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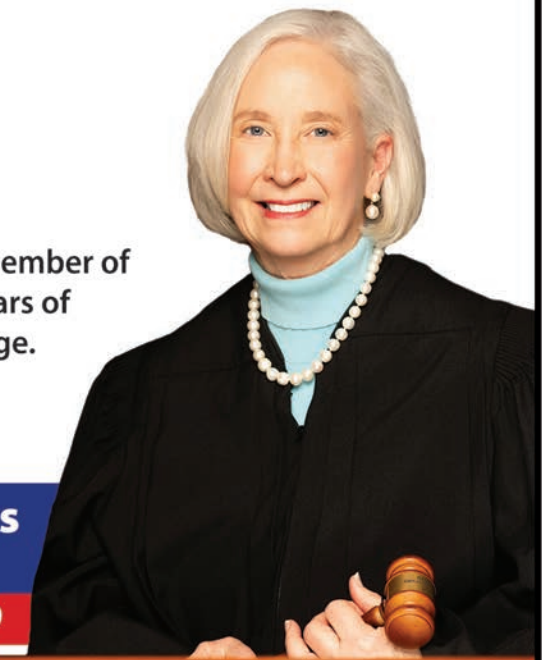
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Upfront

Old dogs. New tricks.

In 1534, Sir Anthony Fitzherbert, a multihyphenate Englishman whose avocations included lordship, judgeship, scholarship, agriculture, and animal husbandry, advanced a thesis that became an oft-used axiom. He wrote, “The dogge must lerne it, whan he is a whelp, or else it will not be. For it is harde to make an olde dogge to stoupe.” Dropping the superfluous e’s of olde English and generally modernizing Fitzzy’s word choices, you get something like, “A dog must learn when he is a new puppy or it will be difficult for him to comply later.” The precursor to “You can’t teach an old dog new tricks.”

Many experts in the field of animal behavior have disputed this inherently pessimistic pronouncement. They believe old dogs are eminently trainable if they are sound of mind and coached by a patient, positive trainer bearing high-value treats. Old dogs aren’t riddled with the excess energy they had as puppies, so they can focus longer, which can be useful in a learning environment.

Alas, people are more complicated than dogs, which might explain why so many humans love their pets unconditionally. This also suggests that we need more than a handful of prospective snacks to spur us to try new and challenging things. But, as a species, we are generally capable of robust cognitive activity through advanced age.

A comprehensive University of Melbourne (Australia) study demonstrated that aging adults (65 to 89) who do not possess dementia biomarkers exhibit episodic memory that improves as they get older. Still, many seniors with “healthy” brains experience increasing “fogginess.” Learning results from a series of choices. We decide how hard we are willing to work to seek knowledge. We opt to suspend fear of failure with respect to the pursuit. And, very importantly, we select our information sources, which predetermines the outcome of the learning process.

We have capacity, but we can be our own worst enemies, as synthesized by Columbia University researcher Margaret Metcalf, who wrote, “Older adults are capable of rallying their attentional resources as well as, and sometimes better than, young adults. But they do so selectively.” For adults with healthy brains, decline in mental acuity might not come down to what we can do — but to a shift in motivation, or what we *are willing to do*.

UC Riverside’s Rachel Wu notes that “Understanding what to learn is difficult when both relevant and irrelevant information compete for attention. Learning relevant information helps the learner achieve goals, whereas learning irrelevant information can waste time and energy.” In other words (mine, not Rachel’s), “Garbage in, garbage out.”

Distinguishing between “good” and “bad” inputs isn’t easy, as a lifetime of experience isn’t easy to ignore. The universe of things we want or believe we need to know narrows drastically, usually based on what has

been important to us in the past. An infant sees everything through wide eyes as excitingly novel. Children explore their environments curiously, assimilating patterns and actively listening to teaching and instruction. But rather than seeking and embracing the unknown, adults exploit their environments by leveraging existing knowledge to shape their circumstances. We use what we already know to our advantage, or as well as we can, to hang on to some sense of utility or self-worth. This would be fine if the world were static, but it’s not. Change is unrelenting and fast.

I teach a college class, and I mentor students who seek my counsel. Invariably, the ambitious ones inquire about the secrets to success. First, I offer a challenge: *Define what success means to you. Recognize that your definition will not perfectly mirror anyone else’s; it’s uniquely your own. Once you understand what you hope to achieve, we can reverse engineer for the best pathway to those things.* Next, I provide only one “secret,” which is anything but a hidden truth. *Focus on the controllable. There is only one thing you can single-handedly control – your effort. Regardless of aptitude or resources, you can outwork everyone else. And effort and outcomes are directly and inextricably linked.*

As mature adults, we’ve strived and struggled for decades. We’re tired. We’d like to rest. But the truth I share with my students is as relevant to my 61-year-old self as it is for them. Growth and comfort rarely coexist without tension. Hence, the phrase: growing pains.

Exercise regularly, even when you don’t feel like doing so, and you’ll remain relatively fit. Choose the short-term satisfaction of relative sloth and you’ll regret it in your twilight years. The mind works like the rest of the body. Use it wisely and strenuously now or lose more of it than you otherwise would when you need it most...when your physical options and movement patterns are limited and you’re left with little but your thoughts. Which is why I’m going to play around with a variety of AI applications this week. My students use them daily, but I have resisted the technology until now. If I continue to kick the can, my 30-years-in-the-future self will be like the people who yell and swear at their perplexing “email machines” now. I hope to never utter the 2050s’ equivalent of “He put a message on my phone and now I can’t get it off” for something I vaguely remember hearing but have no actual idea where or what it is/was.

Most scary things aren’t innately so. It’s their unfamiliarity to us that shroud them in an ominous haze. AI has been around for a long time. My senior thesis in 1986 as an engineering major concentrating on computer-aided design, manufacturing, and robotics was a design for a knowledge-based artificially intelligent system to choose stocks. Suddenly, everyone is talking about AI, partly and ironically because of the hype around AI and stocks. (Sadly, my model didn’t include an algorithmic prompt to buy any company with a link to the subject matter of the project itself.) I remind myself of this to muster the courage to delve into something about which I am again a relative neophyte. If I figured it out then, why can’t I do so again now? Fear is the primary barrier to advancement. Suspend it, and your golden years’ self will be very grateful to the now-you.

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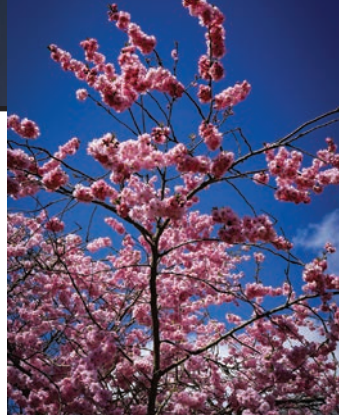
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on the cover:

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EDITOR AND PUBLISHER

Scott Lauretti
slauretti@theskinnie.com

CREATIVE DIRECTOR

Philip Schweier
pschweier@theskinnie.com

ADVERTISING | CONTENT

Jenna Treat Lauretti
jtreat@theskinnie.com

CONTRIBUTING WRITERS

Ellen Bolch, Colleen Edwards,
Ron Lauretti, Roger Smith

STAY IN TOUCH

Skinnie Media, LLC
15 Lake Street, Suite 280
Savannah, GA 31411
912-598-9715

LETTERS TO THE EDITOR

editor@theskinnie.com
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GENERAL INQUIRIES

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

ADVERTISING

sales@theskinnie.com

ART AND STORY SUBMISSIONS

production@theskinnie.com

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A launch from Kennedy Space Center seen over the south end of Skidaway Island.
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The Long Life of the Lanes

By Roger Smith

Savannah is justifiably proud of its 1733 town plan, depicted in Peter Gordon's famous 1734 drawing and still largely intact today. Across three centuries, Savannahians have altered the plan here and there, to be sure, including losing two squares altogether. Yet Oglethorpe would recognize the urban plan: the wards and their centerpieces, the squares; the grid pattern of the streets; the various building lots; and, last but not least, the lanes.

Anywhere else, they'd be called alleys. They are unassuming and awkward, 22.5 feet wide and often cluttered with dumpsters, street litter, and rat boxes. Yet they're vital to the neighborhoods they serve, even if they're usually invisible, and they remain a source of both envy and debate, often because of the real estate found there. Carriage houses, relatively small buildings that answer to and usually belong to the larger ones that front the street, line the lanes.

The lanes are the longest-lasting feature of the town plan. Savannah stopped building squares in the 1850s (the Town Common was all used up by the time of Calhoun and Wesley Wards in 1854, and the city might have stopped anyway since the acre required to place a square in the middle of a new neighborhood never generates tax revenue). But the lane continued to make itself useful as a design element for nearly another century, appearing in neighborhood after neighborhood. Thomas Square and Cuyler-Brownville, Ardsley Park, and Baldwin Park – all streetcar and automobile suburbs – enjoyed the access and convenience the lanes provided. Carriage houses became garages.



Whether or not most Savannahians realize it, the lanes have names, designated for the parallel streets that lie to their north. Busy Bay Street, the east-west thoroughfare that runs in front of City Hall, has a lane just a few feet to the south, between Bay and Bryan Streets, called Bay Lane. Many blocks to the south sits Jones Street, the shady brick avenue where Mrs. Wilkes' Boarding House is found. The back door of Mrs. Wilkes', where honored locals sometimes skip the line, is on Jones Lane.

The lanes themselves, of course, have streets that lie south of them. Bay Lane has Bryan Street to its south, and to the south of Jones Lane is Taylor Street. So these streets, and many others like them in the historic district, do not have namesake lanes. So a carriage house located, for instance, behind a house on Taylor Street will have a Jones Lane address, just like a carriage located behind a residence on Jones Street.

In Savannah's first 150 years, the lanes were often the realm of African Americans. Carriage houses stored carriages, horses, and hay, of course. But these two-story structures also housed the enslaved men who tended the horses. The enslaved slept close to their work. Historian Barry Sheehy exposed a sinister history of the lanes in his 2012 book, *Brokers, Bankers, and Bay Lane: Inside the Slave Trade*. Slave traders' storefronts clustered on East Bryan Street where it borders Johnson Square. But the dealers sensed that Savannahians did not care to see human merchandise in sidewalk-facing windows. Thus, the slave pens were found in Bay Lane. Johnson Square, East Bryan Street, and East Bay Lane became the center of Savannah's slave market: The traders themselves, joined by the banks, brokers, and mortgagors who facilitated the thriving business.



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In a quieter section of Bay Lane, between Habersham and Price Streets, African American children, their books wrapped in newspaper, gathered cautiously at Mrs. Woodson's kitchen for the clandestine purpose of learning to read and write. Throughout the antebellum South, it was illegal to teach people of color to read. Although penalties were severe – fines for white offenders and fines plus public whipping for Blacks – the lanes often were the scenes of hope ignited by literacy.

Across the 20th Century, the lanes have been the settings for the arts and creative living. Jim Holt and his 1980s City Lights theater company made stage magic happen at the York Lane Theatre, located just off Wright Square. Productions of *Burn This* and *Into the Woods* unfolded for small, eager audiences. Holt also hosted an annual Savannah Playwrights' Festival in which locals staged their prize-winning one-act plays.

Residences appeared in the lanes as innovative property owners and designers realized that restored carriage houses offered tiny but elegant homes less expensively than the main houses facing the streets. Ground floor rooms, their low ceilings notwithstanding, rendered jewel-box living and dining rooms, while one or two bedrooms upstairs felt like aeries with open windows and garden views, separated, at least a bit, from the noise of the streets.

But lanes can sometimes create controversy. Around 2000, Telfair Museums supporters advocated to expand the historic art museum with the modern Jepson Center for the Arts. Controversy erupted, of course, over architect Moshe Safdie's largely glass façade, which nearly

vanished at the gateway into Telfair Square. Naysayers wished for a more substantial front to the new museum, and they secured some concessions. But the real dispute was not the façade; it was York Lane. The back of the Jepson Center along Barnard Street had twin footprints on two sets of house lots, separated by the lane. The price of a seamless interior experience was a massive, low, second-floor connection of the two structures. But city planners pointed out the problem of creating a virtual street-level "tunnel" of York Lane, threatening the town plan in spirit, if not in actual fact. Four redesigns and more than \$1 million later, the solution came in "invisible" glass catwalks, situated high above the lane, to connect the north and south buildings. Advocates of the original Jepson design swallowed a bitter pill by looking directly across Barnard Street where the Juliette Gordon Low Federal Complex – sometimes disrespected for its tile exterior – also affected York Lane. But it didn't merely bridge the lane; it completely blocked it. If it was outrageous to subject Telfair planners to the time and trouble required for lane sensitivity, then how could the Low Complex have gotten away with this travesty just across the street? The answer: Federal and state entities are not subject to local ordinances.

Bickering over the proper use of lanes continues. The Oglethorpe Plan Coalition, Inc., formed in 2023 to safeguard the town plan, protested in particular a new three-story home to be built facing Barnard Street but occupying a parcel on a lane. Architecturally unrelated to the ostensibly dominant structure fronting the street to the north, and under separate ownership, the proposed home towered over the nearby house and appeared, mini-mansion-style, where in other times a carriage house would have stood. The Coalition was unsuccessful in halting construction.

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Proof, perhaps, that “lane chic” has reached its apex in Savannah is the Perry Lane Hotel. It’s reminiscent of at least two Park Lane Hotels (one in London, one in New York), suggesting quaint seclusion. The Perry Lane, two multi-story buildings, features neo-cobblestone paving at its two front doors, which are situated sufficiently close to their respective curbs as to give the illusion of an exclusive thoroughfare where guest drop-offs and valet parking are the orders of the day. Careful observers note, however, that the Perry Lane Hotel is not on Perry Lane at all, but on Perry Street. Some tax-paying Savannahians seek opportunities to drive on Perry Street between Drayton and Abercorn, even when they have no business at the Perry Lane Hotel.

Savannah pays attention to both its history and its structural integrity, twin concerns that converge in any examination of the lanes. As Savannah becomes increasingly popular and real estate prices climb, it’s likely that urban planning challenges will become more acute and that guarantors of the 1733 city will stay busy.

Roger Smith is a native of Savannah and a student of its history and urban plan. He directs the Learning Center at Senior Citizens, Inc., Savannah’s lifelong learning program for older adults. To learn more, visit www.seniorcitizensinc.org/the-learning-center or call 912.236.0363.

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The HEART of the Matter

The Importance of Advanced Care Conversations

According to the American Heart Association, approximately 6.7 million American adults age 20 and older are currently living with heart failure. By 2030, that number is expected to rise to more than 8 million, largely due to our aging population and advances in medicine that help people survive longer with chronic disease.

Heart failure does not mean the heart has stopped; it means the heart is no longer able to pump blood effectively. The condition is chronic and progressive, and there is currently no cure. In 2023, heart failure contributed to approximately 450,000 deaths in the U.S. It is the leading cause of hospitalization for adults over 65, carrying an enormous financial burden. It costs billions each year in medical treatment and lost productivity.

Patients in advanced heart failure (often referred to as stage 4 or end stage) may experience symptoms even while resting. Families and caregivers should be aware of warning signs that suggest advanced disease:

- Two or more hospitalizations within 12 months
- Inexplicable change in weight
- Inability to perform basic daily activities
- Increasing fatigue and shortness of breath at rest

Unlike some illnesses that feature steady decline, heart failure often follows an up-and-down course. Patients may be hospitalized, stabi-

lize, and then decline again. They often feel caught between repeated remediation and uncertainty about what comes next. This unpredictable pattern makes it difficult for physicians to determine whether a patient is eligible for palliative care or should be referred to hospice.

Many people mistakenly think palliative care and hospice are the same; they are not. Hospice is generally reserved for patients with a life expectancy of six months or less who are no longer pursuing curative treatment. The median survival for heart failure patients after hospice enrollment is only 11 to 12 days. Approximately 20 to 25 percent die within three days of enrollment.

Palliative care's primary focus is on symptom relief, quality of life, and support at any stage of a serious illness. Some people may interpret this as "giving up," but it can coexist with curative or life-prolonging therapies that manage heart failure. In fact, research shows it can improve quality of life and may even extend survival. Patients are not forced into an "either/or" decision between treatment and comfort.

Heart failure requires not only excellent cardiology care, but proactive planning and compassionate support. One of the most concerning realities is how few patients with advanced heart failure receive supportive community-based care. The data is sobering:

- 44 percent of patients with stage 4 symptoms (even at rest) have a six-month life expectancy.
- 64 percent of those with advanced heart failure live only one year.

By Ellen Bolch

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How Heart Failure Affects the Body

- Shortness of Breath
- Cough
- Rapid Heartbeat
- Chest Pain
- Weight Gain
- Nausea/ Loss of Appetite
- Leg or Ankle Swelling
- Nighttime Urination
- Fatigue

- Approximately 4-5 percent of patients with end-stage heart failure are referred to hospice upon hospital discharge, even though life expectancy at this stage is often between six months to two years.

- Less than 50 percent of heart failure patients utilize palliative or hospice services, and often only in the final days of life.

Many patients are referred to palliative care very late. Too often, families fear that seeking supportive care means losing their cardiologist or stopping meaningful treatments. By waiting until the final days to explore supportive services, precious time has been lost, and they miss the opportunity for months of palliative care and support that could ease their loved one's suffering and improve quality of life.

When palliative care is delivered in the home, patients often feel secure, empowered, and at peace. As a community, we must normalize discussions about advanced heart failure care – not as surrender, but as an act of strength. Early conversations about advanced care options offer patients:

- Greater control
- Better symptom management
- Fewer emergency hospital visits
- Improved quality of life
- More meaningful time with loved ones

Education reduces fear. Conversations prevent crisis. And timely, compassionate care preserves dignity. If you or someone you love is living with advanced heart failure, do not wait for another hospitalization to begin the conversation.

Ellen Bolch is the founder of THA Concierge Care, which provides compassionate, home-based support enhanced by cutting-edge technology that allows physicians to remain closely connected to patients.



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Recently, developments in medical oncology have enhanced physicians' abilities to individualize treatment. "It is personally very gratifying to participate in the care of patients with tumors amenable to treatment with targeted therapy," says Stephen "Drew" White, MD, of Summit Cancer Care. "These therapies are often more effective and far less toxic than traditional chemotherapy."



Dr. Stephen "Drew" White

TARGETED THERAPY

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IMMUNOTHERAPY

Just as a masked bandit avoids getting caught by concealing his face while robbing a bank, some cancer cells have a genetic makeup that hides their identities from the immune system. The introduction of immunotherapy restores the immune system's advantage in this fight and is making a difference in advanced malignancies.

"Unlike targeted therapies and chemotherapy, cancer immunotherapy does not directly attack cancer cells," White says. "Instead, these medications 'unmask' malignant cells, allowing these cells to be recognized and attacked by the patient's immune system."

INDIVIDUALIZED TREATMENT

For some patients, conventional chemotherapy is still the most appropriate treatment. For this, they will receive comprehensive support from the physicians and staff at the Nancy N. and J.C. Lewis Cancer and Research Pavilion (LCRP). "Treatments with chemotherapy can be accompanied by various physical, emotional, social, nutritional, and other challenges," says White. "All of these needs are addressed collectively at the LCRP by a team variably consisting of medical and

Crystal Horton Receives 33rd Annual McAuley Award

When Crystal Horton heard her name announced at the 2026 McAuley Award ceremony, she was frozen for a moment in total surprise. "I wanted to go under the table and hide!" Horton exclaims.

St. Joseph's/Candler President and CEO Paul P. Hinchey made the announcement at a special ceremony at St. Joseph's Hospital.

"St. Joseph's/Candler has so many brilliant, exceptional co-workers that deserved this award ahead of me," says Horton. "I think of this award as proof that God can use even the most seemingly unlikely people to accomplish His will and purposes."

Horton was one of the 130 St. Joseph's/Candler co-workers across more than 55 health system departments who were nominated by their peers for the annual award. Testimonials about Horton from co-workers tell a story of a colleague very deserving of recognition. Horton is considered an unsung hero, often behind the scenes (or the counter) as a pharmacist at the Candler Prescription Center on the Candler Hospital Campus. She is known for going above and beyond with patients, physicians, and co-workers, and providing the kind of attention and care that makes everyone she interacts with feel special.

"I thank God for the special gift of practicing at St. Joseph's/Candler every day," Horton says. "Helping my patients makes me so happy. I would like to honor Bill Bowers for hiring me and giving me this amazing opportunity. I also want to thank my manag-



St. Joseph's/Candler President and CEO Paul P. Hinchey welcomes Crystal Horton to the podium to accept the 2026 McAuley Award.

er, Wesley Turner, who inspires me with the way he leads our team."

When not working in Savannah, Horton returns to help on her family's farm in Rhine, Georgia, where she grew up. Family members say that from an early age she was a hard worker who took on a tough task and then moved right on to the next one. She wanted to be a pharmacist for as long as they could recall. Horton has a giving spirit. She frequently volunteers to help with fundraisers for the Humane Society and the American Red Cross.

The McAuley Award is named in honor of

Catherine McAuley, who founded the Sisters of Mercy to bring education, healthcare, social justice, and spiritual guidance to those in need. As its 33rd recipient, Horton will have her name and image added to the bronze McAuley plaque displayed in the lobbies of St. Joseph's and Candler Hospitals.

While she didn't hide under the table at the ceremony, Horton is still grateful to be behind the scenes in her daily work. "Honestly, I pray others never see me but instead see the love in my heart and know the one true source of that love," she said. "May God be glorified in us taking care of each other.

radiation oncologists, surgeons, palliative care specialists, social workers, nutritionists, and nurse navigators."

It all comes back to the essential principle of individualized treatment, or what is more broadly known as precision medicine. White

believes the next five years in oncology will be dominated by an increasing arsenal of drugs that specifically target abnormal cancer gene expression. "It is encouraging to see a subset of patients who respond well to immunotherapy and can maintain a response to this form of treatment for years, or possibly indefinitely," he adds.

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PERSONAL SPACE

Making Your New Home Your Own

There's something to be said about making your new home your own, especially before you move in. A few strategic renovations let you walk into a space that already feels comfortable, familiar, and truly yours from the very first day.

"Moving into a new home can elicit multiple feelings – excitement, joy, and relief," says Lauren Dutko, health and wellness navigator at The Marshes of Skidaway Island.

The Marshes is known for blending relaxed island living with a close-knit community atmosphere. "Moving is a big transition," Dutko acknowledges. "It's exciting, but it can be stressful, too."

Eric Dudasko, executive director at the Marshes explains, "Adding personal touches to your new space before the move can make the transition feel exciting and help you settle in comfortably."

Dutko adds, "It also increases emotional wellness by reaffirming ownership and autonomy." That sense of control can bring added comfort and reassurance during a period of change.

COMFORT, SAFETY, AND COORDINATION

Coordinating renovations is a challenge for anyone. Managing multiple contractors, overseeing a budget, dealing with new technology, and understanding technical details like electrical load limits and plumbing constraints can be mentally exhausting. Layered on top of an already significant life transition, such complexity can amplify stress.

Marshes residents Catherine and Jim Ruhl decided early on that they would renovate their new home before moving in to create a sense of place. But their timeline coincided with an unexpected challenge. "We moved into the Marshes during COVID," Catherine explains.

"Adding personal touches to your new space before the move can make the transition feel exciting and help you settle in comfortably."

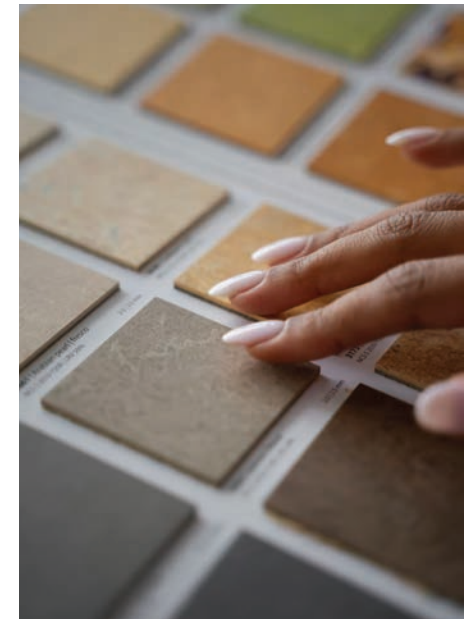
– Eric Dudasko, executive director of The Marshes of Skidaway Island



During the pandemic, the Ruhls shopped for items to complete the renovation, from light fixtures to furniture. Because much of their shopping was online and they were in the thick of the renovation, they expected a deluge of deliveries they couldn't store. However, they had help. The Marshes offers a unique option rarely found in similar communities – renovation services and a dedicated renovation specialist. The program provides a structured, supportive way to personalize your home before move-in, with coordinated planning, clear estimates, and organized scheduling.

For Catherine, working closely with her renovation specialist provided a solution to her storage challenge. "He said if I sent all these items to him, he would store them," she recalls. "And when it was time to use them, he would access them from his storage. A huge relief!"

A renovation specialist serves as the point person for residents pursuing renovation projects. Working closely with each resident, the specialist guides the customization process to help residents shape a home into one that reflects their style and the way they want to live.



By Colleen Edwards

www.theskinnie.com

TheSkinnie VOL. 24 ISSUE 08 – 21



Discover DayBreak

on Skidaway Island



Brought to you by **Senior Citizens Inc., THE Experts in Aging since 1959,** DayBreak is a respite care center providing temporary relief for families and/or caregivers offering professional care for their loved one in a safe and engaging environment.

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Get a Glimpse of Life at the Marshes

If you'd like a glimpse of life at the Marshes, join us for the Landlovers Tour of Homes on Saturday, May 2. Start your day off right with a complimentary 9 a.m. continental breakfast at the Marshes, followed by a tour of two residences showcasing beautifully renovated and customized spaces, each a unique reflection of its owner(s). You must purchase a ticket to attend. Visit landingslandlovers.com to register and purchase your ticket.

"A renovation specialist transforms what can feel like an overwhelming process into a seamless, enjoyable experience," explains Colleen Edwards, director of marketing and sales at the Marshes. "From guiding you through the standard selections to helping you confidently choose the custom finishes that make your space uniquely yours, they simplify every decision along the way."

The specialist understands design possibilities and the community's construction guidelines. Their role often extends beyond logistics to include selecting finishes and materials and incorporating current design trends, modern touches, and thoughtful upgrades that make a space feel both contemporary and personal. They help residents explore options with confidence while keeping the process organized and manageable. Renovation specialists gather personal selections, prepare estimates, secure bids, if needed, and review final costs with residents for approval.



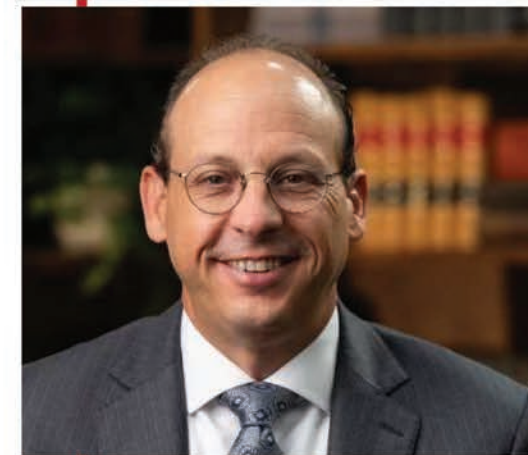
SKIDAWAY ISLAND REPUBLICAN CLUB PRESENTS:

PRESIDENTS RECEPTION AND THE ANNUAL DINNER

May 4, 2026 • Palmetto Club Ballroom

1 Cottonwood Lane, Savannah GA

Doors open at 5 p.m.; dinner starts at 6 p.m.



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A bountiful buffet featuring salads, deviled eggs, carved beef tenderloin, fried chicken, salmon, sides, desserts, and passed appetizers including lollipop lamb chops. Wine served with dinner

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SMALL CHANGES, BIG IMPACT

Another important part of the conversation is balancing style with safety, which was also a concern for the Ruhls. Their renovation specialist advised them on updates to ease Catherine's mind. "We ended up with extra grab bars, pull-out shelves on our bottom cupboards, extra outlets, closet adaptations, and so many wonderful things to keep us safe," she says.



Don Trahan

Some of the most impactful changes are often the simplest, explains Don Trahan, a renovation specialist at the Marshes. "Think about replacing obstacles like room transitions with continuous flooring," he suggests. "It creates a smoother flow throughout the home while maintaining a cohesive look."

Open floor plans help create a contemporary, airy feel that works well with today's design preferences.

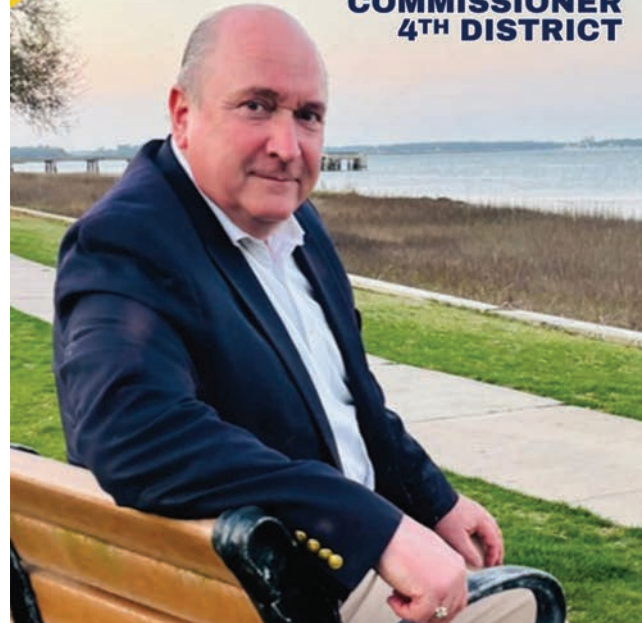
The renovation specialist program provides a structured, supportive way to personalize your home before move-in, with coordinated planning, clear estimates, and organized scheduling. The result is a streamlined process that allows residents to focus on designing a home that fits their tastes, interests, and lifestyle from day one.

Colleen Edwards is the director of marketing and sales for The Marshes of Skidaway Island.

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Shooting for the Moon

ARTEMIS II

They Serve by Ron Laretti

Four astronauts completed the first lunar orbit in more than 50 years. Artemis II began its 10-day mission on April 1 at 6:35 p.m., launched from Kennedy Space Center in Florida. The mission was to gather data and test the latest generation of equipment for eventual return to the moon and beyond. The Artemis II crew named their Orion spacecraft *Integrity*, to reflect foundational values of trust, respect, candor, and humility across the large, multidisciplinary team working towards mission success.

Inside *Integrity*, the four-person crew consisted of

- **Commander Reid Wiseman** (50) a former Navy aviator and test pilot. The Baltimore native earned a bachelor's degree in computer and systems engineering from Rensselaer Polytechnic Institute in 1997. He was commissioned through the Naval ROTC program. In 2006, while on active duty, he received his master's degree in systems engi-

neering from Johns Hopkins University. In 2009, he was chosen for astronaut training, serving as a flight engineer aboard the International Space Station (ISS) from May to November of 2014.

- **Pilot Victor Glover** (49) is a former Navy pilot from Pomona, California. He received an engineering degree from California Polytechnic Institute, and three master's degrees from three different institutions – flight test engineering from the Air University of the U.S. Air Force; systems engineering from the Naval Postgraduate School in Monterey, California; and military operational art and science from Air University. Beginning in October of 2020, he served aboard the ISS as systems flight engineer from October 2020 for more than six months.

- **Mission Specialist Christina Koch** (47) grew up in Jacksonville, North Carolina. She graduated from North Carolina State University in 2001 with degrees in electrical engi-

neering and physics, followed by a master's in electrical engineering in 2002. Before joining the NASA Astronaut Corps, Koch worked at the Goddard Space Flight Center and served as station chief for the National Oceanic and Atmospheric Administration's American Samoa Observatory. Koch completed her NASA training in July of 2015, and on March 14, 2019, she launched to the ISS. Due to reassignment schedules, her mission was extended to February of 2020. She returned to Earth after 328 days in space – the longest single continuous spaceflight by a woman.

- **Mission Specialist Jeremy Hansen** (50) of London, Ontario, is a Royal Canadian Air Force colonel and a member of the Canadian Space Agency. Hansen attended the Royal Military College in Kingston, Ontario, where he completed a bachelor's degree in space science in 1999 with first class honors. The following year, he completed his master's in physics from the Royal Military College. An astronaut since 2009, he is the first Canadian to fly to moon.

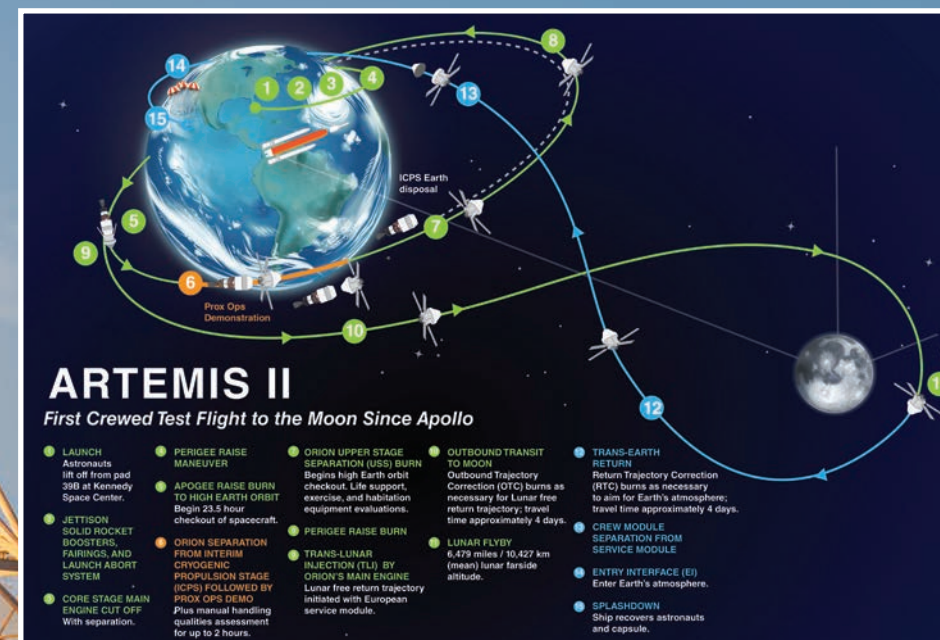
Astronaut training is predictably demanding. NASA typically seeks candidates with advanced degrees in science or engineering, though it is not required. Physically, they must be in good shape, with good eye-hand coordination and manual dexterity. Crew space aboard the ISS and Orion capsule is cramped, so astronauts need to be comfortable in a small, restricted area with their fellow crew members. Training includes intensive instruction in ISS systems, spacewalks, and robotics.

The Artemis II crew spent the first two days of the recent mission in high Earth orbit conducting checks on *Integrity's* life support, propulsion, navigation, and communications systems. When complete, the



ABOVE: Clockwise from left: NASA astronauts Christina Koch, Victor Glover, Canadian Space Agency Astronaut Jeremy Hansen, NASA astronaut Reid Wiseman.

OPPOSITE PAGE: Artemis II lifts off from the Kennedy Space Center



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spacecraft's main engine fired its translunar injection burn, sending the spacecraft on an intercept course with the orbiting moon.

On their sixth day in space, the crew came closest to the moon and reached its greatest distance from Earth – 252,756 miles, farther than any flight in history. The vessel looped around the moon at a lunar altitude of approximately 4,000 miles to test life support systems and critical operations, paving the way for future lunar landings. Crew members were able to clearly discern the original Apollo 11 landing site. During the fly-by, the crew observed two unnamed craters, proposing they be named "Integrity," after their spacecraft, and "Carroll," after Wiseman's late wife, who died of cancer in 2020.

After completing the lunar flyby, the *Integrity* continued its return trajectory, including a series of brief correction burns to refine the flight path toward Earth, achieving speeds greater than 25,000 miles per hour. The crew enjoyed off-duty periods for rest ahead of final preparations for eventual re-entry into Earth's atmosphere and splash down.

Integrity re-entered the atmosphere at about 24,600 miles per hour



Digital rendering of the Orion spacecraft during trans-lunar injection, sending Artemis II to the moon.

before decelerating. The mission called for a steep trajectory to limit heat shield erosion. Two drogue parachutes were deployed to reduce the craft's speed, decreasing friction and allowing the heat shield to cool down from re-entry temperatures of up to 5,000 Fahrenheit. Mid-descent, three larger parachutes opened to soften landing impact. The crew splashed down approximately 50 nautical miles southwest of San Diego, within a mile of the target, at 8:07 p.m. EST, just as planned by Mission Control.

All four astronauts were in great spirits and appeared to be in good health as they were transported by helicopter to the waiting *USS John P. Murtha* to begin their readjustment to Earth following their 700,237-mile journey.

After crew recovery, the Orion capsule was drawn into a cradle in the Murtha's well deck and transported to Naval Base San Diego for eventual transfer to Kennedy Space Center for inspection, data retrieval, and post-flight processing. As NASA personnel and the scientific community gather data from the mission, the crew is enjoying a warm reception from the public – a celebration of an ambitious mission accomplished.

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CINEMATIC SYMPHONY

WHAT: Savannah Wind Symphony's annual POPS concert: "Stage and Screen"

WHEN: Sunday, April 26, 3 p.m.

WHERE: Fine Arts Auditorium of Georgia Southern University - Armstrong campus

HOW MUCH: General admission, \$20;

military, \$15; under 18, \$10

CONTACT: SavannahWindSymphony.com for more info

WHAT ELSE: Enjoys music from your favorite films, including *Schindler's List*, *Silverado*, and *The Wizard of Oz*.

**IN CHAMBERS**

WHAT: Chamber music performance

WHEN: Wednesday, April 29, 5 p.m.

WHERE: Skidaway Community Church, 50 Diamond Causeway

HOW MUCH: Free

CONTACT: Sheryl Acheson, 503.312.6023

WHAT ELSE: Pianist Andrew Armstrong will be joined by Yoonah Kim, winner of the international George Gershwin competition, and classical accordionist Ryan Corbett, who performed at King Charles III's Scottish coronation.

PIANO MAN

WHAT: The Arts at Messiah, featuring award-winning pianist Derek Hartman

WHEN: Friday, May 8, at 7 p.m.

WHERE: Messiah Lutheran Church, 1 W. Ridge Rd.

HOW MUCH: Free and open to the public, but a suggested donation of \$20 per person is appreciated

CONTACT: 912.598.1188, Monday-Friday mornings

WHAT ELSE: In 2025, Derek Hartman was awarded First Prize in the prestigious 17th International Beethoven Piano Competition in Vienna, becoming the first American-born musician to receive top honors in the event's 60-year history. He has performed on stages across the U.S. and Europe. Program includes works by Bach, Beethoven, Ravel, and Brahms.

island hopping

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

HEAR GREAT SPEAKERS

WHAT: Kiwanis Club of Skidaway

WHEN: Thursday mornings at 8 a.m.

WHERE: Palmetto Club

HOW MUCH: Free to attend, including any refreshments, which includes coffee/tea (compliments of Morgan Stanley) and occasional pastries from Auspicious Bakery.

CONTACT: Michael Klavon, 912.306.0474 for gate pass

WHAT ELSE: Membership is open to Savannah/Chatham area residents. Visit www.kiwanisofskidaway.com for more information.

WHO NEW?

WHAT: New Neighbors

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

CONTACT: Visit our website or email vplandingsnewneighbors@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.

PLACE YOUR BIDS

WHAT: Landings Garden Club annual online auction

WHEN: Now through April 26

WHERE: Please visit landingsgardenclub.com for the QR code and auction hyperlink

HOW MUCH: Free to browse and bid; items awarded to highest bidder

CONTACT: Gayle Ridgway, 508.922.7539

WHAT ELSE: Featured items include a 60-minute massage; a spring gift basket from Sandfly Florist; and an original marsh landscape painting. Proceeds will support conservation and education initiatives across Coastal Georgia.

SATURDAY STROLL

WHAT: Early Bird's Heart of the Historic District 90-minute walking tour

WHEN: Saturdays, April 25, and May 2, 9, 16, 23, 30, at 8 a.m.

WHERE: Begin and end at Green-Meldrim House on Madison Square

HOW MUCH: \$26.50 per person

CONTACT: Jamie Credle, jcredle@greenmeldrimhouse.org, 912.233.3845

WHAT ELSE: Step into spring with a guided walk through Savannah's most beautiful architecture. Led by the GMH Director, this tour explores historic buildings, gardens, and stories of preservation that continue to shape the city.

The tour concludes with coffee and treats on the porch overlooking the parterre garden. Tickets at greenmeldrimhouse.org.

TEAR IT UP

WHAT: Shredding to benefit Safe Shelter

WHEN: Saturday, April 25, 9 a.m. - 12 noon

WHERE: Skidaway Community Church, 50 Diamond Causeway

HOW MUCH: Your freewill donation provides support for victims of domestic violence and abuse

CONTACT: Please visit skidcc.org for more details.

WHAT ELSE: This annual spring event is an opportunity for Skidaway neighbors, friends, and visitors to dispose of paper documents in a safe, confidential, and convenient manner. Shredding stations provided by Seacoast Security Shredding of Bluffton, S.C. Staples and paper clips are accepted but no 3-ring binders.

WORDS AND PICTURES

WHAT: Spring Book and Art Sale

WHEN: Saturday, April 25, 10 a.m. - 2 p.m.

WHERE: The Village Library, 1 Skidaway Square

CONTACT: Questions? Contact the library at 912.598.1183

WHAT ELSE: Don't miss this opportunity to discover hundreds of books from various genres at bargain prices for readers of all ages. The event includes exhibits by members of the Landings Art Association, local authors available to meet and greet, and kids' activities.

SHELLFISH SHOWCASE

WHAT: "Ocean to Table: Shrimp"

WHEN: Saturday, April 25, 11 a.m. - 12:30 p.m.

WHERE: UGA Marine Education Center and Aquarium, 30 Ocean Science Circle

HOW MUCH: \$35

CONTACT: gacoast.uga.edu/events/ or Cindy Lingeback at calingeb@uga.edu or 912.598.2344

WHAT ELSE: Kids and adults will enjoy fun shrimp-themed activities, including a shrimp peeling race. The program wraps up with a cooking demonstration led by our in-house chef, Earl Jones, followed by lunch featuring a delicious local shrimp dish.

SEAS THE OPPORTUNITY

WHAT: The Landings Garden Club meeting and program

WHEN: Monday, April 27 - 9:15 a.m. social, 10 a.m. meeting, 10:45 program

WHERE: Messiah Lutheran Church, 1 W Ridge

www.theskinnie.com

Rd.

CONTACT: Joni, 925.787.9800 or joni-bro2022@outlook.com

WHAT ELSE: Danielle Oxman and Sarah Porter of Gray's Reef National Marine Sanctuary will share how the sanctuary supports fishing, diving, and boating, while its rare no-take zone drives critical research on water quality, ocean noise, hurricanes, and climate change.

CUPS AND CAKES

WHAT: Tea Time at the Meldrims

WHEN: Mondays, April 27, and May 11, 18, 25, at 4:30 p.m.

WHERE: Green-Meldrim House on Madison Square

HOW MUCH: \$22.66

CONTACT: Jamie Credle, jcredle@greenmeldrimhouse.org, 912.233.3845

WHAT ELSE: Enjoy an early-20th Century tea with friends of the Meldrim family, with convivial conversation and delicious treats. Tickets available at www.greenmeldrimhouse.org.

OPEN HOUSE

WHAT: Green-Meldrim House and St. John's Church Tour with refreshment on the porch

WHEN: Wednesdays, April 29, and May 6, 13, 20, and 27 at 4 p.m.

WHERE: Green-Meldrim House on Madison Square

HOW MUCH: \$26.50 per person

CONTACT: Jamie Credle, jcredle@greenmeldrimhouse.org, 912.233.3845

WHAT ELSE: St. John's Church and Green-Meldrim House offer a study in mid-19th Century architecture and urban planning. Expert docents will explain how the buildings' uses and interiors have evolved over the years. Attendees must be able to walk up and down stairs. Enjoy refreshments on the porch overlooking Madison Square afterward. Tickets are limited; reservations recommended, available at www.greenmeldrimhouse.org.

HOME RUN

WHAT: Landlovers Tour of Homes

WHEN: Saturday, May 2, 10 a.m. - 4 p.m.

WHERE: 10 homes in the Landings and 2 at the Marshes

HOW MUCH: \$60

WHAT ELSE: Get a behind-the-door look at new construction, completely renovated homes (with before pictures), gorgeous views, and homes that showcase personal style. Tickets are limited, and available at www.LandingsLandlovers.com.

GAME CHANGERS

WHAT: Bingo and Bubbly Brunch benefitting

www.theskinnie.com

SAFE Shelter Center for Domestic Violence Services

WHEN: Sunday, May 3, 11:30 a.m.

WHERE: Palmetto Club

HOW MUCH: General admission, \$115

CONTACT: Kathryn Bostwick; kbostwick@safeshelter.org or 912.480.0878 or visit <https://safeshelter.goodworldnow.com/p/bingo-and-bubbly-2026>

WHAT ELSE: Bingo and Bubbly offers a delicious brunch, bottomless beverages, 10 lively rounds of bingo with fantastic prizes, a special presentation, and exciting raffle prizes. Join us for this fabulous event as we raise important funds that will allow us to continue our mission to prevent, protect, and promote change.

BETWEEN THE LINES

WHAT: Author Conversation Series

WHEN: Monday, May 11, 5 - 7 p.m.

WHERE: The Village Library

HOW MUCH: Free to all Skidaway residents

CONTACT: Please contact the library at 912.598.1183

WHAT ELSE: A wine-and-cheese reception hosting Savannah author Steve Vesce and his novel, *One Ordinary Man*. The event includes a presentation by the author, Q&A, and book signing.

SHELL GAME

WHAT: "From Farm to Reef: Oyster Aquaculture and Restoration"

WHEN: Tuesday, May 12, 9 a.m. - 12:30 p.m.

WHERE: UGA Marine Education Center and Aquarium, 30 Ocean Science Circle

HOW MUCH: \$30

CONTACT: gacoast.uga.edu/events/ or Cindy Lingeback at calingeb@uga.edu or 912.598.2344

WHAT ELSE: Explore Georgia's oyster aquaculture efforts by touring the UGA Shellfish Research Lab and traveling by boat to oyster farms in the Bull River.

THE RIGHT STUFF

WHAT: Ladies on the Right May luncheon and meeting

WHEN: Thursday, May 21. Social 12 p.m., lunch and speaker, 12:30

WHERE: Palmetto Club at the Landings

CONTACT: Please visit www.ladiesontheright.org

WHAT ELSE: Speaker will be Joseph A. Morris, former assistant attorney general of the US and current chairman of the Heartland Institute.

MAIDEN VOYAGE

WHAT: Sister Sunset Sail

WHEN: Monday, June 1, 6:30 - 8:30 p.m.

WHERE: Landings Harbor Marina

HOW MUCH: \$50

CONTACT: panhellenicsavannah@gmail.com for a registration form

WHAT ELSE: Private charter includes picnic fare, wine, and beverages. Last date to register is May 11 or until sold out. Event is open to all area sorority women.

WATER WORLD

WHAT: World Ocean Day

WHEN: Saturday, June 6, 10 a.m. - 5 p.m.

WHERE: UGA Marine Education Center and Aquarium, 30 Ocean Science Circle

HOW MUCH: Free

CONTACT: gacoast.uga.edu/events/ or Cindy Lingeback at calingeb@uga.edu or 912.598.2344

WHAT ELSE: Dive into a full day of ocean-themed activities, including art projects, games, and hands-on science. The UGA Aquarium will be open to visitors free of charge.

SEA-PLUS

WHAT: Value-added summer programs

WHEN: Tuesday - Friday in June and July, 10-10:30 a.m.

WHERE: UGA Marine Education Center and Aquarium, 30 Ocean Science Circle

HOW MUCH: Included in admission

CONTACT: gacoast.uga.edu/events/ or Cindy Lingeback at calingeb@uga.edu or 912.598.2344

WHAT ELSE: Visitors will have special opportunities to see ambassador turtles, hold marine invertebrates, do fun crafts, and watch the animals get fed. Each day is a new program.

BEHIND THE SEA-NS

WHAT: Behind the Scenes Aquarium Tours

WHEN: Wednesdays in June and July, 2-3 pm

WHERE: UGA Marine Education Center and Aquarium

HOW MUCH: \$15

CONTACT: gacoast.uga.edu/events/ or Cindy Lingeback, calingeb@uga.edu or 912.598.2344

WHAT ELSE: Participants will tour areas that are not typically open to the public, as aquarium staff demonstrates what it is like to care for our ambassador animals.

HABITAT HELPERS

WHAT: Habitat for Humanity volunteers wanted

WHEN: 8:30 a.m. - 3 p.m., Tuesdays and

Wednesdays, possibly Thursdays

WHERE: locations vary

CONTACT: Beth Heddleson, 912.353.8122, ext. 109

WHAT ELSE: Prior experience is not necessary. Many volunteers learn on the job and only do whatever they feel comfortable with. Tools are provided.

ACROSS

- 1. Word from among the congregation
- 5. Daughter of Spain's King Juan Carlos
- 10. The others
- 14. Capital of Italy, to Italians
- 15. Point of a fable
- 16. Raise, as an anchor
- 17. Cradle alternative
- 18. Deep, low voices
- 19. Horizontal fence post
- 20. In seventh heaven
- 23. Vehicle with an aisle
- 24. Catch
- 25. *Bleak House* girl
- 28. Hymn book
- 32. Word yelled to halt a street hockey game
- 35. Arm bones
- 37. Like some circumstances
- 38. Jason's mythical ship
- 39. Weight gain, of a sort
- 42. Container for a spicy stew
- 43. Turkish honorific (var.)
- 44. Overdo, onstage
- 45. Loaf at the deli
- 46. Worried
- 48. Painter Rauch
- 49. Flaxseed byproduct
- 50. Post-wedding title
- 52. Hit a new low?
- 61. Surroundings
- 62. Willing to face danger
- 63. Capital formerly known as Christiania
- 64. Have a sudden inspiration?
- 65. Noted Swiss mathematician (1707-83)
- 66. Castaway's clothing
- 67. "No" voter
- 68. Ones skilled in divination
- 69. Historic blocks of time

DOWN

- 1. With the bow, in music
- 2. Early hours
- 3. Discharge
- 4. Big wheel

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
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52	53	54				55	56	57				58	59	60
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67					68						69			

- 5. Raise in relief
- 6. Goldbrick
- 7. Once, in the past
- 8. Ogden of verse
- 9. Property receivers, at law
- 10. Pulse
- 11. Frost
- 12. It's not good
- 13. Pinochle declaration
- 21. Keller, to Sullivan
- 22. Part of POW
- 25. Knight's gear
- 26. Seven-times-a-week newspaper
- 27. Nonplus
- 29. "Love is blind," e.g.
- 30. Not demanding, as work
- 31. Pick up the dinner check
- 32. King of Thebes, in myth
- 33. Colorful quartz in many marbles

- 34. Cowpoke competition
- 36. Her sweetness rivals apple cider
- 38. Provide with weapons
- 40. Where much dangling takes place
- 41. California's San ____ Bay
- 46. Tailor's concern
- 47. Glowing remnants of a fire
- 49. African ruminant
- 51. Relegate to the attic
- 52. Big job for a storyteller
- 53. Mashhad is its second-largest city
- 54. Treetop construction
- 55. Rightful, as an heir
- 56. Healthy looking
- 57. "Be it ____ so humble ..."
- 58. Old Russian despot
- 59. Sweetheart of the '72 Olympics
- 60. Terrarium greenery

Puzzle answers, page 35

\$30 each, with a maximum of 50 words • \$5 for each additional 10 words
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