

The Skinnie

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# UP front

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*Last issue, I wrote about The Tree. The expensive, daunting, cumbersome, messy, annual ritual that we undertake on Black Friday at my house. But The Tree is only one piece of the yuletide puzzle.*

There's The Card. The Presents. The Food. The Masses. The Concerts. The Parties. And the Cleanups. The latter five come when they come, the timing is out of my control. The Card and The Presents, though, like The Tree, are mine to complete or defer. If I do the former, pressure abates, sometimes to the point of feeling like I've forgotten something. If I wait, the angst builds to a screeching crescendo, so unbearable at times that I avoid the things altogether (hence, the invention of The New Years Card).

This year – for all intents and purposes - I'm already done. Fini. Which is awesome. Because, this time of year, we squeeze two magazine production cycles into a fortnight, instead of our normal month. This is the second December 2022 installment of the The Skinnie (the first arrived at your home two weeks thence). You'll receive the third about a week from now.

With each year-end comes the opportunity to evaluate ourselves (in all aspects of our lives) and rethink our paths. The same is true for this magazine. One element I'm committed to in the coming year: More great photography. This will include travel photos, human interest shots taken around the neighborhood and across town, your submissions, pics of your families and friends...all of these categories provide rich storytelling tools...as they say, "A picture is worth..."

One thing remains constant: Our commitment to the power of the written word. At our core, this is a writer's magazine. We love writing. And we intend to keep doing it as long as our advertisers (who work with us because of their relationships with you) support us.

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Our business model depends on word-of-mouth. We don't charge our readers for our content. All our revenue is ad-driven. We succeed when you tell your favorite service providers and vendors about us and suggest to them that they use our pages to reach your community. We thrive when you urge your friends to enjoy a piece from the magazine that you have read and liked. Please, do both, often. It's the gift that you can give us that will keep on giving well into 2023.

This issue includes one of my favorite annual features: The version of our football pool (I encourage everyone to play) that spans the college bowl season. These games are especially fun and challenging to predict. And they are televised each day over the next several weeks, so you have rooting interest through the New Year. If you've never entered our pool before, it's easy to do. Just turn to it inside and follow the instructions in the text. You have as good a chance as anyone to win the special prize.

Thank you to all our readers, advertisers, contributors, staff, and friends. In case don't know it, we're smack in the middle of our 20th year at The Skinnie. September of 2023 is our emerald anniversary (Look it up.) That's a respectable run. I think I'm game for 20 more. We'll see.

*Scott A. Laurer*

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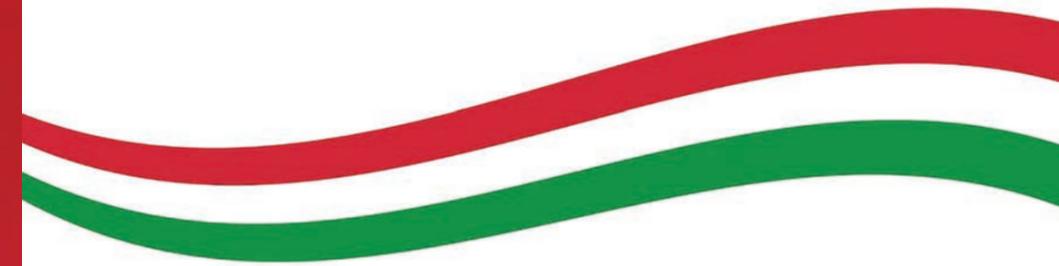
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### on the cover:

This week's cover photo was snapped by The Skinnie's own Jenna Treat. Season's Greetings!

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# LEARNING FROM THE PAST

Skidaway Community Church (SCC) will host “Hate Ends Now: The Cattle Car Experience,” an immersive multimedia experience coming to Savannah next month. Free and open to the public, the traveling exhibit offers visitors the opportunity to step into a replica cattle car used by the Nazi regime to transport Jews and other targeted groups to concentration, labor, and extermination camps.

The exhibit arrives at SCC on Friday, January 6. Out of respect for the Jewish Sabbath on Saturday, January 7, tours will not be available until 11 a.m. Sunday. Each 30-minute presentation – guided by two docents – accommodates up to 25 people, and the last showing is 3:30 p.m. For additional presentation information and to register online, contact [www.skidcc.org](http://www.skidcc.org).

While inside, visitors will emotionally connect to the displays and the experience in the historical space. Standing in the cattle car, visitors are transported back in time as men, women, and children file in with their meager belongings. A 360-degree video broadcasts Holocaust survivor stories, music and sounds, allowing visitors to reflect on modern-day issues of antisemitism and hate and their relation to the Holocaust.

Such wooden freight cars – approximately 55 feet in length and 11 feet wide – were intended to transport cattle. The Third Reich crammed as many as 150 people into locked, windowless box cars, travelling for an average of four days without food, water, restroom

facilities, or even the ability to sit down. Many deportees died enroute; for others, it symbolized the terrifying descent into suffering that robbed them of their families, freedom and, for some, their lives.

The Holocaust was one of the worst demonstrations of ethnic hatred, based on claims that German Jews had betrayed their country during World War I and were responsible for its defeat. The Nazis also blamed Jews for Germany’s economic misery during the Depression of the late 1920s and early 1930s. This led to resentment and the impulse for eliminating Jews and other “undesirables” from German society. Other targeted groups included homosexuals, Slavic and Asiatic peoples, Romany (gypsies), institutionalized people with disabilities, and political opponents of the Nazi Party. More than 11 million people were put to death between 1933 and 1945. In addition to 6 million Jews who perished, an estimated 3.3 million Soviet POWs were murdered between 1941 and 1945, constituting the second-largest group of victims of the Nazi regime.

According to Ann Higbee, chair of the SCC communications committee, many island residents attended a recent six-week series on the Abrahamic Religions, hosted by SCC. Wishing to sponsor a Savannah

By Julie Duncan

visit for the exhibit, Dr. Richard Bodziner contacted SCC pastor Jon Hauerwas to explore the potential of staging the Cattle Car Experience on the church’s campus in January. Hauerwas and church leaders welcomed the opportunity to serve as the Skidaway Island Experience host.

“In celebration of the birth of the Prince of Peace at Christmas, we proudly affirm our commitment to loving our neighbors as ourselves,” Hauerwas says. “SCC was grateful to host the Abrahamic series on our campus this fall, welcoming Jewish and Muslim neighbors for shared meals and conversation. And it is now our privilege to deepen those connections by embracing our calling to reject hate and see in our neighbors the very image of God.”

SCC plans to open its fellowship hall to participants and provide water and light refreshments.

The exhibit is intended to help people better understand and empathize with the suffering that took place during the Holocaust. It was developed through a partnership between Southern NCSY and Shadowlight, a nonprofit organization. NCSY was founded in 1954 by the Orthodox Union (Union of Orthodox Jewish Congregations of America) to provide opportunities to Jewish teens to strengthen their roots through inspiration and leadership skills. NCSY connects with Jewish teens through innovative cutting-edge social and recreational programs to cultivate a positive Jewish identity.

The exhibit will be in the Savannah area for eight days. Other locations include Benedictine Military School from January 4 through



Originally intended to transport livestock, cattle cars such as this one were filled with as many as 150 men, women and children bound for concentration camps operated by the Third Reich. Without food water, restroom facilities or even the ability to sit down, many deportees died enroute.



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During the 30-minute presentation, the Cattle Car Experience broadcasts stories from survivors of the Holocaust, music and sounds, enabling visitors to emotionally connect with the fear and suffering experienced by more than 11 million "undesirables" contrary to Nazi doctrine.

**WHAT:** "Hate Ends Now: The Cattle Car Experience"  
**WHEN:** Friday, Jan. 6 to Sunday, Jan. 8  
**WHERE:** Skidaway Community Church, 50 Diamond Causeway  
**HOW MUCH:** Free and open to the public  
**CONTACT:** For information and to register online, contact skidcc.org  
**WHAT ELSE:** This immersive multimedia exhibit offers visitors the opportunity to step into a replica cattle car used to transport Jews and others to concentration camps during World War II.

6, the Jewish Education Alliance on January 9 and 10, and Savannah Country Day School on January 11 and 12.

Rather than bury the past, the lessons arising from history are meant to be shared and applied in present times. The experience is designed to be powerful and emotional but, most importantly, educational. It engages the senses to create lasting impressions that help people understand the consequences of antisemitism and bigotry in America and inspire them to stand up against it. Although it occurred decades ago, the Holocaust serves as an example of how dangerous discrimination and dehumanization can be.

Today, bigotry continues to thrive around the world. Extremists blatantly engage in genocides and mass killings. Their rhetoric and conduct are not just repetitions of history, but warnings for the future. Recognizing these parallels between the Holocaust and current events can motivate us to prevent tragedies against humanity.

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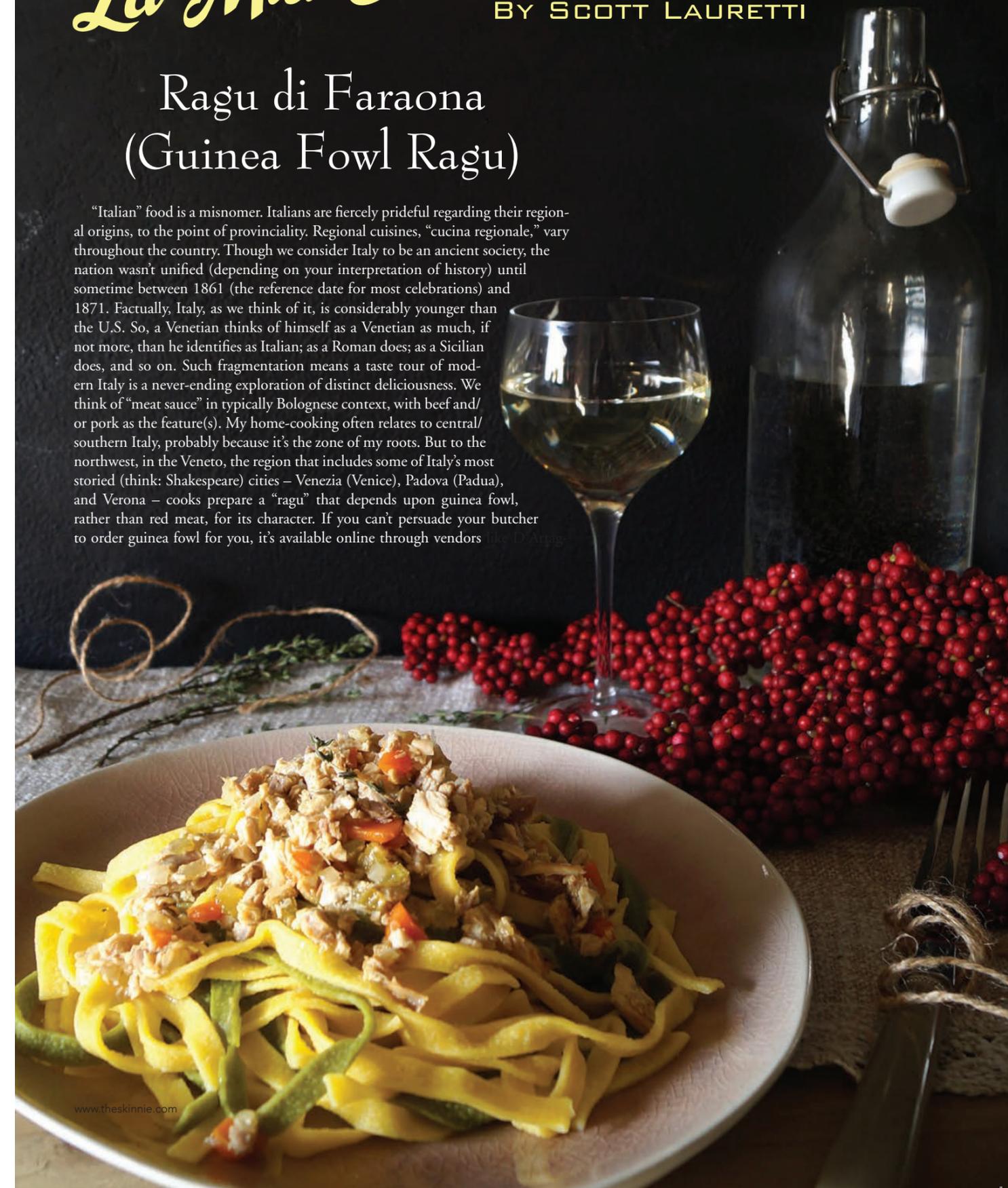
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# La Mia Cucina

BY SCOTT LAURETTI

## Ragu di Faraona (Guinea Fowl Ragu)

“Italian” food is a misnomer. Italians are fiercely prideful regarding their regional origins, to the point of provinciality. Regional cuisines, “cucina regionale,” vary throughout the country. Though we consider Italy to be an ancient society, the nation wasn’t unified (depending on your interpretation of history) until sometime between 1861 (the reference date for most celebrations) and 1871. Factually, Italy, as we think of it, is considerably younger than the U.S. So, a Venetian thinks of himself as a Venetian as much, if not more, than he identifies as Italian; as a Roman does; as a Sicilian does, and so on. Such fragmentation means a taste tour of modern Italy is a never-ending exploration of distinct deliciousness. We think of “meat sauce” in typically Bolognese context, with beef and/or pork as the feature(s). My home-cooking often relates to central/southern Italy, probably because it’s the zone of my roots. But to the northwest, in the Veneto, the region that includes some of Italy’s most storied (think: Shakespeare) cities – Venezia (Venice), Padova (Padua), and Verona – cooks prepare a “ragu” that depends upon guinea fowl, rather than red meat, for its character. If you can’t persuade your butcher to order guinea fowl for you, it’s available online through vendors



nan (dartagnan.com). You could use Cornish hen or chicken, but the end result will lack the full richness found with the Guinea. It's a worthwhile splurge. The recipe below specifies whole wheat pasta, a nod to "bigoli," a northwest Italian favorite. You can make fresh bigoli yourself (do a Google search), but dried wheat spaghetti or tagliatelle stand in nicely. If you're making your own stock, double the quantities (below) of celery, carrots, onion, herbs, and pick up a head of garlic, too.

- 1 guinea fowl
- ½ c extra virgin olive oil
- 2 celery stalks, diced
- 2 carrots, diced
- 1 yellow onion, diced
- 2 c white wine
- 1 sprig rosemary, leaves removed from sprig
- 6 sage leaves, chopped
- 2 bay leaves
- 2 c (or more, as needed) guinea hen stock\*
- Sea salt and freshly ground black pepper
- Parmigiano Reggiano (cheese), grated
- Italian parsley, chopped

\*I have detailed stock-making in previous installments. It's easy; no matter the type (chick-

en, fowl, lamb, fish, etc), you follow a common process. For Guinea fowl stock, drop the leftover carcass (after removing the meat for your ragu) into a large pot (preferably one with a built-in strainer insert). Add (very) coarsely chopped (you needn't remove the skins) onion, carrot, celery, garlic, herbs (like parsley, sage, bay leaves), salt and pepper. Cover (barely) with water. Bring to a boil then reduce to a simmer and cook for at least an hour (preferably longer, although fish stock shouldn't remain on the stovetop all day). Strain.

Skin the fowl and remove the meat from its bones. Chop and toss in a bowl with half the wine. Marinate the meat for 30 minutes. In a Dutch oven or high-sided pan, heat the olive oil over medium-high. Add the vegetables, season with salt and pepper, reduce heat to medium, and cook for 5 minutes, until they begin to soften. Add the fowl meat, season with salt and pepper, increase the heat to medium-high, and brown slightly all over, stirring. Add the remaining wine and increase heat to high to burn the alcohol off, cooking for about a minute. Reduce heat to medium and add rosemary, sage, bay leaves, and stock. Reduce heat further, to low, and cook for an hour, adding a little stock anytime the ragu



becomes dry. When you are ready to serve, cook the pasta (I prefer a minute or 2 less than package specifications) in well-salted water. Drain pasta and toss into ragu pan and mix well. If the dish seems dry, add a ladleful of pasta water. Toss chopped parsley and grated cheese into the pot, stir well again. Serves 4.



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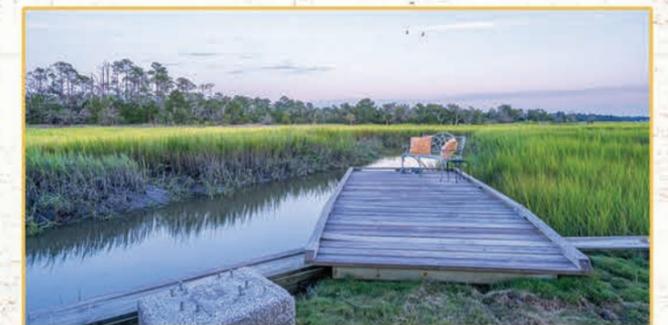
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The weight training corner of the gym is no longer the exclusive domain of those who dream of being the next Arnold Schwarzenegger. Men and women of all body types can benefit from resistance training. This is a fact that Jason Boyd, a health educator in the Wellness Center at St. Joseph's/Candler, shares early on with his clients.

"Resistance training is one of the best things you can do for your overall health, especially as you get older," Boyd says. "Maintaining muscle mass is one of the critical factors that correlates to longevity."

After the age of 40, people begin losing muscle mass naturally – sometimes as much as two percent a year. This can lead to a decreasing metabolic rate, fewer calories burned, and unhealthy weight gain.

## WHERE TO BEGIN

"If a person is older or a beginner, we start them off on the machines," Boyd says. "Machines are generally safe because they keep you in a fixed plane of motion with the weights being lifted through a pulley system. If your muscles fatigue halfway through a bench press rep, for example, you can just set the bars down."

Weight machines provide beginners with illustrations or descriptions of the exercise. "Our machines have a QR code that you can scan with your phone, which will link to a video of someone performing the exercise," Boyd says.

Learning the proper movements as you work each muscle is important for when you are ready to try free weights. Boyd tries to incorporate those exercises into a person's routine as they gain more experience, as free weights have incremental benefits. "Free weights stress the muscle a little bit more and they engage more muscles," Boyd explains. "Each of us has stabilizer muscles that come into play when



Health educator Jason Boyd

we need to keep proper form with a dumbbell or a barbell."

The pulley system in resistance machines that help you perform an exercise smoothly can inadvertently allow your stronger muscles to compensate for weaker ones. With free weights, both left and right muscle groups are equally and independently challenged. So, Boyd encourages the use of free weights whenever possible.

With a free weight bench press or any other exercise where the weight could fall on you if your muscles fatigue, you will need a second person to spot you.

Even though free weights typically create more muscle strength, if you're limited to machines because of surgery, injury, or a doctor's recommendation, don't be discouraged. "You can still get a very effective workout using just the machines," Boyd says. "As long as those muscles are stimulated, they will get stronger. And with the equipment we have at the Wellness Center, you can work all your major muscle groups."

*Looking to join a gym? Learn more about the Wellness Center at [sjchs.org/WellnessCenter](http://sjchs.org/WellnessCenter) or call 912.819.8800.*

## Tips For Exercising in COLD WEATHER

Maybe you'll set a New Year's goal to exercise more this year. Perhaps you are more motivated to exercise during the warm months when the days are longer. Don't let cold weather be an excuse to forego your walk or hit the gym.

"It's important to keep up your exercise routine during cold winter months for several reasons," says Michelle LaFleur, exercise specialist at the St. Joseph's/Candler Wellness Center, and professional runner. "Exercise increases blood flow and circulation to all areas of the body. This leads to a stronger immune system, which can be compromised during winter months. Building your immunity can help combat colds and flu which are in season right now."

These seven tips will prevent the cold from putting a freeze on your exercise routine.

**1. Wear the right clothing.** When exercising outside, clothing is critical. In cold weather, consider fabrics like lightweight polyester, polypropylene, or moisture-wicking materials. These are better insulators than cotton. Also, don't overdress. You can overheat, even in below-freezing temperatures. If you start to sweat a lot and a cold wind hits, perspiration will evaporate and could cause chills. Dress in layers to limit perspiration.

**2. Speaking of layers...** Layering is key. Wear a synthetic material against your skin. This will allow the sweat to pass through the fabric away from your body. The second layer should be wool, polyester, or fleece for primary insulation. A third layer should be chosen for its ability to keep out the cold air, wind, or rain. Keep this layer lightweight and synthetic. Layering helps regulate your temperature. Strip off a layer if you get too warm.

**3. From the top to the bottom.** A full

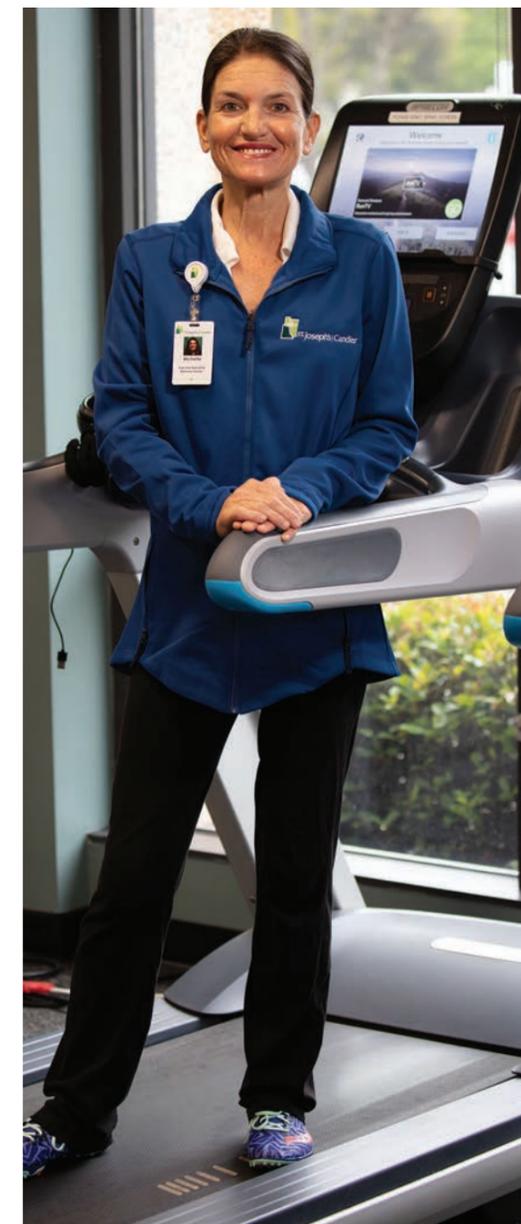
head of hair or not, you can lose a tremendous amount of heat through your uncovered head; so wear a hat, cap, or hood. Your feet tend to get cold first. Wear the right boots or shoes and insulate them with warm socks and keep your socks dry. Hands tend to be susceptible to cold. On really cold days, gloves or mittens should be worn before your hands become cold.

**4. Stay hydrated.** Even in cold weather, it's important to stay hydrated. If you can see your breath or begin to sweat, that's moisture leaving your body. Drink plenty of fluids, especially if the air is cold and dry. Drink water before you go out and bring some with you.

**5. Don't overdo it.** Cold and exercise can both stress the body. Talk to your healthcare provider before starting a winter exercise routine, especially if you are new to exercising. People who have diabetes, take certain medications, and older adults are at increased risk that their body temperatures will drop in cold weather. Such people should consult a healthcare provider before starting an exercise program.

**6. Warm up before exercising.** Stretching and warming up before you start any type of exercise is always important, but even more so when it gets cold. Stretch your muscles to warm them up before exposing your body to the cool air.

**7. Consider joining the St. Joseph's/Candler Wellness Center.** If you normally exercise outside but find yourself doing less in the winter, consider joining a gym. The St. Joseph's/Candler Wellness Center is a state-of-the-art facility with cardio equipment, resistance machines, and free weights. There are numerous fitness classes, including as circuit training, Yoga, POUND, WERQ, and others. Call 912.819.8800 for membership



Exercise specialist Michelle LaFleur

information.

"Just like brushing your teeth every day, exercise is body maintenance," LaFleur says. "There are so many benefits to exercise. Exercise increases your good-mood-producing natural endorphins. That's important in winter months when it gets darker earlier."

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# The Year in Review

They Served by Ron Lauretti

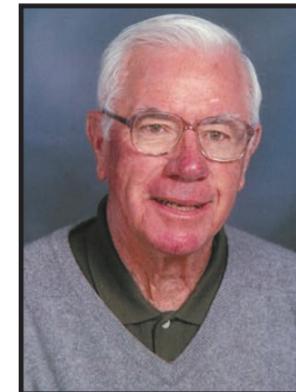
For one more time, as a farewell to 2022, we salute the men and women who have served our country and graced the pages of our magazine this year. All over the world and close to home; centuries ago or active today; some are your neighbors and some have stories that we recognize from afar. Their common bond: The sacrifice of service ahead of self-interest. We are grateful for each one.



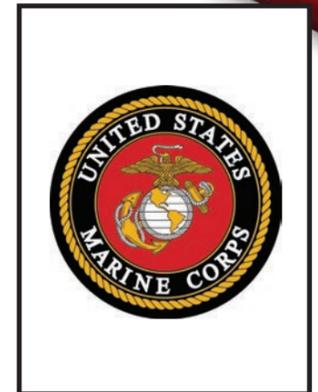
**CPL. RICHARD TOLLINSON**  
*Marine Corps, 1974 to 1977*  
U.S. Embassy Saigon, Vietnam



**COMMAND SGT. MAJ. RYAN REICHARD**  
*Army, 2000 to present*  
Iraq, Afghanistan, and Embry-Riddle Aeronautical University



**LT. GEROME CRUMLEY**  
*Navy, 1942 to 1946*  
World War II Pacific Theater



**SGT. JUSTIN HORTON**  
*Marine Corps, 1996 to 2004*  
South Korea, Panama and Haiti



**BRIG. GEN. JEAN-PIERRE FAGUE**  
*French Army, 2002 to present*  
Africa, military exchange program, U.S. 3rd Infantry Division



**COL. HENRY KNOX**  
*U.S. Continental Army, 1772 to 1785*  
American Revolution, Fort Ticonderoga, Lake Champlain



**COMMAND SGT. MAJ. RICHARD E. MERRITT**  
*Army, 1986 to 2019*  
Somalia, Afghanistan, Iraq, Panama and South Korea



**CPL. DONALD WOTRING**  
*Marine Corps, 1965 to 1983*  
Vietnam



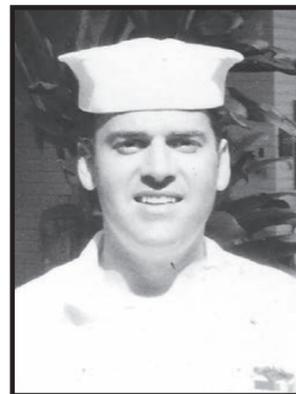
**CHIEF JOSEPH**  
*Nez Perce Indian Tribe*  
 1877 to 1904  
 Oregon, Idaho, Montana,  
 Oklahoma, Washington D.C.



**CAPT. WILLIAM J. CAREY**  
*Army, 1965 to 2006*  
 Vietnam



**MASTER SGT. MICHAEL ASHDOWN**  
*Marine Corps, 2002 to 2022*  
 Iraq, Liberia, Norway,  
 Afghanistan, Uganda and Jordan



**PETTY OFFICER DOYLE RAY TREAT**  
*Navy, 1949 to 1969*  
 Submarine service and Detective,  
 Long Beach (California) PD



**LT. DR. WILLIAM T. MOORE**  
*Army, 1968 to 1970*  
 Vietnam



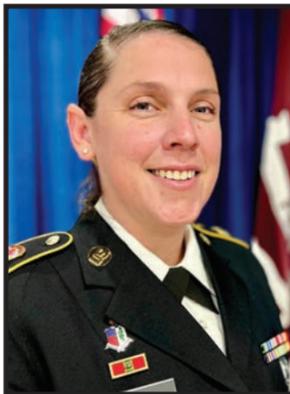
**MAJ. GEN. ALEXANDER M. PATCH**  
*Army, 1913 to 1945*  
 Guadalcanal and Champagne  
 Campaign of Southern France



**BRIG. GEN. PAUL TIBBETS**  
*Army Air Forces 1937 to 1966*  
 Pilot of the "Enola Gay" B-29  
 bomber that dropped "Little  
 Boy" on Hiroshima



**COL. DARRYLE KOUNS**  
*Army, 1956 to 1989*  
 South Korea, Vietnam, West  
 Point, Germany and the Pentagon



**SGT. AMANDA MAY**  
*Army Medical Corps,*  
*2015 to present*  
 Cooper University Hospital –  
 New Jersey, and Baylor  
 University, Texas



**PFC. TIBOR RUBIN**  
*Army, 1950 to 1954*  
 Mauthausen Concentration  
 Camp – Austria, South Korea,  
 Camp 5 P.O.W. Camp, North  
 Korea; Medal of Honor



**CAPT. HENRY ELROD**  
*Marine Corps, 1934 to 1941*  
 Wake Island, World War II



**LT. CMDR. JOSEPH ROGERS**  
*Navy, 1954 to 1974*  
 Sicily, Iceland and the Gulf  
 of Tonkin, Vietnam

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# HAPPY HOLIDAYS



Dr. Susan Timna,  
 Au.D., CCC-A

Dr. Cori Palmer,  
 Au.D., CCC-A



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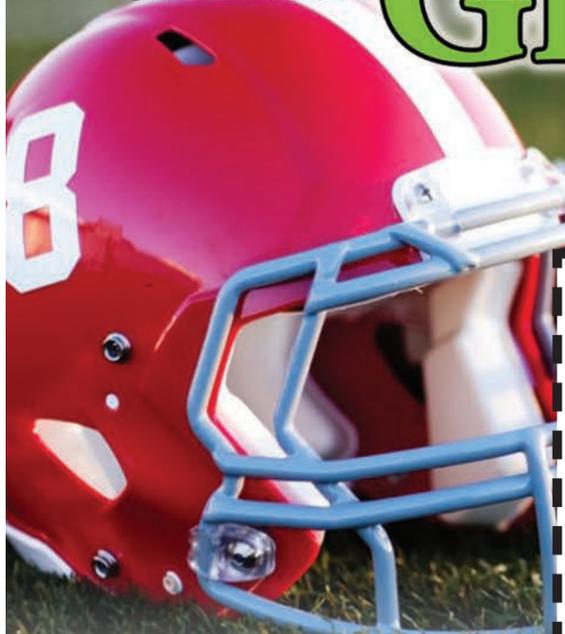
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SAVANNAH SKIDAWAY ISLAND POOLER

# We're Giving It Away!

## Football Pick 'Em Pool



With the end of the college football regular season, our most recent pool consisted of 14 NFL games. The pros are hard to handicap, but three of our contestants made it look relatively easy. Jim "The Mini-Fridge" Perry correctly selected 10 winners heading into the Monday night game, in which he chose Arizona. Pat "Don't Call Me 'Netherlands'" Holland and Crystal "Ball" Higgins each had 9s at the end of the weekend.

On Monday night, Perry pulled even as the Patriots prevailed over the Cardinals, 27-13. This three-way tie was broken by Holland, who came closest to the total of 70 points in the Eagles/Giants game, guessing 50.

Thank you, as always, to all our entrants.

The next and final pool until fall features NCAA bowl games, beginning with the New Orleans Bowl on December 22 and running through the Rose Bowl on January 2, which will be played through January 2. Don't miss your chance to get in on the action. Play along. Everyone is welcome. We'd love to have hundreds of participants, and there's no reason that we shouldn't. It's easy. Predict the winning team for each game. And get more winners right than the rest of your friends. For the tiebreaker game, the Rose Bowl (Penn St. vs Utah), predict the total points

- |                       |                                   |
|-----------------------|-----------------------------------|
| New Orleans Bowl      | South Alabama vs Western Kentucky |
| Armed Forces Bowl     | Air Force vs Baylor               |
| Independence Bowl     | Houston vs Louisiana              |
| Gasparilla Bowl       | Missouri vs Wake Forest           |
| Hawaii Bowl           | San Diego St. vs Middle Tennessee |
| Quick Lane Bowl       | Bowling Green vs New Mexico St.   |
| Camellia Bowl         | Buffalo vs Georgia Southern       |
| First Responders Bowl | Utah St. vs Memphis               |
| Birmingham Bowl       | East Carolina vs Coastal Carolina |
| Guaranteed Rate Bowl  | Oklahoma St. vs Wisconsin         |
| Military Bowl         | Duke vs Central Florida           |
| Liberty Bowl          | Arkansas vs Kansas                |
| Holiday Bowl          | North Carolina vs Oregon          |
| Texas Bowl            | Mississippi vs Texas Tech         |
| Pinstripe Bowl        | Minnesota vs Syracuse             |
| Cheez-It Bowl         | Florida St. vs Oklahoma           |
| Alamo Bowl            | Washington vs Texas               |
| Duke's Mayo Bowl      | North Carolina St. vs Maryland    |
| Sun Bowl              | UCLA vs Pittsburgh                |
| Gator Bowl            | South Carolina vs Notre Dame      |
| Arizona Bowl          | Wyoming vs Ohio                   |
| Orange Bowl           | Clemson vs Tennessee              |
| Sugar Bowl            | Kansas St. vs Alabama             |
| Music City Bowl       | Kentucky vs Iowa                  |
| Fiesta Bowl           | Michigan vs Texas Christian       |
| Peach Bowl            | Georgia vs Ohio St.               |
| ReliaQuest Bowl       | Illinois vs Mississippi St.       |
| Vrbo Citrus Bowl      | Purdue vs Louisiana St.           |
| Cotton Bowl           | USC vs Tulane                     |
| Rose Bowl             | Utah vs Penn St.                  |

As a tiebreaker this week, pick the total points in the Philadelphia/NY Giants game. \_\_\_\_\_

that the two teams will score (combined).

Entries are due by 5 p.m., Thursday, December 22; one entry per contestant please. Email picks to [chendrix@theskinnie.com](mailto:chendrix@theskinnie.com). Or send your entry the old-fashioned way to:

**The Skinnie, 15 Lake Street, Suite 280, Savannah, GA 31411**

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



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Helen Johnson

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Stewart Marshall

#2 IN SALES VOLUME



Casey Schivera

#3 IN SALES VOLUME



The Ezelle Strong Team

#1 TEAM IN SALES VOLUME



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#2 TEAM IN SALES VOLUME



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#3 TEAM IN SALES VOLUME

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## WRAP ARTISTS

**WHAT:** Greenbriar Gift Wrap Center needs volunteers

**WHEN:** Now through Dec. 24

**WHERE:** Oglethorpe Mall

**CONTACT:** Email Cherie Trice at [ctrice@greenbriarchildrenscenter.org](mailto:ctrice@greenbriarchildrenscenter.org) for info

**WHAT ELSE:** Volunteer shifts available during the day, evening, and on weekends up through Christmas Eve. Shoppers bring their gifts to be wrapped by volunteers in exchange for a small fee, which is donated to Greenbriar's programs for children and families. Sign up through the homepage link at [greenbriarchildrenscenter.org](http://greenbriarchildrenscenter.org).

## COMMUNITY SERVICE

**WHAT:** Christmas Eve services at Skidaway Community Church

**WHEN:** Dec. 24, 5 p.m.

**WHERE:** Skidaway Community Church, 50 Diamond Causeway, Skidaway Island

**CONTACT:** For more information, call the church at 912.598.0151

**WHAT ELSE:** Christmas Day services - 10 a.m. There will be no sermon but Bible readings and carols. All are welcome. Children are encouraged to worship with their families, so no babysitting is provided. "A Time with Young People" is part of the service.

## ON THE HOUSE

**WHAT:** Cocktails with Friends

**WHEN:** Dec. 17, 6 to 8 p.m.

**WHERE:** Members' homes

**CONTACT:** Becky Dominguez, [beckydom61@aol.com](mailto:beckydom61@aol.com), or Connie Rice, [csrice1948@gmail.com](mailto:csrice1948@gmail.com)

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



# island hopping

Please email content to [mail@theskinnie.com](mailto:mail@theskinnie.com).  
Deadline is the Friday prior to publication.

## WHO NEW?

**WHAT:** New Neighbors

**WHEN:** Visit [www.landingsnewneighbors.com](http://www.landingsnewneighbors.com) to see our calendar

**CONTACT:** Visit our website or contact Jody at [nnnewmember@gmail.com](mailto:nnnewmember@gmail.com)

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

## GOTTA LOVE IT

**WHAT:** Landlovers membership / open to all Skidaway Islanders

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

**CONTACT:** Vicki Knapp at [landloversmembership@gmail.com](mailto:landloversmembership@gmail.com) or visit [www.landingslandlovers.com](http://www.landingslandlovers.com) for more information.

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

## HIGH FIBER

**WHAT:** Fiber Guild of the Savannahs "In Search of the Golden Fleece" 50th anniversary

**WHEN:** Now through Dec. 30

**WHERE:** JEA Art Gallery, 5111 Abercorn St.

**HOW MUCH:** Free and open to the public

**CONTACT:** Vicky Lunick, 912.355.8111

**WHAT ELSE:** The Fiber Guild of the Savannahs is a group of fiber artists who meet regularly to share inspiration and techniques regarding a wide variety of fiber arts: spinning, weaving, dyeing, quilting, knitting, basketry, rug making, paper manipulation, needle felting, and crocheting, for example. Beginners, amateurs and professional fiber artists are invited to join.

## STITCHIN' TIME

**WHAT:** Landlovers Stitch and Bead

**WHEN:** Tuesdays, Dec. 27, 2 to 4 p.m.

**WHERE:** Members' homes

**CONTACT:** Leslie Mathews ([lmathews50@gmail.com](mailto:lmathews50@gmail.com)) to be added to email list

**WHAT ELSE:** We welcome crafters working on any type of needle projects, from knitting to needlepoint, beading, felting, crewel and cross stitch. Location announced by email. Landlovers membership is required.

## POURED PAINT PROCESS

**WHAT:** The Works of Andrea and Mark Mathews

**WHEN:** Jan. 2 through 31; opening reception Tuesday, Jan. 3, 5 to 7 p.m.

**WHERE:** JEA Art Gallery, 5111 Abercorn St.

**HOW MUCH:** Free and open to the public

**CONTACT:** Vicky Lunick, 912.355.8111

**WHAT ELSE:** At the start of the pandemic, Andrea and Mark Mathews tried paint-pouring and fell in love with creating art. Their techniques are varied, using acrylic paint followed by an epoxy coat, which makes the colors pop and protects the piece. Excess paint is used to create necklaces, trivets, and coaster sets, which can also serve as trivets. Their slogan is, "Art you look at, art you can wear, and art you use."

## GATHERING GROCERIES

**WHAT:** Second Harvest Packing

**WHEN:** Friday, Jan. 6, 9 to 11 a.m.

**WHERE:** America's Second Harvest Volunteer Center; Meet at the Methodist church by 8:15 to carpool

**CONTACT:** Carol Stiles or Sue Souls, [llcommerservice@gmail.com](mailto:llcommerservice@gmail.com)

**WHAT ELSE:** Four times a year, Landlovers Community Service gets together on Friday mornings to provide volunteer labor to pack boxes for needy families at America's Second Harvest of Coastal Georgia, a nonprofit food bank and community partnering organization. No skill is required, just a caring heart. We'd particularly like to encourage any men who have time to join us. All are welcome, but participants must be members of Landlovers. We are in search of a coordinator. If you are interested in leading this wonderful effort, please let us know!

## DANCE FEVER

**WHAT:** Landlovers "Shall We Dance?"

**WHEN:** Monday, Jan. 9, 7-8:30 p.m.

**WHERE:** Skidaway Island United Methodist Church

**CONTACT:** Marilee Dalbey, 334.797.9952

**HOW MUCH:** Tickets are \$15/person available at [www.landingslandlovers.com](http://www.landingslandlovers.com)

**WHAT ELSE:** On the second Monday of each month, learn a difference style of dance. January's class will be learning to Cha Cha like the pros. Professional instructors will lead the group through the moves.

## THE COAST WITH THE MOST

**WHAT:** Coastal Conservation Association of Skidaway January Meeting - "The Growth at the Base of the Food Chain"

**WHERE:** St. Peter's Church

**WHEN:** Monday, Jan. 16, 7 p.m.

**CONTACT:** Paulette Hamilton, 610.509.0279

**WHAT ELSE:** Benjamin Lowin, PhD student at Skidaway Institute of Oceanography and the University of Georgia, will discuss the primary production that measures the growth at the base of the food chain, which determines how many fish an ecosystem can support and provides an estimate of carbon flux in the water column. The CCA's January raffle prize is a bait-cast combo rod and reel and tackle box valued at \$200.

## SHUTTERBUGS

**WHAT:** Landlovers Digital Photo Club

**WHEN:** Jan. 17, Feb. 21, March 21 at 3:45 p.m.

**WHERE:** Bailey Hall, Skidaway Island United Methodist Church

**HOW MUCH:** There are no photo club dues this year, but you must be a member of Landlovers

**CONTACT:** Amy Collings, [landloversphoto-club@gmail.com](mailto:landloversphoto-club@gmail.com)

**WHAT ELSE:** Whether you are a novice photographer, an expert shutterbug, or anything in between, come join the Landlovers Digital Photo Club. In-person meetings have resumed, so come out and enjoy being part of our great group of supportive people.

## THE RIGHT STUFF

**WHAT:** Ladies On The Right (LOTR) luncheon meeting, with guest speaker Star Parker, founder and president of the Center for Urban Renewal and Education (CURE) and weekly broadcast host of "CURE America."

**WHEN:** Thursday, Jan. 19; 12 to 2:30 p.m. Social hour 12 to 1 p.m.; lunch/program 1 to 2:30 p.m.

**WHERE:** The Landings Palmetto Club

**HOW MUCH:** LOTR members, \$30; guests, \$35

**CONTACT:** For more info or to register/pay (deadline Jan. 16): [ladiesontheright.org](mailto:ladiesontheright.org)

**WHAT ELSE:** LOTR is a greater-Savannah community leadership organization whose mission is to inform, educate and inspire members to take action roles on issues that impact our country, community and lives.

## LADIES' NIGHT

**WHAT:** Landlovers Girls Time Out

**WHEN:** Jan. 19; Doors open at 7 p.m.

**WHERE:** Savannah Smiles Dueling Pianos

**COST:** \$6 (cash) or \$7 (credit card), payable at the door

**CONTACT:** Email [LLgirlstimeout@gmail.com](mailto:LLgirlstimeout@gmail.com)

**WHAT ELSE:** Enjoy an evening out with great ladies. We will be joining New Neighbors Wilde Women for a fun evening of song, food, drink, and a great time. There is street parking, but carpooling is recommended. Landlovers membership required.

## PLAY DATE

**WHAT:** Landlovers Games Day

**WHEN:** Jan. 20, 9 a.m. to 4 p.m.

**WHERE:** Palmetto Ballroom

**CONTACT:** [landingslandlovers.com](http://landingslandlovers.com) - details and sign up listed under Fundraisers

**HOW MUCH:** \$60/person for play and lunch

**WHAT ELSE:** Form your tables of four and enjoy your favorite games, raffle, 50/50, and super grand prizes. Landlovers membership required.

## 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. 1 for 10 weeks; hours and days are flexible

**WHERE:** Chatham SW and Bull Street Libraries

**CONTACT:** Volunteer coordinator John Gerardi, 912.661.8705 or [johngerardi@hotmail.com](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.

## BE A DECENT DOCENT

**WHAT:** Become a historical interpreter

**WHEN:** Part-time - Monday thru Saturday, 10 a.m.-4 p.m.; or Sundays, 12 noon -4 p.m.

**WHERE:** The Andrew Low House Museum, 329 Abercorn St. on Lafayette Square

**HOW MUCH:** \$9.50 per hour

**CONTACT:** Chris Sergi, Education and Programs Manager Andrew Low House [csergi@andrewlowhouse.com](mailto:csergi@andrewlowhouse.com) or 912.233.1828 ext.102

**WHAT ELSE:** The Andrew Low House is searching for enthusiastic and dedicated individuals with a love of history to serve as guides and educators to represent our museum.

## FORE LADIES ONLY

**WHAT:** Landlover Ladies 9-Hole Golf Group

**WHEN:** Tuesdays (Tee times from Chelsea system)

**WHERE:** Varies each week

**CONTACT:** Jan Rosenbaum at [LandloverLadies9@gmail.com](mailto:LandloverLadies9@gmail.com)

**WHAT ELSE:** Landlover Ladies 9-hole Golf welcomes those who have a basic understanding of the rules, pace of play and have a GHIN number. Our focus is on having fun with a casual get together afterwards. The Landing Club golf and Landlovers memberships are required.

## MEETING OF THE MINDS

**WHAT:** Stroke Survivors

**WHEN:** Third Thursday of every month, 4 to 5 p.m.

**WHERE:** Messiah Lutheran Church, 1 West Ridge Rd.

**HOW MUCH:** Free

**CONTACT:** Shirley Nack, 598.7047

**WHAT ELSE:** Share your experiences with stroke survivors. At our meetings we listen and learn what other survivors have accomplished in order to return to an active lifestyle.

## REEL MEN

**WHAT:** Landlovers Men's Action Movies, open to all Skidaway Island residents, not just the Landings

**WHEN:** We usually see an action movie once a month when a good movie is showing.

**HOW MUCH:** Movie admission

**CONTACT:** Dave Robinson, [dave.robinson16@gmail.com](mailto:dave.robinson16@gmail.com)

**WHAT ELSE:** Men's Action Movies is a friendly gathering of men who want to see movies your wife probably wouldn't want to see. We will see a late afternoon showing and then go to a modest local eatery. Dinner is optional, RSVPs are appreciated; no dues. Carpool from the Methodist Church. About five days in advance, you will receive information regarding movie and restaurant options. Must be a Landlovers member. Membership is open to all residents of Skidaway Island.

## DUEL PURPOSE

**WHAT:** Skidaway Hamiltons meetings

**WHEN:** Every third Tuesday of the month, 3:30 p.m.

**WHERE:** Messiah Lutheran Church, Skidaway Island

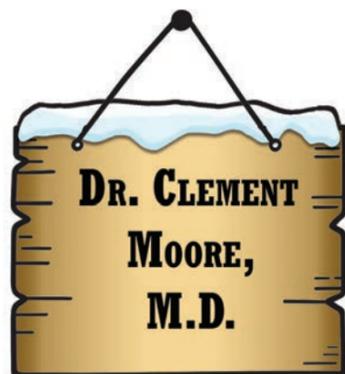
**HOW MUCH:** Free for members of the Skidaway Hamiltons and Skidaway Abigail

**CONTACT:** [HamiltonsMembers@gmail.com](mailto:HamiltonsMembers@gmail.com)

**WHAT ELSE:** To learn more about Skidaway Hamiltons, a non-partisan civic-minded men's organization, visit [skidawayhamiltons.org](http://skidawayhamiltons.org). See the calendar for past and future speakers.

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

CHALLENGER CLUES\*



ACROSS

- 1. Rattle
- 6. Spirit type
- 10. Crossword lotion?
- 14. World's first soy alcoholic beverage
- 15. Italian town noted for it's bell
- 16. Weaklings
- 17. Elon Musk's notorious father
- 18. Brit's trousers
- 19. Kind of stick
- 20. Obesity. Abdomen like \_\_\_\_
- 23. Nat'l Peanut Month
- 24. Android competitor
- 25. Poor personal hygiene.....
- 34. Bees : Api- / birds : \_\_\_\_
- 35. Pine
- 36. "Certainly not!"
- 37. Japanese luxury toilet brand
- 39. Disparaging
- 41. Highest mountain range in Southeast Europe
- 42. Minnesota Twins H-O-F right fielder, Tony \_\_\_\_
- 44. Cousin of an avocet
- 46. Predecessor to the E.U.
- 47. Possible alcohol abuse....
- 50. Harry Potter's best friend
- 51. A little less than 'iest'
- 52. Estimated life expectancy.....
- 61. "\_\_\_\_ real nowhere man" (Beatles)
- 62. Neighbor of Armenia
- 63. Brother's keeper
- 64. Iolani Palace locale
- 65. Author Blyton or Bagnold
- 66. Sot
- 67. Europe's third longest river

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20					21						22			
			23						24					
25	26	27				28	29	30			31	32	33	
34				35						36				
37			38		39				40		41			
42				43		44				45		46		
47					48						49			
			50						51					
52	53	54				55	56	57				58	59	60
61					62					63				
64					65					66				
67					68					69				

- 68. Chewbacca's captain
  - 69. Leader of a coup d'état against Elizabeth I
- DOWN
- 1. Rattled
  - 2. Prickle
  - 3. Kind of nym or bat?
  - 4. Missouri, "The \_\_\_\_ State"
  - 5. Noted Kiwi mountaineer
  - 6. Popular perfume by Dana
  - 7. "Yadda-yadda"
  - 8. 2012 Best Picture Oscar winner
  - 9. Many a dweeb
  - 10. Evaluator
  - 11. Slump
  - 12. Mineraloid gem
  - 13. Spot
  - 21. Manumits
  - 22. Fourth gospel
  - 25. Part of a Tennessee Williams title
  - 26. Another name for echinus molding
  - 27. \_\_\_\_ vinifera

- 28. Victor Borge's native language
- 29. Emulate Anthony Doerr
- 30. Country on the Arabian Sea
- 31. Hemp willow
- 32. Wayne Gretzky, notably
- 33. Nemesis of Flattop Jones
- 38. Renew
- 40. Rodrigo Diaz de Vivar
- 43. Dominican family of baseball fame
- 45. The bigger \_\_\_\_, the harder .....
- 48. Navel types
- 49. Mythological brother and consort of Nyx
- 52. Grand, in Vegas
- 53. Be durable
- 54. Part of the U.S. Dept. of Labor
- 55. Villain in Fleming's 6th James Bond novel
- 56. Bawl out
- 57. Maker of Percocet
- 58. ICBM killers
- 59. Site of the Spanish Steps
- 60. Achilles was dipped in it

Puzzle answers, page 31

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

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**IMPACT AIR, LLC** • We service/repair all brands of Air Conditioning & Heating equipment. Services range from duct repairs to replacement of an entire HVAC system. With over 20 years of experience, you are sure to receive quality work at a fair price. We also offer maintenance plans to keep your HVAC system(s) operating efficiently. Call Dan Abel, 912.667.1472.

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Events. Christmas trees \* Mantels \* Tablescapes \* Florals Call Barry Mason, 912.547.1423 \*Free design consult\*

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**ONSITE NETWORK SERVICES, LLC** • Jacob Dimond providing prompt and professional onsite computer and IT services for Landings residents for over 15 years. Specializing in Windows and Apple computers, laptops, iPad and smart devices, new computer sales and upgrades, computer cleaning and tune ups. Transfer programs and files from old to new computers. Wireless network and printer installation. Install streaming TV services and help customers "cut the cord." Provide training and tutoring. Smart Home device installation, lightning/power surge repairs and data recovery. Recycling or donation of old equipment. Free phone consultations. Call 598.2990 or 507.2693, 7 days a week.

**SAVANNAH COMPUTER SERVICES, INC.** • Professionally serving coastal areas of Georgia and South Carolina for over 25 years. Specializing in both business and residential PCs, Macs, and most IT equipment with a full spectrum of services including but not limited to installation, networking, cabling, diagnostic and repair, upgrades, data recovery, virus removal and prevention, moving/relocation, and consulting. Specialty business offerings include VOIP phones, high speed internet circuits with failover, and hosted cloud backup services. Enjoy fast and convenient on-site service, FREE pickup and delivery, or remote service by appointment only. Quotes are always free and no travel charge within our local area of coverage. Call Mike and Cyndy Tabakian, 912.756.7860 or visit our web site at savannahcomputer.com

**WEYLAND TECHNOLOGY** offers customer focused computer repair and training. Over 30 years of computer experience. We come to you to get you back on-line. Mac, PC or Linux machines. Software installation and training, network installation and troubleshooting, data recovery and virus removal. Call Matt at 912.656.1095, 7 days a week or visit our website at weylanttechnology.com

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**COOLSCULPTING SPECIAL** • Mention the Skinnie for 25% off one CoolSculpting treatment with Dr. Martin Everhard, MD, Ph.D., FACS. To learn more about the FDA-cleared non-invasive CoolSculpting technology used at Cool Body Contouring, visit CoolBodyContouring.com or call 912.200.6000.

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**PHANTOM SCREENS** • The Phantom Screen's unique retractable design means it is there when you need it and disappears when you do not. Designed for doors, windows and large openings up to 25 ft. wide, we have a Phantom screen to meet your needs. Available in a variety of colors to compliment your home décor. Call 912.552.2331 or visit phantomscreens.com

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**WELLNESS SPA**

**SUITE LIFE WELLNESS SPA** • Conveniently located on the Diamond Causeway (next to Kroger). Facials, peels, waxing, eyelash extensions, and cosmetic brow/lip tattoo. Easy online booking @ [www.suitelifespa.com](http://www.suitelifespa.com). Open by appointment only - 7 days per week - Independent estheticians.

**FOR SALE**

**HALF PRICE!! For Sale** • Landings resident has three plots in the Forest Lawn Cemetery. The current value is \$3995 per plot. They are in the beautiful Old Rugged Cross section. We're offering these at \$2,000 each. Willing to sell individually or as a group. Please email [stargrays@gmail.com](mailto:stargrays@gmail.com).

**FOR SALE** • Burial plot package located in Hillcrest Abbey West Cemetery. Double depth burial plot for 2, located in the Veterans Section (Lot 212-C) includes vault & bronze marker (size 24"x12"). Deed transfer upon purchase. \$6500. Please call 912.659.8850.

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**GUNS WANTED** • Top cash paid. Z and Son Fine Guns 5 East Montgomery Crossroads, Sa-

vannah's Firearms Source., 912.438.5811

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**Are you thinking about selling your home?** I have buyers interested in buying your house! We also offer FREE design consultations, staging, professional photography and local marketing! Mention this ad and get a reduced rate commission! Nicole Casino with Savannah Real Estate Experts, 912.356.0006 or 912.598.6250

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**HANDYMAN HOUSECALLS**

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Quick fixes  
No job too small!  
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**GRASSMASTER LAWN CARE** • We offer complete landscape management with year-round service. Our services also include fertilization, in-

sect, 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 354.8856.

**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, and fertilizer. Call today for a free estimate. Let us maintain your property, so you can enjoy it. Licensed and insured. 912.656.8472



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**MURPH 'N' TURF** • Over 25 years of Turf and Plant health experience. Licensed and Insured. We offer over-seeding with premium seed, tree root injections for fall, and organic soil amendments for turf health through Fall and Winter to boost your landscape into spring. Year-round plant health plans available. We offer non-toxic, kid/pet-safe turf painting. Also, if you're tired of your irrigation well staining your home, driveway, and trees...I'm your guy!! Call Murph today for a FREE consultation, 912.596.2472

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**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, Warehousing & 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. Call 912.925.9528

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**ISLAND PAINTING** • Proudly painting the Landings since 1999. We specialize in custom interior and exterior painting. Wallpaper removal and much more!! Thank you for your consideration. Please see my reviews at TLA, NextDoor and Young Neighbors at the Landings on Facebook. Call Tommy Rigdon, 912.308.4601 or email: [tjrigdon@yahoo.com](mailto:tjrigdon@yahoo.com)

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**SKIDAWAY ISLAND PRO WASH** • Owned by Landings residents and members, we are licensed, insured, certified trained and experienced in all aspects of soft and pressure washing for your home and property. We use only the highest quality cleaning processes and commercial equipment available, running the highest quality service available in our industry. Our services include but are not limited to roof, house, deck, gutter and concrete washing and irrigation rust removal. Free estimates. Call or



text, 912.600.7377; email [matt@siprowash.com](mailto:matt@siprowash.com); [www.siprowash.com](http://www.siprowash.com).

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**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/skidawaycatalliance>

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# LIFESAVING CARE IS A BEAUTIFUL THING.



Minnie Wingster - Savannah, GA

One morning Minnie woke up with a pain in her chest. Not only was she having an active heart attack, an electrocardiogram (EKG) found severe blockages in multiple vessels. She was in a state of advanced heart failure and cardiogenic shock, causing organ failure.

Dr. Abisogun, a cardiologist practicing at The Heart Hospital at St. Joseph's Hospital, used the minimally-invasive Impella CP® to artificially pump her blood while he inserted stents and performed multiple artery-clearing procedures. Thanks to the availability of lifesaving technology and the expertise of Dr. Abisogun and the entire Heart Hospital team, Minnie is now back to planting flowers and enjoying life.

"I knew I would receive the absolute best care from the St. Joseph's/Candler heart team. I'm grateful to be here for my children, my grandchildren and myself." – Minnie Wingster



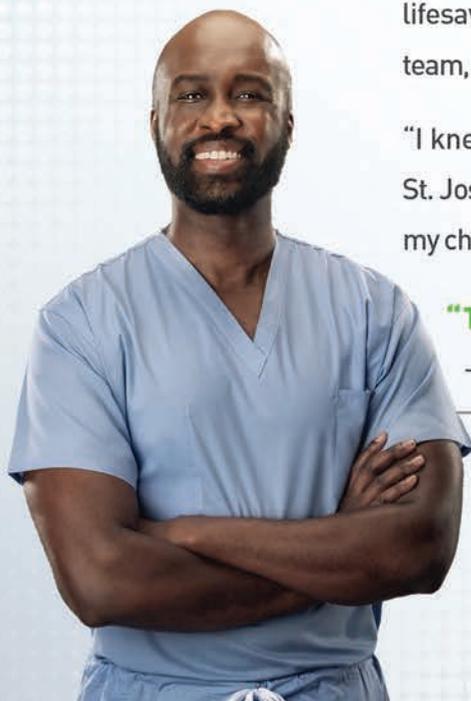
healthy artery



clogged artery

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

– Akinniran Abisogun, M.D. – Cardiologist



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