

Jim Adams is a sports doctor in Canada

By: LaRAYNE WATTS

Jim Adams was born in Reno, NV, but the hospital where he was born had been replaced by a casino. Before he was a year old he moved to Raymond, where he lived on “the island” until he moved away to college.

Jim’s father Russ was the manager of the PUD until he retired in 1970. His mother Beryl stayed at home for a while and then worked at the Employment Security Office until she retired. His father died at age 88 in 1989; his mother is still active in numerous community activities at age 84.

Jim has many fond memories of his school days in Raymond. One is from ninth grade. “I was with my Boy Scout patrol sweeping the elementary school playground. The high school football coach, Val West, asked me if I was turning out for freshman football or cross-country. I said, ‘No.’ He asked me to become the manager for the high school football team. This started my interest in treating athletic injuries.”

Jim especially remembers one incident with Jon Wahl, whom he cites as one of his favorite teachers. “Jon Wahl was our wrestling coach. He stated that he didn’t know very much about wrestling, but he would get us in shape, learn during the year and teach us. We said we wanted to be the first team from Raymond to win a league championship and wanted him to push us hard. After one grueling two-hour practice we were tired. He asked if we had had enough. When we said, ‘Yes,’ he dismissed us to the showers. The first group RAN to the exit door. He said, ‘Stop! If you have that much energy, then let’s keep training!’ He drilled us for another 30 minutes. This time when he said we could go shower, no one could move. We laid on the mats for five to ten minutes until we had enough energy to go shower.”

In high school Jim was involved in sports (football, basketball wrestling, and track), student government (10th grade class representative; 11th grade ASB Vice-President and 12th grade President); drama plays; R-club; and the Raymond Seagull paper staff.

Jim recalls two other teachers that he would cite as favorites. “Lynn Warnstadt didn’t put up with any fooling around. He was strict, but cared about students. He loved English and wanted students to have the same love for it,” Jim said. “Byron Vadset loved having a good time. Teaching was required of him, but he wanted his classes to be fun.”

After graduating from RHS in 1970, Jim attended Whitworth College in Spokane, WA, where he received a BA in Psychology. He was hired by Whitworth to be the head athletic trainer and established an accredited athletic training program.

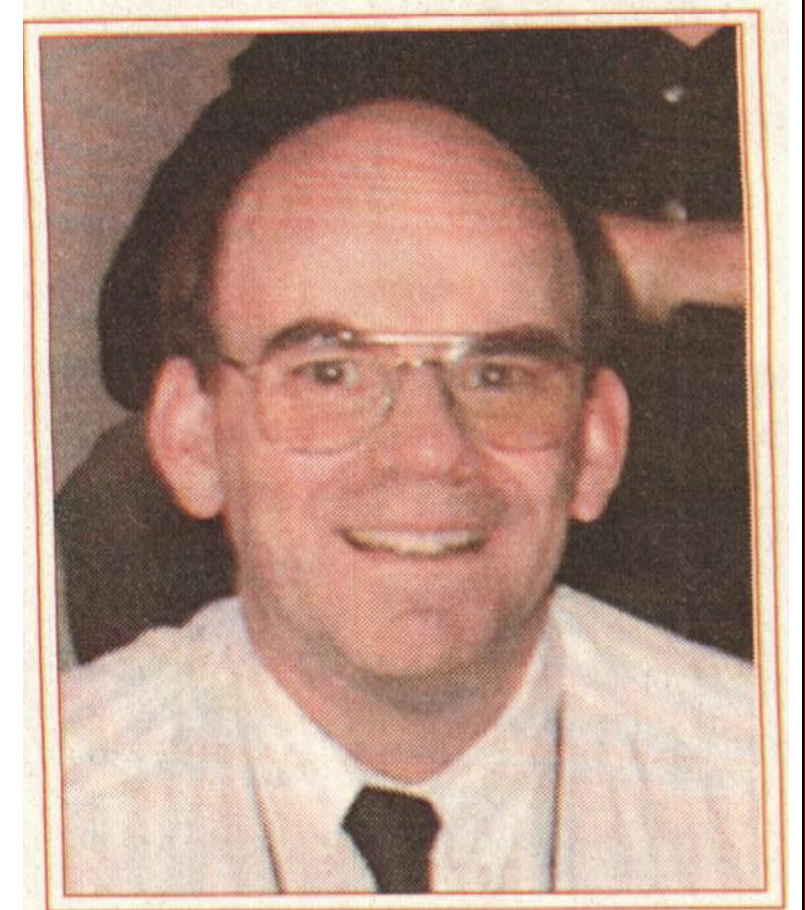
He moved to Edmonton, Alberta, Canada, to become the head athletic trainer for the Canadian Football League’s Edmonton Eskimo Football Club. “I was with the team for five years and ALL five years we went to the National Championship and won it the last four years,” Jim reported. While working for the Eskimos, Jim attended the University of Alberta taking pre-med. Courses, then medical school, graduating in 1983. He has lived in Sherwood Park, a suburb of Edmonton, for the past 17 years as a family physician with an interest in sports medicine. He is also the Alberta medical Director for Amateur Boxing and the team physician for numerous sports teams.

Jim married Gloria Boyd (RHS graduate) in 1975. They have one daughter, Heidi Louise and are expecting their first grandchild. Jim and Gloria were also foster parents for eight different kids over eight years.

In addition to medicine, Jim is active in his church as an usher and a Sunday School teacher. He began traveling as part of a university class, then continued as doctor/trainer for various sports teams, and finally doing medical missionary work. He has been to France, Mexico, Germany, Nicaragua (many times) Kenya, Germany, Russia, Switzerland, Czechoslovakia, Sweden, Finland, Israel, Lebanon, Greece, Italy, and Holland.

Jim comes back to Raymond to visit his mom yearly and chats with her weekly to catch up with the town news. He was back for his class’s 20th and 30th reunions.

When asked what advice he would give to this year’s seniors, Jim said “Above ALL, develop a personal relationship with Jesus Christ and allow God to bless you. He will do far beyond your greatest expectations and dreams.”



RHS Alumnus
Dr. James Adams, 1970