

Survived ...from Page 1A

something that you don't just get to do everyday," Kay said. "I had a bear living next door to me...we met a couple of times.

"My third night there, I had some wolves sniffing around my camp, after that, I never saw them anymore."

Kay was able to avoid much contact with predators because he kept his cooking camp separate from his sleeping quarters.

"That's pretty much standard operating procedure for me," he said. "I do that even here (Union County)."

Kay's sleeping quarters were just big enough for him and his sleeping bag. He couldn't stand up in the shelter, and he never built a fire at his sleeping quarters. The thought process allowed him to conserve his caloric intake and use less energy, rather than

gathering wood and keeping a fire going.

Kay said the secret to his success was mental toughness.

"That's 90 percent of it," he said. "Mental toughness is mainly what it's about. The physical part, if you know what to do, it's easy to get that done. But, it boils down to psychology. Survival is probably 90 percent mental. Some people say it's about 80-20 mental/physical. I'd say it's 90/10."

"The short term stuff is more about the physical, the longer you're out there, the more it swings over to the psychological side," Kay said.

Not knowing who was left in the contest didn't enter into Kay's mind.

"I pretty much stayed in the moment," he said. "I didn't worry too much about

time. I would measure my day in small bits and pieces. I focused on my next most stressing task – get water, boil water; get food, whatever. I was so focused on that, that I didn't focus too much on time."

During his stay, he feasted on crabs, salmon, duck, limpets, seaweed, bull kelp, mussels, snails and dogfish.

What does dogfish taste like?

"Other people have identified it as other fish, but, I didn't know, so I maybe misnamed it, but it tasted kinda like somebody had sprayed window cleaner on it," Kay said. "It had an ammonia type of taste to it, and they were always slimy – but it was food. After a while, anything tastes good."

Did the experience on national television bring Kay a new celebrity?

"I don't know about that, but it does take longer to get through Walmart," he said with a smile. "People have questions, and that's neat. I talk to them about it."

"My passion is teaching survival," he said. "I like teaching folks about the edible and medicinal plants. I think people should know how to survive in nature."

"We're one of the only beings in nature that can't exist in our given environment apart from all the artificial society," he said. "It's almost like we're devolving. What I'm trying to do is bring us back into balance – especially the kids, teaching them."

"The show actually was a learning experience for people and that was neat," he said. "That was kind of my goal – that people would learn from the show."

Watermelon...from Page 1A

were family quartet The Band Kelley, and volunteers cut up dozens of locally grown watermelons, supplied by Lee Knight and Freddie Collins Farm, making available hundreds of slices for free to Farmers Market patrons.

Collins brought two yellow varieties to the market, one called Lemon Crush and the other grown from an heirloom seed that's been passed down for many years.

"The Lemon Crush are sweeter and just a little bit shorter day than the red ones," said Collins, who has never missed a day at the Farmers Market since it opened years ago at the Union County Courthouse. "They don't take as many days to grow."

Plenty of people tried the yellow watermelon slices, having never seen that particular color before, but some stuck with the more tradition-



Watermelon was the chosen fruit on Saturday at The Market.

ally red-colored melon slices.

Ed and Tiffany Bowen of Blairsville went to the Farmers Market that Saturday to get apple cinnamon bread from Logan Turnpike Mill, and were treated to the special surprise of free watermelon.

seemingly endless line of customers.

"They're all protein, no carbohydrates," said Cook. "They're low fat – there is a little bit of fat, but it's oleic acid, which is positive fat, what you get in olive oil. They're recommended for diet programs, diabetics, and anybody that's trying to lose a little weight. They stay with you well, and you can eat them with all kinds of things. They're great with apples, great with salads – great just to eat watching TV or riding down the road."

Cook is a paraprofessional at Union County High School, and brings his crispy treats as rewards for students making educational progress. Dakota Reeves, who can be seen helping Cook at the Farmers Market, is a 16-year-old junior and drum captain for the UCHS band.

UGH...from Page 1A

clinical quality and safety, and clinical integration. While the overall survey placed Union General Hospital in the company of much larger "most wired" organizations to include Emory Healthcare, Grady Health System, and Wellstar Health System, it was the ONLY hospital in the State of Georgia to receive "most

wired" status in the "Small and Rural" category. In achieving this distinction, which sets Union General Hospital head and shoulders above any other hospital in the region (including North Carolina) for this

category, no small share of the credit is due to UGH's vision and commitment to high tech infrastructure years before so many others as well as the dedication and hard work of its IT staff. Union General

Hospital – with an old fashioned commitment to quality patient care and the best of modern services and technology located right in your backyard – why go anywhere else?

Ride...from Page 1A

honorary Grand Marshal of the annual ride.

Mike Newell, the ride's organizer, says there is no charge for the ride, and urges anyone and everyone to come out and support local public safety personnel.

"They will be accepting donations for the Skip Wells Scholarship Fund when they arrive in Union County," Lt. Fortenberry said.

An estimated 600-800 bikers are projected to take part in the 100-mile event.

The ultimate message this symbolic ride represents is that Americans will never forget the tragedies that happened on Sept. 11, 2001 when the Twin Towers melted in New York, the Pentagon was struck by a crashing plane, and the Americans who overcame their terrorist hijackers to avert another disaster and brought the hijacked plane down in a field in Pennsylvania.

The group is expected to be in Union County by 2 p.m. where they will be served a hot, homemade barbeque lunch. Lt. Fortenberry says that all bikes, trikes, cars, and trucks are welcome to join the patriotic event.



Alcoholics Anonymous meetings/times

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope, in order to solve their common problem and help others to recover from Alcoholism. The only requirement for membership is a desire to stop drinking.

Blairsville: Mountain Presbyterian Church, 2945 Hwy 76, Monday 8 PM, open meeting Wednesday 7 PM, open meeting Saturday 8 AM, open meeting St. Francis of Assisi Catholic Church, Hwy 76 next to Presbyterian Church, Tuesday 7 PM, Ladies Meeting, Wednesday noon, open meeting.

Young Harris: Sharp Memorial Methodist Church on College Campus, Tuesday 7 PM, Men's Meeting, Thursday 7 PM, open meeting.

For more meeting info, call 828-837-4440. NT(Aug19,ZI)CA