

Meet the Team continues to live up to the hype



Players signing autographs.



Mekiah Martin won the Wing Eating Contest for the defense.



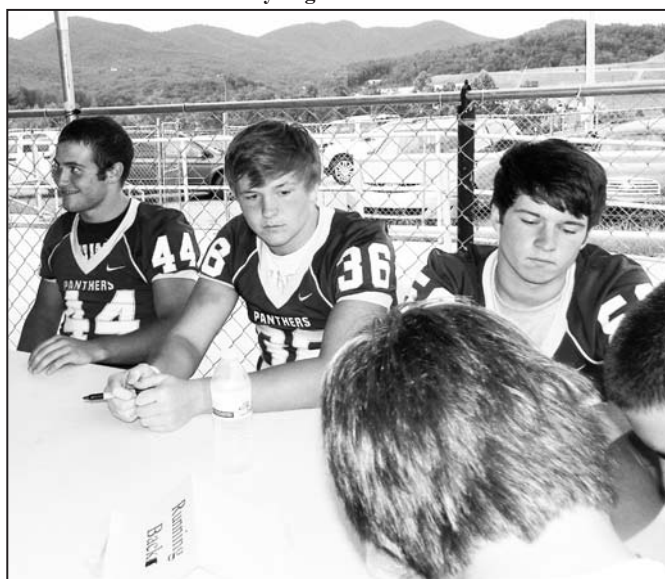
Quarterback Club President Gary Rogers and Coach Brian Allison



Wing Eating Contest: Chris Drost won for the defense.



Union County High School Cheerleaders.



The 2013 Panther running backs sign autographs for all their fans.

Joe Collins



Tips from the Range

The first tee "butterflies" are feelings most golfers experience at some time or another and it is that high level of excitement that keeps the game fresh as we play for the enjoyment of playing.

That rush of anticipation of the days round last about as long as the second or third shots for many and that leads to a long day on the course.

The problem is, that early intensity burns out at the first sign of a miss hit or a missed short putt for par early in a round. You know you got some game and you want to see it each time you play but unfortunately our attention span lapses as the shots get worse. We start thinking about honey-do list or what work will be like on Monday, all because of a miss played shot. This does not have to happen!

A round of golf takes about four hours and could take up to four and a half hours if the heat is on. Competition players are required by the rules to play in a reasonable amount of time and if you go to a tournament just watch how fast the players walk. They want as much time to think their next shot over as they can get.

Check out Phil Mickelson the next time you get a chance and watch how long his strides are. He must cover five feet or more per step.

I have played in many pro-am events in my time at the professional level and the main problem I always saw, with players that could actual hit shots, was their inability to think their way around the golf course. Their scores were dramatically higher than they should have been because their brains were in low gear. Golf is a mental game and your mind can make you play well or play poorly. It is up to you.

What I am saying is,

use your brain when you are on the golf course. Take time to think shots through carefully and don't be afraid to hit more club than you think you need. I was playing with a student at Butternut Creek recently and he hit his tee ball on #2 real solid and straight up the middle. His remaining yardage was 135 with a slight breeze in his face. He hit pitching wedge, which he plays 140, and he hit it solid straight at the hole. I questioned his club selection. His calculations were short and so was his shot, 10 yards to be exact, one full club.

Uphill topography always adds yardage just as downhill topography takes away yardage and both should be calculated by full club increments. In other words, his shot played 145 but he was playing uphill so he needed to allow for backspin, which amounts to about five yards at "The Nut". His total playing yardage was actually 150. A smooth nine iron for him.

The pin was tight to the front and his chip was long so he made bogey. A poor club selection led to a two shot difference in that situation. The right club from the fairway and he would've had a tap-in birdie, no doubt.

Make club selecting and yardage calculations a priority during your next round and you will find yourself on the green more often. Your scores will go down because you are using your number one attribute, your mind.

Club yourself better and always hit the longer of the two clubs if you are between clubs on a shot. Smooth swings work better than hard swings at keeping balls on the golf course.

"Think better to play better" is our new motto, so work on thinking better while enjoying your time on the course and away from the other things. There are no practice drills for poor judgment, so stop making those careless mistakes that haunt us when we play.

Good luck and I will see you on the course!

Dr. Causey and staff custom fit Panthers with mouth pieces



Dr. Causey, his staff, and Coach Brian Allison last week after Causey Orthodontics fitted 55 Union County High School players with custom mouth pieces. Photos courtesy of Sarah Jayne Photography

Marine Corps League Golf Tournament

The 17th Annual Marine Corps League Golf Tournament will be held at Chatuge Shores Golf Course in Hayesville, NC on Oct. 10th.

The tournament benefits children, elderly, families and individuals in need within our communities through-

out the year and charities of Union and Towns counties and worthy military charities.

For more information please call Bobby Jarrard at 706-896-6084 or Walt Scott at 706-897-9610.

It's Gold Card time again

Union County football players, parents, and the coaching staff of Middle School and High School would like to thank you for continued support of local athletes.

Please go by the following merchants with your Gold Card: Aviator Café, Asiano Restaurant, Papa's Pizza to Go, Blimpies, Downtown Pizza, McDonalds, Grinds & Glazes, Sicily's Pizza, New You Gym,

Shake Healthy, Tin Loong, Jim's Smokin Que, El Manzanillo Mexican Restaurant, Wendy's, Golden Gate, Waffle House and Quarterback Club Spirit items.

Get yours today by calling 706-897-1087 or we will be at BiLo and Walmart selling them for only \$10.

Supplies are limited, get your discount card today.



Mountain High Hikers schedules two hikes each Tuesday, occasional specialty hikes, and regular trail maintaining trips - all in the beautiful mountains of Georgia and North Carolina. Check the website www.mountainhighhikers.org for schedule and meeting locations.

BMTA Hike

Scenic BMTA Hike, Saturday, August 24th, 5 miles in and out along Emery Creek in the Cohuttas. Twelve stream crossings ending in a pair of waterfalls. Bring hiking poles and wear sturdy shoes. Rough footing as trail climbs over some large boulders. Plan to get wet! Meet at Home Depot in Blue Ridge. Pre-registration required. Contact Pam and Richard Sullivan, pams11@tds.net or 706-374-5281.

2013 UCHS Football schedule

- Aug. 22nd vs White County (Scrimmage) 7 p.m.
- Aug. 30th vs Towns County 7:30 p.m.
- Sept. 6th @ Fannin County 7:30 p.m.
- Sept. 13th @ Andrews N.C. 7:30 p.m.
- Sept. 20th BYE WEEK
- Sept. 27th @ Washington-Wilkes 7:30 p.m.
- Oct. 4th vs Oglethorpe County
- Oct. 11th @ Riverside Military Academy 7:30 p.m.
- Oct. 18th vs Rabun County 7:30 p.m.
- Oct. 25th vs Greene County 7:30 p.m.
- Nov. 1st @ Social Circle 7:30 p.m.
- Nov. 8th vs Jefferson 7:30 p.m.

Fish for Food Fishing Tournament

Matthew 25 Food Ministries presents "Fish for Food Fishing Tournament". 60 percent of tournament money goes to feed needy families in our area. The remaining 40 percent will go to tournament prize money. Prize money will be awarded for 1st Place, 2nd Place and 3rd Place and biggest fish. Actual prize amount will depend on number of entries.

The tournaments end in October, occurring the second Saturday of each month rotating between Lake Chatuge, Woods Grove Boat Ramp and Lake Nottely, Deaver Road Boat Ramp, from 7 a.m. - 1 p.m. Tournament schedule: September 14 - Lake Chatuge; and October 12 - Lake Nottely. For contact information call David Crisp at 706-897-5347.

Entry fee is \$50 per boat,

11TH ANNUAL GLOW IN THE DARK GOLF TOURNAMENT SEPT 20, 2013
 SPONSORED BY THE BLAIRSVILLE POLICE DEPARTMENT

4-MAN SELECT SHOT, FLIGHTED PLAY

YOU ARE CORDIALLY INVITED TO PLAY IN THE 11TH ANNUAL GLOW IN THE DARK GOLF TOURNAMENT AT BUTTERNUT CREEK GOLF COURSE. ALL PROCEEDS GO TO THE "SHOP WITH A COP" CHRISTMAS FUND. THE POLICE DEPARTMENT, IN CONJUNCTION WITH UNION COUNTY SCHOOLS CHOOSES OLDER CHILDREN AND TEENAGERS TO GO ON A SHOPPING SPREE TO WALMART FOR THEMSELVES AND THEIR FAMILIES. PLEASE COME BE PART OF THIS FUN NIGHT OF GOLFING AND HELP THE CHILDREN.

REGISTRATION FORMS SHOULD BE MAILED TO BLAIRSVILLE POLICE DEPARTMENT P.O. BOX 307 Attn Cindy BLAIRSVILLE, GA 30514

ENTRY FEE - \$350.00 PER TEAM (4 MULLIGANS INCLUDED) \$90.00 PER PERSON (1 MULLIGAN INCLUDED)

1. _____ HANDI _____ 2. _____ HANDI _____
 3. _____ HANDI _____ 4. _____ HANDI _____

SUPPER/REGISTRATION 5:30 TEE TIME 6:30

FOR MORE INFORMATION CONTACT CINDY 706-835-1692, 706-781-8162 CHECKS SHOULD BE MADE PAYABLE TO: SHOP WITH A COP

LOOKING FORWARD TO SEEING YOU THERE DON'T FORGET YOUR FLASHLIGHT

