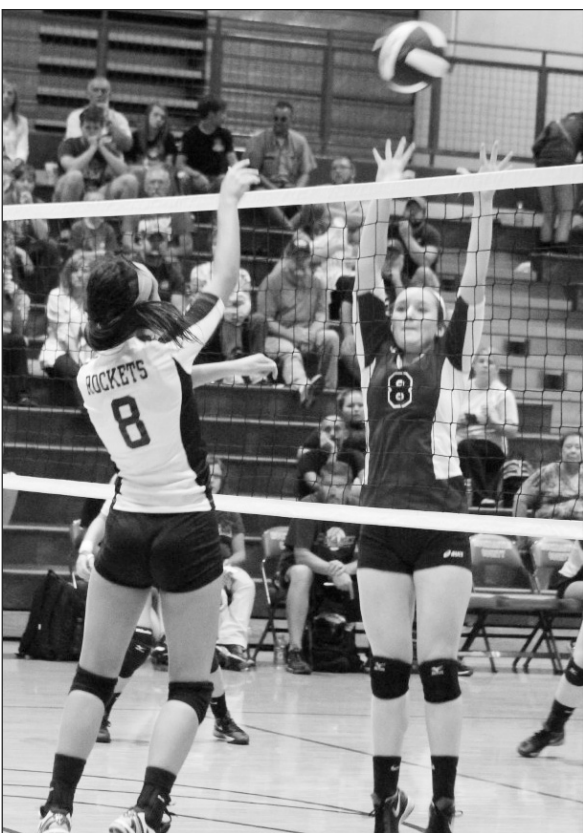




Lyndsey Abel hits the ball over the head of a Pulaski County defender during last Thursday night's 0-3 loss. The Lady Rockets also lost 0-3 to Corbin Tuesday night.



JV player Katie Adams blocks a Pulaski County spike during last Thursday night's loss. The junior varsity will also play this Thursday night at home against Russell County. Opening tip is at 6:30 p.m.



Leah Bustle goes for a spike during last Thursday night's 0-2 loss to Pulaski County. The junior varsity Rockets are now 6-2 on the season.



Libero Ileana Miller makes a pass during the freshman game against Pulaski County last Thursday night.



Arie-Anna Lawson serves during the freshman game against Pulaski County last Thursday. The freshmen Rockets lost the match 0-2 and are now 4-3 on the season.

“Rockets”

(Cont. from A8)

recoveries and one blocked punt.

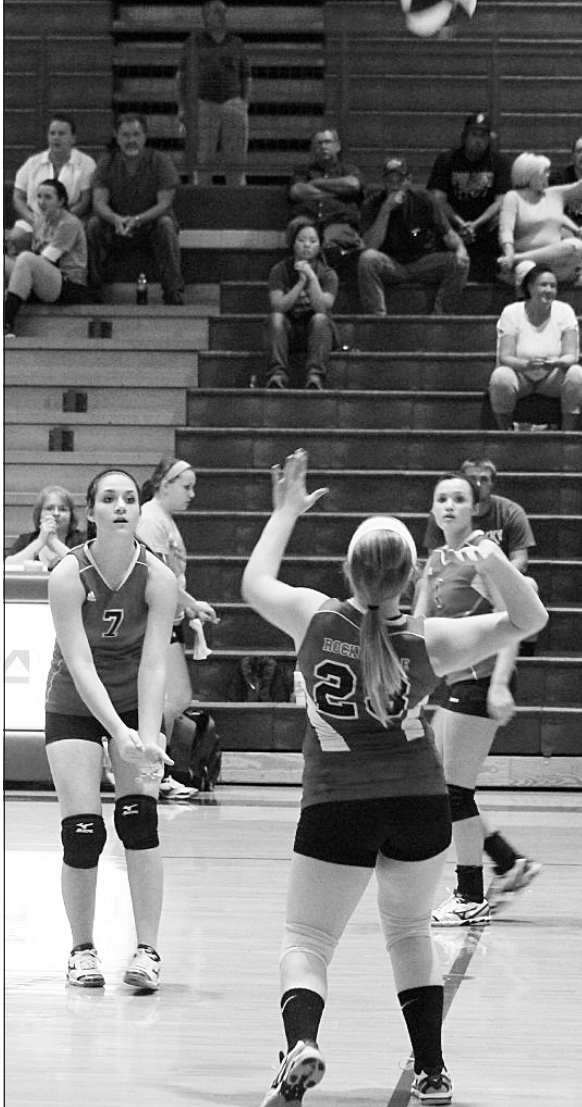
“To have a freshman put up those numbers in his first start at middle linebacker is amazing,” Parkey said. “He was reading plays and flying to the football all night.”

Parkey said he was also impressed with everyone on defense as they played great together as one unit.

“The defensive line played great getting pen-

etration and altering the path of their fullback on their option plays which disrupted their whole offensive scheme,” Parkey said. “The secondary played great too as they covered the field and knocked a couple of passes loose that would have been first downs.”

Parkey said he was impressed overall with the offense as well as they operated with a more balanced approach due to the excellent blocking the offensive line provided for the running backs.



Casey Chattelle makes a pass to Katie Adams during last Thursday night's match at Pulaski County.

“When our running game is good we can use more play action passing allowing McPhetridge to connect with some high percentage throws and hit the big plays over the top of the defense,” Parkey said. “Our wide receivers also did a great job of finding holes in the zone and knowing when to look for the ball.”

The Rockets will play the Pulaski County Maroons at home this Friday night at 7:30 p.m.

Parkey said the Maroons

will be one of the best teams they will play against this year. He said the Rockets will have to play together as a team and not as individuals if they want to win.

“They have a talented mobile quarterback, good receivers and strong backs that make up their spread offense,” Parkey said. “Their defense is good as well. The difference in the game will likely be how well our line matches up with them and how well we can play together as one team.”

HEALTHY JOE EXPO 2013

MEN’S HEALTH FAIR

September 19, 2013 • 5-7:15 p.m.

Inspired by the gang at Duck Dynasty, we’ve put together a fun, interactive evening that even Phil and Jase Robertson would attend.

We’ll have short but informative presentations, the chance to swap stories, important health screenings such as blood pressure checks and PSAs, along with door prizes, including a few genuine Duck Commander duck calls. For those who arrive in camouflage, you’ll have the chance at some bonus door prizes.

This year we’re encouraging participants to bring a buddy – a wife, a mother, dad, son, friend, whoever you’d like. In fact, we’d like to have a few women in the room, since many are the CEOs of health in their families.

Location:
Rockcastle Regional Hospital
Wellness Center
(3rd floor Outpatient Services Center)

Agenda:
5:00 p.m. Health screenings

6:00 p.m. Health presentations
• Rockcastle Regional Physical Therapy
• Dr. David Bullock

7:10 p.m. Door prizes



Dr. David Bullock is a physician at Rockcastle Family Wellness in Mt. Vernon

For more information contact Dwain Harris at 256-0950 or dharris@soahec.org

ROCKCASTLE COUNTY MEN: LET’S BUILD A DYNASTY OF GOOD HEALTH



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REGIONAL
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