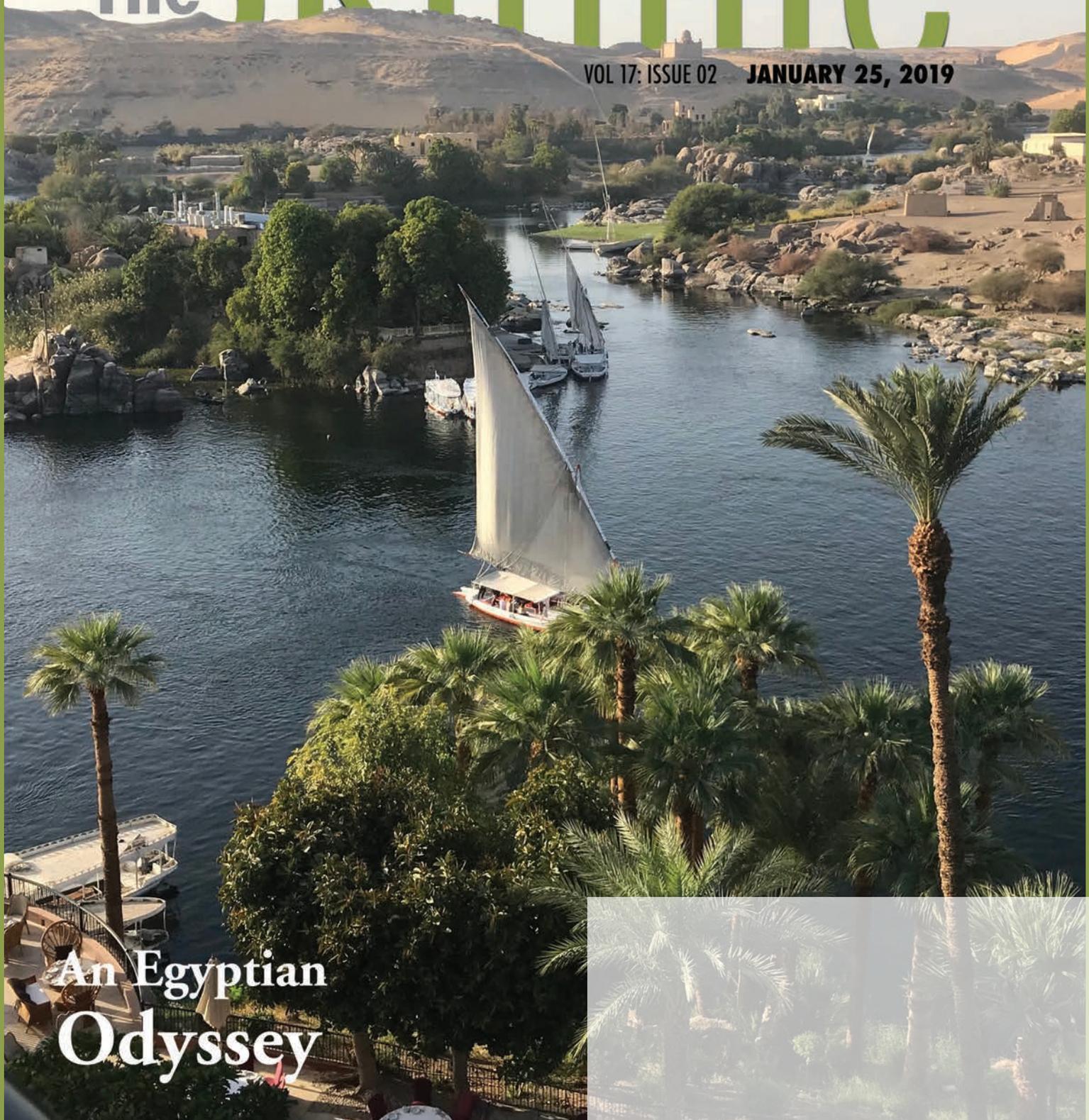




The Skinnie

VOL 17: ISSUE 02 JANUARY 25, 2019



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Odyssey





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Upfront

If you are interested in local arts and culture, or (often baseless) rumors regarding conflict or drama, you probably know I am involved with the Savannah Philharmonic Orchestra (SPO). As I sat through three hours of meetings this morning, continuing our daily work to ensure a robust organizational future, I tried my best – and failed – to suppress my rage. Before the meeting, I had the pleasure of reading an email (sent ABOUT me, not TO me) from one of your neighbors, in which she referred to my words as “so full of lies and distortions,” and the words in question were simply constructive affirmation about our commitment to integrity and excellence, printed in our recent program.

Without hesitation, I attest that my colleagues and I, led by Chairperson Rhegan White-Clemm, share a singularly-focused agenda: To ensure that the SPO shines as a prominent cultural beacon and cherished community asset for many, many years. To ascribe any alternative motivation to our thinking is – frankly – patently absurd, at best; and driven by bitterness and ego, if more nefariously borne. It's one thing to challenge an institution to be its best, it's quite another to personally attack its members, armed with nothing more than one's personal biases and misrepresentations of established facts.

Like most people, I don't relish criticism, but I try my best to be open to it. You'll find a letter from a reader in this issue that is somewhat critical of the SPO. I didn't suppress it; nor do I dismiss it or its author. Rather, I thank her for sending it to us. As is our custom, when an organization is mentioned by a letter-writer, we permit said organization an opportunity to respectfully respond. I hope you find both the letter and response to be thought provoking and appropriately measured in tone.

Back to the substance of the first paragraph above: I invite you to ponder what any of us – as neighbors who share deep love for our city – stands to gain from attempting to foment the demise of an institution that helps differentiate us from other towns of similar size? Great, sustainable organizations strive to earn ongoing love and dedication

from the people they serve. Every decision the SPO leadership pursues is framed with this objective in mind. The institution and the community are inextricably intertwined in pursuit of public benefit. Who, in good conscience, wants to stand in opposition to such a virtuous goal?

So, like I said, I was mad.

And then I went to another meeting – this one of the St. Joseph's/Candler Foundations board, and my anger morphed into fear. It's not the discussion was scary, but I was facing a wall clock that ticked ever closer to the appointment time for a follow-up diagnostic exam. I've learned, by both close observation and personal experience, that nothing is quite as effective at reframing your perspective than the C-word.

Driving to the imaging center, a peculiar pain revealed itself in the general area of my concern. My breathing quickened; my stomach began to turn over on itself.

My doctor is my friend, and a very smart guy. Never mind the mechanics of my visit, but by the time I returned to my keyboard I had a strong sense that I'm not going to die (at least, not from the thing that I was foolishly ignoring at my own prospective peril) anytime soon.

Not to equate the two situations, but I remember the unmatched elation Louise and I would share on the days she received an encouraging report. There's one word that comes to mind before all others – light. You feel weightless. Your energy level soars. Although I didn't get unequivocal reassurance today, I still feel pretty darn good.

Back in the car on the way to where I'm sitting now, I thought about the Phil, and the lady and her husband who seem consumed by anger and resentment, for reasons I can't possibly know. But I remained no heavier than a feather in my mind's scale. I'm happy and honored to continue to work for a fantastic Phil; and it looks like I'll be around for a while to enjoy the fruits of that work.

Scott A. Laurer

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SEEING RED

As the number one killer of women – claiming the lives of one in three – cardiovascular diseases force us to consider that a woman we know and love may be affected at any age. Heart disease claims more lives than all forms of cancer combined. Nationally, heart disease and stroke kill one woman every 80 seconds.

Despite these grave statistics, there is good news. According to the American Heart Association, about 80 percent of heart disease and stroke may be prevented by understanding your family health history, knowing your numbers, and making simple lifestyle changes.

Beating heart disease and stroke means more time for women to be change-makers, business leaders and innovators, and more time to be moms, sisters, partners and friends. Beating cardiovascular disease means more time to be here and be you.

We are proud to chair this year's Go Red For Heart Fashion Show and Luncheon at the Plantation Club on Skidaway Island. The annual event supports Go Red For Women, a national initiative from the American Heart Association to raise awareness of heart disease and stroke as the number one killer of women. Go Red For Women is designed to empower women to take charge of their health and wipe out heart disease and stroke.

More than 250 people are expected to attend this fun and lively event. Fashions will be provided by Macy's, and the event is sponsored by St. Joseph's/Candler, Audi Hilton Head, and United Community Bank. To learn more about the event, visit savannahgoesred.heart.org, or call Florence Anderson at 912.657.6640.

Kathryn Levitt and Gaye Reese
2019 Go Red For Heart
Fashion Show and Luncheon Chairs

We goofed! In the January 11 issue of The Skinnie we mistakenly credited "Leaping" Lee Pierce as the winner of our Football Pick "Em Pool. The actual winner was his wife, "Genuine" Ginny Pierce. We apologize to the Pierce's for the error and would like to congratulate Mrs. Pierce on her victory.

STRIKING (DIS)CHORDS

This is in regard to your (recent) "Up Front" message, in which you stated that you are part of the "search for a new music director" for the Philharmonic.

A bit of history about myself: I moved to the Landing's three years ago from Boston; specifically, the South End, just about a half mile from Symphony Hall. As you are spending time at Harvard and, I have to assume, have a love of music, you may have enjoyed Keith Lockhart conducting at the Symphony, or sprawled out on a blanket with a view of the Charles River listening to the Fourth of July Pops.

This brings me to comparing Peter Shannon and Keith and how they are so similar. Both are close in age, both homeowners, both married with children attending local schools, and, in their respective cities, the face of music for Savannah and Boston. And this is where the two cities diverge. I have serious doubts that Boston would ever consider losing Keith. If he decided to resign, I'm confident the board would do everything in its power to keep him. Whereas, here in Savannah, the resignation of Shannon appears to have been met with a breezy shrug of the shoulders and adieu. No reach-out or enticements appear to have been offered. What's going on, one would have to ask. For a small city like Savannah to lose one of its treasures is unbelievable!

In my humble opinion, I think your efforts and that of the musicians and board should be directed at enticing Peter to remain, not find his replacement.

Patricia Chute Sapir

Ed. Note: When a letter to the editor references a particular party (in this case – the board of the Savannah Philharmonic), The Skinnie offers the named entity an opportunity to respond (constructively). The following was sent by the Ex-

ecutive Committee of the Savannah Philharmonic Board and its executive director, Terri O'Neill.

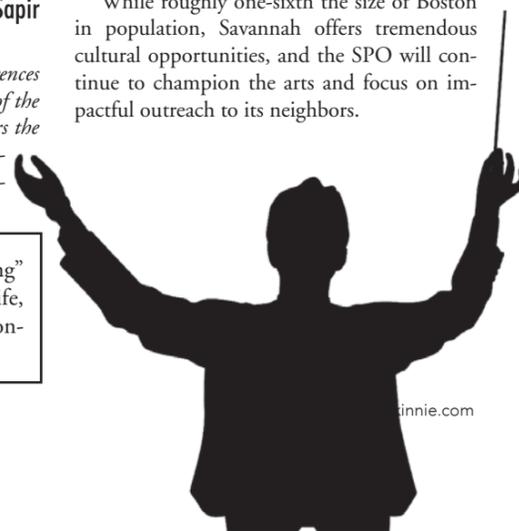
The Boston Symphony Orchestra (BSO) is considered one of the five most prominent orchestras in the U.S., a small group in a class of its own among cultural institutions. The BSO was founded more than 125 years ago, has its own hall and summer home, and many of its musicians hold endowed-in-perpetuity positions. Indeed, this is the case with the organization's Pops conductor, Keith Lockhart.

The Savannah Philharmonic Orchestra (SPO) is celebrating its 10th birthday this year. We have accomplished amazing things in a comparatively short time, without a hall or financial backing in perpetuity. Our musicians are compensated on a fee-for-service basis, and our much-loved artistic director and conductor, Peter Shannon, is responsible for both classical and pops programming. Mr. Shannon made a personal decision to resign, and the SPO board of directors respects his choice.

The SPO Search Committee, comprised of board members, community leaders and musicians, is steadfastly committed to identifying the best-qualified artistic leader to shepherd the orchestra's continued growth and development as a cherished community asset. The SPO is excited that the 2019-2020 season will enable the community to meet and evaluate a host of talented, impressive and enthusiastic prospective conductors, each or whom will lead a performance by your hometown orchestra.

Fun fact: The Boston Symphony's current music director, Andris Nelsons, was both an emergency conductor and guest conductor for the BSO before he was appointed music director. The use of guest conductors is an established industry practice that yields great results.

While roughly one-sixth the size of Boston in population, Savannah offers tremendous cultural opportunities, and the SPO will continue to champion the arts and focus on impactful outreach to its neighbors.



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The Nile River, as seen from the Old Cataract Hotel in Aswan, Egypt

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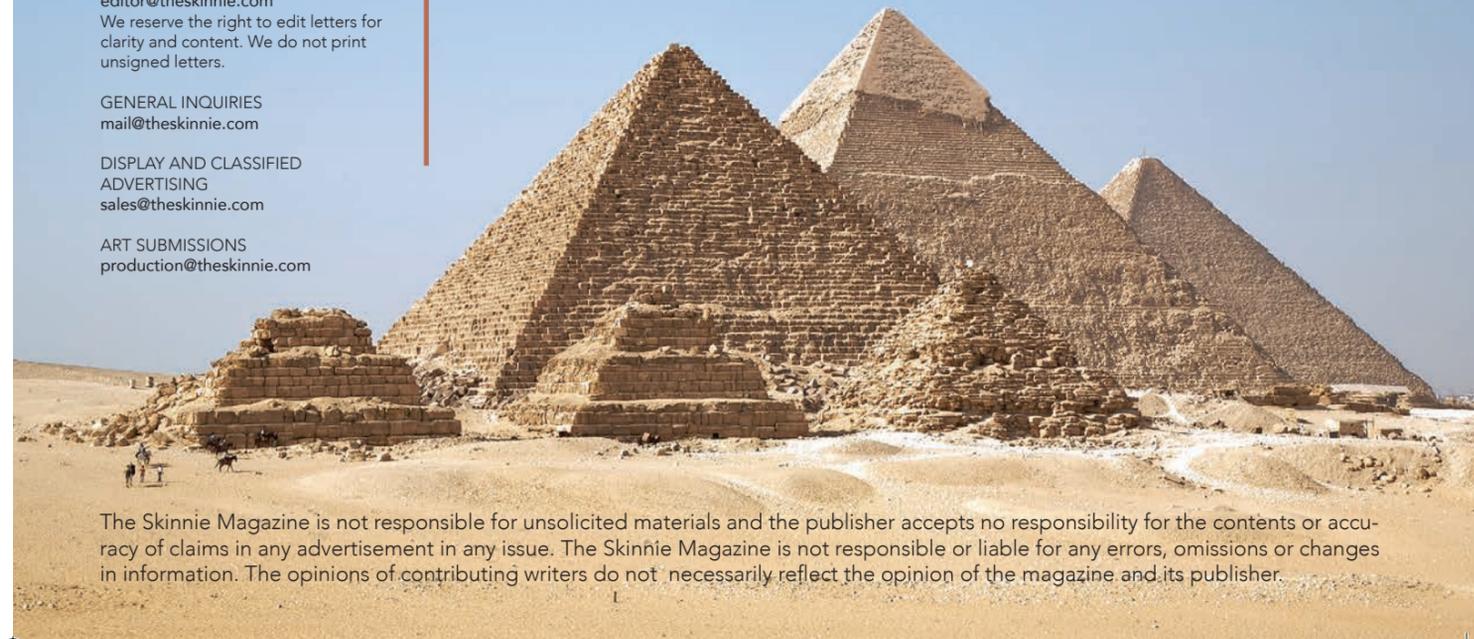
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Market Forces At Work

By Lesley Francis



St. Peter's Episcopal Church has been part of the Interfaith Hospitality Network, helping families in need for more than 20 years.

For more than 20 years, Family Promise (FP) has helped families in the Coastal Empire who are homeless or on the brink of homelessness, but its mission extends well beyond providing meals and shelter. FP offers family mentoring, homelessness-prevention programs and services, and initiatives to address the underlying causes of homelessness.

In 2017, FP assisted more than 400 guests, made possible through contributions and support from area churches like St. Peter's Episcopal Church on Skidaway Island. The church is a host congregation, meaning it provides overnight lodging and meals for three families for one week at a time every three to four months. Without this array of host and support congregations, FP wouldn't be able to make such a tremendous impact on the community.

FP Executive Director Katrina Bostick is grateful to St. Peter's and all of the churches that have played a role in her organization's success. "To know that I have this incredible network of reliable congregations and volunteers that I can call on for support, assistance, shelter or any number of other items I've needed for our families over the years – it's truly remarkable and humbling," Bostick says. "St. Peter's Episcopal and all of our Interfaith Hospitality Network (IHN) members are truly lifesavers, and I'm so fortunate to have seen the results of the blessings they bestow on those who need it most."

Skidaway Island resident Mark Forssell, with his wife, Shirley,



Mark Forssell

were founding members of St. Peter's Episcopal Church in 1989. The Forssell family has been a huge blessing to FP, volunteering each time FP families come to St. Peter's, initially as overnight volunteers, and now bringing dinners. From 1995 to 2002, Mark was St. Peter's treasurer. In 2001, he was asked to handle the financials at IHN, serving as treasurer for seven years, including six years on its board of directors.

As a board member and treasurer, Forssell observed inadequate day center facilities that IHN was renting. He headed a capital campaign, raising \$900,000 to create a new day center, which was named for him in recognition of his hard work. "I would encourage my Skidaway neighbors to support the market shopping event," he says, "and also consider donating to Family Promise to help them conduct their main services of providing shelter, meals and case management for homeless families with children. They have many programs working to improve the quality of life for these families."

Jim Brawner has served as volunteer coordinator for IHN/FP at St. Peter's since 2006. He explains, "Our family joined St. Peter's in 1999, and shortly thereafter St. Peter's became a host congregation. I served on the IHN Board from 2000 through 2005, with three years as president and three years as secretary. As volunteer coordinator, I recruit

volunteers to serve as dinner or overnight volunteers at the church. During our host week, our guest families stay in our Sunday school rooms and have dinner with our volunteers in the parish hall."

Jim is professor and associate chair of the department of mathematical sciences on the Armstrong campus of Georgia Southern University. He and his wife, Aubrey – both Georgia natives – moved to Savannah in 1997 with their two children, Jimmy and Miranda, now in their 20s.

"I first heard about IHN (as Family Promise was known then known) in 1997 from the Rev. Patty Mingledorff, now retired from St. Peter's," he explains.

A group of representatives from Savannah area churches met with the national IHN director to determine if there was a need for an IHN network to assist homeless families in the Savannah area. The answer was a resounding "yes," and the network welcomed its first families in October of 1998.

"In the early days of IHN, my family spent the night in several churches around Savannah when extra volunteers were needed," Brawner says. "I recall one occasion when our young children had fun playing games with the guest families and as we were getting ready



for bed, said, "That was really fun, but when do the homeless folks get here?"

Passionate about supporting FP, Brawner says, "It is a wonderful organization that gives congregations an opportunity to provide hospitality to homeless families. So

many of our volunteers tell me how much it has meant to them to make new connections and better understand the face of homelessness in our area. Over the past 20 years, FP has expanded its case management, with initiatives to help support families after they move into their own housing, and to help prevent families in crisis from becoming homeless in the first place."

This year, St. Peter's Episcopal is providing even more assistance to FP by donating half of the proceeds from its annual church market, known as "the Market at 3 West Ridge." Scheduled for Feb. 12, 13 and 14, the boutique draws vendors from around the country, all bearing merchandise that cannot be found in Savannah. Their wares include clothing for women and men, jewelry, accessories, and items for the home. Blooming plants will be sold, just in time for Valentine's Day.

The other half of the proceeds will be given to Heads-Up Guidance Services (HUGS). HUGS' mission is to make mental and behavioral health counseling and addiction recovery services available and affordable to anyone who is in need. HUGS, like FP, is a non-profit organi-

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The annual Market at 3 West Ridge at St. Peter's Episcopal raises money for charities in the Savannah area.

zation funded by community donations and operated by local volunteers.

Since 2012, the Market has donated \$225,000 to at-risk children's charities in

Savannah. The Market continues St. Peter's outreach tradition of volunteering time, talent and treasure, as more than 120 people work together to make the event a success. Last year's market raised \$68,000, divided be-

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WHEN: Feb. 12, 5-7:30 p.m.; Feb. 13, 10 a.m.-5 p.m.; Feb. 14, 10 a.m.-4 p.m.
WHERE: St. Peter's Episcopal Church, Skidaway Island
HOW MUCH: \$5, good for all three days
CONTACT: Please visit www.stpeterssavannah.org/the-market-at-3-west-ridge
WHAT ELSE: Wine and cheese opening night, and lunches available for purchase Feb. 13 and 14.

tween two carefully selected youth-oriented nonprofits.

Proceeds from the three-day ticketed shopping boutique and plant sale are raised through the \$5 entrance fee (good for all three days), individual and corporate sponsorships, proceeds from lunch and plant sales, and 15 percent of vendor sales.

"I am delighted that the Market at St. Peter's has chosen Family Promise and HUGS to be this year's recipients," Brawner says. "The Market is a real labor of love for a big group of dedicated St. Peter's volunteers, and they have been able to give back so much to our community through their efforts. Both Family Promise and HUGS will benefit tremendously from their generosity."

Shopping and helping families in need at the same time – what could be better? See you at the Market!

For more information on Family Promise, please visit www.familypromisesavannah.org. For more information on HUGS, please visit www.headsupsavannah.org. For more information on St. Peter's the Market at 3 West Ridge, please visit www.stpeterssavannah.org/the-market-at-3-west-ridge.

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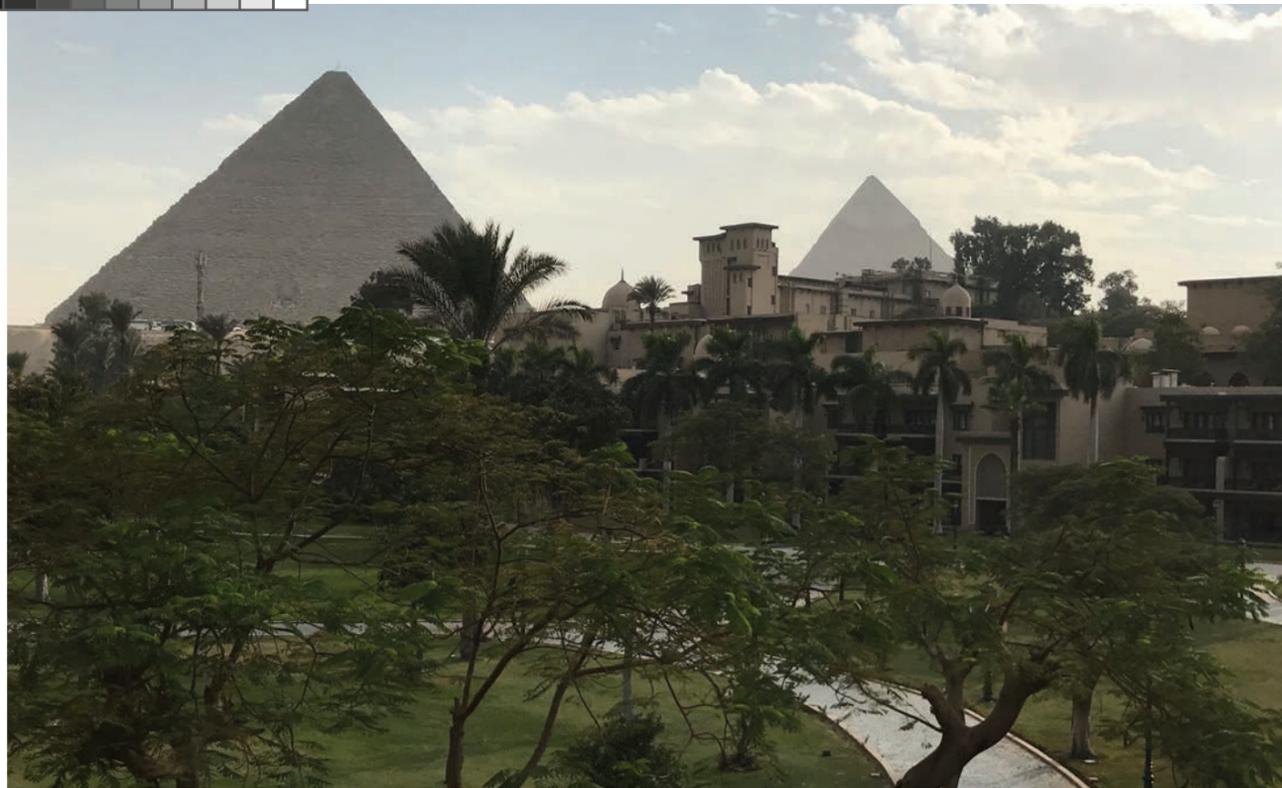
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EGYPTIAN ODYSSEY

STORY AND PHOTOS BY PHILIP SCHWEIER



Planning our trip to Egypt took the better part of a year, but it was well worth it, and any concerns we may have had evaporated as soon as we arrived at the Cairo airport. We were welcomed by Mohamed – a representative of our tour company, Journey-to-Egypt.com, who ushered us through the tourist visa and passport process quickly and efficiently. In no time, we were on our way to our hotel, in the shadow of the Great Pyramid.

Marriott's Mena House dates back to 1886, and has undergone many renovations to maintain its reputation as one of the finest hotels in Cairo. Famous visitors over the decades have included Prince Albert Victor of Wales, Winston Churchill, Richard Nixon, Frank Sinatra, and many more. Many of its rooms offer spectacular views of the pyramids of Giza.

DAYS 1-3: CAIRO AND MEMPHIS

In the morning, we were picked up at the Mena House by our driver, Moustafa, and tour guide, Sally, for a day-long tour of the

www.theskinnie.com

major sites of Cairo. We began with the Pyramids, which were constructed between 2900-2500 BC. Most notable is the Pyramid of Khufu (or Cheops, to the Greeks). Adjacent sites include the smaller pyramids of Khafre (or Chephren) and of Menkaure (or Mykerinos) to the southwest.

The pyramids served as tombs for the deceased pharaohs who ruled ancient Egypt. In addition to the embalmed body of the king, they also contained various items he would need in the afterlife. For the people of ancient Egypt, mortal life was of far less importance than the afterlife. Proper care was necessary in order for the Pharaoh to perform his new duties as king of the dead.

The smooth exterior of the pyramid was made of a fine grade of white limestone, which had to be carefully cut to ensure the structure remained symmetrical. Stones were transported from the quarry by barge, and dragged up ramps to the construction site to be fitted together. In later years, many were taken for use in other projects, exposing the inner layer of stone that has gradually eroded away over the centuries.

Adjacent to the pyramid complex is the Sphinx, the oldest known monumental sculpture in Egypt. It is a mythical creature with the body of a lion and the head of a human, believed to be that of Pharaoh Khafre. Cut from bedrock, it measures 240 feet long from paw to tail, 66.31 feet high from the base to the top of the head, and 62 feet wide at its rear haunches.

How the nose of the Sphinx was damaged is unknown. One story suggests it was destroyed in 1378 AD, when a Sufi Muslim found local peasants making offerings to the Sphinx. Enraged, he destroyed the nose, for which he was later hanged. Another story claims the nose was broken off by cannon fire from Napoleon's soldiers, but sketches of the Sphinx without its nose published in 1757 – 12 years before the birth of Napoleon – disprove this.

In the evening, we ventured into Cairo for dinner at a Mediterranean restaurant. Rather than order entrees, our meal consisted of a variety of Middle Eastern appetizers. It turned out to be quite the bargain. The Egyptian pound (£E) is worth about 6¢ American, and dinner for five came to about \$27.



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The next day, we journeyed to Memphis, about 12 miles south of Cairo. Memphis was the first capital of Egypt when Menes united Upper and Lower Egypt, around 3000 BC. The seat of power moved to Thebes (now Luxor), around 1700 BC, but Memphis remained a regional center for trade, serving as a distribution point for food and other goods throughout the ancient kingdom.

The modern English name Egypt is believed to come from "Ai-gyptos," the Greek name of the city's famous Temple of Ptah, now an open-air museum. The temple was built by Ramesses II, who reigned



from approximately 1279 to 1213 BC. He is regarded as one of the greatest and most powerful pharaohs in Egyptian history. More statues of him survive than of any other pharaoh, including a giant limestone statue approximately 30 feet in length. It was discovered in 1821 lying facedown in marshy ground near the south gate of the temple. Several attempts were made to lift and turn the colossus over, but it wasn't until

1887 that a British engineer succeeded using a system of pulleys and levers. To protect the statue after it was moved, a building was constructed around it. Because the base and feet of the sculpture are broken off, it is displayed lying on its back.

Our final day in Cairo was spent touring the religious sites of the city, starting with two Coptic churches. Coptic Christianity was founded by St. Mark in the 2nd century. Saints Sergius and Bacchus Church was built in the 4th century, supposedly at the location where the Holy Family stayed when they fled to Egypt to escape the persecution of King Herod.

The Saladin Citadel is a medieval Islamic fortification on Mokattam Hill near the center of Cairo. It features three mosques:

- Al-Nasir Muhammad Mosque was built in 1318, as the royal mosque of the citadel where the sultans of Cairo performed their Friday prayers. Though many repairs have been made over the centuries, it has maintained its 14th-century appearance.
- The Mosque of Sulayman Pasha, built in 1528, is the first of the citadel's Ottoman-style mosques.
- The Mosque of Muhammad Ali was built between 1830 and 1848, although not completed until 1857. Muhammad Ali Pasha, an Egyptian reformer of the early 19th century, is entombed in the courtyard.

Modesty is required when visiting a mosque. Long pants covering the knees must be worn, women must wear a scarf, and shoes are removed. During our visit, our guide, Sally, requested a prayer for safe travels from the imam. For almost two minutes, the prayer, presented as a traditional Muslim chant, echoed throughout the courtyard of the mosque.

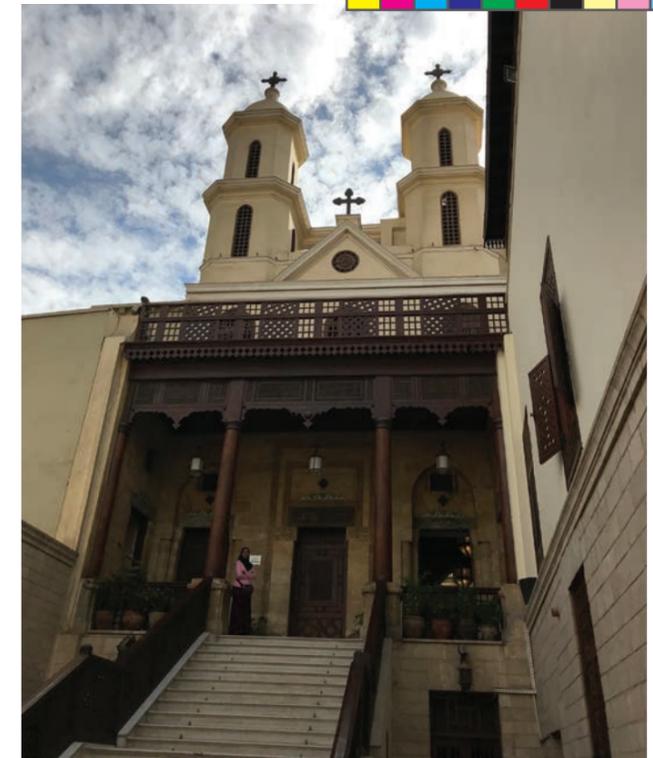
We ended our visit to Cairo at the Khan el-Khalili market, shopping for souvenirs. Bargaining is expected, and we were advised by Sally not to pay more than 400 £E (approximately \$22).

DAY 4: ASWAN

The next day, we caught an early morning flight to Aswan, approximately 425 miles south of Cairo, where we were greeted by Osama Rashad, the owner of Journey to Egypt and our host for the remainder of our visit. He took us to the Aswan High Dam, an engineering marvel built across the Nile in the 1960s. Not only does it help control the flooding of the Nile, it also provides water for irrigation and hydroelectricity to the region, all of which contribute to Egypt's economic stability. The dam also led to the creation of Lake Nasser, one of the largest manmade lakes in the world. It is 340 miles long and has a surface area of more than 2,000 square miles.

The creation of the reservoir threatened more than 20 historic sites. UNESCO launched an effort to save as many as possible, including the Philae temple. The monuments were cleaned and measured, to insure precise reconstruction. Every building was dismantled – about 40,000 units in total – and transported to higher ground, some 1,600 feet away.

By mid-afternoon, we were exhausted, and ready to check into our hotel. The Old Cataract is a glorious piece of Old World elegance built in 1899. Entering its lobby is a step back to 1920, when one might see archaeologist Howard Carter or mystery author Agatha Christie enjoying tea in the dining room. In fact, portions of Christie's *Death on the Nile* are set at the hotel, and it was used in the 1978 film based on the novel. We were given a tour of Winston Churchill's suite, an extravagant apartment with a private porch overlooking the Nile.



The 19th-century facade of St. Virgin Mary's Coptic Orthodox Church is commonly known as the Hanging Church due to its location above the gatehouse of a Roman fortress. The land surface has risen by some 30 feet since the Roman period, so the Roman tower is mostly buried below ground.

SUPER BOWL PARTY

Sunday, Feb. 3

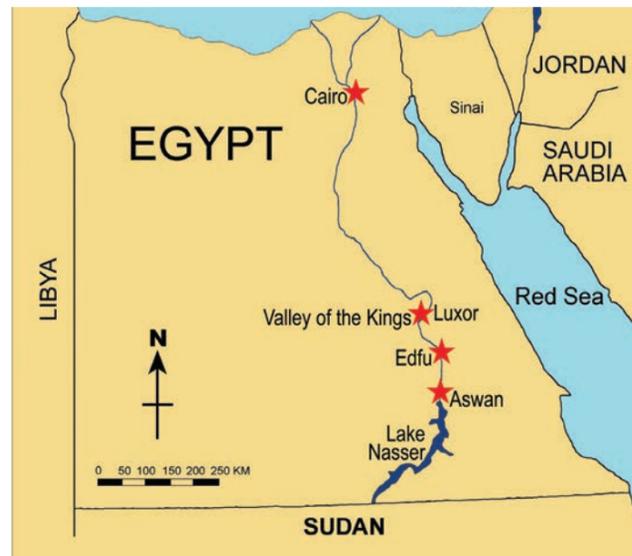
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The next day began very early, leaving the Old Cataract before sunrise for the 75-mile drive to the twin temples of Abu Simbel. The façade of the larger temple features four seated figures more than 65 feet tall, and is dedicated to Ra-Harakhty, Ptah and Amun. The smaller temple is dedicated to the goddess Hathor, personified by Nefertari, Ramesses's most beloved of his many wives.

Like the Temple of Philae, Abu Simbel also was threatened with flooding from Lake Nasir in 1964. A multinational team of archeologists, engineers and skilled heavy equipment operators worked together to dismantle the entire site, cutting it into large blocks averaging 20 tons each. The pieces were then lifted and reassembled more than 200 feet higher and 650 feet back from the shore.

Arriving back in Aswan, we boarded the cruise ship, *Farah*, bound for Luxor, and spent the afternoon relaxing in the sun on the upper deck.

To be continued...



These huge external rock figures were carved out of a mountainside in the 13th century BC to commemorate Pharaoh Ramesses II's victory at the Battle of Kadesh.

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Picture from left:
Lydia Moore,
Eddie Ambrose,
Emerson Ham III,
Kelly Bouchillon,
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FOOD FOR THOUGHT

How to make responsible and sustainable changes in one's diet and health

After navigating a perilous journey through the holiday bog of sugar-laden treats, many people find themselves yearning for a refreshing change of pace as the new year begins. The month of January historically represents a fresh start and an inspiration point for resolutions for self-improvement and personal betterment. But making those changes stick can be tricky unless you approach the changes in the proper frame of mind.

Unfortunately, a high percentage of people who make New Year's resolutions are unsuccessful. Most people seek or expect rapid behavioral change and set unrealistic goals for themselves. This can lead to failure and disappointment, often resulting in an abandoned resolution just weeks into the year.

Melanie Willoughby, director of health management at St. Joseph's/Candler, is familiar with such scenarios. She stresses that making important lifestyle changes and behavioral modifications are never a quick fix. "It takes true dedication and honest commitment to alter one's behavior, whether it's losing weight, improving one's overall fitness, enhancing one's health through nutritional changes, or becoming tobacco free," she says.

The vast majority of New Year's resolutions are health or nutrition-related. However, people tend to bite off more than they can chew, or have misconceptions about how to accomplish specific goals. According to St. Joseph's/Candler licensed dietitian and nutritional expert, Chloe Paddison, making a serious and lasting lifestyle change begins with a personal commitment and strong desire to make a sustainable change. That introspective process begins by asking oneself the following questions:

- How did I get to this point? Why am I eager to change now?
- When did I lose sight of prioritizing my health and wellness?
- Why do I find myself searching for the next quick fix?

In addition to the annual holiday challenges, there are countless reasons people can lose sight of their nutritional wellness. Says Paddison, "Family obligations, career demands, past traumas, financial and emotional stress and numerous other triggers surround us each day. Any one of these stress-inducing factors can have a negative impact on one's nutrition, and often that can lead to an even more severe effect on one's health."

Paddison stresses that each individual is unique and therefore requires a unique approach to their personal health and wellness experience, goals and motivations. Often this can involve diving deeply into the behavioral root causes. "Every person is an expert on their own personal situation," she says.

With a little guidance from the right provider, anyone can learn how to make a lasting change, one that will not require another reset in the next New Year.



St. Joseph's/Candler Dietitian and Education Specialist Chloe Paddison, RDN, LD

"Often times when someone seeks change, we think our bodies have betrayed us, but in reality we have betrayed our bodies by not learning to understand what we need and how real food plays a crucial role in our health," Paddison says.

She believes that, in the minds of many people, weight loss and health have become decoupled concepts, and food and health seem to have lost their inherent connection. It can be very tempting to try the latest and greatest diet fad that promises fast and effortless results. However, such a leap can quickly lead to failure.

"The diet industry is a \$5 billion a year industry," she observes. "We live in an overwhelming world of constant exposure to evolving nutrition information and products. We are quick to try the latest theory or concoction, and quickly jump to the next diet fad when the last one does not live up to our expectations."

Paddison points to perils of fad diets. "Imagine how your body feels going through so many drastic changes, from restricting calories to adding extra fat and cutting out whole food groups and taking stimulants. Your body is responsible for keeping you alive and in balance throughout the dieting chaos, and it learns to defend with survival mechanisms. Once this level of defense is achieved, it can take a long time to readjust and recalibrate. This directly affects your metabolism and can cause a stalemate between your mind and your body."

Paddison uses the analogy of a bear hibernating during winter. "Bears don't eat all winter and their bodies adjust to the decreased

Get Your Rear in Gear, Savannah!

Annual 5K Walk/Run race set for Saturday, March 2

Attention, runners: Mark your calendars for Saturday, March 2.

That's when the annual Get Your Rear in Gear® 5K Walk/Run in support of colon cancer awareness and prevention will be held at the Lewis Cancer and Research Pavilion, located directly across from Candler Hospital. Start time is 8 a.m. A free Kids Fun Run will also be held.

This event honors the memory of longtime WTOC-TV news anchor Mike Manhattan, who succumbed to this terrible disease four years ago. The run provides a special opportunity to honor cancer survivors and others in our community lost to colon cancer.

Sponsors include St. Joseph's/Candler, Gastroenterology Consultants of Savannah, P.C., the Center for Digestive and Liver Health and



the Endoscopy Center, Fleet Feet Sports, WTOC-TV, the Savannah Morning News and News Radio 1290 WTWS.

For additional information, or to sign up, visit sjchs.org/gyrig, St. Joseph's/Candler's Facebook page, or Get Your Rear In Gear Savannah's Facebook Page.

intake by slowing the metabolism to burn less fuel and keep them alive. When we restrict our caloric intake too drastically, or confuse our body with irregular 'doses' of calories (energy), we are setting ourselves up for the same hibernation/starvation mode."

As a result of diet industry influence, people have conditioned themselves to avoid, restrict and fear food. Says Paddison, "The key to sustainable success is evaluating our relationship and behaviors with food. We are so quick to designate 'good' and 'bad' foods, but disregard our intentions and behaviors with those foods. Eating has become an activity, and most people do not have responsible intentions for the food they eat."

So, the question becomes, not WHAT, but HOW are we eating? "Your personal relationship with food involves why you eat, what you eat, how much you eat, where you eat, and when you eat," Paddison explains. "Most people evaluate their behaviors after the fact; as a result, they feel guilt and wish they could have

done something better. This is a negative cycle. We need to develop 'pre-thought' to acknowledge our environment, intentions and how they will affect our eating."

"When willpower is weak because one has a bad day, the reinforcement has to be how one sets up their environment: what was bought at the store and brought home," Paddison says. "We are not always in control of our environment. When our willpower and environment both fail us, we must rely on our thought process – hopefully our 'pre-thoughts' – yet these behaviors require time to develop and become habitual. Following fad diets weakens thought processes and how you communicate with your body. When you fall off the diet, there are no behavior changes in place and it is easy to resort back to the negative habits and patterns."

Take a step to boost metabolism and reconnect with your body by working on meal frequency. "It is important to set general times throughout the day to prioritize your nutrition, ideally no longer than four hours apart,"

Paddison suggests. "Avoid the three S's – skipping, starving and stuffing. Skipping meals leads to starving, and starving results in stuffing, which then leads back to skipping, and the cycle continues. This slows metabolism and puts the body into fat-storage mode. Planning is required to make sure you have the right things on hand when it is time to eat. Planning can be easy – pack a lunch box with a chicken salad wrap or a tuna creations pouch, throw in a pack of nuts, a boiled egg and small serving of fruit."

Paddison concludes, "Health is one's quality of life, and everyone can start by making their nutrition a high priority. Taking steps for lifelong change will gradually turn into lifelong results without the exhaustion and overwhelming feeling of always searching for what might work better."

For additional information on the wellness programs offered at St. Joseph's/Candler, please visit sjchs.org/wellnesscenter, or call 912.819.8000.

He Served • By Ron Laretti

MICHAEL SPEARS

During his 40 years of military service, Landings resident Michael Spears mastered infantry, armor and counter-intelligence. The son of an Air Force career officer, Spears believed the military would offer greater challenges and adventure than civilian life. And he had a spirit of adventure and duty from an early age: He passed his solo flight examinations at 16 and joined the Civil Air Patrol.

Enlisting in the Army in 1974, Spears began as an infantryman. He first served in Germany as a Pershing Missile crewman, and then moved on to Fort Lewis, Washington, as a scout platoon leader. He was discharged in 1978 with the rank of sergeant.

Spears joined the California National Guard while attending the University of California-Davis. He graduated in 1983 with a bachelor's degree in biochemistry and a

minor in art history. His college education earned him a commission as an infantry officer in 1986 through the officer candidate program of the California Military Academy, located at Camp Luis Obispo.

As a second lieutenant, Spears served as an infantry platoon leader in the Army National Guard and as an infantry company executive officer (XO) before being promoted to company commander. During his infantry commands, Spears was stationed at the Army's Armor School at Fort Knox, Kentucky, where he became proficient as a tank commander in the "big boys" – the M60 Patton and the M1 Abrams battle tanks.

"Not exactly a smooth, comfortable ride, but it sure beat humping through the boon-docks carrying a full combat load," Spears says of tank duty.

Finishing his tour at Fort Knox, Spears returned to National Guard duty in California. He served briefly as a company commander in the California Army Reserve before transferring to the Army's Military Intelligence Corps, where he would remain for the rest of his Army career.

Primary duties of counterintelligence (CI) personnel include the investigation of

national security crimes, espionage, sedition, and high-level security clearances. Between domestic and international assignments and transfers, Spears reckons he moved at least 10 times. His first overseas assignment was in Heidelberg, Germany. For nine months, he served as a CI officer in the Office of the Deputy Chief of Staff for Intelligence, U.S. Army Headquarters, Europe.

On Sept. 11, 2001, as a major, Spears was serving as the XO of the Army Reserve's Expeditionary 321st Military Intelligence Battalion. The unit quickly mobilized at Fort Hood, Texas, and remained on active alert for the next nine months. In January of 2002, Spears transferred to the military prison at Guantanamo Bay, Cuba, where alleged terrorists were held and interrogated. For nine months, Spears served first as deputy commander of the Joint Interagency Interrogation facility, and later as the CI Operations Officer for Joint Task Force 170. He was a busy man, as there were roughly 700 detainees in custody while Spears was there.

"The suspected terrorists we detained ranged from hardcore to moderate, but I

never personally witnessed any inhumane treatment of them," Spears attests.

Spears is proud and appreciative of the work he was able to accomplish at "Gitmo." "It was one of the best CI assignments of my career," he says.

After completing his Gitmo assignment, Spears was tasked with redesigning the Army's intelligence-gathering system, in response to outrage over human rights violations at the Abu Ghraib prison in Iraq. "It was my job to see that something like that did not happen again," he explains.

In February of 2006, Spears, then a lieutenant colonel, deployed to Iraq as the senior intelligence advisor of the 3rd Regional Border Transition Team. His 11-man advisory unit embedded with Iraqi Border Police, training the Iraqis in intelligence gathering, communications, fire support, logistical operations, and other essential functions. The goal was to train the Iraq Security Forces to conduct independent counterinsurgency operations, especially along the border with Iran.

"It was a long year," Spears says, "and it was a hot danger zone with lots of mortar and rocket attacks."

After Iraq, Spears spent 18 months of high-level administrative military intelligence work in Washington, D.C., before being selected for battalion command in South Korea. There, he served as deputy commander for the 501st Military Intelligence Brigade, known as the Red Dragons. The brigade consists of 1,700 soldiers tasked with intelligence collection and analysis, aerial surveillance and reconnaissance,



Lt. Col. Spears, during his deployment with the 3rd Regional Border Transition team in Iraq.

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and security operations in support of units stationed in South Korea.

Despite the 1953 truce agreement, there is no permanent peace between communist North Korea and democratic South Korea. Armed aggression remains a constant threat, especially from the North.

"My intel-gathering deployment to South Korea was not exactly uneventful," Spears says, with understatement.

There were repeated cease-fire violations by North Korea during the three years that Spears was with the Red Dragons. In April of 2009, North Korea launched a long-range rocket capable of carrying a nuclear warhead. A month later, North Korea officially withdrew from the 1953 armistice. In March of 2010, the South Korean warship *Cheonan* was sunk by a torpedo launched from a North Korean submarine, killing 46 South Korean sailors. The following November, North Korea fired artillery rounds at a border island inhabited by South Koreans.

After returning from Korea, Spears, a full colonel, served as an inspector general in the Army's Intelligence Oversight Office and attended the Air War College at Maxwell Air Force Base, Alabama. He later returned to South Korea, serving his last two years embedded with the Eighth Army as the director of the Army Reserve engagement team.

In 2016, Spears retired from active duty with a host of military awards, but spent the next two years sharing his expertise in cyber security and tactics at the Army's Cyber Command at Fort Belvoir, Virginia. The command directs and conducts integrated electronic warfare operations while defending against cyber-espionage from our adversaries.

Last year, Spears and his wife, Jeanne, moved to Skidaway Island to enjoy the pleasures of Southeastern coastal living. Their two sons both hold the rank of E5 sergeant, continuing the family legacy of Go-Army service. Alex is an explosive ordinance expert stationed at Fort Hood, while Aaron is a psychological warfare expert at Fort Bragg. Undoubtedly, the Spears family has plenty of opportunities to talk shop at holiday get-togethers.



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THUMBS UP

WHAT: Landlovers Green Thumb Club
WHEN: Wednesday, Feb. 6, 9:30 to 11:30 a.m.
WHERE: Messiah Lutheran Church
HOW MUCH: Open to members of Green Thumb Club and Landlovers, \$5 guest fee
CONTACT: Kate Kastner, 912.999.6564 or katekastner@icloud.com
WHAT ELSE: Guest speaker from One Hundred Miles non-profit organization

IT'S NOT ABBY

WHAT: Skidaway Abigails Meeting
WHEN: Thursday, Feb. 14, 3:45 p.m.
WHERE: Messiah Lutheran Church, 1 West Ridge Rd.
HOW MUCH: Meetings are open to members (free) and their guests (\$5)
CONTACT: Martha Welsh, 734.646.5372 or marti.welsh@gmail.com
WHAT ELSE: Guest speaker will be Latrell Gulotta, Family Treatment Court Coordinator of the Chatham County Juvenile Court.

NOT FAKE NEWS

WHAT: SIRC Presidents Day Dinner – Guest Speakers Corey Lewandowski and David Bossie
WHEN: Monday, Feb. 18, 5:30 p.m.
WHERE: Plantation Club Ballroom
HOW MUCH: \$150 per person, includes three-course dinner with wine
CONTACT: Dan Huffer, 2 Westshell Court, 598.9986 or Salingolf@gmail.com
WHAT ELSE: Speakers co-authored a bestseller, Trump's Enemies: How the Deep State is Undermining the Presidency. Each guest receives a free, auto-graphed copy of the book. Both authors were key figures in the Trump campaign.

island hopping

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

THE NEW YOU

WHAT: Are you a New Neighbors member?
CONTACT: To join, go to the website and click on Membership, or contact Deb Werner at nnnewmember@gmail.com or 912.660.0174
WHAT ELSE: New Neighbors is a very active club open to any individual who lives at The Landings on a full- or part-time basis, is over the age of 21 and has never belonged to the Landings New Neighbors. The club offers more than 250 different activities, tours and events for you to enjoy. Go to www.landings-newneighbors.com to see more examples of how exciting New Neighbors can be.

GOTTA LOVE IT

WHAT: Join Landlovers
CONTACT: Landlovers Membership Chair, Lynn Stephens at Landloversmembership@gmail.com or 912.228.5383
WHAT ELSE: Landlovers Club is open to all Landings residents, and offers both social and philanthropic activities. To learn more about our activities and fundraisers, visit Landingslandlovers.com and click on "The Happenings" tab on the left.

PICTURES AT AN EXHIBITION

WHAT: Gail Wickstrom Exhibit, Artist in Residence at The Landings Company
WHEN: Jan. 1 to Feb. 28
WHERE: The Landings Company Real Estate and Welcome Center, One Landings Way North
CONTACT: 912.598.0500
WHAT ELSE: M – F, 8:30 a.m. to 5 p.m.; Sat, 9 a.m. to 5 p.m.; Sun, 10 a.m. to 5 p.m.

FIBER OPTICS

WHAT: Exhibition of the works of Urban Jupena
WHEN: Jan. 3 through Jan. 31
WHERE: JEA Art Gallery, 5111 Abercorn St. Savannah
CONTACT: Vicky Lunick 912.355.8111
WHAT ELSE: Jupena is a former professor at Wayne State University in Detroit, where he taught weaving and fabric printing and dyeing.

CHILDS PLAY

WHEN: Thursday, Jan. 31; 9 – 10 a.m.
HOW MUCH: Price Included with aquarium admission
CONTACT: Kayla Clark, kayla270@uga.edu or 912.598.3345
WHAT ELSE: Explore the coast with your child in a unique setting perfect for inspiring wonder and curiosity. A mix of games, art, stories and animal encounters provide fun learning experiences about the ocean. Children 2-4 years old are welcome and must be accompanied by an adult. Register online to guarantee your spot.

BE A DECENT DOCENT

WHAT: Davenport House Museum Docent Training Program
WHEN: February 2019 (4 dates)
WHERE: Davenport House Museum, 324 E. State Street, Savannah
HOW MUCH: Free of charge
CONTACT: Sheena Fulkerson, 912.236.8097; sfulkerson@davenportmuseum.org
WHAT ELSE: Davenport House volunteer docent/tour guide training is offered in February. This is a four-week training program. Docents lead tours and assist with programs for people from around the world who visit the historic house.

I LIKE BOSTON BUTTS (AND I CANNOT LIE)

WHAT: Super Bowl Party Boston Butt Sale
WHEN: Now through Jan. 31, or while supplies last
HOW MUCH: \$25, approx. 5 lbs. fully cooked
CONTACT: Liesl Tanner, 912.721.4418 or liesltanner@savannahlodging.com
WHAT ELSE: Order your Boston butt at twohundredclub.org/bostonbutts. All proceeds go directly to the families of fallen first responders. Pick up will be at the Chatham County Sheriff's Complex, Friday, Feb 1, 9 a.m. to 6 p.m. and Saturday, Feb 2, 9 a.m. to 4 p.m.

WHERE FOR ART THOU?

WHAT: The Art of Harriet Zabusky-Zand
WHEN: Feb. 1-28; Reception on Feb. 10, from 3 to 5 p.m.

www.theskinnie.com

WHERE: JEA Art Gallery, 5111 Abercorn St.
HOW MUCH: Free and open to the public
CONTACT: Vicky Lunick, 912.355.8111
WHAT ELSE: Harriet Zabusky-Zand received a BFA from the School of the Museum of Fine Arts in Boston, and her MFA from Massachusetts College of Art. Her work has been exhibited in the U.S. and in England, and is included in the Gillette Corporation collection, the Sonesta Sonnabend collection, the Westin Hotel, Accenture, Mohegan Sun Casino, Marriott Hotels, the Mandarin Oriental Hotel in New York, and many other corporate and private collections.

THAT SOUNDS KOSHER TO ME

WHAT: Jewish Women of the Landings
WHEN: Saturday, Feb. 2, 7 p.m.
WHERE: Members homes
HOW MUCH: \$10 per couple (\$5 pp)
CONTACT: Rochelle Frank, ar_frank@msn.com or Patt Kaplan, patkyoga@gmail.com
WHAT ELSE: Please contact one of the co-chairs if you would like to host. Everyone attending will bring a Kosher style hors d'oeuvre or dessert. Space may be limited to first come, first served.

PEARLS AND PAINTINGS

WHAT: Pin Point Heritage Museum's Art and Oysters 2019
WHEN: Thursday, Feb. 7, 6 to 9 p.m.
WHERE: 9924 Pin Point Ave.
HOW MUCH: \$35 in advance, \$40 at the door
CONTACT: Please call 912.944.7457, or register online

TAG, YOU'RE IT

WHAT: Telfair Academy Guild (TAG) coffee reception, member meeting with guest speaker
WHEN: Monday, Feb. 11, 10 a.m.
WHERE: Jepson Center, Neises Auditorium
WHAT ELSE: TAG Members and their guests are welcome to attend. Guest speaker: Celeste-Marie Bernier, Personal Chair in English Literature, Professor of Black Studies, University of Edinburgh, will present "Suffering, Struggle, Survival: The Lives and Works of the Frederick Douglass Family in the Walter O. and Linda Evans Collection." Bernier specializes in the literatures, histories, politics, visual cultures, and philosophies of the African Diaspora over the centuries.

TO MARKET, TO MARKET

WHAT: The Market at 3 West Ridge
WHEN: Feb. 12, 5-7:30 p.m.; Feb. 13, 10 a.m.-5 p.m.; Feb. 14, 10 a.m.-4 p.m.
WHERE: St. Peter's Episcopal Church,

www.theskinnie.com

Skidaway Island
HOW MUCH: \$5, good for all three days
CONTACT: Please visit www.stpeterssavannah.org/the-market-at-3-west-ridge
WHAT ELSE: Wine and cheese opening night, and lunches available for purchase Feb. 13 and 14.

SEE FOR YOURSELF

WHAT: Bright Eye-deas Low Vision Group
WHEN: Wednesday, Feb. 13, 10 to 11:30 a.m.
WHERE: Skidaway Island United Methodist Church
HOW MUCH: Free to all including family and friends
CONTACT: Kay Higby 912.598.9634
WHAT ELSE: This month's presentation will be from Sam Adler of the Humanware Company. Among the products he will be bringing, are a portable CCTV with distance reading and a battery, the Victor reader (an audio reader), and other visual aids. We welcome you all to join us in learning about this company's latest developments. If you need a ride, call Kay Higby.

AW, SHUCKS

WHAT: Hospice Savannah Oyster Roast on Isle of Hope
WHEN: Sunday, Feb. 17, 2 to 6 p.m.
WHERE: Isle of Hope Marina, 50 W. Bluff Dr.
HOW MUCH: \$40 before Feb. 1, \$50 afterwards
CONTACT: Ophelia Rodriguez, Hospice Savannah Foundation, 912.629.1027
WHAT ELSE: Tickets available through Eventbrite on Hospice Savannah's Facebook page or from the front desk of Hospice House. Enjoy locally harvested oysters, chili, beer, beverages, desserts, a silent auction, and live music by the Midtown Pickers. All proceeds support Hospice Savannah's life-enriching programs and services. The oyster roast is in memory of Isle of Hope resident Sammy Moore, who died under Hospice Savannah's care on New Year's Day, 2018, leaving the non-profit a generous bequest. The silent auction will include three of his stunning photographs.

THE COAST WITH THE MOST

WHAT: CCA of Skidaway February Meeting – Fly Fishing in the Savannah Area
WHEN: Monday, Feb. 18, 7 p.m.
WHERE: St. Peter's Church
HOW MUCH: No charge
CONTACT: Dave Devore, 330.329.6457
WHAT ELSE: Fly fishing in the Savannah area will be the topic of the CCA of Skidaway's February meeting and seminar. The featured

speakers will be Chad Dubose of Orvis Rivers & Glen Trading Company and dedicated fly fisherman John Parish. A fly rod and reel from Orvis Rivers & Glenn will be the CCA's February raffle prize.

DRESS FOR SUCCESS

WHAT: American Heart Association's Go Red for Women, Red Dress Fashion Show
WHEN: Wednesday, Feb. 20, 11 a.m.; reception, 12 p.m. lunch, 12:30 p.m. speaker, fashion show at 12:45 p.m.
WHERE: The Plantation Club, The Landings
HOW MUCH: Tickets are \$50 per person; Tables of 10/12 Heart tables - are \$600
CONTACT: Kathy Levitt 912.598.0839
WHAT ELSE: To purchase tickets, call Florence Anderson – 912.657.6640. Dr. Marianne Fleming will present key factors on heart disease as the number one killer of women. All proceeds benefit the American Heart Association, tax deductible as permitted by law.

OPENING NIGHT

WHAT: Skidaway Rotary presents "The Best of Savannah Theatre at the Plantation Club"
WHEN: Tuesday and Wednesday, Feb. 26 and 27; Buffet dinner - 6 p.m.; showtime - 7 p.m.
HOW MUCH: Tickets: \$125 includes buffet and show
CONTACT: Susan Kleine, 598.4234 or savannahsue@bellsouth.net
WHAT ELSE: Benefits Hesse Middle School. For sponsorships, contact dsnuggerud@me.com.

DONATIONS ACCEPTED

WHAT: Landlovers Flea Market Intake
WHEN: Saturday, March 2, 9 a.m.-3:30 p.m.; Sunday, March 3, noon - 3:30 p.m.; Monday, March 4, 9 a.m. - 3:30 p.m.
WHERE: Landings Association parking lot
CONTACT: landingsfleamarket@gmail.com
WHAT ELSE: Now is the time to search your closets, garages, and attics for unloved and unused treasures. The key to the Landlovers' Flea Market success is lots of merchandise. Please donate generously during intake days. Your donations are tax-deductible.

FLEA FOR YOUR LIVES

WHAT: Landings Landlovers Flea Market
WHEN: Saturday, March 9, 9 a.m. – 1 p.m.
WHERE: Messiah Lutheran Church at 1 West Ridge Rd., opposite Publix
HOW MUCH: Free admission
CONTACT: landingsfleamarket@gmail.com
WHAT ELSE: Cash sales only. Check out at each table venue. Come early for the best bargains.

TheSkinnie VOL. 17 ISSUE 02 – 25

STANDARD CLUES*

Steven's Wright on schedule!

ACROSS

- 1. Feature of a Dutch-boy haircut
- 6. Thaw
- 10. Round toy
- 14. Vigilant
- 15. America's favorite cookie
- 16. Computer operating system created at Bell Labs (anagram for UXIN)
- 17. Craze
- 18. Perjurer
- 19. Sauce-thickening sauce (anagram for UXOR)

20. Start of a Steven Wright quip (3 words)

- 23. Los Angeles Angel, but not a Los Angeles Dodger
- 24. Spots in the ocean
- 28. Insignia
- 31. Passionate
- 34. The Buckeyes of the NCAA
- 35. Cross at Calvary
- 36. Cat ___ tails (flogging whip)
- 37. Flyers of the F/A-18 Super Hornet (abbr)

38. More of the quip (3 words)

- 42. Biker's personal decoration
- 43. American tennis rival of Navratilova
- 44. Warrior Princess of TV
- 45. Cold cube, often
- 46. Depend on
- 47. Fish hawk
- 49. Area and zip
- 51. Shrinking Asian sea
- 52. End of quip (4 words)
- 58. Role, for an actor
- 61. Cancel out
- 62. Disease of cereal grass
- 64. Assortment
- 65. Musical symbol
- 66. 2014 film with a civil rights theme (anagram for MALES)
- 67. Sissy
- 68. Ivan the Terrible, for one
- 69. Heavily wooded

DOWN

- 1. Sound in a Batman comic
- 2. Jai ___ (sport)

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
	20					21					22			
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			52		53	54	55					56	57	
58	59	60			61						62			63
64					65						66			
67					68						69			

- 3. Baby señorita
- 4. Royal family of Monaco (anagram for GIRL MAID)
- 5. Common paper fastener
- 6. Type of tooth
- 7. Hibernia
- 8. Tilt
- 9. ___ Spelling of TV's "Beverly Hills, 90210"
- 10. Small towns, colloquially
- 11. Pedro's year
- 12. College in Brooklyn, N.Y.
- 13. XIV times V
- 21. 1969 moon lander
- 22. Country between Chad and Mali
- 25. Panel of adjustable window slats
- 26. Sect that wrote the Dead Sea Scrolls
- 27. Little solar beam
- 28. Racy
- 29. Monte Carlo Casino locale
- 30. Wolfed down

- 31. Irate
- 32. Christmas present, often
- 33. Lennon's love
- 36. Law school freshman
- 39. Opposite of 'recto'
- 40. "___ Been Workin' on the Railroad"
- 41. Mid-size Ford SUV
- 47. Conquistador's quest
- 48. Wisest
- 50. Cease, legally
- 51. Daisy-like fall flower
- 53. Helvetica is one
- 54. "___ 'n' Andy" (old radio program)
- 55. ___ Hayworth of Hollywood fame
- 56. Give the once-over
- 57. Cupola
- 58. Sound in a Batman comic
- 59. "The Greatest"
- 60. Brink
- 63. Wee amount

Puzzle answers, page 33

\$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

ACCOUNTING

Accounting/Income Tax CPA Services • Landings resident Bob Stiehler, CPA, provides personal and small business accounting and income tax services. Expertise in addressing investment and retirement income, rental properties, K1s, small business, partnerships, estate and trusts as well as IRS notices, audits and assessments. Contact Bob, 678.936.2970, or email bob.stiehler@yahoo.com, www.bsats.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

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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.

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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.

A Step Above Care, LLC • We are a care agency that thrives on giving you the BEST services to meet all of your daily needs at an AFFORDABLE rate. We specialize in caring for people with Dementia, Alzheimer's, Autism and Parkinson's. We also have services for pets, children and pregnant women. We have over 15 years experience and excellent references. We are licensed & bonded. 912.507.7174. Email: denise-washington73@gmail.com

Comfort Keepers • Comfort Keepers of Savannah, GA differs from most at home health care providers by offering more home care options and a team care approach to providing services to the people we care for. Our expert caregivers provide customized care

plans, and we provide the next level of care through private duty nurses who make it possible to keep your loved one at home. Contact Comfort Keepers: 912.356.0111, savannah-605.comfortkeepers.com

Supreme Care Home Service • Lending a helping hand! Private duty caregivers offering personal and respite care. Light housekeeping and cooking; companionship; medicine reminders. Pet care/walking etc. Give us a call at 912.414.0102

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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 912.756.7868 or visit our web site at savannahcomputer.com

COLLSCULPTING® BY COOL BODY CONTOURING

20% 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

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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 over 22 years experience. Shadow boxes, mirrors, stitch art, diplomas, specialty matting, portraits, paintings. Original art and prints from area artists available. Consider Sandfly Custom Framing: "When Quality Matters." 8413-B Ferguson Ave. 912.691.1333.

GOLF CARTS

Golf Carts of Savannah • We are well stocked with factory remanufactured top-of-the-line E-Z-GO RXV and Club Car Precedent models. Carts are 2010 models or newer. Landings package equipped with fine accessories. All carts have new batteries, warranty, battery charger and come with owner's manual and free delivery. Special orders don't upset us. It's your cart, get it the way you want it. For golf or pleasure, you chose 2, 4, or 6-passenger. We service what we sell. Call Dana Oliver at 354.1113

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 &

*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

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

Styles by Joanne • Professional family stylist with over 14 years' experience. Specializing In color, highlights, and perms. Maria's Salon, 8106 Waters Avenue, Savannah. Tuesday through Friday, 9 to 5:30; Saturday, 9 to 2. Call for appointment. 912.508.2758

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

HELP WANTED

Early morning sitter/nanny needed for our 2 young children in Franklin Creek neighborhood. Job hours would be 530am - 830am, 4 days a week, and starts in January 2019. We prefer experience, must have reliable transportation, and for sitter to be very reliable. Duties include helping children get dressed, making breakfast, and dropping off at their schools, which are close to the Landings. Please call or email 912.398.0867 and ChristineLShealy@gmail.com.

PART TIME OFFICE POSITION • Messiah Lutheran Church has an opening for a part time office person. The candidate should have Word Microsoft experience and ability to work independently. Good interpersonal skills and capacity to maintain confidentiality are essential. Contact Diane at djmunroe@bellsouth.net or 912.598.9722 or 912.507.4537

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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

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and Painting. Design Consultation Services Available. Licensed and Insured Georgia Contractors #RBQA004670. Free Estimates. Home: 351.0716 or cell: 656.8842.

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ARAC Roof It Forward • Concerned whether the storm damaged your roof? We do FREE video roof inspections to bring your roof down for you to see! We are local to the Savannah/Skidaway area and have hundreds of satisfied local customers. To learn more, visit RoofItForward.com. Call 912.358.2034 today to schedule your FREE roof video inspection.

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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.

DesignFix • Thinking of updating or refreshing your home décor but don't want to pay expensive interior design fees? Getting ready to sell your home or new to the neighborhood? DesignFix can help with furniture and accessory arrangement, fabric, paint, and wallpaper selection and much more! Whether you are moving in or just moving the furniture around, I can help you design the home you desire. Please call Landings resident, Bobbie Battista at 404.402.7494 to book an appointment today.

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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.

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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 10 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.

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The Cat's Meow and Dogs 2 • We offer daily visits, dog walking and overnight stays in your home. Let a reliable, responsible and caring person take care of your pet while you are away. Reasonable rates and Landings residents! For cats call Teri @ 598.9901 or 655.5210 and for dogs call Greg and Kaye @ 429.5329.

Susan's Faithful Friend • Let me care for your furry friends when you cannot. We offer daily visits and overnight stays. Responsible Landings resident since 1998 and dog and cat owner since forever! Call Susan Moore 912.604.8790. Check out my website for rates and services at www.susansfaithfulfriend.com

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Comfort Keepers • Comfort Keepers of Savannah, GA differs from most at home health care providers by offering more home care options and a team care approach to providing services to the people we care for. Our expert caregivers provide customized care plans, and we provide the next level of care through private duty nurses who make it possible to keep your loved one at home. Contact Comfort Keepers:

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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 over 20 years experience. Shadow boxes, mirrors, stitch art, diplomas, specialty matting, portraits, paintings. Original art and prints from area artists also available. 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

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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.

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B	A	N	G	S	M	E	L	T	B	A	L	L
A	L	E	R	T	O	R	E	O	U	N	I	X
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The Skinnie Classifieds listings are now online! Just visit www.theskinnie.com and click "Classifieds."



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 her 14 years on Skidaway Island, Diane Gannon has spent a lot of time photographing on the island. It was only recently that she discovered this beaver, which she found residing in Oakridge along a salt water lagoon.

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

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GREG ROLF – Savannah, GA



AFTER DEALING WITH CONGESTED SINUSES, CONGESTED ROADS WERE NO PROBLEM.

For years, Greg was having a difficult time breathing because of sinus congestion. His doctor treated him with different forms of medicine for months, but solving the problem remained a mystery. Fortunately, one of Greg's clients was also an ENT specialist. With a CT scan and office nasal endoscopy, Dr. Oliver determined the best treatment was some of the many high-tech procedures available at St. Joseph's/Candler including balloon dilation, radiofrequency ablation and dissolvable drug-eluting sinus stents. The procedures were a success, and now a year later, the only congestion Greg deals with comes from traffic. Learn more about our ENT services at sjchs.org



THAT'S WHY I CHOOSE ST. JOSEPH'S/CANDLER

David S. Oliver, MD – Ear, Nose and Throat