



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## PESTO

1 large bunch basil leaves (cut a lot, if you're growing it at home)  
2 garlic cloves, peeled  
½ c pine nuts  
1 (heaping) c grated Reggiano-parmigiano cheese  
(at least) ½ c extra-virgin olive oil  
Salt

Toast pine nuts in a small saute pan over medium heat until just beginning to brown on one side (no more than a few minutes). Place the first four ingredients and half of the olive in a food processor. Season well with salt. Process for a couple of minutes to create a coarse paste (but not a puree). Add more oil as necessary or desired.



## BALSAMIC PEACHES AND YOGURT

2, 3, 4 (whatever you have) ripe peaches\*,  
cored and sliced (skin-on is fine)  
¼ to ½ c balsamic vinegar  
4 to 6 oz plain Greek yogurt per serving

Toss peaches and vinegar into a saute pan and mix to coat slices. Warm over medium heat for about 5 minutes. The peaches should be softening but retain their sliced form. Remove from heat and cool for 5 minutes. Scoop yogurt portions into individual serving bowls. Top with peaches and drizzle remaining liquid evenly over each dessert. Makes at least 2 and up to 8 servings, depending on the number and size of your peaches.

\*cooking helps unripe peaches to work, too

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## St. Joseph's/Candler Expands Urgent Care Network

*New location in Richmond Hill is the system's eighth*

On Monday, August 2, St. Joseph's/Candler opened its eighth urgent care facility, with new offices located on Georgia Highway 144 in Richmond Hill. This location will improve access to affordable medical services for unanticipated situations.

The new facility is being built in phases, allowing for expansion that will eventually provide more medical services for the growing community in the area. The next component of development will include space for

specialists and/or primary care.

The opening is a result of a three-year strategic plan that St. Joseph's/Candler launched in 2019, designed to expand urgent care and healthcare access in the region.

Rollout began with a location in the new St. Joseph's/Candler Pooler Campus; Richmond Hill is the next location on the list.

"St. Joseph's/Candler has been in Richmond Hill for almost 30 years; and, as the community grows, we are growing with them



Left to right: Allan Kennedy, vice president, St. Joseph's/Candler Physician Network; Steve Sellers, CEO Premier Health; Paul P. Hinchey, president and CEO of St. Joseph's/Candler; Mayor Russ Carpenter, City of Richmond Hill; Mark Reddinger, COO Premier Health.

to meet their healthcare needs," says Paul P. Hinchey, president and CEO of St. Joseph's/Candler. "Urgent Care practices are important because they can handle most medical surprises and are far more affordable than emergency departments."

After an official groundbreaking in early March, the construction timeline projected the facility would open in the middle of September. The new facility is now open and accepting patients six weeks ahead of schedule. The project reflects St. Joseph's/Candler's commitment to deliver healthcare to where people live and work. The health system is creating a medical beltway around the Savannah region. In the past two years, St. Joseph's/Candler has opened medical campuses in

Pooler and Bluffton; expanded primary care services in the region; opened cancer satellite programs in Jesup and Hinesville; and placed medical specialty offices across Southeast Georgia. And there is more to come.

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## Protect Your Skin From Summertime Wounds

*If you are injured, St. Joseph's/Candler has three wound care centers around the region*

It's very likely that you will spend a lot of time outdoors this summer, despite the heat. We love our gardens, beaches and family cookouts. It's also possible you could suffer a common summertime wound. This is especially true for people with diabetes who have lost sensation in their feet or the elderly who have thinning skin. When skin is broken or compromised by a bug bite, burn or cut, germs can enter the body. Open wounds, even a small bug bite, could become infected and cause serious complications.

Shandresa Moore is the clinical nurse manager for the Center for Hyperbarics and Wound Care at Candler Hospital. She's seen wound-incidence increase in the summertime because people are outside and active. Many of these injuries can be prevented.



Shandresa Moore

"Especially if you have diabetes, you should look at your feet every day and make sure there are no sores," Moore says. "If your feet tend to sweat from work shoes or any sock and shoe and you don't look at your feet every day, that moisture can invade the tissues and cause a laceration that can lead to a wound. If you are not paying attention, it can get worse and worse, and the next thing you know you have a gaping hole in the bottom of your foot – or worse, need a toe amputated."

### IF YOU'RE INJURED, HELP IS CLOSE BY

Wounds happen. Most heal quickly, and St. Joseph's/Candler has three specialized wound care centers around the region - in Savannah, Hinesville and Bluffton, South Car-

olina - to help with stubborn injuries.

"We are an advanced wound-care provider," Moore explains. "We have learned that when you start getting ulcers or wounds that are not healing, there may be some other issue that is going on, that is hindering that wound from healing. We get patients here and determine what is going on with that patient from Day 1."

The wound-care team, which consists of nurses and doctors who are specifically trained in wound care and hyperbarics, does more than bandage or wrap a wound. They look at underlying issues as to why a wound may not be healing, such as blood flow, compression, inappropriate shoes, or sleep.

There are numerous ways to treat a wound and address underlying causes of delayed healing. This can prevent future wounds and help treat wounds quicker if one does recur.

If you experience a wound this summer – or anytime – talk to your physician about a referral or give one of the wound care centers a call.

"We are here to treat patients in a timely fashion so they can get back to living their life," Moore says. "That's what we foster here at the wound care center."

Wear protective clothing when outdoors

Use bug spray

Apply sun block regularly and limit sun exposure to prevent sunburns

Wear appropriate shoes and avoid going barefoot on hot surfaces and beaches

If you suffer dizziness, use supportive equipment when walking around

Consider derma savers, a padding-like material that can protect thin skin

Check your legs and feet often for cuts and scrapes

For more information or to contact one of our Centers for Hyperbarics and Wound Care, visit [www.sjchs.org](http://www.sjchs.org).



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# RONALD VOLLMER

*He Served by Ron Lauretti*

Ronald Vollmer served in the U.S. Army for 20 years. As commander of American Legion Post 154, Tybee Island, he continues his faithful devotion to his country and the men and women who have sworn to protect it.

Born in 1952 in Rio de Janeiro, Brazil, Vollmer and his family immigrated to New York City in 1965. The move was difficult for the teenager. Vollmer was not conversant in English, so school was a struggle. With work, he overcame language and cultural challenges, and successfully navigated high school. In 1970, after graduating from Great Neck South High School on Long Island, Vollmer enrolled in Nassau Community College, but discovered that college was not for him.

The 19-year-old Vollmer longed to travel and see the world. He left school during his second semester and joined the Army. He laughs when he remembers that the local Navy recruiter - "Join the Navy and see the world" - missed an easy opportunity that day, as he was absent from his recruitment storefront when Vollmer dropped in.

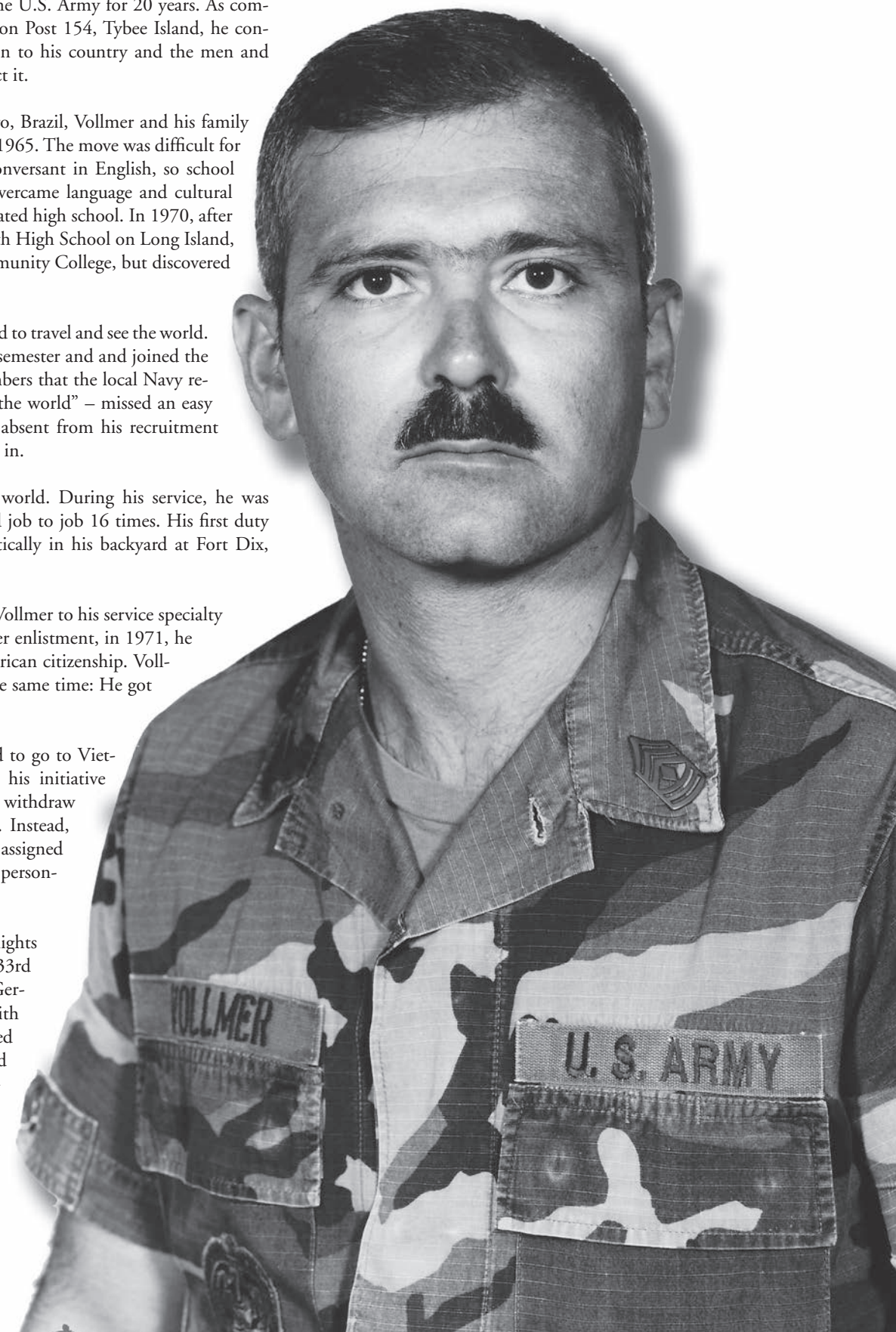
Vollmer did, indeed, see the world. During his service, he was transferred from base to base and job to job 16 times. His first duty station - boot camp - was practically in his backyard at Fort Dix, New Jersey.

Testing and basic training led Vollmer to his service specialty as a personnel manager. Soon after enlistment, in 1971, he joyfully declared his oath of American citizenship. Vollmer took another oath around the same time: He got married.


The young soldier volunteered to go to Vietnam during active conflict, but his initiative was rebuffed as the U.S. began to withdraw from the southeast Asian nation. Instead, he was deployed to South Korea, assigned to the 2nd Infantry Division as a personnel clerk.

One of Vollmer's career highlights came during his time with the 33rd Tank Battalion in Gelhausen, Germany. During the Cold War with the USSR, the 33rd was charged with creating a roadblock should the Soviets invade Western Europe. The mission felt important to the men tasked with it, and it was.

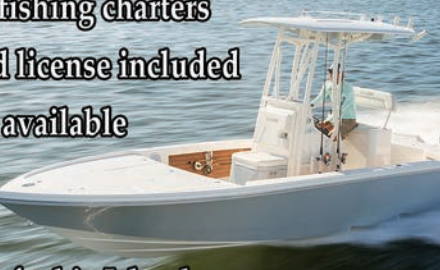
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Eventually, Vollner happily returned to the place where he began his service – Fort Dix. There, he served as a drill instructor from 1980 to 1983. Advancing to senior drill instructor during the assignment, Vollmer greatly enjoyed helping to shape wide-eyed civilians into disciplined soldiers.

During his 20 years, Vollmer's duty stations included Royal Thai Air Force Base (Udon, Thailand) and Fort Shafter, Hawaii. He served three tours at nearby Fort Stewart, where he was stationed when he retired with the rank of master sergeant in 1992.

Soon thereafter, Vollmer landed a job at the former Vaden Nissan of Savannah. "I had no automotive sales experience, but the sales manager offered me a job because he was impressed with my negotiation skills after overhearing me negotiate to buy one of their cars," Vollmer says with a chuckle. He remained at Vaden for 16 years, advancing from new car sales to used car sales manager, to the company financial manager, and finally to the new car sales manager. He acknowledges the pressure associated with sales quotas but credits his Army experience with the fortitude to handle it.

When new management came to his dealership, Vollmer moved down the street to General Motors, where he worked as finance manager. After three years there, he left the car business and began to apply his skills to managing American Legion Post 154 on Tybee Island. In addition to his dedication to the American Legion, Vollmer works for the City of Tybee Island parking services, where a cool-under-fire military bearing likely comes in handy during summer "invasion."



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## island hopping

*Please email content to mail@theskinnie.com.  
Deadline is the Friday prior to publication.*

### WHO NEW?

WHAT: New Neighbors  
WHEN: Visit [www.landingsnewneighbors.com](http://www.landingsnewneighbors.com) to see our calendar  
CONTACT: Visit our website or contact Jody at [nnnewmember@gmail.com](mailto: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 Island residents  
HOW MUCH: Each \$30 membership fee covers one household of one or two adults  
CONTACT: Vicki Knapp, Landlovers Membership Director, at [landloversmembership@gmail.com](mailto:landloversmembership@gmail.com), or visit [www.landlovers.com](http://www.landlovers.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 numerous social activities and fundraising events to support multiple non-profit service organizations.

### GRAND OLD PARTY

WHAT: Skidaway Island Republican Club Summer Membership BBQ Gala  
WHEN: Sunday, Aug. 15, 5:30 p.m.  
WHERE: Delegal Marina, 1 Marina Dr.  
HOW MUCH: \$10 per person  
CONTACT: Please RSVP to Neil Jurgensen, 407.484.9333 or [npjurgensen@gmail.com](mailto:npjurgensen@gmail.com)  
WHAT ELSE: The event is for members and guests. Food catered by Barnes Restaurant. Beer and wine will be provided (must be 21 or older).

### THE RIGHT STUFF

WHAT: Ladies on the Right meeting  
WHEN: Thursday, Aug. 19, 12:30 - 2:30 p.m.; RSVP before Aug. 16  
WHERE: Palmetto Club  
HOW MUCH: \$25 - mail or tube checks to Lorraine Boice, 36 Sundew Road  
CONTACT: Lorraine Boice, [loboice@bellsouth.net](mailto:loboice@bellsouth.net) or 912.656.2080; Frances Dotton, [fsorgedot@gmail.com](mailto:fsorgedot@gmail.com) or 716.573.8905  
WHAT ELSE: Topic of the meeting: USA Im-

migration, Article IV, Section 4 of the Constitution, with guest speaker, Rep. Buddy Carter, of Georgia's 1st Congressional District.

### INSECT INVENTORY

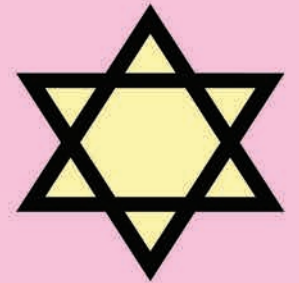
WHAT: 2021 Great Georgia Pollinator Census  
WHEN: 9 - 11 a.m., Aug. 20 and 21  
WHERE: Sparrow field garden, off Bartram Rd.  
HOW MUCH: free  
CONTACT: [friendsofskidawayaudubon@gmail.com](mailto:friendsofskidawayaudubon@gmail.com)  
WHAT ELSE: Help UGA researchers by contributing to this statewide census. Choose a flowering plant at the garden. For 15 minutes, note what insects visit it. Skidaway Audubon, which maintains the pollinator garden, will provide counting sheets and insect identification guides. No experience needed.

### WINE AND WOMEN, SONG OPTIONAL

WHAT: Landlovers Girls' Time Out  
WHEN: Thursday, Sep. 16, 5 - 7 p.m.  
WHERE: Savannah Wine Cellar in Twelve Oaks Shopping Center  
HOW MUCH: \$20 per person, plus whatever you drink during half-price happy hour  
CONTACT: Eileen Yost at [eileenym@gmail.com](mailto:eileenym@gmail.com). To register (or to join), visit [www.landingslandlovers.com](http://www.landingslandlovers.com).  
WHAT ELSE: Tickets on sale Aug. 16, through Sep. 11, or until sold out. Enjoy a private room with a beautiful charcuterie board. Each guest will choose the wines she would like to taste.

### GARDEN STATE GANG

WHAT: Landings Garden Staters  
WHEN: First event of the year - Dinner in October, more details to follow  
HOW MUCH: Annual membership - \$10 per person  
CONTACT: Send/tube dues to Beth Silady, 7 Rookery Road  
WHAT ELSE: Along with dues, include your name(s), address, phone number, and email. For additional information, visit [Landingsgardenstaters.com](http://Landingsgardenstaters.com). If you were born in New Jersey, lived in New Jersey, went to school in New Jersey, worked in New Jersey, vacationed at the shore, or saw "Jersey Boys," sign up to connect with and make new New Jersey friends.

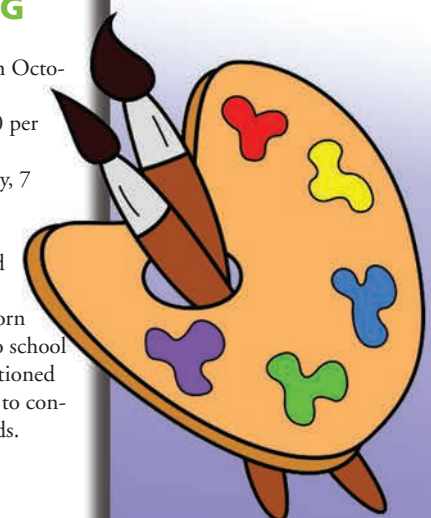


### AUGUST ARTISTS

WHAT: The Art of Carrie Christian and Caroline Daruna  
WHEN: Aug. 1 - 31; reception - Aug. 26, 5 - 7 p.m.  
WHERE: JEA Art Gallery, 5111 Abercorn St.  
HOW MUCH: Free  
CONTACT: Vicky Lunick, 912.355.8111  
WHAT ELSE: Carrie Christian's latest work is inspired by the beautiful, chaotic, and enduring love that exists within a family. Caroline Daruna's work investigates edges, confluence and emergence.

### PHOTO OPPORTUNITY

WHAT: "Sunshine and Shadows," exhibit of John Alexander photography  
WHEN: Sep. 1 - 30; Reception Sep. 2, 5 - 7 p.m.  
WHERE: JEA Art Gallery, 5111 Abercorn St.  
HOW MUCH: Free  
CONTACT: Vicky Lunick, 912.355.8111  
WHAT ELSE: An established photographer specializing in portraiture, special events, commercial, nature and fine art photography, John Alexander has published work locally, nationally and online. His scenic and fine art photography can be found on display throughout Savannah and the Lowcountry. His images find fantasy in reality and inspire the viewer to take a deeper look.





## STITCH AND BEAD

WHAT: Landlovers Needlecrafters  
WHEN: Tuesday afternoons  
WHERE: Member homes  
HOW MUCH: No cost  
CONTACT: Leslie Matthews – 616.550.7057 or lmathews50@gmail.com for more information and to be added to the list  
WHAT ELSE: Bring projects and BYOB. Landlovers membership required.

## LADIES ON THE LINKS

WHAT: New 9-hole golf starting in September  
WHEN: Tuesdays, usually mid-morning  
WHERE: The Landings Club courses  
HOW MUCH: Usually free - occasional nominal charges to cover prizes and/or refreshments for catered events  
CONTACT: Jan Rosenbaum at LandloverLadies9@gmail.com  
WHAT ELSE: Landlovers and Landings Golf Club memberships required.

## ALL ABOARD!

WHAT: Mexican Train Dominoes  
WHEN: Tuesdays 3:30-5:30 p.m.  
WHERE: Palmetto Clubhouse's Byrd Room

HOW MUCH: Free  
CONTACT: Laurie Milano at 914.474.4943 or lamilano@aol.com  
WHAT ELSE: Landlovers and Landings Club memberships required. Please bring a set of dominoes, if you have one.

## PET PROJECT

WHAT: Linen 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: Donate old towels, washcloths, pillowcases, sheets, dish towels, pet beds, and chair cushions. Please bring them to the front of the Adoption Center, not the Thrift Shop donation area.

## BE A DECENT DOCENT

WHAT: Become a historical interpreter  
WHEN: Part-time – Monday thru Saturday - 10-4; 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.

## 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.

## CORVETTE SUMMER

WHAT: Skidaway Island Corvette Club  
WHEN: Third Thursday of each month, between 9 a.m. and 10 a.m.  
WHERE: Skidaway United Methodist Church parking lot  
HOW MUCH: No dues at this time, however an

\$8 name tag fee may be forthcoming  
CONTACT: Clayton Scott, 912.658.3116.  
WHAT ELSE: Skidaway Island's club for Corvette owners is 35 members strong. Its goals are camaraderie and to share the enthusiasm for this classic American auto.

## 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/skidaway-catallianceam  
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 homes.

## FRIENDS OF FRIENDS OF BILL W.

WHAT: Al-Anon  
WHEN: Mondays, 4 p.m.  
WHERE: Skidaway Island United Methodist Church  
WHAT ELSE: A recovery program for families and friends of people who are struggling with addiction.

## HORSE SENSE

WHAT: Pegasus Riding Academy volunteers needed  
WHERE: Old Roberds Dairy, 2500 Tennessee Ave., Savannah  
CONTACT: For information and directions, visit www.prasav.org or call 912.547.6482  
WHAT ELSE: Pegasus Riding Academy is a therapeutic riding program providing safe, professional and ethical equine-assisted activities for individuals with physical, mental and emotional disabilities. Volunteers are needed to assist these special children. Horse experience not necessary.

## BODY AND SOUL

WHAT: Skidaway Island United Methodist Church (SIUMC) Exercise Classes  
WHEN: Mondays, Wednesday and Fridays, times are below  
CONTACT: For more information or to register for January session, visit siumc.org/exercise or call 912.598.8460  
WHAT ELSE: Mat Pilates from 9:15-10:15 a.m.; and Sir-Fit from 10:15-11:15 a.m. Classes are led

by Elena Bennett, an ACSM-certified exercise instructor. SIUMC has added Friday classes to its offerings for church- and non-church members alike.

## 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.

## HOCUS POCUS!

WHAT: Landings Magic Society  
WHEN: 7 p.m., second Thursday of the month, Oct. through May  
WHERE: Plantation Club card room  
CONTACT: Jim Ruhl, 912.856.3948, jsruhl@gmail.com or Bill Sickels, 912.598.9123 or whsickels@gmail.com  
WHAT ELSE: Anyone with an interest in magic is welcome. Every meeting is instructional, entertaining and enlightening. Active participation is encouraged.

## HEAR GREAT SPEAKERS

WHAT: Kiwanis Club of Skidaway Island  
WHEN: Thursdays at 7:45 a.m.  
WHERE: Palmetto Club in the Landings  
HOW MUCH: Free to attend.  
CONTACT: Michael Klavon, 912.306.0474, before attending  
WHAT ELSE: This club donates more than \$60,000+ for at-risk children yearly.

## MEETING OF THE MINDS

WHAT: Stroke Survivors  
WHEN: Third Thursday of every month, 4 to 5 p.m.  
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.

## SAWBUCKS SESSIONS

WHAT: Skidaway Hamiltons meetings  
WHEN: Every third Tuesday of the month, 4 p.m.  
WHERE: Via Zoom  
HOW MUCH: Free for members of the Skidaway Hamiltons and Skidaway Abigails  
CONTACT: SkidawayHamiltons@gmail.com  
WHAT ELSE: To learn more about Skidaway Hamiltons, a progressive, liberal men's organization, visit skidawayhamiltons.org. Check out the calendar for a schedule of speakers.

## TAXATION REPRESENTATION

WHAT: Opportunities for volunteer income tax assistance with Neighborhood Improvement Association  
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@niadc.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.

## 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.

## 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.

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STANDARD CLUES\*

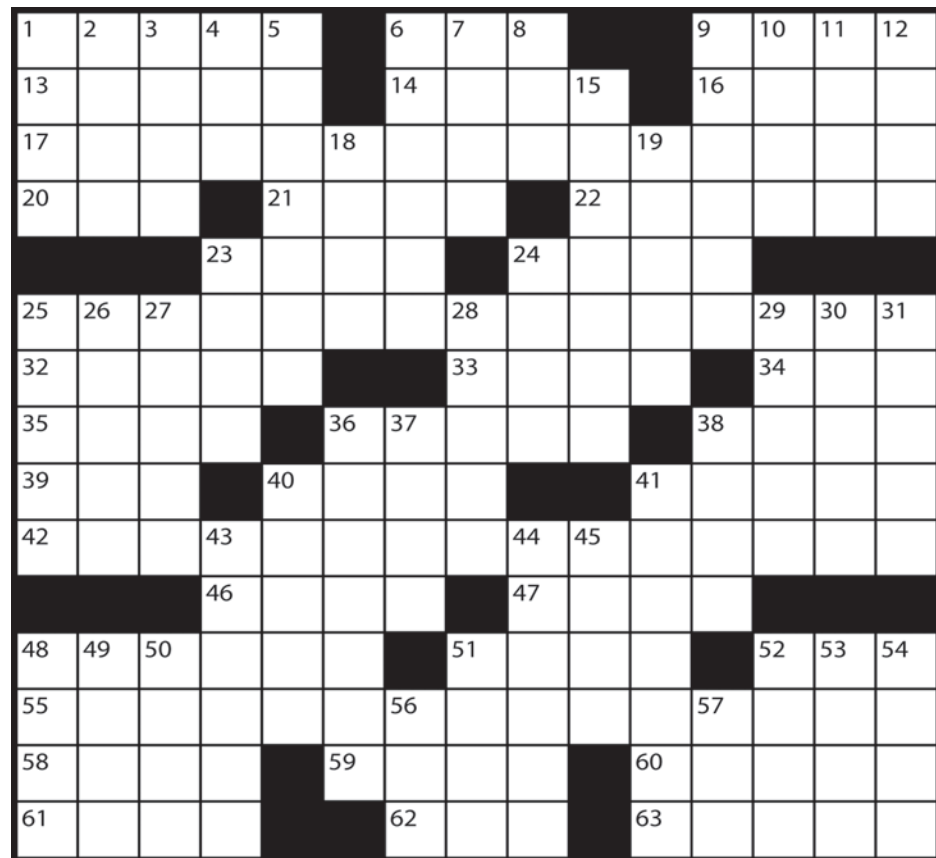
ACROSS

- 1. "The Hunger \_\_\_\_" (2012 film)
- 6. Vase for holding cremated ashes
- 9. "Dagnabbit!"
- 13. Man from Muscat
- 14. Opposite of 'ayes'
- 16. Jocular suffix for 'switch' or 'smack'
- 17. Celebrated classical musician ends up in total ruin
- 20. Letters on a rap sheet
- 21. Problems or misfortunes
- 22. Part of a Tennessee Williams title (three words)
- 23. Jai \_\_\_\_ (sport)
- 24. College digs
- 25. Early American patriot turns to opioids
- 32. Good name for a dog
- 33. Drove a nail obliquely (anagram for DOTE)
- 34. 551, in Ancient Rome
- 35. "This \_\_\_\_ outrage!" (two words)
- 36. Ringo \_\_\_\_ of the Beatles
- 38. Duck's bill
- 39. Opposite of ne'er
- 40. HDL is good, LDL is bad
- 41. Blaze
- 42. Soul music entertainer becomes a bodybuilder
- 46. Hoarfrost
- 47. Ott and Tormé
- 48. Site of Cornell University
- 51. October birthstone
- 52. Kimono sash
- 55. Gold Rush madam goes 'country'
- 58. Tom Joad, in "The Grapes of Wrath"
- 59. Fortune teller
- 60. Half of half and half
- 61. Train from NYC to Babylon
- 62. Grievous distress
- 63. WWII Allied conference site (1945)

DOWN

- 1. Spanish artist who painted "The Naked Maja"
- 2. Frantic way to run
- 3. Poet who wrote "And Still I Rise" ( \_\_\_\_ Angelou)
- 4. Anagram for ONE

Ya' just never know what's gonna happen!



- 5. Much the same
- 6. Take off a brooch
- 7. Cheers in Toledo, Ohio
- 8. Major univ. located in Greenwich Village
- 9. Take down the tent and leave
- 10. Visible curved supporter
- 11. Neighborhood above SOHO
- 12. Disease caused by excess uric acid
- 15. Performer in a jug band (anagram for SNOOPER)
- 18. "\_\_\_\_, poor Yorick!" ("Hamlet", V-1)
- 19. Lady \_\_\_\_ hydrangea (two words)
- 23. Verily
- 24. Creator of the "New Look" (1947)
- 25. Taster
- 26. OT book between Daniel and Joel (anagram for O'SHEA)
- 27. Estrogen producer
- 28. In the slightest degree (two words)
- 29. Perfect example
- 30. Alpaca relative
- 31. Prefers
- 36. Witch doctors
- 37. Sped
- 38. Abbreviated sandwiches?
- 40. Marx Brother with the hat
- 41. Red herring, for one (anagram for ALF CLAY)
- 43. Host of CNBC's "Mad Money" (Jim \_\_\_\_)
- 44. Part of H.R.E.
- 45. Close hermetically
- 48. Graven image
- 49. Heyerdahl's "Kon - \_\_\_\_"
- 50. "Age of Aquarius" musical
- 51. Margarine
- 52. Harvard Law freshman
- 53. Vanquish
- 54. "\_\_\_\_ La Douce" (1963 comedy film)
- 56. Mountain \_\_\_\_ (soft drink)
- 57. Invisible curved supporter

Puzzle answers, page 41

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BRIDGE LESSONS

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DIAMOND CARPET AND TEXTILE SERVICES • Founded in 2001, Diamond provides Award Winning\* Service in Carpeting, Tile & Grout, Upholstery and Oriental Cleaning. Featuring Experienced, Polite, Professional, Uniformed personnel our goal is to accomplish your complete satisfaction. Our reviews are on Google and Facebook or ask your



neighbor for a personal referral! For Better Results, CALL Diamond today! 912.349.7115 SMS accepted 912.658.2899 www.diamondcarpetandtextileservices.com

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Got chaos? Hubbard's Maid Service will restore order to your home. Serving successful people in our community since 2004, Hubbard's Maid Service hires friends and neighbors to help keep your home spotless. Give us a call for a price quote at 912.961.9131.

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ONSITE NETWORK SERVICES, LLC • Jacob Dimond providing prompt and professional onsite computer and IT services for Landings residents for over 15 years. Specializing in Windows and Apple computers, laptops, iPad and smart devices, new computer sales and upgrades, computer cleaning and tune ups. Transfer programs and files from old to new computers. Wireless network and printer installation. Install streaming TV services and help customers "cut the cord". Provide training and tutoring. Smart Home device installation, lightning/power surge repairs and data recovery. Recycling or donation of old equipment. Free phone consultations. Call 598.2990 or 507.2693, 7 days a week.

Savannah Computer Services, Inc. • Professionally serving coastal areas of Georgia and South Carolina for over 25 years. Specializing in both business and residential PCs, Macs, and most IT equipment with a full spectrum of services including but not limited to installation, networking, cabling, diagnostic and repair, upgrades, data recovery, virus removal and prevention, moving/relocation, and consulting. Specialty business offerings include VOIP phones, high speed internet circuits with failover, and hosted cloud backup services. Enjoy fast and convenient on-site service, FREE pickup and delivery, or remote service by appointment only. Quotes are always free and no travel charge within our local area of coverage. Call Mike and Cyndy Tabakian, 912.756.7860 or visit our web site at savannahcomputer.com

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CHRISTMAS DECORATING

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The Skinnie Classifieds listings are now online! Just visit www.theskinnie.com and click "Classifieds."



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Guns Wanted • Top cash paid. Gunstock, LLC, 5 East Montgomery Cross Road, Savannah's Firearms Source., 912.438.5811

**HELP WANTED**

Driving Help Needed • Need driver for summer and 21-22 school year. Summer: Pick up gymnast from Islands YMCA and drive home to Landings. School Year: After school, drive upper schooler from Country Day to the Islands YMCA for practice (3/week) or home to Landings (2/week). Text 912.358.7572 for details.

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Are you thinking about selling your home? I have buyers interested in buying your house! We also offer FREE design consultations, staging, professional photography and local marketing! Mention this ad and get a reduced rate commission! Nicole Casino with Savannah Real Estate Experts, 912.356.0006 or 912.598.6250

Robin Boan • A Landings resident with 16 years of Realtor expertise. My firm brings you a wealth of knowledge and a concierge level of service. I'm the agent you need to get top dollar for your home in this hot real estate market! Contact Robin today! 912.272.3826 or robin@robinboangroup.com

Rental Wanted • Looking for fully furnished rental January 1, 2022-April 30, 2022. Please contact J.O. Stack 617.909.3798 or jostack@comcast.net

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Savannah Tradesmen • Complete Home Remodeling and Construction Contractor. Custom Kitchens and Baths. Additions, Screened Porches, Decks. Certified Pella Window/Door Installer. Roofing Experts. Stucco Specialist. Concrete, Pavers, Hardscapes. Water Damage Restoration Certified. Foundation structural repair experts. Home Inspector Certified. Wood Rot, Pressure Washing, and Painting. Design Consultation Services Available. Licensed and Insured Georgia Contractors #RBQA004670. Free Estimates. Home: 351.0716 or cell: 656.8842.

John Hodges Construction, Inc. • We specialize in window and door replacement and repair. We're a Pella and Marvin certified contractor. We also specialize in exterior siding, decks, service fence and trim. Interior remodeling: Kitchen, bathrooms, and trim. No job too small. Serving the Landings since 1982. Call 313.2767.

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Long-Term Care (LTC), Life & Disability Insurance • Chris Means, CLU with Pinnacle Planning, LLC specializes in Long Term Care (LTC), life and disability insurance, in addition to estate planning. Please contact Chris for quotes/consultation at 404.702.2615 or email [cmeans@pinnacleplanningllc.com](mailto:cmeans@pinnacleplanningllc.com).

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Grassmaster Lawn Care • We offer complete landscape management with year-round service. Our services also include fertilization, insect, weed, and fungus control, along with lawn and shrub programs. We are your total lawn care service. We also offer landscaping, i.e. lawn renovation and sodding. Licensed and Insured. Free estimates. Please call Mike Schuman at 354.8856.



Scott's Lawn Service, LLC • Customer service you deserve! We are committed to providing the most reliable lawn care service and maintenance. Offering complete lawn care needs including lawn mowing, edging, pruning, hedge trimming, blowing, and pine straw installation, and fertilizer. Call today for a free estimate. Let us maintain your property, so you can enjoy it. Licensed and insured. 912.656.8472

New Leaf Landscape Management • As Skidaway Island residents, we understand your need to maintain a beautiful well-kept lawn. New Leaf Landscape Management specializes in full-service lawn maintenance and fertilization, debris removal and professional landscaping design/ installation. With over 15 years in the industry, we have developed strong relationships with local companies to deliver superior products for your home at the utmost competitive prices. Please call for your no obligation lawn evaluation and free quote. Thank you! 912.656.9088 or 912.210.9773. Licensed and Insured.

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Islands Painting • Proudly serving the Landings for over 20 years. We specialize in custom interior and exterior painting. We also do pressure washing of homes, sidewalks, driveways, etc. Wallpaper removal and much more!! Thank you for your consideration. Please see my reviews at TLA, NextDoor and Young Neighbors at the Landings on Facebook. Call Tommy Rigdon, 912.308.4601 or email: [tjrigdon@yahoo.com](mailto:tjrigdon@yahoo.com)



Bocanegra Painting, LLC. • High quality, affordable painting by licensed and insured local company. Services include interior and exterior painting, popcorn ceiling removal, wood rot repair, cabinet refinishing and stains. We do the job right the first time with a hardworking crew and attention to detail. Our highly satisfied customers can be found in the Landings and surrounding island communities. Ask your neighbors and check out our reviews on NextDoor and Facebook. References available. Call Jorge Bocanegra for a free estimate at 912.212.6379 or email at [BocanegraPainting1@gmail.com](mailto:BocanegraPainting1@gmail.com).

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Peaceful Pets • Planning a trip out of town? Or do you work long hours and need someone to take your pet out for a restroom break? Peaceful Pets is a Pet Sitting Service that can do this. I offer affordable rates and overnight visits. Call 912.707.1707 for pricing. [www.peacefulpetssavannah.com](http://www.peacefulpetssavannah.com).

The Skidaway Cat Alliance Team has cats and kittens currently being fostered that are available to new, loving homes. If interested in adopting, fostering, or volunteering, please contact [skidawaycats@gmail.com](mailto:skidawaycats@gmail.com) or visit our Facebook page at [www.facebook.com/skidawaycatallianceteam](http://www.facebook.com/skidawaycatallianceteam)

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Treemaster, Inc. • We offer these services for all of your tree needs: trimming, pruning, and removal. We also offer stump grinding. We're bonded and insured. 24-hour emergency service. We accept all major credit cards except Discover. We are the sister company of Grassmasters, owned by Landings residents, Mike and Diane Schuman. Call us at 912.598.0140.



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# MERGANSERS

Hooded mergansers are mid-sized diving ducks, about 18 inches tip to tail, that swim on the surface, and then suddenly dive for small fish. The males are unmistakable with their flamboyant, Mo-hawk-style crest which they can raise and lower like a fan. These talented divers also have the ability to change the refractive properties of their eyes to see better underwater. In addition, they have an extra eyelid, a transparent membrane, which acts like a pair of goggles and helps protect the eye while diving below in search of food.

Hooded mergansers are considered hidden treasures because they prefer swamps and wooded ponds, which makes Landings lagoons the perfect place to find them. These birds are frequently seen in the lagoon immediately to the north and west of the Marsh Tower, and also the long lagoon that runs from Landings Way to Bartram Road. There is a golf cart/walking path that runs along the lagoon that provides excellent viewing opportunities to a very large group of "hoodies."

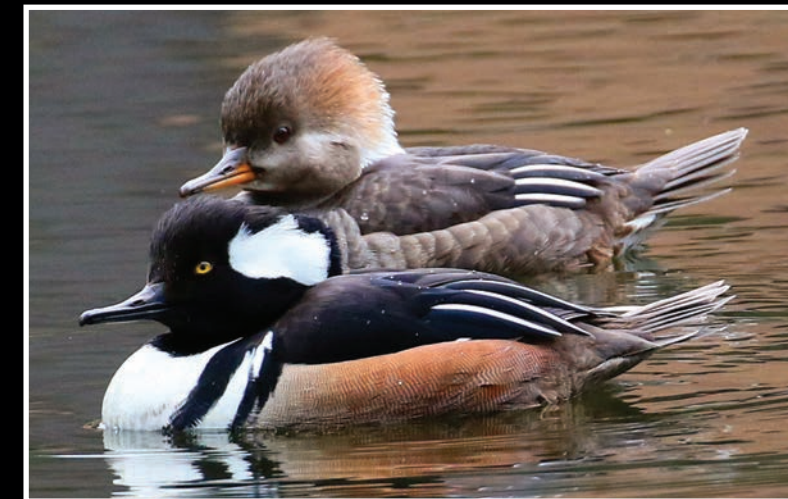
*"Wild Things" is a regular feature in The Skinnie, featuring your photographs of our beloved island.*

*Email your high-resolution photos to [production@theskinnie.com](mailto:production@theskinnie.com).*

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



Photo by Sarah Lucas



Photos by John Cork



Above photo by Piper Hawes

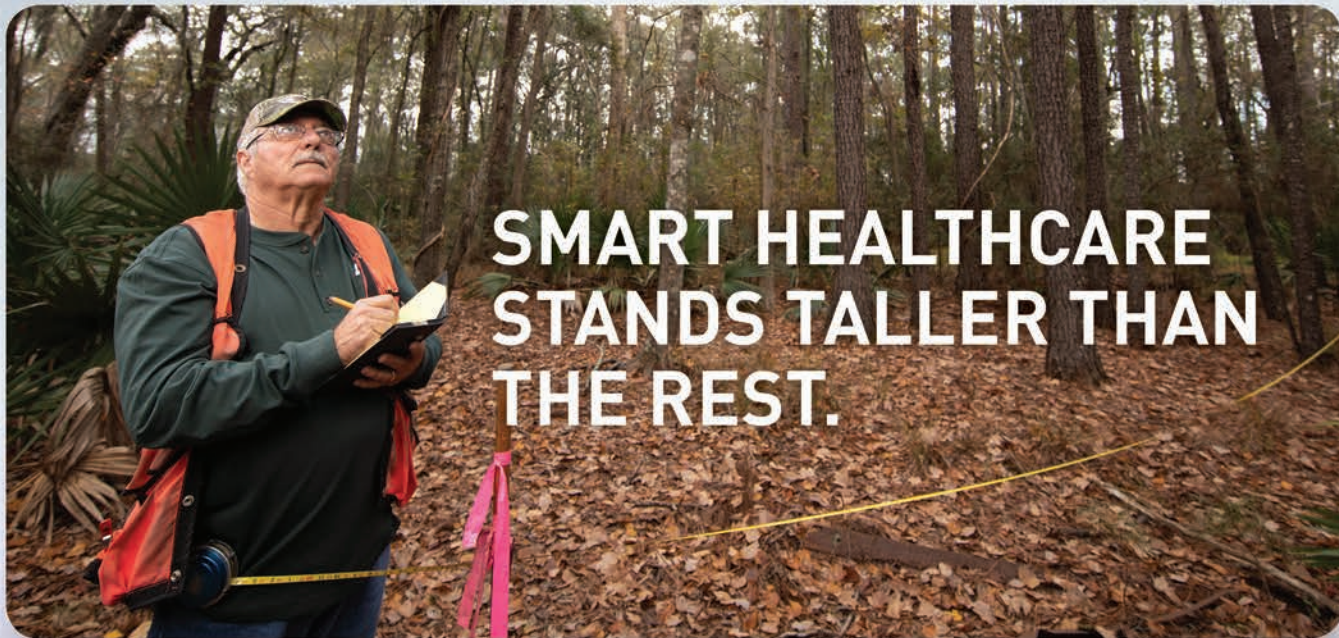


Right: This female hooded merganser was submitted by Michael Welsh





Mike Cole - Harrison, GA



## SMART HEALTHCARE STANDS TALLER THAN THE REST.

As a forester, Mike Cole is required to move about freely through some difficult terrain. But he had pain in his abdomen that was really slowing him down. He knew he could trust Dr. Anthony Foley and the team at St. Joseph's/Candler, who discovered the giant abdominal hernia. Highly experienced in hernia repair, Dr. Foley reconstructed Mike's abdominal wall with the innovative da Vinci robot. This minimally-invasive surgery allowed Mike to recover quickly.



Five weeks after surgery,  
Mike's strength and mobility  
were back to 100%.

**THAT'S WHY I CHOOSE  
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