

# IN THE DEEP BLUE SEA



PHOTO PROVIDED BY EELS ON WHEELS

## Sophomore experiences physical freedom through adaptive scuba program

Amelia Kurk  
Executive Editor

Opportunity, choice, challenge, motivation, barrier removal. These five ideas have remained the goals of the Eels on Wheels Adaptive Scuba Program since 1994. Over the past summer, sophomore Jacob Scott achieved all of these on a little island off the coast of Venezuela that is a destination for scuba divers from all over the world.

"We went to Bonaire," Scott said. "At first I was pretty excited, but also kind of nervous because we'd be diving 100 feet underwater."

Kyle Walsh, teacher and coach at CSHS, introduced Scott to this program. Walsh, Scott, and close to 50 others traveled together to the island.

"He kind of jumped at the idea," Walsh said. "I've always been impressed with his willingness to push himself to new limits. He's not afraid of challenges."

Walsh has been involved with Eels on Wheels since his college days when his friend, Chad Dieterichs, introduced him to the program.

"The summer after I graduated, I decided I'd go get certified," Walsh said. "And the following New Year's, I

went on my first trip with them."

Eels on Wheels started as an extension of a swimming program at a rehabilitation hospital, but it soon turned into a project with a much larger scope and vision.

"The original goal was to teach spinal cord injured patients to roll over in the pool to get their faces out of the water," Dieterichs said. "But the benefits of the weightlessness proved to be intriguing and both a physical and mental accomplishment."

Today the program has grown to one that helps many people living with different physical challenges gain confidence.

For Scott, getting a new perspective of what goes on underwater was a priceless part of this journey.

"It's magnificent," Scott said. "I imagine it would be like a fish coming to land and seeing how we live. When you're underwater, you get to experience how they live and what they go through."

Scott, who had trained and become certified by Dieterichs in Austin before the trip, found that he felt confident and liberated in the water.

"You feel more free," Scott said. "There's not really a word to describe it. When you go down forty to a hundred

feet, the pressure changes how your body feels and how you move."

Scuba diving as a sport is a natural fit for people living with all kinds of physical challenges.

"I think diving is an equalizing opportunity," Walsh said. "Everybody, regardless of disability, is pretty equal underwater. We all need something to help us breathe and something to control our buoyancy."

Through the experience, Scott also learned that traveling internationally, adapting to a new culture, and making friends are not only possible, but enjoyable.

"The last time I was on a plane, I had a bad experience," Scott said. "This time was super easy."

Scott enjoyed everything from the coral to a shipwreck dive to nightly trips with the group to a gelato shop in the village.

"If they do the trip again in the summer, I will go and take my whole family," Scott said.

Scott's experience of diving will be with him for years to come because of the impression it left with him.

"I was swimming and moving my legs around, basically just being a normal person swimming in the water," he said. •



# Vinyl resting place

## Music lovers turn to records for enhanced experience

by Kalindi Desai  
Staff Reporter

Record sales have been on the rise since 1993. Vinyl records, the retro way of listening to music, has definitely made a comeback in the younger generation, especially this year. But why do people take interest in such a long-forgotten form of entertainment?

"It's a cool and unique way to listen to music. Listening to a record is a lot different from the modern way of listening to music; just putting in headphones and tuning out the world," junior Emily McCord said. "With vinyl you can listen to it out loud and enjoy it with everyone else."

Almost all musical artists that you would hear on the radio now sell physical copies of their albums in the form of a vinyl as well as a CD and can be found at multiple locations around town such as Hastings, Half Price Books and thrift stores. The popular clothing store, Urban Outfitters, also offers a variety of albums that can be found online or from their record-filled wall in stores.

"It's nice to be able to listen without all the fancy technology," senior Audrey Tamplin said. "What the artist intended was for someone to listen to the songs in a specific order, and a vinyl can provide that."

Although vinyl records can be more expensive because of how rare they are, it is definitely worth it for the experience that comes from listening. For those who grew up listening to records, it brings a feeling of nostalgia; for the ones who are just now discovering vinyls, it creates adventure and discovery.

"It's something that's not super common anymore and it's from a whole other era, which people enjoy," senior Morgan Hill said about the growing attraction to vinyl.

But expenses don't stop people from getting in touch with their old-world side. Statistics show that vinyl LP, or long play, sales have gone up by 38% this year alone, and since 2010, the number of vinyl records sold has almost doubled, grossing a total of around 5.5 million vinyl sold. Records now

make up 9% of all physical copy sales in the industry.

"I want to say that collecting records is becoming larger because people are appreciating music more and what the artist really wanted the public to see, but it might just be a trend to some people," Tamplin said.

One of the main reasons why the younger generation is so attracted to the idea of collecting records is because it's a hip and trendy way to listen to music.

"The fad right now is to be vintage, and I guess collecting vinyl records is a big part of that," McCord said about the increase in "vinyl junkies" lately.

Since records haven't been the most ordinary way to listen to music in the past century, it's drawn attraction to the younger crowd lately because now the trend, so to speak, is to be different and have things that no one else does. For others though, collecting vinyl is a way to appreciate music.

"I like being able to just sit down, relax, turn on a record and not have to worry about getting distracted," junior Breana Goodman said. "When you listen on your phone, you're either playing a game or on social media, but you're not actually listening to the music."

Vinyl records also create bonds over a love for appreciating music the way it was originally enjoyed. Most parents of kids that collect vinyls grew up in the time when that was the only way to listen to an album, which they can now share with their children since it is a common spark of interest.

"My dad really likes my collection of vinyl records because he relates to it, of course, and he has the same love for music that I do. He's really happy that I'm into it because it's something he grew up with," Hill said.

Vinyl records have proven to become the next big thing to bounce back, whether it be trendsetters or music enthusiasts or nostalgic parents that take interest in them. It provides a fresh yet old-fashioned way to enjoy and appreciate the everlasting art of music that is adored by all. •



▲ Junior Emily McCord displays her three favorite albums that she has on vinyl. She has a total of 25 records in her collection.

PHOTO BY KALINDI DESAI

## Top 5 Vinyl Records in 2015

1. The Beatles: Abbey Road  
172,000 copies sold
2. Mumford and Sons: Sigh No More  
110,000 copies sold
3. Bon Iver: For Emma Forever  
102,000 copies sold
4. Jack White: Lazzaretto  
94,000 copies sold
5. Arctic Monkeys: AM  
89,000 sold

Source: Billboards top vinyl



# Fresh Cut

## Vegetarian club explores food choices

Rachel Grant  
Senior Editor

Over 7.3 million of the American population is vegetarian according to [vegetariantimes.com](http://vegetariantimes.com). Vegetarians are often overlooked and under educated which can lead to a problem, both physically and mentally across the country, but even in school.

Recently, sophomore Rosetta Wang created a vegetarian club to offer support, encouragement and a source of education to students who may be curious or interested in becoming a vegetarian and the health aspects involved.

According to Wang, vegetarianism is a commitment and lifestyle. Becoming a vegan, she says, is much more difficult for the individual because of the time that is needed and the limited resources available.

"Vegetarian is such a broad term," Wang said. "You can call yourselves vegetarian in a bunch of different ways; you can choose to eat meat and dairy. You specify exactly what your constraints are through Latin prefixes. Vegan is much stricter and vegetarian is more vague of a term on dietary restrictions."

At school, she noticed a lack in the encouragement that vegetarians have and wanted to rapidly increase the amount of support given to them.

"There are a lot of people who want to become vegetarian at our school but don't necessarily know how to go about it," vegetarian club president and founder Wang said. "They won't get the proper nutrition or the support they need [from what] I've noticed that at our school. I wanted to have a group that people could come to for nutritional advice and support about vegetarians."

The first step in creating this new club was finding a sponsor to help lead it. Wang turned to Foods 101

teacher Erin Stutts for help. Stutts gladly agreed to sponsor the new club and offered her classroom and resources.

"Students who have never taken Foods 101 have the opportunity to see the food lab and work in the kitchens," Stutts said. "I enjoy meeting a new group of students, and hopefully they will choose to take the class in the future"

After finding a sponsor, Wang then advertised and campaigned to start including members to the new club. She said that it was difficult, but having new members is important to her.

"Marketing and advertising [was a struggle]," Wang said, "[and] getting people to want to be involved, even people who are vegetarian [too]. Time is also a constraint because you want to fit in everyone's schedules. Mostly getting people involved and interested."

Today, the club has several of members who come to their Monday afternoon meetings. They offer dietary advice, meal ideas and snacks during the time together.

One goal that the club has set for themselves is to create a vegetarian and vegan meal that would be offered at school.

"One of our goals is to have a lunch options that are vegan and [contains a lot of] protein," Wang said. "At our next meeting we are going to talk with the lady who handles the menu in the cafeteria about our options and what we could [offer.]"

Wang hopes to create a welcoming environment that vegetarians and non-vegetarians alike can come to gain experience and knowledge about a broad topic.

"[I want people] to feel more encouraged, be more comfortable and not feel as outcast by being vegetarian," Wang said. "[We hope] to make people more aware of vegetarianism." •

## Vegetarian Types

eat eggs:

**Ovotarian**

avoid animal products:

**Vegan**

eat dairy:

**Lactotarian**

eat eggs and dairy:

**LactoOvotarian**

## Join Vegetarian Club!

Are you curious about becoming a vegetarian, but unsure where to start? Come to one of the vegetarian club meetings to learn more! Next meeting is Nov. 2 after school in room 1122.



# DRAWN TO ART

Art students draw from inspiration to create new works

Grace Costenbader  
Staff Reporter

Sources of inspiration vary greatly among artists. Some are inspired by certain feelings, emotions or memories.

"I'd say it's equal parts artists before me and things I witness in my own life," said junior Tess Teodoro, regarding what inspires her artwork.

Teodoro said that sometimes she will be reminded of a feeling in the past or similar emotions in different piece of art, and she will try to reinvent those feelings in a more intimate circumstance.

For others, inspiration comes from people that they know personally and all of their achievements.

"My godmother was an art teacher when I was a little girl, and I'd go over to her class after school, and I'd sit there and watch her," sophomore Morgan Daughters said. "She inspires me to do my best and be the best that I can be."

With inspiration comes results that have meaning behind them and feelings attached to them. With results comes thoughts and hopes for what the future might bring.

"I've been looking at art colleges for the past couple of years," Daughters said. "I want to teach art to people who don't have the opportunity to, to show art to people who don't have that ability."

Art is one of those things that sticks with a person for a lifetime. After experiencing what it's like to create and inspire, stopping is not an easy task.

"It's a very diverse and very non-conforming discipline," Teodoro said. "The only thing I know for sure

is that I definitely want to be doing it for a really long time."

The art classes teach lessons that apply to life in and out of the classroom. One of the main messages of the class is to persevere and accept mistakes that are made.

"Mistakes are going to happen, but you've just got to figure out a way to work around that problem," Daughters said. "If I do mess up and it's not fixable, I've come to make it okay."

Artists have to accept their mistakes because without mistakes, growth cannot occur. In art class, that is difficult to achieve because of the comparisons made by other students or teachers, but for artists, critics can provide inspiration within the criticism.

"It's very easy to get frustrated or encounter a problem and take a day off because you're frustrated, but we don't have time for that," art teacher Jessica Potts said. "I want them to realize that when they set out to accomplish something, it might not always go smoothly, but that doesn't mean it's not going to happen."

Making the effort to power through mental blocks is what makes the difference between a mediocre artist and an incredibly successful artist.

"Even if you don't think you're good at art, or you've never been someone who likes drawing, take it," Teodoro said. "You never know what you don't like." •

Friday, Feb. 12, 2016



► Sophomore Morgan Daughters completes her Art II Drawing class piece. Daughters hopes to teach art.



► Freshman Hayden O'Connor adds paint to his pointilism piece during his Art I class. This is one of many pieces they will complete in class.



► Sophomore Kate Hinckley works on her large 18x24" drawing of flowers. The Art II Drawing class drew 12 individual images to make up the one large image.



# ON POINTE

## Dancers explain passion behind the art of ballet

AJ Jones  
Features Editor

Discipline, commitment, stress and passion. These common traits drive many dancers to a common goal, perfection.

Freshman, Natalie Lancaster, junior Emi Maren and senior Schyler Christensen spend their time not only working hard but communicating their emotions through their dances.

"Ever since I was little, I've loved dance, so I've never wanted to stop. I wanted to pursue ballet in particular because of its clarity," Maren said.

Maren has been dancing for 13 and a half years and has been dancing for Suzanne's School of Dance for four years. She finds dance very challenging; however, the challenge is her favorite part.

"In ballet, you're always striving for perfection. Although it may seem unreasonable, it is a dancer's way of setting a goal in order to become the best dancer they can be," Maren said.

Maren commits a little over 13 hours a week to dancing and sometimes finds it difficult to manage with her school and tennis schedule. Managing her time is only one of the challenges that Maren faces while being a dancer.

"It's so easy to get down on yourself when you're always comparing yourself to other dancers, and it can be tempting to quit," Maren said "but personally, I try to use this discouragement as an incentive for striving to become a better dancer, and I think less about how accomplished some other dancers, but how accomplished I can be."

Freshman Natalie Lancaster also feels the pressure when it comes to being a dancer.

"I will not always get what I want. I will not be

in every dance, I will not get every lead role," Lancaster said. "I have learned that there are people always working, and if you go based on natural talent, you will not always succeed."

Lancaster also attends Suzanne's School of Dance and has been there for a little over a year after previously attending Expressions for five years. She also participates in Brazos Ballet and is a member of the Strutters. Lancaster commits up to 16 hours to dance outside of school and Friday night football games. She said that at times it can be difficult.

"It can be hard and stressful at times, and I do break down," Lancaster said.

Christensen also finds the commitment difficult but still enjoys many types of dance including ballet and contemporary.

"[Dance] is a cool way to worship, and I enjoy ministering through it," Christensen said.

Christensen has been dancing and attending Suzanne's School of Dance since she was two years old. While competing on a company team, she commits about 10 hours a week to practicing.

Unlike other sports, Christensen said that dance is a lot more of performance but requires athleticism as well.

"It's athletic, but you have to perform with it. It brings a whole other level of emotion," Christensen said.

These dancers commit a lot of time to their form of self-expression, going over the same dance countless times and pushing themselves until they get it right.

"Ballet is one of the purest and most honest forms of dance and that's why I love it," Maren said.●

## STYLES OF BALLET

### Classical

Most well known form of ballet.

Adapted for a theatrical aspect in France during the mid-1600s.

### NeoClassical

Opened up ballet to modern tendencies, new concepts and innovations. Known as a living art.

### Contemporary

Derived from 20th century modern dance. Incorporates technique and pointe works.

SOURCE: GRANDSBALLETS.COM



PHOTO OF EMI MAREN  
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