

**GEORGIA TRAVELER 214  
CAPTION SCRIPT**

**Music**

**Keely:**

On this special episode of Georgia Traveler, we're exploring the Mountains to the Coast...

**Phil:**

Bringing you highlights of Georgia Traveler's first two seasons.

**David:**

So sit back, relax, and let us be your guide as we travel the great State of Georgia.

**Music**

On the road most every day, looking for a place where you can play, looking for the best place you can stay. From the mountains to the coast, looking for a trip you'll like the most, we may even find a friendly ghost, we're Georgia Traveler. Well, we're from Georgia and we travel, that's why we call it Georgia Traveler, and nothing rhymes with Georgia Traveler, but still we're called the Georgia Traveler.

**Keely VO:**

We begin our exploration of the Mountains at the legendary Chattooga River.

**Music**

**David VO:**

How in the heck did the Georgia Traveler team get themselves in this position? Well, it began with a trip to Chattooga Outpost...

**Music**

**Jacob Trant:**

Good morning, ya'll! Welcome to the Chattooga River.

**David:**

Thank you...

**Jacob Trant:**

First thing we're gonna do is have y'all fill out some assumptions of risk waivers. If y'all could just kinda read over that and give me your John Hancock on those.

**David:**

It's Herbie Hancock!

**Phil:**

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And what am I assuming here?

**Jacob Trant:**

You are pretty much signing away most of your natural born rights to us.

**David VO:**

Don George, master guide, gave us some background on the Chattooga River.

**Don George:**

Well, probably the most legendary point of the river is the fact that the Chattooga was the site for filming of the movie, *Deliverance*.

**David VO:**

Deliverance! Well, we're not Burt and the boys, but Keely, Phil, and I wanted to tame this river...

**Jacob Trant:**

Alright, good morning you guys, welcome to the Chattooga River. Hope y'all are ready for some fun rafting today, but I've got a few little safety things to go over with y'all to keep y'all protected out here today.

**Music**

**Jacob Trant:**

On this river we promote self preservation—save your own butt.

**David VO:**

Sounds like the new Georgia Traveler creed.

**Keely:**

Are you more nervous after that trip talk or less nervous?

**David:**

What talk?

**Keely:**

Trip talk...

**David:**

Oh, I wasn't paying attention.

**Video Narrator:**

You may find yourself tempted to put your feet down and stand up; don't do it!

**David:**

So what did you learn in the video, Keely?

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**Keely:**

How to save your life David.

**David:**

Alright, thank-you!

**David VO:**

With confidence only friendly support can provide we load up and take off for the river.

**Music**

**Phil:**

See, that reminds me of a t-bone steak!

**Don George:**

So Section Four, as far as length, is six miles on the river. There's an international scale of rating rapids, anywhere from Class 1 to Class 6. So 1 is easy; 6 is hazardous to your health. The first two miles are a bunch of Class 3, so these are rapids that are not real difficult, but they're not real easy at the same time. This is like a warm up period, and things pick up after that.

**Music**

**David VO:**

Nice warm-up but where are the big rapids? I think I found it...

**Music**

**Don George:**

At lower levels, we omit the first two miles, 'cause it's pretty low, and in lieu of the first two miles, we do a lot of swimming. So there's the pot-hole swim that we did.

**David:**

This is called the Pot-Hole. We go down underneath the rock; come back up on the other side...hopefully.

**Music**

**Don George:**

A couple of spots we can jump off rocks.

**Phil:**

Ahhhhh!

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**Music**

**Don George:**

The Section 4 trip, we'll span anywhere from four and a half hours to five hours on the water. You won't get back 'till late afternoon, so again, you're four and a half to five hours on the water.

**Music**

**David VO:**

Did somebody say lunch?

**Music**

**Phil:**

We got a little healthy food over here. We got our carrots, we got our celery. And don't forget about Oreos. You gotta have your Oreos; your PB&J. No matter where you go, you can always find a Fantastic Food Find, even when you're on the river. And, excuse me, I gotta go finish doing what I do best!

**Music**

**David VO:**

Fueled up and ready to tackle...Wait a minute! Is that banjo music?

**Music**

**Don George:**

If you look over to the right, you'll see the cleared area, and if you remember in the movie, *Deliverance*, the "squeal like a pig" scene, they actually filmed that there in that cleared area. And then to the right of the cleared area, there's a small stream called Camp Creek. And there's a scene in the movie where they drag the body up to bury it and they actually use Camp Creek for that filming.

**Keely:**

Wow....

**Phil:**

Man, you got a local legend right here on the river...

**David VO:**

I think we should take the fastest route out of here, and that's how we got into this situation!

**Music**

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**Don George:**

The rapids are big and exciting. Lots of splashing, big waves in there, big bounces, and of course, there's always the possibility of falling out of the raft. So it makes it for a lot of fun.

**Music**

**Phil VO:**

From a picture perfect ending on the rapids to riding the rails, Gerald's on the Blue Ridge Railway.

**Music**

**Gerald Bryant:**

Ever wish you had a time machine? Well, Georgia Traveler has one. Climb aboard the Blue Ridge Scenic Railway.

(Music)

**Gerald Bryant:**

Morning.

**Man:**

Good morning, sir. Welcome to the Blue Ridge Scenic Railway.

**Gerald Bryant:**

Need a sticker there, thank you appreciate it.

**Man:**

Your sticker. Welcome aboard.

**Gerald Bryant:**

All aboard! I've always wanted to say that.

**Gerald Bryant VO:**

The excursion from Blue Ridge to McCaysville, Georgia, is 26 miles roundtrip and takes about 3 and a half hours all told. There are two ways to ride the rails here- in an enclosed car or an open car. We got tickets for an open car so we can really see some scenery. Even if it is a little chilly.

**Woman:**

We're a little cold.

**Gerald Bryant VO:**

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In the first four miles, the train descends 200 feet in elevation. After that, the track runs almost flat for the remaining nine miles into McCaysville. The train offers a splendid view of the Toccoa River along the way.

**Gerald Bryant VO:**

Each car has a Car Host that points out interesting features and imparts information along the way. The car hosts, the trainsmen and the conductors are almost all volunteers. Our car host is Fergie.

**Car Host:**

You folks from the big city look at that, that's a herd of deer out there. We put a herd of deer out there that we got from Disney World just for folks from the big city.

**Gerald Bryant:**

How long you been a car host?

**Fergie:**

I've been a car host since we ran our first train April of 1998.

**Gerald Bryant:**

And were you a train buff before you became a car host?

**Fergie:**

Not really. A good friend of mine was and he dragged me on board this thing and told me I was going to be a car host and I told him I didn't want to and of course, I've been here ever since.

**Gerald Bryant:**

How much information did you have to digest and remember to become a car host?

**Fergie:**

Quite a bit, quite a bit. I've learned a lot from the local people here, the history of the rail line itself as well as history of the local area, Fannin County, Georgia, which is where we are.

**Gerald Bryant:**

Even though you aren't a train buff, have you taken many train rides before?

**Fergie:**

No. You make me think. I think I rode one train when I was about twelve years old with my parents way back when.

**Gerald Bryant VO:**

And I'm happy to say that parents bringing kids to the train is still a tradition.

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**Gerald Bryant:**

What's your name?

**Kathy:**

Kathy.

**Gerald Bryant:**

Kathy. Is this your first train ride?

**Gerald Bryant:**

What do you think of it so far?

**Kathy:**

I think it's fun.

**Gerald Bryant:**

Have you ever seen anything like this before?

**Gerald Bryant:**

Do you wish there were still some trains around for you to ride?

**Kathy:**

Mm...yeah.

**Gerald Bryant VO:**

**During the trip, you do get a feel of what train travel was like. The Conductor even comes by to give your ticket a special punch.**

**Conductor:**

There you go, hope y'all have a great time.

**Gerald Bryant VO:**

A great time is to be had by all. Not only were we enjoying great scenery and interesting commentary, we also had a sing-a-long.

(Music in)

All the live long day.

I've been working on the railroad,

Just to pass the time away.

(Music out)

**Gerald Bryant:**

And at the end of the line on the train ride, you're in McCaysville, Georgia...or are you in Copper Hill, Tennessee? Georgia...Tennessee. Or is it possible that

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you're in both states at the same time? That may be a line you don't want to cross.

**Gerald Bryant VO:**

Actually, it's two towns, but really one community. It exists because of a copper mine that operated here for about 80 years. Today the town is full of charming shops and good eateries. A great place to pass the hour and a half before the train makes the 13 mile return trip to Blue Ridge.

**Gerald Bryant VO:**

Before long, it's time to re-board and ride the rails again.

**Music**

**David VO:**

Next it's time for some high-flying fun at the Lookout Mountain Flight Park in Rising Fawn.

**Music**

**Dan Zink:**

The ordinary person loves to hang glide because most people have always dreamed of flying, like a hawk or an eagle. Man has dreamed of doing that for centuries. Even Leonardo da Vinci was trying to invent a hang glider slash airplane. Now after all these centuries and centuries, we have the ability just to do that. I think everyone should try to take advantage of it.

**Music**

**Keely:**

The first step in hang gliding is getting the proper training.

**Music**

**David:**

Knowing that we can't possibly learn how to fly by ourselves in a single day, we opt for tandem flights. An instructor will take each of us up in a glider after we learn the basics.

**Phil:**

We headed for the training hills. First stop: suiting up with the proper equipment.

**Music**

**Trevor Childress:**

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So, these are your shoulder straps right here, step through. These are your leg loops down here. You wanna make sure your legs go through the leg loops. And you pull it up like a dress or a pair of overalls.

**Phil:**

Do you have something in a 36?

**Phil VO:**

Although there are gliders out there that can accommodate, ahem, a full grown man, say, like me...

**Phil:**

They didn't really make these for large size people.

**Phil VO:**

...tandem flight passengers are limited to 250 pounds.

**Phil:**

I'm gonna go jog a couple of miles; I think I can probably work my way into this.

**David:**

Yeah!

**Phil:**

And I'll come back, because I really feel like I can do this. Five and ten pounds? Okay. Just to let you know, big dudes, we can do this, okay, but we may have to go and burn off a few pounds. You guys go ahead with the class; I'm gonna go ahead and jog a little bit to see if I can get this done...

**Phil VO:**

Anyone weighing more than 225 pounds might also require some special scheduling, so, be sure and plan in advance. In case you're wondering, there is no weight minimum for the Discovery tandem flight.

**Music**

**Trevor:**

If I teach you one thing today and you remember it this is it. All that you have to do is relax. That's the number one key, alright? We're out here to have fun and relax, and this is pretty much it. I'm gonna show you how simple it is to fly this glider, and the fact that all it wants to do is fly, alright?

**Music**

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**Gordon Cayce:**

Use hips to hands. Think about getting those hips to the hand, or lead with the feet.

**Keely:**

Okay.

**Gordon Cayce:**

Alright. Before it turns into a big turn, you're making a quick correction.

**Keely VO:**

Just as we were wrapping up on the training hills, a storm moved in.

**David VO:**

But we were determined to fly and soon; our patience was rewarded.

**Trevor:**

And then you're gonna sign and then date. And then you're gonna rip off this bottom portion. This is your license to fly.

**Keely:**

I'm excited!

**Trevor:**

You should be; it's awesome!

**Keely:**

I am! I love birds!

**Trevor:**

Y'all have been waiting so patiently.

**Dan Zink:**

As long as you hold onto me, we got nothing to worry about.

**Keely:**

Okay.

**Dan Zink**

Lookout Mountain Flight Park took hold as a hang gliding hub, the largest in the world, because the long ridge that cuts through here, that's Lookout Mountain, faces northwest, and so it's very common after a front comes through for the wind to blow for two, three, four days from the northwest, it's the predominant wind. And it hits, the air hits the mountain and has to get up over the mountain, so it creates this wave of air, and basically what we do is we surf the wave, and

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since it's a very long ridge, Lookout Mountain, we can surf the wave for miles and miles and miles. And so Lookout Mountain became very unique for hang gliding for that reason, and also it's just so pretty. You know, you can fly out west, but it's nowhere near as pretty as it is looking down on this green valley. So it became popular because of that, and Georgia has just been so welcoming to it. For some reason Georgia just seems like it's got adventurous people, and they support this kind of place.

**Keely:**

That was a lot of fun!

**Dan Zink:**

She's a great pilot!

**Dan Zink:**

The hardest part is the first step, to say I want to do it. But once they have that part done, the flying itself as you know is not very hard to do. It's just a matter of relaxing and having a good time. It doesn't take any special skills, doesn't take any special strength. We have all sorts of people doing tandem flights with us. And then people taking lessons, we've had people well into their 70s taking lessons and we've had kids 10 years old taking lessons. I plan on flying when I'm 80. There's no reason that you should ever get hurt in this sport. And there's no reason why you can't do it when you're 80, because there's nothing extreme physically about it.

**David:**

So what was it like taking Keely and me up today?

**Dan Zink:**

Oh, it was a blast! You guys both did outstanding; I can't say that enough. You both were really, really fun, so I enjoyed having you. But just the excitement you guys felt, and everyone gets the same thing.

**04:25:20**

**Dan Zink:**

Excellent, man!

**David:**

Thank-you so much!

**Dan Zink:**

Nice job! That was wonderful!

**David:**

I loved it, I loved it!

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**Music**

**Keely VO:**

There are many great getaways in Georgia's mountains. David's enjoying Smithgall Woods just above Helen.

**Music**

**John Erbele:**

We have become the second largest state park in Georgia. We do children's education. We do fishing, hunting, and then of course the overnight facility, where we have 14 bedrooms. All you hear is running water, streams; we don't allow driving to the interior of the park. So you really have the ability to escape and just get away from it all for a while.

**Patricia Allgood:**

Smithgall Woods is a magical place. You're only an hour and a half away from Atlanta. So I think people come up here and they spend a night or two and they feel like they've been very refreshed.

**John Erbele:**

We tease our overnight guests that they have about 400 acres per bedroom; stretch out and enjoy the place. It's kind of the best kept secret in Georgia.

**David:**

When walking around the 6,000 acres of land here at Smithgall Woods, you never know what you're gonna run into. Ah, a bear!

**John Eberle:**

Well, you may encounter almost anything: wild turkey, a bear. I tell folks we have non-venomous snakes and we have other snakes.

**David VO:**

Charles Smithgall donated Smithgall Woods to the state of Georgia in 1994, under the promise that the state would continue to preserve and protect this land. That promise has been honored and conservation programs like the Master Naturalist class just one of many examples.

**Scott Bardenwerper:**

Mr. Charles Smithgall was a businessman and a conservationist and he started buying this property and putting it together in the early 1980s.

**David VO:**

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Now this particular master naturalist program I attended was one of 10. So when the activities actually began, I have to admit, I was extremely lost and just tried to avoid getting called on by the teacher. So as soon as class was over, I used my new master naturalist skills to go fishing in Duke's Creek, listed as one of the top 100 fly fishing spots in the country.

**David:**

Well John I took that master naturalist program and I've been fishing here an hour and haven't caught anything.

**John:**

Well that's why they call it fishing, not catching.

**David VO:**

The humiliation ended soon enough when my line was struck with the force of 10 Moby Dicks.

**David:**

Gotcha! It's a...shark! Well this is catch and release, right? Alright little guy, or big fish, about a foot and a half; 18 inches. We'll give him that. And it's time for him to grow and I'll catch him next year.

**David VO:**

Well, Duke's Creek's fishing reputation soon lived up to the hype. Just minutes later I landed a beautiful rainbow trout.

**John Erbele:**

Mr. Smithgall himself had on his office wall a quote. "In the end our society will not be judged by what we create, but what we refuse to destroy." And his instructions were to just take good care of it.

**Music**

**Music**

**Keely VO:**

It's time to explore Georgia's beautiful coast. We begin with a trip to Sapelo Island.

**Keely VO:**

About halfway between Tybee Island and Brunswick lies Sapelo Island. Every getaway here begins in the same way, with a ferry ride.

**Music**

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**Phil:**

All right you've been telling me about Sapelo Island for a while and you got me up very early this morning. What's the deal?

**Keely:**

Well Sapelo Island's just got to be, it's just a jewel in the crown of Georgia. It's really one of the most amazing islands on the Georgia coast. There's no way to get to it except by on this ferry, which runs three or four times a day. You have to be invited to the island to be on it. So you need to make arrangements either with the State of Georgia Tours, or with someone who lives in Hog Hammock, or with your group to come to the island. It's invitation only.

**Music**

**Keely VO:**

The name Sapelo is of Indian origin and was called "Zapala" by Spanish missionaries in the 1500s. This is my kind of place, so rich in natural and cultural history. Visitors to Sapelo Island can see virtually every facet of a barrier island's natural community, from the forested uplands, to the vast salt marsh, and the dunes complex. But my favorite place has to be the beach!

**Keely:**

This is Nanny Goat Beach.

**Phil:**

Nanny Goat Beach, now.

**Keely:**

How pristine. Huh? It's a great um sea shell beach if that's what you're into.

**Phil:**

Wow this is pretty. Great way to start your morning.

**Keely:**

Look at that no buildings, nothing.

**Keely:**

So the first person to find a Knobbed Whelk, the state seashell, I'll give them five bucks.

**Phil:**

That's not it?

**Keely:**

That's an oyster...

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**Phil:**

Okay.

**Keely:**

You know what they look like, right?

**Phil:**

Yeah, when they go into me, I'm sure.

**Music**

**Keely:**

Some kind of whelk...this is beautiful. You don't find this on a really populated beach in tact like this. Somebody else would have found it first.

**Phil:**

Now this is my idea about what the beach is about.

**Keely:**

What do you want to see next?

**Phil:**

Let's go to the lighthouse.

**Keely:**

Lighthouse? All right, let's go there.

**Phil:**

All right, I'm taking my shell.

**Phil:**

So Keely, what can you tell me about this lighthouse right here?

**Keely:**

Well it's beautiful. It's the Sapelo Island Lighthouse. It was built in the 1800's or so and it was refinished about 10 years ago. And it was painted the original red and white. It's gorgeous now.

**Music**

**Keely VO:**

Not far from the lighthouse is the Reynolds Mansion, a wonderful place for groups to stay. Phil and I just need about a dozen more friends for us to book this place.

**Buddy Sullivan:**

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A very historic home, it goes back to the early 1800s, the original house, a plantation house, which evolved in the 20<sup>th</sup> Century into the present residence, having been rebuilt by the private owners of Sapelo at the time, Howard Coffin and then later R.J. Reynolds, who was the last private owner of Sapelo.

**Keely VO:**

Another site of historical significance on the island is the Tabby Ruins, located on what is known as the Chocolate Plantation. The land that they occupy was once a prosperous cotton plantation, started by French Loyalists in the late 1700s.

The structure was made from a mix of slurry and water, homemade lime, local sand, and oyster shells. And the remains afford the visitor an opportunity to step back in time and explore Sapelo's rich past.

**Music**

**Keely VO:**

Another place to stay is in the community of Hog Hammock, the last intact Geechee community on the Georgia coast. Their roots grow deep here, all the way back to the cotton fields their ancestors worked as slaves, 200 years ago.

**Fred Hay:**

Besides the natural beauty and the beaches and this beautiful house, one of the most unique features of the island, one of the things that makes what it is, is the legacy and the, and the people currently in the community. It's definitely a huge part of what the island is.

**Phil:**

Hey Keely you know Sapelo Island was everything you said it was. The beach was incredible. Man how did you know about all this?

**Keely:**

It is just a great place. You've got to explore Georgia.

**Phil:**

Well I think we'll probably have to take another trip soon.

**Music**

**Phil VO:**

Just a bit south of Sapelo, we find another jewel in Georgia's coastal crown. Let's join David on Jekyll Island.

**Music**

**David Zelski VO:**

Carnegie, Pulitzer, Vanderbilt, Rockefeller.

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These men and a handful of others met in Jekyll Island, Georgia nearly one hundred years ago, a think tank that represented at the time over 70 percent of the world's wealth. And from their meetings in Jekyll Island the Federal Reserve was born.

They called it the millionaire's club, a retreat where the richest families in the world could escape the everyday hustle and bustle of city life, and relax along the Southern shores.

*Sue Anderson:*

***They were interested in having a hunting club. A hunting retreat in a climate where they could come in their own private yachts. Where they could further their political, financial goals with great ease. I contend that you could go in the dining room at night and if your plan happened to be building a railroad to the Mississippi you could accomplish most of it right in that dining room at dinner.***

*Man VO:*

Over recent years, this destination has been restored and expanded, but the aura unchanged...The place, known today as the Jekyll Island Club Hotel, is without a doubt one of the most precious jewels in the Golden Isles.

(Music)

*David Zelski:*

There are several ways to get around Jekyll Island. You can go the lazy route by car, or do it the way they did 100 years ago, by horse, or by...Schwinn? (Bike bell - "ding" "ding")

*Interview with Lady in Blue Suit:*

Absolutely the best way to see Jekyll Island is by bicycle. There are 22 miles of wonderful flat bicycle paths and these take you through the Maritime Forest, the Historic District, along the beach with the dunes, and you can also see of course, the Atlantic Ocean on one side of the island, and on the close side of the island your eye can stretch almost to the other side of the county to see the marshes of glen.

*Interview with Kevin Runner:*

You can come with your families and let your kids pretty much ride bikes and be on their own without worrying too much about them getting in any trouble or lost.

*Male VO:*

Georgia Lawmakers decided years ago to preserve these islands along Georgia's coast, and that motto has remained. If you search some of the trails on Jekyll, you'll be surprised what you might find...Whether it's baby raccoons

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hanging by the water's edge, or an unmarked graveyard that tells a story dating back 100 plus years, Jekyll Island is quite unique.

*Interview with Woman:*

***If people came here to visit, I would love for them to go home with a greater awareness of what a treasure this is, historically, architecturally, naturally. And because of the hospitality.***

*Interview with Man:*

***The preservation of this island is probably the most critical element and we're trying to get it back to the way it was historically which was to predominately keep the traffic on the back in the periphery of the district and everything on the view and the front side of the district to be more pedestrian-related.***

(Music)

*Male VO:*

Take an afternoon to stroll out on the pier and you may find a shrimp boat dropping off its latest fresh catch for visitors to enjoy at the famous Rah Bar...

After enjoying some fresh Shrimp and oysters, you may want to meet "Bulldawg Buck" out on the Links.

*Bulldawg Buck:*

***This is Jekyll Island golf club. We've got 318 golf courses and a nine. We've got Oleander, Pine Lakes, and Indian Mounds. Now I've spent most of my time on Oleander. Y'all come back to see me.***

*Male VO:*

Things change on the island when night falls. You may hear stories of ghosts, who reportedly walk the halls, of course ghosts are to be expected whenever you're down on the Georgia coast.

*Interview with Lady in Blue Suit Again:*

***There are certain places that I can walk about that give me something of a sense of presence and I don't know if these are necessarily individuals but they might be. We surmise that perhaps J.P. Morgan likes to come back to his favorite haunting, smoke that big black cigar on that porch from time to time.***

*Male VO:*

But night at the Jekyll Island Club also means fine cuisine.

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*Girl:*

This is delicious!

*Male VO continues:*

Enjoy a meal at the Courtyard at Crane? Or maybe a five course dinner in the Grand Dining Room. Robert Redford took a particular liking to this Room when Directing "The Legend of Bagger Vance"

*Quick Bite from interview with same lady in blue suit:*

It was easily done because the atmosphere here was so immediately of another time, a slower pace, a gentler time if you will.

*Male VO:*

So after the bike ride, the nature walk, shrimp at the Raw bar, golfing with bulldog buck, a romantic stroll at sunset, and dining like Millionaires of old, you may want to get a little shut eye. So go right ahead, this island is staying just the way it is now for you to enjoy on your next visit. Even if your name isn't Rockefeller.

**Music**

**David VO:**

What would Georgia's coast be without beaches? Keely's found an interesting new outdoor activity on Tybee Island.

**Music**

**Keely VO:**

Tybee Island. Known as Savannah's beach, it's less than 30 miles from U.S. 17. I thought I'd take advantage of this great public beach along our route and try something new. I met up with Tim Malins, owner of the local High Tide Surf Shop to learn how to paddle board.

**Tim Malins:**

Standup paddle boarding, it's an ancient Hawaiian sport, and it has a wide variety of uses. You can use it just to get around, and it seems to be a lot more fun than a canoe or a kayak, and being up high you can see everything. So, that's why it's really taken off; you can see it in a lot of areas, but it's really well-suited to the Georgia coast.

**Tim:**

All right, the easiest way to start off...just hop on on your knees; real simple.

**Keely:**

Okay.

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**Tim:**

You want to get...your center of weight wants to be right in the middle, right where the signature is, you can see right there's these ramps right here. So anyway, you got your knees right there, and the board's a little bit more stable when you're moving, so you can paddles, you can knee paddle like this to get the board moving.

**Keely:**

Okay.

**Tim:**

Once the board's moving, go up to your feet, and keep a nice, wide stance. Once you're there, you can pick the paddle up. And then you want to paddle; see this paddle is bent forward, so you want to use this flat side. It's important to use this T on the end, so you can really dig the paddle in and get moving. Now you want to switch sides, you start going, drifting it, you know, if you paddle on the right, you start drifting on the left, you can switch sides, and start paddling on this side. So long straight strokes will get you going straight. When you want to turn, you want to sweep more with the paddle. It's good to keep your knees bent with a low center of gravity. And that's it. If you fall, fall away from the board, try not to fall on the board...

**Keely:**

Okay.

**Hawaiian Music**

**Keely squeals.**

**Tim:**

She's doing great for her first time.

**Music**

**Tim:**

You have a lot of leverage with the paddle, so you can move really quickly. And standing up it's a lot of fun.

**Tim:**

Tybee's a lot of fun. There's different things you can do. You can do surfing. When it's windy, you go kite surfing.

**Keely VO:**

Kite surfing? This I've got to see.

**Surf music**

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**Keely VO:**

Wow. That looks like fun, but a challenge for a different day. The High Tide Surf Shop on Tybee Island offers lessons and gear for both sports. For now, it looks like paddle boarding might be more my speed.

**Music**

**Keely:**

Well, thanks, Tim. That was awesome.

**Tim:**

Thanks, it was fun. Thanks for coming out.

**Keely:**

Do I have a future in this sport?

**Tim:**

I think so; I think you need to keep at it and I think you'll do really well.

**Keely:**

Great. Thanks a lot. I'll help you carry this stuff out.

**Tim:**

Great.

**Keely VO:**

From an individual sport to a team competition, next stop: Brunswick, gateway to the Golden Isles.

**Gerald Bryant:**

Brunswick, Georgia. Normally a laid back coastal community but not today, this town is in a stew, Brunswick stew that is. It's been more than a quarter of a century since team Virginia took home the coveted Brunswick cup, symbol of stew supremacy, but can they go all the way this year? Let's go to Phil Proctor.

**Phil Proctor:**

Thanks, G. Cossell. You know, when you think about great rivalries in football, there's the chiefs and the raiders, the skins and the cowboys. Well, you know what? It's no different here at the Mary Ross Park down here in Brunswick, Georgia. We've got stew wars. That's right, it's a battle of the Brunswick stew. Brunswick County, Virginia versus Brunswick, Georgia. Who makes the better stew?

**Kay Cowart:**

It's a competition between stew masters.

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**Man:**

It's about the meat.

**Man:**

It's the best stew.

**Jan Cox:**

The Stewbilee is bragging rights for the next year.

**Phil Proctor:**

Ladies and Gentlemen, welcome to the Brunswick Rockin' Stewbilee!

**Phil Proctor VO:**

The Stewbilee festivities are officially kicked off with a 5K and pooch parade, but at the "stew grounds", the judges waste no time getting down to serious business.

**Bob Cunningham:**

Well we've got three categories of primary judging. We have a appearance category, taste and texture. We tell them that in the appearance, obviously it should look like Brunswick stew. The texture category, the meat should be tender, it shouldn't be something that is hard to chew. The vegetables should still have an integrity to them, they shouldn't be mushy. And of course the taste, that becomes even more of a personal preference I think, there are teams that are trying to be distinguishable; there are teams that are trying to make a good statement, so there will be a good variety of taste there.

**Phil Proctor VO:**

Among the many teams representing Georgia are the good folks from the Brunswick Station Café. I took the opportunity to talk with the co-owners of this downtown Brunswick fixture about their business and the business of stew...

**Kay Cowart:**

It seems to be the place to be in Brunswick. If you're looking for somebody for breakfast or lunch, you can just about find them in here. Most of our customer base is- 80% of it is locals and then we have a lot of nice tourists that walk by stop in to get Brunswick stew

**Phil Proctor VO:**

I headed to the kitchen to get the low down on the stew from the café's secret weapon, Jan Cox.

**Jan Cox:**

Well, I'll tell you how I prepare mine except for the little secrets, but Brunswick stew is an oddity in the culinary world because so many different types of stew are called Brunswick stew. Some are soupy; some are stewy; some have vegetables in them like corn, potatoes, tomatoes; others have those same ingredients except they'll add lima beans, beets, peas, okra. So there's really no

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one-way to cook stew, but of course our way is the best. 'Cause everybody knows what all ingredients that are in there, they just don't know the quantities that are in there or the secret spices.

**Woman:**

Wonderful.

**Jan Cox:**

But the key is getting all the juices, and spices, and meats, and veggies together. Once those flavors meld, that's when it becomes Brunswick stew.

**Phil Proctor:**

You would rather have your stew cook a day or two ahead of time then take it over the day of the event?

**Jan Cox:**

Absolutely.

**Phil Proctor:**

All right, because there's some people that I talked to, and I won't mention any names-Team Virginia- they say they like to do theirs the day of the event.

**Jan Cox:**

Their stew, well you know it's Virginia, they really don't know the definition of stew, so we'll see. When the day is done, and the people and the judges vote, I think Virginia's going to be running with their tails tucked.

**Phil Proctor VO:**

But team Virginia doesn't seem intimidated- they've been concentrating on their game plan.

**Phil:**

I'm stirring up a pot of stew with the Red Oak Stew Crew. And fellas I appreciate y'all lettin' me stir the pot, now you told me there's a specific way I'm supposed to be doing this, right?

**Dave:**

Yeah.

**Phil:**

Now Dave, you said I was unraveling some things.

**Dave:**

You're un-stirring everything we stirred up since three o'clock this morning.

**Phil:**

Oh, ok, so if I go sideways does that help?

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CAPTION SCRIPT**

**All:**

That would help, yeah.

**Phil:**

Now what is actually in this particular pot?

**Dave:**

A lot of stew. A lot of it.

**Phil:**

Thanks Dave. I knew you and I would have a great time communicating. Let me be more specific there, David, what ingredients are in the pot?

**Dave:**

Potatoes and onions, butter beans and corn, tomatoes, and a little chicken.

**Phil:**

Yeah, you butter bean, you.

**Dave:**

And some more butter beans, and a few lima beans.

**Phil:**

You've got lima beans? What kind of beans now? Is that the kind of beans that... look, anybody into lima beans, look I don't like lima beans, but you know, if you guys are cooking it, and I'm stirring it up, I guess I'll have to eat some of it.

**Phil Proctor VO:**

This crew works hard on their 85 gallons of stew because they've got a lot to prove. After all, there is this long-standing controversy about the origins of Brunswick stew.

**Man:**

There isn't any controversy, it started here.

**Kay Cowart:**

I have heard that it was not made in Virginia

**Bob Cunningham:**

Brunswick stew originated in Brunswick, Georgia. The state legislature has documented that by resolution. There are no living witnesses because it goes back to the seventeen hundreds, but we have people who will give a sworn affidavit that it started here.

**Phil Proctor VO:**

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Georgia claims the first pot of Brunswick stew was made here in this pot, but folks from Virginia's Brunswick County disagree. Regardless, Georgia stew masters aren't scared of the Virginia competition.

**Women:**  
Georgia!

**Carol Dubberly:**  
They may be some competition for us because it's different from ours and some people may like it, but I don't think so. (laugh)

**Phil VO:**  
And taste is what it's all about. My good friend Gerald Bryant couldn't resist the opportunity to pump up Team Georgia.

Gerald: Thank you. I am an official taster now.

Colonel: Go right ahead.

Gerald: Phil, you're not the only one getting to eat some of this Brunswick Stew today. Oh, team Virginia, watch out! You haven't got a chance. // This is the way I like it, where you can see the meat

Colonel: There's identifiable meat content.

Gerald: I don't like that old mushy stuff.

Colonel: No.

Gerald: This is stew that you... this is stew that you can chew. That's the new catchphrase around here.

Gerald: Once again, Virginia has no chance

Stew Daddy: Yeah!

Gerald: Absolutely no chance.

Stew Daddy: Hit the gong!

**Phil VO:**  
While people vote for their favorites, behind closed doors, judges taste and tabulate the scores. Then comes the moment 51 stew teams have all been waiting for...

**Announcer:**  
First place People's Choice this year, with 361 votes, Blackwater Grill! So, if you didn't get any of theirs today, I bet you they'll sell you a bowl. First Place Judges award, 2005 Stewbilee, First Bank of Brunswick! Congratulations!

**Phil VO:**  
And it looks like a touchdown for team Georgia. Don't take it too hard, Virginia, there's always next year!

**Music**

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CAPTION SCRIPT**

**Man VO:**

This has been a production of Georgia Public Broadcasting.