

# Towns County Sports

Towns County's Leader In Sports



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## Indian JV's split: lose to Lakeview; take Hiwassee Dam

By Jerry Kendall  
Towns County Herald  
tcherald@windstream.net

The Towns County Indian JV's Basketball Team traveled to Gainesville last Friday and played competitively but fell to a closer than the final score defeat at the hands of the Lions but returned home on Saturday and avenged an earlier loss at Hiwassee Dam in convincing manner. The week's work gives the Indians, who have provided much to like about their play in each game, with a 2-4 record.

Lakeview Academy – An early trey and deuce by Grant Arenecibia had the Indians within 10-7 of Lakeview by the mid point of the first quarter but the Lions finished on a 9-0 run for a twelve point lead of 19-7 they would maintain through the second and third stanzas. Ryan Tallent provided 5 points in the second quarter and Arenecibia sank a trey as time expired with the Lions holding a 27-15 half-time lead.

After a low scoring third quarter, the Lions still led by a 12-point margin, but this time by a 32-20 score. The Indians reduced the lead to 32-24 on baskets by Luke Parker and Brett Barrett by the five minute mark of the fourth quarter but the Lions got the best of a free throw shooting contest over the next four and a half minutes. They sank nine of eleven attempts compared to one of two for the Indians, as they built a 43-25 lead. An Arenecibia trey and a Lakeview deuce at the buzzer set the final score at 45-28.

Leading scorers for the game for the Indians were Arenecibia with 11 points and Tallent with 5 while Dallas Manus led in assists with 2.

Hiwassee Dam – The Indians lost a hard fought 36-29 decision at Hiwassee Dam last month but came out of the gate with hot shooting in the first quarter of this contest. Two treys by Grant Arenecibia and five points by Dallas Manus sparked them to an early 11-4 lead which became a 14-14 tie by quarter's end.

The middle two quarters would belong to the Indians, however, as they followed the lead of Brett Barrett with five



Dallas Manus passes to Garrett Bradshaw in the Indians win over Hiwassee Dam.



Slade Davenport draws the foul in the win over Hiwassee Dam Photo by James Reese.

points and Ryan Tallent with four in the second quarter, their only quarter of play, for a 26-16 lead at intermission. The exciting eighth grade guard duo of Arenecibia and Manus then returned to prominence in the third quarter with six and four points as the Indians charged out to a 44-20 lead before coast-

ing to a 47-35 victory. Eight of ten Indians playing in the game entered the scoring column with Arenecibia and Manus tied for scoring honors with 12 points each and other leaders being Barrett and Aaron Dodson with 5 each. Dodson led in assists with 3 with Manus close behind with 2.

## Cowart leads Lady Indian JV's in cakewalk at Lakeview Academy

By Jerry Kendall  
Towns County Herald  
tcherald@windstream.net

The Towns County Lady Indian JV's Basketball Team was in action just once last week but made the most of it in taking an easy victory at Lakeview Academy in Gainesville. The victory extended the Lady Indians' early season record to 3-1.

Kelsie Cowart poured in ten points in the first quarter as the Lady Indians sprang out to an 11-0 lead and held a 13-5 advantage by quarter's end. Six Lady Indians put points on the scoreboard in a dominant second quarter which saw them holding a 34-8 lead at halftime. Eryn Cochran led the Lady Indians in her only quarter of play with six points and four assists while Stephanie Patton also scored six points on a pair of treys. Cowart scored eight of thirteen Lady Indian points in the third quarter as they extended their lead to 47-15 and they closed out a 51-17 victory in a mercy rule shortened fourth quarter.

All eight Lady Indians playing in the game entered the scoring column with Cowart leading with 22 points. Patton followed with 8 points, Bailey Sutton like Patton included a pair of treys among her 7 points, and Cochran finished with 6. Six Lady Indians collected at least one assist with leaders being Cochran with 4 and Sutton and Patton with 3 each.



McKenzi Moss fights for the loose ball in the Lady Indians win over Lakeview Academy Photo by Lowell Nicholson.



Kelsie Cowart led the Lady Indians to victory over Lakeview Academy Photo by Lowell Nicholson.

## Fun Hike on Benton MacKaye

Benton MacKaye Trail Association FUN HIKE, Saturday, December 18. Non-members welcome! An easy/moderate 6 mile round trip hike in Helen, to Unicoi State Park Lodge and return. From Helen, we will hike 3 miles to Unicoi Lodge, eat a buffet lunch at the Lodge (or bring your own), admire the holiday decorations then hike 3 miles back. Meet in Blairsville at 8:45 a.m. OR 9:30 in Helen. Register with Hike Leader: Nancy Shofner at 404-881-6346 - email: nshof@mindspring.com www.bmta.org.



Bailey Sutton drives for a layup in the Lady Indians win over Lakeview Academy Photo by Lowell Nicholson.

## NASCAR 2010

By Gerald Hodges/the Racing Reporter



Roush Fenway Racing's Greg Biffle

### ROUSH HOPES TO REPEAT SECOND HALF SUCCESS

Roush Fenway Racing has already begun work on the 2011 NASCAR racing season, a season Jack Roush hopes will produce him his first Sprint Cup championship, and keep Jimmie Johnson from winning a sixth crown.

While the team has four drivers, Greg Biffle and Carl Edwards were the best this past season.

Biffle told Speed that he would be happy to repeat the tale of the second half of last season. Although the team didn't get a victory until Biffle scored at Pocono in the 21st race of the season, the year ended with Biffle winning twice, including once during the Chase.

Teammate Carl Edwards won twice during the Chase, providing a significant surge of confidence for the upcoming year.

The upswing started in mid-season at Chicagoland Speedway, Biffle said, when Roush Fenway's experimentation with front-suspension changes – aided by input from Richard Petty Motorsports mechanics – began paying dividends.

"Carl finished second (to David Reutimann) there, and I ran up front before we blew an engine," Biffle said. "That was the start of it, and we had success right from there."

"If we could start the clock from there – go with the second half of the season, especially the last third, all that was really good. I think we're

going to start off the same way. I feel totally confident in that."

Despite the fact that every Ford team struggled to find its footing through the first half of the season, the closing months reignited the fire and gave Roush Fenway a solid base to build on for next year.

Biffle finished in the top-10 in five of the season's final eight races, and he, Edwards and Matt Kenseth finished fourth, fifth and sixth in the final point standings, respectively.

"It was a great season for us," Biffle said. "Now, there's really not a lot of time after this week to sit around and wait until next year starts. It's really only four or five weeks until we're on the race track, so we really have to work on our race cars and get ready for that. I have to stay in shape. And we have to get ready for the test in Daytona."

With his fifth sprint cup championship behind him, Jimmie Johnson is being labeled as one of the great NASCAR drivers of all times.

While he is a winning driver, he is not NASCAR's most favorite driver. There are many people that see his domination of the sport as one of the reason's NASCAR is on the decline.

In reality, Johnson is creating the kind of success that's unrivaled in all professional sports, much less stock-car racing. Instead of complaining about Johnson's success, maybe the industry should revel in it.

"People tell me they hate me, but they respect me, and that's always cool," Johnson said. "In the moment, I think it's tough for fans to maybe look at what we have accomplished, because they want their guy to win, and I understand that. But I know what they have done today is respected sports-wide, not just in our little bubble we live in, but sports-wide."

Let's face it: If Dale Earnhardt Jr. had just won his fifth consecutive championship, NASCAR's popularity might be better.

plain about the same driver or the same team winning all the time, because nobody is revered more in the sport than the son of seven-time champion Dale Earnhardt.

Car owner Rick Hendrick has committed his entire organization to fixing Junior's problems, especially after winning just one race in his first three years at Hendrick Motorsports.

Junior not only didn't win this season but was seldom in contention and nowhere close to making the Championship Chase.

Magnifying Earnhardt's slump was the magic carpet ride of teammate Jimmie Johnson to yet another championship.

What happened to Junior is NASCAR's biggest driver story of the 2010.

Earnhardt, unlike Johnson, has no championship legacy to defend, but he has an even heavier burden on his shoulders: the legacy of his name, the great expectations that ride with the Son of the Intimidator

Earnhardt will be getting his third crew chief in less than two years next season when Steve Letarte moves over from Jeff Gordon's team. If Letarte is able to help Junior get just one win, it would be a resurrection of his career. A win would certainly mean a lot to the legion of Junior fans.

Despite junior's struggles on the track, Hendrick Motorsports has begun negotiating a contract extension for NASCAR's most popular driver. Team owner Rick Hendrick told ESPN.com of his plans Thursday after Earnhardt was named the sport's most popular driver for the eighth straight year.

"We're looking at extending it," Hendrick said. "I really like him. I think the world of him. I know he can do it. We just have to get the right combination in, and I think we're going to have it. I hope we get to race together until he retires ... until I retire."

Extending the contract would end any speculation that Earnhardt might move his Nationwide Series program

to Sprint Cup after 2012 and drive for himself or go to another team. But Earnhardt's first priority is making sure the next time he returns to Las Vegas for the season-ending banquet it is as a member of the Chase field and not just to get a popularity award.

"The only person that can truly help me get where I need to go starts with me, then it goes to Rick, Steve [Letarte] and those guys in your inner circle every week and in your corner every week," said Earnhardt, who finished 21st in points. "My biggest problem, I think, is my confidence."

**Racing Trivia Question.** Which is the oldest track on the NASCAR Cup circuit?

**Last Week's Question:** Which Cup team does Martin Truex drive for? Answer: He drives the No. 56 Toyota for Michael Waltrip Racing.

You may contact the Racing Reporter at hodges@race500.com. (NDec15.G1)gg

### Any and all addictions

A new open 12 Step Recovery Program to help suffering people regardless of the particular addiction or addictions. Starting November 9th, we will meet Tuesdays at 7 p.m. at the Fellowship of the Hills Church, Pinebrook Drive and 129 S, Blairsville, GA. For information email: recoveryieff@gmail.com, or call 706-835-1855. (NDec15.Z1)CA

### Prostate Cancer Support Group

No man needs to face prostate cancer alone. The Man to Man Prostate Cancer Support Group meets on the 3rd Monday of every month from 5 p.m. until 6 p.m. in the auditorium of the Cancer Treatment Center in Blairsville.

This is an open discussion, educational, and sharing meeting. There are no dues or fees.

Contact The American Cancer Society at 1-800-ACS-2345 www.cancer.org, call Steve Sloan at 706-896-1064 or Dick Dillenbeck at 706-745-9767 for additional information. (NDec15.Z2)CA

## Every Green Herb

By Janice Boling

### Herbal medicine glossary

A – Adaptogens help the body's immune system. Adaptogens include astragalus, echinacea, garlic, gingo biloba, ginseng, and yellow root.

An analgesic like aspirin or willow bark relieves pain. An antacid like mint and slippery elm balances stomach acids and helps stop heartburn. Antibacterial herbs like cloves and eucalyptus fight and destroy bacteria. An anti-coagulant like chamomile hinders blood clotting and increases blood flow in the arteries. An antispasmodic like peppermint reduces muscle spasms and tension. An anti-tussin like wild cherry reduces the coughing reflex.

C - Carminatives like catnip and fennel seed reduce flatulence and stomach discomfort. Cathartics like rhubarb act as strong laxatives. A cholagogue like yellow root stimulates bile flow from the gallbladder.

D – Decongestants like eucalyptus and basil can relieve the upper respiratory tract. Demulcents form protective barriers over mucus membranes. Honey and syrup are demulcents that coat the throat. Herbs like corn silk and comfrey are demulcents that coat and soften internal membranes. Diaphoretics like elder flowers help cleanse the body of toxins by causing an increase rate of perspiration (sweating). Discutients are herbs like black walnut and garlic that help to dissolve tumors. Diuretics like alfalfa and juniper berries increase the flow of urine and can relieve water retention.

E – Emetics induce vomiting. A mild emetic is mustard seed. A strong emetic is ipecac. Emmenagogues like myrrh and angelica promote menstrual flow. An emollient softens and soothes the skin. Good vegetable oils like cold pressed olive and almond make excellent emollients. Expectorants like mullein and horehound help

expel mucus from the lungs. F - Febrifuges like white willow bark help reduce fevers.

G – Galactagogues like fennel and anise seed help increase milk flow in lactating mothers. Germicides like tea tree oil destroy germs and other microscopic organisms.

H – Hepatics like dandelion and milk thistle help promote good liver function. Hemostatics like witch hazel, beet root, and yarrow help to decrease blood flow.

I – Immunostimulants like barley and astragalus help the body to destroy organisms that cause disease. Insecticides like bayberry and pennyroyal kill insects.

L - Lithotriptic herbs like uva-ursi and corn silk help eliminate urinary stones.

N – Narcotics like opium and wild lettuce cause stupor and numbness. They may reduce pain or induce deep sleep. Nervines affect the nervous system in some way. Nervines like catnip and monarda relax the nerves. Nervines like coffee and ginseng stimulate the nerves.

O – Oxytocics like black cohosh and raspberry promote easy childbirth.

P – Parasiticides help the body to get rid of parasites like intestinal worms and liver flukes. Pumpkin seeds, feverfew, horseradish, garlic, parsley, and plantain are all parasiticides.

S - Sedatives help bring about feelings of calmness and tranquility. Natural sedatives include chamomile, passion flower, and valerian. Sialagogues like black pepper promote the flow of saliva. Stimulants help raise energy levels and help rid the body of toxins. Natural stimulants include ginger, ginseng, and milk thistle.

\*Always consult with a healthcare professional before using any herbal remedy especially if pregnant, nursing, or taking other medicines. (NDec15.Z3)CA