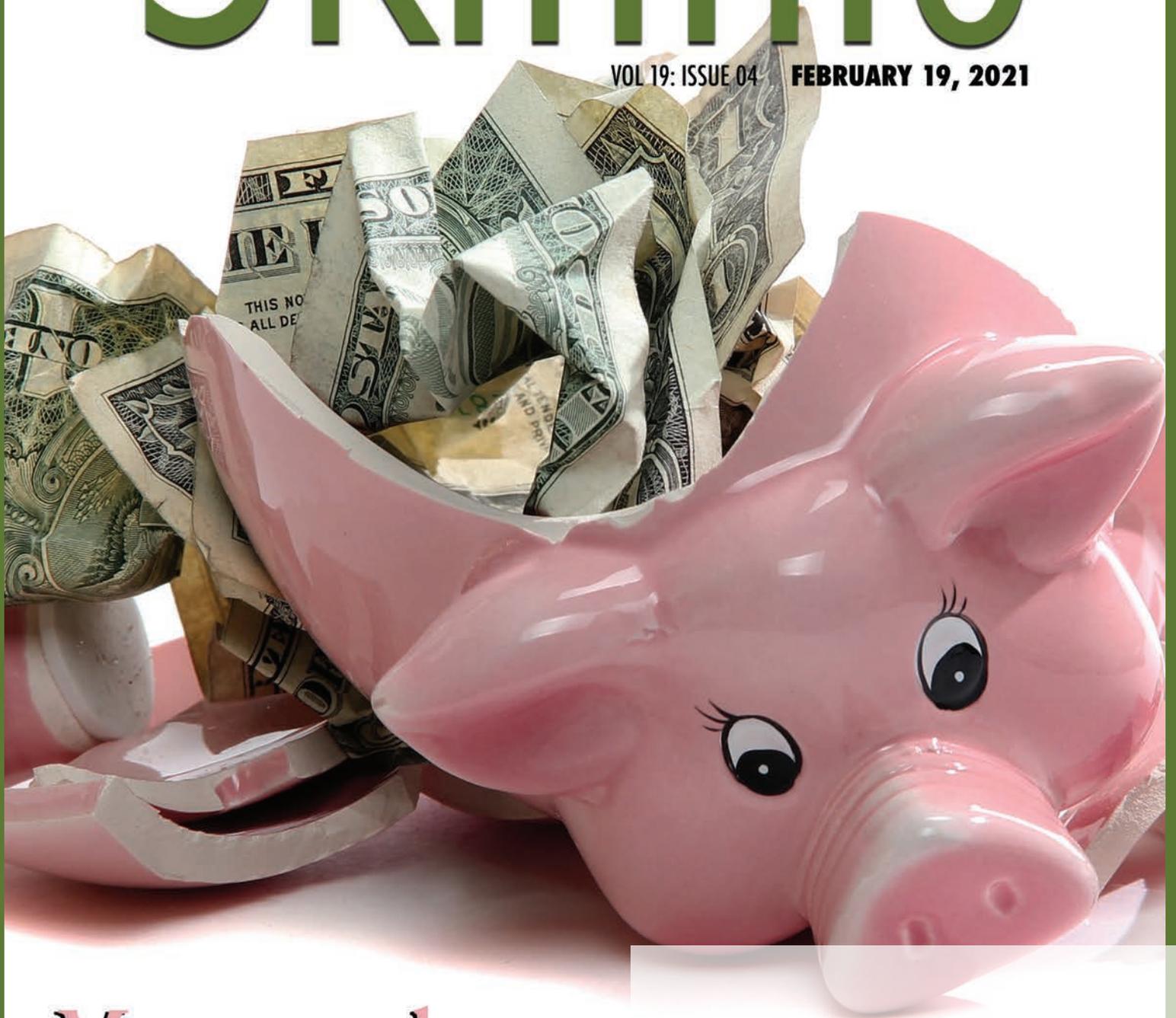


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# Upfront

There's no place like home. Dorothy is right. "Normal" life has been (perhaps irreversibly) disrupted by sickness and fear, amplifying the importance of "home" as a central character in the human story.

My wife and I raised our kids assuming they would move away. Opportunity would reside elsewhere, and so would they. We had both found our ways to New York City as young adults, she from a distance of thousands of geographical miles and I from just as far, metaphorically. The city was exciting, exotic, intoxicating (literally, for me), full of possibilities. We struggled and we thrived. We idealized the untenable; it was part of the deal. Where else is it prescriptive to pile all of a building's trash on the sidewalk in front of the façade when every apartment inside sells for more than 5 million bucks (not including the monthly fees)? What price, unmatched energy? A very high one, which we were happy to pay. Until we weren't. So we moved here without any of the usual stimuli – no new jobs, no family, no friends...we had spent a total of four nights in Georgia during our previous lives. It was 2001. We left a New York that was weeks away from tragically burning, and two decades from its likely protracted demise.

Although we came here, we assumed our girls would end up there. Or somewhere like there. And they have. For now. One in New York and one in Washington. But they are both making noise about finding their ways back home, sooner than I dared to imagine, and not soon enough given the joy and peace that their presence has gifted me during this year of "working from home."

"Why did you move here?" I've been asked this question many times during the last 20 years. My stock reply: Quality of life. Dig deeper: It's eye-popping pretty, both the historic and the natural; the weather is nicer than it is up north; there's an airport; it's on the coast; the cost of living is lower than what I was used to; people are lovely; it's the 'real South,' it's NOT Florida.

But quality-of-life is not an economic development strategy. "Savannah's beautiful; I love it there," the casual observer from elsewhere will often say. Later in the conversation, you often get, "What do people do there?" or "What's the big industry?" and it took me a while before I crafted a response as easily accessible as quality-of-life.

There's a port, a big one, and you surprise the inquisitor when you tell him it's among the busiest in the land. Gulfstream's here, a name rich people and rap fans can relate to, but not as broadly recognizable as Coke. Tourism – you've seen the fanny packs. But there's a cold, ugly truth: The relatively high-paying, young-people jobs that drive thriving cities...they don't exist here. Which makes coming home tricky, before you strike it rich elsewhere, first.



Our region is staking its prosperity on shipping, storing and delivering stuff. And we're good at it;

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we're winning share. We have some big pieces of land on which we'd like giant factories to sit, so we give out-of-town executives tours and tax incentives and keep our fingers crossed. People sleep in hotel rooms here, except when travel is prohibited or deemed unsafe. We have lots of men and women in uniform who transfer in for a few years, as long as the bases don't close when political winds change.

What does the country look like when divided into dollar buckets rather than defined by physical place? Deloitte, the international services firm provides data on US GDP by industry group. I've combined it with numbers from trade groups, executive search firms, and the Federal Reserve, and here's what I've found (based on 2019, the most-recent, full pandemic-free year).

Sector Grouping	Share of GDP	Avg. Compensation
Finance, Insurance, Real Estate*	21%	\$115,557 per year
Professional and Business Services#	13%	\$105,907
Wholesale and Retail Trade&	12%	\$61,809
Education, Healthcare, Social Service	9%	\$53,880
Agriculture, Mining, Utilities, Construction	8%	N/A
Information@	6%	\$130,574
Arts, Entertainment, Tourism, Hospitality	6%	\$42,318
Transportation and Warehousing	3%	\$60,875

*\*colloquially referred to as "Wall Street"*  
*#we have small firms here; but no majors maintain significant local staff*  
*&most of the jobs in this category are for lower-paying in-store retail personnel*  
*@growing faster than other sectors*

A quick-and-dirty analysis of my table suggests economic opportunity lives at the nexus between quality and scale. In other words, industries that are both big and pay a lot are good.

We've learned this year that work is portable – at least more of it is than commercial real estate developers would have hoped. Personally, I made that bet 20 years ago, and it paid off in spades. Most of the offices in the cities that have historically housed the people who make the big numbers in the chart above are closed. Leaving a highly compensated generation that formerly sat at now-empty desks to ply their trades from laptops in beach chairs or in front of ski lodge fires. These people don't require physical plant to structure and execute the acquisition of a billion-dollar enterprise or build a cloud-storage network; they do it with keyboards and phones.

People are moving here; I'm sure you've seen the New York license plates. We have an opportunity to harness this energy and imagine a future for the city we love that ensures it's a home our kids can CHOOSE.



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# LETTER TO THE EDITOR

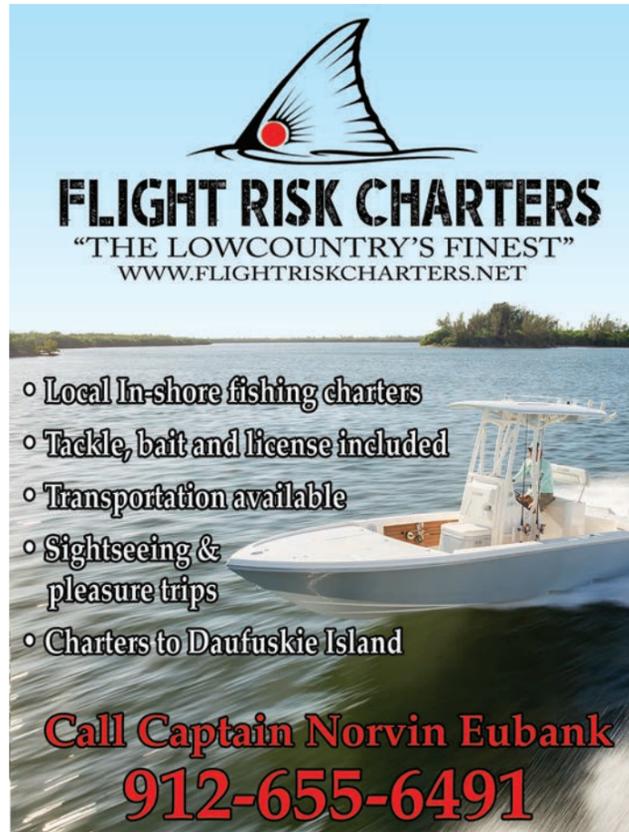
## SCIENCE FICTION

I've had my magazine for a few days now, but just read your article ("Up Front") on page 4 of the latest edition. I just want to congratulate you on such a well-written and well-reasoned piece. I am so pleased to see somebody locally actually put the facts in writing. Good for you!

I hope people will read your article and take it to heart. For a thoughtful individual thinking through the available information and attempting to "follow the science," the science is not adding up. Enough is enough of the "following the science."

Cindy Simmons

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<p><b>ASH WEDNESDAY - 2/17</b> 12 &amp; 6 pm - Sanctuary &amp; Labryinth</p> <p>A time of personal reflection &amp; imposition of ashes.</p>	<p><b>TAIZÉ SERVICE - 2/24</b> 6 pm - Sanctuary Steps</p> <p>A meditative worship w/ song, prayerful silence, &amp; short readings.</p>	<p><b>PRAYER WALK - 3/3</b> 6 pm - Begin at Sanctuary Steps</p> <p>Walk around the church pausing at signs w/ prayer prompts &amp; scripture.</p>
<p><b>INTERACTIVE WORSHIP - 3/10</b> 6 pm - Sanctuary Steps</p> <p>A tangible "palm" prayer to serve as a reflection of our connection to Christ.</p>	<p><b>PICNIC &amp; PRAISE - 3/17</b> 6 pm - Sanctuary Steps</p> <p>A casual time of outdoor fellowship with a praise band and a food truck.</p>	<p><b>PRAYER &amp; REFLECTION - 3/24</b> 6 pm - Sanctuary Steps</p> <p>An Evensong service consisting of prayers, psalms, readings, &amp; hymns.</p>

All events are held outdoors. For more details, visit our website at [www.siumc.org/lent](http://www.siumc.org/lent)



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Our special Money and Finance issue

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# All Aboard the MONEY TRAIN

With a new year underway, now is the time to get your personal finances back on track. Make a fresh start and use the following guiding principles to keep your financial train from crashing.

For starters, spend less than you make – such a basic rule that it's often overlooked. If you spend less than you take home each month in pay, you'll be able to save for the future or a rainy day. This is one of the only wealth-building strategies that's entirely within your control. Living beyond your budget can be hazardous to your wealth.

Trimming the fat from your monthly budget is a valuable exercise. Review every expense that you incur, especially those that you have accepted as recurring. Ongoing services such as cellular phones often charge you for features that you don't need or use. Scrutinize your credit card statement and service-provider bills. Identify and cancel recurring charges for monthly services you no

longer use, like magazine subscriptions. You can save a bundle each month by switching from your current 500-channel cable package to streaming content providers, such as Netflix, Amazon Prime or Hulu. If you're not ready to cut the cord, consider switching to a cable package with fewer channels.

If you're on a prepaid cell phone plan, change to a plan with the fewest amount of minutes you need. If you're on a postpaid plan, scale back on the data amount. Use an automatic calendar reminder on your phone to check your minute or data usage a few days before your bill is due. This will help you minimize your usage if needed and avoid overage charges.

Join a gym only if you'll use your membership regularly. There are endless free fitness opportunities, including running, walking, and cycling in your local park.

If you haven't taken advantage of record-low mortgage rates, consider refinanc-

ing your home loan to a lower rate. Even a 1% reduction in your interest rate can result in significant interest savings over the life of your mortgage. For instance, a \$250,000, 30-year-fixed home loan at 4.25% will cost you \$1,230 a month in principal and interest. But you'll save \$142 per payment if you refinance to a 30-year loan at 3.25%.

It's also wise to help your home maintain its energy efficiency, especially if it's an older home. Clean the ducts of your heating and air conditioning system. While you're at it, caulk or weather-seal gaps around your doors and windows to reduce heating bills. If you want to be more ambitious, planting shade-giving trees around the perimeter of your house can reduce air conditioning costs during the summer.

Reduce utility bills by recalibrating your sense of comfort. Increase your target temperature by only 1 degree in the summer and decrease by 1 degree in winter. You'll save around 1%, or \$25 a month for a typical \$250 electric bill.

When payday comes, dollars tend to disappear quickly. Put your savings on autopilot

by setting up automatic deposits that move money directly from your paycheck to your savings (or investment) account. A windfall like a pay raise or bonus is great; but, if you spend it all, it's not so great for your savings. The fix? Don't expand your spending budget to match a higher income. When receiving a salary increase or one-time windfall, commit to saving it.

Investigate adjusting your paycheck withholding. If you regularly get a tax refund from the IRS, that's better than owing, but it also means you're having too much of your pay withheld from your paycheck to cover your tax burden. You can increase your cash flow by adjusting your tax withholding to ensure that you're not having more taken out of each check for taxes than necessary.

Re-examine your auto needs. While everyone loves that new car smell, it's not always financially practical. A new vehicle loses 20 to 30% of its value in the first year, so buying a used car is often a better deal. A car that is two to three years old can be financed at much lower rates. It might also be wise to consider a fuel-efficient vehicle. Although the fuel savings will help you recover what you

paid for the car over time, you can also sell or trade your gas-guzzler to immediately recoup part of the costs. As children move out of the house and retirement approaches, consider becoming a one-car family. If you fail to service and maintain your car regularly, repairs can easily become an ongoing headache. If you have the know-how, routine service such as oil changes can be much more economical when performed at home. At the very least, washing your car in your driveway instead of visiting a drive-through car wash can save you hundreds of dollars a year.

Don't delay saving until you have zero debt. The goal of your emergency fund should be to build up six months of living expenses. To accumulate adequate reserves, let your money work for you by collecting interest. Money that grows in your account while you sleep, allowing you to meet your financial goals even faster than you otherwise would.

Choose a higher-interest bank account. When comparing interest rates, don't overlook those offered by online banks. Online bank rates tend to be higher but may come with greater restrictions and penalties regarding withdrawal. It's important to balance

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Increase your insurance deductibles. If you can afford the higher out-of-pocket costs in the event of a claim, consider increasing the deductible on your home and auto insurance policies. You can also save money by bundling policies - having a number of different types of insurance policies, such as homeowners and auto, with the same carrier. It doesn't hurt to shop around for a better deal around renewal time.

Shop smarter. Buying the hottest new smartphone or electronic gadget might give you bragging rights, but it will also dent your wallet. A cellphone or computer two or three models older than the newest version can be significantly cheaper and still be a major upgrade over what you have. Shop online for the best deals. Apple's website is offering the new iPhone 12 Pro at \$999, but Walmart is advertising an iPhone 8 for \$248.99, or roughly 75% less.

Every quarter or dollar or \$20 you can save, no matter where you can find it, can add up fast. Consider enrolling in a program like Acorns, which sweeps your spare change on debit or credit card transactions into a savings account. Or save on shopping by making your purchases on online sites like Rakuten and Ibotta, which give you refunds for shopping at their sites.

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Whether it's a sky-high credit card balance or a bank loan, debt can eat into your cash reserves and make it more difficult to keep up with day-to-day expenses and save. The only way to lower debt is to develop a plan to pay it down as soon as possible.

While debt is a bad four-letter word, putting off saving until you are debt-free is a mistake. Putting off saving means investors miss out on a key component of saving: time. Over time, your money has the ability to earn compounded returns. Similarly, if you pay off debt instead of investing in your 401(k), you could miss out on the matching employer contributions.

These debt-management tips encourage you pay off what you owe so that you can keep more of what you earn.

### COMMITMENT

Don't make a bad situation worse. Commit to avoiding new debt in 2021. If you pay down debts you already have without taking on any new debt, your debt load will natural-

ly decrease. By focusing on living within your means, you'll stop hemorrhaging money.

### CONSOLIDATION

If you're paying off credit cards, loans and other debt each month, you might be able to consolidate them into a single loan with a lower monthly payment. Debt consolidation loans often come with fixed interest rates that are lower than borrowing costs on other debt. Rolling a number of debts into a single payment can save you interest and provide additional cash flow each month to pay down other debt.

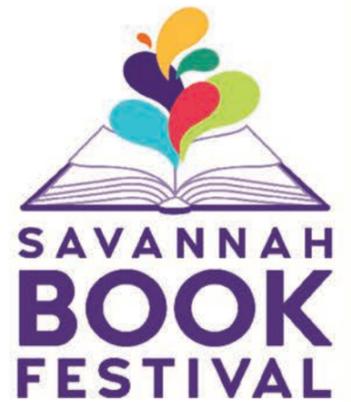
### CALENDAR

Establish a timeline that includes a monthly pay-down of debt principal. Tracking your payoff goals keeps you accountable and helps you visualize how good it will feel to make that final debt payment.

### CREDIT CARDS

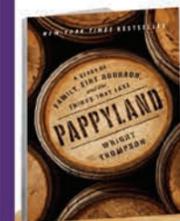
Some cards offer an introductory rate of 0% interest. By taking advantage – even if they're only for a limited time – your entire payment would be applied to the principal.

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With the average interest rate on credit cards close to 18%, you could save a lot of money on interest. This can save you hundreds or even thousands of dollars in interest over time.

### CANCEL

Debt with the highest interest rates should be at the top of your to-do list. Many experts recommend paying off debt with the highest interest rate first to reduce interest expense. Once it has been paid off, close the credit account and move down the ladder to the next most expensive debt. Another strategy includes paying off smallest debts first to build confidence. The feeling of accomplishment you will get from paying off one debt can motivate you to make progress on others. Regardless of which approach you take, when you finally pay off one card, add the money you've been paying to the next debt in line.

### EVERYTHING MUST GO!

Okay, maybe not everything, but some of it. Most of us have stuff lying around that we rarely use and could live without if we really needed to. Why not sell your extra stuff and use the funds to pay down debt? A good, old-fashioned garage sale is normally the cheapest and easiest way to unload your unwanted belongings for a profit. Otherwise, consider selling your items through a consignment shop, an online reseller such as eBay, or a Facebook yard sale group.

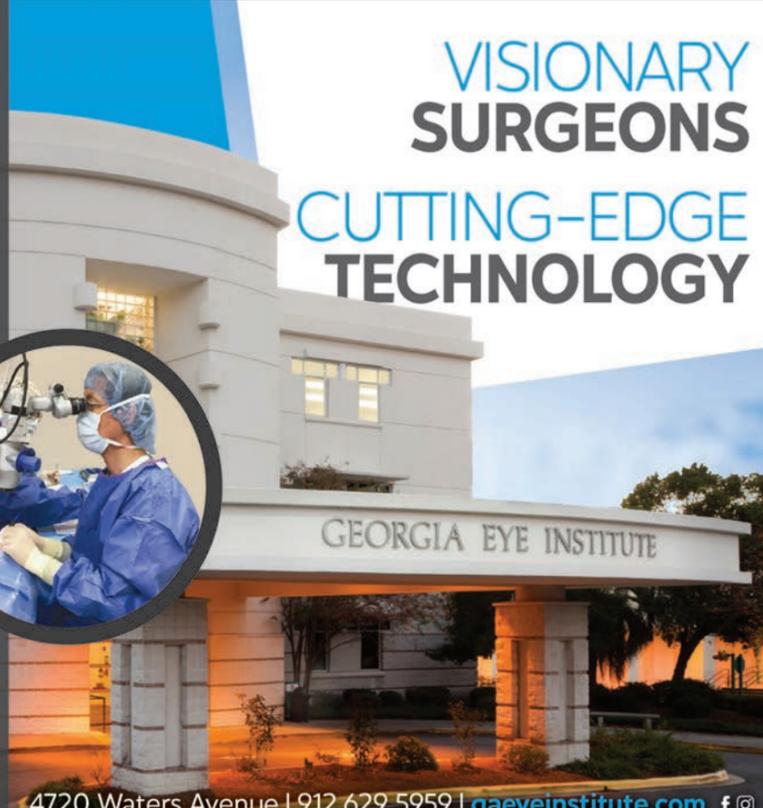


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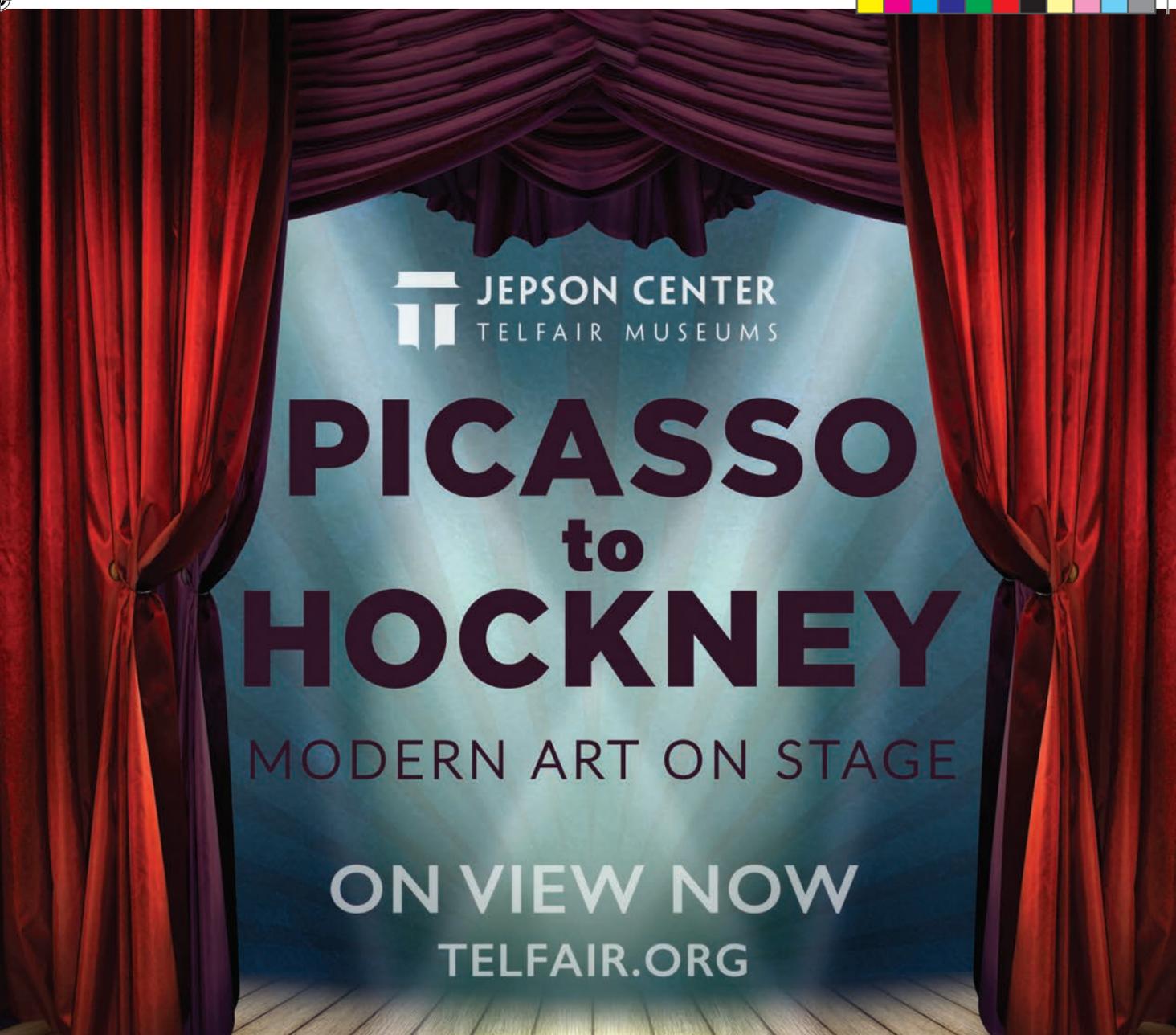



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LEFT: Pablo Picasso, Scene design for *Pulcinella*, ca. 1920; watercolor and gouache on paper; collection of the McNay Art Museum, gift of The Tobin Endowment; © 2021 Estate of Pablo Picasso / Artists Rights Society (ARS), New York. RIGHT: Alexandra Exter, Lighting design for an unknown production of a tragedy, 1928; gouache, graphite, and ink on paper; collection of the McNay Art Museum, gift of The Tobin Endowment.

*Picasso to Hockney: Modern Art on Stage* is organized by the McNay Art Museum.

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## MEET OUR TEAM

Our team at the Pelvic Floor and Continence Center is led by three physicians with decades of experience treating pelvic health and incontinence.

**MARK BLANKENSHIP, M.D.**, received his medical degree at the Medical College of Georgia, serving his general surgery residency at Memorial Health University. He completed a fellowship in colon and rectal surgery at the University of Texas Health Science Center in Houston. He is board certified in general surgery, and in the subspecialty of colon and rectal surgery. Blankenship is trained in the da Vinci Xi and Si systems, performing minimally invasive procedures. He is a fellow of the American College of Surgeons and the American Society of Colon and Rectal Surgeons.



**BARRY SCHLAFSTEIN, M.D.**, graduated cum laude from Cornell University, and received his medical degree from the University of Miami School of Medicine, earning admission to the elite AOA medical honor society. Schlafstein completed his internship, residency and chief residency in gynecology and obstetrics at Johns Hopkins Hospital in Baltimore, Maryland. He is a board-certified diplomat of the American Board of Obstetrics and Gynecology and has sub-specialty board certification in female pelvic medicine and reconstructive surgery (urogynecology), becoming one of the first physicians in the nation to achieve board certification status as an OB/GYN sub-specialist in urogynecology. Schlafstein has been in practice for more than 20 years and has devoted his professional life to understanding and treating the unique gynecologic needs of women.



**JOSEPH T. STUBBS, M.D.**, received his medical degree from the Medical College of Georgia, and completed his OB/GYN residency at Memorial Medical Center in Savannah in 1997. He received his fellowship training at Emory University in Atlanta, first in pelvic surgery, followed by urogynecology/pelvic reconstructive surgery. Stubbs is the only double-fellowship-trained, board-certified urogynecologist in the region. He is trained in the use of the da Vinci Xi and Si surgical systems for performing hysterectomies and urogynecological procedures for the correction of pelvic organ prolapse.



This experienced team includes a dedicated nurse practitioner and physical therapist.

## St. Joseph's/Candler Launches Pelvic Floor And Continence Center

Urinary and bowel incontinence, pelvic pain, and other related disorders are highly treatable, yet most people suffer in silence. You don't have to. At the St. Joseph's/Candler Pelvic Floor and Continence Center, you are not alone; we're here to help.

There's no need to endure the emotional and physical stress of incontinence or pelvic pain. The center offers diagnosis, evaluation and therapy for all kinds of pelvic, urinary and bowel disorders. A dedicated team of board-certified urogynecologists, nurse practitioners, licensed physical therapists and other specialists offer private consultations and intervention, evaluating each patient's condition and recommending the most effective treatment plan. In most cases, incontinence and other pelvic conditions can be cured or successfully managed.

If you're asking yourself right now, "Do I suffer from incontinence?" consider these questions:

- Do you urinate eight times or more in a 24-hour period?
- Do you often have strong, sudden urges to use the toilet?
- Do you have accidents before getting to the bathroom?
- Do you get up two or more times at night to use the toilet?
- Do you use protection because of leaking you don't notice?
- Do you wear protection because you are not able to get to the bathroom in time?
- Do you leak urine or feces when you cough, laugh or lift something?

If you answered "yes" to any of these questions, you may suffer from incontinence – and yes, medical help is available. Physicians at St. Joseph's/Candler discuss often-considered-uncomfortable topics with patients all of the time. It's not surprising or embarrassing, and they've helped patients with bowel and urinary incontinence for years. It's their goal to help you recover your normal life, the activities you love, and not worry about bathroom problems.

### WHO CAN BENEFIT

The Pelvic Floor and Continence Center provides assessment and treatment for a broad range of conditions, including:

- Urinary incontinence
- Bowel incontinence
- Pelvic pain
- Interstitial cystitis
- Levator ani syndrome
- Dymenorrhea
- Dyspareunia
- Urinary and bowel retention

### URODYNAMICS TESTING

Along with a thorough history and physical exam, patients might

Call the center to request assistance with an appointment or ask your primary care physician for a referral to the Pelvic Floor and Continence Center to receive the most comprehensive, competent care for this highly treatable problem.

For more information, please contact:  
St. Joseph's/Candler Pelvic Floor and Continence Center  
Professional Office Building  
5354 Reynolds Street, Suite 318  
Savannah, GA 31405  
Phone: 912.819.4870  
Fax: 912.819.4821

undergo urodynamics testing to determine the cause of frequent urination. This test measures the relationship of pressure and volume in the bladder – basically the bladder's ability to hold urine and then release it completely without starting and stopping. This test measures

- Nerve and muscle function
- Pressure around and in the bladder
- Flow rates and other factors

### PHYSICAL THERAPY

In addition to a dedicated nurse practitioner, the Pelvic Floor and Continence Center offers pelvic physical therapy with a specially trained physical therapist in a private one-on-one setting. The physical therapist creates individualized treatment programs to improve pelvic floor muscle function, gain control over symptoms, and reduce the need for medication and possibly surgery. Treatments may include:

- **Pelvic Floor Exercises:** Also known as kegel exercises, these can help patients gain more control over their bowel movements and urination. These exercises help improve the strength of the sphincter and pelvic floor muscles and improve bowel control and bladder control.
- **Biofeedback:** Depending on symptoms and level of comfort, a physical therapist may gently employ electrodes to measure pelvic-floor muscle activity. The biofeedback obtained can help make a patient more aware of the correct way to use your pelvic-floor muscles.
- **Muscle strengthening exercises:** A physical therapist will teach you specific exercises to stretch and strengthen other important muscles that help support proper bowel and bladder function.
- **Electrical stimulation:** A physical therapist may apply gentle electrical stimulation to help improve awareness of muscle function.

## Heart Health Control Your Blood Pressure

Blood pressure is the force, created by each heartbeat, that pushes blood through arteries, carrying oxygen and vital life force to organs throughout the body. A normal blood pressure range occurs when systolic pressure (top number) is below 120 and the diastolic pressure (bottom number) is below 80. When these measurements exceed these typical thresholds, blood pressure is considered to be elevated (120-129 and less than 80) to higher (anything greater than 130 and 80). If left untreated, high blood pressure can lead to stroke, damaged arteries, kidney damage... even vision loss. Age, smoking, diabetes and excessive alcohol use can lead to higher blood pressure.



**Dr. Russell Pacquette**

says Dr. Russell Pacquette, primary care physician at St. Joseph's/Candler Primary Care on Eisenhower Drive.

Getting your blood pressure under control by adopting new, healthy lifestyle habits can help add years to your life. If you have been diagnosed with high blood pressure, here are five tips to help get your numbers down to a healthy range. Taking control of your heart's health, while adopting a healthier lifestyle, has positive benefits.

"The good news is that high blood pressure can be controlled and even reversed,"

### 1. INCREASE EXERCISE

Current exercise guidelines suggest a minimum of 150 minutes of vigorous activity per week – averaging 30 minutes, five days a week. People who participate in physical activity on a regular basis may be able to reduce the amount of hypertension medication they are taking. If you are completely sedentary, start with 10 minutes of physical activity and slowly build your way up to 30 minutes. Even a little bit of exercise is better than none. Always be sure to consult your physician before starting an exercise program.

### 2. EAT MORE BANANAS

Many people are aware that sodium can raise blood pressure; however, did you know that bananas can help regulate blood pressure? Potassium counteracts sodium's negative impact on your heart. Bananas, baked potatoes with skin, orange juice, and low-fat yogurt are considered good sources of potassium. Adults should aim for 4,700 milligrams of potassium per day. That's not an excuse to go crazy with salt. Adults should not exceed 2,000 milligrams of sodium a day.

### 3. LOSE WEIGHT

Research shows that weight loss can directly impact blood pressure. Excess weight makes the heart work harder than necessary. A lower body weight reduces tension on the heart, which can help lower blood pressure.

### 4. REDUCE ALCOHOL INTAKE

While a few glasses of red wine during the week may contribute to heart health, moderation matters with alcohol intake. One drink per day for women and two drinks per day for men are suggested limits. Excess drinking can negatively impact the heart and increase blood pressure.

### 5. REDUCE STRESS

While sometimes easier said than done, reducing stress can help bring blood pressure under control. Too much stress can cause elevated blood pressure and put tension on the heart. If you are prone to stress, take steps to avoid stressors, if possible. Exercise and meditation are two methods for reducing stress. Some people relieve stress by journaling or talking with a friend. Whatever the device, decreasing stress can have a direct impact on blood pressure.

# SEMPER PARATI

## Part I of a History of the United States Marine Corps by Ron Lauretti

The USMC was founded November 10, 1775, in Philadelphia, when the Second Continental Congress authorized Capt. Samuel Nicholas to raise two battalions of men to fight on both land and aboard warships at sea. Nicholas chose Robert Mullan's Tun Tavern, near the waterfront, to be his recruiting center, as it was patronized by adventurous men. Within hours, more than 100 men enlisted, encouraged by free drink and a desire to aid the Revolution.

By the end of the year, the Continental Marines grew to 300 men. Marines were expected to serve as sharpshooters and boarding-party fighters during close side-by-side ship combat at sea, conduct shore landing operations, and maintain discipline among Navy crews. It wasn't long before they saw action.

On March 3, 1776, Nicholas and his men conducted the first amphibious landing in Marine history, storming ashore at New Providence Island in the Bahamas. They seized undefended Fort Montague and captured nearby Fort Nassau the following morning. Although these early conquests were relatively easy, greater challenges were to come for the "soldiers of the sea."

The Marines joined Gen. George Washington's forces at Princeton, New Jersey. Many historians claim Washington's victory at Princeton might not have been achieved if not for the Marines.

When the Treaty of Paris ended the American Revolution in 1783, the Continental Marines were disbanded. The Marine Corps was established 15 years later, just in time for the Tripolitan War. The Barbary pirates of North Africa were raiding unescorted Amer-

ican merchant ships in the Mediterranean Sea, and the Pasha of Tripoli declared war on the U.S. In a legendary journey, Marine Lt. Presley O'Bannon led a combined force of Marines and mercenaries across 500 miles of desert from Alexandria, Egypt, to Derna, Tripoli. Upon arrival, they breached the walls of the city and engaged its defenders in hand-to-hand combat as American warships entered the harbor and began a bombardment. The bold action ended the plundering of the Barbary pirates on the high seas and became the source of "the shores of Tripoli" lyric in the Marine Corps hymn.

During the War of 1812, seagoing Marine sharpshooters and grenadiers proved their worth against British warships. From rope perches high above the decks of American man-of-wars, Marines swung aboard enemy ships and engaged their crews. In 1815, in one of the greatest victories in American history, 300 Marines joined Gen. Andrew Jackson's outnumbered hodgepodge force to defeat 9,000 British regulars at the Battle of New Orleans.

During the Creek and Seminole Indian Wars in the summer of 1836, 400 Marines were mustered by Com-

dt. Archibald Henderson to pursue the two tribes across Georgia and Florida.

During the Mexican-American War (1846 - 1848), Gen. Winfield Scott had a Marine battalion at his service, and the unit is believed to have been the key to the 1847 capture of Mexico City. The battalion prevailed in the crucial battles of Chapultepec and San Cosme Gate. One reason for the Marine's success in Mexico: Henderson accorded special status and responsibility to Marine non-commissioned officers, a Corps policy that remains in effect today.

In October of 1859, abolitionist John Brown and his followers seized the federal arsenal at Harpers Ferry, Virginia, taking hostages and barricading themselves in an engine house. Brown intended to distribute the captured weapons to slaves throughout the South and foment a general uprising. Lt. Israel Greene at Marine Barracks at Washington, D.C., led a company of Marines to Harper's Ferry. At daybreak, they stormed the engine house using a ladder to batter down the doors. They scrambled inside against a point-blank volley. Two Marines fell, but Greene flattened Brown with a slash of his saber. The other insurrectionists were killed or captured, but not a single hostage was lost. Mission accomplished, undoubtedly avoiding extensive bloodshed.

Marines had little involvement in the Civil War; their missions tend toward foreign soil. The Corps has often been dispatched to other nations, helping legitimate governments smother flames of rebellion. Such was the case in the Philippines, where monsoon rains were as deadly as the guerilla rebels. In China, during the Boxer Rebellion (1899-1901), Marines were tasked with rescuing

Western diplomats from a xenophobic faction who despised foreigners. What could have been a more serious conflict was only a "mini-war" in 1898. During Spain's unpopular repression of its Cuban colony, the armored American cruiser, the *USS Maine*, lay moored in Havana Harbor. A catastrophic explosion sank the ship, costing 260 American lives. "Remember the Maine" became a national rallying cry as the U.S. blamed Spain for the sabotage. In a matter of days, armed Marines embarked to Cuba and seized the eastern harbor of Guantanamo Bay. Later that month, after the U.S. Army's 5th Corps landed east of Santiago, Teddy Roosevelt's Rough Riders battled their way into legend, charging up San Juan Hill and the "little war" soon fizzled out.

In 1916, after Pancho Villa's rebel forces began launching assaults across the Mexican border, Congress approved President Woodrow Wilson's deployment of a military response to "affronts and indignities committed against the United States." The expeditionary force, bound for Veracruz, included five regiments of Marines. Mexican resistance was fierce, and a day and a half of close-range fighting cost the Marines 19 dead and 75 wounded. Mexican casualties were much higher. When Wilson learned what his show of force had wrought, he agreed to mediation to end hostilities.

For almost three years, the U.S. tried to remain neutral regard-



ing the expanding war in Europe, but unprovoked attacks by German submarines in the North Atlantic Ocean eroded America's isolationist policy. By the spring of 1917, Americans had resigned to fighting. When the U.S. declared war against the Central Powers, there were only 22,000 Marines on active duty. However, riding a crest of public acclaim following their achievements in the Spanish-American War, the Boxer rebellion, and the Veracruz adventure, the Corps expanded rapidly. A brigade of Marines set sail on June 14, 1918, to join the American Expeditionary Force in France. Soon after their arrival, the Marines' well-aimed fire from Springfield rifles stopped the German Army in its tracks on the road to Paris. The Marines then counterattacked through the heavily defended Belleau Wood, and they were begrudgingly nicknamed "Teufelhunden" (devil dogs) by the enemy. Marines advanced to Soissons, then pushed on until they cracked the ostensibly impregnable Hindenburg Line.

Marine Corps Aviation grew wings during World War I, launching multiple bombing raids against enemy targets and providing significant air support. Other firsts during the war included the activation of Marine Reservists and the addition of women to the Corps. Of the 12,000 "Leathernecks" who served in France, 3,284 died in combat. They and the survivors bestowed a legacy of courage, spirit and ferocity that would remain the standard of combat excellence for the remainder of the violent century.



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In the decades that followed came the so-called "Banana Wars" – interventions in Haiti, the Dominican Republic and Nicaragua. The Marines were tasked with tracking down and eliminating rebel bandits besieging these countries. In Haiti, two bold Marines used subterfuge to infiltrate the camp of nationalist leader Charlemagne Peralte. Sgt. Herman Hanneken and Cpl. William Button assassinated Peralte with two quick shots and escaped, earning the Medal of Honor.

Though small in scale, the fighting was savage, ugly and relentless; guerilla jungle warfare against tough opponents. Northern Nicaragua featured some of the most difficult terrain in the Western hemisphere, especially during the rainy season. By 1933, the Marines had eliminated many of the rebels in South America. Mastering jungle warfare would prove invaluable during the Pacific Islands campaign during World War II.

Marines served in China, which suffered from civil disorder and threats from aggressive neighbors Japan and Russia. Although not involved in major combat, the Leathernecks learned the ways of the Orient. Capt. Evans Carlson learned to speak Chinese, then

spent a winter learning guerrilla tactics from the masters of the art, the Communist Chinese Army, in Yen-an. Before leaving China, a large group from the 4th Marines formed a mounted detachment on Mongolian ponies and passed in review before impressed natives and soldiers.

As bad as World War I was for the Marine Corps, World War II was worse. The Corps went from a pre-war contingent of 18,000 personnel to almost a half million during the four years of fighting. Beginning at Guadalcanal, the "jarheads" perfected amphibious landings and fighting in thick, torrid, steaming jungles. Accompanying Navy corpsmen treated malaria, dysentery, dengue fever and jungle rot, in addition to battlefield wounds. The Japanese were a determined enemy, heavily entrenched in pillboxes, caves, tunnels and hidden fighting holes. Many preferred to die for their emperor than endure the dishonor of surrender; and Marines, given no choice, obliged. Favorite weapons of the fighting Leathernecks included satchel charges and flamethrowers.

Marine aviation became an increasingly important strategic element, as ground troops



battled their way across the beaches of the Pacific. Directed by air control observers on the ground, gull-winged Corsairs provided close air support, accurately dropping ordnance, sometimes less than 100 yards from Allied troop positions.

As Allied forces moved westward across the Pacific, Adm. Chester Nimitz observed, "Uncommon valor was a common virtue." The iconic photo of Marines raising the Stars and Stripes atop Mount Surabachi is a lasting me-

morial to the Iwo Jima campaign.

Okinawa was the last and costliest island assault, and the island was captured in July of 1945. An invasion on mainland Japan, with estimated losses on both sides in the hundreds of thousands, would be next. But there was a collective sigh of relief when Japan officially surrendered in September before the Japanese fighting began. Many Marines were assigned to temporary intelligence-gathering in Japan or temporary occupation of China to super-

vised the withdrawal of Japanese forces.

Almost 25,000 Marines were killed in action during World War II, and another 68,000 were wounded. Thankfully, many more returned home, release from active duty, or stationed peacefully for a few years before the Corps was called upon again.

*To be continued...*



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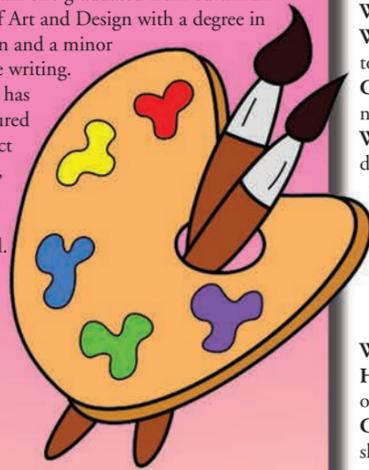
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## WHERE ART THOU?

**WHAT:** Nae'Keisha Jones art exhibit  
**WHEN:** Feb. 1 – 28  
**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.



## PHOTO FINISH

**WHAT:** (Sean) Grenville Emmet photography exhibit  
**WHEN:** March 1 - 31; A socially-distanced reception will be held on March 4, 5 - 7p.m.  
**WHERE:** JEA Art Gallery, 5111 Abercorn St.  
**HOW MUCH:** Free and open to the public  
**CONTACT:** Vicky Lunick, 912.355.8111  
**WHAT ELSE:** Emmet is often drawn to fall colors in his photography. He is a film enthusiast who enjoys finding scenery from day hikes, occasional walks and the simple adventure.

## LET'S FACE IT

**WHAT:** "Let's Face it," an art exhibit of faces and figures by Daryl Nicholson  
**WHEN:** March 3 to April 6  
**WHERE:** The Palmetto Club, the Landings  
**HOW MUCH:** Free  
**CONTACT:** darylnicholson.com  
**WHAT ELSE:** Millions of Americans are out of work and face hunger due to the pandemic. Nicholson will donate 50 percent of all sales to Feeding America. If you are looking to fill an empty space on a wall at your home or office, please consider the work, knowing that a purchase will also fill an empty stomach.

# island hopping

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

## WHO NEW?

**WHAT:** New Neighbors  
**WHEN:** Visit [www.landingsnewneighbors.com](http://www.landingsnewneighbors.com) to see our calendar  
**CONTACT:** Visit our website or contact Milli at [nnnewmember@gmail.com](mailto:nnnewmember@gmail.com)  
**WHAT ELSE:** The club offers more than 250 different activities from biking, golf, pickleball, walking groups or fishing to Mahjong, Bridge, Needle-arts and Canasta. We have exciting military tours and special events for you to enjoy right here on Skidaway Island.

## GOTTA LOVE IT

**WHAT:** Landlovers Membership  
**HOW MUCH:** Each \$30 membership fee covers one household of one or two adults.  
**CONTACT:** Cindy Altman, Landlovers Membership Director, at [Landloversmembership@gmail.com](mailto:Landloversmembership@gmail.com).  
**WHAT ELSE:** Landlovers is a philanthropic and social organization. More information and details can be found at [www.landlovers.com](http://www.landlovers.com). Membership year runs from Sep. 1, 2020 through Aug. 31, 2021.

## MOVIE STARS OF DAVID

**WHAT:** Joan and Murray Gefen Savannah Jewish Film Festival  
**WHEN:** Feb. 28 – March 11  
**WHERE:** online  
**CONTACT:** Visit [www.savj.org](http://www.savj.org) for details  
**WHAT ELSE:** For 17 years, we have screened many international and independent films that otherwise would never have been shown in Savannah. Watch the film, then join a post-screening program featuring the directors or actors from the films or distinguished scholars to speak on related topics.

## POWER PLANTS

**WHAT:** Skidaway Audubon Online Pollinator Plant Sale  
**WHEN:** March 1 through April 10  
**WHERE:** Order online at [skidawayaudubon.org](http://skidawayaudubon.org); Pick up at SIUMC April 17  
**HOW MUCH:** \$8 plus tax per plant, in 1-gallon pots  
**CONTACT:** [friendsofskidawayaudubon@gmail.com](mailto:friendsofskidawayaudubon@gmail.com)  
**WHAT ELSE:** More than 25 kinds of colorful, native, perennial plants for sale. All attract pollinators – butterflies, hummingbirds, bees, etc. The objective is to create havens for pollinators in

residential yards and restore pollinator populations. Bring beautiful blossoms and butterflies to your yard and help restore essential habitats.

## 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@comcast.net](mailto:snewhart@comcast.net) or Lynda Stockslager, [lyndastockslager@yahoo.com](mailto: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](mailto:jerryhaggerty4@gmail.com), 912.665.4115; or Leslie Eatherly, [leatherly@savannahcblv.org](mailto:leatherly@savannahcblv.org), 912.236.4473  
**WHAT ELSE:** Benefits the Savannah Center for the Blind and Low Vision.

## BALLS OF FUN

**WHAT:** The One Hundred Children's Foundation Annual Great Golf Ball Drop and Elegant Picnic on the Green  
**WHEN:** Monday, April 26 at 6 p.m.  
**WHERE:** The Green (practice range) at Deer Creek Golf Club, the Landings  
**HOW MUCH:** \$100 per person; Includes one elegant picnic dinner basket per couple; member or cash bar  
**CONTACT:** Co-chairs Margy Hatch, [margymhatch@gmail.com](mailto:margymhatch@gmail.com), and Kerry Ufford, [kerryufford@gmail.com](mailto:kerryufford@gmail.com), or visit [www.TheOneHundred-ChildrensFoundation.org](http://www.TheOneHundred-ChildrensFoundation.org)  
**WHAT ELSE:** All proceeds go to the OHCF Grants Fund. Numbered golf balls to be dropped from 40 feet may be purchased for \$100 each. The ball falling closest to the designated hole wins 1st place. Prizes: 1st - \$2,500; 2nd - \$1,500; 3rd - \$500. Maximum of 500 balls to be sold. You do not have to be present to win prizes.

[www.theskinnie.com](http://www.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.

## FERAL FRIENDSHIP

**WHAT:** Skidaway Cat Alliance Team  
**WHEN:** Ongoing  
**WHERE:** Skidaway Island and surrounding  
**CONTACT:** [skidawaycats@gmail.com](mailto:skidawaycats@gmail.com) or visit our Facebook page at [www.facebook.com/skidaway-catalianceteam](http://www.facebook.com/skidaway-catalianceteam)  
**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.

## 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](http://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](http://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](mailto:jsruhl@gmail.com) or Bill Sickels, 912.598.9123 or [whsickels@gmail.com](mailto: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](mailto: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](mailto:matskidaway@gmail.com) or call Ann Nash at 203.856.8927, or visit [www.matskidaway.com](http://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](mailto: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:** Sandy Haeger, [sandyjhaeger@gmail.com](mailto:sandyjhaeger@gmail.com), or Sandy Haeger, [sandyjhaeger@gmail.com](mailto:sandyjhaeger@gmail.com)  
**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](http://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](http://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.

## SAWBUCKS SESSIONS

**WHAT:** Skidaway Hamiltons meetings  
**WHEN:** Every third Tuesday of the month, 4 p.m.  
**WHERE:** Via Zoom  
**HOW MUCH:** Free for members of the Skidaway Hamiltons and Skidaway Abigails  
**CONTACT:** George Sedberry, 912.308.5193 or [george.sedberry@gmail.com](mailto:george.sedberry@gmail.com)  
**WHAT ELSE:** To learn more about Skidaway Hamiltons, a progressive, liberal men's organization, visit [skidawayhamiltons.org](http://skidawayhamiltons.org). Check out the calendar for a schedule of speakers.

Complete Island Hopping listings are now online! Just visit [www.theskinnie.com](http://www.theskinnie.com) and click "Read."

[www.theskinnie.com](http://www.theskinnie.com)

TheSkinnie VOL. 19 ISSUE 04 – 25

STANDARD CLUES\*

With apologies to Mr. Peanut

ACROSS

- 1. Star of "Gigi" (1958), Leslie \_\_\_\_
- 6. Nuts
- 10. Iowa State Univ. site
- 14. Love, to 1-Across
- 15. Inspector Clouseau's manservant
- 16. Rant's partner
- 17. Nuts
- 19. LSD, colloquially
- 20. Poems meant to be sung
- 21. Top-notch
- 22. Expound to a crowd
- 23. Short note to a business colleague
- 25. Eluder
- 26. Nuts
- 29. Toy broken at Mexican parties
- 31. Mother-of-pearl (anagram for CRANE)
- 32. 1983 musical/romance directed by Barbra Streisand (anagram for LENTY)
- 33. Largest city in Que.
- 36. Gossips dish it
- 37. Nut
- 38. 1,003 to Tiberius
- 39. Grand \_\_\_\_ Opry (Nashville, TN)
- 40. Secure a ship's rope on a cleat
- 41. Dry white wine from Verona (anagram for VASEO)
- 42. Billionaire, \_\_\_\_ Buffet
- 44. He played bartender Malone on "Cheers" for eleven years, Ted \_\_\_\_
- 45. One often in a long airport line
- 47. Catholic college in New Rochelle, N.Y.
- 48. Basic monetary units of Brazil
- 49. Half of 'stereo'?
- 51. Amusement park feature
- 55. Inner heraldic border (anagram for LORE)
- 56. Our HERO
- 58. Lubricates
- 59. Ski resort near Salt Lake city
- 60. "Solomon and \_\_\_\_" (1959 film)
- 61. Egg holder?
- 62. Drudge
- 63. Marriott rival

DOWN

- 1. Mafia bigwig
- 2. Amongst
- 3. Pale pink blush wine

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61														

- 4. Win through cleverness
- 5. Strong 2nd Amendment supporters
- 6. "Gesundheit!" causer
- 7. Most important
- 8. Native American tribe of crossword fame
- 9. Abrupt victories (abbr.)
- 10. Turkey's tallest mountain
- 11. Nuts
- 12. Ask over, electronically
- 13. Jewish Passover dinner
- 18. Arrived
- 22. Egg-shaped
- 24. Savannah to Columbia dir.
- 25. Opposite of 'exo'
- 26. Street slang term for marijuana (anagram for ODIN)
- 27. Carpenter's fastener
- 28. Nuts
- 29. Nut
- 30. "\_\_\_\_ - dinky spider went up the water-spout, ....."
- 32. Bulldogs of the Ivy League
- 34. Machine that won an EMMY (anagram for VITO)
- 35. Mortgage, e.g.
- 37. Was for three?
- 38. England under Henty VIII, e.g.
- 40. Jewish circumcision ceremony
- 41. \_\_\_\_ Francisco, CA
- 43. Most capable
- 44. Exit
- 45. Sing like Bing
- 46. Condor's nest
- 47. Machu Picchu builder
- 49. U.S.M.A. mascot
- 50. Good name for a BMW mechanic
- 52. World's largest furniture retailer
- 53. Unpaid credit card balance, e.g.
- 54. The 'E' of Q.E.D.
- 56. Forty winks
- 57. Cigarette residue

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

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HOMES FOR RENT OR SALE

\*For each puzzle a relatively difficult set of clues (Challenger) will accompany the first printing. In the subsequent issue, the same puzzle will appear with an easier set of clues (Standard) Email questions/comments to puzzler@theskinnie.com

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# WILD THINGS

## GRAB YOUR CAMERA!

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Karen Dove Barr discovered this pileated woodpecker tearing up her river birch. "He wouldn't hold still," she says, "but stayed on the tree, pecking long enough for me to get a few shots."



*"Wild Things" is a regular feature in The Skinnie, featuring your photographs of our beloved island. Email your high-resolution photos to [production@theskinnie.com](mailto:production@theskinnie.com). Please include your name and a little info about where the photo was taken.*

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**MEANWHILE,** SHELTERING AT HOME...



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



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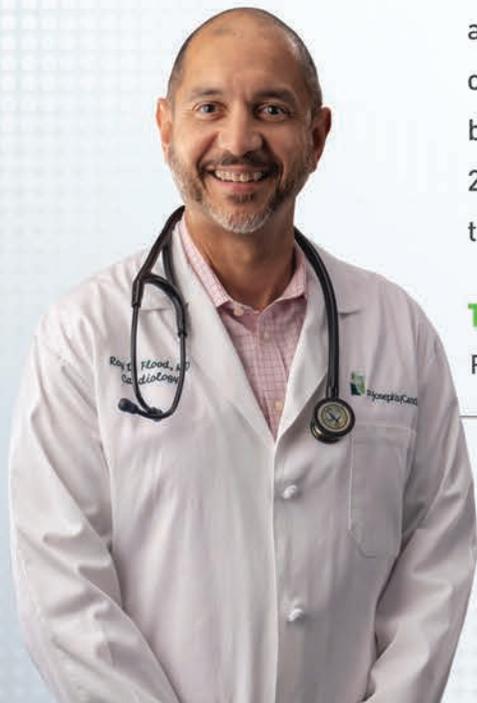
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As an avid walker and jogger, Johnny Ganem knew something was wrong when he started to get winded faster than normal. With his family history of coronary disease, he knew it was best to go to the St. Joseph's/Candler emergency room. It was determined a procedure was needed, and fast.



The Cardiac Cath team at The Heart Hospital at St. Joseph's Hospital worked with Dr. Flood



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

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