THE WELLNESS ISSUE

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By Jake Deven

I'm here for a good time, not a long time

By Jake Deven

We all have at least one friend or acquaintance who is constantly posting on social media about how great they feel when “eating clean” and how guilty they feel from eating “heat meals” or the classic post-gym selfie.

If you’re like me, you couldn’t care less about the number of calories you’ve ingested or if it’s leg day, arm day or whatever day you think helps you meet your health goals.

I love being able to eat whatever I want, whenever I want. The most exercise I get is the occasional hike or bike ride, but I’m usually good after walking from the library to the Union. So, coming to school four times a week has my exercise covered.

Don’t get me wrong. I prefer water over soda—except when at the movies because why would you drink the movies water. I love veggies, either fried or drenched in cheese, and I exercise enough not to be out of breath after taking the stairs instead of the elevator.

So, I’m somewhat healthy, but I won’t be posting my pumped-up triceps or my latest prepped meal social media me.

It’s trendy to be in shape and be on some fancy diet. All anyone sees in the Pinterest and Instagram is pictures of people at the gym or social media ads for “superfoods” looking way more muscular than the average person. And that’s just the thing—many people are doing this for the looks, followers and compliments.

For many, and myself included, just eating healthily is overrated. People are obsessed with the act of eating as little as possible that they’ve forgotten to eat at all. We’re all going to die anyway, so we might as well embrace those calories. As long as we do not limit ourselves to eating only one or two foods every day and no meal, we are probably nourishing ourselves pretty well.

And, if you bother to read nutrition information, most of these so-demoted processed foods and fast foods contain a lot more nutrients than most people want to admit, and in some cases at least, they contain more nutrients than a lot of the boasted “pure foods.”

Some people like to exercise or enjoy other kinds of physical activities. Some people like to do creative or complex things with their food intake. Whatever. I don’t. And there are things that I like to do that you don’t.

That’s sort of how living your own life and being different people works. I’m a grown up and I don’t have to justify my Taco Bell habit to anyone, and I also like being able to have fun on the weekend without diet or training regimen getting in my way.

Nutrition is not a strict regimen of eating all the right foods at all the right times. Rather, it’s developing a healthy relationship with food. Learning how to listen to and care for your own unique body, mind and soul. It is a lifelong process of self-knowledge and self-determination, not a list of external rules and restrictions.

As a better human being when I have salads for lunch, or don’t posting a selfie after my latest workout. I’m healthier than everyone else. For those that genuinely care about their health, good for them. People should spend their lives doing whatever they want as long as they don’t force it down others’ throats.

Follow Jake Deven @Jadeplagued
A QUESTION OF THE WEEK

Do you make time to be healthy?

CLAUDIA HERNANDEZ, SERGIO MUÑOZ / THE PROSPECTOR

ALEJANDRA GARCIÁ
Freshman nursing major

“Try to, but no, not really. Because I’m working two jobs and I’m coming to school, so there’s not really time to. Well, I don’t find time to do it, but I try to eat out like less than I used to do.”

CODY MARQUEZ
Sophomore biology major

“No, because it’s easier not to be healthy than it is to be healthy. If you want to be healthy you have to make time to exercise and be healthy.”

LEEZA GUTIERREZ
Senior education major

“Yes, because I just like to be healthy. I like to exercise a lot. It releases stress. And exercising healthy. I try to eat healthy, not all the time, but I try to eat healthy just because it gives me more energy and I feel better throughout the day.”

FERNANDO GONZALEZ
Junior electrical engineering major

“Yes, I go to the gym, I also exercise from my home like 15 or 30 minutes per week. I walk in UTEP like from my parking lot to the Union, or to CS, like, just walk.”

MELISSA GUTIERREZ
Junior social work major

“No, I’m not really. I don’t have time to think about it, to be healthier, and it is easier to go and find fast food.”

DIEGO BORREGO
Freshman music major

“No, I do. I do my walking every day here at UTEP! I run around the bridge from El Paso and vice versa to Juárez. Yeah, every day.”

LAURA BORUNDA
Senior biochemistry major

“I barely do, but I am always trying to be healthy during the weekends. I go work out these days, but it is an on-and-off situation.”

DO YOU HAVE ARTWORK, GRAPHICS OR A DESIGN?

http://fact.autismspeaks.org/utelpaso

#SingForXICause

Are you interested in becoming a teacher?

Change lives, become a teacher
Health comes first

By Claudia Flores

Health comes first.

With the responsibility of being a full-time student, having a job and other responsibilities at home, there is little no time to take a break and go to the gym.

During my first two years in college, I had plenty of time to go to the gym every day, go swimming and meal prep at home.

Now my routine has changed a lot. I only visit the gym twice a week, I get home so tired that I don’t meal prep as much as I used to and I don’t visit the pool anymore. However, as a person who is used to staying active, I had to find a way to try to stay in shape while taking care of everything else.

In the past, I joined boxing and kickboxing classes, but this semester I joined a ballet class. I’ve always been a huge fan of ballet and I know this art form offers a full cardio workout, along with body endurance. Barre work and center work are great, especially if you want to build strength in your core, legs and upper body.

Fitting a ballet class as part of my schedule not only helps me to put my mind somewhere else from the rest of my activities, but it’s a way for me to stay active every day without the necessity of leaving campus.

When it comes to meal prepping, it is true that it takes some time to prepare everything for a week and right now I don’t really have the time for that.

Meal prepping services most restaurants offer are great, but it can also be a little expensive. Back in the day, I used to prepare my meals on Sunday right before the rest of my week. It was a simple chicken, rice and veggie recipe. Every week I changed the source of protein, carbs and greens to have a different menu.

I noticed there was a point where I simply stopped going to the gym and cared less about what I ate, and after a couple of weeks I felt the difference. My energy didn’t last as long as it used to, I felt tired all the time and this started to affect me because I had so much stuff to do and no energy to keep me going.

I grew up in a house where healthy eating and physical activity are part of the daily routine. Growing up, I used to do gymnastics, swimming and track, and I always kept up with the pace by trying new sports or activities to stay active.

Nowadays I try to meal prep at least for two days. On Monday I have to stay in school all day, so my mom has been kind enough to drive all the way to campus to bring me lunch, and for the rest of the week, I try to pack some fruit or a salad to keep everything balanced.

And if I eat out, most of the times I order food from places I know serve healthy food. One of the cheap options out there for me is Pei Wei. Most new places like Pokeworks are great because of the products and portions they offer, but I am not a huge fan of seafood, so Thai food works best for me.

Finding time to work out and eat healthy is not about torturing yourself with hardcore fitness routines or diets. Staying in shape is about feeling good about yourself and taking care of your body and health.

According to Physical Activity Guidelines for Americans released by the US Department of Health and Human Services, an adult between 18 and 64 years of age needs an average of 150 minutes of moderate-intensity physical activity a week for substantial health benefits. That means that only two hours and 30 minutes a week are needed to stay in shape. If you don’t like going to the gym or doing sports, a park or even your block is a great start.

Walking for two hours sounds like a lot, but if you walk 30 minutes every day, you’ll be completing your workout by the end of the week without feeling extremely exhausted.

Also, if you don’t like meal prepping, simply change your diet.

This doesn’t mean you have to stop eating fries, just limit the fries for the rest of your life. This means that you can start adding more greens to your diet. Salmon and chicken are great sources of protein if you don’t like red meat, and if you’re vegan or vegetarian, you can replace the meat with some Portobello mushrooms and some quinoa as the source of protein.

Cut sugars, such as soft drinks, and instead drink water or unsweetened beverages. It sounds like a huge sacrifice, but within a couple of weeks your body will thank you and you’ll start feeling the changes too.

Regardless of how busy our lives are our health comes first. I might not have all the free time I used to, but with a ballet class, two days at the gym and some healthy eating, I find myself feeling good with enough energy to keep my day going.

Gigi Montalvo may be reached at gigi.montalvo13@gmail.com.
UTEP orgs come together for Miners Promoting Health

1. The Health Promotion Students Association hosted Miners Promoting Health on Wednesday, April 4 at Centennial Plaza. They offered free yoga, health screenings, healthy snacks and vendors sold health-related items.

2. A “veggie-meter” was put on display to show students the amount of vegetables they’re supposed to have in their daily food intake.

3. Students had their blood pressure measured.

4. Different booths at Centennial Plaza showcased healthy eating resources.
What you can expect from El Paso’s top spots to workout

**The Prospector**

**Wolves Den Gym**
The Wolves Den Gym is a top-rated option for a gym. The gym says they offer different options that suit everyone’s needs and they add a special incentive to their gym. Located on 3000 Wall St., in central El Paso, the gym offers classes throughout each day, Monday through Friday, at the top of each hour. Aside from classes, they offer access to weights from Monday to Friday 5 a.m. – 9 p.m. and Saturday 8 a.m. – noon.

From Wolves Den Gym:

“What makes the Wolves Den Gym unique is basically two things. First is variety of options we offer. Instead of going to a boxing gym, weight gym or cardio studio, a person can come to our gym and get all of the above and more. We also offer certified personal trainers and are starting up MMA and martial arts training.”

**Revolution Fitness 24/7**

Like its name suggests, Revolution Fitness 24/7 prides itself on being open every day at any time. Located on George Dieter Drive and Transpark Drive, the gym offers month-to-month memberships starting at $40 per person or $60 per couple. They have personal trainers and Zumba teachers that can cater to the members needs and offer daily classes.

From Revolution Fitness 24/7:

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**From the Student Rec Center**

The Student Rec Center is a place to not only achieve great physical fitness, but also where students can take some relief from the classrooms. UTEP students can enjoy the many exceptional activities and programs the Rec Center has to offer, such as intramural competitions, yoga classes, Zumba and even rock climbing.

The Rec Center also offers fitness classes. The number of classes are estimated to be around 40, with the most popular being Zumba and boxing. These classes are offered in the mornings, evenings and even on Saturdays.

**Upcoming Events**

**HEAL U RESEARCH SYMPOSIUM**
The Institute for Healthy Living at UTEP and Health U Paso Del Norte are hosting a research symposium on Friday, April 13, from 11:30 a.m. - 6 p.m. at the Health Sciences and Nursing Building. Experts in nutrition, physical activities and obesity will present cutting-edge research.

**MINERFEST**

SGA will be hosting the first-ever MinerFest on Wednesday, April 18, from 11 a.m. - 1 p.m. at Centennial Plaza. There will be free food for the first 250 students, a photo booth, an obstacle course and more. Local Artists Elia Esparza, Johnny Kate, Irie Lee and Wildsters will perform at the fest.

**5TH ANNUAL MARCH AGAINST CHILD ABUSE**

On Saturday, April 14, Project C.H.A.N.C.E. will be hosting El Paso’s fifth annual March Against Child Abuse—a child abuse awareness event and resource fair at San Jacinto Plaza.

**MARIACHI LOS MINEROS CONCERT**

Join Mariachi Los Mineros on Thursday, April 19, at 7:30 p.m. at the Fox Fine Arts Recital Hall. Tickets are $3.50.
AeroZen Yoga: a new way of training your mind and body

By Paulette Villa

AeroZen Yoga is a new way of training your mind and body. It is a combination of yoga and aerial dance that allows for a full-body workout while connecting to the mind through relaxation and meditation.

The studio is open all week except Sundays, from 9 a.m. to 11:30 a.m. and 5:45 p.m. to 9:15 p.m.

For more information, visit mkt.com/aeroyoga.
Poke³: A healthier option for college students near campus

BY KYLIN TAFOYA

A little piece of Hawaii has come to El Paso. On Tuesday, March 6, Poke³ had their soft opening at the corner of Chery Road and N. Mesa Street.

Restaurant owners Humberto Enriquez and Vicente Santalla developed the idea after closely watching the trends surrounding a rise in people wanting healthier lifestyles.

Poke (pronounced P0-ke) is proud of being among the freshest, tastiest and healthiest new food trends of 2018. Coming from Hawaiian cuisine, poke means “to slice or cut” and is a customizable raw fish salad.

In Hawaii, poke is comparatively in demand as hamburgers are throughout the rest of the US. There, it is found in supermarkets, high-end restaurants, food trucks by the beach, family events and tailgate parties, and at pot lucks and luaus after work gatherings.

Poke has evolved throughout the years, thanks to Hawaii’s multicultural influences. Specifically, it has become a major part of Japanese, Korean and Filipino cuisine.

“Poke is a Hawaiian dish that grandmas used to cook for the kids there. Like how here in town or in Mexico, our grandmas used to cook us beans and rice or tacos,” Enriquez said. “Poke is a base of rice, noodles or salad with your fresh fish, but we will offer other options.”

At Poke³, there are chicken and meat substitutes for customers who are still a little apprehensive in regards to raw ingredients or those who simply don’t like fish, but still want the traditional Hawaiian flavor poke provides. Also, for those who are perfectly fine with seafood, octopus will be part of the Poke³ menu, bringing a new texture and flavor.

“We’ve been in the business for 20 years combined, mostly focusing on fine dining,” Santalla said. “We actually wanted to open a fine dining restaurant. But this idea came to us after we started seeing so many trends on healthy eating, especially poke bowls. All these meals prep places are healthy, but not that tasty at all, and what we’ve come to see is that poke is both healthy and really, really good.”

Most traditionally, poke was made from fish, but Poke³ also serves chopped Hawaiian kukui nuts. Today, poke comes in various permutations, meaning it’s very flexible, which is an other reason why it’s sparking the interest of fast and casual diners. This establishment is perfect for college students on the run to class, businesswomen and women on their way to work or regular people who don’t have time to make lunch or are tired of making lunch every day.

“No number one, we wanted to be involved with the UTEP community. That’s why we chose this location,” said Santalla. “Some of our bowls are even called the Sun Bowl, one of the burritos is called the Minerito. We just wanted to attract the students and faculty since we’re so close.”

Each dish has plenty of useful nutrients, depending on the ingredients of preference. The key to a healthy poke bowl is to customize the meal as much as possible to suit your health needs.

“I was hesitant of the raw fish at first, but learned to love ahi tuna. It has a meaty consistency, like chicken or beef, but still has a slightly fresh flavor from the sea,” said Summer Masoud, senior multimedia journalism major. “It’s also very healthy because of the versatility of the ingredients, and helps with the after-work munchies. It fills you up just enough to where you feel satisfied and not like you’re about to explode.”

Choosing more fresh fruits and vegetables is a perfect low processed and pickled item. Items that will help reduce both the calorie and sodium content. You can consume four ounces of poke for under 150 calories. One poke bowl consisting of rice, ahi tuna, seaweed, cucumber and a light serving of a dressing of choice will provide you with approximately five grams of fat, 25 grams of protein, and 20 grams of carbohydrates.

Omega 3 is available from the fish and avocados that you can put in your bowl. These fatty acids are also proven to help fight depression and anxiety, reduce the risk of heart disease by lowering your blood pressure and heart rate, as well as improve a person’s eye health.

Other suggestions to make it healthier are to use leafy greens instead of rice and opting for condiments that have less sodium like sriracha instead of soy sauce. Offering limitless variations of poke bowls, burritos, mochi ice creams and soft drinks, Poke³ is also looking to partner up with some local breweries to bring an array of alcoholic beverages, including wine.

“I’m excited that there’s a healthy alternative for local campuses. I’m tired of eating pizza and Chick-Fil-A all the time. Every time Poke Dots comes to the Union, it’s what I get to eat,” said, Rebecca Helguera, junior English major. “Now, with Poke³ just up Sunbowl, we’re not restricted to special occasions for a healthy option.”

“This business is to open a new location on the east side this summer, increasing the number of people getting involved with the UTEP community. Poke³ has much room to grow as a business at UTEP.”

“Honestly, we can’t wait. We just want to feed people poke,” Santalla said.

The business pair is set to open a new location on the east side this summer, increasing the number of people getting involved with the UTEP community. Poke³ has much room to grow as a business at UTEP.

“Honestly, we can’t wait. We just want to feed people poke,” Santalla said.
Cardi B tells her unconventional rags to riches story on ‘Invasion of Privacy’

BY MICHAELA ROMAN

The Prospector

From growing up in poverty in the Bronx, to stripping in Manhattan, to leaving an abusive relationship, to reality TV, to becoming a social media influencer, to having the hottest hit of the summer to performing on SNL, Cardi B has it all. Cardi B has hit the big time and she's here to stay.

The 25-year-old bilingual rapper Belcalis Almanzar, known across the globe professionally as Cardi B, just released her debut album, "Invasion of Privacy," on April 6. The album follows her mini-albums "Gangsta Bitch Music Vol. 1" and "Gangsta Bitch Music Vol. 2." In September 2017, Cardi B became the first female rapper to top the Billboard Hot 100 since Lauryn Hill’s "Doo Wop (That Thing)" in 1998, with her hit "Bloody Nose, My Money." Only three other female rappers have ever hit No. 1 on the charts, but unlike Lauryn and Cardi, they didn’t do it alone.

Since then Cardi B has collaborated on G-Eazy's "No Limit," Migos’ "MotorSport," Puerto Rican sensation Ozuna's "La Modelo" and Bruno Mars’ "Finesse." Now, stars Migos, Chance The Rapper, Bad Bunny, J Balvin, Khalid, 21 Savage, YG and SZA have rated on G-Eazy’s "No Limit," Mi- 

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ding on me? TMZ reports she is due to give birth this month. Cardi B proved what it means to be a female who will perform oral sex on anyone or a female who is just average.

This brings the album into the song that's made her who she is today, "Bodak Yellow." This was Cardi’s first release with Atlantic Records since signing to the label in 2017. Cardi was paying tribute to her hometown’s Spruce Street, "The Bronx, New York City, Cardi's Afro- 

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est/self assured songs by a female raper to round it out. The song is also possibly the highest selling trap based song of all time. Her voice is essentially an instrument in its own, working as a bass intertwined with some 808s and simple synth beats, which all work together in the track's im- 

For use on the southbound lane on the Stanton and Zaragoza streets.

By: Michelle Roman

April 10, 2018

The Prospector

By Michaela Roman

The Prospector

April 10, 2018

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The Prospector

THE Float Spa offers a different holistic health care approach


By Elenie Gonzalez

Imagine being locked in a tank, floating in water, in complete darkness and your brain cannot tell whether your eyes are open or not, and you hear no noise except the own thoughts in your head. This is what it is like to be in a state of total relaxation. This is what The Float Spa offers to its clients.

The Float Spa is the first spa in El Paso to offer the experience of an isolation tank, also known as a sensory deprivation tank. The tank is filled with one foot of water and 1,500 pounds of pharmacy-grade magnesium sulfate, which allows the body to effortlessly float. Floating is a type of therapy called R.E.S.T. (Restricted Environmental Stimulation Therapy).

Benefits of floating include reducing inflammatory pain, improving quality of sleep, reducing stress, increasing the feeling of euphoria (endorphins), and many more.

"The concept behind floating is zero sound, zero light and zero gravity. You go into the tank and float like a cork in water," said Robert Acosta, co-owner of the spa. "What happens within the five minutes of being in the tank with no sound or no light, is the regions in the brain that are responsible for interpreting all the external data such as auditory, visual and sensory, are completely shut off, which then allows other parts of the brain to be activated and those are usually the regions that are solely used by people.

Robert and Crystal Acosta, owners and operators of The Float Spa, had their own experience with floating about eight years ago after hearing about it through friends. They decided to drive up to Santa Fe, New Mexico, to try it and fell in love with the practice. And as avid travelers, they made sure to find a float center in any new city they visited.

There are both physical and mental benefits to floating. The purpose is to heal the body using a holistic approach. Physically, the body is able to absorb the magnesium sulfate, which, according to Robert, has been clinically proven to help with joint pain, swelling and inflammation. He also says that because there is no tension or stress on the body or the joints, and it allows people who suffer from any type of body ache, soreness, chronic pain or anything related to discomfort in the body to fully relax because there is no gravitational pull.

"Mentally, because the water is heated up to your body temperature, your brain loses the ability to tell where your body ends and where the water begins, so you basically dilute into the water," Robert said.

Both Robert and Crystal are registered nurses, who graduated from UTEP in 2010 and 2011 respectively, they have a passion for the health field and enjoy sharing it with others. The couple continues to work their day jobs while taking care of the business, so they find it important to also focus on themselves and their health in order to keep up their active lifestyle. They enjoy keeping healthy by surrounding their activities around nutrition or practices that are organic such as hiking, running, outdoor, doing yoga and meditation.

Floating was another practice they added to their routine when they built their own tank in 2015. They decided they wanted to share it with the community and The Float Spa was born. They had some success at first, but decided to put the business on hold until they found a more ideal space. Two years later in the summer of 2017, they invested in a higher quality tank, built their new space and relaunched their business, which opened its doors in November.

Since then, The Float Spa has seen a small number of loyal clients. Gabe Fernandez, a graduate student at UTEP said he enjoys visiting The Float Spa once every two weeks.

"Floating is like a reset button on your brain, like you recalibrate yourself. You spend so much time buried in thoughts. Meditation is a good tool for that, but you're not completely at ease," Fernandez said. "When you're in a float tank, you're weightless. You can't see anything, you can't hear anything.

"That's been the only thing, one of the only things that's been able to shake me out of a funk faster than anything else. It doesn't matter if you're having bad days and things don't go your way, you float and everything is back to normal. It's pretty amazing."

Holistic health care has gained popularity as people have been finding ways for alternative medicine to heal whatever ailments they may have. Stepping into a deep deprivation tank and experiencing a float session falls into that category. It's an approach to health care that treats the entire person, not simply symptoms and disease. Mind and body are integrated and irreplaceable.

"The neat part about the tank is it only allows you to have a really neat introspective experience because there's no data that you have to be processing. It really allows you to be alone with your thoughts so, while you're doing that, your body is really getting the benefits of just lying in the water," Robert said.

Their clients include people with carpal tunnel syndrome and arthritis pain, including fibromyalgia and even muscle aches after workouts such as CrossFit.

"Most of them come out saying they feel like a noodle or a sense of weightlessness. We even have clients that regularly take pain medication say that after the float, they can reduce the amount of pain medications they take or sometimes they don't have to take it for a couple of days. The amount of magnesium sulfate helps reduce inflammation in the body," Crystal said.

Floating benefits not only those with physical ailments or pains, but also people who suffer from anxiety and depression, post-traumatic stress disorder and even addiction.

"In other cities, they're using floatation for veterans with PTSD, people with anxiety and there is research going on related to that," Crystal said.

The Acostas say their spa is tailored more to people who are more into mindfulness and to consciousness, and it's an alternative remedy for both pain relief and other parts of the human experience.

They mentioned that people may have a difficult time at first because many people are not used to being alone with their own thoughts. The best thing to do, Robert says, is to come in with no expectations so they can get the best out of their session.

"Just come in here, have the mind that you're going to lay down in some nice warm water and then just kind of let go," he said. "And when you do that, that's when the magic happens."

Another service they offer is a sauna for a post-float session therapy, which also has its own benefits. They hope to expand and be able to offer massage therapy in the near future.

The Float Spa is located at 14-436 Rojas Drive, Suite D-13. For more information on The Float Spa and the benefits to floating, visit thefloatspaspa.com.

Follow Elenie Gonzalez on Twitter @eleniegonz.
UTEPE students find their passion through athletic training

Gaby Velasquez / The Prospector

Ariana Galarza helps keep athletes hydrated to ensure proper body temperature and joint lubrication.

BY JEREMY CARRANCO

Students across the nation, the main responsibility is to care for injured athletes in a quick manner, while also helping them maintain and build a healthy lifestyle.

Emilie Larocque and Ariana Galarza, both senior athletic trainers at UTEP studying kinesiology, know the importance of their role in the athletic department. Larocque has been a trainer now for two years, while Galarza has been one for three.

"Athletes don't necessarily know how serious their injuries can be," Larocque said. "That's why we're there, to help them understand and then help them grow and heal so they can perform their best."

Student trainers at UTEP are taught how to respond and handle an injury with classes in the kinesiology department and are required to go through the basic classes before completing an application for the job.

Once getting the job, student trainers are limited to handling injuries, considering its severity, but are overseen by a certified athletic trainer while in training.

"I've learned so much since starting my job as a trainer," Galarza said. "When we're in there (classes), they teach us about the body, what we should and what we shouldn't do when an injury happens on the field." Galarza has been a trainer for both the football team and softball team. Larocque has been a trainer in multiple sports on campus, assisting alongside Galarza in football while also being a trainer for track, cross country and volleyball.

As a former track runner in high school, Larocque's dreams of becoming a trainer came from the unfortunate end of her time as an athlete. Continuing her life on the track took a turn for the worse when she developed a blood flow condition in her knee that caused the bone to chip.

Larocque decided that her health was more important, and she transitioned to what she wants to help athletes with today.

"I had been told before that I couldn't continue on playing sports, so I decided that I could help other athletes get healthy," she said. "I wanted to help other athletes become better and continue on with their dreams even though I couldn't!"

While Galarza was never involved with sports prior to becoming a student trainer, the job has forced her to become more organized with both her eating and sleeping schedules.

"During football season, I didn't have a set lunch hour and sometimes my sleeping schedule was off because we would get back after midnight," she said. "That's been the hardest part—having to wake up so early during the football season and being here 24/7 during the season, but it has made me more organized."

The work schedule has also impacted Larocque, causing her to make some changes in order to adapt to the early mornings.

"The hardest part for me is having to get used to waking up at 4 in the morning to be at school by 5 to prepare for football practices," she said. Although the schedule may be tough, the job is even more challenging for trainers due to the wide range of skills and responsibilities they must possess.

"Athletic trainers are extremely important because we design rehabilitation programs and go through various certifications such as CPR, which saves lives in the blink of an eye," Galarza said. "During games, athletic trainers are the first ones to go out on the field after an injury and assess whether the athlete has to come off the field or can stay in the game."

According to the National Athletic Trainers Association (NATA), athletic trainers are the only health care professionals whose expertise in prevention ranges from minor strains to catastrophic head and neck injuries, and from minor illnesses to exertional heat syndrome.

"This profession is important in sports because athletic trainers take care of athletes from all injuries, both minor and major," Larocque said. "Without athletic trainers, athletes could be severely injured and can even die if they are unaware of the severity of some injuries the first time, like concussions."

Larocque and Galarza are dedicated to becoming trainers at a college or university for the rest of their careers after they graduate. They plan to go to a master's program in Texas to become the certified professional they've had to shadow as a student.

In order to become certified, athletic trainers must take and pass the Board of Certification (BOC) examination. A test in which 49 states and the District of Columbia recognize as the appropriate state regulatory agency and only avenue to legal athletic training practice.

"The way my high school athletic trainers talked about their professions really made me want to get my master's and become certified," Galarza said.

The average salary for athletic trainers in the United States sits at around $40K annually, according to an April 1 update by Payscale. Despite what the income may be, Larocque and Galarza say that things that come along with the job make it worthwhile.

"Athletic trainers don't make a lot of money, however, they have some nice benefits such as working while having fun watching the games," Galarza said. "My favorite part about being a trainer at UTEP has been getting to travel with the team for all their away games.

"Larocque has enjoyed the other benefits of being a student trainer at UTEP while also traveling with the team."

What I love most about the job is seeing athletes grow stronger as a person.

- Emilie Larocque, senior athletic trainer

"Traveling with the team is fun, but we also get the things that athletes get like the food and all the gear," she said.

At the end of the day, trainers find a sense of accomplishment in what they do, especially when they see an injured athlete fully recover and perform at a higher level.

"What I love most about the job is seeing the athlete grow stronger as a person," Larocque said. "From when they come in hurting to when they get back on the playing field making star plays, that's what matters."

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Clayton takes pride as ultimate team player

By Daniel Mendez

When Courtney Clayton took her recruiting trip to El Paso, it was her first time being away from her home of Cornelius, Oregon. On the trip, she stumbled upon UTEP softball fans at a bagel shop who recognized Clayton and encouraged her to choose UTEP. That’s when Clayton fell in love with the El Paso community.

Four years later, Clayton is on pace to being one of the best ballplayers who has graced the Helen of Troy softball field.

“Honestly, it made me grow a lot as a person,” Clayton said. “Going away from home really made me who I am today. I’m thankful for that and I know my family is thankful for that as well.”

The senior infielder Courtney Clayton is second all-time in doubles (50) at UTEP. She moved up on the doubles’ list, giving her 50 career doubles, putting her second on the all-time list in program history behind Camilla Carrera (57). Clayton also moved to fifth on the all-time RBI list at UTEP with 110 in her career while recording her 70th multi-hit game.

“I think the biggest thing that I’ve been so proud of is the team aspect of everything,” she said. “Just all the things we’ve accomplished as a team is more than what I’m excited about. I’ve obviously felt very humble and very blessed to be here and be a part of that.”

Echo-Hawk describes Clayton as the ideal kid who you want to coach. Clayton’s focus is always on the team no matter her personal achievement.

“She actually doesn’t like praise,” Echo-Hawk said. “Probably the most selfless kid that we have even though she has had a ton of success. She doesn’t flaunt it, she doesn’t act cocky. She doesn’t. She’s just the ultimate team player. Always there doing whatever she needs to do for the team.”

The best way to describe Clayton’s leadership is the fact that she leads by example. That is the best way senior teammate Kaitlin Ryder said describes her best friend’s approach to the game.

“Shall it all in it?” Ryder said. “She’s a ballplayer. She leads by example and is a great teammate; she just knows the game 100 percent and I’ll give everything she has to this game.”

Clayton’s best friend and roommate on the team remembers their first encounter during a friendly game of travel ball.

“I adore coach E (Echo-Hawk) and teammate Katie but Ryders describes her best friend’s approach to the game.

“Shall it all in it?” Ryder said. “She’s a ballplayer. She leads by example and is a great teammate; she just knows the game 100 percent and I’ll give everything she has to this game.”

Clayton’s best friend and roommate on the team remembers their first encounter during a friendly game of travel ball.

“Throughout the course of our four years, she’s been my best friend and my go-to person,” Ryder said. “I look forward to having her as my best friend for the rest of my life.”

Despite the team’s losing record (14-26, 4-11 C-USA), Clayton is proud of her team and that no one has given up.

“I describe us as a bunch of fighters—that no matter what’s going on (with) handshakes on and off the field, everyone just comes in and fights for what they believe in,” she said. “I think just continuing forward, we just need to continue doing that and at the end of the season we’ll be proud.”

As the season comes to an end, Clayton is reminiscing about her time here. Her and her fellow senior teammates have thought about this being the last time they get to lace up their cleats and play the game they love.

As an 18-year-old, freshmen playing Division-I softball, who had no idea what to expect every day was a first for her.

“Now that it’s in reverse, every day is a last for us. It’s like ‘wow, we’ve really come so far.’ We’ve just been saying how thankful we are that we have had all those experiences that we made good.” Clayton said.

Follow Daniel Mendez on Twitter @dmendez24

Be true to yourself and stay mindful of your values.

Avoid binge drinking. Binge drinkers have increased risk of killing someone, killing oneself, child abuse, domestic violence, high blood pressure and heart attacks.

Make responsible choices.

Alcohol leads to bad decisions. 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking.

LIMIT ALCOHOL

Alcohol impairs your judgment and actions. Don’t put yourself in risky situations.

Live alcohol and drug-free!

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April 10 - BAD ROMANCE
Recognizing the Signs of an Unhealthy Relationship
10:00am - 11:30am
Union Bldg. East, Andalusia Room 102B

April 26 - TAKE BACK THE NIGHT
7:00pm - 9:00pm
Tomás Rivera Conference Center, Room 308
Open to the Public

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*Please contact us one week prior to the event if special accommodations are needed.

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