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VOL 19: ISSUE 10 MAY 14, 2021



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We might never be able to fully and accurately measure the societal damage done by suspending traditional education systems for more than a year.

Consider small children: They learn to function as people by interacting with others. Before they develop extensive language lexicons, they employ exaggerated and adorable facial expressions and hand-and-body gestures to communicate their thoughts and feelings. Isolate them; cover their faces with cloth...you are denying them their once-in-a-lifetime opportunity to develop their foundational social and emotional skills. Put a fourth grader in front of a screen for seven hours AND expect him to remain focused on what's happening on the other end...good luck. Tell a teenager to work a difficult math problem set at her kitchen table, which is sticky from her little sister's syrup, while her friend is texting her relentlessly on the laptop that is serving as her classroom...really? And the opportunity divide widens with every day that private school kids roll onto their verdant campuses as their public-school counterparts have few compelling reasons to roll out of bed.

This summer, perhaps more than ever, we need Horizons Savannah. Horizons Savannah is a not-for-profit organization with a clear mission: We partner with youth, their families, and the community to enrich the lives of students through the joy of learning, while developing the skills for success and inspiration to reach their dreams. The program features time-and-research-tested components that differentiate it from other educational interventions. At its core: Six weeks of full-day classroom instruction, recreational activities, cultural exploration, and relationship-building. Kids come to the program from all over the public school district. While they share socioeconomic challenges, they also share the basic human desires for connection, growth and fun. Horizons kids are eligible to join the program as kindergartners and can remain in the community, year-after-year, through high school graduation. Many return after their high school years to work as volunteers or professional teachers as young adults. Horizons operates at the generous invitation of four local independent host schools – Savannah Country Day, Bethesda Academy, St. Andrews School, and Savannah Christian. Horizons students enjoy the resources that these institutions provide as program sites. Young people from host schools volunteer as classroom and activity assistants. Horizons brings people together from disparate circumstances who might never otherwise meet. These connections demystify our perceived differences and create access points later when, for example, a program graduate has a small business idea that warrants funding, and the budding entrepreneur might reach out to a classroom-assistant-cum-banker that she met years before. Horizons also teaches kids to swim. Swimming is both a survival skill and an esteem-building activity, especially for kids who have never dipped a toe in water before.

The program works, even when public policy doesn't. This summer, Horizons is facing a teacher shortage, as temporary programs hastily developed as much to create destinations for some of the infamous "\$6 trillion" that the federal government "created" with a few strokes of a pen have popped up. School districts and service providers, eager to maximize their allocations, are offering outsized pay and pressuring teachers to take it. We're economically rewarding the institutions that were unable or unwilling to effectively innovate to serve their constituents. But, when (maybe if, given the current pervasive political ethos) the \$6 trillion dries up, so will the temporary programs that were hatched to spend it, leaving kids without options in a year or two. Horizons intends to remain true to its mission long after "relief" funds stop flowing.

And what's the solution to our teacher shortage this summer? Guys like me – non-traditional hires – are doing things like teaching middle school language arts, full-time. Which is, in a way, a full-circle phenomenon for my family. I was first introduced to the program when my kids volunteered as students at Country Day. Later, their mother, in the last few years of her life, worked as a middle school teacher after returning to school to qualify to do so, herself. Now me. It's an incredible privilege to have a chance to positively impact a kid. It's a special gift to honor Louise's legacy through service.



Horizons Savannah depends on people like you. We employ professional teachers and limit teacher/student ratios to 15:1 (plus a paid assistant and a volunteer in most classrooms). We feed our kids – breakfast and lunch, every day. We operate all day, five days a week, for six weeks in summer, and we supplement the core session with ongoing engagement throughout the school year. We run a swimming program. We take weekly field trips. We offer a variety of clubs, ranging from Japanese language, to cooking, to running, and many more. And we do it all for a cost of approximately \$1,500 per student for the entire year. This summer, we will welcome approximately 270 students, while nearly 100 remain on our waiting list because of resource constraints.

As I mentioned earlier, Horizons works. There are countless heartwarming anecdotes to support this thesis. But there is data, too. We test each student at the beginning and end of each summer, and our kids demonstrate advancement in reading in math skills that exceed the comparable cohort of their peers.

Horizons Giving Day is our single most-important fundraising initiative each year. "Day" is misleading. The actual day was May 12, but the campaign continues through May. Please consider supporting the work. You can learn more about the organization and link to a live donation facility by visiting my personal fundraising page at:

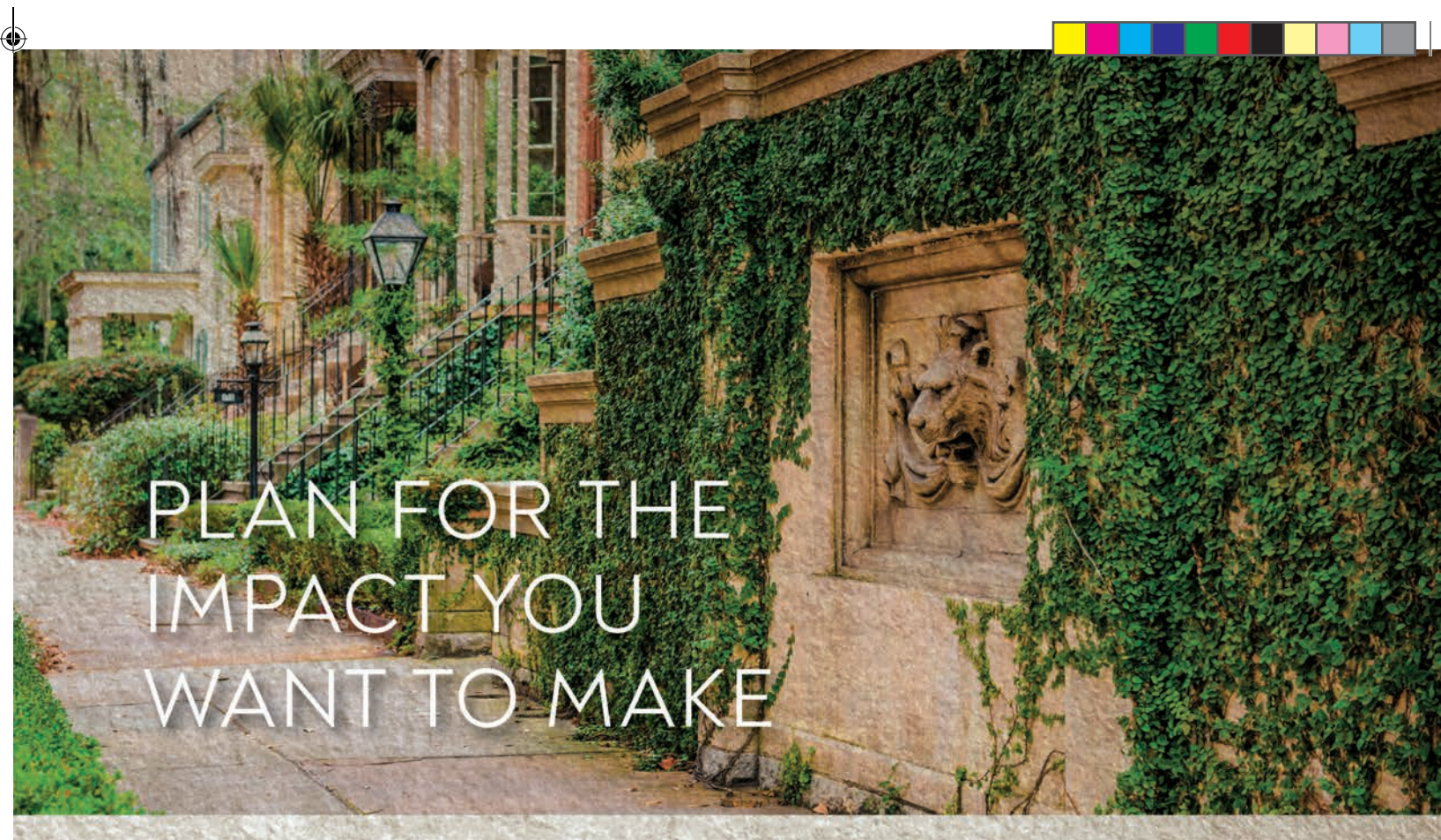
<https://www.horizonsgivingday.org/campaigns/scott>

I know it's clunky, so I'll make it easier. If you have difficulty typing the link into your browser, you can email me directly, slauretti@theskinnie.com, and I'll answer any of your program questions and donation logistics concerns. We also have a live, clickable link on the front page of our magazine's website at theskinnie.com.

Thank you for your consideration, and here's hoping America's kids find their way back onto a productive developmental path.

Scott A. Lauretti

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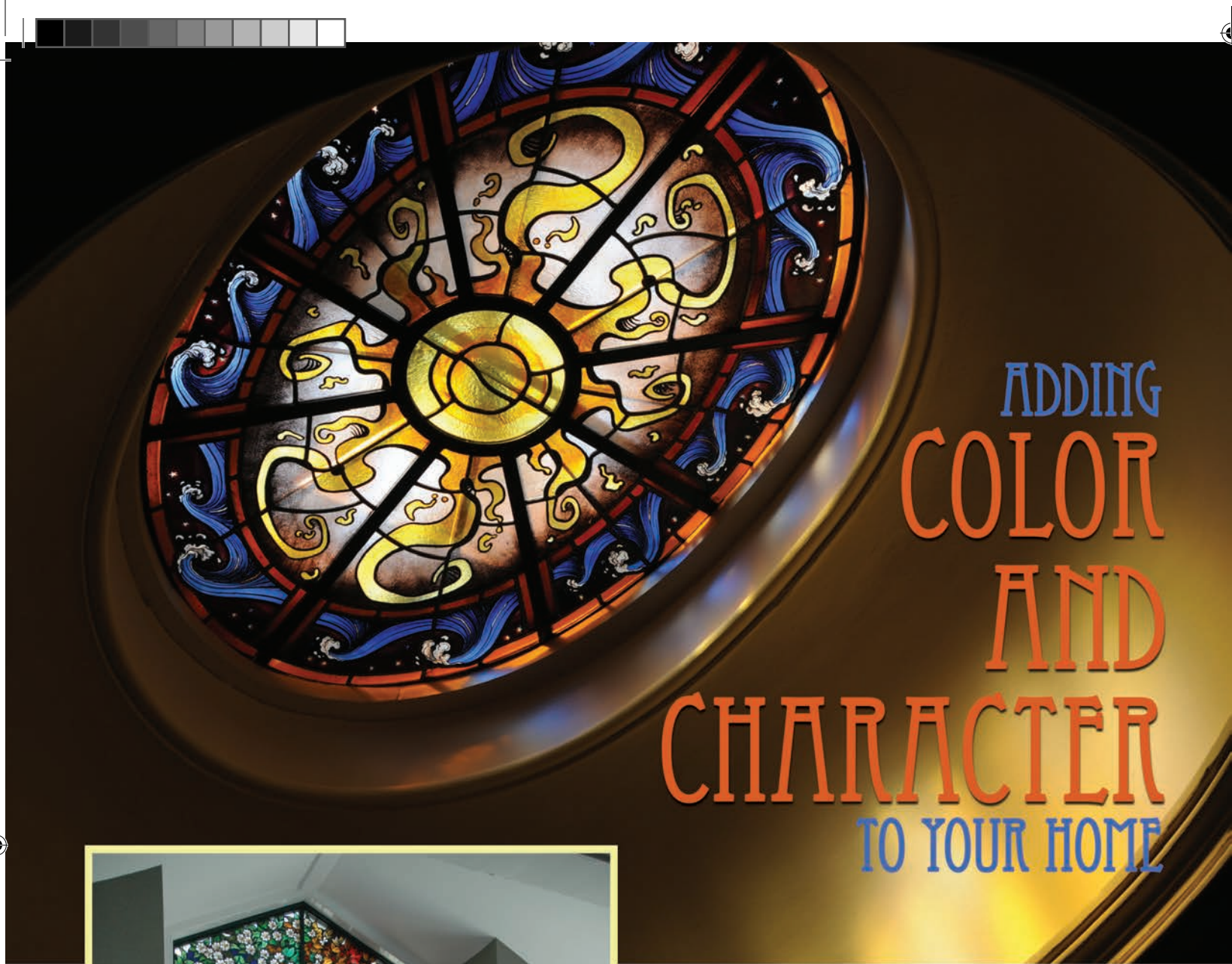
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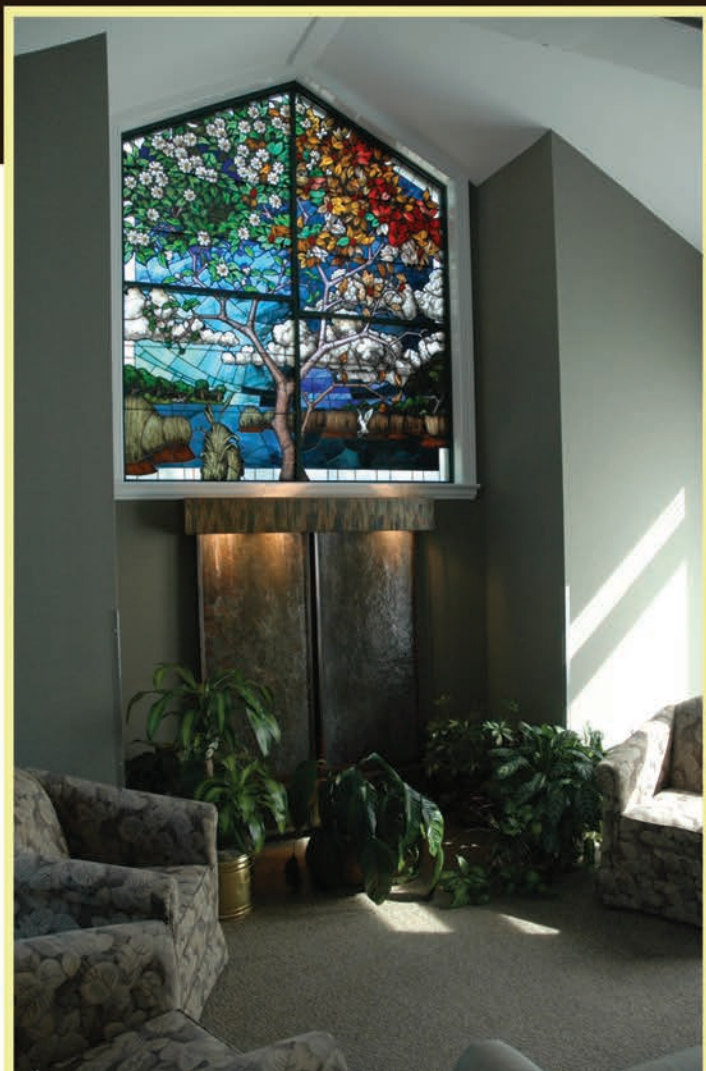
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ADDING COLOR AND CHARACTER TO YOUR HOME



There's something special about incorporating the beauty of stained glass into your home – richly hued panels of filtering light as it streams through a window. Although many people associate stained glass with places of worship, this art form is adaptable to both traditional and contemporary home designs. It adds color and appeal, changing the quality of the interior light and lending another dimension to a room's design.

Jon Erickson of Aurora Stained Glass is a local craftsman specializing in custom stained glass. "It's an opportunity to add some of your own personality to the space," he says.

A native of Rhode Island, Erickson came to Savannah to attend Savannah College of Art and Design and began working at Aurora in the early 1990s. Around 2003, he took over the business from its previous owner. Since then, Erickson has taken several commissions for older churches in the area, and throughout the eastern U.S. He has contributed to homes in Savannah and beyond, catering designs to customers' wants and needs. He is drawn to the illustrative aspects, which provide a creative opportunity, rather than simply leading colored pieces of glass together.

ARTICLE BY PHILIP SCHWEIER • PHOTOS COURTESY OF JON ERICKSON

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PROS AND CONS

Benefits of stained-glass windows include:

- Added charm and interest to an existing set of windows
- Enhancement to your home's architecture
- Introduction of additional color to both the interior and exterior of your home

While stained glass windows add an element of privacy and whimsy to your home's decor, that doesn't mean they're appropriate for every room. There's a fine line between decorating with them elegantly and using too many. Some matters you should consider:

- If you choose dark or bold colors, not much light pass through
- Colored glass will distort views of outdoor scenery
- Pieces can change the entire aesthetic of your home
- Altering the shape of your window will change your home's design.

Whatever the project, he tries to make a personal connection. "It definitely makes the job more interesting," Erickson says. "Sometimes you live with these projects for a couple hundred hours or more, and you definitely get a sense of intimacy with them."

HISTORY

Stained glass has gone through many transformations throughout its history, dating back to the 7th century when pieces of colored glass were used in St. Paul's Monastery in Jarrow, England. The oldest intact painted windows are in an 11th century monastery in Augsburg, Germany. From 1100 to 1500, stained glass windows became one of the foremost decorative techniques throughout Europe.

According to Erickson, different types of glass serve many practical functions. Stained glass and beveled glass fall under the category of leaded glass – the framework around the pieces. "The construction technique isn't terribly different," he says, "it's just the final presentation."

There are also different coloring techniques, as in church windows, where much of the detail is painted and fired on the glass.

In the late 19th and early 20th centuries, leaded and colored glass became a popular accent in new homes – opalescent glass doors to obscure the contents of a cabinet, or sparkling glass sidelights flanking a front door. "At that time, if you were well-to-do, it was very popular, and there were shops that cranked out decorative glass," Erickson explains.

Manufacturers tried to speed production by incorporating different elements into the mixture of their paint so it would fire quicker, but later paint formulas eventually led to failure. "Generally, the glass we use, the color is added during the manufacturing process," Erickson says.

COST AND INSTALLATION

Choosing a stained-glass window involves more than shopping

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around for designs, sizes and colors. If you're considering a custom designed piece, the cost of professional design and installation will vary considerably, due to several factors. It depends on the complexity of the design, as well as other variables, such as ease of installation, or whether it's new construction or a replacement.

Whenever possible, Erickson arranges a site visit to ensure the window fits the environment it will inhabit and matches the overall design. "Sometimes you consider the exterior view, too, or other details of the home," he says.

He then works up some quick sketches to establish a direction, and it gets progressively more detailed from that. "I do very little on the computer, unless it's typesetting or to roughly compose things. I'm still an old-school guy, I like to pick up a pencil and paper."

Because some stained glass windows are delicate, it's best to hire an experienced installer. They can more easily remove an existing window and replace it with your new one. If the stained glass designer doesn't provide

installation themselves, they should be able to recommend someone they trust to handle their one-of-a-kind piece of art.

"There's a lot of structure involved in stained glass," advises Erickson, "so if you're going to incorporate it into an existing frame, you have to de-construct it to keep it in as good a plane as possible. Adding things around it can be done, but it's usually more involved than most people realize."

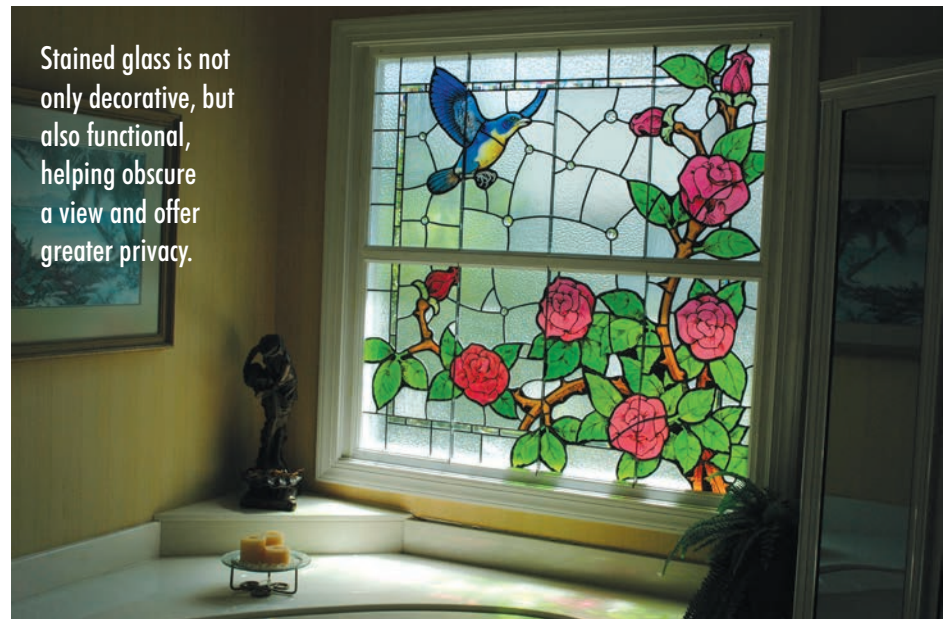
OPTIONS

Custom shops and artisan galleries offer one-of-a-kind works of art, created according to your specifications and custom fit to a particular space. If you love the look of stained glass but aren't comfortable with the expense of replacing whole windows, there are less complicated alternatives – ways to embrace your love for stained glass windows without a major commitment. If a customized design fails to meet your needs, you can find vintage stained glass windows salvaged from older structures in antique shops and flea markets. While new stained glass may not have the patina and character of the old, it also doesn't have the repair and maintenance concerns of older glass. Discovering the history and

craftsmanship are sometimes the most fascinating part of choosing antiques or reclaimed stained glass windows.

However, sturdy old glass can be expensive and hard to find, especially when you need several matching windows or desire a particular pattern, style or color. For considerably less money, one might buy a smaller salvaged window from an antique store and have it professionally installed. "It's certainly an option if you come across an interesting piece," says Erickson. "I've repaired and restored a number of pieces that people have brought to me that they were putting in their houses. It's good to repurpose these things and rescue them from near death."

Sometimes, a crack in the glass is much like the nicks and dents on old furniture – part of its charm and patina. A crack is best left in place, unless the glass is ready to fall out. Experts suggest the finger-drumming test: If you drum your fingers on the glass and don't hear a rattle, then the lead is still tight and the window secure. However, if panes rattle, it means the putty has dried and sections of glass have loosened. They will need to be stabilized, which can be a simple



Stained glass is not only decorative, but also functional, helping obscure a view and offer greater privacy.

process.

Online shopping offers many options for finding the perfect stained glass window, but also comes with drawbacks. Shipping may be cost-prohibitive when added to the price, and there is also the risk of damage while in transit.

Erickson cautions against acting in haste, especially with an online purchase. "Sometimes, the thing people fail to consider is, they see something on eBay and buy it, then when they get it it's a mess. It would be helpful if it were a more local purchase, to allow closer scrutiny before they buy it."

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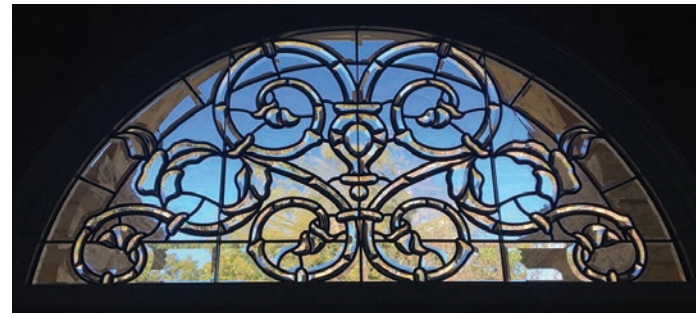


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Leaded glass can add interest and elegance to a home's entry.

OTHER ALTERNATIVES

There are many ways to spice up the simplest of designs, according to Erickson, such as incorporating colored panes into existing windows. "It's not taking the cheap way out, but it's certainly lower budget."

Another option is to install stained glass window panels over existing windows. They can match your existing window frame to help it blend with your interior and exterior, without a complex installation. It can be a beautiful alternative to a traditional stained glass window, but make sure you choose high-quality materials that will last.

Resin is another alternative to glass. Similar techniques apply, and you'll find these pieces look like stained glass windows. There are also companies experimenting with printing on glass before it's fired, though Erickson is unable to say it would have the longevity of a tra-

ditional window. Others are mass-producing specific designs. "All my windows are one-offs, essentially, so to scan a single design and have it water-jet cut isn't usually cost effective."

MAINTENANCE AND CARE

Like any other window, stained glass windows are made to take the elements, but need to be maintained every so often – cleaned and occasionally re-puttied. "It depends on the environment and the techniques somewhat, and the maintenance performed on it," Erickson says. "And you need to make sure the window's reinforcement system is in good shape."

If a stained glass window is made from high-quality materials using proper techniques, you shouldn't have any issue with longevity – 75 to 150 years. "It depends on the elements," says Erickson. "The lead (around the glass) is the thing that wears out in 150-200 years. It can all be pulled out, replaced, and the window reassembled good as new."

Such repair offers insight into the manner individual windows are created and installed. Says Erickson, "Materials haven't changed drastically in many hundreds of years. You can take your cue from the past as to what to do, what not to do."

For simple repairs, try taking a little putty, darkening it with lamp black, and pushing it into loose areas with your fingers or a blunt piece of wood. Let the putty dry for a few days, then trim off the excess with a putty knife, and the window will be good as new. You also can try mixing the putty with linseed oil, a time-honored method that makes it easier to brush onto the window. Wipe off the excess with a



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newspaper, and your window will be stiffer and more airtight.

- If the window is in a bathroom or area where moisture causes the solder lines to become chalky, very fine steel wool will remove the chalkiness and return the solder lines to their original patina.

- Don't expose the lead to the elements, as it will eventually leak as the putty weakens. Exterior storm sashes are helpful to protect your windows. Interior sashes don't protect exterior elements but can help insulate and stabilize without changing the home's exterior profile.

- Cleaning your stained glass windows requires a gentle touch, especially when cleaning an antique stained glass window. A simple solution of mild kitchen soap and a soft, lint-free cloth are recommended for light cleaning. If residue appears, use a cleaner free of

vinegar and ammonia, and cleaning products should be non-abrasive and pH-neutral.

- Stops on glass doors are imperative to prevent breakage from a strong wind or a rambunctious child.

If you have a sagging window that can be easily removed from its sash, brace it carefully against a piece of plywood or stiff cardboard and lay it on a flat surface for several days; the sagging will right itself. Be careful when handling old glass out of its sash. It's a lot like handling a large pancake, requiring dexterity, patience and a steady set of hands.

Whether you choose a stained glass window featuring bold colors or clear glass, it's a beautiful way to add interest and a touch of history to your home.



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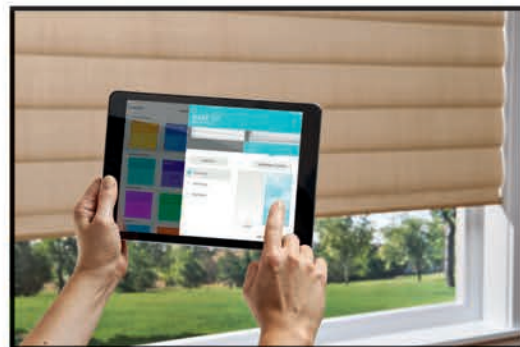


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Porches and decks are effective ways to add living space to your home, as well as increase its value when the time comes to re-sell.

CURB Appeal

BY ERIN CLAY

Summer is right around the corner and you're probably reeling with possible home upgrades and additions to complete your dream home. The aesthetics of your remodel should capture your unique style and visually complement the rest of your home.

According to experts, there are two major factors to consider when taking on an exterior remodel project – cost and results. However, no matter the variables, when done right, an exterior home remodel can truly transform your space and deliver seriously sophisticated aesthetics.

The cost of a home remodeling project should be weighed against the potential for increasing the resale value of your home and long-term performance benefits. Larger, more complex projects will naturally be more expensive; but, with a little imagination and creativity, it's possible to achieve a great deal with a modest budget. Part of the cost calculation involves how much you hope to do – or avoid doing – yourself. Home remodeling

projects range in degree of active involvement required for the project.

Some remodeling projects improve your home's functionality by introducing new ways to use the space or adding to the total square footage of living space. Your home's exterior is the first thing visitors see, and a front porch is an aesthetically appealing and functional addition to your home. This applies to screened-in porches, too. A screened-in porch perfectly mingles indoor comforts with the feeling of being outdoors. Not only does it add dimension and elevate the design of your home's exterior, but it expands your outdoor living space. With its protective roof and bug-stopping screens, a screened-in porch allows you to enjoy the outdoors, come rain or shine.

If your exterior home remodeling ideas include a porch, be sure to keep the interior of your home remodel in mind so you can tailor each space to complement the other. They are transitional spaces, and their design and decor should complement your home's interior





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for a smooth transition from indoors to outdoors.

Other exterior home remodeling ideas may include a deck, which can be an environmentally friendly upgrade to your home while providing visual enhancement. Adding a deck or renovating an existing one transforms your backyard by giving you and your family a beautiful and functional place to enjoy time together.

Material selection for your deck project is important. Composite decking for your exterior home remodel delivers several benefits, including:

- A low-maintenance deck you can enjoy spending time on, instead of working on.
- Nature-inspired aesthetics that are resistant to fading.
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- A sustainable asset that can increase your home's resale value.

Another key component to an upgraded deck is the perfect railing system to accent your new outdoor living space. A railing is one of the most – if not the most – important safety features of your deck.

Creating the perfect outdoor living space where family and friends can hang for hours at a time is more important now than ever before. Your yard and deck have incredible potential to become top destinations. You just need the right inspiration to transform your space.





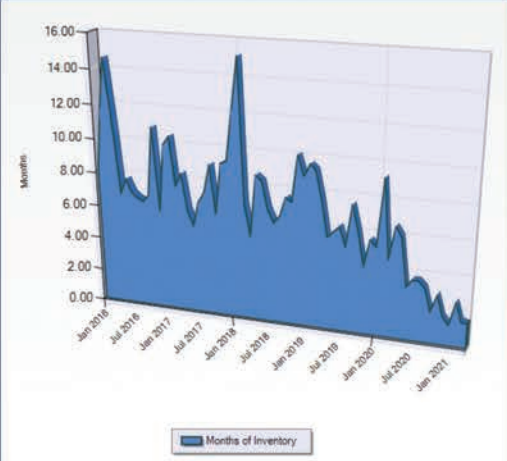
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All data compiled from the Savannah MLS

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HEALTHY TIPS TO MAINTAIN OR LOSE WEIGHT:

Listen to Your Body When your body is telling you it's hungry: Eat; but eat smartly.

If you eat breakfast and are hungry a couple hours later before lunch, eat a small, healthy snack. When you skip meals or ignore hunger, you start starving and then eat more calories at the next meal. The best thing to do is follow your body. If you are truly hungry then eat.

Eat Small, More Frequent Meals. In order to NOT skip meals, eat small, more frequent meals. You'll never feel too hungry or overly full. If you eat too much at once, your body can only metabolize so much, and then the rest will be stored. When you eat healthy food, you usually don't over-consume calories because your body isn't starving.

Read Food Labels. If you are counting calories, it's important to pay attention to food labels, especially portion size. You may think a particular product has only 100 calories, but the serving size could be five and that afternoon snack is 500 calories toward your daily total. Look for foods that are full of micronutrients – vitamins, minerals and antioxidants.

Put Down the Soda. Want to lose weight? Stop drinking sodas. Soft drinks are full of high-fructose corn syrup, which is a major contributor to obesity. You are basically drinking sugar when that could be a food full of nutrients. Soft drinks are a perfect example of empty calories – foods or beverages that tend to be full of carbohydrates that provide energy but nothing else beneficially to the rest of the body. Replace your afternoon soda with an apple, light yogurt and two tablespoons of nuts. You'll consume the same amount of calories. Even if you think you need the caffeine, it's only going to be a quick blood-sugar rise before it drops and you feel tired again. Fruits, nuts and dairy products are packed with protein and other nutrients that will keep your blood sugar stable.



To get to "less of you," you might require "a lot more of you." If extra pandemic pounds have left you determined to lose weight or you are keen to hone your beach body, it takes more than hitting the gym several days a week. The smart way to lose weight and maintain your newly fit self is to think in terms of holistic fitness. Keys to successful weight-loss efforts include diet, sleep and stress management.

"If you are in the gym exercising every day, you might see a little change, but without the proper healthy diet you're not going to reach the goals that you want to reach," says Julia Gammon, RD, LD, education specialist/dietitian with the St. Joseph's/Candler Wellness Center. "You don't want to go to the gym and put in that hard work and then backslide when you go home and eat poorly or don't sleep well."

EXERCISE

Exercise is vital when it comes to weight loss and maintaining a healthy weight. The general recommendation is 150 minutes of moderate aerobic activity a week, or 30 minutes a day, five days a week. Aerobic activities can include running, jogging, cycling, swimming or walking. Get creative, especially if you don't like going to



Julia Gammon

than fat at rest.

DIET

Diet and exercise go hand in hand when it comes to weight loss. How many calories you should consume a day varies depending on many factors, including height and activity level. Most average adults should aim between 1,600 to 2,000 calories a day. A dietitian can help determine how many calories you should aim for daily. It's important to watch how you consume those calories. Are they empty calories that add no nutritional value to your diet, such as sugary beverages and fatty foods? Be sure your diet includes fruits, vegetables and whole grains, with lean proteins to provide

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vitamins, minerals and other fuel for your body to operate. In our society, we are accustomed to three meals a day, often with the largest meal at dinner. Try equally distributing calories throughout the day, with a snack or meal eaten every two to four hours. "A lot of times, if you are not consuming enough energy or calories in the first part of your day, then later in the day you may find you are hungrier after dinner because your body is making up for it," Gammon says. "When we eat late and go to sleep, we are not going to have as long to burn off those calories."

SLEEP

Sleep affects your weight. Think about it: When you don't get enough sleep – between seven to eight hours a night for adults – you feel fatigued and are less likely to exercise and eat healthy. Sleep also directly affects the hormones that regulate our appetite. Leptin is the hormone that decreases our appetite. Ghrelin is the hormone that increases it. "When we are sleeping, our bodies increase the hormone leptin to tell us you have the adequate amount of energy so we can sleep," Gammon says. "If you stay up late or don't get enough sleep, that leptin level lowers and the ghrelin increases, making you feel hungrier." For a better night's sleep, Gammon recommends allowing plenty of time between your last meal and bedtime, and to establish a nightly routine. The routine will serve as a cue to your body that it's about time to go to sleep. Stay off phones and electronics right before bedtime to relax your brain.

STRESS

There are clinical studies that show a correlation between stress and weight gain, says Matthew Wojciechowski, St. Joseph's/Candler massage therapist. When we are stressed, the stress hormone, cortisol, rises. This can impact our blood sugar and insulin response, causing us to crave sugary, fatty foods. But instead of grabbing a doughnut or cupcake, Wojciechowski offers alternative suggestions for stress management. Find a physical activity that you enjoy and do it on a regular basis. "Whether it's sitting on an exercise bike in the gym or walking the stairs, find something physical to do, because on a very simple level if you are focused on that physical activity then you are not focused on that stress," he says. Wojciechowski also recommends meditation. He offers a meditation class through the Wellness Center, in which he focuses on practices that help lower the emotional response to stress and staying focused on the now. "There are things we can do through meditation so that when something stressful does occur, our first reaction isn't to jump over the desk," he says. "Instead, it's to step back



Matthew Wojciechowski



Experts recommend your diet includes a large portion of fruits, vegetables and whole grains with lean proteins to provide vitamins, minerals and other fuel for your body to operate.

and realize this is not good. I need to respond appropriately and make more appropriate choices."

If you are interested in Wojciechowski's meditation class, call the Wellness Center at 912.819.8800. Gammon offers outpatient nutritional counseling through the Wellness Center. The initial, one-hour meeting is \$68 and \$42 for each 30-minute follow-up. No insurance is required. Make an appointment by calling 819.8800. The Wellness Center offers competitive prices for gym membership, including numerous fitness classes and health seminars. Personal training is available. Learn more about all the St. Joseph's/Candler wellness Center services at sjchs.org.



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A History of the U.S. Space Force

by Ron Lauretti



The Space Force was established December 20, 2019, when the National Defense Organization Act relaunched the Air Force Space Command as the U.S. Space Force, creating the newest branch of the nation's military. The Space Force is one of three civilian-led groups within the purview of the Department of Defense. The one-year-old service branch is responsible for organizing, training and equipping personnel and resources for operational deployment with a focus on activity that isn't limited to Earth's surface. In short, the Space Force is charged with protecting U.S. interests to deter aggression in, from and to space.

Space operations are vital to national security and are likely to become increasingly so as interplanetary travel and activity becomes a relatively common thing. The Space Force is dedicated to meeting the national security challenges that arise as a result of rapidly advancing science and technology.

The roots of the Space Force can be traced to 1945, when American military forces were organized under several different Air Force commands. These elements were unified in 1982 when Air Force Space Command was established. The Gulf War of 1990 is sometimes referred to as the first space war, due to the first major deployment of space resources like satellite targeting and the resultant rapid success of American-led coalition forces against Iraqi forces.

"Semper Supra" (Always Above) is the motto of the Space Force, appropriate for the high-in-the-sky equipment it uses, like the Global Positioning System (GPS), the U.S. Missile Warning System and an extensive and complex military satellite communications system.

Thus far, most of men and women who have joined the Space Force – "guardians," as they are known – have transferred from the Air Force. In 2021, additional troops from the Army and Navy will transfer into the Space Force, nearly tripling its ranks. More than 6,000 active-duty personnel will be under the command of Gen. Jay Raymond, the current Chief of Space Operations. The Space Force will add a reserve component, as well.

Consider the pace of American space activity. In 1969, NASA landed a manned craft on Earth's moon. This year, Rover landed successfully on Mars. The Earth-moon trip is approximately 239,000 miles, one way. The average distance between Earth and Mars is approximately 140 million miles (it varies based on the relative orbital positions of the two planets). So, the Mars journey covered almost 600 times the distance of earlier lunar explorations. That's quite an improvement in fuel economy! Apollo 11's round trip to the moon and back lasted eight and a half days. Rover's trip to Mars required seven months. If you're doing the math, that's almost 600 times farther in less than 60 times as many days. So, effectively, we've figured out how to travel 10 times faster in space, while going much farther, in half a century.

The mission to Mars is only the latest in the many accomplishments of American space exploration. The Space Force will work to ensure American interests are secure as Terrans begin to virtually and, perhaps, physically, colonize space.

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A HAVEN FOR *Her*

By Michael C. Traynor

Union Mission Announces a New Emergency Housing Program for Unaccompanied, Homeless Women

From its early days as a soup kitchen, Union Mission has expanded offerings to a wide array of services for the homeless, and it is expanding again. The agency has identified a strategic gap in the provision of emergency housing in the region: A lack of dedicated emergency housing for unaccompanied, homeless women. In fact, there is no such program anywhere along the I-95 corridor in Georgia. To remedy the shortcoming, Union Mission has launched a \$1.5 million capital campaign, “A Haven for Her,” to fund renovations of the building at 125 Fahm Street vacated by J.C. Lewis Health Care.

Renovations will include building out the space to comply with COVID-19 safety guidelines, upgrades for ADA and code-related compliance, as well as upgrades to the electrical, plumbing and fire suppression systems. The facility will help address the critical social issues of unaccompanied, homeless woman in our community by providing an additional 32-beds to the Savannah Continuum of Care (CoC) housing inventory which will serve more than 100 women annually.

Union Mission’s Grace House for women will be modeled after its successful Grace House for men program. This will allow

Union Mission to draw from an emergency housing program that has an 87 percent bed utilization rate. Union Mission continues to help transition people to safe, stable housing, along with providing more than 78,200 meals and 97,130 nights of housing annually. Union Mission believes it can mirror that level of success for unaccompanied, homeless women, making a genuine difference for this underserved and deserving segment of the homeless population.

Grace House for women will be a 90-day program that provides tools women need to establish and maintain safe, stable housing. Union Mission’s structured environment allows each client to be assigned a case manager, wellness checks, employment support, and referrals to primary care/mental health providers. For clients in mental health crisis, the Union Mission Counseling Center creates individual service plans with clients.

The capital campaign is off to a significant start with the City of Savannah awarding Union Mission \$310,000 through an Emergency Solutions grant authorized by the federal government’s Coronavirus Aid, Relief, and Economic Security (CARES) Act. Union Mission plans to solicit funding from various

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MICHAEL C. TRAYNOR

Recently, the Union Mission board of directors announced Michael C. Traynor as president and CEO, effective February 15. He joined the organization after a successful career as the publisher of the Savannah Morning News and VP/Sales for the Gannett – Georgia group. With a background of more than 30 years in media communications and substantial involvement with multiple community organizations, Traynor brings extensive management and leadership experience to organization. He served on the Union Mission board of directors for more than nine years prior to his appointment to president and CEO. He held the position of board chair for 2018 and 2019, and served on the executive committee from 2014 through 2020.



“We are excited to have someone of Mike Traynor’s skillset and capabilities to take over the leadership of Union Mission,” says Union Mission Board Chair Michael McCarthy. “He has an excellent record of successful operational and financial performance and has been a respected leader in the Savannah community for many years.”

Traynor has chaired many of the leading community non-profit boards, including the United Way of the Coastal Empire, Rotary Club of Savannah, American Red Cross, Greenbriar Children’s Center, Step-Up Savannah Anti-Poverty Initiative, and the Savannah Community Foundation. He also served as the chair of the annual United Way community fundraising campaign.

“I am excited to join the exceptional team at Union Mission,” Traynor says. “It is an honor to lead an organization where the mission is to help individuals and families end their homelessness. With its counseling, emergency, transitional and permanent supportive housing programs, Union Mission is positioned to build on its current programs and offer new solutions to address areas where service gaps exist.”

— Suzanne Willis

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sources to renovate and provide the necessary supportive services.

The Union Mission board of directors has long included Skidaway Island residents. In the past decade, the group has included Maggie Gill, Fran Kaminsky, Bill Lattimore, Herb McKenzie, Tom McMullin, Bert Tenenbaum and LeeAnn Williams. Current board members include Landings residents Christopher Cay, Ginna Carroll and Brenda Gaines.

BY THE NUMBERS

According to the Chatham-Savannah Authority for the Homeless 2019 HUD PIT Survey, there are 219,911 women experiencing homelessness in the United States and about 2,297 women in Georgia. Savannah-Chatham County has the second highest rate of homelessness in the state. On any given night, more than 180 women in Chatham County are classified as homeless. Women make up approximately 28 percent of the homeless population in Savannah, yet there is no emergency housing program specifically focused on unaccompanied, homeless women in the Savannah-Chatham County area. While women are accepted at other facilities, homeless women often avoid staying in shelters that also house men, citing previous trauma. Studies have shown up to 70 percent of homeless women have been victims of domestic violence, and 41 percent have been victims of sexual assault.

Homeless women may be living alone on the streets, sleeping in their cars, couch-surfing, or if able, living in motels. These women can be veterans, those experiencing domestic violence, or released from penal systems, as well as women who have lost jobs and face evictions due to COVID-19. Data also shows that women who do not have

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stable housing are more likely than men to experience trauma, assault, and be diagnosed with Post Traumatic Stress Disorder.

In 2020, the emergency housing program at Union Mission's Grace House for men was able to transition 78 percent of its clients to stable housing. Its Magdalene Project for women with children transitioned 86 percent of its clients as well. And Union Mission remained open and provided services without interruption during the pandemic that plagued our nation.

ABOUT UNION MISSION

Since 1937, Union Mission has partnered with people in the greater Savannah-Chatham County, Georgia area to end homelessness through housing and supportive services. Its evidence-based programs are designed to alleviate and eliminate the personal and systemic barriers that cause and perpetuate homelessness and poverty with the goal of getting people into stable housing. The organization operates the 32-bed Grace House Emergency Shelter serving a general population of men, including men striving to re-enter society from prison. Beyond Grace is transitional housing for 24 months for 26 men that have completed their 90-days at Grace House. Magdalene House, with six suites for families, provides housing and supportive services for single women with children. Union Mission's Dutchtown Campus has 48 apartments in south Savannah providing permanent supportive housing. Responding to the HIV/AIDS epidemic, the organization developed the Phoenix Project, Daniel Flagg Villas and TIP



Members of Union Mission Board of Director's join together to kick off the Capital Campaign, A Haven for Her. Pictured from left to right: Kimberly Pannell, Matt West, Neilie Dunn, Michael McCarthy, Christopher Cay, Michael Traynor, Gaye Reese, Terry Enoch, Ginna Carroll and Tyler Merritt.

housing programs, with more than 71 households in the region. At the Ben and Bettye Barnes Center, Union Mission works with and houses up to 16 formerly homeless women who have a physical or mental disability.

For more information visit www.unionmission.org. To donate, visit <https://charity.gofundme.com/olen/campaign/grace-house-for-women>.

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OPEN CAR SHOW



A "herd" of Ford Mustangs, representing different eras of the classic car.

Almost 100 years of automotive history were represented Saturday, May 1, as the Savannah Mustang Club hosted an open car, truck and motorcycle show at Skidaway Island Baptist Church. In addition to beautifully restored vintage automobiles, car enthusiasts from around the area showcased modified hot rods, as well as classic Ford Mustangs and Chevy Corvettes, from the cars' earliest years of production to the latest models.



Above: A 1949 Willys Overland, perhaps one of the first SUVs

Left: This 1957 Chevy Bel Air remains one of the most coveted of vintage autos.

Below Left: a 1930 Chevy half-ton pick-up.

Below: A 1966 Corvette, one of 9,958 coupés produced by Chevrolet that year.



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TO EXPAND EMERGENCY HOUSING PROGRAMS
TO UNACCOMPANIED, HOMELESS WOMEN

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FOR HER

On any given night, **over 180 homeless women*** in Chatham County are living alone on the streets, sleeping in their cars, couch-surfing, or if able, living in motels. There is currently not an Emergency Housing Program dedicated solely to unaccompanied, homeless women along the I-95 corridor from the South Carolina/Georgia border to the Florida/Georgia border.

Funds will support the expansion of Union Mission's Emergency Housing Program for unaccompanied, homeless women. Opening January 2022, Union Mission is expecting to serve over 100 women annually.

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<https://charity.gofundme.com/o/en/campaign/grace-house-for-women>

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* ~~www.theskinie.com~~ Chatham-Savannah Authority for the homeless 2019 HUD PIT Survey

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SAFE AND SOUND

WHAT: Women's support group for people going through or having experienced domestic or family violence

WHEN: Third Wednesday of every month, 12 noon - 1 p.m.

WHERE: SAFE Shelter Center for Domestic Violence Services Outreach, 7373 Hodgson Memorial Dr.

CONTACT: Outreach office, 912.651.0004

WHAT ELSE: SAFE Shelter's mission is to prevent domestic violence, protect victims and promote change in lives, families and our community. This is an opportunity to meet with women experiencing similar challenges. Light refreshments will be served.

SERVICE ABOVE SELF

WHAT: Skidaway Island Rotary Club meetings

WHEN: First and third Wednesdays at 5 p.m.

WHERE: Via Zoom

HOW MUCH: Free and open to all

CONTACT: Lynn Gensamer, 912.856.8874 or lgensamer@icloud.com

WHAT ELSE: To learn more about Rotary or club membership, visit skidawayrotary.org. Check out the calendar for a schedule of speakers.

CERVUS WITH A PURPOSE

WHAT: Bingo at the Elks Lodge

WHEN: Sundays at 7 p.m. and Thursdays at 7:30 p.m.

WHERE: 183 Wilshire Blvd

WHAT ELSE: \$1,500 in prizes. All proceeds benefit Elks charities.

WE HAVE A WIENER

WHAT: Landings Longdogs Get-togethers

WHEN: 4th Tuesday of each month, 4 p.m.

WHERE: Landings Harbor Marina

HOW MUCH: No charge

CONTACT: Sandy Haeger, sandyjhaeger@gmail.com, or Sandy Haeger, sandyjhaeger@gmail.com

WHAT ELSE: A fun play date for you and your dachshund(s). Meet other owners and their special friends.



island hopping

Please email content to mail@theskinnie.com.

Deadline is the Friday prior to publication.

WHO NEW?

WHAT: New Neighbors

WHEN: Visit www.landingsnewneighbors.com to see our calendar

CONTACT: Visit our website or contact Milli at nnnewmember@gmail.com

WHAT ELSE: The club offers more than 250 different activities from biking, golf, pickleball, walking groups or fishing to Mahjong, Bridge, Needle-arts and Canasta. We have exciting military tours and special events for you to enjoy right here on Skidaway Island.

GOTTA LOVE IT

WHAT: Landlovers Membership

HOW MUCH: Each \$30 membership fee covers one household of one or two adults.

CONTACT: Cindy Altman, Landlovers Membership Director, at Landloversmembership@gmail.com.

WHAT ELSE: Landlovers is a philanthropic and social organization. More information and details can be found at www.landlovers.com. Membership year runs from Sep. 1, 2020 through Aug. 31, 2021.

PET PROJECT

WHAT: Linen drive for the Humane Society of Greater Savannah

WHEN: Ongoing

WHERE: Humane Society Adoption Center, 7215 Sallie Mood Dr.

CONTACT: Call Rosemary Longueira at 598.2875 or drop donations at 22 Long Island Road, Oakridge

WHAT ELSE: Donate old towels, washcloths, pillowcases, sheets, dish towels, pet beds, and chair cushions. Please bring them to the front of the Adoption Center, not the Thrift Shop donation area.

WHERE ART THOU?

WHAT: the Works of John Newton

WHEN: May 2 through May 31

WHERE: JEA Art Gallery, 5111 Abercorn St. Savannah

CONTACT: Vicky Lunick 912.355.8111

WHAT ELSE: John Newton is a self-taught artist who lives in Effingham County. Fascinated by the vivid colors associated with Hispanic culture, he combines acrylic paints with aluminum cans and bottle caps to create his mixed media works.

FORE THE BIRDS

WHAT: Skidaway Audubon Golf FUNdraiser

WHEN: May 23; registration deadline - May 17

WHERE: Terrapin Point and Palmetto Courses

HOW MUCH: \$150 registration fee; To register, pick up entry cards at the pro shop

CONTACT: friendsofskidawayaudubon@gmail.com, or visit skidawayaudubon.org

WHAT ELSE: Entry fee includes raffle tickets. Proceeds help bring monarch butterflies back from the brink of extinction and support other projects to protect the island environment. Hole sponsorships available.

SALT LIFE

WHAT: Evening @ Skidaway virtual presentation

WHEN: Tuesday, May 18, at 7 p.m.

WHERE: UGA Skidaway Institute YouTube channel <https://bit.ly/Skidaway>

HOW MUCH: Free and open to the public

CONTACT: Michael Sullivan at 912.598.2325

WHAT ELSE: University of Georgia Skidaway Institute of Oceanography researcher Adam Greer will examine the challenges and some new, high-tech solutions for studying marine animals.

TEA TIME

WHAT: "Tea and Thee" Ladies on the Right Celebrating Wonderful Women: "Our Mothers and Others"

WHEN: May 26, 2-4 p.m.

WHERE: Palmetto Club Ballroom

HOW MUCH: \$30/person; Friends welcome

CONTACT: Frances Dotton, 716.573.8905 or visit LadiesOnTheRight.org for more details

WHAT ELSE: Enjoy a delicious tea and menu, wear your favorite hat (optional). Don't have one? Rent one at our fundraiser for Park Place Outreach Youth Emergency Shelter (www.parkplaceeyes.org). Award given for Best Hat.

BRUSH WITH FAME

WHAT: Paul Michael Glaser art exhibition

WHEN: June 1 through June 30; reception on June 6, 2-4 p.m.

WHERE: JEA Art Gallery, 5111 Abercorn St.

HOW MUCH: VIP virtual Zoom reception with the artist June 6, 1-1:45 p.m. (as he will not be physically present at the opening); Cost per ticket: \$95; 30 people limit

CONTACT: Vicky Lunick, 912.355.8111 or vicky@savj.org

WHAT ELSE: Paul Michael Glaser - actor,

director, writer, producer and philanthropist - has spent much of his time in recent years devoted to 21st century modern art disciplines. Abstracts, body-forms and portraits are represented in his collections, as are the creatures and everyday objects that draw in the eye for their colors and unique digital brush work.

THE COAST WITH THE MOST

WHAT: Coastal Conservation Association of Skidaway June Meeting - "The Incredible Biodiversity of Our Coastal Area"

WHEN: Monday, June 14, 7 p.m.

WHERE: St. Peter's Church and via Zoom

CONTACT: Paulette Hamilton, 610.509.0279

WHAT ELSE: Registration required at ccaskidaway.org. John "Crawfish" Crawford, popular coastal area ecologist, will discuss how our coastal area developed, and will include hands-on time with local flora and fauna, such as snakes, turtles, lizards, horseshoe crabs, and other marine life. Each attendee will receive a free raffle ticket for a half-day inshore fishing charter from Saltwater Charters. Additional tickets available for purchase to support CCA programs.

LOSS MITIGATION

WHAT: Pandemic support group

WHEN: Meeting Wednesdays at 6 p.m.

WHERE: St. Peter's Episcopal Church Library

HOW MUCH: Free

CONTACT: Suzanne at St. Peter's, 598.7242

WHAT ELSE: Many of us have lost friends or family, and pandemic isolation has made dealing with these losses difficult. Dr. Stevens Peirsol will guide the group, offering those who would like to share and find help in processing loss.

AMERICAN ENGINE-UNITY

WHAT: Skidaway Island Corvette Club

WHEN: Third Thursday of each month

WHERE: A visit to a superb custom car display in a showroom off Mall Blvd, followed by lunch at the Palmetto Club

HOW MUCH: No dues at this time, however an \$8 name tag fee may be forthcoming

CONTACT: Clayton Scott, 912.658.3116.

WHAT ELSE: Skidaway Island now has a club for owners of Corvettes, already 25 members strong. Its goals are camaraderie and to share the enthusiasm for this classic American auto.

FERAL FRIENDSHIP

WHAT: Skidaway Cat Alliance Team

WHEN: Ongoing

WHERE: Skidaway Island and surrounding

CONTACT: skidawaycats@gmail.com or visit our Facebook page at www.facebook.com/skidaway-catallianceteam

WHAT ELSE: The Skidaway Cat Alliance Team is a group of dedicated animal lovers who provide

food, population control (spay/neuter), medical care, and shelter for free-roaming cats in the Skidaway area. We have cats and kittens currently being fostered that are available to new, loving homes.

WEEKEND WORSHIP

WHAT: Community Prayer and Praise Service

WHEN: Sunday Evenings, 5 to 5:30 p.m.

WHERE: Skidaway Community Church, 50 Diamond Causeway, in the back parking lot

HOW MUCH: Free to all

CONTACT: PrayerPraiseSIGA@gmail.com

WHAT ELSE: Sing along with Sabin Flore in a casual environment, bond with neighbors and friends. Dress for the outdoors. Use golf carts or folding chairs. Social distancing is easy. Plenty of room for kids and dogs. Always some goodies to share. Bring masks for your comfort.

BODY AND SOUL

WHAT: Skidaway Island United Methodist Church (SIUMC) Exercise Classes

WHEN: Mondays, Wednesday and Fridays, times are below

CONTACT: For more information or to register for January session, visit siumc.org/exercise or call 912.598.8460

WHAT ELSE: Mat Pilates from 9:15-10:15 a.m.;

and Sir-Fit from 10:15-11:15 a.m. Classes are led by Elena Bennett, an ACSM-certified exercise instructor. SIUMC has added Friday classes to its offerings for church- and non-church members alike.

KEEP 'EM FLYING

WHAT: The National Museum of the Mighty Eighth Air Force

WHEN: Tuesday - Saturday, 10 a.m. to 5 p.m.; Sunday, Noon to 5 p.m.

CONTACT: For more information call 912.748.8888 or visit www.mightyeighth.org

WHAT ELSE: New guidelines are in place to protect staff and visitors. Visitors are strongly recommended to wear facemasks. Hand-sanitizing stations have been established throughout the museum. Some areas will be capacity-controlled.

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 whsickels@gmail.com

WHAT ELSE: Anyone with an interest in magic is welcome. Every meeting is instructional, entertaining and enlightening.

NOW HEAR THIS

WHAT: Music Academy Online Free Instruction

WHEN: 7 days a week

WHERE: Via Zoom

HOW MUCH: Free, courtesy of St. Peter's Church

CONTACT: Dr. Timothy McKee, tmckee@saintpeterssav.org

WHAT ELSE: Learn and cultivate music skills.

CAUSEWAY CLEAN-UP

WHAT: "Shine Bright like a Diamond (Causeway)," litter pickup along Diamond Causeway

WHEN: 1 or 2 times per month, as trash amount deems necessary

WHERE: Meet in the parking lot of Butterbean Beach

CONTACT: Courtney Fowler, causewaycleanup@gmail.com or 912.313.6040

WHAT ELSE: Please bring work gloves and a safety vest if you have one; a trash-picker works wonders as well. We will provide trash bags. Water is recommended to avoid dehydration.

IT'S AN HONOR

WHAT: Honor Flight Savannah seeks war veterans and volunteers

CONTACT: honorflightsavannah.org or 912.367.9020

WHAT ELSE: Honor Flight Savannah is offering WW II, Korea and Vietnam War era veterans living in southeast Georgia and southeastern South Carolina an all-expense paid trip to Washington, D.C., to visit their war memorials. Funding for trips is dependent on contributions from community citizens and businesses.

HEAR GREAT SPEAKERS

WHAT: Kiwanis Club of Skidaway Island

WHEN: Thursdays at 7:45 a.m.

WHERE: Palmetto Club in the Landings

HOW MUCH: Free to attend.

CONTACT: Michael Klavon, 912.306.0474, before attending

WHAT ELSE: This club donates more than \$60,000+ for at-risk children yearly.

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 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.

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

STANDARD CLUES*

ACROSS

- 1. Neuter a male horse
- 5. Stumble
- 9. Like draft beer
- 14. Fragrance
- 15. Rajah's squeeze
- 16. Author of "The Power of Positive Thinking"
- 17. CAVEAT EMPTOR (part 1)
- 20. Cat-___-tails (whip used in the Royal Navy until 1881)
- 21. Small bomb used to breach a wall (anagram for DEPART)
- 22. Seeded, as in a tennis tournament
- 24. Pro ___ (proportionately)
- 25. Bauxite or galena
- 28. Maker of the Soul mini-hatchback
- 30. Male part of a flower
- 32. Usual location of the altar
- 36. "___ homo!" (Pontius Pilate) [Behold the man!]
- 39. "Horse Capital of the World" (city in central Florida)
- 40. CAVEAT EMPTOR (part 2)
- 43. Yankee Stadium locale
- 44. Designer of the "New Look" (1947)
- 45. Light shade of bluish-grey (anagram for AXES)
- 46. Shoelace tips
- 48. Setting for "Platoon" (1986 film)
- 50. The bounding main
- 51. Yale students
- 54. Flowers from Holland
- 59. Opposites of 'cathodes'
- 61. Musical composition for nine
- 62. End of CAVEAT EMPTOR
- 66. Type of acids in proteins (anagram for NAOMI)
- 67. Poet, ___ Khayyam
- 68. Solo for a coloratura
- 69. Bravery
- 70. Biblical threesome
- 71. Dudley Do-Right's girlfriend

DOWN

- 1. Have a crush on (two words)
- 2. Minneapolis suburb of crossword fame (anagram for DIANE)
- 3. Use your computer password



- 4. Blotto
- 5. Crowd, in Venice
- 6. Coarse file for woodworking
- 7. Opposite of 'outer'
- 8. Michelangelo sculpture in St. Peter's Basilica
- 9. Defunct job lampooned by Lily Tomlin
- 10. Dweeb
- 11. 1959 Soviet world chess champion, Mikhail ___
- 12. Noted password thief, ___ Baba
- 13. Prompt start?
- 18. Smell really bad
- 19. Casks
- 23. Per ___ (daily)
- 25. Nebraska's largest city
- 26. Take it easy
- 27. Related on the mother's side
- 29. Hit a winning serve
- 31. Does something
- 32. President of Palestine, Mahmoud ___
- 33. Cleanse, purify
- 34. Female version of a toga
- 35. Sea eagle of crosswords
- 37. 901, in Old Rome
- 38. Unlikely anagram for BONE
- 41. Muscle that straightens a limb
- 42. The 'E' in QED
- 47. Like sloths
- 49. Type of investment bond
- 52. "It's a piece of cake" is one
- 53. 2014 film about a civil rights march (anagram for SALEM)
- 55. Boston's airport
- 56. Accustom to
- 57. Danger
- 58. Emulate a thief
- 59. Florence's river
- 60. Waste from a steel mill
- 62. Loo
- 63. "___ Loser" (Beatles) (two words)
- 64. Feel sick
- 65. Calendar abbr.

Puzzle answers, page 37

Careful out there!

\$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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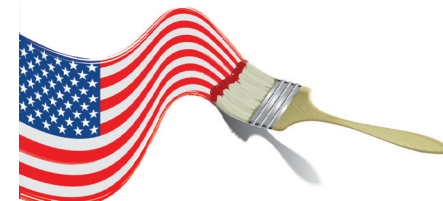
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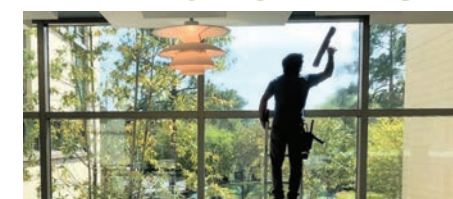
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WILDTHINGS

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.



Lori Gill was romping in her woods when she discovered her cat Harley 'playing' with a family of armadillos.



"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.

Congratulations, CLASS OF 2021!

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

Send us those high school senior photos and a sentence or two about your plans for the future, where you plan to attend college, what high school you are graduating from, and we will be happy to include them as part of our salute to the Class of 2021.

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



HURRY! DEADLINE IS JUNE 11!

It all started with a nose bleed a few days into retirement. Wilmer had lost so much blood that he was referred to hematologist Dr. Barry Luskey. After a few examinations, and extracting pelvic bone marrow to analyze, Dr. Luskey was able to confirm that Wilmer had Waldenström Macroglobulinemia, or a slow-growing non-Hodgkin's lymphoma.



This cancer produces a protein that interferes with blood clotting, contributing to the extensive nose bleeds. Dr. Luskey

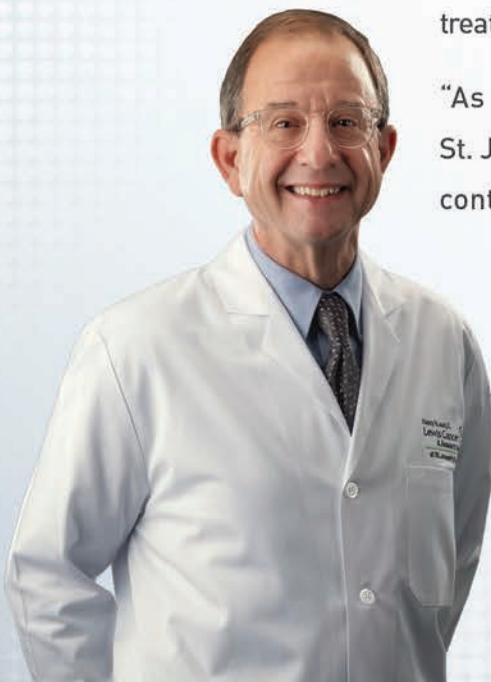


worked closely with the Nancy N. and J.C. Lewis Cancer & Research Pavilion to treat this rare disease with chemotherapy and communication every step of the way. Wilmer is receiving a recently developed protocol for treating this lymphoma and has remained active restoring his collection of old boats.

"As a retired professor, I appreciated Dr. Luskey's and St. Joseph's/Candler's disciplined approach to this cancer. They continue to update me on new treatments and therapies."

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