HEALTH & WELLNESS ISSUE

VICEs Unmasked

REEFer Madness

Healthy Eating Tips

Spring Season Opens

PHOTO BY MICHAELA ROMAN / THE PROSPECTOR
PERSPECTIVES

COLUMN

Editors describe their vices

BY LORAN MATTERS

The Prospector

I look at my notebook and see an intimidating list of things to do for school or work and my headache comes on. When things aren’t going well at home or in my personal life, it feels like a battle I can’t win against the world.

Yet, there is always a sliver of happiness that I can find when I need to escape the stress of everything else in my life. Leather-bound, paperback, yellowed with age or fresh off the shelf, I can always find fingers to reach into the world of my choice and immerse myself in a whirlpool of words.

Books are my vice and I can honestly say it would be hard to get things accomplished if I didn’t take that necessary break from life.

With my bookshelf tumbling over the brim, my not-so-little library has given me hours of entertainment that no television, video game or computer can provide.

In between studying for exams or writing the next story for the paper, I make sure to always keep a book on my person—feeling assured that a quick escape is just a page turn away.

Loran Matters may be reached at theprospectordaily.com.

BY EDWIN DEGADO

The Prospector

Hi, my name is Edwin Delgado and I’ve been doing coke for the past 15 years. It started out of nowhere and next thing I knew I was doing it every single day, and a lot of it too.

In the past five years, in order to feel at ease, I’ve turned to taking pictures for a get away from the daily routine. I’ve definitely gone through my fair share of cameras, but the feeling has remained consistent. Alone with my camera is something I never take for granted.

Taking pictures challenges me to create something of my own from the surroundings given to me. It is a challenge that has turned into my passion. Contrary to popular belief, your profession can also be your hobby and stress relief.

Edwin Delgado may be reached at theprospectordaily.com.

BY JASMINE AGUILERA

The Prospector

I find it hard to stop thinking. My mind is always running with thoughts about what I have to do in the next hours or days, what my loved ones are up to or some complex thought about life and all it’s wonders. It’s exhausting.

The only time my mind is at peace is when there’s a paintbrush or charcoal pencil in my hand. I put my headphones on, listen to Beirut or whatever I happen to be obsessing over headphones on, listen to Beirut or whatever I happen to be obsessing over headphones on, listen to Beirut or whatever I happen to be obsessing over and feel a headache, I realize that I have failed to write the next story for the paper, I make sure to always keep a book on my person—feeling assured that a quick escape is just a page turn away.

Jasmine Aguilera may be reached at theprospectordaily.com.

BY MICHAELA ROMAN

The Prospector

As a student, work and work is finally done with, I’ll still find it hard to shake the feeling of stress.

For the past five years, in order to feel at ease, I’ve turned to taking pictures for a get away from the daily routine. I’ve definitely gone through my fair share of cameras, but the feeling has remained consistent. Alone with my camera is something I never take for granted.

Though I am constantly taking pictures for work purposes, it’s a different experience to explore new places and experiment with lighting and angles without having to worry about meeting a deadline or fitting a certain criteria.

Taking pictures challenges me to create something of my own from the surroundings given to me. It is a challenge that has turned into my passion. Contrary to popular belief, your profession can also be your hobby and stress relief.

Michaela Roman may be reached at theprospectordaily.com.

BY ANDREA ACOSTA

The Prospector

Work, exams, studying, homework—work-out and last minute quizzes all tend to number in my brain and make a huge clutter, leaving absolutely no available space for anything else.

Then, somewhere in between my stressful daily routine and my annoying headache, I realize that I have failed to open my lunch bag and take a bite of that delicious “anything” that I have so joyfully prepared for myself. Sometimes eating it during class, unfortunately.

Yes, college is stressful and finding a way to manage all my activities is always a challenge. Apart from jotting tasks down in myagenda, my true stress-reliever always kicks in when its time to scratch particular tasks off my list. Yep, a weird sense of accomplishment overcomes me.

Anyways, if that doesn’t seem to do the trick, I always find some genuine comfort and peace when I play my guitar at home. I think that music is a great medicine for any type of discomfort and it certainly helps me relieve my stress. Singing any particular song and having my guitar accompany me, puts me at ease and allows me to see everything clearer and feel more relaxed—even when homework continues to pile up.

Andrea Acosta may be reached at theprospectordaily.com.

SpEcY oUr MiND

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Submit a letter to the editor!

Letters will be edited for clarity and brevity. Letters over 250 words are subject to editing to fit available space. Please include full name, street address and telephone number and email address, plus major classification and/or title if applicable.

Address and phone number will be used for verification only.

Write to 105 E. Union, a prospector@utep.edu, call 747-7477 or fax to 747-8031.

WHAT DO YOU THINK?

This week’s poll question: Did you watch the season finale of How I Met Your Mother?

answer at theprospectordaily.com

WE ASKED, YOU ANSWERED

POLL RESULTS

How healthy would you say you are?

Very Healthy: 44%

Moderately Healthy: 44%

I may drop dead any second now: 12%

Accuracy Watch

The Prospector is committed to accuracy. If you think we have made an error of fact, e-mail us at prospector@utep.edu.

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Binge drinking a real danger for college students

BY JAVIER CORTEZ

The Prospector

Each year, an estimated 1,825 college students between the ages of 18 and 25 die for alcohol-related injuries, according to the National Institutes of Health (NIH). Many alcoholics are faced with emotional problems and associated with the phenomenon of binge drinking.

As defined by NIH, binge drinking is the act of consuming an excessive amount of alcohol in a short period of time.

About four-out-of-five college students drink alcohol and half of those college students binge drink, according to NIH.

Sherri Terrell, director of the University Counseling Center, has worked with many college students during her time at the University of Houston, Western Michigan and UTEP. She sees binge drinking as a serious issue.

"Most college students who binge drink think it is normal," Terrell said. "But they do not realize what risk they are at if they binge drink. You put yourself at more risk with binge drinking than what you are at if they binge drink. You put yourself at more risk with binge drinking than what you are at if you drink think it is normal," Terrell said. "But they do not realize what risk they are at if they binge drink. You put yourself at more risk with binge drinking than what you are at if you drink.

"It was worse when I was in high school," Cisneros said. "Getting drunk is not common since I have been here at UTEP. UTEP is a pretty safe campus and there are worse colleges out there. Binge drinking can go both ways. You can either get over it in college or it may turn into alcoholism."

Whereas Cisneros has not seen binge drinking as a problem at UTEP, she has seen alcohol as a vice or used as a coping mechanism.

"Some of my friends, for example, have dealt with a lot of their personal issues by drinking their problems away," Cisneros said. "So their solution to everything is to get drunk."

Although plenty of research has been conducted with the relationship between college binge drinking and alcoholism later on in life, no study has proven this correlation.

"Alcohol abuse tends to be at a steady rate and binge drinking has gone up," Terrell said. "To say it is a bad, I don't think so. It is more dangerous than people think."

Whether students agree or disagree on the use of alcohol, freshman mathematics major Israel Perez has seen it get out of hand on a few occasions.

"I see people who have gotten to the point where they have passed out," Perez said. "I remember the first tailgate I went to—there were people fighting and things got out of hand (since) there is no one there to control it."

"Alcohol touches everyone in life and not always positively," Terrell said. "Binge drinking will continue to be a problem until students understand the dangers of it."

I think most of our students are pretty savvy," Terrell said. "They do a good job of cutting back on drinking. That does not mean we don't have students who drink, but they are less likely to get intoxicated."

The relationship of binge drinking and alcoholism is not an open-and-shut case, but binge drinking and drinking in general do have clear cut dangers.

"Alcohol touches everyone in life and not always positively," Terrell said. "Binge drinking will continue to be a problem until students understand the dangers of it."

HAZARD

Deadline extended for affordable health insurance

BY LORAIN WATERS

The Prospector

A special enrollment period has been approved by the Obama administration, granting individuals an opportunity to submit an application for affordable health care after the official deadline on March 31.

Based on an honor system, individuals can be granted an extension by checking a box marked “special enrollment.” This means that individuals tried to sign up before the deadline, but could not due to technical problems with the website, not having access to the Internet, or other various reasons.

The last day to submit paper applications is April 7. Those who submit an application through the Department of Health and Human Services to assist uninsured people. Most of them have been doing it on their own, securing their own policies via the marketplace, Ortega said. "We encourage residents to obtain their health insurance as quickly as possible. For one reason or another, if they can’t do it on their own or over the phone, we are here to help.""

Through federal legislation by the Obama administration, every American is required to have health insurance.

If an uninsured resident does not enroll for healthcare, the maximum penalty will be $95 a year, or 1 percent of their total income, whichever is higher. This penalty fee will increase for every year they are not insured.

"I can’t point to drinking as the number one cause, but it does play a frequent role," Terrell said. "It’s not uncommon for a student to say they have dealt with substance abuse problems or someone in their family has."

Even though binge drinking seems to pose a problem, junior English major Fallon Cisneros does not see it as a problem on campus.

"It was worse when I was in high school," Cisneros said. "Getting drunk is not common since I have been here at UTEP. UTEP is a pretty safe campus and there are worse colleges out there. Binge drinking can go both ways. You can either get over it in college or it may turn into alcoholism."

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"Alcohol does have the advantage of being the the safest city of its size in the United States. According to CQ Press, an independent research firm, El Paso has the lowest crime rate of any city in the United States with more than 500,000 people. UTep does not rank in the top 50 most dangerous schools in the United States according to The Daily Beast, Elite Dai- ly and Business Insider.

Craft and Social is one of many bars that college students may visit.

"I think most of our students are pretty savvy," Terrell said. "They do a good job of cutting back on drinking. That does not mean we don’t have students who drink, but they are less likely to get intoxicated."

The relationship of binge drinking and alcoholism is not an open-and-shut case, but binge drinking and drinking in general do have clear cut dangers.

"Alcohol touches everyone in life and not always positively," Terrell said. "Binge drinking will continue to be a problem until students understand the dangers of it."

Chris Hernandez, field organizer for "Get Covered America," has been working with El Pasoans since the beginning and has seen an increase in applicants as the deadline has approached.

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THE PROSPECTOR

APRIL 1, 2014

NEWS | 3 |
Katherine, a sophomore psychology major, exhaled slowly. The smoke pools around her mouth. She sucks it in quickly and exhales again. Transparent tentacles swim around her head.

"It (the music) relates to something that I feel. It’s when the memories hit me the most… I keep smoking until I stop thinking," Katherine said. "It’s when that happens that, I guess, I use it in a bad way.”

Katherine and Mughonda are just two of the 14 percent of young people, ages 18 to 29, who smoke marijuana regularly every year in the U.S., according to 2013 Gappus statistics. The same poll shows that young adults are the largest consumers of the drug.

"Marijuana is a depressant, so the individual is going to continue to feel depressed. It's not truly what they think," Holguin said.

Despite the critics, young people seem to favor legalization. In a survey by the Pew Research Center, 68 percent of millennials—adults between 18 to 33 years old—said marijuana should be legalized.

"I really don’t think it is an addictive drug, it is actually a happy drug," said Isabel Aleman, senior health promotions major. "Happy drugs make happy people. Everyone should smoke wood.”

Mughonda has been pacing the room the entire time like a toy soldier whose crank has been tirelessly wound up.

"Shit, I listened to the clock," Mughonda says. "It doesn’t stop ticking.”

A moment later, he stops pacing the room. His eyes are closed and his hands are extended out into the air, his fingers are strumming an invisible guitar.

"I’m meant for something great," Katherine said. "I can feel it… We are strumming the world."

Katherine and Mughonda are students at the UTEP Counseling Center, believe students such as Katherine and Mughonda are using the drug the wrong way.

"Marijuana is a depressant, so the individual is going to continue to feel depressed. It’s not truly what they think," Holguin said.
NICOTINE

New age addiction, the rise of electronic cigarettes

BY HELEN YIP
The Prospector

In this day and age, you can now add e-cigarettes to that list of digital items. Electronic cigarettes, or e-cigs, have been around for a while, but have really undergone a boom within the last five years. Many are turning to e-cigarettes in an effort to stop smoking the real thing.

Yvette Delgado is an imaging specialist at UTEP and has been smoking cigarettes for 15 years. She has tried electronic cigarettes for a couple of months now. Her reason for switching to them is due to the smoking ban on the UTEP campus.

Since trying them, Delgado said she has found several advantages to using e-cigs instead of smoking real cigarettes. “I can smoke it in my house and not stink. Sometimes I just want a couple of drags not a whole cigarette,” Delgado said.

Fernando Enriquez, senior studio art major, has been smoking since he was 15 and he is now 19. “I don’t like e-cigs. I will just puff all day on it and then just want a cigarette,” he said.

Dawshaw said he just wanted to try an e-cig to see what they are like, but he doesn’t think they do anything.

Jon Law works for the Paso del Norte Health Foundation and is the CFO and previous program officer for the Smoke-Free Initiative, an effort to create awareness of health risks in cigarettes and cessation resources for El Paso, Southern New Mexico and Ciudad Juarez, Chihuahua.

“Those who did not make the deadline for affordable health care. That number is expected to increase after the deadline. “Those who did not make the deadline can still sign up at healthcare.gov or attend the enrollment events that Enroll El Paso will be holding throughout the week,” Hernandez said.

Although this special enrollment extension will allow many an opportunity to sign up for affordable care, some are still hesitant to obtain insurance.

Fernando Enriquez, senior studio art major and ad designer at Student Publications, has received his medical needs from the Centro San Vicente clinic by signing up every year for their services. Each visit only costs $20 if you qualify.

Because there is no regulation, the level of nicotine from cartridge to cartridge is not... the same, you may get more nicotine than you wanted.

What they have found is that the FDA has looked at the contents of e-cigarettes. “I have a low-income, so now I just plan on never getting sick or back if I do and hope that it goes away on its own,” Enriquez said. “I buy over-the-counter medications and if I continue my ways in taking care of myself, then that’s more money in my pocket to use for something else instead of paying for this insurance."

Aaron Dashnaw, freshman pre-engineering major, has been smoking since he was 15 and he is now 19. “I don’t like e-cigs. I will just puff all day on it and then just want a cigarette,” he said.

Dawshaw said he just wanted to try an e-cig to see what they are like, but he doesn’t think they do anything.

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“You’re seeing a lot more vaping (stores that sell E-cigarettes and paraphernalia) stores in El Paso,” Law said. “They are fairly common in the market place.”

Law said the question is when and whether the Food and Drug Administration will eventually begin regulating electronic cigarettes.

“What do I have?” Hernandez said. “I have a low-income, so now I just plan on never getting sick or back if I do and hope that it goes away on its own,” Enriquez said. “I buy over-the-counter medications and if I continue my ways in taking care of myself, then that’s more money in my pocket to use for something else instead of paying for this insurance.”

What we know now, nationwide, about 10 percent of high school students have tried e-cigarettes, Law said. He believes there is not enough information yet to say what the effects of electronic cigarettes will be.

“The American Council on Science and Health has published several articles fighting against the backlash electronic cigarettes have had in the media. The ACSH was founded in 1978 and is made up of scientists whose concern is that certain public policies see E-CIGS on page 6.
Related to health and the environment
does not have a sound scientific basis.
According to the ACSH, the head-
lines found in the media regarding
e-cigarettes have not been based on
substantial enough evidence to be
quoted as fact.
Rebecca Leech owns a vape shop
on Mesa called Crush, which opened
July 2013. Leech specializes in mak-
ing her own nicotine vapor solutions.
“They are said with pharmacy-ap-
proved propylene glycol, vegetable glyc-
cerins and candy flavorings,” Leech said.
Leech believes vape shops have
only reached their peek, at least in her
shop, within the last year.
“Anything you use in excess be-
comes an addiction, nicotine only got
a bad rap, yet they failed to mention
the other 4,000 chemicals found in a
cigarette,” Leech said.
Her vapor does contain nicotine,
but Leech said that is far less harmful
than smoking a cigarette. Leech be-
lieves vaping is a far better alterna-
tive to smoking cigarettes.
“You have choices, a healthier op-
tion where you can be vaping and you
don’t have to worry about lung disease,
emphysema, heart disease,” she said.
Adriana Martinez, junior English
and American Literature major, pre-
fers to smoke cigarettes, but she has
had to cut back by using e-cigs to be
able to work out.
“It’s not an overwhelming feeling like
a cigarette...I don’t cough as much now
and I can work out!” Martinez said.
She said she enjoys electronic ciga-
rettes for the health benefits she has
noticed in her own life.
Helen Yip may be reached at theprospectordaily.com.

**E-CIGS from page 5**

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**SEX**

**Bringing sexy back to health**

By Amanda Guillen

Sex may still be considered taboo to
talk about, but it may be just the thing
you need to hear about when it comes
to keeping healthy.

Some surprising health benefits of
sex include a stronger immune sys-
tem, minimized pain, weight loss,
improved sleep, reduced blood pres-
sure and it decreases serious health
issues—such as prostate cancer, heart
failure and alleviates stress.

According to Women’s Health, “Peo-
ple who have sex were found to have
higher levels of an antibody called
immunoglobulin A (IgA). These anti-
bodies help combat diseases and keep
the body safe from colds and flus.”

From headaches to back pains, sex
can serve as medicine to keep the
day going, pain free. After an orgasm
a surge of hormones are released,
which then alleviates pain. The en-
dorphins that are released resemble
morphine, which helps with pain.

Some students say sex helps to re-
lieve stress from their busy lives.

“See, nowadays sex is the easiest
and fastest stress reliever that you can
find out there,” said Javier Gomez, ju-
ior communication studies major.

“You don’t necessarily have to be
with another person to get relief, “ she
said. “When you weigh all of the pos-
sibilities and the consequences of be-
ing with another person, and with all
of the risks, it is better to find another
way to relieve yourself. If you have to
get relief, why not masturbate?”

Webb-Taloya also said all too often
people have sex with a person specific-
ally for the relief rather than in the search
for a partner, which can lead to STIs.

“You don’t necessarily have to be
with another person to get relief,” she
said. “When you weigh all of the pos-
sibilities and the consequences of be-
ing with another person, and with all
of the risks, it is better to find another
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Amanda Guillen may be reached at theprospectordaily.com.

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**FILE PHOTO / THE PROSPECTOR**
Students dance their way to a healthier life

BY AMBER GOMEZ
The Prospector

Leaping across the stage with grace and agility, these performers will leave you in awe of the talent they bring forth. Students who are pursuing dancing as a major are preparing to become performers or choreographers. They will spend hours rehearsing in order to achieve the perfection they desire. Like in any sport, dancers must keep healthy and in shape if they want to succeed.

“The training of an aspiring professional dancer must possess a balance between developing fine motor skills, along with personal and acquired practices that nurture their uniqueness. The variety of dance styles, they need to develop motor skills in order to create connections between the nervous and muscular system.”

Saying that prepared salads can, in some ways, be unhealthy for you, said Andrea Vazquez, visiting assistant professor of theater and dance. According to Vazquez, the body is an instrument that must be stimulated by an array of movement perspectives with somatic techniques, fitness principles and dance practices.

The dancers create a multi-dimensional routine for practice involving different styles to discipline themselves—from ballet to jazz. In order to rehearse the variety of dance styles, they need to develop motor skills in order to create connections between the nervous and muscular system.

“This is enough evidence that points out exercises, or movement sequences, that involve the coordination of the whole body are beneficial and conductive to develop inner-awareness,” Vazquez said. “A dance technique class should intend to develop first self-awareness before giving students complex movement sequences.”

While staying fit is important in dancing, so is obtaining the vitamins and minerals that will nourish the body. The dancers must keep healthy eating habits to complement the physical activity they will go through.

“I personally encourage my students to stay away from sugar beverages and instead to drink water. Each dancer is different and in many cases physiological factors dictate the way a dancer needs to eat to function well,” Vazquez said. “Keeping a healthy weight helps to keep the skeletal system in optimal function, despite the constant load of dance training. Being in shape is a complex balance.”

Keeping up with a specific diet or weight in order to perform, is one of the misconceptions that dancers may have believed, but according to Vazquez, having the dancers on a diet is not mandatory, but it is recommended that they have healthy nutrition.

“In our program, the faculty do not force students to maintain a certain weight or follow a diet, but rather we suggest based on evidence, and encourage healthy eating habits like eating fresh vegetables and fruit instead of processed snacks,” Vazquez said. “They should do their best to maintain a healthy and positive relationship with their bodies.”

Dancing is very physical and involves keeping the body healthy by working out and eating properly. By doing so, dancers are able to achieve a dance technique class should intend to develop first self-awareness before giving students complex movement sequences.

“The training of an aspiring professional dancer must possess a balance between developing fine motor skills, along with personal and acquired practices that nurture their uniqueness.”

Nutrition

Eating healthy, the truth behind nutritious foods

BY AMBER GOMEZ
The Prospector

For those trying to maintain a healthy diet, they might be spending their money on foods such as salads, wheat bread and anything that says “fat free.” However, they might not know that these foods could not be that nutritious.

An article on cookinglight.com lists 10 foods that they deem unhealthy. The list on are wheat bread, prepared salads, reduced-fat peanut butter, energy bars, bran muffins, smoothies, packaged turkey, fat-free foods, baked potatoes and sports drinks.

While some of these items, such as salads, may come as a surprise, Maria Diatt-Garcia, chair of the Department of Public Health Sciences, said that prepared salads can, in some ways, be unhealthy for you, especially if you are trying to stay on a diet. However, she also offered some tips when ordering one.

In addition to containing a large variety of ingredients such as pasta, olives, vegetables, meats, among other ingredients, prepared salads can contain large amounts of dressing, making this food choice a high-calorie meal. Diatt-Garcia said, “When ordering salads at a restaurant, a better choice will be to order the dressing on the side. This way people save some calories while enjoying the particular flavors emerging from the combination of a variety of ingredients in a salad.”

Even if students still want to prepare their own salads, that alone may not keep them healthy, as this particular food may be very misleading.

“Your body needs more than just salad every day. It needs protein and other nutrients that vegetables alone can’t provide,” said junior nursing major Claudia Villalobos. “I would recommend that eating everything in proportion is the perfect definition of healthy, and changing up what you eat.”

Proportions can separate a product from being healthy to fattening. Depending on the amount of that particular item consumed, the calorie intake will be different. Diatt-Garcia says that large-sized smoothies are not healthy due to the added ingredients that can be in the mixture. Taking in smaller portions is the best option to save some calories.

“Smoothies are usually made of a variety of fruits, milk and milks as well as other ingredients that may include syrups and peanut butter that add some simple sugars and fat,” said chef and diettitian Andrea Vazquez.

“Another misleading label, fat-free, does not mean calorie-free. People are usually persuaded toward placing fat-free dairy products like yogurt in their grocery baskets. "Fat-free means that fat has been substituted with some type of carbohydrate or protein," Diatt-Garcia said. "A fat-free food will contain fewer calories than the equivalent higher-fat food, but that doesn’t mean that its calorie free."

If students are trying to consume healthy foods, they shouldn’t be completely discouraged by the list. There are still several ways they can maintain their diet.

Before purchasing a food that you believe to be healthy, Diatt-Garcia said to first read the food labels. She recommends choosing foods that have been prepared with less ingredients and those with less calories, sodium, total fat and sugars. Also, look for healthy foods instead of processed ones and consider water the next time you want a sports drink. “A healthy diet includes a variety of foods eaten in moderation and prepared using healthy cooking methods such as baking, grilling, steaming and using small amounts of fat. Foods to be included in a healthy diet include whole foods rather than processed foods,” Diatt-Garcia said. "Following the ‘My Plate’ as a guide for a variety of foods and portions, and combined with the consumption of two liters of water throughout the day, will constitute a healthy diet.”

For more information about healthy food choices, visit choosemyplate.gov.

Andrea Vazquez, visiting assistant professor of theater and dance, says the desired outcome in performance and success in what they do. "Some training methods are dictated by stereotypes," Vazquez said. "In some dance programs, dancers need to audition and fit specific body-type requirements. Here at UTEP, that is not the case. All aspiring dancers are welcome and we do our best to help them be successful."

Andrea Vazquez, visiting assistant professor of theater and dance.

Edito

Students dance their way to a healthier life

The training of an aspiring professional dancer must possess a balance between developing fine motor skills, along with personal and acquired practices that nurture their uniqueness.

File photo

Senior dance major Nina Montes practices her dance skills outside of school. She also teaches lessons in her spare time.
UNIVERSITY CAREER CENTER
- Working more collaboratively with the Career Services Programs staff to ease wait time for students assigned in order to begin their internship or job searches.
- New Peer Career Advisors (PCAs) wear a “PCA in Training” sticker when sitting with another advisor with a resume review.
- Encourages campus departments each to develop and submit job listings in Job Mine.

INFORMATION TECHNOLOGY
- Expanded wireless coverage throughout the main campus and at the Fox Fine Arts building.
- Enhanced wireless printing for students and faculty - making it easier for students to print from their devices.
- For more info, visit www.info.mobileprint.utep.edu.
- Added student license rights to our existing campus wide license agreement allowing us to install and maintain software on personally-owned computers.
- Enhanced the use of virtual software tools allowing students to use software on their mobile devices.

ENROLLMENT SERVICES
- Created a new one-stop shop contact center, designed to address student’s needs via the survey.

OFFICE OF INTERNATIONAL PROGRAMS:
- Implemented an enhanced Front Desk staff training, fostering behaviors that are exemplary in customer service. We are instituting a “secret shopper” program to determine current strengths and to identify areas for improvement as we exist.
- Launching a informational campaign to all faculty and existing services.

MILITARY STUDENT SUCCESS
- Increased training of staff regarding Veterans Benefits.
- Expanded training of staff to include handling GI Bill submissions; in person requests are an option.

STUDENT PUBLICATION
- Launched a new website that offers multiple social media options in an effort to increase awareness of the site: www.theprospectordaily.com.
- Producing a one-a-week newspaper in order to provide increased coverage of issues and news that student
**CENTER FOR ACCOMMODATIONS AND SUPPORT SERVICES (CASS):**
- Purchase of new computers and assistive software for CASS testing center.
- Decentralization of ADA assistive software to all computers and computer labs on campus. It is no longer centralized in the Assistive Technology Lab in the Library.
- Expanded customer service training for all CASS front office workers to include appropriate use of People First Language.

**OFFICE OF STUDENT LIFE:**
- Launched a new “Student Life: Get Involved” webpage: http://studentlife.utep.edu/
- Increased the number of educational programs and outreach campaigns regarding safety and wellness related topics such as alcohol awareness, hazing, Title IX and sexual assault.

**RECREATIONAL SPORTS DEPARTMENT:**
- Collaborated with New Student Orientation to bring freshmen to the Student Recreation Center for tours which resulted in a 329% increase in freshman use of the facility.
- Established open volleyball hours.
- Increased the number of fitness classes from 33 in 2013 to 39 in 2014 in order to accommodate students’ desired participation times.

**STUDENT ENGAGEMENT AND LEADERSHIP CENTER:**
- Restructured SELC Homecoming Committee in order to increase overall number of activities offered during the week as well as awareness of the program itself.
- Implemented a social media plan that includes specific times during the day when students will be notified of events.

**STUDENT ASSESSMENT AND TESTING OFFICE:**
- Provided training on testing requirements and registration for front line staff.
- Reviewed test room procedures and test verbatim with testing staff.
- Worked with Facilities Services to improved temperature control in testing class rooms.

**UNIVERSITY COUNSELING CENTER:**
- Increased the number of clinical service providers through hiring a new employee, filling a vacancy, and beginning a Doctoral Internship, all of which translate to more service providers available to see students.
- Increased our efforts to build a more active group therapy program, allowing us to serve a greater number of students.
HOLI was celebrated on Saturday at the engineering patio. Students, faculty and children attended this event. HOLI is a famous Indian festival that marks the arrival of spring.
Trainer helps students reach fitness goals

BY JOSE SOTO

Fitness may seem to be an individual venture—one that is often undertaken and accomplished by students. For Kimberly Rayner, senior majoring in physical therapy, she is, in fact, an individual who trains students in a small gym at New You Gym, it is a completely different experience. Rayner sees exercise and fitness as a social good where she is the leader of the pack. She undertakes the task of helping other students reach their fitness goals in stride.

Q. How was it that you came to be a personal trainer?
A. I used to be a client at New You and within the first month of training, the owner, Shane Martinez, (now my role model), came up to me one day and asked me if I wanted to be a train- er. I was so happy and felt extremely blessed because I am in love with fitness and love helping people with their confidence and health. I shoul- ded Shane for two months and got my certification as soon as possible.

Q. What does being a trainer entail?
A. First off, you need to be certified and knowledgeable about both fitness and nutrition. I am certified by the Interactive Fitness Trainers of America, as well as CPA certified. My day starts off every day at 4 am. Monday through Friday. My first clients are at 5 am. and I work six to 10 hours daily, including Saturdays.

Q. What are your trainees like? Do you train mostly student-athletes or do you also train average students as well?
A. I train all ages and all types of women. It ranges from student-ath- letes to people just trying to stay in shape. I do train some men, but my specialty would be women because I can easily relate. The youngest I have trained was 12 and the oldest was 84. I can easily relate. The youngest I have trained was 12 and the oldest was 84. Cause I can relate to my female clients. I have a large variety of clients and every one of them is different and looking to reach different goals. I have to make sure that I cater to all my clients individually and keep track of their goals like diet, measurements, etc. I always make myself available to each and everyone of them. I make sure they store my phone number—that way they can text me whenever about questions they might have that is health and fit- ness related.

Q. What kind of training do you have your trainees undergo? How do you determine what level of training a person can handle? Do you have a set workout depending on the physical endurance of a trainee?
A. A. I am a person who gets bored very easily. I am the same with workouts. Since I have always been that way, I am sure that I always keep up to date with the latest workouts and trends. I want my clients to walk into the gym and have no idea what we are going to do. I take time every Sunday and spend research and lots of thought in planning and writing my workouts for the week. All my clients do the same work- outs, but depending on the physical endurance of the trainee, I either lower or raise the weight, add more reps or lower the reps. I go at the trainer’s pace and I try not to do anything too crazy that will push away the clients.

My training is a mix of every- thing—you could call it cross train- ing. It ranges from cardio, weight training, plyometrics, some cross-fit movements and others.

Q. As a UTEP student, how impor- tant do you think physical training is? Not only for active people like yourself, but for all students?
A. My physical goals are to be healthy. I have never been one who was skinny and losing weight has al- ways been an issue for me because I have such a slow metabolism.

At first, I used to struggle with my confidence, because I was never that skinny. I always wanted to be thin. With time, I accepted myself and realized that I needed to be happy with me. I have a healthy diet and work out con- sistently. Once I accepted my body for what it was, I became happy with my- self and wanted to help women who were struggling with that issue as well.

As far as my goals as a UTEP stu- dent, I am about to graduate with my marketing degree, but I am thinking about double majoring in kinesiology. I want to apply to the physical therapeu- tic program at UTEP and eventually pursue that. I would love to continue the path of training and also helping people in that sense.

Q. What keeps you motivated to continue training? How do you bal- ance a student lifestyle and a healthy and fit lifestyle?
A. The main motivation behind con- tinning to be a personal trainer is the smiles on my clients faces. Their hap- piness means the world to me.

All the lives that I have impacted and influenced is the reason why I am ab- solutely in love with my job.

Being a student and working full time has been hard at times, but I stay moti- vated and I make sure I have good time- management. I would not trade my life for anything. I feel completely blessed and I thank God every day for those amazing opportunities he has given me.

I would not have it any other way.

Jose Soto may be reached at theprospectordailyent.net@gmail.com.
Yoga keeps your mind fit and away from stress

BY JOSE SOTO
The Prospector

Yoga and meditation don’t necessarily come to mind when thinking about fitness and exercise. This physical exercise is an ancient Hindu spiritual practice that entails asceticism. It involves control and discipline of breathing and bodily postures, which stretch the body and build endurance. A major part of yoga is meditation, which ties in with the exercise as specific postures are held for long periods of time, where the individual must concentrate not on the physical experience, but mostly on the mental one.

“There are no necessary skills to do yoga or meditation. It is just a matter of opening yourself to the practice and discovering the benefits,” said Maria Contreras, yoga instructor at UTEP. “Yoga is a combination of mental, physical and spiritual discipline to promote control of the body and mind.”

Many studies have shown that practicing yoga and meditation can lead to health improvement and stress reduction. A recent study, conducted by Harvard students and led by John Denninger, director of research at the Benson-Henry Institute for Mind-Body Medicine at Massachusetts General Hospital, shows that mind-body techniques can switch on and off some genes that are linked to aging process. According to the study, these issues account for 60-90 percent of doctor visits.

Both yoga and meditation are great ways to increase your overall fitness and well-being by destressing the body both physically and mentally. Yoga on the physical level improves flexibility, balance, body strength and teaches yoga breathing (pranayama) exercises. Contreras said, “Meditation helps with improving your ability to concentrate, mental calmness, relaxation and body awareness.”

Rasmiyeh Asam, a UTEP student working on her master’s degree in education, taught yoga at UTEP, Surya Yoga Studios, Rush Fitness and subs at Casa de Yoga. She is RYT 200-hour certified, meaning she has completed more than 200 hours of registered training with the Yoga Alliance.

“Some poses have health benefits such as relieving mild depression, headaches, back pain, improving digestion, help with sciatica, improving balance and improving circulation,” Asam said. “Meditation has also helped some people reduce stress, anxiety, as well as help the mind become more calm and obtain a better focus.”

Both Asam and Contreras encourage everyone to try yoga for themselves to experience first-hand what it can do for you and your body.

Jose Soto may be reached at theprospectordaily.ent@gmail.com.

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SPECIAL TO THE PROSPECTOR

4. “Stop, Breathe and Think”–This app is perfect to download if you’re looking to get into meditation. Being mentally in touch with your health is just as important as being physically healthy. This app offers various guided meditations for beginners to experienced individuals. Simply choose how you’re feeling and “Stop, Breathe and Think” will give you a list of customized meditations to help you find inner peace and Zen.

5. “Lumosity”–Exercise is important for your mind too. With “Lumosity,” participate in games, puzzles, and challenges to exercise your brain. This app is free, however you do have to pay for a “Lumosity” subscription. The good thing is that you can participate in a free trial before you decide to commit to a subscription.

6. “Waterlogged”–Use this app to keep track of your daily water intake. You can set up reminders throughout the day to ensure that you are drinking the proper amount of water that you need. It’s been proven that water intake helps clear skin and aids in weight loss. Stay hydrated to stay healthy.

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Top 6 apps for the body and mind

BY LESLY LIMON
The Prospector

We function and communicate mentally in touch with your health is just as important as being physically healthy. This app offers various guided meditations for beginners to experienced individuals. Simply choose how you’re feeling and “Stop, Breathe and Think” will give you a list of customized meditations to help you find inner peace and Zen.

1. “Lose It!”–If you’re looking to lose some weight, this app has everything you need to help you track your meals, weight, exercise, and water intake. This calorie tracker app is also compatible with devices like the Nike Fuelband and Fitbit devices, it can also be synced with other fitness apps to make sure information is accurate.

2. “Minute Workout”–Want to squeeze in a workout, but you’re running on a full schedule? This app offers a seven-minute challenge for seven months. See if you can keep up working out every day for seven months. Sounds easy right? Easier said than done. This app keeps track of your workouts and even offers achievements for completed workouts.

3. “Pocket Yoga”–The perfect app for yoga on the run. “Pocket Yoga” is complete with a variety of workouts and poses to satisfy your yoga workout. Choose from beginner, intermediate and expert levels and the length of your workout. This app is perfect for advanced yogis or individuals who want to get started with yoga.

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Tuition & Fees

2014 Open Forum

April 9, 2014
Union Building East
University Suite - 3rd Floor
3:00 - 5:00 pm

Members of the campus community are invited and encouraged to attend an open forum to provide feedback on potential increases and areas of investment.

If you are unable to attend the forum, we still want to hear from you.
Send your questions and comments to TuitionandFeeplan@utep.edu
Trainers crucial for student athletes

BY JAVIER CORTÉZ
The Prospector

Besides the occasional student-athlete in class or the occasional football or basketball game that students attend, most do not know the amount of training student-athletes have to dedicate themselves to, other than the actual strength coaches.

Assistant strength and conditioning coach David Adamson, who has been at UTEP since the summer of 2007, knows about the blood, sweat and tears an athlete goes through.

"Being a student-athlete is not easy," Adamson said. "The average student does not understand it. This is not high school, where you can just show up to the game and perform. All in all, student-athletes train five to six days a week and you have to do this on top of classes." Since 2002, Adamson has been in training strength and conditioning from Arizona State to Virginia Commonwealth, Adamson has worked with athletes all around the country.

The sport and Adamson has worked with its athletes. From football and golf to soccer, Adamson has trained all athletes under the sun. As of now, Adamson is working with track and field and volleyball. Despite the differences, some things stay true no matter what the sport it is.

Adamson brings to the table the experience of a strength coach and also the experience as a competitor. He is a competitive weight power lifter, and he has competed in three different weight classes. Adamson uses his many experiences as a coach and competitor to make his athletes better.

"A lot of the basic concepts are the same," Adamson said. "Just because you are a soccer player does not mean your body functions different than a football player. Strength is the same. No matter what. Endurance is the same no matter what."

The differences in how a strength coach trains his athletes depend on the demands of each sport. For example, both a soccer player and baseball player need endurance to excel in each sport, but the difference comes in the volume of endurance training.

"Obviously, soccer needs more of endurance than a baseball player, but that does not mean a baseball player does not need endurance," Adamson said. "The difference is to the extent you train those things and the volume that you use with each sport. You have to look at the demands of each sport.

One of the common misconceptions about strength and conditioning is that there is a similarity to a personal trainer.

"A personal trainer usually works with the general population," Adamson said. "A strength coach primarily works with athletes and is preparing those athletes for vigorous competition. A personal trainer does not have a goal of preparing someone to compete in sports."

Another difference is the amount of time that needs to be put in to become a strength and conditioning coach as opposed to a personal trainer.

"Unlike a personal trainer, you can't just get on the Internet and get certified," Adamson said. "You have to put in time, and for some time, you have to have a degree. Then you need to become certified in a more extensive way than if you were a personal trainer."

There are three different types of certifications that are looked at to be a strength and conditioning coach. The Certified Strength and Conditioning Specialist (CSCS), Collegiate Strength and Conditioning Coaches Association (CSCCA) and USA Weightlifting (USAW). If any common misconceptions can be dispelled about student-athletes and strength and conditioning coach is that there is more work being put in than your common gym rat or personal trainer.

Javier Cortez may be reached at theprospectordaily.sports@gmail.com.

Recreation Center, best tool to keep in shape

BY LUIS BARRIO
The Prospector

Some students have claimed it “a home away from home.” The Student Recreation Center offers a place for students to get away from the stress and pressures of exams, papers and midterms. The $32-million trio-level facility provides students with multiple options from swimming and rock-climbing to basketball and racquetball.

While some students go once in a while and others have it as an integral part of their routine, the recreation center is there for students at their convenience. Since it is already paid for in their tuition, students don’t have to pay monthly fees to gain entrance and participate in many extracurricular activities.

Walking in, members are instantly greeted by the enormity of the rock-climbing wall available to all. For all the daredevils and clingers, signing up for classes on tutorial rock-climbing is all you need to do to be certified to take on the 39-foot climbing wall. Instructors are always present and watchful to keep a safe environment.

If rock climbing is not your cup of tea, then perhaps the squaring of shoes on the hard court will catch your attention. Two full-sized basketball courts are on view for all rec center enthusiasts to gather at.

Javier Alvarado, a senior marketing major, who spends most of his time at the recreation center, regularly hoops it up and shoots 3s.

"I go play basketball with some friends. Sometimes I interact with some people, sometimes I just hang out and look at other people work out," Alvarado said. "I think it's a pretty good place for students to go. For students it's free. They have a lot of facilities to use."

Running up and down the court surely builds up a sweat, and showers are available to students. If they care to go for a swim, the indoor pool is open, even during the fall semester.

Alvarado commutes to UTEP every day from the far Eastside. He also has a membership at EP Fitness, which he says he would use less if he lived closer to UTEP.

The recreation center has more than 200 machines with an eighth-of-a-mile track circuit at the top level of the center.

If a student is pushed or even looking for some protein to refuel, a juice bar is located next to the weight room on the second floor. Students are constantly walking in and out in their bright-colored attire trying to just stay healthy, with all the activities and intramural programs available.

"I'm here Monday and Wednesday from 10 to 12,” said freshman business major Omar Guerra. “I'm a basketball fan, so I would have to say the basketball courts. I'm really getting into swimming again. I like the pool." The recreation center is currently in the process of a $1.2-million upgrade to its multi-purpose field, located at the back parking lot behind the center.

With all the expansions UTEP is going through toward tier-one status, the school is pushing for a more environmentally friendly turf. They are also adding two sand volleyball courts, along with a seating area.

The Student Recreation Center has proven to be a crucial outlet for the students of UTEP.

Luis Barrio may be reached at theprospectordaily.sports@gmail.com.
Spring season begins with victory over Arizona State

By Edwin delgado

The UTEP women's soccer team returned to action as they opened their spring season at University Field on March 29 and faced the Arizona State Sun Devils.

This game was the first of six exhibition games the Miners will play this spring as they gear up for the 2014 season, which begins in late August. "It's great to be back out here, the field looks great, great weather and we even had a nice turnout for a spring game," said head coach Kevin Cross. "It's nice to come out here and play against a big-time team such as Arizona State."

After two blocked shots from midfielder Nicole Lindsay, forward Angela Cuataia sent the rebound to the back of the net in the 27th to give the Miners a 1-0 victory over Arizona State. The Sun Devils finished seventh in the Pac-12 last season, while the Miners had a third-place finish in Conference USA.

UTEP will lose five seniors for next season, defenders Kenah Linger, Tory Martyn, midfielder Gina Soto and forwards Azia Nicholson and Jade Babcock.

Cuataia, along with Lindsay, began the game as the starters up front, replacing Babcock and Nicholson. Alexis Roberts covered for Soto, while Hannah Asuchak and Hannah Nicholson were the two back players instead of Linger and Martyn.

"That was one of the main things we wanted to see today, we wanted some players to step up," Cross said. "This is the time when people develop the most and we saw a lot of positives today."

"This is the first game the Miners have played in almost five months, when they lost to East Carolina in the conference tournament. Despite the long offseason, the team has kept working to keep themselves fit. "We've put a lot of work into the fitness of the team, coach Leach was done a phenomenal job with them," Cross said. "After Christmas, we worked on speed and strength and now on endurance."

Cross also said that he was pleased with the overall effort and how the new players stepped up to the challenge, but of course there is still a lot of ground to cover and plenty of room for improvement.

"We need to keep possession more in the attacking third, and create more opportunities and communicate more, especially when they're tired," Cross said.

The squad will get two more opportunities this week to show the coaching staff they can give the team a boost as they host the Arizona Wildcats on April 12. They will then travel to Albuquerque, N.M., to take on the New Mexico Lobos the next day.

UTEP will close their spring season schedule with games against Eastern New Mexico and the New Mexico Highlands on April 19 and 20, respectively, along with the alumni game on April 26 at University Field.

The Miners' roster includes five El Paso natives, midfielders Stephanie Sazo (Montwood High School), Brianna Barreiro (homeschooled) and forwards Atzimba Casas (Socorro High School), Brianna Thomas (Hanks High School) and Brianna Williamson (Chapin High School), Barreiro was the only one to start the game and the other four came in as substitutes.
Miners bounce back with pair of victories

BY JAVIER CORTÉZ
The Prospector

Coming off back-to-back home losses on March 22-23, the UTEP women’s tennis team bounced back with a pair of wins on Saturday, March 29 against Louisiana-Monroe and Western New Mexico.

The Miners started the day off against Louisiana-Monroe and defeated the Warhawks 5-2. After winning the doubles’ point, the Miners were leading the Warhawks, 3-2, with two matches remaining. Junior Davina Meza and sophomore Matilda Rose Tech were pushed to three sets before winning their matches and ultimately beating the Warhawks.

Then in their final match of the day, the Miners beat Western New Mexico 7-0. In six of the seven matches, the Miners gave up no more than three games. The only match that was close was senior Rebecca Calvillo’s singles match, which she won 6-3, 7-6, (8-6).

“This week was much better,” said tennis head coach Myriam Sopel. “The effort, the attitude and the overall team atmosphere was really good. The girls fought really hard. It was not easy, but we came out on top.”

The weekend success for the Miners produced their most successful series of the season, freshman Daphne Visscher went undefeated over the weekend, winning all four of her matches. Visscher broke her doubles losing streak and won her seventh- consecutive singles match, improving to 15-15 in singles.

“Daphne (Visscher) has been coming on really strong for us the past few weeks,” Sopel said. “She has improved a lot and she has come a long way. It is always good to see a freshman coming out of their shell and performing well.”

Playing twice in one day is not something the Miners are accustomed to, this being the second time all season and first time in more than a month. Despite the physical toll it took, the Miners have had great success playing twice in one day. The Miners are now 4-0 and 25-3 in match play.

“I always tell them to take one match at a time,” Sopel said. “Obviously they get tired by the fourth match of the day, but the girls across the net are not going to hand the match to them. So they have to play smart and the girls have learned how to play tired.”

Due to a cancellation of the match against Tarleton State next week on April 5, the Miners will have time off to rest and prepare for their last two matches of the season, freshman Daphne Visscher went undefeated over the weekend.

Senior Marie Leblond hits a slice against the Louisiana Monroe Warhawks on March 29 at the UTEP Tennis Complex.

“It will be a good preparation week for us,” Sopel said. “We need to rest and get healthy, so that is our first priority. We have a solid week and a half to get ready for Idaho and Arkansas State, so it can be beneficial for us.”

The Miners now stand at 10-11 on the season. The Miners will host Idaho on April 11, then Arkansas State on April 13 before heading off to Norfolk, Va., for the Conference USA Championships.

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1. 10,227 fans showed their support in the WNIT quarterfinal game against Washington. 2. Sophomore guard Jenzel Nash drives the ball to the paint. 3. Sophomore guard Cameasha Turner celebrates the win with senior forward Kayla Thornton. 4. Freshman guard Sparkle Taylor lifts teammate Kristene Vitola after victory. 5. Thornton makes a layup in the first half against the Huskies.