



The Rockcastle County High School cheerleaders were in full spirt during the Lady Rockets Monday night home game against Madison Central.

Rockets lose to McCreary Central

By: Doug Ponder
The Rockcastle Rockets varsity basketball team is now 6-16 on the season after suffering a 70-61 loss at McCreary Central Tuesday night.
The Rockets managed to keep the game close in the first quarter with a score of 18-17. However, the McCreary Central Raiders extended their one point lead in the second quarter as they went into the locker room with a 35-27 lead.
After halftime, the Raiders momentum continued as they led 51-38 at the end of the third quarter. They would retain the lead in the fourth quarter with a final score of 70-61.
The Rockets were led in scoring by junior guard Corey McPhetridge with 15 points, junior forward Josh Mason was next with 13, senior center Ben Allen scored 10, sophomore guard Sam Pensol 9, sophomore guard Dakota Hasty 8 and senior guard Jon Curtis Wilson 6.
Head Coach Benny Blanton said his team missed a lot of open shots and that he believed it made the difference in the game.

"Their defense forced us to shoot outside the paint and we were 8 for 24 at the three point line so we couldn't make anything there either," Blanton said. "We just need to make more shots and bring down more rebounds, it's as simple as that."
The Rockets were scheduled to travel to Somerset to take on the Pulaski County Maroons last Friday. However, the game was postponed, because of the ice storm, to Thursday, January 31st with tip-off for the jayvee game at 6 p.m. with the varsity game at 7:30 p.m.
Blanton said Pulaski County is one of the toughest teams his squad has played all year and that they will have to play at 110% if they want to stay in the game.
"If we can just hang around and stay within a few points, you never know what will happen," Blanton said. "They are going to score a high percentage of their shots so we need to take care of the ball and keep the ball out of their hands as much as we can."

Lake Cumberland water level to increase 20 feet

The U.S. Army Corps of Engineers announced today that it plans to raise the level of Lake Cumberland this summer by 20 feet, a year ahead of schedule as it nears completion of repairs on Wolf Creek Dam.
"This is great news for tourists, boaters, fishermen and the marinas and other businesses in the Lake Cumberland area," said Gov. Steve Beshear. "The early completion of the work at Wolf Creek Dam will help bring back much-needed jobs in this area."
The corps said it planned to raise the level of the lake by about 20 feet this summer to a range of 700-705 feet above sea level, Lt. Col. James A. DeLapp, the Nashville District commander, said in a news release. Before raising the level, a safety team must conduct a review of a new barrier wall that is near completion to ensure it meets safety standards.
In 2007, the U.S. Army Corps of Engineers lowered the level of Lake Cumberland by 40 feet to ease pressure on the structure. The corps said the dam needed repairs because a failure of the nearly mile-long dam would flood communities along the Cumberland River. It has remained at a level of about 680 feet above sea level.
The lowering of the water level resulted in fewer visitors to the lake and hurt local marinas and other tourism-related businesses. Even at the lower water level, the lake is the third largest lake in Kentucky. News reports said visitation to the lake dropped by 11 percent from 2006 to 2007.
"I think this is the best news we could have re-

ceived," said Carolyn Mounce, executive director of the Somerset-Pulaski County Convention and Visitors Bureau. "The fishermen are going to be in fishing heaven. It's going to make fishing on Lake Cumberland a premium."
Gerry Buynak, assistant fisheries director for the Kentucky Department of Fish and Wildlife Resources, said adding water atop the lake's overgrown banks will boost fish populations in Lake Cumberland for the next three to five years.
"This will result in a 'new lake' fish population boom, with very good spawns of fish such as bass and crappie expected," he said. "This vegetation will also provide cover for young fish so survival should increase resulting in the production of very strong year classes."
Kentucky Fish and Wildlife will stock 150,000 more walleyes and 150,000 more striped bass than normal this year. Altogether, the department will add 1 million walleye and striped bass to the lake this year to give fishing a boost.
Buynak said the department also plans to jumpstart the trophy trout fishery in the Lake Cumberland tailwater by stocking 10,000 trout larger than 15 inches next winter.
"This will bring the fishery back quicker as the abundance of the larger rainbow trout in the tailwater has declined drastically due to poor water conditions," Buynak said.
To see the U.S. Army Corps of Engineers release, visit www.lrn.usace.army.mil/Home.aspx



Junior guard Corey McPhetridge led the scoring for the Rockets in his team's 70-61 loss to McCreary Central Tuesday night. The above photo is from a recent Rockets game.



Rocket junior forward Josh Mason goes for a lay-up during recent Rocket action. The Rockets were scheduled to travel to Pulaski County last Friday but the game was cancelled due to the ice storm. The game has been rescheduled for this Thursday with a tip-off for the varsity game at 7:30 p.m.

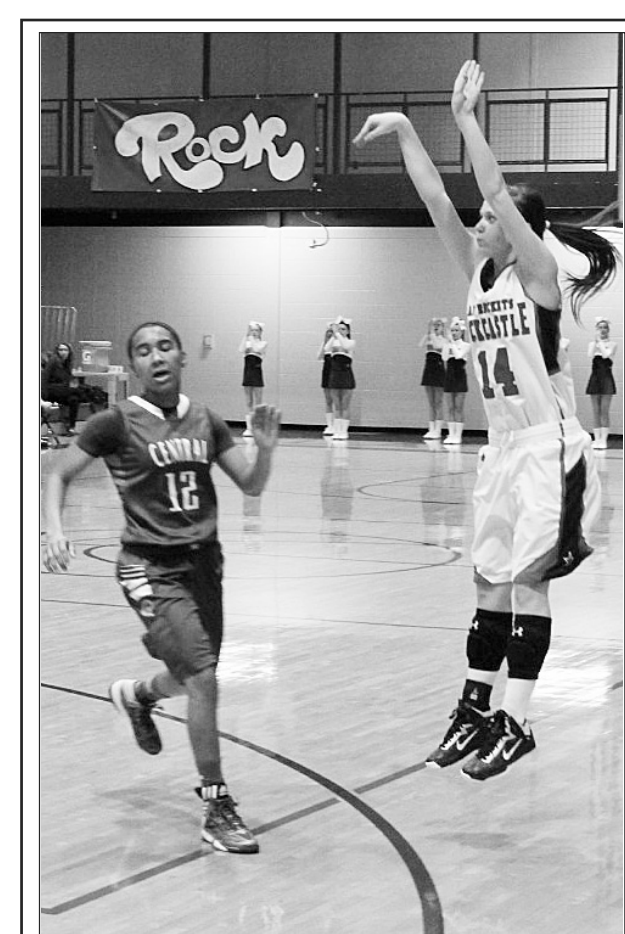


Junior forward Hannah Sowder and senior forward Emily Miller trap Madison Central's star forward Ashton Feldhaus during Monday night's 66-44 home loss to the Indians. The Lady Rockets were scheduled to travel to Somerset to take on the Pulaski County Lady Maroons last Friday but the game was postponed due to the ice storm. The make-up game is scheduled for next Wednesday and tip-off for the varsity game is at 7:30 p.m.

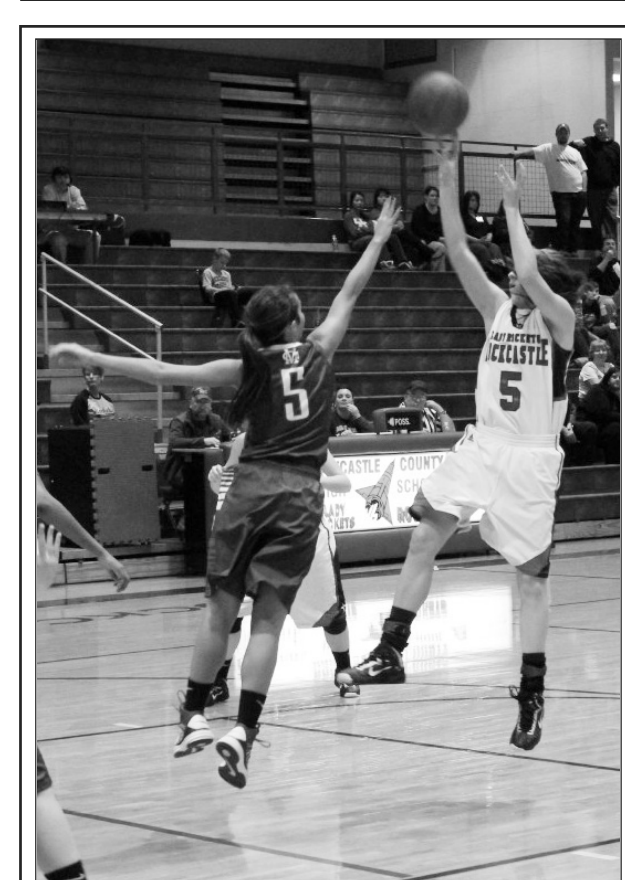
Lady Rockets fall to Madison Central

By: Doug Ponder
The Rockcastle County Lady Rockets varsity basketball team is now 13-9 on the season after a 66-44 loss to Madison Central Monday night at home.
The Madison Central Lady Indians are 19-3 on the season and are ranked first in the 11th region and fifth in the state.
The Lady Indians came out strong and never let up on the Lady Rockets as they led 20-5 at the end of the first quarter and 27-13 at halftime. Their momentum continued in the second half as they led 44-31 at the end of the third quarter.
In the fourth quarter, tensions ran high as Madison Central's star forward Ashton Feldhaus received a technical foul for reportedly disrespecting one of the referees because she wouldn't pick up an "out of play" ball for him. After picking up the ball, Feldhaus reportedly rolled the ball on the ground to the referee instead of handing it to him which resulted in the referee giving her a technical foul. Feldhaus's father was thrown out of the game by the same referee for reportedly screaming profanities at him after his daughter received the technical foul.
Regardless of the technical foul, the Lady Indians would end up putting the game away in the fourth quarter for a final score of 63-44.
The Lady Rockets were led by senior guard Michaela Hunter with 19 points, senior guard Sara

Adams was next with 15 and senior forward Emily Miller scored 6. Sophomore forward Amelia Eversole and junior forward Kayla Reynolds were both credited with 2 points each.
Head Coach Chrysti Noble said that her squad was simply outmatched against the highly-talented Madison Central team.
"It was hard to match their size and speed," Noble said. "If we had made shots in the paint and made our free throws, it would have been a better ball game."
The Lady Rockets were scheduled to travel to Somerset to take on the Pulaski County Lady Maroons last Friday. However, the game was postponed to a later date as a result of the major ice storm that moved across the state this past weekend. The make-up game has been scheduled for next Wednesday, Feb. 6th with the Lady Maroons. Tip-off for the jayvee game is 6 p.m. with the varsity game following.
Noble said that Pulaski County is another district game and a must win for her squad.
"We need to win the rest of our district games so we can get a high seed in the district tournament," Noble said. "With Chasteen out with her knee injury, we need other players to step up by getting more rebounds and points each game. If we don't do this, our chances of making the regional tournament will be very slim."



Senior guard Sara Adams shoots a three pointer during Monday night's home loss against Madison Central. Adams scored 15 points in the contest and kept the Lady Rockets close in the first half by draining three three-pointers.



Senior guard Michaela Hunter attempts a jumpshot during Monday night's 66-44 loss to the Madison Central Indians. The Lady Rockets were led by Hunter with 19 points.