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Upfront

I'm proud of an organization with which I am associated – The Savannah Philharmonic (or SavPhil). The SavPhil team has artfully, with tireless determination, reshaped the “orchestra” into a significant regional asset that is true to its mission to entertain, inspire and build community through music. The SavPhil has adopted a “something for everyone” philosophy to guide its work for the 2022-23 season. Nowhere is this ethos more evident than in the recently completed (three weekends, culminating on post-Ian Sunday) Phil the Neighborhoods series.

SavPhil performed and hosted community gatherings in Fairway Oaks, Windsor Forest, Kensington Park, Isle of Hope, Hull Park (Ardley/Chatham Crescent), Wilmington Island and Habersham/Jackson Woods. A Pooler show was canceled due to hurricane apprehension; but, otherwise, the gigs – excellent showcases, all - went off without a hitch. A common refrain from attendees: “Thank you so much for coming. We have never connected with the Phil before. This is my first experience with the orchestra...and it won't be my last.”

The SavPhil runs with the discipline found in successful businesses, so proof-of-concept with respect to audience development goes beyond anecdotal. Staff carefully tabulated crowd sizes at the various events, and more than 1,800 attendees enjoyed the seven shows. That's one-and-a-half-times the Lucas Theatre capacity, to put the number in perspective. And more than 250 people, on average, per stop.

Another source of pride: SavPhil's position among the arts community and the team's collaborative impulses. During the Phil the Neighborhood series, we welcomed the Savannah Jazz Festival, the Savannah VOICE Festival and Delta Blues (with the Ground Zero Blues Club of Clarksdale, Mississippi) as production partners. We believe that a

vibrant arts community is a key component of a thriving region. Fidelity to our mission compels us to lead from the front.

We intend to foster a culture of artistic vitality that reaches far and wide. To that end, we focus on music education. Not once-in-a-while, press-friendly artist cameos in front of kids; but ongoing, high-frequency, nurturing, curriculum-driven work with young people nearing a thousand in number, at present.

Some who read this have expressed displeasure with the direction the Phil is taking. Analogous to the Phil's tagline, “something for everyone,” “To each, his (or her) own.” But, if I were a detractor, I'd have to ask myself, “Why am I opposed to democratizing an organization that exists for public benefit? Why am I against improved artistic and institutional integrity? Why does their success make me uncomfortable or angry?” And then I'd realize I don't have great answers to those questions, so I'd ask myself a follow-up: “How can I get involved?”

“What about Skidaway?” you inquire. SavPhil is coming to Skidaway Island United Methodist Church for a concert on April 16. Music and Artistic Director, Keitaro Harada, will speak to Kiwanis of Skidaway on October 13 (I'm sure the Kiwanis would welcome you with open arms). And Skidaway Islanders continue to support the orchestra and attend its performances in great numbers – perhaps, in percentage terms, more fervently than any other group in town.

What's next? Phil the Park, in Forsyth Park, with four-and-a-half hours of live music across genres, elaborate picnics, and 15,000 to 20,000 of your closest friends. This weekend. This Saturday, actually – October 8, with the first act taking the stage at 4:30 in the afternoon. Please come; celebrate your community and be part of something both inspirational and fun. It's on us...of, our sponsors and donors, more accurately. Thanks to each and every one.

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LETTERS TO THE EDITOR

DAUGHTER OF WAR

Thank you for the very well written and historical account of Tinian Island (The Skinnie, Volume 20, Issue 18). It was factual and strategically well-researched. As the daughter of the only pilot who flew both atomic missions, I salute your scholarship and leave you with the following thoughts:

According to Lt. Gen. Leslie Groves, the



Landings resident Al Rosenbaum shared this photo of his cousin, Francis Kene, standing near the tail of the Enola Gay, during the loading of the atomic bomb aboard the aircraft.

military head of the Manhattan Project:

- The U.S. spent 15 times the original estimated cost of \$2 billion, or the equivalent of \$20 billion in today's dollars.

- "One thing is certain — we will never have the greatest Congressional investigation of all times."

Marylyn Sweeney Howe



on the cover:

Erica Kersey shared her Sunday sunrise on the shore for the cover of our annual wellness issue.

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Massage Therapy

and Your Wellness Journey

A full-body massage is relaxing, but massage therapy offers many health benefits. It promotes healthy living and well-being, from prenatal to geriatric care. As noted by the American Massage Therapy Association, “Ninety-three percent of individuals surveyed view massage as being beneficial to overall health and wellness, while 83 percent agree massage should be considered a form of healthcare.”

During the last few decades, people have increasingly turned to Eastern medicine and natural alternatives when realizing that not all conditions can be cured by their physicians. Massage therapy has a long history, dating to the Shang Dynasty – 16th Century BC – recorded by images and inscriptions on tortoise shells and bones. Today, massage therapy is a common wellness practice and offers pain management as effective as medications, chiropractic adjustments and physical therapy. Massage therapy can be as beneficial as these medical practices, if not more.

PRENATAL MASSAGE

It all begins in utero. When an expectant mother receives prenatal massage, it lowers her cortisol levels, eases back pain, relieves painful swelling in her hands and feet, and reduces stress and anxiety. By elevating the mother’s mood and increasing blood circulation, the benefits are passed to the fetus as it develops. Prenatal massage sessions are recommended to coincide with obstetric visits. This means massage should be scheduled once a month until 27 weeks, and twice a month

until 36 weeks. After that, weekly sessions are recommended until delivery. After the child is born, infant massage is available to help aid muscular and skeletal development.

Likewise, fertility massage to conceive a child is offered by specially trained therapists. “Fertility massage is a deep, yet gentle and non-invasive therapy that works by bringing the organs within the abdominal area back into alignment, releasing pressure and strengthening the surrounding muscles and ligaments,” explains LaToya Butler, LMT, of Savannah. “Thus, creating a healthy uterus for the successful attachment of a fertilized egg.”

ADULT MASSAGE

There are many modalities of massage: therapeutic, neuromuscular therapy, sports, acupressure, hot stone, myofascial release, assisted stretching, cupping and Reiki. Licensed massage therapists take continuing education courses throughout their careers, training in the most popular – and sometimes unusual – yet inspiring curricula. Three of the most requested massage treatments today are Swedish massage, therapeutic and deep-tissue massage.

Swedish massage has been proven to improve health and quality-of-life when received on a regular basis, usually once per month. Therapeutic massage is for adults suffering from chronic pain, structural imbalances or neurological issues. People who exercise frequently

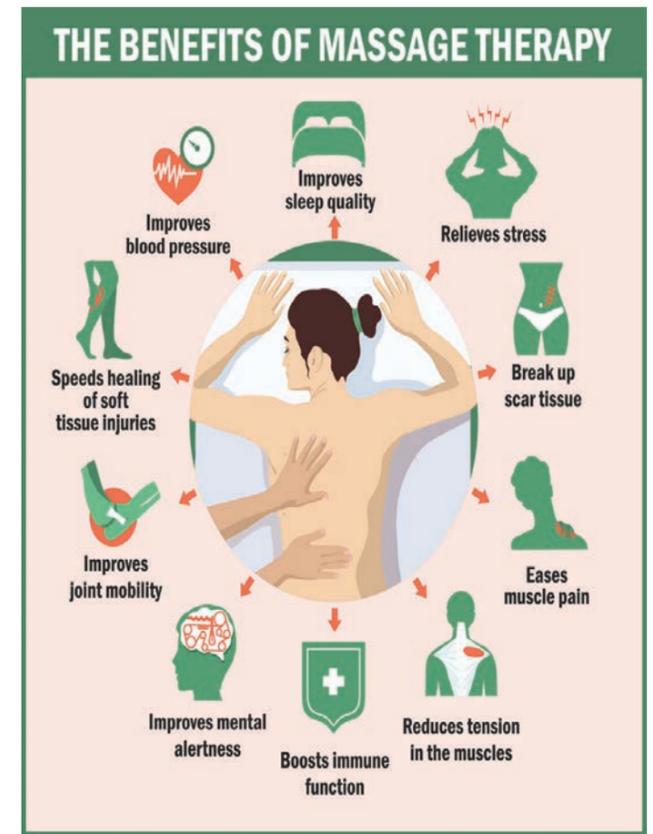
and vigorously enjoy massages that incorporate stretching and deep pressure to address the buildup of byproducts in the muscles such as lactic acid.

Deep-tissue massage is sometimes referred to as a clinical or medical massage. It is the best massage to relieve stress and muscle tension by loosening knots and realigning the body. This modality works through multiple layers of muscle and fascia using techniques that pin and stretch the muscle groups. Deep-tissue massage can be painful – in a good way – and bruising may occur, but the relief afterwards is worth it. Massage therapists recommend weekly sessions for up to six weeks when working with an injury, concentrating on the connective tissues as well as the muscles.

SENIOR MASSAGE

For the aging population, massage therapy offers numerous benefits for the entire body and can alleviate increased stress that comes with age. As we age, muscles and joints tighten, restricting range of motion. This can make healing from injury or overuse difficult. A monthly massage offers an improved quality-of-life, increased energy and better overall health. It helps keep muscles, joints and ligaments healthy, lessening injuries and reducing pain caused by arthritis and joint swelling. The pressure and pace are light and slow, while focusing on areas of concern. According to local massage therapist, Dana Gunter, LMT, “Geriatric massage is perfect for seniors who enjoy massage but need adaptive techniques to match their loss of range of motion and mobility.”

Lymphatic drainage massage is crucial to a speedy healing process



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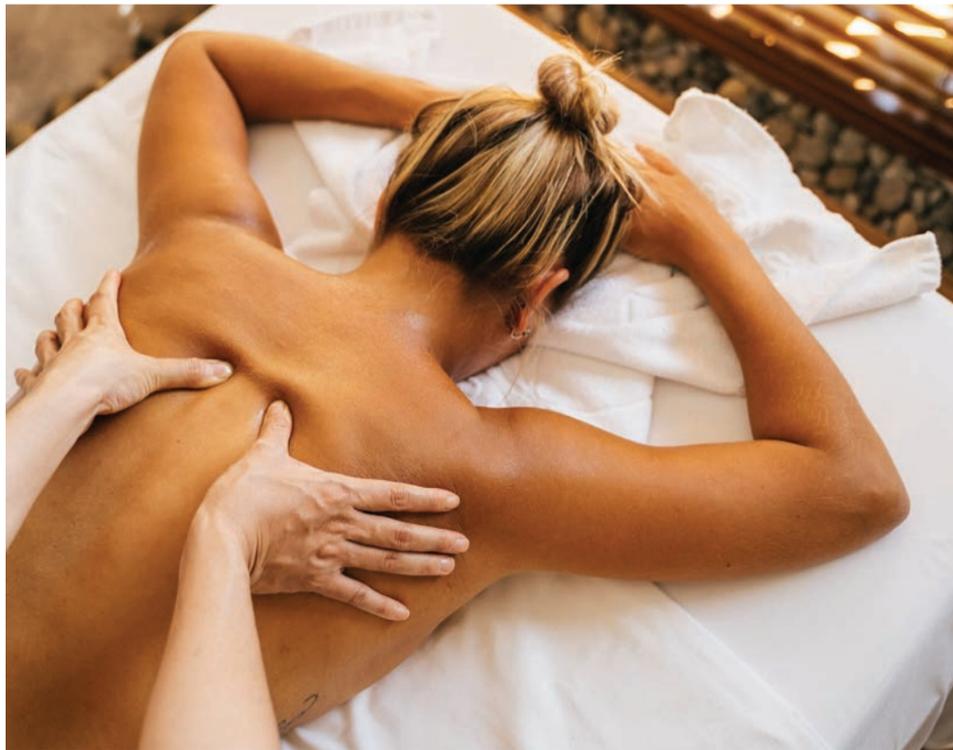


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By Tara Scott-Johnson



Hands down, deep tissue massage is the best massage to relieve stress and muscle tension and realign the body.

post-surgery and is recommended by general surgeons and cosmetic surgeons, alike. It's different from a regular massage in that long, rhythmic, wave-like strokes are used to open and shut the lymphatic system. Similarly, pressotherapy is a cutting-edge, pain-free treatment to remove excess fluids in the lymph nodes from surgery or certain kinds of cancer treatments. It employs an inflatable suit that squeezes the body to produce the same effect as a lymphatic massage.

YOU DESERVE A MASSAGE

Massage therapy is a wonderful gift to receive at any age, helping relieve anxiety and stress by decreasing cortisol levels. It can increase the production of feel-good hormones like serotonin and dopamine. It can boost your immune system and contribute to better sleep. In addition, your skin will get much-needed attention as the oils and creams are absorbed during the massage session, leaving your skin softer and hydrated.

Tara Scott-Johnson is the owner of Suite Life Wellness Spa.



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HEALTHY AGING

What Older Adults Can Do

The population is growing older around the globe. In less than two decades, the U.S. Census Bureau projects that adults 65 and older will outnumber children under age 18 for the first time in America's history; and, by 2060, 24 percent of Americans will be in their golden years.

The mission of Senior Citizens, Inc. is to help people age successfully. That means people living the life they want, where they want, with the highest quality of life possible. Dan Buettner, a National Geographic Fellow and New York Times bestselling author, has studied five places in the world dubbed "blue zones," where people live long and are very healthy: Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Ikaria, Greece; and Loma Linda, California. These populations have several things in common: a healthy diet, moderate exercise, effective stress management, a focus on loved ones, and a recognized purpose.

Sense of purpose, which Okinawans call "ikigai" and Nicoyans call "plan de vida," implies "why I wake up in the morning." When we're younger, our sense of purpose necessarily focuses on raising children or building a career; but, once the kids are grown and you're retired, it's never too late to discover a new sense of purpose. In fact, doing so is worth up to seven years of extra life expectancy.

Celebrate your age. Aging is inevitable and sticking your head in the sand won't change that. While getting older comes with challenges, it also comes with perspective, resilience, wisdom and no longer caring about what other people think. There are many negative stereotypes regarding aging and memory, and it's been proven that older learners do better on memory tasks when they have a positive outlook. People who believe they are not in control of their memory skills are more

likely to experience decline, while those who believe they can improve have a better chance of keeping their minds sharp.

Defy expectations. The image of later life is often viewed through the lens of loss - loss of health, loss of loved ones, loss of work, loss of vitality and loss of purpose. In 2021, the World Health Organization (WHO) warned that negative stereotypes about aging lead to poor health and social isolation, costing economies billions of dollars. In fact, a 2019 AARP study revealed that if Americans 50 and older were counted as their own country, they'd constitute the world's third-largest economy, and the group's economic impact will triple by the year 2050. The study predicts an increase in spending by the cohort from \$8.7 trillion in 2020 to a projected \$15 trillion in 2030.

Grow your friendships. Relationships matter, and we know that now more than ever, thanks to COVID-19. Unfortunately, even in the best of times, isolation is, too often, a way of life for older adults. The ties that bind us and help us build trust, connection and participation, tend to dissipate as we age. We retire from jobs; children grow up and move away from home; and, we lose friends and spouses to death and illness. These losses correlate to reduced social contacts and stimulation and impact our mental and physical health. According to a study from the Rush Alzheimer's Disease Center in Chicago, those with frequent social contact experience 70 percent less cognitive decline compared to those with low social activity. Loneliness is a greater health risk than obesity or smoking, so finding your tribe has never been more important.

Continue to challenge yourself. Try new things. Stretch your mind and body. Find your "why I wake up in the morning." When

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AGING GLOBALLY

In a video posted on YouTube last year, older adults around the world were asked what healthy aging means to them. Here's what some of them had to say:

"Healthy aging means being able to go about my daily activities and being able to deal with the issues I face without fear." (Tanzania)

"Healthy aging means having good relationships with people, neighbors, and friends, and having a good relationship with God." (Jordan)

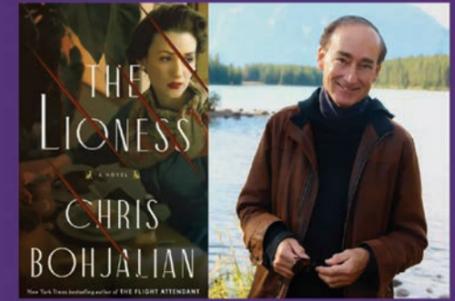
"Some older people always stay in their houses, but you have to get out, breathe fresh air, walk more, and do morning exercise. It gives you energy." (Kyrgyzstan)

"First of all, health is wealth. The second priority is family and community because a healthy relationship with the community boosts your morale. The third priority is having adequate accommodations with adequate facilities." (Pakistan)

"Happiness for older people is to live how we want to live. To live well, with health, with education, with culture, with community work... working toward having the quality-of-life we deserve." (Colombia)

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Dancing provides much needed physical activity as well as social opportunities for seniors.

COVID hit in March of 2020, many people focused on health and wellness in the physical sense. However, the brain deserves as much of our attention as our bodies. A sharp, keen mind is a critical component of successful aging, in good times and bad. Challenging your brain with a hobby or a new skill – whether it’s writing your life story, joining a book club, doing crossword or jigsaw puzzles, learning a new language, playing an instrument, or taking a class – wards off the effects of getting older and builds community in the process. In 2012, the Rush Memory and Aging Project concluded, “Cognitively active seniors are 2.6 times less likely to develop cognitive impairments, such as Alzheimer’s.”

It would be folly to pretend there are no challenges associated with old age. Nobody is excited about wrinkles, thinning hair, or health difficulties; but your senior years can be a particularly sweet time of life. Instead of bemoaning it, embrace it. Transform society into one where everyone can make aging healthy and successful.

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 on the Meals on Wheels America Board and is a governor’s appointee to the Georgia Council on Aging. Learn more at seniorcitizensinc.org.







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BODY AND SOUL

Meditating on the Connections Between Faith and Wellness

By Julie Duncan

In times of emotional crisis, many people seek the counsel of clergy. Houses of worship often provide guidance for those struggling with family issues or substance abuse. Just as mental health affects our physical health, spiritual health also contributes to our general well-being – a trinity, if you will.

Stress is your body's natural alarm system, elevating your breathing, heart rate and blood pressure. Chronic stress can contribute to headaches, anxiety, depression, heart disease and – even – premature death. Studies have shown that prayer, meditation and other forms of inner reflection contribute to improved health. When you slow your mental and emotional processing, stress fades and anxiety eases. This emotional respite provides the opportunity to view matters from a fresh perspective, leading to creative problem-solving.

“Christians have long held the belief that our wellness as God's creatures, human and nonhuman, is inter-connected,” says Rev. Kelly Steele, rector of St. Peter's Episcopal Church on Skidaway Island. Rev. Steele adds that churches remind us that wellness is not just an individual's task or journey, it's also shared with God and our neighbors. “A church community is meant to be helping that wellness journey for all, in every dimension that is possible: socially, physically, spiritually, mentally, for individuals and communities.”

Being part of a faith community can help people hone interpersonal skills, which can benefit and re-balance home, work and other relationships. Shared experiences contribute to understanding and tolerance, and peaceful co-existence. A faith community provides a support network in time of need. In addition, most houses of worship offer opportunities to help others.

However, it's important to acknowledge when your plate is full and it's time to politely decline. Many of us are good at taking care of others but struggle with self-care. Modern life can be exhausting in ways we may not recognize. It's important to rest and re-charge, doing things that give you joy or empower you to become better. It's difficult to be anything, let alone faithful, when we're exhausted.

For some people with strong religious beliefs, there may be an unrealistic reliance on the Almighty. Faith and prayer are sometimes relied upon to the exclusion of what modern medicine can accomplish. Suffering from depression? Pray to Him for a solution. But sometimes the solution He offers is in the form of a sympathetic ear of a gifted medical professional.

Spirituality and worship offer a sense of purpose and encourage us to think in positive ways. Engage in things that will make you spiritually, physically and mentally healthy.

Our faith should compel us to improve our wellness, overall. Take care of yourself because you are God's favorite creation.

Meditation and mindfulness are practices that enable you to let go of stress and feel calm and peaceful. Though the concepts are thousands of years old, research on the health benefits is nascent, but promising. A research review published in JAMA Internal Medicine in January 2014 found meditation helpful for relieving anxiety and depression. For depression, meditation was almost as effective as an antidepressant.

Meditation affects the sympathetic nervous system, the bodily trigger that increases heart rate, breathing and blood pressure during times of stress. Like prayer, meditation has a spiritual purpose. “It will help you lower your blood pressure, but so much more,” says Burke Lennihan, a registered nurse who teaches meditation at the Harvard University Center for Wellness. “It can help your creativity, your intuition, your connection with your inner self.”

Transcendental meditation is a technique that focuses your mind “inward,” without allowing other thoughts or sensations to interfere. Though typically done seated with your eyes closed for 20 minutes, there are also moving meditative forms such as Tai Chi, Yoga and qi gong.

While meditation can help you manage stress and sleep well, it shouldn't replace lifestyle changes like eating healthy, managing weight and regular exercise.



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St. Joseph's/Candler Honors Cheryl Rawlings With 2022 James R. Lientz Award

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She's been called the "poster child for teamwork." Now, she is also known as a Lientz Award winner.

Cheryl Rawlings, manager of imaging services at Candler Hospital, is the recipient of the 2022 James R. Lientz Humanitarian Award, given annually to a co-worker who exemplifies the St. Joseph's/Candler's mission and values.

St. Joseph's/Candler president and CEO, Paul P. Hinchey, announced the selection recently during the annual ceremony held at Candler Hospital. "The Lientz Award is one of the highest honors that any health system co-worker can attain," he said.

Rawlings was chosen from 93 nominees for the award. Co-workers are nominated by their peers for the example they set through their work at St. Joseph's/Candler, as well as their humanitarian efforts that reflect the life of former Candler Hospital board chairman, James R. Lientz. A special committee narrows the nominees down to three finalists before another panel of past Lientz recipients chooses the candidate that best represents the values of the organization.

The mission of St. Joseph's/Candler is: "Rooted in God's love, we treat illness and



Cheryl Rawlings is presented with the prestigious Lientz Award by St. Joseph's/Candler President and CEO Paul P. Hinchey.

promote wellness for all people." The six core values of the health system are compassion, quality, integrity, courtesy, accountability and teamwork.

Rawlings has been a member of the Candler team for nearly four decades. She has earned a reputation as a compassionate caregiver for her patients, and a selfless leader and mentor to her co-workers.

Outside of work, Rawlings has worked to help deliver medical care to Savannah's homeless population, while tending to their immediate needs of food and shelter.

As the 2022 recipient of the Lientz Award, Rawlings was given a \$3,000 honorarium, a one-year parking pass in the location of her choice, a one-month cafeteria meal pass, a St. Joseph's/Candler watch, and the Lientz plaque and pin.

Live smart

Co-workers who nominated Rawlings said:

"I'm not who or where I am today without her. But I'm not unique. That same energy and attention she's given to me is the same she gives to everyone."

"Compassion and caring drives her to help fellow humans in need."

"She knows that setting the example and making sure everyone has the tools to succeed is what's best for the whole patient-care dynamic."

"Mere words cannot do justice to the caliber of co-worker that you find in Cheryl. Every single day, she artfully balances the endless demands of patients, physicians and staff. And she does it with grace, charm and genuine concern."

THE LEGACY OF JAMES R. LIENTZ

The Lientz Award is named for James R. Lientz, who began his service as a trustee of Candler Hospital in 1959. He was chairman of the board of trustees from 1970 to 1991, and chairman of Candler Health System board of trustees from 1985 to 1992. He was instrumental in Candler's acquisition of the Mary Telfair the Central of Georgia Railway Hospitals, and the expansion of many hospital services. Under his guidance and leadership, Candler developed its current location. Lientz was a leader in many organizations, including the Georgia Infirmary, Goodwill Industries of the Coastal Empire, United Way, and the Coastal Empire Council of the Boy Scouts of America. The noted humanitarian and community servant died in September of 2000.



Be Dazzled

Proceeds benefit St. Joseph's/Candler's
Telfair Mammography Fund

Get your tickets now for your chance to win two stunning pieces of beautifully crafted jewelry valued at nearly \$11,000, from Harkleroad Diamonds and Fine Jewelry, during this year's SmartWomen Luncheon and Expo. This year's event is scheduled for Wednesday, October 12, at the Savannah Convention Center.

The diamond experts at Harkleroad have specially created a beautiful diamond ring and necklace to commemorate the event. This year's winner will receive a two-carat total weight diamond band in 14-karat white gold (valued at \$6,300) and a .96-carat diamond pendant in 14-karat white gold (valued at \$4,500), for a total value of \$10,800.



Tickets are \$25 each and are available online or at the event itself. Please use this QR code to purchase your tickets online or visit sjchs.org/smart-women. Online tickets are available for purchase through 11:59 p.m. on Tuesday, October 11. The winner will be announced at the end of the SmartWomen Luncheon and Expo on Wednesday, October 12. Participants in this year's Dazzling Diamond Dig need not be present to win.

The SmartWomen Luncheon and Expo has raised more than \$1.6 million for the Telfair Mammography Fund to provide compassionate care to women in our community. Funds raised have facilitated thousands of free mammograms and additional breast health services for women who could not otherwise afford it.

For more information, contact St. Joseph's/Candler Foundations at 912.819.8683.

SMART WOMEN

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JEPSON CENTER
TELFAIR MUSEUMS



Etching Lesamie Williams, *Birds of Paradise*, 2018, acrylic on canvas, courtesy of the artist and Maratote Berggren, NY.

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DARRYLE KOUNS

He Served by Ron Lauretti

Darryle (Sam) Kouns is a Kentucky native, from Ashland, where he attended high school and joined the junior ROTC program. A good student, Kouns targeted the U.S. Military Academy to continue his studies, but decided on Georgia Tech, in the familiar South, instead. For two years in Atlanta, Kouns diligently pursued an engineering degree and excelled on the hardwood for the Ramblin' Wreck basketball team. But the pull of West Point didn't subside.

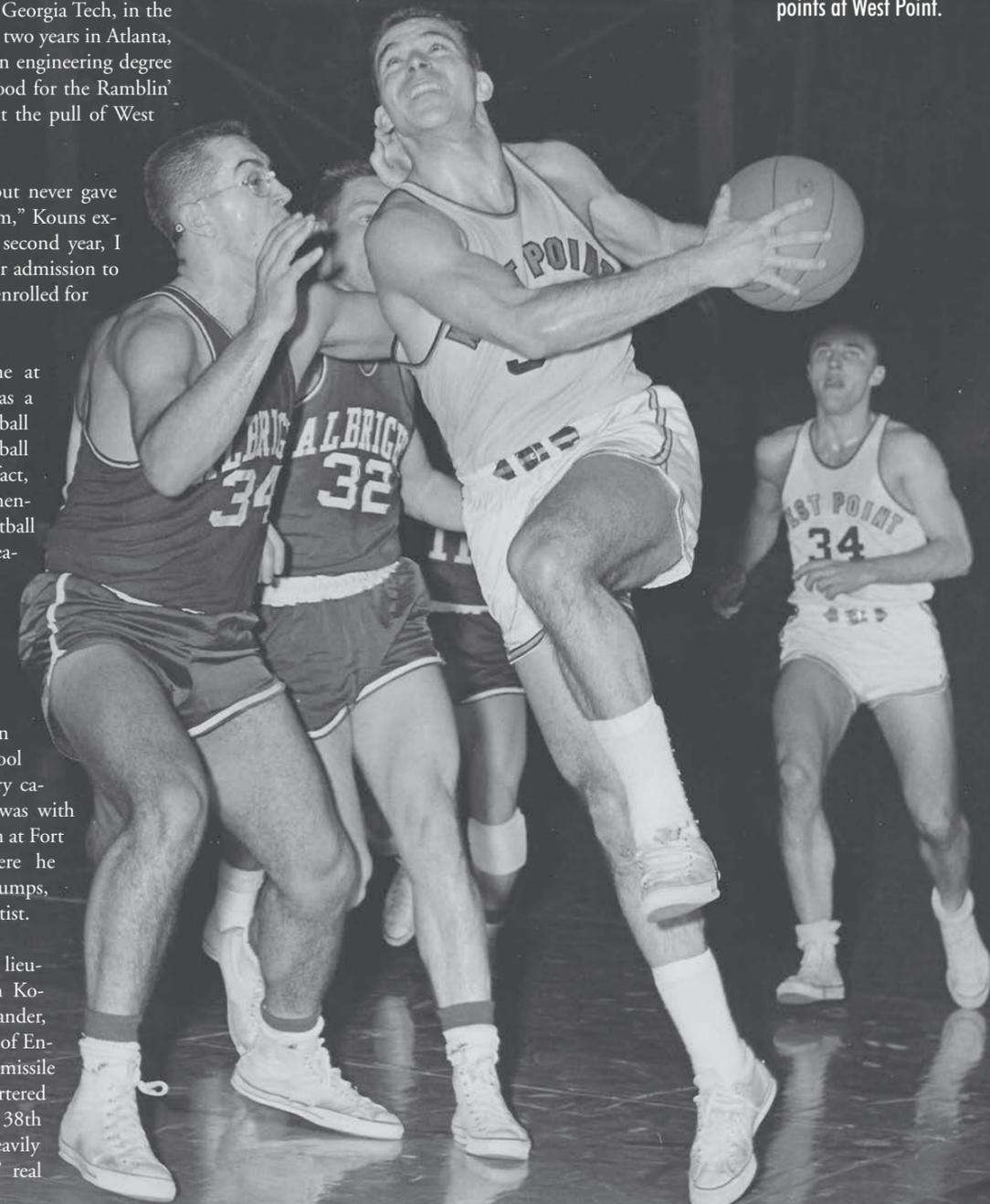
"I liked Georgia Tech but never gave up on the West Point dream," Kouns explains. "At the end of my second year, I took a competitive exam for admission to West Point. It went well. I enrolled for the fall semester in 1956."

Kouns enjoyed his time at the academy, where he was a member of both the basketball (shooting guard) and baseball (first baseman) teams. In fact, he was named honorable mention all-American in basketball by UPI for the 1958-59 season.

Kouns graduated in 1960 in the top 15 percent of his class and opted for jump school to become a paratrooper. He went on to prestigious Ranger School and a distinguished military career. His first assignment was with the 101st Airborne Division at Fort Campbell, Kentucky, where he performed 65 parachute jumps, becoming a master parachutist.

In 1963, Kouns (a first lieutenant) deployed to South Korea, as a company commander, assigned to the 44th Corps of Engineers, building strategic missile sites. The unit was headquartered at Pohong, just south of the 38th Parallel, the world's most heavily mined stretch of "neutral" real

Darryle "Sam" Kouns scored 1,072 career points at West Point.



estate, separating two bitter enemies. Mines complicated construction work, but Kouns team pressed on.

Returning from Korea, Kouns enrolled at Purdue University (with the Army's blessing), earning his master's degree in electrical engineering in 1966. Kouns then returned to his beloved West Point as an instructor, where he completed a rewarding three-year tour.

From the classroom to a combat zone, Kouns headed to Vietnam. His travel orders preceded his military gear, and he headed to southeast Asia in civilian clothing. "All the people on the plane thought I was CIA," he says, "until I was handed an M16 rifle just before landing."

During his deployment, Kouns served as a supply officer for the 4th Engineer Brigade. He later requested duty as a combat engineering officer, constructing airfields for Special Forces camps. After that, Kouns was the operations (S-3) officer of B Company, providing direct support for the 4th Division in the field. On one mission, he thought it strange that his helicopter was loaded with chainsaws. He soon learned they were necessary to cut down a large swath of trees and jungle growth so that medical evacuation choppers could land to pick up the many casualties from a recent ambush. "It was the worst experience of my entire military career," he recalls, "being involved with all those body bags."

Following his first tour in 'Nam, Kouns returned to West Point, teaching engineering for another three-year stretch. He helped coach the men's basketball team, which included a player named Mike

Krzyzewski, who would go on to a legendary coaching career at Duke.

As a major, Kouns returned to Vietnam as a member of a military advisory command, training South Vietnamese troops to combat guerrilla warfare, and consolidating the native villages for their combined safety. "I had to dodge machine gun bullets several times and hunker down from mortar attacks," he vividly remembers. During one of the mortar attacks, he came very close to a nasty cobra that did not want any human company.

During Kouns' third tour in Vietnam (August 1971 - March 1972), he served as aide de camp to Gen. Fred Weyand, deputy commander of Military Assistance Command, Vietnam, (MACV). In June of 1972, Weyand succeeded Gen. Creighton Abrams as command-in-chief, Vietnam.

For the next 17 years, Kouns served the Army in a variety of ways: as administrator of civilian contractors expanding the grounds of Arlington National Cemetery; as student and staff officer at the Army Command and General Staff College, Ft. Leavenworth, Kansas; as staff officer at the Pentagon; as commanding officer of the 16th Combat Engineer Battalion, 1st Armored Division, Germany; as assistant to the commanding general of the US Army garrisoned in Germany; as a student at the Army War College, Carlisle, Pennsylvania. He was then promoted to full colonel and assigned to the Pentagon.

Kouns spent the final four years of his Army career at Fort Bragg, North Carolina, assigning officers to their billets and dispatching enlisted personnel to their units for the 18th Airborne Corps; then

the Presidio near San Francisco, where he assigned soldiers from the Northwestern states to their missions. He retired from the Army in 1989 with full honors and a host of memories.

As a civilian, Kouns spent two years as a project manager for remediation for the city of San Francisco, then eight years with the Environmental Chemical Corporation coordinating contracts with the Army. During his last five years with ECC, he served on its board of directors.

In 2020, Kouns was selected to the Florida Veterans Hall of Fame. He was president of the Veterans Council of Indian River County (Florida) from 2016-19. Now 86 years of age, Kouns and his wife, Linda, have decided to slow down, moving to the Landings this past May to enjoy island life and some Southern hospitality. Welcome home.



Col. Darryle Kouns and his wife Linda in the 1980s

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We're Giving It Away!

Football Pick 'Em Pool

NCAA

Baylor at West Virginia
Alabama at Tennessee
Penn St. at Michigan
USC at Utah
Washington St. at Oregon St.
Auburn at Mississippi
Kansas at Oklahoma
Iowa St. at Texas
Minnesota at Illinois
Miami (FL) at Virginia Tech
Oklahoma St. at TCU
NC St. at Syracuse
Arkansas at BYU
Maryland at Indiana
James Madison at Georgia Southern
LSU at Florida
Mississippi St at Kentucky
Clemson at Florida St.
Stanford at Notre Dame
UNC at Duke

NFL

Jacksonville at Indianapolis
Baltimore at NY Giants
Buffalo at Kansas City
Dallas at Philadelphia
Minnesota at Miami

As a tiebreaker this week,
pick the total points in the
Penn St./Michigan game.

It's another close one, with entrants going to a tiebreaker again in the most recent Pick 'Em Pool. We had only 19 collegiate contests to consider as the SMU/UCF game was postponed due to Hurricane Ian.

James "Big Jim" Headley and "Joltin'" John DuRant both got 18 of 24 picks correct. The tiebreaker game was between Kentucky and Ole Miss. The two teams put up a total of 41 points, with Mississippi knocking Kentucky from the ranks of the unbeaten.

"Joltin'" John expected a little more offense with a guess of 69, while "Big Jim" reckoned a little more rightly with a 50-point prediction. "Big Jim" Headley wins a close one to make it two pools in a row. This guy is good!

Congratulations "Big Jim," and thank you to all who enter. Tell your friends to play. The more, the merrier. Everyone is welcome to enter this contest. We'd love to have hundreds of participants, and there's no reason that we shouldn't. It's easy. Predict the winning team for each game. And get more winners right than the rest of your friends. For the tiebreaker game, predict the total points that the two teams will score (combined).

Twenty college games and five NFL matchups. This slate will be played between Thursday, October 13, and Sunday, October 16. Entries are due by 5 p.m., Thursday, September 13. Please, limit one entry per contestant. Email picks to chendrix@theskinnie.com. Or send your entry the old-fashioned way to:

The Skinnie
15 Lake Street
Suite 280
Savannah, GA 31411

Alternatively, just drop it by our offices. You'll find us on the second floor.

Good luck and enjoy the games...a rooting interest makes football weekends fun.

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OL' TIME RELIGION

WHAT: "In Search of Our Roots; The Abrahamic Series"

WHEN: Wednesday evenings, Oct. 5 through Nov. 2, at 6 p.m. Please make reservations a week in advance.

WHERE: Skidaway Community Church's Liston Hall, 50 Diamond Causeway

HOW MUCH: Free

CONTACT: The church office at 912.598.0151.

WHAT ELSE: Explore the history and practices of three of the world's most influential religions. Participants should read the story of Abraham in Genesis, chapters 12-25 prior to the class.



WEDNESDAY WORSHIP

WHAT: Wednesday night program of praise and fellowship

WHEN: Starting in September; Meal - 5 to 6 p.m.

WHERE: St. Peter's Episcopal Church

HOW MUCH: Adult dinners are \$10; Kids 4 and older, \$5; age 3 and under, free; Family maximum is \$30, and a semester subscription (for an adult) is \$140

CONTACT: Email frontdesk@saintpetersav.org for more information

WHAT ELSE: Activities include evening prayer, kids' programs (Musical Adventures and more!), adult programs and groups, choir practice, and Midweek Meals.

SHALOM

WHAT: JWOL Membership

HOW MUCH: Annual membership is \$20

CONTACT: Sherri Brecker

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

island hopping

Please email content to mail@theskinnie.com.

Deadline is the Friday prior to publication.

WHO NEW?

WHAT: New Neighbors

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

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

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

GOTTA LOVE IT

WHAT: Landlovers membership / open to all Skidaway Islanders

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

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

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

BRUSH WITH FAME

WHAT: The Art of Paul Michael Glaser

WHEN: Oct. 2 through 30; virtual reception in the JEA Art Gallery Oct. 9, 2 to 4 p.m.

WHERE: JEA Art Gallery, 5111 Abercorn St.

HOW MUCH: Free and open to the public

CONTACT: Vicky Lunick, 912.355.8111

WHAT ELSE: Inspired by his family's passion for theatre, museums, fine art and symphonies, Paul Michael Glaser was encouraged to explore his creativity and artfully express himself. After earning a bachelor's degree in theatre and English from Tulane University and a master's degree in theatre arts from Boston University, he enjoyed a successful career in television. Since then, he has devoted much of his time to 21st Century art disciplines. Glaser enjoys expressing his art through digital painting, pencil, charcoal and painted sketches. His artwork has been featured in galleries throughout Los Angeles, on television and film, and in private collections.

NUTS TO YOU

WHAT: PEO Chapter AS annual pecan sale

WHEN: Orders accepted until Oct. 14; Pickup at Skidaway Island United Methodist Church,

Friday, Nov. 18, 10 a.m. to 2 p.m.

HOW MUCH: \$12 per bag

CONTACT: Tess Krisch, 630.533.5066, or Salli White, 912.598.4654

WHAT ELSE: These attractively wrapped pecan delicacies come in a variety of delicious flavors and make perfect gifts. This is our main fundraiser for the year, to benefit P.E.O.'s scholarship and loan funds for women seeking undergraduate and post-graduate degrees at accredited national and international institutions.

INTO THE WOODS

WHAT: Savannah Garden Tour - Habersham Woods

WHEN: Sunday, Oct. 9, 10 a.m. to 4 p.m.

HOW MUCH: Suggested donation - \$20

WHAT ELSE: Enjoy the sights, scents and sounds of 11 private gardens in the Habersham Woods neighborhood. Locations will be posted on our Facebook page a week prior to the tour and available at our ticket tent near the YMCA. To purchase tickets in advance, visit FriendsOftheCoastalGardens.org.

TAG, YOU'RE IT

WHAT: Telfair Academy Guild (TAG)

WHEN: Monday, Oct. 10; Meeting and presentation, 10:30 a.m., followed by member appreciation lunch

WHERE: Neises Auditorium, Jepson Center, 207 W. York Street

CONTACT: Laurie Milano, 914.474.4943 or lauriemilano2@gmail.com

WHAT ELSE: Erin Dunn, Telfair Museums Associate Curator, presents "Feels Like Freedom: Philip J. Hampton," the first large-scale museum retrospective of African-American artist Philip J. Hampton (1922-2016), an influential visual arts professor and department head at Savannah State University. TAG welcomes members and their guests, along with individuals interested in joining.

SHALL WE DANCE?

WHAT: Partner style dance instruction

WHEN: Oct. 10, 2nd Monday of the month, 7 to 8 p.m. - instruction; 8 to 9 p.m. - free dance

WHERE: Bailey Hall, Skidaway Island United Methodist Church

HOW MUCH: \$35 couple or \$17.50 single for each session

CONTACT: Marilee Dalbey, marileedalbey@gmail.com, or Jane Golz, golzjane@gmail.com

WHAT ELSE: The first hour is instruction of style of dance by a professional from Savannah

Ballroom, followed by an hour of free dance. Sign up by the first of the month, with payment also due by the first of that month. Sign up with the email above and tube your check, payable to Landings Landlovers, to 19 Long Island Road. Landlovers membership is required.

FISH TALES

WHAT: Coastal Conservation Association of Skidaway October meeting

WHEN: Monday, Oct. 10, 7 p.m.

WHERE: St. Peter's Church

CONTACT: Paulette Hamilton, 610.509.0279, or visit www.ccaskidaway.org

WHAT ELSE: The CCA Skidaway welcomes Cpt. Judy Helmey, owner of Miss Judy Charters, who will show slides of her adventures and share "fish tales" of her days on the water with her dad, Sherman "Moose" Helmey. The CCA's October raffle prize is a half-day inshore fishing excursion with Judy or one of her captains, for the winner and a friend. The trip is valued at \$400 (gratuity not included).

DEAR ABBIES

WHAT: Skidaway Abigails Meeting

WHEN: Thursday, Oct. 13, 3:30 p.m.

WHERE: Messiah Lutheran Church

WHAT ELSE: Skidaway Abigails welcomes Maxine Bryant, Ph.D. to discuss "Successful prison reintegration: Why is it so difficult, particularly for Black Americans?" This presentation will help

audience members better understand the "why" behind the present state of our criminal justice system, specifically reintegration of formerly incarcerated people. To learn more about Skidaway Abigails, a nonpartisan organization of progressive women, visit our website at skidawayabigails.org. To join us as a guest (\$10 guest fee) contact chair@skidawayabigails.org.

LANDLOVERS ON THE LINKS

WHAT: Landlovers mixed golf scramble

WHEN: Sunday, Oct. 16, 1:30 p.m.

WHERE: Palmetto

HOW MUCH: \$65/person

CONTACT: Eileen Yost at eileenyrn@gmail.com

WHAT ELSE: Mark your calendar for Landlovers' first golf scramble! Get your foursome or twosome together and we will do the rest. It will be an 18-hole scramble with dinner to follow. If you would like to invite a Landlovers member who is not a member of the club, the guest fee for golf will be an additional \$40.

RIGHT ON

WHAT: Ladies On The Right (LOTR) luncheon meeting

WHEN: Oct. 20; 12 to 2:30 p.m.; Social hour - 12-1; lunch and program - 1-2:30

WHERE: The Landings Palmetto Club

HOW MUCH: LOTR members, \$30; guests, \$40

CONTACT: Visit ladiesontheright.org; Deadline to register is Oct. 17

WHAT ELSE: U.S. Rep. Buddy Carter (R-GA) will be our keynote speaker. Our "Remember to Vote" program will provide information on other candidates running in Georgia's Nov. 8 election. LOTR is a greater-Savannah community leadership organization whose mission is to inform, educate and inspire members to take action on issues that impact our community, country and lives.

ON THE HOUSE

WHAT: Cocktails with Friends

WHEN: Oct. 22 and Dec. 17, 6 to 8 p.m.

WHERE: Members' homes

CONTACT: Becky Dominguez, beckydom61@aol.com, or Connie Rice, csrice1948@gmail.com

WHAT ELSE: Meet new friends by hosting a cocktail party! Cocktails with Friends will arrange it for you, and guests will provide their own cocktails and an appetizer to share. Register with the chairs.

SORORITY SOIREE

WHAT: Kappa Delta Founder's Day/Anniversary Celebration

WHEN: Oct. 25, 6:30 p.m.

WHERE: 5 SPOT in Sandfly

CONTACT: savannahkdac@outlook.com

WHAT ELSE: Savannah area Kappa Deltas are invited to commemorate the founding of our sisterhood 125 years ago.

The Skidaway Island Republican Club invites you to join

Governor & First Lady Kemp

for a fundraising cocktail reception
with passed hors d'oeuvres & open bar

Wednesday, October 26, 2022 at 6:30pm

Palmetto Club at the Landings

1 Cottonwood Drive Savannah, Ga 31411

Minimum suggested donation per couple \$500

Business Casual Attire

Advance Registration Required.

Kindly register before October 24, 2022.

For Questions or to RSVP, contact Chelsey at
RSVP@BrianKemp2022.com or call 770-818-1493

<https://secure.anedot.com/kempforgovernor/skidaway>

Scan below to
RSVP Online:



KEEP KEMP

WHAT: Skidaway Island Republican Club (SIRC) cocktail reception for Gov. Brian Kemp
WHEN: Wednesday, Oct. 26, 6:30 p.m.
WHERE: Palmetto Club Ballroom, The Landings
HOW MUCH: Minimum suggested donation per couple - \$500
CONTACT: guyrandolph@hotmail.com or skidawayislandrepublicanclub.wildapricot.org
WHAT ELSE: Join the governor and first lady for a fundraising cocktail reception with hors d'oeuvres and open bar. Advance registration required by Oct. 24. To register, RSVP@BrianKemp2022 or call Chelsey 770.818.1493.

CHIPPING FOR CHILDREN

WHAT: L9GA Kids Café Charity Golf Tournament and Auction
WHEN: Thursday, Oct. 27, Morning Shotgun followed by Party at Palmetto
WHERE: Landings Courses TBD and Palmetto Ballroom
COST: \$50 to play
CONTACT: Elsa Lindenschmidt, Lindenschmidt.ek@gmail.com
WHAT ELSE: Join us for this annual, fun charity event to raise money for Kids Café of Second Harvest of Georgia. All Landings Club golf mem-

bers are welcome to play and attend the party at Palmetto after.

BIRDS AND PREY

WHAT: Skidaway Audubon presents "Raptors and Reptiles LIVE!"
WHEN: Saturday, Oct. 29, 1 p.m.
WHERE: The Landings Athletic Field, 600 Landings Way
HOW MUCH: Free
CONTACT: friendsofskidawayaudubon@gmail.com
WHAT ELSE: Get up-close looks at hawks, owls and the Georgia Southern University mascot, Freedom the bald eagle, as GSU's Wildlife Education Center brings both of its very popular, fun and educational wildlife programs to Skidaway Island. Cameras are allowed at this family-friendly event, but pets and food are prohibited.

POWER PLANTS

WHAT: Anniversary Celebration
WHEN: Saturday, Oct. 29, 12 noon
WHERE: Pavilion at Skidaway Farms
CONTACT: Simone Heyman, simoneheymanwf-pb@gmail.com; RSVP to 609.923.3599
WHAT ELSE: Come celebrate the first year of A Plant-Based Production. Club membership is not

needed.

HELLO, SAILOR

WHAT: Basic sailing class, sponsored by the Landings Sailing Club
WHEN: Sunday, Oct. 30 - 9 a.m. to 3 p.m.; plus a 4-hour day on the water
WHERE: TLA Meeting Room, 600 Landings Way South
HOW MUCH: \$100, \$25 of which will be refunded if you join TLSC within 30 days
CONTACT: Angela Margolit, 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. Club offers Rhodes 19s and J24s.

GATHERING GROCERIES

WHAT: Second Harvest Packing
WHEN: Friday, Nov. 4 and Friday, Jan. 6, 9 to 11 a.m.
WHERE: America's Second Harvest Volunteer Center; Meet at the Methodist church by 8:15 to carpool
CONTACT: Rebecca Walling, rebeccawalling85@yahoo.com
WHAT ELSE: Four times a year, Landlovers Community Service gets together on Friday

mornings to provide volunteer labor to pack boxes for needy families at America's Second Harvest of Coastal Georgia, a nonprofit food bank and community partnering organization. No skill is required, just a caring heart. We'd particularly like to encourage any men who have time to join us. All are welcome, but participants must be members of Landlovers.

THE COAST WITH THE MOST

WHAT: Coastal Conservation Association of Skidaway November meeting
WHEN: Monday, Nov. 14, 7 p.m.
WHERE: St. Peter's Church
CONTACT: Paulette Hamilton, 610.509.0279
WHAT ELSE: Anne Lindsay from UGA Marine Extension and Georgia Sea Grant will provide an overview of their work with school groups and the public on coastal and ocean science. Raffle prize will be a \$100 gift certificate from BassPro Shop.

SEMPER FI

WHAT: Landing Marine Corps Birthday Ball
WHEN: Friday, Nov. 18; Social hour - 6 p.m., celebration - 7 p.m., followed by music and dancing
WHERE: The Landings Club Palmetto Ballroom
HOW MUCH: To be determined

CONTACT: Please call Bob Longueira at 912.598.2875 for more information
WHAT ELSE: After several years absence due to the pandemic, the Landings Marine Corps Birthday Ball is back. Invitations will be sent out toward the end of September.

FINANCIAL AID

WHAT: AARP Tax-Aide Program needs volunteers
WHEN: Training in Dec. and Jan.; Tax preparation starts Feb. 1 for 10 weeks; hours and days are flexible
WHERE: Chatham SW and Bull Street Libraries
CONTACT: Volunteer coordinator John Gerardi, 912.661.8705 or johngerardi@hotmail.com
WHAT ELSE: This program provides free tax preparation for low- to moderate-income families, as well as the elderly and people with disabilities. AARP Tax-Aide saves underserved individuals/families millions in preparation fees and helps taxpayers claim millions in refunds, which can be used to reduce poverty. Tax preparers will be trained to become IRS-certified. Volunteers are also needed to help with intake/front desk.

LUNCH BUNCH

WHAT: Landlovers Men's Lunch

WHERE: Various restaurants around Savannah
WHEN: To be determined
HOW MUCH: The cost of your own meal
CONTACT: Dick Hughey, dickhughey1@att.net; Jim Smart, smartsville@aol.com; or Rick Armstrong, armstrp@hotmail.com
WHAT ELSE: This is the eighth year of this successful men's activity. Participants must be members of Landlovers.

SEW WHAT?

WHAT: Landlovers Material Girls
WHERE: Skidaway Community Church
WHEN: 3rd Thursday of each month, 3 to 5 p.m.
HOW MUCH: Free but you must be a member of Landlovers
CONTACT: Janet Smart, maxwellsgal@aol.com; Sandra Grant, sandragrant07@comcast.net; or Donna Nicol, dkn777@aol.com
WHAT ELSE: Whether you are an experienced quilter or new to the craft, please join us for some handwork, conversation and networking. Bring a project you are working on, show and tell, or just plan to socialize. Learn about quilt shops in the area and local quilt guilds. All members of Landlovers who are interested in quilting are welcome.

FRIENDS OF CATHEDRAL MUSIC PRESENTS

Sounds of October



THREE CHOIRS
FESTIVAL

OCT.
16



Visiting Artist

VIENNA BOYS
CHOIR

OCT.
30



Join us for these two October performances at the Cathedral Basilica of St. John the Baptist. Tickets on sale now!

SAVANNAHCATHEDRAL.ORG/2022-2023-CONCERT-SERIES

The 24th **KIWANIS** CLUB of **SKIDAWAY** Annual



SATURDAY, NOV. 5, 2022 • 11 a.m. – 2 p.m.
at The Landings Athletic Field (Landings Community Park)
 Parking for non-Landings residents is available at the Skidaway Island United Methodist Church, with **FREE** transportation to/from the event
 Landings residents should use golf carts because car parking is very limited
Questions? Call or text Michael Klavon, 912-306-0474

- Local Restaurants Competing
- Vegetarian Chili Options
- DJ
- Hot Dogs & Sodas
- Golf Cart Raffle and 50/50 Raffle
- Magician
- Petting Zoo
- Face Painting and Much More!

TICKETS
 \$10 in advance
 \$12 day of event
FREE for kids under 8 available from any Kiwanis member or at www.KiwanisofSkidaway.com

STANDARD CLUES*

So this gorilla walks into a bar.....

ACROSS

- 1. Big name in beef cattle
- 6. ___ & Chandon Champagne
- 10. It follows an ace after a deuce (in tennis)
- 14. Direction from the South Pole
- 15. Prefix meaning 'within'
- 16. Rex Stout's ___ Wolfe
- 17. Eugene O'Neill's genre
- 18. Thick slice
- 19. Tons
- 20. **Gorilla to Bartender....**
"I'd like ___"
- 23. Airline whose HQ is in Stockholm
- 24. Prefix for thermal or political
- 25. **Bartender to Gorilla....**
"Here you are, sir, ___"
- 34. Gun the engine
- 35. Premier coffee from Ethiopia (anagram for RAHRA)
- 36. "What time ___?"
- 37. Director Kazan
- 39. 1986 Indy 500 winner, Bobby ___
- 41. Zits
- 42. Panache
- 43. Dawn, in an oater
- 45. Cleo's viper
- 46. **Bartender to Gorilla....**
"I'm surprised we ___"
- 50. Electrically charged particle
- 51. Many M.I.T. grads
- 52. **Gorilla to Bartender....**
"Not at ___!"
- 60. "Milk's favorite cookie"
- 61. 1st-year Harvard Law student
- 62. Acid group that includes glycine (anagram for NAOMI)
- 64. Trudge
- 65. "___ the Explorer" (Kid's TV show)
- 66. ___ Heights, Israel
- 67. Really tiny
- 68. Pitcher with a wide spout
- 69. American ladies' tennis great, Chris ___

DOWN

- 1. &
- 2. Screenwriter, ___ Ephron
- 3. Seize

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
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60						61					62			63
64						65					66			
67						68					69			

- 4. Ultimate
- 5. Tallest menorah candle (anagram for MAS HASH)
- 6. Isolated flat-topped hill
- 7. Lone
- 8. Cheese with a red wax rind
- 9. Trinidad and ___
- 10. Asia Minor
- 11. Place to get a Reuben
- 12. Press
- 13. Words of denial
- 21. Massive blue sky twinkler (anagram for BRATS)
- 22. Bapt. or Meth., e.g.
- 25. Out on a limb, literally
- 26. Aloha, in Pittsburgh
- 27. Pertaining to birds
- 28. Expunge
- 29. O.T. Book before Habbakkuk (anagram for HUMAN)
- 30. Liquid-Plumr™ competitor
- 31. Musical copyright org. (anagram for PACAS)
- 32. Lather, ___, repeat
- 33. Parts of a staircase
- 38. Product of your immune system
- 40. Enticed
- 44. Nobles, as a group
- 47. Old French coin of little value
- 48. Encrypt
- 49. Author of "I, Robot", Isaac ___
- 52. Act like a sot
- 53. Gardner who created Perry and Della
- 54. Inert gas
- 55. Be certain of
- 56. Dry and withered
- 57. Wing-shaped
- 58. Cairo's river
- 59. Protuberance on a tree trunk (anagram for RANK)
- 63. Most populous Can. province

Puzzle answers, page 35

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

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*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@theskinie.com

The Skinnie Classifieds listings are available online at www.theskinie.com

or kmbinc@comcast.

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Suzzette Rosas - Savannah, GA

At 32 weeks pregnant with her third child, Suzzette developed severe preeclampsia and was taken to St. Joseph's/Candler for an emergency C-section. Not long after Dr. Vázquez helped deliver the baby, Suzzette began experiencing chest pain and shortness of breath.



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"I knew I was experiencing major complications but felt I was in great hands with Dr. Vázquez and the entire labor and delivery team." – Suzzette Rosas

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