



# Towns County Herald's Sporting News



## Mountain Lions bounce back for DH wins

JIM BRYANT  
Sports Writer

### Travis Echols leads Cats in rally for win.

After dropping a one-run game to the Lakers in game one, the YHC Mountain Lions bounced back to take the remaining two of the three games series. In the first game of the afternoon Sean Kelly started on the mound and held the visitors scoreless for four innings. Travis Echols who went 3-4 with 3-RBIs helped the Cats jump out to a ten run lead after four innings. In the fifth inning, the Lakers touched the Cats for their only three runs of the game. Kurt Frisbee came in relief for a couple of innings to score the 10-3 win.

In the third game of the series the purple Cats got deep in a hole early as the Lakers jumped on YHC freshman pitcher Justin Crosby, in his first collegiate start, 7-1. Again

it was Kurt Frisbee called in relief for one inning, then the Cats confused the Lakers with pitchers Ben Watson and Andrew Chilcoat. That was

enough to allow the Mountain Lions to get back in the fray when they rallied in the seventh inning to take a 10-9 lead. Bryan Cole came in as closer

to cement the 10-9 come from way behind win. Again it was Travis Echols with the big stick, going 3-4 and being joined by Daniel Warzon going 2-3.



Travis Echols had a good day in the field but a great day at the plate going 3-4 in each game of the DH.



Sean Kelly gets congratulations for going four scoreless inning on the hill.

Photos by Jim and Lisa Bryant

## Aerobics with Coach Ledford at Towns County Recreation Department



Beginning Tuesday, March 10, Jeannie Ledford will bring her challenging, fun, motivation and supportive aerobic

classes back to Towns County Recreation Department Gym. Classes are a high energy mix of: step, weight training, cardio training, circuit training, kick boxing, yoga, pilates, and stretch. These classes are for all fitness and experience levels.

Jeannie has a Bachelors Degree in Physical Education and over 13 years of aerobic and personal training experience. Classes will be held Tuesdays and Thursdays from 5:30-6:30 pm. The cost for aerobics is \$5 per class or pay by the month and receive a class free. Come be a part of this annual exercise tradition!

## Recreation Department basketball

The Towns County Department of Recreation would like to thank all parties involved in the youth basketball program. The season was a success. There were around 140 kids (ages 5-14) participated in the program, which made up 15 teams. A special thank you goes to all the coaches that donated their time and efforts to the youth of the county.

The 12 and under boys competed against Lumpkin in a losing battle, but showed great heart and determination in the game.

The 10 and under girls made it to second round of play by beating Union. They then came up short against Rabun.

The 10 and under boys went up against Rabun Co. The game was a very close game that went down to the 4 qtr. Rabun came out with the victory, but our boys gave them all they wanted.

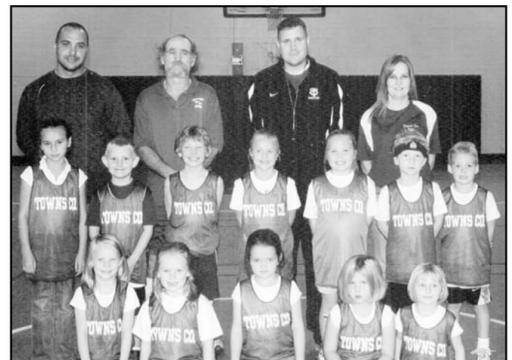
**Girls 12 and under roster:**  
Emily Ledford, Hannah Garrison, Misty Lindemuth, Bailey Sutton, Stephanie Patton, Destiny Blythe, Karlie Albach, Charlie Gilfilian, Sierra Nichols, Brooke Smith

**Boys 12 and under roster:**  
Zachary Hart, Cruz Shook, Robert Moody, Trace Moss, Boone Moss, Cole Bradshaw, Alex Dayton, Kyle Patterson, Jacob Sampson, Eli Sanford

**Girls 10 and under roster:**  
Taylor Underwood, Alyson Nelson, Jocelyn Byers, Kirsten Ledford, Emory Patton, Ally Settles, Madison Landress, Kristen Henson, Jordan Gurley, Cadance Nichols

**Boys 10 and under roster:**  
Major Moss, Zachary Davenport, Andrew Rogers, Adam Barrett, Willem DeVries, Kobe Denton, Cole Ledford, Brady Moss, Colton Shook, Nicholas McConnell

**Thanks to all that participated,**  
Towns Co. Rec. Staff



Towns County Recreation Instructional League Basketball Front (L to R): Trinity Nichols, Kaelyn Hamer, Allie Dills, Jaycelin Young, Kaitlyn Davis Middle (L to R): Haley Goodwin, Brady Wilson, Jerimiah Lindemuth, Alexis Garrett, Jessica Taylor, Matthew Ledford, Adrian Hooper Back (L to R): Coaches David Goodwin, Charlie Lindemuth, Alan Rogers, Tracy Nichols

## Qigong classes at Recreation Center



Qigong is an ancient Chinese health care system that integrates physical posture, breathing techniques and focused attention.

The word Qigong (Chi Kung) is made of two Chinese words. Qi is pronounced chee and is usually translated to mean the life force or vital energy that flows through all things in the universe. The word, gong, pronounced gung, means accomplishment, or skill that is cultivated through steady practice. Together, Qigong (Chi Kung) means cultivating energy, it is a system practiced for health maintenance, healing and increasing vitality.

Qigong is an integration of physical postures, breathing techniques, and focused intentions.

Qigong practices can be classified as martial (KungFu, Karate, etc.) medical, or spiritual. All styles have three things in common: they all involve a posture, breathing techniques, and mental focus. The slow gentle movements of

Qigong can be easily adapted, even for the physically challenged and can be practiced by All age groups.

People do Qigong to maintain health, heal their bodies, calm their minds, and reconnect with their spirit.

When these three aspects of our being are integrated, it encourages a positive outlook on life and helps eliminate harmful attitudes and behaviors. It also creates a balanced lifestyle, which brings greater harmony, stability and enjoyment.

Qigong's great appeal is that Everyone can benefit, regardless of ability, age, and belief system or life circumstances.

Qigong is held at the Towns County Recreation Center every Tuesday Morning from 9 a.m. to 10 a.m. Our instructor is Michelle Holmes. The cost is only \$5 per session.

For questions or more information please contact the Towns County Recreation Department at 706-896-2600 or Michelle Holmes at 706-835-7658.

## NASCAR 2009 By Gerald Hodges/the Racing Reporter

### STEWART AND NEWMAN: THE ODD COUPLE

Racing like most other elements of life isn't as simple as it used to be. Drivers in NASCAR's Sprint Cup level have reached "The Promised Land."

Tony Stewart and Ryan Newman are totally opposites. Except for being from Indiana and their love of racing, they don't share many other character traits.

Yet both have achieved success in racing, despite having reached their destinations from different starting points.

Stewart was working in a machine shop for \$5 an hour when the call came.

Newman continued to pursue a degree from Purdue University, after signing with Penske Racing.

After 10 years of driving the No. 20 for Joe Gibbs Racing, and winning two Cup championships and 33 wins, Stewart opted to buy into what was the Haas CNC Racing team late last season. He took over a co-ownership role, hired Ryan Newman to join him as a teammate and set about revamping a struggling organization.

There were many fans and reporters that had doubts about Stewart's ability to function as a driver/owner.

After four races into the 2009 season, he has reeled off three top-10 finishes in the opening four races and sits sixth in the cup standings entering the season's first off weekend.

"I enjoy it a lot," he said "There's a sense of pride everyday when you come in the garage and you see the No. 39 (of Ryan Newman) and you see the No. 14 car sitting there. You realize the sponsors that you have and the group of guys that you've assembled and the fact that everybody has enough faith in what you're trying to do to want to be a part of it. That makes you feel good."

Newman, however, hasn't fared as well. Besieged by engine failures, pit-road problems and issues with tires, he has struggled to sit 33rd after the opening four races. Still, for an essentially new operation, the net result has been positive. Some of that No. 39 group's setbacks have been beyond their control. So Newman, a 13-race winner in the series, should be able to overcome and move back into a more comfortable points position in a few weeks.

Newman began working for Roger Penske in 2000, winning 3 of the five ARCA RE/MAX Series races he entered, and making his Winston Cup debut at Phoenix International Raceway in 2001.

In 2002, Newman won a season-high six poles, breaking the record set by Davey Allison, and won his first career Busch Series race. In September, he won his first career Winston Cup race at New Hampshire Motor Speedway after starting from the pole. Newman also became the second rookie since Dale Earnhardt Jr. to win the The Winston. He beat out Jimmie Johnson for the Rookie of the Year award.

Newman and his wife, Krissie, operate the Ryan Newman Foundation, which primarily focuses on assuring

that adequate care is provided for unwanted dogs and cats in shelters and pounds. He helped fund the construction of the Catawba County, North Carolina Humane Society shelter, in the county where he once lived.

**A ROOM AT THE TOP**  
NASCAR and several of the tracks around the southeast have been working with hotels, trying to get them to lower their room rates for fans.

I hope they succeed, because if room prices go much higher, I will have to stay home and watch the races on television.

To be honest, I don't usually stay at big hotels. I prefer the motels that are located in suburbs just off the interstates. They usually have less hustle and traffic getting in and out of them, and I don't have to walk as far to my room.

But this year's Atlanta race was an exception. Instead of staying at the Day's Inn in Newnan, Georgia, I opted for one of Atlanta's upscale hotels.

A big folder, prominently displayed on the only table in the room, said: 'please take a minute and let me know.'

It turned out that, the President and CEO of the chain, wanted to know what I thought of the room. There were 10 questions he wanted me to answer, each with as many as six parts. The completed questionnaire and form was to be mailed to him. It even had his signature at the bottom.

After reviewing all the questions, I decided not to fill it out, because I was only registered for a three-night stay, and if I did what he asked me, I might have to spend another night.

Instead, I decided to write a letter.

"Dear CEO,  
Let me say first, that your hotels have always been a little bit above the average.

I hope you won't be surprised that my first comment is about the price. My room for three nights is \$560.42. It is only a single room, not a full suite.

That averages out to \$186.80 per night. Don't you think that is a little high for one person?

Being able to get breakfast in my room at 6 a.m. on Saturday was pleasing. It's hard to decide how much to tip the room waiter, but you solved that by adding a 20 per cent 'service charge.' You were a little generous with my money, I thought.

The small glass of 'natural fresh orange juice' was \$3.95. The blueberry muffin was \$3.50 and two cups of coffee \$4.25. Total, including tax and the compulsory tip came to \$15.71.

The coffee and muffin were O.K., but you've got to find a better way of squeezing the orange juice. It was bitter, and didn't taste fruity at all.

I only ordered breakfast once during my stay. The other two mornings I ate at the Waffle House.

There are two little bars of soap. I plan on using one and taking the other one home with me. Not stealing is it? For \$560.42, I think you can afford it.

There are several movies available, but I am afraid

to preview any, because they might be charged to my bill.

And one other thing, I'm having to pay a surcharge for Wireless Internet access.

Come on, CEO, I've never paid for it before. Some McDonald restaurants provide it free. If I buy a Big Mac and a senior citizen cold drink, then I can send out all my racing stories from the convenience of my table. Maybe that's what I'll do next time.

I got your little card and a chocolate mint on my pillow every night, saying, 'have a nice day.'

Really, do you think those cards and mints have any effect on what kind of evening I have? If eliminating them would reduce the price of the room, even a little, I'd be all for it."

Sincerely,  
The Racing Reporter

**Next Week:**  
Faithful to the End

**Weekend Racing:**  
The Nationwide and Sprint teams are at Bristol. The Trucks have an off week.

Sat., Mar. 21, Scott's Turf Builder 300 Nationwide Series, race 4 of 35; Starting time: 2:30 p.m. (EDT); TV: ABC.

Sun., Mar. 22, Sprint Cup Food City 500, race 5 of 36; Starting time: 2 p.m. (EDT); TV: FOX.

**Racing Trivia Question:**  
How many Busch or Nationwide Series championships has Dale Earnhardt Jr. won?

**Last Week's Question:**  
Where is Robby Gordon's home town? He now resides in Cornelius, North Carolina, but is originally from Bellflower, California.

You may contact the Racing Reporter at: hodgesnews@earthlink.net.



Ryan Newman and Tony Stewart: The Odd Couple

## Herald's sports quote of the week

"I've been one of the highest paid sports writers in the east for the past fourteen years, we saved eight and a half dollars in pennies. I'm never home, I gamble, burn cigar holes in the furniture, drink like a fish, lie to her every chance I get. Then on our tenth wedding anniversary, I took her to the New York Rangers-Detroit Red Wings hockey game where she got hit by a puck! I still can't figure out why she left me, that's how impossible I am."

- Oscar Madison from the movie "The Odd Couple"

## 2009 T-Ball and Farm League Baseball & Softball Registration

The Towns County Recreation Department will be holding registration for T-Ball and Farm League the week of March 14 thru March 21 also the week of March 23 thru March 28.

T-Ball is for boys and girls ages 4 and 5. Farm League baseball is for boys ages 6, 7 and 8. Farm League softball is for girls ages 6, 7 and 8. The age control date will

be prior to August 1 for boys and girls. Boys and girls ages 6 may play in either the T-Ball or the Farm League programs.

Cost for these programs will be \$25 per participant. All registration will be held at the Recreation Department. Our hours of operation are: Monday thru Friday 9 a.m. til 9 p.m. and Saturday from 9 a.m. til 7 p.m. For more info, please call the Rec. Dept. at 706-896-2600.

## 15th Annual Bass Tournament

The Clay County Chamber of Commerce 15th Annual Bass Tournament will be Saturday, March 28 from 7 am to 3 pm.

Pre-register at the Chamber office by March 13 and pay \$75 per boat. Registration at the

event is \$10 more per boat.

Registration begins at 6 am at the Public Access Ramp at the end of Ledford Chapel Road. Max 2 fishermen per boat no refunds. First prize \$1000, 2nd \$400, 3rd \$300, 4th \$100, 5th \$75, and Biggest Fish \$100.