

RICHHELLE: Former star player shows progress

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the floor next to the chair is a fully aged Dell laptop, pink with the Apple sticker over the Dell logo. It's the very same computer that Richelle had with her in the car, stuffed in a padded backpack that had been used just in case Richelle dropped school.

"I had all my clothes in there so it fit it nicely," said Richelle, chuckling. "The backpack had a big hole

the night of the accident, Richelle was traveling to the memorial service for a fallen police officer. It was raining, and she was going on little sleep.

"I hit the edge of the concrete on the side of the road, and I turned back into the middle to keep from going off the road," said Richelle. "Then there was this car coming and I thought I was about to hit that, so I jerked really hard." The car flipped off the side of the road and the fire department that came to use the Jaws of Life they had incidentally just received, making Richelle the first recipient.

Despite the severity of the crash and the mangled vehicle, Richelle looked good, with only a scar of her forehead as an external reminder.

After the accident, Kathie Woods, Clackamas volleyball coach, traveled up to visit Richelle every week if possible, and organized trips for the volleyball team as well. Now she tries to visit at least once a month, and the team was here last term.

Volleyball was what originally brought her to the Washington native to Oregon. She played with the Clackamas Community College Cougars. She looked at other schools but chose Clackamas for not only the program but also the coach.



Michael Bonn Clackamas Print

(Left to right) Richelle Heacock, Co-Editor-in-Chief Kayla Calloway and Richelle's mother, Peg, talk about her accident and its aftermath. Heacock survived the car wreck but was left paralyzed from the chest down, postponing her volleyball career.

Woods has been a life-long friend of the Heacocks and has known Richelle since she was little.

"Richelle started coming to our volleyball camps when she was young," stated Woods in an email. "She came every year from Eatonville, Wash. Her and her mom would come and stay in a motel and not miss a camp. I got to be friends with her long before she decided to play at Clackamas. When she decid-

ed to play at Clackamas that was just icing on the cake!"

That friendship only grew stronger as the years went by, and because of it, Woods has been a huge part Richelle's life after the accident.

"Kathie has been amazingly supportive through everything, and she's done everything humanly possible for Richelle," said Peg.

"My favorite quality in Richelle is

her sweetness combined with her fight. Not many people can do that. It is a real strength to be able to have both," stated Woods. "That is a gift from God, and so is she."

"We had a pizza party at her house," stated Woods, recalling the last visit with the team. "Right now we are making plans for her to visit us at Clackamas. I will continue to see Richelle. She and her family are my friends for life."

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Athletes run in with law



By Robert Morrison
Sports Editor

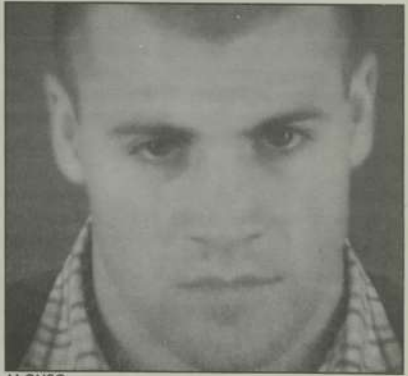
year have had alcohol related incidents.

Some professional sports, such as the NFL, will punish a player for just putting themselves in a bad situation. This one hits hard for me with Steelers' quarterback Ben Roethlisberger. Last season "Big Ben" was accused of raping a woman in a club. The athlete was in the club that night and was proven to be alone with the woman at the time. The event in question could or could not have happened but NFL Commissioner Roger Goodell elected to hand down punishment.

"I recognize that the allegations in Georgia were disputed and that they did not result in criminal charges being filed against you," Goodell said in a letter to Roethlisberger. "My decision today is not based on a finding that you violated Georgia law or on a conclusion that differs from that of the local prosecutor. That said, you are held to a higher standard as an NFL player, and there is nothing about your conduct in Milledgeville that can remotely be described as admirable, responsible or consistent with either the values of the league or the expectations of our fans."

It was the NFL saying that no one should even put themselves in any scenario that could be detrimental to the league, teams, or even themselves.

Both college players and professional players alike do things that someone in their position shouldn't. The average person shouldn't either, but when you get paid millions of dollars to play a game and be in the spotlight, you should behave. For all the younger athletes out there, use this as a lesson so that you don't end up without a job or with a criminal record.



ALONSO

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With your support, Chuck will continue to keep CCC an affordable path to quality higher education, holding college leadership accountable and ensuring that every possible dollar goes into the classroom, building a better future for all of us.

In light of a few athletes in professional sports getting in trouble with the law recently, I have decided to talk about athletes and the law. It seems like some athletes think that because they are famous or because they are a big-time athlete they can just do whatever they want.

Let's start with an athlete a little closer to home. University of Oregon linebacker Kiko Alonso pleaded guilty to a misdemeanor charge of trespassing and criminal mischief. Alonso was given two years probation, 200 hours of community service and treatment for alcohol abuse.

Alonso was arrested for breaking into a stranger's home and was found sleeping in their bed. U of O took action immediately, suspending Alonso indefinitely. He was also suspended all of last year for suspicion of driving under the influence. Alonso was supposed to take over the position of starting linebacker from NFL draftee Casey Matthews.

Drinking and driving has been a trend in sports the last month or two, with multiple players in different sports getting in trouble for it. I would think if you get paid millions of dollars to play a sport you wouldn't put yourself in these situations.

The Detroit Tigers' first basemen Miguel Cabrera is one of the players to have allegedly gotten into a car drunk, according to an officer's suspicion. It is also said that Cabrera resisted arrest without violence. He missed the beginning of spring training because of the incident.

With this incident and others, Major League Baseball now wants to include a DUI discipline in their new collective bargaining agreement. Right now it says that the commissioner has rights to punish players who choose to use drugs such as marijuana. Six players this