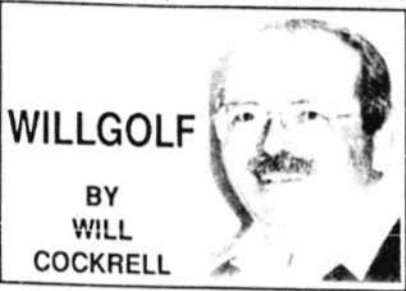


THE MENTAL GAME Play With Aplomb

The mental approach to any game is tough for players to assimilate. First they see the game being played well by accomplished artisans of the game. Next they see ordinary mortals attempting to play the game. Then they say, hey I can play the game better than that. Finally they find that the game is not as simple as expert players make it appear and it is not as tough as weekend golfers make it.

They probably can play better than other golfers they see. The question is, will they? Ah yes, there is the rub. Just what is it that drives a golfer to take himself or the game he plays too seriously? Certainly everyone who has played the game for any reasonable length of time wants to play their best. What few realize is the extreme difficulty in playing the game of golf consistently well.



WILLGOLF
BY
**WILL
COCKRELL**

Don't Be Too Serious

First let's consider the malady of taking the game too seriously. I suspect we can agree that none of us are professional golfers. With that fact in mind, we need only reflect on how important the game is to us and our mental health. During a recent World Series telecast, I was reminded of a quote by Andy Rooney, "The most important thing about baseball is that there is nothing important about baseball."

And yes, of course, talking to us baseball fans and not to the professionals who play the game for a living. Baseball fans, like too many golfers can, under certain circumstances, become absolutely rabid in their mental attachment to the game. Such an attachment can be very distracting when even small goals and expectations are not realized. If blown expectations are very high the effect can be almost debilitating.

If I may take the baseball analogy one step further, let me clarify that the Braves and the Twins have won two game each as I write. Had the Braves lost the series four straight or even four out of five, most of their fans could have written off their failure to inexperience and have fed their egos by saying, "Just wait until next year."

But not now. The Braves have gone from last to first in their division. They came back after a shaky start against Pittsburgh. Now they have pulled out two erratic wins to tie the thing. The fans see the parallel between the League Championship Series and the World Series and they fully expect the Braves to win it all.

All Games Can Be Fickle

If you accept my assertion that the game of baseball can be almost as fickle as the game of golf, you will understand the need to accept that fickleness when the sun sets and the game is over. We may be disappointed—very disappointed—but we should never take our hurt or deflated egos to bed with us. The sun will rise tomorrow, and if it doesn't, I sure don't want my last sleep to be with a knot in my stomach.

As someone has said, we must learn to take the good with the bad. If we are honest about the game of golf, we fully understand that even the best rounds of golf there are a few bad shots. More importantly, we also have to recognize that in a really bad round of golf, there are some really good shots. We simply need to be more positive about the long term significance of both good and bad shots.

If we are temperate enough to learn from our mistakes and deliberate enough to cast aside bad images and instances of failure, we can produce something good and positive from unhappy circumstances. I believe that it was Jack Nicklaus who said that the most important six inches in golf is located between our ears. If we are willing we can use those six inches to learn how to become more consistent at the game.

Temper Your Highs, Minimize The Lows

By eliminating the emotional highs and lows we stand a much greater chance of approaching consistency. I can assure you that the most difficult concept to impart to high school golfers is the need to tone down the highs and the determination to minimize the effects of the lows. In golf, we need to restrain the "high fives" until all the scores are in and all the strokes have been counted. Celebration will wait and it will be even more exhilarating when the deed is done.

Likewise, mental flagellation, verbal abuse and emotionally disruptive demonstrations on the course will do little to make the next shot or the next hole easier. Believe me, it isn't that important. If you really want to set a course for attaining consistency instead of riding an emotional roller coaster on the course, you need only discipline the way you think about the game and its successes and failures.

Next week, some thoughts about how to learn discipline on the course, which will make your game more enjoyable and more consistent.

Ruth's Renegades Travel To South Carolina

Ruth's Renegades traveled to the Lake Marion, S.C., area last Tuesday and Wednesday for two days of golf.

The group competed in a two best nets of foursome event last Wednesday at Lake Marion Country Club.

First place went to the team of Phyllis Harding, Anna Clute, Len Brown and Al Storm with a score of 135.

Placing second with 139 was the foursome of Ruth Jacobs, Jean Caiazza, Paul Wuthrich and Jim Ahearn.

The team of Ruth Brown, Laura Paliwoda, Bob Corbin and Bob Schrt finished third with a 148. Harry Caiazza won the closest to the pin contest.

On Tuesday, the team of Mary Ahearn, Evelyn Wuthrich, Len Brown and Ted Paliwoda shot 204 to win a three best ball event at Santee National.

Finishing six shots back in second place was the team of Marion Corbin, Betty O'Rourke, Ben Clute and Bob Schrt.

Jackie Storm, Laura Paliwoda, Charlie O'Rourke and Paul Wuth-

GOLFING ACTION

rich shot 221 to finish third. Closest to the pin winners were Al Storm among the men and Jackie Storm among the women.

Carolina Shores

Thirty-seven members of the Carolina Shores Ladies Golf Association competed in a low gross/low net at Cypress Bay Golf Club.

First flight winners were Sally Manifold with gross 95 and Betty Goodwin with net 71.

Pat Soule had low gross in the second flight with 104. Marilyn Seaby had the low net of 79.

Top finishers in the third flight were Ellen Rose with gross 95, Louise Oldman with net 74 and Lois Howard with net 78.

Fourth flight winners were Cissie Fleming with gross 111 and Ducky Rice with net 79.

Gerry Burdick chipped in for birdie at the fifth and 13th holes and had low putts with 29.

Other chip-ins were carded by Doertha Needham at the first hole

and Eileen Deehan at the seventh and 13th. Mrs. Howard birdied the ninth hole.

Sea Trail Men

John Walker, Frank Seaboldt, Bill Burkart and Walter O'Neill shot 129 to win the Sea Trail Men's Golf Association tournament last week.

Each foursome counted one net ball on the par fives, two balls on the par fours and three balls on the par threes.

Second place went to the team of Wayne Ruff, Bill Miller, Ted Acton and John Penfield with a score of 130.

Brierwood Ladies

Ethel Brown birdied the sixth hole and shot net 41 to win the first flight in the Brierwood Ladies Golf Association tournament last week.

Golfers dropped scores on the best and worst holes on each nine and used full handicaps.

Runners-up in the top flight were Ginger Sugrue with 46 and Doris Dunfee and Lois Beato with 48 each. Mrs. Brown had low putts in the flight with 28.

Three golfers tied for top honors in the second flight. Pat O'Connell, Sharon Martin and Marge Harper each shot 49. Maureen Farley and Mrs. Harper tied for low putts with 34 apiece.

Audrey Salmon led the way in the third flight with net 42. Ellie Scutt and Emily Laughlin tied for second with 46. Ginny Anzelone and Mrs. Laughlin tied for low putts with 31 each.

Fourth flight winners were Pat Strauss with 44, Marilyn Athan with 45 and Mary Nicol with 48. Mrs. Nicol also chipped in for birdie at the 11th hole and had low putts with 32.

Other chip-ins were recorded by Mrs. Martin at the ninth hole and Virginia Gibson at the 14th.

Birdies were carded by Marie Brown at the third hole and Mrs. Dunfee and Mrs. Scutt at the sixth hole.

Brierwood Ninettes

Liz Bruce parred the third hole and shot net 15 to win the Brierwood Ninettes golf tournament last Friday.

Golfers counted scores on odd-numbered holes only and used one-fourth of their handicaps in the nine-hole event.

Rita Dugan parred the third and fourth holes and chipped in at the ninth and shot 17.8.

Third place went to Ann Polson with 18.75, followed by Helene Baker with 19.2. Joyce Rose and Mrs. Dugan tied for low putts with 15 each.

Brierwood Men

Two teams tied for first place in the Brierwood Men's Golf Association two best ball event last Thursday.

Bob Tompkins, Howard Scutt, Bill Allen and Don Seitz shot 133 to tie the team of Roy Havenga, Fergie Nicol and Neal McCall.

In the nine-hole mixed scramble last Wednesday, the team of Howard Scutt, Al Hierman, Marge Harper and Dede Havenga won with a 32.

Two teams tied for second place with 34. Dave Harper, Bob Sterner, Nancy Bouldin and Liz Bruce tied the threesome of Al Butler, Bill Allen and Ellie Scutt.

Odie Johnson won an individual points tournament Oct. 21 with five points, followed by Jim Crosby with four.

Neal McCall and Jerry Smith tied for third with two points each. Bob Sterner and Nick Lacerenza tied for fourth with one point apiece.



STAFF PHOTO BY DOUG RUTTER

Long Drive Winners

Winners of the N.C. Festival By The Sea Long Drive Contest were (front row, from left) Chris Green, juniors, 160 yards; Henry Medlin, pee wee, 125 yards; Barbara McKorkil, women, 195 yards; (back row, from left) Allan Hoppe, men, 275 yards; Loretta Zderad, senior women, 160 yards; and Bill Tonking, senior men, 210 yards.

Roanoke Rapids Ousts Lady Trojans In Tennis Playoffs

Northeastern Conference champion Roanoke Rapids defeated West Brunswick 6-2 last week in the opening round of the 2-A girls' tennis dual-team state tournament.

The Lady Trojans, runners-up in the Waccamaw Conference, got singles wins from Kristy Poulos (no. 1) and Lauren Boyte (no. 2) for their only points.

The 1-A—2-A singles and doubles eastern regional tournament began yesterday (Wednesday) at UNC-Wilmington. The tourney was to continue today (Thursday) with semifinal and final rounds.

"The singles tournament is loaded with talent with eight players seeded—the most in recent memory," said West Brunswick girls' tennis coach Marti Gillis. "The doubles division looks wide open and there could be a lot of upsets."

Poulos, at no. 4, was the only West Brunswick player seeded in the singles tournament.

Rounding out the top eight seeds are defending champion Leigh Ann Carlton of James Kenan (no. 1) followed by five players from the Waccamaw Conference—Tamara Collins (no. 2) of Fairmont, Bethie Gardner (no. 3) of league champion Whiteville, Amy Faulk (no. 6) of

Whiteville and Julie Crutchfield (no. 7) also of Whiteville. Stacy D'Alcama is the only other West Brunswick singles entry.

Twins Teresa and Isa Finch of C.B. Aycock form the no. 1 seeded

doubles team.

The Lady Trojans will have two entries in the doubles division including Boyte and Suzanne Jones along with Jenny Judah and Jennifer Simmons.

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