



The Skinnie

VOL 18: ISSUE 08 **APRIL 17, 2020**

To Your
HEALTH



CELEBRATING 90 YEARS IN SAVANNAH



Ross and
Adam Kaminsky,
Landings Residents

SALES: 877-494-6048

SERVICE: 912-232-3333

PARTS: 912-232-3333

visit us online at www.southernmotorsacura.com

It's time to get away from...
EVERYONE!



They say salt water cures all, and we agree. Boating provides a fun activity to get outside and enjoy Mother Nature in its most pure form while practicing "social distancing" in a healthy recreational setting.

Our boats are Clorox cleaned after every usage.
We limit our boats to 4 people for social distancing.
Call for special flu pricing.

Carefree at the Landings is about making life-long memories

Carefree  **912-661-0720**
at the Landings www.CarefreeBoats.com

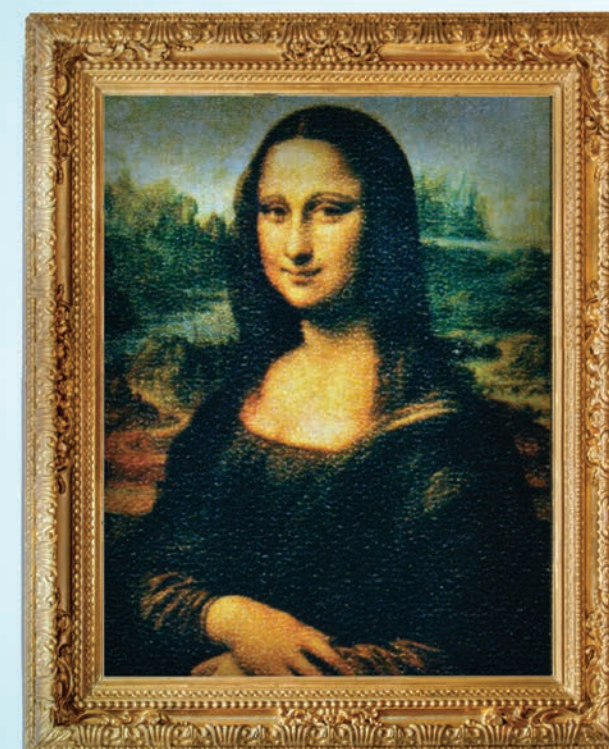
John B. Rourke

Proudly serving Savannah for 70 years

We at John B. Rourke wish all of our community to stay safe and well.



7135 HODGSON MEMORIAL DR.
912.355.1211 • WWW.JOHNBOURKE.COM
Hassle-free store front parking



**CAN YOU SPOT
A TRUE MASTERPIECE?**

When it comes to senior living communities, some may try to imitate an original. But to find a true classic, you have to meet the residents, sample the food, evaluate their services and consider their longevity. See what makes a not-for-profit community like The Marshes of Skidaway Island a true work of art.

Call 1-866-818-2180 to schedule a personal visit or ask for our community comparison guide.



www.marshesofskidaway.org



upfront

It takes 12 weeks to make a Marine. So suggests the short version of Parris Island's mission ("We make Marines"). In three months of intensive basic training, the Corps transforms young men and women from vastly disparate backgrounds into Marines. And "transformation" is the right word, at least based on my personal observations (my dad), as there is no such thing as an "ex-Marine." They refer to themselves as "former Marines," while retaining constant connection to the Corps for life.

Boot camp is a form of human reprogramming. The governing institution imposes a level of discipline on its people that is likely more intense than any individual among the group has previously endured. Free will is rescinded. Shared sacrifice and discomfort are employed as character-shaping tools, as naturally as a chisel fits in a sculptor's hand. The experience is often characterized as grueling. Based on the Corps' legacy – successfully developing elite warriors, contrarily imbued with both humility and pride, who are "first into the fight" – the program seems to work.

How the Marines arrived at 12 weeks is a matter of military history, and I'm not inclined to research the matter, but let's consider the significance of the three-month span. In the context of social psychology, can habits be forged from forced repetition? In plain speak: How long does it take to "change" a man (or woman or child)?

Maxwell Maltz, a plastic surgeon working more than half a century ago, noticed a pattern among his patients. He observed that it took about three weeks for a person to get used to looking in the mirror at his new face. Maltz considered his own adjustment periods to new behaviors, and he estimated them at roughly 21 days. In a blockbuster book on behavior change and other topics, Maltz postulated that "commonly observed phenomena tend to show that it requires a minimum of about 21 days for an old mental image to dissolve and a new one to (completely form)."

Maltz's guestimate gained popular footing, and self-help proponents have passed it down to one another (they tend to borrow shamelessly from their peers) for 70 years. "It takes 21 days to form a new habit," has become accepted lore. Maltz's observations were purely anecdotal, though, and he was careful to express his theory as "at least" 21 days, though the at-least part has disappeared from conventional thinking with the passage of time.

Phillippa Lally is a health psychology researcher at University College London. She and her team created an experiment to quantify the true length of time humans require to form enduring habits. She published

results in the *European Journal of Social Psychology*, and the conclusions challenge the long-assumed 21 days. In fact, the normative time-span suggested by her data is 66 days – more than two months – with outliers requiring up to 254 days, which is roughly 70 percent of a year.

In Lally's case, behavior-modification focuses on individual desires – a person chooses a thing he or she wants to change. It could be as simple as drinking an extra glass of water every day at noon. Or as challenging as quitting cigarettes or running several miles every morning before dawn. Whatever it is, it's a choice. Boot camp doesn't involve much free-thinking. You don't "choose" to awaken to the sound of a screaming drill sergeant at 4 a.m., or slog through 54 sleep-deprived hours of *The Crucible*, a brutal smorgasbord of long marches, exhausting physical and mental challenges and combat-like stress.

For Maltz and those who have co-opted his anecdotes, it takes at least three weeks to change in a sustainable way. Says Lally, it's more like nine and a half weeks (which is oddly ironic if you consider the Mickey Rourke/Kim Basinger movie of the same name). Give the Marines three months, and they'll give you a new (and more "squared-away") version of yourself.

In mid-March, things changed for all of us. Some of us lost our jobs. Our days quickly began to duplicate their unspectacular selves. We've been eating together with family at our kitchen tables. We've been taking daily walks. Our own backyard is an oasis, as exotic as a distant beach. Some of the changes are good – we're talking and spending less money and working out often and entertaining ourselves with simple things.

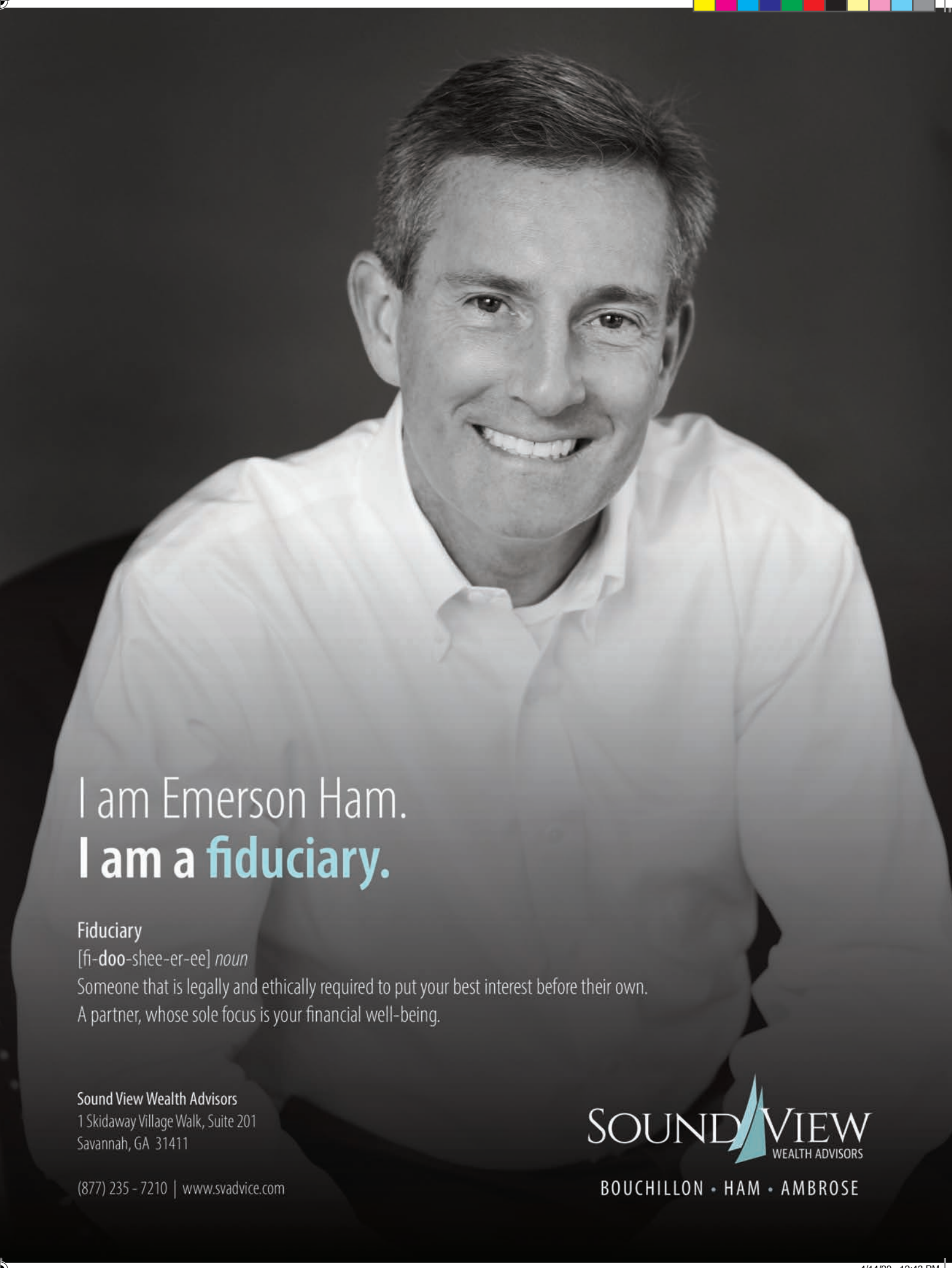
I find the idea of a quick-and-automatic economic recovery to be naïve. If it were so easy and inevitable to get economies back on track, why wouldn't everyone do it any time things go a little south? Does a country like Japan simply "deserve" decades of stagnancy? Is there something in the Argentinian DNA that compels the country to blow itself up – economically – over and over again? There's more to it than printing money ("providing liquidity" in fancy circles) and "opening things up." If it were that simple, everyone with a credit card and a flashing neon sign would be rich.

I can't control a virulent, relentless pathogen or a Treasury Department in a frenzy or the fit of your mask. But I have at least six weeks of homebound simplicity to develop new habits, and according to Maltz and Lally, if not the Marines, it's a long-enough time to make them stick. Does chocolate every noon count as good?

Scott A. Lawrence



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



I am Emerson Ham.
I am a **fiduciary**.

Fiduciary
[fi-doo-shee-er-ee] *noun*
Someone that is legally and ethically required to put your best interest before their own.
A partner, whose sole focus is your financial well-being.

Sound View Wealth Advisors
1 Skidaway Village Walk, Suite 201
Savannah, GA 31411

(877) 235-7210 | www.svadvice.com

SOUND VIEW
WEALTH ADVISORS

BOUCHILLON • HAM • AMBROSE

A Message for Our Community

I find our current world crisis leaves us without the full vocabulary needed to properly describe our circumstances. The human tragedy, health threat, and resulting economic loss is taking an enormous emotional toll on our nation and around the globe.

Meanwhile, for us here at The Landings, a surreal atmosphere exists where the azaleas are blooming, the wisteria hangs in the oak trees, the sky is a crisp blue and Spring has sprung. And, although we are practicing social distancing and our Club has had to close our Fitness Center, pools, dining venues and the like; we are now served by picking up dinner and prepared meals safely at curbside, and can even order groceries at competitive prices to either pick up curbside or have delivered. Golf continues with some extra measures to provide safety while maintaining activity. Our Club as well as the Association have adjusted quickly to serve us in a safe and exemplary fashion.

The big question besides personal and family safety is how long will this last? Like you, after watching too much news and doing a substantial amount of reading, I certainly can't tell you either. What I can tell you is that the first two months of the year were outpacing last year's 20-year home sales record and neither Savannah, nor our island has become any less attractive. Once this settles down and the safety is restored, The Landings Company looks forward to welcoming Discovery Visitors to see for themselves or for a return trip if they've visited us before.

While our office is temporarily closed to honor our civic duty and for the safety of all involved, please know that The Landings Company agents and staff are working just as hard remotely to serve your needs. Home sales are being made although at an understandably slower pace.

We have posted, and are updating, a Covid-19 blog on our website for our prospective buyers. Additionally, we're emailing updates as necessary to all who have previously expressed an interest in The Landings as well as regularly posting on social media to keep our audience informed.

These are uncertain times so, for the time being, please be patient as we learn, along with you, what each day brings. Know that we will pivot quickly in order to adjust to new developments in order to best serve your interests.

Ultimately, this crisis will end. I personally believe that once the "all clear" is given, we will return to an environment of remarkably low interest rates, portfolios making progress back to lifetime highs and renewed motivation to come to live at a wonderful place like The Landings!

We thank you for your continued confidence and wish you and yours safety throughout this ordeal. Feel free to email or call your agent or me with questions at any time.

Sincerely,

Raoul Rushin
President, The Landings Company
raoul@thelandings.com



1 Landings Way North
Savannah, Georgia 31411
912-598-0500 TheLandings.com

THE LANDINGS
COMPANY

in this issue

8 BODY AND SPIRIT
How Congregations Cope with Covid-19

12 HE SERVED
Charles Hearn, Sr.

19 HOUSE CALLS
The Rise of Telemedicine

25 HAIR TODAY
Causes and Treatment of Hair Loss



features

04	Up Front	26	Crossword
16	St. Joseph's/Candler	27	Classifieds
25	Island Hopping	30	Wild Things



on the cover:
Maintaining good health is uppermost in everyone's mind right now. Please enjoy this issue's special content.

EDITOR AND PUBLISHER

Scott Lauretti
slauretti@theskinnie.com

GENERAL MANAGER

Charles Hendrix
chendrix@theskinnie.com

ACCOUNT EXECUTIVE

Jim Toole
jtoole@theskinnie.com

ART DIRECTOR

Philip Schweier
pschweier@theskinnie.com

OFFICE MANAGER

Teri Grayson
tgrayson@theskinnie.com

CONTRIBUTORS

Ron Finger, Jeff Garrison, Jack Hammond,
Ron Lauretti, Amy Pierce

how to get in touch:
Skinnie Media, LLC
15 Lake Street, Suite 280
Savannah, GA 31411
912.598.9715

LETTERS TO THE EDITOR
editor@theskinnie.com

We reserve the right to edit letters for clarity and content. We do not print unsigned letters.

GENERAL INQUIRIES
mail@theskinnie.com

DISPLAY AND CLASSIFIED
ADVERTISING
sales@theskinnie.com

ART SUBMISSIONS
production@theskinnie.com

The Skinnie Magazine is not responsible for unsolicited materials and the publisher accepts no responsibility for the contents or accuracy of claims in any advertisement in any issue. The Skinnie Magazine is not responsible or liable for any errors, omissions or changes in information. The opinions of contributing writers do not necessarily reflect the opinion of the magazine and its publisher.

BODY and SPIRIT

By Jeff Garrison

The past month has been difficult as we have stayed home, avoiding close contact with people. This has been an exceptionally trying time for religious communities. April is a month of major religious holidays: Christians celebrate Holy Week and Easter, Jews celebrate Passover, and Muslims begin their observation of the Ramadan. At a time when most people with a religious background seek the community of faith, we are forced to practice social distancing. Celebration services are cancelled or being held within empty sanctuaries. As a Presbyterian minister, I felt like I was being kicked in the gut when I realized that we'd have to forego our community Easter Sunrise Service. Other special services have been either cancelled or postponed as this period of isolation continues.

However, this doesn't mean that religious communities have been inactive. We have had to learn how to worship together and to support one another in new ways. Humorist Garrison Keillor, in a recent newsletter, tells of participating in weekly prayer on a Zoom meeting where he and the other participants "were in little boxes on the screen, like pastries on the grocery shelf." But it's working. Churches continue helping people connect, which is important in a time when we are so isolated.

Over the past few weeks, I have talked to a number of clergy in our area about

how we can maintain community while doing our part to protect the vulnerable and "flatten the curve." Thankfully, this comes at a time when technology allows us to connect using computers. Videos of worship services can be produced easily, uploaded to the Internet, and accessed in the homes of members.

As church families, we have learned from one another. At Skidaway Island Presbyterian, we have asked members to share with us ways they are remaining connected to family and friends. Thom Greenlaw, an elder at our church, has been doing daily storytelling time with his granddaughters who live in New England. This allows him to stay in touch while giving tired parents a brief respite during the middle of the afternoon. His example has led others to build regular connections with family and friends who are homebound.

Messiah Lutheran Church has moved its worship services online. The church received a special holy week offering. Members placed their offerings in the tube under their mailbox, and donations were picked up by members of the church's stewardship committee. Pastor Jason Talsness and his church council divided the membership directory so that every week every household will receive a phone call from the church. After Easter Sunday, while maintaining social distance, lilies from the church will be delivered to the doorsteps of members of

the congregation.

Rabbi Robert Haas at Mickve Israel has been a regular user of Facebook. On his page, he shares family photos and promotes his ministry and, occasionally, a "night-gig" as a standup comedian. On the first Friday in which we were encouraged to avoid gathering in groups, I caught Rabbi Haas on Facebook, reading a children's book. As the stay-at-home order was extended, he continued reading children's books each week, lighting Sabbath candles and holding prayers and blessings over bread and wine, with a short devotion at the end. He holds this service online with his wife and children Friday evenings at 6 p.m. There is also an 11 a.m. Saturday morning YouTube service.

For the first two nights of Passover, Rabbi Haas used Zoom to connect with family and members of his synagogue. While there have been plenty of challenges for him, one of the blessings he has experienced during this time is the ability to spend more time with his young children.

Pastor John Crunkleton of Skidaway Island Baptist Church noted that because of

the number older congregants who are particularly vulnerable to COVID-19, his members have taken the call to shelter in place very seriously. The church has provided online services to members through its website – skidawaychurch.org – and Facebook page. In addition, the church has conducted Bible Studies and Wednesday evening classes for adults and youth through Zoom and Google Meet. Prior to Holy Week, the church sent crafts to families. Pastor Crunkleton has included a daily meditation explaining the events of Holy Week, and has also been posting online devotions.

Skidaway Island United Methodist Church has been streaming its Sunday morning services through siumc.org. St. James Catholic Church has also been streaming both daily and weekend Masses at stjames.org. On Easter evening, St. James' youth held a virtual "Resurrection Party," encouraging everyone to wear a fun hat.

The people of St. Peter's Episcopal Church have moved all their worship gatherings and weekly Bible studies to Zoom meetings. Rector Hunt Priest has been pleased with the number of people who have logged into



Rabbi Robert Haas and his son as he leads a Friday prayer service with the lighting of candles, blessings and a message.

coastaldentistry
healthy smile. healthy life.

MATT GRILL D.D.S.

**FAMILY AND COSMETIC
DENTISTRY IN
A COMFORTABLE,
CONVENIENT LOCATION**

912.598.8111
15 Lake St Suite 100

STANDING: TABITHA CORNWELL, KATHY BOAEN, DR. MATT GRILL, APRIL BOYETTE, TONYA MURPHY
SEATED: APRIL ZIPPERER, MADISON EVANS, MELANY MAYERS



Skidaway Island Presbyterian preschool teacher Chelsea Lukes meets with her students over the Internet.

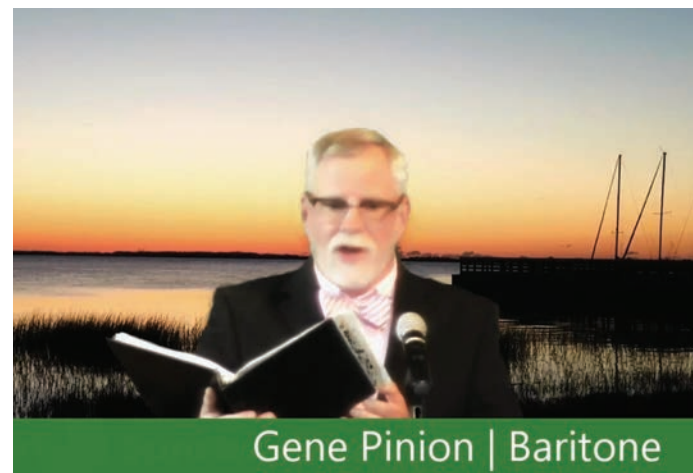
“Zoom Church” each Sunday morning for the 9 a.m. service. “It’s been reassuring to see each other live and in person. The Episcopal/Anglican liturgies of Morning and Evening Prayer lend themselves pretty well to these gatherings,” he says. The church has also provided its members with resources for home worship for each day of the week and have held Evening Prayer Services (via Zoom) on Tuesdays, Wednesdays and Thursdays at 4 p.m. For security concerns, the church isn’t publishing the Zoom meeting IDs publicly, but welcomes non-parishioners to join them by contacting one the church’s priests (hpriest@saintpeterssav.org or ksteele@saintperssave.org) for additional information.

AREA CHURCHES AND SYNAGOGUES:

- Agudath-Achim ~ agudath-achim.com
- Messiah Lutheran Church ~ messiahsi.org
- Mickve Israel ~ mickveisrael.org
- Skidaway Island Baptist Church ~ skidawaychurch.org
- Skidaway Island Presbyterian Church ~ sipres.org
- Skidaway Island United Methodist Church ~ siumc.org
- St. James Roman Catholic Church ~ stjamesav.com
- St. Peter’s Episcopal Church ~ saintpeterssav.org

At Skidaway Island Presbyterian Church, we have been streaming Sunday worship services from our website (sipres.org) for two years. It has proven especially popular with shut-ins and those who have moved away from the area. Because of this, the church was easily able to continue offering worship services to its member and friends in the community. However, we added a YouTube channel to reach more people and make the worship service available afterwards. The congregation has used Zoom to hold meetings along with several weekly Bible studies and “coffee hours” – with everyone providing their own coffee and cookies. During Holy Week, the church offered virtual services for Maundy Thursday, Good Friday and Easter Sunday. The sunrise service, one of the congregation’s largest outreach services over the past few years, was also available, allowing people to view on a smart phone or tablet from the comfort of their yards or decks. The virtual service merged a 25-minute video of the sunrise with the pastors and musicians in the sanctuary, using green screen technology similar to that used in television studios. It wasn’t perfect – at one point, it appears as if a seagull flew through the head of the soloist – but the virtual service provided a means to continue the sunrise tradition. Sadly, the church had to cancel its annual “Kirkin’ o’ the Tartans” Scottish heritage service, but looks forward to rescheduling in the fall. The church’s elders have taken it upon themselves to call every member every week. Though unable to gather, the church has been blessed as people continue to give regularly online or by mail. The church’s mission committee has even been able to make additional gifts to local homeless shelters and to a church mission in India. Both are attempting to feed and care for those without means during this pandemic.

One of the ministries of Skidaway Island Presbyterian Church is



Skidaway Island Presbyterian Church used improvised green screen technology to enhance its online Easter sunrise service.



Setting up for online worship at Skidaway Island Baptist Church

Skidaway Island Preschool, serving 75 students, ages of 2 to 5. The preschool has been closed for the rest of this school year to comply with the order of Gov.Kemp. “Our biggest objective,” according to school director Maria Rogers, “is to maintain connection with parents and help support them as they take over the responsibility for homeschooling the children.” The school has a healthy financial reserve and was able to forgive tuition for April and May, while continuing to pay teachers during the period. Teachers are continuing to reach out to families, providing age-appropriate work packets and recording songs and stories online for their students. Some of the teachers have used Zoom meetings to interact with the children. Rev. Deanie Strength, parish associate for the church, has created a “Mr. Rogers-like” video

for families.

During times of crisis, people often turn to religious institutions for support and encouragement. This happened after 9/11, as churches were packed for special prayer services. The same is true today, only we are not able to gather in person. Thankfully, technology allows us to remain connected and to encourage one another during this crisis. By safely maintaining connection with one another, we can share strength and make it through this difficult time.

Jeff Garrison is pastor of Skidaway Island Presbyterian Church. He blogs at www.thepulpitandthepen.com.

peniaophobia

the fear of going broke due to termite damage

NEVER FEAR; Yates-Astro Is Here!

Yates-Astro
Termite & Pest Control
Call 651-9000

WE PROTECT WHAT MATTERS TO YOU MOST.

You live a full and dynamic life, working hard to achieve your goals. We’re here to help protect everything you’ve worked so hard to achieve by offering unique coverages and customized solutions that safeguard your most valuable assets and preserve your accomplishments. Each of our insurance advisors is a Landings neighbor, who shares your values and lifestyle.

REMER LANE INSURANCE

COMMERCIAL • HOME • AUTO • LIFE • HEALTH
912-352-4444 • remerlane.com

HE SERVED BY RON LAURETTI

Charles Hearn, Sr.

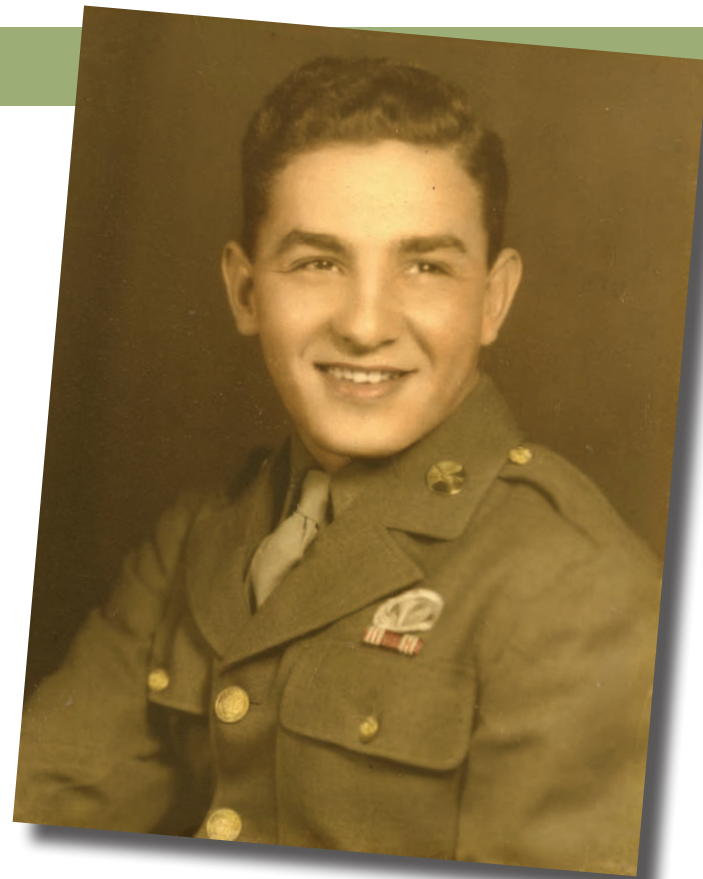
The March 20 (2020) issue of *The Skinnie* mentioned that the canteen/bar of American Legion Post 184 was named in honor of Savannah native Charles Hearn, Sr. (now deceased). He was a front-line machine gunner serving in the famed 101st Airborne Division as it doggedly defended the besieged town of Bastogne in eastern Belgium during the Battle of the Bulge.

Though it was featured in January 23, 2009, the story of Charlie Hearn is so interesting it merits repeating, especially for those who missed its original publication. Hearn was an unforgettable character who earned fame and honor in several ways during a lifetime of accomplishments.

As a teenager, Hearn attended Benedictine Military School. Small in stature but large in heart and determination, he did not allow his diminutive size (5'-5" and 118 pounds) to hold him back. When a football coach told him he was too small to play varsity, the persistent Hearn convinced the school administration to start a boxing team, a sport made to order to test his pound-for-pound toughness.

Hearn transferred to Savannah High for his senior year; but, before graduating, he was drafted by the Army in 1943. During boot camp in Oklahoma, his previous exposure to basic military training at Benedictine and noticeable leadership aptitude earned him a promotion to staff sergeant. The young non-commissioned officer then taught basic infantry tactics to recent boot camp graduates assigned to the 42nd Infantry Division at his Oklahoma base.

Eager for a greater challenge, Hearn volunteered to become a paratrooper. He earned his master jump wings in just six weeks at the Ft. Benning jump school. In October of 1944, he was billeted aboard the *Queen Elizabeth*, which had been converted to a troop carrier. During the voyage to England, Hearn proved his mettle in an exhibition boxing match, defeating a more experienced opponent who outweighed him by 30 pounds.



From England, Hearn crossed the English Channel into war-torn France, joining 200 paratroopers of the 101st Airborne Division protecting a bridge in the Ardennes Forest on the French border with Belgium. In December, 1944, all was calm until hundreds of American troops suddenly retreated across the Meuse River back to France. They had suffered a massive surprise counter-attack from thousands of German armor and infantry forces. The attack, stretching from northern France to northwest Belgium, allowed the Germans to penetrate 70 miles deep behind the Allies' thin defenses. The epic battle is known as the "Battle of the Bulge."

On Christmas Day, the 200 paratroopers guarding the Meuse River Bridge were redeployed to the small Belgium village of Bastogne, where they were integrated into I Company, 325th Glider Infantry of the 101st Airborne Division. The unit of 300 total men then joined the rest of the 101st, which was up against three crack German divisions, and Hearn was right in the middle of it. He traded his M-1 rifle for a heavy .50-caliber machine gun, taking the dangerous role of triggerman of this two-man weapon.

Although he was never injured enough to be removed from battle, Hearn was subjected to multiple 88-mm cannon shells bursting in nearby trees. The barrages were sometimes so intense they would cause blood to flow from his nose and ears.

During the fight, temperatures dropped as low as -33 degrees. Most American troops in the Ardennes had not yet been issued winter clothing and the paratroopers of the 101st Airborne had only their summer garb and non-insulated jump boots. Hearn borrowed an overcoat from a wounded buddy who was evacuated. Still, he feet became so frozen that he could barely walk. After 45 consecutive days of combat,

www.theskinnee.com

Hearn was unwillingly pulled off the line for medical treatment.

"I told the medics that I did not need the use of my feet to shoot my machine gun," he recalled about a decade ago, with a devilish grin.

At the field hospital in Bastogne, Hearn's feet were solid black with little circulation. Anticipating gangrene would result, doctors told him both feet would have to be amputated. He had one answer: "Hell, no, you won't!" He became so unruly the operation was postponed. It took a combination of medicine, treatment and a strong dose of stubborn willpower, but after a week Hearn's feet slowly began to recover, with another 18 weeks in a British hospital before he could walk normally again.

On January 25, the day after Hearn left the front, the Battle of the Bulge ended as the remnants of the severely crippled German army retreated toward their fatherland. It was the largest single battle in Europe of World War II involving American troops. Before it ended, 89,500 G.I.s were killed, wounded, captured or missing in action. German losses – 98,000 total casualties – were even more devastating because the Third Reich had fewer replacements available to continue the war.

While on liberty in England, Hearn befriended a convalescing British soldier who had family in Darlington, a town in northern England. The two were treated royally there, so much so that they overstayed their leave by two weeks. When they finally reported back to base, the war in Europe had just ended and their overdue status was overlooked by an understanding first sergeant who had made the acquaintance of



Charlie Hearn poses with Jack Dempsey, former heavyweight boxing champ.

 **ESTEEM**
AMERICA

You can finally
gain financial
freedom!

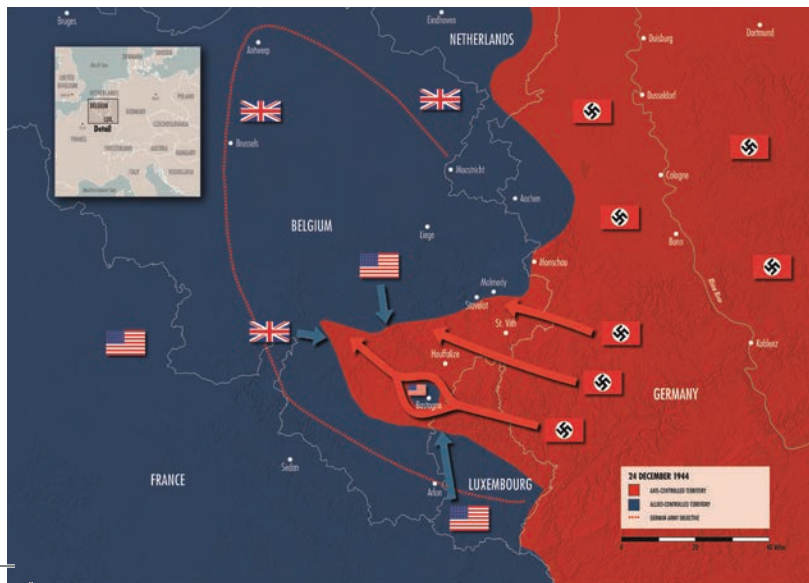
*If you are age 70 or
older with a life insurance
policy you no longer need,
consider getting a life
settlement! You might
be able to sell your policy
for a large lump sum
cash payout.*

***Call us today and receive
a free gift by answering a
one question survey! ***

(877) 725-0281 • info@esteemamerica.com

www.theskinnee.com

TheSkinnie VOL. 18 ISSUE 08 – 13



TREEMASTER INC.

- Tree trimming
- Tree pruning
- Tree removal
- Stump grinding
- 24-hour emergency service
- Bonded and insured

We accept Visa, Mastercard and AmEx

Owner/resident Mike Schuman

Sister company of Grassmasters

912-598-0140

a friendly British lass.

Returning to duty, Hearn reported back to I Company, now stationed in the Austrian Alps near Hitler's former mountain retreat. During four months of leisurely duty, he took advantage of the opportunity to set aside his rifle for a pair of boxing gloves, advancing through the regimental boxing team to the division boxing team, eventually winning the 112-pound class in the Allied European Theatre of Occupation Tournament. He made a lot of his Airborne buddies happy as they always bet on him to win.

Again, Hearn boarded a converted ocean liner, this time the *Queen Mary*, bound for America loaded with returning G.I.s. He entertained his shipmates in a rematch with the very same soldier he fought on their earlier voyage to England. He defeated his overconfident and heavier opponent again by a technical knockout in the second round. Returning to Ft. Benning, Hearn continued to box in exhibitions while training new paratroopers.

The staff sergeant was discharged in early 1946. Prominent on his dress uniform directly below his Parachutists Badge was a Bronze Star with two Oak Leaf Clusters and Combat V, and two Purple Hearts.

Following a quick conversion to civilian life, he earned his overdue high school diploma from Commercial High School in Savannah and took a job with the Seaboard Railroad. For 30 years he demonstrated unwavering loyalty and reliability to the railroad while rising to a position of regional conductor until retiring for medical reasons.

Hearn slugged his way to the top of the national amateur Golden Gloves Boxing Association. In 1947, he fought a memorable bout in Madison Square Garden, losing to the three-time reigning champion by a close split decision. In 1952, he married Betty June Howell, and together they raised five children. The same year, his bulldog tenacity earned him a spot as an alternate on the U.S. Olympic boxing team. However, he soon hung up his gloves for good, in favor of his rapidly growing family.

In 1998, Hearn was named Grand Marshal of the annual Veterans Day parade and, in 2005, Veteran of the Year. He served as commander of VFW Post 4392, commander

Each year, Charles Hearn would carve a decorative walking stick for the Chatham County Veteran of the Year, an honor he held in 2005.

of the Military Order of Purple Hearts, a member of the Disabled American Veterans, an original member of the World War II Monument Committee and, of course, a member of American Legion Post 184.

A skilled wood carver, Hearn would create a decorative walking stick for the annual Chatham County Veteran of the Year, inscribing it with the veteran's achievements, awards and honors. One of his most impressive walking sticks is his own, which remains an everlasting tribute to his service. Hearn died November 30, 2009, at the age of 85.

Savannah Sailing Center

Summer Sailing Camps at Lake Mayer

"Catch the Wind Camp"

June 1 - July 31
8:30am - 4:30pm M-F

SSC Member - \$225/Week
Non-Member - \$275/Week

Ages 8+

"Guppy Sailing Camp"

June 1 - July 31
8:30am - 11:30am M-F

SSC Member - \$130/Week
Non-Member - \$155/Week

Ages 5-7

Receive a 10% Military Discount OR a \$25 Discount/Sailor by doing one of the following:

1.) Register by May 18, 2020 2.) Sail for two or more weeks 3.) Have two or more sailors/family attend camp!

To register, call 912-352-9996, email savsailing@yahoo.com or visit savannahsailingcenter.org

A new store in Summerville, SC
ise in Chattanooga, TN were in
iso, in 1982, Carey bought a dock
store in Thunderbolt that would
saucer plant" where that famous
ce was cooked and bottled!

BARBECUE

CAREY HILLIARD'S

Restaurant

SEAFOOD

SAVE TIME | ORDER ONLINE

Savannah's Favorite Family Restaurant

ASHLEA H. CARSON | COO; T.J. HILLIARD | GENERAL COUNSEL
11111 ABERCORN ST. | SAVANNAH, GA 31419 | 912.925.2131

— Upgrade your —
TECHNOLOGY.
UPGRADE YOUR AIR.

LENNOX

Air is life. Make it perfect.

RECEIVE UP TO
\$1,600
IN REBATES OR
when you purchase the Lennox®
Ultimate Comfort System*

Enjoy no payments for the first 3 months
when you finance a new Lennox® system
for as little as
\$116 A MONTH**

Choose between a free duct
cleaning or five year maintenance
plan with system purchase**

COMFORT AIR
Heating & Air Conditioning

40TH ANNIVERSARY

**Landing's Premier Heating &
Air Conditioning Company**
www.comfortairsav.com
912-927-7000
9 Executive Circle, Savannah, GA 31406
Do Business With Your Neighbor!—Larry White, President

CN005155
Offer expires June 12, 2020.
*Rebate requires purchase of qualifying items between March 9, 2020 to June 12, 2020. Qualifying items must be installed by June 19, 2020. Rebate claims (with proof of purchase) must be submitted (with proof of purchase) to www.lennoxconsumerrebates.com no later than July 3, 2020. Rebate is paid in the form of a Lennox Visa® Prepaid card. Card is subject to terms and conditions found or referenced on card and expires 12 months after issuance. Conditions apply. See www.lennox.com/terms-and-conditions for complete terms and conditions. **Offer available March 9, 2020 to June 12, 2020. Offer based on a retail price of \$10,000. Requires purchase of qualifying system. Financing available to well-qualified buyers on approved credit. No down payment required. No monthly payment required and no interest is accrued during the 3 month no interest no pay period. After the no payment period, the loan is rolled into 5.99% APR for 120 Months with equal monthly payments of \$116 a month. Normal late charges apply. Cannot be combined with any other promotional offer. Minimum loan amount \$3,000. Maximum loan amount \$100,000. You may prepay your account at any time without penalty. Financing is subject to credit requirements and satisfactory completion of finance documents. Any finance terms advertised are estimates only. See Truth in Lending disclosures available from lender for more information. ***See your local dealer for details.
© 2020 Lennox Industries Inc. Lennox Dealers are independently owned and operated businesses.

St. Joseph's/Candler Opens in Bluffton

New Regional Medical Campus in Buckwalter Place

South Carolina's Lowcountry residents now have access to high-tech medical services all under one roof with the opening of the St. Joseph's/Candler Campus at 100 Buckwalter Place Boulevard in Bluffton. The new regional medical campus greatly expands the growing community's access to high-quality healthcare services and state-of-the-art medical technology. The new campus features professional guest service agents, who provide an unparalleled level of concierge service, and create a warm, inviting and personal patient experience.

Phase One of the new complex emphasizes oncology, with a significant expansion of medical and radiation oncology services. The new facility features a linear accelerator for advanced radiation treatments, virtually eliminating the need for cancer patients to travel to Savannah for cancer care.

Phase 1 services offered include:

- Radiation oncology
- Medical oncology
- Infusion services
- PET-CT
- Visiting physician specialists
- Dietary/nutritional services
- Social workers
- Patient navigators
- Financial navigators

The building itself offers many calming and soothing surroundings including:

- Serenity garden
- Devotional chapel
- Historical stained glass pieces



- Healing fountain
- Encased waterfall
- Photography exhibits of the region

ST. JOSEPH'S/CANDLER'S COMMITMENT TO THE LOWCOUNTRY

Bluffton is one of the fastest growing communities in the nation, expanding by more than 40 percent since 2010. Because of this incredible expansion, the demand for convenient, technologically-advanced medical care is growing also. St. Joseph's/Candler has provided medical services in Bluffton and Hilton Head Island for more than 17 years. The new campus consolidates many of those services in one location that is at the center of growth in the Bluffton market.

The centrally located 40,000-square-foot campus is being built in two major phases over six years, and will employ 63 people with

an estimated annual payroll of \$6.6 million. With an initial financial investment of \$33.5 million (phase one), the campus is another shining example of St. Joseph's/Candler's long-standing commitment to helping the residents of the South Carolina Lowcountry live smarter and healthier lives.

Phase II will expand primary care, specialty care, imaging and other vital medical services to better serve patients' needs. Phase II will include:

- Primary care services
- Imaging services
- Expansion of specialty clinic services
- Enhancement of other St. Joseph's/Candler services currently located in the Bluffton community
- Additional new outpatient services, to continue growing with the Bluffton community

www.theskinnie.com

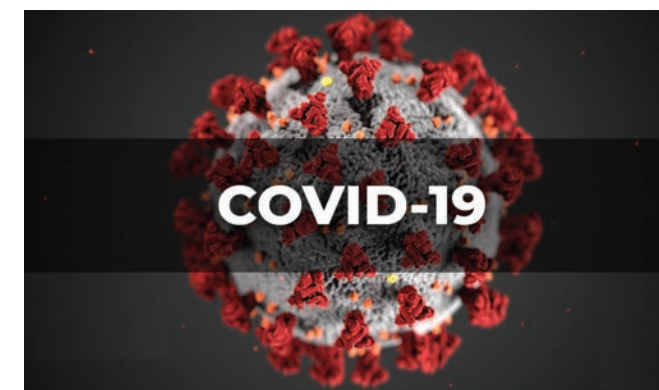
Virus Forces New Visitor Restrictions

In facing the challenges presented by COVID-19, the top priority at St. Joseph's/Candler has been the safety and protection of all patients and co-workers. The health system has been continually evaluating visitor status and restrictions, reviewing the policies' impacts, and making necessary changes when needed.

St. Joseph's/Candler is currently NOT allowing visitors in any in-patient unit, outpatient service or physician office building, and is enforcing those restrictions beyond the health system's regular flu season. The health system is asking family and friends to consider alternative forms of communication with patients, including Skype, FaceTime or phone calls. There are, however, a few exceptions: The Labor and Delivery Unit is allowing one support person; patients who are minors (Pediatrics and Neonatal ICU) are permitted one parent; Outpatient Surgery and the Emergency Department are allowing one family member. All visitors will be screened.

Patients with appointments should be prepared to answer questions about

- Fever higher than 100.4 degrees or subjective fever, cough and shortness of breath
- Travels to countries, states or cities of concern for novel coronavirus (COVID-19) within the last 14 days
- Exposure to anyone with identified or suspected COVID-19



Security and a clinical screening team will continue to be stationed in the front lobbies at each public entrance of all St. Joseph's/Candler medical office buildings on all campuses, including Pooler, Bluffton, and the Nancy N. and J.C. Lewis Cancer and Research Pavilion (LCRP). The health system is implementing temperature checks on patients at the LCRP locations, Heart and Lung Building, and the Professional Office Building. This policy may change at any time, and screenings may expand to other entrances.

The health system wishes to thank the public for its understanding of these temporary restrictions as it works to ensure the safest possible environment for its patients and its workforce during this challenging time.

Visit sjchs.org for important updates on the most current visitor restrictions.

COVID-19

Visitor restrictions are in place due to the Coronavirus. In order to contain the strain of COVID-19 and to provide the safest possible environment for our patients, St. Joseph's/Candler is closely following all CDC guidelines and implementing strict screening requirements and visitor restrictions.

Patients and visitors will be screened through a questionnaire. Please be prepared to:

- Answer questions regarding your travel history
- State if you are experiencing any respiratory symptoms (cough, shortness of breath)
- State if you have a fever
- Note any recent contact with an ill traveler or someone exposed to a suspected or confirmed COVID-19 patient

Additionally:

- Only one visitor will be allowed to accompany a patient
- Children under the age of 18 are not permitted to visit any patient

www.theskinnie.com



Service you deserve from people you trust.



SOLD!

\$469,900

4 Night Heron Lane



SOLD!

\$290,000

2 Prescott Lane



UNDER CONTRACT!

\$399,900

41 Cabbage Crossing



SOLD!

\$324,400

3 Ballastone Court



UNDER CONTRACT!

\$499,900

24 Rose Dhu Glen Drive



SOLD!

\$316,900

18 Misty Marsh Drive



UNDER CONTRACT!

\$425,000

804 Perry Cove



SOLD!

\$899,900

21 Sapphire Island Road

People are still buying and selling homes! Inventory and rates are LOW. Let's chat about why NOW is a great time to sell!



kw

KELLERWILLIAMS REALTY
COASTAL AREA PARTNERS

15 Lake Street, Suite 232

Savannah, GA 31411

Direct: 912-216-2286 • Office: 912-356-5001

KELLERWILLIAMS
Luxury
INTERNATIONAL

House Calls



The Rise of Telemedicine

By Amy Pierce

Coronavirus has significantly changed how we conduct our daily lives. The best way to fight the outbreak is to stay at home. The current shelter-in-place mandate is designed to limit the transmission of the virus by keeping people out of public places. We are seeing a massive increase in people working remotely, and grocery stores are delivering food to homes.

While it is hoped these strategies prevent the spread of COVID-19, there are resultant challenges to accessing healthcare, especially for the older population. In a community like Skidaway Island, where many residents are over 65, the need for medical care and “seeing” a doctor runs headlong into the directive to stay at home.

The solution: Telemedicine, or virtual visits.

Telemedicine has been around for many years, using Internet technologies to allow physicians to view and speak to patients in real-time. Doctors are able to make medical assessments and develop action plans to treat their patients’ concerns. A virtual visit is a safer option for older patients – who seem to be the most at risk from COVID-19 – than

visiting a physician’s office during this dangerous time.

Dr. Jules Victor, a local MDVIP physician of internal medicine and a Skidaway resident, has seen the shift in his office. “Our day-to-day office operations have radically changed,” he says. “Where we use to have multiple patients in the office every day, now we see one or two. Medicine is adapting to the new normal for this pandemic. We have the tools needed to see patients remotely. Phone calls, emails and even our electronic medical record (EMR) has an application that can be downloaded to phones and tablets that can use the built-in camera for me to have a two-way visual conversation with my patients.”

While physicians like Victor are adapting to working remotely, some older patients may not be comfortable with the technologies associated with a virtual visit. Telemedicine visits are best accomplished through devices such as smartphones and tablets like iPads. Using its built-in camera, the device can transmit video and sound so the patient and physician can interact with one another. However, many older patients are not experienced in using these solutions. “If the patient doesn’t use new technologies, even a simple



TRAVERTINE & MORE

Hardscape, Waterscape,
and Firescape Products

TAKE THIS



+



+



+



=



15% OFF
a complete package when
you mention this ad!

Warehouse & display yard conveniently located in
Pembroke, Georgia

Call us at 912.438.1927

Shop Online
tandmproducts.com

phone call can be helpful to discuss concerns,” Victor explains. “The key is to keep people at home and out of the office. Even though we spend multiple hours a day sanitizing our office, the safer path is to not have to come into the office.”

If you are an older resident who is not comfortable with some of the technologies required for virtual visits, you can reach out to a firm like Coastal Care Partners (CCP), with licensed registered nurses who can assist with your virtual visit. CCP coordinates with your physician to set up the appointment and makes sure all the technology is working. Staff can assist in your home, if conditions permit. Nurses wear gloves, masks, and use all CDC-recommended precautions for safety. They can initiate the virtual appointment, take vital signs, pass information along to the physician and help make sure all your concerns are thoroughly addressed. CCP acts as the middleman to make sure your virtual visit is successful without you having to leave your house.

Whether you are comfortable with technology and can conduct a virtual appointment yourself or need some assistance, staying home and getting medical advice is now completely possible. If you don't know your physician's process for telemedicine, Victor recommends you ask him or her. Victor says that most medical practices have telemedicine protocols. Safety is the main concern for everyone, and we have to use all available tools to protect our health.

Amy Pierce, RN, CMC, is co-owner of Coastal Care Partners.

HAIR

Not Necessarily a Losing Proposition

BY RON FINGER, MD

The issue of baldness has affected humanity (and concerned men and women) as long as history has described mankind.

In 1822, a German medical student successfully removed a hair follicle from one point of the scalp and transplanted it to another. By the end of the 19th century, various procedures, including grafts and hair-bearing scalp flaps, had come into use to treat hair loss from burns or trauma. In 1930s, we began to see the foundations of modern medicine's answer to baldness. In Japan, balding areas were "plugged" with transplants from the back of the scalp, which yields follicles that continue growing hair well into old age. Second and third procedures were required to place additional plugs between the initial ones so the grafts didn't look like a toy doll's hair.

In 1952, American physician Dr. Norman Orentreich demonstrated that hair follicles took on the growth longevity of the donor site. This meant follicles from the back of the scalp could be grafted to anywhere, and continue growing characteristic of the donor site. However, these plugs, as well as the large grafts of the 1970s, were not natural in appearance.

By 1984, micro-grafts were taken from a long, thin strip of scalp removed from the back of the head. This replicated the natural shape of the hairline by placing the grafts in a more natural direction. This technique is called follicular unit transplant (FUT) and was the preferred method by the year 2000. In 2005, follicular unit extraction (FUE) was developed. A very tiny 1-millimeter punch is taken from the donor scalp and transplanted into the balding recipient areas. These grafts contain one to four follicles and hairs, which can be made to look entirely natural. The most common FUE procedure employs the automated NeoGraft.

Both FUT and FUE are very effective methods of transplanting hair, and can yield excellent similar grafts. The method to be used depends upon the patient's individual problems and goals. Men with shorter hair usually have the

FUT

Advantages

- More grafts can be taken
- All grafts are taken from the “sweet spot,” so more longevity for more grafts
- A faster procedure, which is better for the follicles, as they are reunited with a blood supply sooner
- Shave only the narrow area the strip is taken from, so the remaining hair covers the donor site immediately

Disadvantages

- The linear scar
- Requires sutures that must be taken out at about 10-12 days
- Donor site may be more tender after surgery

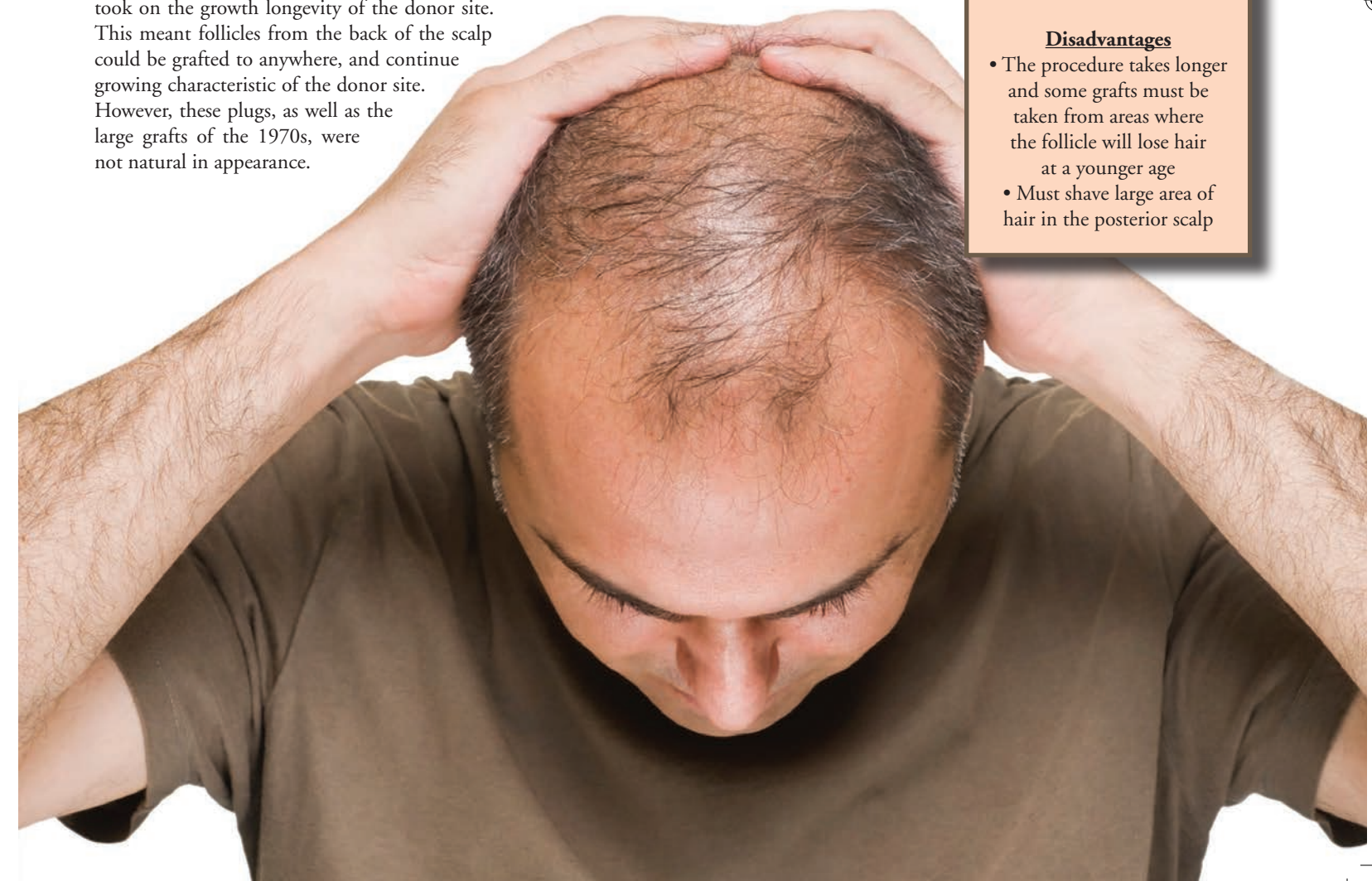
FUE

Advantages

- No linear scar in the back of the head
- No sutures required

Disadvantages

- The procedure takes longer and some grafts must be taken from areas where the follicle will lose hair at a younger age
- Must shave large area of hair in the posterior scalp



EXPERIENCE COUNTS WHEN IT COMES TO HAIR RESTORATION



FINGER & ASSOCIATES
PLASTIC SURGERY CENTER

HAIR RESTORATION
SAVANNAH

Offering Multiple Hair Transplantation Methods with over 4,000 Hair Transplants Performed



**Contact Savannah's #1
NeoGraft® Provider**

912-354-4411

www.FingerandAssociates.com
Interest-Free Financing Available!



This woman had the Strip (FUT) transplant with 2,000 grafts, and is eight months post op.



A NeoGraft (FUE) transplant is 2,000 grafts with 10 months post op. Maximum growth is at 18 months.

NeoGraft FUE. Women and men with longer hair usually choose the strip (FUT), to avoid shaving a large portion of the scalp in the back of their head. All hair transplants are done under local anesthesia with or without sedation, according to the patient's desires.

CAUSES AND TREATMENT OF HAIR LOSS

Alopecia Areata (hair loss) is a condition where patches of hair are lost. It is commonly called male pattern baldness (MPB) and affects about 35 million men in the U.S. More than 40 percent of men have noticeable hair loss by age 35. Typically, MPB starts in the crown and temples and may expand to complete baldness except for the sides and back of the scalp according to family history. The age can vary throughout adulthood.

The condition is not exclusive to men. Alopecia also affects about 21 million women, and 65 percent of women have significant hair loss by age 60. Female pattern baldness is typically a general thinning of an oval shaped area in the center of the scalp, including the hairline. In women, hair loss can be attributed to hormonal changes brought on by menopause, pregnancy, childbirth or thyroid dysfunction.

The goal of any treatment is to prevent continuing loss of existing hair and to restore lost hair in a manner that appears natural. The first step is to identify and address any underlying contributor to the alopecia. The most common cause behind hair loss is hereditary, but there are many other contributing factors:

- Medical: Infections such as ringworm, dermatological conditions, diabetes and autoimmune disorders
- Psychological: Chronic stress, anorexia, or trichotillomania (pulling

- one's own hair out)
- Pharmaceutical: chemotherapy or general anesthesia
- Lifestyle: Smoking or the use of anabolic steroids causes too much testosterone being converted to DHT (dihydrotestosterone), and can result in hair loss
- Hair styles: Braids, pony tails, buns and other hair styles that constantly pull on the hair follicles can cause Traction Alopecia
- Pollutants: Heavy metals, such as mercury and lead can cause hair loss; Chlorine is another offender, along with smog and smoke

Rogaine has been a popular topical treatment, but there are now multi-ingredient sprays that reduce DHT and inflammation that may be more effective. Finasteride is a medication taken by mouth that prevents testosterone conversion to DHT. Possible adverse side effects must be fully understood by patients before taking this medication.

PRP (platelet rich plasma) is helpful in people with early hair loss. It is the injection of your own growth factors into your scalp. The benefit is temporary, and after the initial series requires an injection every 10 to 12 months.

Ultimately, the only permanent treatment is hair transplant.

Dr. Finger is a board-certified plastic surgeon.

Better Sleep. Better Health!

Get more healthful sleep with a wide selection of bedding designed to comfort body and spirit.

SIT & SLEEP
PREMIER MATTRESS SUPERSTORES

1100 A Eisenhower Drive, Savannah • 912-355-2331
30 W. Montgomery Crossroad, Savannah • 912-961-0202
246 Pooler Parkway, Pooler • 912-348-2379
1011 Fording Island Road, Bluffton, SC • 843-757-5550
860 Buckhead Drive, Statesboro • 912-681-2013

www.SitandSleep.com

Our Nurses Can Help When You Have to Stay at Home

Whether its care at home, help with virtual doctor visits, or running errands, our nurses can help!

Nurse Care Management Private Duty Nursing In-Home Care

(912) 598-6312

www.coastalcarepartners.com

Coastal Care Partners
HAVE A NURSE MANAGE YOUR CARE

YOUR VISION OUR FOCUS

Georgia Eye Institute provides patients the comfort, safety, convenience and cost savings of a Medicare-Approved AAAHC Accredited outpatient surgery center.

Our broad range of procedures includes laser assisted and traditional cataract surgery, glaucoma surgery, retina surgery, corneal transplants and ophthalmic plastic surgeries.

13 LOCATIONS. 2 SURGERY CENTERS. 24 DOCTORS. 13 SURGEONS. 7 OPTICAL SHOPS.

25+ YEARS.

Our Savannah Locations:

4720 Waters Avenue 912.354.4800
2 East Jackson Boulevard 912.352.7941

GEORGIA EYE INSTITUTE

Bluffton | Brunswick | Glennville | Hinesville | Jesup | Pooler | Richmond Hill | Rincon | Statesboro | Vidalia

gaeyeinstitute.com

Congratulations, Class of 2020!

The annual rite of spring that has become The Skinny Graduation Issue is fast approaching.

Send us those senior photos and a sentence or two about your plans for the future, where you plan to attend college, what high school you are graduating from, and we will be happy to include them as part of our salute to the class of 2020.

Email your submissions to mail@theskinnie.com or drop them by our office at 15 Lake Street, Suite 280 (across from Publix).

HURRY! DEADLINE IS JUNE 16!



island hopping

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

WHO NEW?

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

GOTTA LOVE IT

WHAT: Landlovers membership now open to all island residents
HOW MUCH: Each \$30 membership fee covers one household of one or two adults
CONTACT: Cec Calcaterra, Landloversmembership@gmail.com or 803.309.5883
WHAT ELSE: Landings Landlovers is a philanthropic and social organization now open to all island residents. More information and details can be found at www.landingslandlover.com. Our membership year runs from Sep. 1, 2019 through Aug. 31, 2020.

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.

WELCOME MAT

WHAT: Learn to create sleeping mats for the homeless from discarded plastic bags
WHEN: Wednesdays, 10:30 a.m. – 12 noon at Oakridge Club; Thursdays, 9:30 a.m. – 12 noon at JEA
CONTACT: Please RSVP to Carol Greenberg at 912.355.1238 or MStarArts@gmail.com
WHAT ELSE: Help divert plastic bags from landfills and waterways while providing comfort to the homeless. Completed mats will be on

display the first week in February at the JEA Art Gallery.

WE HAVE A WIENER

WHAT: Landings Longdogs Get-togethers
WHEN: 4th Tuesday of each month, 4 p.m.
WHERE: Landings Harbor Marina
HOW MUCH: No charge
CONTACT: Linda Rich, lindarich912@bell-south.net
WHAT ELSE: A fun play date for you and your dachshund(s). Meet other owners and their special friends.

STUCK IN BETWEEN

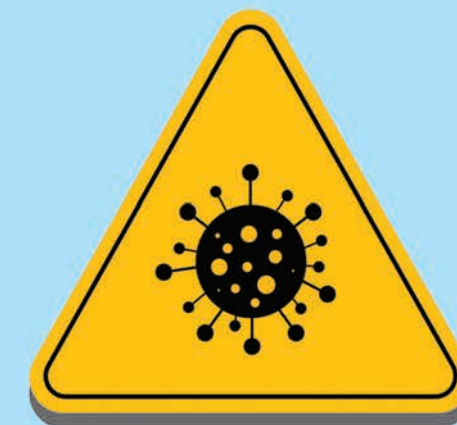
WHAT: Middle Aged Tweens of Skidaway (MATS).
WHERE: Usually in private homes.
CONTACT: matskidaway@gmail.com or call Ann Nash at 203.856.8927, or visit www.matskidaway.com
WHAT ELSE: MATS was formed to create social activities for people in their 'tween years. There are monthly socials, book club groups, business group, Ladies Night Out, Men's Poker Night and more! Many of us are empty nesters or semi-empty nesters. We may find ourselves in the later stages of our careers, working part-time or navigating issues of early retirement. Some of us are still responsible for raising children.

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.

CERVUS WITH A PURPOSE

WHAT: Bingo at the Elks Lodge
WHEN: Sundays at 7 p.m. and Wednesdays at 7:30 p.m.
WHERE: 183 Wilshire Blvd
WHAT ELSE: \$1,500 in prizes. All proceeds benefit Elks charities.



In accordance with White House guidelines for nationwide behavior patterns for (at least) the the month of April, we have omitted entries that promote gatherings before May 1.

To those of you who submitted such entries, we look forward to helping you promote your rescheduled events.

To all of our readers, advertisers, families and friends: We wish you safety and health, and a speedy return to normalcy.

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

STANDARD CLUES*

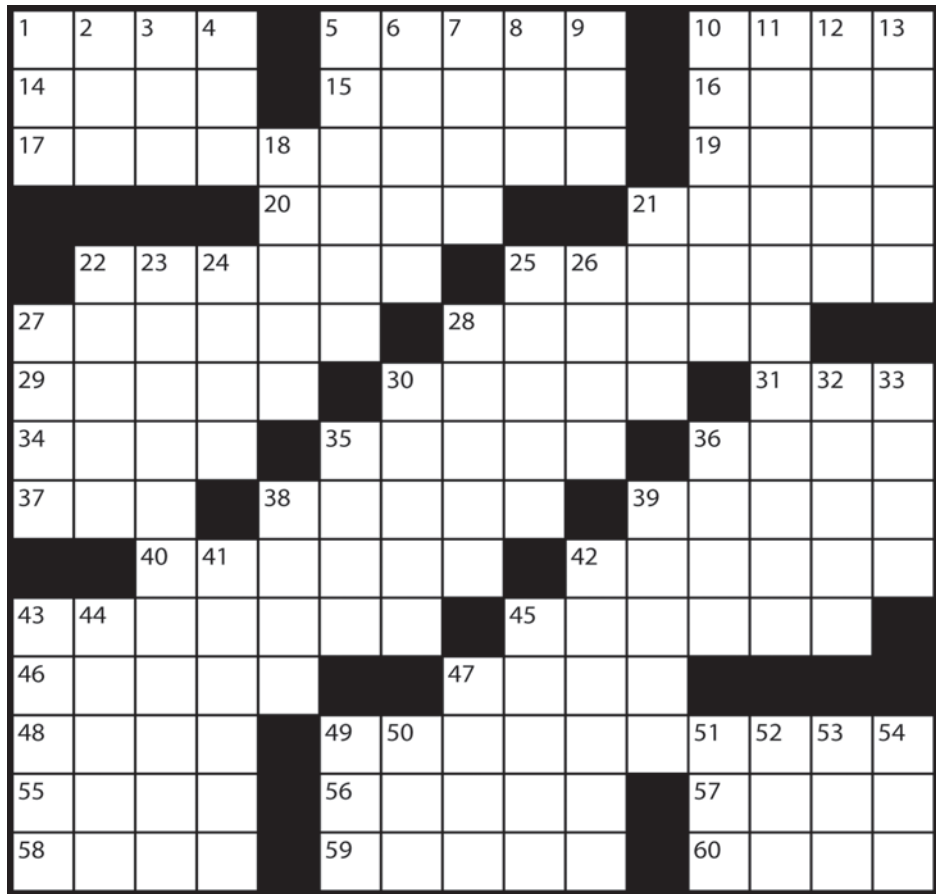
ACROSS

1. Ali who said, "Open Sesame!"
5. Dreaded Jamaican?
10. Exclamations of surprise
14. Mountain range in Western Russia
15. Gesundheit trigger?
16. Camping shelter
17. **Its sound is spooky and sudden**
19. Many a jazz combo
20. Told a whopper
21. Brother of Moses
22. Frightened
25. Pinot noir, but not pinot blanc
27. Rotor's opposite
28. Maid of Robin Hood
29. Type of raid
30. Soft, glossy fabric
31. Miracle-___ plant food
34. "All right."
35. Familiar toon ogre
36. Culture medium of crosswords
37. Texas Senator, ___ Cruz
38. Pares an apple
39. Dried plum
40. Be ambitious
42. 2018 Superbowl champions
43. Instrument played while wearing a kilt
45. Conditional release
46. German WWII submarine
47. Ares, to the Romans
48. Crucifix
49. **Its sound is monotonous and annoying**
55. Go up
56. January, in Madrid
57. Gymnastics position
58. Bullring cheers
59. Went out with
60. "Don't leave home without it." sloganer

DOWN

1. Elementary school transport
2. Unbroken part of a circle
3. "So this guy walks into a ___ "
4. Brits call it 'beer'
5. Saucier
6. Needed Motrin

You won't need your binoculars.



7. Wearing wing-tips
8. A.A.A. road service offering
9. "You've got mail!" co.
10. Capital city of Canada
11. **Its sound is raucous and frantic**
12. Bermuda or Vidalia
13. Eolith
18. Son of "The Jetson's" on TV
21. Tennis score of 40-30, e.g.
22. Vampire killer
23. **Its sound is an intrusive klaxon**
24. Part of D.A.
25. Assesses
26. Viking explorer, ___ the Red
27. Leopard feature
28. WWI Allied victory that saved Paris
30. Co-star of "Rocky", Talia ___
32. Raja's squeeze
33. Galena and bauxite
35. Omit

36. Mythological ship that retrieved the Golden Fleece
38. Sputum
39. Analyze a sentence grammatically (anagram for SPEAR)
41. Garden shovels
42. Apple's 2012 headphone replacement device (anagram for APE ROD)
43. Mexican donkey
44. Like water ready for the teabags
45. San Diego baseball pro
47. ___ & Chandon champagne
49. United
50. "Comin' in ___ Wing and a Prayer" (WWII song)
51. IRS whiz
52. North Korean leader, ___ Jong Un
53. Barely manage (with 'out')
54. Trump Sec'y of State, ___ Tillerson

Puzzle answers, page 29

\$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

AIR CONDITIONING SERVICE/REPAIR

Impact Air, LLC • We service/repair all brands of Air Conditioning & Heating equipment. Services range from duct repairs to replacement of an entire HVAC system. With over 20 years of experience, you are sure to receive quality work at a fair price. We also offer maintenance plans to keep your HVAC system(s) operating efficiently. Call Dan Abel, 912.667.1472 Licensed & Insured GA Lic# CN211101

AUTOMOTIVE SERVICE

Dixie Motors, Inc. • Serving Savannah since 1980. From minor to major repairs on all makes and models. We offer 30-minute oil change service. Towing available. Fleet service available. A/C experts. Nationwide warranty. Conveniently located at 2013 E. Victory Drive (across the parking lot from Home Depot). 355.3568.

LEXUS & TOYOTA OWNERS • Factory trained Lexus and Toyota Master Technicians with 25 years experience. ASE certified. Located minutes from The Landings, Loaner car available with any major service or repair. Performing services and repairs at a fraction of the dealership prices. Savannah Autoworx, 116 Shipyard Rd, Savannah, Ga 31406. Phone: 912.356.0007. We service all makes and models.

BABY SITTING/NANNY/ ELDER CARE/CAREGIVING

Eldercare, childcare, home or pet sitting. CPR certified 24+ years' hospital services. Please call Susan Gotch at 912.598.8720 (H) or 954.661.2205 (C) References available upon request.

CARPET CLEANING

Diamond Carpet & Textile Services • Carpeting, Upholstery, Orientals, Tile and Grout, Wood Flooring. 2016/2017 Angie's List Super Service Award Winner; IICRC Certified Firm. Don't just have it done, have it Done Well! 912.349.7115. www.diamondcarpetandtextileservices.com

CLEANING SERVICES

Got chaos? Hubbard's Maid Service will restore order to your home. Serving successful people in our community since 2004, Hubbard's Maid Service hires friends and neighbors to help keep your home spotless. Give us a call for a price quote at 912.961.9131.

COMPUTER SERVICES

ONSITE NETWORK SERVICES, LLC • Jacob Dimond providing prompt and professional onsite computer and IT services for Landings residents for over 15 years. Specializing in Windows and Apple computers, laptops, iPad and smart devices, new computer sales and upgrades, computer cleaning and tune ups. Transfer programs and files from old to new computers. Wireless network and printer instal-

lation. Install streaming TV services and help customers "cut the cord". Provide training and tutoring. Smart Home device installation, lightning/power surge repairs and data recovery. Recycling or donation of old equipment. Free phone consultations. Call 598.2990 or 507.2693, 7 days a week.

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

COOLSCULPTING® BY COOL BODY CONTOURING

25% discount for Skinnie readers. FDA cleared non-surgical procedure to eliminate fatty areas for good. NOW OFFERING DualSculpting™ and Advantage Applicators allowing entire abdomen or love handles to be completely treated in about one hour. Only available in Savannah at Cool Body Contouring. Free consultation at 9100 White Bluff Rd, Suite 102. Call 912.200.6000 Martin E Everhard, MD, PhD, FACS

DOOR SCREENS

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

FOR SALE

FOR SALE • All-black 1980 Corvette. Rebuilt engine, good paint, seats, and carpet, 4-speed manual, tinted glass racing top. Needs some cosmetic work but runs great. Asking \$14,000 obo. Call 316.295.9488

FRAMING

Sandfly Custom Framing • We are a full service custom frame shop with over 2,000 mouldings to choose from. All work performed in house to ensure quality control. Owned and operated by Judi Weaver with 23 years experience. Shadow boxes, mirrors, stitch art, diplomas, specialty matting, portraits, paintings and coastal maps. Consider Sandfly Custom Framing: "When Quality Matters." 8413-B Ferguson Ave. 912.691.1333.

GOLF CARTS FOR SALE OR RENT

Golf Carts of Savannah LLC • We have late model E-Z-Go RXV and Club Car Precedent carts that are beyond Landings equipped. Short- or long-term rentals available. Call Dana Oliver at 354.1113 for details and directions.

GROUT CLEANING/ RESTORATION

Grout Busters • Complete tile & grout cleaning service. Complete grout color change, color restoration & stain protection with epoxy sealer. Over 20 designer colors available. Tub & shower cleaning & re-grouting also available. Serving the Landings since 1995. 912.429.0420.

GUNS

Guns Wanted • Top cash paid. Ortiz Custom Guns, Master Gunsmith. Firearms Manufacturer. 7 East Montgomery Cross Roads, Savannah's Firearms Source. www.ortizcustomguns.com, 912.925.0799

HAIR STYLING

Murray's Barber Shop • Barber Shop for Men and Boys. Walk-ins only! Tu-Th:10-6,Fri:10-4,Sat:9-1 Located in Sandfly next to Lair's Automotive. 8524 Ferguson Ave. 912.349.3531

HOMES

FOR RENT OR SALE

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

Home to share in Landings • Completely furnished, non-smoker/female, no pets, credit and references required. \$1250 per month includes utilities (electricity, tv/internet and water). Please call 410.991.9215 for personal interview; 6 months required with 1-month deposit.

Interest rates are low • Explore a Marshview Landings condo: a wide marsh view, three stories, elevator too. Bedrooms three or four, four plus baths, each with door. Owner is anxious to sell. Come ring his bell. Call 912.598.9334 or 806.368.1253.

HOME IMPROVEMENT/ REMODELING

Peterson Custom Works, Inc. • Complete Home Remodeling and Construction Contractor. Custom Kitchens and Baths. Additions, Screened Porches, Decks. Certified Pella Window/Door Installer. Roofing Experts. Stucco Specialist. Concrete, Pav-

ers, Hardscapes. Water Damage Restoration Certified. Foundation structural repair experts. Home Inspector Certified. Wood Rot, Pressure Washing, and Painting. Design Consultation Services Available. Licensed and Insured Georgia Contractors #RBQA004670. Free Estimates. Home: 351.0716 or cell: 656.8842.

John Hodges Construction, Inc. • We specialize in window and door replacement and repair. We're a Pella and Marvin certified contractor. We also specialize in exterior siding, decks, service fence and trim. Interior remodeling: Kitchen, bathrooms, and trim. No job too small. Serving the Landings since 1982. Call 313.2767.

Grout Busters • Complete tile & grout cleaning service. Complete grout color change, color restoration & stain protection with epoxy sealer. Over 20 designer colors available. Tub & shower cleaning & re-grouting available. Serving the Landings since 1995. 912.429.0420.

Castle Care of Savannah Inc. • Specializing in Home improvements, maintenance, wood rot. We specialize in everything! No job is too small! Locally owned and operated. Licensed and insured. Call Logan @ 912.656.6994

INTERIOR DESIGN AND DECORATING

Debbie's Decorating • For over 20 years, throughout the United States, I've designed and decorated homes, offices and new construction. I would love to assist you in updating your home! Please call now to book your appointment with Landings resident Debbie Leacock. Phone 214.405.0989 or visit my website at www.dleacock.com.

KEYBOARD/PIANO INSTRUCTION

"The best players are on the bench." Learn to read music and play the piano! Beginning/intermediate lessons, 9 years old and up. Experienced, classically trained teacher with BS in Music Education. Landings resident. Weekly 45-minute/lessons/\$35. Call or text: 505.670.2454

LANDSCAPING/LAWN CARE

Grassmaster Lawn Care • We offer complete landscape management with year round service. Our services also include fertilization, insect, weed, and fungus control, along with lawn and shrub programs. We are your total lawn care service. We also offer landscaping, i.e. lawn renovation and sodding. Licensed and Insured. Free estimates. Please call Mike Schuman at 354.8856.

Scott's Lawn Service, LLC • Customer service you deserve! We are committed to providing the most reliable lawn care service and maintenance. Offering complete lawn care needs including lawn mowing, edging, pruning, hedge trimming, blowing, sprin-

kler repairs, blowing the roof, and installing sod, pine straw, mulch and fertilizer. Call today for a free estimate. Let us maintain your property, so you can enjoy it. Licensed and insured. 912.656.8472

NEW LEAF LANDSCAPE MANAGEMENT

New Leaf Landscape Management • As Skidaway Island residents, we understand your need to maintain a beautiful well-kept lawn. New Leaf Landscape Management specializes in full-service lawn maintenance and fertilization, debris removal and professional landscaping design/ installation. With over 15 years in the industry, we have developed strong relationships with local companies to deliver superior products for your home at the utmost competitive prices. Please call for your no obligation lawn evaluation and free quote. Thank you! 912.656.9088 or 912.210.9773. Licensed and Insured.

Treemaster, Inc. • We offer these services for all of your tree needs: trimming, pruning, and removal. We also offer stump grinding. We're bonded and insured. 24-hour emergency service. We accept all major credit cards except Discover. We are the sister company of Grassmaster, owned by Landings residents, Mike and Diane Schuman. Call us at 912.598.0140.

Ameri-Scapes Complete Lawn Care • Tired of the quick blow-and-go low quality lawncare? Call us, with over 20 years experience, we offer full lawn maintenance, shrub removal, shrub replacement. We also provide Irrigation and sod Installation. Call Josh at 912.675.6293.

LIFT CHAIRS

Power reclining lift chairs available in all sizes, fabrics and features. Correct spinal alignment and improved circulation. Lifts you on your feet with a touch of a button. Sit & Sleep Mattress...1110 Eisenhower Dr., 912.355.2331. See our display ad.

MOVING & DELIVERY

Specialty Moving and Delivery • Residential and Commercial Relocation Specialists Local & Long Distance. Offering Household Moving & Rearranging, Business Relocation & Inter-office Moving, Pickup & Delivery Service, Installation & Assembly, Loading & Unloading, Packing & Crating, Shipping & Receiving, Warehousing & Storage and Packing Supplies. Specializing in Items that Require Special Care including: Fine Furniture & Pianos, Art & Antiques, Office Furniture & Systems, Business Machines & Electronics and Medical & Institutional Equipment. Serving the Landings for over 20 years. Licensed & Insured. References. Call 925.9528.

Gracious Moves • Landings Resident/Realtor® / Move Manager, Brooke Bass has been assisting families since 1985. Moving simplified from A to Z: Prepare home for sale, list and sell, sort, pack, organize, floor plan, stage, unpack, setup, hang art, remove boxes on moving day! NAR® Outstanding

Service Award! www.GraciousMoves.com; Brooke@GraciousMoves.com; Call Brooke, 912.655.9299.

PAINTING AND POWER WASHING



Islands Painting • Proudly serving the Landings for over 20 years. We specialize in custom interior and exterior painting. We also do pressure washing of homes, sidewalks, driveways, etc. Wallpaper removal and much more!! Thank you for your consideration. Please see my reviews at TLA. Call Tommy Rigdon, 912.308.4601 or email: tjrigdon@yahoo.com



Jimmy Flowers Painting Co. • Specialize in Interior/Exterior painting. No job to large or too small. We also paint fences, decks, etc. repair wood rot, and take on small construction projects. We carry all insurances. Give me a call for a free estimate. 828.243.4386 or email at jfnc123@yahoo.com



LUKSCOLOR PAINTING SERVICES • Licensed & Insured. Quality painting at an affordable price done by someone you can trust! No job too small. References available...Creating beautiful homes in the Savannah/Chatham County area for over 14 years. Call Andrey Ribeiro for free estimates, 912.713.9578. Email: andrey.lukscolor@gmail.com / Website:www.lukscolorpainting.com

Peterson Custom Works, Inc. • For highest quality interior/exterior painting, wood-rot repair, pressure washing, window and door replacement. Licensed and insured. Georgia license #RBQA004670. Ten years experience on Skidaway Island. References available. 351.0716 or 656.8842.

PERSONAL HOME TRAINER



Personal Home Training and Exercise • Michael Cohen, Olympic Coach and Olympic athlete brings his 50 years of expertise to your home. Creator and Founder of GEM, an exercise program for those with Parkinson's, Essential Tremor and other Movement Disorders, Michael specializes in training and coaching designed to lessen the symptoms of these disorders and keep you active. Licensed, Certified, Insured and Background Screened. 912.663.5833 or email: CohenWeightlifting@aol.com

PETS

Peaceful Pets • Planning a trip out of town? Or do you work long hours and need someone to take your pet out for a restroom break? Peaceful Pets is a Pet Sitting Service that can do this. I offer affordable rates and overnight visits. Call 912.707.1707 for pricing. www.peacefulpetssavannah.com.

Pet Care • Animal loving former Vet Tech available to take care of your pets while you are away or at work. Walking, feeding, playing or whatever is needed. Reasonable rates. Please call 973.886.0203 for more information.

REAL ESTATE

Landings resident, agent • Island Life@UberRealPhil. Rides and real estate networking offered by Phillip Williams, Landings resident since 2007. Trusted private driver for landings residents since 2014, Architectural designer that served on the ARC and now pursuing an additional career as a real estate agent. I like to stay busy. Rides to and from downtown, also to the airport and back during regular hours is \$45, before 6am or after 11pm it's \$65. 912.224.0619 checkout my recommendations on Nextdoor.

RESTAURANT/FOOD



CURB SERVICE • We were built for it. You can feel safer than ever, ordering with us: we've eliminated credit card signatures and have gone completely Customer Touchless on the Curb. Call-in, Take-Out, or Order Online at careyhilliards.com. Waters Ave. Store | 10 minutes away. 912.355.2468

SERVICES

Sandfly Custom Framing • We are a full-service cus-

tom frame shop with over 2,000 mouldings to choose from. All work performed in house to ensure quality control. Owned and operated by Judi Weaver with 23 years experience. Shadow boxes, mirrors, stitch art, diplomas, specialty matting, portraits, paintings and coastal maps. Consider Sandfly Custom Framing: "When Quality Matters." 8413-B Ferguson Ave. 912.691.1333.

Island Property Management & House Sitting • 10 years an island resident. Short term or long term. No job too big or small, we handle them all. 598.9901 or 655.5210

Behavioral Health Services • Advanced Counseling Solutions. Are you or someone you know having trouble adjusting to new or changing circumstances, stress or recent loss? Is stress interfering with your happiness? Are you experiencing anxiety, panic or depression? Talk confidentially with an experienced Behavioral Health Counselor who is objective and non-judgmental. I am a Georgia Licensed Clinical Social Worker with 25 years of counseling experience. Private office in mid-town. Most insurances accepted. Call Landings resident, Anne Lewis-Nash, LCSW, 706.993.5531 to schedule a consultation.

Part time resident? Planning to travel? • Don't leave your home at risk. Secure Home Services, family owned, property management, caretaker, and home watch service - assisting home owners in the Landings for the past 7 years. Insured, bonded, and members of the National Home Watch Association. Contact us at securehomeservices.sav@gmail.com

TRANSPORTATION

Do you need a ride to or from the airport, or to a doctor's appointment or grocery shopping? I am a Marshwood resident available to drive you where you need to go. I can also keep an eye on your property while you are away. Reasonable rates. Call 201.826.9627

TREE SERVICES

Treemaster, Inc. • We offer these services for all of your tree needs: trimming, pruning, and removal. We also offer stump grinding. We're bonded and insured. 24-hour emergency service. We accept all major credit cards except Discover. We are the sister company of Grassmasters, owned by Landings residents, Mike and Diane Schuman. Call us at 912.598.0140.



Evergreen Tree Service • Looking for a prompt and free consultation from an ISA Certified Arborist? Since 1984, our family owned business has been the most well trained and professional tree removal, pruning, and stump grinding service on Skidaway Island. Call us today to schedule your arborist at

912.455.5041. www.evergreentreeservicesav.com
Fully bonded and insured.

Registered Landscape Architect and ISA Certified Arborist with Tree Risk Assessment Qualification is available to consult with property owners of The Landings on important topics such as mitigating site-specific hurricane vulnerability, tree protection, and mitigating tree damage during construction. Former FL Certified Building Contractor. Over 18 years of civil engineering practice management. Contact me for more information at tbuckley1954@comcast.net. Landings owner and resident.

WEIGHT LOSS



Weight Loss & Body Sculpting at Slender in Savannah. 10% Off for Skinnie readers. Weight loss plans that work! No pre-packaged food & no starving! Noninvasive body sculpting for "spot reduction" of problem areas – no pain, no downtime! Free consultation and Body Composition Report at Slender In Savannah 315 Commercial Drive, Suite A7. Call Now! 912.509.7642

WINDOW CLEANING



Soap on a Rope • Power washing, window cleaning and more. Local, professional, personable, and fully insured. Voted Savannah's best 2018, and 2019! From homes to high-rises. 912.233.1544 soapona-ropeinc.com

B	A	B	A	R	A	S	T	A	O	H	O	S
U	R	A	L	A	C	H	O	O	T	E	N	T
S	C	R	E	E	C	H	O	W	L	T	R	I
				L	I	E	D		A	A	R	O
S	C	A	R	E	D	R	E	D	W	I	N	E
S	T	A	T	O	R			M	A	R	I	A
P	A	N	T	Y		S	A	T	I	N		G
O	K	A	Y		S	H	R	E	K		A	G
T	E	D		S	K	I	N	S		P	R	U
		A	S	P	I	R	E		E	A	G	L
B	A	G	P	I	P	E		P	A	R	O	L
U	B	O	A	T			M	A	R	S		
R	O	O	D		W	O	O	D	P	E	C	K
R	I	S	E		E	N	E	R	O		P	I
O	L	E	S		D	A	T	E	D		A	M

WILDTHINGS

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.

Diane Gannon and a friend were heading to the Sparrow Fields to photograph birds. Passing by the first lagoon on Bartram they spotted a couple of ducks that were not mergansers. "We backed up the car and were pretty excited to see a male and female wood duck," she says.



"They swam around for awhile, got out of the lagoon and walked the cart path a bit and then they flew up into a near by tree. You just never know who is going to visit the Landings."

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

CUTTERS POINT COFFEE CO.



Lattés • Smoothies • Pastries • Mochas • Frappés • Teas
Bagels • Homemade Goodies

7360 Skidaway Road, in Sandfly • 912-355-2118
Open Monday-Friday, 6:30 am-8:00 pm • Sat. 7:30 am-8:00 pm
Sun 7:30 am-6:00 pm



COVID-19 VIRTUAL SCREENINGS

Contain the Strain with St. Joseph's/Candler Smart Care 24/7

With the global spread of COVID-19 (coronavirus) social distancing has become an important tool to stop the spread of the virus. In order to make screenings more accessible to our community, St. Joseph's/Candler is offering a virtual option for those with respiratory symptoms seeking evaluation and peace of mind. St. Joseph's/Candler's Smart Care 24/7 provides online medical visits without the crowded waiting room.

- Remotely connecting patients to board-certified, health professionals
- Avoids exposure to germs
- Consultations are conducted via computer, smart phone or other smart devices
- Fast and easy registration
- Offering non-emergent medical assessments of cold & flu, coronavirus, aches, pains, sore throats, and numerous other illnesses
- Available 24-hours a day, 7 days a week
- No insurance required
- \$20 using promo code SJCCOVID19; regular visits are \$49

Use promo code SJCCOVID19 to receive the special discounted pricing of only \$20 for COVID-19 screenings.

Download the Smart Care 24/7 app.
Visit smartcare247.com
for additional information.



smartcare247.com
smart care
24/7



ST. Joseph's | Candler

888-319-6252

* Smart Care 24/7 providers do not prescribe Scheduled I-IV DEA Controlled Substances, and may elect not to treat or prescribe other medications based on what is clinically appropriate; Smart Care 24/7 is not intended to replace an annual, in-person visit with a primary care physician.

