

Towns County Sports

Towns County's Leader In Sports

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Lakeview plays keep away, hold off TCMS Lady Indians

By Joe Collins
Towns County Herald
Staff Writer

Head Coach Lana Parker had her middle school girls were fired up when they took the court against a solid Lakeview Lions team at home on Thursday, and they made an impressive showing.

The defense was aggressive and the girls moved the ball well but the shots weren't falling as the Lions limped away with a victory; knowing full well they had been in a fight.

The game was close in the first half and it appeared the Indians had control near the end of the first quarter but some aggressive offensive rebounding by the Lions gave them the lead and left the Indians trailing at the half 15-11. The low score at half time is an indicator of how well the Indians played against a tough Lions team.

"Lakeview is a very fundamentally sound basketball team," stated a humble Parker, with all due respect to Lakeview.

Madison Landress, Kirsten Ledford and Kristen Henson were very aggressive on defense in the first half and drove the Lions crazy with their



TCMS Lady Indians in action. Photo/Lowell Nicholson

harassment of the ball. They forced many turnovers and led several fast breaks down the court but many of the shots did not find the bottom of the basket as the Lions dodged several bullets that should have given the Indians the lead.

"My girls seem to have trouble taking the ball to the basket. We need to be ready and capitalize on turnovers," said a determined Parker.

The second half started

much the same way as the first ended. The Lions drew first blood to increase the lead to 17-11 early in the third quarter.

Ledford was also aggressive on offense and pulled the team to within four but the score never got any closer for the Indians. A 12-point unanswered run by the Lions to end the third quarter turned out to be enough to counter a 6-point unanswered run by the Indians in the middle of the fourth. With

3:26 left in the game, Landress stole an inbounds pass and found Henson for the lay-up to narrow the Indians deficit to 34-28 but the Tribe could never close the gap any tighter.

The final minutes became a cat-and-mouse game between the two teams: the Lions, trying to run out the clock, with the Indians trying to get the ball. A 3-point play gave the Lions all the room they needed to card a victory as the final buzzer sounded. The final score found the Lady Indians suffering a hard fought loss where they never gave up - 37-28.

Coach Parker feels her girls are on the rise.

"The eighth grade girls have had a difficult start to their season but we are working to improve our game," she said. "I feel we could have won over Lakeview if we could do better at putting points on the board. We need to take that ball to the basket and score."

Girls scoring in the Lakeview game were Landress with 4 points, Ledford with 7 points, Henson with 6 points, Madison Stroud with 6 points and Emory Patton with 5 points.

The team will get a little break for Thanksgiving but will be back in action again on Monday, Nov. 26 at North Habersham. Game time is 4:15.

Joe Collins



Tips from the Range

I could literally talk about the mental aspect of the game for hours on end, and have actually done just that on cold winter days when the single malt was flowing and the course was closed. If you were to pick one topic that we would talk about that affects your score the most, in respect to the mental side of the game, it would be "Game Management". In layman's terms: You got to have a plan. No pro will attack any round without at least a simple strategy.

Look at it this way. Every pro on the P.G.A. tour can hit the ball, some better than others. Why is it then, that you only have one winner and the rest of the field is spread out over 30 to 40 shots? Why doesn't the best ball striker win the tournaments every time he/she plays? What made Tiger Woods so dominant in the late nineties and early two thousands and still makes him a great player today? Why is it that you hit the ball better than a lot of people you play against but just don't score as well? The answer to all of these questions is in how you prepare yourself for the round and in how well you know your own limitations. The better you play, the more enjoyment you will receive from your efforts, so you have to play your own game.

Golf swings and golf games are as different from golfer to golfer as night and day. You will never see identical golf swings, ever. You may find some that are similar but never the same. Just like our physiques are different, our swings have to be different. Therefore, everyone plays a different game with the same motives in mind. Many people play for sport or exercise but most play because it is a competitive sport. Not between you and your playing partner but between you and the golf course. Your goal is to beat the course not your playing partner or yourself; so first and foremost, you have to play your own game. Don't get caught up in trying to hit shots that are not in within your ability.

When designing a game plan for a particular course, pay attention to the limitations of your golf game. Don't try and hit it to places on the course that are risky. Play to the "fats" or to the widest landing areas. These areas are not always the closest to the green but are found on every hole to offer the golfer a good sporting chance of making par. Play away from trouble and stir clear of the dreaded two-stroke penalties like Out of Bounds. If you are hitting your driver poorly on a given day and you step up to a long hole that requires a good accurate and long drive, put the 3-wood in your hands and focus on accuracy.

Your back is already against the wall because you are not hitting the long club well, so give up twenty yards and put the ball in the fairway. Now you are hitting a longer shot into the green but it is your second shot not your third or fourth. The driver would have been in the woods anyway because of the negative attitude about your tee-shots.

Another interesting thing that will help you score well in relation to the mental game is the aspect of playing to your strengths. If you are an accurate player use your accuracy to attack the course and wait on the easier holes to try and make low scores. Be patient on the long holes and try not to make any score higher than a bogie.

If distance is your strong suit, then aim to places where you have comfortable shots into the greens. Many pros would prefer to hit a full shot into a green instead of the dreaded half-shot so you might need to focus a little more from the green back to the tee when planning your game.

"I used to walk the course from the green to the tee to get Watson's approach shots calculated perfectly," said Tom Watson's longtime caddie the late Bruce Edwards. Many caddies learned that from Ben Hogan who was the ultimate example in how to prepare for a tournament.

We will look more in depth next week in how to prepare for a round of golf. It is the enjoyment of your time on the course that is our ultimate goal and if your mind is not focused on the game at hand then you will waste shots and not enjoy your day on the course. Try and prepare for your next round of golf with an emphasis on the strong points of your game. Learn to judge how you play certain clubs in your bag and try and develop an arsenal of shots to choose from. Play away from your weaknesses and always focus on your own game and the way you feel it should be played.

Nobody knows your ability the way you do so trust your own judgment and concentrate on how it feels to swing the club in relation to your position on the course. If you get in trouble, recover as quickly as possible by getting the ball back on the short grass and then go back to your overall game plan for the day. This will give you vision and will allow you to forget about the negative thoughts of a bad shot.

I hope that it is becoming more obvious about how important the mental game is. Hogan used to say, "If I can't see it, then I can't hit it." He never used a yardage book or distance markers, which is a testament to how your mind can control the outcome of your round. Work on your mental game as well as your swing to lower your score. Good luck and I will see you on the course!

TCMS... continued from Pg. 10A

in the game. With 3:15 left in the game, Major Moss took a shot that hit the rim and ended up in the hands of Daringer Barrett who laid it up for the score to pull the Indians to within three points at 38-35. The Indians were still trailing the Lions as Major Moss took the ball to the basket and drew the foul. He went to the line for two and made the first, which inched the Indians closer, but the second missed and the

Lions were able to control the rebound and run the clock out leading 44-40. The loss brings the Indians record to 3-1.

It was a close fought game and the Indians had their chances. The officiating got sloppy toward the end of the game and many calls were missed but the Indians were 4-of-12 from the line and that had a considerable impact on the outcome.

"We were cold from the

line and that cost us as well as them. We both shot poorly from the foul line," said Weekley.

The Indians had their chances and as the game got going early it looked as though the Tribe would control the flow of the game, but poor shot making kept the Lions at the door and proved too much for Towns County. Major Moss led the Indians with 9 points and 7 rebounds but the team all shot poorly from inside

the lane and it cost them the victory.

The teams will take some time off during Thanksgiving but will be back in action on Monday, Nov. 26 at home against North Habersham. Game time is 4:15 p.m.

Make plans to go and support the middle school Indian basketball teams and see some good fast paced action as they try and increase their records to 4-1.

NASCAR 2012

By Gerald Hodges/the Racing Reporter

Gordon wins race, Keselowski is champ

Jeff Gordon and his team used perfect pit strategy, which allowed him to win his second Cup race of the season, as he held off Clint Bowyer in Sunday's Ford 400 Cup race.

"I knew we had a great race car, but I didn't know if we had a winning one," said Gordon. "But we played the race strategy just right. This was certainly a positive end to our season."

Ryan Newman, Kyle Busch, Greg Biffle, Martin Truex, Aric Almirola, Kevin Harvick, Kurt Busch, and Dale Earnhardt Jr. were the remaining top-10 finishers.

While Gordon was celebrating in victory lane, his teammate Jimmie Johnson was congratulating Brad Keselowski, the 2012 Sprint Cup champion.

Johnson's night went south on lap 227 of the 267-lap race, when a gear in the rear-end of his No. 48 Chevrolet failed. Johnson's team tried to make repairs, but it was too late.

He was unable to finish the race.

"It was just racing," said Johnson. "Something happened. I'm so proud of my team. They gave it their all. We had great racing all year long, and we're already looking forward to next season."

Johnson went into the final race of the season 20 points behind Keselowski, but Clint Bowyer edged him for second by one point, and Johnson wound up third in the championship hunt, 40 points behind Keselowski.

The win was the first NASCAR title in 40 years for car owner Roger Penske.

Keselowski, son of a Michigan racer convinced Penske his No. 2 team could be a winner. After just three years, they held the Sprint Cup trophy together at Homestead-Miami Speedway following Keselowski's 15th-place finish Sunday night.

"It's been a great season," said Penske. "I just take my hat off to all these guys. We went all season without an engine failure. To accomplish something like this, you have to work hard, and these guys did."

Keselowski started off as a brash young driver for Dale Earnhardt Jr.'s Nationwide Series team. He was unapologetic for his aggressive

driving and his refusal to back down in long-running feuds with Cup drivers Denny Hamlin and Carl Edwards.

"I'm not big enough or fast enough to do this by myself, but with the whole team, I'm all of that," said Keselowski. "I've got the best team around."

"Jimmie is the best and it took a tremendous effort to win."

Final top-15 Chase leaders: 1. Keselowski-2400, 2. Bowyer-2361, 3. Johnson-2360, 4. Kahne-2345, 5. Biffle-2332, 6. Hamlin-2329, 7. Kenseth-2324, 8. Harvick-2321, 9. Stewart-2311, 10. Gordon-2303, 11. Truex-2299, 12. Earnhardt-2245, 13. Kyle Busch-1133, 14. Newman-1051, 15. Edwards-1030.

SMITH TAKES HOMESTEAD NATIONWIDE RACE

Regan Smith won Saturday night's Homestead Nationwide race in his first series start in five years, beating polesitter Kyle Busch to the finish line by 1.375 seconds.

"It didn't hurt that I had a fast race car from the start, so I didn't have to worry about a lot of things," said Smith. "We made a lot of changes and tried a lot of stuff, but, at the same time, that balance was always there pretty close... It's definitely a good start."

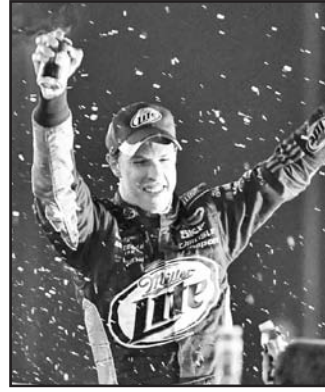
Brendan Gaughan, Sam Hornish and Austin Dillon rounded out the top-five.

Ricky Stenhouse Jr. finished sixth in Saturday night's Nationwide Series finale at Homestead to become Roush Fenway's first back-to-back NASCAR Champion. Stenhouse scored his second Nationwide Series championship in as many seasons, winning by 23 points.

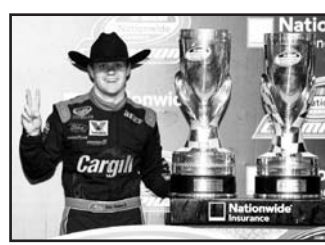
"I think this is a bigger one," said Stenhouse. "The performance was a lot better. It's always special having that first championship, but when you can back it up and go out the next season and be the car to beat - week in and week out - that makes it really special."

It marked RFR's fourth Nationwide Series Championship and its seventh overall driver title in 25 years (Greg Biffle in 2002, Carl Edwards in 2007 and Stenhouse Jr. in 2011).

Final top-10 leaders: 1. Stenhouse-1251, 2. Sadtler-1228, 3. A. Dillon-1227, 4.



Brad Keselowski, 2012 NASCAR Sprint Cup Champion



Ricky Stenhouse Jr., 2012 NASCAR Nationwide Series Champion.



James Buescher is congratulated by NASCAR's Mike Helton after winning the 2012 NASCAR Camping World Truck Championship.

Hornish 1146, 5. Annett-1082, 6. Allgaier-1076, 7. Whitt-994, 8. Bliss-902, 9. Scott-853, 10. Patrick-838.

CALE GALE GETS FIRST TRUCK WIN

Cale Gale beat Kyle Busch by .014 seconds to win Friday night's truck race at Homestead.

Gale claimed the first victory of his career in a green-white-checked-flag finish that took the race six laps beyond its scheduled distance of 134 laps. As he and Busch exited the final turn, Gale pinched Busch's No. 18 Toyota against the outside wall, taking the checkered flag by a nose in the shower of sparks.

"I got drove into the fence," Busch said. "That's it. You saw it."

Gale didn't disagree. "It's not my style, but I knew that, if I could pinch him a little bit, I could get the advantage, and pretty much, that's what I was thinking at

that point," Gale said. "A guy like me, it's my first opportunity to come down for the checkered flag in a NASCAR race."

"Kyle's a racer. He's been in the same position I've been in. We've all seen hungry racers get an opportunity and take it. That's what you have to do in this sport. He owes me, but I saw the checkers in the final race. That's all I can say."

"When it comes down to the final straightaway to win at Homestead in the last race, and your first NASCAR win, I believe anybody would do it."

Behind the dramatic race to the checkers, James Buescher rolled to his first series championship, securing the title with a 13th-place run.

In a championship battle that generated little drama until the closing laps -- when rookie Ty Dillon made a last-ditch move -- Buescher drove a methodical race en route to the title. After Dillon wrecked with two laps left in regulation distance, Buescher finished six points ahead of series runner-up Timothy Peters, who ran eighth.

"Everybody on this team has done a fantastic job," said Buescher, who won four times on the way to the title.

"We had a shot at it last year, but we came into this year swinging and did a lot of work over the offseason. It definitely paid off. This is definitely the coolest thing I've ever done in racing."

Final top-10 truck leaders: 1. Buescher-808, 2. Peters-802, 3. Coulter-789, 4. T. Dillon-784, 5. Kligerman-778, 6. Crafton-759, 7. Piquet-747, 8. Lofton-710, 9. Sauter-678, 10. Paludo-668.

NASCAR announced it will hold a Labor Day Truck race at Canadian Tire Motorsport Park in 2013. It will also mark the first time in 13 years that a Truck Series race will take place on a road course. The track is located just outside Fort Erie, Ontario.

Racing Trivia Question: How many Cup championships has Jeff Gordon won?

Last Week's Question: How did Cup driver Ryan Newman earn the nickname, "Rocketman?" **Answer:** After winning a series high 11 poles in 2003, the news media began to call him "Rocketman."

You may contact the Racing Reporter at hodges@race500.com.

Yoga and Tai Chi classes at Recreation Department

The Towns County Recreation Department offers classes in yoga and tai chi. These classes will greatly improve your balance, flexibility and strength as well as reducing stress. The classes are appropriate for the very beginner to the intermediate student. We have a supportive environment that any one can feel comfortable in. Yoga meets Mondays at 4 p.m. and Thursdays at 9:30 a.m. Tai Chi meets Thursdays at 10:45 a.m.

Classes are taught by Pat Tomczyk who is a certified yoga and tai chi teacher. Pat began her study of yoga in the 1960s and has been teaching in North Georgia for 6 years. Class fee is only \$10 to drop in or a monthly class card is available. For more information, contact Pat directly at (706) 994-0414 or call the Recreation Department. Come and experience the many health benefits of yoga and tai chi! TNov21-Dec5SH

2012
Towns County Sheriff's Office
Empty Stocking Christmas Parade
Entry Form
November 24, 2012
5:30 p.m.
"Jingle Bell Jamboree"

Name of Organization: _____
Contact Person: _____

Entry Type (please check):
 Float
 Car
 Marching Band
 Community Organization
 Equestrian
 Walkers
 Other

WE WOULD APPRECIATE THAT NO ONE HAVE SANTA IN THEIR ENTRY.

Parade route will begin in the parking lot of the Georgia Mountain Fairgrounds, and lineup will begin at 4:00 p.m. We would like for each entry to bring a new unwrapped toy for the Empty Stocking Toy Drive. All parade entries must be well lit. Children under the age of 18 need to be supervised by an adult. If you have any questions feel free to contact Vicki Ellis at 706-896-8343.

Judging will begin at 5:00, so if you plan to enter the best float contest you will need to be lined up by then.

