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# **Towns County Sports**



Towns County's Leader In Sports

North Georgia Rapids Swim Team update

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# **NASCAR 2010**

By Gerald Hodges/the Racing Reporter

# Hamlin leads the SprintCup battle

There's a new NASCAR Sprint Cup leader and his name is Denny Hamlin.

Hamlin won Sunday's AAA Texas 500 at Texas Motor Speedway to take the point lead away from Jimmie Johnson with just two races left.

"What a run," said Hamlin. "We didn't have a good car at the beginning of the race, but we kept working on it. The team stayed focused and we got it done."

Matt Kenseth, Mark Martin, Joey Logano, Greg Biffle, Kevin Harvick, Clint Bowyer, David Ragan, Jimmie Johnson, and Paul Menard were the remaining top-10 finishers.

Jimmie Johnson's 10th-place finish dropped him to second, 33 points behind Hamlin.

"It was a long day," said Johnson. "We gave away so many positions early in the race. It didn't work out today. We'll just try to come back next week. We're doing the best we can."

Jeff Burton got into the rear of Jeff Gordon during a caution on lap 200, knocking Gordon into the outside wall, and wrecking Burton's No. 31.

After the two drivers emerged from their cars, Gordon's temper flared and he shoved and even swung a fist at Burton, before officials were able to restrain him.

"I pulled up next to him," said Burton. "He turned left. I turned left and we just hung up, and off we went. It was my fault. I didn't mean to hit him.'

Both drivers wound up with DNF's.

"We went down into turn-3 and I went wide," said Gordon. "I guess he was frustrated the way his car was handling or something. He just drove up next to me and put me into the wall.

"Out of all the drivers out there, I never thought Jeff would do something like that."

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After the incident, Gordon's entire pit crew was transferred to Johnson's No. 48, replacing that team.

member, we are all Hendrick 23 career victories in the seteams," said Johnson's crew ries. chief Chad Knaus. "We're dochampionship. The 24-team was a little faster today, and that's why we brought them over to the 48-car." Kyle Busch finished 33rd, three laps down. He was penalized a lap for giving a NASCAR official the "bird". Top-12 Chase contenders with two to go: 1. Hamlin-6325, 2. Johnson-6292, Harvick-6266, 4. Ed-3. wards-6008, 5. Kenseth-6000, 6. J. Gordon-5994, 7. Kyle Busch-5986, 8. Stewart-5962, 9. Biffle-5953, 10. Clint Bowyer-5928, 11. Kurt Busch-5890, 12. Burton-5852 **EDWARDS BEATS BUSCH** AT TEXAS

Carl Edwards derailed Kyle Busch's drive for a sixth straight NASCAR Nationwide Series victory at Texas Motor Speedway on Saturday.

Busch dominated early in the 205-lap race, which was extended five laps from its originally scheduled distance by a green-white-checkered finish, as he lead four times for a race-high 107 laps. But with less than 50 laps remaining, Busch's once dominant car began to tighten up around the 1.5-mile oval, opening the door for pole-sitter Edwards to take the lead on lap 155.

Busch hung tough in second, holding off a hard-charging Brad Keselowski. Joey Logano, Martin Truex, Jason Leffler, Reed Sorenson, Kevin Harvick, Paul Menard, and Steve Wallace rounded out the top-10 finishers.

Keselowski's thirdplace finish was enough to insure him the 2010 Nationwide championship.

Top-10 points leaders after 33 of 35: 1. Keselowski-5314, 2. Edwards-4849, 3. Kyle Busch-4619, 4. Allgaier-4402, 5. Menard-4205, 6. Harvick-4044, 7. Bayne-3765, 8. Leffler-3743, 9. Logano-3717, 10. S. Wallace-3688 **TEXAS TRUCK RACE** 

#### **GOES TO BUSCH**

Kyle Busch blew past Todd Bodine on a restart on Lap 127 and held off Johnny Sauter over the final 20 laps to win Friday night's Camping World Truck Series race at Texas Motor Speedway.

Bodine chose the outside lane for the final restart, but Busch cleared Bodine's No. 30 Toyota through Turns 1 and 2 and held the lead the rest of the way.

Sauter came home second, followed by Matt Crafton and Bodine, the series points leader. Bodine increased his margin to 230 points over seventh-place finisher Aric Almirola with two races left in the season. Bodine can clinch his second series championship by finishing fourth or better next week at Phoenix.

Busch's seventh win in You've got to re- 14 starts this season gives him



TV ratings are down last week on Sirius Satellite Radio.

QUESTION: This is what the Chase was supposed to be like (with three drivers so close this late in the season)

BRIAN FRANCE: "It is. It's supposed to, obviously, be very competitive and make it where the driver who is at his best when it really matters, which, of course, is down the stretch. That's what everybody wants to see. We're thrilled that it's turning out that way. This is going to be a telling weekend. Looking forward to kicking off the final three here in Texas this weekend.'

QUESTION: With the Chase going as well as it is, are there still discussions going on at NASCAR about further tweaks to the Chase or have those been put on the backburner now?

BRIAN FRANCE: "No, I don't think so. I think it's this time of the year when we do a lot of things in terms of looking at what is the best rules package or format in the case of the Chase or whatever it might be. We've announced a few weeks ago going to ethanol and our first biofuel, which is really important for us to keep a slow steady step in the green space and doing what's best for the environment and energy independence. When it comes to the Chase, what we want is big moments where drivers and teams have to be their very best on a given day, that's what creates the atmosphere we want and we'll be looking to make sure we have the perfect format going into 2011."

Weekend Racing: NA-SCAR's three major series will be at the one-mile Phoenix track for the next to last race of the season.

Fri., Nov. 12, Camping World Trucks Lucas Oil 150, race 24 of 25; Starting time: 7:30 pm ET; TV: Speed.



Members of the North Georgia Rapids Swim Team

Thirteen members of the North Georgia Rapids Swim Team participated in the second annual Fall Developmental Meet held in Murphy, N.C. This competition is primarily designed for novice swimmers with limited competitive experience

The team's young swimmers did exceptionally well, with all participants earning ribbons. Macy Davis and Glenda Holton made strong showings in the girls 8 and under age group. Alli Porten and Corina Luckenbach both just aged up to the 9-10 age group, won two and one ribbons respectively. Gracie Weldon, age 8, swam in the next higher age group and came away with four ribbons, including two firsts.

Megan Foster, Brusini and Lindsay Robertson competed in the girls 11 & 12 age group. Megan has been with the Rapids for several years but recently moved up to the next level and still walked away with three personal best time times and four ribbons. Both Ali and Lindsay did really great having just joined the team in early October.

Maggie Davis, age 13, having recently taken a break from competitive swimming, got back into action by winning ribbons in each of her four events.

All four male team members competed in their first swim meet. Calvin Holton, age 8, won four ribbons, three firsts and a second. Wil-

Ali liam Holton, Calvin's older brother, won two ribbons in the 9-10 age group. Nick Bradley and Evan Phillips also in the 9-10 age group won seven ribbons between them.

> The team's veteran swimmers were very enthusiastic about the new swimmers showing and look forward to their continued improvement. All team members are currently training hard for the upcoming winter swim season.

> The North Georgia Rapids Swim Team practices year round at Union General Hospital's Wellness Center's heated indoor pool. For more information about the team, contact Barry Gay (706)835-1662. N(Nov10.Z2)CA

#### **Department of Human Services Energy Assistance** program helps Georgians with home heating bills

As the colder months approach, the Georgia Department of Human Services (DHS) will once again help Georgians struggling to keep up with the cost of heating their homes. DHS's Low Income Home Energy Assis-tance Program (LIHEAP) has received approximately \$41.1 million dollars in federal funds to assist low-income, elderly and disabled Georgians with their heating bills.

Beginning November 1, 2010, local community action agencies will administer the available funds to assist the homebound and elderly (aged help. All other eligible families may apply starting De-

ments will be made directly to fuel bill or statement of service the home energy supplier for gas, electricity, propane gas, wood, coal or kerosene. Qualifying applicants will be eligible for either \$310 or \$350.

To participate in the program, the family must meet a yearly income equal to or less than 60% of the state's median income. For a one-person household, that would be \$21,940; for two people, \$28,691; for three people, \$35,442; for four people, \$42,193; for five people, \$48,944; for six people, contact the Division of Family \$55,695; for seven people, \$56,961; for eight people, 65 and older) may apply for \$58,226 (for each additional person, add \$1,266 to annual income).

To qualify, applicants

from their heating provider. They also must have proof of income for all household members for the last 30 days. This may be paycheck stubs, a letter granting public assistance, Social Security or unemployment benefits. Applicants must also have social security numbers for all household members.

Assistance will be offered on a first-come, first-serve basis. The program will close when funds are exhausted.

For more information, and Children Services, Community Based Programs in metro Atlanta, by calling 404-656-2323 or toll free at 1-800-869-1150. N(nov10,Z12)CA



Top-10 points leaders after 23 of 25: 1. Bodine-3645, 2. Almirola-3415, 3. Sauter-3341, 4. Crafton-3237, 5. Dillon-3153, 6. Peters-3107, 7. Hornaday-3059, 8. Skinner-2964, 9. Starr-2898, 10. White-2813 ARE CHANGES COMING

## **TO NASCAR**

talked about possible changes

Sat., Nov. 13, Nation-wide Arizona 200, race 34 of 35; Starting time: 4 pm ET; TV: ESPN2.

Sun., Nov. 14, Sprint Cup Kobalt Tools 500, race 35 of 36; Starting time: 3 pm ET; TV: ESPN.

Racing Trivia Question: Where is the first Sprint Cup race of the season held?

Last Week's Question: Where is the last Sprint Cup race of the season held? Answer. It is held at Homestead, Florida.

You may contact the Rac-NASCAR's Brian France ing Reporter at: hodgesnews@ earthlink.net. NT(Nov10,C2)ac

Nature of Healing Sukoshi Rice

**Birthdays and breathing** 

Today I was driving home from town and I passed a big sign that said, "Happy 40th Birthday" and a woman's name. I could just imagine her driving up to her house, seeing that big sign where God and everybody could see how OLD she is now, and getting mad about it. Because that's the way people around here seem to be, women anyway. They get mad about getting older. When I was interviewing a new client the other day, she told me, "I'm about to turn 40, and you know how things just start falling apart at this age!"

Well, no, and thank God for it, I don't really know about things falling apart at 40. If I did, I'd be in pieces all over the place by now! The thing that gets me about all this ageism, besides how obviously bizarre it is, is that it's all about what's on the outside. Women, and sometimes men, will keep their hair colored, their bodies enhanced, their faces lifted. They will buy fashionable clothes and even exercise, just to look good. In the meantime, how do we feel?

Our culture is so outwardly directed, and so much importance is placed on how we LOOK, we forget that what we live with is how we FEEL. This is where breathing, TAT, Reiki, massage, yoga, pilates, organic food, laughter, art, music, joy, friends, get togethers, prayer and worship come in. They are all part of our inner world, our feeling world.

One of the best, easiest and cheapest ways to begin to nurture our inner selves is through our breath. Right now, after you read this paragraph, put this down and let your hands rest against your abdomen. Close your eyes and take a deep breath in, letting your stomach expand as you take in air. Relax and let all your tension out as you exhale, gently. Let it all go. Again, breathe in and fill yourself with energy and light, then breathe out anxieties and tension. Do seven breaths and you WILL feel more relaxed. It takes awhile to get the hang of your abdomen expanding on the inbreath because we are mostly shallow breathers, so if you don't get it right away, that's ok. Just keep practicing.

If we cultivate our inner world by treating ourselves



well, we celebrate our birthdays because each year we become more and better who we really are. If we are still whining about having birthdays, even when we know there are only two alternatives, then our inner life is lacking and impoverished. We are the only ones who can take care of that and everyone around us benefits when we do.

Sukoshi Rice, LMT is a certified TAT practitioner & traditional Reiki Master. What would you like her to write about? Email to sukoshi@windstream.net with ideas. N(nov10,Z15)CA

# **Toys for Tots sponsored** by the US Marine Corps Reserve

Due to the economic situation that has caused many job losses and layoffs, some families will find it very difficult to provide gifts for their children this Christmas. We hope that members of our community that are able, will donate new and unwrapped toys to aid in this situation by dropping the toys at the locations listed below.

The Unicoi Detachment of the Marine Corps League has placed boxes in the following locations: Dollar General, Ivy Log; Dollar General, Hwy. 515; Dollar General, Lance Connector: Radio Shack; Bi-Lo Store; Cadence Bank, and Walmart. NT(Nov10,Z2))CA

cember 1, 2010 until funds are exhausted. In most cases pay- must bring their most recent

David Peterson concert at the Folk School November 12th

Bluegrass singer and guitarist David Peterson will be featured in a rare solo concert at the John C. Campbell Folk School in Brasstown, N.C. at 7:30 p.m. on Friday, November 12. The concert, which will be held in the Folk School's Keith House Community Room, is free and open to the public. Donations are welcome.

David Peterson is a rare combination: a savvy independent recording artist and a bluegrass singer who cherishes tradition. His voice has that lofty quality that carries from mountain-top to mountain-top. It's powerful, complete and saturated with Bill Monroe and Jimmy Martin's blues. A Boston native, he's not somebody who would have been issued a bluegrass license at birth. But Peterson learned the music from a deacon at his church and and as music writer Robert Oermann likes to say, there's nobody as zealous as a convert. When he got serious about the mandolin, the guitar and bluegrass music in 1995, he left his track from becoming a minister to pursue music.

Bank; C & S Bank; Bank of Blairsville; Union Realty; Galaxy Bowling; Ingles; Griddle Cafe & Deli; Rite-Aid; CVS; United Community Bank, the North Georgia News, First Baptist Church, United Community

Now Dave preaches bluegrass with a missionary zeal. He also writes songs, an important and challenging characteristic for a preserver of tradition. On his latest CD, "In The Mountaintops To Roam," you'll hear him lead an insightful tour of 1946, the year that gave birth to bluegrass.

The final Friday night concert of the year will be The Brasstown Ringers (Dec. 10). The Folk School concert schedule through March 2011 is available on the world wide web at http://www.folkschool.org. For further information call the Folk School at 828-837-2775 or 1-800-FOLK-SCH. N(nov10,Z6)CA



**Bluegrass singer David Peterson** 



### **Five home** repairs you shouldn't ignore

of Consumer's Digest there was a helpful article, providing expert advice to stop trouble in its tracks for those selling their homes, or simply living comfortably. Don't let these problems give your home a bad inspection report.

Trouble signs are easy to spot. The article provided five with the biggest red flags. The first is rainwater. If 10 things can go wrong with a house, 15 of them have to do with water, says a home inspector. Be sure gutters, downspouts, and leader pipes channel water away from the house. Soil around the foundation should slope away from the house. Roofs are the most susceptible to water problems. Check flashing around chimneys, skylights, and roof valleys for cracks, or missing shingles. A tube of caulk can save thousands of dollars in repairs where the siding meets windows and doors frames.

Other big problems you

In the June 2009 issue need to address are mold and pest infestation. Musty odors or chronic head colds are signs of mold. You can treat small areas yourself if you're properly clothed. Termites and carpenter ants gravitate to moist soil and rotting wood. Keep mulch, firewood, and dense shrubbery away from foundations.

Foundation cracks can serious, and need to be checked. A home inspector advises using a no.2 pencil to check the depth of a crack. Shallow cracks are the result of concrete curing, but deeper ones can signal structural issues. Add attic insulation and seal around pipes, recessed lighting, and duct work in the attic to prevent drafts or losing heat. Likewise between the floors and walls, be sure to seal the joint to prevent drafts.

This is the time of year to prepare for the cold and make your home ready to sell. Stay warm and if you have a question, call me at 706-745-3500. NT(Nov10.C3)a