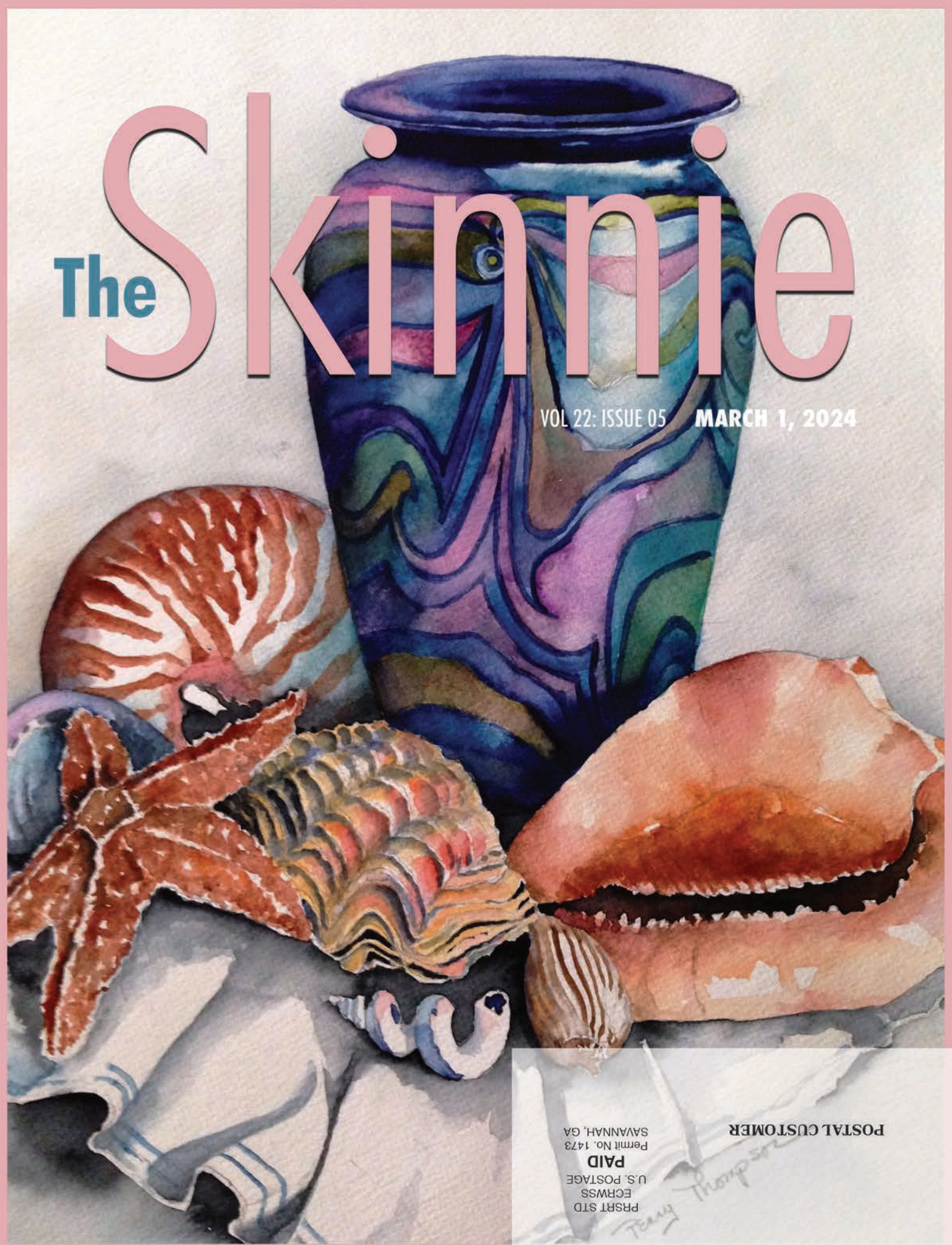




# The Skinnie

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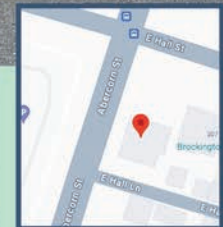
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# Upfront

My friend explained a scientific experiment that suggests the experiences of our ancestors can be imprinted on our genes. I Googled it. A 2013 study found an intergenerational effect of trauma associated with scent. Researchers blew acetophenone – the scent of cherry blossom – through the cages of adult male mice, while zapping their feet with jarring electric current at the same time. Eventually, the mice associated the smell of cherry blossom with pain. These males bred with female mice. When their pups smelled the scent of cherry blossom, the juveniles became jumpy and nervous compared to pups whose fathers hadn't been similarly shocked. To account for nature-versus-nurture, the little ones were raised by unrelated mice with no cherry blossom experiences. The grand-pups of the trauma-laden males showed heightened sensitivity to the scent, too. Neither of the generations responded unusually to smells other than cherry blossom, indicating that the inherited predisposition was scent-specific. In other words, it's likely that there are elements of ourselves that are, simply, "in us," for better and for worse.

My above-mentioned friend has Roman roots. Her father was born in the Eternal City. I trace my family history along adjacent lines. My grandfather lived his early years in a hilltop village about 60 miles southeast of the Colosseum before boarding a boat for New York. I've visited Rome many times since my first trip in 1989. I see things that are both ancient and completely new to me during each sojourn. But it's the inexplicable familiarity that lures me back. A sense that I am, in some way, of the place. That it is "in me," as it was in those who begat the ones who begat the ones who begat the ones who begat me.

When I finish this essay, we're heading for the airport. We're flying to Rome. It's my favorite moment to visit there, smack in the middle of artichoke season with the tourist count at its annual low. This year is different, though. It's much more than a pilgrimage searching for and honoring my past. It's a celebration of the present and the future, too, blessing our wedding by feasting to it with plenty of pasta and 20-plus friends. It's something I couldn't have imagined a couple of years ago. Now, it's something that I couldn't imagine living without.

If I were a philosopher, I might have coined a phrase to the following effect: The tear of each sadness waters the soil for a hundred happinesses to come. (Forgive me...I just made it up on the fly.) Indeed, this trip is a happy, happy thing.

The pictures on this page, taken over the years, represent Rome to me. Weighty history, spiritual grace, and earthly joy. The place is "in me." By the time you read this, I will once again gratefully be in it.

*Scott A. Lauretti*



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## LETTERS TO THE EDITOR

### JUSTICE FOR ALL?

Our freedoms, our Constitutional rights are being drained away. It is as if we were experiencing a nosebleed we could not cauterize. It is time "Hillary Deplorables" awaken and become aware what is happening to our republic and citizens before it is too late and the consequences become irredeemable.

Our laws are being used as bludgeons against those who hold different views. FBI informants who have gathered decades of previously reliable information are being accused of lying so to protect a corrupt president and his family. An equally corrupt Justice Department has stood behind a legal system that intimidates selected SCOTUS justices and their families. Congress has abdicated its responsibilities because a radical president used his pen to create legislation which was in keeping with his narrow agenda of "transforming America." The FBI, IRS, and CIA have gathered and hidden evidence of alleged corruption and, when asked to produce same by legitimate Congressional investigators, have either refused, slow-walked or black-lined essential information claiming it was harmful to national security.

Former President Trump's administration became the target of a "Hillary Hoax" which began in conjunction with his 2016 campaign for the presidency and now further evidence of falsely contrived collusion is being uncovered on a daily basis as Congressional investigations gain speed in pursuit of the truth. It should be evident to any fair-minded citizen a weaponized Democrat Party has coordinated their attacks on former President Trump with The White House so to disrupt his ability to campaign for a second term. Even worse, this same group of judicial thugs blatantly seek to financially cripple him, his family, and various corporate enterprises financially.

Is this the America our forefathers sought to give us in the belief we would protect and defend not only our own rights but also those of innocent others? Ben Franklin responded we were entrusted with a republic form of government unlike any devised by man but would need to work at keeping it safe and secure because it was both a beautiful document but delicate one. We have not always been faithful to our Constitution's implicit meaning, but we have made amazing strides rectifying our failures. Meanwhile, our radical elitist enemies sought to turn America's history against us. They are jealous of our rightful freedoms and fearful "we the people's" control of our government threatens their cynical desire to expand government into dictatorial power.

We have allowed neo-Marxists to obtain a choke hold on far too many of our critical institutions and to disrupt our adherence to a "perfect union" governed by citizens obeying laws, favoring the pursuit of justice, societal order, and equality for all. Yes, we have dropped the ball and now are paying a very severe price. A price which could become the death knell of our republic. History is not on our side. Can we overcome? Can we right our ship of state? Will we bail the water or desert the ship? Time will tell.

Dick Berkowitz

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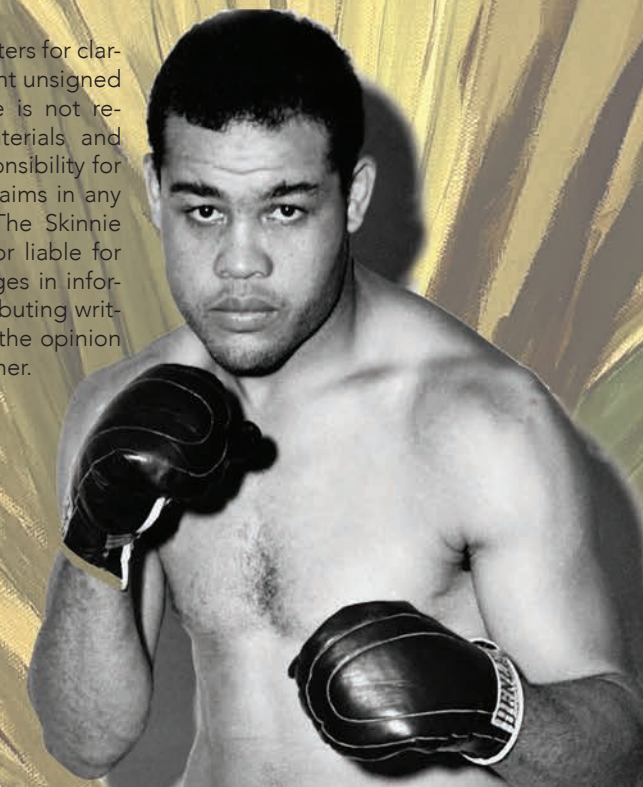
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Background image: “Happy Palms” by local artist Jane Golz



on the cover:  
Watercolor by local artist Penny Thompson

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# FAINT RECOLLECTIONS

## RECOGNIZING AND DEALING WITH DEMENTIA

As we gracefully age, it's normal to experience memory loss. Occasional difficulty remembering names and places or forgetting where you left your glasses is common. But when does episodic memory loss turn into a greater concern? How do you know the difference between normal aging and potential dementia symptoms? Where do you go for help if you or your loved one is diagnosed with dementia?

### DEMENTIA DEFINED

Dementia is not a disease – it is an umbrella term for the loss of memory, problem-solving, language skills, and other cognitive abilities that are severe enough to interfere with daily life. Although more than five million adults 65 and older are living with dementia, it's important to note that it is not a part of normal aging. Many older adults live their entire lives without dementia.

Although research is ongoing, dementia is caused by damage to and/or loss of nerve cells and their connection to areas of the brain. Depending on which areas are affected, symptoms can vary. Symptoms depend on the type and stage of an individual's particular dementia. Before we delve into the various types of dementia and signs, please understand that only a healthcare provider can and should provide a diagnosis. If you believe you or a loved one may be suffering from a form of dementia, please schedule an appointment with your healthcare provider.

Dementia is caused by various diseases and is nothing to be embarrassed by or hidden away. The more common forms of dementia include:

- **Alzheimer's Disease** – The most common form of dementia accounts for 60 to 80 percent of all cases. It's a progressive disease that

By  
Patti  
Lyons

gradually erodes memory, cognitive functions, and the ability to perform daily tasks. As we age, the risk of Alzheimer's increases, making it important to understand early signs. One of the most common is difficulty remembering newly learned tasks. As the brain disease progresses, symptoms include changes in mood and personality, decreased or poor judgment, and difficulty completing familiar tasks.

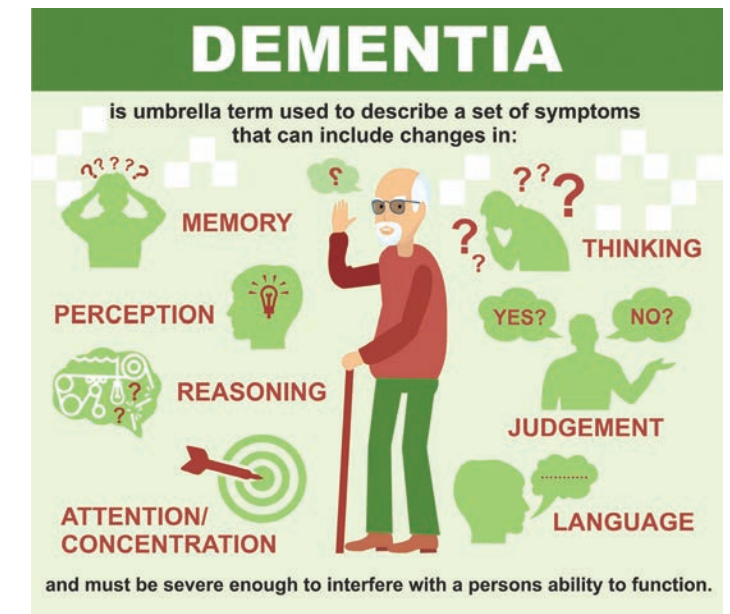
- **Vascular Dementia** – This is the second most common cause of dementia, often a result of stroke-related brain damage. Cognitive skills decline because of blocked or reduced blood flow to the various regions of the brain, causing confusion, impaired judgment, poor balance, and difficulty concentrating.

- **Lewy Body Dementia** – LBD combines elements of Alzheimer's and Parkinson's Diseases, resulting in hallucinations, spontaneous changes in attention and alertness, and motor challenges. As with other types of dementia, there is no single test that can identify Lewy Body Dementia. It is best left to professionals to make the proper clinical diagnosis.

### RECOGNIZING THE SIGNS

Because dementia is a general term, symptoms vary widely from person to person. However, it's important to realize there's a difference between normal aging and a sign/symptom of dementia. Examples include:

- Forgetting what day it is can be normal. Not remembering the season or year could be a sign of dementia.
- Calling a child by the wrong name or occasionally being at a loss for a word is common. Having frequent difficulty finding the right words, not following or being able to join a conversation, or not recognizing your child or a sibling could be symptomatic of dementia.
- Misplacing your keys, glasses, or checkbook is normal. Finding them



in hidden odd areas within the house could be an indicator of dementia.

- Occasionally needing help with new technology such as a computer or smartphone isn't uncommon. Struggling with routine tasks such as dressing, paying bills, following a recipe, or difficulty repeating a task that was just explained, might signal cognitive decline.
- Neglecting to pay a bill on time or forgetting a friend's birthday can happen to any of us. Uncharacteristic lapses in judgment such as giving away large sums of money or neglecting personal hygiene may be red flags.



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- Being set in your ways and becoming irritable when a routine is disrupted is typical. Personality changes, unexplained shifts in mood, becoming fearful, confused, suspicious, depressed, or anxious can be early signs of dementia.

Recognizing any of these signs in yourself or a loved one is scary, but it is important to act when you do. The more information you have, the better equipped you will be to navigate the road ahead.

### CAREGIVING

Caring for a loved one with dementia requires a special and developed set of skills. Two cornerstones are patience and giving grace to yourself and your loved one. As cognitive abilities decline, individuals with dementia may experience confusion, frustration, and anxiety, leading to challenging behaviors. It is often hard to remember that the culprit is the progression of a disease. Showing compassion, kindness, and love to someone, even if they might not seem to appreciate it, is difficult. These tips may help:

- **Knowledge is power** and the foundation of effective caregiving. Understanding the specific type of dementia your loved one is facing allows for tailored care strategies. Speak with your healthcare provider. The more you know, the more prepared you will be to meet their changing needs.
- **Create a supportive environment** that fosters a calm and familiar atmosphere. Minimize distractions, establish routines, and create a safe space that reduces anxiety for your loved one. Redirection techniques are useful. For example, if your loved one becomes agitated while trying to complete a task, gently redirecting their attention to a familiar and enjoyable activity can help diffuse tension.



Maintaining eye contact and actively listening are critical to effective communication.

- **Clear, effective communication** and patience are vital. Use simple language, maintain eye contact, and listen actively. Non-verbal cues and touch can often convey more than words. Acknowledge your loved one's emotions and validate their feelings to establish a sense of understanding and connection.
- **Promote independence** by encouraging your loved one to perform tasks they can handle. This will help maintain a degree of independence and contribute to a sense of purpose and dignity. Familiar tasks, making simple decisions, and achieving small goals give some control over their daily activities and can help those living with dementia feel more alert, stimulated, and engaged.

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Dr. Kim completed her undergraduate degree in communication sciences & disorders and her doctorate in audiology at the University of Iowa. She is accredited by the Georgia State Board of Audiology and certified by the American Speech-Language-Hearing Association (ASHA) to hold Clinical Competency in Audiology (CCC-A). Dr. Kim has professional experience with adult and pediatric populations. Her clinical interests include diagnostics and aural rehabilitation.



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• **Engage in cognitive activities** such as puzzles, memory games, and exercises that stimulate the mind. This strengthens cognitive abilities while enhancing quality of life. Social activities and interaction also help. Dementia sometimes leads to social isolation – the opposite of what is needed. Social interaction – whether its sharing stories or being physically active – helps keep the brain active, maintain memories, and regulate emotions.



in a non-residential setting while their caregivers are at work, tending to other obligations, or just need a break. Private in-home care services can be customized to meet the needs of individuals living with dementia as well as the caregiver, offering a well-deserved respite. Support is available through caregiver groups and SCI's care navigation team.

• **Self-care for caregivers is critical.** Caregiving is a constant state of physical, emotional, and mental stress that can lead to burnout or something worse. Prioritize your own health and well-being so you can provide the best possible care to your loved one. Seek support from friends and family; you are not alone. Explore respite care to recharge or adult day health where your loved one can participate in socially engaging activities while receiving expert care.

• **Connect with local support groups,** dementia-friendly communities, and other resources. Social engagement, shared experiences, and insights can provide strength and guidance.

Senior Citizens Inc. offers support for those living with dementia and their caregivers. SCI's Adult Day Health Centers provide a safe and stimulating environment for those who can benefit from daytime supervision

Our roles as caregivers, family members, and advocates become intertwined. Dementia represents a challenging puzzle. With understanding, compassion, and informed caregiving, the pieces can settle into place. For those with dementia and for the caregivers who stand by them, acknowledging the nuances of dementia and embracing supportive strategies can transform this journey into a shared odyssey of resilience, love, and the enduring power of human connection.

*Patti Lyons is president of Senior Citizens Inc., a nonprofit organization in Savannah and coastal Georgia that has been helping people age successfully since 1959. She serves as the chair of the Meals on Wheels America board and is a governor's appointee to the Georgia Council on Aging. Learn more at [www.seniorcitizensinc.org](http://www.seniorcitizensinc.org) or call 912.236.0363.*

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## You Don't Have to Look Your Age

Many people around their mid-30s look in the mirror and see someone "older," while they don't feel the effects of age. The mirror is objective. It reflects our true age if we have not taken measures to maintain a youthful appearance.

A younger face is full and oval with no shadows under the eyes. It doesn't portray naturally occurring tell-tale signs of aging like the tear trough, Marionettes lines, and hollow cheeks.

What happens to make us look older? First, our skin starts losing its youthful appearance. Age spots and fine lines begin to appear, the glow fades, and the shape of the lower face begins to change. The geometry morphs from a U-shape to a more square appearance as volume is lost from diminishing fat and bone. The facial skeleton shrinks. As a result of this volume loss, a sense of hollowness under the eyes emerges, coupled with excess skin. The same happens with the brow - especially the outer brow and mid-face - causing shadows and depressions. As our faces de-volumize, jowls start to appear, and the neck and face become looser and saggier.

By E. Ronald Finger, MD

Lips that were once full start to thin, and the distance between the nose and the upper lip lengthens due to sagging. The corners of the lips may start to turn down, giving one a sad appearance even when one is perfectly content.

Good news: These aging signs can be minimized or even reversed. Surgical eyelid lifts, brow lifts, and facelifts yield the most durable results. But for many, non-surgical procedures are more attractive, given relatively short downtimes and affordability. These simpler solutions work well if done by the right hands and in the right combinations.

You can add fat through grafting of Renuva to the face, breasts, or buttocks. These are minimally invasive procedures, but their effects can last for many years. There are non-surgical procedures such as lasers with minimal recovery, microneedling with radiofrequency, and facials with active ingredients. The chest, arms, and hands can return to a more youthful ap-

pearance, too.

Both men and women can experience hair loss. Women have female-pattern baldness as opposed to male-pattern baldness, both treatable with NeoGraft hair restoration and reduced with certain products, shampoos, and injections of PRP (platelet rich plasma) or exosomes.

There are many excellent cosmeceutical skin care products and regimens to prevent and reverse aging appearance of the skin. Many people are utilizing Botox and Dysport to temporarily diminish frown and laugh lines, and fillers such as Sculptra, Juvederm, or Restylane. Renuva products provide "liquid facelifts," lasting from one to five years. V-Soft PDO lifting threads are barbed threads that can be inserted in a few minutes. They lift, stimulate collagen and elastin, and last one to two years.

The options to reduce or reverse the visible effects of aging are many. Consult a plastic surgeon to review the products and procedures that are right for you.



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**Pictured Left To Right**

**Back Row:** Heather Booth, Shelley Smith, Margaret Federal, Kristy Valdez, Scott Dole, Liza DiMarco  
**Front Row:** Tommy Reese, Ann Nash, Glenda Ganem, Carie Kuhn

Congratulations to **Heather Booth** and **Liza DiMarco** for achieving the impressive feat of securing spots in the Top 20 of the entire MLS as well as achieving the Chairman's Circle - Diamond Award which is the top one-half of one percent of the network sales.



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St. Joseph's/Candler President and CEO Paul P. Hinchey (below) at recent grand opening of the new Richmond Hill Campus at Heartwood (above).

## Meeting People Where They Are

### St. Joseph's/Candler Richmond Hill Campus Opens

St. Joseph's/Candler has opened the first phase of a new Richmond Hill Campus at Heartwood, expanding important healthcare options and access to south Bryan County. The new campus represents another component of St. Joseph's/Candler's ongoing initiative to improve healthcare access, bringing services closer to where people live and work.

The new campus is located at 3866 Belfast Keller Road – about a quarter mile east of Interstate 95 – across from the rapidly developing Heartwood at Richmond Hill, a mixed-use community. St. Joseph's/Candler purchased 27 acres from developer Raydient

to create the health campus. This property allows St. Joseph's/Candler to grow with the healthcare needs of both Heartwood and south Bryan County.

“This is only the beginning,” says Paul P. Hinchey, president and CEO of St. Joseph's/Candler. “This represents the first step of expanding healthcare access to Richmond Hill and Bryan County. The campus will grow as the needs of the community grow, and we are excited to be a part of the with Heartwood community. Residents and nearby employers can now have the peace of mind knowing that exceptional healthcare is in their own backyard.”

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## Your Risk for RSV

### Prevention and Treatment at Any Age

When you hear about respiratory syncytial virus (RSV), you might think about an illness that attacks babies and young children. Rightfully so – RSV is a very serious concern for parents and pediatricians. However, adults – particularly the aged and immunocompromised – can get infected, too.

RSV is a virus that attacks the respiratory system, explains Dr. Francisco Fantauzzi, St. Joseph's/Candler primary care physician. It basically starts by destroying the walls of the alveoli in the lungs. The Centers for Disease Control and Prevention estimates that between 60,000 to 160,000 older adults in the U.S. are hospitalized with RSV each year. Between 6,000 to 10,000 die due to RSV infection.

“It's very, very serious in babies, but we also know it can attack adults,” Fantauzzi says. “Usually, young people with a complete, healthy immune system get a cold and it goes away. But older people, people with diabetes, heart disease, lung disease, or any condition that weakens the immune system, they will likely suffer more.”

If you are at high risk for RSV, or interact with older adults, you should take precaution to prevent infection. People at highest risk for severe infection include:

- Older adults (60 years old and older)
- Adults with chronic heart or lung disease

Initial healthcare services available at the St. Joseph's/Candler Richmond Hill Campus include urgent care and primary care. The site will also feature Be Health and Well-Being, a program to impact the long-term health and wellbeing of participants. Specialists in cardiology, neurology, and podiatry will soon follow, and OB/GYN and laboratory services are expected later in the year.

The site master plan includes construction of four additional buildings over the next 10 to 20 years. The first stage of the campus is 15,000 square feet, with an estimated cost of about \$15.5 million. As the community

ease

- Adults with weakened immune systems
- Adults with underlying medical conditions
- Adults living in nursing homes or long-term care facilities

#### DIAGNOSIS AND TREATMENT

RSV often begins as a cold. If you are at elevated risk, the cold can progress to RSV. You may develop more severe symptoms than the common cold, such as difficulty breathing, shortness of breath, wheezing, coughing, or lower oxygen levels.

“If you are having a hard time breathing, you can't catch your breath, or have a high fever, it's time to call your doctor or go to urgent care or the emergency room,” Fantauzzi advises.

A nasal swab test can diagnose RSV, which presents in similar fashion as other respiratory illnesses like the flu and COVID. Depending on the severity of your symptoms, your doctor can prescribe a treatment, which might include steroid medications.

#### PREVENTION

RSV season in most parts of the U.S. starts in the fall and peaks in winter. Preventing contamination requires a multi-pronged approach that includes good

grows, St. Joseph's/Candler can determine the timeline and necessary services and build out the property as Heartwood and the nearby residential population expands. When completed, the complex will provide up to 225,000 square feet of medical office space with 960 parking spaces.

St. Joseph's/Candler is the largest and only faith-based institution in the region. It is a 714-bed, Magnet-designated-for-nursing-excellence health system, with a focus on the latest technologies and research. Currently, the local, not-for-profit system serves 33 counties in southeast Georgia and three in



St. Joseph's/Candler primary care physician Francisco Fantauzzi, MD

hygiene (washing your hands, cleaning frequently touched surfaces, etc.) and following a healthy lifestyle. Fantauzzi recommends vaccination to his patients 60 and older. There are currently two RSV vaccines for adults. Both are single-dose and boost your immune system to fight against infection.

“Get your immunizations and stay up to date with them; follow a good diet; exercise regularly; and avoid alcohol and smoking,” Fantauzzi says. “Not doing those things will beat down your immune system and make you vulnerable to infection and sickness.”

the South Carolina Lowcountry, anchored by St. Joseph's and Candler Hospitals, as well as Pooler and Bluffton campuses. Its comprehensive network includes centers of excellence for oncology, cardiovascular medicine, neurosciences, women's and children's services, orthopedics, pulmonary medicine, and a variety of other disease specialties. Its Nancy N. and J.C. Lewis Cancer and Research Pavilion is a designated facility in the National Cancer Institute's Community Oncology Research Program.

For more information, visit [www.sjchs.org](http://www.sjchs.org).

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# JOE LOUIS

HE SERVED BY RON LAURETTI



Joe Louis Barrow (the seldom-used surname was Louis's father's, whom the champ barely knew as the elder was committed to a state hospital when the younger was 2) was born May 13, 1914, in rural Lafayette, Alabama, the seventh of eight children. Both his parents were children of former slaves and they worked as sharecroppers in the post-Civil War South.

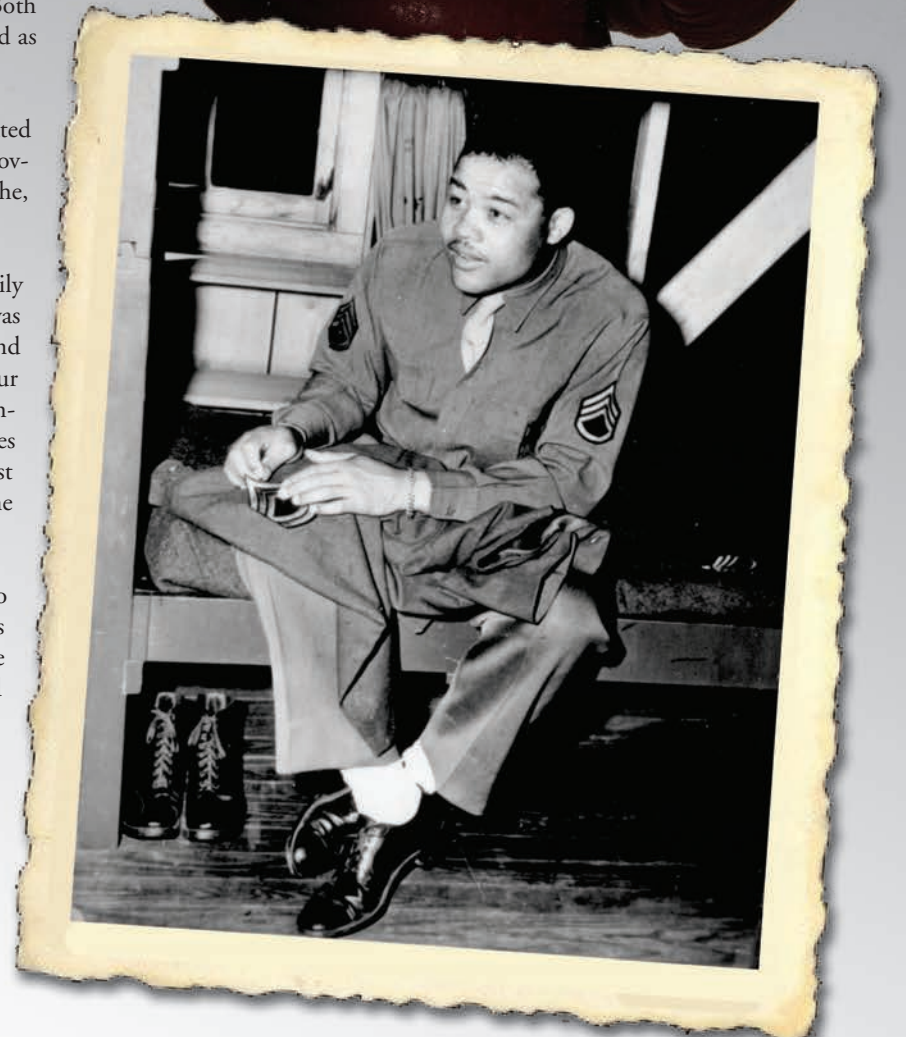
Louis did not do well academically in the local segregated school; but, at age 11, while sparring with a friend, he discovered he had a natural affinity for boxing. Muscular and lithe, he combined power with speed, even as a youngster.

To escape the poverty and increasing racism, the family moved to the Detroit area in 1926, where factory work was available. The pay was low, but employment was steady and reliable. Louis worked and boxed, quite well in his amateur pugilistic career. In 1934, after winning 50 of 54 fights without much coaching or management and a Golden Gloves championship, Louis turned professional, winning his first fight with a first-round technical knockout. A hall-of-fame run had begun.

Even the coming war couldn't stop the slugger's ascent to boxing legend. But there was one person from which Louis hoped to hide the stories of his squared-circle exploits. He dropped Barrow from his name so that his mother would not realize it was her son as word spread of the rising star. Louis's mother had hoped her son would pursue the more civilized path of a musician.

Louis's victories included wins over Italian giant Primo Carnera and American Max Baer, both former champi-

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ons. Known as the “Brown Bomber,” Louis quickly became a hero to Black Americans, and beloved by his countrymen for his class and grace. In 1937, Louis became the World Heavyweight Boxing champion by defeating James Braddock.

In June of 1938, Louis defended his title against a German champion, Max Schmeling. Two years prior, Schmeling had defeated Louis, and the Brown Bomber was eager for a rematch. Though proud to be German, Schmeling resented being used for Nazi propaganda and denied Hitler’s claims of Aryan superiority. Still, the fight was billed as “freedom versus fascism.” Several days before the bout, Louis visited the White House, where President Franklin D. Roosevelt told the young boxer he “had to win.” Schmeling went down in the first round, silencing – for the moment – the racial ranting of the Third Reich.

Already an American hero, Louis answered the call to service, enlisting in the army in January of 1942 and promoting American pride. After boot camp, the Army sent Louis to cavalry school, but an enterprising officer had a better idea. An officer believed the Army would benefit by sending the champ and other boxers to visit bases throughout the U.S. and Europe to demonstrate their fistcuff skills and take on all challengers. The plan was a huge success, and Louis entertained countless G.I.s for the next three years.

Louis followed a single rule with respect to his fights. He would not box in front of segregated audiences. Without much fanfare, Louis is credited with challenging racism and fighting segregation in the Army. He was discharged in 1945, holding the rank of technical sergeant.



Former opponents Joe Louis and Max Schmeling developed a friendship outside the ring, which endured until Louis’ death. Schmeling reportedly also sent him money in Louis’ later years and covered some of the cost of Louis’ funeral expense, at which he was a pallbearer. (photos courtesy of Wikipedia)

Like his fellow veterans, the champ had to get used to civilian life again. He joined American Legion Post 45 in Louisville, Kentucky, and continued to box professionally, defending his title until 1949. Eventually, age and wear-and-tear ended his run in the ring. When he retired from boxing, his professional record included an astonishing 68 wins.

Boxing in the mid-20th century paid well for elite athletes, but not the windfalls found in today’s market. It’s estimated Louis generated nearly \$5 million in earnings over his 71-fight, nearly-12-year career, but reports suggest he saw only \$800,000 of it. He had bad luck as an investor, making ill-fated loans to family and friends. He was continually pursued by the Internal Revenue Service, as the agency claimed he had not fully declared his income on his tax returns. Desperate for money, Louis agreed to come out of retirement and fight undefeated Rocky Marciano in 1951. The “Italian Stallion” knocked out the former champ but sincerely apologized for it afterward in Louis’s dressing room.

Louis left boxing behind for good. He tried professional wrestling, then became a boxing referee. He worked as a greeter at Caesar’s Palace in Las Vegas. He had a brief run in Hollywood, appearing in a handful of movies and television shows.

Louis had a second sporting love after boxing: golf. As with the Army, he helped desegregate the game. He played in the 1952 San Diego Open, after prompting the PGA to remove its bylaw excluding Black players from membership.

On April 12, 1981, the former champ died of cardiac arrest in Las Vegas, at age 66. President Ronald Reagan – with whom Louis co-starred in “This is the Army” (1943) – promptly waived the rigid rules and regulations of Arlington National Cemetery in Virginia, and TSgt Joe Louis was fittingly laid to final rest with full military honors on April 21, 1981.



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## From Skidaway to the British Isles

It's St. Patrick's Day season. This year, one of your neighbors is heading to Glasgow, Scotland, to compete in the Irish Dance World Championships. Sadie McGarity is a 13-year-old dancer with the Legacy Irish Dance Academy near Sandfly. The world championship competition is an annual event with more than 5,000 qualifiers traveling from all over the globe to participate.

While in Scotland, Sadie and her family plan to explore the UK countryside from Edinburgh up to Isle of Skye, then back to London to get a taste of the big city. Scotland features a magical mix of ancient castles, breathtaking scenery, and Harry Potter experiences around every corner. April in London is often cool as spring awakens, but it's a wonderful time to visit as the weather is often relatively dry.

Sadie is practicing hard to prepare for the world stage. You can catch her and the Legacy

dancers at these upcoming local St. Patrick's events:

- **Friday, March 8** – The Greening of the Fountain - Forsyth Park, 12 noon
- **Saturday, March 16** – St Patrick's Day Parade – Downtown Savannah

To donate to the studio's fundraiser, which helps cover dance teacher travel expenses, scan the QR code or visit GiveSendGo.com/Go-Legacy



Good luck, Sadie. We're excited to have you representing the city of Savannah and Skidaway Island!



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to guide students of all ages from their first experience with music to studying a specific instrument of their choice, along a path of learning and discovery.

Our goal is to ensure that everyone in the Savannah region has the opportunity to experience and learn from their Savannah Philharmonic.

All of us within the organization remember what it felt like the first time we held an instrument in our hands—and that is a memory of pure joy we wish to share with the community every chance we get. There is simply nothing like it!



To learn more, please visit: [savannahphilharmonic.org](http://savannahphilharmonic.org)



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# DO YOUR BIDDING!

By Mary Duffy



Landlovers will host Auctionmania, its annual silent auction, on Wednesday, March 13, from 5 to 7 p.m., at the Palmetto Club ballroom. The auction is open to all Landlovers members, Landings residents, and their guests. Generous Landings residents have donated hundreds of unique and high-value items, including indoor and outdoor furniture, rugs, artwork, china, crystal, silverware, sports equipment, jewelry, accessories, and much more.

For more than 20 years, this lively evening of fun and friendly bidding has raised money for the Landlovers Foundation, which awards grants and scholarships within our community. Now one of Landlovers' biggest fundraisers (along with its annual flea market), event proceeds in recent years have ranged from \$17,000 to \$26,000.

Grants are provided for specific projects or programs including cultural and educational services, nature and environmental issues and concerns, and health and safety initiatives. The Landlovers Foundation also provides scholarship opportunities for The Landings Association and The Landings Company employees and their dependents. In addition, Community Service Merit Awards – which are cash awards – are provided to deserving college-bound high school seniors living at the Landings who go "above and beyond" in sharing their time and talent through community service activities. Commitment, creativity, leadership, and total time dedicated determine the award winners.

Landlovers was established in 1974 to promote fellowship through social and cultural activities while working toward the continued improvement of community life at the

Landings and broader community through its philanthropic efforts. All the money raised on behalf of Landlovers is through its members – volunteers who organize a variety of events to fund philanthropic endeavors. The generosity of the Landings community has enabled Landlovers to provide more than \$1.8 million in grants, scholarships, awards, and donations. Foundation income comes from membership dues, sponsors, donors, and volunteer-supported fundraisers.

As in recent years, the auction will be conducted via smartphone, beginning at 5 p.m. in the Palmetto Ballroom. The bidding technology platform allows participants to bid and track auction activity on their favorite items from anywhere.

To register and view all Auctionmania items on the Auctionmania bidding site, text "Auctionmania24" to 243725. You will receive a response saying, "Welcome to Auctionmania24." Click the link provided, which will take you to the Auctionmania site to enter your personal information and bid on auction items. Your mobile number should be already inserted. Add your name and address and a credit card, or if you decline, credit cards can be added or updated later.

Assistance will be available the night of the auction to those who need help using the bidding system or going through the checkout process. After the auction closes at 7 p.m., you will be able to view what you've won on your phones. If you have entered your credit card info in advance, you can self-checkout on your phone. Payment by credit card is encouraged, but cashiers will accept check or cash.

**WHAT:** Landlovers Auctionmania  
**WHEN:** Wednesday, March 13, 5 - 7 p.m.  
**WHERE:** Palmetto Club Ballroom  
**HOW MUCH:** Free  
**CONTACT:** Eileen Yost at [eileenyrn@gmail.com](mailto:eileenyrn@gmail.com) and Carolyn Auen at [ccppsauen46@gmail.com](mailto:ccppsauen46@gmail.com)  
**WHAT ELSE:** Bidding will be conducted online using your smartphone. To register and access the Auctionmania site, text "Auctionmania24" 243725. A link will take you to the Auctionmania site where you can enter your personal information. Early registration saves time at the event and provides early access to preview auction items.

If you have entered your credit card info in advance, you can self-checkout on your phone, bypassing the lines and proceeding to the auction table to pick up your winning items. Just show the paid receipt on your phone to the table monitor. You must pick up the items you win the night of the auction before 7:15 p.m.

Please consider donating unique, valuable items for Auctionmania by bringing them to the flea market intake on March 2, 9 a.m. to 3:30p.m.; March 3, 12 noon to 3 p.m. or March 4, 9 a.m. - 3:30 p.m. If you wish to donate items ahead of time, please contact Tom Stephens at [tom.stephens@comcast.net](mailto:tom.stephens@comcast.net). If you have general questions about Auctionmania, please contact Eileen Yost at [eileenyrn@gmail.com](mailto:eileenyrn@gmail.com). Questions about registration and the bidding website can be directed to Carolyn Auen at [ccppsauen46@gmail.com](mailto:ccppsauen46@gmail.com).

## RELATABLE STORIES

**WHAT:** 2024 Lenten series: "Art in the Parables"  
**WHEN:** Wednesdays in Lent: March 6, 13, 20, at 5:45 p.m.  
**WHERE:** Skidaway Community Church, 50 Diamond Causeway  
**HOW MUCH:** \$10 donation/person requested to defray food costs  
**WHAT ELSE:** SCC pastor Jon Hauerwas will lead discussions based on familiar biblical parables: The Sower, The Good Samaritan, The Prodigal Son, and The Rich Fool. Soup suppers catered by Olive Garden at 5:45 p.m.; lessons at 6:30. Island friends, neighbors, and guests are invited to register at skidcc.org no later than Monday before each program date.

## HERE COMES THE SON

**WHAT:** Easter Sunrise Service  
**WHEN:** March 31, Easter morning at 6:45 a.m.  
**WHERE:** Priest Landing Marina  
**CONTACT:** skidcc.org or 912.598.0151  
**WHAT ELSE:** Led by Skidaway Community Church pastor Jon Hauerwas, the service celebrates the beauty of this place and the gift of our Risen Lord. Light refreshments will be served. Neighbors, friends, and visitors are invited to bring folding chairs. In the event of inclement weather, the service will be held at 50 Diamond Causeway.

## BODY AND SOUL

**WHAT:** Mat Pilates and Sit-Fit exercise classes at Skidaway Island United Methodist Church (SIUMC)  
**WHEN:** Mondays, Wednesdays and Fridays. Mat Pilates, 9:15-10:10 a.m.; Sit Fit: 10:15-11:10 a.m.  
**WHERE:** Bailey Hall at SIUMC, 54 Diamond Causeway  
**HOW MUCH:** \$5 per class for 8 or more classes per month. \$6.25 per class for 7 or fewer classes per month.  
**CONTACT:** For more info or to register, call Elena Bennett, ACSM-certified fitness instructor at 404.510.6042  
**WHAT ELSE:** Mat Pilates participants must bring an exercise mat and be able to get up/down from the floor. Sit-Fit participants should wear athletic shoes. Everyone should bring a water bottle.

## island hopping

Please email content to [mail@theskinnie.com](mailto:mail@theskinnie.com). Deadline is the Friday prior to publication. Complete Island Hopping listings are available at [www.TheSkinnie.com](http://www.TheSkinnie.com)

## HEAR GREAT SPEAKERS

**WHAT:** Kiwanis Club of Skidaway  
**WHEN:** Thursday mornings at 8 a.m.  
**WHERE:** Palmetto Club  
**HOW MUCH:** Free to attend, including any refreshments, which includes coffee/tea (compliments of Morgan Stanley) and occasional pastries from Auspicious Bakery.  
**CONTACT:** Michael Klavon, 912.306.0474 for gate pass  
**WHAT ELSE:** Membership is open to Savannah/Chatham area residents. Visit [www.kiwanisofskidaway.com](http://www.kiwanisofskidaway.com) for more information.

## 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.

## BROTHERS (AND SISTERS) IN BLOOD

**WHAT:** Kiwanis Blood Drive  
**WHEN:** Monday, March 4, 1 to 6 p.m.  
**WHERE:** Skidaway Island United Methodist Church hall, 54 Diamond Causeway  
**HOW MUCH:** Free  
**CONTACT:** Please visit [Red Cross Blood.org](http://RedCrossBlood.org) and enter SIUMC to schedule an appointment  
**WHAT ELSE:** Give blood and receive a \$10 e-gift card to a pet supply merchant of choice. Plus automatically be entered for a chance to win a \$3K gift card (5 winners!)! Terms: [rcblood.org/Pets](http://rcblood.org/Pets).

## WIND CHIMES

**WHAT:** The Savannah Wind Symphony Spring Concert  
**WHEN:** Tuesday, March 5, 7:30 p.m.  
**WHERE:** Fine Arts Auditorium, Georgia Southern University – Armstrong Campus  
**HOW MUCH:** General admission – \$20; \$15 for military; \$10 for children (18-under). Tickets are available at [eventbrite.com](http://eventbrite.com) or at [savannah-windsymphony.com](http://savannah-windsymphony.com).  
**CONTACT:** Please visit [savannahwindsymphony.com](http://savannahwindsymphony.com) for details, or email [savwinds@gmail.com](mailto:savwinds@gmail.com)  
**WHAT ELSE:** Guest conductor David Carbone

## GET PACKING

**WHAT:** Landlovers Annual Flea Market  
**WHEN:** Saturday, March 9, 9 a.m. - 1 p.m.  
**WHERE:** Messiah Lutheran Church, 1 W. Ridge Rd., Skidaway Island  
**HOW MUCH:** \$5 entrance fee, under 15 free. Entrance fee and purchases are cash only.  
**CONTACT:** Janie Florenz at [janie1040@gmail.com](mailto:janie1040@gmail.com); To volunteer, contact Michele Simari at [LLFMVolunteers@gmail.com](mailto:LLFMVolunteers@gmail.com)  
**WHAT ELSE:** Donations for the flea market can be dropped off at TLA administration parking lot March 2 – 4. Volunteers will unload your car for you! Visit [landingslandlovers.com](http://landingslandlovers.com) for times of operation and a list of acceptable donations. For large items like furniture, email [fleamar-ketintake@gmail.com](mailto:fleamar-ketintake@gmail.com) to arrange a pick-up. All proceeds benefit the Landlovers Foundation, which provides grants, scholarships, and merit awards within our community.

## GO GREEN

**WHAT:** "Paint the Town Clover"  
**WHEN:** Sunday, March 10 - 4 p.m. cocktails, hors d'oeuvres, and silent auction; 5:15 performance; 6 cocktails, desserts, and silent auction  
**WHERE:** St. Peter's parish hall, 3 W. Ridge Rd.  
**HOW MUCH:** \$75  
**CONTACT:** RSVP Fran Conway, 309.212.0935  
**WHAT ELSE:** The Creative Arts Academy at St. Peter's Episcopal Church cordially invites you to a gala benefiting and featuring a performance by 24 Children's Choir.

## DEAR ABBIES

**WHAT:** Skidaway Abigails January meeting  
**WHEN:** Thursday, March 14, 7:00 p.m.  
**WHERE:** Messiah Lutheran Church, 1 West Ridge Rd.  
**CONTACT:** To join the Skidaway Abigails or attend this meeting as a guest (no guest fee but must be accompanied by an Abigails member), please contact [chair@skidawayabigails.org](mailto:chair@skidawayabigails.org)  
**WHAT ELSE:** Brynn Grant, Andrew Konkel, and Leia Dedic from United Way of the Coastal Empire will provide a status report.

## WHEN NATURE CALLS

**WHAT:** Savannah-Ogeechee Canal Museum and Nature Center visit  
**WHEN:** Wednesday, March 20, 9:30 a.m. - 1 p.m.  
**WHERE:** Meet at the Methodist Church  
**COST:** \$5 or \$3 for seniors, paid at the door  
**CONTACT:** Donna Bunn, [donnabunn@gmail.com](mailto:donnabunn@gmail.com)  
**WHAT ELSE:** We'll learn about the natural and

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cultural history of the area and walk the trail (an easy half-mile out and back) alongside the historic canal to the Ogeechee River. The 16-mile canal was hand-dug in 1830 to connect the Savannah and Ogeechee Rivers. Lunch is at a nearby restaurant. Registration opens Feb. 20 at [Landingslandlovers.com](http://Landingslandlovers.com). Max attendees - 20.

## RIGHT ON

**WHAT:** Luncheon meeting of Ladies On The Right (LOTR).  
**WHEN:** Thursday, March 21 (social 12-1 p.m.; lunch/program 1-2:30)  
**WHERE:** Landings Palmetto Club ballroom  
**HOW MUCH:** LOTR members – \$35; Non-members – \$40  
**CONTACT:** To register (March 19 deadline) or to join LOTR, visit [www.ladiesontheright.org](http://www.ladiesontheright.org)  
**WHAT ELSE:** Ginger Howard, one of Georgia's three delegates to the Republican National Committee, will address the importance of Georgians having a voice at the 2024 Republican National Convention in choosing our presidential candidate, and how we can get involved in that process at the local level. LOTR is a greater-Savannah Conservative leadership organization whose mission is to inform, educate and inspire members to take action roles on issues that impact our country, community and lives. LOTR hosts luncheon meetings on the third Thursday of each month.

## FLOWER POWER

**WHAT:** 36th annual orchid show, presented by the Deep South Orchid Society  
**WHEN:** Friday, March 23, 10 a.m. - 4 p.m.; Saturday, March 24, 12 noon - 3 p.m.  
**WHERE:** Coastal Georgia Botanical Gardens, 2 Canebrake Rd.  
**COST:** Botanical Garden tickets are \$5; orchid show included  
**CONTACT:** Coastal Georgia Botanical Gardens, 912.921.5460  
**WHAT ELSE:** Orchid show vendors open Thursday, March 22.

## FORE THE CHILDREN

**WHAT:** The One Hundred Children's Foundation Golf Ball Drop  
**WHEN:** March 25, 6 p.m.  
**WHERE:** Marshwood Club  
**HOW MUCH:** Event dinner ticket - \$125; Golf ball raffle ticket - \$100  
**CONTACT:** [www.theonehundredchildrensfoundation.org](http://www.theonehundredchildrensfoundation.org)  
**WHAT ELSE:** Cocktails, hors d'oeuvres, and

live music under the stars, with dinner carving stations and dessert. Only 300 golf balls will be sold. You do not need to be present to win. Three golf ball raffle prizes – Closest to the hole, \$2,500; 2nd, \$1,500; 3rd, \$1,000. For event and raffle tickets: [theonehundredchildrensfoundation.org](http://theonehundredchildrensfoundation.org).

## DINNER AND A SHOW

**WHAT:** Savannah Music Festival's Bayou Boogie  
**WHERE:** Ships of the Sea Maritime Museum  
**WHEN:** Friday, March 29, 5 p.m. departure from Skidaway Island Methodist Church  
**HOW MUCH:** \$60 per person, includes trolley ride, fees, tip, and general admission (standing, dancing) to the show  
**CONTACT:** Jane Golz, [gozjane@gmail.com](mailto:gozjane@gmail.com), or Marilee Dalbey, [marileedalbey@gmail.com](mailto:marileedalbey@gmail.com)  
**WHAT ELSE:** Don't miss out on a fabulous evening of the high-energy Creole music of Clayton Joseph Chenier, son of the legendary inventor of Zydeco music, Clifton Chenier. Marcia Ball and the Red Hot Louisiana Band will also play rollicking boogies, swampy New Orleans ballads, and groove-laden Gulf Coast blues. Attendees will have time for dinner following the show. The show ends at 7 p.m., so plan your dinner reservations accordingly. The trolley will pick us up at the drop-off location at 9:30 p.m. to return to SIUMC. You are welcome to bring a beverage on the trolley. Limit 2 tickets per person. Space is limited to 37 total.

## GATHERING GROCERIES

**WHAT:** Packing groceries for Second Harvest  
**WHEN:** 9 - 11 a.m., April 5, June 7  
**WHERE:** Second Harvest, 2501 E President St.  
**CONTACT:** Terry Lewis, [terrylewis324@gmail.com](mailto:terrylewis324@gmail.com).

## PLAY DATES

**WHAT:** Together for a Cure (TFAC) 21st annual fundraising event  
**WHEN:** April 13 – pickleball, tennis, bocce, and croquet tournaments; April 17 – golf tournaments; Registration opens March 6 at [togetherforacure.net](http://togetherforacure.net)  
**CONTACT:** Nina Stanga, TFAC Chairperson, [nstanga@me.com](mailto:nstanga@me.com)  
**WHAT ELSE:** This annual event raises much-needed funding for many local cancer research projects benefiting St. Joseph's/Candler Foundations Nurse Navigator Program for Lung Cancer, Mercer School of Medicine for Cancer Research, LWGA Summers Scholars Program, and the Stephen Hollenberg Patient Assistance Fund. Receptions following the events to celebrate your

accomplishments will include an auction and raffles.

## SHOW AND TELL

**WHAT:** 35th Annual Landings Art Association Spring Show  
**WHEN:** April 16, 5 - 8 p.m.  
**WHERE:** Palmetto Ballroom  
**HOW MUCH:** \$5 cash at the door  
**CONTACT:** Jane Golz at [gozjane@gmail.com](mailto:gozjane@gmail.com) or [www.landingsartassociation/events](http://www.landingsartassociation/events)  
**WHAT ELSE:** Everyone is welcome to view more than 200 paintings, photographs, and 3D art. Most of the artists will be available to discuss their art. The show also includes live music, a member and cash bar, and a silent auction. It's a great opportunity to shop for original art and support arts in education.

## GO PAPERLESS

**WHAT:** Secure document shredding  
**WHEN:** Saturday, April 20, 9 a.m. - 12 p.m.  
**WHERE:** Skidaway Community Church, 50 Diamond Causeway  
**CONTACT:** [skidcc.org](mailto:skidcc.org) or 912.598.0151  
**WHAT ELSE:** Donations benefit Safe Shelter, providing services for abused women and children.

## TEA TIME

**WHAT:** Sisters spring tea  
**WHEN:** Saturday, April 20, 11 a.m.  
**WHERE:** Palmetto Club Azalea Room  
**HOW MUCH:** \$42  
**CONTACT:** Email [panhellenicsavannah@gmail.com](mailto:panhellenicsavannah@gmail.com) for a registration form  
**WHAT ELSE:** In addition to the lovely tea and light menu, we will be featuring a panel of recently graduated sorority women discussing sorority life on campuses today. All area sorority women are welcome.

## HELLO, SAILOR

**WHAT:** Basic sailing class, sponsored by The Landings Sailing Club  
**WHEN:** Saturday, April 27, 9 a.m. - 3 p.m., plus 4 hours on the water  
**WHERE:** TLA Meeting Room, 600 Landings Way South  
**HOW MUCH:** \$100, of which \$25 of which will be refunded if you join TLSC within 30 days  
**CONTACT:** Angela Margolit, [amargolit@hotmail.com](mailto:amargolit@hotmail.com), 973.296.8011  
**WHAT ELSE:** Open to all Landings residents 21 or older who are either new to sailing or want a refresher course.

Complete Island Hopping listings are available online at [www.theskinnie.com](http://www.theskinnie.com)

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ACROSS

- 1. Top spot
- 5. Be of use to
- 10. Flat floater
- 14. Now and \_\_\_\_
- 15. Dog from Down Under
- 16. Computer brand
- 17. Salon job
- 18. Newspaper, sometimes
- 19. Indian garment
- 20. Funny business
- 22. Hunter S. Thompson book, *Fear and \_\_\_\_\_ in Las Vegas*
- 24. Kitchen invader
- 25. Stradivarius, e.g.
- 26. Introductions
- 28. Cavity cause
- 32. Sought office
- 34. Thespian's quest
- 35. Indian spice mix
- 36. One who gets taken in
- 38. Light lager
- 39. Congregate
- 40. James Bond film, *A \_\_\_\_\_ to a Kill*
- 41. Reading room
- 42. Campaign tactic
- 43. Ship's boat
- 45. Pass on, as gossip
- 47. Flow control
- 50. Stockholder's bonus
- 53. Throw off the tracks
- 54. Best poker pair
- 55. Comedian's job
- 57. "Super Trouper" singers
- 58. Dial follower
- 59. Stockpile
- 60. Worry
- 61. Part of a pot
- 62. Maze marking
- 63. Alleviate

DOWN

- 1. Rose essence

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50	51	52								53				
54					55			56			57			
58					59						60			
61					62						63			

- 2. Material for khakis
- 3. Unwritten reminder
- 4. Lure in
- 5. Puts two and two together?
- 6. Itinerary word
- 7. Dye ingredient
- 8. Snowy shelters
- 9. Devoted
- 10. Daredevil's trait
- 11. Superfruit berry
- 12. Frond-bearing plant
- 13. H.S. subject
- 21. Like some fishing trips
- 23. Powerful ocean surge
- 25. Foul
- 27. Person of action
- 29. Prop for Liberace
- 30. Away from the wind
- 31. Knitter's need
- 32. \_\_\_\_ to riches
- 33. \_\_\_\_ Sandler
- 35. Countenance
- 37. Jewish sect member of old
- 38. Liquid measure
- 40. Elevated roadway
- 43. Scribe
- 44. Wine decanter
- 46. 1960s symbol
- 48. Feelings
- 49. Tickle pink
- 50. Numbers to crunch
- 51. Clickable image
- 52. Air passage
- 53. Big game
- 56. "Thar \_\_\_\_ blows!"

Puzzle answers, page 35

\$30 each, with a maximum of 50 words • \$5 for each additional 10 words  
Contact Teri Grayson at 912.598.9715 or email [classifieds@theskinnie.com](mailto:classifieds@theskinnie.com)

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A	N	T	E	E	N	T	E	R	E	A	S	E	



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