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The Prospector, February 19, 2013

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SB 182

UTEP officials oppose concealed weapons bill

EDITOR'S NOTE

This is part of a series regarding the new closed campus policy and the entrance gates to University Avenue.

By Marilyn AlEman

The Prospector

prospector

www.utepprospector.com

Emergency vehicles access guaranteed during construction

Campus

William Dethlefs, director of the Center for Accommodations and Support Services, is part of a committee at UTEP that deals with the transformation on campus. He said that with so many people on campus, enforcing safety is the highest of their concerns.

"With 23,000 people, 5,000 employees and about 2,000 visitors, making about 30,000 people, there is a possibility that somebody would be injured," Dethlefs said. "And if they're injured there may be a possibility for the person to need medical assistance and those vehicles will need easy access."

Catherine McCorry-Andalis, associate vice president of student life and dean of students, said that even with tight gates, there are no exceptions to disregarding proper access.

"Even when there was construction on Hawthorne street and it was blocked by gates, if there was ever an emergency they were still granted access," McCorry-Andalis said. "Even if it was all narrow and tight, but look at it now, instead of two to three people walking on the sidewalks, now five people can walk together comfortably."

Emergency access routes are designated from design development drawings made at the Environmental Health and Safety offices at UTEP, where a team of engineers work out ways to make routes accessible with the transformation in effect.
Column

No more school shootings

BY ALEXANDRO ALBA

The Prospector

You would think that in times such as these, when there are massacres at elementary schools, high schools and movie theaters, there would be no such thing as a bill to allow guns on higher education campuses. We would think our state legislature would be talking about gun control. If you thought that, you are wrong.

The Texas Senate Bill 182 filed on Jan. 17, 2013, aims to allow people to carry a concealed handgun on college campuses and certain other locations associated with institutions of higher education. The bill is currently in committee along with about 20 other bills regarding carrying concealed weapons. Although the permission will only be granted for those of age with a license, I feel that allowing a concealed gun on campus would only cause problems. Many will say it’s a form of defense, but a defense against what, a mob of zombies? There is no reason to feel at risk if there are no guns in the first place.

To justify this, many have used the example that if a lunatic would begin a shooting on campus and if there were a person on campus with a gun, that person could bring the shooter down. Sure, that would be helpful, but what are the chances of that actually taking place. And if this were the case, how would the police or other enforcement members know which person is the lunatic or the good Samaritan?

Texas Governor Rick Perry has shown his full support of the bill since its first attempt in 2009. Locally, not many people are in favor of the bill, especially not UT school which has aimed to have a more secure campus through active shooter exercises.

It would be nice if we could learn from other areas such as the United Kingdom and Japan, where guns aren’t usual—even their policemen don’t carry guns—and their gun violence rates are lower than ours here in the United States.

The media and violent video games are often blamed by the masses as the source of all shootings, but despite all the research and statistics, we can’t be certain that some video game is what triggers a serial killer’s spree. A person who seems perfectly sane may react irrationally to different situations and begin a shooting just so.

In the end, it comes down to not knowing who people are and what goes on in their secluded minds. You never know what personal baggage your classmates are carrying and how they will react to a specific issue, especially when they have a gun at hand.

The Second Amendment guarantees you the right to bear arms, but it can be dangerous to apply that right to an institution filled with young people who are barely discovering themselves and are emotionally vulnerable.

There have been previous shootings at UT schools, and whether guns are allowed or not, these events may still happen. But think about how much more likely that would be with a larger percentage of the student population carrying a gun. Tell your Texas Legislature representative and senator to not let another shooting/massacre event happen at Texas colleges—such as the one that happened in 1966 at UT Austin, and most recently, at Lone Star College in Houston.
A fraternity’s philanthropy to battle breast cancer

BY SABRINA NUÑEZ / The Prospector

The pink and white t-shirts adorned with ribbons have become synonymous with breast cancer awareness. The shirts were worn by participants in the Susan G. Komen Race for the Cure, an event that took place Feb. 17 at Cohen Stadium and was organized by the MLK student organization and the Zeta Tau Alpha fraternity on campus.

Zeta Tau Alpha main philanthropy is breast cancer awareness and education, which includes partnerships with Susan G. Komen for the Cure, Yoplait and the NFL. The partnership with Komen was formed in 1992.

“There’s been a couple of girls ally had breast cancer before, “ Falco said. “We have information videos that really speak out to younger girls that are going through rush and typically it helps us get out our message, while in turn getting girls to join our organization, so it’s kind of a two–lifter. It’s a win-win situation.”

“Zeta picked it up and applied it to their philanthropy. To help get the message out during rush, the Zetas have a specific night dedicated to philanthropy. To get more involved in it besides just going through rush and typically it helps us get out our message, while in turn getting girls to join our organization, so it’s kind of a two–lifter. It’s a win-win situation.”

Susan G. Komen began using the pink ribbon in accordance with its efforts in fight breast cancer before Zeta picked it up and applied it to their Think Pink logo. The Zetas order ribbons from their international office, receiving thousands at a time, and then proceeded to pass them out for a week during National Breast Cancer Awareness Month in October.

“On campus, we do our best to educate people. When we have our pink week, we’re not just handing out ribbons, we’re letting people know the statistics, so on campus, if you come through Leech Grove during our week and any other time, people do know,” Carlos said. “(The ribbons) really, really hits home to a lot of girls.”

The shirts were worn by participants of the race, the majority spending their time running the event and supporting their fellow sisters by wearing “In Celebration of” or “In Memory Of” t-shirts that recognize those who have either survived or lost their battle to breast cancer. There are also survivor hats and t-shirts provided to survivors and paid for by the Zeta Tau Alpha Foundation.

“One of our sisters, who is in my family tree, her mother died of breast cancer and so a lot of the time the older girls would run for her,” Falco said. “I really like the fact that we can get more involved in it besides just running, it’s become Zeta’s brat and is our pride and joy.”

During rush season, the Zetas see about 100 girls who wish to join, a number Falco said is aided by having breast cancer awareness as Zetas’ philanthropy. To help get the message out during rush, the Zetas have a specific night dedicated to philanthropy.

“One in eight people get it and it makes it easier for us to relate to a lot of families and a lot of girls because they’ve had to deal with it. I’ve had three or four cases of breast cancer in my family (and) that’s how it kind of attracted (me) to the organization. It really hits home to a lot of girls,” Falco said.

“What makes our efforts with Komen so unique from other Zeta chapters is the fact that we also have the chapter at NMSU to help us out, so it not only brings our city together, but it brings two different cities in two different states together for this great event,” Martinez said. “It reaches across state lines and granted, Las Cruces isn’t that far away, but there’s a lot of people that never go to Las Cruces so it really helps bring two totally different cities together for one common cause.”

Falco said Race for the Cure is a day of remembrance to those who have been impacted by breast cancer.

“Take a look around, it’s really important to us and something that we really hold onto,” Falco said. “We believe it’s a night dedicated to philanthropy. To get more involved in it besides just going through rush and typically it helps us get out our message, while in turn getting girls to join our organization, so it’s kind of a two–lifter. It’s a win-win situation.”

“The honors are bestowed on international students who have shown outstanding leadership and have involved themselves in activities with UTEP, and the El Paso Community.”

The University of Texas at El Paso
Office of International Programs
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Corpus Christi, Texas 78415
English: oip@utep.edu
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Application Deadline: Thursday March 15, 2013
by 4:00 pm
Question of the week

Do you agree with concealed guns on campus?

Photos by Ociris Alvarez and Aaron Montes

BIll MURRAY
Senior English and American literature major

"As long as it was completely legal, required an extensive background check and a mental health test and were capable of using it in the right way, then yes, I would be for it. You never know when it can come in handy."

BOBBY MACIAS
Junior civil engineering major

"Yes I am for it, but whoever wanted to carry a gun on campus would have to go through extensive background checks."

HILDA OMIVEROS
Oklahoma studies professor

"I would fear for my personal safety and feel like I could not do my job effectively the way I must do my job for my students because of fear for their and my safety."

JORDAN HARTSHORN
Senior political science major

"Only if they had a concealed hand gun license because it gives you the opportunity to defend yourself and also protect others while being knowledgeable about gun caring."

JESUS MARQUEZ
Sophomore digital media productions major

"I am ok with it, but only if there were extensive regulations."

KRISTEN AGUILAR
Freshman music performance major

"I am against it because there is no real reason for it."

MARISSA PATOJA
Sophomore psychology major

"I am against it because you never know the circumstances of how students’ mentality can be and what they lead to."

GABRIEL ROMERO
Junior communications major

"It is definitely a grey area and I would definitely feel uneasy that not everyone, but anyone, could be carrying a weapon. However, I would ask that rigorous background checks were enforced and if licenses would be updated every so often and be kept track of. Otherwise, quite literally anyone with the money for it could go around carrying a weapon."

SOFIA HUBBARD
Multidisciplinary studies graduate student

"I do believe that it would be a good thing because in school areas especially, where you are not supposed to have guns, people who want to do bad things will take advantage of that. So it would be good because a person who wants to do bad things will think twice because they will know that people in that area may have guns."

OSCAR SAENZ
Senior computer science major

"I am for it because a problem could be diffused quickly, but at the same time I would feel some kind of risk."

JESUS HERNANDEZ
Junior criminal justice major

"I have a concealed weapon license and I think tragic situations could be avoided because people who go up and shoot places carry their weapons illegally. They do not seek the training or go to an academy that will grant them a license because they know they can't get their background check through, so they end up using a gun illegally. So if students were able to carry their guns on campus, those situations could be avoided."

For application, go to: www.utep.edu/sga
The inauguration of the new flagpole took place Feb. 18 in front of the Psychology Building, where the United States and Texas flags were raised.
“Shock and horror surrounds any mass murder event, but particularly so when it involves very young children. There is growing support to ‘do something’ to stop these acts from happening,” Curry said. “This ‘something’ could be efforts to better restrict access to firearms for the mentally ill and those with records of violence, changes to how firearms are bought and sold, to limits on firearm caliber and magazine size.”

Vaughn said issues, such as mental health, are not prioritized in this country and lack of money and resources make it difficult to get a more substantial hold on who obtains guns.

“I know there are background checks and they have all these systems in place, but it appears that the systems, at least on a national level, are either not working or not being enforced,” Vaughn said. “If you want to subscribe to the thought that the only way you’re going to stop a bad guy with a gun is having a good guy with a gun, then you have to make it difficult to get a more substantial hold on who obtains guns.

‘Something’ could be efforts to better restrict access to firearms for the mentally ill and those with records of violence, changes to how firearms are bought and sold, to limits on firearm caliber and magazine size. "Shock and horror surrounds any mass murder event, but particularly so when it involves very young children. There is growing support to ‘do something’ to stop these acts from happening,” Curry said. “This ‘something’ could be efforts to better restrict access to firearms for the mentally ill and those with records of violence, changes to how firearms are bought and sold, to limits on firearm caliber and magazine size.”

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When we got on campus it was this huge mock thing. The (whole campus) was on lockdown and I knew it was a training, so I took it as seriously as I could, (but) there were a lot of people who (didn’t),” Vaughn said. “Basically we were just told to hang out, talk with our friends, act as though we were in class, just stay in the room and we would hear an alarm at some point and then we have to react. They wanted us to get with more people, so if there was a chance to do it, we should go across the hallway and get into the other room, that way at least we were all together.”

UTEP’s active shooter/hostile intruder policy states "individuals should use their discretion during an active-shooter incident as to whether it might be safer to run or remain in place and when to engage a shooter to survive.” Adauto said UTEP aims to ensure the safety of all students, faculty, staff and visitors on campus.

"UTEP’s law enforcement personnel are concerned about the ability of our offices to differentiate between a hostile individual and one who may be defending himself/herself when both have guns drawn," Adauto said. Vaughn said the best way for herself and others to be prepared in a situation involving an active shooter on campus is to participate in continuous training.

“I don’t really know how anyone would react in that situation. When you’re in the moment, panic will grip you and you have to have complete and total control of your senses,” Vaughn said. "The more training we have, the better because you get used to it and it’s just drilled into you.”

Joann Cross, senior media advertising major, feels that the upcoming construction will be a burden when getting to class.

“My main concern is when they start doing the construction and not having the alternative methods to getting to class done efficiently and quickly,” said Cross, who uses a battery-powered wheelchair. “There can be a lot of traffic and it can get hectic, especially if areas are fenced.” Efficiency and accessibility is what the centennial transformation strives for especially for students with wheelchairs in a difficult hilly terrain.

According to Dethlefs, at any moment there are approximately 30 to 35 students on wheelchairs at UTEP.

“Once the change occurs access will be great,” McCorry-Andalis said.

"Some of our students have to travel complicated ways to get places and that’s all going away!"

All changes can be monitored on the UTEP website, onthemove.utep.edu.

Interested in running for an SGA office?

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<thead>
<tr>
<th>Positions available</th>
<th>1 position</th>
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<tr>
<td>President</td>
<td>Vice President for Internal Affairs</td>
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Questions?

Come by the SGA office and see what you can do for SGA and what office you can run for.

Tentative dates for filing periods will run from March 25-28.
The new way of eating gourmet food has come to Downtown El Paso, attracting costumers to experience the fresh taste of the new mobile food court, Foodville, located at 200 Mills Ave. Foodville promotes affordable prices for all kinds of gourmet food by featuring Create Kitchen & Bars, Crewe to Go, Create Gourmet Eats, which serves $8 gourmet burgers, and Taconoholics, which sells orders from $2.50 to $7. According to Steven Hernandez, owner and entrepreneur of Create Gourmet Eats, Foodville opened Nov. 19 inside a recently fenced parking lot right across the downtown post office. “It has been very popular amongst local business owners and visitors, filling the parking lot on the day of the grand opening,” Hernandez said. “The time we were ready to start business, we already had a pretty long line that went all the way to the end of the block.”

Although El Paso hasn’t seen food parks like those in cities like Austin, Foodville has proved to be a place that anybody can go eat at or take gourmet food to go during their lunch break. Hernandez said, “We provide a good atmosphere, Hernandez said. “There is music going on, which invites people who are shopping downtown to stop by and have a quick bite before returning to their shopping.”

Sophomore graphic design major and Create Gourmet Eats employee, Santiago Soto said that along with other businesses, Foodville has also contributed to the growth of Downtown El Paso. “Our goal is to boost the traffic here in downtown,” Soto said. “By preparing fresh gourmet food, we hope to make people come back the next day to enjoy a burger and later staying longer to take advantage of the many art shows across the street.”

According to Soto, who started working at the food truck in early December, even though Foodville is only open Monday through Friday for a limited time, people still show up during the day, filling most of the seating in the parking lot. “We see all types of different age groups come by each day,” Soto said. “Old crowds, business owners, students—all stopping for some fresh and delicious lunch, often ordering the chorizo torta with sprouts in the morning.”

Ariadne Mendoza, junior electrical engineer major, said that when she found out that gourmet food trucks would be opening in Downtown El Paso she got excited since she had only seen them at Austin in a music festival. “I personally go to Foodville about twice or three times a month,” Mendoza said. “My favorite item is the turkey burger from Create; the first time I tried it I had to buy two more to take to my parents.” Mendoza recommends Foodville and thinks that the food court is indicative of the city’s business growth. “I feel that it will not only boost traffic but it will also encourage people to open businesses,” Mendoza said. “El Paso is finally growing as a city and local independent businesses like Foodville show it.”

Our goal is to boost the traffic here in downtown.”
—— Santiago Soto, Create employee

Although recent weather has taken a toll on the business, Hernandez hopes to have Foodville trucks stay open longer on weekdays and begin to offer hours of operation for weekends. Meanwhile Foodville is open Monday through Friday from 11 a.m. to 3 p.m. at 200 Mills Ave. Andrea Acosta may be reached at prospector@utep.edu.

There is a scene in the original 1988 “Die Hard” (directed by John McTiernan) in which a barefoot John McClane (Bruce Willis) takes a break from stopping terrorists as they try to take over Nakatomi Plaza. His feet are bloody and covered with broken glass and you can feel his pain as he removes each piece from his feet. This little moment of vulnerability presents one of the many elements that set “Die Hard” apart from other films and prove why John McClane was such a relatable and compelling character; he was just an ordinary guy in the wrong place at the wrong time. Sadly, nothing resembling these wonderful character moments are to be found in John Moots’ ridiculously cartoonish fifth entry in the Die Hard saga. The fifth film takes McClane into Russia where he has to rescue his son Jack, a CIA agent (Jai Courtney from “Spartacus: Blood and Sand”) from Russian criminals. It doesn’t take long for the main plot to kick into gear and for the McClanes (father and son) to discover a massive government conspiracy involving nuclear weapons, the supposed truth behind Chernobyl, political secrets and betrayals.

The overtly convoluted and completely tension-less script by Skip Woods keeps the film from having any sense of energy or momentum. The plot seems completely prepos- terous and the inclusion that the McClanes are thrown into this huge conflict as a means to work out their relationship could be a good idea for a solid father/son connection story (a better execution of this could be something like “Indiana Jones and the Last Crusade”).

Sadly, Moore and Woods are more interested in making action set piece after action set piece without any real moment to breathe and to connect with what’s going on. Without a doubt, one of the biggest problems with the film is the action. Moore has no sense of stakes or visual coherence to make up a satisfying and thrilling action sequence; instead, he shoots everything up close and relies on moving the camera around with no sense of geography. John McClane is also given the wrong characterization—a New York cop who started out in the first film being forced into situations that constantly tested him both physically and emotionally, is now essentially an invincible superhero.

It seems like Moore and Woods completely missed the point of McClane. He never was a superhero, but here, from the beginning, he never bleeds (although a little towards the end) and survives preposterous scenarios that are laughably ridiculous. Therefore, there are no stakes to the whole film, which sadly means that we no longer are able to experience how McClane will get out of a particular situation when relying on his physical skills, his snarky dialogue and determination.

And while I feel angry and disappointed at the film, I must say that Courtney gives a solid performance with the material he is given. Even though Willis is nowhere near as strong as his 2012 year (“Looper” and “Moonrise Kingdom”), it is sometimes

Movie Review

‘Die Hard’ disappoints with new addition to saga

BY OSCAR GARZA

The Prospector

The Foodville Foodtruck Park provides El Paseans a convenient bite to eat while shopping downtown, during their lunch break or just experiencing new gourmet food on the go.

The Prospector
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grolls@plasma.com

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**Sex Column**

**aries (March 21 to April 19)**
Stop being the wool-gathering Lamb, and start turning that dream project into reality. You have the ideas, the drive and the charisma to persuade others to follow your lead. So do it.

**Taurus (April 20 to May 20)**
You’ve scored some big successes. But remember that all hardworking Ferdinands and Ferdinandas need some time to restore their energies and refresh their spirits.

**Gemini (May 21 to June 20)**
You’re gaining a stronger mental image of what you’re trying to achieve. Now look for the facts that will help get this to develop from a concept into a solid proposal.

**Cancer (June 21 to July 22)**
Some of you eager-to-please Moon Children might want to delay some decisions until midweek, when you can think more with your head than your heart.

**Leo (July 23 to August 22)**
A new business venture seems to offer everything you’ve been looking for. But be careful that that rosy picture doesn’t betray traces of red ink under the surface.

**Virgo (August 23 to September 22)**
A volatile situation needs the kind of thoughtful and considerate care you can provide right now. There’ll be plenty of time later to analyze what might have gone wrong.

**Libra (September 23 to October 22)**
Your loyalty to a friend in a tough situation earns you respect from people you care about. Those who criticize you don’t understand what friendship is all about.

**Scorpio (October 23 to November 21)**
Your strong work ethic is rewarded with the kind of challenging opportunity you love to tackle. Now, go ahead and celebrate with family and close friends.

**Sagittarius (November 22 to December 21)**
A legal matter you thought had been finally resolved could require a second look. But don’t make any moves without consulting your lawyer.

**Capricorn (December 22 to January 19)**
Taking charge is what you like to do, and since you do it so well, expect to be asked to lead a special group. This could open an exciting new vista for you.

**Aquarius (January 20 to February 18)**
An important matter might wind up being entrusted to you for handling. The responsibility is heavy, but you’ll have support from people able and eager to help.

**Pisces (February 19 to March 20)**
A spouse or partner might make an important, even life-changing, suggestion. Consider it carefully. It could hold some of the answers you’ve both been looking for.

**BORN THIS WEEK:**
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**The life of pubes**

**by Eileen Lozano**

Planned Parenthood states that pubic lace are tiny insects that attach themselves to the skin and hair in the pubic region. Crabs are known as a sexually transmitted disease that causes intense itching to your pubic region. Just as easy as this STD is cured, it can also be prevented. However, the Bloomberg News reports that in Sydney, Australia there is a sexual health clinic that hasn’t seen a case of crabs in a woman since 2008, male cases have decreased as well. Men and women may never really win the fight against body hair, unless you are willing to shell out some serious cash on laser hair removal.

Here are some easy tips to keep your sensitive areas safe:

1) Invest in a non-slip bath mat
2) Watch where you are putting the razor, make sure you have enough time to do a solid job.
3) Do not shave, trim or wax when you are under the influence of drugs and alcohol.
4) There are also some ways to fight razor burn, in case you find yourself with some unsightly red bumps. Razor burn is very treatable and easy to get rid of with home remedies.
5) Crush two uncoated aspirin into a teaspoon of warm water until it is a paste consistency then smooth onto skin. Let the paste sit for a while and then remove with lake-warm water.
6) Platform apple cider onto the irritated area will also help soothe your skin.
7) You may also invest in a good quality shaving cream instead of soap. Soap will dry the skin and cause further irritation.
8) Swap your razor for a new one every 14-30 days depending on how often you shave. The duller the blade becomes the more it pulls and tags at your skin causing irritation.
9) Ladies, invest in bikini razors. Norocaco makes some affordable pint-sized razors that get the job done. These can be found at any Target or drugstore.

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**A “Good Day to Die Hard” is an incredibly disappointing entry that manages to lack any tension, any satisfying action set pieces or even function as entertaining action film. Worst of all it detaches the audience from the character of McClane by making him an indiscernible superhuman instead of a relatable cop who has this memorable attitude and charisma that all added to create one hell of a character.**

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**DiEHard from pg. 7**

Fun to see him bring that R-rated McClane attitude, even if at times his performance feels a bit detached from the more human McClane that we’re used to. Also the brief cameo from the more human McClane that all added to create one hell of a character.

**Derick from pg. 7**

As a female, I wish everyday that I had the choice to choose deforestation is not as fun to see him bring that R-rated McClane attitude, even if at times his performance feels a bit detached from the more human McClane that we’re used to. Also the brief cameo from the more human McClane that all added to create one hell of a character.

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**The Prospector**

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The voice of the UTEP Miners, as Teicher is known, began his radio career in Los Angeles, Calif. He was born in Detroit, Mich., moved to the suburbs of LA at age 6 and quickly embarked on idolizing LA Dodger pitcher Sandy Koufax. Koufax was the minor league instructor for the Dodgers and the team the Diablos were playing was affiliated with the Dodgers. In his first road trip traveling with the team, Teicher met one of the players he admired as a kid, Hall of Fame pitcher for the Dodgers, Sandy Koufax.

Teicher gathered the courage to ask Koufax if he could tape a pregame interview to use on his broadcast. “I remember sitting in the dugout with him and my knees were literally knocking, they were shaking,” Teicher said. “This is a guy who’s one of the greats of all time, somebody you watch as a kid and all of a sudden in a professional environment, you’re interviewing a guy that’s a hall of famer.”

In UTEP’s last game against UCF junior center John Bohannon was the leading scorer for the team with 16 points. “They are a great team that like to put pressure,” said senior guard, Jacques Streeter. “They like to get in faces and carrel their opposing players. But their biggest thing is running and moving up and down the court, so we are going to have to work hard on getting back on defense. Basically doing all of the things we did correctly in our last game against UCF, as far as loading up and playing a solid defense.”

Despite UTEP’s lack of experience, the Miners have proved to be contenders on the court.

Aaron Montes / The Prospector
Fantasy sports, you be the manager

BY PAUL REYNOSO
The Prospector

The NFL football season ended on Feb. 3 with the Baltimore Ravens hoisting up their second Lombardi trophy in team history. For football fans, it also marked the end of another fantasy football season.

However, the activity of fantasy sports doesn’t end there as basketball, hockey and soccer are in full swing. With baseball just around the corner, the lure of fantasy sports is all too tempting.

Fantasy sports can also have repercussions. Gau emphasized that it is all about time management: when it comes to students and fantasy sports, “It can be really time consuming,” Gau said. “So that’s a little bit of a problem with students sort of spending too much time checking on their fantasy teams and not too much time on their homework.”

According to Gau, the money and the gambling aspect does play a significant role in fantasy sports for those who are serious about making some cash, but it also is for those who just want to play for pride. “You have gambling and you have issues with potential addiction and things like that,” Gau said. “The money is nice, but I think it’s (more) the bragging rights of being part of something.”

Fantasy sports, however, can also have repercussions. Paico emphasized that it is all about time management: when it comes to students and fantasy sports, “It makes me feel like I’m more involved with the sport… The thrill’s on how you expect a specific team to go somewhere…”

Josue Paico, Cellular and Molecular Biochemistry major from NMSU Aggies.

“Fantasy sports last year, I think draws him in to participate in fantasy sports, particularly with March Madness, when 68 college teams compete for the coveted National Championship trophy. “It makes me feel like I’m more involved with the sport,” Paico said. “The thrill’s on how you expect a specific team to go somewhere, but then you see the ups and downs.”

Fantasy sports can also have an effect on academic studies. For Paico, it’s all about planning ahead and making sure his studies are not heavily affected by the activities of fantasy sports. “I try to balance it out more. If I see the events coming up, I try not to get too overstack,” Paico said.

According to the Fantasy Sports Trade Association, there were about 35 million active participants in fantasy sports across the United States and Canada in 2011, which was a 60 percent increase from the previous four years. The FSTA also estimated that during that year, nearly two in 10 college students had actively participated in fantasy sports.

Roland Gau, assistant professor of marketing, reiterates the positive aspects of fantasy sports with his own experiences from his college day. He said he frequently participated in fantasy leagues and pointed out that he has kept in touch with the people he played with and has maintained that bond over the years.

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Paul Reynoso may be reached at prospector@utep.edu.
Wellness

Avoid diet fads with a more natural, inexpensive approach

BY ASHLEY PACHECO
The Prospector

A month and a half into the New Year and many are still looking for a way to lose those 10 extra pounds. Whether it is for summer, spring break, or a wedding, we are all willing to try insane diets and weight loss regimens just to fit into a dress or pant size smaller. But how far will some people go just to lose this extra weight? Time after time, countless amounts of individuals fall for fad diets.

“In trials of all fad diets, individuals lose a lot of weight but gain it back very fast and can gain even more weight. . . .” said dietician and health sciences professor Aida Moreno-Brown. “They don’t realize how unhealthy and detrimental they can be to your health.”

Some of these diets include the low carbohydrate diet craze that has been around for the past few decades, low fat, HCG drops, diet pills such as the prescription drugs like Adderall.

Junior computer science major, Ricardo Muñoz said he tried a low carbohydrate diet for three weeks and lost a total of 10 pounds.

“It was hard to do and honestly I didn’t even feel good!” Muñoz said. “So I decided to get off of it and ended up gaining 15 pounds back in a matter of three weeks.”

Muñoz said he now views dieting to be a ‘hoax. Instead of fad diets, Muñoz is eating healthier and exercising daily. While practicing these rituals Muñoz managed to lose 20 pounds of fat and gain muscle mass.

There are some that firmly believe these so-called miracle meal plans are a joke. Senior communications major, Tammi Schuller, said fad diets are absurd.

“Whenever I want to lose weight I just portion my food better and add more vegetables in my meals,” Schuller said. “Also, don’t forget to not eat processed foods.”

Moreno-Brown recommended to take some precautions before considering any new diet craze. She advised to make sure diets are logical and scientifically backed up not cutting or adding a particular food group. She said to make sure it’s not making you buy costly products, guaranteeing quick and amazing results, or looking at short-term changes to diet and exercise.

It is important to do research and get facts before trying a new diet. It could be harmful and dangerous to one’s health. Also, keep in mind that most fad diets have a relapse, which can make you gain more weight than what you started with.

To lose a few extra pounds, Moreno-Brown said people should eat lunch throughout the day—six small meals are excellent—this will help you maintain steady glucose levels. She also suggested eating more vegetables and whole grains, three to four ounces of lean protein a meal, skip processed foods and portion-sized meals, no second servings and drinking plenty of water throughout the day.

These simple practices will help individuals reach their weight loss goals before spring break and summer.

According to experts, fad diets based on costly pills could be detrimental for health.

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