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# Upfront

I'm writing a cookbook, which is really an extended love letter to my kids.

I'm not a chef. But I'm a good cook. I'm not a renowned writer. But I'm published and some people like my stuff.

Food approaches divinity in my world. Thinking about it, shopping for it, making it, eating it – these are the sacraments of my culinary religion. And the written word is the only reliable tool in my kit that connects the things that fill my head, my heart and my soul, three siblings who often seem to have never met. My compositions convey the messages that are too genuine for my mouth.

I can be distant, detached, aloof. It looks like arrogance; in fact, it's fear. At my essence, I'm shy, self-conscious, full of doubt. At the keyboard, the chains of insecurity loosen, if only for long enough to craft a paragraph or two. At the stove, I silently profess my love. My food is an affirmational ode, sung without sound. Food is my constant and faithful companion. And writing gives me hope for an honest voice.

My recipes and my essays are memorials, vessels for preserving the basic good inside me. Together, they are the closest thing to a legacy with and of which I am both comfortable and proud. Kitchen creations are, besides prescriptions for pleasure, metaphors. I speak through food. Learning about food parallels my ongoing journey towards self-discovery.

There might not be a more recognized representation of the Italian-American experience than marinara sauce. Yet, it is a very personal thing – your idea of marinara. The name suggests the sea, specifically “seafaring,” linguistically. No matter your familial bias, you'll find a common component in every version of this sauce: tomatoes. Marinara's origin story features Naples, the hardscrabble Calabrian seaport that spit so many of its desperate and/or aspirational native sons and daughters towards American shores during the great migration of the late-19th and early-20th centuries. This provenance accounts for two twists in Marinara's tale. Because so many of the Italians who came to America were Calabrians, the region's sauces, marinara being the mother or them all, indelibly painted our collective image of Italian food blood-red. Although the tomato is not an indigenous Italian berry (notice, I didn't call it a vegetable OR a fruit), you could make a strong argument that God perfected it, albeit through violent means, with the help of Mt. Vesuvius, which looms ominously over vulnera-

ble Naples, sandwiched between the volcano's slopes and a bay less than six miles west. The local soil that has been enhanced by millenia of volcanic ash produces a plum tomato variety unique for its full, sweet taste: the San Marzano.

This would be a logical moment to declare certain marinara ingredients to be “typical,” “found in most versions,” “the base of a proper sauce.” But, to do so would be over-codifying a definitionally non-standard thing. Some people use carrots. I don't. Some people use sugar. Not I. Carrots, sugar...sweeteners, both. Good San Marzano tomatoes carry plenty of natural sweetness on their own thinly-skinned backs. Basil has countless advocates in the marinara community, and it lends an element of sweetness, too. I delete it, in favor of an alternative herb: oregano, with its hint of bitterness and tang. With a nod to the Bay of Naples and the sauce's name, I sneak in an ingredient that I'd swear makes my version better than any other you'll try. And there's a good chance you believe you dislike this thing that I can't do without (anchovies). Back to the issue of tomatoes: Some cooks swear by the pureed kind, denuded of lumps and seeds. I'm firmly in the opposition camp: It's whole tomatoes (imported, canned, certified San Marzano DOP) or no sauce at all. I crush them by hand, in a big bowl. And I don't bother to strain the seeds out of the resultant mess.

Marinara, and tomatoes, are acquired tastes. I hated tomatoes as a kid, and I wasn't a picky eater. I tried (and usually liked) everything. Liver. Raw oysters. Squid and octopus. Sweetbreads. Stinky cheese. But raw tomatoes (and cucumbers)? Yuck.

Landing on the “perfect” marinara has been a marathon exercise. I didn't get there until my early-50s, and it's not for lack of trying.

Disclaimer: Precise amounts and exact times are antithetical to my cooking style. Consider what follows as rough guidelines, not gospel. After many iterations, though, I am fixed on three cans of tomatoes as optimal; it's the non-negotiable quantity within my ingredient list. Perhaps, it's my embedded Catholicism and its reverence for all-things-Trinity or my amateur interior designer's affinity for the unevenness of the number “3.”



## INGREDIENTS

3 28-ounce cans whole, peeled San Marzano tomatoes  
6 cloves of garlic  
Most of a yellow onion  
More than ½ of a small tin of anchovies, removed from oil and patted dry(ish)  
Between 1 tsp and 1 tbsp dried oregano  
Large pinch - up to ½ tsp - crushed red pepper flakes  
More olive oil than most comparable recipes would recommend (say, north of ½ c)  
Plenty of salt

## EQUIPMENT

High-sided heavy pot/pan, ideally ceramic-lined with cast-iron core (think Le Creuset), with lid  
Large mixing bowl  
Sharp chef's knife  
Large cutting board  
Wooden spoon

Pour tomato can contents in the large bowl. Roll up your sleeves and get your hands in there. Crush the tomatoes, manually, stopping short of an overworked puree. The product of your labor should be relatively uniform in its imprecision. Get it consistently lumpy, but make sure the more solid parts are all similarly small.

Chop the onion and set aside.

Peel the garlic cloves and mound them on your cutting board with

the anchovies. Mince the two components together, continuing until the mix approached a paste.

Heat the olive oil in the heavy pot, over medium-high heat. Add the onion, salt well, and stir to coat. Reduce heat to medium and saute for 7 to 10 minutes. The onion pieces will slowly yield to translucence, but don't permit them to brown. Add the garlic/anchovy paste, oregano and red pepper flakes, and cook for a minute. (Carefully) dump the tomatoes into the pot, salt a little more than your instincts try to restrain you from doing, increase the heat to high, stir well, and bring the sauce to a full boil. Take care to stir regularly to prevent the sauce from scorching at the bottom of the pot.

Having arrived at a robust boil, reduce the heat to medium-low. Stir well and allow the sauce to simmer, uncovered, for at least 15 minutes. Again, stir more, if necessary, when scorching seems an imminent risk.

Reduce heat to low and cover the pot. Simmer for 30 to 45 minutes more. Remove the lid to check the sauce's consistency. Its body should have strengthened by now, and much of the excess water should be gone. If not, simmer and stir with the lid off until you get what you want. When it's done to your satisfaction, cover or transfer to a container to rest and cool.

When I'm using the sauce the same day, I don't bother to refrigerate it. If you need to hold it overnight or longer, transfer it to a sealed container and cold store it for up to five days.



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## LETTERS TO THE EDITOR

### BLOOD BROTHERS (AND SISTERS)

On behalf of Skidaway Kiwanis and the American Red Cross, I would like to thank all the people who came out to our recent blood drive. We collected 36 pints of blood that will help save 108 lives in the Savannah area.



Our next blood drive will be Monday, April 6, at the Skidaway United Methodist Church, from 2 to 6 p.m.

Thanks again for everyone's support.

Chris Britten

*The Skinnie welcomes the opportunity to maintain an open dialogue regarding issues of importance to our readers. Please send your comments to [editor@theskinnie.com](mailto:editor@theskinnie.com). We reserve the right to edit letters for clarity and content. We do not print unsigned letters.*

## in this issue

**AGING SUCCESSFULLY**  
 Four Columns to Live By **10**

**THE FERAL GOLFER**  
 Notes From the Deep Rough **14**

**HE SERVED**  
 Dr. Robert Hall **19**

## features

04 Up Front  
 08 Letters to the Editor  
 16 St. Joseph's/Candler  
 23 Island Hopping  
 26 Crossword  
 27 Classifieds  
 30 Wild Things

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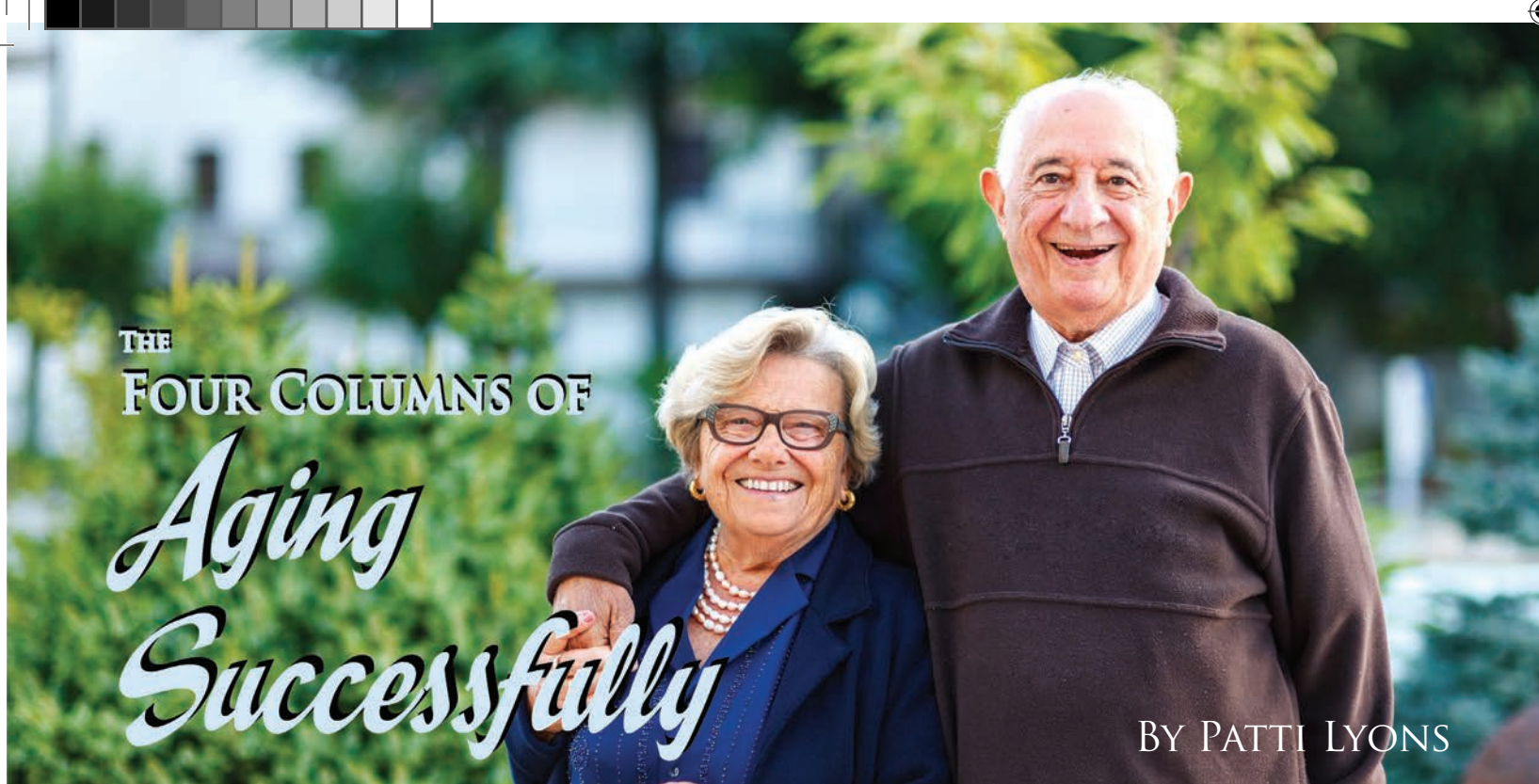
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# THE FOUR COLUMNS OF *Aging Successfully*

BY PATTI LYONS

In 1992, George Jones released “I Don’t Need Your Rocking Chair,” an anthem that defiantly pushed against the stereotypes of older adults as gray-haired grannies, stooped and decrepit.

The 61-year-old country music legend triumph-

phantly sang, “I ain’t ready for the junkyard yet, ‘cause I still feel like a new Corvette. It might take a little longer, but I’ll get there. Well, I don’t need your rockin’ chair.”

Jones knew then what the U.S. Census Bureau has since confirmed: Older people are rapidly dominating the demographics of American population, described as the “graying of America.” In less than two decades, the Bureau projects that adults 65 and older will outnumber children under age 18 for the first time in the country’s history, and by

2060, 24 percent of Americans will be in their golden years. Nearly 24 percent of Georgia residents are at least 65, more than the entire population of some states.

Baby Boomers are the driving force behind America’s aging. As one of the largest generations in the country, they swelled the ranks of the young when they were born and the workforce when they became adults. Now, they’re reaching retirement age, putting greater demands on our country’s healthcare infrastructure, in-home caregiving, assisted-living facilities, and Social Security.

The effects of aging happen regardless of income or socioeconomic background. Some common problems as we age include the deterioration of physical and mental health, rising health care costs, financial security, and social isolation and loneliness.

While many older adults maintain good health and are fully able to function well into their later years, there

are millions who struggle every day with health and safety challenges. According to the National Council on Aging, approximately 80 percent of seniors have at least one chronic disease and 77 percent have at least two. An older adult is treated in an emergency room for a fall every 11 seconds, while one in four experiences a mental disorder such as depression, anxiety or dementia – a number expected to double to 15 million by 2030.

It follows that more health problems require more and better healthcare. While Medicare helps defray some costs, many older Americans are left to pay for about half of their medical bills on their own. As a nation, we spend 75 percent of our healthcare dollars treating chronic diseases and \$50 billion annually to treat the effects of falls.

Older adults tend to have fewer opportunities for social engagement than their younger counterparts. The most recent U.S. Census indicates 28 percent of people aged 65 and older live alone, with numbers projected to be much higher now. It’s estimated that 10 percent of older Americans have suffered from at least one form of abuse – physical, psycho-

logical, emotional, or financial exploitation – amounting to hundreds of thousands of cases each year.

The good news, though, is there are millions of mature Americans aging successfully, as defined by four columns essential to achieving a life well-lived: mind, body, spirit and community. Each of these columns (to be explored in depth in future articles) must be strong in order for us to live fully and successfully.

**1 Mind:** A sharp, keen mind is a critical component of successful aging. Keeping ourselves intellectually engaged and challenged is just one of the tools needed to ward off the natural effects of growing older and the diseases that rob so many of us of our mental acuity. There are many ways to keep our brains bright, including reading, writing, exercising, sleeping well, taking up a new hobby, doing puzzles, or learning something new. For example, the Learning Center at Senior Citizens Inc., in Savannah, offers humanities-based educational programs – as well as writing work-

shops and fitness classes – for those over 55.

**2 Body:** Time has a way of eroding our bodies, but we can remain strong and healthy if we work at it. Sustained exercise is the key. Find something you really enjoy, whether it’s ballroom dancing, aqua aerobics, or walks with a friend, and incorporate strength and cardiovascular exercise. Whatever you do, keep at it.

**3 Spirit:** An open heart is nourished by goodness. It is scientifically proven that those who find the positive in situations and people around them live longer. You can “keep on the sunny side” by visiting with friends or grandchildren, walking your dog, or attending religious services. You may also enrich your spirit by finding a means to serve others. In the Coastal Empire, there are many nonprofit organizations in need of volunteers. Why not sign up to read to school children, deliver Meals on Wheels, or serve as a senior companion to a homebound older adult in need of some friendly support? The possibilities are limitless.

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**Community:** It really does take a village. Each of us needs to have an active community in our lives, with relationships that lift us up and provide the sense of belonging we all crave. Join a club or fitness center. Try out new technology to connect with family members across the country. Offer to babysit grandkids. Doing so will improve cognitive function, maintain good emotional health, boost your immune system, and improve physical health.

It is undeniable that increasing age comes with an accumulation of health-related and social stressors. If there weren't any age-related challenges, there would be no need to distinguish successful aging from aging at any age. A new year is the perfect time to assess your own four columns. Do one or two of them need attention? Take the time now to look at ways you can strengthen them. It doesn't have to be a grand or difficult endeavor. Call a friend. Take a walk. Breathe deeply. Complete a crossword puzzle. Volunteer with a local nonprofit.

After all, regardless of our current age or where we are in the book of life, we all want to be ready and able to enjoy the next chapter.

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



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## The Feral Golfer

# NOTES From The Deep Rough

By Peter Searle



It wasn't until my mother passed away that I found her high school yearbooks and learned that she had attended the same school as Julius Boros. She was Class of 1936 and he was '37 at Roger Ludlowe High School in Fairfield, Connecticut. I don't recall her ever mentioning this fact, despite Boros' fame and hometown hero status, and the fact that her son was golf crazy. Their paths probably never crossed, as her interests led her to the Drama and French Clubs. Little did she realize that there was more tragi-comedy occurring on the fairways than ever found its way to the boards, or that more colloquial "French" phrases were uttered over missed putts than in her classroom. Even the Feral Golfer has been known to conjugate some irregular foreign verbs after a wayward shot.

In high school, Boros' nickname was "MacBride." Under his senior photo is the quote, "Don't be proud." He took classes in what was called the "commercial course," and he was a member of the National Athletic Scholarship Society. Under Senior Characteristics: He is "lackadaisical;" he thinks he is "something;" he'd like to be "Tony Maneiro" [sic]; he is always seen "dragging his feet." (Tony Manero won the 1936 U.S. Open and lived in Connecticut.)

Born in 1920 to immigrant Hungarian parents, Boros' golf career spanned two eras in the professional game: the Hogan-Snead-Nelson era and the Palmer-Nicklaus-Player era. He more than held his own in both, winning



Julius Boros

the U.S. Open in 1952 and 1963, and the P.G.A. Championship in 1968, in addition to 15 other sanctioned events. His nickname on tour was "Moose." Boros didn't turn professional until he was nearly 30. Graduating from high school in the depths of the Great Depression, an uncertain career in golf was probably not an option, and would have seemed utterly bizarre to his parents. The 1941 Bridgeport, Connecticut city directory has him living at home and working as a core paster for the United States Aluminum Company. In other words, he was part of the production line that made castings in a foundry. Having worked in a foundry as a summer job during college, the Feral Golfer can state that it is as close to Hell as he ever wishes to come.

Boros enlisted in the U.S. Army in October of 1941. Fortunately, he spent the next four years stateside, serving in the Air Force Medical Corps at a base in Biloxi, Mississippi, which itself can seem a living Hell in the summertime. His good fortune gave him the opportunity to continue to play golf. Upon his discharge, he returned to Fairfield and took advantage of the G.I. Bill, enrolling at the Junior College of Connecticut (now the University of Bridgeport) to study accounting. He actually worked in the field, but com-

petitive golf was his true calling.

In 1948, Boros finished second in the Connecticut Open, had the lowest U.S. Amateur qualifying score in the New York Metropolitan area, and was invited to play in the prestigious North-South Open, where he finished second, tied with Sam Snead. Snead urged him to turn pro, which Boros soon did.

Boros appeared phlegmatic and blasé on the golf course, and his swing seemed halfhearted. But he had the killer instinct that all champions possess. He denied Hogan a third consecutive Open in 1952, and took down Palmer twice, in the '63 Open and the '68 P.G.A. But I seem to have strayed from my topic.

Professional golfers play on the truest, most consistent, and best maintained greens available. In addition to their enormous talent, they have highly calibrated putters, the assistance of professional caddies, and topographical depictions of putting surfaces. Yet, despite all of these advantages, they only make about 45 percent of putts between 5 and 15 feet, less than 20 percent of putts between 15 and 25 feet, and fewer than 5 percent of putts longer than 25 feet. Nearly every putt breaks. To hole a putt, an exact congruence of line and speed is required. What does this mean for golfers who have little talent and play on greens untrue and inconsistent? Well, in the immortal words of my hometown hero, Julius Boros, it suggests "Miss 'em quick!"

Putting is more luck than skill, so just get on with it. Line it up once from behind the ball and go. Life is fleeting, folks. And you have an imminent tee shot to botch, so move along.



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The recent ribbon cutting for the new Community Education and Health Screening Clinic at Beach High School.

## Ribbon Cutting Held For Innovative Healthcare Partnership

*Community Education and Health Screening Clinic at Beach High School is now a reality*

The Savannah-Chatham County Public School System and St. Joseph's/Candler recently cut the ribbon on an innovative health screening clinic that will provide free services for the public and real-world experience for students. The Community Education and Health Screening Clinic at Beach High School will be staffed by Allied Health Medical Specialty students, and give free health screenings to communi-

ty members. In return, the students receive experience working with and serving actual patients.

"It's our responsibility to train the next generation and inspire them to excel," says Paul P. Hinchey, president and CEO of St. Joseph's/Candler. "We want to spark their interest in healthcare so they become registered nurses, nurse practitioners, physical

therapists, clinical dietitians, physicians or any of the numerous disciplines that the field of healthcare has to offer. We want to inspire their love of medicine and healthcare with the same passion that Alfred E. Beach had for science, in general."

"This new program is exciting on so many levels," adds Superintendent Dr. Ann Levett. "It fits in perfectly with our vision that all students are prepared for productive futures. This component of our Allied Health Program allows us to fulfil a commitment we made upon the construction of this new school, to the surrounding neighborhoods and to the A.E. Beach High School alumni. We are part of this community, and our goal is to lead students to their full potential through excellence in academics, arts, athletics, and service to the community. These clinical services will help us reach this goal and build a stronger community."

The program will:

- Provide practical, hands-on education and

## St. Joseph's/Candler and Chatham Emergency Services Forge New Partnership in Pooler

St. Joseph's/Candler and Chatham Emergency Services have struck a partnership that will house ambulances at a strategic location in Pooler, improving emergency response times for the growing Pooler and West Chatham areas. Ambulances will now have a base at the St. Joseph's/Candler Urgent Care at 107 Canal Street, just off the main artery of Pooler Parkway.

St. Joseph's/Candler has been rapidly expanding in Pooler. Last year saw the opening of the first phase of the Pooler Campus, which houses a second urgent care location, near the Interstate 16 interchange with Pooler Parkway. As the new urgent care location opened, it presented an opportunity to repurpose part of the location on Canal Street for EMS use. St. Joseph's/Candler renovated about 800 square feet to provide paramedics and EMTs with quarters in that facility. Additionally, power upgrades were made on the exterior of the building and in the parking area to house up to three ambulances.

"We've had a very long relationship with Chief Kearns and Chatham Emergency Services," says St. Joseph's/Candler President and CEO Paul P. Hinchey. "When our Pooler campus opened last year, we realized that they were growing quickly as well and we could come together to create even better services for the residents of Pooler and West Chatham."

Chief Kearns agrees. "This couldn't come at a better time for Chatham EMS. The growth in the area calls for this move, but more so now with the pending construction on I-95 and I-16. Road construction and the resulting temporary closing of overpasses will make it extremely difficult to get our paramedic ambulances between some



SJ/C's Paul P. Hinchey announces new EMS access point alongside (L-R) Pooler City Council members Karen Williams, Tom Hutcherson, CES Chief Chuck Kearns, Mayor Rebecca Benton, and City Council member Shannon Black.

areas of the county. We will now be able to launch ambulances from this location in Pooler, along with locations in Bloomingdale, Port Wentworth and Garden City."

### ABOUT CHATHAM EMERGENCY SERVICES

Founded in 1961, Chatham Emergency Services (CES) is a community-owned, not-for-profit, fire and EMS agency. CES is committed to providing the highest level of emergency service to all of Chatham County. CES operates with a team of 450 personnel – paid and volunteer – exemplifying safety and protection "for the community, by the community."

- supervised training opportunities for future healthcare professionals.
- Provide a convenient healthcare access point and health-screening outlet to the community in and around Beach High School, as well as target the community's uninsured and underinsured residents.
- Provide follow-up lab results, counseling and health education to participants.
- Help patients identify personal health risks and histories that may place them at risk for the development of chronic disease and associated complications, and educate them on how to reduce those risks.
- Assist participants in accessing follow-up for healthcare services.
- Enhance the active curriculum of the area's magnet school for healthcare related studies, while advancing St. Joseph's/Candler's current health training partnership.

With the newly renovated space completed and now open, the curriculum is currently

underway in preparation for a grand opening to the public in early March. The clinic will be available 20 hours a week for area residents in addition to students, staff and alumni. The screenings are free to people without insurance. All participants who receive screenings will be required to attend an onsite counseling session.

The clinic will be staffed and supervised by a St. Joseph's/Candler nurse practitioner (NP) who will assist students in improving both their hard and soft skill sets, such as lab draws, communicating results to patients, and health education. The students, under the supervision of the NP, will draw the labs, and complete the follow-up education regarding all participants' personal risk factors.

The comprehensive health screenings will include the measurement of:

- Height
- Weight

- Blood pressure
- Blood cholesterol
- Blood glucose
- Aerobic fitness

St. Joseph's/Candler and the school system have a long history of working together to give students experience in a healthcare setting. The Patient Care Technician Apprenticeship Program was launched a few years ago. In the program, students from Beach and Woodville-Tompkins High Schools work at least 20 hours a week providing bedside care for St. Joseph's/Candler patients.

Healthcare needs will continue to grow in the coming years, and preparing students for the high-paying healthcare workforce is a high priority for local educators and the St. Joseph's/Candler team. These collaborative programs between St. Joseph's/Candler and the school system are critical to ensure the community is well-served for the future.



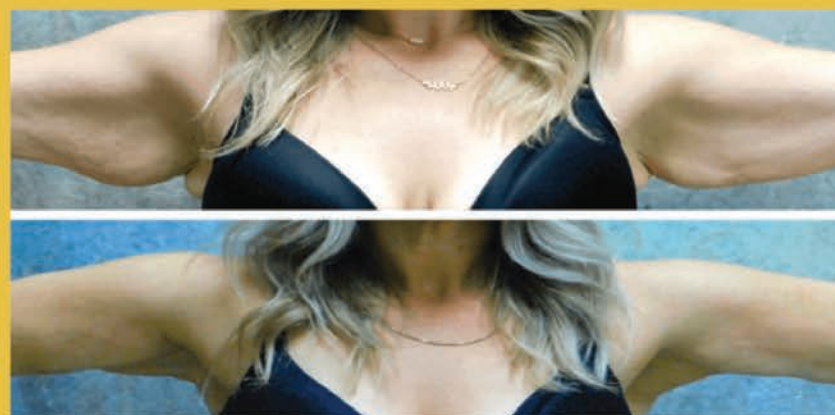
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## DR. ROBERT HALL



Medical care for our troops in combat has improved significantly over the years. Thanks to better and faster medical airlifts by helicopter – commonly called “dustoffs” – the time that elapses for a man or woman wounded in action until he or she receives emergency medical treatment continues to shorten. Medical procedures have evolved as well, leading to improved treatment outcomes and quicker recovery periods.

Despite the increase in the power of military weaponry, battlefield casualties have decreased over the decades. Casualty rates for American troops in major conflicts have steadily declined:

- World War II – 30 percent
- Vietnam – 24 percent
- Iraq/ Afghanistan – 10 percent

One person directly involved with some of these medical improvements is Dr. Robert Hall. Hall graduated from Jefferson Medical College in Philadelphia in 1967, and was commissioned an ensign in the Navy that summer. The following year he transitioned to active duty in the Naval Reserve as a lieutenant. For several months in 1969, he served as a medical officer aboard the *USS Repose*, a hospital ship cruising off the coast of South Vietnam.

Among the combatants Dr. Hall treated while serving on the *Repose* are three Purple Hearts recipients who paid the ultimate price:



Dr. Robert Hall

• **Ralph D. “Bucky” Hale**, HMC3 USN: At age 22, Hale was killed in the Mekong Delta while engaged in a humanitarian operation to help Vietnamese civilians. He was a high school classmate of Hall’s wife, Kathy, and Hall knew the Hale family well.

• **Deane F. Smith, PFC USMC**: Following treatment aboard the *Repose*, Smith developed renal failure, and Hall volunteered to accompany him when he was medically evacuated to Clark Air Force Base in the Philippines for dialysis. Several weeks later, Hall passed through Clark on his way to his next assignment at Camp H.M. Smith in Hawaii, only to learn Smith had sadly bled to death one night.

• **Melvin Lederman, Commander, USN Medical Corps**: Lederman’s situation was different but just as tragic. The one-time paratrooper went to medical school and became a surgeon. He and Hall served together aboard the *Repose* until Hall’s departure. Because of his airborne experience, Lederman often went on classified missions. Just weeks before his discharge, Lederman’s helicopter was shot down returning from a mission in Vietnam.

After Hall’s discharge from the Navy in 1971, he began private practice as a radiologist. He has also become involved in several civic-minded endeavors. An avid skier, he was a volunteer ski patroller at



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the Ski Roundtop area in Pennsylvania from 1988 to 2010. He also became the regional medical advisor for the National Ski Patrol, an outdoor emergency care (OEC) instructor, and senior level advisor.

Hall is a genuine humanitarian. While skiing in Kitzbuhel, Austria, and waiting to board a cable car, the car in front of him slipped off the cable and crashed to the ground. The six passengers were thrown out into the snow. Hall immediately went to their assistance, providing emergency treatment to the skiers' injuries until the area's ski patrollers arrived.

Since his retirement in 2013, Bob and Kathy Hall have led very active lives, alternating downhill skiing in Colorado with sailing on Chesapeake Bay. Both remain very involved with veterans' affairs. He is the current intake officer and event coordinator for Pennsylvania Wounded Warriors, a charitable group providing temporary financial assistance to veterans in need in the Keystone state. He is also the co-founder of Wounded Warrior Patrol, a non-profit organization that raises money to provide free ski trips and golf outings for military personnel and their families.

Hall has cruised thousands of miles on his Harley Davidson. Many motorcyclists decorate their bikes, and putting the names of Hale, Smith and Lederman on Hall's Harley was a special way for him to honor three fallen servicemen with whom he was personally connected, privately reminiscing as he tours the countryside that is so dear to his patriotic heart.

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## Keep Him Alive (From the memoirs of Dr. Robert Hall)

We rarely took wounded aboard at night because of the danger landing “dustoff” helicopters had in the dark to pick up wounded. On this night, we heard the blast of the bosun’s whistle and the announcement made on the IMC – “Stand by to receive five wounded.” It was just a simple announcement, but everyone swung into action to do their jobs without delay...

...When they arrived in pre-op, the well-oiled and coordinated machine that is Navy Medicine began its work. Everyone had a role to play and the entire scenario played out like a choreographed ballet with very little talking. One corpsman was taking X-rays, one was drawing blood, one was cutting off clothing, one was starting an IV line, one was stopping the bleeding, one was monitoring respirations and heartbeat, and on and on.... in the back of everyone’s mind was the refrain – “Keep this Marine alive!”

Blood bags were hung, chest tubes inserted, antibiotics given, bleeders were clamped off and central lines were placed – “Keep this Marine alive!”

Decisions were made about which wounded needed surgery first and who could wait his turn – and who might never get to surgery because of the devastating nature of his injuries – “Keep this Marine alive!”

The lights came on in the operating rooms and the masked and gowned nurses began to lay out their hemostats and scalpels and needle holders and retractors on trays so they could access everything instantly – “Keep this Marine alive!”

The gas-passers

checked their equipment and anesthesia and oxygen tanks and prepared to intubate their patients – “Keep this Marine alive!”

Perhaps the chaplain slipped in quietly to say a prayer over each Marine and to do his important part – “Keep this Marine alive!”

Then the heartbreaking work began in the OR – it was called “debridement” but it really meant “cut away all the dead and damaged tissue and throw it away.” Blast injuries from booby traps (now called IEDs) were directed at the legs and a great fear of these young Marines was injury to the genitals. So sometimes, the hopes and dreams of that young Marine were cut away and thrown away as well – “Keep this Marine alive!”

Then, after many hours of surgery, the stumps of the amputated limbs were bandaged, the abdominal and chest incisions were sewn shut, the chest tubes were attached to suction machines and the shattered young Marines were taken to the ICU and turned over to the tender Angels of Mercy – the Navy nurses, many of whom were barely out of their teens themselves – like most of their Marine patients. Theirs was the duty of continuing the care of these wrecked young men – “Keep this Marine alive!”

Every step of the way – from medical corpsmen treating the wounded in the field – to helicopter pilots risking hostile fire to pick up the wounded – to landing pad personnel who safely guided the helicopter landing on the ship – to the Repose corpsmen and Navy nurses – at every step of the way was the mantra – “Keep this Marine alive!”

And later, when everything was done and the equipment was secured and all was quiet, the soul-searching began – Was everything possible done to accomplish our goal with these young Marines – did we keep them alive??

But the bigger question would recur every day when some of these Marines were dealing with their pain and disabilities for the next 50 or more years – were they glad we kept them alive??

  
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## FLY RIGHT

**WHAT:** The Coastal Conservation Association of Skidaway February Meeting  
**WHERE:** St. Peter's Church  
**WHEN:** Monday, Feb. 17, 7 p.m.  
**CONTACT:** Dave Devore, 330.329.6457  
**WHAT ELSE:** The CCA presents an introduction to fly fishing in our area. Featured speakers will be Chad DuBose of Rivers & Glen Trading Co., and Capt. John Parrish, U.S. Navy (retired), and avid fly fisherman and CCA member.

## HOCUS POCUS!

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

## 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.

## BREAKFAST CLUB

**WHAT:** Kiwanis Club of Skidaway  
**WHEN:** Thursday mornings at 7:45 a.m.  
**WHERE:** Plantation Club  
**HOW MUCH:** Free to attend; Breakfast - \$13, Coffee only - \$2.50  
**CONTACT:** Michael Klavon, 912.306.0474 for gate pass  
**WHAT ELSE:** Membership is open to Savannah/Chatham area residents. Visit [www.kiwanisofskdaway.com](http://www.kiwanisofskdaway.com) for more information.

## EN GARDE

**WHAT:** Savannah Fencing Club  
**WHEN:** Monday and Wednesdays, 6 to 9 p.m.  
**WHERE:** Susie King Taylor Charter School Gym (formerly Sacred Heart), 1709 Bull St.  
**CONTACT:** Patricia Wilkens, 843.816.0756  
**WHAT ELSE:** Beginners and experienced fencers welcome. We are a USFA member club.

# island hopping

Please email content to [mail@theskinny.com](mailto:mail@theskinny.com).  
Deadline is the Friday prior to publication.

## WHO NEW?

**WHAT:** New Neighbors  
**WHEN:** Visit [www.landingsnewneighbors.com](http://www.landingsnewneighbors.com) to see our calendar  
**CONTACT:** Visit our website or contact Milli at [nnnewmember@gmail.com](mailto: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](mailto: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](http://www.landingslandlover.com). Our membership year runs from Sep. 1, 2019 through Aug. 31, 2020.

## HORSE SENSE

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

## WHERE FOR ART THOU?

**WHAT:** Special Landings Art Association Exhibit at The Landings Company  
**WHEN:** Thursday, Jan. 2 to Saturday, Feb. 29, during office hours  
**WHERE:** Landings Welcome Center, 1 Landings Way North  
**WHAT ELSE:** Island wildlife and landscapes in oils, watercolors, mixed media and photos by more than a dozen of the Landings Art Association's most talented artists.

## TICKET MASTERS

**WHAT:** Skyway Capital Markets Pro-Am Scram-

ble Raffle Tickets  
**WHEN:** On sale now  
**HOW MUCH:** \$150 per ticket  
**CONTACT:** Jack Welch or Yvonne DuRoss, [treasurerofofandlovers@gmail.com](mailto:treasurerofofandlovers@gmail.com).  
**WHAT ELSE:** The 2020 raffle winner will field a threesome of golfers who will play in an 18-hole scramble accompanied by two of the Korn Ferry Tour pros (on each nine) to round out the team's foursome. Each golfer in the Pro-Am threesome will receive two tickets to the Eagles Nest, two tickets for the entire Korn Ferry event, and merchandise.

## BATH AND BODY WORKS

**WHAT:** Landlovers Community Service Toiletry Collection  
**WHEN:** Feb. 1 through 8  
**WHERE:** Landings Welcome Center/Real Estate Office, 1 Landings Way North  
**WHAT ELSE:** If you have any unused personal-sized soaps, shampoos or lotions, please consider donating them. (No mouthwash or larger sized toiletries, please.) We will be taking them to Social Apostolate, which works with poor, homeless and disabled people, including providing showers for those in need.

## CAN YOU CANASTA?

**WHAT:** Landlovers Lucky Canasta  
**WHEN:** Friday, Feb. 7, 14, 21, 28, 9 to 11 a.m.  
**WHERE:** Plantation Club, Hill Room  
**CONTACT:** Leanne and Jean, [LLcanastacards@gmail.com](mailto:LLcanastacards@gmail.com)  
**WHAT ELSE:** Instructions offered for experienced and new Canasta players. If you are new to the game, please attend three instructional sessions. Must be a Landings Club member (in accordance with Landings Club policy) and a Landlovers member to participate.

## BOTTOMS UP

**WHAT:** "Potable Gold: Savannah's Madeira Tradition"  
**WHEN:** Fridays and Saturdays Feb. 7, 8, 14 (7:30 p.m.) and Feb. 15, 21, 22, 28, 29 (5:30 p.m.)  
**WHERE:** Davenport House Museum, 324 E. State St.  
**HOW MUCH:** \$22 + tax; Reservations recommended  
**CONTACT:** 912.236.8097, [info@davenport-housemuseum.org](mailto:info@davenport-housemuseum.org); [www.davenport-housemuseum.org](http://www.davenport-housemuseum.org)  
**WHAT ELSE:** Must be 21 years of age. Patrons are oriented to the long and rich tradition of

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Madeira (wine) as it relates to the history of Savannah, followed by a Madeira party. The performance requires that guests be able to walk up and down stairs and maneuver in candlelit rooms. The experience lasts 75 minutes.

## RACQUET SQUAD

**WHAT:** Special Pops Tennis and Beyond  
**WHEN:** Saturdays: Feb. 8, 15 and 29, at 1:30 p.m.  
**WHERE:** Franklin Creek Sports Complex  
**CONTACT:** 404.395.8691, [specialpopstennis-savannah.com](mailto:specialpopstennis-savannah.com)  
**WHAT ELSE:** Enriching the lives and well-being of athletes with intellectual challenges, this program focuses on tennis and pickleball instruction; health and nutrition; and socialization.

## MATCHMAKER, MAKE ME A MOVIE

**WHAT:** Jewish Women of The Landings Reel Time  
**WHEN:** Saturday, Feb. 8, 7:30 p.m.  
**WHERE:** Member's home  
**CONTACT:** Seating is limited; To reserve, contact [annettecarnow@gmail.com](mailto:annettecarnow@gmail.com)  
**WHAT ELSE:** The documentary film, *Fiddler: A Miracle of Miracles*, will be shown. With the help of archival footage, this film tells the tale of how the stories of Sholem Aleichem made his way to Broadway to become one of the most beloved musicals of all time. Significant others are welcome.

## THE NEW CLASSICS

**WHAT:** Savannah Philharmonic: "Modern to Majestic" concert  
**WHEN:** Saturday, Feb. 8, 7:30 p.m.  
**WHERE:** Johnny Mercer Theatre, 301 W. Oglethorpe Ave.  
**HOW MUCH:** Tickets start at \$25  
**CONTACT:** [savannahphilharmonic.org](http://savannahphilharmonic.org), 912.232.6002, or e-mail [info@savannahphilharmonic.org](mailto:info@savannahphilharmonic.org)  
**WHAT ELSE:** Modern to Majestic pushes the boundaries of what we consider "classical" music, with pieces from Márquez, Gilliland and Tchaikovsky. Modern to Majestic will be conducted by Enrico Lopez-Yañez with Thomas Gansch on the trumpet. To purchase tickets, visit [savannahphilharmonic.org](http://savannahphilharmonic.org).

## MARKET FORCES

**WHAT:** The Market at 3 West Ridge  
**WHEN:** Feb. 11, 5 - 7:30 p.m.; Feb. 12, 10 a.m. - 5 p.m.; Feb. 13, 10 a.m. - 4 p.m.  
**WHERE:** St. Peter's Episcopal Church, Skidaway Island  
**HOW MUCH:** \$5, good for all three days  
**CONTACT:** Visit [www.stpeterssavannah.org/the-market-at-3-west-ridge](http://www.stpeterssavannah.org/the-market-at-3-west-ridge)  
**WHAT ELSE:** Complimentary wine-and-cheese

opening night. Lunches available for purchase Feb. 12 and 13.

## PHOTO OPPORTUNITY

**WHAT:** Landlovers Photography Club  
**WHEN:** Tuesday, Feb. 11, 3:45 to 5 p.m.  
**WHERE:** Skidaway Island United Methodist Church  
**HOW MUCH:** Annual dues are \$20; Must be a Landlovers member  
**CONTACT:** [landloversphotoclub@gmail.com](mailto:landloversphotoclub@gmail.com) or Amy Collings, 598.9745, or visit [www.landlovers-photoclub.wordpress.com](http://www.landlovers-photoclub.wordpress.com).  
**WHAT ELSE:** Holly Markovitz Goldstein, Ph.D., a SCAD art history professor focusing on photography, will conduct an interactive workshop on historical and contemporary printmaking. Participants must email a high-contrast, very simple B&W image to [landloversphotoclub@gmail.com](mailto:landloversphotoclub@gmail.com) by Jan. 20.

## SEEING IS BELIEVING

**WHAT:** Bright Eye-Deas Low Vision Group  
**WHEN:** Wednesday, Feb. 12, 10 to 11:30 a.m.  
**WHERE:** Skidaway Island United Methodist Church, Diamond Causeway  
**CONTACT:** Kay Higby, 912.598.9634  
**WHAT ELSE:** Those with vision challenges and their caregivers are invited to join us. Optometrist, Dr. Erika Morrow, MS, OD is very knowledgeable in many low vision conditions and the corrective measures for maximizing these vision challenges. If you need a ride, call Kay Higby.

## BUILDING BRIDGES

**WHAT:** Landlovers Bridging the Gap  
**WHEN:** Wednesday, Feb. 12, 1 p.m.; the second Wednesday of each month  
**WHERE:** Oakridge dining room  
**CONTACT:** Susan Schneider, [susan.schneider629@gmail.com](mailto:susan.schneider629@gmail.com) or 912.433.8711.  
**WHAT ELSE:** This activity is for women who enjoy social bridge. All participants must be members of Landlovers and a member of The Landings Club, in accordance with Landings Club policy. Level of play is from advanced beginner to intermediate. Due to limited space, sign up is required.

## RED IS IN THIS YEAR

**WHAT:** Fashion Show  
**WHEN:** Feb. 13, Social hour and silent auction - 11 a.m.; Lunch - 12 noon; Fashion show - 1 p.m.  
**WHERE:** The Plantation Club  
**HOW MUCH:** \$50  
**WHAT ELSE:** Reservations required by Feb. 5. Sponsored by Savannah Area Republican Women. Fashions by Belk and Soma. Tickets may be purchased online at [sarw.org/fundraiser/](http://sarw.org/fundraiser/), or contact Nancy Holscher, [holscher@gmail.com](mailto:holscher@gmail.com) or 912.547.4152.

## READ ALL OVER

**WHAT:** Savannah Book Festival  
**WHEN:** Feb. 13 through 16  
**WHERE:** Various venues around Telfair, Wright and Chippewa Squares  
**HOW MUCH:** Free and open to the public; Tickets are required for three headline events at Trustees Theater  
**CONTACT:** Visit [SavannahBookFestival.org](http://SavannahBookFestival.org) for a complete list of events, authors, and details on headliner events  
**WHAT ELSE:** February 15 is Festival Saturday. Downtown Savannah will host more than 40 authors from diverse genres such as history, humor, thrillers, ethnic examinations, and personal memoirs, and much more.

## WATER, WATER, EVERYWHERE

**WHAT:** Skidaway Audubon meeting  
**WHEN:** Thursday, Feb. 13, 6:30 p.m.  
**WHERE:** Messiah Lutheran Church, 1 West Ridge Rd.  
**HOW MUCH:** Admission is free for members of the Friends of Skidaway Audubon, and \$5 for guests  
**CONTACT:** [www.skidawayaudubon.org](http://www.skidawayaudubon.org) or Friends of Skidaway Audubon Facebook page  
**WHAT ELSE:** Utilities Inc. regional manager, Ron Medders, will discuss Skidaway Island's water use, conservation requirements and other water supply issues. Memberships will be available at the meeting. Family memberships begin at \$35.

## JUST MARRIED!

**WHAT:** Valentine's Day Wedding in the Davenport House Garden  
**WHEN:** Friday, Feb. 14; Ceremonies will be offered every 10 minutes between 5 and 7 p.m.  
**WHERE:** Davenport House Museum, 324 E. State St.  
**HOW MUCH:** Museum donation of \$100, a confirmed reservation is highly recommended  
**CONTACT:** 912.236.8097, [info@davenport-housemuseum.org](mailto:info@davenport-housemuseum.org); [www.davenport-housemuseum.org](http://www.davenport-housemuseum.org)  
**WHAT ELSE:** Get married in the museum's beautiful courtyard garden and make it a Valentine's Day to remember. (Rain location: Kennedy Pharmacy at 323 E. Broughton St. or on the back porch of the Davenport House Museum.)

## ALL ABOARD!

**WHAT:** Landlovers Train Lovers  
**CONTACT:** Bob Miller, [rcmiller64@comcast.net](mailto:rcmiller64@comcast.net) or 912.598.1793  
**WHAT ELSE:** Train Lovers brings together Landlovers interested in model trains. We share ideas, promote the hobby, and serve as a resource to newcomers to the hobby. People who are just interested in trains are welcome.

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

[www.theskinny.com](http://www.theskinny.com)

TheSkinny VOL. 18 ISSUE 03 – 25



CHALLENGER CLUES\*

ACROSS

- 1.Cheetah, for one
- 6. Cooler
- 10. Six-sided state
- 14. Any Hopalong Cassidy movie
- 15. "Typee" sequel
- 16. Machine that won a Primetime Emmy Award
- 17. Early 17th century.....colonial America
- 20. Complete
- 21. Showed twice
- 22. \_\_\_\_ 'nuff
- 25. Steered exactly down the center?
- 26. Qatar, for one
- 28. Neighbor of NCar
- 30. Part of a Sheraton chair back
- 32. Place
- 33. Type of monkey
- 36. Island once called Oyster Island
- 38. Prehistoric times.....Unknown
- 42. Combining form meaning 'stone'
- 43. Author of "I, Robot"
- 45. UTC(ZULU)-4:00
- 48. What machinist's hammers have
- 50. Possible murder weapon in "CLUE"
- 51. Breastwork
- 53. Uno e due
- 56. Neighbor of Mex.
- 57. Sopwith Camel, for one
- 58. Soft-\_\_\_\_ (flatters)
- 60. Late 19th century.....Scandinavia
- 66. Maintain
- 67. Wings
- 68. Africa's largest city
- 69. Eric Trump's wife
- 70. Camber
- 71. Splotch

DOWN

- 1. Bunk, to a drill sergeant
- 2. Palindromic interjection
- 3. Ending for pet or rat
- 4. Insignificant
- 5. Disposed
- 6. Wild ones?
- 7. During
- 8. Illegitimate grandson of Zeus
- 9. Journal

Three of man's greatest inventions (no batteries required)

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
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66						67					68			
69						70					71			

- 10. \_\_\_\_ Pendragon
- 11. Bandeaux
- 12. Pilot
- 13. Charlotte pro cager
- 18. BF connection
- 19. Cognoscenti
- 22. Letters on Her Majesty's napkin ring
- 23. U.S. President after "Cal"
- 24. Super's apt., probably
- 26. Duke's costar in "Tall in the Saddle"
- 27. Gozo locale
- 29. Salt, to Pasteur
- 31. Eva Duarte's married name
- 34. Ahab, e.g.
- 35. Beautiful Belle fragrance maker
- 37. Dispatch
- 39. Country Music's Atkins
- 40. Discharge

- 41. Possible murder weapon in "CLUE"
- 44. Anger
- 45. Allure
- 46. Drivel
- 47. Monger
- 49. Wasted
- 52. "End of \_\_\_\_"
- 54. Type of sheet
- 55. Cecil B. DeMille's forte
- 58. Type of song
- 59. Kind of stick
- 61. Just enough Brylcreem
- 62. \_\_\_\_ Miss
- 63. Golfer's concern
- 64. J.R.R. Tolkien goblin
- 65. India : kahari / China : \_\_\_\_

Puzzle answers, page 29

\*For each puzzle a relatively difficult set of clues (Challenger) will accompany the first printing. In the subsequent issue, the same puzzle will appear with an easier set of clues (Standard) Email questions/comments to puzzler@theskinnie.com

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

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C	H	I	M	P	J	A	I	L	U	T	A	H
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# 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.

In another month or two, bluebirds will be banging at our windows and driving us crazy. Diane Gannon says, "You can forgive them when they pose for you like this."

*Wild Things" is a regular feature in The Skinnie, featuring your photographs of our beloved island. Email your high-resolution photos to [production@theskinny.com](mailto:production@theskinny.com).*

*Please include your name and a little info about where the photo was taken.*



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### 1 Wakefield

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### 8 Twiggs Lane

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### 3 Sailmaker Lane

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### 8 Water Witch Crossing

Western water, Marsh view

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### 2 Button Lane

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5 Bed, 4 Bath.  
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### 24 Tidewater

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### 6 Shaftesbury Lane

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### 21 Tarrow Ridge

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4 Bed, 3 Bath.  
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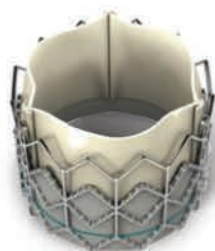
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LARRY ALLEN - Savannah, GA



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