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Upfront

It doesn't feel like fall – 93 degrees with 85 percent humidity today – but football season is upon us. The Skinnie Pick 'Em Football Pool appears in our pages every year around this time.

It's a regular feature of the magazine, running through the bowl season. And it's interactive: You participate. If you don't know how you can play along, turn to page 24 for instructions and your first installment of this football year. It costs nothing to enter, and winners earn real prizes...plus, it's fun to have enhanced rooting interests as each autumn weekend unfolds.

The college football championship is definitive. There can only be one winner. When I was growing up, the champion was crowned by poll voters, injecting subjectivity – even bias – into the process. Today's playoff system is “fairer,” though it's not perfectly democratic, as humans determine tournament invitees.

There is only room for one at the top of the mountain, yet we all want to feel good about our teams. So, we find things to celebrate beyond on-field victory. I was born and raised in Pennsylvania...in Joe Paterno's Pennsylvania, to be exact. We believed that pollsters inequitably dismissed Northeastern football in favor of corrupted, academics-optional programs in other parts of the country. There was a sense of moral superiority emanating from Happy Valley, amped up by the occasional Heisman Trophy or undefeated season (which, sometimes resulted in no better than a final ranking of #2 or #3). Then, Jerry Sandusky happened. And Joe died.

Georgia is the best team in the country. From the beginning of 2022 through the end of February 2023, 13 team members were arrested by law enforcement officers. DUIs and deaths were some of the lowlights of some very bad news. But the winning continued and will again in a few days.

Google something like “most arrests among college football programs” and you get too many pages of results to sift through in one session. Let's choose one: A compilation of the “top-25” between 2010 and 2015 (I'm pretty sure things haven't gotten better since). Washington State (Go, Cougars?!, who knew?) led all comers with 31. But the SEC dominated, as it tends to do in college football, with Florida, Georgia, and Texas A&M all in the first-five; and Ole Miss, Tennessee, Alabama, Kentucky, LSU, Arkansas, and Auburn ensured the conference secured 10 of the 25 spots on the list. Which makes the surprise

showing from mid-major Marshall, with 16 arrests, an impressive (?) anomaly. All-in-all 479 student-athletes were booked and processed among the 25 most-prolifically lawless schools during the half-decade span.

If there's an unscientific correlation between criminal activity and gridiron wins – notwithstanding Washington State – then, perhaps, there's an inverse relationship between Saturday superiority and classroom success. The NCAA has developed a statistic to evaluate relative academic performance between sports programs: the Academic Progress Rate, or APR. In 2022, the Ivy League's Columbia University topped the list, with a score of 998. Northwestern, a Big-Ten school with an elite reputation for scholarship, tied for second at 996 with one its conference foes, Wisconsin. Numbers three through five might surprise you, though, suggesting that pigskin prowess doesn't necessarily dim the hopes that your middle linebacker might make the dean's list. Clemson, Alabama, and Mississippi each posted 995s. What about aforementioned Penn State? Squarely in the middle of the pack, sandwiched between South Alabama and Colorado State, with 958. South Alabama might well be the Harvard of Mobile, but it's not the kind of company that Big Ten presidents like to think they keep (evidenced by the recent handwringing over which parts of the Pac-12's rotting carcass to poach). My alma mater, Lehigh University, happy to forego ultimate athletic glory in favor of studious rigor, posted a respectable, if uninspired, 978, which is sadly subordinate to North Dakota, UNLV, and Ball State.



But what is APR, anyway? It quantifies a team's ability to keep its players in school and academically eligible. What incentive does a system have to give the best wide receiver in the country an F on his art history essay instead of a D so he has to sit out the next rivalry game? Academic eligibility requires self-policing, and a nine-figure athletic budget weighs heavily on potential classroom cops.

Alas, we love who we love. And we find reasons to justify it. Beauty and, to some extent, virtue, are in the eye of the beholder. Would I conveniently ignore a minor domestic battery charge in exchange for a Rose Bowl win? Sadly...probably, yes. But go to a game, linger at a tailgate, find yourself among a monochromatic sea of fans. It's hard to avoid getting swept into the fervor, momentarily blind to sobering, complex truths.

For now, don't worry about the broad societal implications...Just root for you team and play along with our pool on page 24 and in every issue for the next 10 or so.

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in this issue

8 BEYOND LISBON
Sintra's Wonders

13 SMELLS LIKE SUNDAY
Mediterranean Chicken Skewers

19 CHARLES TUTTLE
He Served by Ron Lauretti

24 WE'RE GIVING IT AWAY!
The Skinny Football Pool Returns

features

04	Up Front	28	Crossword
16	St. Joseph's/Candler	29	Classifieds
26	Island Hopping		



on the cover:

The Pena Palace is a highlight of Sintra, Portugal. For all the details, turn the page.

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Beyond Lisbon

SINTRA'S WONDERS BY LAURA JUNGHUHN

During an extended visit to Portugal, there came a time when my husband and I had stood one too many times through a jerking ride on Lisbon's historic yellow trams and eaten our fill of pastéis de nata – hot creamy custard nestled into crisp puff pastry. So, we retreated, as the Portuguese kings did, into the mountains near Sintra. Its atmosphere is charged with legends and lore, and wonders are tucked between the trees.

Sintra is a 45-minute train ride from the bustling streets of Lisbon's city center. Don't take a car; streets are narrow and busy, and parking is scarce. At the train station, you disembark in the middle of a vibrant town. It's easy to grab a public bus, hire a taxi, or a personal guide to lead you up into the hills.

Our first stop was the Myths and Legends Museum. This interactive attraction is the perfect introduction to Sintra. It captures the

magic and mystery of the surrounding landscape. Rooms are decorated to resemble the forest, invisible speakers play sounds of wind and birds, and some of the exhibits talk. Displays focus on stories of the mountains, the area's cultural and religious heritage, and its role in literary Romanticism.

Beyond the town's rooftops, dense forests ascend the mountain slopes. Though the shore is almost 12 kilometers away, the pine boughs are tickled by an ocean breeze. Already, we can feel Sintra's magical pull, a yearning desire to explore what Romantic poet Lord Byron described as a "glorious Eden."

Intrigued and entrapped by a place with a view that Robert Southey said, "so effectively checked the wish of wandering," we were ready to begin exploring. We chose to go on foot, letting the landscape unfold before us, and envelop us, so we could experience the land as the Romantics did – spiritually and emotionally.

The Sintra National Palace sits at the mountains' base. Its bright white walls, yellow trim, and orange roof tiles are striking features of the town center. Since the palace is the first stop on the road up the hill, morning visitors tend to collect at its storied halls, archways, and balconies, and it quickly becomes crowded. But a few hours later, tourists retreat to the cafés and restaurants surrounding the palace square, opening the way for a

quiet visit. Though it may not be the most visually impressive Sintra estate, the National Palace has the most varied architectural history. For 500 years, it was the summer home of the Portuguese royal family. Visitors will notice the changes in art and architectural styles throughout the monarchy's long reign, as each king ordered new additions to be built or major reconstructions. The oldest part of the palace dates to the early 15th century, and walking through its halls, ancient wood creaks underfoot.

A road follows the upward curve of the mountainside, sometimes steeply, sometimes gradually, leading visitors to new wonders, each more magnificent than the one below. The journey uphill to one of Sintra's most popular sites brings Hans Christian Andersen's view of the country to life. "The whole mountain road is a garden," he wrote, "the most beautiful walk you can imagine."

Stone walls support the hillside, ivy tumbling over the edges. Fresh spring water is piped into fountains carved with mythological faces. Birds twitter in the shrubbery. The world recedes the higher we climb into the mountains.

The path leading to the gates of the Quinta de Regaleria is paved with star-studded cobbles, a black center with six white points branching between grey stones. The monochromatic sidewalk is reflected in the walls of the 16th-century manor; white stonework,



ABOVE: The Quinta de Regaleria is a 16th-century manor in the hills above Sintra.



RIGHT: Legend says Freemasons used the Initiation Well for initiation rites. The candidate would descend nine levels that symbolized Dante's Circles of Hell.

mortar blackened with age, ornate grey stone balconies and spires. Though the first floor is accessible to tourists, the interior isn't as stunning as the exterior. A visit to this hillside estate is better spent in the vast terraced gardens. Around each bend of the garden path are castle-like walls, statues, grottos, and even a cave. The flowerbeds are packed with pines, ferns, palms, and dense grasses, further luring the imagination to whispers of mystery. For this reason, most visitors are drawn to the Initiation Well, a spiral staircase that descends into the hillside. Legend says it was used for Freemason rituals. The initiate would descend nine levels, each one symbolizing Dante's Circles of Hell, and walk through the cave at the bottom in complete darkness toward the light of the entrance, symbolically overcoming fears and being reborn.

From the Quinta, we continued upward. Undergrowth thickened; noises faded. We heard the echo of Eça de Queirós's words:

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"The air seemed finer...something soft and elegant circulated. There was the silence of tender repose and leisurely existence."

Higher on the hillside and not quite on the main route, Monserrate Palace provided a retreat from Sintra's tourists, inviting contemplation. Influenced by Romanticism, Moorish architecture, and neo-Gothicism, the palace is mesmerizing. Its symmetrical design is harmonious with the surrounding landscape, and the fountain in the central hall blurs the line between indoors and out. The house's intrigue is heightened by the vast garden, which contained more than 3,000 exotic species of plants in its heyday. Though this number is smaller today, we enjoyed basking in the sun of the terraced Mexican garden, then disappearing into the cool shade of the Fern Valley. Hidden in this forested paradise was a chapel ruin, plants growing around and through its pointed archways and empty window frames. The silence and nature's reclamation of the

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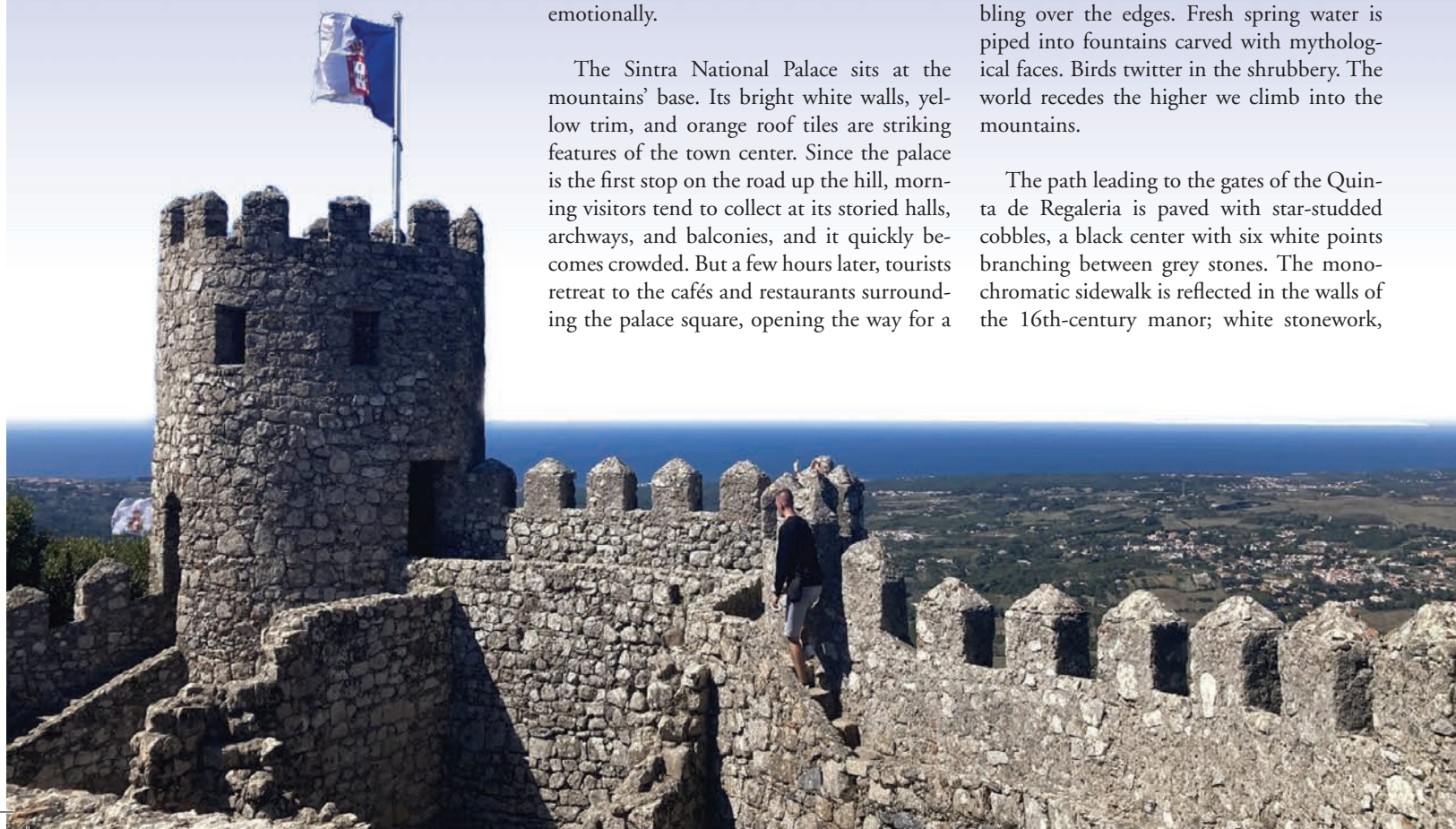
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The gardens of Monserrate Palace are slowly reclaiming the chapel ruin, adding to it's spiritual atmosphere.

space felt very spiritual.

Though a challenge to tear ourselves away, we left the shade of the pines and climbed to the top of the oldest walls in Sintra's hills. The stone ramparts of a Moorish castle encircle a lower peak and provide visitors with a picturesque example of a typical castle. From here, you are rewarded with a view of the Sintra-Cascais Natural Park, the palaces stair-stepping down the mountain between thick pine forests. The Atlantic sparkles on the horizon.

Following the last curve in the road, we reached the highest peak, the seat of Pena Palace, the crown of Sintra. This immense mansion is an intentional mix of architectural styles. The very picture of exotic Romanticism, it features a castle drawbridge, cylindrical towers, central dome, and turreted clock tower. Composer Richard Strauss described it as "straight out of a fairy tale," looming "out of the greenery with its vivid colors of scarlet and canary yellow."

To walk its ramparts, pause in the estate rooms, and wander through the vast kitchen, visitors must pre-book admission online, or otherwise be limited to exploring the expansive grounds. At almost 500 acres, a new discovery is waiting down each twist of a garden path. The estate is crowded with rare and exotic trees and plants, several native species, and a series of seven lakes that pour into each other down the hillside.

We spent three days in Sintra, occupying at least half a day getting lost in each estate, yet we left knowing some treasures remained undiscovered. Though Sintra can host more than 3 million tourists a year,



The eclectic Pena Palace sits at the highest peak above Sintra, a blend of architectural styles.

and long lines during peak season (May to September) are a guarantee, it remains "apart." Visitors lose themselves in a different time, a different place, a different world.



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Smells Like Sunday

MEDITERRANEAN CHICKEN SKEWERS

From the Kitchen of Scott Lauretti

For me, recipe-creation is an imprecise process. I start with a general idea – perhaps a particular piece of produce catches my eye – and I buy stuff and drop it on the cutting board. Eventually, we eat. If we like it and I think you might like it, too, I try to quantify ingredients and describe the series of steps I took. Often, this occurs days, maybe weeks, after the fact. I made the chicken and accompanying sauce three days ago. It was awesome. I believe it goes something like this:

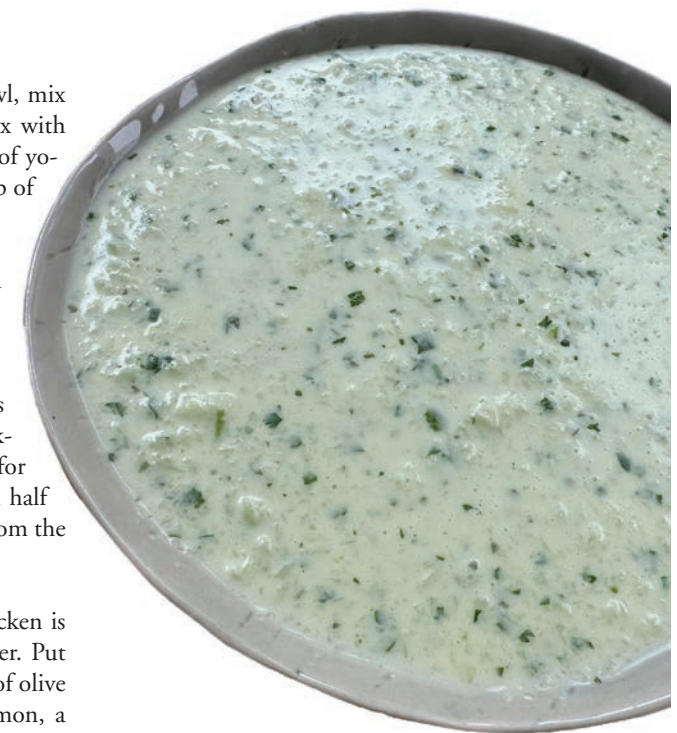
- 2 lbs boneless, skinless chicken breasts, cut into 1 ½-inch cubes.
- 1 lemon
- Plain Greek yogurt
- Extra virgin olive oil
- Spicewalla organic creole seasoning*
- 1 cucumber
- 1 bunch fresh cilantro
- Salt

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Make the marinade: In a small bowl, mix about ½ c (maybe more) of spice mix with the zest of the lemon, a heaping tbsp of yogurt, a short pour of olive oil, and a tsp of salt. Combine well to form a paste.

Blot the chicken pieces dry with paper towels and season well with salt. Put the chicken inside a large, sealable, plastic kitchen bag. Add the marinade paste to the bag, squeeze out the excess air, and jostle well to coat all the chicken as evenly as possible. Refrigerate for at least an hour, preferably 3 or 4. A half hour before grilling, remove the bag from the fridge.

Make the sauce/dip: While the chicken is marinating, coarsely dice the cucumber. Put the cucumber pieces, a couple of tbsp of olive oil, 1 c of yogurt, the juice of the lemon, a handful of the cilantro leaves, and a generous



TheSkinnie VOL. 21 ISSUE 16 – 13



"I don't think I've recommended a pre-made spice mix before, but this one is perfect," Scott says.



dash of salt into a food processor bowl. Process well to combine at low speed. Remove the contents to a small serving bowl.

Heat grill to high. Remove chicken pieces from marinating bag and skewer them. Place skewers on grill and cook for about 4 minutes before turning. Turn as many times as you need to cook all sides. You can lower your grill cover to ensure you cook the meat through. Total cooking time for me, with the lid down for about half of it, was roughly 15 minutes. You don't want raw chicken, but you don't want to dry it out. Remove the skewers from the grill and the chicken from the skewers. Serve alongside the sauce – the chicken is terrific with or without it. In keeping with the spirit of the dish, I made a big, rustic, Greek salad with tomatoes, red onions, cucumbers, green peppers, Feta cheese, and oregano from my garden (which has grown manically this year). While the chicken was grilling, I prepared black rice with scallions and celery. We ate with the summer sun streaming into the kitchen, painting the tomatoes extra red.



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If you are pregnant this summer – or for anyone trying to stay hydrated and cool – remember these tips:

- Drink as much water as you can, even if you take small sips throughout the day. Carrying a water bottle with you all day, every day, will help.
- Listen to your body and slow down and rest as needed. Avoid strenuous activity during the midday and exercise indoors.
- Avoid direct sunlight. When outside, apply sunblock frequently and all over.
- At the pool or beach, find shade and bring an umbrella to create your own.
- Swimming is safe in most pregnancies and a great way to cool off, so take a dip when you can.
- Choose foods that are cool and have water in them, such as fruits and vegetables.
- Wear breathable, light fabrics.

Keys to a Safe Pregnancy During the Hot Season

Tips to Stay Hydrated and Keep Your Body Temperature Regulated

Summer in the South – the sweltering heat and nearly 100 percent humidity leave most of us feeling like we're walking on the sun. Staying cool and hydrated is important for everyone during summer months, and that goes double for expecting moms.

“When you are pregnant, everything becomes more vascular and sensitive in general,” says Dr. Ashley Hunsuck, an OB/GYN at Savannah OB/GYN. “I recommend trying to stay as cool as you can and use fans and keep cool towels nearby.”

According to Hunsuck, during pregnancy you do not want your body temperature to exceed 100 degrees. When a pregnant woman's body temperature gets too high, she may feel dizzy and woozy, even nauseous sometimes, and she could pass out. Hunsuck says to avoid hot tubs and saunas. Baths are fine, as most women are not able to tolerate a very hot bath that could raise their body temperature too high.

Hunsuck says swimming is an excellent way to cool off. It benefits baby, too. “Babies usually love it. It takes some gravity off the pelvis. They get a lot more comfortable.”

When you're outside, drink lots of water and use sun block. A woman's skin is extra sensitive during pregnancy. Even if you don't usually burn, you are more likely to while



OB/GYN Ashley Hunsuck, MD

pregnant. Hunsuck recommends an SPF of at least 50, applied everywhere and reapplied often.

Dehydration is common in pregnancy, especially early on, because it can be difficult to drink enough water if you are experiencing nausea. Dehydration can cause dizziness, cramping and even contractions. If you do start to feel the symptoms of dehydration, they can often be reversed with rehydration, cooling off, and rest. Take sips of ice-cold water throughout the day, and again stay as cool as possible.

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Preventing Stroke Understanding Risk Factors

Practicing a healthy lifestyle and managing blood pressure and cholesterol levels are keys to preventing a stroke. More than 800,000 Americans have a stroke each year. Up to 80 percent of them can be prevented!

A stroke occurs when the brain doesn't get enough blood, either because an artery bursts or a clot has blocked blood flow. To help reduce the likelihood of a stroke, it's important to know your risk factors and take preventative measures.

Cristen Wood, St. Joseph's/Candler stroke program coordinator says, “It's important to know any risks you may have and respond to them. You want to try to prevent any catastrophe from happening, and stroke can be life-changing for the patient, for their family and friends. It's a huge event.”



St. Joseph's/Candler Stroke Program Coordinator Cristen Wood RN

Wood adds, “Consult the American Heart Association or heart.org. They have a lot of great information on exercise routines and recipes for heart-friendly diets, especially the Mediterranean diet, which limits red meats, sticks to lean cuts, limits dairy and sugar, and increases fruits and vegetables to help bring down your LDL (the bad cholesterol) level. The more colorful your plate is, the healthier it usually is.”

While the list above might seem daunting, you don't have to tackle everything right away. Every positive change goes a long way in helping lower your risk for stroke.

Heart disease and stroke share some of the same risk factors. For a two-for-one health win, take the heart disease quiz at www.sjchs.org and learn what you can do to lower your risk of both.

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Live smart

Work with your healthcare provider to make lifestyle changes and manage risk factors such as:

- 1. High blood pressure.** High blood pressure is a leading cause of stroke. It's estimated that almost half of adults have high blood pressure. Get yours checked regularly.
- 2. High cholesterol.** When you take in more cholesterol than your body can use, it builds up, clogging arteries, including those in your brain. Your cholesterol levels can be checked with routine blood work at your doctor's office.
- 3. Unhealthy weight.** Being overweight or obese increases your risk for stroke. Obesity is also linked to high cholesterol and blood pressure.
- 4. Heart disease.** Having coronary artery disease or irregular heartbeat can contribute to stroke. To treat your condition, your provider might recommend surgery or medication. Always take medication as prescribed and don't stop taking unless your doctor says so.
- 5. Diabetes.** People with diabetes have more than two times the stroke risk of those without the disease. Work with your provider to manage your blood glucose through diet, exercise, and medication compliance.
- 6. Unhealthy diet.** Choosing the right foods can help prevent stroke. Eat foods that are low in saturated fats, trans fat, and cholesterol. Limit salt, get plenty of fiber, and load up on fruits and vegetables.
- 7. Not moving enough.** Exercise helps you stay at a healthy weight and can lower your cholesterol and blood pressure. Aim for at least 150 minutes of moderate to intense activity each week, which increases your heart rate. Even if you can fit in only a few minutes at a time, it still makes a difference.
- 8. Smoking.** Cigarette smoking can damage heart and blood vessels, which increases your risk for stroke. Nicotine raises blood pressure. Go smoke-free and your stroke risk drops in as little as five years.
- 9. Drinking alcohol.** Too many alcoholic beverages can raise your blood pressure. It's important to limit your intake to just one drink per day for females and two for males.
- 10. Stress.** Stress contributes to high blood pressure. Try positive self-talk to help relax during a tense situation. For instance, don't think, ‘I can't do this.’ Tell yourself, ‘I'll do the best I can.’

TheSkinnie VOL. 21 ISSUE 16 – 17

To do list: Soak in the notes.

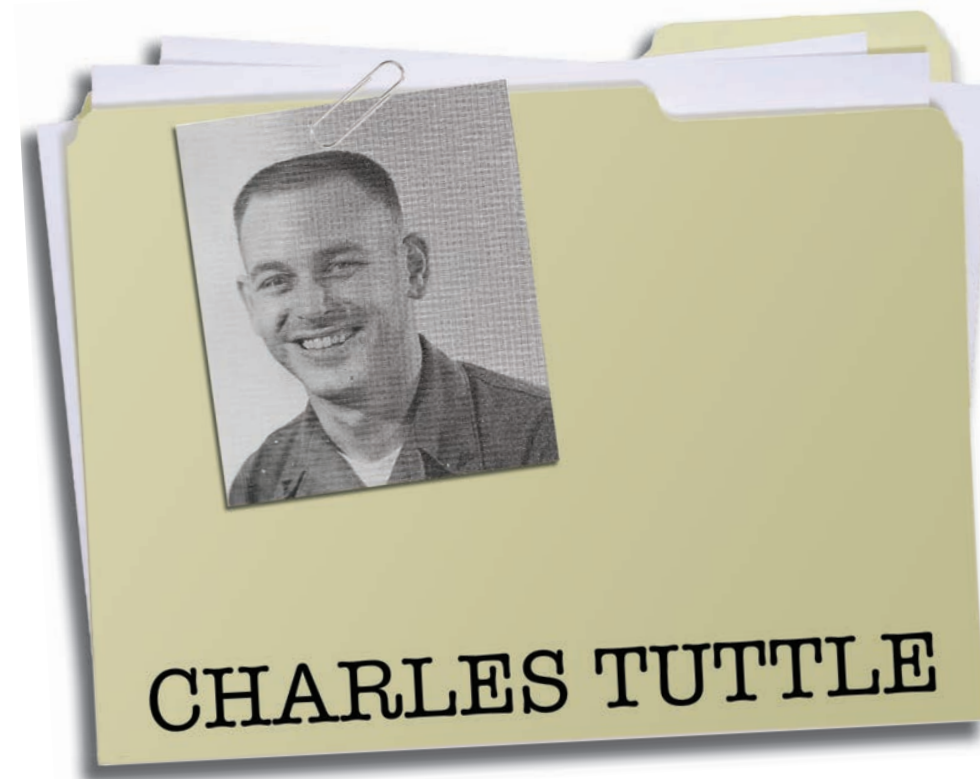
One of our residents' favorite events is an outing to see the Savannah Philharmonic Orchestra. And as anyone who's joined us will tell you, it's a first-class trip all the way. We start with a delightful dinner here at The Marshes and then we transport you to and from the concert. We even purchase the tickets for you. Which means all you have to do is sit back, relax and savor the music with your closest friends. It's an evening to remember.

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During his 25-year military career, Charles Tuttle served in both the Marine Corps and the Army, upholding his family's tradition of service to the United States.

Regarding that tradition, Tuttle's father, Lloyd, was a member of the local Coast Guard Auxiliary. When the U.S. entered World War II, he was activated to full-time duty, spending the duration of the war on patrol in search of any enemy submarines cruising too close to our shipping lanes.

Three of Tuttle's uncles also served in the military – Bernie, Billy, and Larry McDonough. Bernie and Billy were members of Savannah's 118th Field Artillery, fighting in Europe during World War II. Uncle Larry was a member of Savannah's Mighty 8th Air Corps. As a tail gunner in a B-17 bomber, he flew more than 25 combat missions over Europe.

All three of Tuttle's brothers – Edward, Richard, and Pat – served in the Navy. Ed was aboard the destroyer USS Noa, DD-841, which retrieved the Friendship 7 space capsule from the Atlantic Ocean on February 20, 1962. Inside was astronaut John Glenn, the

first American to orbit the earth.

As a student at Savannah High School, Tuttle was a member of the local Marine Corps Reserve. He graduated in 1958 and headed to the University of Maryland, remaining there for two years before volunteering for active duty. He was excited for the opportunity. Says Tuttle, "I was looking forward to serving with the best." He couldn't wait to wear the sharp Marine Corps uniform.

When reporting for active duty, Tuttle was promoted from private to private first class and designated a basic rifleman/infantryman. An accomplished swimmer, he was thrust into underwater demolition team (UDT) work as an instructor at the Naval Amphibious Base, Little Creek, Virginia. UDT teams had been crucial in the Pacific during World War II, so that Allied forces could mount island beach assaults.

Following a watery summer, Tuttle transferred to the 2nd Marine Division at Camp Lejeune, North Carolina. He had been a skilled defensive back in high school, and he promptly joined one of the regimental football teams as a left defensive halfback. After two seasons, the Corps found another use for

He Served by Ron Lauretti

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Tuttle. He was sent to aircraft maintenance school in Memphis, Tennessee, where he earned a promotion to corporal. He moved on to Marine Corps Air Station, Beaufort, South Carolina, home of VMF AirWing 235, a Marine fighter attack squadron known as the "Death Angels." Not quite a year later, he transferred to Naval Air Station, Key West, Florida, where he was stationed during the Cuban Missile Crisis in October of 1962.

After the immediate threat of nuclear war between the U.S. and the Soviet Union was resolved, Tuttle was deployed overseas to the Naval Air Facility, Atsugi, Japan, on the main Japanese island of Honshu. Three months later, he was assigned to the super aircraft carrier, USS Constellation, CV-64, patrolling the South China Sea. He remained on board for eight months as a jet airplane mechanic. Between Atsugi and the Constellation, Tuttle was overseas for 13 months before returning home to the U.S.

In Cherry Point, North Carolina, Tuttle did repair and maintenance work for the squadrons stationed there. Marine aircraft maintenance is exacting stuff; crews' lives and expensive machines depend upon it. There was no margin for error on that job – a pilot's life and a multi-million-dollar aircraft were at stake.

Tuttle scored well on his job proficiency reviews, but the peacetime Corps had a personnel surplus, so he received his discharge in October of 1965.

Tuttle took a job at the Seagram's Corporation, as the assistant Texas manager of the Four Roses distillery, a division of the company.



Charles Tuttle served aboard the USS Constellation, patrolling the South China Sea for eight months.

Six months later, he was transferred to Georgia as the corporate state manager.

In 1978, a position opened at Memorial Health University Medical Center in Savannah, and Tuttle became the director of laundry and linen services, a group of 30. He missed military life and wanted to re-join the Marines, but the closest USMC Reserve center – Jacksonville, Florida – was too far to commute.

Two years later, he enlisted in the 118th Field Artillery Regiment

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of the Georgia Army National Guard. The unit's long history traces back to the Effingham Hussars, formed prior to the Civil War. Tuttle continued working for Memorial until 1991 when the hospital hired an outside contractor for its laundry services. Then, he temporarily retired from private enterprise.

With newfound free time, Tuttle headed to Fort Sill, Oklahoma, and the Army's basic artillery school. He also enrolled in the non-commissioned officer (NCO) advanced course and was later selected for officer candidate school, but it was discovered he was a little too old. Concurrently, he exhibited his versatility by teaching food service management to novice chefs.

Upon completing instruction at Fort Sill, Tuttle became an instructor for new NCOs at Milledgeville, Georgia, then Fort Stewart. He continued to climb the ranks, attending the school for new first sergeants in Milledgeville.

Tuttle's final military assignment was back home in Savannah at the headquarters of the 118th Field Artillery. Drawing on his extensive military experience, he instructed new NCOs at Fort Stewart until his final military retirement in October of 1998.

Not one to spend his golden years doing nothing, Tuttle earned a private detective license. He worked independently and as the top investigator for a well-known local agency, getting most of the sensitive cases under contract. He retired from that career in 2004.

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WEEK 2

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Nebraska at Minnesota
North Carolina St. at Connecticut
Louisville at Georgia Tech
Colorado at TCU
Akron at Temple
Ohio St. at Indiana
Boise St. at Washington
South Florida at Western Kentucky
California at North Texas
Army at Louisiana-Monroe
Washington St. at Colorado St.
UT-San Antonio at Houston
West Virginia at Penn St.
North Carolina at South Carolina
Texas Tech at Wyoming
South Alabama at Tulane
Old Dominion at Virginia Tech
Northwestern at Rutgers
LSU at Florida St.
Fresno St. at Purdue
Northern Illinois at Boston College

As a tiebreaker this week,
pick the total points in the
LSU/Florida St. game.

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

The Skinny Football Pick 'Em Pool

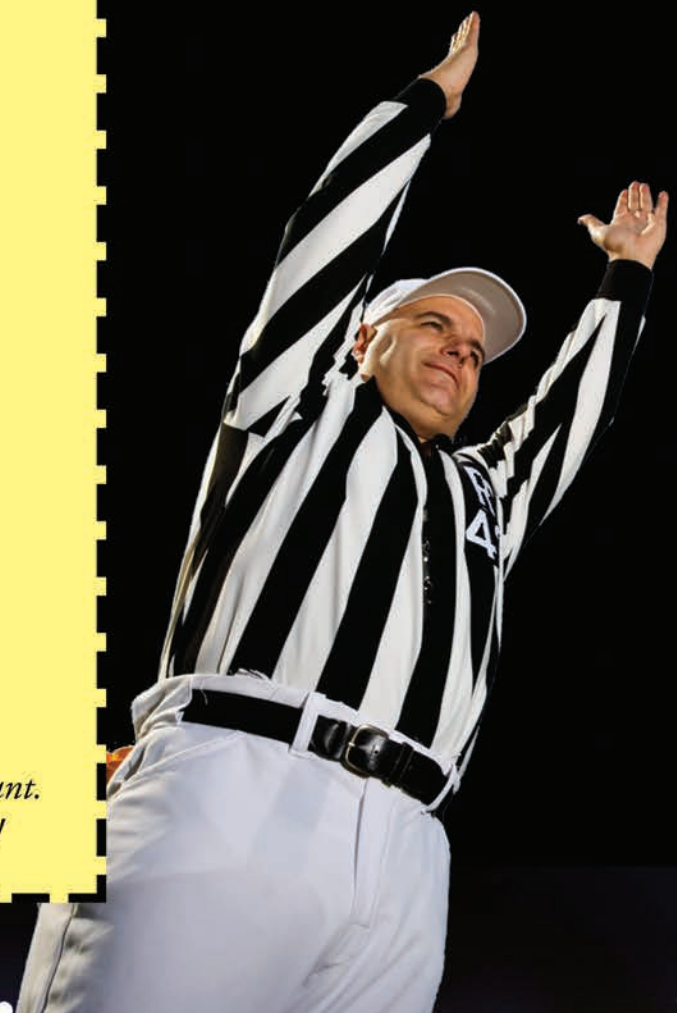
Enter this contest. Everyone is welcome. It's easy. Predict the winning team for each game. And get more winners right than the rest of your friends. For the tiebreaker game, predict the total points that the two teams will score (combined). The winner gets a real prize.

Twenty-five college games for our first iteration. We'll add the NFL next time. This slate is a mix of games from weeks 1 and 2 of the season, to be played between Saturday, August 26, and Sunday, September 3. Don't wait to play! Entries are due by 5 p.m., Friday, August 25.

Email picks to chendrix@theskinny.com. Or send your entry the old-fashioned way to:

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HOW EGG-CITING!

WHAT: Release of turtle hatchlings
WHEN: Sept. 5 and 19, 5 p.m.
WHERE: Sunset Park, 707 Landings Way South
HOW MUCH: Free; donations appreciated
CONTACT: friendsofskidawayaudubon@gmail.com
WHAT ELSE: Attendees will learn how volunteers rescue Diamondback terrapin eggs and now they are incubated. Then, you will help release the hatchlings into the marsh. Register at skidawayaudubon.org. Due to the popularity of this event, participation is limited to island residents with gate passes, 100 attendees per session, and to just one session only.

LET'S TALK TURTLE

WHAT: Terrapin show and tell
WHEN: Aug. 26 and Sep. 2, 10 a.m.
WHERE: Skidaway Island State Park
HOW MUCH: \$5 parking fee
CONTACT: friendsofskidawayaudubon@gmail.com
WHAT ELSE: Learn about Skidaway Audubon's successful Diamondback terrapin rescue project which has a positive, measurable impact on the recovery of this species. Pre-register by contacting Skidaway Island State Park.

HEAVY METAL

WHAT: "A Metal Artist's View of the Marine Carbon Cycle"
WHEN: Tuesday, Aug. 22, 7 p.m.
WHERE: McGowan Library on the UGA Skidaway Marine Science Campus; To view the program online, visit the UGA Skidaway Institute YouTube channel
HOW MUCH: Free and open to the public
CONTACT: Emily Kenworthy, 336.466.1520, ekenworthy@uga.edu
WHAT ELSE: Athens-based artist Barbara Mann has been working with metal and jewelry for more than 45 years. Her fascination with marine processes like the carbon cycle and the role of marine life within these processes serves as the inspiration for her latest collection. She will share her artistic process before taking guests over to the UGA Aquarium for a sneak peak of her art exhibit at the facility.



island hopping

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

HEAR GREAT SPEAKERS

WHAT: Kiwanis Club of Skidaway
WHEN: Thursday mornings at 7:45 a.m.
HERE: Palmetto Club
HOW MUCH: Free to attend; Coffee/Tea: \$2.50 (occasionally free pastries)
CONTACT: Michael Klavon, 912.306.0474 for e pass
WHAT ELSE: Membership is open to Savannah/atham area residents. Visit www.kiwanisofskidaway.com for more information.

WHO NEW?

WHAT: New Neighbors
WHEN: Visit www.landingsnewneighbors.com to see our calendar
CONTACT: Visit our website or contact Jody at newmember@gmail.com
WHAT ELSE: The club offers more than 250 different activities from biking, golf, pickleball, king groups or fishing to Mahjong, Bridge, edle-arts and Canasta. We have exciting itinerary tours and special events for you to enjoy at here on Skidaway Island.

GOTTA LOVE IT

WHAT: Landlovers membership / open to all Skidaway Islanders
HOW MUCH: Each \$30 membership fee covers household of one or two adults.
CONTACT: Vicki Knapp at landloversmember@gmail.com or visit www.landingslandlovers.com for more information.
WHAT ELSE: The membership year runs from September 1 through August 31. Landlovers is a philanthropic and social organization dedicated to enriching the Landings community and Skidaway Island at large. Landlovers sponsors year-round social activities and fundraising events to support student scholarships and multiple non-profit service organizations.

PAIR OF PAINTERS

WHAT: Gabriel Drabek and Tommy McMillan's exhibit
WHEN: The month of August
HERE: JEA Art Gallery, 5111 Abercorn St.
HOW MUCH: Free and open to the public
CONTACT: Vicky Lunick, 912.355.8111
WHAT ELSE: Although he has worked in pencil, charcoal, watercolor, and acrylics, Savannah native Gabriel Drabek's favorite medium is oil. Oil allows him to pull out unique storytelling features in his portraits, and musically paint his landscapes. Tifton-born Tommy McMillan studied painting in Brunswick, and is continuing his art

studies at Georgia Southern University.

NATURALLY INCLINED

WHAT: The works of Janet Bailey
WHEN: Sep. 1 - 30; reception Sep. 7, 6 - 8 p.m.
WHERE: JEA Art Gallery, 5111 Abercorn St.
HOW MUCH: Free and open to the public
CONTACT: Vicky Lunick, 912.355.8111
WHAT ELSE: Janet Bailey has painted tides, landscapes, sky, star, moon, and space-related paintings for several decades. In her abstracted paintings, anything related to our natural surroundings – what is both seen and unseen – has long been her interest and influences her work.

SISTER, SISTER

WHAT: Panhellenic Picnic in the Park
WHEN: Monday, Sep. 18, 6 - 8 p.m.
WHERE: Skidaway Island State Park covered pavilion
HOW MUCH: Free
CONTACT: RSVP to panhellenicsavannah@gmail.com by Sep. 11. Please include name, sorority, and college
WHAT ELSE: This event is open to all sorority women. No need to be an active alum. If you were in a college sorority, you are welcome to come. Please bring your beverage of choice and an appetizer to share. Panhellenic Sororities of Savannah will be supplying the desserts, ice, and all paper and plastic products.

ANIMAL ATTRACTION

WHAT: Wildlife management talk
WHEN: Thursday, Sep. 21, 4 p.m.
WHERE: St. Peter's Episcopal Church, Skidaway Island
HOW MUCH: Free for FOSA members, \$5 for guests, payable online or at the door
CONTACT: friendsofskidawayaudubon@gmail.com
WHAT ELSE: Landings Director of Public Works Sean Burgess will address the many aspects of wildlife management at the Landings, as Skidaway Audubon kicks off its annual speaker series. Attendees are asked to pre-register online at SkidawayAudubon.org.

POSTAL PEOPLE

WHAT: Landings Stamp Club
WHEN: Friday, Sep. 22, 10:00 a.m.
WHERE: Messiah Luthern Church conference room
COST: Free
CONTACT: Carl Luecke, cluecke@comcast.net or 912.349.0340 for meeting details.

WHAT ELSE: Beginner, advanced, or anyone in between is welcome to join our monthly meeting. Learn about buying, selling, or preserving your collections, and discover different types of stamps from all over the world.

VITAL ORGAN

WHAT: Organ recital, featuring Richard Elliott, principal organist for the Mormon Tabernacle
WHEN: Friday, Oct. 20, at 6:30 p.m.; wine-and-cheese reception at 5:45
WHERE: St. Peter's Episcopal Church, Skidaway Island
HOW MUCH: Donations greatly appreciated
CONTACT: kturner@saintpeterssav.org or 912.598.7242
WHAT ELSE: Richard Elliot is a world-class performer. This promises to be an entertaining and glorious performance marking the 20th anniversary of the installation of the Opus 2223 Schantz pipe organ at St. Peter's.

FORE THE CHILDREN

WHAT: L9GA Kids Café charity golf scramble "Together for the Kids"
WHEN: Thursday, Oct. 26
WHERE: The Landings Golf and Athletic Club
HOW MUCH: \$50 per player plus \$35 per person for lunch, the chance auction, and the live auction
CONTACT: Laurie Redmond, laurie_redmond@yahoo.com

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@niadc.org or 912.447.5577
WHAT ELSE: This program helps underserved communities by offering free tax preparation. No experience necessary. Volunteers include greeters/screeners and tax preparers

FINANCIAL AID

WHAT: AARP Tax-Aide Program needs volunteers
WHEN: Training in Dec. and Jan.; Tax preparation starts Feb. 1 for 10 weeks; hours and days are flexible
WHERE: Chatham SW and Bull Street Libraries
CONTACT: Volunteer coordinator John Gerardi, 912.661.8705 or johngerardi@hotmail.com
WHAT ELSE: This program provides free tax preparation for low- to moderate-income families,

as well as the elderly and people with disabilities. AARP Tax-Aide saves underserved individuals/families millions in preparation fees and helps taxpayers claim millions in refunds, which can be used to reduce poverty. Tax preparers will be trained to become IRS-certified. Volunteers are also needed to help with intake/front desk.

IT'S AN HONOR

WHAT: Honor Flight Savannah seeks war veterans and volunteers
CONTACT: 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.

FRIENDLY WORDS

WHAT: Skidaway Scrabblers
WHEN: Every Thursday afternoon
WHERE: Members' homes
CONTACT: Cathy White, cathy77024@yahoo.com
WHAT ELSE: We are a happy group of dedicated Scrabble players who enjoy a social game. Join us for a game or two and discover that you, too, may want to be a Skidaway Scrabbler.

SPEAK EASY

WHAT: Savannah Speech and Hearing Center's "Speak Easy"
WHEN: Every Friday morning from 10 to 11:30 a.m.
WHERE: Savannah Speech and Hearing Center - 5414 Skidaway Rd.
HOW MUCH: Free and open to the public
CONTACT: Jenna Harcher, 912.355.4601 or jharcher@speechandhearingsav.org
WHAT ELSE: A support group for survivors of stroke or traumatic brain injury and their family or caregivers. Participants work on improving and maintaining skills associated with speaking, listening, reading, and writing. Attendance via video conference is also available upon request.

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, causewayclean-up@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.

OUTDOOR ADVENTURE

WHAT: Boy Scout Troop 57, for boys 10-18
WHEN: Weekly meeting Tuesday 7-8:30 p.m.
WHERE: Skidaway Community Church
CONTACT: BSA office, 912.927.7272
WHAT ELSE: Chartered in 1989, the troop has sponsored 80 Eagle Scouts to date. Weekly meetings, monthly outings (canoeing, canoeing, hiking, kayaking, rafting, backpacking), yearly summer camp and high adventure trips. New Scouts and transfers are welcome.

SHALOM

WHAT: JWOL Membership
HOW MUCH: Annual membership is \$20
CONTACT: Sherri Brecker
WHAT ELSE: Mail or tube check to Sherri at 18 Cricket Court. Membership entitles each member to share in the many wonderful programs and social events JWOL offers.

FERAL FRIENDSHIP

WHAT: Skidaway Cat Alliance Team
WHEN: Ongoing
WHERE: Skidaway Island and surrounding
CONTACT: To learn more about volunteer opportunities or need help with a feral cat, please email skidawaycats@gmail.com or visit our Facebook page at www.facebook.com/skidaway-catallianceteam
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.

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.

GAMES PEOPLE PLAY

WHAT: Game Night at Skidaway Community Church
WHEN: 3rd Wednesday of the month at 6:30 p.m. beginning June 21
CONTACT: Dr. Joe Crotty, SCC program director - 598.0151, ext. 1104
WHAT ELSE: Join us for an evening of checkers, chess, Trivial Pursuit, group games, and Christian fellowship. To register, visit www.Skidcc.org.

Complete Island Hopping listings are available at www.theskinnie.com

ACROSS

- 1. Hindu wrap
- 5. Exonerate
- 10. Pack (down)
- 14. Pond croaker
- 15. Part of a roof
- 16. Way, way off
- 17. Ford's first assembly line, e.g.
- 19. Fine-tune, as muscles
- 20. Traffic stopper
- 21. Not the sharpest tool in the shed
- 23. Sensitive subject, to some
- 24. Puffed up, as a sprain
- 25. Hulled corn used in grits
- 29. River craft
- 30. Flip over
- 31. Customer base
- 35. Tip
- 36. Palm leaf
- 37. Mixed in with
- 38. Business law preventing monopolies
- 40. Kind of date
- 41. Got out of bed
- 42. Easy on the eyes
- 43. Renowned
- 46. Family nickname
- 47. Surgical cutter
- 48. Place for new recruits
- 53. Details, briefly
- 54. Fear of heights
- 56. Wedding cake layer
- 57. Wound dressing
- 58. Help for the poor
- 59. Bring in
- 60. Keyboard key
- 61. Majors and Horsley

DOWN

- 1. Recipe direction
- 2. First-rate
- 3. Kentucky senator Paul
- 4. "Eyes Without a Face" singer
- 5. Steep and rocky
- 6. Like a ballerina
- 7. Make revisions
- 8. "Give it ____!"

1	2	3	4		5	6	7	8	9		10	11	12	13
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53							54	55						
56							57					58		
59							60					61		

- 9. Famous
- 10. Playground snitch
- 11. Run ____ of
- 12. Clergyman's house
- 13. Get gussied up
- 14. Delicious dish
- 19. Welcome benefit
- 24. New Orleans player
- 25. Kind of skirt
- 26. Pop the cork
- 27. Butcher's stock
- 28. Fall decoration
- 29. ____ at hand
- 31. Pizza part
- 32. Send forth
- 33. Pocket particles
- 34. Singer Arnold
- 36. Type of road
- 35. Christmas decoration
- 36. Clear soup
- 42. Like some nouns
- 43. Privileged group
- 44. Frenzy
- 45. Surmise
- 46. Part of BYOB
- 48. Like some champagne
- 49. Mine product
- 50. Up to the task
- 51. Street performer
- 52. Packers play, perhaps
- 53. Campbell's container

Puzzle answers, page 31

\$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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ONSITE NETWORK SERVICES, LLC • On-site Network / Aaron Wechsler providing prompt and professional onsite computer and IT services for Landings residents for over 15 years. Specializing in Windows and Apple computers, laptops, iPad and smart devices, new computer sales and upgrades, computer cleaning and tune ups. Transfer programs and files from old to new computers. Wireless network and printer installation. Install streaming TV services and help customers "cut the cord." Provide training and tutoring. Smart Home device installation, lightning/power surge repairs and data recovery. Recycling or donation of old equipment. Free phone consultations. Call 912.598.2990 or 912.507.2693, 7 days a week.

SAVANNAH COMPUTER SERVICES, INC.

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Mike's cell phone is 615.522.1009, www.mikes-custompaintingofsavannah.com

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FACIALS BY DELORIS • Located at the JEA, 5111 Abercorn St. Days of operation...Wednesday, Thursday 10 a.m. to 6 p.m. and Friday 10 a.m. to 4:30 p.m. You may also like to explore our fact-filled website: facialsbydelorissavannah.com to learn more about us. Look forward to meeting you, face to face! Please call/text for appointments, phone: 912.398.3447.



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CONCIERGE HOME WATCH HOME WATCH SERVICE • Skidaway Concierge Home Watch is owned and operated by Skidaway Island residents who understand the importance of providing exceptional service to neighbors. Our Concierge State of the Art Home Watch program is tailored to provide you with property protection and Peace of Mind. 912.598.6801 or www.skidawayconciergehomewatch.com

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PAT-TED CONSULTING, LLC • GA Registered Landscape Architect is available to assist homeowners with patio design projects and other outside improvements. Call or text Ted at 407.921.8759 for more information. Licensed and insured.

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PETS

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

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• Home Cleanouts
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References available upon request. Please call Mark



Anthony at 912.398.7474



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PAT-TED CONSULTING, LLC • Is your property ready for bad weather? We offer professional analysis of your trees by an arborist who is certified in Tree Risk analysis by the International Society of Arboriculture. Call or text Ted at 407.921.8759 for more information. Licensed and insured.

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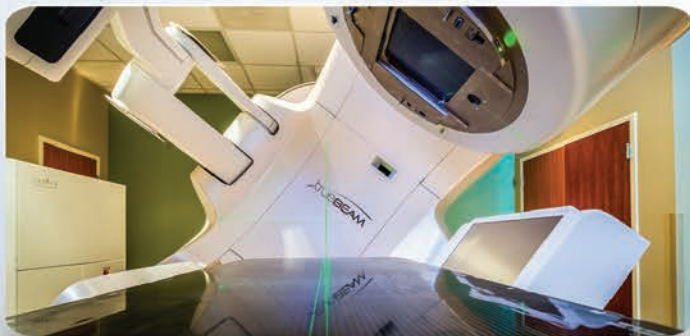


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