

Gates handles life with positive attitude

by Mark A. Borrelli
Sports Editor

Hard work and determination have been the name of the game for Clackamas student Jeff Gates. Gates has overcome adversity to make himself an outstanding athlete, as well as a person.

Gates to most is a familiar face on campus. He has been at Clackamas for six years studying law enforcement. He attended North Clackamas Christian High School, where he feels that going to a small school was an advantage rather than a disadvantage.

"I got a chance to know everybody better. I had less of a chance to skip classes; it was definitely an advantage," said Gates.

If you hang out on campus at all, you're bound to know Gates. He can often be found playing pool in the game room or just talking with someone. You'll certainly notice that he's in a wheel chair.

Gates, was born with spina-bifida which caused him partial paralysis. He has feeling to his ankles and can walk on crutches, but went to a wheel chair for more practical reasons.

"I've been in a chair for about 13 years. I went to the chair more for convenience; I just feel more comfortable in a chair," said Gates.

Gates recently had his chair in high gear, as he cruised through the streets of Portland to claim fourth place in the 26-mile Portland Marathon. He won that same race in 1988.

Before Gates became involved in track, he got into basketball as a member of the Portland Wheel Blazers 1976-79. He caught on with the Willamette Valley Roll-



Clackamas student Jeff Gates works on his outside shot. Gates recently finished 4th in the Portland marathon

Photo by Cid

ing Rebels in 1979-80.

"I'm still affiliated with the Wheel Blazers, just not active. My main thing now is track," said Gates.

Gates credits his success in track to a group of friends who urged him to do everything he could.

"Fred Riper, Scott Boyles, Fred Sprague and Roger Andersen made sure that I just didn't play basketball, they showed me everything I could do," said Gates.

Although Gates enjoys participating in events for physical

fitness, he has a very competitive side to him.

"Participating gives you a personal satisfaction, but I go out there knowing that yes, I can win. There's always someone out there who needs to get beat. I don't go out to finish second or third," said Gates.

Growing up with a physical handicap caused Gates some obstacles, but none that he couldn't overcome. Thanks to encouragement from family and friends, Gates was able to do things that everyone else was doing—he just had to

find a different way to do them.

"No one ever told me 'Don't do this, don't do that.' I always had the ability, and my mom was always supportive of me for me to be the best I can be. I knew that I was the same as they were, yet unique. I could do what they did, only differently. I just found a way to do it," said Gates.

During the summer, Gates received a great honor when he auditioned for a Nissan commercial.

"That was a great honor. I didn't get the part, but just to be asked to audition was incredible," said Gates.

Gates plans on ending his stay at Clackamas this winter when if things go as planned, he will graduate and attend Portland State. Although moving on to a major college is intriguing to him, he's going to miss the friends that he has made here.

"The people, the students and the faculty has been great. They've been patient with me and they let me be myself without treating me differently. The staff has been very helpful," said Gates.

His plans for the future include being involved in some sort of law enforcement, and hopefully marriage.

"I'm very, very single, but currently accepting applications," joked Gates.

Jeff Gates is living proof that no matter what obstacles you're hit with in life it's nothing a little hard work and determination can overcome.

His incredible attitude, and positive outlook on life have made him a very successful person.

Sports ReMARKs by Mark A. Borrelli

The World Series has been postponed again. This time, Baseball Commissioner Fay Vincent moved game three to Friday, but whether it gets played is something we'll just have to wait and see. The only thing that I know for sure is that if the Chicago Cubs were in the series, the quake would have never affected play.

Think about it: games three, four and five are all in the National League city. That would have meant the Series would have been played at Chicago when the quake hit. The series would have been unaffected, and the Cubbies would have won the World Series. I guess there are Cub Fans in some pretty high places.

The baseball season is just two games from being over. All they need to do is take the field and let Oakland win 2 more games and collect their rings. San Francisco has looked sad thus far in the series. Clark and Mitchell can't carry them against Oakland, and their pitching staff is pathetic. Anyway, with the end of the season comes the post season awards. So, with no further delay, I offer my award winners.

Rookies of the year:

National League: Jerome Walton of the Chicago Cubs will win this easily. The only competition could come from teammate Dwight Smith. American League: The Kansas City Royals young star Tom "Flash" Gordon should have this in the bag. Ken Griffey Jr. had a chance until he got hurt.

Managers of the year:

Don Zimmer should have in locked in the National League. What he did with the Cubs was a miracle. In the American League, Frank Robinson of Baltimore should be the favorite. Cito Gaston from Toronto could also be in contention.

Cy Young award:

The National League really didn't have a dominating pitcher this year. Mike Scott from Houston, or Mark Grant from San Diego should win. The American League on the other hand had some outstanding pitching. Dave Stewart won 21 games, but won't win again. Bret Saberhagen, from Kansas City will win this award.

MVP:

The National League has a clear cut MVP, Kevin Mitchell. Mitchell posted some incredible numbers and is the league MVP. In the American League, I don't have a clue, but maybe Rickey Henderson from Oakland. His bat, speed and defense make him incredible.

I would say you could bet the bank on my selections, but nothings ever for sure, especially in baseball. Next week will mark the first sports insert, make sure to look for it.

Study class offered

by Staci Beard
Sport Editor

Going to college is difficult enough without adding the extra pressure of a hectic sports schedule. So this year a class has been designed to help those athletes who need to learn better study skills.

It is called OS10, Building Effective Study Skills. It is open to athletes only through references by coaches or through the athletic department.

"This class is only one small part of several things the college class is doing to help overall student success," stated Department Chairperson/Learning Center Cindi Andrews.

The class covers the basic study skills such as listening, note taking, reading and marking texts, anticipating examinations, knowing their personal learning style, preparing for tests, knowing how to take both a essay and objective test and controlling test anxiety.

"We know from previous experience that these are the skills that the students need the most, but a lot of it depends on the

motivation of the students. We can give them the skills but they have to put them to use," explained Andrews.

This is the first year a study class has been fixed for a certain group of students.

After they have finished the class, they will be tracked by the counseling department to see how they do in their classes.

"Some of the students were not very enthused about taking the class. But they got more enthusiastic after they went through a few of the classes. A lot of it depended on coach support," commented Andrews.

Cross country, track and softball have been the best so far in terms of team participation.

During the year a study will be going on by Barbara Allen-Clark in the counseling department. She will follow up to see if the early prevention of finding students that need help is doing any good.

Monday was the last class of the five week course. Another one will be offered Winter term.

Clackamas to hold two Halloween fun runs

By Dan A. Fulton
Staff Writer

This Sunday, October 29, Clackamas Community College will be sponsoring a Halloween 10K road run and 2 mile fun run.

The 10,000 meter run will begin at 10 a.m. Shortly after the 10K road run, the 2 mile fun run will begin at 10:10 a.m.

There are seven different divisions for men and women. The divisions are elementary, junior high, high school, 19-29, 30-39, 40-49 and 50 and over. Awards will be given to the top three finishers in each division.

The course will begin on the CCC campus at the Beavercreek entrance, going south on Beavercreek to Glen Oak Road, west

on Glen Oak to Molalla Avenue, make a U-turn, go east on Glen Oak back to Beavercreek Road, and north on Beavercreek back to the campus.

Detailed maps will be available to all participants when they check in at the check in table. The run is limited to 250 participants. Officials would like to have everyone check in by 9:45 a.m. in the lower level of Randall Hall.

Registration fees are \$8 with a long-sleeved T-shirt and \$2 without T-Shirt.

After the runs, awards to be handed out will be by the result table next to the finish line. Locker and shower facilities will be available to all participants who participate in the pre-Halloween event.

