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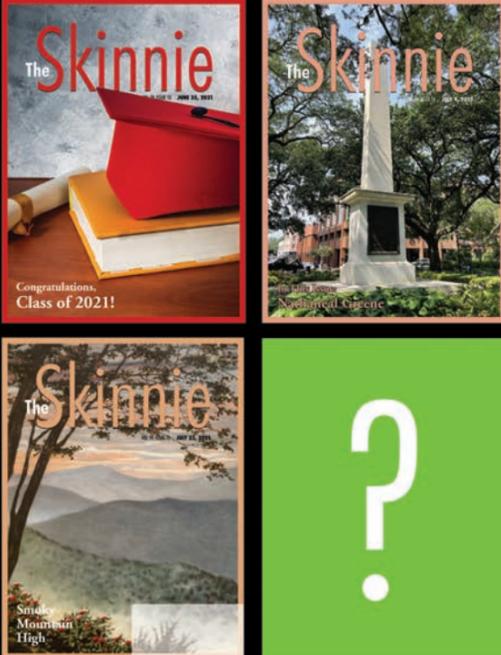
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*It's the final morning of my summer teaching assignment, at an all-day-five-day-a-week enrichment program, where I literally punched a clock and worked 7:45 to 3:30, M through F. This column is a day late. I'm exhausted. Two stacks of papers continue to grow on my office desk and the table inside the front door of my house. I haven't talked to friends since June.*

Today, we're cleaning the classrooms we borrowed for six weeks (from a very generous Bethesda Academy). The kids are writing letters to our executive director, detailing the things they would retain or drop from our program if they were in charge. We'll swim after we finish a group art project. Then, we'll have lunch and buzz through two one-hour class periods this afternoon. Afterwards, goodbye.

My students are middle schoolers, from a variety of SCCPSS institutions; some truly wanted to be here this summer (though few would admit it), while others would have been happy to stay home. Most, if not all, of those homes aren't in my neighborhood. If not for the gift of this opportunity that presented itself to me – to teach English, but that's such a limited and simplistic characterization of this experience – I would have never met these young people. Which would have been a tremendous shame.

This has been one of the most challenging undertakings in my 56 years. It has preempted everything else to which I have grown accustomed. It has drained me of energy and winnowed my world. Yet I leave it energized and able to see well beyond the boundaries of my comfort zone.

You're supposed to treat each student the same as you do every other. I tried. But they are individuals, and each one needs a different set of things from me. You are drawn to some immediately, and others frustrate you from minute one. But an amazing thing happens – and it's a quick process – you develop a profound sense of caring for every, single kid.

I look around the room as they cut and paste through their last assignment. I make eye contact with some. The most-trying case flashes me a wry smile, careful that none of her followers notice the exchange.

There's plenty of high-minded theory around education and social-impact programs. Smart, well-resourced people populate their safely isolated echo-chambers and repeat words like "scalability" and "measurement." They debate, pontificate, inculcate, and jostle for funding. And then there's the ACTUAL work. Which isn't work, in the laborious sense. It's human connection, and it defies the politicized pomposity that surrounds it. There's talking, and there's walking. I've done both. Trust me, the former is much easier, while the latter is the exercise of the special few.

I am happy today. Happy that I did this. And sad. Sad that it's over. That I won't see these kids again for a while. Some, perhaps, never again. I won't know if our work together has lasting impact. I won't share their successes and disappointments. But I'll think of them often. With gratitude. And hope. And affection. And maybe, occasionally, they will think of me.

*Scott A. Laurer*



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**on the cover:**  
When you live at the shore, a visit to the mountains can be a breath of fresh air. Turn to page 12 to read more.

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## in this issue

**8 BUSTING THE MYTHS OF AGING**  
Age-Old Myths Surrounding Old Age

**12 SMOKY MOUNTAIN HIGH**  
A Visit to Bryson City, NC

**20 THE FERAL GOLFER**  
Notes From the Deep Rough

**21 DAVID FROTHINGHAM**  
He Served

**30 FLOWER POWER**  
A Photo Feature



## features

04 Up Front  
16 St. Joseph's/Candler  
23 Wild Things

24 Island Hopping  
26 Crossword  
27 Classifieds

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# BUSTING MYTHS OF AGING

By Patti Lyons

In 1905, Sir William Osler, a 55-year-old Canadian physician known as a founder of modern medicine, left the medical faculty of Johns Hopkins University to become Regius Professor of Medicine at the University of Oxford. In a farewell speech, he noted the link between age and achievement to the students and peers “packed to the window sills” in McCoy Hall in Baltimore.

“Take the sum of human achievement in action, in science, in art, in literature – subtract the work of the men above 40, and while we should miss great treasures, even priceless treasures, we would practically be where we are today,” he said. “The effective, moving, vitalizing work of the world is done between the ages of 25 and 40.”

Osler advocated for professors retiring at age 60, a claim that earned him viral media coverage before the term had even been invented. While these views did not stop Osler from maintaining his own academic position at

Oxford until his death at age 70, the idea that brain power deteriorates over time was widely adopted.

Naturally, aging impacts certain capabilities. Running a marathon or remembering where you left your keys grows increasingly difficult with time. However, three myths regarding the effects of aging are vulnerable to busting.

## Depression and loneliness are normal in older adults.

While health risks associated with depression and loneliness – including increased rates of dementia, heart disease, and risk of stroke – are very real and should be taken seriously, they’re not inevitable as we age. According to a Mental Health America survey on attitudes and beliefs regarding clinical depression, signs of depression are mentioned more frequently by people under age 64 than people aged 65 and above. Perhaps, being happy comes easier with age. A joint study by Tufts and Stanford Universities revealed older adults are more adept at finding the happy moments in a situation even in the face of mobility, health and social isolation issues. Increased optimism helps recovery from surgery and makes learning easier. Happiness is linked to preventing

dementia, according to a recent article in *Psychology Today*.

After weathering a global pandemic for more than a year, we’ve all witnessed firsthand that seniors have a lifetime of experience that helps to positively frame their outlooks. They have survived wars, turbulent political times, the Great Recession, and COVID-19. They know a thing or two about enduring change, handling life’s adversity, and establishing resili-



AARP found that 44 percent of older adults have a more positive view of technology than they did before the pandemic, with four out of five of those 50 and older relying on technology to stay in touch with family and friends. Among the same age group, use of smart phones increased significantly for ordering groceries (from 6 to 24 percent), telehealth visits and ordering prescriptions (from 28 to 40 percent), and financial transactions (from 37 to 53 percent).

## Old(er) dogs can’t learn new tricks.

Just a little more than two decades ago, only 14 percent of those ages 65 and older used the Internet. That number has skyrocketed to 73 percent, according to a 2019 Pew Research Center analysis, and continues to climb. Screen time (whether on TVs, computers, laptops, or other electronic devices) has increased for aging Baby Boomers across genders and education levels, but has flat-lined among younger people.

Again, COVID has positively impacted the way older adults use technology, from ordering groceries to telehealth appointments to connecting with grandchildren across the country. New research from

Such technology use will continue to grow in the coming decades. Users will be able to monitor diet and exercise habits, receive medication reminders, reduce energy costs, and enjoy other applications that haven’t yet been conceived. Innovations in technology will ensure the older population remains healthy and continues to live independently.

## Older adults are an economic burden.

If Americans 50 and older were counted as a separate country, they’d constitute the world’s third-largest economy behind the U.S. and China, according to a 2019 AARP study. Their economic contributions – a whopping \$8.3 trillion, plus \$745 billion worth of unpaid caregiver activities – will grow by 45 percent between 2015 and 2050,

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TheSkinnie VOL. 19 ISSUE 15 – 9

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while those of the under-50 population will expand by just 13 percent. Approximately 52 million Americans 50 and older are choosing to continue working past the traditional retirement age. This creates higher levels of productivity, allows for mentorship of younger generations, and adds value to the economy due to increased spending. Data shows that working longer can improve health and delay the onset of dementia, leading to public health savings.

In terms of philanthropic donations and volunteering, seniors make a huge impact. Older adults give at higher rates than younger generations and also spend significantly more time volunteering: 128 hours annually for those age 55 to 64, compared to 58 hours for folks 35 to 44. At Savannah's Senior Citizens, Inc., a majority of the Meals on Wheels volunteers are over 50. Similar to the positive health benefits of working longer, giving and volunteering are also associated with lower rates of depression, blood pressure and mortality.

Consider what we have achieved over the past century. From the time Osler gave his talk at Johns Hopkins in 1905 to today, we

have managed to lengthen the average American lifespan by more than 30 years. Those who live to age 65 today have a better than 50 percent chance of living past age 85. That means that millions of retirement-age Americans still have a third of their lives ahead of them.

It is time to stop thinking of older adults as a drain on a society, and instead as drivers of cultural and economic growth. To believe aging is a deficit is ageist, outdated and flat-out wrong. Getting older is not an end, but the beginning of a grand new adventure!

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



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# SMOKY MOUNTAIN HIGH

By Philip Schweier

**B**ryson City is in a corner of North Carolina, where the state's border meets those of Georgia and Tennessee. This mountainous area comprises approximately half of the Great Smoky Mountains National Park. It also includes the southern crest of the Blue Ridge Mountains, Pisgah, Cherokee and Nantahala (nan-tuh-HAY-luh) National Forests. The town itself is tiny, with fewer than 2,000 residents. Downtown is a casual stroll among local arts-and-crafts galleries with working artisans, a bike shop, two fly-fishing shops, museums, two breweries, and a variety of restaurants. Since the 1880s, modern roads and flood controls have added accessibility, stimulating the growth of commerce and tourism.

This delightful mountain vacationland is like a nature conservancy of small towns, rushing rivers and ancient mountains. It's America as it used to be – a treasury of friendly people, a restful environment, and the beauty of nature everywhere.

## A WALK IN THE WOODS

Every year, more than 200,000 visitors hike the Great Smoky Mountain National Park's trails to visit popular waterfalls in the park. Some of the trails accommodate horseback riding, and rivers such as Deep Creek offer tubing and other water activities. Large waterfalls attract the crowds, but smaller cascades and falls can be found on nearly every river and stream in the park.

An easy 1.6-mile round-trip hike takes you to three beautiful waterfalls in the Deep Creek area. The Juney Whank Falls runs 90 feet, top to bottom. It is named for Junaluska "Juney" Whank, who is reportedly buried in the area. Next along the trail is the elegant, 60-foot Tom Branch Falls, located on the far side of Deep Creek. Further up the trail is Indian Creek Falls, 25 feet in height.

## A RIVER RUNS THROUGH IT

For anyone looking for outdoor adventure, the area has something to offer people of all age ranges and skill levels. Just minutes away is a vast playground for water sports, mountain biking, hiking, horseback riding, zip lines, and more.

The crystal-clear Nantahala River is a world-class whitewater destination, located at the intersection of the Appalachian Trail and the Nantahala Gorge. The Nantahala Outdoor Center (NOC) was established in 1972 when three childhood friends converted a motel into a whitewater and paddling outfitter. Since then, it has expanded to a 500-acre campus, becoming the centerpiece of rafting and paddle sports in the area, with thousands of visitors returning year after year.

A guided whitewater rafting trip is one of the most popular ways to experience the Nantahala River. Qualified river guides will help you steer through splashy class II and III rapids. Occasional calmer waters offer the opportunity to enjoy the spectacular mountain scenery.

When you're ready for the next challenge, rafts or inflatable kayak "duckies" in single or tandem rentals are perfect for the more experienced. You can paddle at your own pace as you navigate eight miles of bouncy waves and river currents. NOC provides a pre-trip orientation, boats suitable for any group size, and a bus shuttles paddlers to the put-in. Trips end back at the main outpost.

NOC offers plenty of exciting adventures to keep your group happy and active, including biking and hiking activities, and two miles of zip lines. The Mountaintop Zip Line culminates with the breathtaking Mega-Zip, a half-mile of flying high above the treetops with 360-degree views of the Blue Ridge Mountains.

On the other side of Bryson City lies the Tuckasegee River. Its name comes from the Cherokee word meaning "turtle," because of its slow-moving waters. As such, it offers a pleasant excursion for people of any skill level. If you're new to paddle sports, a guided tour with Tuckasegee Outfitters is a wonderful opportunity to get your feet wet. More adventuresome novices may also enjoy paddling their own 1- or 2-person rubber kayaks.



**ABOVE:** Along the Tuckasegee River outside Dillsboro, NC, visitors can find the remains of a train engine and an Illinois Department of Corrections bus, used in the 1993 Harrison Ford film, *The Fugitive*. **OPPOSITE PAGE:** The Tom Branch Falls, along Deep Creek in the Smoky Mountain National Park

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The Nantahala River is eight miles of thrilling rapids for paddlers of any skill level, with equipment available from several outfitters nearby.

Paddlers are provided with equipment, a safety briefing, and transportation to the put-in in downtown Dillsboro. From there, it's five miles of mild rapids on the Tuckasee River to the outfitter's location.

The river is also a popular fishing destination, featuring more species of fish than any other river in Swain County. Rainbow and brown trout can be caught year-round on flies and spin tackle. Spring runs of walleye, steelhead and white bass start from late March into late May. The "Tuck" is home to the biggest smallmouth bass in the Smoky Mountain region, most averaging 16 to 20 inches from May until mid-October. Trophy-sized smallmouth bass, rainbow trout and spotted bass can be found.

### CHEROKEE PEOPLE

As you navigate the 20 miles from Bryson City to the town of Cherokee, you see a large circular mound – possibly dating back 10,000 years – in the fertile bottomland of the Tuckasee River. Originally 15 to 20 feet tall, the site now measures only about 5 feet high, due to settlement and farming.

Native American culture has been preserved at the Oconaluftee Indian Village – a site for living history of the 1760s. Visitors follow winding paths, flanked with traditional dwellings, work areas and sacred ritual sites. Amid swaying oaks and sycamores, village interpreters hull canoes, sculpt pottery and masks, weave baskets, and fashion beadwork.

Inspired by the beauty and ingenuity of the Cherokee people, the Museum of the Cherokee Indian is fused with interactive video, intriguing displays, and a full sensory experience. Visitors witness the Cherokee spirit of inventiveness, resilience and will to survive. The

moving journey illustrates who the people of Cherokee really are, where they came from, and why they're still here.

### ALL ABOARD!

The railroad played a critical role in the development of the area. In 1880, the Western North Carolina Railroad established a rail line stretching 116 miles from Asheville to Murphy, North Carolina. Convicts provided the labor, toiling beneath the hot sun and constant supervision of prison guards. In one of the most chilling accidents during construction, a raft carrying 19 inmates overturned in the Tuckasee River. The iron-shackled convicts drowned, except for inmate Anderson Drake and guard Fleet Foster. Drake pulled Foster to shore, but instead of receiving a hero's honor, Drake was put to work in the tunnel at hard labor for stealing the guard's wallet. Those who died were buried in unmarked graves on top of a small hill near the mouth of the tunnel.

The Murphy branch changed the way-of-life for residents of western North Carolina, bringing a flood of factory goods such as oil lamps, soaps, fabric and tools. It also brought salesmen who peddled books, pump organs, enlarged pictures, jewelry, lightning rods, baubles and doodads. The railway experienced its heaviest use in the early 1940s, when the massive Fontana Dam was constructed. Thousands of carloads of cement, equipment and other materials were delivered to the construction site by rail. But after World War II, passenger traffic on the Murphy Branch began to decline due to the increasing popularity of the automobile. In 1948, Southern Railway System discontinued passenger service.

By 1985, freight traffic had also dropped off. The State of North Carolina purchased the Dillsboro-to-Murphy tracks from Norfolk



The Great Smoky Mountains Railroad provides visitors a 4.5-hour round-trip excursion to enjoy the natural beauty of Western North Carolina year-round.

Southern to keep them from being destroyed. Three years later, the Great Smoky Mountains Railway (GSMR) was formed and began offering passenger excursions. They quickly proved immensely popular, transporting more than 200,000 passengers annually.

American Heritage Railways purchased the GSMR in 1999. Today, the GSMR provides visitors a colorful way to explore the mountains and enjoy the natural beauty of western North Carolina year-round. Departing from Bryson City, the 4.5-hour round-trip excursion carries you 44 miles to the Nantahala Gorge, where there is a one-hour layover to relax by the river or enjoy sightseeing. Onboard dining is available in first class, and passengers can choose packages that enhance the experience with rafting, zip-lines, Jeep tours or hotel stays in the area.

The Dillsboro-to-Nantahala route is one of the most scenic on the Murphy branch. Riding the train, passengers enjoy country inns, quaint shops, local eateries, historic sites, museums, and other attractions. Rail depots are in three historic towns: Andrews, Dillsboro, and Bryson City, where the GSMR also operates the Smoky Mountain Trains Museum.

A wide variety of accommodations are available to suit the needs of your party. A couple on a long weekend may find one of the national chain hotels perfectly adequate or choose a bed-and-breakfast for a longer stay. Families and other large groups will enjoy cabin rentals in the area. Many come with amenities such as a hot tub or pool table. City slickers should be aware that all manner of wildlife can be found in the area and may be intrusive. Raccoons are notorious for exploring garbage that hasn't been properly secured; and bear, coyote and elk sightings are common.

Bryson City is about six hours from Savannah, depending on the route. If speed is of the essence, taking the interstates up through South Carolina is the quickest way, but traffic is more chaotic than on backroads. In comparison, following Georgia state highways toward Athens is leisurely and scenic, and only adds 30 minutes or so.




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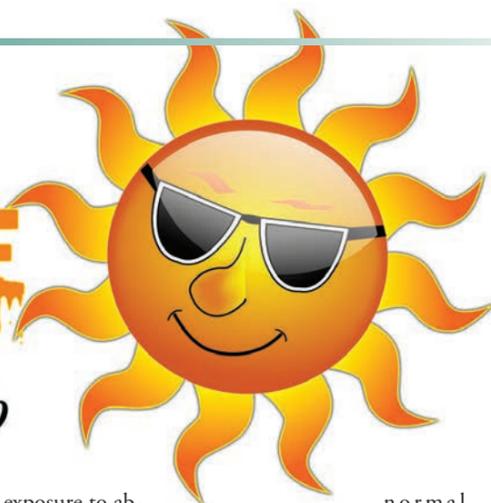
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## Avoid a HEAT STROKE

### Warning signs and what to do



Last summer, during the height of the COVID-19 pandemic, many people stayed home more than ever before. This summer, with many of the mandated restrictions removed, the great outdoors is calling everyone's name. While it's important to remember that summer heat can be dangerous, proper precautions can make the outdoors enjoyable and safe for you and your family, even in the middle of summer.

"It's good for everyone's mental health to do things outside – exercising, mowing the lawn, washing the car or working in a garden," says Dr. John Rowlett, director of pediatric emergency medicine for St. Joseph's/Candler. "But try to do those things in the morning or later at night."

That's because exposure to abnormal or prolonged amounts of heat and humidity without relief or adequate fluid intake can cause various types of heat-related illness. The most severe form of heat-related illness is heat stroke, which occurs when the body's heat-regulating system is overwhelmed by excessive heat. It can be a life-threatening emergency and most commonly occurs in summer months.

"It is easy to get overheated," Rowlett says. "We see this in young kids. We particularly see this with our workers who are outside. We see it in people who think they are in better shape than they are. Our older population also can get overheated very, very easily. It doesn't take much."

Rowlett advises those spending long periods of time outside to pay attention to their bodies. When you start to feel tired, rest. If you aren't performing the job at the level when you started, take a break. "It's not about being tough and working through symptoms," he says. "It's about being smart, stopping and listening to your body when you feel poorly."

#### TREATING HEAT STROKE

If warning signs are noticed early, heat stroke can be treated at home or on a job site, simply by moving to a cool place and resting as your body cools. You also might want to

- Remove excess clothing and drench skin with cool water
- Fan your face
- Place ice bags on the armpits and groin areas
- Drink fluids (cool to lukewarm; very cold fluids can cause stomach cramps); Water is best, or look for a low-sugar sports drink

If you experience bad cramping, feel very weak, have a fever, are not urinating, or can't keep fluids down, Rowlett recommends a trip to the emergency room. Heat stroke can be a life-threatening medical emergency and should not be ignored.

#### PREVENTING HEAT STROKE

Even in the South, where temperatures in the summertime reach above 100 and humidity seems to drip from the sky, it is possible to prevent heat stroke. Rowlett suggests doing things early in the morning or later in the day, staying hydrated and remembering sunscreen protection when you are outside.



John Rowlett, MD

To avoid heat stroke:

- Schedule vigorous activity and sports for cooler times of the day. Take rest periods in shady or cool areas.
- Increase time spent outdoors gradually to get your body used to the heat
- Wear a hat and sunglasses and use an umbrella; Use a sunscreen that is at least SPF 30.
- Dress in light-colored, lightweight and loose-fitting clothing.
- Drink plenty of fluids before, during and after outdoor activities, especially on hot days. Drinks of choice include water and sports drinks. Don't drink alcohol or beverages with caffeine, such as teas, coffee or soda. These can lead to dehydration.
- Teach children to take frequent drink breaks and mist themselves with a spray bottle to avoid becoming overheated.
- Warm-up and cool-down before and after exercising.
- Student athletes need frequent breaks for water or sports drinks; Drink 200 to 300 milliliters (about one cup) of fluid every 15 minutes of exercise.
- Never leave children unattended in a car – even if the windows are cracked open.
- Try to spend as much time indoors as possible on very hot and humid days.

*If you or your child has a medical condition or is taking medication, talk to your doctor for further advice for preventing heat-related illnesses.*

## 2021 SmartWomen Luncheon and Expo

### Sponsorship Opportunities Still Available

The 19th annual SmartWomen Luncheon and Expo returns to its traditional in-person format this fall. The yearly benefit for the Telfair Mammography Fund will be held on Wednesday, October 6, at the Savannah International Convention Center, and will feature well-known actress and singer Vicki Lawrence. Best known for her comedic roles on *The Carol Burnett Show* and *Mama's Family*, the Emmy Award winner and Golden Globe nominee reached number 1 on the U.S. and Canadian charts for the hit song "The Night the Lights Went Out in Georgia."

Lawrence enjoys speaking to women's organizations and other great causes, where she shares her life story of fame, activism, and her continuing success. All the while, she approaches everything with her characteristic sense of humor, reminding us all that "Life is much too serious to be taken seriously!"

There is still time to be a part of this year's event, as a limited number of sponsorship opportunities, expo booth space and individual tickets, remain available.

The SmartWomen Luncheon and Expo is an annual fundraiser for St. Joseph's/Candler's Mary Telfair Women's Hospital, home to the Mammography Fund at Telfair Pavilion. The goal of the Mary Telfair Women's



Hospital and the Mammography Fund is to ensure that all women have access to mammography, even if they have no insurance and cannot afford it.

The SmartWomen Luncheon and Expo has raised hundreds of thousands of dollars for the Telfair Mammography Fund to meet this goal since its inception more than a decade ago.

*For information on sponsorships, tickets, expo space, or to purchase diamond dig tickets, please call St. Joseph's/Candler Foundations office at 912.819.8683, or visit [sjcsmartwomen.com](http://sjcsmartwomen.com).*

### Dazzling Diamond Dig Returns

The Dazzling Diamond Dig will return in person as well this year, so get your tickets now!

For just \$25, you can purchase a limited supply of tickets for a chance to win a beautiful diamond ring courtesy of Harkleroad Diamonds and Fine Jewelry.

Harkleroad continues to dazzle with its latest donation to SmartWomen. This year's stunning ring is a 1.13 carats total weight diamond and sapphire cocktail ring in 14 karat



white gold.

The total value of the ring is \$6,800. The drawing will take place the day of the luncheon. You do not have to be present to win.



# Notes from the Deep Rough

By Peter Sizer

What do I want from golf? Beautiful surroundings, fresh air, exercise, an athletic challenge, companionship, a shared enjoyment of a beloved pastime? Nah. John Donne said, "No man is an island," but the Feral Golfer is at least a peninsula with a strong fence across the contiguous side.

My golf dreams are strictly primal. I recall Fred Couples on 13th hole at the Masters, perhaps 25 years ago. He was in the hunt on Saturday and went for the green with a 2-iron. Upon making contact, he immediately said, "Ooh, baby!" with a certain amount of lust. The strike was pure, and he knew it. The ball stopped three feet from the hole, resulting in an easy eagle. That's what I want from golf: "Ooh, baby" moments.

Too many times I've chosen a club, then changed my mind, only to find that my first choice had been right all along. Thinking too much on the golf course can be fatal. I've found that the best way to turn off my brain during athletic endeavors is to silently sing to myself. I once bowled a 235 to "Have Yourself a Merry Little Christmas," for reasons inexplicable as it happened in July. But I still haven't assembled the correct mental play list for a round of golf. An assortment of songs is needed for each club in the bag and every possible situation. Some clubs need the gentle caressing of Johnny Mathis, while others need the rousing wake-up call of a Sousa march (other than the Monty Python theme). Bing Crosby's "Straight Down the Middle" is ideal for the driver, as are "Smack Dab in the Middle," by Ray Charles; "Straighten Up and Fly Right," by Nat King Cole; "Straight Shooter," by the Mamas and Papas; "Downtown," by Petula Clark; "You Send Me," by Sam Cooke; "Turn Me Loose," by Fabian; and, of course, "Blue Bayou," by Roy Orbison. (Roy wrote and recorded it long before Linda Ronstadt came along.)

As you head out to the course, "Green, Green," by the New Christy Minstrels, is the

perfect, optimistic road song. "Green, green, it's green they say, on the far side of the hill. Green, green, I'm going away to where the grass is greener still."

"Groovin'," by the Rascals, can set the rhythmic tone for the day, and everyone should carry a little "Good Luck Charm," a la Elvis. On the tee of a par 3, "Ace in the Hole," by Cole Porter, is your theme. I call my putter "Michelle," so that I can tenderly serenade her with that Beatles song before every stroke. I've also named my 64-degree wedge so that I may invoke "Help Me, Rhonda," by the Beach Boys. If you find yourself deep in the jungle, then "We've Gotta Get Out of This Place," by the Animals, might inspire. When stuck in the sand, you should summon Maria Muldaur crooning "Midnight at the Oasis." Going for the green in two over water on that par 5? A few bars of "Don't Back Down," by the Beach Boys might steel your resolve. If you don't pull it off, console yourself with "I Can Dream, Can't I?" by the Andrews Sisters. Send a shot out of bounds and whistle "She's Gone," by Hall and Oates. Worried that an approach shot won't catch the edge of the green? "Hang On, Sloop," by the McCoys could be the plea to the golf gods that you need. After a day of spraying shots in all directions, the Beatles' "Here, There and Everywhere" is apropos, and solace might be found in remembering that at least you had "The Warmth of the Sun," by the Beach Boys. And when we come back the next day for more abuse, kd lang will rightly label our addiction to golf a "Constant Craving."

Several years ago, teaching professional Fred Shoemaker came up with an out-of-the-box idea for reinforcing the proper timing of the golf swing at moment of impact. He theorized that letting go of the club at that point could reveal much useful feedback. If the club went down the intended line with distance, your timing was good. A concomitant benefit was that when the club was thrown in anger, as it is in the normal course of play, it went down the fairway and not into a tree or a pond. But how do we convince golf course management to set aside a portion of the driving range for practicing this drill? And who will want the thankless job of collecting, sorting and returning the clubs to their owners?

In *Caddyshack*, as Bill Murray is decapitating chrysanthemums with a scythe and imagining himself hitting his final approach to the 72nd hole of the Masters, he provided a gentle satire of the commentary that one might hear from the TV tower behind the 18th green. In particular, he was emulating the late Englishman, Henry Longhurst" in his inflection. Unlike many commentators, then and now, Longhurst never told us what we had just seen for ourselves. His erudition and insight are sadly lacking these days. You must admire someone who dared to use the word "penultimate" on the idiot box and use it correctly. If I hear the phrase, "The greens are starting to firm up," ever again, I will have a Titleist at my big-screen TV. (Doesn't everyone fondle a Titleist while watching golf?) I don't want to be told that a putt will break 10 feet to the left. I'd rather be surprised as I watch the ball roll. I don't want or need pedantic, didactic commentary. Too many analysts culled from the professional ranks seem to feel that it's their duty to provide basic instruction or explain the strategy of match play ad nauseam. They must believe that their audience has never touched a club. Give me Gary McCord who, when called upon, has the wit to come up with something amusing to say about this ridiculous game of golf. Oh, wait, Golf Channel fired him.

HE SERVED

# David Frothingham

David Frothingham graduated from Phillips Exeter Academy in New Hampshire, class of 1957. A good student from a renowned preparatory school, he continued his education at Stanford University, where he joined the Contract R.O.T.C. program of the U.S. Naval Reserve. In 1961, after earning a bachelor's degree in creative writing, Frothingham was commissioned an ensign and called to active duty aboard the *USS Barry*.

The *Barry's* area of responsibility was the Atlantic coast from New England to Puerto Rico. As the junior officer on board, Frothingham became the operational aide to the captain. Frothingham remembers the captain as a stern, by-the-book, no-nonsense commander, and an excellent navigator. During Frothingham's time aboard the destroyer, the ship never fired its weapons at an enemy, but tensions were high due to the Cold War between the U.S. and U.S.S.R.

The Cuban Missile Crisis in October of 1962 brought the two superpowers close to nuclear conflict. A secret agreement between Cuban president Fidel Castro and Soviet premier Nikita Khrushchev permitted the U.S.S.R. to construct nuclear missile sites at San Cristobal, just a little more than 100 miles from U.S. territory. Routine American surveillance aircraft also observed Soviet IL-28 bombers at the site. President John F. Kennedy notified Khrushchev that the U.S. would not permit the U.S.S.R. to deliver offensive weapons to Cuba and ordered a naval quarantine of Cuba against approaching Soviet supply ships. The *Barry* was one of the ships imposing the blockade.

At the time, Frothingham, a lieutenant junior grade, was the officer in charge of the *Barry's* combat information center. During the quarantine, the *Barry* did not come into visual contact with approaching Soviet vessels, but its crew suspected that the enemy was close by. Fortunately, before the Soviet supply ships reached the blockade, Khrushchev recalled them and agreed to dismantle the missile sites in Cuba. The entire world, including Frothingham and his shipmates, breathed a collective sigh of relief.



Until the U.S.S.R. agreed to stand down, the U.S. military was placed on Defense Condition (DefCon) 3 – meaning ICBM missiles were prepared for launch, Polaris submarines were strategically deployed, and B52 bombers were on alert.

Following the Cuban Missile Crisis, the *Barry* resumed its Atlantic patrol duty as part of a large carrier group, which included anti-submarine warfare responsibility and the secondary pick-up assignment for astronauts when they returned from space. The ship also served as a training vessel for midshipmen from the U.S. Naval Academy. During his last six months on board, Frothingham handled navigation duty.

When released from active duty in June of 1963, Frothingham began his career as an educator, first as a math and English instructor for grades 5 to 9, then as the head of several schools.

BY RON LAURETTI



Commissioned in 1954, the USS Barry spent most of her career in the Caribbean, Atlantic and Mediterranean, but also served in the Vietnam War, for which she earned two battle stars.

During his time with the Navy and in education, Frothingham worked near the East Coast. In 2003, he relocated to Skidaway Island, where he currently lives at The Marshes with his wife, Patty. The couple met at the first school where Frothingham taught after his naval service. They have four sons and eight grandchildren.

Since coming to Savannah, Frothingham has been an active member of the local Coast Guard Auxiliary. He has participated in many offshore patrols, often working on lifesaving drills with the regular Coast Guard members. The volunteer "old salt" knows his way around the water, and remains ready to take to the sea.




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

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

**Send your nominee's name and contact info to ron135@comcast.net**



# WILD THINGS

## GRAB YOUR CAMERA!

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

This barred owl paid a visit to David and Patty Frothingham's backyard. It spent about 30 minutes posing on the bird feeder, the bird bath, and on the ground foraging for breakfast.



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

## STITCH AND BEAD

**WHAT:** Landlovers Needlecrafters  
**WHEN:** Tuesday afternoons  
**WHERE:** Member homes  
**HOW MUCH:** No cost  
**CONTACT:** Leslie Matthews – 616.550.7057 or lmatthews50@gmail.com for more information and to be added to the list  
**WHAT ELSE:** Bring projects and BYOB. Landlovers membership required.

## 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.

## 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.

# 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 [nnewmember@gmail.com](mailto: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](mailto:landloversmembership@gmail.com), or visit [www.landlovers.com](http://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.

## WHERE ART THOU?

**WHAT:** The Works of Kitt Dobry  
**WHEN:** July 1 - 30.  
**WHERE:** JEA Art Gallery, 5111 Abercorn St., Savannah  
**HOW MUCH:** Free  
**CONTACT:** Vicky Lunick, 912.355.8111  
**WHAT ELSE:** Kitt Dobry graduated from Moore College of Art and Design in 2009 with a BFA in illustration and a BFA in art history. She was a member of the Philadelphia Sketch Club until moving to Savannah in 2012. She works as a freelance illustrator and fine artist specializing in portraiture. Her illustration work focuses on creating fantastic creatures in a realistic style and her fine art focus this year explores comfort food.

## AUGUST ARTISTS

**WHAT:** The Art of Carrie Christian and Caroline Daruna  
**WHEN:** Aug. 1 - 31; reception - Aug. 26, 5 - 7 p.m.  
**WHERE:** JEA Art Gallery, 5111 Abercorn St.  
**HOW MUCH:** Free

**CONTACT:** Vicky Lunick, 912.355.8111  
**WHAT ELSE:** Carrie Christian's latest work is inspired by the beautiful, chaotic, and enduring love that exists within a family. Caroline Daruna's work investigates edges, confluence and emergence.

## INSECT INVENTORY

**WHAT:** 2021 Great Georgia Pollinator Census  
**WHEN:** 9 - 11 a.m., Aug. 20 and 21  
**WHERE:** Sparrow field garden, off Bartram Rd.  
**HOW MUCH:** free  
**CONTACT:** [friendsofskidawayaudubon@gmail.com](mailto:friendsofskidawayaudubon@gmail.com)  
**WHAT ELSE:** Help UGA researchers by contributing to this statewide census. Choose a flowering plant at the garden. For 15 minutes, note what insects visit it. Skidaway Audubon, which maintains the pollinator garden, will provide counting sheets and insect identification guides. No experience needed.

## PET PROJECT

**WHAT:** Linen drive for the Humane Society of Greater Savannah  
**WHEN:** Ongoing  
**WHERE:** Humane Society Adoption Center, 7215 Sallie Mood Dr.  
**CONTACT:** Call Rosemary Longueira at 598.2875 or drop donations at 22 Long Island Road, Oakridge  
**WHAT ELSE:** Donate old towels, washcloths, pillowcases, sheets, dish towels, pet beds, and chair cushions. Please bring them to the front of the Adoption Center, not the Thrift Shop donation area.

## BE A DECENT DOCENT

**WHAT:** Become a historical interpreter  
**WHEN:** Part-time - Monday thru Saturday - 10-4; 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.

## LOSS MITIGATION

**WHAT:** Pandemic support group

**WHEN:** Meeting Wednesdays at 6 p.m.  
**WHERE:** St. Peter's Episcopal Church Library  
**HOW MUCH:** Free  
**CONTACT:** Suzanne at St. Peter's, 598.7242  
**WHAT ELSE:** Many of us have lost friends or family, and pandemic isolation has made dealing with these losses difficult. Dr. Stevens Peirsol will guide the group, offering those who would like to share and find help in processing loss.

## CORVETTE SUMMER

**WHAT:** Skidaway Island Corvette Club  
**WHEN:** Third Thursday of each month, between 9 a.m. and 10 a.m.  
**WHERE:** Skidaway United Methodist Church parking lot  
**HOW MUCH:** No dues at this time, however an \$8 name tag fee may be forthcoming  
**CONTACT:** Clayton Scott, 912.658.3116.  
**WHAT ELSE:** Skidaway Island's club for Corvette owners is 35 members strong. Its goals are camaraderie and to share the enthusiasm for this classic American auto.

## FERAL FRIENDSHIP

**WHAT:** Skidaway Cat Alliance Team  
**WHEN:** Ongoing  
**WHERE:** Skidaway Island and surrounding  
**CONTACT:** [skidawaycats@gmail.com](mailto:skidawaycats@gmail.com) or visit our Facebook page at [www.facebook.com/skidaway-catalianceteam](http://www.facebook.com/skidaway-catalianceteam)  
**WHAT ELSE:** The Skidaway Cat Alliance Team is a group of dedicated animal lovers who provide food, population control (spay/neuter), medical care, and shelter for free-roaming cats in the Skidaway area. We have cats and kittens currently being fostered that are available to new, loving homes.

## FRIENDS OF FRIENDS OF BILL W.

**WHAT:** Al-Anon  
**WHEN:** Mondays, 4 p.m.  
**WHERE:** Skidaway Island United Methodist Church  
**WHAT ELSE:** A recovery program for families and friends of people who are struggling with addiction.

## HORSE SENSE

**WHAT:** Pegasus Riding Academy volunteers needed  
**WHERE:** Old Roberds Dairy, 2500 Tennessee Ave., Savannah  
**CONTACT:** For information and directions, visit [www.prasav.org](http://www.prasav.org) or call 912.547.6482  
**WHAT ELSE:** Pegasus Riding Academy is a therapeutic riding program providing safe, professional and ethical equine-assisted activities for individuals with physical, mental and emotional disabilities. Volunteers are needed to assist these special children. Horse experience not necessary.

## BODY AND SOUL

**WHAT:** Skidaway Island United Methodist Church (SIUMC) Exercise Classes  
**WHEN:** Mondays, Wednesday and Fridays, times are below  
**CONTACT:** For more information or to register for January session, visit [siumc.org/exercise](http://siumc.org/exercise) or call 912.598.8460  
**WHAT ELSE:** Mat Pilates from 9:15-10:15 a.m.; and Sit-Fit from 10:15-11:15 a.m. Classes are led by Elena Bennett, an ACSM-certified exercise instructor. SIUMC has added Friday classes to its offerings for church- and non-church members alike.

## WELCOME MAT

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

## HOCUS POCUS!

**WHAT:** Landings Magic Society  
**WHEN:** 7 p.m., second Thursday of the month, Oct. through May  
**WHERE:** Plantation Club card room  
**CONTACT:** Jim Ruhl, 912.856.3948, [jsruhl@gmail.com](mailto:jsruhl@gmail.com) or Bill Sickels, 912.598.9123 or [whsickels@gmail.com](mailto:whsickels@gmail.com)  
**WHAT ELSE:** Anyone with an interest in magic is welcome. Every meeting is instructional, entertaining and enlightening. Active participation is encouraged.

## HEAR GREAT SPEAKERS

**WHAT:** Kiwanis Club of Skidaway Island  
**WHEN:** Thursdays at 7:45 a.m.  
**WHERE:** Palmetto Club in the Landings  
**HOW MUCH:** Free to attend.  
**CONTACT:** Michael Klavon, 912.306.0474, before attending  
**WHAT ELSE:** This club donates more than \$60,000+ for at-risk children yearly.

## 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.

## SAWBUCKS SESSIONS

**WHAT:** Skidaway Hamiltons meetings  
**WHEN:** Every third Tuesday of the month, 4 p.m.  
**WHERE:** Via Zoom  
**HOW MUCH:** Free for members of the Skidaway Hamiltons and Skidaway Abigails  
**CONTACT:** [SkidawayHamiltons@gmail.com](mailto:SkidawayHamiltons@gmail.com)  
**WHAT ELSE:** To learn more about Skidaway Hamiltons, a progressive, liberal men's organization, visit [skidawayhamiltons.org](http://skidawayhamiltons.org). Check out the calendar for a schedule of speakers.

## 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/screener and tax preparers.

## CAUSEWAY CLEAN-UP

**WHAT:** "Shine Bright like a Diamond (Causeway)," litter pickup along Diamond Causeway  
**WHEN:** 1 or 2 times per month, as trash amount deems necessary  
**WHERE:** Meet in the parking lot of Butterbean Beach  
**CONTACT:** Courtney Fowler, [causewaycleanup@gmail.com](mailto:causewaycleanup@gmail.com) or 912.313.6040  
**WHAT ELSE:** Please bring work gloves and a safety vest if you have one; a trash-picker works wonders as well. We will provide trash bags. Water is recommended to avoid dehydration.

## IT'S AN HONOR

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

Complete Island Hopping listings are now online! Just visit [www.theskinnie.com](http://www.theskinnie.com) and click "Read."

CHALLENGER CLUES\*

ACROSS

- 1. Child's play?
- 6. Samovar
- 9. "Tarnation!"
- 13. Man from Nizwa
- 14. Signs of opposition
- 16. Jocular suffix for 'jack' or 'buck'
- 17. Celebrated classical musician ended up in total ruin
- 20. First African American sorority (1908)
- 21. Contents of Pandora's Box
- 22. Part of a Tennessee Williams title
- 23. Second half of a court game
- 24. Pad often used at a university
- 25. Early American patriot turned to opioids
- 32. NASA Mars explorer
- 33. Drove a nail obliquely
- 34. (XXIV times XXIV)-XXV
- 35. "This \_\_\_ outrage!"
- 36. Brenda \_\_\_ of the comics
- 38. Neb
- 39. A/C efficiency msmt.
- 40. Comb. form meaning 'bile'
- 41. It's served with cherries jubilee
- 42. Soul music entertainer became a bodybuilder
- 46. Glaze
- 47. Tillis and Gibson
- 48. Home of Odysseus
- 51. Cacholong
- 52. Sir Alec in "Star Wars"
- 55. Gold Rush madam went 'country'
- 58. "\_\_\_ From Muskogee" (Merle Haggard hit)
- 59. A/C efficiency msmt.
- 60. 1/2 of 1/2 and 1/2?
- 61. Line to Babylon
- 62. See 21-Across
- 63. Resort city in 43-Down

DOWN

- 1. Big name in canned beans
- 2. Haywire
- 3. Chichen Itza builder
- 4. Anagram, for one
- 5. Like
- 6. Remove a tie bar
- 7. Cheers, in Toledo

*Ya' just never know what's gonna happen!*

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55							56				57		
58					59					60			
61						62				63			

- 8. Largest research university in the U.S.A.
- 9. Bolt
- 10. Camber
- 11. Neighborhood of N.Y.C.'s Collonade Row
- 12. It attacks the big toe
- 15. Performer in a jug band
- 18. "Too bad."
- 19. Lady \_\_\_ hydrangea
- 23. Last word of The Lord's Prayer
- 24. Christian \_\_\_
- 25. Judge, often
- 26. OT book between Daniel and Joel
- 27. Oocyte releaser
- 28. In the slightest degree
- 29. Toy company that brought Rubik's Cube to America
- 30. Ogden Nash says it's a beast
- 31. Digs
- 36. Medicine men
- 37. Ripped
- 38. U.K. lunch favourites
- 40. A Marx Brother
- 41. Red herring, for one
- 43. Host of CNBC's "Mad Money"
- 44. British \_\_\_
- 45. Navy \_\_\_
- 48. Superstar
- 49. The first man created, to a Maori
- 50. It prevents baldness
- 51. Stick in the fridge
- 52. Ogden Nash says this will make 30-Down a priest
- 53. Throb
- 54. "The Joy of Cooking" author Rombauer
- 56. Meteorological point
- 57. Cleaver?

Puzzle answers, page 33

\*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

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

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# FLOWER POWER



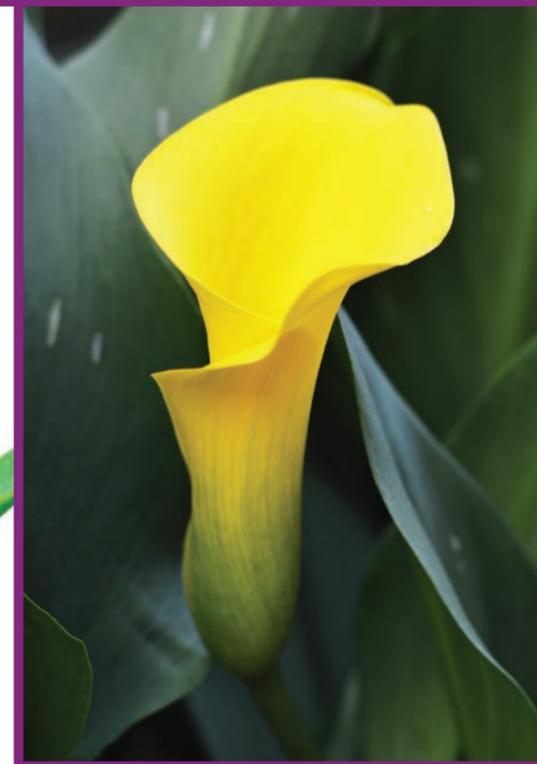
We've received a number of photo submissions from local gardeners showing the results of their green thumbs. Summertime is a wonderful way to renew your spirit in your own backyard. How does your garden grow?

This Page:

Betty Gorman (left)  
Julie Broderick (bottom left)  
George Schminke (bottom right)

Opposite Page:

Margaret Baker (top left)  
Tim Andrews (top right)  
Erica Kersey (bottom left)  
Chuck Hendrix (bottom right)



When Elizabeth found out she was pregnant with twins she was ecstatic x2. But she was worried about the increased birth risks. She was referred to Dr. Carmela Pettigrew and the dedicated team at the Mary Telfair Women's Hospital.



# DELIVERING GOOD NEWS IN TWOS.

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