



The Skinnie

VOLUME 1 NUMBER 1 JANUARY 22, 2021



Fun With the
Fairway Foxes

SOUTHERN MOTOR
Honda EST. 1929

CELEBRATING 90 YEARS IN SAVANNAH



Ross Kaminsky,
Landings Resident

SALES: 877-463-8097

SERVICE: 912-927-0700

PARTS: 912-927-0700

visit us online@ www.southernmotorshonda.com

**Begin the New Year
 With New Bedding**
 from
SIT & SLEEP
 PREMIER MATTRESS SUPERSTORES

1100 A Eisenhower Drive, Savannah • 912-355-2331
 30 W. Montgomery Crossroad, Savannah • 912-961-0202

www.SitandSleep.net

John B. Rourke
 Proudly serving Savannah for 70 years

**Our Fall and
 Winter Sale
 Continues**
 with further
 reductions

7135 HODGSON MEMORIAL DR.
 912.355.1211 • WWW.JOHNBOURKE.COM
 Hassle Free Store Front Parking

SAV PHIL PRESENTS
**For the
 Love of Strings**

February 16 7:30 pm \$50
 Kehoe Iron Works at Trustees' Gardens
 Keitaro Harado | Conductor

Come early or stay late to enjoy a cocktail
 at the bar for this one-hour,
 no intermission concert.

**SAVANNAH
 PHILHARMONIC**

For tickets call 912 232 6002 or visit savannahphilharmonic.org

Upfront

The noise is deafening. Our world is fraught with incessant, hyperbolic, vitriolic blather...the sources are everywhere. Moderating forces are few. Angst begets angst. We are caught in a systemic societal spiral of overreaction. Competing for attention, when attention is a monetizable asset, has become a widespread business, with virtually no barriers to entry. It pays (often handsomely...and in many forms: Money, fame, power, influence, sex – a quintet of elusive and ingenuine proxies for hard-earned and even-harder-to-preserve self-esteem) to be outrageous and loud.

“Take a breath.”

This seems like a trite directive, given that you take roughly 20,000 of them each day. And you're not even trying. But maybe you should. Controlled breathing, a tool used by spiritual practitioners for millennia, can change your life. And, you know what they say: Change your life, and you can change the world.

If you breathe deliberately, with intention, the potential benefits are manifold. Deep and controlled breathing has been shown to reduce stress, increase alertness, and boost your natural immunity. For centuries, yogis have used breath control to sharpen mental focus and bolster vitality. Buddha, himself, declared meditative breathing to be a gateway to enlightenment.

But, perhaps, you're skeptical of anything that seems conspicuously New Age. Let's consult modern science, then. From biology labs to neuroscience conclaves, researchers are confirming the power of conscious attention to your elemental in- and exhalations. Various studies have tested and concluded that sound breathing practices can reduce symptoms of anxiety, insomnia, PTSD, depression, attention-deficit disorder, and other lousy stuff.

How does it work, exactly? With respect to comprehensive understanding of the applicable forces, it's relatively early days. But there are important academic findings that begin to unveil the magic hiding in the millions of tiny, flying particles within each human breath. One theory posits that controlled breathing can alter the response patterns within the body's autonomic nervous system, which controls unconscious processes like heart rate and digestion, as well as reactions to stress. Changing your

breathing signals the brain to adjust the parasympathetic collection of neural connections under its control, thereby slowing heart rate and digestion and promoting feelings of calm. Meanwhile, the sympathetic system is affected, too. It directs the release of stress hormones like cortisol, and stress can trigger mental illnesses like anxiety and depression. Cortisol serves many purposes, among them is its function as the body's alarm system. It prompts us to choose to fight or flight. When your cortisol “spigot” stays on too long, you risk emotional and psychological distress. Regulate the cortisol spikes, which can be achieved through controlled breathing, and you're on your way to brighter times.

What's the point? You ask. Is the guy writing this somehow showing off. Weaving together neuropsychology, a 2,500-year-old (give or take) religion...the earth's fourth largest, and the holy grail of improved digestion into fewer than 500 words (476 to this point, but what's a superfluous sentence or two among friends?). Nah.

It's more like...I've had it. Everything is catastrophic and urgent and diabolically motivated, nowadays. Nevermind the smoke, everywhere there is straight-up fire. Trust is a quaint relic. Either an individual or an institution is irredeemably corrupt, or someone who doesn't agree with him or it will find a way to convince you he or they is/are...true or not. Have we reached an irreversible inflection point...where humans with good and sincere and noble intentions are overwhelmingly outnumbered by everybody else?

“God, grant me the serenity to accept the things I cannot change...” so Reinhold Niebuhr's “Serenity Prayer” begins. He could have added a fourth item to his three-pronged divine plea. After, “...the courage to change the things I can, and the wisdom to know the difference,” he might have asked for “the lungs to draw a particularly deep and cleansing breath.”



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



We are fiduciaries.

Fiduciary

[fi-doo-shee-er-ee] noun

Someone that is legally and ethically required to put your best interest before their own.

A partner, whose sole focus is your financial well-being.

Sound View Wealth Advisors
1 Skidaway Village Walk, Suite 201
Savannah, GA 31411

(877) 235-7210 | www.svadvice.com

SOUND VIEW
WEALTH ADVISORS

BOUCHILLON • HAM • AMBROSE

Relocating?
Make sure
TheSkinnie magazine
follows you home.

Subscribe today.
mail@theskinnie.com
912.598.9715

LETTER TO THE EDITOR

HAPPY NEW YEAR

Thank you for a very good first issue of 2021. I found the U.S. Army history article very informative and enlightening. The photo feature, "Lunch," seemed like something worthy of National Geographic. Also, I am appreciative of the layout and graphic design quality of the magazine and impressed with the quality of the ads for our fine local businesses. Keep up the good work!



Mike Monahan

Ed. Note: This reminder, and others like it, that affirm our connection with our community, is very gratifying. Thank you to Mr. Monahan, and to all of our loyal readers.

EDITOR AND PUBLISHER

Scott Lauretti
slauretti@theskinnie.com

GENERAL MANAGER

Charles Hendrix
chendrix@theskinnie.com

ART DIRECTOR

Philip Schweier
pschweier@theskinnie.com

ACCOUNT EXECUTIVE

Jim Toole
jtoole@theskinnie.com

OFFICE MANAGER

Teri Grayson
tgrayson@theskinnie.com

CONTRIBUTORS

Amy Collings
Jack Hammond
Ron Lauretti
Philip Schweier

stay in touch:
Skinnie Media, LLC
15 Lake Street, Suite 280
Savannah, GA 31411
912.598.9715

LETTERS TO THE EDITOR
editor@theskinnie.com
We reserve the right to edit letters for clarity and content. We do not print unsigned letters.

GENERAL INQUIRIES
mail@theskinnie.com

DISPLAY AND CLASSIFIED
ADVERTISING
sales@theskinnie.com

ART SUBMISSIONS
production@theskinnie.com

The Skinnie Magazine is not responsible for unsolicited materials and the publisher accepts no responsibility for the contents or accuracy of claims in any advertisement in any issue. The Skinnie Magazine is not responsible or liable for any errors, omissions or changes in information. The opinions of contributing writers do not necessarily reflect the opinion of the magazine and its publisher.



on the cover:
Louie the Explorer is the star of a delightful children's book published by local photographer Sarah Lucas. See page 8.

in this issue

- 8 FOXES, FAIRWAYS AND PHOTOGRAPHY**
Sarah Lucas Pens Children's Book
- 12 NATURESCAPING, BY THE YARD**
Skidaway Audubon Launches New Project
- 18 ANCHORS AWEIGH!**
A History of the U.S. Navy

features

04	Up Front	26	Crossword
16	St. Joseph's/Candler	27	Classifieds
24	Island Hopping	30	Wild Things



WE PROTECT WHAT MATTERS TO YOU MOST.
You live a full and dynamic life, working hard to achieve your goals. We're here to help protect everything you've worked so hard to achieve by offering unique coverages and customized solutions that safeguard your most valuable assets and preserve your accomplishments. If you are being non-renewed by your carrier, we have options for you. Each of our insurance advisors is a Landings neighbor, who shares your values and lifestyle.

Clark Lane • Brinson Lane
Jonathan Lane • Brooks Lane
Hermann Coolidge

REMER LANE INSURANCE
COMMERCIAL • HOME • AUTO • LIFE • HEALTH
912-352-4444 • remerlane.com

TRAVELERS
VAULT AIG Nationwide
FRONTline INSURANCE

Foxes, Fairways and Photography

By Philip Schweier



Skidaway resident Sarah Lucas is a frequent contributor to The Skinnie, sharing photos of the island's flora and fauna with our readers. She recently combined her passions for nature and photography in a children's book entitled, "Fun with the Fairway Foxes." The book blends tales of a family of foxes living off Palm Grove Den with educational facts about local wildlife.

Sarah has lived on Skidaway Island for more than two decades, having moved to the Landings with her family when she was 13. It was through her family that she cultivated an interest in photography, though her only formal instruction has been a couple of courses while attending then-Armstrong Atlantic State University.

"When I was growing up my grandmother, Ma, always had a camera in hand," Sarah says. "Ma was sure to line us kids up so we would have the perfect picture every time."

Sarah's father shared stories with his family of his experiences in junior high, taking photos of model airplanes and developing the film himself. "His work was so realistic

that people thought the models were actual planes," Sarah says.

Sarah's mom got a "fancy camera" to take family photos, as well as wildlife, when the family moved to Skidaway Island.

"So, I come by my love of photography honestly", Sarah says. "For as long as I can remember, I've enjoyed snapping pictures of anything or anyone that would stop and smile."

Before she was old enough to drive, Sarah explored the south end of Skidaway Island on her bicycle, snapping photos of the amazing, virtual wildlife sanctuary. Nature photography became her passion. "Skidaway is such a wonderful place for wildlife photography

www.theskinnie.com

with the birds, raccoons, deer, alligators – and foxes," she says.

The fox families she photographed for the book are on the southern end of the island. "There were two little families that I watched grow up from a friend's backyard," Sarah says. "Brenda Ecken and I were amazed when we saw them across the fairway one evening. The next year, much to our surprise and delight, the foxes appeared on a regular basis, almost daily."

Since the foxes usually came out just before sunset, ambient lighting was the biggest photographic challenge. Hand-holding the camera with a heavy zoom lens in low-light made for blurry photos, as the foxes were across the fairway the majority of the time. Setting their cameras up on tripods in Brenda's backyard, Sarah and Brenda watched the kits as they played with their siblings, parents and cousins. "We stayed very quiet and calm, especially if they ventured across the fairway," Sarah recalls. "The foxes seemed to enjoy putting on a show for the cameras. Usually, they did not notice an audience hiding in the bushes."

The foxes were so charming that the two photographers gave them names to match their personalities, beginning with an adult female who regularly climbed a huge live oak tree. Resting among the resurrection ferns, she became known as Grandmother Fern. "Mama Tulip was a sweet, young mother, and Daddy Rascal was a 'new' fox who appeared one day," Sarah explains. "We thought he was causing a ruckus, but it turns out he was a great daddy keeping watch over his kits."

The kits were given names that started with the letter L, beginning with Louie the Explorer, a young, adventurous fox who was always investigating his neighborhood. Other kits included Leo, who was always late, and sisters Lily and Lexi, who were much calmer than their brothers. Soon enough came the cousins; Fancy Feet, who had white markings on her paws, and her brother, Tip.

Having watched the kits grow, Sarah and Brenda became intrigued by how the parents taught the kits how to be foxes. Hoping to learn more, the girls headed to the library, but their search didn't turn up much. This gave them the idea to write a book about the charming fox families, which became the storyline for *Fun with the Fairway Foxes*.

This year, the foxes did not return to Palm Grove Den, giving Sarah time over the summer to review a few thousand photographs from the last two years. She selected the pictures for the book, created the layout, and wrote the text.

"It was so much fun to go through all of my photographs and recall so many of the special evenings spent watching, photographing and learning about our fox families," says Sarah. "A picture is worth a thousand words – I lined up the photographs in an order that told a story as the foxes grew up, and from there the story unfolded."

Sarah wanted the book to be filled with photos that told an entertaining story and was also educational. She originally planned to incorporate the fox facts that she researched into Louie's story. "That didn't flow well," she explained. "Instead, I came up with a story on the left-hand page and facts on the right – two books in one, fiction and non-fiction."

www.theskinnie.com

Martie and Tom Thomas
Members since 2007

Si THE LEARNING CENTER

Kiss 2020 Goodbye and Resolve to be a Lifelong Learner in 2021!

Open for in-person educational programs.
Virtual courses to continue.

THE LEARNING CENTER
3025 Bull Street, Savannah, GA | 912-236-0363
www.seniorcitizensinc.org/the-learning-center

LUCENT
INSURANCE AND RISK ADVISORS

Specializing in Coastal Home and Investment Property, Flood, Liability, Auto, Golf Cart and Watercraft, Valuables, Small Business and Life/Health Insurance.

Creative Insurance Design and Consulting

We provide our clients with creative insurance solutions that align with their unique goals and risk tolerances.

**P.O. Box 15267
Savannah, Georgia 31416
Phone: 912-313-6040
Fax: 912-335-5780
lucentadvisors@gmail.com**

NAVY LEAGUE Community Affiliate for the Navy League of the United States.

Coordinator/co-founder of Shine Bright like a Diamond Causeway Cleanup. Contact me for more information.

www.lucentinsuranceandriskadvisors.com

Courtney Marie Fowler
Founder and President
Landings Resident

As a kindergarten teacher at Hesse K-8 School, Sarah loves to teach reading, from the fundamentals through higher-level vocabulary acquisition. "We teach our kids there are at least three ways to read: Look at the pictures to tell a story, retell a familiar story, and read the words."

Sarah regards Brenda as one of her biggest supporters, cheering her on from start to finish, and the two bounced ideas off one other. Brenda reviewed early drafts with photos and accompanying text, and helped Sarah choose the best storylines and photographs. "She even contributed some of her photographs to make the book just perfect," Sarah says.

Sarah received guidance from Sharyn Ellison and Sandy Andrews. "Sharyn was a huge help with her editing skills, suggestions to rearranging a few of the pages for better flow and to include a map of some sort as an introduction," explains Sarah. "Sandy encouraged me when it came to finishing the final edits after the proof was printed. She had her heart set on having the fox books available in time for Christmas and I did not want to disappoint Sandy."

It makes the budding author smile to know people want the fox books for special kids in their lives, and sometimes a copy for themselves. "I not only wanted this to be a children's book, but I created it for everyone of all ages to enjoy," Sarah says. The book is dedicated to Skidaway Audubon and all of those who love nature.

Sarah says the secret to taking great nature photos is to always have your camera with you. "You never know what you might see!"

Of course, patience is a must. Enjoy time observing nature through your lens, and you might just capture the perfect shot."

Traveling also inspires Sarah to capture landscapes and wildlife. "The Kodiak bear families and humpback whales in the Alaskan wilderness were incredible," she says. "The toucans, sloths and monkeys of Costa Rica have such personalities. Yellowstone and the Grand Tetons provided so many captivating moments for wildlife photography."

She has created a photobook filled with stories and memories for each of these treasured adventures.

Sarah has already received a few suggestions for her next book. "I am looking forward to thinking about new possibilities," she says, "but for now, I will enjoy sharing *Fun with the Fairway Foxes*."

"Fun with the Fairway Foxes" is available at Lulu.com, in both hardback and paperback, and the book will be mailed directly to you. Or email Sarah Lucas at foxfun2020@gmail.com for additional options. She is happy to sign and personalize your copy.



Selling The Landings and the Greater Savannah areas



5 COTTENHAM CIRCLE



30 FRANKLIN CREEK



Carol Scott
Realtor®
912.656.0664
carolmscott@kw.com

kw KELLERWILLIAMS. REALTY
COASTAL AREA PARTNERS
329 Commercial Drive, Suite. 100
Savannah GA 31406
912.356.5001

MORE Than Meets the Ear Oticon Introduces the Next Generation in Hearing Technology

USING ARTIFICIAL INTELLIGENCE | MORE CLARITY | MORE HEARING | MORE LIFE | LESS EFFORT



The first hearing aid that learns as you use it what your preferences are to hear!
You hear with your brain, not your ears. Your ears capture sounds so your brain can identify them, locate them, and decide which ones to listen to. It takes work to hear when you have a hearing loss. That work load is causing your brain to work harder than it should. Long term that work can cause memory and cognitive problems.

We are Doctors of Audiology at AHAS and here to guide you to the best hearing health solution at the best price point that meets your budget!

Call for your personal in-office or virtual appointment by February 4 to assure space
Savannah/Pooler Skidaway Island
912.351.3038 912.598.0616

Rechargeable / Direct to all cell phone / Remote care available
**Most insurances accepted **No interest payment plans **Risk free trial

ahassavannah.com

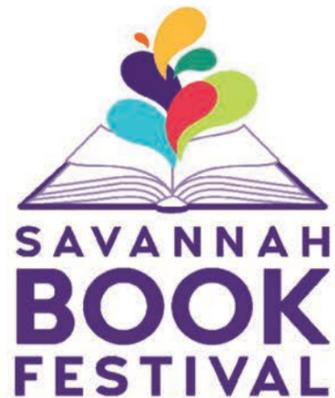
Join... Doctors of Audiology
Susan Timna, Cori Palmer, Casey Allen, Sara King and Katy Laws in our COVID safe office or from the comfort of your own home for your **COMPLIMENTARY Consultation and Demonstration** of the newest in hearing healthcare technology that will make you leave wanting MORE!

Monday, February 8 - Friday, February 13
8:30am - 5:00pm



AHAS
DOCTORS OF AUDIOLOGY

SAVANNAH SKIDAWAY ISLAND POOLER



SAVANNAH
BOOK
FESTIVAL

2021 SEASON

Join us for the
next SBF virtual
author event!



Early February
Date to be announced soon!
**BRIT
BENNETT**
New York Times Bestselling Author

CHECK THE SBF WEBSITE FOR DATE ANNOUNCEMENT.

SBF Booksellers:

E. SHAVER,
bookseller
Savannah



For details on registering and purchasing books, go to:
www.savannahbookfestival.org

PRESENTING SPONSOR
Georgia Power

SIGNATURE MEDIA SPONSOR
Savannah Morning News
savannahnow.com

NATURESCAPING

One Yard at a Time

Skidaway Audubon Launches
New Project for 2021

By Amy Collings

Long-time Skidaway residents may recall a far more diverse wildlife population than is evident today. This month, Skidaway Audubon is launching “Nature Notices,” to stem the decline in plant and animal populations by encouraging the preservation of essential habitat throughout the island. The initiative recognizes that a resident may not care or notice if a tree is taken down, but “nature notices” when its home and food source is destroyed.

As Skidaway Audubon president and project chair, Carolyn McInerney, notes, the marsh rabbits, gray fox and screech owls have all but disappeared, and the numbers of bats, tree frogs, opossum and birds have drastically declined, along with bees, butterflies, moths and other insects essential to the natural food chain. “We have destroyed their breeding grounds by removing trees, thickets and wooded areas, and by planting miles of lawns peppered with pesticides,” she says. “The focus of Audubon’s Nature Notices project will be to try to reverse some of the issues that have caused the decline in the natural ecosys-

tem of our island.”

According to Nature’s Best Hope, by naturalist Doug Tallamy, the nationwide problem of habitat loss and the concomitant wildlife declines can best be addressed on the local level. A wildlife ecology professor at the University of Delaware, Tallamy proposes a simple solution: A network of home-grown ecological havens.

Audubon’s McInerney calls it “naturescaping,” making yards nature-friendly. It benefits the homeowner as well as the environment, as properly landscaped yards can increase property values and decrease water bills. With the cooperation of Skidaway residents and other island entities, Nature Notices promises to be a win-win for nature and for the community. The project has four primary objectives:

- **Remove One/Plant One:** If a tree is removed from your property, replace it with a small understory tree or shrubs.
- **Naturescape:** Replace a portion of your



lawn with groupings of native trees, shrubs and pollinator plants. This reduces the use of chemical pesticides, reduces water consumption, provides a more diverse habitat, and can increase property values.

- **Network:** Coordinate with neighboring communities to create the widest possible sanctuary for dwindling species.
- **Certify:** Visit nwf.org/CertifiedWildlifeHabitat to have your property certified as wildlife-friendly by the National Wildlife Federation (NWF). Each time a property is certified, it’s another step toward Skidaway Audubon’s ambition for the entire island to be designated a NWF Community Wildlife Habitat.

To encourage awareness, naturescaping and certification, Skidaway Audubon plans to host presentations on various topics pertaining to the natural environment. Professor Tallamy spoke at a Skidaway Audubon event a few years ago and has been invited to return. In addition, Audubon will sponsor a plant sale this spring to ensure the availability of desirable native plants at a reasonable cost. The sale will include specific milkweed plants



Many homeowners already have done their part to help stem the decline in songbirds, butterflies and other wildlife, with landscaped yards that feature tree groupings surrounded by a diverse understory of bushes and plants.

OPENING SOON!

Village
Crossroad
ANIMAL HOSPITAL

Skidaway Island's own Veterinary Hospital
50 Meeting Street

www.theskinnie.com

TheSkinnie VOL. 19 ISSUE 02 - 13

TREEMASTER INC.



- Tree trimming
- Tree pruning
- Tree removal
- Stump grinding
- 24-hour emergency service
- Bonded and insured

We accept Visa, Mastercard and AmEx

Owner/resident Mike Schuman

Sister company of Grassmasters

912-598-0140

“We need each resident’s help...The required actions are minimal, and the potential results are significant.”

~
Skidaway Audubon president and project chair, Carolyn McNerney

known to attract monarch butterflies, whose numbers have declined 90 percent worldwide in the last 10 years.

“This must be a community effort to recover what we are on the brink of losing – permanently!” urges McNerney. “We need each resident’s help. It’s a grassroots problem – in every sense of the word, and a golden opportunity to think globally and act locally. The required actions are minimal, and the potential results are significant.”

Many homeowners who have already naturescaped their lawns are beginning to recognize significant benefits. Skidaway Audubon is developing plans to highlight exemplary properties that feature trees with an understory of drought-tolerant bushes and groundcover that reduces water usage, while increasing wildlife habitat.

For more than 22 years, the Landings has supported Skidaway Audubon’s environmental efforts. Serving on the Nature Notices project committee are McNerney, Skidaway Audubon president-elect, Dawn Cordo, Missy Goulard, Meg Kettlitz and Rich Wolfert. According to McNerney, more than 70 residents are Audubon volunteers, working hard to protect wildlife, provide resources for diminishing species, and carry out other valuable projects.

“We need island-wide participation to achieve the goals of our Nature Notices initiative,” says McNerney. “In 2021, let’s resolve to take care of the great outdoors that helped so many of us get through 2020.”

To learn about Skidaway Audubon projects or become an Audubon supporter, visit SkidawayAudubon.org.

WE’D LIKE TO WELCOME OUR NEW PATIENTS FROM DR. BRYANT’S PRACTICE!



STANDING: TABITHA CORNWELL, KATHY BOAEN, DR. MATT GRILL, APRIL BOYETTE, TONYA MURPHY
SEATED: APRIL ZIPPERER, MADISON EVANS, MELANY MAYERS



coastaldentistry
healthy smile. healthy life.

MATT GRILL D.D.S.

SPECIALIZING IN
FAMILY AND
COSMETIC DENTISTRY

Proudly offering INVISALIGN™

The clear, removable alternative to
straightening your teeth without braces.

912.598.8111
15 Lake St Suite 100

www.theskinnie.com



Pumpkin Cream Cold Brew

Cold Brew
+ Pumpkin
Vanilla
Half & half + Cinnamon

CUTTERS POINT COFFEE CO.

7360 Skidaway Road, in Sandfly • 912-355-2118
Open Monday-Friday, 6:30 am-8:00 pm • Sat. 7:30 am-8:00 pm
Sun 7:30 am-6:00 pm

Lewis Cancer and Research Pavilion Expands Reach

Partnership with Liberty Regional Medical Center Brings the Latest Treatments to Liberty County

Liberty Regional Medical Center and the Nancy N. and J.C. Lewis Cancer and Research Pavilion (LCRP) at St. Joseph's/Candler have partnered to create a new oncology program to deliver the most advanced available treatments to Liberty County cancer patients. The Liberty community came together to raise more than \$400,000 to fund chemotherapy and medical oncology services. The partnership fits perfectly with the LCRP's longstanding goal to bring the best cancer treatments to people where they live.

The Liberty fundraising drive has resulted in a new oncology space on the Liberty Regional campus and the recruitment of medical director, Dr. Ajaz Bulbul, who is board certified in both oncology and hematology.

"Liberty Regional has had the vision for an oncology program for some time now," says Tammy Mims, CEO of Liberty Regional Medical Center. "It's exciting to see this project coming to fruition, which will allow us to better satisfy the needs of our community. Not only will we provide evidence-based cancer care right here at home, but have the benefits of clinical trials, the expertise of a medical oncologist, and other significant resources readily available in this area."

This program will benefit from the expertise of the National Cancer Institute's Community Oncology Research Program (NCORP), which the LCRP has been a part of for more than six years.

"This is an ideal match for St. Joseph's/Candler because it allows us to bring the latest treatments and clinical trials to smaller



Left to right: Dr. Ajaz Bulbul, medical oncologist; Donald Lovette, Liberty County Commission Chairman; James Rogers, Hospital Authority of Liberty County Chairman; Paul P. Hinchey, St. Joseph's/Candler President and CEO; Tammy Mims, Liberty Regional Medical Center CEO; Bobby Ryon, Hospital Authority of Liberty County trustee/board member; and Nancy Johnson, Lewis Cancer & Research Pavilion Executive Director.

regional communities, which is the goal of NCORP," explains Paul P. Hinchey, president and CEO of St. Joseph's/Candler. "Joining with Liberty Regional Medical Center will make a stronger cancer program for everyone and allow patients to get the treatment they need without the need for significant travel."

The medical staffs at both hospitals will collaborate to build a robust cancer treatment program for the future, using the expertise of local specialists at Liberty Regional and the experience of the programs and expertly trained team at the LCRP. The centerpieces of the LCRP model are the clinical effectiveness teams that meet regularly to assure best practices in treatment regimens. Physicians at Liberty Regional will have opportunities to present cases for multi-disciplinary discussions with physicians in Savannah to generate individualized treatment plans. Bulbul and other Liberty Regional specialists will be part of such collaborations to the benefit of Liberty County patients.

Clinical effectiveness teams are comprised of physicians with related specialties and sup-

port personnel who meet regularly to review individual cases. St. Joseph's/Candler has multidisciplinary teams for:

- Breast cancer
- Gastrointestinal (GI) cancer
- Genitourinary (GU) cancer
- Gynecologic oncology
- Head-and-neck cancer
- Neuro-oncology
- Skin/melanoma
- Thoracic (lung) cancer

"I've worked to deliver quality cancer treatment in rural settings for a good part of my career, and I've seen how effective it can be for patients to be treated near home and not have to travel," Bulbul says. "It's exciting to work for health systems who see this also, and to be able to build this practice for the benefit of the Liberty County community."

The new Infusion Services practice will be permanently located on the Liberty Regional campus in a space that is currently being remodeled. A temporary space is operating at 229 General Screven Way, Suite H-1, in Hinesville. The practice will house chemo-

Simple Stroke Prevention

Stroke is the fifth leading cause of death in the U.S., according to the Centers for Disease Control and Prevention (CDC). Around 795,000 people in the country have a stroke each year. A stroke happens every 40 seconds. Eighty percent of strokes can be prevented if people know the risk factors and follow their doctors' orders.

A stroke is a disruption of blood flow to certain areas of the brain. The brain constantly needs a supply of oxygen and nutrients in order to work properly. If blood supply is stopped, even for a short time, this can cause problems physically or cognitively, potentially leading to death.

There are two basic types of strokes: ischemic and hemorrhagic. An ischemic stroke occurs from loss of blood flow to the brain, resulting in death of brain tissue. A hemorrhagic stroke occurs when a ruptured blood vessel bleeds into brain tissue, which also has damaging effect. Depending on the location of brain injury, both types can result in physical or cognitive impairment.

RISK FACTORS AND PREVENTION

Stroke contributing causes include high blood pressure; heart disease; diabetes; and sub-optimal lifestyle choices; including diet, lack of exercise, tobacco use, and alcohol abuse. Strokes are more likely to happen to people of African-American or Hispanic descent, and people who do not follow doctors' recommendations for a healthy lifestyle:

1. Exercise.
2. Follow a healthy diet.
3. Take medicines as prescribed.
4. Have an annual check-up.
5. Know the risk factors: High blood pressure, heart disease, diabetes and lifestyle.
6. Reduce your body mass index if you are overweight.
7. Know stroke warning signs.

therapy and infusion functions, a clinic for Bulbul, and an area for the highly trained and experienced chemo-pharmacists from the LCRP to prepare chemo drugs.

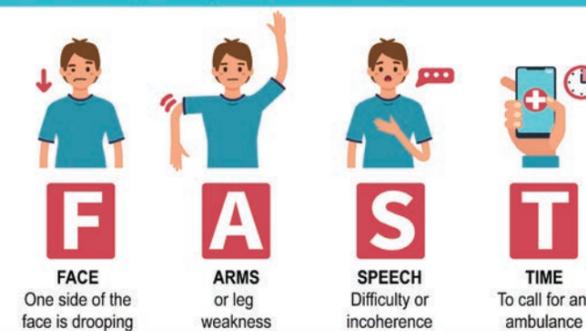
ABOUT DR. BULBUL

Dr. Ajaz Bulbul joins St. Joseph's/Candler's Nancy N. and J. C. Lewis Cancer and Research Pavilion to serve as medical director for the Liberty Regional Medical Center—St. Joseph's/Candler partnership, providing hematology and medical oncology services for Hinesville and surrounding communities. Bulbul is triple-board-certified in internal medicine, hematology and medical oncology. He received his undergraduate degrees in medicine and surgery from the University of Jammu in India. He completed his medical residency in internal medicine at the University of Southern California (USC). He was accepted to the prestigious USC Norris

Comprehensive Cancer Center for a hematology and oncology fellowship, subsequently graduating as the chief hematology fellow. He is an acting adjunct assistant professor for internal medicine, hematology and oncology for Texas Tech University, where he serves as faculty and preceptor for residents and medical students. He is also assistant professor for internal medicine, hematology and oncology for the University of New Mexico. Bulbul has authored more than 50 publications and presented at major international conferences around the world. His research on desmoplastic small, round, blue-cell sarcomas has led to the discovery of new

STROKE SYMPTOMS

Remember, Recognize, and act FAST



"Eighty percent of all strokes can be prevented if the patient follows a healthy regime," says Dorethea Peters, MSN, SCRNP, RN-BC, St. Joseph's/Candler stroke program coordinator. "Between St. Joseph's and Candler Hospitals, we see about 700 stroke patients per year. Imagine if 80 percent of those had been avoided through prevention."

SYMPTOMS

The most common and recognizable symptoms of stroke include speech loss or slurred speech, unilateral weakness and/or numbness involving one side, facial droop, vision loss, unsteadiness, and lack of coordination. If you or someone you know has any of these symptoms, note the time, and call 911 immediately. Strokes are treatable, and getting fast treatment is important to prevent death or disability.

The most common and recognizable symptoms of stroke include speech loss or slurred speech, unilateral weakness and/or numbness involving one side, facial droop, vision loss, unsteadiness, and lack of coordination. If you or someone you know has any of these symptoms, note the time, and call 911 immediately. Strokes are treatable, and getting fast treatment is important to prevent death or disability.



targets for its treatment. He has written expert commentaries in treating lung cancer and targeting these cancers with precision therapies. Additionally, he has published and presented on breast cancer, kidney cancer, immunotherapy, benign and malignant blood disorders, among other publications. He has built oncology practices and programs, particularly in rural settings. He has worked in multiple capacities, from sole provider to medical director, and established the framework for quality care, evidence-based practice, and access to research. Nationally, he serves on the American Society of Clinical Oncology's steering committee for rural medical oncology, where he works to develop best practices in care. Prior to joining the LCRP, Bulbul served as medical director for the Division of Hematology/Oncology, New Mexico Hematology and Oncology Specialists, at Artesia General Hospital.

Are you tired of Covid downsizing your world?

Let Carefree Boat Club at the Landings SET YOU FREE safely!

A day on the water is our vaccine for a happier state of mind.

MEANWHILE, SHELTERING AT HOME...



LET ME OUT
BEFORE I GO
CRAZY!



I WANT
FRESH
AIR,
NOT
FILTERED
AIR!



WE WANT
TO PLAY OUTSIDE
AND DO SOMETHING,
NEW!



**THANK YOU, CAREFREE!
NOW THIS IS WHAT WE HAD IN MIND!**

**Carefree
at the Landings**



937-477-1210

www.CarefreeBoats.com

All boats sanitized after each use.

ANCHORS AWEIGH!

A History of the U.S. Navy by Ron Lauretti

Due to continuing pandemic restrictions, it remains difficult to arrange face-to-face interviews for "He/She Served" profiles of military veterans. For the next several issues, The Skinny will share historical reviews narratives of our various armed forces.

The earth's surface is roughly 71 percent water, and close to 97 percent of that water fills the world's oceans. To maintain global military capability, a nation must possess a strong and sizeable naval force.

The original legislation that served as the birth certificate of the U.S. Navy was enacted in 1775 by the Continental Congress, having been proposed by the Rhode Island delegation. But the founding of the U.S. Continental Navy was not without controversy and split opinions. Some delegates considered the creation of a fleet of defensive and deterrent vessels to be "mad, wild," and overly ambitious.

At the onset of the American Revolution, colonists first took up arms in the spring of 1775. To put down the growing unrest in the colonies, British naval transports carried munitions and supplies to its army in America. The British held superiority at sea, its only opposition a few small, disparate fleets defending colonial waters.

On October 5, 1775, the Continental Congress learned that two English brigs, unarmed and without convoy, had departed England bound for Quebec. These ships were loaded with weaponry to be used against rebellious colonists. A committee comprised of New Englanders, who were ardent supporters of the concept of a navy, recommended that Massachusetts, Rhode Island and Connecticut dispatch armed vessels to intercept the British ships.

www.theskinnie.com



On October 13, 1775, the Second Continental Congress met in Philadelphia. Concerned that they might be pushing their armed rebellion too far, delegates had not yet authorized privateering on the high seas. A small coterie of men in Congress, among them John Adams of Massachusetts, advocated for a Continental Navy. They argued that a domestic fleet would defend coastal towns, protect vital trade, and retaliate against British raiders. It would also enable the colonies to seek out arms and stores from other nations. In spite of serious opposition, the delegates ultimately agreed to outfit two ships, each armed with 10 carriage guns and swivel guns, and a crew of 80 men, with the mission to intercept British vessels.

Congress received word from Gen. George Washington that he had already taken command of three schooners to cruise off Massachusetts to intercept enemy supply ships.

Washington's gambit made the Congressional action easier, as it exhibited a form of precedence. The committee's recommendations for a navy were finally adopted, thus creating the U.S. Continental Navy.

Supported by Congress, the Navy quickly grew into a formidable military force. King George's "invincible" navy was ravaged by a determined fleet of upstart mariners seeking independence and liberty. During the Revolution, the American Navy sent more than 50 armed vessels to the bottom of the ocean. The rapidly expanding fleet captured nearly

TheSkinnie VOL. 19 ISSUE 02 - 19

200 British vessels, demoralizing the British and forcing them to divert warships to protect their convoys and trade routes. The Navy carried correspondence and diplomats to Europe and provoked a diplomatic crisis that helped bring France into the war against Britain.

American aggression on the high seas was not without considerable cost. The Navy lost 24 vessels; and, at one point, was down to only two in active service.

In August of 1785, after the Revolutionary War had ended, the newly independent colonies lacked funds to maintain an active fleet and sold its sole remaining naval vessel, the USS Alliance. The nation was without any navy for nearly a decade.

With U.S. merchant ships vulnerable to attacks from the Barbary pirates of Algiers, Congress passed the Naval Act of 1794 to establish a permanent navy, subsequently ordering the construction and manning of six frigates. By October of 1797, the first three were brought into service. John Adams was a strong proponent of this action and is often called the “father of the American Navy.”

From 1801 to 1805, the Navy was engaged in its first war with pirates, defending American commercial ships from attacks, blockading Barbary ports, and executing successful assaults against outclassed pirate vessels.



The Navy played a major role in the War of 1812, where it was victorious in 11 one-on-one duels with the Royal Navy. It's victory at the Battle of Lake Erie prevented British forces from dominating the region and helped the U.S. Army maintain control of this strategic area. After the War of 1812, the Navy focused its attention on American shipping assets in the Second Barbary War, ending piracy in the Caribbean, the Mediterranean, South America, Africa and the Pacific.

For the next half century, the Africa squadron of the Navy suppressed slave trade by seizing 36 slave ships, a little-known humanitarian act in American naval history.

Gradually growing in size, power and capability, the Navy next entered the Mexican-American War of 1846-1848. It destroyed the Mexican fleet in the Gulf of California and captured major cities along the Baja peninsula. Then it assisted in the capture of California by coordinating with local militia in the California Battalion. Shortly after, the Navy conducted the U.S. military's first large-scale amphibious joint operation by landing 12,000 troops and equipment in a single day at Veracruz, Mexico. This successful landing permitted the capture of Mexico City, ending the war.

Sailing thousands of miles eastward a few years later, Commodore Mathew Perry helped open the centuries-old impregnable door to the Far East. The Navy, through Perry's diplomacy in Japan, established

itself as a player in U.S. foreign policy through the Convention of Kanagawa in 1854.

In 1860, as the U.S. entered its bloodiest years, naval supremacy became an important factor – good for the Union, bad for the Confederacy. The Confederacy was heavily dependent on imported hard goods, especially war supplies. Although most studies of the Civil War emphasize army battles, a significant strategy was the Navy's blockade of major Southern ports. A few blockade-runners managed to slip through, but not enough to significantly help the Confederate cause. Because the South had limited working railroad assets to transport men and supplies, it was dependent on riverboat transportation. The Union Navy, with its “brown-water” (river) navy components, controlled many of the navigable waterways throughout Dixie. The Confederate Army's defeat at Vicksburg cost the rebels access to the Mississippi River. With no railroad or riverboat transportation, Confederate soldiers had to march overland, taxing their weary and malnourished bodies. The war saw ironclad warships in combat for the first time at the Battle of Hampton Roads in 1862, when the USS Monitor engaged with the CSS Virginia. But after the defeat of the Confederacy, the federal government had little need for a well-maintained navy. For the next two decades the fleet was neglected and became technologically obsolete.

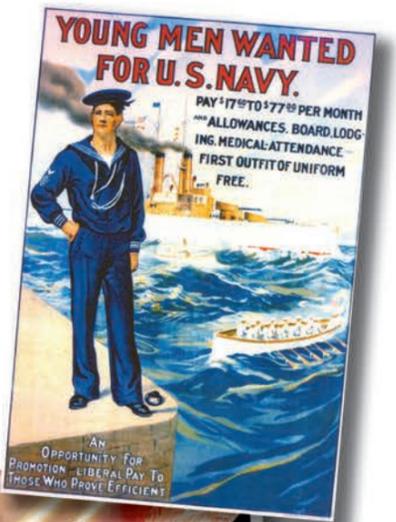
In the 1880s, the first steel-hulled warships stimulated the American steel industry, and the Navy was reinvigorated. This brought new respect for American technology and was a contributing factor of its easy victory over the Spanish Navy in 1898. Rapid construction of dreadnaughts (large battle ships) brought the U.S. in line with more advanced navies of the world. The dawn of the 20th Century was marked by two events: The construction of super-dreadnaughts brought the U.S. equal to Britain in total sea power; and, in 1911, the first naval aircraft led to the informal establishment of the Naval Flying Corps. Ten years later, U.S. naval aviation truly commenced.

Prior to its involvement in World War I, the U.S. Navy expanded under an ambitious ship-building program associated with the Act of 1916. This allowed a network of U.S. destroyers, along with the fledgling Naval Air Force, to confront a new threat – German U-boats patrolling the Atlantic Ocean. The mission of these submarines was to search and destroy troop ships carrying American forces and vital supplies to Europe. During “the War to End All Wars,” the Navy spent much of its resources protecting convoys and employing anti-submarine tactics. It also concentrated on laying the North Sea Mine Barrage. Battleship Division Nine was dispatched to Britain to serve as the Sixth Battle Squadron of the British Grand Fleet. When peace resumed in 1918, the Navy continued to grow into a formidable force.

After Franklin D. Roosevelt – who had been the assistant Secretary of the Navy Department during World War I – became president in 1933, he provided strong support. His New Deal program supplied funds to add ships to the fleet. The aircraft carriers USS Saratoga and USS Lexington were built on the hulls of battle cruisers. Naval leaders, eager for innovation, experimented with new technologies, like magnetic torpedoes. When America entered World War II in 1941, Navy and Merchant Marine ships were produced at a record pace. As Japanese Admiral Yamamoto Isoroku, who was familiar with American industrial might, said as his planes returned from their attack on Pearl Harbor, “All we have done is to wake up a sleeping giant.”

Although America's maritime strength was superior to that of the enemy's, the Navy was engaged in combat on two oceans, stretching its limits. The Navy provided support in the island-hopping campaign against the Japanese. The decisive victory at Leyte Gulf crippled the enemy fleet, permitting the American invasion of the Philippines and reinforcing the Allied control of the Pacific.

Any review of Navy history deserves mention of two specific acts of valor from the World War II era. The five Sullivan brothers, ages 20 to 28, from Waterloo, Iowa, enlisted in the Navy in January 1942, with the stipulation that they all serve together. The Navy ignored its customary regulations and assigned all five to the USS Juneau. On November 13, 1942, during the Battle for Guadalcanal, two enemy torpedoes struck the light cruiser, which quickly sank. Eight days later, a search plane rescued 10 survivors, including George Sullivan, the eldest brother. However, learning his brothers had gone down with the Juneau, George was grief stricken and suffering from dementia brought on by hypernatremia. He went over the side of the raft, lost at sea. The Sullivans became national heroes, and led the U.S. War Department to reinforce its Sole Survivor Policy – no close relatives can serve together in harm's way. When President Roosevelt learned of the loss, sent a letter of condolence to the brothers' parents, Tom and Alleta Sullivan. Pope Pius XII sent the parents a silver religious medal and rosary with his message of regret. After a period of mourning, Tom and Alleta Sullivan made speaking appearances at war plants and shipyards on behalf of the



VISIONARY SURGEONS

CUTTING EDGE TECHNOLOGY



From cataract removal to correcting corneal astigmatism, the team at **Georgia Eye Institute** is the first and only practice in Savannah to offer laser assisted cataract surgery using the LenSx laser by Alcon. This revolutionary surgery is performed in **Georgia Eye Institute's** own state of the art, comfort-centered surgery center.

Call us today for an evaluation and see the *difference* LenSx makes.

Our Savannah Locations:



4720 Waters Avenue
912.354.4800



2 East Jackson Boulevard
912.352.7941



GEORGIA EYE INSTITUTE

YOUR VISION. OUR FOCUS.

Bluffton | Brunswick | Glennville | Hinesville | Jesup | Okatie | Pooler | Richmond Hill | Rincon | Statesboro | Vidalia

gaeyeinstitute.com f @

war effort, and Alleta later participated in the launching of the USS Sullivans (DD-537), a destroyer named for her sons. The brothers' story was featured in "The Fighting Sullivans" (1944), and a family museum, a street and a public park in Waterloo, Iowa, were all named in their honor.

Although not universally recognized, February 3, 1943, is the date of selfless sacrifice by four Army chaplains who gave their lives to save others. Just after midnight, a German submarine torpedoed the Army transport, Dorchester, making its way across the North Atlantic toward Greenland. More than 900 servicemen and merchant seamen were aboard, including four Army chaplains: Lt. George L. Fox, (Methodist), Lt. Alexander D. Goode, (Jewish), Lt. John P. Washington, (Roman Catholic), and Lt. Clark V. Poling, (Dutch Reformed). Scores of men were killed or seriously wounded. In the chaos, the chaplains helped organize a calm and orderly evacuation, guiding wounded men to safety. But as the supply of life jackets ran out, the chaplains removed theirs and passed them to others. They helped as many men as they could into lifeboats. Then, with arms linked, they prayed aloud until the unforgiving Atlantic rose over their heads. The Chapel of the Four

Chaplains is located in a decommissioned Navy chapel in Philadelphia, where visitors can view a historic mural, bronze plaques bearing the names of those who perished at sea, and a large portrait of each of the clergymen.

At its peak before V-J (Victory over Japan) Day, some 4 million Americans served in the Navy, many aboard its 6,768 ships. By the end of the war, American military doctrine placed the use of aircraft carrier battle groups ahead of battleships. Helicopters replaced close-to-shore landing craft for amphibious assaults. The Cold War with the Soviet Union necessitated an emphasis on developing new weapons systems, ships and aircraft. Forward deployments in support of American allies were accomplished with "loaded for bear" carrier battle groups, to deter overt enemy action. During the Cuban Missile Crisis, the Navy blockaded Cuba from Soviet naval entry, prompting Russia to remove its nuclear threat just 90 miles from American borders. Through the use of ballistic missile submarines, our Navy became a dominant influence in nuclear strategy policy during the Cold War.

In the latter half of the 20th century, the

Navy flexed its offensive might during the Vietnam War, and conducted combat operations in the Persian Gulf against Iran in 1987 and 1988. It was extensively involved in Iraqi operations such as Desert Shield, Desert Storm and Allied Force. But the Navy also has a humanitarian role, collaborating with the U.S. Coast Guard and the vessels of other countries in search-and-rescue and salvage operations.

In the 21st century, the Navy continues to support U.S. interests by participating in special operations and strike missions in regional conflicts, when needed. It has been an important force in the ongoing War on Terror. To remain the dominant worldwide naval force, the Navy continues to develop new assets, such as advanced nuclear-powered aircraft carriers, Littoral (close-to-shore/shallow-water-capability) multi-purpose combat ships, and ballistic submarines that are second to none. Because of its size, weaponry and ability to operate far from U.S. shores, the Navy is crucial to American national defense. The Navy the best ships, the best weaponry, the best technology, and most importantly, the best trained and motivated sailors in the world.




WE WANT YOU
To Share Your Story!

There's a lot of military service among our readers, active and retired, from all branches of the military, as well as police, fire and other first responders. Help us recognize their service by nominating them to be featured in an upcoming **He Served**.

Send your nominee's name and contact info to ron135@comcast.net

Saw it in The Skinnie Magazine?
Get the word out
Speak
Pass it on
Tell your favorite
restaurant
shop
business
store

Spread the word and let the people know!

Phone a friend

TheSkinnie magazine

Contact Jim Toole at 912.844.9244 or jtoole@theskinnie.com





AMERICAN ENGINE-UIITY

WHAT: Skidaway Island Corvette Club
WHEN: Third Thursday of each month
WHERE: A visit to a superb custom car display in a showroom off Mall Blvd, followed by lunch at the Palmetto Club
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 now has a club for owners of Corvettes, already 25 members strong. Its goals are camaraderie and to share the enthusiasm for this classic American auto.

PLAY TO WIN

WHAT: "Together for a Cure," to benefit Mercer University School of Medicine
WHEN: April 12 - 20; Registration opens Feb. 14
CONTACT: Shirley Newhart, snewhart@comocast.net or Lynda Stockslager, lyndastockslager@yahoo.com
WHAT ELSE: Expansion of Golf for a Cure fundraiser to include all court sports - tennis, pickleball, bocce and lawn croquet - and the Wellness Center. Sponsorships available, purchase of raffle tickets or tributes. Funds cancer research, the purchase of medical equipment, and the Summer Scholars Program.

VISION QUEST

WHAT: 6th annual "Fore" Vision golf tournament
WHEN: Monday, April 12; Registration begins March 26
WHERE: The Landings Club on Skidaway Island
HOW MUCH: \$500, team of 4
CONTACT: Jerry Haggerty, jerryhaggerty4@gmail.com, 912.665.4115; or Leslie Eatherly, leatherly@savannahcblv.org, 912.236.4473
WHAT ELSE: Benefits the Savannah Center for the Blind and Low Vision

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 to see our calendar
CONTACT: Visit our website or contact Milli 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
HOW MUCH: Each \$30 membership fee covers one household of one or two adults.
CONTACT: Cindy Altman, Landlovers Membership Director, at Landloversmembership@gmail.com.
WHAT ELSE: Landlovers is a philanthropic and social organization. More information and details can be found at www.landlovers.com. Membership year runs from Sep. 1, 2020 through Aug. 31, 2021.

FIBER OPTICS

WHAT: "The Works of Camille Hubert"
WHEN: Jan. 1 through 31; a socially-distanced reception Jan. 13, 4 to 6 p.m.
WHERE: JEA Art Gallery, 5111 Abercorn St.
CONTACT: Vicky Lunick, 912.355.8111
WHAT ELSE: Camille Hulbert is a self-taught textile artist who creates wearable art. Over the past decade, she has worked with youth in Atlanta and Savannah, engaging them in after-school arts through her Seed to Fiber Textile Art Program. This exhibit showcases assemblage, mixed media, collage and craft.

KNOWLEDGE IS POWER

WHAT: Calvin College January Lecture Series
WHEN: Jan. 6 - 26, 12:30 to 1:30 p.m. each weekday
WHERE: online at calvin.edu/January
HOW MUCH: Free
CONTACT: Skidaway Community Church, 598.0151 or sipes.org
WHAT ELSE: The January Lecture Series will be available online this year. Topics include: "Our Future with Pandemics," "The Future of the Supreme Court," "Life Is in the Transitions," and more thought-provoking topics.

THE COAST WITH THE MOST

WHAT: CCA of Skidaway January meeting - "Fishing the Landings' Brackish Lagoons"
WHERE: Via Zoom
WHEN: Monday, Feb. 8, 4 p.m.
CONTACT: Dave Devore, 330.329.6457
WHAT ELSE: Registration required. Visit ccaskidaway.org and "Click Here to Register." A link to the Zoom feed will be sent prior to the meeting. Doug Painter, senior writer and editorial advisor for Sporting Classics Magazine, will present a new photo narration on getting started fishing in the Landings' freshwater lagoons. Each attendee will receive a complimentary raffle ticket as a thank you for supporting the organization during the challenges of 2020. Additional tickets can be purchased in quantities of 1, 3 or 7 through the website. Two lucky people will each win a certificate good for a place on a Telecaster Inshore Charters (\$350 value). You must remain on the Zoom feed until the raffle winners are drawn to win.

MOUNTAIN MOVIES

WHAT: Mountainfilm on Tour - Savannah 2021 Virtual Festival
WHEN: Jan. 22 - 25
WHERE: Virtual
HOW MUCH: Adventure Shorts program tickets are \$20 per individual and \$35 per family; Family program tickets are \$10 per individual and \$15 per family
CONTACT: Leslie Carey, leslie@mountainfilmsav.org or 912.344.1278.
WHAT ELSE: The 2021 event will feature a virtual screening of a feature film as well as a documentary short films program and a special family program. The main feature documentary, "Public Trust," explores America's public lands at a critical crossroads, and includes a Q-and-A with director David Byars and journalist Hal Herring, who is featured in the film. To view the complete list of films or to purchase tickets, please visit mountainfilmsav.org.

WHERE ART THOU?

WHAT: Nae'Keisha Jones art exhibit
WHEN: Feb. 1 - 28; A socially-distanced reception will be held on Feb. 8, 4 to 6 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: Nae'Keisha Jones is an illustrator and writer from Colorado, now based in

Savannah. She graduated from Savannah College of Art and Design with a degree in illustration and a minor in creative writing. Her work has been featured in Connect Savannah, ShopScad and VoyageAtl.

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-catalliancecteam
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.

TREE WORSHIP

WHAT: Community Prayer and Praise Service
WHEN: Sunday evenings at 5 p.m.
WHERE: Under the old oak tree in the back parking lot at Skidaway Island Presbyterian Church, 50 Diamond Causeway
HOW MUCH: Free to all
CONTACT: PrayerPraiseSIGA@gmail.com
WHAT ELSE: Sing along with Brad Damas in a casual environment. Bond with neighbors and friends. Dress for the outdoors. Use golf carts or folding chairs. Social distancing is made easy. Bring masks for your comfort.

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 Sit-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.

KEEP 'EM FLYING

WHAT: The National Museum of the Mighty Eighth Air Force
WHEN: Tuesday - Saturday, 10 a.m. to 5 p.m.; Sunday, Noon to 5 p.m.
CONTACT: For more information call 912.748.8888 or visit www.mightyeighth.org
WHAT ELSE: New guidelines are in place to protect staff and visitors. Visitors are strongly recommended to wear facemasks. Hand-sanitizing stations have been established throughout the museum. Some areas will be capacity-controlled.

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.

NOW HEAR THIS

WHAT: Music Academy Online Free Instruction
WHEN: 7 days a week
WHERE: Via Zoom
HOW MUCH: Free, courtesy of St. Peter's Church
CONTACT: Dr. Timothy McKee, tmckee@saintpeterssav.org
WHAT ELSE: Learn and cultivate music skills.

STUCK IN BETWEEN

WHAT: Middle Aged Tweens of Skidaway (MATS).
WHERE: Usually in private homes.
CONTACT: matskidaway@gmail.com or call Ann Nash at 203.856.8927, or visit www.matskidaway.com
WHAT ELSE: MATS was formed to create social activities for people in their 'tween years. There are monthly socials, book club groups, business group, Ladies Night Out, Men's Poker Night and more! Many of us are empty nesters or semi-empty nesters. We may find ourselves in the later stages of our careers, working part-time or navigating issues of early retirement. Some of us are still responsible for raising children.

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.

WE HAVE A WIENER

WHAT: Landings Longdogs Get-togethers
WHEN: 4th Tuesday of each month, 4 p.m.
WHERE: Landings Harbor Marina
HOW MUCH: No charge
CONTACT: Linda Rich, lindarich912@bellsouth.net
WHAT ELSE: A fun play date for you and your

dachshund(s). Meet other owners and their special friends.

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.

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.

CERVUS WITH A PURPOSE

WHAT: Bingo at the Elks Lodge
WHEN: Sundays at 7 p.m. and Thursdays at 7:30 p.m.
WHERE: 183 Wilshire Blvd
WHAT ELSE: \$1,500 in prizes. All proceeds benefit Elks charities.

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.

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.

Complete Island Hopping listings are now online! Just visit www.theskinnie.com and click "Read."

STANDARD CLUES*

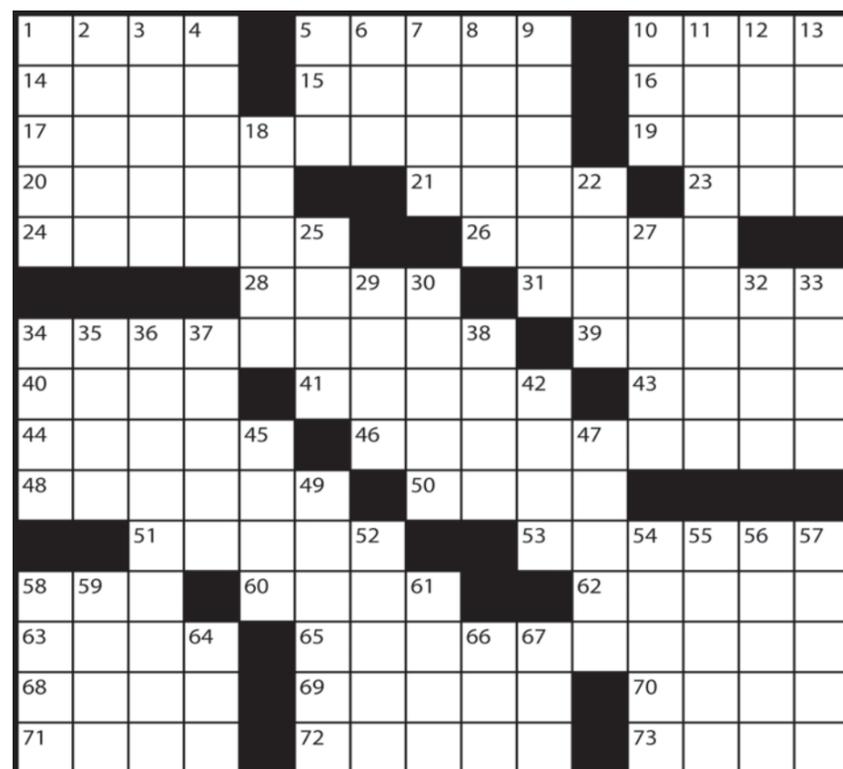
ACROSS

- 1. Uttered aloud
- 5. Rage
- 10. National org. that tests drivers, irons, and putters
- 14. Arm bone
- 15. Video game maker since 1972 (anagram for TIARA)
- 16. River in the Ancient Greek underworld
- 17. **World's most photographed mountain**
- 19. Zaragoza's river
- 20. Islamic prince (var.)
- 21. Nike's Swoosh is one
- 23. One billion years
- 24. ___ bleu (master chef)
- 26. Pertaining to the moon
- 28. Give a hand to in pinochle
- 31. Brand of absinthe (anagram for PONDER)
- 34. Condition caused by a foot contracture (anagram for HEART MEMO)
- 39. Like old bread
- 40. Double-reed woodwind
- 41. Foam
- 43. 1988 World Series MVP pitcher, ___Hershiser
- 44. Military government after a coup (anagram for JAUNT)
- 46. On opposite sides of the earth
- 48. Playful semiaquatic mammals
- 50. "I've never heard of ___ a thing!"
- 51. Pumpernickel, e.g.
- 53. Island home of monitor lizards (anagram for OK MOOD)
- 58. Erie Canal mule
- 60. Puts on TV
- 62. Opposite of 'zenith'
- 63. Jacob's twin brother (Bible)
- 65. **Locale of the Swiss Riviera**
- 68. Chinese dynasty known for its porcelain
- 69. Trompe l'oeil (anagram for APTOR)
- 70. Honk
- 71. Machu Picchu builder
- 72. Passé, but popular
- 73. Poker stake

DOWN

- 1. Nasty cousin of poison ivy

Be sure to pack your dirndls and lederhosen



- 2. Historic Texas battle site
- 3. Prefix for -collegiate or -national
- 4. Old-fashioned
- 5. Bern's river
- 6. Highest degree
- 7. "The Ballad of Reading ___" (Oscar Wilde)
- 8. Swashbuckling actor, ___ Flynn
- 9. Record a sale on a cash register (two words)
- 10. Employ
- 11. **R.C. patron of Alpinists**
- 12. Type of -scope or -copter
- 13. Company that invented the Taser (anagram for NOXA)
- 18. Wear away
- 22. Change for a five
- 25. Type of toy balls made of foam
- 27. "Star Wars" droid (partner of C3PO)
- 29. First Gillette razor with a pivoting head
- 30. Birds on Canadian coins
- 32. Olive in Nero's salad
- 33. Place for a farmer?
- 34. Restaurant with an orange roof, for short
- 35. Be right next to
- 36. **Highest peak in the Alps**
- 37. About 40 inches
- 38. Caesar's rebuke to Brutus
- 42. Hayseed
- 45. Locality
- 47. Thing that used to have a dial
- 49. Popeye or Sinbad
- 52. Hang in folds
- 54. Giant ocean ray
- 55. "___ a Grecian Urn" (Keats)
- 56. Hole made by a 5-iron
- 57. Get on a soap box
- 58. 18-wheeler
- 59. Z ___ zebra
- 61. 32 card game for three players
- 64. The 'Dawgs' of the S.E.C.
- 66. Be wrong
- 67. G.M.'s first 'muscle car' (1964)

Puzzle answers, page 29

\$20 each, with a maximum of 50 words • \$5 for each additional 10 words • Contact Teri Grayson at 598.9715 or email classifieds@theskinnie.com

ACCOUNTING & INCOME TAX CPA SERVICES

Landings resident Bob Stiehler, CPA, provides personal and small business accounting and income tax services. Expertise in Economic Stimulus related tax benefits, investment and retirement income, rental properties, K1s, small business, partnerships, estate and trusts as well as IRS notices and audit assessments. Contact Bob, 678-936-2970, email: bob.stiehler@yahoo.com, website: www.bsats.com

AIR CONDITIONING SERVICE/REPAIR

Impact Air, LLC • We service/repair all brands of Air Conditioning & Heating equipment. Services range from duct repairs to replacement of an entire HVAC system. With over 20 years of experience, you are sure to receive quality work at a fair price. We also offer maintenance plans to keep your HVAC system(s) operating efficiently. Call Dan Abel, 912.667.1472. Licensed & Insured GA Lic# CN211101

AUTOMOTIVE SERVICE

Dixie Motors, Inc. • Serving Savannah since 1980. From minor to major repairs on all makes and models. We offer 30-minute oil change service. Towing available. Fleet service available. A/C experts. Nationwide warranty. Conveniently located at 2013 E. Victory Drive (across the parking lot from Home Depot). 355.3568.

LEXUS & TOYOTA OWNERS • Factory trained Lexus and Toyota Master Technicians with 25 years experience. ASE certified. Located minutes from The Landings, Loaner car available with any major service or repair. Performing services and repairs at a fraction of the dealership prices. Savannah Autoworx, 116 Shipyard Rd, Savannah, Ga 31406. Phone: 912.356.0007. We service all makes and models.

AUDIO/VISUAL SERVICES

ALPHA AUDIO VIDEO LLC • Offers the installation and service of home system racks, whole house audio, central vacuum systems, CCTV, network wiring, TV mounting, outdoor lighting and much more. Reasonable rates with quality results are backed by 15 years industry experience. Call Jesse Oakes at 912.547.4397 for a free consultation.

CARPET CLEANING SERVICES

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

CLEANING SERVICES

We are proud, prepared, and equipped to sanitize your home. Hubbard's Cleaning Service. We use EPA registered disinfectant and sanitize all of the high touch points in your home. Our owner is GBAC/HCT certified and we follow CDC guidelines to ensure client safety in your home. Call 912.961.9131 for a quote.

COMPUTER SERVICES

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

COOLSCULPTING® BY COOL BODY CONTOURING

COOLSCULPTING® DISCOUNT • 50% discount for CoolSculpting by Cool Body Contouring. Starting Sept. 16 2020, while supply lasts, buy up to four \$300 discount cards for \$150 each. Receive up to \$1200 of FDA cleared treatments for eliminating fat for good for \$600. Discount cards are valid until Dec.1, 2020. Call 912.200.6000 for your free consultation and scheduling.

DOOR SCREENS

Phantom Screens • The Phantom Screen's unique retractable design means it is there when you need it and disappears when you do not. Designed for doors, windows and large openings up to 25 ft. wide, we have a Phantom screen to meet your needs. Available in a variety of colors to compliment your home décor. Call 912.552.2331 or visit phantomscreens.com

FISHING

Bandy's Bait Shop • Enter Rodney Hall Boat Ramp at Butter Bean Beach. We offer live bait: Shrimp, Minnows, Crickets, Worms. Frozen: Shrimp, Mullet, and Squid. Assorted light tackle. Assorted snacks. We're open 7 days a week, Mon thru Friday, 7 a.m. to 2 p.m., Sat and Sunday, 7 a.m. to 3 p.m., also most holidays. Phone: 912.354.6444.

FOR SALE

2013 Ford Flex Limited, 3.5 L V6 Ecoboost Engine, <65,000 original miles, white platinum/black roof, 6 passenger, 2nd row Captain's chairs w/inflatable seat belts, power fold 3rd row seats, original owner, asking \$17,500. Contact Trish @ 912.655.4750

GOLF CARTS FOR SALE OR RENT

Golf Carts of Savannah LLC • We have late model E-Z-Go RXV and Club Car Precedent carts that are beyond Landings equipped. Short- or long-term rentals available. Call Dana Oliver at 354.1113 for details and directions.

GUNS

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

HOMES FOR RENT OR SALE

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

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

with Savannah Real Estate Experts, 912.356.0006 or 912.598.6250

HOME IMPROVEMENT/REMODELING

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: Kitchens, bathrooms, and trim. No job too small. Serving the Landings since 1982. Call 313.2767.

INTERIOR DESIGN AND DECORATING

Debbie's Decorating • For over 20 years, throughout the United States, I've designed and decorated homes, offices and new construction. I would love to

assist you in updating your home! Please call now to book your appointment with Landings resident Debbie Leacock. Phone 214.405.0989 or visit my website at www.dleacock.com.

LANDSCAPING/LAWN CARE

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, blowing the roof, 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 main-

tain 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.

LIFT CHAIRS

Power reclining lift chairs available in all sizes, fabrics and features. Correct spinal alignment and improved circulation. Lifts you on your feet with a touch of a button. Sit & Sleep Mattress...1110 Eisenhower Dr., 912.355.2331. See our display ad.

MOVING & DELIVERY

Specialty Moving and Delivery • Residential and Commercial Relocation Specialists Local & Long Distance. Offering Household Moving & Rearranging, Business Relocation & Inter-office Moving, Pickup & Delivery Service, Installation & Assembly, Loading & Unloading, Packing & Crating, Shipping & Receiving, Warehousing & Storage and Packing Supplies. Specializing in Items that Require Special Care including: Fine Furniture & Pianos, Art & Antiques, Office Furniture & Systems, Business Machines & Electronics and Medical & Institutional Equipment. Serving the Landings for over 20 years.

Licensed & Insured. References. Call 925.9528.

Gracious Moves • Landings Resident/Realtor® / Move Manager, Brooke Bass has been assisting families since 1985. Moving simplified from A to Z: Prepare home for sale, list and sell, sort, pack, organize, floor plan, stage, unpack, setup, hang art, remove boxes on moving day! NAR® Outstanding Service Award! www.GraciousMoves.com; Brooke@GraciousMoves.com; Call Brooke, 912.655.9299

PAINTING AND POWER WASHING



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. Call Tommy Rigdon, 912.308.4601 or email: tjrigdon@yahoo.com



All American Low Country Painting • We are a 4th generation Painting business with over 60 Years of experience. All our work comes with a 2-year guarantee and paint from Sherwin Williams has a lifetime warranty. Please call us for your painting needs and all estimates are free of charge. We are locally owned and operated. Licensed and insured. Call Randy Parrish 912.239.0206 or email randyparrish1976@gmail.com to schedule your appointment.



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 refin-

www.theskinnie.com

ishing 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.

PERSONAL HOME TRAINER



MOTIVATED TO MOVE - SENIOR FITNESS • with Coach Michael Cohen - Safe, In-home or Virtual Personal Training Sessions designed to help keep you moving. Michael Cohen, Olympic Coach and Olympic athlete brings his 50 plus years of expertise to your home. Specializing in fitness for all ages, helping to improve balance, agility, posture, strength, and coordination. Michael can customize an exercise program to meet your specific needs, allowing you to remain active and maintain independence. Licensed, Certified, Insured and Background Screened. 912-663-5833 or email: CohenWeightlifting@aol.com

PETS

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 or visit our Facebook page at www.facebook.com/skidawaycatallianceteam

SERVICES

Guy Friday with a Truck • Back just in time to help you with your after holiday clean outs! Merry Christmas and Happy New Year to everyone and thank you for all you have done in the past. Please call George at 912.660.0432.



Nest Estate Planning is Savannah's partner in estate planning, trusts, wills, and more. Our planning is client-centered, comprehensive, and flat-fee. Whether you are retired and unsure about your existing plan or are a young family seeking peace of mind about the future, we look forward to meeting with you. Virtual and house calls available. NestEstatePlanning.com or 912.405.NEST

TREE SERVICES

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.



Two leading companies joining forces to serve Metro Atlanta and the Southeast.

SavATree and Downey/Evergreen Tree Service have joined forces to serve Savannah area communities. Our team of professional arborists provide environmentally sensible tree and plant health care programs to keep your landscape safe, beautiful, and thriving. We take pride in helping our customers find the most appropriate solutions for their tree issues, whether they require diagnosis and treatment, pruning, or removals. We're proud to be servicing commercial and residential properties in Savannah and along Coastal Georgia. For a complimentary consultation, get in touch with us today. Call: 912.455.5041 Email: savannah@savatree.com Visit: savatree.com/consults

WINDOW CLEANING



Soap on a Rope • Power washing, window cleaning and more. Local, professional, personable, and fully insured. Voted Savannah's best 2018, and 2019! From homes to high-rises. 912.233.1544 soaponaropeinc.com

Check us out ONLINE!
At home or away, you're never far from **The Skinnie!**
Visit us at www.TheSkinnie.com.

Look for The Skinnie Magazine on Facebook and Instagram: News, updates, special deals, and Wild Thing Wednesdays.

S	A	I	D	A	N	G	E	R	U	S	G	A
U	L	N	A	A	T	A	R	I	S	T	Y	X
M	A	T	T	E	R	H	O	R	N	E	B	R
A	M	E	E	R	L	O	G	O	E	O	N	
C	O	R	D	O	N	L	U	N	A	R		
				D	E	A	L	P	E	R	N	O
H	A	M	M	E	R	T	O	E	S	T	A	L
O	B	O	E	F	R	O	T	H	O	R	E	L
J	U	N	T	A	A	N	T	I	P	O	D	A
O	T	T	E	R	S	S	U	C	H			
				B	R	E	A	D	K	O	M	O
S	A	L	A	I	R	S	N	A	D	I	R	
E	S	A	U	L	A	K	E	G	E	N	E	V
M	I	N	G	O	P	A	R	T	T	O	O	T
I	N	C	A	R	E	T	R	O	A	N	T	E



BIRDS OF A FEATHER...

Local bird watcher Diane Gannon shared some photos of birds that people may not have noticed on the Landings. It is her hope that more people will take an interest in the treasure of wildlife on Skidaway Island.



A cape may warbler (left) seems to like the big cedar tree by the Bartram Rookery, Diane says. She found this hooded warbler (right) along the long lagoon on Bartram. "He's around in the spring and summer."

It's a special treat if you can spot an indigo bunting (above), and if you're lucky he might show up at your bird bath.

Cedar waxwings (right) can be seen flocking all over the island in the winter. They swooped in near Delegal and in about 10 minutes all the berries on the tree were gone.

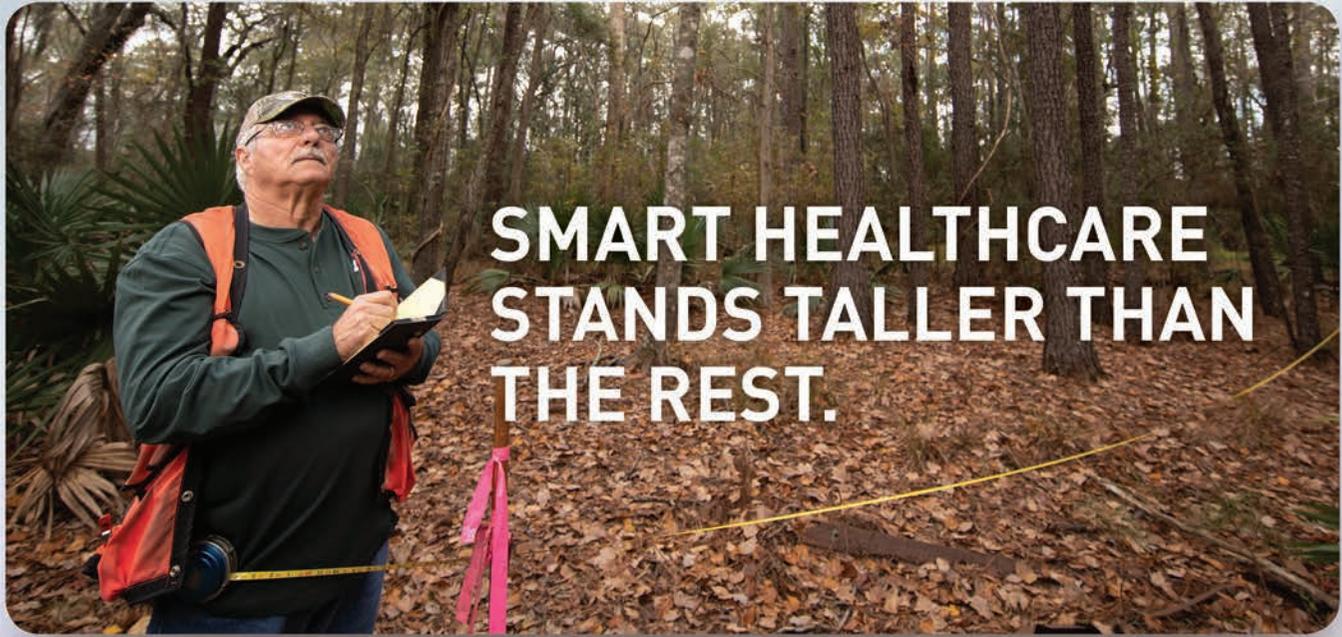


Mississippi kites (above) are nesting in Midpoint, and you will see them soaring over the island.



This Eastern towhee (right) was in the Sparrow Field but you can find him hopping around on the ground under shrubs, or maybe under your feeder.

"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.



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 ST. JOSEPH'S/CANDLER

Anthony Foley, M.D. - Surgeon

