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the prospector

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april 11, 2017

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Becoming self-disciplined with eating choices

BY ARIAN BROADDUS
The Prospector

It seems college students have two options when it comes to eating. The first is eating a healthy meal that is probably unhealthy. These are the meals that come fast, like food or dining out, and come loaded with high calories or fat. If not fast food or dining out, they’re warming up microware food that is just enough to fill the pit of the stomach. The other option is a healthy meal that seems to take a lot longer to prepare or is not as readily accessible while dining out.

My friend, Yusuf, was the first to show me that there’s a third option: eating quality meals that are also healthy. Getting up early in the morning to cook, measuring food portions, foll­ ning a diet with set times to snack and running increasingly longer distances were some of the most seem­ ingly insurmountable obstacles I had ever faced. Fortunately, after five months, the results left me satisfied. I had lost 40 pounds and was comfortable with my weight. Time left me satisfied. I had lost 40 pounds and was comfortable with my weight.

The transition was quite the opposite. I was involved in the college application processes were stressful and time consuming. They allowed me to indulge in unhealthy behav­ iors such as consuming amounts of junk food, and living a sedentary lifestyle. Playing sports with my friends, hiking and kicking field goals with my dad all became a rarity. With time, they also became a hassle, as being out of shape and overweight did not allow me to enjoy them at the same rate anymore.

But it wasn’t until my top college choice denied my admission and my first long distance relationship ended that I decided it was time to take care of my own health.

The drive behind my change in di­ etary habits and to exercise was simple; I was not at the place in my life where I wanted to be. However, the transition was quite the opposite.

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Places to refuel near campus

BY LESLIE SARINANA

As a college student, you will come to learn that sleep is precious and rare. You will often find yourself needing an extra boost to refuel. Coffee is a great answer, but it’s not the only one. There are multiple places around UTEP where you can unwind, study and/or refuel. Although not all of these are healthy, they’re sure to give you the energy boost you need to get through school.

### Kinley’s tea & coffee house

This is a UTEP student favorite. One of the closest to campus. Kinley’s is a short walk. Kinley has a variety of teas available, as well as coffee, smoothies and sandwiches.

### Hillside coffee and donut co.

This option is a short drive away from campus, but certainly worth it. Hillside carries some of the freshest coffee in town. Get a cold brew or one of their donuts, which are made there daily. Hillside offers a more mellow atmosphere and it’s far enough from campus to keep your mind off of school. Hillside is located in Ti:ME at Montecillo, 4935 N. Mesa St., Ste. 1B.

### Starbucks

Starbucks is always the safest bet. There’s a wide variety of drinks to choose from and there is a location on campus in the Computer Science Building. The closest full-service Starbucks off campus is located at 2300 N. Mesa St., it’s the quickest and most convenient way to refuel between classes. If the Starbucks located inside the Computer Science Building is too far from your classes, Starbucks products are also sold at the Jamba Juice on the first floor of Union East.

### BLDG 6 coffee roasters

BLDG 6 Coffee Roasters stands out in the way they roast their coffee. The coffee is imported from around the world, and you can also buy teas here. BLDG 6 uses handcrafted roasting machines, where they roast their coffee daily. BLDG 6 is located at 216 Cincinnati Ave.

### Tippi Teas

Maybe coffee isn’t for you. If you’re more of a tea person or just want to be in a calmer environment, Tippi Teas is the perfect place. Located on 3233 N. Stanton. Tippi Teas also has smoothies, ice cream, matcha, a juice bar and loose-leaf tea.

### Mom’s Fresh Juice Co.

For those health nuts who want something a little different, juice is the best option. Mom’s Fresh Juice is a local juicer that offers cold-pressed, unpasteurized and bottled juice. Mom’s can be a bit pricier than the traditional coffee or tea, but it’s all made fresh. It’s located at 800 N. Mesa St. and open every day.

### The Tea Spout

Although The Tea Spout is not well known or the most popular, it guarantees that you’ll have a quieter and less crowded space to study. Located on 3233 N. Mesa St., The Tea Spout carries over 50 teas from across the globe. They also offer TEA 101 classes, where you can learn about steeping tea.

**Women’s History Conference**

**Tuesday, April 11 at the Union East Building**

Following March’s Women’s History Month, The Women’s and Gender Studies Honor Society Triota, partnering with the Women’s & Gender Studies Program and the Student Engagement and Leadership Center, are hosting the 7th Annual Women’s History Month Conference. The conference will address and contemplate the “herstory” of women inside and outside of academia. Activists, scholars and artists in all fields will present panels, papers, and workshops. Registration is free at whm.iss.utep.edu.

**Photos courtesy businesses**

**Facebook Pages**

Leslie Sarinana may be reached at theprospectordaily.enu@gmail.com.
How to fix your sleeping habits before it’s too late

BY THE PROSPECTOR STAFF

College students are notorious for not getting enough sleep, and some students actually take pride in how much they are able to get done with so little sleep. But sleep deprivation can have serious consequences on your body and mind. According to a study done by the Center for Disease Control and Prevention in 2016, one in every three Americans are sleep deprived, which can lead to an increased risk in high blood pressure, strokes and mortality rates. The National Sleep Foundation reports that proper sleep is critical to form and keep new memories made in the day and a lack of sleep impairs retrieving those memories during the day.

1. One way to get more shuteye is to cut down on technology before bed. Artificial LED lights can strain retinas and alter your brain away from sleep. So turn off Netflix and lock your phone away from social media feeds. Try reading a book or counting some sheep in your head instead.

2. Don’t eat too close to your scheduled bedtime. Heavy meals make falling asleep uncomfortable. Try to plan your last meal of the day at least three hours prior to sleepy time.

3. Go to sleep at the same time every day. If you go to sleep within the same half-hour every day, your body will start to anticipate when it’s bedtime and prepare itself for a good night’s rest.

4. Overconsumption of alcohol can lead to serious sleeping problems. Sleep experts say chronic drinking can result in loss of deep sleep and also prevent rapid eye movement (REM) sleep.
How much sleep do you need to function?

Alex Urueta
Senior pre-pharmacy major
“I would say I need six to seven hours to properly function, but overall not too much sleep.”

Charlyn Soto
Freshman social work major
“I would say I need eight to nine hours to be able to handle all my responsibilities and really be myself.”

Crystal Serrano
Senior computer science major
“So if I get around eight hours of sleep I am able to function 100 percent. If I get less I am drowsy throughout the day.”

Geremy Gutiérrez
Freshman English major
“I guess my required amount of sleep would be five to seven hours, but occasionally during exams or stressful situations, I barely get any sleep so three to four hours.”

Jacob Ramirez
Freshman business major
“I need about four hours of sleep. I’ve been surviving with that lately so I guess that’s fine.”

Jordin Hanley
Junior speech pathology major
“I need a crazy amount of sleep. When I was a freshman I could get by with six hours. Now I need at least nine to ten hours to function.”

Leslie Delgado
Senior psychology major
“I need at least six hours to function properly and to sleep more throughout the day.”

Melissa Murillo
Junior education major
“I think I need seven hours of sleep. If I don’t sleep those hours, I won’t be able to function the next day.”

THE OFFICE OF STUDENT CONDUCT AND CONFLICT RESOLUTION PRESENTS:

APRIL
SEXUAL ASSAULT AWARENESS MONTH 2017

ENGAGING NEW VOICES

“The Hunting Ground” Film
Followed by a Panel Discussion
April 11/5:30-7:30/Union Cinema

“One in Sixteen” Workshop
Male Sexual Trauma & Recovery
April 17/1PM-4PM/Gilmore Auditorium

Let’s Talk About Consent
Communicate About Sex & Consent
April 24/3PM-4PM/Union E, Room 1023

Make The Connection
Military Sexual Trauma Workshop
April 26/1:30PM-3:30PM/Union E, Room 1028

“Be The Voice” Walk
Walk to Make a Change
April 18/2PM-4PM/Sentennial Plaza

Bad Romance
Signs of an Unhealthy Relationship
April 18/10AM-1PM/Union E, Room 1023

Denim Day:
Advocate Fair & Fashion Show
Wear Denim With a Purpose
April 28/10AM-1PM/Union Plaza

Take Back the Night:
Candlelight Vigil
Violence Against Men and Women
April 27/7PM-9PM/Union E, Room 308

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In collaboration with UTEP Athletics, Vulcans, American Society for Microbiology, CSB Team, Do One Thing Per Day Intervention Initiative, Military Student Success Center, Office of Student Conduct and Conflict Resolution, Office of Student Life, Business Life, Student Engagement and Leadership Center, Student Government Association, Center Against Sexual & Family Violence, UTEP Police, UTEP Wellness/Healthy U, University Counseling Center, and T. Coli.
App seeks to empower sexual assault survivors

BY RENE DELGADO
The Prospector

In the summer of 2016, four 2014 college graduates from Chappaqua, New York, released a smartphone app for college students who have experienced sexual assault. The app, “Reach Out Editions,” provides resources designed to help survivors cope with their experience.

Co-founders Billy Sadik-Khan, Jack Zandi, Raquel Giner and Zach Collag reunited after graduating from different universities and created their own company, Capptricate. Capptricate released their app “Reach Out Editions” last summer.

The app is run by a digital database of approximately 2,000 colleges across the U.S. with more than 40,000 resources specific to each college.

“Reach Out Editions’ seeks to empower student survivors of sexual misconduct with information about their options for support both on and off campus,” Sadik-Khan said. “We’ve designed the app to be as relatable and accommodating for college students as possible by ensuring that users are anonymous, the information is campus-specific.

The app, which has expanded to high schools in the U.S. and universities in the U.K., connects sexual assault survivors with resources such as rape crisis centers, helplines, legal aid services, medical care providers, counseling services and emergency responders.

Users of the app can search the name of their university, which will direct them to the current information and services offered by their school. The app offers students information explaining about how sexual consent looks like, how they may help victims of sexual assault, and the phone numbers, names of people in charge and locations of services dedicated to help and protect survivors of this crime such as a Title IX coordinator.

The University of Texas at El Paso is among the universities that have signed up with the app. “Reach Out Editions” comes with a prevention and education section, where users may view videos and read articles explaining the facts of sexual health and its risks.

"Your school can login and customize their information and update it as it changes," Sadik-Khan said.

The app also has products and services available for purchase like CappMail, an email service offered by the app, which allows users to send questions anonymously to their campus police. UTEP currently does not subscribe to this service.

"We do sell services and products, but the schools are not required to buy them, but we do think they are help tools for all students," Sadik-Khan said. "All the money that we get back from value-added services goes back to the app so we can make it better and sustain it."

Sadik-Khan said one of the reasons why they decided to create this app was to help reduce the high numbers of sexual assaults on college campuses by encouraging the reporting of this type of incidents.

According to the 2015 American Association of Universities Sexual Assault Campus Climate Survey, 11.7 percent of students reported experiencing non-consensual sexual contact by threats of physical force and incapacitation during their college careers. These sexual assault cases had overall low reporting rates, ranging from 5 percent to 28 percent. The survey gathered responses from more than 150,000 students across 27 universities nationwide.

"When the ‘Reach Out Editions’ team started, there were about 100 colleges under investigation for sexual misconduct. Sadik-Khan said these injustices are what motivated the creation of this project.

“The reality is that not all schools do a great job and we want to make sure students are aware of their rights. We want them to know who to contact if they have suffered an incident of sexual assault,” Sadik-Khan said. “If schools already do a great job, we still want to create more platforms where students have easy information available to them.”

In 2014, the “Reach Out Editions” team started working on their app and decided to contact different universities around the nation to explain the idea behind their app.

“It was hard—it took us two years to release the app. We compiled the information, designed the app, we had to market it and meet with schools,” Sadik-Khan said. “At one point, we drove to Indiana and back, and that was probably 10 colleges along the way where we asked for guidance and advice for our app.”

Sadik-Khan and his team said they hope to make a difference in the future of students and schools.

“I hope the app plays the role in increasing the reporting of these cases so every victim can receive the adequate support and help. I hope this app creates a safer campus community,” Sadik-Khan said.

For more information on “Reach Out Editions,” visit their website at capptication.com.
Meal prepping on a student budget

Whether you’re a gym rat who needs to develop a proper diet, or a broke and busy college student who needs meals at your own leisure, meal preparation might be the best direction for cost, efficiency and taste.

Meal preparation, or meal prep, can be very useful for the day-to-day college student and is a perfect chance to start eating healthy. The best part for college students is how cost efficient they can be. Shopping may turn into a bi-weekly activity, if done correctly, and it will serve as a one-time investment for a couple weeks of food.

The first step into proper meal prepping is collecting enough containers to properly store food. Places such as Dollar General or Dollar Tree sell inexpensive plastic ware. It’s important to gather as many containers relative to the amount of food you will prepare. Aluminum foil and plastic bags are also smart investments when it comes to meal prep.

The Prospector
By Adrian Broaddus

The Prospector

Meal prepping on a student budget

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Egg breakfast cups

Ingredients

- 7 eggs
- salt/pepper
- cooking spray
- muffin tin
- diced onion, diced bell peppers, cut up broccoli, parmesan cheese

Steps

First, beat seven eggs in a bowl until fully mixed. Add any additional ingredients to the mix. For an added health incentive, only use the egg whites and not the yoke. Once fully mixed and smooth, set aside.

Spray down the muffin tin with cooking spray and add salt and pepper to the tins, if desired, for added taste. Pour the egg batter into each muffin tin up to just about the top and then bake in the oven at 350 degrees for 20 minutes.

Breakfast burritos

Ingredients

- 8 strips of bacon
- red pepper
- parchment paper
- diced potatoes
- yellow onion
- salt and pepper
- 10 low-fat sausage links
- 7 eggs
- 1/2 whole wheat flour tortillas
- cheese

Steps

First, beat seven eggs in a bowl until fully mixed. Add any additional ingredients to the mix. For an added health incentive, only use the egg whites and not the yoke. Once fully mixed and smooth, set aside.

Spray down the muffin tin with cooking spray and add salt and pepper to the tins, if desired, for added taste. Pour the egg batter into each muffin tin up to just about the top and then bake in the oven at 350 degrees for 20 minutes.

Fiesta chicken bowls

Ingredients

- 1 red bell pepper
- 5-7 pounds of boneless chicken
- 1 can of black beans
- 1 yellow bell pepper
- 1 packet of taco seasoning
- 1 can of corn
- 1 large red onion
- diced tomatoes
- salt and pepper
- 1/2 cup of basil pesto
- 2 cups of cherry tomatoes
- 1 to 2 pounds of green beans
- 10 eggs

Steps

Although the ingredient list is pretty long, these fiesta chicken bowls are completely worth it. First, you will heat oil in a large skillet over medium-high and add the peppers and onions. Cook until veggies are soft and once ready, remove them from the pan and set aside.

Then add the chicken to a hot skillet. With a wooden spoon, break apart the chicken to separate. Season it with taco seasoning and stir until meat has browned and cooked all the way through. Stir in the peppers and onions and let it sit.

For the tacos bowls, add a base of eggs with the choice of desired vegetables and meat toppings. After, wrap the burrito in parchment paper and repeat for desired amount. Then, set the burritos in a 1-gallon freezer bag and put them in the freezer.

Chicken veggie mix

Ingredients

- olive oil
- boneless and skinless chicken thighs
- salt and pepper
- 2 cups of cherry tomatoes
- 1/2 cup of basil pesto
- 1 to 2 pounds of green beans

Steps

In a large pan, heat olive oil with chicken thighs and season with salt and pepper. When the chicken is completely cooked through, remove from pan, slice into strips and set aside.

In a big skillet, start at medium-high heat, cook bacon until crispy and then remove the bacon onto a paper towel to cool. In the same skillet, add potatoes and season with salt and pepper if desired. Then, when the potatoes are lightly browned, mix in peppers and onions. Cook until the potatoes are brown and the peppers and onions are soft. Afterward, place the mix somewhere to cool. Repeat the same steps for the sausage as the bacon. Reduce the heat to medium low and pour in beaten eggs. Cook until soft and moist and make sure not to burn them. Once ready, remove the eggs from the pan into a bowl to cool. Meanwhile, heat a flour tortilla on a comal very lightly. In the tortilla, fill with a base of eggs with the choice of desired vegetables and meat toppings. After, wrap the burrito in parchment paper and repeat for desired amount. Then, set the burritos in a 1-gallon freezer bag and put them in the freezer.

Follow Adrian Broaddus on Twitter @adrian_Broaddus

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Follow Leslie Sarinana on Twitter @LeslieSarinana
Cirque du Soleil’s ‘OVO’ coming to Don Haskins

By Leslie Sarinana

Cirque du Soleil is coming back to the Don Haskins, and this time they’re bringing a colony of insects with them. Cirque du Soleil presents “OVO,” a story of a mysterious egg and a love story between a big-city bug who falls in love with a ladybug.

The “OVO” plot follows a foreigner going into a colony of different insects. There are butterflies, ants, dragonflies, crickets and even clowns. The newcomer falls in love with the ladybug and the show follows a colony of insects with a lot of different stories.

Director Deborah Colker was inspired to come up with the plot of “OVO” through Brazilian music and the world of insects. “OVO” is the Portuguese word for egg. The Brazilian inspiration resonates through the music and costumes.

Catherine Audy, who plays a butterfly in “OVO,” said the costumes used in the show were made in Montreal.

“We have a lot of different costumes in the show. We do our own makeup, but for the costumes we have a team of three people in wardrobe in here that wash our costumes and do repairs. It’s very colorful (our show) so the costumes are amazing,” Audy said.

“OVO” is a large production that has been on the road for a year and plans to keep traveling for another five years.

“We have been touring since April (2016) in arenas. All of the team has been together for a year now. There are 100 people on tour,” Audy said.

The production will remain in the U.S. until September and head to Europe in October later this year.

Audy also said that the show will run for another five years. She describes her job as a “lifetime choice” because of all of the time it requires her to be on the road and on tour. Although difficult, she said she’s having fun traveling the world doing what she loves.

The performers train every day even when they are on a break.

“We are in the arenas a few hours before the show. A few hours a day. We are still training a lot because our body needs it,” Audy said.

The cast and crew definitely put in a lot of hard work to deliver a grand show every night across different cities. What makes “OVO” so special is that it caters to all audiences.

“The kids enjoy it and the adults laugh a lot. The high acrobatics level of the show and the clowns are really funny. It’s really for the whole family,” Audy said.

“OVO” shows April 12 through April 16 at the Don Haskins Center. Tickets are available through UTEP Ticket Center or Ticketmaster.com.

Leslie Sarinana may be reached at theprospectordaily.ent@gmail.com.
Workouts for everyone depending on your interests

1. Hot Box Yoga

If you’re looking to do yoga, Hot Box Yoga is one of the best places for it in El Paso. Hot yoga is one of the newest and most popular forms of yoga. It’s a style of yoga that is practiced in hot and humid conditions. The classes are heated to 90 degrees Fahrenheit and set at 40 percent humidity. This is meant to improve your skin and your breathing. Hot Box offers multiple forms of hot yoga. They offer five classes for $65. Hot Box Yoga is located at 5941 Fiesta Drive.

2. CrossFit 915

Join the newest fitness craze at CrossFit 915. They have a CrossFit competition team that has traveled to compete in the CrossFit Games. CrossFit workouts are designed to resemble the competitive events. However, don’t be too intimidated to try it out. CrossFit 915 makes it their mission to be able to have workout programs for people of all ages. They have two locations, one on 6250 Modesta St. and the other on 12135 Esther Lama Drive #1100.

3. Fit30

Fit30 is a different type of gym experience. They put together the best fat-burning exercises into one 30-minute workout. Everyone who joins Fit30 has a certified personal trainer to help you through your individualized workout. During one single workout you’re expected to burn between 500 to 600 calories. Sessions start at $10. Fit30 is located at 3950 Doniphan Dr.

4. Unleashed MMA Fitness

Unleashed focuses on mixed martial arts and also offers many classes in jujitsu, personal training, group fitness, strength training, nutritional guidance, boxing and fitness boot camps. They offer free trial classes. The MMA classes are available for ages 12 and up. Unleashed MMA is open Monday through Saturday and is located at 1510 N. Zaragoza Rd., Suite A-10.

5. Inspirationz Studio

Stepping away from the traditional workout, Inspirationz Studio is all about Zumba. This studio only offers Zumba fitness classes. Classes are $5 a class or you can buy a member card for $45 which is one class per day for a month. This is a no-contract studio so you don’t have to worry about being tied to a contract and losing out on money when you don’t commit to it. They offer classes Monday through Saturday at 1515 N. Lee Trevino.

2017 FOOTBALL

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Raw Fitness guarantees body goals

BY CLAUDIA FLORES

Summer is coming up and it is time to hit the gym and build that summer body. Raw Fitness offers a six-week challenge program that starts with a $300 deposit.

Members are required to train at least four times a week in a 30-minute, high-intensity training workout and follow a meal plan. But at the end of the six weeks, if they accomplish their goal, losing 20 pounds or 5 percent of your body fat, the deposit is given back to you.

Fitness is an economic and personal motivation, in the six-week challenge I get my money back at the end, plus it helps to build your self-esteem,” said Gerardo Marquez, an Army medical combat specialist, who is in the fourth week of the challenge.

Finding motivation to start working out can be tough, but at Raw Fitness they have personal trainers who say their goal is to help people to get the body of their dreams with high-intensity workouts.

“The motivation behind Raw Fitness is actually to see El Pasoans grow and transform,” said Ryan Hawk, a personal trainer at Raw Fitness. “We are one of the fattest cities in Texas and we don’t need to be that way, so our goal and mission is to reach one million lives.

Other than having trainers, Raw Fitness also offers its clients the chance to work out in big groups. According to Hawk, this is to show that everyone is giving their maximum efforts while building their bodies, and to create a supportive atmosphere between individuals while training.

“We did a test and we asked clients how does working in a big group make them feel, and they said it made them feel better because they weren’t intimidated by other clients and they felt they could do more,” Hawk said.

The challenge is only one of two workout systems Raw Fitness offers. If you enter the six-week challenge, but you want to continue working out at this gym, you can do that as well.

“I’ve been to other gyms and had personal trainers, and sometimes you don’t know how to perform the exercises properly, and knowing that the trainers are there and everyone is doing the same motivates you a lot,” Marquez said.

The monthly membership is $150 and you get the chance to work out for a minimum of four days a week, you get the meal plan, personal trainers and even more time to continue working toward your body goals. However, not all individuals believe $150 a month is a reasonable price.

“The price is too expensive and I can get a better experience for the same price for a personal trainer that focuses just on my training,” said Valeria Vazquez, a junior women’s studies major. “Yes, the price is a bit too much, but the training they give you is worth it. I truly believe that the personal trainers are there and you don’t know how to perform certain exercises, they are there to help you. I also believe that the training they give you is worth the money.”

Raw Fitness has three locations, 6800 Gateway East, Suite 3AB, 1700 N. Zaragoza, Suite 139 and 4519 Osborne Drive.
Keitha Adams leaves UTEP women's basketball as the winningest head coach in the team's history.

By ADRIAN BROADDUS

The Prospector

Full-time UTEP head women's basketball coach Keitha Adams said her final farewell last week after 16 years at UTEP as she accepted the Wichita State head coaching position.

Sixteen years that featured a 249-309 overall record, two NCAA tournament appearances (2008 and 2012), and two WNIT appearances (2014 and 2016). She orchestrated the Miners to 20-win seasons and three league championships in the past 11 seasons.

The announcement came out of left field for many within the program after her squad went 2-13 during the 2016-17 season. "The decision was a difficult one, according to Adams.

"The first day was a hurricane, the second day a windstorm, the third day a duststorm," said Adams, addressing the El Paso media for the last time. "I think I cried more than when I got divorced. I cried like people do when they drop off their first-born at college. This is Adams to Wichita State. Adams and the "I think coach Haskins would say 'let's new experience will be something give him some time and he'll do it— there's out during this off-season."

"I told them it is 'relax, Mr. Stull is going to golden to ... bring in a great coach. He's done it for a "(Wichita State) is where I grew up; be paid $315,000 annually for five years, due Adams back to Kansas. the time they're freshman turned seniors, "You have to understand there's a pas-Now Adams will travel back to a have not been released."

"(Wichita State) is where I grew up; (it's a) really unique oppor-

"There is no need to take less than what you deserve because of your gender and...her you deserve because of your gender and...her everything in the world, they pay men and wom-

"Right now, UTEP Athletic Director Donaldson, has earned $46,780 so far this season.

"The no. 100 male tennis player, Jared Donaldson, has earned $46,780 so far this season.

"The no. 100 male tennis player, Jared Donaldson, has earned $46,780 so far this season. favor to what she deserves from the start!"

"Or maybe shows the Athletic Depart-ment that's you they've got their pay scale...an a "liv-

"The U.S. women's national team has lost gold medal at the Winter Olympics, the women's national team has lost gold medal at the Winter Olympics, the women's national team has lost...the female players. Women equal to those of the men's team members and greater financial support for players who are pregnant or adopt-

"To have done within the hockey world, pays men and women equally. Let us not forget...the no. 100 male tennis player, Jared Donaldson, has earned $46,780 so far this season. favor to what she deserves from the start!"

"Or maybe shows the Athletic Depart-ment that's you they've got their pay scale...an a "liv-
Steroids: the good, the bad and the ugly

By Adrian Broaddus

Steroids are known as one of the most controversial drug enhancements in America. Medically, corticosteroids are often prescribed to fight off a disease. However, athletes and fitness fanatics use anabolic steroids to bulk up and get bigger.

The steroids used by athletes and body builders are synthetic forms of testosterone that people use to enhance their appearance, their physicality and performance.

Although they do not create a euphoric reaction, steroids can become addictive over time, according to drugabuse.com. Other than muscle growth, studies have found short-term side effects to be acne, mood swings, fatigue, restlessness, decreased appetite and decreased sperm count. The long-term effects from the enhancing drugs are changes to the brain over time, such as anger, paranoia, delusions, heart attack, stroke, kidney failure, tumors in the liver and blood-borne diseases.

Dr. Edward Craig, a doctor in New York who specializes in sports medicine, told MSNBC that the effects of anabolic steroids on a younger body is much more harmful than trained, professional athletes or bodybuilders.

“Steroid use in young people whose bodies are developing is very different from mature, professional athletes,” Craig said. “Although use in both groups is a big problem, the issues are much more significant and potentially catastrophic for younger players.”

He went on to say that the side effects are more harmful to the body than most people think.

“Nearly 30 percent of steroid users experience adverse effects, only some of which are reversible when the drug is stopped,” he said. “The side effects include acne, testicular atrophy, breast enlargement in males (gynecomastia) and hair loss (ears and facial hair).” More serious reactions have been linked with steroids, such as suicidal behavior, heart attack and liver damage.”

A UTEP student who chose not to put his name on record due to the illegal nature of his experiment explained the good and the bad that he has experienced while taking a cycle of steroids.

**EXPLAIN YOUR DAILY ROUTINE**

I would have to inject twice a week—once in the morning and once on Thursday. I would wake up early and inject the vile. When I got them, I had to make sure I got the right size needle. It’s really long and it hurts. I only did one eight-week cycle and the stuff I got was super clean. It was a bunch of stuff that gave off testosterone.

**HOW DOES SHOOTING UP FEEL?**

Everyone would tell me that it took a while to feel it, but not for me. You could feel it right away. You were on edge. My brother said it was psychological, but it would make me rip through my workout. Every day I was on it because I perfectly recover after each workout. You don’t need things like protein. You have to make sure to do it before you work out though. Once I shot up and waited four hours to work out and it was such a bad feeling. I was on edge the whole time.

**HOW DID YOU COPE WITH EVERYTHING?**

Smoking would honestly calm me down. I would smoke a lot, but even that wouldn’t do anything. I taught myself how to inject and that was the scariest part. After the first time, you get used to it. The thing people don’t realize about steroids is the fact that it’s not just about the cycle when you take it, it’s about the post-cycle afterward. The post-cycle will determine whether or not you maintain your body and whether or not you gain a lot of fat. You have to drink a gallon of water every day too.

**WAS WORKING OUT DIFFERENT?**

Sometimes, actually most of the times, you want to keep working out. I could do three WODs (workout of the day) back-to-back-to-back without getting tired. You could push your body to whatever you couldn’t before. I would have to basically make myself stop working out because my body would eventually give out.

**DO THE SIDE EFFECTS HINDER YOU?**

No, it was the needles that frightened me. I was more willing to take the pills, but the pills have even worse side effects, like liver damage. You also have to take a lot of different pills with steroid pills to keep your body in check.

**WHAT ELSE DID IT ENHANCE?**

My sexual activity. Sex was so much better. I was sexually active every day. I could get finished and be ready to go in 10 minutes. But the worst part is that you lose the majority of the time. You have to eat properly. Once I thought I deserved wings so I cheated and ate them, but it was a bad idea. They didn’t do well in my stomach and went out terribly.

You can’t take it while being fat. You have to take it already with a fitness mentality and that it will make you better.

**WILL YOU EVER FEEL OUT OF CONTROL WITH YOUR BODY?**

Sometimes with my anger. You want to control it and not get so angry, but you can’t. That’s why I would smoke a lot.

**WHAT TYPE OF STERIODS DID YOU TAKE?**

My steroids were called the triple blend cut. It had three different things that made you lean while giving you testosterone.

**WHERE DID YOU GET THEM?**

El Paso is probably one of the best cities to get steroids. We pay $120 for a cycle, someone in Dallas could pay three to four times that.

**WHAT'S THE MOST COMMON MISCONCEPTION WHEN IT COMES TO STEROIDS?**

That they’re bad. They’re only bad if you abuse them and don’t use them correctly. You make them a lot about your body. They’re better because there are a thousands of things out there that aren’t quite regulated.

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