



It's a paradox...which is not exactly the right word, but I couldn't think of a better one. This issue – the one that you receive Thanksgiving week – might be our most-read.

Many households – yours, maybe – host guests who pick The Skinnie off an end table before falling into a tryptophan coma (which is not a real scientific thing... as turkey isn't excessively laden with the amino acid unfairly associated with drowsiness...it's the carbs, combined with the t-phan and the excess that knock you out). With a few days off from your normal routine, you might find time to devote to reading us when you otherwise wouldn't. (By the way, one of my favorite things people say to me: "I don't usually... actually, I never do...read your column, but I did the other day and...", which is like saying, "I don't often subtly insult you without reason, but this seems like as good an opportunity as any..."). Anyway, we have extra readers for this issue, but much less time than our normal production cycle permits. So, I'm scrambling.

This would be an occasion to showcase my best stuff. Perhaps your daughter, a literary agent visiting from New York, is looking for an obscure and not-so-young essayist from south Georgia to add to her stable of "artists." Or your in-laws are interested in investing in a hyper-local but very well-written periodical, financial prospects be damned. But, alas, I have 30 minutes to scratch something out or we'll miss deadline altogether. Therefore, I'll take a more mercenary tack.

When you own a media outlet, serving your self-interests is always an option. Though it's one we are philosophically committed to avoid at The Skinnie. Ours is not a book riddled with paid advertorials masquerading

as middling content. We strive to make our words matter. But occasionally, we do ourselves favors, and try to provide you benefit at the same time.

The holidays manifest excess and distress. Rich food. Familial conflict. Too much eggnog. Too little sleep. These things wear on the body and the mind.

I know a place where you can find holistic health ideas and help to combat seasonal challenges. @gabbys.greens on Instagram offers recipes, workout routines, inspiration, and wellness fundamentals, all from a local practitioner's

point-of-view. Wellness is a fast-growing component of public consciousness, and @gabbys.greens makes it relatable and fun.

Now that you have an antidote to the perils of too-much-consumption, too-many-commitments, and too-little-energy-and-time...eat up. Thanksgiving comes only once a year, although every day should be laced with conspicuous gratitude. Happy holidays to all.



Scott A. Laurer

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



Join us for a **Christmas** Open House

Holiday Celebration and Client Appreciation Event

KCG INVESTMENT ADVISORY SERVICES
A DESTINY WEALTH PARTNERS FIRM

Thursday, December 9
KCG Investment Advisory Services
A Destiny Wealth Partners Firm
4 – 7 p.m.
315 Commercial Dr., Ste. C1
Savannah, GA 31406

Thank you for embracing the exciting ways we've evolved to serve our clients and our community this year, with the addition of Destiny Family Office, private trust services and Destiny Alternative Funds. We're looking forward to saying thanks and celebrating the holiday season together.

Hors d'oeuvres and Wine

RSVP by December 3 to 912.335.8071 or email cmartinez@kcginvestmentadvisory.com



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