AN ALTERNATIVE TO A VACATION: STAYCATION

A different way to go out on spring break...

Full story page 8

Student Recreational Center opens new fitness studios, courts

BY MARILYN ALEMAN
The Prospector

After a long process of construction, renovating and refurbishing, the Student Recreation Center has opened its new fitness studios for students, faculty and staff.

The SRC has opened 33 fitness classes ranging from weight training and conditioning to zumba, all of which are taught by 18 different instructors.

An official ribbon-cutting ceremony will be held March 11 at noon, where UTEP President Diana Natalicio and SGA President, Tanya Sue Maestas, will speak of the newly renovated and reconstructed building.

According to Ruben Espinoza, associate director of the recreational sports development, the process to what students see today at the SRC took years of preparation to improve the facilities.

Espinoza said that the referendum to renovate the Swimming Fitness Center and add the SRC to it was passed in 2006, but actual refurbishing and construction was not initiated to the building until August 2011.

“We broke ground for the Student Recreational Center in October of 2008, but we had the (SFC) open for students,” Espinoza said. “Once we opened doors to the rec in August of 2011 that’s when we closed the old building (SFC) for reconstruction and it hasn’t been opened until this year. We just didn’t want to leave our students without anything, so that’s why we took turns.”

The 1996 SFC facility originally consisted of one large weight room, two swimming pools and a metal locker room. The large weight room has now been divided and restructured into separate fitness studios.

Due to the increasing attendance and a growing student population, the SFC now has three racquetball courts, two fitness studios, a combative room, a small boxing area, a synthetic plastic locker room and a conference room.

The racquetball courts, which were previously used at Memorial Gym, can now be opened to students and faculty with a gym membership at the SRC.

see RECREATIONAL on page 8

Academia

Congreso de literatura hará presencia en UTEP

POR ANDRÉS RODRÍGUEZ
The Prospector

El Congreso de Literatura Mexicana Contemporánea se realizará por decimotercera vez en UTEP del 7 al 9 de marzo en los edificios de la Unión y el Undergraduate Learning Center (UGLC).

Se ha previsto la participación de aproximadamente 150 ponentes que representan alrededor de 38 instituciones estadounidenses, 25 mexicanas y seis de Sudamérica, Europa y otros países. Ellos presentarán sus investigaciones sobre la literatura mexicana después de los años 60.

"Los temas que más sobresalen en esta edición del congreso son los que tienen que ver con el narcotráfico y la violencia, sobre todo en el norte de México" dijo Fernando García, profesor de lenguas y lingüística y uno de los organizadores del congreso.

García indicó que hasta hace algunos años la literatura del norte de México era escasa y poco reconocida, sin embargo en el congreso se hablará sobre temas relacionados con el norte, como la muerte de mujeres en Ciudad Juárez, por ejemplo.

"(Ortega) va a hablar sobre la presencia de Carlos Fuentes en todas partes del mundo."

- Fernando García, profesor de lenguas y lingüística

El congreso también abordará asuntos de género en la literatura, como el tratamiento de obras escritas por mujeres y relaciones entre parejas homosexuales. Otros temas que se abordarán durante los tres días del congreso incluyen la novela histórica y la relación entre México y los Estados Unidos.

see CONGRESO en página 6
A staycation vacation

BY ALEJANDRO ALBA

It’s time again for that week in March where most students should be simple homework and travel to the crowded beach to get wasted, impregnate or acquire a new STD. And while others plan their vacation to Cancun or South Padre Island, I plan my staycation here in El Paso.

Last weekend I decided to enroll in a mountain biking beginner course at the UTEP Student Recreational Center. The class was only $10 and took place at Arroyo Park from 9 a.m. to noon.

At first, I thought I would be able to do it since I had done 17 miles of cycling in Bali, Indonesia. I was completely wrong. I left incompetent riding the bike, and even though I walked most of the three miles, I still managed to land on cacti, scrape my legs and get a flat tire.

Even though my mountain bike riding experience may seem bad, it was a good one. I had no idea that UTEP offered such activities and that it made me wonder what other activities I can engage in, especially with spring break right around the corner.

Mountain biking can be one of the many activities that students who stay behind for spring break can engage in. It is something new, something cheap and something that doesn’t require a long drive. If going extreme and risking your physical health is not something you are interested in, then there are other ways to enjoy a staycation.

It’s something new, something cheap and something that doesn’t require a long drive. If going extreme and risking your physical health is not something you are interested in, then there are other ways to enjoy a staycation.

Whatever your choice is, a staycation can be fun—just remember to ditch the homework and take some time off work. It’s the middle of the semester, and after spring break, teachers get more aggressive with projects, tests and homework. It’s better to relax, whether in Cancun or at the many museums downtown or enjoy a day at Red Sands.

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Project Move recruits over 1,400 volunteers from the UTEP community

BY MARYLYN ALEMAN

Thousands of UTEP students, faculty and staff will be cleaning, building, painting, gardening, landscaping and helping local non-profit organizations throughout the El Paso region on March 9 for the fourth annual Project MOVE (Miner Opportunities for Volunteer Experiences).

Project MOVE, "Working Together, Serving El Paso," is a volunteer service day in which the UTEP community becomes involved in working at a community partner's project site from 10 a.m. to 2 p.m.

Projects in the past have involved YWCA, the El Paso Zoo and the Chamizal. The Project MOVE committee of 26 members recruited more than 70 project sites with 43 community partners since November of last year. Around 1,400 to 1,500 members of the UTEP community will participate this year, said Cynthia Juarez, program manager of the Professional and Public Programs.

Project MOVE has seen a substantial increase in participation coming from the El Paso community, compared to the 23 community partners involved last year.

"The person that was there last year may not be here this year," Juarez said. "So we need to rebuild that relationship, it's all about getting the word back out there, here's what we do, here's what we're looking for and the dates that we need information by."

According to Juarez, spreading the word, recruiting, calling, emailing and building the bond is important to make Project MOVE all possible since in the non-profit sector, many organizational officials switch roles or move to other places.

Despite rebuilding relationships with new organizational leaders, Project MOVE usually works with the same community partners.

"We have partners that we work with every year, usually every year the same people will come back," Juarez said. "Sometimes they may have many other things going on, other times we gain new community partners, but every year it's a new project that we are working on."

According to Mike Pitcher, director of Academic Technologies at the UGLC, half of the community partners involved are from previous years.

More than 40 UTEP organizations are participating in Project MOVE. The myriad amount of volunteers marks a huge difference to the community partners involved, Pitcher said.

"Four hours may seem like a lot, but four hours for these community partners make a world a difference," Pitcher said.

Tanya Sue Maestas, president of the Student Government Association, has participated with Project MOVE for two years and she said she is prepared for whatever organization SGA can affiliate with as a team.

"SGA is looking into participating at one site together as an organization, but if that is not possible due to the many students involved in SGA, we will be splitting up into smaller groups," Maestas, senior biological sciences major, said. "I know that whichever site we do participate in helping, it will be a great experience and all SGA members will definitely willingly partake from the opportunity."

Categorizing between organizations and individuals for Project MOVE is another priority for constructing the event.

If organizations on campus are interested in participating, they can register online through the Project MOVE website, projectmove.utep.edu. Pitcher and other coordinators then determine which project sites need more volunteers and place students and organizations accordingly.

If there is a substantial amount of volunteers needed, registration may be split depending on the amount of individuals involved within the organization, while leaving spots for single interested individuals.

According to Pitcher, it is important to know that no organization can claim priority over a project site, even though some organizations call interest in a project site before hand.

"When it comes to the participants with community partners, one organization may need multiple project sites for volunteers, depending on the circumstance," Juarez said.

"An example of different sites within a community partner can be seen in a non-profit such as Candlelighters of West Texas/Southern New Mexico."

"The Candlelighters of El Paso work with different homes in El Paso to help the elderly, like if they need their homes spruced up or if they don't have enough money to maintain their home," Juarez said. "They work with different people within their unit, so we then work with them to help those people that they've identified."

If this is the case, campus organizations affiliated with multiple sites are notified beforehand.

On the morning of Project MOVE, several check-ins will occur at Glory Field at around 8:45 a.m. Liasions are expected to be there before the volunteers check-in at 9 a.m.

After the early-morning check off, a small kickoff rally will start Project MOVE. Meanwhile organizers will hand out maps to each project site. At around 9:30 a.m. volunteers and liaisons will disperse to their designated sites.

If prospective volunteers sign up the day before the event and online registration is no longer available they can register at the kickoff rally to seek any vacant spots.

Marilyn Aleman may be reached at prospector@utep.edu.

FILE PHOTO | The Prospector

Service

Students interested in Project Move can register online at projectmove.utep.edu.

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Julian Cardinali:
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Project Space
January 24 - March 5, 2013

The Stanlee and Gerald Rubin Center for the Visual Arts
‘Pass the Pick’ campaign brings alcohol awareness to UTEP students

BY SABRINA NUÑEZ
The Prospector

Pass the Pick will be this year’s campaign for Alcohol Awareness Week, which will be held from March 11 to 15—the week prior to spring break.

The theme for this year incorporates a message for students, while showcasing Miner pride, and was put together by multiple departments at UTEP, including student life, judicial affairs, residence life, SGA and the campus police department.

“The whole concept is ‘pass your keys,’ it’s a play off of that. Everything this year is around drinking and driving,” said Catie McCorry-Andalis, associate vice president of student life and dean of students. “Students are very attuned to drinking and driving, probably because they have a personal affiliation, a friend or a family member and it’s just such an impact, unfortunately, when it does happen.”

Mothers Against Drunk Driving has been invited to attend Alcohol Awareness Week. MADD holds a court-mandated victim impact class, where victims and offenders provide their testimonies on how impaired driving has impacted their lives. MADD also provides presentations around the community.

“We start from this very stark point, where we go and provide presentations to elementary schools with students as young as pre-k to middle school (as well as) high school and students in college,” said Vanessa Marquez, manager of victim services for MADD. “We believe education is the key, getting the message out there to let (students) know drunk driving is 100 percent preventable and that there is no reason why drunk driving should exist.”

Marquez said she hopes the crashed car will show students the effects of driving while intoxicated.

“Plan ahead by getting a designated driver or plan not to drink if you are going to be the person that is needing to stay sober,” Marquez said. “Hopefully, that car crash is able to make a change in that person’s mind to not get behind the wheel with somebody who has been drinking.”

Organizers hope to encourage students to abstain from drinking and driving by passing out 10,000 key chains with the Pass the Pick logo at different parking lots on campus.

“There’s going to be a lot of ways that students can gather information, win some cool prizes and there will be some displays around campus, too,” McCorry-Andalis said. “One of the statistics (we have) is how much it costs for a DWI, so we’re taking that number and putting it in a reality for students.”

Marquez said that the alcohol industry specifically focuses on young adults. Statistics from onlinealcoholclass.com show that every year, young people will see over 1,000 alcoholic beverages ads and several thousand drinking incidents on television.

“In the media, you see a lot of the advertisements for alcohol are very set up to have you look at the alcohol and focus on bright colors or young individuals or music that is around their age or around the genre that they like,” Marquez said.

Aside from providing information regarding drinking and driving, counselors from UTEP will also be available to answer questions students may have about substance abuse in general.

“If there are concerns about academic performance, job performance, getting out of bed, being in a depressed state or an anxious state, or doing particular things, it’s hard not to assume that some type of behavior or to break away from it, unless there are other influences in your life showing you a different path,” McCorry-Andalis said. According to Kuroiwa, the counseling center does not directly treat substance abuse issues, but it does provide resources to get students connected with the services that can help them.

Students are referred to outside groups, such as Alcoholics Anonymous and Al-Anon—a support group for those with loved ones who are experiencing issues with substance abuse.

“They can certainly come to the counseling center for any kind of information or referrals or just (if they) need someone to talk to,” Kuroiwa said. “We certainly want them to stay in touch with the counseling center and visit periodically so that we can monitor their progress and check in with other concerns outside of substance abuse.”

Sabrina Nuñez may be reached at prospector@utep.edu.

THE PROSPECTOR
March 5, 2013

Wellness

JOSH PARRITA / The Prospector

Students will be educated through the “Pass the Pick” campaign during Alcohol Awareness week, March 11 – 15.
International students face hardships with visa policies

BY LORAIN WATTERS
The Prospector

Approximately 1,500 international students attend UTEP, and for many of them being able to study in the United States comes with many sacrifices. The families of international students often face greater difficulties. For Rajendra Kumar Panthee, a graduate student in rhetoric and writing at UTEP, being an international student at El Paso has been enjoyable and the experience at UTEP has been rewarding. However, because of the limitations for international students and their dependents, Panthee’s experience has also been met with hardships.

“I have my old mother who is living with my sister back in Nepal. She is suffering from high blood pressure and back pain,” Panthee said. “The problem is I cannot call her from here and I cannot go to meet my mother.”

Panthee brought his wife and children to El Paso. If Panthee were to leave with his family to visit his mother in Nepal, his visa would expire and he would need to repeat the long process of applying for it once again, which would only delay his graduate studies at UTEP.

“I wish education would be allowed for spouses,” Panthee said. “I wish (the spouse) could work at least for limited hours a week so that the family would have a comparatively better living standard. As an international student with dependents, I wish so many things but they are limited to my wish.”

Kristin Oberheide, director of the Office of International Programs, has seen many international students come through UTEP, along with their spouses and families, and witnessed the complications they face in the process of obtaining their visas.

“The main visa type that students use to come into the U.S. to be foreign national students is the F1 status and the dependents of the students are F2 status,” Oberheide said. “Legally, the dependents of the F1 status individual have to be a spouse of the opposite sex or children. There can only be one spouse and they must be legally married.”

If children are accompanying the student, they must be natural born and under the age of 21. Those who are over 21 cannot travel to the U.S. with their family. Even if they have special needs, if they are over 21, they do not qualify for the F2 status.

Adopted children have the possibility of obtaining an F2 status, but the process becomes more complex.

“There are 200 F2 status dependents currently registered that come from 70 countries, including North Africa and Turkey,” Oberheide said. “The dependents of the F1 status holder are only allowed to take classes that fall below secondary school level (elementary, middle and high school) and are a part of the public school system.”

If the dependent is past this level, they are not allowed to engage in study that has an educational or professional purpose. However, F2 status dependents can take classes that are recreational, such as yoga or cooking, since they do not go toward a profession or education.

“Immigration, including non-immigrants, which include foreign students who are expected to go home after their time spent here, is a very controversial issue. People still have the assumption that foreign nationals take jobs,” Oberheide said. “Even if it’s inaccurate that jobs are reduced because of immigrants, there is a political push to avoid giving away jobs. If a spouse of an F1 status individual got a job, perhaps a very right wing person could say ‘They took the job from my spouse and we are U.S. citizens’.”

Currently, there is a proposed rule that will allow F2-status spouses and children to study academically. This is based on the fact that the U.S. is realizing that this would be an incentive for international students to come here, Oberheide said.

“If they were choosing between the U.S. the U.K. Australia and so on, they are going to take all of this into consideration, including how your family will be,” Oberheide said. “It is a political and economic reason because we know that foreign nationals are a boom to the economy – they add economic value.”

Relatives that are not the spouse or children can apply for visitor visas and come as social tourists. Those stays are limited to three to six months, and in some cases, up to a year. This may not be enough if someone has health issues and is seeking to recover in the U.S.

Gay marriage is not allowed when it comes to international students. If students who are gay and are international students cannot bring their partners as a spouse under the F2 status.

“If the student has a same sex partner, this could be their time to come and visit (with a visitor’s visa) but a year does not cut it in either case,” Oberheide said.

It is very common across campuses that the spouses of F1-status individuals are very lonely, Oberheide said. Often times, the spouses have a very English language proficiency and lack the structure to be able to get out and integrate with others on the campus that their spouse is actively participating in. So the spouses are left to stay at home, cook meals and maybe socialize with another spouse in a similar situation.

“How are they surviving here?” Oberheide said. “That’s not to say that we should discontinue with the event, we were just disappointed with the turnout.”

For her first year, Seyed Nastaran Seyed Kalali said she experienced the loneliness that affects most international student spouses. She had no health insurance and could not be covered by UTEP and did not know where to go when she needed help.

“My husband is getting his bachelor’s degree in civil engineering and should graduate by 2015,” Kalali said. “He wants to teach at a university where we go back to Iran.”

Kalali expressed her hardships throughout her first year in El Paso with F2 visa, feeling useless by staying at home with no family or friends.

“In my home country I have a bachelor’s degree in industrial design,” Kalali said. “I want to teach kindergarten and graphic design, but I cannot do that here.”

Not wanting to have her stay home all of the time, Kalali’s husband asked Oberheide if she could volunteer at OIP every other day.

see INTERNATIONAL on page 8

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PAGE5NEWS
THE PROSPECTOR
March 5, 2013
now be used for recreational purposes during regular SRC running hours.

Two of the three new courts for racquetball are 40-by-20 foot rooms that can also be set up for netting to play volleyball.

Preparing for their Lambda Chi Alpha racquetball tournament, both Armando Anchondo, senior pre-nursing major, and Jimmy Marquez, senior mathematics actuarial sciences major, enjoy their time when using the new racquetball courts. “The one really good thing; Memorial Gym had a waiting list. Students at Memorial (Gym) didn’t have mirrors to correct themselves or see themselves.”

Michelle Hudson, sophomore physics and mechanical engineering major, said she enjoys her workout three to four times a week at the SRC. “I really enjoy the privacy and exclusion of the rooms,” Hudson said. “There’s a huge difference between sharing a gym and having a private room where you can have one to one time with an instructor.”

With glass-encased doors, polished wooden floors and warm white walls as tall as 40 ft., Marquez enjoys his cardio workout much more comfortably. “I like them better because they’re much more up to date and they’re not so hot and I’m not just standing there and sweating,” Marquez said.

Racquetball courts are not the only transfer from Memorial Gym, but also the fitness programs. Nellie Nunez, Kardos Kickboxing fitness instructor who has worked with UTEP for 12 years, said that the new facilities serve better to students because of the establishment of mirrors.

“The availability of the space is one really good thing. Memorial Gym is an older building and this is a newer facility,” Nunez said. “The fact that there are mirrors in the rooms makes it a lot better so that students can see their form as they go by. Students at Memorial (Gym) didn’t have mirrors to correct themselves or see themselves.”

Michelle Hudson, sophomore physics and mechanical engineering major, said she enjoys her workout three to four times a week at the SRC. “I really enjoy the privacy and exclusion of the rooms,” Hudson said. “There’s a huge difference between sharing a gym and having a private room where you can have one to one time with an instructor.”

All the equipment is provided for each fitness program and if students are interested, they may stop by the SRC membership office room 102B, open from 9 a.m. to 6 p.m., Monday through Friday.

One fitness program costs $25 additional programs include a $15 charge and Saturday programs run at a $10 charge. The fees paid are obligatory for me, “ Kalali said. “I make forms, design posters and logos. I am fulfilling my knowledge and it is good for job experience. I thank Kristin for letting me volunteer and for letting me be a friend among them.”

For Oberheide, the beauty of international education is when students from UTEP get to meet students from other countries and those experiences allow them to open their minds. “Everyone is a human being trying to survive. International students give U.S. students those experiences and give them an open mind; those people overseas are just like us here and have the same goals,” Oberheide said. “Everyone is just trying to get a better life and some of us are just lucky to have been born where we are.”

CONGRESO viene de página 1

Como parte de la serie de conferencias que se ofrecen para el centenario de la universidad, el profesor Julio Ortega, director de Estudios Hispanos en Brown University, presentará una ponencia magistral titulada “Carlos Fuentes Entre Fronteras: México, EEUU y España en el Mapa Literario del Siglo XXI.”

“Ortega va a hablar sobre la presencia de Carlos Fuentes en todas partes del mundo, pero sobre todo en España, en México y aquí mismo en los Estados Unidos”, dijo García. “Carlos Fuentes presentado como un individuo que traspasa fronteras.”

La ponencia de Ortega se llevará a cabo a las 5 p.m. el 8 de marzo en el edificio de UGLC.

García dijo que es importante que el congreso se lleve a cabo en UTEP ya que proveer a estudiantes en los programas de la maestría en español y creación literaria la oportunidad de entrar al mundo profesional de las conferencias. Niéce estudiantes presentarán y alrededor de 20 servirán como moderadores de mesa.

La conferencia es gratuita y es organizada por el Departamento de Lenguas y Lingüística en UTEP y La Revista de Literatura Mexicana Contemporánea. García junto con Luis Aruto Ramos, profesor de creación literaria y Socorro Tabuenca, profesora del departamento de lenguas y lingüística, dirigen el congreso.

Para más información, visite la pagina ia.utep.edu/Default.aspx?tabid=73195.
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P h o t o s b y O c i r i s A l v a r e z , M i c h e l e T o r r e s a n d J o s h P a r t i d a
STAYCATION: ALTERNATIVE TO VACATION

BY SABRINA NUÑEZ
The Prospector

For spring break, some students will pack their bathing suits and sun block to flood the beaches for an MTV-style vacation, while others will remain in the city for a “staycation,” (vacation taken at home).

“Staycations received a lot of attention in 2008 (and) 2010, when the recession was severe enough that it affected a lot of family incomes,” said Tom Fullerton, economics professor. “They decided that even if they didn’t go out of town, they still needed to take time off and probably some footballs and just play. We might make it into a little barbecue afterwards.”

For Tapia, a staycation provides an opportunity to spend time with her boyfriend while indulging in some traditions. Another location Tapia said she plans to visit is Old Mesilla. Tapia said her main reason for the visit is to dine at the Double Eagle restaurant bar in Old Mesilla. (Right) Aguirre Springs near Las Cruces, NM.

By nature, staycations are less expensive than an out-of-town vacation because travel is either minimal or does not occur at all.

“For most families, AAA (American Automobile Association) anticipates that an out-of-town vacation will cost $244 per day for two people and then if it’s more than that, the figure goes up. Now in the case of students, that figure will be substantially lower,” Fullerton said. “The thing to recognize no matter what the out-of-pocket cost for students is that if they cannot afford to go out of town, they still need to fully benefit from a staycation.”

Rhianna Tapia, sophomore multimedia journalism major, will stay in El Paso during spring break, but she is planning on taking a few days to make excursions around the region. One spot she plans to visit is White Sands, which is 52 miles east of Las Cruces. The entrance fee is $3 per person over the age of 15.

“My boyfriend has never been to White Sands, so we’ll probably end up going with his mom and his brothers and we’re planning on sledding down the slopes,” Tapia said. “We’ll take food and take some drinks out there and probably some footballs and just hang out with people out on the beach and just talk to them.”

“As long as students are responsible and do not over-extend themselves financially, going out of town is fine, but if they don’t have the money to do so, then it’s a bad idea,” Fullerton said. “They’re going to pass out waters or we might just hang out with people out on the beach and just talk to them.”

“Before we used to go to South Padre with all the Baptist Student Ministries that are in Texas from different universities,” Santillan said. “The reason why we’re not doing that this year is because everyone has different dates for spring break.”

Although budget-friendly, Fullerton said staycations do have some drawbacks.

“The risk of a staycation is that your boss might contact you and say, ‘No, you’re in town,’ (and people) may fall into old habits that prevent them from doing activities that they normally would engage in out of town vacation,” Fullerton said.

Myriam Santillan, junior nursing major, will be participating in an alternative spring break called Reach Beach Reach San Diego, which she said incorporates her religious beliefs.

“We’re going to be serving people and at the same time we’re just going to have fun. We’re going to be evangelizing and sharing about God and who God is,” Santillan said. “We’re probably going to pass out water and we might just hang out with people out on the beach and just talk to them.”

Reach Beach usually takes place in the popular college spring break location of South Padre Island in Texas, but this is the first year it will be held in California.

“According to Fullerton, students need to weigh their situations to determine whether to embark on a vacation or a staycation. “As long as students are responsible and do not over-extend themselves financially, going out of town is fine, but if they don’t have the money to do so, then it’s a bad idea,” Fullerton said. “If they’re not facing any past due bill situations, then it’s okay not to work extra hours, but if they are facing a lot of past bills and things of that nature, then working extra hours is acceptable. They can take advantage of the fact that they don’t have to break up the day to attend class.”

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Sabrina Nuñez may be reached at prospector@utep.edu.
SPECIAL TO THE PROSPECTOR

SAVORY SWIMSUITS
FOR 2013

BY EILEEN LOZANO
The Prospector

It is just about the time of year that most females hate the most; shopping for summer swim options. Trying to shop for the perfect suit is just as hard as shopping for new jeans, they have to flatter and conceal from all angles. I spent all 2012 praying and the fashion gods have answered, gone are the years of the tiny teeny Britney Spears bikini. Among this year’s trends are the high waist bottoms, and the ocean inspired prints. Enough with the pop culture reference and quips, let’s get on with the trends.

Retro swimwear
High waist bottoms are the quintessential piece to any suit this season. This type of suit was popular in the ‘40s and ‘50s and the comeback could not have come at a better time. Big time designers, as well as retail chains, have made option readily available to the public. Pair these cute printed or solid bottoms with a structured bustier top, and there will be no need for a sarong.

Flirty floral
No surprise here that floral would be a trend this spring/summer. Whether the print is small and dainty or large and repetitive, your suit will be on point regardless. The but floral colors to keep an eye out for are pink, orange and blue.

“Swimgerie”
This may be a term you are already familiar with if you watch Bravo’s “Shahs of Sunset.” The term was coined by Shahs star Lilly Ghalichi when she started her swimline, “Have Faith Swimgerie.” Swimgerie is this year’s breakout trend and it is exactly what it sounds like. Start with corseted tops and lacey bottoms that mimic the appearance of something you would wear in the boudoir. Keep your eyes peeled for a top with a good cut-out for are pink, orange and blue.

Marine hues
This trend is one that I haven’t seen on the runway in some time. Designers derived inspiration from the ocean and transcended it throughout their swim collections this season. Coralicious, turquoise and sea greens provide us gals with a wonderful palette to work with when shopping. Suits with nautical hardware add that extra marine life feel even if you can’t be near the ocean.

‘80s color block
Fans of Xanadu can finally pull out their vibrant color blocking suits and wear them to the pool proudly. The ‘80s athletic looking swimsuits are the perfect alternative for women who don’t feel as confident being so exposed. Accessorize your one piece with a fun headpiece, such as a banana or a wide-brimmed hat. Keep in mind that a one piece does not have to be something you find in the lost and found bin after a Gus and Goldie swim meet.

2013 swim colors and options
If you are like me, you like color, but you can appreciate the beauty in darker shades. Don’t be afraid to go with a rich plum or burgundy suit as opposed to the usual black. Any dark shade will slim you just as much as a black suit would. Also mixing and matching textures, prints, and colors is completely okay when picking a suit. Shoes are also something to think about when shopping, just like with any outfit the shoes make the look. Try picking something other than a super casual flip flop. Wedges are my personal favorite when being poolside. They are easy to slide on and off and you aren’t wandering around a huge body of water all afternoon. If you are more of a high heel gal, go for it. Always remember to be as unique and different as you want, make this a fun shopping excursion and leave your inhibitions at home.

BY STEVEN MANFIELD
The Prospector

For many years, board shorts seemed to dominate men’s wardrobe while out at the pool. But just as the fashion of shorts has evolved, so has the fashion of swimwear. Don’t get me wrong, board shorts are perfectly fine when shopping for a new swimsuit, but try to stick to a length that falls no farther than the bottom of your knee. It will do nothing but slow you down in the water and make you look shorter. Be daring and try a shorter length for your swim trunks. A few inches above the knee is a safe and good-looking length for swimwear, and if you really want to show off your legs, go even shorter. You will already be half naked, nothing wrong with showing some more skin.

To Speedo or not to Speedo?
I believe the Speedo should be left for the dedicated and professional swimmer. But if you feel like wearing a Speedo this spring is a must, don’t be that creep on the beach in the bright colored Speedo. There are many different styles of Speedos for you to choose from. The classic briefs and square leg Speedos are good options, but be sure to follow the above advice on patterns. You already stand out from the crowd enough, no need for bright colors and patterns. Also, if you do not have the physique or the confidence to wear this type of swimwear, leave them at the store or save them for some swimming at home. Make sure to stay away from the dreaded banana hammock and make sure to cover up your backside. You will be swimming, not dancing on a pole.

From the beach to the streets
While shopping for your new swimsuit, keep your wardrobe in mind in order to properly transition from the beach to the streets. If you, like myself, prefer to not have to change constantly during a day in the water, a pair of swim trunks that can be worn with any number of tee shirts or tank tops is a good investment. This is why buying shorts with subtle patterns and colors is a good idea to be able to run to the store and back into the pool all while still looking your best. If you manage to find swim trunks that look like shorts, these are the ideal swim trunks for this kind of versatility.

BY MICHELE TORRES / The Prospector

Floral prints and darker colors are in this summer season, giving versatility to the traditional bikini or one-piece suit.

SPECIAL TO THE PROSPECTOR

UPCOMING SHOWS
MARCH 7: Ryan Bingham
MARCH 8: The Soft Moon
MARCH 9: Cold War Kids
MARCH 10: Plastik Funk

March 5, 2013

BY STEVEN MANFIELD
The Prospector

As we finally begin to see the light at the end of the winter tunnel and with spring break right around the corner, it is time to fill your closet with clothes for the warmer weather. Although you will be wearing the least amount of clothing possible while jumping into a refreshing pool, it is still important to look your best. Let’s take a look at some dos and don’ts when it comes to men’s swimwear.

Bye-Bye Hawaii
It is common while shopping for swimwear to come across trunks with palm trees, seagulls, flowers and Hawaiian sunsets. Stay away from them. The last thing you want to do is be that guy at the pool with the tacky shorts. Try to stick to shorts with solid colors, stripes, color blocking, or a subtle plaid. More plaid is not necessarily better plaid. Solid colors and stripes are simple yet effective ways to look your best. All you are going to be wearing are swim trunks, so make sure they make you stand out in a good way.

Who wears short shorts?

For many years, board shorts seemed to dominate men’s wardrobe while out at the pool. But just as the fashion of shorts has evolved, so has the fashion of swimwear. Don’t get me wrong, board shorts are perfectly fine when shopping for a new swimsuit, but try to stick to a length that falls no farther than the bottom of your knee. It will do nothing but slow you down in the water and make you look shorter. Be daring and try a shorter length for your swim trunks. A few inches above the knee is a safe and good-looking length for swimwear, and if you really want to show off your legs, go even shorter. You will already be half naked, nothing wrong with showing some more skin.

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BY MICHELE TORRES / The Prospector

Floral prints and darker colors are in for this summer season, giving versatility to the traditional bikini or one-piece suit.
BY LEONARDO MONTAÑEZ
The Prospector

Just to the side of San Jacinto Plaza, Pike Street Market offers an alternative to the fast food chains that surround downtown by offering fresh food made daily.

Located at 207 E. Mills Ave., the cafe is owned and operated by Virginia and Stuart Howell, mother and son, who offer their clients food cooked daily and pastries.

“We cook our food daily from scratch; it’s all fresh, from the gourmet delis, to the pastries and salads,” Virginia Howell said.

For Stuart Howell, quality is what makes this coffee shop stand out since they are not a chain.

“We got the name after the Pike Place Market in Seattle; our establishment is very cozy and affordable; the price range is from $1 to $15,” he said. “You can have your meal to go or we can deliver if it’s in the downtown area.”

Although the Pike Street Market is not on campus, UTEP students have come across this hidden jewel. Diana Komiyama, sophomore pre-nursing major, enjoys studying at Pike Street with a cup of coffee in hand early in the morning.

“It is close to campus, and even more if you own a car, but it’s a great way for people (to study) who have late classes since it opens early in the morning,” Komiyama said. “I sometimes go with my friends to study there.”

For Komiyama, the appearance of the coffee shop is attractive and the atmosphere is relaxing with a sweet aroma in the air.

“More UTEP students should get to know a little bit more of the local businesses,” Komiyama said.

Aside from the cooking, the Pike Street Market offers customers different advantages, such as free Wi-Fi and catering to special events.

“The artwork hanging on the coffee shop walls is for sale, done by Virginia Howell and six other artists. “We have free Wi-Fi for our customers,” Stuart Howell said. “We also offer the option of taking your food to-go and we also cater to work meetings, parties and school events.”

The Pike Street Market is open Monday through Friday, 7 a.m. to 3 p.m. Leonardo Montañez may be reached at prospector@utep.edu.
A wardrobe inspired by music

John Alarcon, senior marketing major, can be seen walking the halls of the Business Building in his own kind of professional and casual style. Drawing inspiration from music and his surroundings, he likes to implement unique pieces into his outfits to create a personal style. Alarcon enjoys being creative with his outfits and is not afraid to dress the way he likes. The Prospector sat down with him to discuss his inspiration and style.

Q: How would you describe your style?
A: My style changes day to day. I do not think I have a specific style. It just depends on how I feel and what is going on that day. I do not think anyone should stick to a certain kind of “style.”

Q: Where do you get your inspiration?
A: Everywhere. The music I listen to, things I see, things I see people wear. A lot of it is from music because I think music alters the way that you feel and that is where I get it from. What I feel like listening to that day transcends into what I am wearing that day.

Q: What influenced you to wear this specific outfit?
A: It is still kind of chilly so I think you are still able to wear the red and brown when you can't really do that during the summer. I kind of change it up a little different because you are not used to seeing light denim during the winter and the light denim throws it off a little. I like to add something like that to every single thing I wear, something that you really wouldn’t typically see.

Q: Where do you like to shop?
A: The Internet. I have been into getting clothes at Zara lately because I have been dressing a lot more professionally, having to go from school to work. I am in Delta Sigma Pi, a business fraternity, and a lot of our events are very professional so I had to stop buying normal shorts and tank tops and having to buy pants and button ups.

Q: What is your favorite clothing brand?
A: If I could afford it, Marc by Marc Jacobs. That is my favorite, but obviously I can’t afford that. The shirt I am wearing is Marc by Marc Jacobs and I got it at the actual store and it was like $30, but all the rest of the items are like hundreds to thousands. I wish I could wear that but more affordable. 55DSL is the younger brand of Diesel. It is kind of like how I explained earlier, it throws something different on a lot of the clothes. Like it will be a normal kind of shirt and it throws something like a curveball on the piece and I really like that.

Q: Why do you like to dress up for school?
A: I think it is the same reason I dress up for anything else. I like being creative; I think it goes along with the way you dress.

Q: Has fashion always been a part of your life?
A: I have always looked at the way I dress. I mean, I do not think I have really enjoyed dressing up as much as I do now but as you get older you kind of choose your hobbies and things that really interest you. I think more recently than ever, maybe the past two years, I have really been into it.

Q: Do you have any fashion advice for men?
A: Do not be afraid to dress how you want. Do not worry about how people are going to judge you. I mean, I think it is ridiculous when people do not wear something because of how they think people are going to look at them. Just wear what you want.

Steven Mansfield may be reached at prospector@utep.edu.
Movie Review
‘Amour,’ heartbreaking and powerful

BY OSCAR GARZA
The Prospector

Winner of Best Foreign Film at the Oscars and winner of the 2012 “Palme D’Or” at the Cannes Film Festival, Michael Haneke’s “Amour” is a brutally honest depiction of an elderly couple struggling with the road towards death. When Anne (Emmanuelle Riva) suffers a stroke that paralyzes her body from one side, her and Georges (Jean-Louis Trintignant) must deal with the everyday struggles to maintain their love for each other while also dealing with emotional turmoil, acceptance of life and death and the minuscule problems that become almost war-like conflicts.

Shot with marvelous simplicity while also delivering some powerfully affecting moments by Darius Khondji, the film deliberately takes its time, making the viewer see these characters and their interactions with outside forces like their daughter, a visitor and others. Throughout the film, Haneke makes good use of single-take scenes that are incredibly affecting. Sometimes they last an entire sequence.

Haneke’s script also brings into question issues of mortality, love, appreciation of life and grappling with the emotional and physical toll that it takes from caring for a loved one. His script is an unflinching view of those struggles. He also locates the entire film inside the couple’s Parisian home and it is marvelously done. He makes you feel not only like you are stuck with the couple but he creates an almost claustrophobic feel that forces you to experience all this grief with Anne and Georges.

From its chilling opening sequence, the film captures the suffering that the characters endure throughout this ordeal and Haneke’s handling of it is truly phenomenal. Instead of an original musical score, Haneke uses ambient sound. The flapping of a bird’s wings or the scribbling of a note written on a wooden desk augments the stark reality of it all, creating a sense of loneliness from the rest of the world and, in a way, making their house as much a character as they are.

Though this difficult material can be sentimentalized, Haneke’s portrayal has a raw and honest emotion from its characters, showcasing it as realistically as possible and dealing with it in a way that is, at times, hard to watch but also admirably brave and incredibly powerful.

The cinematography by Khondji is wonderfully muted. It bring the tone of the film to life, which serves as a great contrast to his more vibrant recent films from Woody Allen (“Midnight in Paris” and “To Rome With Love”). Even though it might not be for everyone, “Amour” is an incredibly powerful story dealing with life, death and love amidst a tough situation. Its masterful filmmaking is haunting in its simplicity yet admirable in its brilliant execution. Its performances are a tremendous showcase for the two actors, and its complex script deals with these remarkable issues in an emotionally affecting way.

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Five out of five picks.

Oscar Garza may be reached at prospector@utep.edu.

SPECIAL TO THE PROSPECTOR

SPRING BREAK MOVIE RELEASES

MARCH 15
“K-11”
“The Incredible Burt Wonderstone”
The March comedy will star Steve Carell as a magician who splits from his stage partner.

MARCH 20
“Eden”
“The Call”
Continue your vacation with these action-packed thrillers.

MARCH 22
“Olympus has Fallen”
“The Croods”
The Dreamworks animation film set in prehistoric times, stars Nicholas Cage.

MARCH 23
“Admission”
“Spring Breakers”
“On the Road”
The film adaptation of the Jack Kerouac novel will star, among others, Kristen Stewart.
Final conference showdown with Memphis

By Audrey Westcott

For the last home game of the 2012-13 season, the men’s basketball team will be matching up against the Memphis Tigers at 7 p.m. March 5, at the Don Haskins Center.

When it comes to men’s basketball, UTEP and Memphis have always had an interesting interaction. For each game played between the two teams, there is always more than just a win on the line.

Last season, the Miners outplayed the Tigers 65-58, handing Memphis its only conference loss and third home loss to a C-USA opponent since the 2005-06 season.

Since that game, the Tigers have held a 21-game winning streak against C-USA opponents which extends back to last year’s conference tournament when they beat the Miners 65-47.

“Last season we beat them at their home and they beat us in the tournament, so it would be nice to return the favor,” said senior guard Jacques Streeter. “To beat Memphis, it is going to take a lot of heart and staying poised on the court. They are a scrappy team, so they like to get going. We cannot afford to get caught up playing their game, we need to play our game.”

This season, Memphis currently holds the first seat in C-USA, with a perfect 14-0 conference record, 25-4 overall, and once again the Miners are looking to be that one team to break their streak.

The Tigers are ranked 25th in the AP Top 25, while UTEP, who is in the third place for C-USA, is still considered to be the young team on the court.

Memphis ranks fourth nationally in blocked shots (6.5 avg.), seventh in assists (16.9 avg.), 15th in field goal percentage (.479) and 17th in steals (9.0 avg.). In C-USA, the Tigers lead in seven statistical categories for league games – scoring (77.5 ppg), scoring margin (+13.6 ppg), field goal percentage (.490), field goal percentage defense (.393), blocks (7.4 avg.), assists (18.5 avg) and assist/turnover ratio (1.2).

Junior Memphis guards, Chris Crawford and Joe Jackson, are two strong forces for the Tigers as they both are continuously putting up double figures in games, including Memphis’ last win over University of Central Florida, 76-67, putting them at 8-1 on the road.

Memphis has strong statistics, but their history with UTEP proves that anything can happen.

“Watching the Memphis game against Southern Mississippi University, I felt I was looking at the best team in the country, just based on their energy, the way they shared the ball, moved the ball, how they were guarding, forcing turnovers and their dominance on the glass,” said head coach, Tim Floyd. “They are a talented team of veterans, with plenty of juniors and seniors on the team, but we have grown throughout the season as well. This game will be a great opportunity to show how our pre-conference schedule has helped us grow.”

Despite losing to two other ranked opponents earlier in the season, (lost at no. 12 Arizona 72-51 on March 5, 2013)

Top-5 AP standings: Gonzaga, Indiana, Duke, Kansas and Georgetown

Top 25, while UTEP, who is in the third place for C-USA, is still considered to be the young team on the court.

Track and Field

Athletes earn ticket to NCAA championships

BY EDWIN DELGADO

The Prospector

Sophomore distance runner Anthony Robich will compete in the NCAA Indoor Championships. He will run in the 3,000-meter and 5,000-meter.

Sophomore distance runner Anthony Robich was UTEP’s most successful athlete at the Conference USA championships, the Kenya-native took gold in the 3,000-meter and 5,000-meter run. He finished second in the mile run.

“Anthony ran four different events for us and he scored 36 points for the team; he was the highest point scorer for the conference,” said head coach Mike Laaksonen. “Janice only participated in the 60-meter hurdles, but she finished first, breaking the school record, so there is really nothing negative about her performance in the conference championships. I’m very pleased.”

Junior hurdler Janice Jackson ran in the 60-meter hurdles. Despite hitting one of the hurdles in the qualifiers, she still managed to get the second best time. In the final heat, Jackson won the gold medal with a time of 8.17, which was a personal-best and school record.

“I went really well for me, I remember that in the preliminaries I had a 8.32 seconds time and I was super upset just because I hit a hurdle,” Jackson said. “I got over it very fast, and in the finals all I cared about was doing what coach Lacena (Clarke) had told me to do and I got my best result ever.”

Assistant coach Lacena Golding Clarke said she is content with Jackson’s progress throughout the year.

“She said that Jackson is getting stronger and faster. The fact that she is in good shape should help her concentrate on execution and speed ahead of the NCAA meet, Clarke added.

“Janice has been doing really well, she is a hard worker she listens to exactly what I’m trying to teach her. I’m really proud of how she has done for the indoor season and we have the NCAA’s coming on this weekend,” Clarke said. “We are not looking for time, we want to go out there and run the fastest time we had run before, that’s my goal for her. So hopefully she can come back with another school record. I think she’s going to do really well this season.”

Laaksonen pointed out that both student athletes didn’t qualify for last year’s NCAA Indoor Championships, but have shown big improvements this season. Laaksonen said he is expecting both to finish as all-Americans.

“Anthony is ranked 4th in the nation for the 5,000 meters, which is his main event, and will take place day one. We don’t expect him to lose any ground, he is running so well that he can even improve his time for the meet,” Laaksonen said. “In day two, he is going to run the 3,000 meters, but we’ll see what he can do. Right now Janice is tied for seventh so she also has a really good chance of making the final.”

The NCAA Indoor Championships will be the last event the Miners will have for the indoor season with only Jackson and Rochitz competing. The rest of the track and field team is already focusing on the outdoor season, which begins towards the end of March.

“My personal goal is to make it to the final because once you are in the final, anything can happen,” Jackson said. “Everyone has an equal chance of coming out there and winning because no one goes there to lose.”

Edwin Delgado may be reached at edelgado@utep.edu.
Miners start first day of spring drills

BY KRISTOPHER RIVERA
The Prospector

The morning of March 4 was the first day of spring drills for the Miners at Glory Road Field. It was like the tryouts scene out of "Rudy," but the only missing thing was the soundtrack by Jerry Goldsmith. The air was cool with a smell of freshly cut grass.

"I enjoy the game, I've been doing it for a long time," Kugler said. "There was no nerves on this part, but you could tell that some of the kids were a little nervous."

Returning to this year's roster are 42 letter winners, including 15 starters. The spring drills will set the tone for the team but will not determine starters. After the spring game, scheduled for April 12, coach Kugler and his staff will know where to make improvements.

"Even after a game, I'll try to hold any judgment until I go back and watch the film," Kugler said. "There were some good efforts out there, but we'll review it, look at it, evaluate it and then have a better idea."

These drills don't include the 18 incoming players that Kugler and his staff recently recruited out of high school. Of the new recruits, Kugler may expect two of them to earn starting spots on the team.

This spring, everyone will have to wait to get a glimpse of transfer quarterback, Jamelle Showers. At 6 feet 2 inches tall and weighing 219 pounds, Showers is the former backup quarterback for the Heisman trophy winner, Johnny Manziel.

"We're looking to see who the best competitors are, we're trying to establish our offensive and defensive systems. We're trying to see who has the best work ethic and give us a starting point going into the fall," Kugler said. "We won't really have a depth chart in the spring, we're going to move guys around at different positions...basically what we're trying to do is get a foundation set so when we go into the fall we have an idea of who we're going to put in certain spots and we'll go from there."

Sophomore running back, Nathan Jeffery, said the staff is stricter and the intensity of the practice is higher. "It's a lot of changes, a lot of big changes," Jeffery said. "It's a new offense so we're all trying to get used to it. All over it was an alright practice, we just got to get better."

The offense is set at a fast tempo, with quick huddles and execution. Their play is similar to what Boise State has done recently. Kugler, defensive line coach, Andrew Brown, and defensive coordinator Jeff Choates were with the Broncos when they won the Fiesta Bowl in 2007. Their systems are similar to what Boise State uses on defense.

"I think we are athletic, we have some guys that can change directions," said wide receiver coach, Todd Whitten. "We are learning a new system so at this stage in spring practice, the guys are going to need to get some reps under their belt so they are not thinking so much and they can react and go play. We're still a couple of days away for them to cut loose and be really comfortable on what to do."

The annual spring game is scheduled at 7 p.m., April 12, at the Sun Bowl. UTEP will kick-off the 2013 season against longtime rival New Mexico, Sept. 7 at the Sun Bowl. Other home games include UTSA, Louisiana Tech, Tulsa and Florida International. The Miners then face SEC powerhouse Texas A&M, on the road Nov. 7. Other road games include NM State, Colorado State, Rice, North Texas, Tulane and Middle Tennessee State.

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BY KRISTOPHER RIVERA
The Prospector

People usually debate over which quality is more important for an athlete to have, talent or hard work. But in the case of 21-year-old Janice Jackson, it is a combination of both and heart. The junior hurdler/sprinter practices with a kner brace on her right leg where she has no ACL.

“My motivation to really keep going comes from my mom because my older sister never finished high school and she didn’t finish college until two years ago,” Jackson said. “Technically, I’m the first one in my immediate family to graduate from college right and she didn’t finish college until two years ago,” Jackson said. “Technically, I’m the first one in my immediate family to graduate from college right after finishing high school.”

At the same age Jackson began running in small track meets that her gym teacher would put her and some classmates in. She then continued to run in track when she got to the seventh grade.

Eventually, she started running the hurdles right before outdoor season her freshman year of high school. In between her four years of high school running track for Medgar Evers College Preparatory School, she went from running a 9.2 to 7.95 in the 55-meter hurdles. When she was about to graduate, Jackson received letters from Michigan, Nebraska and other schools. She made her final decision to go to Clemson. However, a week before going, Jackson tore her ACL in an accident while riding her bike.

Despite the injury her coach kept her on the team. Jackson went through rehab and got back on the track after nine months. “I came back and ran my same high school personal-record my first meet so I was like ‘oh man it’s about to be a good season,’” Jackson said.

Although Jackson’s return seemed optimistic, two years later things turned sour. Not performing so well, Jackson’s scholarship contract was not renewed at Clemson. At that time, Jackson’s high school coach got in contact with former assistant track and field coach, Kebba Tolbert, who coached at UTEP from 2008 to 2011. Tolbert was interested in recruiting Jackson when she was in high school.

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— Lucena Golding Clarke, assistant track and field coach

Recently, Jackson had a gold medal win in the final of the women’s 60-meter hurdles, Feb. 24, at the Conference USA Indoor Championships in Birmingham, Ala. She posted a personal-best time of 8.17 seconds. Her time ranks fifth-fastest in the nation and registers as a new school record in the women’s 60-meter hurdles.

Born and raised in Jamaica until she was 9 years old, Jackson moved to the United States to live with her mother in Brooklyn, NY.

“It was so weird; I remember I came over here and my mom was like, don’t speak Jamaican, they’ll make fun of you. Sit there and try to learn your English,” Jackson said. “It’s not that much different from speaking Jamaican, so I sat in the back of class, didn’t talk to anybody. I was so shy. It took me a while to get out of my shell.”

When Jackson was 10, her father passed away after having a heart attack. He was 47.

“The situation still remained a little unsettled when Jackson arrived at UTEP in the fall of 2011 when the program was going through constant changes in assistant coaches. Two weeks into her first semester, her recruiting coach, Tolbert, accepted a position to be assistant head coach at Harvard. Eventually UTEP hired a new assistant coach, Scott Roberts, who only stayed at UTEP for the spring 2012 semester. In the summer of 2012, the UTEP track program hired a new coach, Lucena Golding Clarke.

In spite of all the changes, Jackson remained positive and strong. “She has to, especially in track and field. It’s a team sport, but it’s also individualized,” Clarke said. “So that plays a big part in her...she’s been very strong.”

This is Clarke’s second semester coaching Jackson and it is something new to her to see an athlete do well with no ACL. Jackson’s trainer said her quads and hamstrings are so strong and that’s what helps her keep going.

“She’s very resilient. She’s committed to what she wants to achieve,” Clarke said. “She will be a great athlete over the future...for next year she will improve a whole lot.”

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Training for a marathon is never too late

BY ASHLEY PACHECO
The Prospector

Running a marathon seems almost impossible when thinking about running all those 26.2 miles. To prepare for the 26.2-mile journey or even a half marathon, which is 13.1 miles, more than just the daily running is required. Feb. 24, the El Paso marathon had about 2,400 participants, up 20 percent from last year.

More and more people are getting involved in activities like this year after year. For those looking to jump into the activity, there are a few things to know.

Brian Carter, associate director of the Student Recreation Center, said preparing for a marathon should always be approached slow and steadily.

“Always remember to train hard and with heart, but also remember to be sure to listen to your body and let pain be an indicator because that’s usually when injury will start to occur,” Carter said.

Carter said that a good pair of running shoes is very important to start with. Buying shoes designed for running is advised. Usually the best running shoe will be over $60. Carter also said that there are many different running shoe manuals on the market and it is best that runners research themselves to see which shoe suits them best.

Options include shoes for individuals with high arches or flat feet.

For beginners, it is best to try to run a 5K, which is three miles, to get used to running long distances. It is also important to develop a routine running free to six times a week.

When starting out, if a mile is too difficult to complete, it is advised to run one forth a mile, walking for a mile and alternating. Increase the time running and decrease the time walking until running a full mile without stopping is attainable.

A good rule of thumb is to never increase the mileage by more than 10 percent weekly. Big leaps in the number of miles ran may lead to injuries like tendinitis. Shin splints may also occur, causing a delay in training.

It is also important to cross-train and keep the body’s muscles strong. It’s essential to do light weight training to contain lean muscle mass. Also, incorporate biking or using the elliptical as an alternative to some of the running days to give the legs, feet and knees rest.

Junior kinesiology major, Casey Sholtis, ran a 5K before and is building up her mileage. She stressed how important it is to keep up with not just the cardio element of running but also strength training.

“Cross-fit totally helps me keep running. I feel that with stronger legs and a stronger core, I have seen great improvement on my running and I would advise anyone that’s planning on doing a 5K or marathon to weight train,” Sholtis said.

Keeping a good diet and drinking lots of water while training is also important. Also, Moreno-Brown, dietitian and health sciences professor, has participated in the El Paso half marathon.

She said keeping up with a healthy diet will provide more energy to complete long runs on marathon day.

Moreno-Brown said to make sure to get the right amount of carbohydrates and protein and to try to stay away from the processed fatty foods. Drinking chai-tea or green tea increases stamina, helping the runner complete long distance running.

Whether your goal is to run a 5K or complete a marathon, get started now. Some might begin to love running and find it as a stress reliever. It’s also a huge accomplishment doing the unthinkable.

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Jackson studies her opponents to prepare for matches. She also prepares herself mentally.

“Another thing I do when I get to a meet is I’ll say to myself, ‘oh, I beat them already,’ Jackson said. ‘And that sets me up, even though sometimes I haven’t, but I tell myself that’s what you have to think like to run today.”

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Currently Jackson is a qualifier for the 2013 NCAA Indoor Track and Field Championships, to be held March 8-9 at Fayetteville, Ark. She will make a run for the money in the women’s 60-meter hurdles. Braces or no brace, she is going all in.

“I wear the brace in practice, but at the meet Dr. Mansfield says, ‘you don’t have to wear it. It seems like if it gives out, it gives out,’” Jackson said.

When Jackson isn’t in the zone by herself she’s in the zone by herself. She’s a huge asset to the team and she’s a very humble person.”