

# The Skinnie

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# Upfront

In September of 2003, when I launched this magazine, my daughters were 7 and 8. Fatherhood was still relatively new to me. The girls were growing and so was I. I wrote about them often in this column, maybe to say to them – indirectly – the things that I couldn't effectively communicate in real time. Sometimes, they scolded me for sharing them with the world.

Arguably, the girls' paths have been more linearly ascendant than mine. But we – all three of us – are much more complete people than we were 23ish years ago. Life's roads are winding, treacherous with complex, unpredictable curves. Euclidean geometry is the one you learned in high school. With it, things are relatively predictable. Parallel lines never meet. Lines that aren't parallel eventually intersect. Non-Euclidean geometry transcends such basic restrictions. In a non-Euclidean context, parallel lines can cross one another...don't ask me how or why...but I think it's tied to the notion that space, and the universe, is multi-dimensional and infinitely transforming. And so is life.

Yet sometimes a circle is a circle. A precise, closed system. Symmetry and gravity in a simple shape. My younger daughter, now 29, is moving back here next week. The plan – although I'm hesitant to jinx it – is to make this her young family's permanent home. Her husband grew up here, too, and his parents remain in the area...which is great. Gabby and Andrew bought a house that is currently under renovation. It's a five-minute walk from ours. This scenario didn't seem even a remote possibility until about six months ago, give or take. Then, it coalesced quickly. Now, it's like it was never not the obvious and logical thing.

For those of you who haven't read me regularly for more than two decades, let me refresh you. The daughter who is returning is the feistier one. She's arguably the more flamboyant of the two, in a very endearing way. She was physically rougher than her sister as a little girl – she sort-of-sometimes bullied her little "big" sister, yet they both pursued ballet. The junior one was, and is, a natural athlete, though she was a tad lazy about it as a teen. She would describe herself as a not-top student in high school; but she has consistently undersold herself in this regard. She sings like an angel, with a huge, wide-ranging natural vibrato. She's funny. She's dramatic. She's prone to exaggerating narratives, both in her own mind and when she retells them. And she has developed a work ethic that is second to nobody I have ever observed. I'm flummoxed that she'll turn 30 this fall.

As a high school student, she lost her mother. Such things can yield wildly divergent outcomes for the survivors. In Gabby's case, her life since has served as a continuous pursuit to honor the legacy of the hopes her mom had for her. (Same for her sister. We have been blessed with amazing kids.)

Gabby went away to college in Dallas and enjoyed academic and

social success. She moved to New York and lived in a section of a undersized living room in an overpriced two-bedroom apartment with two other girls. She was "furloughed" during the pandemic – shorthand for no pay, no benefits, and no indication the job would resume – so she moved home for a few months and started building an idea – amorphous, rather than fully formed – and a following that would one day morph into a fast-growing, impressively-scaled business with global reach. She met her now-husband, who was then in medical school.

Eventually, the world went back to work – more or less – and Gabby returned to New York to resume her PR career. Andrew accepted a residency spot in New Orleans, and the young couple headed to the Crescent City for what would total nearly four years. During that time, Gabby earned a master's degree from Tulane, various certifications in nutrition and fitness, and honed a wide array of skills. She launched a company that is an online, subscription-based platform with customers – passionate devotees – in 48 countries. She has appeared on national TV. Meanwhile, Andrew earned board certification, treated thousands of patients with sincere compassion and earnest care, built Gabby's in-apartment production studio and, ultimately, secured a physician job in the couple's childhood hometown. Gabby and Andrew got a dog. Now, they're coming home.

Circles are circles; expanding arcs until they rejoin themselves. Gabby's older sister, Sofia, is the more outwardly reserved one. She is classically elegant, a bit guarded, and savagely smart. She was a college sophomore when she lost her mother. She didn't waver in her pursuit of academic excellence. She landed the exact job she targeted and has progressed with top-of-class consistency through three A-list companies. Along the way, I lost her a bit for a little while – circumstance of my struggles more than hers – but it feels like we have both unconsciously reinforced the indescribably powerful bond that made "Butterfly Kisses" our shared song when she was a sweet, wispy white ponytail and a pair of enormous rosy cheeks.

Next week, Jenna and I are going to New York and, among other things, we're heading uptown with Sofia and her boyfriend to Yankee Stadium for a Friday night game. My eldest daughter currently lives less than 10 Manhattan blocks from where she did during her preschool years, but I bask in silent, private joy when she instinctively – and often – refers to Savannah as "home."

In a non-Euclidean way, when I found Jenna, my grown girls embraced their stepmom, and she – completely and enthusiastically – them. Jenna has become a true partner in the life into which mine has – surprisingly, unexpectedly, organically...thankfully – evolved. In fact, Jenna is integral to this magazine's stubborn resilience, among many other things that are good in my world.

While Andrew and Gabby are packing boxes, Jenna and I are checking on the progress of their home renovations. The project might not be 100-percent finished in time for their return, but this special circle will be complete, nonetheless.



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Moonset Over Deleagall Creek ~ Les Carter



### on the cover:

Now that summer is here, "nothing but blue skies from now on..."

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Melanie Shepherd shares time with her father at Hope Haven, a faith-based respite program for those affected by Alzheimer's and dementia.

## THOUGHTFUL CARE

### *Skidaway Volunteers Support Folks Dealing with Dementia and Alzheimer's Disease*

*By Cathy Baxter and  
Heather Harvey*

June is Alzheimer's and Brain Awareness Month, a time to deepen our understanding and support the more than 7 million Americans living with dementia and other cognitive challenges. Behind them are nearly 11 million people providing unpaid care, totaling about 18 billion hours each year. On Skidaway Island, where community is a defining characteristic, this is especially vital. Many of our neighbors are quietly navigating this journey every day.

Skidaway resident Elaine Barrow has witnessed first-hand how exhausting it is to care for a family member with health disabilities. From that firsthand experience, Hope Haven was created to support what Barrow calls "home warriors," the caregivers who give so much of themselves every day. Hope Haven is a faith-based respite ministry at St. John's Episcopal Church in downtown Savannah that serves individuals living with mild to moderate dementia while providing essential support for their caregivers. At its heart,

Hope Haven is about connection, creating a space where people are valued for who they are. For caregivers, even a few hours of respite can make a real difference.

"Those caring for a loved one know how much you hope for those happy moments," Barrow says. "Every step, every activity, every moment is carefully created for success and enjoyment. Time at Hope Haven is such a gift."

The program is designed to feel like a social club where no distinction is made between a member and a volunteer. While their loved ones enjoy purposeful engagement through daily devotions, art projects, live music, shared meals, and conversation, caregivers receive something equally important – four hours to rest and regroup.

For those caring for a loved one with Alzheimer's or another form of dementia, the experience can be both meaningful and de-

manding, balancing love, responsibility, and uncertainty, often without enough time or support for themselves. Hope Haven also provides a monthly support group facilitated by the Edel Caregiver Institute of Hospice Savannah and quarterly caregiver education events.

#### WHY AWARENESS MATTERS

One important part of Alzheimer's and Brain Awareness Month is helping people recognize the signs of dementia early and to educate them as to when to seek help. Early diagnosis can help slow progression through treatment, give families time to plan, enable longer independent living, secure personal safety, improve quality of life, and reduce stress for caregivers.

Dementia can begin gradually, and symptoms may be mistaken for normal aging. Through his experience volunteering at Hope Haven, Skidaway neighbor Mark Stevens has seen how different those symptoms can be. "Dementia can affect people at younger ages than I realized," he says. "It also shows up in different ways, sometimes physically, sometimes mentally, and sometimes both."

Common signs include memory loss, confusion, difficulty completing tasks, changes in mood, and withdrawing from activities. Recognizing these changes early can help families find support sooner than they otherwise would, something many Hope Haven volunteers say they wish more people understood.

For many people on Skidaway Island, dementia may not yet be part of daily life, but it will likely touch someone they know at some point. Stevens shares a few practical suggestions for tactics caregivers can use based on what he has learned through his time at Hope Haven:

- Encourage independence when it is safe.
- Be flexible as relationships and communication change.
- Focus on familiar topics and strengths.
- Be gentle when correcting or guiding.
- Lead with empathy and reassurance.

"People with dementia don't want to feel like a burden," he says. "Sometimes that feeling can be harder than the disease itself."

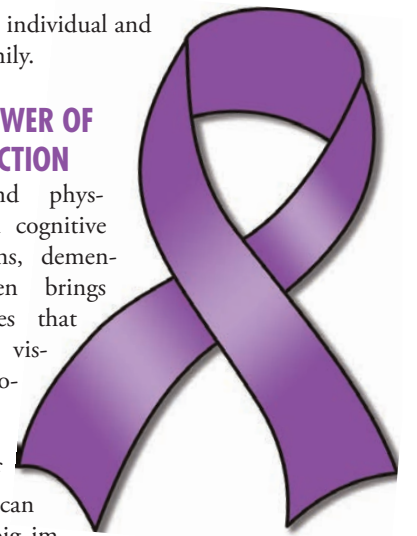
Stevens notes there may come a time when additional help is needed and seeking that support early can make a big difference for

both the individual and their family.

#### THE POWER OF CONNECTION

Beyond physical and cognitive symptoms, dementia often brings challenges that are less visible. Isolation and loss of purpose can have a big impact on individuals and their caregivers. Research shows that social isolation can speed dementia's progression, and a lack of purpose can increase anxiety and depression. Staying connected and engaged is not just helpful, it's essential, and volunteers at Hope Haven see that in real time.

"Hope Haven was such a wonderful program for my father," says Melanie Shepherd, whose father attended the program twice a week for a few months before she was able to





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Hope Haven volunteer Carole Wilson (right) works with Marilyn Glen on a beading project. Day programs like Hope Haven allow those experiencing brain changes to stay mentally active while enjoying community.

visit herself. "When I first visited, he rarely spoke in full sentences, but told me, 'You're really going to like this!'"

He loved playing balloon volleyball and would punctuate every hit with his own sound effects. "Pow!" Even as words became harder, his expressions said a lot.

"What he wasn't able to say, you could see on his face," Shepherd says.

What stood out most was not just what her father did, but how he felt being there. "He knew he was loved by his companions at Hope Haven, and that he valued them, and they valued him in return," Shepherd explains. "Our family is forever grateful."

Her story is a reminder that connection doesn't go away with dementia, it just takes different forms, something volunteers say they see every day.

### FINDING PURPOSE THROUGH SERVICE

While Hope Haven supports members and their families, it also has a profound impact on its volunteers, many of whom live on Skidaway Island. "Being a volunteer companion at Hope Haven checks so many boxes," Stevens says. "It gives me a sense of pride knowing that I'm helping in a meaningful way. It's also a great way to spend the day, especially in retirement, and to meet interesting people."

Stevens adds that volunteering deepens understanding of dementia. "You keep learning just by being there," he says. "You learn from the members and from the other volunteers."

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For another Skidaway resident, the impact of Hope Haven was deeply personal. "Being part of Hope Haven has touched me in ways I didn't expect," says Carole Wilson. "It's an emotional experience in the most human sense, offering dignity, patience, and genuine connection."

She recognizes it is often the simplest moments that matter most – a smile, a shared memory, or just sitting together. "Seeing how a small act of kindness can bring comfort and spark a connection truly melts my heart," she says.

Wilson has witnessed the impact the program has on families. "When caregivers come to pick up their loved ones, you can see how much it means to them. It's incredibly gratifying."

### A COMMUNITY THAT SHOWS UP

Alzheimer's and Brain Awareness Month is a time to reflect on what dementia looks like for families, and what we can do to help. It could be as simple as learning the signs, being patient with someone who's struggling, checking in on a neighbor, or lending a hand to a caregiver.

You don't have to do something big to make a difference. Small, everyday acts of kindness matter, and a lot of what we learn comes from people in our own community, including those volunteering at Hope Haven. Many volunteers say these experiences have changed the way they think about dementia and how they interact with others in their community. It's not just about awareness. It's about how we take care of each other and stay connected.



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PETER MILLAR



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# Smells Like Sunday

## PASTA WITH NO-COOK TOMATO 'SAUCE'

From the Kitchen of  
Scott Lauretti

Something is eating our flowers. It doesn't seem to care for our rosemary, but it can't get enough of our mint. Our neighbors are experiencing similarly relentless sneak attacks. We've enlisted professional help. We set traps. Nightly, like lunatics, we cover the flora in our courtyard with various forms of netting, inverted flowerpots, and old pillowcases, and we bathe the area in light and intermittent beeping sounds. Some mornings, we find our plants unmolested. Other times, stuff is gnawed down to the root of its stems.

The days are growing longer and hotter. The kitchen is not the comforting refuge it was a few months ago.

Tomatoes and onions are very nice around here now.

The confluence of these three seemingly unrelated facts, as practical necessity often does, spawned an idea. Publish a recipe that allows me to use my mint before a rodent destroys it, celebrate local ingredients in their peak glory, and avoid time at the stove.

Make this sauce at noon (or in the morning) and let the elements canoodle with one another for the rest of the day.

12 oz small ripe red tomatoes (like grape or cherry), halved  
2 to 3 tbsp diced Vidalia (or sweet) onion  
2 cloves garlic, minced  
2 to 3 tbsp capers, drained and rinsed  
3 to 4 leaves fresh basil, chopped, plus 1 or 2 to slice into ribbons for garnish  
1 to 2 tsp fresh mint, chopped, plus a few small leaves for garnish



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¼ to ½ c extra virgin olive oil  
Pecorino Romano cheese, for grating  
1 lb dried pasta  
Salt, to taste

Make the sauce and allow it to sit, either at room temperature or in a refrigerator, in a sealed container, for several hours: Combine first seven ingredients, season with salt, stir well to mix, cover and seal. Set aside.

When you're ready to eat, cook pasta in boiling well-salted water. Finish and drain and drop cooked noodles in a bowl. Toss sauce into the bowl of pasta, generously grate cheese into the bowl, and stir everything very well to coat the pasta. Portion into bowls and garnish with reserved basil and mint. Pass cheese for anyone who wants to grate more on his or her serving.

Serves 4 to 6.



# Thank You

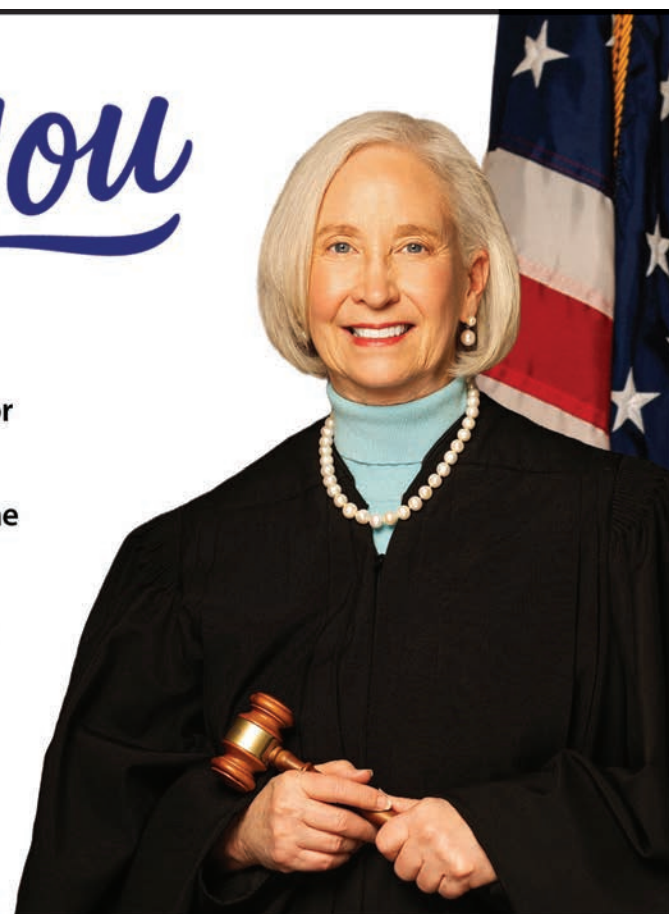
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## LET'S GET PHYSICAL

*Annual exams are beneficial, even if you are young and healthy.*

Recent surveys of America's health habits have demonstrated what moms and wives already know: Men don't like going to the doctor. In a well-known study done by the Cleveland Clinic, 72 percent of the men who participated said they would rather do housekeeping chores – including cleaning the bathroom – than see a doctor. And for young men with no health issues, it's not only that they don't want to go, but that they don't see the point.

"I don't see people, particularly men, in their early 20s and 30s getting yearly physicals," says Frederick Harold, DO, of St. Joseph's/Candler's Primary Care – Eisenhower. "I see females more often, given that those are the primary childbearing years."

Establishing a relationship with a primary care physician is a smart choice for any young person, even if that means getting a physical every two or three years.

"A physical serves as an important barometer for monitoring long-term health," Dr. Harold says. "I believe firmly in prevention, and therefore the ability to detect potential problems before onset is crucial to preventing severe illness. Additionally, it allows patients to establish themselves with a regular provider who can learn their personal health history, including other family members' histories."

The medical history conversation can be just as vital as the actual vital signs checked during a physical, such as blood pressure, heart rate, body

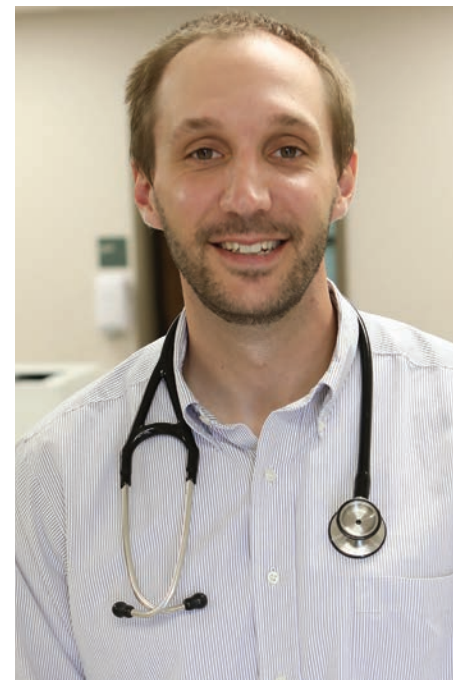
temperature, and respiratory rate. Physicians typically also listen to your heart and lungs with a stethoscope, examine you from head to toe, and yes, even ask you to say "Ahh," so they can get a look at your throat. Your doctor may have additional questions or tests, depending on your history or any complaints you have. Physicals typically take less than half an hour.

Once you hit your 30s, the focus shifts to watching for changes. Your metabolism naturally slows, so check-up visits become less about a quick once-over and more about tracking cholesterol and blood sugar trends to catch any early warnings for heart disease or energy levels.

During your 40s, physicals are mostly about staying ahead of the risk curve. Doctors start looking much closer at your heart health and blood sugar, and you'll begin having conversations about routine screenings for things like colon cancer to stop problems before they start.

By age 50, having a physical every year is the best way to maintain optimal health and catch problems early. If you're an older person who has avoided the doctor most of your life, it is never too late to have a one-on-one visit and start the conversation about illness prevention.

"Establishing a baseline health status with a doctor allows for more personalized and better care," Dr. Harold says. "Not just for the present time, but for the future."



Dr. Frederick Harold

## Five Questions for Your First (or First-in-a-While) Doctor's Visit

If you are young and healthy, your first doctor's visit will probably be uneventful, and that's good news! But you can still use the time wisely by engaging your physician with these questions:

**1. Based on my family history, are there specific screenings or early warning signs I should look out for?**

Your genetics can be a roadmap for your future health. If you have a family history of heart disease, diabetes, high blood pressure, or specific cancers, your doctor might want to start screening you earlier than the standard guidelines suggest.

**2. What routine screenings, blood work, or immunizations do I truly need at my age?**

Most people in their 20s don't need every test under the sun, but you shouldn't skip the essentials. This is your chance to get clarity on what you need right now, such as a baseline cholesterol panel or an immunization update.

**3. How often do I need to come in for a checkup if I'm feeling completely healthy?**

Below age 50, an annual physical may not be necessary, but every patient is unique. Asking this helps set realistic expectations with your doctor.

**4. What lifestyle changes will give me the highest return on investment for my long-term health?**

Your 20s and 30s are the best time to cement habits that prevent metabolic and car-

diovascular decline down the road. Ask your doctor for specific guidance on your diet, alcohol consumption, sleep hygiene, and exercise routine.

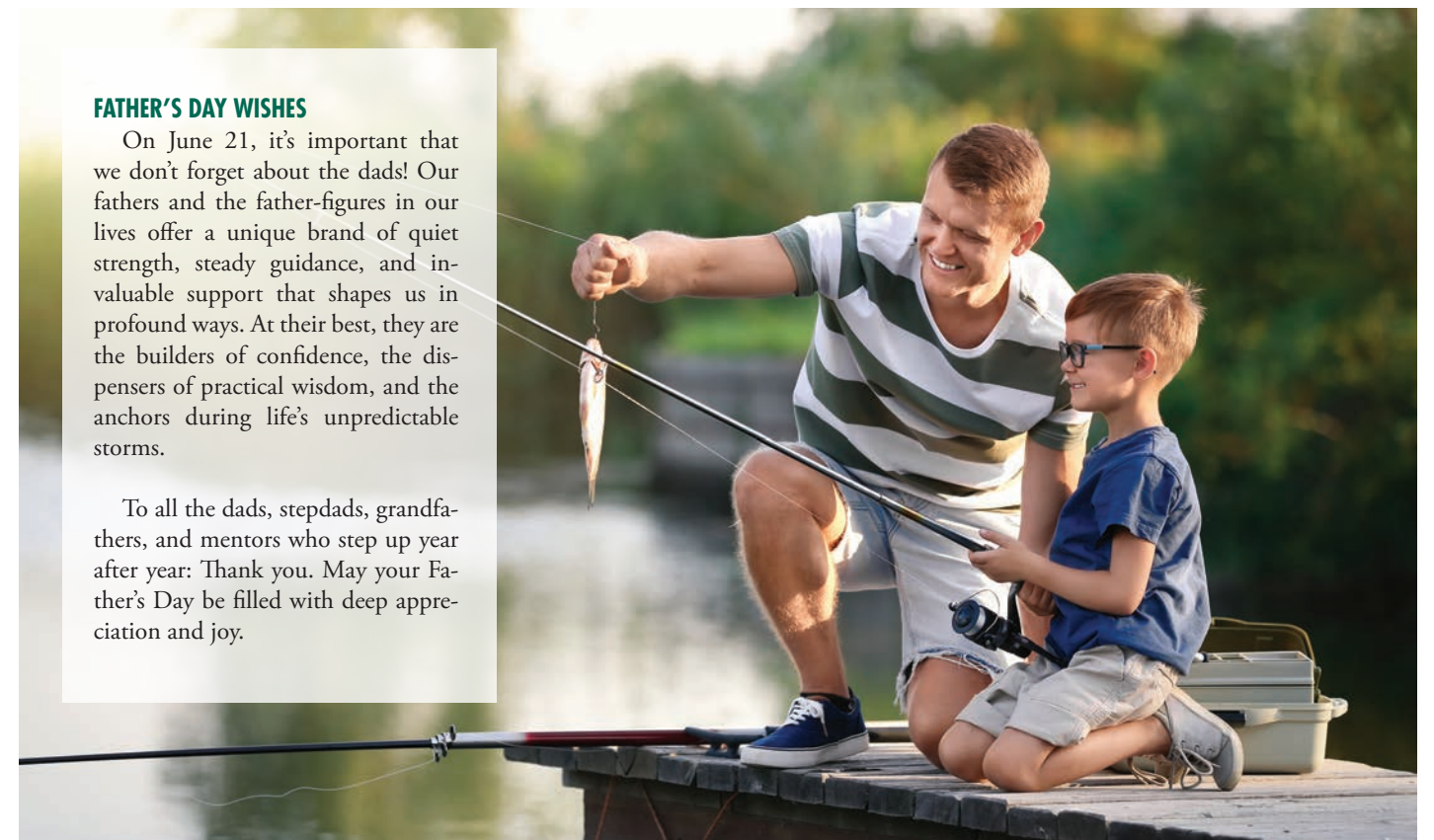
**5. How do you handle mental health support, and what resources do you recommend if I'm dealing with stress, anxiety, or burnout?**

Mental health is just as critical as physical health, particularly during a decade filled with major life transitions, such as the start of careers and families. Your primary care physician is a safe and confidential entry point to getting a referral for a therapist or psychiatrist or guiding you to stress-management tools.

### FATHER'S DAY WISHES

On June 21, it's important that we don't forget about the dads! Our fathers and the father-figures in our lives offer a unique brand of quiet strength, steady guidance, and invaluable support that shapes us in profound ways. At their best, they are the builders of confidence, the dispensers of practical wisdom, and the anchors during life's unpredictable storms.

To all the dads, stepdads, grandfathers, and mentors who step up year after year: Thank you. May your Father's Day be filled with deep appreciation and joy.



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It Comes Down to

## Common Sense

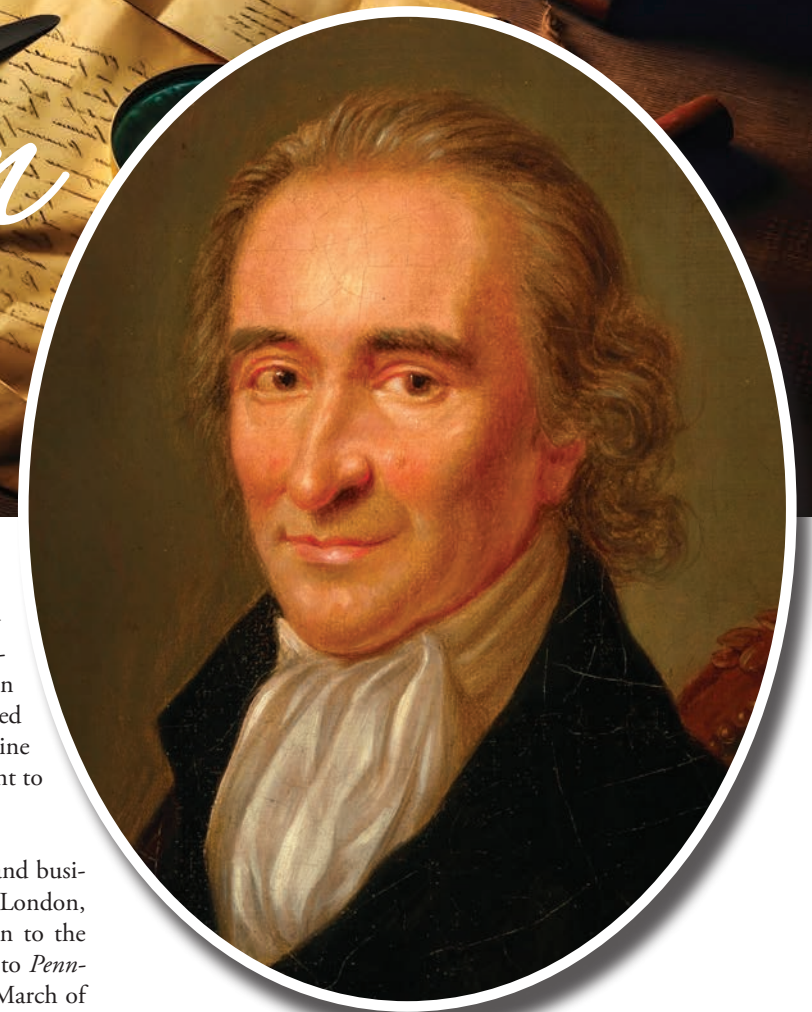
By Ron Lauretti

In 1737, Thomas Paine was born in Norfolk, England, where, as a young man, he followed his father into private business. As was the convention at the time, many businesspeople also held civil positions of authority and influence. Paine was an excise officer (analogous to an IRS agent) in 1768, assigned to Lewes in Sussex, a town traditionally opposed to the monarchy. Serving in the Lewes governing body, Paine published essays critical of King George III, urging Parliament to intervene for better pay and working conditions.

Paine's political activities took him away from his home and business and ultimately led him to destitution. While living in London, he met Benjamin Franklin, who sponsored his immigration to the American Colonies in 1774. Paine contributed two articles to *Pennsylvania Magazine*, and he was quickly named its editor in March of 1775. Paine brought a strong political perspective to the publication's content.

In January of 1776, Paine anonymously published "Common Sense," a 47-page pamphlet advocating independence from Great Britain. The text provided compelling arguments for severing ties with Great Britain. It was written in clear and persuasive language and enumerated 27 specific grievances against the throne. Central to Paine's argument was the notion that a monarchy is fundamentally at odds with the nature of humanity. Paine argued that kingship is unnatural and illegitimate. He claimed that "mankind being originally equals in the order of creation," no individual has a divine or natural right to rule over others." His words were immediately well-received and

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widely read. The population of the 13 colonies was approximately two million at the time. One biographer estimated approximately 500,000 copies were sold, including unauthorized editions.

The publication of *Common Sense* catalyzed the call for independence. In proportion to the population of the Colonies at that time, it had the largest sale and circulation of any book published in American history. When Thomas Jefferson accepted the task of crafting the Declaration of Independence, Paine's pamphlet influenced the work.

Shortly after Paine's publication began circulating, in March of 1776, George Washington's Continental Army drove the occupying

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John Trumbull's famous 1818 portrait is often identified as a depiction of the Declaration's signing, but it actually shows the drafting committee presenting its work to the Second Continental Congress. (image courtesy of Wikipedia)

British army out of Boston. Recognizing King George was not a tolerant or forgiving monarch, the Redcoats were expected to return in greater force to retake the city. Knowing they would be punished by a ruling nation that at the time possessed both the largest army and navy in the world, some members of the Continental Congress inwardly struggled whether to continue their fight for independence or reconcile their differences with the British Empire.

The Second Continental Congress convened in Philadelphia in July of 1776 to ratify the Declaration of Independence, announcing the Crown no longer had any authority over the American colonies. Severing ties with Great Britain was a bold and courageous act, which some historians have credited to the spirit of Paine's "Common Sense." As the ink of their individual signatures dried on the parchment, the declaration's signers knew they were risking property, freedom, and, perhaps, their very lives in the cause of freedom.

Following the end of the American Revolution, Paine returned to England, where he published pamphlets supporting the French Revolution, which in turn gave birth to reform societies. Paine fled to France following an indictment for seditious libel, for which he was tried in absentia and found guilty.

When American leaders failed to reciprocate France's support for the revolting American Colonies, Paine became resentful. In 1802, he returned to the U.S. ambivalently at President Thomas Jefferson's invitation. He died June 8, 1809, aged 72, in Greenwich Village in New York.

As July 4, 2026, approaches, "Common Sense" remains a bestselling American title and is still in print today. Meanwhile, the U.S. looks forward to celebrating 250 years of freedom, democracy, and the right of representative self-rule.

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# WILD THINGS

## GRAB YOUR CAMERA!

You live in a photographer's paradise. Keep those local nature snapshots coming our way. The bigger the photo, the better, so we can really show you off.



Frequent contributor John Taylor shared this photo of a green anole lizard, a species native to the Southeast. Males use their red throat fan to attract mates or defend territory. These lizards can change color from bright green to brown based on mood, temperature, or stress. They are arboreal, meaning they prefer living in trees and shrubs, and are adept climbers. They feed primarily on small insects and invertebrates, acting as natural pest control.

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



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# island hopping

ISLAND  
HOPPING

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Deadline is the Friday prior to publication.

## BUILDING BRIDGES

**WHAT:** Learn Bridge in a day  
**WHEN:** Saturday Sep. 27, 9:30 a.m. to 4:30 p.m.  
**WHERE:** Savannah Bridge Club, 8511 Ferguson Ave.  
**HOW MUCH:** \$45 (includes instruction materials and lunch)  
**CONTACT:** Bobby Glenn, 912.441.3358 or [rsglennjr@gmail.com](mailto:rsglennjr@gmail.com).

## DOUBLE YOUR FUN

**WHAT:** Duplicate Bridge  
**WHEN:** Wednesdays at 6:30 p.m.  
**WHERE:** Oakridge Dining Room  
**HOW MUCH:** \$4 entry fee paid out to top pairs  
**CONTACT:** Steve Fitzgerald, [stefitz@bellsouth.net](mailto:stefitz@bellsouth.net) or 912.856.4172  
**WHAT ELSE:** All are welcome. Please sign up weekly by Monday so partnerships (made randomly) can be made in advance of game day.

## HOUSE OF CARDS

**WHAT:** Bridge Games  
**WHEN:** Supervised Play Sunday at 6:30 p.m.; Beginner Game Thursdays at 1 p.m.; Duplicate Games for all levels M, W, F at 1 p.m.  
**WHERE:** the Savannah Bridge Club, 8511 Ferguson Ave.  
**HOW MUCH:** \$6 to \$13 depending on membership  
**CONTACT:** Please visit [savannahbridgeclub.com](http://savannahbridgeclub.com) for more information, or call 912.228.4838 or email [savannahbridgeclub@gmail.com](mailto:savannahbridgeclub@gmail.com)  
**WHAT ELSE:** We offer lessons and have a variety of duplicate games each week for players of all levels, including beginners wishing to learn the game.

## BRIDGING THE GAP

**WHAT:** Co-ed Bridge Group  
**WHEN:** every Wednesday, 11 a.m.-2 p.m.  
**WHERE:** Marshwood club/Landings Room  
**HOW MUCH:** \$1/person  
**CONTACT:** David Marbry, [marbryd@outlook.com](mailto:marbryd@outlook.com).

## HEAR GREAT SPEAKERS

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

## WHO NEW?

**WHAT:** New Neighbors  
**WHEN:** Visit [www.landingsnewneighbors.com](http://www.landingsnewneighbors.com) to see our calendar  
**CONTACT:** Visit our website or email [vplandingsnewneighbors@gmail.com](mailto: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.

## THE RIGHT STUFF

**WHAT:** Ladies on the Right June luncheon and meeting  
**WHEN:** Thursday, June 18. Social 12 p.m., lunch and speaker, 12:30  
**WHERE:** Palmetto Club at the Landings  
**CONTACT:** Please visit [www.ladiesontheright.org](http://www.ladiesontheright.org)  
**WHAT ELSE:** Speaker will be Christian Robey, president of Our America and Our America Foundation, will discuss "A Movement in Transition: Trump, Populism, and the Fight for the Future of Conservatism."

## POSTAL PEOPLE

**WHAT:** Landings Stamp Club  
**WHEN:** Friday, June 19, 10 a.m.  
**WHERE:** Messiah Lutheran Church conference room  
**HOW MUCH:** Free  
**CONTACT:** Carl Luecke, [cluecke@comcast.net](mailto:cluecke@comcast.net) or 631.766.5002 for meeting details.  
**WHAT ELSE:** Beginner, advanced, or anyone in between is welcome to join our monthly meeting. Learn about buying, selling, or preserving your collections, and discover different types of stamps from all over the world.

## MUSIC MATES

**WHAT:** AmiciMusic presents "Claviopia"

**WHEN/WHERE:** Monday, June 22 at 7 p.m., at the home of Betsy Contino, 1 Marsh Bridge Lane in the Landings; June 23 at 7 p.m. at Skidaway Community Church  
**HOW MUCH:** A free will donation will be collected at SCC. \$40/person for the house concert, which includes light food and drinks; seating is limited and reservations are required.  
**CONTACT:** For more information, visit [www.amicimusic.org](http://www.amicimusic.org) and click on the link to Savannah concerts.  
**WHAT ELSE:** Violinist Irina Rostomashvili and clarinetist Antonello DiMatteo will join pianist and Artistic Director Daniel Weiser in a program of very fun music by Shostakovich, Shickele (aka PDQ Bach), Frolov, Glick, and more.

## HAPPY BIRTHDAY, AMERICA

**WHAT:** Savannah Wind Symphony's Annual Patriotic Concert: "America 250"  
**WHEN:** Sunday, June 28, 3 p.m.  
**WHERE:** Fine Arts Auditorium of Georgia Southern University - Armstrong campus  
**HOW MUCH:** General admission - \$35; Military, EMS, and college students - \$25; Under 18 - \$10  
**CONTACT:** [SavannahWindSymphony.com](http://SavannahWindSymphony.com) for more info  
**WHAT ELSE:** Enjoy an inspiring concert of powerful and familiar American music, featuring guest conductor Col. Andrew Esch of the U.S. Army Band, solo vocalists, a choir, and an honor guard from Fort Stewart.

## TAKE A BOW

**WHAT:** Patriotic red, white, and blue bows for sale  
**WHEN:** Monday, June 29 and Tuesday, June 30, 10 a.m. - 2 p.m.  
**WHERE:** Athletic Fields Pavilion and TLA Building, by the Blue Star Memorial  
**HOW MUCH:** \$20 each  
**CONTACT:** Joan Cunningham at [jcunn7016@icloud.com](mailto:jcunn7016@icloud.com)  
**WHAT ELSE:** The Landings Garden Club offers for sale Red, White, and Blue Bows for Freedom in honor of our nation's 250th birthday. These bows are a simple, elegant way to show your support throughout the year. Join us in honoring our country, one bow at a time. Proceeds support local charities and community events sponsored by The Landings Garden Club.

## SEA-PLUS

**WHAT:** Value-added summer programs  
**WHEN:** Tuesday - Friday in June and July, 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/](http://gacoast.uga.edu/events/) or Cindy Lingeback at [calingeb@uga.edu](mailto: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/](http://gacoast.uga.edu/events/) or Cindy Lingeback, [calingeb@uga.edu](mailto: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.

## SUMMER SALVATION

**WHAT:** Vacation Bible School  
**WHEN:** July 6-10, 9:30 a.m. - 12:30 p.m.  
**WHERE:** Messiah Lutheran Church, 1 W Ridge Rd.  
**HOW MUCH:** Free  
**CONTACT:** 912.598.1188 or Peggy Pearson, VBS director at 443.995.1146  
**WHAT ELSE:** Kingdom Quest VBS open to kids 3 (potty trained) to rising 5th graders. Biblical theme: Jesus is the light of the world, overcoming darkness, is expressed in lesson, story, games, song, snacks in Mario meets Minecraft setting. Kids too old for VBS? We welcome pre-teen and teen helpers. Register now at [Messiahsi.org](http://Messiahsi.org).

## 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.

## TAXATION REPRESENTATION

**WHAT:** Opportunities for volunteer income

tax assistance with Neighborhood Improvement Association  
**WHEN:** starting in January, flexible hours from 9 a.m. to 8 p.m.  
**WHERE:** Several sites in Savannah, Pembroke, Rincon, Richmond Hill and Hinesville  
**CONTACT:** Tiffany Carter, [tcarter@niacdc.org](mailto:tcarter@niacdc.org) or 912.447.5577  
**WHAT ELSE:** This program helps underserved communities by offering free tax preparation. No experience necessary. Volunteers include greeters/screeners and tax preparers

## FINANCIAL AID

**WHAT:** AARP Tax-Aide Program needs volunteers  
**WHEN:** Training in Dec. and Jan.; Tax preparation starts Feb. 2 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](mailto: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

## FERAL FRIENDSHIP

**WHAT:** Skidaway Cat Alliance Team  
**WHEN:** Ongoing  
**WHERE:** Skidaway Island and surrounding  
**CONTACT:** To learn more about volunteer opportunities or need help with a feral cat, please email [skidawaycats@gmail.com](mailto:skidawaycats@gmail.com) or visit our Facebook page at [www.facebook.com/skidaway-catalianceteam](http://www.facebook.com/skidaway-catalianceteam)  
**WHAT ELSE:** The Skidaway Cat Alliance Team is a group of dedicated animal lovers who provide food, population control (spay/neuter), medical care, and shelter for free-roaming cats in the Skidaway area.

## FOOD FOR FELINES

**WHAT:** Kitten food drive for the Humane Society of Greater Savannah  
**WHEN:** Ongoing  
**WHERE:** Humane Society Adoption Center, 7215 Sallie Mood Dr.  
**CONTACT:** Call Rosemary Longueira (Landings resident and volunteer) at 912.598.2875 or

912.507.7722  
**WHAT ELSE:** The Humane Society is in need of Fancy Feast canned kitten food, dry kitten chow, kitten treats, bottles and nipples, and kitten replacement milk (such as KMR) for the neonatal bottle-fed kittens. Small soft fuzzy blankets would also be appreciated. Donations can be dropped off during normal business hours (Tuesday-Saturday, 1-6 p.m.) at the shelter on Sallie Mood Drive or in the special donation bin in the back parking lot by the Thrift Shop donation bins. The Humane Society also provides pet food for those members of the community that are having trouble providing food for their pets.

## A DAY AT THE MUSEUM

**WHAT:** Visit Bethesda Museum  
**WHEN:** By appointment  
**WHERE:** Bethesda Burroughs Hall  
**HOW MUCH:** Free, though donations are appreciated  
**CONTACT:** JT, 203.788.5052  
**WHAT ELSE:** To learn more and donate, please visit [www.goalscholarship.org/about\\_goal](http://www.goalscholarship.org/about_goal). To learn more about Bethesda Academy, visit [www.bethesdaacademy.org](http://www.bethesdaacademy.org).

## HONORABLE MENTION

**WHAT:** Honor Flight Savannah seeks war veterans and volunteers  
**CONTACT:** [honorflightsavannah.org](http://honorflightsavannah.org) or 912.367.9020  
**WHAT ELSE:** Honor Flight Savannah is offering WW II, Korea, and Vietnam War era veterans living in southeast Georgia and southeastern South Carolina an all-expense paid trip to Washington, D.C., to visit their war memorials. Funding for trips is dependent on contributions from community citizens and businesses.

## WELCOME MAT

**WHAT:** Learn to create sleeping mats for the homeless from discarded plastic bags  
**WHEN:** Wednesdays, 10:30 a.m. - 12 noon and Thursdays, 9:30 a.m. - 12 noon  
**CONTACT:** For project information, DIY videos or to schedule group workshops call Carol Greenberg at 912.355.1238 or [MStarArts@gmail.com](mailto:MStarArts@gmail.com)  
**WHAT ELSE:** These mat and pillow sets help divert plastic bags from landfills and waterways while providing comfort to the homeless. All ages can learn to cut the bags into ribbons, tie these together to make plastic yarn. No tools are needed for braiding, crochet hooks cost less than \$5 and looms about \$10 to make.

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

ACROSS

- 1. Neither fish nor \_\_\_\_\_
- 5. A Stooge
- 10. Wile E. Coyote's supplier
- 14. Matinee is one kind
- 15. *The Gold Bug* author, briefly
- 16. "One-hoss" vehicle
- 17. Old Milan money
- 18. Vilified villager
- 19. Carpet feature
- 20. Recall prompts
- 23. 11-pointer, in blackjack
- 24. Fabled "Arabian Nights" bird
- 25. Backdrop for many a Winter Olympics
- 28. Checks the fit of
- 32. Turkish chief
- 35. Hospital staff
- 37. West and Jemison
- 38. Hippy hour drinks?
- 39. Needed for making bootees makers
- 42. \_\_\_-in-waiting
- 43. Closed-\_\_\_ shoes
- 44. Fast partner?
- 45. Literary "before"
- 46. Go back over, as one's steps
- 48. Kind of paint or blanket
- 49. Tavern
- 50. Singleton
- 52. Tool that speeds construction
- 61. Esther, to Lamont Sanford
- 62. Too much, in music
- 63. Kind of truth
- 64. Coagulate, as blood
- 65. He sniggles
- 66. Word with jagged
- 67. "May I get you anything \_\_\_?"
- 68. Handwriting feature
- 69. Cubicle furnishing

DOWN

- 1. What soap may leave
- 2. Norse god
- 3. Had on one's back

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
61					62						63			
64					65						66			
67					68						69			

- 4. Fine Peruvian wool source
- 5. Fisherman with a net
- 6. "\_\_\_ only known..."
- 7. Broad in scope
- 8. Indicative or imperative
- 9. Notable not in the Hall of Fame
- 10. Jelly used as a glaze or garnish
- 11. Sporting the latest
- 12. Like a parent who can't bear you?
- 13. "Windows to the soul"
- 21. Musical eightsome
- 22. Otto \_\_\_ Bismarck
- 25. One place for a bracelet
- 26. Associated with the moon
- 27. Fall preceder
- 29. "\_\_\_ making this up!"
- 30. Enthusiastic
- 31. "Never \_\_\_ boy to do..."
- 32. Grant permission
- 33. Honkers in a gaggle
- 34. Cash, for one
- 36. Extremely messy abode
- 38. *Much \_\_\_ About Nothing*
- 40. Goes over again
- 41. Actress Verdugo
- 46. Zodiac butter
- 47. Partner in crime
- 49. City in Montana
- 51. Fix firmly in place
- 52. Walk back and forth
- 53. Void partner
- 54. Grandson of Adam
- 55. East Asian weight unit
- 56. *To Live and Die* \_\_\_ (1985 film)
- 57. Third floor apartment, perhaps
- 58. "\_\_\_ in America"
- 59. Energy bits
- 60. Sense offense

Puzzle answers, page 30

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ter guards and gutter cleanings. Licensed, locally owned & insured with First Responder and Military discounts. We offer FREE estimates and maintenance plans for quarterly, bi-annual, and annual services. Call your gutter experts today at 912.456.8339 visit us on Facebook or at [Coastal-seamlessguttersga.com](http://Coastal-seamlessguttersga.com).



**TRANSFORM YOUR HOME WITH J.G. CONSTRUCTION, LLC.** • Specializing in home improvements and all your Construction needs. | New Construction | decks | window replacement | Stucco repair | interior/exterior painting | driveway repair | Spray Foam insulation | Call/Text Jonathon Gall 912.414.2203.

**LANDSCAPING & LAWN CARE**

**GRASSMASTER LAWN CARE** • We offer complete landscape management with year-round service. Our services also include fertilization, insect, weed, and fungus control, along with lawn and shrub programs. We are your total lawn care service. We also offer landscaping, i.e. lawn renovation and sodding. Licensed and Insured. Free estimates. Please call Mike Schuman at 912.354.8856.



**NEW LEAF LANDSCAPE** • Military Veteran and locally owned, you can trust New Leaf Landscape Management with all your property maintenance needs. Our experience extends well over a decade, and we offer a variety of services from lawn maintenance, to tree removal, to lawn fertilization. Call us for a free estimate today! \*\*912.465.5440\*\*

**SCOTT'S LAWN SERVICE, LLC** • Customer service you deserve! We are committed to providing the most reliable lawn care service and maintenance. Offering complete lawn care needs including lawn mowing, edging, pruning, hedge trimming, blowing, and pine straw installation. Call today for a free estimate. Let us maintain your property, so you can enjoy it. Licensed and insured. 912.656.8472



**JESSICA LAWN CARE SERVICE** • Full-Service Lawn Maintenance. Mulching \* Landscaping \* Pine straw \* Irrigation \* Sodding \* Planting. CALL US TODAY, 912.239.8350.

**SKIDAWAY IRRIGATION AND LANDSCAPING SERVICES** • SPRING IS COMING! A well maintained landscape starts with a properly functioning irrigation system. We specialize in irrigation repair, diagnostics, and seasonal tune-ups. With 15+ years of hands-on experience, we understand your expectations for reliable and quality service. Call today! Nathan: 912.210.9773; Charlie: 912.656.9088.



**LYRICAL OUTDOOR SOLUTIONS** offers expert landscape consulting and design services from hourly advice to full project management. We specialize in plantings, driveways, and patios, creating elegant, sustainable outdoor living environments. More than designers, we are strategic problem-solvers expanding your living space while artfully blending the beauty of the outdoors into your home's interior. Call 912.399.0397 – [Lyricaloutdoorsolutions.com](http://Lyricaloutdoorsolutions.com).

**MOVING & DELIVERY SPECIALTY MOVING AND DELIVERY LLC** • Residential and Commercial Relocation Specialists. Local & Long Distance. Offering Household Moving & Rearranging, Business Relocation & Inter-office Moving, Pickup & Delivery Service, Installation & Assembly, Loading & Unloading, Packing & Crating, Shipping & Receiving, Ware-

housing & Storage and Packing Supplies. Specializing in Items that Require Special Care including, Fine Furniture & Pianos, Art & Antiques, Office Furniture & Systems, Business Machines & Electronics and Medical & Institutional Equipment. Serving the Landings for over 20 years. Licensed & Insured. References. License # HG501010. Call 912.925.9528.

**MARK ANTHONY'S SMALL MOVING & DELIVERY**

**MARK ANTHONY'S SMALL MOVING & DELIVERY** • Local moves, household, office and home cleanouts. Pickup and delivery, loading and unloading, antiques, furniture, and fine art. Hauling and removal of appliances and furniture. References available. Call Mark Anthony at 912.398.7474.

**PAINTING**

**LOPEZ PRO PAINTING SERVICE LLC** • Interior and exterior, residential and commercial. Pressure washing, staining and drywall. References available. FREE Estimates. Ismael Lopez, 912.312.4185 or [leamsi0504@gmail.com](mailto:leamsi0504@gmail.com).

**COASTAL PAINTING AND FLOOR COATINGS** • Interior/exterior coatings, garage floor coatings, rotten wood replacment, popcorn ceiling removal, pressure washing. Don't settle for fly-by-night painters. American owned/operated for 15 years. Call Josh, 478.299.3367. Free estimates. Licensed and insured.



**TRUE COLOR PAINTING, LLC**

**EXPERT PROFESSIONAL PAINTING** • Providing Home Improvements and Repairs for home owners for over 35 years. Local Landings resident. \$200 Discount when mentioning this ad. 912.257.5110

**PETS & PET SERVICES**

**SKIDAWAY CAT ALLIANCE TEAM** provides for the humane treatment, health, welfare and population control (spay/neuter) of free-roaming cats on and around Skidaway Island. If you are interested in learning more or need help with a feral cat, please contact us at [skidawaycats@gmail.com](mailto:skidawaycats@gmail.com) or visit our Facebook page, <https://www.facebook.com>.

**WE WANT YOU To Share Your Story!**

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

**Send your nominee's name and contact info to [ronl35@comcast.net](mailto:ronl35@comcast.net)**

com/skidawaycatalianceteam

**POWER WASHING**



**SKIDAWAY ISLAND PRO WASH** • Owned by Landings residents and members, we offer the most premium roof and house soft washing, concrete pressure washing and window washing available. We use only the highest quality cleaning processes and commercial equipment available, running the highest quality service available in our industry. Free estimates. Google and Facebook 5-star rated. 100% satisfaction guaranteed. Call or text Matt Shannon 912.600.7377; email matt@siprowash.com; www.siprowash.com.



**SUPER CLEAN POWER WASH** • Doing high quality work for more than 20 years here on Skidaway Island. The most trusted name in house washing. No pressure roof cleaning. Soft wash house washing. Decks, patios, driveways, and outdoor furniture too. Super Clean Power Wash, Jon Kotowski, 912.631.3121.



**77 WASH COMPANY** • Soft Wash, Pressure Wash, Window Cleaning, Driveways, Roofs, Fences, Homes and Commercial properties. Locally Owned and Insured. Free Estimates. Call or Text Jesse Oakes, 912.482.1318 Follow @77WashCo.

**SERVICES**

**RESALE! Your junk could be someone else's treasure!** • Do you or your grown children have old toys, comics, games, etc. cluttering your home and attic? Call 912.660.1568 to have your items listed on eBay! Within weeks you could have cash from stuff you've stored for years. Results may vary depending on an item's resale value and demand.



**WON'T BASH YOUR TRASH JUNK REMOVAL** • Home, attic, garage clean-outs. Residential or commercial property clean-ups, yard waste, demolition, construction debris and recyclables. Furniture/appliance disposal. No job is too big or too small. Family-owned, licensed & insured, satisfaction guaranteed. 912.572.5036 or wontbashyourtrash@gmail.com.

**COASTAL WILDLIFE CONTROL** • Nature is wonderful but when critters make your home their home, it can be a problem. Armadillos, rats, bats, squirrels, raccoons, snakes, birds, etc... Licensed and listed by the Department of Natural Resources. attic and crawlspace inspections, trapping, relocation, prevention and repair work. Call Mike, 912.509.5851.

**ROOF AND GUTTER CLEANING** • Debris removal from roof and gutters. "A CLEAN SWEEP" Call Tom 973.626.4019 for a FREE estimate. Don't delay – debris build-up can harm your roof and gutters! Fully insured; Landings resident.

**TREE SERVICES**

**TREEMASTER INC.** We offer these services for all your tree needs: trimming, pruning, and removal. We also offer stump grinding. We're bonded and insured. 24-hour emergency service. We accept all major credit cards except Discover. We are the sister company of Grassmasters, owned by Landings residents, Mike and Diane Schuman. Call us, 912.598.0140.



**PALM TREE BARBER** • Expert Palm Tree service. Rehabilitate, hydrate, and maintain your palm trees. Frond Trimming, Trunk Shaving, Fertilizer Application, Debris Removal. We also offer Pineapple cut. We are a veteran family-owned business. Certified and Insured. Call for a FREE estimate. On site or by Photo. 231.329.0072. williamspalmtree-service2000@gmail.com

**WINDOW TREATMENTS AND MAINTENANCE**



**SOAP ON A ROPE** • Power washing, window cleaning and more. Proven, reliable, and fully insured. Voted Savannah's best since 2018! From homes to high-rises. 912.233.1544 soaponaro-peinc.com.



**SKIDAWAY ISLAND PRO WASH** • Owned by Landings residents and members, we offer the most premium window washing available. We use the highest quality multi-stage water filtration system to enable us to use purified water with zero impurities, ensuring your windows are left spotless and streak free every time. Free estimates. Google and Facebook 5-star rated. 100% satisfaction guaranteed. Call or text Matt Shannon 912.600.7377; email matt@siprowash.com; www.siprowash.com.

# Congratulations **Class of 2026**

The annual rite of spring that has become The Skinnie Graduation Issue is fast approaching.

Send us those high school senior photos and a sentence or two about your plans for the future, where you plan to attend college, what high school you are graduating from, and we will be happy to include them as part of our salute to the Class of 2026.

Email your submissions to [mail@theskinnie.com](mailto:mail@theskinnie.com) or drop them by our office: 15 Lake Street, Suite 222, across from Publix.



**HURRY! DEADLINE IS JUNE 17!**



# A PASSION FOR EXCEPTIONAL CARE IS OUR GREATEST INSTRUMENT.



**"THAT'S WHY I CHOOSE TO PRACTICE AT ST. JOSEPH'S/CANDLER."**

Dr. Mark Blankenship - Colon & Rectal Surgeon

## DENNIS BAXTER - BLOOMINGDALE, GA

Having dedicated most of his life to public service, Dennis is also a skilled woodworker and guitar builder. After developing some digestive issues, a colonoscopy performed at St. Joseph's/Candler revealed colorectal cancer.

He quickly began six weeks of chemotherapy at the Nancy N. and J.C. Lewis Cancer & Research Pavilion. Afterward, Dr. Mark Blankenship removed the tumor using the robotic da Vinci Surgical System. The procedure required an ileostomy, which Dennis feared he'd have to permanently live with. Seven months later, Dr. Blankenship successfully reversed the ileostomy. And while the lifesaving technology was a major part of the treatment, Dr. Blankenship feels the entire staff was instrumental in Dennis' successful recovery, which is another reason he chooses to practice at St. Joseph's/Candler.

[SJCHS.ORG](http://SJCHS.ORG)  
[CANCERPAVILION.COM](http://CANCERPAVILION.COM)

