

# Beauty queen struts on campus

Nick Kornafel  
Feature Editor

Rachel Sandeno started attending Clackamas three years ago. She then went to the University of Oregon for a bachelor's degree, but is finishing up her Associate of Arts Oregon transfer degree so she can transfer to Portland State University to major in design management with a minor in English.

Two years ago, Sandeno joined the Miss America pageant just for fun and since then she has been named Miss Oregon City. She resubmitted her application in January and is hoping to achieve the same title this year. There she would be able to compete in the next pageant to become Miss Oregon and then, hopefully, Miss U.S.A.

"It's really more of a hobby than a goal," said Sandeno. "I would love to be Miss U.S.A. It's something fun that I've always wanted to do."

The Miss Oregon pageant started in 1947 and is still going strong to this day. As of 2009, Sylvie Tarpinian is Miss Oregon. The Miss Oregon Pageant is an opportunity for women to win scholarships and possibly make a career for themselves as models or in fashion. The Miss Oregon Pageant, through its many sponsors, raise over \$40 million in scholarship money to their many contestants. The scholarships range from the \$60,000 full tuition scholarships for the big winner to the \$400 cash scholarships for those who don't win but do well in participating.

Now one would think that because Sandeno is a beauty pageant contestant that she has to stick to a strict diet in order to maintain her figure. On the contrary, Sandeno loves Italian food, which is full of carbs.

"I love carbs!" says Sandeno. "Some of the other contestants were complaining cause they said they couldn't eat holiday dinners with their families. I think they're just trying to order to maintain herself, Sandeno just sticks to exercising. She visits the gym as often as she can. In addition to that, Sandeno enjoys rock climbing and golf."



Contributed Photo

Rachel Sandeno, center, poses with her fellow contestants from all over Oregon. The Miss Oregon pageant is held every year in November.

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At Sandy High School, Sandeno was involved in some leadership programs. Along with that, she made cheer

leader and was part of the women's golf team. Sandeno was involved with the Portland Fashion Week and aspires to become an editor for a fashion magazine someday.

## New year's resolutions: Pacts don't always play out

Larissa Figley

The Clackamas Print

It's almost two months into 2009, and it is time to look at what kind of changes around campus have been made. The ringing in of the new year is a common time for people to reassess their situations, and choose changes to make this year the best one yet.

There are some fairly common themes associated with New Year's resolutions including quitting smoking, losing weight, saving money, and generally improving ones' living situation and relationships. But these aspirations come in as many different forms, as the individuals who

make them.

Many students around campus lacked any urge to make resolutions.

Ashley Martinez said, "I completely forgot about making one. I feel bad. I should have made one."

Other students felt that there was no need to, "ever make them because then you would feel like you have to stick to them," explained Devin Walker, a business management major.

Another reason for not making them is a disdain for the tradition.

"I never do make resolutions because of the pressure of doing something you don't really want to do. It's a goofy thing. People end up playing a game with themselves and inflicting punishment. If you

want to change, start goals today instead of waiting for Jan. 1. I guess I have a resolution to not make resolutions," said Michael Willey.

Mark Twain said, "Quitting smoking is easy. I've done it a thousand times."

According to the American Cancer Society's Web site, nicotine is the addictive chemical in tobacco that takes about three to four days to leave the body, but after that, there is still the psychological addiction to cope with.

Many students identify with this concept. Gary Zink said he, "quit smoking cold turkey and made it for about two weeks. I started up again, and I have one cigarette left, and I'm done after this."

Often people that quit suc-

cessfully, have help from nicotine replacements.

"I quit smoking for about a week," said Jeremy Helmick, another student hoping to keep a resolution.

Avoiding situations that promote smoking may also help people trying to quit, such as the smoking shacks around campus.

There have been many successful resolutions carried out by students, and employees who have adjusted their lifestyles to be healthier and more fit.

April Smith, from the school's General Services Department made a resolution, "to be healthier, mainly to lose weight." Even though she "started" late, about the end of January, she has managed to lose, "ten pounds by doing the Meta-fast diet, which is a diet of soups and shakes that come in powder form and you just add water."

Becca Lane said, "(To) start exercising and get a job, I started working at a resident care facility in Oregon City where people with strokes and stuff like that can live."

Lane, giving advice to anyone looking for a job, said, "I applied everywhere I could, finding places on the internet. About a week ago, I was hired on the spot and the boss is a really nice guy."

As for her goal to start exercising, Lane has been working out at home.

Lane said her new job, "is the hardest work I've ever done. A lot of it is exercise,

like carrying stuff, vacuuming, and assisting the patients move around."

Many students decided to spend the New Year focusing on becoming more positive and generally improving their quality of life.

One student who is doing this, Megan Neel, said she is trying to, "put more effort into certain aspects of my life," and has, "improved some, especially in relationships and activities I do."

Being in school, many people here want to spend their energy focusing on improving academics.

Sierra Wendorff said, "The only one (resolution) would be to get good grades."

Lacey Bauer has similar ideas explaining that she wants to, "get done with college, get good grades, and write better stories."

George Sato said, "(My resolution is to) save money so I can buy a house. If I have a down payment, I will go to a government auction, maybe next year, and I am saving money every month."

Some resolutions may be slightly more off the wall.

"I didn't decide to take over the world, I tried every other year and it didn't work so this year I'll take over the campus instead," said Jamie Lemons.

So whether its simple life changes or long-term future goals, watch out campus and world, the students at Clackamas have big plans for their futures.

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Mark Twain

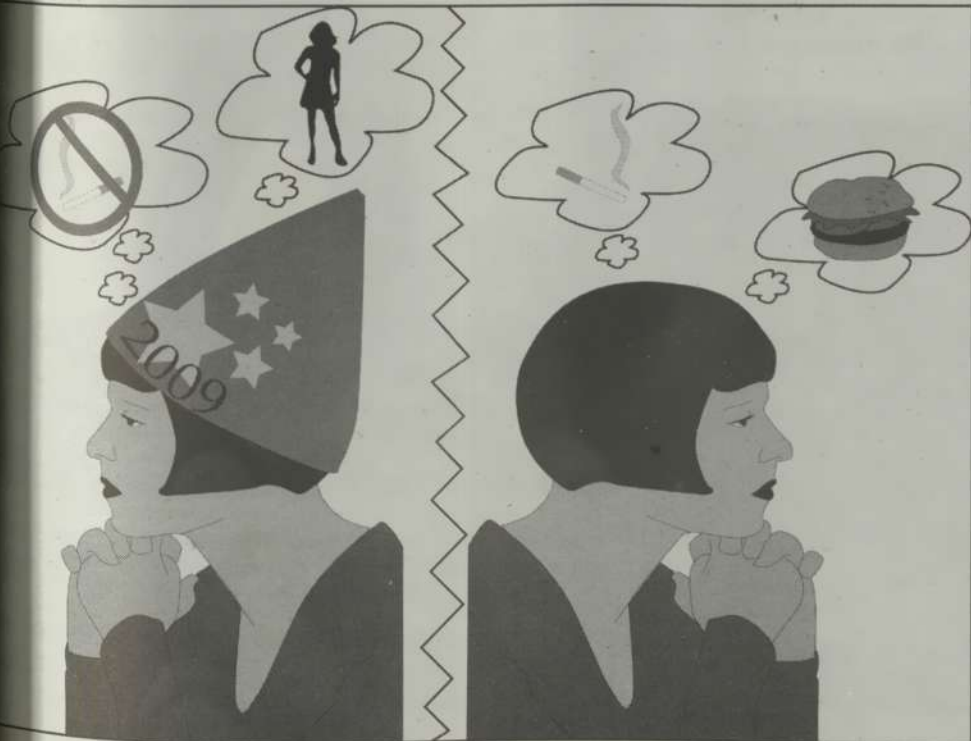


Illustration by Kayla Berge of Clackamas Print