

Hometown girl makes good

SEEN FROM SEASIDE
R.J. MARX



Bao Tran Nhan is back in her hometown. The Seaside High School graduate returns as a resident physician with Providence.

“My family grew up very poor in Vietnam and actually emigrated from Vietnam,” she said. “I came to Seaside when I was 5. I saw a lot of poverty.”

Her parents, Ti-Ti Le and Kevin Nhan, became a success story, owning and operating A-Nails Seaside.

Even at a young age, Nhan wanted to serve the community.

“I wasn’t quite sure how to help people the best,” she said. “It wasn’t until my grandma got sick when I was in high school where I realized how much health can impact someone’s life. Her oncologist was able to treat her with such compassion and such care. He was able to kind of lead her through a really tough time.”

She received experience in medical and dental clinics and at the foundation where she worked on fundraising campaigns. “I was like, ‘Hey, this is something I might pursue,’” she said.

Nhan was also a busser at Pig ‘N Pancake, a member of the Seaside High School golf team, manager on the swim team and percussionist and pianist for the high school band. She graduated as valedictorian and was voted prom queen in her senior year.

Nhan received her bachelor’s with a major in biochemistry and a minor in biology from the University of Portland.

“I actually liked to study,” she said. “I love school. To be honest, I think it was something that I really excelled in. Whenever I studied, I loved kind of feeding my mind. My curiosity encouraged me to even study more, so it was rather easy for me.”

She attended the University of Colorado School of Medicine near Denver, where she lived and studied for four years.

It was more difficult than she thought — even for someone who likes to study. “It was quite rigorous and tough, but I’m really grateful for the education I got there,” she said. “There were just so many nice people. I’d stayed around Oregon for most of my life — nice to see what’s out there.”

After medical school, Nhan returned to Portland, where she is one of 21 physicians participating in the Providence Oregon Family Medicine Residency program.

Along with practicing in an urban environment, she participates in a program where residents spend a month in a more rural area — and she chose Seaside.

Nhan entered the medical field during the time of the pandemic. At the end of her fourth year in medical school, COVID changed the profession.

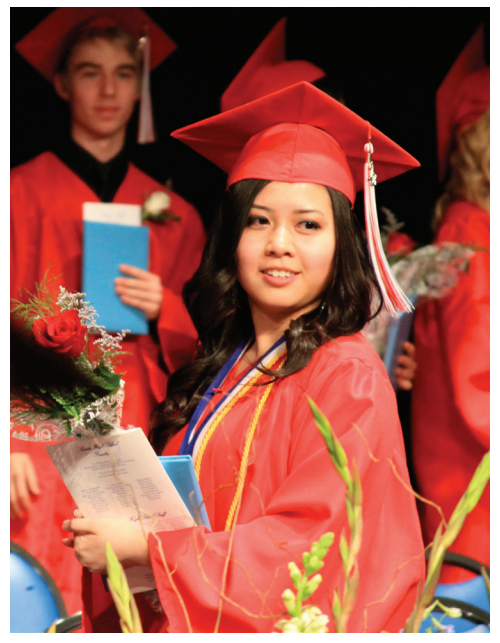
“It was definitely really scary being a brand new doctor jumping into the medical field, which is in itself, kind of terrifying,” she said.



ABOVE: Bao Tran Nhan after medical school graduation.



LEFT: Bao Tran Nhan with parents Ti-Ti Le and Kevin Nhan after medical school graduation.



RIGHT: Bao Tran Nhan at Seaside High School graduation.

“But then adding on a pandemic where we had no idea what was going to happen put a tail-spin on things.”

The scariest thing for families during COVID can be the isolation from loved ones.

“It is really painful,” she said. “The only people that they see are their care providers. Sometimes you can set up an iPad or something that you can talk to your loved ones, but they’re intubated, they can’t talk back. It’s a whole different ballgame. It breaks my heart to see when people are in the ICU, not doing well, their families calling us to see if they’re able to visit — and us having to say ‘no,’ unfortunately.”

With limited resources, doctors and hospitals face the kinds of ethical deliberations “that maybe weren’t too much in the forefront in the past.”

Much of the pandemic measures, such as increased levels of personal protective equipment for staff, are likely to remain. “I think that with the pandemic kind of slowing down a little bit, we’re relaxing a little bit some of those guidelines,” she said. “But we’re always

thinking about where the trajectory of the pandemic is and adjusting as needed.”

During the second year of residency, the program sends one resident physician to Seaside to explore what medical practice is like in a rural community. Nhan alternates four weeks in Seaside and four weeks in Portland. “I wasn’t aware of this opportunity until I interviewed for the job position and found out that I would get the opportunity to be back in my hometown,” she said.

Among her patients are former classmates, their parents and children. “That’s just kind of the name of the game in the small town,” she said.

A typical day is caring for patients in the primary care clinic, the emergency room, or admitted to the hospital.

“I’m so grateful to this community for welcoming my family and I into the community with open arms and continuing to support us through all these years,” Nhan said. “Although I was born in Vietnam, Seaside will always be my home and I hope to be able to give back to this community in the future.”



Bao Tran Nhan as first grade student of the month.

OP-ED

From the Aquarium: Beach Discovery Program

SEASIDE AQUARIUM

TIFFANY BOOTHE



After taking a two-year hiatus due to COVID, our Beach Discovery Program is back.

This summer, the Beach Discovery Program will be held from 10:30 a.m. to 5 p.m. on Saturdays from July through August. The program is a free, educational program that sets up on the beach in front of the Seaside Aquarium.

The public is invited to come learn about the marine life found along Seaside’s open sandy beach, beach and dune ecology and the many ways the beach has changed over time. We also hand out beach cleaning supplies for those people who want to help remove trash before it ends up in the marine environment.

This program is very weather dependent. If it is raining or if the wind picks up, people are encouraged to call the Seaside Aquarium at 503-738-6211 to see if the program is running.

For 26 years, the Beach Discovery Program has invited summer visitors to learn about, and talk about, the natural world they have come to explore. Young and old alike are delighted with the personal attention, hands-on displays, old photos and great discussions that ensue.



Seaside Aquarium

The Seaside Beach Discovery Program is a free program which sets up on the beach in front of the Seaside Aquarium.

Staff members use several interactive displays. We have a wave table to springboard talks about various kinds of waves, sand transport, seasonal changes, change over time and tsunamis.

Our microscopes show diverse creatures, including plant and animal plankton, leading us to discuss all of Earth’s dependence on these huge varieties of tiny creatures. The

giant magnets and a sand drop tube lead to discussions about our local sand.

We also have sand from around the world, changing people’s notion of what sand actually is and how ocean creatures choose their beach depending on the topography available.

We have many historical photos to help people compare human and geological change over time. We add shells and other tideline

discoveries to reinforce the idea that changing geology and an ever-changing ocean can lead to important changes for people, plants and animals.

One popular display in the form of a signpost points out that people are not our only tourists, and that many of these swimming or flying animals make enormous journeys round trip every year.

We use instruments such as tide tables, wind gauges, thermometers and a salinity gauge to compare daily, and sometimes hourly, changes to a seemingly static beach. These lead to displays about beach safety, verbal talks about gravity, the moon and tides, sand movement, upwelling, rip currents and the food chain. All of this helps to spark discussions that lead to helping people see the interconnectivity of sand, the water, the air, the plants and animals, the Earth and the moon; and humans’ relationships to that process.

Every morning before the program officially opens, staff members record the wind speed, air and ocean temperature, ocean salinity and tide data. Then they collect samples of plankton and tiny critters along the ocean’s edge and note anything unusual for the day. Wide-ranging discussions occur daily with a steady flow of information, questions and pondering that keep our displays fresh and evolving. Some visitors stop and are gone in under five minutes. Many stay 30 minutes to an hour.

We hear nearly every day from people who have visited in prior years or plan their yearly vacation around our summer schedule.

SEASIDE Signal

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Seaside Signal

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