

Can you take the Heat?

BY SHANA NOE

Sweating seems to have been the most participated in sport this summer. With temperatures ranging in the mid to upper nineties, athletics and organizations centered around practices outside have really been "heating it up."

When the death of NFL player Korey Stringer was made public in late July, concerns for high school and college athletes rose. Are there enough water breaks? Do the coaches know when to stop? What are the symptoms of dehydration or heat stroke? Everyone's focus went to keeping the players and participants healthy and full of fluids.

"We didn't have any major occurrences where a kid had trouble with the heat," head football coach Tom Larkey stated. "But we did have a few minor incidents of dehydration."

According to Larkey, the team has water on the field at all times, and the players stop for frequent breaks. But the football team aren't the only ones practicing in the heat.

Everyday, Cross-Country runs after school until 6 pm. JROTC's Raider Team practices

every Thursday until 6 pm and the band goes until 7 pm. Both groups feel the heat as much as everyone else.

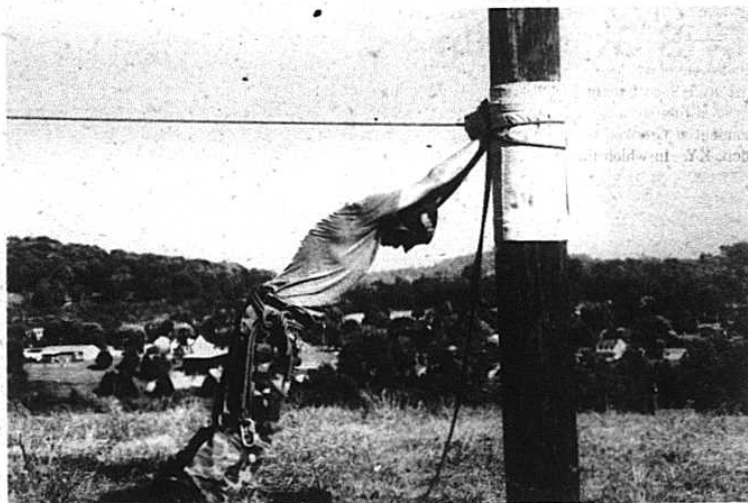
"A few people get dizzy from not drinking enough water," senior Josh Ramsey, member of the Raider Team says. "But we don't have a lot of problems." With activities such as rope bridges and running the cross country course with a twenty pound rucksack on their back, that's surprising.

"You've got to back off and push water," Sergeant Major Keith Taylor stressed. According to him, when the team stops for water breaks, the boys will down a canteen in a second, but the girls you have to tell time and again.

"Girls just don't like to drink water," Sgt. Major said, shaking his head. "And then they end up getting hot and passing out."

According to senior Sherri Glover, most of the girls tried to get out of drinking water at the first practice, but they ended up getting sick.

"It's not much of a problem now," she states.



Junior Joe Husband sweats it out as he waits on the rest of the squad to finish tying the rope bridge. Husband, along with the rest of the Raider Team, practices every Thursday no matter what the weather. (photo by Shana Noe)

Marching, though maybe not as strenuous as running miles with added weight on your back, still gets to you.

"It's so tiresome," percussionist Josh Ott, sophomore, says. "It gets really hot and you just don't want to work anymore."

Although most heat related problems are usually attributed to coaches pushing players too far, most occurrences come from the players not preparing themselves.

According to the Center for Disease Controls and Prevention, more people in the United States die each

year from extreme heat than from hurricanes, tornadoes, floods and earthquakes combined. This is mainly because proper nutrition and hydration is not accounted for in the

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