



The Skinnie

VOL 23: ISSUE 01 **JANUARY 10, 2025**



PRSR1 STD
ECRWSS
U.S. POSTAGE
PAID
Permit No. 1473
SAVANNAH, GA

POSTAL CUSTOMER



SOUTHERN
MOTORS
SAVANNAH
Honda EST 1929

BEST of
SAVANNAH
2024 WINNER
Savannah
MAGAZINE

2025 is Your Year to Drive
Get Your New Honda Today!



Landings Resident Owned and Operated

SouthernMotorsHonda.net SALES & SERVICE: 912-927-0700

CUTTERS POINT
COFFEE CO.

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



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

John B. Rourke
Savannah's finest store for men since 1949



SALE
20-50% OFF Fall & Winter Merchandise

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



New Year, New Dreams
New Kitchen!
Before



IMPROVING THE heart OF YOUR Home
After

KDS KITCHEN DESIGN
SOLUTIONS



KitchenDesignSolutions.com

912.349.2431
Call to get your FREE CONSULTATION!
Make 2025 the year of
your dream kitchen!

UP
front



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

I chose the cover image (with Jenna's help) and its companion on the table of contents page because they are rich with New Year symbolism. They were, according to my iPhone timestamp, taken in January, though not this one. I snapped them during a frigidly invigorating afternoon walk, alone in a speck of Iceland that I probably can't find on a map today.

Symbols and signs are everywhere, if we're open to them. You might question if we will a thing's essence into meaning because of our own needs. But it's difficult to doubt the power of a sign or metaphor as a tool to more thorough understanding.

According to Merriam-Webster, symbolism is "...expressing the invisible or intangible through visible or sensuous representations; ...artistic imitation or invention that reveals or suggests immaterial, ideal, or otherwise intangible truth or states; ...the representation of divine beings and spirits; ...(plainly) a system of signs or representations."

In chicken-and-egg terms, does a thing that holds symbolic value exist solely in its own context and we imbue it with unintended significance? Or does the design of a thing purposely impact our psyches in some divinely intentional way? The philosophical truth of the answer to this either/or question doesn't matter much, since the effects of signs and symbols are noticeable, allusion is instructive, and metaphor works.

Some symbols are straightforward and simple. My photos feature snow, and it's cold this week by Southern standards. Snow is white, and January is a new beginning: The chilly darkness of winter is swaddled in a blanket of unblemished hope.

Symbolic images have layers of meaning. There's a church in the distance (in the TOC pic), then closer (on the cover). It's the only structure in sight (save for a low-slung, utilitarian storage shed in the TOC image). A beacon of comfort and safety among a vast and barren scape. The approach to the church is flanked by trees, their branches empty now, but they will flourish again. There's a recognizable path, but it remains untrodden. Without the convenience of fresh footprints, I must choose the work of breaking new ground and moving

closer to the sanctuary. Alternatively, I can turn back and revert to the course I've already worn, knowing with certainty that the place it takes me will be exactly where I started from.

Markers and signs are visible, but their words are too small to read from where I stand. They say something, but I'm not sure what.

A mountain rises behind the church, as if God is warning: You made it this far; you're re-energized and warm after a stop at my house; but, you've got a long way to go, and much of it will be uphill.

There are shadows that seem to be actively lengthening. The light is gentle and receding. There's an end near, but a beginning following soon thereafter, and again and again and again.

In the photo taken farther afield from the church, there's evidence of more than one person venturing away from the building then gently arcing in a semicircular back towards it. Their walk is not linear; they have eschewed the obvious trajectory, but their destination is clear. The beckoning polarity of the steeple rising from the field compels them back.

A new year. New opportunity, which includes the possibility of mining hidden treasure beneath the surface of everyday routine. I'll take that metaphor as a sign.

Scott A. Lawrence

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

www.theskinnie.com



Dental Harbor
COSMETIC & RESTORATIVE DENTISTRY



Schedule
Online Now!

WORLD-CLASS DENTAL CARE CLOSE TO HOME

COMPREHENSIVE CARE FOR COMPLETE DENTAL WELLNESS
BOTOX® • INVISALIGN® • SMILE MAKEOVERS

Abby L. Dew, DDS – Landings Resident

50 MEETING STREET, SUITE B • SKIDAWAY ISLAND • 912.480.0804

DENTALHARBOR.COM • f i @DOCTORABBYDEW

BEST of
SAVANNAH

2024 WINNER

Savannah
MAGAZINE

Thank you Savannah
for voting us
Best Home Health
Care Provider!

Scott & Amy Pierce
Owners,
Coastal Care Partners

MEET THE CCP HEALTH CENTER TEAM!



Dr. Gaudry
Concierge Physician

DR. PAM BRINGS OVER 30 YEARS OF EXPERIENCE AND AN UNWAVERING DEDICATION TO HER PATIENTS. DR. PAM ENSURES HER PATIENTS RECEIVE TOP-PRIORITY CARE, OFFERING SAME-DAY APPOINTMENTS AND DIRECT ACCESS THROUGH A PRIVATE TEXT LINE.



Dr. Brandon
Orthopedic Physician

WITH OVER 33 YEARS OF EXPERIENCE AS A BOARD-CERTIFIED ORTHOPEDIC SURGEON, DR. BRANDON PROVIDES NON-OPERATIVE TREATMENT FOR A VARIETY OF CONDITIONS. SUCH AS DISC DISORDERS, ARTHRITIS, AND JOINT INJURIES, HE OFFERS PERSONALIZED CARE TO HELP YOU HEAL AND REGAIN MOBILITY.



Ansley Powell, NP
Women's Wellness &
Aesthetics - Coming 2025!

ANSLEY IS A BOARD-CERTIFIED WOMEN'S HEALTH NURSE PRACTITIONER WITH 10 YEARS OF EXPERIENCE. SHE HAS EXPANDED HER KNOWLEDGE IN AESTHETIC MEDICINE, WORKING FOR SKIN CLIQUE. ANSLEY PROVIDES AESTHETIC MEDICINE, WEIGHT LOSS MANAGEMENT & CUSTOMIZED WELLNESS PLANS FOR WOMEN.



Coastal Care Partners

Aging Care Solutions™

912.598.6312

CALL TO MAKE AN APPOINTMENT!

4 SKIDAWAY VILLAGE WALK SAVANNAH GA, 31411

in this issue

8 MARKET RETURNS
Vendors and Shoppers Return for Annual Event

13 DECODING CANINE COMMUNICATION
Tips From the Trainer

18 GOOD NEIGHBORS
Ted and Susan Hammond

20 HE SERVED
Dean Klahr

22 WE'RE GIVING IT AWAY!
Wrapping Up the Skinnie Football Pool

features

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



on the cover:

Scandinavian backcountry church happened upon during a late afternoon January hike.
Cover photo by Scott Lauretti.

EDITOR AND PUBLISHER

Scott Lauretti
slauretti@theskinnie.com

CREATIVE DIRECTOR

Philip Schweier
pschweier@theskinnie.com

OFFICE MANAGER

Teri Grayson
tgrayson@theskinnie.com

ADVERTISING | CONTENT

Jenna Treat Lauretti
jtreat@theskinnie.com

CONTRIBUTING WRITERS

Ruth Goldstein
Ronald Lauretti
Philip Schweier
Lynn Wolfe

STAY IN TOUCH

Skinny Media, LLC
15 Lake Street, Suite 280
Savannah, GA 31411
912-598-9715

LETTERS TO THE EDITOR

editor@theskinnie.com

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

GENERAL INQUIRIES

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

ADVERTISING

sales@theskinnie.com

ART AND STORY SUBMISSIONS

production@theskinnie.com



Enthusiastic shoppers returning to the Market at 3 West Ridge will find no shortage of appealing merchandise to browse.

Market Returns

3 West Ridge Makes It a Baker's Dozen (Years)

By Lynn Wolfe

Since 2012, St. Peter's Church has welcomed vendors from across the country to its Market at 3 West Ridge events to help raise funds for Savannah's most vulnerable children and their families. These generous vendors, contributing 15 percent of their sales in support of designated charities, have collectively donated more than \$195,000 over the past 13 years. When combined with revenue from plant sales, ticket sales, corporate sponsors, and parishioner gifts, The Market has raised more than \$615,000 to support of area nonprofits working to improve the lives and futures of Savannah's children.

This year's beneficiary nonprofits will use their awards to expand and enhance their programs focusing on literacy and educational success. Horizons Savannah provides area students with a six-week summer program for kindergarten through 12th grade, year-round clubs, tutoring, and enrichment opportunities. Ferst

www.theskinnie.com



Readers, founded by Robin Ferst of Madison, Georgia, is now in 12 states and approximately 100 Georgia counties. Helping students cultivate academic skills enables them to become effective communicators and problem-solvers as they mature.

Market vendors are industrious, creative, and dedicated. They put hundreds of miles on their vans or trailers, unload, and set up attractive, well-stocked "pop-up" stores in limited spaces. After casting an approving eye to their wares, they quickly change from sneakers to party shoes and put on their best smile to greet enthusiastic shoppers at the opening reception.

Pam and Harry Scott started Catch All 40 years ago. Originally, they designed and sold market bags. Since then, they've entered the custom linen business, selling linens for bed, bath, and tabletop, as well as luxurious Pima cotton sleepwear. For the last 25 years they've been doing trunk shows like the Market around the country, helping customers find the perfect linens and sleepwear. Pam says, "Catch All loves returning to The Market (at 3 West Ridge). Church members who put the show together are so welcoming, shoppers are so appreciative and fun to help. The participating vendors bring unique merchandise. I love shopping at the Market. Skidaway is a beautiful, special place."

Tory Valley's venture, Adler Grier, offers gold-beaded roll-over bracelets that are a Market favorite. Valley returns each year because "The Market is a place of warmth, camaraderie, and good feelings." She continues, "This comes from the committee, from the customers, and the community. As a vendor, I can say this is not always the case

with every show or market."

Charleston Shoe's Blakely Zecher rated the Market "a 10 out of 10!!!" Since 2014, the Market has been one of her favorite events. "Everyone goes above and beyond – from the men helping to load our huge boxes inside to all the women checking to make sure we are fed, happy, and housed. It feels like a family get together! There is such a well-curated selection of vendors that even vendors are shopping. Every year, they make you feel like a part of their community. We are proud to be a part of fundraising for charities in Savannah."

Liza Jarrett, owner of Liza Byrd Boutiques, returns to the 2025 Market celebrating 10 years of loyal and noteworthy participation. She says she comes back "because of the wonderful ladies who put together this fundraiser every year!" Jarrett says, "It gives us the opportunity to showcase our unique Liza Byrd styles and our collection for the 2025 season, as well as the opportunity to support the charities that benefit from this event." Jarrett began her business with painted furniture and whimsical gifts and has evolved to stylish, colorful, affordable apparel and accessories for all ages, which she describes as "fresh fashion with a twist."

Two B's, founded in 2009 by Beatrice Vornle and Becky Shea, offers upscale fashion accessories that complement almost every wardrobe. Vornle's Belgian roots add a European flavor to their collection of modern yet timeless accessories. "One of the main reasons we like to come back is the kindness of the organizers and volunteers and the way the show is well organized and structured," she says. "Our timeless and affordable accessories fit right in."

FOUR SEASONS TRAVEL

Cruise Extravaganza

SAVE THE DATE!

More than 20 of the world's most prestigious Cruise Lines

Jan. 23rd • 5:30 – 7:00 pm

at Palmetto Ballroom

Cocktails and Light Hors d'oeuvres

SPACE IS LIMITED!

RSVP to info@fourseasonstrvl.com or 912.598.8000

www.theskinnie.com

TheSkinnie VOL. 23 ISSUE 01 – 9



Blooming houseplants are very popular at the annual Market at 3 West Ridge.

Barbara Arnett Cashmere was a Market original in 2012, having designed many of the beautiful pashminas hanging in Savannah closets today. Skillfully woven, they were hand-painted with natural dyes using small brushes in a village in Nepal. Arnett and her partner in Nepal provided jobs and built a successful business. However, a devastating earthquake wiped out the village in 2015. Arnett helped rebuild the village and the painters' homes by keeping the orders coming and through her own philanthropy. She recently closed her business after 23 years, leaving a proud legacy. Now, her Nepali partner is shepherding the development of a hydroelectric plant in the village, harnessing the power of the local river to provide electricity to areas of India, Tibet, and Nepal.

There will still be pashminas available, despite Arnett's absence. This year, the Market welcome Heidi Kagan a woman who "designs for other women." She feels very strongly about women supporting women, and a portion of every sale is donated to philanthropies that support women. Kagan started her company 20 years ago as a busy mom. As she explains, "My pashmina kept falling off and was a hassle to wear, so I designed my own wrap with armholes for effortless coverage from morning to night. The focus of my design is to help women feel great about themselves with a functional, affordable, luxurious shawl wrap to always enjoy."

Anne Putney of Philadelphia first visited the Market in 2018. "In the depths of dreary February, I found an oasis, The Market at

3 West Ridge," she writes. "While I was there, I learned that doing the Lord's work for charity could include shopping. Retail therapy with a purpose! I found the perfect hostess gift, a frilly top for my granddaughter's birthday party, an oh-so-soft pearl edged poncho, a 'must-have' hand-decorated salad bowl, and - did I mention? - cheese straws. When I needed a break from trying on endless easy-to-pack jackets and one-of-a-kind earrings, the tireless volunteers were serving homemade chicken salad sandwiches, iced tea, and cookies on tables set for spring with fresh flowers at their center. I won't miss the 2025 Market!"

Sue Wohler, owner of Village Hair Design loves coming to the Market to find jewelry from returning vendors. "And I love all the flowering plants to buy," she says. "It is all such fun - having lunch out and seeing friends and ladies that I see in my salon."

Dr. Beth Sheridan, another supportive Skidaway resident, comments, "I like and admire the Market committee. They know what they are doing, and I trust their judgment when they select the charities. I know all the funds go to the right place."

The 2025 Market at 3 West Ridge opens with a festive wine and hors d'oeuvres reception on Tuesday, February 4, from 4:30 to 7 p.m., and continues Wednesday, February 5, from 10 a.m. to 5 p.m., and Thursday, February 6, from 10 a.m. to 4 p.m. Café lunches can be purchased Wednesday and Thursday. Your \$5 ticket, good all three days, is available at the door.



KIWANIS CLUB of SKIDAWAY Pancake Breakfast

**\$10, kids under 8 free
(\$12 at the door)**

*Tickets are available at
www.kiwanisofskidaway.com
or from any Kiwanian*

Call 912-598-5171

**All net proceeds benefit
Savannah's at-risk kids**



**Saturday, February 1, 7:30 a.m.-11:00 a.m.
Skidaway Island Community Church**

Mary Beth McInerney

Trusted, Proven, and Committed to Your Success.



(912) 598-3238
MMcInerney@TheLandings.com

★★★★★
"Mary Beth, is the best real estate agent we've ever worked with! With over 60 property sales in my life, she is my absolute favorite. Mary Beth treated us like family - always looking out for us with care and dedication." - The Fitzpatricks -

**Wherever Life Takes You, I'm Here to Help.
Call Me Today!**



The Landings Company
REAL ESTATE
(912) 598-0500



DID YOU MAKE A RESOLUTION TO LIVE A HEALTHIER, HAPPIER LIFE?

AHAS can help you accomplish that—simply by improving your hearing!

Research shows that wearing hearing aids can reduce depression, enhance balance, slow cognitive decline and improve relationships.

WANT MORE OUT OF LIFE? TEST YOUR HEARING!

NEW FOR 2025: ENT SERVICES AT SKIDAWAY ISLAND!

Our partner ENT Associates of Savannah now offers the following at our Skidaway Island office:

- Comprehensive ear, nose and throat care on Thursday mornings from Dr. Chelsea Blanton
- Cosmetic BOTOX® treatments on Friday afternoons from Michelle Yamada, PA

CALL TODAY TO SCHEDULE!

ahassavannah.com

Savannah/Pooler—(912) 328-4859

Skidaway Island—(912) 598-0616

OUR DOCTORS OF AUDIOLOGY:

Dr. Lucy Bradshaw, Dr. Casey Allen CCC-A, Dr. Katy Laws CCC-A, Dr. Sara King CCC-A, Dr. Sieon Kim CCC-A



ent Associates of Savannah, P.C.

Decoding Dog Deeds

Two dogs approach each other. There's a sniff, a wag, a turn. Another sniff, then a freeze, followed by a play bow – or maybe a head turn, then a retreat, or a growl. For those fluent in canine body language, this exchange is rich with meaning. Each action – whether polite or pushy – communicates intent and emotion.

As a certified dog trainer, I've spent many hours observing canine interactions in dog parks, on walking paths, and during training sessions. I've learned to decode the subtle signals that make up canine communication and offer clues that reveal what's happening during dog-to-dog encounters.

POLITE CANINE GREETINGS

When dogs greet each other respectfully, they display body language that signals friendliness and ease. Examples include:

- **Loose, fluid body movements:** A relaxed dog will move with ease, without tension or stiffness.
- **Curved approach:** Instead of walking in a straight line, polite dogs tend to move in an arc, displaying non-threatening intent.
- **Neutral or forward ears:** This suggests curiosity and interest, rather than aggression or overarousal.
- **Pauses and space:** Polite dogs give each other space, often pausing to assess.
- **Brief sniffing:** A quick sniff (1 to 2 seconds) around the head and rear is standard behavior.
- **Play bows:** A dog lowering its front while keeping its rear in the air invites play and signals harmlessness.

READING THE SIGNALS

Understanding canine body language helps dog owners facilitate positive interactions and prevent conflicts. A relaxed and polite greeting sets the stage for harmonious play or peaceful coexistence. Just like people, some dogs can be forward or rude. These behaviors can make other dogs uncomfortable and may require intervention:

- **Invasive Sniffing:** Lingering too long in one area, like between the legs or the rear, can make other dogs uneasy.
- **Direct Approach:** Walking straight toward another dog without curving can be interpreted as bold or aggressive.
- **Prolonged Eye Contact:** While brief eye contact is normal, staring can be perceived as a challenge.
- **Muzzle Poking:** Pushing another dog with the muzzle can be too forward for some dogs.
- **Rearing Up or Pawing:** Placing a paw over another dog or standing on hind legs can signal dominance or pushiness.



DOGGIE LANGUAGE

starring Boogie the Boston Terrier



Illustration by Lili Chin www.doggiedrawing.net.

WHAT HAPPENS NEXT?

Dog greetings generally last between one and 10 seconds. As an owner, it's important to remain relaxed but attuned to both dogs' body language during these telling moments. Dogs will decide whether to engage further. Possible outcomes include:

- **Disengagement:** After the initial sniff, dogs may simply move apart, choosing to explore their environment rather than interact.

Tips from a Trainer by Ruth Goldstein

www.theskinny.com

TheSkinny VOL. 23 ISSUE 01 – 13

- **Play:** If one dog offers a play bow and the other is receptive, the interaction may turn into play.
- **Defensive Response:** If a dog feels uncomfortable or overwhelmed, he or she might turn its head, move away, or growl, as if to say, "That's too much for me."

If you notice signs of discomfort or escalation in either animal, calmly redirect your dog, or offer space to avoid a negative encounter. Calmly create distance to ease the pressure. You might try the greeting again later but avoid pushing your dog. Respecting their signals builds trust between you and a sense of safety.

To encourage your dog towards positive greetings:

- **Reward Calm Behavior:** Reinforce loose body language and polite sniffing with treats or praise.
- **Provide Controlled Socialization:** Gradually expose your dog to a variety of dogs in controlled environments. Well-socialized, calm, older dogs can be excellent teachers.
- **Respect Your Dog's Boundaries:** Don't force interactions if your dog is request-

ing space by looking away, turning away, backing up, or using you as a barrier.

LETTING WELL-SOCIALIZED DOGS CORRECT RUDE BEHAVIOR

In some situations, a calm, well-socialized dog can effectively teach a pushy, inexperienced, or over-excited dog. Through gentle corrections – like a quick growl, a snap in the air, or turning away – well-mannered dogs set boundaries when they feel another dog is being rude or overbearing. These corrections are often brief and constructive, and they help less socialized dogs learn to interact politely. If a calm, well-socialized dog offers a firm but fair correction without signs of fear or aggression, it can be beneficial to allow the interaction to continue. Dogs often learn faster from these peer-to-peer lessons than from humans. But be ready to intervene if the correction becomes too intense or if the less socialized dog doesn't seem to be adjusting.

Dog greetings offer a wealth of information for those who know what to look for. By learning to read signals and guiding your dog through polite interactions, you can help navigate social situations with confidence and ease. The next time you're at the park or on a



Kayla loves her purple bear. No doubt what she is asking for here. Look at those eyes!

walk, take a moment to observe the intricate dance of canine greetings. You'll be amazed at what your dog might be saying.

Skidaway Island resident Ruth Goldstein is a member of the Association of Professional Dog Trainers.



**SAVANNAH
BOOK
FESTIVAL**

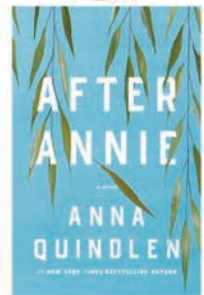
**FEBRUARY
6-9, 2025!**

To learn more, visit
savannahbookfestival.org

Investment By
SAVANNAH
savannahga.gov

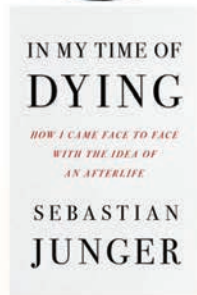
Thank you to our Chairperson's Circle Sponsors.

OPENING ADDRESS
**Anna
Quindlen**



Feb. 6 | 6:30PM

KEYNOTE ADDRESS
**Sebastian
Junger**



Feb. 7 | 6PM

CLOSING ADDRESS
**Ben
Mezrich**



Feb. 9 | 2PM

TICKETS NOW ON SALE!
SCADboxoffice.com

The Stifel Landings office proudly welcomes the Barrow Lane Phillips Advisory Team



Christopher Lane,
CFP®, CRPC™, AIF®
Vice President/
Investments

David C. Barrow III
Senior Vice
President/Investments

Kaitlyn Jackson
Registered Client
Service Associate

Marty Phillips, CFP®
Financial Advisor

George Barrow, RMA®
Vice President/
Investments

STIFEL | Barrow Lane Phillips
Advisory Team



Visit our website!

Savannah Landings

15 Lake Street, Suite 140
Savannah, Georgia 31411

www.blpadvisoryteam.com

(912) 598-3010



OB Hospitalists Ready and Very Able



Every day is a little different for Melissa Crenshaw, MD (left), a board-certified OB hospitalist. And that's just the way she likes it. "We have treated every OB emergency that you can think of," she says. "The variety is one of the reasons I love working in a hospital setting."

Crenshaw is the site director for the OB Hospitalist Group (OBHG), which began a partnership with St. Joseph's/Candler last year to provide a unique service for expectant mothers in the region. The Telfair BirthPlace at Candler Hospital has OB hospitalists on staff 24 hours a day, 365 days a year.

"No matter what time you or your unborn baby need care, we're here," Crenshaw says.

OB hospitalists are board-certified OB/GYNs whose practices are focused on a hospital setting. Their presence at the Telfair BirthPlace ensures that expectant mothers receive consistent, top-level medical care by a trained and highly skilled OB/GYN physician at every point of their deliveries.

- You may need an OB hospitalist when:
- You come in with an emergency (such as elevated blood pressure)
 - Your OB is enroute or unavailable
 - You are in the beginning stages of labor

OB hospitalists don't replace the care you receive from your regular OB/GYN. They serve as an extension of your doctor's care. In addition to handling deliveries, OB hospitalists assist with issues or emergencies.

Hormones and Mental Health: An OB/GYN Can Improve Your Mood

"I have brain fog...I'm depressed...I have mood swings."

Ariel Dees, MD, of St. Joseph's/Candler Physician Network – OB/GYN, wants her patients to share these thoughts with her if they are having them. Dees understands that some women might be hesitant to share such feelings, or they think they should approach a psychiatrist or neurologist with them. But, in some cases, an OB/GYN can help, too.

Dees says, "We see people every day that feel down or off, the same way you might. We talk about it. If we find that your symptoms are due to hormone levels, we can develop a treatment plan that is right for you."

Many patients find relief with hormone replacement therapy or medications like

selective serotonin reuptake inhibitors (SSRIs) and oral contraceptive pills, which can regulate hormonal imbalance.

"Patients going through menopause can be in a hypoestrogenic state," Dees explains. "Their bodies have lower levels of estrogen than normal, which can affect mental health."

It might not be intuitive to think that hormones that the body produces to help with growth, metabolism, and blood sugar management can be responsible for your bad mood. But some of these chemical messengers regulate emotions as well.

"Mental health is very important," Dees adds. "If you need an SSRI to get through the day, it's completely 'normal.' Or if you need estrogen, progesterone, or a combina-



Ariel Dees, MD, of St. Joseph's/Candler Physician Network – OB/GYN

tion of the two, that is also okay. We have all of these tools to help you. We can safely make you feel better."

"It's all about providing the best, safest care – immediately," Crenshaw says.

The hospitalist model for obstetrics minimizes delays in care. "If patients are waiting on you in your office, that's simply inconvenient," Crenshaw says. "But if something medically urgent is happening, then waiting becomes a safety concern."

At the Telfair BirthPlace, Crenshaw and the OBHG physicians provide convenience and peace of mind. "We are here to back up all the other physicians," she says. "Especially from a safety perspective, if someone needs help or an extra set of hands, we're always here for that."

OB hospitalists can help expectant moms who don't have a regular OB physician or if their OB doesn't have privileges at the hospital of their choice. "If you don't have an in-patient doctor, you'll have someone from our team here ready to provide all the care you need," Crenshaw says.

St. Joseph's/Candler is the only hospital system in the region to partner with OBHG. Nationwide, hospitals are becoming increasingly aware of the benefits of having OB hospitalists on staff. Recent studies show that hospitals with an OB hospitalist team experience improvement in their quality measures, including an overall reduction in their C-section delivery rates.

Crenshaw explains that patients' regular OB doctors benefit from these services. "Our team allows private practice OB/GYNs to be more well-rested and not pulled away from their office as often," she says. "They can focus on giving great care to the patient in front of them, knowing if one of their patients has to come to the hospital unexpectedly, there's a highly trained doctor available there at any time."

OB hospitalists can provide a measure of calm to expectant parents with emergent medical needs. "Whenever patients come here for any reason, they are going to receive immediate, focused attention," Crenshaw says. "Patients notice the added layer of safety and care when they see the hospitalists at the ready at the Telfair BirthPlace."

Good Neighbors!

By Philip Schweier

Four months after the destruction of Hurricane Helene, there remains a silver lining behind the storm clouds. Such challenges make us aware of our more compassionate neighbors and friends. As many continued waiting for damage to be repaired and debris to be collected, Billy "Sis" Richards called The Skinnie to offer recognition for her neighbors on Oysterwood Lane.

Sis and her husband, Jimmy, have just crossed the 90-year mark, and in the aftermath of Helene found themselves trapped with a large branch blocking their driveway and many more limbs littering their lawn. "Our yard was a wreck," Sis recalls. "Thankfully, neighbor Ted Hammond came to our rescue, cutting up limbs and clearing the driveway."

In addition, while the Richards were without power, Ted and Susan Hammond shared the benefits of their generator with their neighbors, bringing them hot coffee each morning. The Hammonds did the same for another family next door who have a 4-year-old and a pair of newborn twins. "They let them use their generator for half of the day so they could care for the children," says Sis, "and brought them coffee, too. Their children love them, they're just wonderful. They see them on the deck, and they run over to them."

The Richards have lived in the Savannah area for most of their lives – Jimmy since 1936, and Sis since 1945. "My daddy was a

traveling salesman, so we moved every five years," Sis says. "I was born in Tennessee, and we moved all over the South."

After 42 years, Jimmy retired from Dixie Crystals, where he led the engineering department. The Richards moved to the Landings in 2004, settling on Oysterwood Lane a couple doors down from the Ted and Susan Hammond. It's great to have good neighbors...

For seven years, Ted Hammond flew helicopters in the Army and Army Reserve. He left the Army in 1972 and enlisted in the Marines to fly fighter jets. His final duty station before retirement was Marine Corps Air Station – Beaufort in 1983, where the Hammonds were frustrated in finding agreeable housing. Eventually, they discovered what they were looking for outside Richmond Hill. "We lived there for 15 years, and our boys both finished school in the Bryan County system," Ted explains. "Both are now married and living in south Bryan County, so they're close by and doing well."

Hammond retired from the Marines in 1986, taking a job flying corporate aircraft for NetJets. He and Susan moved to Skidaway Island in 1999. They owned a small airplane that they enjoyed flying wherever the sky would take them until fuel prices climbed from \$2 to \$7 a gallon. "We burned 10 gallons an hour in that little four-seater," Ted says. "Saturday \$50 hamburger runs became \$250 hamburger runs."

Ted and Susan both retired at the end of 2019, continuing their travels. They traded their airplane for an RV, eventually working their way up to a class-A diesel motor home that has taken them to almost all the 50 states. "We've seen most of the U.S. at ground level, as opposed to 10,000 or 30,000 feet," Ted says.

The Hammonds were traveling when the Richards moved in next door in 2004. "Between work and other things, we didn't get to meet Sis and Jimmy right away," explains Ted. "Susan happened to cross paths with Sis somewhere, in the supermarket maybe. And it turns out we have mutual friends from many years past."

"They've just been wonderful to us," says Sis. "Susan would bring us dinner off and on during the year. Just out of the clear blue sky they tell us, 'We'll bring you supper.'"

According to Ted, the Richards regularly ate at the Village Bar and Grill. After it closed, preparing meals became a challenge for Sis. "She's a real firecracker," Ted says, "but Jimmy's got medical issues and isn't able to do much. It's a lot for her to shoulder."

"They kind of took us under their wing," says Sis, summing it up. "They're just great neighbors. There's nothing I can do to reciprocate, but I can let others know how much we appreciate them."

Ready for a Change in the New YEAR?

2025

Protect your brain health by treating your hearing loss!



Dr. Susan Timna



Dr. Cori Palmer

Call our Doctors of Audiology today to schedule your **complimentary consultation**, now through **January 31**.

Enter our raffle for a **FREE** premium hearing device, plus a discount or TV adapter!

Voted Best Audiologists in the Savannah Area



Visit us at our new convenient location
15 Lake Street, Suite 160, Savannah, GA 31411
between Synovus and Stifel Investments
WE'VE MOVED

Schedule your complimentary consultation to learn how our new testing can determine your specific listening needs in noise.

Call for your appointment
912 777 8580


expert hearing
YOUR CONCIERGE SOLUTION

Open Monday through Friday for your convenience in the Village at Skidaway

EXPERTHEARINGSAVANNAH.COM



HE SERVED BY RON LAURETTI

DEAN KLAHR

The end of World War II was almost 80 years ago and few of the 16 million men and women who served in uniform at the time remain with us. One of them – Dean Klahr – lives in Savannah and is as energetic and spry as any 99-year-old you'll find.

Klahr was born in 1926, in Erie, Pennsylvania, where he graduated high school with academic honors in 1943 and was promptly drafted into military service. He was very willing to serve his country and preferred to do so as a Navy man. As a competitive swimmer growing up near Lake Erie, big water and ships appealed to him. So Klahr and a friend drove a couple of hours south to Pittsburgh in search of a Navy recruiting office.

Klahr scored well on his Navy entrance exam and was sent to Stevens Technical College (now Stevens Institute of Technology) in Hoboken, New Jersey, to study engineering for a year. He then transferred to Naval Station Great Lakes near Chicago for basic training. Upon completion, Klahr was promoted to seaman first class and transferred to the Navy's sonar school in Key West, Florida. After six months, he was assigned to Sims-class destroyer *USS Wainwright*, DD-419, which would become his home for the duration of the war.

The *Wainwright* entered the war just two days after the Japanese attack on Pearl Harbor. She was 348 feet long and capable of a maximum speed of 35 knots and range of 4,000 miles before requiring additional fuel. She had a crew of 10 officers and 182 enlisted men and was armed with two torpedo tubes, two depth-charge tracks, and a variety of guns. The destroyer's primary responsibility was to escort convoys while her sonar system searched for enemy U-boats. For the first two years of the war, the *Wainwright* patrolled the Atlantic Ocean and the Mediterranean Sea. The destroyer had several close calls from enemy air attacks but no crippling hits.

In April of 1945, sonarman Klahr boarded the *Wainwright* at Norfolk Naval Shipyard, and the vessel sailed through the Panama Canal on her way to the Pacific. "We maintained a daily 24-hour sonar search for Japanese submarines," recalls Klahr, "but, by 1945, mostly all Japanese items of warfare had been destroyed. Nevertheless, I and another sonarman remained on watch 24 hours each day."

During the summer of 1945, the *Wainwright* visited the major American victory sites of Iwo Jima, Okinawa, Saipan, Guam, and



Navy veteran Dean Klahr celebrated his 99th birthday this month.



Eniwetok. From Eniwetok, the vessel proceeded directly to the Aleutian Islands off the coast of Alaska. Japanese forces attempted to establish a foothold on American territory, possibly to divert American forces away from a larger Japanese assault at Midway. American forces liberated Japanese-held Attu and collaborated with Canadian troops to launch an invasion of Kiska. However, Japanese forces had already withdrawn, ending the Aleutian campaign.

After the Empire of Japan surrendered on September 2, 1945, the *Wainwright* arrived at Honshu, the largest island and geographical center of Japan. For the subsequent six weeks, Klahr and his crewmates went ashore daily at Ominato Ko in support of Allied occupation forces. The ship's crew's onshore goal was to ease the minds of the local population regarding the conduct of American occupying forces. During the war, the Japanese government had fed its population propaganda that Americans would rape, torture, and kill. "It took a few local tours for the confused Japanese population to eventually accept us," explains Klahr. On October 30, 1945, the *Wainwright* departed Japan bound for San Diego.

Klahr was discharged from the Navy in May of 1946. In 1948, he



The USS Wainwright (DD-419) shown here underway in the Atlantic in May 1944, ended its days as a target vessel, scuttled in July 1948 after exposure to Operation Crossroads atomic tests.

married his high school sweetheart, Carroll Bacon, and they had four children, three boys and one girl. Klahr applied his G.I. benefits to enroll in the University of Pennsylvania, where he earned a degree in finance. He launched a successful career in finance and management at Morgan Guaranty Trust, a precursor to today's J.P. Morgan. In 1984, the family moved to Savannah.

Though his wife passed away in 2020, Klahr enjoys a comfortable life on Skidaway Island where he is an active member of Skidaway Community Church. The "old salt" gets around pretty well and is a proud member of the "Greatest Generation."



Jessica Lawn Care Service

SERVICES INCLUDE:

- Sodding and Planting
- Mulching
- Landscaping
- Pinestraw
- Irrigation
- First Time General Clean Up

CALL 912.239.8350 TODAY!

Thank you for an incredible 2024!

With 2024 at a close, I want to extend a heartfelt thank you to all my incredible clients. Your trust and support means the world to me and I'm truly honored to have been part of your real estate journey.

Here's to a bright and exciting 2025 filled with new opportunities, milestones, and possibilities. Whether it's finding your dream home, selling a cherished property, or exploring new ventures, I'm here to help every step of the way. Let's make this next year one to remember!

**BERKSHIRE
HATHAWAY
HOMESERVICES**
BAY STREET
REALTY GROUP



Glenda Ganem
Associate Broker
C: 912.695.1715
Landings Resident Since 1985

5 E. Perry Street Savannah, GA 31401 • 912.233.6000 | 2 Skidaway Village Walk Suite A Savannah, GA 31411 • 912.355.4171

©2024 BHH Affiliates, LLC. An independently owned and operated franchisee of BHH Affiliates, LLC. Berkshire Hathaway HomeServices and the Berkshire Hathaway HomeServices symbol are registered service marks of HomeServices of America, Inc.® Equal Housing Opportunity.



We're GIVING IT AWAY!

The Skinny Football Pick 'Em Pool

Evidently, bowling is hard. Not just the gutter-ball kind of bowling, but predicting college football postseason winners, too. Our pickers struggled. Roughly two-thirds of them chose more losers than winners. One guy – we'll preserve his anonymity – whiffed on 80 percent of his selections. When the messy dust settled, two men were left standing. Each chose correctly 15 times, while missing 10. Pat "Tunnel" Holland and John "Savant" Durant. But the Savant might actually be one: He imagined 43 total points in the war between the States (Boise and Penn), and the Nittany Broncos posted 45 in real life. Savant scores the big win.

That's it. The season's over, for this column's purposes. See you sometime around the Kickoff Classic. Thanks for playing along.



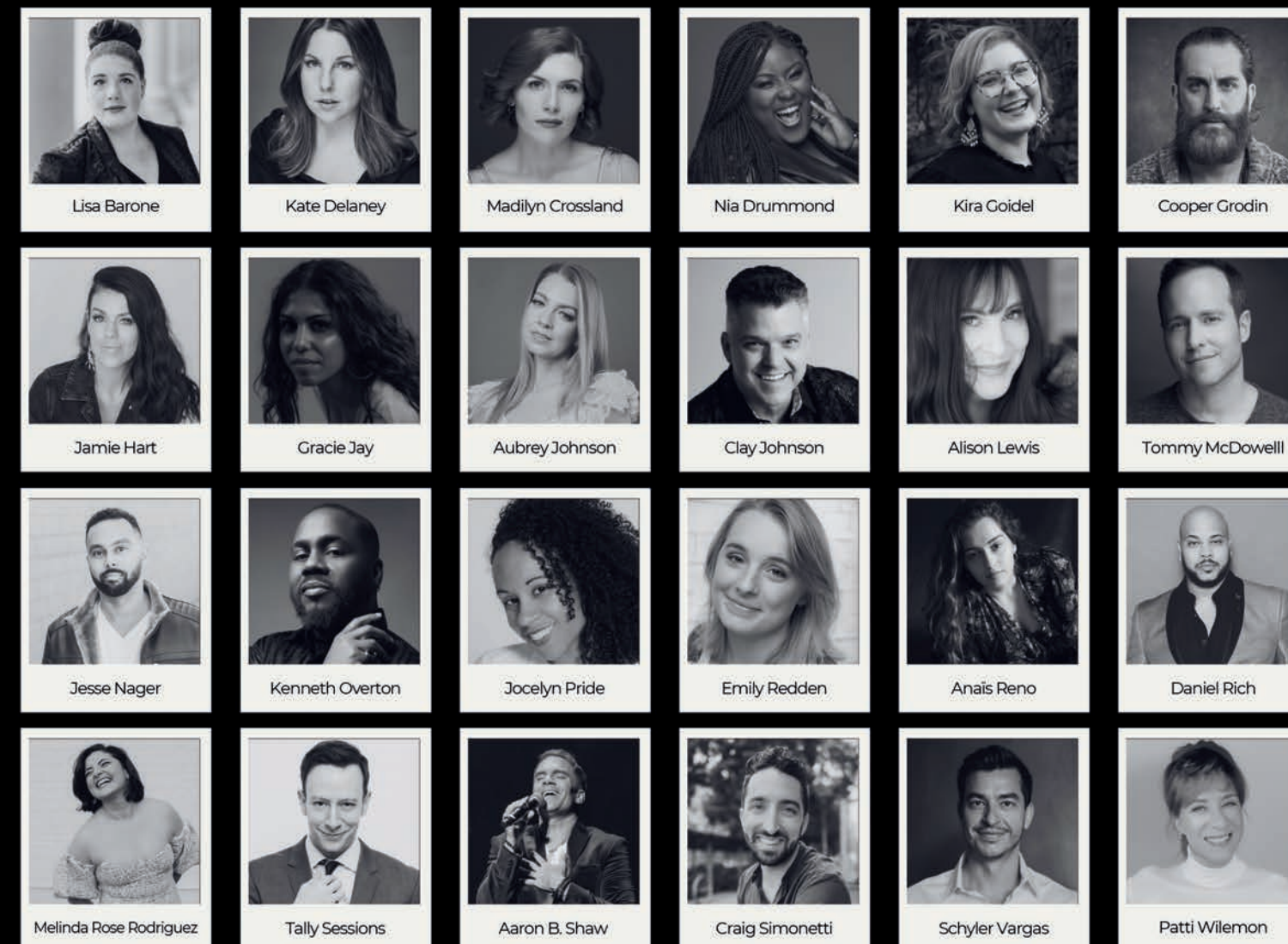
Reclaim your
Active. Vibrant. Life.

With Savannah's #1 Hormone Replacement Therapy Team.

Lose weight • Improve Libido • Boost Energy
Fight Muscle Loss • Support Brain Function

Dr. Harry Collins
Schedule your free consultation
912.925.6911

agemanagementmed.com | 200 Blue Moon Crossing, Ste. 102, Pooler



JOIN US

JANUARY 27-31, 2025

Experience an unforgettable week of American Song at Plant Riverside District, where some of the best vocalists compete right here in Savannah for cash prizes, and career opportunities

400 W RIVER ST,
SAVANNAH, GA 31401



Tickets available at ATCSavannah.org | 803.702.0305

island hopping

ISLAND
HOPPING

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

BRIDGING THE GAP

WHAT: Co-ed Bridge Group
WHEN: every Wednesday, 11 a.m.-2 p.m.
WHERE: Marshwood club/Landings Room
HOW MUCH: \$1/person
CONTACT: David Marbry, marbryd@outlook.com

CAN YOU CANASTA?

WHAT: Max of 24 players. Players must have a basic knowledge of the game.
WHEN: Every Wednesday, 2-5 p.m.
WHERE: Marshwood Clubhouse, Skidaway Room
CONTACT: Diane and Paul Bloom, landloverscanasta@gmail.com.

BUILDING BRIDGES

WHAT: Social bridge game
WHEN: Thursdays at 1 p.m.
WHERE: the Savannah Bridge Club
HOW MUCH: \$6 for members, \$7 for non-members
CONTACT: Veronica, 912.598.7217 or Savannah Bridge Club, 912.228.4838
WHAT ELSE: All skill levels welcome. Come alone or with a partner or bridge group.

DOUBLE YOUR FUN

WHAT: Duplicate Bridge
WHEN: Wednesdays at 6:30 p.m.
WHERE: Oakridge Dining Room
HOW MUCH: \$4 entry fee paid out to top pairs
CONTACT: Steve Fitzgerald, stefitz@bellsouth.net or 912.856.4172
WHAT ELSE: All are welcome. Please sign up weekly by Monday so partnerships (made randomly) can be made in advance of game day.

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.

HEAR GREAT SPEAKERS

WHAT: Kiwanis Club of Skidaway
WHEN: Thursday mornings at 8 a.m.
WHERE: Palmetto Club
HOW MUCH: Free to attend, including any refreshments, which includes coffee/tea (compliments of Morgan Stanley) and occasional pastries from Auspicious Bakery.
CONTACT: Michael Klavon, 912.306.0474 for gate pass
WHAT ELSE: Membership is open to Savannah/Chatham area residents. Visit www.kiwanisofskidaway.com for more information.

WHO NEW?

WHAT: New Neighbors
WHEN: Visit www.landingsnewneighbors.com to see our calendar
CONTACT: Visit our website or contact Jody at 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.

PHOTO FINISH

WHAT: Photo exhibit by Grenville T. Emmet IV
WHEN: Now through Jan. 31
WHERE: Jewish Educational Alliance, 5111 Abercorn St.
HOW MUCH: Free and open to the public
CONTACT: 912.355.8111
WHAT ELSE: A native of New York City, Emmet drove cross-country in the mid-1990s, making stops in picturesque Rocky Mountain towns. Currently residing on Amelia Island, Florida, he traveled back to Colorado in 2023 and 2024, where photographs for this show were captured.

POSTAL PEOPLE

WHAT: Landings Stamp Club
WHEN: Friday, Jan. 10, 10 a.m.
WHERE: Messiah Lutheran Church conference room
HOW MUCH: Free
CONTACT: Carl Luecke, cluecke@comcast.net or 631.766.5002 for meeting details.
WHAT ELSE: Beginner, advanced, or anyone in between is welcome to join our monthly meeting. Learn about buying, selling, or preserving your collections, and discover different types of stamps from all over the world.

COLLECTION AGENCY

WHAT: Updated Flea Market Pick Up process
WHEN: Jan. 15 and Feb. 12
WHERE: We come to your door
CONTACT: fleamarketintake@gmail.com.
WHAT ELSE: Flea market personnel will arrange a visit to view your items in advance and determine what we can pick up. We encourage everyone to hold their smaller items and deliver them to the March 6 or 7 intake at Messiah Lutheran Church.

IN STITCHES

WHAT: Quilting Group
WHEN: Thursday, Jan. 16, 3-5 p.m.
WHERE: Skidaway Community Church
WHAT ELSE: It's not just your grandmother's quilts anymore! Calling all quilters, wannabe quilters, sewers, creative fiber artists, and anyone looking for a fun and creative outlet. No experience? Don't have a machine? Never sewn or quilted before? Don't know how to thread a needle? No problem. Join us for conversation, socialization, inspiration, and education. Bring a project you are working on, show and tell, or just visit. All members of Landlovers are welcome. We will meet the 3rd Thursday of every month.

HISTORICALLY SPEAKING

WHAT: Skidaway History Uncovered
WHEN: Jan. 16 at 4 p.m.
WHERE: St. Peter's Episcopal Church, Skidaway Island
HOW MUCH: free for FOSA members; \$5 for guests, payable online or at the door
CONTACT: FOSA@skidawayaudubon.org
WHAT ELSE: Local archeologist Laura Seifert will discuss her new book, Faith in Education at the Skidaway Island Benedictine Mission, as Skidaway Audubon's January guest speaker. Please pre-register online at SkidawayAudubon.org.

WHAT'S LEFT?

WHAT: Skidaway Island Democrats meeting
WHEN: Thursday, Jan. 16, 7 p.m.
WHERE: TLA office, 600 Landings Way South
CONTACT: Sue Kantor, 917.822.2443
WHAT ELSE: Guests include Kevin Olanoye, executive director of the Democratic Party of Georgia. If you are not a Landings resident, please email the treasurer at rwmackey1@gmail.com for a gate pass.

A SHORE THING

WHAT: "Changing Shorelines of Georgia's
www.theskinnie.com

Barrier Islands"

WHEN: Tuesday, Jan. 21, 7 p.m.
WHERE: Skidaway Institute of Oceanography (SkIO) Library Auditorium, 10 Ocean Science Circle
HOW MUCH: Free and open to the public
CONTACT: Jackson.Schroeder@uga.edu or 912.598.2325

WHAT ELSE: SkIO announces the return of its monthly "Evening at Skidaway" program. SkIO director, Dr. Clark Alexander, is the featured presenter in January.

MARKET FORCES

WHAT: The Market at 3 West Ridge, a charity shopping boutique and spring plant sale
WHEN: Tuesday, Feb. 4, 4:30 -7 p.m. (opening reception); Wednesday, Feb. 5, 10 a.m.-5 p.m.; Thursday, Feb. 6, 10 a.m.-4 p.m.
WHERE: St. Peter's Episcopal Church, 3 West Ridge Rd.
HOW MUCH: \$5 admission, good for all three days; \$15 box lunch available for purchase Wednesday and Thursday
CONTACT: Kathryn McLearn, 912.598.4520
WHAT ELSE: Proceeds from the 2025 Market will benefit two local nonprofits working to

improve the lives and futures of children in the greater Savannah community. Horizons Savannah offers tuition-free summer programs for children K-12. First Readers mails a monthly age-appropriate book for children to keep, and a guide for parents to foster reading and child literacy.

WHAT'S THE BUZZ?

WHAT: FOSA Meeting: Bee There
WHEN: Thursday, Feb. 20, 4 p.m.
WHERE: St. Peter's Episcopal Church, 3 West Ridge Rd.
HOW MUCH: Free for members of Friends of Skidaway Audubon (FOSA), \$5 for guests, payable online or at the door
CONTACT: FOSA@skidawayaudubon.org
WHAT ELSE: Guest speaker will be a representative of the Savannah Bee Company. Using a live hive, they will explain the importance of bees and how they work cooperatively. Attendees are asked to pre-register online at SkidawayAudubon.org.

LET'S GO TO THE HOP

WHAT: Landlovers 50th anniversary celebration
WHEN: Friday, Feb. 28, 6 - 10 p.m.
WHERE: Palmetto Clubhouse Ballroom

HOW MUCH: \$85 per person
CONTACT: For more information, visit www.landingslandlovers.org.
WHAT ELSE: Join friends and neighbors, new and old, for a nostalgic night of dancing, dining, and fun at the '50s Sock Hop Dinner Dance. Dress to impress in your poodle skirts, leather jackets, and bobby socks for a night of classic style and reminiscence. When you need a break, mosey into the Azalea Room for the silent auction, featuring a variety of exciting items, from sports-themed baskets to local fine art. All proceeds go to the Landlovers Foundation, which supports student scholarships and philanthropy. Registration is now open at Landingslandlovers.com

HELP AROUND THE HOUSE

WHAT: Habitat for Humanity volunteers wanted
WHEN: 8:30 a.m. - 3 p.m., Tuesdays and Wednesdays, possibly Thursdays
WHERE: locations vary
CONTACT: Mark Piven, 912.598.0323
WHAT ELSE: Prior experience is not necessary. Many volunteers learn on the job and only do whatever they feel comfortable with. Tools are provided.



HAPPY 2025!

dry cleaning TO-YOUR-DOOR

FREE Pick-Up & Delivery

Alterations • Wash & Fold • Green Cleaning

DRY CLEANING... DELIVERED.

dry cleaning TO-YOUR-DOOR

Free Pick-up & Delivery
Environmentally Friendly
Locally Owned & Operated

912-961-7744

Landings neighbor owned and operated

912.961.7744 or visit www.drycleansavannah.com

www.theskinnie.com

TheSkinnie VOL. 23 ISSUE 01 - 25

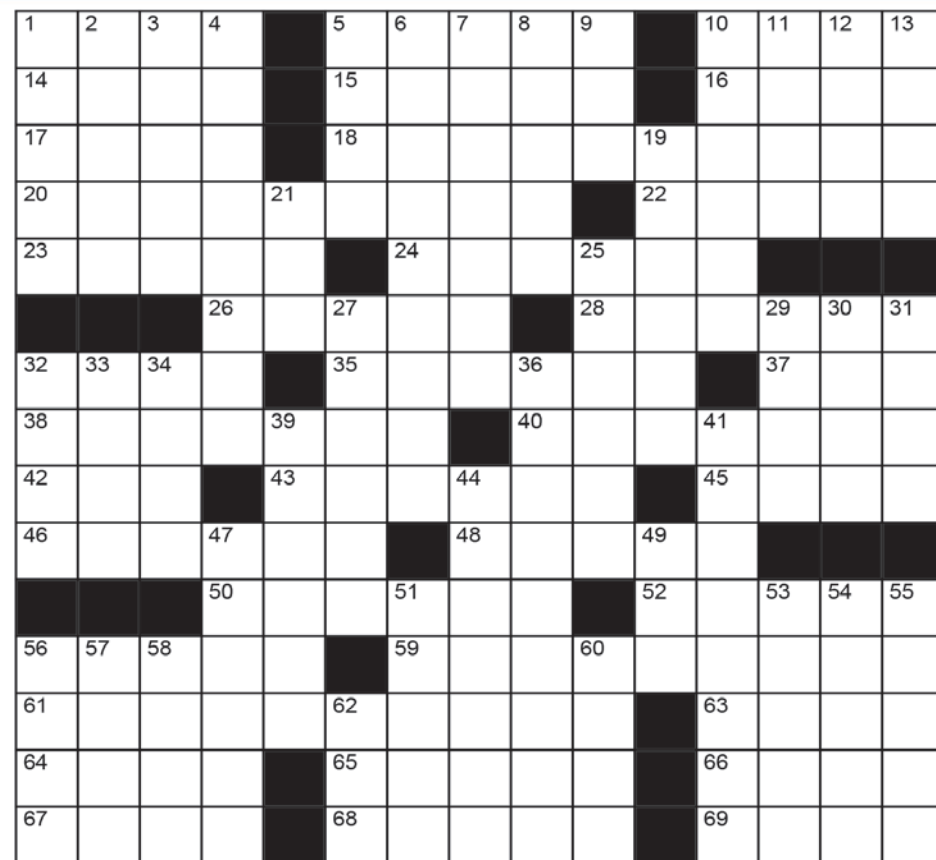
CROSSWORD

ACROSS

1. Salary limits
5. Sign of life
10. ____ one's time
14. Away from the wind
15. Pass into law
16. Auction website
17. Reddish-brown
18. Good-looking
20. Send into a swoon
22. Reacts to yeast
23. Triangular Greek letter
24. Like many wedding cakes
26. Welles of film fame
28. Swelling reducer
32. Leave a mark on
35. Take the pulpit
37. One of Frank's exes
38. TV cabinet
40. Twisting Chubby
42. "Tarzan" extra
43. Reason out
45. Ethereal
46. Beginner, slangily
48. When tripled, an Elvis tune
50. McDonald's clown
52. Meddlesome sort
56. French farewell
59. Fuel for big rigs
61. Workplace trouble, sometimes
63. Not fooled by
64. Send forth
65. Rotini, for one
66. Civil rights org.
67. Work well together
68. Unable to relax
69. Property title

DOWN

1. Gave a hoot
2. Unaccompanied
3. Necklace item



4. Ottawa's NHL team
5. Gardening moss
6. Lacking in schooling
7. Base "facilities"
8. Rockslide debris
9. Capt.'s guess
10. Come to pass
11. Egyptian bird
12. Kevin Kline title role
13. Spud's buds
19. Nativity scene
21. Golfer's concern
25. Heavier, as a dessert
27. Stomach neighbor
29. Make cookies
30. Say it's so
31. Larson of *The Far Side*
32. Read a bar code
33. Manage somehow
34. One more time
36. Fender benders
39. Rotten to the core
41. Social worker's work
44. Worst looking
47. Bit of fresh air?
49. Caustic cleaner
51. Commercial creator
53. Present time
54. Boxer's quest
55. Vocally
56. "Beg pardon ..."
57. British title
58. Pupil's place
60. Legal postponement
62. Chic getaway

Puzzle answers, page 29

CLASSIFIEDS

\$30 each, with a maximum of 50 words • \$5 for each additional 10 words
Contact Teri Grayson at 912.598.9715 or email classifieds@theskinnie.com

AIR CONDITIONING SERVICE & REPAIR

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

COMPUTER SERVICES

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

SAVANNAH COMPUTER SERVICES, INC. • Professionally serving coastal areas of Georgia and South Carolina for over 30 years. Specializing in both business and home PCs, Macs, and most IT equipment. We offer 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. Business offerings include VOIP phones, high speed internet circuits with failover, remote monitoring & management with enhanced security and endpoint backup services. Enjoy fast and convenient on-site service, FREE pickup and delivery, or remote service by appointment. Quotes are always free and no travel charge within our local area of coverage. Call Mike and Cyndy Tabakian, 912.756.7860 or visit our web site at savannahcomputer.com.

DOOR REFINISHING

WOOD DOOR RESTORATION • Mike Johnson has 30+ years of experience as a home improvement contractor. While painting has been his specialty, wood restoration is his passion! If you have a weathered wood door that needs attention – Mike's your guy! His attention to detail and doing the project the right way – with the correct tools and products – will bring your door back to life.



Mike's cell phone is 615.522.1009, <http://www.mikethedoorguy.com/>

ELECTRICIANS

KMB TECHNOLOGY • As a Savannah native, Kerry McBride has over 40 years of experience as a commercial and residential electrician. He specializes in electrical repairs, renovations, and service engineering. All work is done to code and done with expert craftsmanship and integrity. Please call or email for a quote or any questions. 912.508.5540.

FLOORS & FLOORING



FLOORS & MORE Custom Garage Floors • Refinish your floors in durable and easy-to-clean epoxy today. Our flooring is poured directly over your existing surface and comes in various colors and finishes. Landings resident. Get a free estimate today. Call: 912.777.9431 | 843.540.3402 | info@floorsandmorelowcountry.com or visit: <http://www.floorsandmorelowcountry.com/> Offices | Boutiques | Salons | Garages | Laundry Rooms.

HOME IMPROVEMENT & REMODELING

JOHN HODGES CONSTRUCTION INC. • We specialize in window and door replacement and repair. We're a Marvin certified contractor. We also specialize in exterior siding, decks, service fence and trim. Interior remodeling: Kitchen, bathrooms, and trim. No job too small. Serving the Landings since 1982. Call 912.313.2767.

MURRAY'S HOME IMPROVEMENTS • We offer all types of home repairs with professional services at reasonable prices. Custom remodeling, new construction, rotted wood replacement, along with interior and exterior woodwork. We're avail-

able for changing out light switches, installing ceiling fans...and general handyman jobs! We've been serving Savannah for over 30 years. Call Stacey Murray at 912.346.0046

LANDSCAPING & LAWN CARE

GRASSMASTER LAWN CARE • We offer complete landscape management with year-round service. Our services also include fertilization, insect, weed, and fungus control, along with lawn and shrub programs. We are your total lawn care service. We also offer landscaping, i.e. lawn renovation and sodding. Licensed and Insured. Free estimates. Please call Mike Schuman at 912.354.8856.

SCOTT'S LAWN SERVICE, LLC • Customer service you deserve! We are committed to providing the most reliable lawn care service and maintenance. Offering complete lawn care needs including lawn mowing, edging, pruning, hedge trimming, blowing, and pine straw installation. Call today for a free estimate. Let us maintain your property, so you can enjoy it. Licensed and insured. 912.656.8472



NEW LEAF LANDSCAPE • Military Veteran and locally owned, you can trust New Leaf Landscape Management with all your property maintenance needs. Our experience extends well over a decade, and we offer a variety of services from routine lawn maintenance to stump grinding, to irrigation repair. Call us for a free estimate today! **912.465.5440**

LEYVAR FAMILY LAWN CARE • Sprucing the lawns in the Landings for many years. Lawn Maintenance * Irrigation * Planting * Sodding * Tree Trimming. If your lawn needs it – we can do it!! 912.428.7263



JESSICA LAWN CARE SERVICE • Full-Service Lawn Maintenance. Mulching * Landscaping * Pine straw * Irrigation * Sodding * Planting. CALL US TODAY, 912.239.8350

Skinny classifieds are online at www.TheSkinnie.com/Classifieds

www.theskinnie.com

TheSkinnie VOL. 23 ISSUE 01 – 27



IS YOUR LANDSCAPING BRINGING YOU DOWN? Do you have water that just won't go with the flow? Have your hardscapes seen better days? If you need a landscape solution, I will find it and if you can dream it, I can design it. Call Lyrical today 912.399.0397. www.lyricaloutdoorsolutions.com.

MASSAGE & SKINCARE



SUITE LIFE WELLNESS SPA • Conveniently located on the Diamond Causeway (next to Kroger). Massage therapy, European facials, peels, waxing, brow & lash services, and pelvic floor occupational

Add Us to Your



Instagram

@the_skinny_magazine

Look for The Skinny Magazine on Instagram and Facebook for news, updates, special deals and more!

At home or away, you're never far from

The Skinny!

Visit us at www.TheSkinny.com.

therapy. Our independent therapists and estheticians are highly trained and experienced. Easy online booking at www.suitelifespa.com. Open by appointment only – 7 days per week.

MOVING & DELIVERY

SPECIALTY MOVING AND DELIVERY LLC • Residential and Commercial Relocation Specialists. Local & Long Distance. Offering Household Moving & Rearranging, Business Relocation & Inter-office Moving, Pickup & Delivery Service, Installation & Assembly, Loading & Unloading, Packing & Crating, Shipping & Receiving, Warehousing & Storage and Packing Supplies. Specializing in Items that Require Special Care including. Fine Furniture & Pianos, Art & Antiques, Office Furniture & Systems, Business Machines & Electronics and Medical & Institutional Equipment. Serving the Landings for over 20 years. Licensed & Insured. References. License # HG501010. Call 912.925.9528

MARK ANTHONY'S SMALL MOVING & DELIVERY

MARK ANTHONY'S SMALL MOVING & DELIVERY • Household and office small local moves. Pickup and delivery, loading and unloading, antiques, furniture, and fine art. References available. Call 912.398.7474

TRANSITIONS MOVING CONCIERGE SERVICES • Discreet, discerning, and confidential moving services. Transitions Moving Concierge Services has over 7 years of experience assisting local moves, downsizing, moves to retirement communities, estate dissolution, estate appraisals and other relocation services you may need. Resident of Savannah for over 40 years. I know the ropes! References available upon request. Call Catherine Adler at 912.272.7888.

PETS & PET SERVICES

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

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

POWER WASHING



SKIDAWAY ISLAND PRO WASH • Owned by Landings residents and members, we offer the most premium roof and house soft washing, concrete pressure washing and window washing available. We use only the highest quality cleaning processes and commercial equipment available, running the highest quality service available in our industry. Free estimates. Google and Facebook 5-star rated. 100% satisfaction guaranteed. Call or text Matt Shannon 912.600.7377; email matt@siprowash.com; www.siprowash.com.



SUPER CLEAN POWER WASH • Doing high quality work for more than 20 years here on Skidaway Island. The most trusted name in house washing. No pressure roof cleaning. Soft wash house washing. Decks, patios, driveways, and outdoor furniture too. Super Clean Power Wash, Jon Kotowski, 912.631.3121

ROOFING

EXPERT ROOFING & RESTORATION, LLC • Commercial/Residential Roofing, Gutters and Decorative Chimney Caps. Licensed and Insured. FREE Estimates. Locally owned/operated by Bohdan Redko, serving the Savannah area for more than 40 years. 912.312.1079. ExpertRoofingofSavannah@gmail.com

SERVICES

RESALE! Your junk could be someone else's treasure! • Do you or your grown children have old toys, comics, games, etc. cluttering your home and attic? Call 912.660.1568 to have your items listed on eBay! Within weeks you could have cash from stuff you've stored for years. Results may vary depending on an item's resale value and demand.



THE JUNKMAN

• Removal and Hauling
• Appliances and Furniture
• Home Cleanouts
• Mattress and Box Springs
References available upon request. Please call Mark Anthony at 912.398.7474

DEBRIS REMOVAL FROM ROOF • "A CLEAN SWEEP" Call Tom, 973.626.4019 for a FREE estimate. Don't Delay. Debris build up can harm your roof and gutters! **Fully Insured!

TREE SERVICES

TREEMASTER INC. We offer these services for all 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, 912.598.0140.



PALM TREE BARBER • Expert Palm Tree service. Rehabilitate, hydrate, and maintain your palm trees. Frond Trimming. Trunk Shaving. Fertilizer Application. Debris Removal. We also offer Pineapple cut. We are a veteran family-owned business. Certified and Insured. Call for a FREE Estimate. On site or by Photo. 231.329.0072. williamspalmtree-service2000@gmail.com

WINDOW CLEANING & SERVICE



SOAP ON A ROPE • Power washing, window cleaning and more. Proven, reliable, and fully in-

sured. Voted Savannah's best since 2018! From homes to high-rises. 912.233.1544 soapona-rope-inc.com



SKIDAWAY ISLAND PRO WASH • Owned by Landings residents and members, we offer the most premium window washing available. We use the highest quality multi-stage water filtration system to enable us to use purified water with zero impurities, ensuring your windows are left spotless and streak free every time. Free estimates. Google and Facebook 5-star rated. 100% satisfaction guaranteed. Call or text Matt Shannon 912.600.7377; email matt@siprowash.com; www.siprowash.com.

WINDOW BLINDS & TREATMENTS, STORM PROTECTION AND AWNINGS



SAVANNAH BLINDS is the premier window treatment expert in your area. We offer an abundance of custom interior window treatment options, exterior storm protection, and outdoor shade! Our products reflect the highest quality in our industry. Let us outfit your home with beautiful shade options today! 912.224.0459; office@savannahblinds.com

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



At home or away,
you're never far from

The Skinny

Visit us at

TheSkinny.com

Look for The Skinny Magazine on Facebook and Instagram.

News, updates, special deals and more!



CARDINAL VIRTUES

Cardinals are brimming with symbolism. In general, the birds' vibrant red plumes are seen as full of hope, optimism, and good luck for the year ahead. In Christianity, the bird represents the blood of Christ and everlasting vitality – or even a sign of divine intervention. Native American traditions hold that cardinals represent loving relationships and devotion, while in other cultures, they may be seen as messengers from the spiritual realm.



ABOVE: Carole Barnard
LEFT Becky Carter



All photos this page shared by Jorge Gojman



LIFESAVING CARDIAC CARE IS ONE OF OUR BIGGEST STRENGTHS.



"THAT'S WHY I CHOOSE TO PRACTICE AT ST. JOSEPH'S/CANDLER."

Dr. William Crosland, Interventional Cardiologist

KENNETH TURNER - SAVANNAH, GA

As an avid workout enthusiast and competitive bodybuilder, Kenneth was taken by surprise when he suddenly began feeling intensely ill. Luckily, he was just a short walk from the Candler Hospital Emergency Room – where he suffered a massive heart attack during his examination.

Literally bringing him back from death after 30 minutes of CPR, the Candler team put him on a ventilator and called Dr. William Crosland. Kenneth was transported to The Heart Hospital at St. Joseph's Hospital, where Dr. Crosland inserted an Impella and followed it up with a coronary stent. After 30 days in a coma and 2 months in the hospital, Kenneth has made a full recovery. He's back to working out and still in awe of the lifesaving care he received from Dr. Crosland and the entire St. Joseph's/Candler team.

SJCHS.ORG
SJCPHYSICIANNETWORK.COM

