Medication

Healing the body through alternative medicine and therapies

BY AMBER WATTS

Alternative medicine and therapies are terms that encompass numerous kinds of treatments. Some are hundreds of years old, others are relatively new, and all are natural ways of healing the body or preventing certain ailments. Employing these natural remedies into a lifestyle requires some research and a little knowledge about how the human body works.

According to Mahesh Narayan, associate professor and assistant chair in the Chemistry Department who has studied alternative medicine through the Chemistry Department, the department has strived to meet the desires of both students and faculty by implementing the vegetarian and vegan diet into their menus. "We have a variety of things on campus, such as salads and veggie burgers," said Victor Pacheco, assistant vice president of Food Services. "However, this is something that we are actually pushing the department of food services to do more of."

As time and diets change, Food Services tries to change as well in order to keep up with the needs of the campus. According to Adriana Ruiz, district marketing coordinator for Food Services, with the vegetarian and vegan option being fairly new to the campus menus, the department has strived to meet the desires of both students and faculty by implementing the vegetarian and vegan diet into their menus.

However, there are a small group of students and faculty on campus that still face the challenge. For the vegetarians and vegans of UTEP, dining on campus is a much more complicated process when options seem scarce.

"They also sell Veggie Burgers at the WOW (World of Wings)," Rodriguez said. "But whenever I try to ask for one, they would tell me they don't have anymore. It just feels like I can never find anything to eat."

Several locations across campus provide vegetarian and vegan options, such as Starbucks, AFC Sushi, Mein Bowl, Sandella's Flatbread Café, Garden Gourmet and 4 Ur Life.

Several locations across campus provide vegetarian and vegan options, such as Starbucks, AFC Sushi, Mein Bowl, Sandella's Flatbread Café, Garden Gourmet and 4 Ur Life.

But in comparison with allopathic or western drugs, natural medicine and therapies are more concerned with prevention rather than cure. This may be why prescriptions are better for genetically based diseases, such as Parkinson's disease.

"If you compare the traditional allopathic medicine, western medicine, for headache, what western medicines face today is the lack of side effects compared to what allopathic medicines could cause. "Because these are products from plants, they are physical manipulations which have been known for centuries in a hand-me-down procedure, so they have been tested through time," Narayan said.

"If you have back pain, instead of taking medication you could just take some sort of alternative medicine, because medication in the long-term has a lot of side effects, but it does depend on your condition like chronic illness, I think it would just be best to go with the western medicine," Gallardo said.

Narayan said that although the allopathic field is relatively new, traditional medicines have been known to mankind for centuries in several different regions of the world, but have been shunned greatly by the west.

"There aren't a lot of options," said Ashley Rodriguez, sophomore psychology major who has been a vegetarian for eight years. "I know of some, like at Simply-to-Go. They have a hummus wrap. They also have peanut butter and jelly sandwiches and salads, but you can't live off of that."
Column

Weight lifting advice for newbies

BY HENRY ARRABIDE

The Prospector

A common sight for regular gym rats is a person new to the fitness world. Usually it is someone who made a New Year’s resolution or wants to get sexy for swimsuit season. This newbie most of time shows up at the gym for two or three weeks before giving up due to the barrage of pop-culture fad diets and exercise programs. If you want to see real results and make the most out of your time at the gym, throw out the misinformation and listen up, because we’re starting from square one.

Instead of focusing on wanting to focus on doing heavy, compound lifts. These exercises that involve multiple joints and muscle groups, therefore pushing the body hardest. Compound lifts include deadlifts, squats, bench press, military press, rows, pull-ups, chin-ups and dips. A compound lift, like the bench press, hits your shoulders, arms and chest, employing multiple muscles and burning the most calories, ensuring the most effective workout. Another example is the deadlift, which employs your legs, arms, abs, shoulder and back muscles — since you’re hitting all these groups, your muscles are kept in proportion ensuring a healthy skeleton and posture.

Speaking of posture, form is very important when lifting. When it comes to deadlifts and squats, be sure to maintain a straight back. Rounding the back can cause injury to the spine. Remember to drive the weight up in these lifts with your legs and hips, not your back.

Avoid machines and minimize isolation exercises. While these kinds of exercises aren’t entirely useless, a beginner is trying to establish a strong foundation in order to progress into more intense forms of exercise. What machines do is simplify — compound lifts are effective due to their employment of secondary muscles assisting primary muscles in the lift, machines and isolations only employ primary muscles, which rob the lifter of the benefits compounds offer.

Use time wisely. Beginner lifters don’t need to spend five hours a day every day in the gym. A good starter routine includes three to five compound lifts mixed with a little isolation or cardio, which can be done three days a week. This may seem odd, but doing heavy compounds with proper form with slow, heavy repetitions should be exhausting. It’s important you give your body some time to rest. When resting, it’s important to maintain a straight back. Rounding the back can cause injury to the spine. Remember to drive the weight up in these lifts with your legs and hips, not your back.

Contradictory must? The end result is we are never happy with ourselves. Why? Because we are constantly being fed messages of how we should look. Well my message to The Prospector and society in general is, refocus to follow a body classification. I refuse to be subjected to the media’s standards of what defines a beautiful woman. I challenge women to throw away these messages, to look at themselves and say “I am a beautiful woman.” Diamond, rectangle, triangle, hourglass, rounded, inverted triangle, whatever it is that you are, you are more than a shape. You are human. You are beautiful.

María Escuquín
Sophomore multimedia journalism major

The truth is we live in a society in which women are fed images of what is to be ideal, what it is to be beautiful. We as women are constantly criticized for spending hours getting ready, yet we are constantly fed with images of idealized beauty. Tall, thin, sleek photo-shopped models glare at us from TV, magazines and stores. Their fake, artificially constructed image define beauty. Then we women are left obsessing on how to be more like them. The Prospector section on swimsuit shapes we all learned in the first grade — triangles, diamonds, etc. As I looked through these pictures of animated littleos cartoons hiding behind a shape I thought to myself, when do women sit around and analyze their body? When does a man have to look and ponder about what type of clothes is better suited for his body shape? What kind of trunks should he buy for his bear paws and enhance his boyish figure? The answer is probably never.

The advice in this column comes from information I’ve collected over the years from reading materials from fitness experts such as Mark Ripptoe, Arthur Jones, Lyle McDonald and lifts such as Big Parks and Jamie Lewis, combined with my own experiences at the gym. If you don’t want to go it alone or need help getting started, weight training and conditioning classes are offered by the Recreational Sports Department. Don’t fall for quick fixes and misinformation; lift because it’s a fun and healthy activity that rewards you in the long run, not just because you want to look sexy in a swimsuit this summer.

The prospector
Diabetes takes toll on Hispanic population

BY HENRY ARRAMBIDE
The Prospector

According to a survey from the American Center for Disease Control, Hispanics are almost twice as likely as non-Hispanic whites to be diagnosed with diabetes. For the student body, which is 77 percent Hispanic, diabetes is a real problem.

“I know that my grandma is diabetic and I have a friend that is in the second stage of diabetes, and we see it as a different disease in that there’s too much insulin floating around in the blood,” said Manuel Navarette, senior digital media production major.

Diabetes is a disease that affects the body’s ability to use and produce insulin to control blood sugar. It comes in two types. In type 1 diabetes, the pancreas stops producing insulin for the body. A characteristic of type 2 diabetes, which accounts for more than 99 percent of diabetes cases according to the El Paso Diabetes Association, is that it is hereditary.

“Type 2 is sort of a different type of disease,” said Marilyn Rotwein, nutrition educator and sports dietitian at the Student Health Center. “Once, it’s usually hereditary, and two, we see it as a different disease in that there’s too much insulin floating around in the blood.”

According to Rotwein, type 2 diabetes occurs when the pancreas creates too much insulin in the blood, which makes the body store more fat than normal. Type 2 diabetes is more prevalent in people who are overweight.

“If a person has a predisposition for type 2 diabetes, their risk of developing diabetes is significantly reduced if they manage their weight,” Rotwein said.

Rotwein said that the dietary changes for pre-diabetics are no different than for someone who just wants to be healthy. Avoiding empty calories, which are calories from foods with no significant nutritional value, is key to a healthy diet.

Jessica Arrendondo, sophomore pre-nursing major with type 1 diabetes, said diet is a major part of dealing with the disease.

“It’s mostly being aware of what I eat,” Arrendondo said. “I stay away from sodas and tea and all that, I mainly drink water. On a day-to-day basis, it’s more of just knowing how I’m feeling. I watch what I do and how I feel when I walk around, keeping track of what I am eating.”

Rotwein also said that when she does nutrition counseling for the Student Health Center, she has seen many students who are pre-diabetic. When a person walks in for a physical, if it looks like they’re overweight or have some of the symptoms of diabetes or a family history of diabetes, the student will be referred to Rotwein for dietary counseling and blood sugar level tests will be done to determine if the student is at risk. For pre-diabetics, Rotwein said the best way to manage their condition is by seeing Diabetes on page 5.
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“Watching with my mom and sister opening the store and seeing what it did for their health,” Pettit said. “For my mom’s health, the doctors at the time had given her about a year to live and she lived probably about eight more years and it was all natural health.”

Pettit said alternative medicine is fascinating to him, as it helped him cope with stress from work with the help of his sister and mother. He has also tried acupuncture and has seen a difference.

As for the biggest sellers at the store, ear candles and various amount of inventory from Natural Sunshine regarding stress and anxiety tablets are asked for the most.

“Our biggest seller, Nature Sun Nutri-B12 Calm, we have to keep these pretty stocked. They’re great for the nerves,” Pettit said.

According to Pettit, Natural Sunshine has been around for about 40 years and started in Utah by a man that was having heart issues.

“The doctors had done pretty much everything they could for him, he started taking capsicum, which held it helps the heart, and it helped him improve and start feeling better, so that opened his eyes to the idea of natural supplements,” Pettit said.

The Herb Garden has posters above the shelves that represent which herbs help a particular part of the body. Pettit said that by having a broad inventory, they do not just have one product for the nerves, they have various supplements.

“Sometimes people feel like they want to make a change so we supply that,” Pettit said. “I’ve used pharmaceuticals drugs before and I guess when I learned and read of the side effects like cholesterol and things like that, stuff that some doctor wanted me to try, I just decided for me, personally, I wanted to try a natural way without the side effects.”

Narayan said that the side effects are almost non-existent with alternative medicine and people can actually take more than the recommended dose with no side effects. He stated that students should come to know this and learn that allopathic medicine is not the only school of medicine.

Researchers say one positive thing about using alternative medicine is the rarity of side effects, even if more than the recommended dose is taken.

“I think that it all plays a role (concerning alternative treatments and western medicine), and it’s just up to people to make the choice and decide what’s best for them,” Pettit said.

Amber Watts may be reached at prospector@utep.edu.
VEGAN AND VEGETARIAN OPTIONS ON CAMPUS

Vegetarian Options
- Quizno’s Subs
- El Cazo
- Pete’s Pizza
- Miner’s Grill
- AFC Shushi
- Mein Bowl
- Sandella’s Flatbread
- Garden Gourmet
- 4 Ur Life

Vegetarian Options on Campus
Yet, as the efforts of the Food Services department increase, the knowledge of students and faculty has towards the increasing vegetarian and vegan options falls short. Students stick to the yogurt parfaits, chocolate pudding and side salads because it is what they know.

“Growing up in a vegetarian family did not prepare me for the options our food services provide,” Rodriguez said. “I enjoy trying new things, and I find the vegetable and delectable meat options to be a great change from my normal

Students like Rodriguez, have to venture off campus in order to suffice their particular diets. The local Burger King or Taco Bell restaurants are popular stops for their quick service and the reliable availability of their vegetarian products, such as the BK Veggie Burger or bean burritos at Taco Bell. Conversely, these diverse groups of UTEP students are missing the opportunity of the new vegetarian and vegan options offered on campus.

As demand grew for more options, we looked for the right brands to bring onto campus to alleviate those needs,” Ruiz said. “The students spoke, we listened and we took action. Our efforts were not only targeted to students, but we have also made various additions to our catering menu to help address the needs of faculty and staff. Executive Chef Antonio Guardado developed a handful of delectable vegetarian plates.”

Other options for vegetarians and vegans include Quizno’s Subs, El Cazo and Pete’s. There is also the option of submitting vegetarian/vegan meals to the Food Services website, admin.utep.edu/sodexo. Officials at the Food Services department said they set up the website to assure the students and faculty that their voices will be heard.

“I’d invite students, faculty and staff to submit their recipes and suggestions through our website comment card,” Ruiz said. “We will review them and if there is any possibility of implementation, it may just end up as a promotional dish.”

Lorain Watters may be reached at prospector@utep.edu.

VEGGER-OUT@UTEP
VEGETARIAN OPTIONS ON CAMPUS!

Hummus & Pita Plate @ Simply to Go
Tortilla & Papis Mexican Burritos @ El Cazo
Sopes & Salad @ Garden Gourmet
Sides & Sammies @ Quizno’s
Vegetarian Sandwich @ engine’s Bagels
Chile Relleno @ Belsous Mexican Express

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PAGE6NEWS
Food films spotlight shady practices

BY ANDRES RODRIGUEZ
The Prospector

At the start of the year, McDonald’s began its ad campaign, “What We’re Made Of” in which they featured farm suppliers, seemingly regular folk going about their work in the farm as they talk about the dedication to their craft. The ads came after the company discarded supplier Sparboe Farms for alleged inhumane practices and poor sanitary conditions last November.

However, Ashley Yingling, a spokeswoman for McDonald’s denied the new ad campaign is a damage-control strategy. Instead, she said the purpose lies in “dispelling some of those myths...of where our food comes from.”

“the ‘myth’ Yingling is referring to are those that have been exposed by television shows like Jamie Oliver’s “Food Revolution,” or Michelle Obama’s “Let’s Move” initiative. Similarly, documentaries within the last decade have taken to unraveling food industry mysteries to expose where our food comes from and why it is that our eating habits are unhealthy.

Here is a brief review of some of them:

One of the most accessible and popular food documentaries to come along in a while, Morgan Spurlock’s “Super Size Me” is a comical, but poignant look into the reality of eating fast food. Spurlock documents his month-long journey and deterioration while eating nothing but McDonald’s food. The impact of the documentary is disputable. At the advent of its premiere, McDonald’s launched its “Eat Smart, Be Active” initiative and denied the initiative had any connection with the film.

Forks over Knives (2011)
Lee Fulkerson documentary makes the claim that eating plant-based foods is the remedy to most illnesses. The documentary uncovers that a few corporations, which are in turn owned and supported by affluent government officials, own the nation’s food supply. This makes it difficult to break the system where “faster, fatter, bigger, cheaper” is the motto due to the rise in demand by the public.

“Food, Inc.” is political and ghastly, and at times, it’s more of an investigative report than a guide to eating healthy. Still, it remains a fascinating look behind the scenes of the food industry and just might turn audience members to a healthier lifestyle.

Food Matters (2008)

Directors James Colquhoun and Carlo Ledesma explore contemporary medical claims that encourage vitamin intake while showcasing research that indicates the positive effects of a nutritional diet. It makes use of statistics from the American Association of Poison Control Center stating that as of 2008, vitamins in the course of 23 years have caused 10 alleged deaths. According to the Journal of the American Association, approximately 106,000 Americans died during the course of one year from properly prescribed pharmaceutical drugs, while following proper intake procedures.

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Diet pills are not the only supplements that pose a threat to people’s health. Creatine is a supplement that is commonly used by athletes due to its ability to increase muscle mass and strength.

However, as described by Brian Carter, associate director of the UTEP Swimming and Fitness Center, “It is hard to convince people that both can be done with a nutritional diet and exercise, when in fact most people want a pill to fix everything. There is a place for supplements if used in the right situation.”

Some consumers of supplements are athletes who may turn to them to enhance performance or stamina. One of the more popular supplements is creatine, a substance found in meat and fish. It is stored in the muscles as creatine phosphate and helps the body to regenerate fuel known as adenosine triphosphate. Essentially, it is meant to increase lean body mass and may help athletes in high intensity, short-duration activities and recovery. A typical dose is 3 to 5 grams and it is not recommended for athletes under 18.

According to the American Dietetic Association, there is no reason for most people to take creatine. It may give some competitive athletes a small edge, but it is meaningless for recreational athletes.

“The biggest issue with supplements regarding athletes seems to be weight loss and protein consumption,” said Brian Carter, associate director of the UTEP Swimming and Fitness Center. “It is hard to convince people that both can be done with a nutritional diet and exercise, when in fact most people want a pill to fix everything. There is a place for supplements if used in the right situation.”

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According to the American Dietetic Association, there is no reason for most people to take creatine. It may give some competitive athletes a small edge, but it is meaningless for recreational athletes.

“We don’t know the long term effects of creatine,” Rotwein said. “There are some pros in using it for recovery, but these are only for my elite athletes. For my common students that work out, I usually say that there’s a safe amount, but if they’re taking excessive amounts, there are cons. For those that do Pilates three times a week or walk every day, these supplements do nothing except increase the expense from your wallet.”

Living

BY REBECCA GUERRERO
The Prospector

It may be common knowledge that college students are among the worst offenders when it comes to bad nutrition. Students tend to skip meals, eat on the run and even gravitate towards cheap, but unhealthy food. For many, this is where supplements come into play.

Many students take vitamin supplements to fill gaps in their nutrition and dietary supplements to try and drop a few pounds. Also many may take supplements that claim to boost energy to help them get through the day. Student athletes even take legal supplements to help them boost their performance.

Marilyn Rotwein, nutrition educator at the University Health Center, cautions students that many of these supplements are just caffeine and sugar.

“They sometimes skip meals and get energy from the middle of the day so they’ll run and take those energy supplements,” Rotwein said. “But most of those are just laced with caffeine and sugar. When I really look at their dietary intake, I realize we could manage to give them more energy just from food.”

Rotwein said a major problem within the supplement industry is that it is very under-regulated and the Food and Drug Administration rarely tests the substances to be sure they are safe. According to Rotwein, some may even contain substances that are not listed on the label, and can be dangerous if taken in excess.

“There is a problem in the FDA doesn’t regulate until they have someone that dies from this supplement,” Rotwein said. “People think supplements will make them healthier, but they are really causing their poor kidney to have to break down this product. I have warned some of my students to stay away from some of the more questionable supplements such as diet pills. I think it would be the worst thing I could do as a dietician to prescribe a supplement like that.”

According to the American Dietetic Association, supplement forms of vitamins and minerals are often not the same chemical forms as those in foods. Natural forms are often not shelf-stable, so the nutrient you’re paying for is not what you think it is. Rotwein said she would only prescribe a multi-vitamin on an individual basis. Some people are lacking in a certain nutrient and could benefit from a daily dosage of that nutrient, such as calcium or iron. But for an average person, a multi-vitamin may be unnecessary and a waste of money.

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NEXT WEEK’S NEWS:
TONY HUAR, UTEP ALUMNUS AND AT THE DRIVE IN DRUMMER, WILL BE FEATURED IN THE APRIL 10 ISSUE OF THE PROSPECTOR.

AriESt (March 21 to April 19) This is a good time to reassess important relationships, both personal and professional, to see where problems might exist and how they can be overcome. Keep communication lines open.

Taurus (April 20 to May 20) It’s not easy to bring order to a chaotic situation, whether it’s in the workplace or at home. But if anyone can do it, you can. A pleasant surprise awaits you by week’s end.

Gemini (May 21 to June 20) Be careful that you don’t make an upcoming decision solely on the word of those who might have their own reasons for wanting you to act as they suggest. Check things out for yourself.

Cancer (June 21 to July 22) A personal relationship that seems to be going nowhere could be restarted once you know why it stalled. An honest discussion could result in some surprising revelations.

Leo (July 23 to August 22) That unexpected attack of self-doubt could be a way of warning yourself to go slow before making a career-changing decision. Take more time to do a closer study of the facts.

Virgo (August 23 to September 22) A workplace problem needs your attention, now, before it deteriorates to a point beyond repair. A trusted third party could be helpful in closing the gaps that have opened.

Libra (September 23 to October 22) A recent family situation could give rise to a new problem. Keep an open mind and avoid making judgments about anyone’s motives until all the facts are in.

Scorpio (October 23 to November 21) Rely on your always-sharp intuition to alert you to potential problems with someone’s attempt to explain away the circumstances behind a puzzling incident.

Sagittarius (November 22 to December 21) Although you still need to do some snipping off of those lingering loose ends from a past project, you can begin moving on to something else.

Capricorn (December 22 to January 19) With your self-confidence levels rising, you should feel quite comfortable with agreeing to take on a possibly troublesome, but potentially well-rewarded, situation.

Aquarius (January 20 to February 18) Travel is favored, both for business and for fun. The end of the week brings news about an upcoming project that could lead toward that promised career change.

Pisces (February 19 to March 20) You might feel suddenly overwhelmed by a flood of responsibilities. But if you deal with each one in its turn, you’ll soon be able to hold your head above water and move on.

Born This Week: You have a wonderful way of offering comfort as well as guidance. You would do well in the healing arts.

(c) 2012 King Features Synd., Inc.
The Miners will conclude spring drills with the annual Blue and White game Saturday at the Sun Bowl.

After weeks of practice and scrimmages, players said they were anxious to get on the field and play for bragging rights, but before that, they will have to recover from the amount of contact they went through the past week.

"We had 30 plays scrimmage (March 29) and 100 (March 31), so they should be sore and a little bit bruised up," head coach Mike Price said. "We'll get them in the training rooms."

"I'm excited about the spring," Price said. "I think we've had a good spring with a lot of continuity. We've had a couple good days and a couple not so good days. We've had an up and down spring, but we're excited about the spring."
The University of Texas at El Paso Biosciences Research Bldg. Room 2.168
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Session 1—12:00pm-2:00pm
Discussion—2:00pm-3:00pm
Session 3—3:00pm-4:45pm

Thursday, April 12, 2012
Session 8—12:00pm-2:00pm
Discussion—2:00pm-3:00pm
Session 9—3:00pm-4:45pm

For more information, contact mjpi@utep.edu or view the video at www.TEDMED.com

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It’s been great. I didn’t expect to be at this stage but it happens and it’s awesome. I never thought I’d be able to put on another pair of pads again, it just feels good,” Martinez said.

“I’m ready. I’ll try and do something big so they can notice and maybe I can get some playing time,” Martinez added that he had to get accustomed to the contact again, but soon after, it was back to normal. He’s also enjoyed getting to know other recruits and veterans.

“The first time we hit was like a wake-up call, but after that, you get used to it,” Martinez said. “You learn more about other high schools that people are from and their experiences are different. You just fall in with the system and have to get used to it. We have to start learning right away so when you get in there, you don’t make mistakes and you get an opportunity to play.”

Freshman linebacker Michael Kelley, who made a stop behind the line of scrimmage as the Miners ran the option, says he’s enjoyed the family-oriented environment with the team.

“We try and focus on the small things, become tacticians and really hone in our craft,” Kelley said. “I’m really enjoying it. It’s a great experience for me and I’m just trying to take it all in and become the best teammate I can be.”

Football has wrapped up its recruiting season and all 22 players signed should be available for Camp Socorro during the summer. Price said there might be a player or two who may join the team next season.

“All our kids that we recruited and signed were eligible,” Price said. “We still have some hid out that might be playing for the Miners next year. We’ll see how that goes.”

Daniel Ornelas may be reached at prospector@utep.edu.

Recruiting from page 9

“...and we’re running the ball better, it was a little messy at times on offense,” Price said after the March 31 scrimmage. “We still have some young guys on that defensive line that are learning and they got dominated by a couple of veteran players inside. I like the way we’re hitting inside, the way we’re running and hitting on defense.”

Junior defensive tackle Germard Reed added that the defensive unit is one of the best he’s been around since coming to UTEP. Reed described the defense as “straight violence swag” in regards to their style of play. He said that they have to be mean but maintain the fun out on the field.

“...this is one of the best defenses I’ve been around, a lot of special guys. This defense is real special to me because we’ve been together the longest since I’ve been here,” Reed said. “The chemistry with each other is so good, we know how each other plays so it makes it even better when we go out there and play full speed!”

Daniel Ornelas may be reached at prospector@utep.edu.

Spring from page 9

As of April 2, the roster for the game has not been released yet, but Price said he’s planning on making it more balanced by dividing the senior players and allowing them to pick the teams. Price has been pleased with the way the defense is attacking the ball carriers and so far, the experienced defensive unit had the upper hand on the offensive line.

“I thought it was good, it was hard hitting. We tackled good in the open field, and we’re running the ball better, it was a little messy at times on offense,” Price said after the March 31 scrimmage. “We still have some young guys on that defensive line that are learning and they got dominated by a couple of veteran players inside. I like the way we’re hitting inside, the way we’re running and hitting on defense.”

Junior defensive tackle Germard Reed added that the defensive unit is one of the best he’s been around since coming to UTEP. Reed described the defense as “straight violence swag” in regards to their style of play. He said that they have to be mean but maintain the fun out on the field.

...this is one of the best defenses I’ve been around, a lot of special guys. This defense is real special to me because we’ve been together the longest since I’ve been here,” Reed said. “The chemistry with each other is so good, we know how each other plays so it makes it even better when we go out there and play full speed!”

Daniel Ornelas may be reached at prospector@utep.edu.

RECRUITING from page 9

"It’s been great. I didn’t expect to be at this stage but it happens and it’s awesome. I never thought I’d be able to put on another pair of pads again, it just feels good," Martinez said.

"I’m ready. I’ll try and do something big so they can notice and maybe I can get some playing time," Martinez added that he had to get accustomed to the contact again, but soon after, it was back to normal. He’s also enjoyed getting to know other recruits and veterans.

"The first time we hit was like a wake-up call, but after that, you get used to it," Martinez said. "You learn more about other high schools that people are from and their experiences are different. You just fall in with the system and have to get used to it. We have to start learning right away so when you get in there, you don’t make mistakes and you get an opportunity to play."

Freshman linebacker Michael Kelley, who made a stop behind the line of scrimmage as the Miners ran the option, says he’s enjoyed the family-oriented environment with the team.

"We try and focus on the small things, become tacticians and really hone in our craft," Kelley said. "I’m really enjoying it. It’s a great experience for me and I’m just trying to take it all in and become the best teammate I can be."

Football has wrapped up its recruiting season and all 22 players signed should be available for Camp Socorro during the summer. Price said there might be a player or two who may join the team next season.

"All our kids that we recruited and signed were eligible," Price said. "We still have some hid out that might be playing for the Miners next year. We’ll see how that goes."

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The last time UTEP played at home March 11, they neatly swept the Southern Miss Golden Eagles, falling to them in game three 9-8 after winning the first two. The Miners were also 8-3 in their previous 11 games before that opening Conference USA series.

UTEP began conference play 2-0 and have now fallen to 2-10 (12-24 overall), which is tied for last place with Memphis. The Miners have the worst team ERA at 7.18, opponent-batting average and have given up the most home runs, walks, earned runs and hits.

They will now turn their attention to UCF (26-10, 6-3 C-USA) April 6-7 at the Helen of Troy Softball Complex.

William Faye may be reached at prospector@utep.edu.

simplystated

Relay team, Abinuwa shine at Texas Relays

All-American senior sprinter Endurance Abinuwa clocked in the 13th-fastest time in the nation in the women's 100-meter prelims March 30 at Mike A. Myers Stadium.

Abinuwa outran 85 competitors in the event, posting a time of 11.46 seconds for ninth overall. She competed in the finals the following day with that time.

Sophomore sprinter Janice Jackson clocked in with a personal-best of 13.60 seconds in the women's 100-meter hurdles. She surpassed her career-best of 13.68 seconds posted at last year's Texas Relays. Jackson now holds the fifth-fastest time in the UTEP record book and ranks 24th in the nation in the 100-meter hurdles.

On the men's side, the 4-x-400-meter relay team had the best finish of the day qualifying for the finals held the following day. Junior Anthony Wright, freshman Abiola Onakoya, senior Shane Hamm and freshman A-Shawni Mitchell finished fifth with a time of 3 minutes, 9.84 seconds.

In the finals, Wright, Onakoya, Hamm and Mitchell crossed the finish line with the nation's 13th-fastest time of 3:09.14 in the 4-x-400-meter relay, finishing fourth in the event.

Abinuwa clocked in with the nation's seventh-fastest time of 11.41 seconds in the women's 100-meter. She came in eighth with her season-best finish.

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UTEP trailed 6-0 in the third until two three-run innings in the third and sixth cut into the lead. When the Miners scored their sixth run in the sixth, Marshall had just scored their seventh run to give them a 7-6 lead heading into the final frame.

UTEP was unable to score in the clutch once again, and lost game two by that count.

PiTCHinG from page 9

Freshman catcher McKenzie Finley prepares to enter the game in the bullpen during a game earlier this season at the Helen of Troy Softball Complex.
With Wellness Week behind us and Earth Day ahead, we ask that you connect these two celebrations with a wider perspective. Celebrating our wellness and that of our planet should be a year-round pursuit. Wellness and being eco-friendly go hand in hand. Please be reminded of this in your everyday activities and enjoy the benefits of taking care of yourself and of taking care of the place we can call home - Earth.

Here are some simple and eco-friendly wellness tips:

SLEEP IN THE DARK: Decrease your exposure to artificial light and go to sleep just after sundown and rise at dawn. Get 9-10 hours of sleep in a pitch-dark room. You will feel well rested and save energy.

DRINK WATER: Drink plenty of purified water but do so in reusable water bottles or in a glass. Less than 30% of plastic bottles are recycled, so avoid buying bottled water. You will keep your body hydrated, clean and full of energy without wasting plastic.

TRY TO EAT SEASONAL, ORGANIC & LOCAL: Try to shop for local, organic produce at the farmer’s markets. You can also grow your own fruits and veggies in your yard or in window boxes. By doing this, you will help to reduce transportation costs.

TAKE YOUR WORKOUT OUTDOORS: Walk, hike or run trails. Take your bike out for a ride, take your yoga mat out in front of your doorstep or to some grassy area early in the morning. Take in some fresh air and take advantage of our beautiful Sun City. Rejuvenate your body, mind and spirit while saving gas on a trip to the gym.

UNPLUG AND DISCONNECT: Take some time off from posting status updates, tweeting, texting even watching television. Unplug your gadgets and do something you enjoy without technology. Garden, paint, exercise or read a book. Breath and relax while giving electricity a break.

CELEBRATE EARTH WEEK AT UTEP
Join UTEP’s Earth Week activities from Monday, April 16 - 20. Please visit: admin.utep.edu/earthweek for a list of all activities.