

Pricer's color pastel attracts art collector

RILEY SWANSON

Staff Reporter

Although it took only 15 minutes to create, the watercolor pastel by Rachel Pricer, senior, caught the eye of a major art collector seeking to purchase. The collector came and talked to Pricer during her Advanced Placement art class about her piece, and at the end of their discussion she was paid \$100 for her artwork.

Out of the hundreds of pieces shown, the collector was only interested in two, one of which was Pricer's pastel. For Pricer, who views art as a hobby and interest, but not a future profession, she was very surprised that particular piece won silver in the Scholastic art show out of all her creations. Her artwork was displayed in the regional show where the collector noticed it, and where Pricer also won the Silver Key recognition. For Pricer, who is used to creating realistic detailed pieces, not abstracts, this was a complete surprise.

"I was mostly surprised at how little time I spent on it compared to my other pieces, yet it won an award. I'm still not quite sure what is so interesting about the piece and

maybe it's because I wasn't thinking of anything when I made it," Pricer said. "That's the thing I like about abstract art, it doesn't have to have meaning and anyone can find meaning and imagery in a blob of color."

"Sunrise," is a watercolor with pastel over it that she created in December when guest artist Marla Baggetta, came into the art class and led a pastel workshop. Reactions to the art were very positive. Many people made remarks about how they liked the contrast, thought it was inventive, or about how the colors were so vibrant, according to Lynn Pass, art teacher.

"The composition was beautiful. The piece was finished to the appropriate point," Pass said. "It makes people think, it makes them look at it for a long time."

Pricer thinks that the creation of her pieces varies depending on her mental focus at the time.

"Sometimes, I forget that



Rachel Pricer, senior
Photo by Hannah Zaayer

I'm creating pieces of art for me—not for the satisfaction of others—and it's one of the most important things to remember about art," Pricer said.

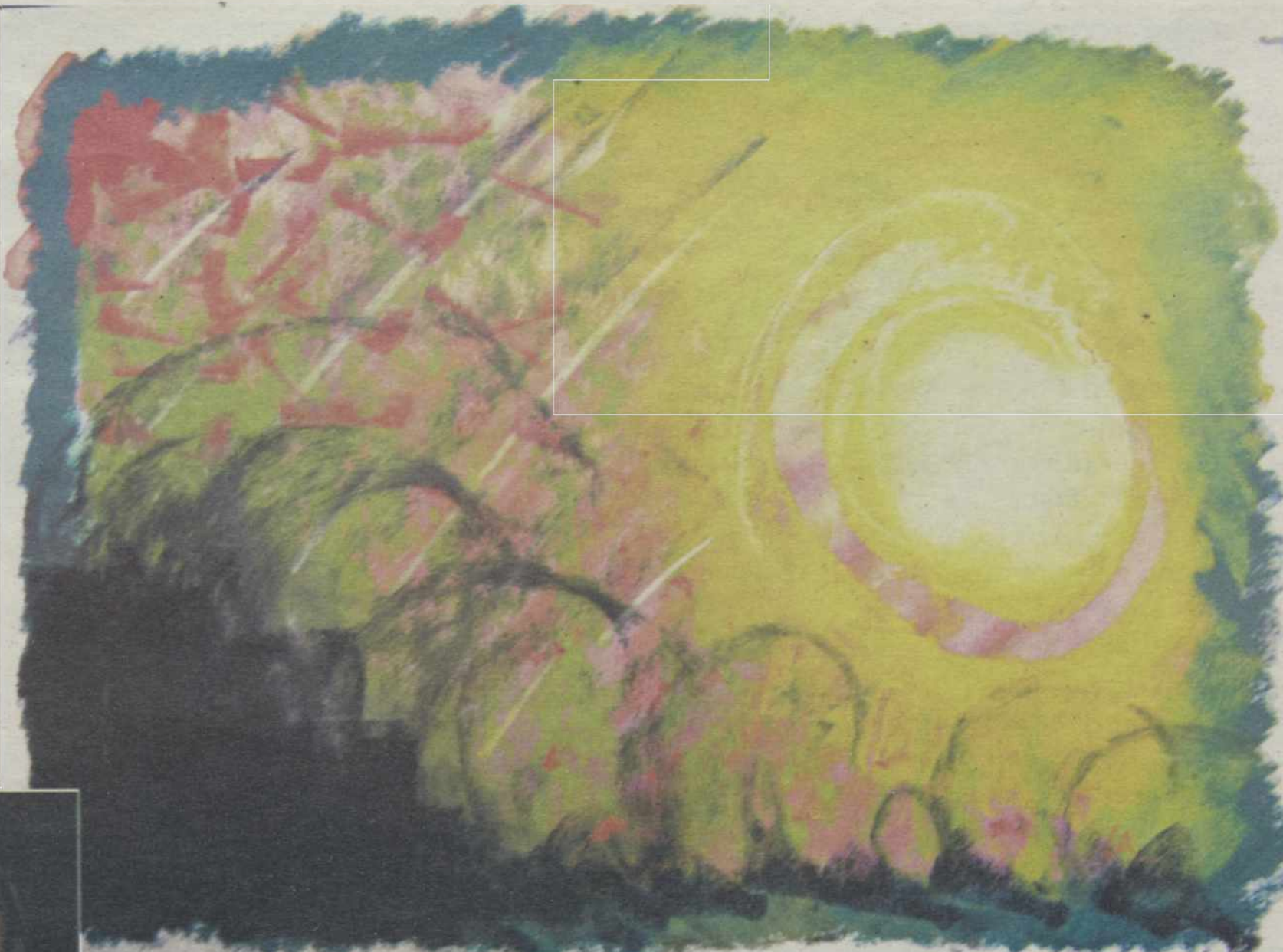
For students who are aspiring artists Pass

recommends, "Create as much art as possible. Get your art out there to be seen. There are so many venues, and lots of opportunities to show your work. Art is everywhere."

Even though Pricer won't continue on with art professionally, she appreciates

the opportunities it has given her to improve her talent, and will keep it as a personal hobby.

"I have enjoyed art very much. I love how broad it can be and all the different venues of art that kept popping up," Pricer said.



"Sunrise" a watercolor pastel by senior Rachel Pricer attracted the attention of a major art collector and also won a Silver Key at the Scholastic Art show on Jan. 15. Pricer was surprised when she was offered \$100 for her piece.

Photo courtesy of Lynn Pass

Students share eating, fitness, health habits

MARY WOOD

Staff Reporter

With obesity in youth a growing problem, health and fitness have become a major focus for many people. Shows like "The Biggest Loser" that promote exercise and healthy diets are hits, and junk food in schools is being greatly reduced, as is evident at WLHS.

WLHS student responses to an online survey showed that 30 percent of students reported exercising more than 10 hours each week. Most experts recommend between 30 minutes to an hour of exercise each day, so this group of students is doing a great job by that standard. About 23 percent of students reported exercising more than five hours a week, and there was a tie of 18 percent of students who reported exercising one to three hours and three to five hours each week. Only 11 percent of students reported exercising less than one hour per week.

Many of the students who responded played a variety of school and club sports, but many cited other activities they enjoyed, such as running, yoga, biking and martial arts.

"I like to longboard, snowboard and skate. I

also have a habit of running around all the time," a male junior said of his athletic hobbies. "The things I enjoy are considered exercise, so I do them. If I didn't enjoy running around and skating, I wouldn't do it."

A major complaint among students was the lack of ability to exercise more.

"I NEVER feel there is enough time to exercise properly," a female freshman said. Many students agreed, citing school and homework as an obstacle in getting the amount of exercise they

want. "School can give a very hectic schedule, and it is even more stressful now having to deal with

Joel Callagan, junior, practices after school for the Varsity Tennis Team. In an online survey, many students said they use school sports as well as other activities like yoga and skateboarding to stay fit. Thirty percent of students reported exercising for more than 10 hours each week.

Photo by Adam Holmes



forecasting and getting ready for finals. I usually have two hours of homework each night and I still want to have time to have a life," a female sophomore

said. Students who didn't feel the time

struggle often lacked transportation.

"If I could, I would go to my gym more, but I can't drive," a male freshman said. A lack of resources at

school was also a problem for some.

"The weight room is barely ever supervised after school," a female freshman said.

When asked about the importance of exercise, most students valued it highly as a way to achieve health.

"Exercise is pretty important to me because it is the only way to directly change the way you look, and how healthy you are. As an athlete, it's important that I stay in shape, and am the best I can be," a male senior said.

Some students feel that exercise provides a constructive free time activity that improves state of mind.

"I always find I do better in school when I have been running consistently," a female senior said. "It's a huge part of mental health as well as physical health; what other time do I have to think about absolutely nothing?"

However, many students felt that despite the health benefits of exercise, other things in life like school work are more important and should take priority.

"Muscles won't get me into college," a female junior said.

Students were also asked about their eating habits. Nearly 58 percent reported

eating three meals a day, 28 percent reported eating more than three, and 12 percent reported eating less than three.

"I never skip meals. Frankly, I need all three meals," a female sophomore said. "If you want to be thinner, then skipping meals is not for you. It's so much easier to exercise than to starve yourself."

Most students who said they skipped meals said they skipped breakfast sometimes due to the morning rush or not liking to eat early, or lunch because of catching up on school work, but some had other reasons.

"First Sunday of every month I skip breakfast and lunch. Religious reasons. Other than that, any meals I miss are by accident," a male senior said.

Most students said they don't keep track of factors like calories and fat when they eat.

"I don't keep track of calories or fat, because I feel that I should be able to know how to eat. I stop when I feel full. It's as simple as that," a female sophomore said.

Some students made a habit of keeping track, but have let go of the practice.

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