The Wellness Issue

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Ableism is all around us

BY VALERIE FREDERICK
For The Prospector

Ableism: discrimination or prejudice against individuals with disabilities. This is Merriam-Webster’s definition of the term, but ableism is more than just discrimination and/or prejudice. It’s the innate belief held by society that able-bodied people are more worthy of human respect, dignity and autonomy than disabled people. The casual discrimination and prejudice disabled people face has never been more apparent to me than in my early 20s, and more specifically, at UTEP.

This is not going to be a column that bashes UTEP, because the university has been wonderful to me and I’ve met people who will be in my life for a long time. This is a column about the bad moments in between the genuine ones, the patronizing smiles in between the genuine ones, and the “are you OK?” questions in between people minding their own business.

To put it in the mildest way possible, I had the weirdest day at UTEP recently. It seemed like everyone got the memo that there was this girl in a wheelchair at campus and they must all pitch in to help, even if this disabled girl didn’t request any assistance. Again, autonomy doesn’t exist for disabled people. I get on the elevator and press G all by myself when a girl walks in, presses her floor number, and asks where I would like to go. Full well that I had pressed my floor already. As we stop at G, before the elevator door opens she said, “This is G, OK?” in the most patronizing voice possible.

I got out and let it go because as a disabled person, you’re conditioned to let comments like this go. “They mean well and were just trying to be nice,” is what we have always heard, even when it’s our dignity and self-respect on the line.

Later that day, I went to take a test at the CASS office. Let me say right away that everyone there is lovely and deserves every praise. This isn’t about what happened inside the office, it’s what happened outside. After I took my test, I had to wait for the testing center official to come give me my scores. To put it plainly, it was a very, very long and tedious wait. I didn’t want to have to wait over an hour in a closed testing room, so I decided to wait outside. I alternated between staying close to CASS’s door and the lounge area in front of the building. I drifted off into space and thought about nothing because when you’re a college student, semi-laziness is a luxury. However, I forgot that I was physically disabled, and when you’re physically disabled, drifting off into space and choosing to be idle means you’re incompetent and need to be looked out for 24/7. The amount of people that interrupted me spacing out, and asked if I needed help, if my chair needed to be pushed (realley?), if I’m sure I didn’t need to be pushed are too many to count. All I needed was an empty cup next to me and I could have made some good money.

As bad as these experiences have been, nothing might ever top the awful three days I had as an incoming freshman.

I was trembling with fear as I wheeled into Centennial Plaza for new student orientation in July 2018. I was a 22-year-old girl trying out this college thing for the first time after failing multiple times at becoming a professional writer without a degree and I didn’t want to mess anything up. I knew I would feel like an outsider at orientation because of my age; everyone there had probably just graduated from high school, but it never occurred to me that I would be made to feel less than because of my disability.

Arriving at the plaza, I was on my way to check-in when I was literally bombarded with UTEP students getting my welcome packet for me, checking me in and escorting me to the tables that represented different UTEP organizations and societies. I want to make clear that I never once asked these students for help and you can bet that I did not want to be escorted during my first minutes at my new campus as if I were Queen Elizabeth. They saw my wheelchair and they saw someone in need. You can say that they only had good intentions in helping me, but the act of assisting disabled people without consent is rooted in the idea that disabled people need to be watched over for. If they wanted to treat me with the respect I deserved, they could have either asked me if I needed help or not said anything unless I asked for their assistance.

Going into the official welcome pep rally, I was greeted by loud music and tons of people at the steps. I was, obviously, separated from my fellow incoming freshman because I couldn’t access the steps of the plaza. I really didn’t care about that part because being too social with too many strangers at once is not really my thing. The amount of people that had found a completely accessible location to hold this pep rally which would have given me the choice of where to sit, like everyone else. What got me nervous, anxious and angry was the extroverted-ness of it all. I get that these things are supposed to be upbeat and fun, but let’s get real, not everyone felt comfortable at this pep rally.

I’m not only in a wheelchair, but I also experience social anxiety. While I was the only new freshman in a wheelchair during orientation, I can assure you that I was not the only socially anxious person there. I saw looks of fear, awkwardness and anxiety on quite a few faces during those three, long days of what were supposed to be helping everyone get comfortable at UTEP – not just a select, extroverted group of people. It is completely obvious that whoever planned the orientation didn’t plan for disabled and/or socially anxious students. Where were the rest areas located for those who needed a break from all the chaos? Hiding in a bathroom stall doesn’t count.

The UTEP staff stressed for everyone to be social, to participate in as many groups as possible during our time here, to go to football games, to engage with the UTEP edge (clap), that they seem to have not realized that not everyone is built to do these things. There are so many invisible conditions out there that prevent certain people from being as socially engaged as UTEP wants them to be. Instead of accepting that and making orientation more inclusive towards those who don’t fit the mold of a jock, popular, social butterfly, they want to change students into who the college thinks they should be. That’s not what the college experience should be; it’s about making sure students know that these tools are out there for them, should they choose to use them, and help guide them if they ask. Don’t put us into your perfectly crafted box and instead come into our boxes, learn a little something. After all, that is what college is truly for.

Valerie Frederick may be reached at valeriefrede2709@gmail.com
Time of the butterfly
Author explores bipolar disorder through poetry

BY CLAUDIA FLORES
The Prospector

After being diagnosed with bipolar disorder three years ago, El Paso native and UTEP alumna Jacqueline Loweree is about to release her debut book “El Tiempo de la Mariposa: Poesía de una mente bipolar” (The Time of the Butterfly: Poetry of a bipolar mind).

In her book, Loweree showcases what it’s like to live with the disorder through a collection of poems that according to the author, were written during her depressive, manic and dark episodes.

“Essentially you’re going to see all kinds of poems. I specifically talk about the bipolar disorder and what is it and then I have other poems about what anxiety feels like,” Loweree said. “I also have poems about relationships and love, but a lot of those poems were written during manic time and that’s interesting because during mania we tend to confuse real love because everything seems so bright and beautiful, and passionate.”

In 2017, Loweree experienced an all-time-low that led to the creation of her book.

In the conundrum of whether accepting to take medications or not, the author said one Thursday night she wasn’t feeling well and was in a terrible situation, this led her to attempt to commit suicide.

“I tried to commit suicide, but it didn’t work,” Loweree said. “The next morning, I told myself ‘If you’re still feeling this way (Friday morning) I’m going to try again,’ but for some reason that morning I just started writing, and I wrote the entire day.”

For Loweree, writing contemporary poetry became an important element to be distracted and helped her express herself.

“I’ve always been about writing poetry, but never for a purpose, and then I started writing and I realized that was one thing I needed to keep me afloat, to keep me going and motivated to pull me out of my depressive episodes,” Loweree said. “That’s essentially how this became a book.”

It took Loweree a year to finish the material for the book.

The title “El Tiempo de la Mariposa…” is a reflection of how Loweree feels about living with a mental illness.

“I chose that title because in a way I feel we live in the time of the butterflies, especially if you’re suffering from a mental illness,” Loweree said. “If you think about the butterfly, it’s a very strong and resilient creature because it will fly for miles non-stop, but at the same time is very frail. If there is a little bit of rain or a storm it can break apart, it can kill the butterfly.

“That’s the bipolar mind to me. We’re very strong minded because we’re resilient, because we live in fight every day, but at the same time this fight weakens us, it makes us stronger, but it weakens us, it hurts us.”

According to Loweree, the purpose of this book is to bring awareness of the bipolar disorder in the community and also among those who identify with it, as well as to foster literacy.

In her personal battle with bipolar, Loweree’s began early in life. The symptoms began to manifest as early as eight years old and by age 10 she had attempted to commit suicide several times. These symptoms continued to develop during her teenage years and her adulthood. However, according to Loweree the symptoms were different during every stage of her life.

“I was so existential and sad, and depressed, and I didn’t understand why, and I was in a very dark place,” Loweree said. “A lot of suicide attempts when I started cutting and it wasn’t for attention because I was always covered. One of the things I hate is when they say it’s for attention, but it is not, it’s because you’re hurting.”

According to Loweree some of the challenges she has faced throughout the years are related to the stigma and stereotypes people believe about the bipolar disorder.

“Sadly, there’s not a lot of awareness on what this is about,” Loweree said. “In terms of how society sees bipolar disorder, you hear things like ‘Oh my mood changes so fast, I feel bipolar,’ so they’re not really taking in consideration the hardship of this disorder. It’s one serious mental illness and it’s sad because a lot of people just don’t understand it.”

Loweree mentioned another problem she faced, especially in the workplace, was the disclosure of her disability at work. She said how hard it was at times, especially when you suffer from things like instability or a lack of motivation during a depressive episode, because in the workplace, no one wants to hear that.

Loweree said several factors caused a delay in obtaining a diagnosis and getting help. One factor was a lack of information about it.

“In the Mexican community, this is something we don’t talk about, so it was a piece of knowledge I didn’t have,” Loweree said.

After being diagnosed with bipolar disorder, Loweree had to work on accepting her diagnosis. Then accepting the treatment was the next challenge.

“It was hard. When I walked out of my psychologist (office) after she told me, I cried the entire time I walked home. The thing about bipolar disorder is not most sources and health professionals tell you is that it’s for life,” Loweree said. “It’s not like anxiety or depression, you can come up

see BIPOLAR on page 8

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UTEP to host first Biomedical Research Awareness Day

BY ASHLEY JOHNSON

UTEP Psychology Assistant Professor Katherine Serafine, Ph.D., is planning UTEP’s first Biomedical Research Awareness Day (BRAD) in April.

BRAD is a global event that happens every year on the third Thursday of April. It is an initiative committed to educating students on the importance of biomedical research and the humane use of animals.

The event will be conducted in two parts. The first part will be a collaboration with the Campus Office of Undergraduate Research Initiatives (COURI) Research Symposium at 9 a.m. April 13.

Along with Serafine, student members of research labs and representatives from the student organization WIISE: Women Interested in STEM Education will offer a table to talk to students, faculty and the general public about the research that’s being conducted at UTEP.

The second part of the event will take place from 9 a.m. to 4:30 p.m. April 18 at the Union Plaza, where there another tabling event will share similar information. However, this time the conversation will inform the UTEP community about research careers and how students can get involved.

Serafine’s research focuses on understanding the overlap between metabolic syndrome (obesity) and substance use disorder. She studies this overlap in terms of behavioral similarities, as well as neuroanatomical and neurochemical similarities. She said rats are a great model to test. Serafine strictly works with rats only in her lab.

“Animals are very similar to people in ways that make rats in particular a really good model for the neuro structuring in the brain that mediate addiction and obesity,” Serafine said.

As a global BRAD fellow, Serafine feels strongly about the opportunity to organize the first BRAD event at UTEP. She often has students ask her how they can get involved in research, so she said she excited to talk to students about research opportunities and careers in biomedical research.

“One main goal of BRAD is to help communicate with students at UTEP – if they’re excited about science, the different career options that you can pursue. Many of them involve animal research,” Serafine said.

Serafine is also excited to tell the UTEP community more about the research that’s happen on campus. According to the assistant professor, many students are unaware of the focus of many research labs on campus and how using animals in research helps understand, treat and prevent complex human diseases.

Since the event is open to the public, BRAD is encouraging high school students or as Serafine calls them, “Future Miners,” to attend the event. Serafine said that if these students get interested in biomedical research early, they can apply for research opportunities as soon as they enroll at UTEP.

Even though this is the first BRAD event at UTEP, Serafine is already looking to make it an annual event.

“The BRAD organization itself is essentially growing exponentially nationwide and across the globe,” Serafine said. “We are already thinking about 2020 and what we’re going to do that’s bigger and better for next year, even though we haven’t even had the events for this year yet.”
El Paso celebrates third annual Child Wellness Conference

BY ALEXIA X. NAVA CARMONA
The Prospector

The Texas Department of State Health Services (DSHS) will host the third annual Child Wellness Conference April 26 to inform about different aspects of children’s health and well being in honor Child Abuse Awareness Month and Día del Niño.

“The reason we have (the conference) in April is because April is Child Abuse Awareness Month in the country and it also happens to land on Día del Niño,” said Patrice Loge, program manager for the DSHS. “The whole conference is geared towards all aspects of child well being.”

Guest speakers will discuss the importance of oral health, which goes beyond what a dentist can treat. Loge said dental health is related to other physiological issues, which is something that has been discovered in the last five years. According to Loge, having bad oral health can lead to have other systemic problems, especially in children.

Another topic to be covered at the conference is juvenile diabetes, the symptoms and treatments.

Diane Bernal, case manager for specialized health and social services, said a nurse from the El Paso Diabetes Association will be on hand to discuss symptoms of childhood diabetes and resources for patients.

According to the American Diabetes Association, every year 1.5 million Americans are diagnosed with diabetes and about 193,000 Americans under age 20 are estimated to have the disease. Loge said this topic in particular needs to be addressed because of how diabetes affect the younger generations, and because in the past, diabetes was seen mostly as a health issue for adults.

Bernal, who is also part of the conference planning committee, said another topic to be covered is recreational therapy with dogs.

“We're starting to see more mental health issues with children and because of that we know that animals play a good role in and helping children address some of those things,” Loge said. “So now with the canines, or animal therapy, we'll also have equine therapy. That's more for autistic children. (They) go to the horses, and it calms them down, and it makes them feel better.”

One of the speakers will be UTEP's Associate Dean of the College of Health Sciences Candyce Berger, Ph.D., who will discuss the importance of the community’s involvement in child welfare.

Lecturer in the social work program at UTEP and former Texas Child Protective Services (CPS) employee Luis Zamarripa will be a guest speaker at the conference, Loge said.

Zamarripa is also in charge of interns in the social work graduate program. He will discuss abuse and neglect on children and about the misconceptions regarding CPS, Loge said.

“Since Luis has been at CPS for a long time, we thought he'd be a perfect person to come and probably talk about the misconceptions that people have about CPS and when is a good time for people to get involved,” Loge said. “When you see something, it doesn't mean that CPS is going to go to the moment (and) take the child away. We have to do an investigation. They have to go out there and investigate. And sometimes it's unfounded and sometimes the allegations are true.”

According to the annual report of Child Maltreatment Fatalities and Near Fatalities for the fiscal year 2017, Texas had 172 confirmed child abuse and neglect-related fatalities in 2017.

“It's not just abuse. A lot of people focus always on the abuse; neglect is actually higher. There are more incidents of neglect than there is abuse,” Loge said. “Abuse, of course, is visible. People can see the bruises. A child going to school, the nurse notices, the teachers might notice bruises and stuff on a child, but neglect, they might not always notice it. So that's what Luis Zamarripa is going to talk about. He's gonna talk about letting everybody know what are the things to look for and what are the things that we can all do to help these children.”

The conference will be 8 a.m. to 4:30 p.m. April 26 at Region 19 Head Start Conference Center, 11670 Chito Samaniego Drive.

Alexia X. Nava Carmona may be reached at theprospector1@gmail.com
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Pictured: Heroes from Marvel Studios’ Avengers: Endgame.

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A message from the wellness program to university employees and students

BY OSCAR AVILA
The Prospector

An individual who consciously makes healthy choices, is educated and physically fit can theoretically lead to a highly effective employee or student. This is the premise of the Wellness Program at the University of Texas at El Paso. The university recognizes that employees and students personal health and general well-being are important, which is why the Wellness Program offers a variety of opportunities to create awareness of beneficial lifestyle choices.

The Wellness Program focuses on health promotion and education according to the Manager of the University Wellness Program and Student Health and Wellness Center, Daniela Lerma.

“We have a focus on sexual health, but have events in which we give information about many health topics,” Lerma said.

One of the event the program offers is “Fit 4 Free Thursdays.” Each month on Thursday the Wellness Program features one of their health and fitness programs. These courses are open for free to UTEP faculty and staff, and held in the evening from 5:15 p.m. to 6 p.m. Last year, during the Fall semester, they featured four programs: country line dance in September, tai chi yoga in November, martial arts in October, and circuit training in December.

“Wellness Weekdays,” is another event hosted every summer from June 8 to August 15 at 11:30 a.m. to 1:00 p.m. People are required to register for each event, and individual evites with registration links will be sent for each event once registration is available. There are six events in total: “Mining for Health Walk,” “Yoga-n-Yogurt,” “Energize Yourself with Tai Chi,” “Join Airrosti for Lacrosse Ball Workshop,” “Dance Away with Line Dancing!” and “Join the Party with Zumba!” These events are informative and interactive sessions that educate participants on various methods to maintain their health and while having a good time.

Along with their physical programs, Lerma said there are educational resources dedicated to inform miners on healthy habits for sexual relationships such as the Healthy Miner: Sex Positive Peer Education program.

The Sex Positive Peer Education program features, “Wellness Articles” and “Wellness Infographics,” that were created by students to provide swift, comprehensive information on sexual health and healthy behaviors.

Their website, healthyminer.utep.edu provides “Did You Know?” and “FAQs” segments which discuss myths about sexual health and provide facts to clarify any misconceptions.

The information and the programs provided come as a great convenience to residents of UTEP like senior biology major, John Luevano Jr.

“I think it’s amazing. It’s decently cheap, even if you don’t have insurance,” Luevano Jr. said.

Whether students or faculty know it or not while they participate in their programs, the Wellness Program hopes to spread awareness of healthy and positive lifestyles by the tools provided through them to UTEP associates. Thereby reducing the incidence of preventable illnesses and injuries to the miners of El Paso.

Oscar Avila may be reached at theprospector1@gmail.com

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All entry forms must be submitted by Friday, May 3 before 5 p.m. In order to be eligible for the drawing, you must find the special symbol in all five issues of April and complete the entry form in its entirety. You must be a currently enrolled UTEP student with a valid Miner Gold Card to claim your prize.

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Los Bipolares
Poem courtesy of Jacqueline Loweree

Los bipolares se la pasan bailando, solos a las 4 de la mañana recorriendo calles oscuras. Quienes los ven gozar les llaman locos por bailar a música que no escuchan.

Ellos no comprenden que los bipolares juegan en las selvas mientras ellos en sus jardines recortados beben té y de bombones se deleitan.

Los bipolares no comen, tampoco duermen, porque de palabras, caricias y miradas se alimentan.

Los bipolares en versos se pierden, recitando las incomprensibles filosofías, tropezándose con verdades a cada paso. Después también se convierten en una confluencia de artísticas sinfonías citando los acertijos de Aristóteles, los poemas de Neruda y las cartas de Van Gogh.

Son días verdaderamente poéticos porque sienten que la emoción, como el sudor, les brota por los poros, drogados con las endorfinas de sus mentes cautivas.

Abrumados viven combatiendo la avalancha de pensamientos que les aplasta en el peso y frío de su hielo, sofocándoles. Justamente ahí es cuando empiezan a perder su vínculo con la realidad.

Después de ahí, los bipolares no se hacen responsables porque dejan de ser ellos. Columpiándose en un péndulo polar oscilan de la dulce manía a la oscura melancolía bruscamente, y sin avisar, ya que todo lo que sube siempre tiene que bajar.

Pero los bipolares no bajan con cuidado. A los bipolares les empuja el viento y caen, golpeados, casi muertos. Navegan solos en la niebla a ciegas; confundidos, desorientados. Todo les corre más lento y andan por las calles llorando, moribundos casi paralizados en fotos de blanco y negro.

Se atascan dentro de la interferencia de dos canales. Y con tanto ruido los oídos se les aturden hasta que escuchan solo sonidos amortiguados, distantes, reprimidos. Todo, o quizás poco, lo llevan acabo con más esfuerzo. Por eso los bipolares le pierden la esperanza a la vida.

Les desvanece el sentido. La fuerza, resta vencida.

Los bipolares viven en el perpetuo miedo de ser felices. La felicidad les desgasta, les agota. Ellos deben de conformarse a lo gris y de la mediocridad tienen que sobrevivir, aunque el lito opaco sus sentidos y les deja huecos, insatisfechos, socavados fantasmeando en cuentos sin resolución hospedándose sin ningún anfitrión y acostándose, amándose sin culminación.

Los bipolares viven en el perpetuo miedo de crecer alas y volar, volar, volar hasta llegar al sol el cual en su calor, les derrite sus alas de cera arroyándoles, como a Ícaro lo dejó que muriera. Ícaro, quien en su delirio vivió pero como los bipolares sufriría la consecuencia de llegar a ver al sol.

BIPOLAR from page 3

with a coping mechanisms and push through, but bipolar disorder is for life.”

Even when Loweree was finally given an answer, she is aware that the acceptance of it is still a difficult process.

“I think the part that allowed me to breathe was that I finally had answers to things I couldn’t explain before,” Loweree said. “When I started to look and reflect on my behavior for the past 15 years, I was able to see why I did what I did, why I had no control and why I would dramatically dive into a deep depression out of the blue. That became clear.”

Loweree said a support system of family, relatives or friends is key to be productive, successful and live a meaningful life with the disorder.

For information about the bipolar disorder, finding resources and support visit nami.org

Claudia Flores may be reached at theprospector1@gmail.com
Creativity never gets old in ‘Visions’ exhibit

BY GLENDA AVALOS
The Prospector

The Student Engagement & Leadership presents the “Visions: Creativity Never Gets Old” exhibit by the Osher Lifelong Learning Institute (OLLI) at the Union Gallery for all to admire and explore.

OLLI, a program founded by Bernard Osher, provides learning opportunities for senior adults, 50 years of age and older on more than 122 campuses across the nation, including UTEP. Students with OLLI find numerous opportunities to become involved by engaging their minds in activities toward healthy aging such as creating art for exhibitions like “Visions.”

“Visions” shows the progress of the students from the OLLI program through works of photography, repujado, oils, painting, abstract, acrylics and more.

“We decided that “Visions” should encompass all of the creativity that we see happening through our OLLI art students,” said Lynn Provenzano, executive director of OLLI.

Rosario Aponte, OLLI landscaping instructor, said painting is like therapy and once the students are into that process, they get excited learning the techniques because they are able to see their improvement.

“One of my students one time said ‘My life was terrible and when I got into your class everything started changing,’ Aponte said. “That makes me feel good.”

Aponte said the students are doing much more than just painting as a form of therapy, but gives them a way to tell their story.

“Imagine if you are in an adventure and every day you open up a new book and learn something new right, but fun stuff, that’s what we do,” Provenzano said.

Margarita Acosta, artist and member of OLLI, said that sometimes some people tend to believe that older adults are cast aside, but OLLI integrates older adults.

Acosta said she is really passionate about recycling and nature; she likes to reflect that passion in her art.

“Dando Vida (giving life), is an agave when they reach a certain time in their life a branch comes out, that is like a child and after the agave dies — it is like the cycle of life,” Acosta said about her painting.

“Visions” will run until April 12 at the Union Gallery located at Union Bldg. East, on the second floor.

For information about OLLI, visit Miner Hall Room 209 or visit utep.edu/olli.

Glenda Avalos may be reached at theprospector1@gmail.com.
Local alternative-indie band Homerun Derby is set to perform at Neon Desert Music Festival May 26.

Profile one: Homerun Derby

BY JAQUELINE MARTINEZ
The Prospector

Local alternative-indie band Homerun Derby is set to perform at the ninth annual Neon Desert Music Festival 2019 May 26 in Downtown El Paso.

Homerun Derby currently consists of three musicians: lead singer and guitarist Mark Rodriguez, bassist Ivan Lagos and drummer Joseph Cisneros.

Formed in 2013, Homerun Derby originally began with four members until two left and were replaced by Joseph Cisneros in mid-2017.

The band was conceived through a couple of jam sessions where they would cover songs from influential bands such as Modern Baseball and the Front Bottoms, which initially influenced the bands’ name.

“It was too cold to skate one day, so I was like, ‘let’s go to my house just to play music,’ since I had an acoustic guitar and from there, we started playing songs and covering some of our favorite bands,” Rodriguez said. “Three to four years later, here we are.”

After Cisneros joined the group, the band became more committed to creating music and performing at local venues and bars such as Lowbrow Palace, Love Buzz, Neon Rose Bar and Monarch. “We have an EP out right now. It’s on Spotify, Apple Music, iTunes. It’s called ‘I Don’t Want to Be Here Anymore,’ that’s six songs that we wrote in 2014, and we’re releasing a new EP, hopefully by August, so that’s another eight songs,” said Rodriguez who writes the drafts of the songs then rearranges and shares it with Lagos and Cisneros, who collectively, build the rest of the songs from there.

The emo, alternative-indie group has also played at venues outside of El Paso such as music shops and in garages, while on their tour.

It wasn’t until Homerun Derby opened for the band Mom Jeans in 2017 that the group met Christian Yanez, known for booking shows at the Lowbrow and Neon Desert. “From there we have gotten closer with him. He’s helped us out with bigger shows. He’s the one who pretty much books everything for Neon Desert,” Lagos said. “Earlier this year he asked us if we’d like to play and we obviously said yes.”

For information about Homerun Derby visit them on Facebook @homerunderby-band and to listen to their EP “I Don’t Want to Be Here Anymore” visit homerunderby.bandcamp.com/releases.

Neon Desert Music Festival will be held May 25 and 26 in Downtown El Paso. To purchase tickets or for more information about the event, visit neondesertmusicfestival.com.

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Local progressive and experimental rock band The Anhedonians are set to perform at the 2019 Neon Desert Music Festival May 25 in Downtown El Paso.

The band consists of guitarist Serg Carrasco, keyboardist Matthew Santillan and drummer Paul Dumond, who have all been playing music since they were children. The Anhedonians formed almost two years ago.

They said musically and lyrically, their songs are written like stories.

“We play progressive music, I would say. It’s not the most technical, but it’s got a lot of heart,” Carrasco said. “For fans of Rush, The Mars Volta or Pink Floyd, they would like our music.”

Although The Anhedonians’ songs have a story driven element to them, the group doesn’t consider the typical pop songwriting structure when composing their music.

“It’s inspired by classical music, but also classic rock bands that we love like Pink Floyd and Led Zeppelin,” Carrasco said.

They describe the songs as having a tendency to meander—going from part A, to Part B, to Part C without ever going back to part A—with limited uses of motif.

The lyrics from the band’s first album were inspired by myths and literature.

“Everybody inspires me,” said Santillan. “It’s just good to see somebody pull a thought from their brain and throw it on a canvas or out in the air and sound for you to see and hear.”

The band said they are excited to perform at the festival, especially to such a large crowd.

For them, it’s always a great feeling to play in front of a large group of people with a piece that has a ton of time and effort put into it.

The group is currently on tour in the Northwest, playing in states like Oregon and Washington, and plan to make their way back south and capping it off with Neon Desert. At the festival, they hope to take the stage with new music and release it to the fans there, as well as playing tracks off of their previously released album “All Went Up.”

During their start, the group said they had practice space in Santillan’s house where they held a few performances. The band performed their first show in the backyard, which they call “The Nature House.”

The bands that The Anhedonians have hosted at the Nature House over the years have helped them out in getting the tour together.

“It’s good to create a network of musicians, you know?” Santillan said. “Just try and help out musicians who are in town…It’s just kind of like a big beautiful partnership or a comrade, that we can create amongst—not necessarily just the bands here in town but across the country, you know, and we’ve made a lot of great friends.”

Neon Desert Music Festival is an annual event featuring both local talent and big-name artists and will be held Saturday and Sunday, May 25 to 26 in Downtown El Paso. The Anhedonians will take the stage at 3 p.m. Saturday.

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El Paso Comic Con set to return

BY CATHERINE RAMIREZ
The Prospector

The El Paso Comic Con brings a handful of celebrity guests for a pop culture-filled weekend April 12-14 at the El Paso Convention Center.

The three-day event includes costume and trivia contests, a poker tournament, a cosplay competition, gaming, merchandise, panels with special guests and more.

“There are home shows, garden shows, gun shows for everyone—but nothing really like this,” said Troy Stegner, director of El Paso Comic Con.

The convention will include special guests from different aspects of pop culture such as author guests, celebrity guests, media guests, comic industry guests and cosplay guests.

“El Paso Comic Con celebrates pop culture from all aspects,” Stegner said.

Special guests include Donny Cates, Frank Cho and Jae Lea. Cates is comic book writer currently working on “Venom” and “Cosmic Ghost Rider.” Cho is a comic strip and comic book writer and illustrator known for his series "Liberty Meadows." Lee is the youngest professional artist ever to work for a major comic book company Marvel.

The convention’s cosplay competition allows participants to represent a specific character. Cosplay guests at the comic con include internationally recognized cosplayer, artist, gamer and model Ivy Doomkitty.

The staff of El Paso Comic Con wants to remind all guests that cosplay is not a form of consent and holds a zero-tolerance anti-harassment policy toward those who are participating in cosplay during the event.

The El Paso Comic Con began in the 1980s but has been owned and directed by Stegner for the past three years, who plans to continue the event in the years to come.

Stegner said the El Paso Comic Con is a space where pop culture nerds have a place to interact and share their excitement with each other and all those from the El Paso Comic Con invites all to “Fly Your Nerd Flag High.”

Winter is here
Final season of ‘Game of Thrones’ starts Sunday

BY DANIEL MENDEZ
The Prospector

Editor’s note: This article contains spoilers for the “Game of Thrones” series.

For years since the very first episode of the series of “Game of Thrones,” characters have said the now popular phrase “winter is coming.” Now as the show is set to debut Sunday for its eighth and final season, one thing is certain. Winter has arrived.

Whether you’ve been part of the emotional roller coaster that is “Thrones” since the first book hit bookshelves in 1996 or you’re like me and didn’t get into it until season three. The show is the best part of Sundays. I binged watched every episode until the premiere of season four.

Maybe you just recently caught up with the show since it’s been a year or more since fans have gotten a new one. Or if you haven’t, stop reading now as spoilers are coming.

The night is dark and full of terror. Fans of the show and books have learned not to get emotionally attached to a character from Westeros. Creator George R. Martin has achieved great success telling his story this way. From Eddard Stark dying in the first season, the Red Wedding, Joffrey Baratheon and Tywin Lannister, the demise of Stannis Baratheon and his family to Knights of the Harpy, Hodor, Hardhome, Battle of the Bastards, Arya killing Littlefinger to a dragon being part of the Night King army, Game of Thrones has delivered deaths that have been satisfying and inconsolable.

With season eight on its way and a handful of characters left battling for the iron throne, each episode is going to be an upheaval. Deaths are going to happen. If you’re team Stark, Lannister, Targaryen or team white walkers, chances are your favorite character may not make it to the end.

There are moments to come in this last and final season for which fans have been waiting. What will happen when Jon finally knows his true parentage? How does the relationship of brother and sister lovers of Cersei and Jaime Lannister end? Is there even an iron throne to claim at the end of the Night King and white walkers path? A dragon versus ice dragon battle is sure to be one of the highlights of this season.

Another thing that I look forward to seeing is which “Thrones” theories are true. Like any popular entertainment franchise, Thrones has many fan theories. Is there really a dragon underneath Winterfell? Is Tyron half Targaryen? Is Bran really the Night King instead of the three-eyed raven? Also if Daenerys does indeed die, does she come back as a dragon if she’s exposed to fire?

As a refresher course on all things “Thrones,” I’ve started rewatching the series from the beginning. It’s my second time screening earlier seasons and it’s been fun watching the storytelling unfold. From clues of deaths to come, to rewatching deaths that you know are expecting still leave you lethargic because it happened. While I’ve been rewatching, I’ve been shouting out notes to my favorite characters, questioning their decisions.

It’s hard to let go of such a great show like Thrones, but every great thing has an ending as they say in Westeros, “When you play a game of thrones, you win or die.”

Winter is here and it may be the end of all things living. “Thrones” has been my favorite show for the last couple years. It has inspired me to read the books. I’m not ready to say goodbye, but I am ready to see how this epic story ends.

In case you were wondering, I am a fan of House of Stark. I want to see the Stark’s come out of this war alive. But I’d be lying if I didn’t want to see Cresci blow up King’s Landing as to me she is the mad queen. If I had to pick on one person to survive, I’d choose Tyrion Lannister. He’s finessed his way out of so many near deaths that I think at the end of it all Tyrion attempts to reconstruct Westeros once Winter is finally over.

The eighth and final season of “Game of Thrones” airs at 10 p.m. Sunday only on HBO.

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El Paso Rhinos look to become four-time Thorne Cup Champions in Utah

BY ISAIAH RAMirez
The Prospector

The El Paso Rhinos are coming off exceptional performances in the Western States Hockey League divisional playoffs and are now back-to-back and 10-time division champions. Now the bigger task is at hand and the Rhinos are looking to become back-to-back and four-time Thorne Cup Champions. The Thorne Cup Finals begin Tuesday in Ogden, Utah with a matchup against the Oklahoma City Blazers in the first game of the round-robin formatted finals.

After finishing with a regular season record of 40-8-3, the Rhinos finished first in the Mid-Western Division and secured home-ice advantage in the division semifinals.

In the second round of the playoffs, the Rhinos swept the Dallas Snipers scoring 14 times over the two-game series. Forward Eimantas Noreika scored four goals in the 11-0 game one win of the series, while forward Dillon Manchester scored twice in the 3-0 game two win.

In the division finals the Rhinos swept the Blazers in two games after losing to the Blazers three times in the regular season. Game one of the series was a physical and intense battle as the Rhinos went up with a goal by forward Dillon Manchester in the first period. In the middle of the third period the Rhinos found themselves down 2-1 but forward Oliver Stenson tied the matchup up forcing overtime. In overtime at the 15:27 mark forward Ty Erramouspe scored the game winning goal.

The Rhinos would go on to win game two of the series with a 6-0 shutout win with five different Rhino’s scoring defensively Eric Easterson, JC Dubekcy, Dominic Erdt, and forwards Max Kamper, and Oliver Stenson. Stenson would have two goals in game two for the Rhinos.

Goalie Nills Velm finished the game with 16 saves for the Rhinos.

The round-robin formatted playoffs will have the Rhinos match up against the Blazers, Long Beach Bombers, and the Ogden Mustangs.

Last season the Rhinos defeated the Mustangs 3-2 in the Thorne Cup Championship and will look to stay focused and bring home the glory once again.

“Do things the right way, don’t take shortcuts, try to limit mistakes, and remain teachable,” said Rhino forward Max Kamper.

If the Rhinos are one of the top four teams after round-robin play, they will advance to the semifinal on Friday. A win on Friday would secure their spot in the Championship game on Saturday.

Game one of the Thorne Cup Finals will take place at 11 a.m. April 9, game two will be at 3 p.m. April 10, and game three will be at 7:30 p.m. April 11.

The games will be live streamed on Black Dog Hockey at bdheockey.com.
UTEP Tennis on a three game winning streak, will play rival NMSU

BY MICHAEL CUVIELLO

The Prospector

The UTEP tennis team (7-12) will seek to continue its winning streak against I-10 rival New Mexico State (11-8) Saturday, April 13. The Miners won its last three games and have been dominant at home with a 5-1 record, but have found little success on the road or at neutral sites with a road record of 2-11.

The Miners will be led in singles by freshman Kirsten Prelle, who has been the standout of the team with a 20-8 overall record in singles. Prelle is from Edmonton, Alberta, Canada and was the 2016 junior national Canadian champion in doubles. She is also a part of the top doubles pairing for the Miners along with junior Vanessa Valdez. Together the pair has compiled a 10-3 record and are the top duo in Conference USA this season winning its last five matches.

Sophomore Erandi Martinez has won two matches in a row and has upped her season record to 11-16 which is second to Prelle for wins on the team. Martinez was named the Steve Hoy UTEP Athlete of the Week for her back-to-back wins in singles play and picked up a win in doubles play with freshman Rine Nozaki. Nozaki and Martinez would defeat freshman Ana Zaiden and senior Lauren Kuhn.

Freshman Kathleen Percegona of Curitiba, Parana, Brazil has struggled this season with a record of 5-11. As the former top-ranked under 18 player in Brazil, she has shown promise and is currently number two in the tennis rotation.

New Mexico State’s top player this season has been sophomore transfer Harsha Salla (17-11) who is also part of their number one doubles team (5-9). Salla is teamed with sophomore Gavi Kalaga who is 14-10 in singles play. In her previous meeting against UTEP at the New Mexico State Invitational final, she topped Prelle/Valdez in a hotly contested 3-6, 6-4, 10-5 victory with senior Lindsay Hallas (8-8) as her partner. The Miners also claimed third place in the invitation- al with a victory by Martinez and freshman Rine Nozaki over the Aggie tandem of Chloe Gavino/Nadia Justiniano 6-4, 6-3. The Martinez/Nozaki tandem are 8-14 on the season.

Kirsten Prelle will again face New Mexico State senior Rebecca Keijzerwaard (7-14) who she previously dominated 6-2, 6-0 at the Invitational semifinal. Prelle and Valdez will most likely face a duo of Salla and sophomore Gavi Kalaga who are 5-9 in doubles play.

The match will begin at 2 p.m. at the El Paso Tennis Club and will be the Miners last match before the Conference-USA championships in Houston.

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On Monday night the national championship game featured the No. 1 seed Virginia Cavaliers and the No. 3 Texas Tech Red Raiders.

It was the first time in school history that Tech and Virginia competed for a national championship. This was Tech’s first time in the Final Four and Virginia’s third.

The Virginia Cavaliers would go on to defeat the Texas Tech Raiders 85-77 in overtime, bringing the Cavaliers their first championship in program history.

Texas Western, now known as UTEP, is the first and only team to win a championship in the state of Texas and that statement will remain intact for another year.

UTEP have held this distinct streak for 53 years now which is an impressive feat considering the teams that have come close to ending the streak.

The 1983 University Of Houston team featuring Hall of Famers Clyde Drexler and Hakeem Olajuwon were one basket short of ending the streak in 1983 and in 1984 fell to the Patrick Ewing led Georgetown Hoyas.

Coach Don Haskins and his 1966 Texas Western squad brought the title to El Paso after defeating Kentucky and starting five black players. That game has a legacy of its own.

Since then, at the start of every home UTEP game, the PA announcer states that UTEP is the “only team in Texas to win an NCAA title,” to the crowd.

Western brought the title to El Paso after defeating Kentucky and starting five black players. That game has a legacy of its own.

Since then, at the start of every home UTEP game, the PA announcer states that UTEP is the “only team in Texas to win an NCAA title,” to the crowd.

The Texas Tech Red Raiders were one game shy of altering that game staple. Associated Press Coach of the Year Chris Beard had a defensive minded team that provided opposing offenses fits night after night. Legendary coach Haskins, aka “The Bear,” built his legacy on defense. There’s a reason why the Haskins Center has the tradition of standing for defense at the start of every home game and at the start of halftime.

According to Ken Pomeroy, a well-known sportswriter, the Red Raiders had the highest defensive efficiency rating throughout the 2018-2019 season allowing 83 points per 100 possessions. When they faced Gonzaga in the Elite Eight, they faced the team with the best offensive efficiency with 124.5. They held the Bulldogs to 69 points. The third lowest scoring performance they had all season.

The Raiders seemed poised to halt Virginia’s momentum and bring the hardware to Lubbock, Texas.

It seemed fitting that the second team in Texas to possibly win the NCAA title would be built around its defense. And not a team that’s an offensive powerhouse. This team would have made The Bear proud.

Now we will have to wait another season to see if the streak and if another team can bring a men’s Division I national championship to the state of Texas.

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In Focus: El Paso Chihuahuas

El Paso Chihuahuas infielder Luis Arias is a top 100 prospect in Major League Baseball.

Leftfielder Jose Pirela had 109 hits and five homers for the San Diego Padres last season.

Third baseman Ty France has 43 career home runs and 463 hits in the minor leagues.