

# Volleyball player makes progress

**Family and friends find ways to help support Richelle Heacock after her horrific accident**

**By Mark Foster**  
Sports Editor

It's been over a month since Clackamas volleyball player Richelle Heacock was involved in a single car accident near Eatonville, Wash., which left her paralyzed from the chest down.

Since then, she has been in recovery and progressing towards leaving the hospital and moving back home to Eatonville. In weeks since the accident, Heacock has begun to regain some feeling in her lower body, specifically muscle spasms in her abdominal region. Though she has had some progress in regaining her feeling, Heacock also experienced some low blood pressure and sore spots on her back from laying all the time.

Sherylee Kolbas, Heacock's sister, wrote on the CaringBridge Web site that she is also having muscle spasms in her arms and shoulders which have been painful.

CaringBridge is a Web site on which patients or their families can



Head volleyball coach Kathie Woods (Left) visits Richelle Heacock (Right) in her Seattle hospital room at Harborview Medical Center on Jan. 19.

give updates on how the patient is doing. Heacock's CaringBridge Web site is sponsored by Harborview Medical Center where she is a patient.

Each week Heacock has six days of physical therapy and has Sundays

off.

Kathie Woods, head women's volleyball coach at Clackamas Community College, attributes the drive and will to walk again to the support of the Heacock family.

Woods said, "Her family is amaz-

ing people. Everybody at the hospital and the area is amazed at the strength of the family."

Currently Heacock and her doctors are working towards being able to spend 45 minutes in her wheelchair without having to tip her back

in order to help with her, according to a post on CaringBridge. Volunteers making repairs on the Heacock household are making great progress.

Jeff Patterson, construction manager for the renovations, said construction update Feb. 17 reached a major milestone at the end, and I'm happy to say that the new addition for the house is substantially complete."

In order to help pay for the renovations and for lodging, the Heacock family is in Seattle. There have been many fundraisers in honor of Heacock and her family.

The Associated Government at Clackamas Community College raised a barbecue in January to raise money for Heacock. ASG raised \$1,000 which was all donated to the Heacock family.

Also at another benefit, Eatonville High School over \$1,000 was raised for the Heacock family.

Kolbas wrote on CaringBridge, "We are just blown away by the amount of support that we cannot begin to express to you. Just how thankful we are that I could name everyone and give them a personal thank you but the number of people is so big that I don't even know where to begin."

A fundraiser will be held at Pizzano's Pizza in Oregon on Feb. 18. One percent of every dollar made will be donated to the Heacock family.

## Cougars battle at region championships, look to take NJCCA final

**A second place finish at the Region 18 Championships have the Cougars roaring into the NJCCA Championships**

**By Steven Weldon**  
Associate Sports Editor

The Clackamas Cougars wrestlers are gearing up for another trip to the NJCCA championships in Des Moines,

Iowa, after completing a solid season marred by injuries and an inconsistent lineup throughout.

Coach Josh Rhoden stated in an e-mail that, "I feel like this is good and bad because it allows our reserves to get a lot of matches but we have a harder time with team chemistry."

The Cougars finished 7-4-1, the fourth year in a row that they have finished the season with a winning record, and finished the regular season ranked fifth in the NJCCA weekly poll.

While defending national champion in the 285 pound

weight class, Tyrell Fortune was a redshirt, the Cougars were led by freshman Rudy Schaffroth, who finished with a record of 13-5 and is the third ranked wrestler in his weight class. His grit and determination will be a heavy asset come national championship time.

In the 141 pound weight class, sophomore Anthony Weerheim seemingly mopped up competition finishing with an unblemished record, ranked No. 2 in his class and won the Region 18 Championship in his class.

Tarrence Williams, a freshman who wrestles in the 149

pound weight class has been outstanding, ranking No. 3 in his class and even defeating the No. 1 wrestler in his class at the Region 18 Championships Saturday, Feb. 13. Williams not only topped the best wrestler, he also was named most outstanding wrestler at the Region 18 tournament and was one of nine Cougar wrestlers to qualify for the NJCAA Championships.

All in all, the Cougars finished second in the Region 18 championships and appear poised to take a bite out of the competition in Des Moines on Feb. 18 for the NJCCA Championships.



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