



The Skinnie

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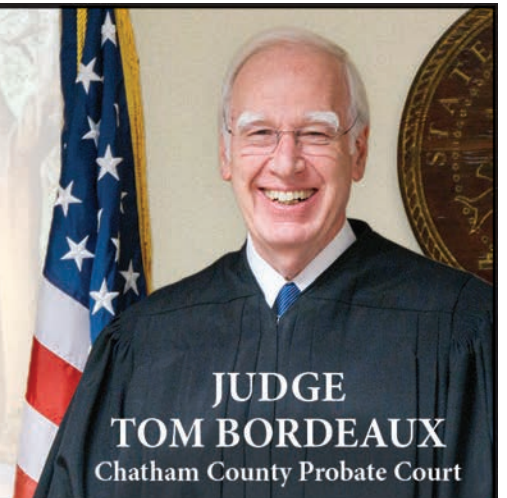
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Upfront

Innovation tends to increase efficiency and optimize utility. But there are things that seem impossible to improve.

Old things are aesthetically beautiful in ways an ever-modernizing world can't replicate. Places like Savannah's Historic District thrive based on this truth, as do ancient cities that make Savannah seem like a metropolitan infant.

Rome, Athens...these are among my favorite places on earth. Venice and Barcelona, too, although they are a "newer" version of old when compared to the first two, which significantly predate Christ.

Preserving historical structures is both noble and essential. They link us with our legacies, explain our evolution, and mesmerize us with their irreplaceable blend of grandeur and

decay. In Savannah, the preservation movement is generally traced to the mid-1950s, led by "seven local ladies" who laid the groundwork for the Historic Savannah Foundation and a broader ethos that celebrates the past.

Encyclopedia Britannica, itself something of a relic, defines archaeology as "the scientific study of the material remains of past human life and activities." Such study increases understanding of the human condition, but it unearths some unimaginably impressive man-made marvels in the process. Visiting such sites, one often finds teams of people using the most up-to-date machinery available to ensure our forebearers' remnants remain available for our descendants to come. This juxtaposition between antiquity and of-the-moment can be both stark and stunning. This issue's cover illustrates one such scene.

This *Skinie* is dedicated to a re-store-and-remodel theme. You'll find articles that include tips for updating your home. Advertisers who work daily to provide their clients with ideal living experiences – real estate professionals, designers, remodelers, construction-service firms – are showcased herein.

Since man began building things, he developed the urge to tweak the things he built. He also maintained respect for his past and sought to honor it. That's the spirit that imbues the words and images of the magazine you hold in your hands.

Scott A. Laurer

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WHEN IN ROME...

I really enjoyed your story (Up Front) on the restaurant (Al Pompiere) in the Jewish Quarter in Rome. I traveled to Italy on business for many years and discovered this restaurant from an ex-pat American. It was difficult to find, so I would offer the restaurant's card to the taxi driver and we would get there. The food and experience always exceeded my expectations.

You may agree, there is no such thing as "Italian" food, as each region has its own cuisine and wine. What has been often described as Roman food is actually Roman Jewish food. I always had the stuffed zucchini flowers (fiori di zucca) and fried artichokes, and then I'd sample what the restaurant had to offer. The Frascati wine was inexpensive and perfect for a Roman meal.

I have referred Al Pompiere to several friends over the years, but some came away unhappy because the waiter wasn't accustomed to dealing with diners that didn't speak Italian. Your readers should be advised of this and be patient with the service. Finally, diners should ask the restaurant to order a taxi as they depart since it might be hard to find one on the streets nearby.

Thanks again for the story.

Danny Johnson



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JUST FLAGGING THIS

Reader Peter Mezei provides the following framework from The Etiquette School of America for proper treatment of the American Flag, as Memorial Day is approaching:

Any time you're at an event (a parade, football game half-time show, Boy or Girl Scout ceremony, church, or school event, or such) and the flag passes you, stand up as you see it come into your line of vision. Follow all the protocols of listening to the National Anthem. And remain standing until the flag has passed you and your family or group.

The flag does not belong to any one American. It's a shared symbol of our nation. It should only be at half-mast by presidential or gubernatorial order, even when mourning a soldier killed in the line of duty. A person may not correctly decide to fly our national symbol at half-mast for personal reasons.

Any time you see the flag being raised or lowered, stop to watch, remain silent, remove your hat, and place your right hand over your heart.



Light must always shine on our flag. It must never fly in darkness. If you have one flying outside your home, either lower it and bring it inside before sunset each evening or have a light installed to shine on it throughout the night.

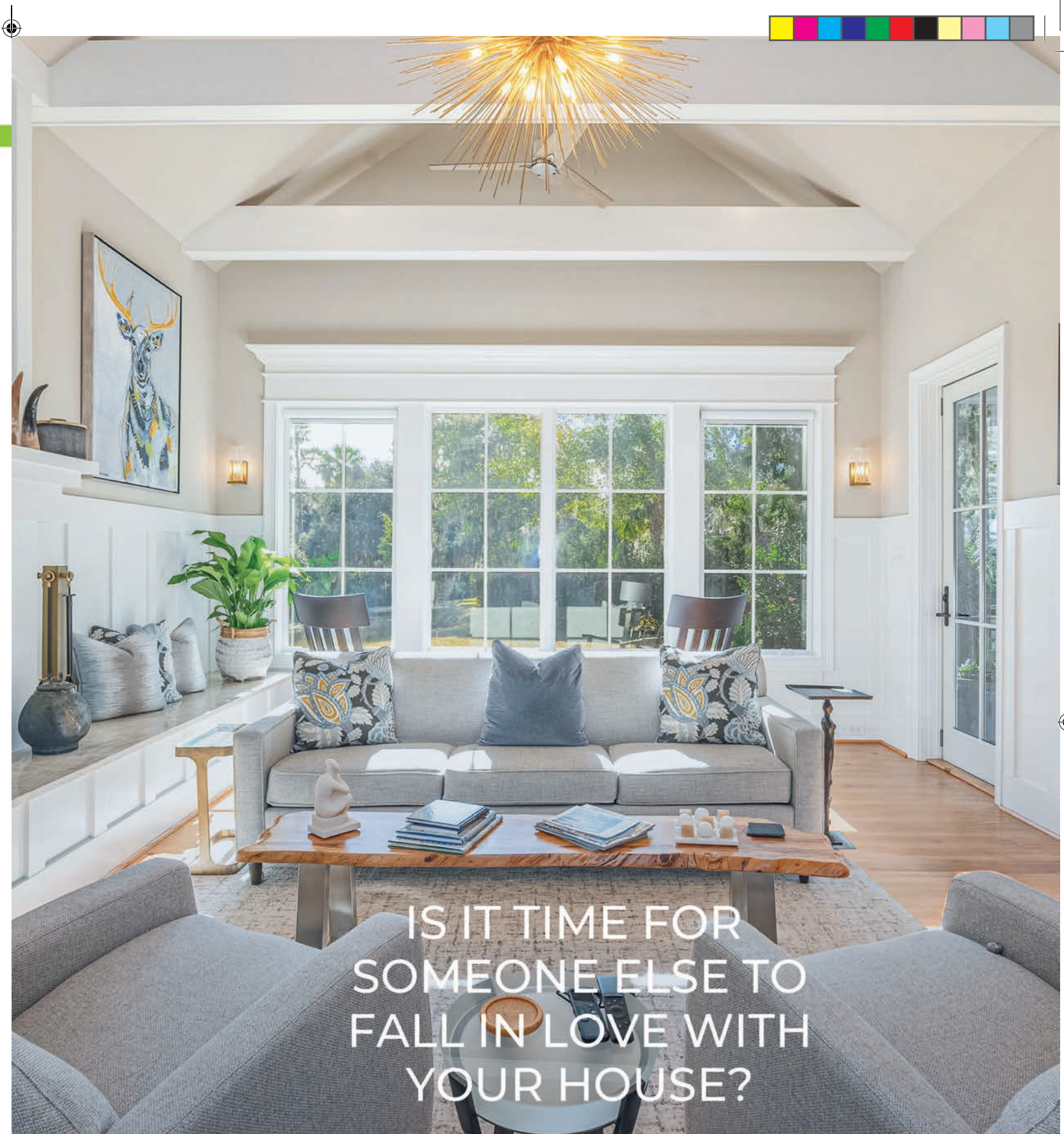
The flag isn't dipped (lowered) to any person or thing.

On U.S. soil, our flag always should be given the place of honor among other flags. It should be put on a stage in a room to its right-hand side. No other flag may be larger in size, be on a taller flagpole, or raised higher. The U.S. flag will be the first one raised and the last one lowered. (It is to be raised briskly and lowered slowly.)

When displayed on a wall, the flag may be hung either vertically or horizontally. In either case, the stars should be at the top and to the observer's left.

All flags displayed for general use (those not of historical significance) should be clean and tatter-free. When it's time to retire a flag, there are precise protocols. American Legion posts and Boy Scout troops hold occasional ceremonies in which the flag is correctly burned (retired). Contact your local chapter for details on when their next service will be held. One will often occur on Flag Day, June 14.

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DAVID YURMAN

in this issue

- 10** **DIGGIN' IT!**
To Till or Not to Till, That is the Question
- 15** **BUILDING ON TRUST**
Home Improvement Help You Can Rely On
- 23** **SMELLS LIKE SUNDAY**
From the Kitchen of Scott Lauretti
- 27** **SAFE AND SOUND**
Sustaining SAFE Shelter
- 31** **A TALE OF TWO SHIPS**
How the Santa Maria Stacks Up Against Today's Navy

features

- 04 Up Front
06 Letters to the Editor
20 St. Joseph's/Candler
34 Island Hopping
38 Crossword
39 Classifieds
43 Wild Things

on the cover:

Restore and Remodel: New construction juxtaposed against salvaged structures on the slopes below the Acropolis, where the buildings are two and a half millennia old.

Photo credit – Scott Lauretti

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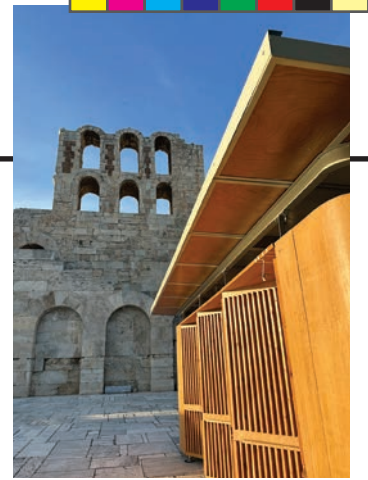
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DIGGIN' IT!

To Till or Not to Till

by Philip Schweier

It's easy to believe that the most extraordinary gardens and yards are the result of long hours and meticulous attention. Successful gardeners are traditionally hard-working, devoting hours, days, and weeks to toil in the soil. For those who may lack the time and energy to devote such time, a no-till garden can be a labor-saving option.

A "no-till" covers the top layer of soil is covered with organic mulch material rather than digging or tilling it. Gardening in the same spot, year after year, is easier if you do not disturb the soil with constant digging and tilling. Roots in a tilled garden always hit the hard core at a certain depth, then split and compete. Even though tilling can help you plant an immediate garden, it can ruin your garden soil in the long run.

Weed seeds brought up through tilling will grow. After a few short weeks, the freshly tilled garden will be just as hard, dry, and weedy as it was before the tilling. It's a vicious cycle. You can break that cycle up by converting your existing garden to a no-till garden.

THE BENEFITS

Soil is a living organism full of natural fungi, worms, and microbes. The roots of plants in the soil communicate with each other, encouraging growth by sharing resources, enabling very dense forests to thrive. Too much tilling will interrupt that natural system. Worms get killed, and bare soil is eroded by wind and rain, requiring several years for recovery.

Eventually, nature will cover the soil on its own with dead grass, leaves, and branches that have fallen to the ground, creating a soil food

web. Nowhere in nature will you see healthy exposed soil, why in the garden? Keeping it exposed the way most gardens do is destructive for the soil. It's like having an open wound that is not allowed to heal.

What works in nature also works beautifully in the home garden. There are several different no-till methods to choose from, due to varying climates and soil qualities. It may take a little research to find what works best for you. Despite such challenges, it can really pay off over time because beneficial insects and bacteria take over the work for you. In the following years, the health of your soil will get better.

PLANTING

As soon as the soil is workable, start planting, bearing in mind that planting everything at the same time is a lot of work. It often leads to

weeding and harvesting everything at the same time, as well. For this reason, it's less labor-intensive to plant in succession as the season progresses.

Plants love to grow together and support each other, so planting more densely can help reduce weeds. If you're growing vegetables, plant squash and spinach together; cabbage and beets; cucumbers and radishes. Before the bigger plant will need the space, the small one will be harvested, but you will not have to weed as much in the process.

MULCH

Mulch is required every year. Late autumn, after the growing season ends, is the best time to apply mulch for most home gardens. That's also the time when nature covers the soil, and the soil is bare, dry, and hard. A well-mulched garden doesn't require as much watering as other soil, as the mulch helps retain moisture.

Layer your garden with natural material on top of the existing soil without working it in. Most gardeners suggest covering the area with cardboard and/or newspaper, then adding compost and mulch to build healthy soil for the next spring, and repeat. You will need one to two inches of compost mulch to create healthier soil, preserve moisture, and prevent erosion. Composting can be a lot of work, but it doesn't have to be. Compost bins can be constructed from old pallets or building scraps. Two are recommended; while one is being filled, the other has time to mature. Layering green and brown will prevent the bins from smelling as it composts on its own over time.

Natural mulch such as compost, rotted manure, wood chips, or grass clippings has an advantage in that it decomposes and enriches the soil. Seed-free hay or straw also make good natural cover. They both decom-

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pose quickly and enrich the soil in the process. Make sure to break up the straw so it is light and airy.

Most no-till methods only work with a good layer of mulch, but any garden can benefit. In nature, soil is always covered, never exposed, with dead grass, leaves, and branches that have fallen to the ground, creating a soil food web. When the garden matures, you might be able to skip a year to review the soil quality.

AVOIDING WEEDS

In nature, nothing is uncovered, so weeds are a natural mechanism to protect the soil. If the ground is not covered by useful plants or mulch, more weeds can thrive. So don't stress if there are some weeds, but don't let them take over the garden, either. If you weed regularly a little, you will never have to weed the whole garden at once. Paying special attention at planting time, there will not be much to worry about during the growing season.

An easy way to kill weeds – or almost any plant – is to cut off the top. A plant with no leaves above ground will die, starving the roots because no photosynthesis takes place. Some weeds are more aggressive than others. If you have lots of weeds that spread by roots (such as quackgrass), it is helpful to separate the garden area from the rest of the yard by installing a weed barrier border, about a foot deep. This will help prevent these weeds coming into the garden. Weed control fabric is another option, but not permanently under the mulch, just on top of the soil as a cover.

One weed plant produces hundreds of seeds. However, hoeing breaks up the soil, bringing more seeds to the surface to germinate. Even worse is hoeing for root-propagated weeds. The more you chop the roots, the

more plants are multiplied. Instead, a garden fork is recommended to turn the soil, loosening it just enough to get the weeds out, hopefully pulling the root system with it.

If your soil is mulched and healthy, getting all those roots out should be easy. If not, and the soil is too compacted, more mulch is required. Weeds pulled by hand can be composted. Just be sure that your compost is hot enough to kill strong roots, and/or seeds. Otherwise, discard the weeds into the garbage can or burn them. Weeding by hand also allows you to feel the quality of your soil.

It can be tempting to abandon weeding, especially at the end of the growing season. But this only seeds a garden of weeds for next year. If you give the weeds no chance to go to seeds you will see how much fewer weeds there will be next year.

WATER, WATER

Establishing young plants can be challenging. By planting a seedling into a dry hole and watering from above, the plant will develop shallow roots, always seeking more water. Instead, it's better to water the hole before planting the seedling, so the roots will grow deep to reach the water. This helps young plants find moisture in deep soil on their own.

Even an easy garden does not get done by sitting in a rocking chair. No, you must get out there and give it some attention, 20 to 60 minutes a day is a reasonable allotment. Plant a bit, harvest a bit, take care of some weeds, and add compost. It may not seem like much, but if the little things aren't taken care, they will accumulate. Consistency is the key to providing a manageable garden for years to come.



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Renovating or remodeling can be daunting. Homeowners are often skeptical about the reliability or integrity of vendors they are considering. Projects can be very expensive, and customers don't want to overspend and receive sub-standard treatment in return. Experience counts. Businesses that survive the tests of time do so for good reason. One such local business is Guerry Lumber, which has been serving Savannahians since 1927.

Guerry caters to a range of customers, from construction professionals to DIYers. Products and services begin with the building foundation and extend all the way to the door locks. Understanding your financial exposure is important, so the firm's full-time estimating department provides transparency and oversight to ensure a job stays within budget and on schedule.

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By Alexis Durkin

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Steven Greer, MD

Weight gain, in turn, puts more pressure on the joints. Often, the best prescription is exercise.

“With many musculoskeletal issues, we can use your muscles to take the pressure off of your joints,” Greer explains. “I do a lot of exercise prescriptions. Walking is good for arthritis. Research has found that running is good for preventing arthritis – your body responds to running by making thicker cartilage for your joints.”

Pool therapy can be effective for some patients. “The buoyancy of the water takes the pressure off of the joints, so the exercises don’t hurt



as much,” Greer says. “Also, moving underwater requires more of your muscles, making you stronger faster, which alleviates your pain faster.”

If you’re over the age of 45, Greer recommends you consult your primary care doctor before starting an exercise program. “Everyone is healthy enough to start a program, but it’s a matter of how you do it and what exercises are safe for you.”

Greer can also employ medications, supplements, and other conservative treatments to help strengthen joints and decrease pain. A compound of glucosamine and chondroitin has been shown to help about 60 percent of patients. “These are basically what your body uses to make joint fluid and cartilage,” Greer says. “Your body uses them as building blocks, so they may take a month or more to fully work. But once they are back doing their favorite things, many of my patients are glad they tried this option.”

Greer can administer steroid injections into the joint to alleviate arthritis pain. Another type of injection is known as viscosupplementation treatment, in which a thick fluid called hyaluronic acid acts as a coating for the cartilage that helps bones move together smoothly.

Other treatment options include topical creams, anti-inflammatory supplements, and chemical mixtures known as unsaponifiables, to reduce swelling. Sometimes plain, old acetaminophen can help.

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Sr. Margaret Beatty Joins St. Joseph’s/Candler Board of Trustees

Long-time St. Joseph’s/Candler leader, Sr. Margaret Beatty, RSM, has been named to the St. Joseph’s/Candler board of trustees. The board is made up of volunteers who guide the vision of the health system.

Born in Bowleys Quarters, near Baltimore, Beatty entered the religious life at 19 when she joined the Sisters of Mercy, an international community of Roman Catholic women who dedicate their lives to the Gospel of Jesus, taking vows of poverty, chastity, obedience, and service. She earned an English teaching degree from Mount Saint Agnes College and a masters in English literature from Marquette University. Her first assignment was in Columbus, Georgia, teaching English and religion at Pacelli High School. She then returned to Baltimore to teach at Mercy High School.

During that time, “Sister Margie,” as she’s fondly known, volunteered in the city jail as a chaplain to women, which became her full-time job for eight years. She helped launch the successful Marian House in Baltimore, a residence and training program for women released from jail, prison, or psychiatric hospitals.

Beatty was elected to the provincial council

of the Sisters of Mercy, governing an area from Baltimore to Alabama. She served as president of the Province of Baltimore from 1982 to 2000.

Beatty served on the board of trustees at St. Joseph’s Hospital before the joint operating agreement with Candler Hospital was conceived. From 2001 to 2022, she was the health system’s vice president of mission services, guiding community outreach. She grew small pilot initiatives into major health programs, including St. Mary’s Community Center, St. Mary’s Health Center, and Good Samaritan Clinic.

Beatty has served and provided leadership to many Savannah organizations, including the Georgia Infirmity, MedBank Foundations, Inc., Mercy Housing, and Step-Up Savannah. She is a member of the board of trustees of Mercy Hospital in Baltimore.

Beatty was elected to the provincial council of the Sisters of Mercy, governing an area from Baltimore to Alabama. She served as president of the Province of Baltimore from 1982 to 2000.

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- M. Dustin Wilder

for active lives into older age, and for after surgery. “Once you have arthritis in your knee, if you are lucky enough to live a long time after that, you’re going end up needing a knee replacement,” Greer notes. “That’s why it’s crucial to become active sooner rather than later, and to not let joint pain end your activities. You want to be in a position in life that if you do need surgery, you’ll be ready for it and you’ll recover well.”



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GREETINGS FROM GREECE

Food nomenclature is idiosyncratically influenced by one's point of view. In other words, the words we use to describe the things we eat vary depending upon where we are saying them.

Think about coffee. An "Americano" is a name devised by Italians. It refers to espresso, made bigger with the addition of hot water, to fill a large cup that is familiar to an American. So, in essence, it's an Italian drink altered to accommodate American tastes. But it has become popular in America, too. So, Americans, in America, will order an Italian drink that has been created to accommodate American tastes: "I'll take an Americano," you might say to your server at Cutters Point, although the shop has plenty of good, old American coffee at the ready for you.

We're in Greece. Every taverna and

restaurant menu I have been presented includes "Greek Salad." If I were to ask for "a salad" without the geopolitical modifier, what would I get? Do Greeks call the thing we have come to know as a Greek salad "Greek Salad," or is doing so redundant? I have no way of knowing because the local language is "all Greek to me."

In addition to the ubiquitous Greek salad, a Cretan salad almost always appears as the next line on menus here. This is a variation on the well-known national raw vegetable dish. It relies upon barley rusks for its identity, and often substitutes goat cheese for common feta. A barley rusk is like a chunk of crusty, rustic whole wheat bread. Purists might argue that a proper Cretan salad forsakes all greenery, relying only on tomatoes, rusks, and cheese. My recipe violates this stricture,

but not to the full extent of a Greek salad. Any bakery-style



From the Kitchen of Scott Lauretti

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whole wheat loaf will substitute adequately for rusks. I intentionally omit quantities, so you can experiment to suit personal preference. It's the what and the how that are relevant. Kali orexi (forgive the missing accent marks)!

- Tomatoes, meaty and ripe
- Barley rusks (or sturdy whole wheat bread)
- Black olives
- Capers, drained and rinsed
- Arugula, not too much
- Red onion, thinly sliced
- Green pepper, thinly sliced
- Oregano – dried (Greek, preferred)
- Extra virgin olive oil
- Red wine vinegar
- Goat cheese, crumbled
- Salt and freshly ground black pepper


Make the dressing: Toss oregano, salt, and pepper into a small mixing bowl. Add red wine vinegar. Whisk briskly to combine. Slowly whisk in olive oil, stirring vigorously, to combine well and emulsify.

Tear the bread into small pieces. On a box grater, using the largest openings, grate the tomatoes into a pile of pulp. Toss the tomato pulp and its juices into a large bowl. Add the torn bread, season with salt, and toss to mix well. Add the remaining ingredients except for the cheese, season again with salt and pepper, add the dressing, and toss well to coat evenly, making sure the bread is moistened and soft. Top with crumbled cheese.






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

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Class of 2024



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

HURRY! Deadline is FRIDAY, JUNE 7!

SAFE AND SOUND

By Jenifer Putnam

SAFE Shelter's executive director, Shannon Bates, wishes she were out of a job. She dreams of someday finding the 48-bed shelter for victims of intimate-partner violence and their children empty, that someday domestic violence will not harm nearly 20 people per minute in the U.S.



many women and children every year and it is disrupting the culture of violence to reduce future need. "Not only do they address the immediate

Until that day, she appreciates that many conscientious Landings residents support the organization.

Savannah's SAFE (Savannah Area Family Emergency) Shelter is Georgia's second largest domestic-violence shelter, serving about 1,800 people annually. Landings resident Norma Brewin petitioned her neighbors for donations to start the shelter in 1979 after watching a movie about domestic violence victims. Along the way, she recruited fellow Skidaway residents Lucy Brannan, Caroline Armstrong, and Dr. Harris Lentini. Since SAFE Shelter's founding 45 years ago, the Landings has consistently offered its support through executive guidance, volunteerism, and fundraising.

Recently, Savannah Philanthropic Partners (SPP) donated \$50,000 to SAFE Shelter. The group was founded in 2021 by four Landings residents – Jean Ahrens, two-time past president of SAFE Shelter's board of directors, and fellow SAFE Shelter board members Sheila Grossman, Lorraine Boice, and Linda Huntoon. SPP's mission is to support causes involving women, children, and underserved populations. It now includes more than 40 women who pool their charitable donations to make significant impacts on worthy organizations.

Ahrens says the group chose SAFE Shelter for its annual gift because the organization helps so

needs of the situation, but they also offer counseling to the children to hopefully stop the cycle of violence," Ahrens says. "In addition, they offer counseling for women and a follow-up program of transitional housing and employment assistance to help them become financially secure and no longer dependent on their abusers."

Ahrens has joined many Landings-led efforts to help SAFE Shelter. One group started the shelter's summer camp program for children, which offers counseling, tutors, and outings to the zoo, beach, or other locations. Another group of Landings women redecorated all the rooms at the shelter. Boice's donation was instrumental in developing the Yes Center for Teens.

Landings residents also initiated the annual gala, which raises about \$200,000 per year. The Skidaway Community Church supports Safe Shelter with its annual April document-shredding event. On May 5, SAFE Shelter's inaugural Bingo and Bubbly Brunch fundraiser at the Palmetto Club attracted 269 Landings resi-



TOP: SAFE Shelter Executive Director Shannon Bates (standing) joined SAFE Shelter founder Norma Brewin, and her daughter Kathleen Lewis last fall at Coffee Deli.

ABOVE: Cheryl Walters (left) and Dianne Tracy (right) attended the Bingo and Bubbly Brunch fundraiser on May 5, at the Palmetto Club. Tracy, a SAFE board member, helped plan the event.



SAFE Shelter held its annual shredding fundraiser at Skidaway Community Church last month. Volunteers included Debbie Hornsby and Don Mayer (left) and Katherine Crew, Jean Bell, Pat Ramsey, Jane Garrison, Kara Hauerwas, and Ellen Bennett (above), to count donations.

dents to enjoy 10 rounds of bingo, raffles, and door prizes.

“Since the birth of SAFE Shelter by Landings residents, this very special community continues to support us in many ways,” Bates comments. “There are several clubs, groups, churches, and individuals from the Landings who donate money, time, supplies, food, and initiate fundraisers on our behalf. We are honored to have the involvement of such

compassionate and caring members of our community.”

Directing SAFE Shelter is the capstone of Bates’ personal and professional life. Having spent more than two decades working in Savannah’s non-profit sector, including positions at Union Mission, Lowcountry Legal Volunteers, and the American Cancer Society, Bates felt capable of tackling the issue she felt powerless to control as a child. Her own mother



Skidaway Community Church volunteer Cathie Inglesby, pauses for a picture with SAFE Shelter board and staff at the annual shredding fundraiser in April.

was abused.

“When I was little, I couldn’t do anything to help because I was just a kid, but now I have lots of ways to help,” she says. “I want this place to be somewhere someone like my mom could feel respected and empowered.”

Most days, SAFE Shelter is at capacity, with a waiting list. Intimate-partner violence increased during the pandemic and Savannah’s growing population and crime density have contributed to overcrowding at the shelter.

“Domestic violence is not restricted to any one population,” Bates explains. “We have helped people from all over the area – every zip code.”

With continued commitment from long-time Landings supporters, Bates knows that she, along with her caring board of directors and her hardworking staff, can handle the overcrowding challenge. SAFE Shelter is launching a capacity-building campaign in the fall. In honor of its 45-year history, SAFE Shelter is seeking 45 women to join the Women’s Leadership Guild. These women will help raise money for the organization, provide speaking opportunities, make important introductions, or other means. Bates says many women from the Landings have already expressed interest in the guild initiative because of their passion for supporting other women.

“Our growth to meet the community needs is imminent and we need to start fundraising, planning, and relationship-building now to pave the way for the next five years,” Bates says. “We were started by the Landings, we’ve continued to receive support from the Landings, and residents at the Landings have pledged their future support. We are so grateful.”

To help SAFE Shelter, you or your group can Adopt-a-Room, become a Circle of Safety recurring donor, or join the Women’s Leadership Guild. For more information, please contact Shannon Bates at sbates@safeshelter.org or 912.656.7071.

Show Our Colors for Memorial Day

Join the Kiwanis Flag Program now.

For only \$50 per year, Kiwanians will place and retrieve 2 flags in a sturdy, attractive base in your yard or hallway for each of four holidays: Presidents’ Day, Memorial Day, Independence Day, and Veterans’ Day.

All money raised is donated to agencies that help children at risk in Savannah and Chatham County. In 2023, Kiwanis donated over \$120,000 to these agencies.



This Memorial Day, remember the soldiers and also the families left behind.

Sign up at
KiwanisofSkidaway.com
 or contact
 Dennis Heath at
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kiwanisflags31411@gmail.com

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May Is National Speech-Language-Hearing Month

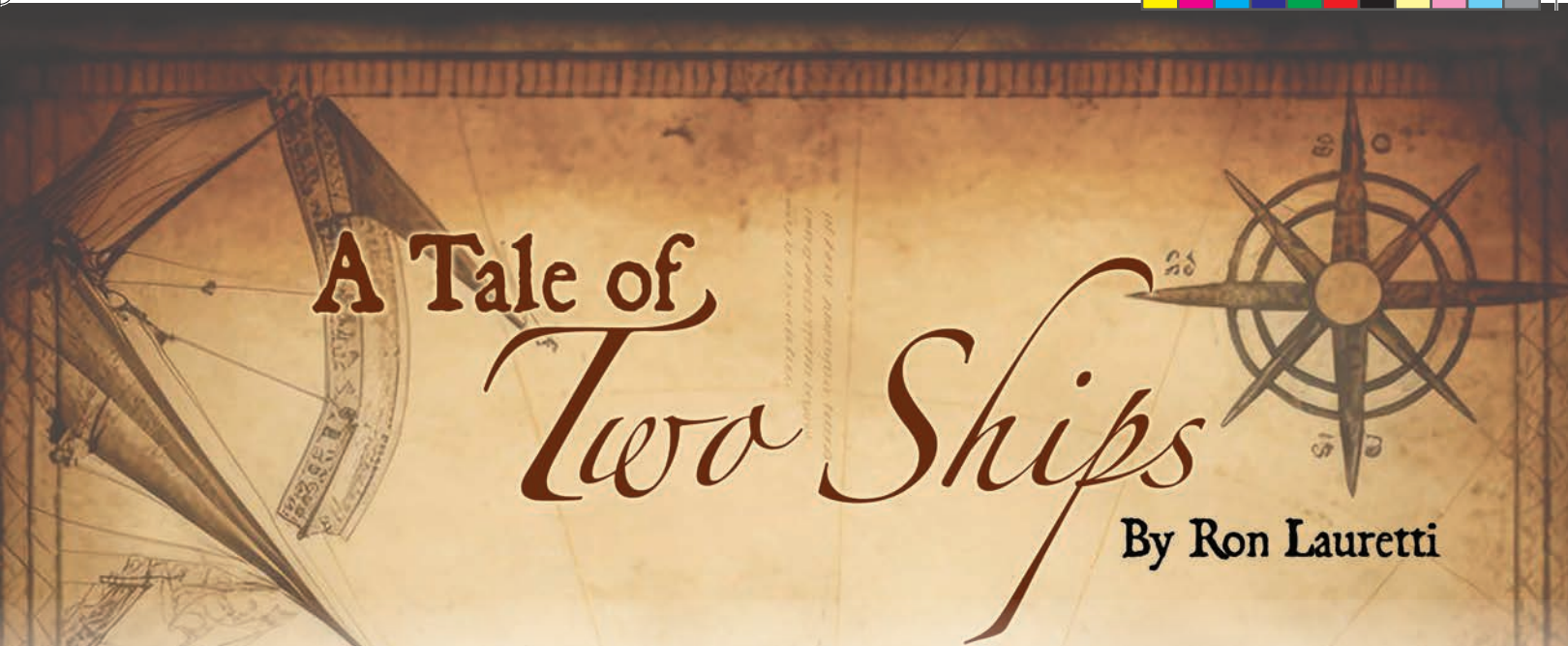
During this month, the American Speech-Language-Hearing Association encourages people to seek treatment for hearing loss, a common health condition. Hearing loss isn't something most people are born with. Instead, it develops over time due to aging, loud noise exposure or some combination of the two.

Did You Know?
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¹Contrera, K et al. (2015). Association of hearing impairment and mortality in the national health and nutrition examination survey. JAMA. <https://jamanetwork.com/journals/jamaotolaryngology/fullarticle/2443702>



As other features in this issue of *The Skinnie* suggest, we are sentimental for old things. We romanticize bygone days and treasure the simple elegance of antiques. But we also recognize the impact of the torrents of progress. Two naval ships, the *Santa Maria* and the *USS Gerald R. Ford*, are extreme opposites in almost every way. Scientists argue that 525 years represents a span of 19 generations. That's the time between Columbus's most famous voyage and the commissioning of the largest warship on the planet. Here's an illustration of how much nautical evolution occurs as 19 generations pass.

THE SANTA MARIA

The *Santa Maria* was only 62 feet long – small, even by 15th Century standards. Captained by Christopher Columbus, the Spanish galleon set sail from Palos, on the southern coast of Spain, on August 3, 1492. Accompanied by two smaller vessels – the

Nina and the *Pinta* – its mission was to search for a shorter maritime trade route to Asia.

At the time, much of the world remained unexplored by Europeans. Many people believed the world was flat and multisided, not round. Therefore, sailors feared if they journeyed too far from shore their ships would sail over an edge and perish in a free-fall. Sailors of the time also believed that giant, ferocious monsters were hidden in the depths of the ocean – creatures that would sink ships and devour their crews. Maritime exploration was a hazardous business.

The *Santa Maria* carried a crew of 40 men crowded into a small cabin area. Most of the men slept on the open deck, exposed to the elements. For defense, the vessel had no deck guns or cannons, only the personal blades or lances each sailor carried.

Three cloth sails of varying sizes, one for

each of the ship's mast, provided the *Santa Maria's* power. Her hull was hewn from wood.

Meals were served twice daily. Only food that would not spoil without refrigeration, such as salted or cured beef, pork, cod or sardines, could be stored onboard. Without a healthy supply of fruits and vegetables, scurvy was a common affliction.

On Christmas Day, 1492, while exploring the uncharted waters off what is now Haiti, the *Santa Maria* ran aground on a reef and suffered a total loss. But Columbus, a man of both good luck and dogged determination, survived the disaster and returned to Spain on the *Nina*. He made three more voyages to the Americas between 1493 and 1504.

THE GERALD R. FORD (CVN-78)

The *Gerald R. Ford* is the largest warship ever constructed – 1,092 feet in length. Originally commanded by Capt. John F. Meier, the



The only propulsion the *Santa Maria* had was by the wind or the tide, driving it six or seven knots. The *Gerald R. Ford* can achieve more than 30 knots, thanks to four 30-ton propellers powered by two nuclear reactors. (Images courtesy of Wikipedia)



Susan Ford Bales, daughter of President Gerald R. Ford, christens the Gerald R. Ford, on November 9, 2013.

aircraft carrier was launched October 11, 2013, and in-water testing began. In July of 2017, Pres. Donald Trump formally commissioned the ship. In October of 2022, she deployed for her first mission.

Each member of the crew of 4,539 people – which includes the personnel of an air wing – is provided a storage locker area below decks and a rotating assignment for sleep in a nearby bunk. Using nuclear reactor technology, the *Ford* generates its own electrical power and provides a full complement of healthy and delicious meals prepared by highly trained cooks three times daily.

Equipped for deployment to anywhere in the world, *Ford* has a multilevel enclosed control tower loaded with radar-activated surface-to-air missiles and multiple 25-mm and .50-caliber machine gun stations. These weapons form a protective barrier that makes it virtually impossible for an enemy projectile to reach the great carrier.

On board, there are up to 75 aircraft (mostly supersonic jets) ready to defend against any potential threat or deliver lethal power to any target. When on a specific operation, the aircraft carrier is escorted by a complete military defensive convoy system, including a protective submarine.

Estimates suggest the *Ford* cost \$17.5 billion to build, including close to \$5 billion in research-and-development expenses. She is named for the 38th president of the U.S., who served in the Navy aboard an aircraft carrier in the Pacific Theater during World War II. Ford was living at the time the decision to name the vessel was made, making it the only warship to honor a living person.



L-R: KATHY BOAEN, TONYA MURPHY, APRIL BOYETTE, MELANY MAYERS, DR. MATT GRILL, MADISON EVANS, APRIL ZIPPERER, TABITHA CORNWELL,


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THE SKINNIE VOL. 22 ISSUE 10 - 33

island hopping



HAPPY CAMPERS

WHAT: Camp Skidaway 2024
WHEN: June 3 – 7, 9 a.m. – 12 noon
WHERE: Skidaway Island Baptist Church
HOW MUCH: Free, please register at SkidawayChurch.org/events
CONTACT: admin@skidawaychurch.org
WHAT ELSE: Prepare for a boatload of excitement at Ocean Commotion VBS! Your kids will dive deep into the account of Noah and the Flood from the book of Genesis. They'll also learn to apply the spiritual lessons from Noah's life to their own.

FUN AND FELLOWSHIP

WHAT: SCC's 2024 Vacation Bible Heroes + Heroines Camp
WHEN: June 24 – 28, 9 a.m. – 12 p.m.
WHERE: Skidaway Community Church
HOW MUCH: \$50 (includes t-shirt)
CONTACT: nichole@skidcc.org
WHAT ELSE: Calling all rising 1st through 5th graders: Campers will enjoy daily adventures with crafts, games, and sports, while discovering heroes and heroines from the Bible, learning spiritual lessons for everyday life, and making a difference with a community service project that helps kids facing food insecurities. Please register by May 31 at skidcc.org/vbc2024.

BODY AND SOUL

WHAT: Mat Pilates and Sit-Fit exercise classes at Skidaway Island United Methodist Church (SIUMC)
WHEN: Mondays, Wednesdays and Fridays. Mat Pilates, 9:15-10:10 a.m.; Sit Fit: 10:15-11:10 a.m.
WHERE: Bailey Hall at SIUMC, 54 Diamond Causeway
HOW MUCH: \$5 per class for 8 or more classes per month. \$6.25 per class for 7 or fewer classes per month.
CONTACT: For more info or to register, call Elena Bennett, ACSM-certified fitness instructor at 404.510.6042
WHAT ELSE: Mat Pilates participants must bring an exercise mat and be able to get up/down from the floor. Sit-Fit participants should wear athletic shoes. Everyone should bring a water bottle.

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

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.

MAY MANNERS

WHAT: May I...Please?
WHEN: May 2024
WHERE: The Landings
HOW MUCH: No charge, just a bit of courtesy
CONTACT: webmaster@landings.com
WHAT ELSE: It's the merry month of May, so let's focus on a very pleasant question: "May I...?" As we enjoy warmer weather with longer days, we can all feel happier and friendlier. Wouldn't it be great for our community if we shared that feeling and offered our neighbors a bit of personal kindness and consideration? We all love the month of May, and we love to hear a pleasant "please." May everyone feel the warmth and share it. "May I please?" "Yes, thank you!" Wow, that feels good!!!

WHERE ART THOU?

WHAT: The artwork of Courtney C. Trowman, aka CC Bella Collage
WHEN: Now through May 29
WHERE: Montag Gallery at the JEA, 5111 Abercorn St.
HOW MUCH: Free and open to the public
CONTACT: Katie Griffith, Arts and Ideas Coordinator, 912.355.8111
WHAT ELSE: Trowman is an expressive and wholehearted artist on a mission to create eco-conscious pieces that move the viewer

through magical intentions and surprise details. Her whimsical, 3D collage art was born out of an inherent need for expression, a passion for art, and discovering her art didn't flow through traditional forms such as painting or drawing.

BEE THERE

WHAT: Free performance by SCAD's Bee Sharps
WHEN: May 19, at 5 p.m.
WHERE: Skidaway Island Baptist Church
HOW MUCH: Free and open to the public
WHAT ELSE: These elite student performers from around the U.S. do it all – sing, dance, and dazzle!

J.U.S.T. THE FACTS

WHAT: Jewish Women of the Landings (JWOL) Monthly Education Program
WHEN: Tuesday, May 21, 3 to 5 p.m.
CONTACT: RSVP to Carla Blumenthal at crsblumenthal@gmail.com for additional information.
WHAT ELSE: This month's program features a presentation from Justice Unites Savannah Together (J.U.S.T.), a network of congregations working together to research and provide solutions to remediate related to housing, education, and criminal justice.

AN AFFAIR TO REMEMBER

WHAT: Savannah Council on World Affairs welcomes Kurt Volker
WHEN: Wednesday, May 22, at 7:30 p.m.; Social and networking at 7 p.m.
WHERE: Liston Hall, Skidaway Community Church, 50 Diamond Causeway
HOW MUCH: Admission is \$10 for non-members; students admitted without charge; annual memberships available
CONTACT: Becky Cheatham at 912.657.4409, or visit savannahcwa.org for more information
WHAT ELSE: Kurt Volker is former U.S. Ambassador to NATO, former executive director of the McCain Institute for International Leadership, and former U.S. Special Representative for Ukraine Negotiations.

THE EYES HAVE IT

WHAT: Landings Eyes Are Smiling
WHEN: June 2024
WHERE: The Landings
HOW MUCH: No charge, just a bit of courtesy
CONTACT: webmaster@landings.com
WHAT ELSE: The days are over when a gentleman would tip his hat to others along the street. But the hat wasn't the point; the connection was

eye contact. Brief eye contact and a smile sends a friendly greeting to a stranger, and it might open the door to a future friendship. Courtesy doesn't cost anything, and it can be fun.

BE A DECENT DOCENT

WHAT: Tour Guide Training – Volunteer Docents Needed
WHEN: Beginning June 3
WHERE: Green-Meldrim House, 14 W. Macon St., Savannah Historic District
HOW MUCH: Free of charge!
CONTACT: Jamie Credle, 912.233.3845; jcredle@greenmeldrimhouse.org
WHAT ELSE: Docents lead tours and assist with programs for people from around the world who visit the historic Green-Meldrim House. Trainees will meet on Mondays in June for a two-and-a-half hour session each week. Once trained, volunteer docents are asked to give at least six hours (two shifts) to the museum each month.

GATHERING GROCERIES

WHAT: Packing groceries for Second Harvest
WHEN: 9 – 11 a.m., June 7
WHERE: Second Harvest, 2501 E President St.

CONTACT: Terry Lewis, terrylewis324@gmail.com.

THE RIGHT STUFF

WHAT: Luncheon meeting of Ladies On The Right (LOTR).
WHEN: Thursday, June 20. Social/sit down lunch 12-12:45 p.m.; program 1-2:15 p.m.)
WHERE: Landings Palmetto Club ballroom
HOW MUCH: LOTR members and military – \$35; Nonmembers – \$40
CONTACT: To register (June 17 deadline) or to join LOTR, visit www.ladiesontheright.org
WHAT ELSE: Guest speaker will be Andre Pretorius. LOTR is a greater-Savannah Conservative leadership organization whose mission is to inform, educate and inspire members to take action roles on issues that impact our country, community and lives. LOTR hosts luncheon meetings on the third Thursday of each month. Members bring a paying guest and be entered into a raffle.

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.

FINANCIAL AID

WHAT: AARP Tax-Aide Program needs volunteers
WHEN: Training in Dec. and Jan.; Tax preparation starts Feb. 1 for 10 weeks; hours and days are flexible
WHERE: Chatham SW and Bull Street Libraries
CONTACT: Volunteer coordinator John Gerardi, 912.661.8705 or johngerardi@hotmail.com
WHAT ELSE: This program provides free tax preparation for low- to moderate-income families, as well as the elderly and people with disabilities. AARP Tax-Aide saves underserved individuals/families millions in preparation fees and helps taxpayers claim millions in refunds, which can be used to reduce poverty. Tax preparers will be trained to become IRS-certified. Volunteers are also needed to help with intake/front desk.



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THE SKINNY VOL. 22 ISSUE 10 – 35

TAXATION REPRESENTATION

WHAT: Opportunities for volunteer income tax assistance with Neighborhood Improvement Association
WHEN: starting in January, flexible hours from 9 a.m. – 8 p.m.
WHERE: Several sites in Savannah, Pembroke, Rincon, Richmond Hill and Hinesville
CONTACT: Tiffany Carter, tcarter@niacc.org or 912.447.5577
WHAT ELSE: This program helps underserved communities by offering free tax preparation. No experience necessary. Volunteers include greeters/screener and tax preparers

OUTDOOR ADVENTURE

WHAT: Boy Scout Troop 57, for boys 10-18
WHEN: Weekly meeting Tuesday 7-8:30 p.m.
WHERE: Skidaway Community Church, 50 Diamond Causeway
CONTACT: BSA office, 912.927.7272
WHAT ELSE: Chartered in 1989, the troop has sponsored 80 Eagle Scouts to date. Weekly meetings, monthly outings (canoeing, canoeing, hiking, kayaking, rafting, backpacking), yearly

summer camp and high adventure trips. New Scouts and transfers are welcome.

WELCOME MAT

WHAT: Learn to create sleeping mats for the homeless from discarded plastic bags
WHEN: Wednesdays, 10:30 a.m.-12 noon and Thursdays, 9:30 a.m.-12 noon
CONTACT: For project information, DIY videos or to schedule group workshops call Carol Greenberg at 912.355.1238 or MStarArts@gmail.com
WHAT ELSE: These mat and pillow sets help divert plastic bags from landfills and waterways while providing comfort to the homeless. All ages can learn to cut the bags into ribbons, tie these together to make plastic yarn. No tools are needed for braiding, crochet hooks cost less than \$5 and looms about \$10 to make.

JUST DANCE

WHAT: Dancing for fitness! Great music and stretches complete your workout.
WHEN: 9-10 a.m. every Tuesday
WHERE: Skidaway Island Methodist Church, Bailey Hall
HOW MUCH: \$2/month

CONTACT: Marilee Dalby, marileedalby@gmail.com
WHAT ELSE: A signed waiver is required for participants.

MARCO POLO GROUP

WHAT: Landlovers International Group
WHEN: 6:30 p.m., third Monday of the month, October through May,
WHERE: Member homes
CONTACT: Denise Larson, lasondenise8@gmail.com; Elizabeth Cowell, elizcowe@gmail.com; Sue Souls, smsouls@gmail.com
WHAT ELSE: The Marco Polo group is for our international friends. If you were born in or have lived at least one year (including an academic year) outside the U.S., you are eligible to join. Attendees are asked to bring an international appetizer to share as well as their own beverage and glass. Must be a Landlovers member. Membership is open to all residents of Skidaway Island.

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.

ALL ABOARD

WHAT: Mexican Train Dominoes Group
WHEN: Every Tuesday, 3-5 p.m.
WHERE: Palmetto Club/Byrd Room
CONTACT: Lesa Thompson, lcthompson2761@gmail.com

FRIENDLY WORDS

WHAT: Skidaway Scrabblers
WHEN: Every Thursday afternoon
WHERE: Members' homes
CONTACT: Cathy White, cathy77024@yahoo.com
WHAT ELSE: We are a happy group of dedicated Scrabble players who enjoy a social game. Join us for a game or two and discover that you, too, may want to be a Skidaway Scrabblor.

BUNCO SQUAD

WHAT: A fun and easy dice game with friends
WHEN: 6:30-8:30 p.m., 2nd Tuesday of the month starting Oct. 10
WHERE: The Landings Association building, Landings Way South
HOW MUCH: \$6 to cover room rental and prizes TLA room must be reserved six months in advance. Please visit TLA website to make reservations
CONTACT: Wendy Crowell, Wendylwc68@gmail.com and Barb Capes, llbunco2@gmail.com.

BATH AND BODY WORKS

WHAT: Landlovers community service toiletry collection
WHEN: ongoing
WHERE: Drop-off at 7 Heartwood Court
CONTACT: Linda Brownlee, 912.963.7229
WHAT ELSE: Are you traveling and staying at a hotel? If you have any unused hotel soaps, shampoos, or lotions, please bring them back to Savannah. Share your vacation with Social Apostolate, which works with poor, homeless and disabled people in different ways including providing showers for those in need. No mouthwash

or larger sized toiletries, please.

LUNCH BUNCH

WHAT: Landlovers Men's Lunch Group
WHERE: Various restaurants around Savannah
WHEN: 2nd Wednesday of each month
HOW MUCH: Based on restaurant
CONTACT: Rick Armstrong, armstrp@hotmail.com or John Holmquist, llmenlunchgroup@gmail.com
WHAT ELSE: Participants must be members of Landlovers.

WALK AND TALK

WHAT: Landlovers walking group
WHEN: Wednesdays and Saturdays
WHERE: Starting places changes monthly; info is on website "Calendar"
CONTACT: Email Bev Dalrymple at bevda00@gmail.com to sign up
WHAT ELSE: Looking for walking buddies? Join our morning walking group. Walking pace is brisk but "talkable." This is a great way to get some exercise, see the island and chat with friends. You must be a Landlovers member to participate.

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 Also, invest with a purpose. Follow a long-term investment strategy that reflects your goals, risk tolerance, asset accumulation needs, liquidity and time horizon.
 One more idea: Invest strategically by matching some investments with specific goals. For example, your IRA and 401(k) are designed for retirement, but if you want to help send your kids to college, you might consider a tax-advantaged 529 plan. For a short-term goal, such as a wedding or a long vacation, consider an investment that offers significant preservation of principal.
 By making those moves appropriate for your situation, you can keep your investments doing one essential task – working hard for you.

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ACROSS

- 1. Kind of cheese
- 5. Jason's ship
- 9. Burn with steam
- 14. She took her love to town
- 15. A person, place, or thing
- 16. Salk's conquest
- 17. Perched on
- 18. Santa's sackful
- 19. Uneasy feeling
- 20. Unbeatable foe
- 22. Produce milk
- 24. Cut into three parts
- 25. Safe, on board ship
- 26. Six o'clock broadcast
- 27. The Dynamic ____
- 28. California wine valley
- 32. Outbreak
- 34. Taurus, e.g.
- 35. Two-at-a-time tow
- 36. The sun, for one
- 37. Make coarse
- 40. School course, for short
- 41. Clinton's adversary in '96
- 43. Court instrument
- 44. Harbingers
- 46. Topmost point
- 47. Brooklyn hoopster
- 48. Major-leaguers
- 49. Keats, for one
- 51. Like some chairs
- 54. Nose-and-throat problem
- 57. Assign a wrong year to
- 58. Change, as a bill
- 59. Bird of the Nile
- 61. Middle Eastern gulf
- 62. Feel
- 63. NASA scrub
- 64. Ore layer
- 65. Sign above a door
- 66. Thug or henchman
- 67. *Black Beauty* author Sewell

DOWN

- 1. Face on a \$50 bill
- 2. Sci-fi show, *The ____ Limits*
- 3. Like a certain snowman
- 4. Ready to be proofed
- 5. Monkey business
- 6. Place to perch
- 7. Band leader Lombardo
- 8. Violent attack
- 9. "____, the final frontier..."
- 10. Satisfied
- 11. Sea lettuce
- 12. Shopper's aid
- 13. Shower with love
- 21. Waste conduit
- 23. Word in a Culkin film title
- 27. Finger or toe
- 29. Some crew members on a Merchant Marine vessel

- 30. Discomfort
- 31. Crafts partner
- 32. Bubbly buy
- 33. Play thing
- 34. "No problem!"
- 38. Deed holder
- 39. Expected outcomes
- 42. Wide open place
- 45. Romanian neighbor
- 48. The Big House
- 50. Judge's shout
- 51. Friend in a sombrero
- 52. Laundry challenge
- 53. Medicinal plant
- 54. Beer buy
- 55. Mean anagram
- 56. Canvas cover
- 60. Spooky cry

Puzzle answers, page 41

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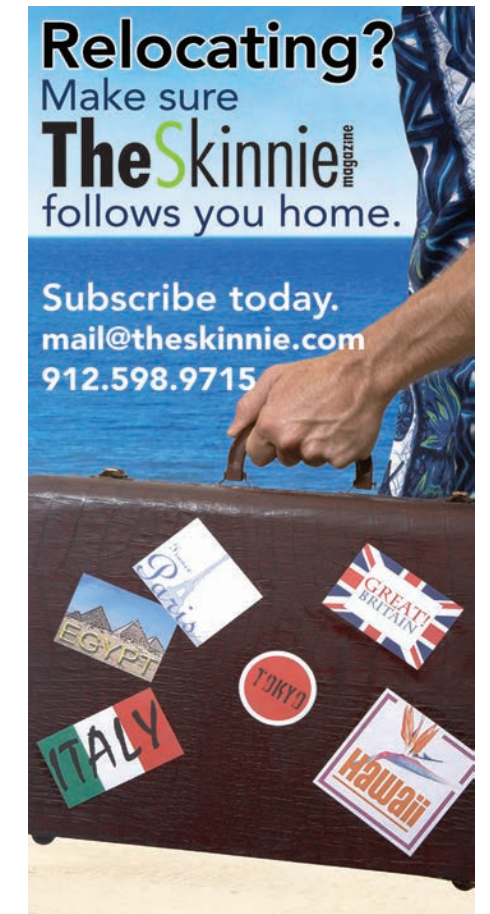
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Frequent contributor John Taylor discovered this anole (anolis carolinensis) on his sliding glass door.

He says the anole's natural habitat is arboreal, with sticky toes to aid in climbing. While it can change color from brown to green, it is not a chameleon.

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.



RELIEVING PAIN. RESTORING LIVES.



Gwen Sparger - Savannah, GA

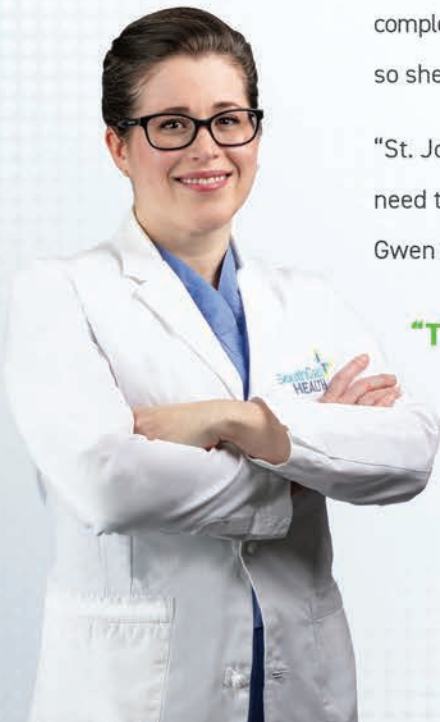
After two sleepless days and nights of debilitating abdominal pain, Gwen visited the emergency room at Candler Hospital. Dr. Emma Walker, the on-call surgeon, identified biliary dyskinesia, a dysfunction of the gallbladder. Dr. Walker then scheduled a robotic cholecystectomy to remove the gallbladder.

The procedure was performed using the innovative da Vinci Xi robot in conjunction with indocyanine green (ICG)—a solution that allows the robot to best visualize the patient's biliary anatomy. This complex, yet minimally-invasive surgery allowed Gwen to recover quickly so she could get back to yoga, biking and walking her beloved Prissy.

"St. Joseph's/Candler provides me with the team and technology I need to provide the best outcomes for my patients. We've relieved Gwen of her acute pain and she feels fabulous again!" – Dr. Walker

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

– Dr. Emma Walker, D.O. – General Surgeon, SouthCoast



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