

## TALL STORY

# Gulls boys and girls take it to the tourney

By Gary Henley  
EO Media Group

The Seaside girls and the Seaside and Astoria boys basketball teams will all be hosting state playoff games this weekend.

The playoffs take place through March 12 at Liberty High School and Forest Grove High School.

The Seaside boys put their Feb. 23 game away early, and finished strong to defeat Tillamook 72-37. With the win, the Gulls secured a spot in the Sweet 16 to take the OSAA's No. 2 ranking into the state playoffs.

The Gulls had to wait for a final score from Astoria, then the celebration was on, as Seaside — which trailed the Fishermen by one game in the standings with two games left.

Seaside finishes the regular season 20-3 overall, their first 20-win season since 2011-12, when the Gulls won 26 and shared the Cowapa title with Scappoose.

Hunter Thompson had his second-straight 20-point game for Seaside, which led 46-20 by halftime.

Jaxson Smith added 15 points for the Gulls, who had 10 players in the scoring column.

On the boys' side, Seaside (the No. 2 seed at 20-3 overall) hosts La Grande (10-9), also 6:30 p.m. Saturday. Astoria's Fishermen (18-7) host Cascade (13-10), 6:30 p.m. Saturday at the Brick House.

The winners of those two games will play each other in the state quarterfinals, 8:15 p.m. March 10 at Liberty High School in Hillsboro.

## Win in tie-breaker

The stakes were high for the Seaside girls basketball team Tuesday, Feb. 23, in a Cowapa League tie-breaker vs. Valley Catholic at Clatskanie.

With a win, the Gulls bypassed the Regional Play-in round and host the first-round state playoff game March 4. The No. 6-ranked Gulls cruised past the Valiants 53-43.

Seaside had no problem in overcoming a 20-14 deficit in the second quarter, as Sydney Villegas scored six points in the period and Whitney Westerholm dropped in a 3-pointer to help the Gulls take a 28-24 halftime lead.

Paige Ideue also had a pair of 3-pointers in the first half, and scored on a layup to cap a quick 6-0 run to start the second half.

Maddi Utti and Westerholm added 3-pointers, and a three-point play by Villegas basically put the game away, 43-27.

Valley Catholic's Molly Danielson topped all scorers with 22 points, but Seaside answered with a well-balanced scoring attack, three players finishing in double figures.

Utti led the Gulls with 14 points to go with eight rebounds, and Westerholm



Seaside players, including Whitney Westerholm, center, celebrate after their 53-43 win against Valley Catholic at Clatskanie High School.



The Seaside boys basketball team, following their league title-clinching win over Tillamook.

celebrated her birthday with 11 points and four assists. Villegas finished with a double-double, 11 points and 10 boards.

The Lady Gulls (19-5 overall) host North Marion (18-7) at 6:30 p.m. Friday in a Sweet 16 Class 4A girls' playoff, with the winner ad-

vancing to face either Baker or Mazama in the state quarterfinals, March 10m at 6:30 p.m. at Forest Grove High School.

## Gulls, Fishermen teams reap the rewards

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The Seaside boys basketball team was rewarded for another league championship season, with five starters named to the all-league team.

The league champion Gulls had four starters on the first team and one honorable mention selection on the 2015-16 Cowapa All-League boys basketball squad, which was dominated by the two North Coast schools.

Players of the Year were Astoria senior Derek Jarrett and Seaside junior Jackson Januik; while Seaside's Bill Westerholm took Coach of the Year honors.

Seaside junior Hunter Thompson was named Defensive Player of the Year.

Januik and Thompson were joined on the first team by senior teammates Austin Eagon and Jaxson Smith; while Astoria senior Justin Fruith and junior Kyle Strange were also first-team selections.

Seaside senior Zach Marston and Fishermen junior Olaf Englund were named honorable mention.

On the girls' side, Player of the Year honors went to Valley Catholic senior Molly Danielson.

All five Seaside starters were named all-league: senior Whitney Westerholm and juniors Maddi Utti and Sydney Villegas made the first team, while seniors Paige Ideue and Brittany West were selected honorable mention.

Astoria senior Chloe Hunt was a first-team selection.

Coach of the Year award went to Brandon Begley of Banks, and the Braves' Cassie Streblov was Defensive Player of the Year.

## Playing safe at the beach

### Be beach smart. Even though the beach is fun, you need to play safe.

The Oregon Coast is a great place to visit. Whether you are looking for seashells, building sand castles or exploring tide pools, the beach can be a lot of fun.

Remember, the ocean has dangerous waves, logs, rocks and cliffs. Talk to your family and friends about how to play safe on the beach.

### Beware of rip currents.

Rip currents are strong currents of water that rush out to sea. They can form on any beach that has breaking waves. If you look closely, you can see a rip current. It will have dark muddy water and be very choppy. You might see foam and other debris floating out to sea. If you see a rip current, stay away! They are very dangerous.

If you are ever caught in a rip current, don't panic. Try to relax and swim parallel to the beach. Don't try to fight the current. If you have trouble swimming, tread water and call for help.

Parents: Be sure always to watch your children closely when they are playing in and around water.

### Don't climb on drift logs.

Logs on wet sand or in the water are especially dangerous. The ocean is strong enough to pick up even the biggest log and drop it on top of you. If you see a log on wet sand, stay off of it.

### Be aware of incoming tides.

Tide pools can be so interesting that you might lose track of time. Make sure you know when the tide is coming in so that you don't get stranded. Free tide tables, available at state park offices, information centers and many shops and motels, list the times of high and low tides.

### Be careful on cliffs and rocks.

Ocean spray and heavy rains can make rocks and trails slippery and unsafe. Stay on marked trails and behind all fences. They are there for your safety. When hiking, make sure you wear the right type of shoes. Stay away from cliff edges. Don't stand under overhanging cliffs, which can be dangerous.

### Beware of sneaker waves.

Watch out for "sneaker waves." These are waves that appear suddenly and are unusually large. They rush up on the shore with enough force to knock you down and drag you out to sea. Keep your eyes on the ocean.

### Understand tsunamis.

There are two types of tsunami warnings that you need to be aware of: a distant event and a local event.

With a distant event, you will be alerted by sirens located throughout the city. Proceed by foot and follow the posted evacuation route signs to higher ground.

With a local event, you will feel a powerful earthquake. Take immediate cover until the earthquake subsides, then go immediately to higher ground on foot, following the posted evacuation routes.



### Know who to call when you need help. In an emergency, call 911.

- **Providence Seaside Hospital**  
725 S. Wahanna Road, Seaside, OR 97138  
503-717-7000
- **Providence Medical Group-Seaside**  
with walk-in availability  
727 S. Wahanna Road, Seaside, OR 97138  
503-717-7060
- **Providence Medical Group-Cannon Beach**  
with walk-in availability  
171 N. Larch, Suite 16, Cannon Beach, OR 97110  
503-717-7400
- **Providence Medical Group-Warrenton**  
with walk-in availability  
171 S. Highway 101, Warrenton, OR 97146  
503-861-6500

For Providence Medical Group appointments or to check walk-in availability, call the nearest north coast clinic listed above.

Providence.org/northcoast

