# Onward to Miss Oregon

#### Contestants take the stage at Miss Clatsop County **Scholarship Program**

By Katherine Lacaze Seaside Signal

Five contestants will advance to the state stage after winning titles at the Miss Clatsop County Scholarship Program Saturday, Feb. 20, in Seaside.

Ryen Buys of Seaside won the Miss Clatsop County crown and Tess Rund of Astoria is Miss North Coast.

Pageant weekend started Friday night with a benefit dinner, which was a chance for the 20 contestants to relax and "have some fun" with family and friends before starting competition in full force, program Director Sandy Newman said. The dinner, attended by about 200 people, also raised money for scholarships. The contestants gave two-minute speeches on their platforms.

Interviews in front of judging panels were held Saturday afternoon, ahead of the main event that evening. During the pageant, the contestants competed in various categories, such as formal wear and talent.

About 700 people attended the event, which normally sells out at 500.

This year, "I have added 250 (seats) because of the number of contestants and the caliber of the contestants,' Newman said.

The pageant is the preliminary competition of the Miss Oregon Scholarship Program and is part of the Miss America Organization.

For 13-year-old Taryn Miller, of Scappoose, who won Miss Columbia-Pacific's Outstanding Teen, the opportunity to compete in Clatsop County was a pleasure, as Columbia County does not have its own pageant.

"I'm super happy I can compete here," she said.

Miller said she enjoys the whole pageant experience, from gaining confidence to be interviewed by several adults to making friendships with the other girls that endure beyond the end of the night.

Most importantly, the pageant is an opportunity for her to promote her platform, "Lupus — Raising Awareness." Miller's mother has the autoimmune disease.

"I just want everyone to know what lupus is," she said. "It's not curable, so by spreading awareness and other people helping out, I'm hoping we will find a cure later on.'

#### The winners are ...

The three girls from out of

county competing in the teen pageant were eligible to win the Miss North Coast's Outstanding Teen and Miss Columbia-Pacific's Outstanding Teen titles, but not the Miss Clatsop County's Outstanding Teen title, which was reserved for Clatsop girls and won by Caitlin Hillman, 13, of Gear-



Ryen Buys walks out into the spotlight after being crowned Miss Clatsop County 2016 at the Seaside Civic and Convention



Miss North Coast Tess Rund is crowned at the Miss Clatsop **County Scholarship Program.** 

Nikkole Sasso, 14, of Astoria, won Miss North Coast's Outstanding Teen.

Sasso started in the noncompetitive Princess program when she was 5 years old. This was her second year competing in the program at the teen level. She enjoyed the interview process and "learning more about myself and figuring out that what I'm saying, people want to hear," she said.

Sasso not only promotes her platform, the "Astoria Wishing Tree Program," but also volunteers with it, as well.

"It definitely helps get across the point if you're very active with (your platform),'

Buys, 17, of Seaside, won Miss Clatsop County. Buys, a senior at Seaside High School, did a cheer routine for her talent; her platform is "Shriners



Teen contestant Isabella Clement performs during the talent competition at the **Miss Clatsop County Scholar**ship Program.

Hospital for Children: The Importance of Diagnosing Scoliosis.

The Miss North Coast title was won by Rund, 21, of Astoria, who attends the University of Oregon. Her platform is "The Ideal Body is Your

Of the 20 contestants competing for the Miss or Outstanding Teen titles at the pageant, nine started in the Princess program. Miss Clatsop County Scholarship program is about mentorship, said Newman, who started volunteering with the program in 2000. Just as the contestants are required to have a personal platform, she said her own "personal platform is mentoring to young women and the future leaders of tomorrow through the Miss American Organization."

The teenagers and young women who competed in Clatsop County this year are "just a great group of girls," according to Newman. From the start, they have been prompt, engaged and dedicated. Yet Newman has seen growth and development in confidence and skills, as well, she said.

"For those lucky few who actually win a title and do a year of this, the growth is incredible," she added.

With the field of county representatives narrowed from 20 to five girls, Newman and others now will help the contestants prepare to take the stage at the Miss Oregon Scholarship pageant this summer at the Seaside Civic and Convention Center.

# **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

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

