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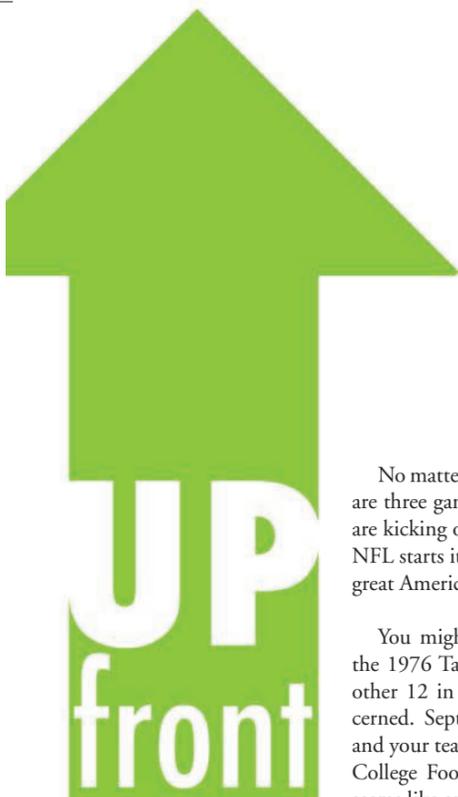
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National humiliation, epic storms, a reactive return to last year's must-have accessory: the ill-fitting mask. But, hey, who cares that the world's a swirling stew of nastiness? Stock prices rise. So do home values. Along with public debt loads and retail prices, but who's counting? Up is up. More is more, even when it comes to absurdity and despair.

No matter... it's football season again. High school teams are three games into their campaigns. Most major colleges are kicking off this weekend for the first time this fall. The NFL starts its slog to the Super Bowl on September 9. Our great American distraction has arrived just in time.

You might have a commander-in-chief as unsteady as the 1976 Tampa Bay Buccaneers (0-14, before losing another 12 in row the following year), but you're not concerned. September 11th is a football Saturday this year, and your team hasn't been mathematically eliminated from College Football Playoff-berth contention yet. Tailgating seems like an awkward way to mark the somber 20th anniversary of the collapse of World Trade Center Towers One and Two. But after a six-pack and a stack of brats, you'll probably forget the Taliban is still celebrating the biggest upset since Appalachian State (Division I-AA, at the time) shamed Michigan's maize-and-blue in 2007. You can't be blamed for tuning out the clash between civilized, modern humanity and regressive barbarism and hate. Instead, you tune into fancy-outfitted Oregon against venerable Ohio State. The Ducks versus the Bucks. And you've got U of O and the points.

Apologies for the cynicism. Sometimes the focus of our collective attention feels a little Nero-ish, given the complexities that riddle the modern world; though, it's quite likely that unserious interests are healthy antidotes to everyday horrors and stress.

And, you know what? I love football and I'm glad it's back. I think I can manage being an informed and productive citizen, properly loving my country and contemplating its challenges, while rooting for the Nittany Lions at the same time. So, I'm going to.

Let's add a little extra intrigue to the aforementioned distraction-effect. If you haven't tried our football pool game yet, look for it on page 32. Play along. Submit your entry. Perhaps, win a prize.

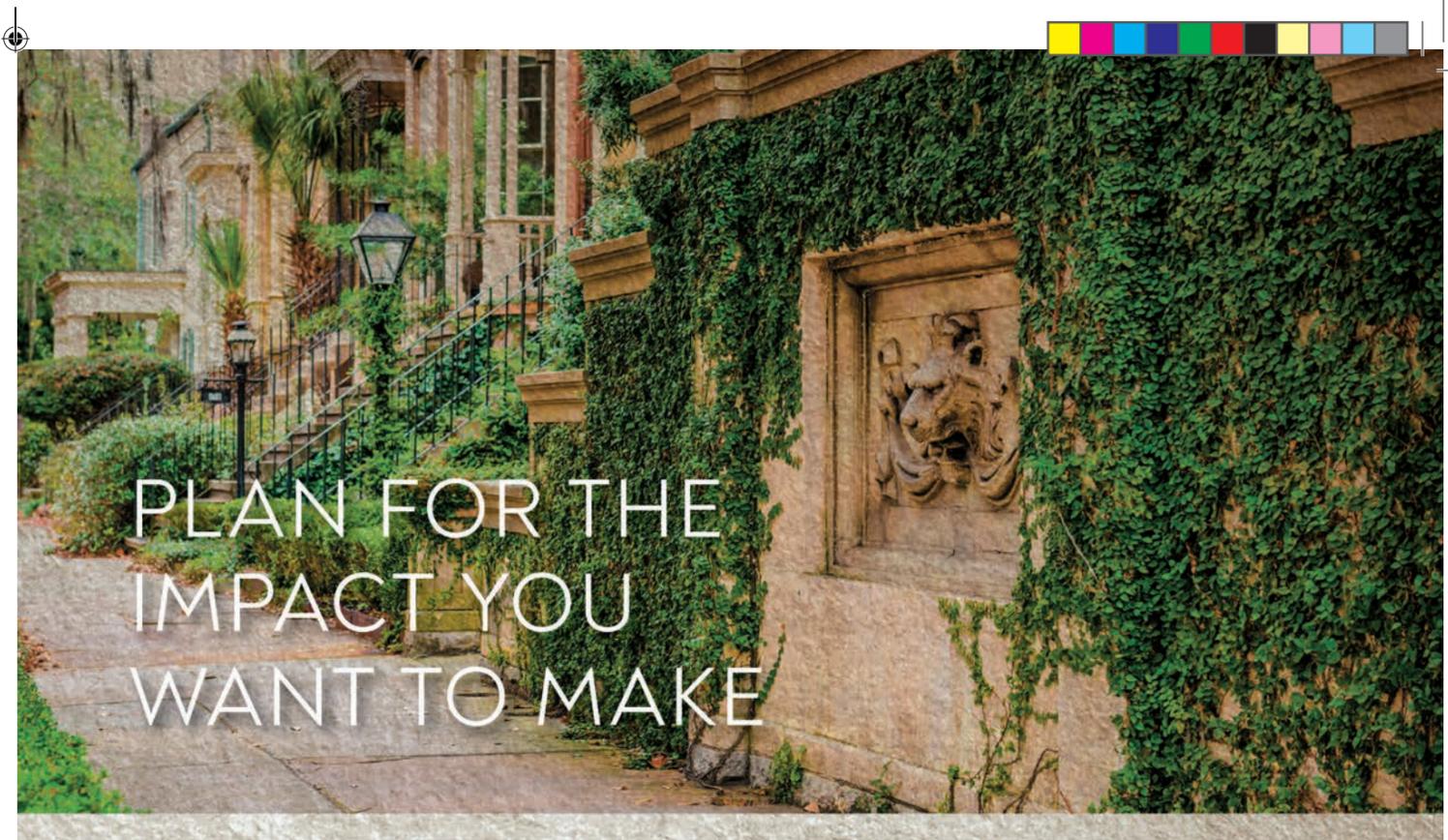
I'm not suggesting we ignore or forget or accept. Rather, I'm recognizing a conundrum: Where is the line between reverential and reactionary? Or the one between resilient and cavalier?

NFL opening weekend 2021 and the 20th anniversary of 9/11/2001 are at once incredibly disparate (evocatively) and exactly concurrent (as the calendar dictates). A sort of levity-gravity barbell that can be hard to reconcile. But we'll try. To root some and remember – doing a bit of both – is probably a reasonable compromise.

Scott A. Lauriat



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LETTERS TO THE EDITOR

A GLOBAL GAME

Depending on one's point of view, Peter Sizer's "Feral Golfer" piece in your August 20 edition of the Skinnie could either be seen as a clever parody piece, touching on the international flavor of the PGA Tour historically all the way up to the present, or alternatively, as a derogatory liberal viewpoint that attempts to poke fun at the conservative political concept of "America First." In either case, it was a brave, or rather perhaps, a "foolhardy" excursion out onto the thin ice of presenting such a political commentary in the current American environment that has become extremely polarized over issues exactly like our country's broken immigration polices and the attitude that our citizens hold towards such foreign aliens and the like.

My letter is neither intended to condemn or champion Mr. Sizer's article; but, it's a comment in support of him presenting the international flavor of professional golf in this day and age. In so doing, he demonstrates how the game of golf transcends borders and politics, a game that brings people from around the globe closer together through a mutual love of it.

Our planet continues to become smaller by the day, when considering such international concerns such as worldwide pandemics, climate change, human population explosions and the resulting immigration/migration issues. It's complicated, and such issues affect us all. We, as a species, cannot insulate ourselves from the repercussions of such issues, no matter how hard we may try to, politically. We truly are "all in this together," as we spin through the cosmos on this little speck of dust that we call earth.

One little bright spot in this complicated situation, however, is that no matter where we hail from, what language we speak, or what political views we may subscribe to, when it comes to playing golf, we all can appreciate, with mutual admiration, the purity of the game and the love that us golfers have for it. A love shared 360 degrees around the globe by all of us who play the game.

Thomas C. Richards



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BY KESSLER



on the cover:
Enjoy our special Wellness edition, with features on how to stay mentally fit and emotionally balanced.

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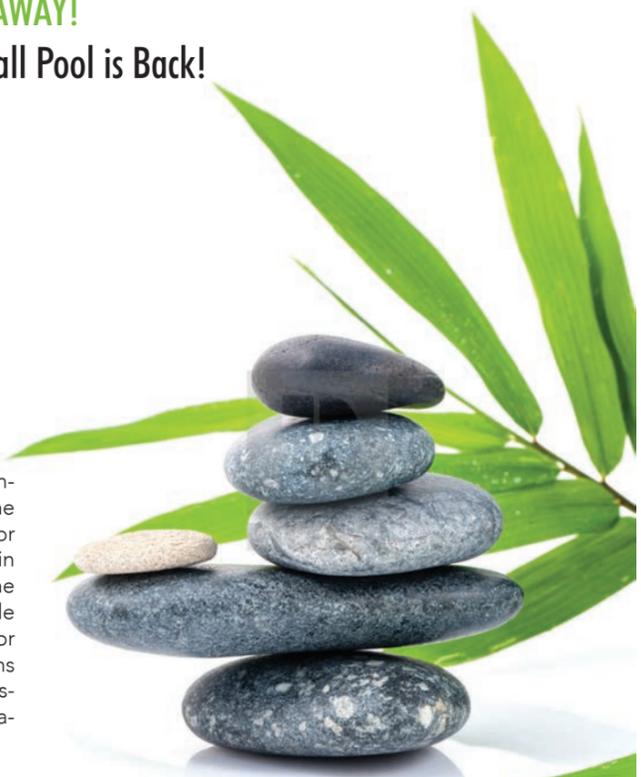
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THE *Living* END

HOSPICE SAVANNAH HELPS WITH QUALITY OF LIFE

BY PHILIP SCHWEIER

Hospice is undoubtedly the most unlikely concept to associate with wellness, but the divide between the two is what makes a closer association necessary. Those facing an end-of-life situation – their own or that of a loved one – need the comfort and peace-of-mind that hospice can offer.

The Edel Caregiver Institute and Full Circle are two components of Hospice Savannah, the only non-profit service of its kind in the four-county area. “To a certain degree, it informs much of what we do,” says director of development and marketing Laura Lane McKinnon. “I think for-profit hospices don’t have the bandwidth, and they don’t have the mission.”

The services Hospice Savannah offers range far beyond making someone’s last days more comfortable. Its goal is to maximize living – physically, mentally and emotionally. Some services are exclusive to Hospice Savannah’s patients and their families, but many are also available to the four-county area it serves.

PALLIATIVE CARE

McKinnon is excited to include palliative care among Hospice Savannah’s services, which she describes as “pre-hospice.” It’s designed for a person who has received a terminal diagnosis but will continue living for several years.

“It’s not only quality-of-life at the end, but maximizing the time you have left,” she explains. “A lot of it is based around nutrition and exercise and using medication to alleviate pain without dulling your senses, and those type of things. As your health declines, resources are available and in play, or on stand-by. It’s a very holistic, team-oriented approach.”

Many people fail to consider palliative care when they think of hospice, but it should be dovetailed. Says McKinnon, “The Steward Center for Palliative Care is, in my opinion, very much a wellness organization. It’s much more about self-care, but also for the family. Social workers on staff can guide the patient and their loved ones to discuss what the patient wants and needs for their future care.”

RESPITE CARE

The Edel Caregiver Institute features a support system for those dealing with a loved one with Alzheimer’s, dementia or other forms of cognitive decline. Hospice Savannah patients, including at-home patients, can utilize the Hospice In-Patient Unit (HIPU) – commonly called Hospice House – on Eisenhower Drive up to five days per month for caregiver respite.

“It’s an opportunity to know their loved is being taken care of in a facility that is equipped with all manner of medical devices and a qualified staff with round-the-clock services,” she continues. “That way they don’t go home and worry, they can focus on self-care with peace of mind.”

The dedicated HIPU on Eisenhower Drive is purposely a very calming space. “It’s meant to be a soothing place for our patients and our families,” says McKinnon. Many rooms have French doors, and if a patient is ambulatory or in a wheelchair, they can go outside to enjoy one of two courtyards, both of which feature memorial bricks and plaques, and a veterans’ monument with inscriptions.

McKinnon says Hospice Savannah also enjoys a wonderful relationship with the Savannah Botanical Garden, to the immediate east. “Not every hospice is fortunate enough to have such a resource right next door.”

STORY KEEPING

McKinnon cites the Story Keeping program as a tremendous opportunity for family members to forge a meaningful connection. Patients are invited to record thoughts and memories, which are later shared with their loved ones.

The recording is unique to each person. Some might share insight on what they’re experiencing; others may take the opportunity to make amends and reconcile with a loved one. McKinnon says some people use it as an opportunity for life review or share pearls of wisdom. “I think for a lot of families, having that audio file that they can share with grandkids that haven’t even been born yet, really can be a wonderful connection point for future generations.”

REALITY BYTES

Another unique resource available at Hospice Savannah is its virtual reality program, developed in partnership with Teri Yarbrow, a professor at the Savannah College of Art and Design. She developed the program with a particular interest for patients as a means for pain management.

“It’s all about pain management and finding equilibrium,” explains McKinnon. “It’s a distraction to some degree, but also when your mind is on the sights and sounds around you, especially when it’s new and very, very vibrant, it can rewire some of those pain sensors.”

Yarbrow has worked with Hospice to develop several different experiences. “There’s one where you’re bathed in light,” describes McKinnon. “You put on the Oculus goggles, it’s a very meditative experi-



SCAD professor Teri Yarbrow introduced virtual reality to Hospice Savannah patients, to help manage pain and increase well-being.

ence; just sort of taking your mind off your pain, you feel like you’re floating.”

Other scenarios include an African safari, and a Paris trip where you go up in the Eiffel Tower and look around. For some – the caregiver as well as the patient – it’s a chance to do something that they won’t be able to for real.

McKinnon tells of a young man who, shortly after getting married,

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received a diagnosis for a rapidly progressing illness. "The trip they had planned wasn't going to happen, so it happened virtually."

BEREAVEMENT COUNSELING

Among the services available to the greater Savannah community is Full Circle, which offers counseling for grief and loss. Three masters-level counselors are on staff to help folks with a variety of concerns. Hospice Savannah can find the right support solution or the right class or group. "Some people are more comfortable one-on-one, others appreciate the camaraderie of a group, that they're not alone in their experience."

Full Circle provides grief counseling to children – ranging from 6 to 17 – to help process the loss of a sibling, parent, grandparent or another special person in their lives. "It also gives parents space to process their own grief, and take care of themselves," explains McKinnon. "I consider that a form of wellness in itself."

Each year, Hospice Savannah hosts Camp Aloha, a two-night overnight camp. Kids are bracketed by age for a mix of fun activities, but also some that are more serious. "Some



Laura Lane
McKinnon

are very purposeful, to help kids understand and process what they're going through and providing them tools to deal with it," McKinnon adds.

Hospice Savannah hosts community seminars, which feature a panel of local experts – an attorney, an estate planner, a financial expert, and others – to address general concerns regarding estate planning, advanced directives and other matters.

According to McKinnon, the bereavement and caregiver services are non-reimbursable. "As part of the foundation, it's our job to raise the funds that cover the salaries for those people who provide those services. "And there is such a breadth and depth of services. When someone calls in, wherever the call originally comes into, our staff will help them find the right end goal or the right person to help them with whatever they're facing."



Photo by Christine Hall
L-R: KATHY BOAEN, TONYA MURPHY, APRIL BOYETTE, MELANY MAYERS, DR. MATT GRILL, MADISON EVANS, APRIL ZIPPERER, TABITHA CORNWELL,



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Methods of Mindful meditation

By Kate Doran

Peace-and-quiet is an inside job. Even if I turn off the news and hole up in my house alone for the day, my thoughts are always with me. On days when my brain is on overdrive, it seems like I can't do anything particularly well. I'm short-tempered, and not a very good listener.

Yesterday was like that. I slept in until 8, skipped my meditation, and the whole day was a calamity of small annoyances, starting with spilling my coffee and regressing from there. It escalated with a garbage bag blowout and continued with seemingly 1,000 emails "demanding" my time.

On days when I can make some mental space for myself, my annoyance meter registers much lower. I can smile and laugh, even when the new kitten knocks over the flowerpot, sending dirt and pot shards all over the living room. I have been meditating on a regular basis for more than 10 years. While I have had a few moments of deep connection in a state of mind that is profoundly content, the reason I meditate is to manage the day-to-day stress of modern life. It just makes me nicer to myself and others.

My meditation journey started with struggle. I couldn't get comfortable, couldn't stop my thoughts, couldn't do it "right." I beat myself up and often ended up more agitated than before I began. A teacher later explained that the point is not to stop one's thoughts but to tame them. She taught me to smile when I lost my focus instead of beating myself up. She taught me that the moment my mind wanders is the moment I get to practice and strengthen my meditation muscles.

After a few years of casual practice, I decided to go big, embarking on a silent meditation retreat in Jesup. We are lucky to have The Dhamma Patapa Vipassana Meditation center just a short drive from Savannah. I cleared my calendar and headed south for 10 days of near total silence. I won't lie; I was nervous. Ten days inside my own head could be the best or the worst experience of my life.

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What I found was roughly five days of daydreaming interrupted by scattered moments of mindfulness. On Day 6, something shifted. I think I had bored myself with all my fantasies and regrets and finally gave in. I softened into the practice and found myself focused and mindful more of the time than not. I had stopped resisting and surrendered to a quieter place.

Since then, I have maintained a regular practice, doing my best to start each day with stillness. I don't sit in a lotus position on a hard floor with a perfectly straight spine. I sit on my couch with my dog and often use an app like Insight Timer to guide my practice. I have tried many methods and found that a consistent grounding in breath awareness and a loving-kindness practice stabilize my thoughts and help me generate kindness. On weekends I often do guided meditations with a live or online teacher. This helps me gain insight into new aspects of my practice and my Self.

In my experience, the best way to start a meditation practice is to commit to sitting still for a set amount of time each day. Pick your time, take a seat, start your timer, and commit to staying seated. When you have a great idea or remember something important, don't get up and take care of it, just sit. If your mind needs something to anchor onto, notice your breath and repeat a short phrase in your mind.

My current practice is one I learned from a well-known meditation

teacher, Thich Nhat Hanh. "Breathing in, I know that I am breathing in. Breathing out, I know that I am breathing out." That's it. I just breathe and repeat the words in my head and clear my mind of all other thoughts. It's not a coincidence that mindful meditation is a lot like counting sheep. Even as kids we are taught to repeat a simple phrase or visualization to calm our energy.

Meditation is fitness for your inner witness. Many of us make time for our physical health. Isn't it time you made your mental health a similar priority?

Once you can sit still, more advanced practices are possible. Depending on what you're seeking, there are many practices from which to choose. Experiment with various styles of mindfulness and meditation to find the one that supports your goals and your mental health needs. If you are obsessive, avoid something repetitive. If you tend toward anger, a loving-kindness meditation can help develop compassion. Though working with a live teacher is great, there are plenty of recorded meditations on YouTube, and apps

like Insight Timer and Calm are available for those unable to attend a live session.

Meditation is fitness for your inner witness. Many of us make time for our physical health. Isn't it time you made your mental health a similar priority?

Kate Doran teaches yoga and meditation at Savannah Power Yoga. She has been practicing yoga since 1998 and teaching these practices since 2005.

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The Benefits of Adult Day Health

Aging Gracefully by Patti Lyons

We have been battling COVID for a year and a half, which has disproportionately impacted older adults. New data shows an increase in death rates among people with Alzheimer's Disease and dementia during the pandemic. According to the Centers for Disease Control and Prevention (CDC), from January to November of 2020, there was a 16.2 percent increase in deaths for this population over the previous five-year average – more than 38,000 additional deaths.

Adult day programs were hit particularly hard during the pandemic, with many closing in March of 2020 and not re-opening until well into 2021, if at all. However, there is hope on the horizon. Last spring, adult day health programs began to re-open safely, providing care and companionship for older adults who need assistance or supervision during the day. It couldn't have come at a better time.

While some think the goal of adult day programs is to keep older adults busy or entertained, they provide much more than recreation. According to a 2017 report in The Gerontologist, these programs provide health, psychological and behavioral benefits to participants. Research shows that participating in these social programs can reduce agitation lev-

els, reduce healthcare costs, and improve cognitive function.

Discussing the news, reminiscing about important cultural events, and playing memory games can slow the progression of dementia or Alzheimer's. Other group activities, such as painting or miniature golf, boost socialization. In 2016, 4,600 adult day health centers across the nation served more than 286,000 participants, giving them a chance to socialize with their peers and remedy the isolation and loneliness many experience. Friendship is good for the soul.

According to the Alzheimer's Society, physical recreation can improve memory and slow mental decline. Exercise helps improve cardiovascular health, reduce cancer risks and the risk of falls, and improve sleep and muscle function. It is also a component in warding off "sundowning," when dementia patients confuse day with night. Clients participate in chair exercises, yoga, Zumba, and cardio workouts.

Adult day services have been shown to delay the move to a full-time care facility. According to the AARP, nearly 90 percent of people over age 65 want to stay in their homes for as long as possible, and 80 percent believe their current residence is where they will always live. However, for older adults to age in place, their physi-



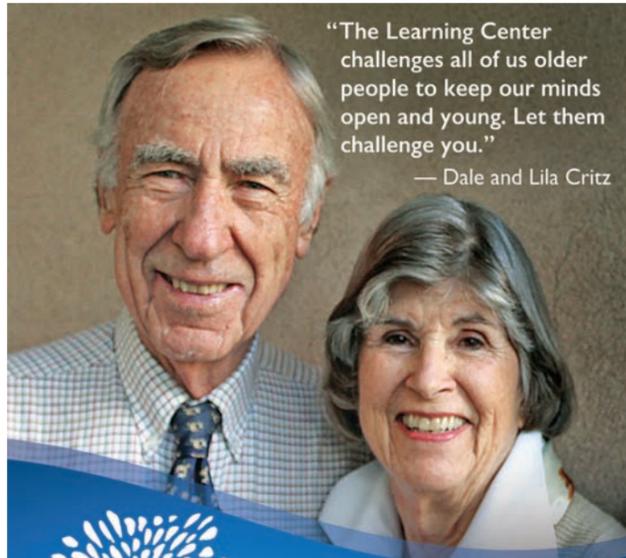
Simple exercises and games in group setting have both a physical and emotional reward for seniors with cognitive issues.

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If you're a caregiver, you might be curious about adult day health services, but understandably cautious. It's important to understand the benefits of this resource, know the right questions to ask, and verify the precautions being taken. To find the right fit for your loved one, you should ask the following questions:

- Is the center a warm, friendly and inviting place to visit?
- What services and activities does it offer?
- How long has the center been in operation?
- What days and hours is it open?
- What is the daily cost and what methods of payment are accepted?
- How many clients attend and how many staff members tend to them?
- What licenses, certifications and accreditation does the center and its staff have?
- Is the staff fully vaccinated for COVID-19? What other preventive measures are being followed (masks, distancing, washing hands)? Is the facility well-ventilated?
- Will staff assist with personal care tasks, like grooming, toileting and showering?
- Can the center administer medication?
- Does the center serve people with different types of impairments and abilities?
- Does the center create individual service plans for clients and can you provide input?
- Does it provide services specifically for those living with dementia?
- Do staff members have dementia-specific training?
- Will the center facilitate physical, occupational or speech therapy, if needed or requested by a client?
- What's the policy on late arrivals or pickups?
- Does the center provide nutritious meals and snacks?
- Is the furniture comfortable and sturdy?
- Is the facility wheelchair accessible? Are the restrooms equipped with grab bars?
- Is there a quiet space where clients can relax if they need a break?



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— Dale and Lila Critz



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cal and service environment must be accommodating. Adult day health services are just that, not only ensuring that they age in place, but that they age successfully.

The National Adult Day Services Association suggests caregivers look into day facilities if their loved one starts exhibiting the following characteristics:

- Is unable to structure their daily activities
- Feels lonely and longs for human interaction
- Experiences anxiety, depression or feelings of isolation
- Has difficulty focusing on activities that formerly brought them joy
- No longer feels safe

Caregivers who live with their loved one while caring for them report higher stress levels than those who don't. Adult day health programs can reduce caregiver stress, so that while you're at work or handling other day-to-day tasks of living, you can be confident your loved one receives the best personal care.

If COVID has taught us anything, it is that we need each other. Those of us who are used to living independently learned exactly what many older adults already knew - being homebound and socially isolated is no way to exist. Our goal is for people to live the life they want to live, where they want to live and to have the highest quality of life possible.

Patti Lyons is president of Senior Citizens, Inc., a nonprofit organization in Savannah and coastal Georgia that has been helping people age successfully since 1959. She serves as the chair on the Meals on Wheels America Board and is a governor's appointee to the Georgia Council on Aging. Learn more at www.seniorcitizensinc.org.



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Heading into peak hurricane season, there are basic precautions every coastal resident should take: Keep an eye on the weather and be ready to evacuate if the situation calls for it. Hurricane season lasts through November. Last week, Hurricane Ida became the ninth named storm of the 2021 Atlantic hurricane season. Its rapid development into a major storm system is something that every coastal resident needs to keep in mind. The storm system doubled its wind speed overnight – three times – strengthening into a catastrophic Category 4 hurricane. A beast of a storm, it swept across the Gulf of Mexico, making landfall in the southern parishes of Louisiana with sustained winds up to 150 miles per hour. It was the 16th anniversary of Hurricane Katrina’s historic devastation in the same area.

The last few weeks have been busy ones for meteorologists. Three major storms formed in rapid succession in the Atlantic Basin, bringing heavy rains, flooding, and damaging winds to different parts of the U.S. and the Caribbean. Tropical Storm Fred made landfall in mid-August in the Florida Panhandle. As the storm moved across the Southeast, it brought severe weather and touched off numerous tornadoes. Later, flash floods wiped out homes in western North Carolina. Grace formed in the eastern Caribbean the same day that Haiti experienced a major earthquake. The storm later dropped 10 inches of rain on the island as it was struggling with its massive rescue efforts. The storm crossed the Yucatán Peninsula, causing more devastation, before making its final landfall on the eastern coast of the Mexican mainland. Grace left at least eight people dead in her wake.

The lingering remnants of tempestuous Ida are still being experi-

enced across the Southeast and throughout the Tennessee Valley, while destruction from this massive storm will be assessed for months.

The reminder from these past few incidents: Hurricanes are not to be taken lightly. That is why it’s important to prepare now to stay safe when the threat presents itself. Being prepared for all possible contingencies can mean the difference between life and death.

As we approach the peak of storm season, you and your family should be ready to move out of the hurricane’s path quickly should a sudden storm arise. Anticipating the worst and preparing yourself to be in “continuous readiness mode” eliminates a good deal of fear and panic. By creating a solid plan, having emergency supplies and medical items, and knowing the proper evacuation routes relieves a lot of the unnecessary stress that arises during a threat.

THE BASICS

One of the first steps is to determine the extent of your risk. Hurricanes do not just affect those who live directly on the coast or in coastal areas. You don’t have to live “on the water” to witness devastation. Storm surge, heavy rain and devastating winds can make an impact even hundreds of miles inland. You may hear the terms “hurricane watch” and “hurricane warning” leading up to a hurricane. A hurricane watch means that there is a possibility a hurricane could hit within 48 hours in your location. When you hear hurricane watch, you should begin to gather your prepared supply kit. A hurricane warning means that a hurricane is expected to hit your area. This alert is given 36 hours in advance of the hurricane. At this time, you and your family should be prepared to make any evacuations if needed.

Leading up to a hurricane or tropical storm, follow the news carefully. Weather forecasters will alert you if and when to evacuate. If you do evacuate, know where you will go. If you go to a shelter, check ahead to see if there are rules about what you can and cannot bring. Some shelters do not allow pets inside. Plan to know where you can go to stay safe during the storm.

National Weather Radio broadcasts pertinent information about any storms at stations 162.400 to 162.550. An alert tone will sound before a hurricane watch or warning message that will repeat every four to six minutes and updates every couple of hours. The National Weather Service also broadcasts alerts on TV during times of a hurricane or severe storm.

LOCAL INFORMATION

Georgia Public Radio has partnered with the Georgia Department of Transportation, Georgia Emergency Management Agency, Georgia State Patrol, and the Georgia Public Broadcasting System to provide road, traffic, weather, and emergency updates in the event of a hurricane. In our area, the Savannah radio station to turn to is WSVH / 91.1 FM.

A good source of information is the Chatham County Emergency Management website, www.chathamemergency.org. If you or a family member needs special medical considerations, you can register yourself or that family member on the Hurricane Registry at the Georgia Department of Public Health website.

In case of a mandatory evacuation, all lanes of Interstate 16 will allow only westbound traffic from Savannah to Dublin. Median cross-overs near Savannah give drivers access to the eastbound lanes. Establish an evacuation destination, and pre-plan your route to get there.

It can be overwhelming to pack a supply kit and make sure you have everything you might need, especially at the last minute. Dangers to you and your family are higher when you have no plan or supplies gathered.

If you or your family need assistance gathering supplies, local food pantries and food banks keep non-perishable items that you can use in your supply kit. If you have no access to transportation for evacuation, contact your local government or department of public health. There are programs in place to secure safe travel for you and your family if you do not have the resources. Make sure to reach out early to secure your evacuation plan.

PREPARATION KIT:

To prepare for a hurricane, tropical storm, or severe storm, start by creating a plan and a hurricane essentials kit. Use the following checklist to build your kit.

Home Safety

- Contact information for emergency services, family, friends, schools, work.
- Know how to shut off water, gas and electricity.
- Tie down any objects outside or bring them inside.
- Find a safe place to shelter in your home.
- Secure all doors and windows, cover windows with plywood.
- Keep a battery-powered radio to for emergency alerts and instructions.

Medical Supplies

- Any prescription medications
- Prescription eyeglasses (extra pair if available) and extra contact lenses and contact solution
- Supply of surgical masks and other pertinent COVID personal protection, including gloves and hand sanitizer
- Inhaler, epinephrine autoinjector or blood sugar monitor (if applicable)
- General first aid kit, including alcohol wipes, antibiotic ointment, band-aids, gauze, and tweezers or scissors

General Supplies

- Water and non-perishable food supply for at least three days
- Infant formula, diapers, and other special items for infants
- Toothbrush and toothpaste
- Soap, hand sanitizer, disinfectant and paper towels
- Flashlight, with spare batteries
- Extra chargers for cell phones
- Whistle
- Sturdy shoes
- Extra clothes and rain gear
- Blankets
- Extra keys for car and home
- Pet supplies

Important Documents

- Waterproof container for storage
- Photo ID (driver’s license, passport)
- Medical records (including COVID vaccination cards)
- Personal records (social security cards, birth certificates, marriage certificates)
- Property records (insurance policies, lease or deed)
- Medication lists
- Maps

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Long-Term Care Is A Real Threat To Your Retirement

For those close to retirement, thoughts of great things ahead create excitement for life's next chapter. Spending time with kids and grandkids, traveling the world, golfing and fishing daily, or simply relaxing at a coastal home are but a few of the possibilities. For many, retirement can last as long as working, especially with increasing life expectancies. However, a major risk to a fruitful and stress-free retirement is long-term care.

BY
CHRIS
MEANS

your options and prepare for your future. You will want to preserve your assets and protect your liquidity and prevent the possibility of running out of money. This will enable you to continue your independence by having the kind of care you want for as long as possible. You will also want to protect your family. By planning for care now, it allows your loved ones to care about you, instead of having to care for you.

According to the Center for Medicare and Medicaid Services, seven out of 10 people turning age 65 will need long-term care at some point in their lives. In addition, 90 percent who enter long-term care claims do not recover. Many will require care for five years or longer.

A 2021 Genworth cost-of-care survey indicates the average cost for a private nursing home room in Georgia is \$7,773 per month, or \$86,076 per year, with an average annual increase of 7 percent. Home care and assisted living costs are less but are also a great risk to a person or couple's liquidity and financial stability. If you might need long-term care, you want to take steps now to understand

The best way to plan for long-term care is by transferring risk to an insurance company. Doing so will allow you to pay pennies on the dollar rather than dollar-for-dollar for care. The premiums you pay for a long-term care policy are substantially less than having no coverage and paying 100 percent out of pocket. Policy offerings have greatly improved in the last several years.

Historically, traditional long-term care insurance policies have dominated the market. However, many long-term care insurance carriers did not price their premiums adequately, which has led to rate increases, limited benefit periods, and the exit of multiple carriers from the long-term care market. The



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rise of hybrid policies has provided consumers with a better solution. A hybrid policy comes with a long-term care rider. The death benefit provides long-term care benefits while alive; and, if care is not needed, the death benefit is paid to your heirs. In addition, there is a carrier that offers lifetime (unlimited) benefits. The premiums are guaranteed and cannot increase, unlike traditional policies. People appreciate this type of policy design as they receive a return on their premiums, regardless of future life events.

There is no one-size-fits-all planning solution, so it is important to learn what options are available. Each person's finances, health and objectives are different, and individual or joint policy quotes should be explored. You may decide you want to fully insure, partially insure, or assume the risk entirely. Whatever you decide, you will feel good knowing you have been educated on this exposure and have planned accordingly.

Knowing that you have planned for your future will ensure that long-term care costs will not impact your ability to leave a lasting legacy for your family, charity or place of worship.

Chris Means, CLU with Pinnacle Planning, LLC, recently moved to the Landings and added a Savannah office. He specializes in long-term care insurance (LTC), life and disability insurance, and protection planning, and frequently speaks at industry meetings on the topic of LTC insurance.

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William Bryan | Thursday, October 14 | \$10

The Tragedies of Ebo Landing

Dionne Hoskins-Brown | Thursday, October 21 | \$10

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THE LANDINGS REAL ESTATE MARKET DATA SNAPSHOT



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HEAVY LIFTING

Skidaway Kiwanis Hosts Olympic Weightlifter Michael Cohen

By Jim Smart

Kiwanis Club of Skidaway recently welcomed Olympian Michael Cohen of Michael Cohen Wellness and Weightlifting. A Savannah native, Cohen was a 1980 Olympian, as well as head coach for the 2000 and 2004 U.S. Olympic Weightlifting Team. This year, he was inducted into the Strength and Power Hall of Fame.

Though Cohen played other sports as a youngster, he preferred the individual nature of weightlifting. Coached by his father Howard – an accomplished lifter himself – young Cohen earned a spot on the 1980 Olympic team; but, Jimmy Carter decided to lead a boycott of the summer Olympics in Moscow that year, in response to the Soviet Union's invasion of Afghanistan in 1979.

Despite the boycott, Carter invited the U.S. Olympic team to the White House. Typically, during such an event, the president shakes hands with each athlete before moving on to the next in line. However, when it was Cohen's turn, Georgia-born Carter paused and said, "You're one of us," – a fellow Georgian. The president took Cohen aside for a photo, just the two of them. He autographed the photo, which now sits on a mantel at Cohen's parents' house.

Cohen notes a major difference between today's Olympics and those of 1980. Back then, the athletes were amateurs; today, they are paid handsomely to compete. He doesn't lament the change, as he believes it leads to the highest level of competitive excellence.

Disappointed by the Moscow boycott, Cohen tried out for the 1984 Olympic team, but his performance was not quite up to standards due to a back injury sustained on competition day. Instead, he was named an alternate. Normally, alternates are flown to the site of the Olympics. Because the 1984 Olympics were held in Los Angeles, the plan was to fly them to California only if needed. As luck would have it, Cohen was needed, but the team was unable to get him there in time to compete.

Cohen then decided it was time to move on to another phase of his life. He became a weightlifting coach, and eventually the head coach U.S. team. At the time, the International Olympic Committee (IOC) did not allow coaches to participate in the opening ceremonies. Luckily for Cohen, the IOC reversed its decision and he finally got to march in the 2000 Olympic opening ceremonies. Adding to the thrill

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Weightlifting coaches Michael and Sheryl Cohen have mentored champions at all levels, including seniors, juniors and youth national champions.

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Source: The *Forbes* "Best-in-State Wealth Advisors" list, February 11, 2021. Data provided by SHOOK™ Research, LLC. Data as of June 30, 2020. The *Forbes* "Best-in-State Wealth Advisors" ranking was developed by SHOOK Research and is based on in-person and telephone due diligence meetings to evaluate each advisor qualitatively, a major component of a ranking algorithm that includes: client retention, industry experience, review of compliance records, firm nominations; and quantitative criteria, including: assets under management and revenue generated for their firms. Investment performance is not a criterion because client objectives and risk tolerances vary, and advisors rarely have audited performance reports. Rankings are based on the opinions of SHOOK Research, LLC and not indicative of future performance or representative of any one client's experience. Rankings and recognition from *Forbes* are no guarantee of future investment success and do not ensure that a current or prospective client will experience a higher level of performance results, and such rankings should not be construed as an endorsement of the advisor. Neither *Forbes* nor SHOOK Research receives compensation in exchange for placement on the ranking. *Forbes* is a trademark of Forbes Media LLC. All rights reserved.

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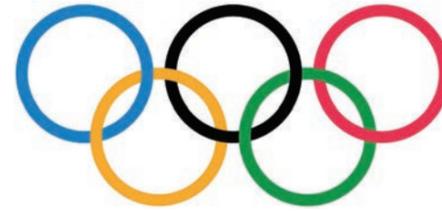
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was seeing his team earn two medals, a gold and a bronze.

Since then, Cohen has produced champions at all levels, including seniors, juniors and youth national champions. He offers classes for people with special needs, creating Get Excited and Move (GEM), an innovative exercise program for people with Parkinson's Disease and other movement disorders. He devotes time to mentoring youth.



Cohen's enthusiasm, passion for life, and care for others make him a tremendous inspiration. He and his wife, Sheryl, operate Michael Cohen Wellness and Weightlifting Center. Though they share many achievements, honors and medals in weightlifting, perhaps the greatest reward is the outstanding athletes they have coached. The family – including sons Michael, Will, Carolyn and Samuel – actively serves the community.

Kiwanis Club of Skidaway welcomes all guests and potential members. Weekly meetings are held at the Palmetto Club at The Landings on Thursdays, beginning promptly at 7:45 a.m., running approximately two hours. Coffee and tea are available. To learn more, email incoming president, David Fox, at foxonmarsh@aol.com.

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BY KESSLER

MAJ. ORLANDO GIARRATANO

He Served • By Ron Lauretti

Earlier this month, Maj. Orlando Giarratano, USMC, retired after 20 years of active duty. Ceremonies were conducted at Hunter Army Airfield, Giarratano's last posting, with family and friends in attendance. It was the celebration of a satisfying career.

Giarratano graduated from Pittston High School in Pennsylvania in 1992. While working part-time as a carpenter and a mason, he continued his education, first at the Penn State extension campus at Wilkes-Barre, then later at the Harrisburg campus. After earning a bachelor's degree in engineering in 2001, he enlisted in the Marine Corp's Officer Candidate program.

Military service is in the family blood. Giarratano's father served in the Army and his mother was a nurse for the Veteran's Administration for 26 years. His two older brothers were Marines. He was also influenced by many of the former jarheads at the VFW post who befriended him in Pittston.

As a newly commissioned second lieutenant out of the Marine Corps Basic School, in September of 2002, Giarratano was ready for his first active-duty assignment - the logistics officer course at Camp Johnson, North Carolina. Upon graduation, he joined the 1st Transportation Support Battalion at Camp Pendleton, California. The battalion is the motor transport infrastructure for Marine infantry units going into combat, among other duties. The battalion was deployed to Iraq in February of 2004, in support of Operation Iraqi Freedom.

Giarratano was a motor transport platoon commander for Combat Logistics Company 117, which conducted multiple patrols throughout a large area near Camp Hitt. Things were hot and heavy in Iraq at that time with scores of insurgents employing their main weaponry, improvised explosive devices (IEDs) on roads used by American convoys.

On one patrol, the Humvee directly behind Giarratano's lead vehicle hit an IED, and the blast was so powerful that it caused considerable damage and human casualties to several vehicles. Several of the Marines in Giarratano's Humvee were seriously injured. Giarratano, sitting in the right front seat, suffered wounds to his head and right hand. Not as injured as the other three Marines on board, he reported for regular duty the next day. "Lucky" is his brief description of the harrowing events.

Promoted to first lieutenant, he returned to Camp Pendleton for a brief period before deploying again to Iraq. He served as transportation support detachment officer in charge for a second "more-benign-



than-the-first" combat tour. In July of 2006, while returning from the Persian Gulf aboard the USS Ogden, Giarratano was promoted to captain.

He next reported to Marine Corps Recruit Depot, Parris Island, South Carolina, where he served as a series (three or more recruit platoons) and company commander. Though rewarding, it was a by-the-book assignment. Like other training personnel on base, he enjoyed personal satisfaction as his recruits graduated to become U.S. Marines.

In July of 2009, Giarratano was assigned to Okinawa, home of the 3rd Marine Division. He served as battalion logistics officer for the 5th Air Naval Gunfire Liaison Company, III Marine Expeditionary Force, in support of operations throughout South Korea, Thailand, Australia, and the Philippines. He was later reassigned to the 4th Marine Infantry Regiment, serving as the regiment S-4 officer and future-plans officer.

In November of 2012, Giarratano was promoted to major, and continued to support theater operations throughout the vast Western Pacific Command. When his tour of duty at Okinawa ended, Giarratano returned to Parris Island, serving three years as the battalion executive officer for the 3rd Recruit Training Battalion. He then transferred to Marine Aviation Group 16, III Marine Aircraft Wing, Miramar, California, working with helicopter maintenance personnel.

For the past three years, Giarratano's final duty station has been with the Marine Landing Support Company at Hunter Army Airfield, leading the local leathernecks who supervise Marine Corps reservists as they complete their annual training. Thanks to the training of his I and I Marines (inspector and instructor), he is confident the local Marine Corps Reserve units are ready to go, should they be activated on a moment's notice.

Among his personal decorations are the Meritorious Service Medal; the Navy and Marine Corps Commendation Medal, two stars in lieu of third award; the Navy and Marine Corps Achievement Medal, one star in lieu of second award; Combat Action Ribbon; and the Humanitarian Service Medal.

During his active-duty service, Giarratano earned a master's degree in international transportation and logistics from American University. He and his wife, Natalia, are the parents of three sons, and the family will be residing in Beaufort, South Carolina.

Giarratano anticipates applying his engineering skills with a local company. We wish him luck.

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Football Pick 'Em Pool

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 Pittsburgh at Tennessee
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 North Texas at SMU
 NC St. at Mississippi St.
 Texas at Arkansas
 Missouri at Kentucky
 Washington at Michigan
 Vanderbilt at Colorado St.
 San Diego St. at Arizona
 Utah at BYU
 Stanford at USC

NFL

Jacksonville at Houston
 Philadelphia at Atlanta
 Pittsburgh at Buffalo
 Green Bay at New Orleans
 Baltimore at Las Vegas

As a tiebreaker this week,
 pick the total points in the
 Oregon vs. Ohio St. game.

We've had one round of our annual fall funfest – our football pool – but the games hadn't all been played by press time, so you'll have to check back next issue for results. In the meantime, let's go with round two. Everyone is welcome to play. Please join the action.

There's incentive. If you win, you get a prize. It's as simple as that. And playing makes watching Saturday scoreboard shows extra interesting.

The rules are simple. Predict the winning team for each game. And get more winners right than the rest of your friends. Twenty college games and five NFL matchups. This slate will be played on Saturday, September 11, and Sunday, September 12. Entries are due by 5 p.m., Friday, September 10. Email your picks to chendrix@theskinnie.com, or send your entry the old-fashioned way to:

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Please, limit one entry per contestant. Good luck and enjoy the games!

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TOGETHER FORE THE KIDS

WHAT: L9GA Kids Café Golf Tournament

WHEN: Thursday, Oct. 28, morning shotgun; Registration - Sep. 1 through Oct. 21

WHERE: Landings Club multiple courses

HOW MUCH: \$50 registration, \$20 to purchase 2 mulligans, \$28 for party at Palmetto; All proceeds go to the kids!

CONTACT: Elsa Lindenschmidt at Lindenschmidt.ek@gmail.com

WHAT ELSE: Register on the TLC website, L9GA events tab, and select Kids Café Golf Tournament. Benefits Kids Café of Second Harvest, an after-school program providing meals and tutoring to at-risk children. Four-person teams, open to any Landings Club golf member with an established handicap. Invite your favorite company, group or club to sponsor a hole for \$50 and up. Deadline for hole sponsorship is Oct. 21.

LADIES ON THE LINKS

WHAT: New 9-hole golf starting in September

WHEN: Tuesdays, usually mid-morning

WHERE: The Landings Club courses

HOW MUCH: Usually free - occasional nominal charges to cover prizes and/or refreshments for catered events

CONTACT: Jan Rosenbaum at LandloverLadies9@gmail.com

WHAT ELSE: Landlovers and Landings Golf Club memberships required.



island hopping

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

WHO NEW?

WHAT: New Neighbors

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

CONTACT: Visit our website or contact Jody at nnewmember@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 Island residents

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

CONTACT: Vicki Knapp, Landlovers Membership Director, at landloversmembership@gmail.com, or visit www.landlovers.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 numerous social activities and fundraising events to support multiple non-profit service organizations.

KITTY KITTY

WHAT: Skidaway Cat Alliance Team online auction

WHEN: Now through Sep. 10 at 9 p.m.

WHERE: www.32auctions.com/skidawaycatalliance

CONTACT: Nicole Ezzell, skidawaycats@gmail.com

WHAT ELSE: All proceeds go to support the care of free-roaming cats on Skidaway Island, providing spay/neutering, vaccinations and other medical needs, and helping them find furr-ever homes. Items will be delivered by volunteers.

PHOTO OPPORTUNITY

WHAT: "Sunshine and Shadows," exhibit of John Alexander photography

WHEN: Sep. 1 - 30; Reception Sep. 2, 5 - 7 p.m.

WHERE: JEA Art Gallery, 5111 Abercorn St.

HOW MUCH: Free

CONTACT: Vicky Lunick, 912.355.8111

WHAT ELSE: An established photographer specializing in portraiture, special events, commercial, nature and fine art photography, John Alexander has published work locally, nationally and online. His scenic and fine art photography can

be found on display throughout Savannah and the Lowcountry. His images find fantasy in reality and inspire the viewer to take a deeper look.

POWER PLANTS

WHAT: PEO Chapter BB's annual plant sale

WHEN: Place orders between Sep. 2 and Oct. 7

CONTACT: Christine Lind, saffron214@hotmail.com, for plant selections, prices and pre-order forms, and pick-up details

WHAT ELSE: Pick up your pre-ordered and prepaid plants on Tuesday, Oct. 19, at St. Peter's Episcopal Church, 3 West Ridge Rd. P.E.O. is a philanthropic education organization for women who are entering college or whose education has been interrupted and find it necessary to return to school. This annual event is our largest fundraiser.

SHELL GAME

WHAT: Annual release of turtle hatchlings

WHEN: 4 to 5 p.m., Sep. 9 and 23

WHERE: Sunset Park, 707 Landings Way South

HOW MUCH: free

CONTACT: friendsofskidawayaudubon@gmail.com

WHAT ELSE: Learn how volunteers rescue diamondback terrapin eggs from sand traps and how turtles are incubated; then, help release them into the marsh. Please pre-register online at skidawayaudubon.org. Limit of 50 attendees per session, one session per attendee; must be five years of age or older. Parking is limited. Masks are encouraged for unvaccinated attendees.

MAKING PROGRESS

WHAT: Skidaway Abigails Zoom Meeting

WHEN: Thursday, Sep. 9, 3:30 p.m.

WHAT ELSE: Skidaway Abigails welcomes Kate Blair, executive director of CASA, and Julie Wade, executive director of Park Place Outreach, for the opening program of the fall season.

These presenters lead organizations that provide critical services to youth who have experienced neglect, abuse, and homelessness in Chatham County. To learn more about Skidaway Abigails, a nonpartisan organization of progressive women, go to skidawayabigails.org. To join this meeting as a guest, contact chair@skidawayabigails.org. Skidaway Hamiltons are welcome at this Zoom presentation.

TAG, YOU'RE IT

WHAT: TAGatNIGHT

WHEN: Wednesday, Sep. 15, 5:30 to 7 p.m.

WHERE: Signature Gallery, 303 W. Julian St. (in City Market)

HOW MUCH: TAG members and their guests are welcome to attend

CONTACT: Look for an invite to come your way to reserve your spot

WHAT ELSE: Signature Gallery was the dream of Savannah artists Kathy Miller and TAG member Sharon Saseen, both of whom are in residence today. Learn about the successful cooperative and meet some of the popular local artists who will discuss their work. Whether it be jewelry, paintings, mixed-media pieces, photography, etchings, stained glass, or pottery, the eye-catching original artwork is sure to delight.

GOOD TASTE

WHAT: A Taste of Day on the Island

WHEN: Friday, Oct. 1, 10 a.m. - 2 p.m.; Pre-order sales Aug. 22-Sep. 17

CONTACT: Please visit the church website

WHAT ELSE: The Isle of Hope United Methodist Women are excited to announce a modified version of the bi-annual day on the Island Home Tour and Luncheon. To plan for a safe, viable event, we are excited to bring our community together in a NEW way to help raise money for local, regional, and international missions. The day will feature food, shopping, and an online auction. A limited run of the A Day on the Island Cookbook - first published in 1975 - will be available for pre-order beginning Aug. 22. Take-away containers of food can be ordered ahead of time and picked-up during A Taste of Day on the Island. Shopping local and regional vendors on the Cornus Cottage lawn is the perfect way to get a jump start on your Christmas shopping.

THE RIGHT STUFF

WHAT: Ladies on The Right Luncheon Meeting

WHEN: Thursday, Sep. 16, 12:30 to 2:30 p.m.

WHERE: Palmetto Club

WHAT ELSE: Attendees must RSVP and register at ladiesontheright.org. The event will feature a presentation on "Unmasking Education," covering the current challenges facing Chatham County schools and school boards. LOTR meetings are held the third Thursday of each month and are open to all interested women and men.

WINE AND WOMEN, SONG OPTIONAL

WHAT: Landlovers Girls' Time Out

WHEN: Thursday, Sep. 16, 5 - 7 p.m.

WHERE: Savannah Wine Cellar in Twelve Oaks Shopping Center

HOW MUCH: \$20 per person, plus whatever you drink during half-price happy hour

CONTACT: Eileen Yost at eileenym@gmail.com. To register (or to join), visit www.landingslandlovers.com.

WHAT ELSE: Tickets on sale Aug. 16, through Sep. 11, or until sold out. Enjoy a private room with a beautiful charcuterie board. Each guest will

choose the wines she would like to taste.

THE COAST WITH THE MOST

WHAT: Coastal Conservation Association of Skidaway September Meeting - "Gray's Reef Marks 40 Years as National Marine Sanctuary"

WHERE: St. Peter's Church

WHEN: Monday, Sep. 20, 7 p.m.

CONTACT: Paulette Hamilton, 610.509.0279

WHAT ELSE: Jody Patterson, recently appointed chapter director for the Gray's Reef National Marine Sanctuary Foundation, will speak. September's raffle prize is a mid-weight spinning rod-and-reel combination suitable for inshore fishing or the Landings' lagoons. Raffle tickets can be purchased on the night of the event.

WELCOMING RECEPTION

WHAT: Landings Landlovers Opening Reception

WHEN: Tuesday, Sep. 28, 4:30-6:30 p.m.

WHERE: Palmetto Ballroom

HOW MUCH: Free

CONTACT: Milli Sample or Judy Waller, landloverssocials@gmail.com

WHAT ELSE: The reception is open to all Skidaway Island residents, both members and non-members of Landlovers. Discover new activities and social events, and volunteer for philanthropic projects for the coming year. There will be complimentary appetizers and a member/cash bar.

SNAKES ALIVE!

WHAT: "Oh for Goodness Snakes" informative talk

WHEN: Thursday, Sep. 30, 4 p.m.

WHERE: Skidaway United Methodist Church, Bailey Hall

HOW MUCH: Free for FOSA members, \$5 for non-members

CONTACT: friendsofskidawayaudubon@gmail.com

WHAT ELSE: Friends of Skidaway Audubon (FOSA) welcomes guest speaker Mary Lynn Seremet, a local herpetologist. She will discuss snakes native to this region, their habits and role in our ecosystem, and what to do if you or your pet encounters a snake.

THE SHADOW KNOWS

WHAT: Telfair Academy Guild (TAG)

WHEN: Monday, Oct. 11; Coffee reception - 10 a.m., Presentation - 10:30 a.m.

WHERE: Jepson Center, Neises Auditorium

HOW MUCH: TAG members and their guests are welcome to attend

CONTACT: Non-members wishing to attend, please contact Viki Annand, vikiannand850@gmail.com or 912.330.7352

WHAT ELSE: Anne-Solene Bayan, assistant curator of Telfair Museums, will present "In the

Shadows: Exploring the Art of the Silhouette through Works in the Telfair Museums." Silhouettes, originally produced as profiles cut from black cloth or paper, were popular in Europe and the U.S. in the 19th century, as a means of rapidly capturing a likeness. Although photography has replaced the shadow profile for this purpose, artists have frequently turned to using the silhouette in new ways.

GARDEN STATE GANG

WHAT: Landings Garden Staters

WHEN: First event of the year - Dinner in October, more details to follow

HOW MUCH: Annual membership - \$10 per person

CONTACT: Send/tube dues to Beth Silady, 7 Rookery Road

WHAT ELSE: Along with dues, include your name(s), address, phone number, and email. For additional information, visit Landingsgardenstaters.com. If you were born in New Jersey, lived in New Jersey, went to school in New Jersey, worked in New Jersey, vacationed at the shore, or saw "Jersey Boys," sign up to connect with and make new New Jersey friends.

ANIMAL ATTRACTION

WHAT: Call for volunteers

WHEN: Flexible hours to meet your needs and schedule, various tasks

WHERE: The Humane Society Thrift Shop, 7215 Sallie Mood Dr.

CONTACT: Volunteer coordinator, Yvonne Hemphill, 603.502.6906

WHAT ELSE: No experience necessary. All proceeds from the thrift shop go to supporting the care of the shelter's animals.

CAN YOU CANASTA?

WHAT: Landlovers Canasta

WHEN: Every Wednesday from 1 to 3 p.m.

WHERE: Palmetto Club's Main Dining Room

HOW MUCH: Free

CONTACT: landloverscanasta@gmail.com

WHAT ELSE: Maximum 24 players. Must have basic knowledge of the game. Because we play in the Palmetto Clubhouse, you must be a member of the Landings Club and Landlovers.

ALL ABOARD!

WHAT: Mexican Train Dominoes

WHEN: Tuesdays 3:30-5:30 p.m.

WHERE: Palmetto Clubhouse's Byrd Room

HOW MUCH: Free

CONTACT: Laurie Milano at 914.474.4943 or lamilano@aol.com

WHAT ELSE: Landlovers and Landings Club memberships required. Please bring a set of dominoes, if you have one.

Complete Island Hopping listings are now online! Just visit www.theskinnie.com and click "Read."

www.theskinnie.com

TheSkinnie VOL. 19 ISSUE 18 - 35

STANDARD CLUES*

GS = Grand Slam Titles

ACROSS

- 1. 2600, to Tiberius
- 5. Insurance co. with a "spokes-duck"
- 10. Fin under the rear of a surfboard (anagram for KEGS)
- 14. (IX) times (IX) minus I
- 15. Vacquero's lasso
- 16. Spill the beans
- 17. *10 GS.....American*
- 19. Part of A.M. , but not A.D.
- 20. Words right after "Peekaboo"
- 21. ___ Hubbard (founder of Scientology)
- 22. Ready to go
- 25. Uses a straitjacket (anagram for ION SPIN)
- 28. 7-___ (convenience store)
- 29. Wheat and oats
- 30. Pertaining to our moon
- 31. Fragrance
- 32. "Mamma Mia" quartet?
- 35. Hwy. from Jacksonville to L.A. (anagram for NITE)
- 36. Part of the asterisked clues
- 37. Kill a fly
- 38. "You've got mail" co.
- 39. Musical notation to repeat (anagram for G NOSE)
- 40. ___mundi (raccoon relative)
- 41. Toward the mouth (anagram for ABROAD)
- 43. Having greater height
- 44. 17-year locusts
- 46. In a casual manner
- 47. Press a shirt
- 48. "___ of Green Gables"
- 49. Immense
- 50. *9 GS.....American*
- 56. Fantastic Fitzgerald
- 57. Spry
- 58. Ripped
- 59. Abound
- 60. Heron or stork
- 61. Cat-o'-no-tails?

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
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47							48							
49					50	51					52	53	54	55
56					57						58			
59					60						61			

- Rome
- 4. 3-Down minus 400, in Ancient Rome
- 5. Back from the dead
- 6. Like manicured fingernails
- 7. Load cargo
- 8. Had lunch
- 9. Is able to
- 10. Lenin's successor
- 11. *8 GS.....Australian*
- 12. Musical John of England
- 13. Singer, songwriter, ___ Campbell, et al.
- 18. Stopwatch, e.g.
- 22. Erstwhile planet
- 23. *10 GS.....French*
- 24. "Terrible" tsar?
- 25. Ad for a TV program shown on another TV program
- 26. Big name in cat food (anagram for SIAM)
- 27. Actress, ___ Peeples
- 28. Pen name of Charles Lamb
- 29. Part of the asterisked clues
- 31. Pond scums
- 33. Buddy, in Australia
- 34. Recipe direction
- 36. "Que ___" (1956 Doris day hit)
- 37. One-person performances
- 39. It should be installed green-side up
- 40. Assistant to the elderly
- 42. Amazing anagram for BATMAN
- 43. Monkey around with
- 44. Ring-tailed cat (anagram for EVICT)
- 45. Very angry
- 46. Foot-shin connector
- 48. LSD, informally
- 50. Chin location
- 51. Ottoman bigwig
- 52. Place to get PIN money?
- 53. Bird that ain't around no moa?
- 54. Directional suffix
- 55. "Oedipus ___"

Puzzle answers, page 39

DOWN

- 1. Summertime competitor of the NFL and the NBA
- 2. 1,011, in Ancient Rome
- 3. 1-Across minus 2,060, in Ancient

*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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M	M	D	C	A	F	L	A	C	S	K	E	G
L	X	X	R	I	A	T	A	T	E	L	L	
B	I	L	L	T	I	L	D	E	N	A	N	T
			I	S	E	E				L	R	O
	P	R	I	M	E	D	P	I	N	I	O	N
E	L	E	V	E	N	G	R	A	I	N	S	
L	U	N	A	R	A	R	O	M	A	E	M	S
I	T	E	N	S	L	A	M	S	S	W	A	T
A	O	L	S	E	G	N	O	C	O	A	T	I
			A	B	O	R	A	D	T	A	L	L
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V	A	S	T	J	A	C	K	K	R	A	M	E
E	T	T	A	A	G	I	L	E	T	O	R	E
T	E	E	M	W	A	D	E	R	M	A	N	X

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It all started with a nose bleed a few days into retirement. Wilmer had lost so much blood that he was referred to hematologist Dr. Barry Luskey. After a few examinations, and extracting pelvic bone marrow to analyze, Dr. Luskey was able to confirm that Wilmer had Waldenström Macroglobulinemia, or a slow-growing non-Hodgkin's lymphoma.



This cancer produces a protein that interferes with blood clotting, contributing to the extensive nose bleeds. Dr. Luskey

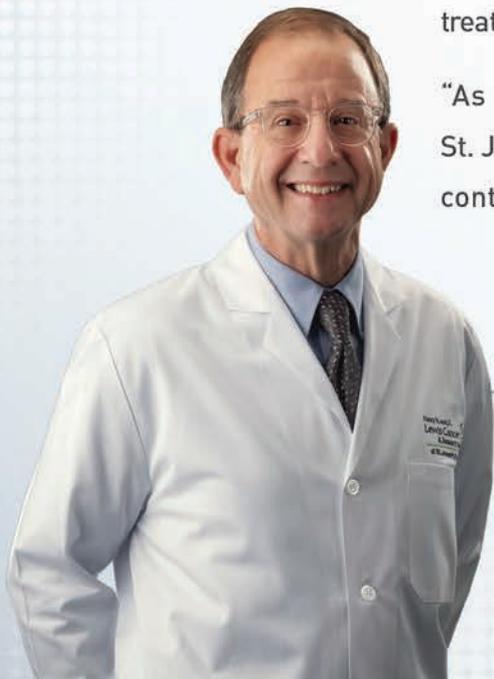


worked closely with the Nancy N. and J.C. Lewis Cancer & Research Pavilion to treat this rare disease with chemotherapy and communication every step of the way. Wilmer is receiving a recently developed protocol for treating this lymphoma and has remained active restoring his collection of old boats.

“As a retired professor, I appreciated Dr. Luskey’s and St. Joseph’s/Candler’s disciplined approach to this cancer. They continue to update me on new treatments and therapies.”

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

Barry Luskey, M.D. - Medical Oncologist/Hematologist



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