



Brylie Jo Hadley pitches against Green County

RCMS Softball in Action

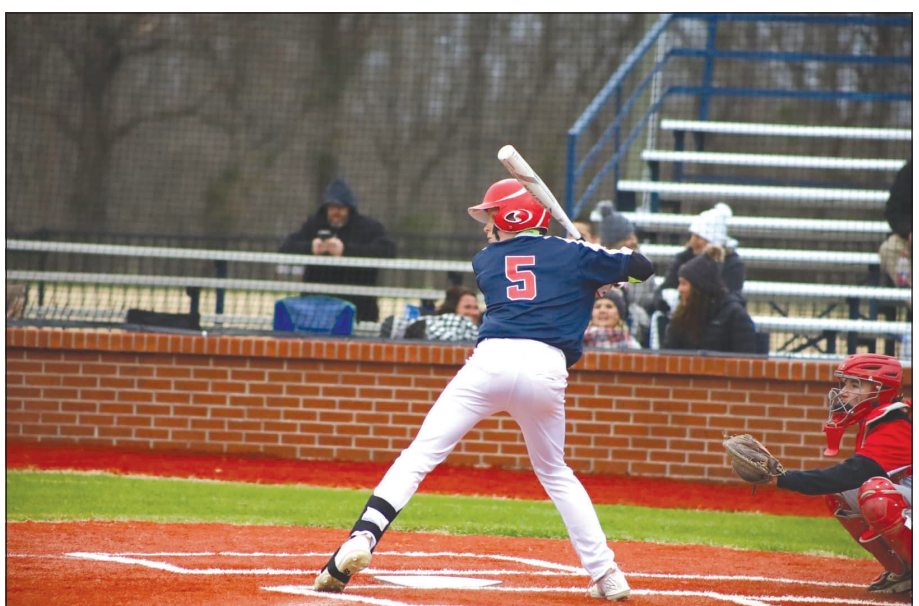
By Lisa Coffey/TJ

The Russell County Middle School Laker Softball team has started their spring season. Their first matchup was at home against the Cumberland County Lady Panthers. The Lakers gained the lead late, with the winning score 5-4. Next up, the Lakers faced

the Wayne County Lady Cardinals. Madelyn Roy and Brylie Jo Hadley were the winning pitchers. The Lakers defeated the Cardinals by a score of 6-1. The Lady Lakers traveled to Cumberland County for a re-match against the Lady Panthers. Again, the Lakers were able to grab the lead

in the fourth inning and hang on to win 8-6. In a home game, the Lakers took on the Green County Lady Dragons on Friday. The Lakers gave up four runs in the second inning, but were able to extend the lead and go on to win 14-4. There Lady Lakers are 5-0 on the season.

RCMS Baseball Season Begins

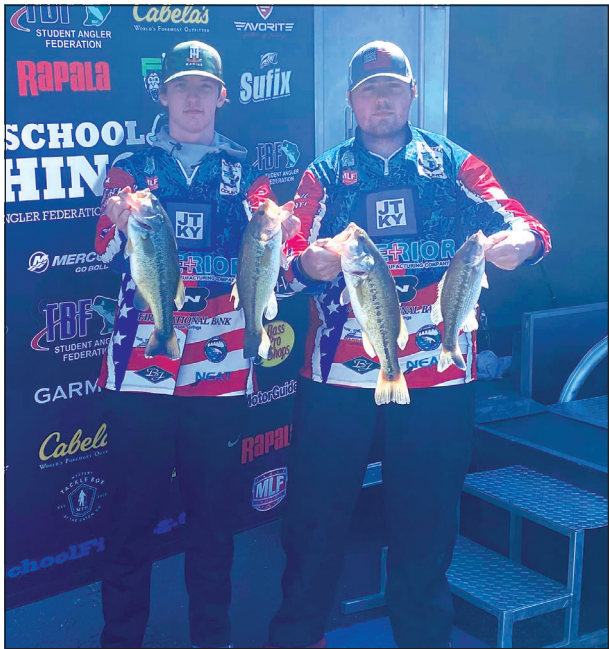


Carter Stapp at the plate against Casey County. Photo Courtesy of Sarah Stapp

Spring has arrived and that means it is time for baseball. The Russell County Middle School Lakers Baseball team season has begun. The first game was against a tough Corbin team. The Lakers stayed competitive, tying the game at 16. The Lakers

totalled 12 hits, while the Redhounds collected 13. At the end of the game Corbin was able to maintain the lead for the win 23-17. Next up, the Lakers took on the Green County Dragons. The game was tied at 8 at the bottom of the fifth inning, when

Green County scored a run. The final score of the game was 9-8 in favor of Green County. Finally the Lakers took on Casey County at home Friday night. The game did not go the full the six innings, ending on a Run Rule. The Lakers were up 18-2.



Branson Campbell and Dylan Stringer brought in over eight pounds of fish Saturday.

RCMS Bass Fishing Team Cast in National Qualifier

The Russell County High School Bass Fishing Team fared well on Lake Cumberland Saturday while competing in a national qualifier.

Will Stephens and Lucas Wray brought in four fish at 8.10 pounds, and finished 20th out of 186.

Branson Campbell & Dylan Stringer had four fish at 8.09 pounds - finishing 21st out of 186.

The top 18 moved on to nationals Russell County finished 20th & 21st.

With winds over 30 m.p.h., 186 boats in the water, and four foot waves, fishing conditions were less than ideal.



Will Stephens and Lucas Wray finished 20th out of 186 in a national qualifier this past weekend.

NATIONAL
NUTRITION MONTH
MARCH

Healthy Tips Get Moving!

- Adults should exercise for at least 150 minutes per week, or 30 minutes per day 5 days a week
- Consistent exercise helps to reach and maintain a healthy weight, contributes to strong muscles and bones, reduces risk of diabetes, cardiovascular disease, and some cancers.
- Exercise makes "living" easier overall by increasing ease of movement

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