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MINIERO

Volume XII / Spring 2011

MAGAZINE

DRUNK — vs — STONED

A Social Dilemma



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FROM THE EDITOR



MINERO MAGAZINE has been my home for the last three semesters, and it's time that I leave this bilingual blessing in the capable hands of my successor, whoever that may be. Over the last year, I've been thrown in the deep end of the publication pool, but I quickly recovered and became a master of my craft with the help of my advisors and my staff.

At this point, I am not quite sure where my journalism endeavors will take me, but as editor-in-chief of Minero, I feel confident in reaching my goal of working for an entertainment magazine. No matter where my career chooses to take me, the experience Minero provided me will not go to waste.

One of my colleagues asked me, as I was writing this editorial, what I enjoyed most about Minero. I quickly recalled several instances where classmates would approach me about the stories they read. Even if it was just one story they pointed out in the entire issue, I felt a sense of accomplishment because someone else enjoyed what my staff and I had been working hard to produce for months. It is a feeling that I strive to experience one last time with this issue of Minero.

This issue is a fusion of creativity, imagination and the collaboration of the entire staff. We created a system that allowed us to work together more closely, and it gave more room for the brainstorming and sharing ideas. We have hopefully produced a medium that will allow our readers to experience something unique and memorable. The following stories were created to expose new environments to the community.

Juan Salomón shares his growth and experiences with his transition from Mexico to a university in the United States. His story will inspire those who may also make that transition. He experienced a cultural change that continues to mold him into a stronger individual through his pursuit for higher education.

Aaron Martinez invites all readers to attend a UTEP women's basketball game and become long-term fans just like the individuals mentioned in his story. He writes about how even though the community's perception and support of the women's basketball team is nowhere near their male counterparts, the women's basketball team has much to show

to this community. All they need is for the community to give them a chance to prove it.

Nicole Chávez gives light to an existing problem that most people don't know about. Eating disorders are common, but how often does someone hear about it happening to a male? It's as possible as it is dangerous, but Nicole tells the tale of a man who overcame that problem and is on the right track to being healthy.

Digital photography may be a blessing, but it does come with a price. Michael Galindo writes about how the digital age may have taken away the magic from traditional photography. With greater capacity comes a greater responsibility when it comes to managing those memory card-filled devices with digital photos.

The legalization of marijuana has been and will be a greatly debated issue for years, but is it as dangerous as other substances that are legally available? I add another side to the legalization debate that poses the question: If alcohol is legal, why shouldn't marijuana be legal as well?

Each of these stories aims to provoke thought, entertain and give a voice to something that may not have been heard otherwise. All of the Minero writers, photographers and designers worked hard to create these story packages into something to be enjoyed by the reader. I did my best to ensure that my last issue is filled with entertaining and thought-provoking pieces that I hope you all will enjoy.

Happy reading!

JESUS C. MARTINEZ
Minero Magazine Editor

I FELT A SENSE OF ACCOMPLISHMENT BECAUSE **SOMEONE ELSE ENJOYED WHAT MY STAFF AND I HAD BEEN WORKING HARD TO PRODUCE FOR MONTHS.**

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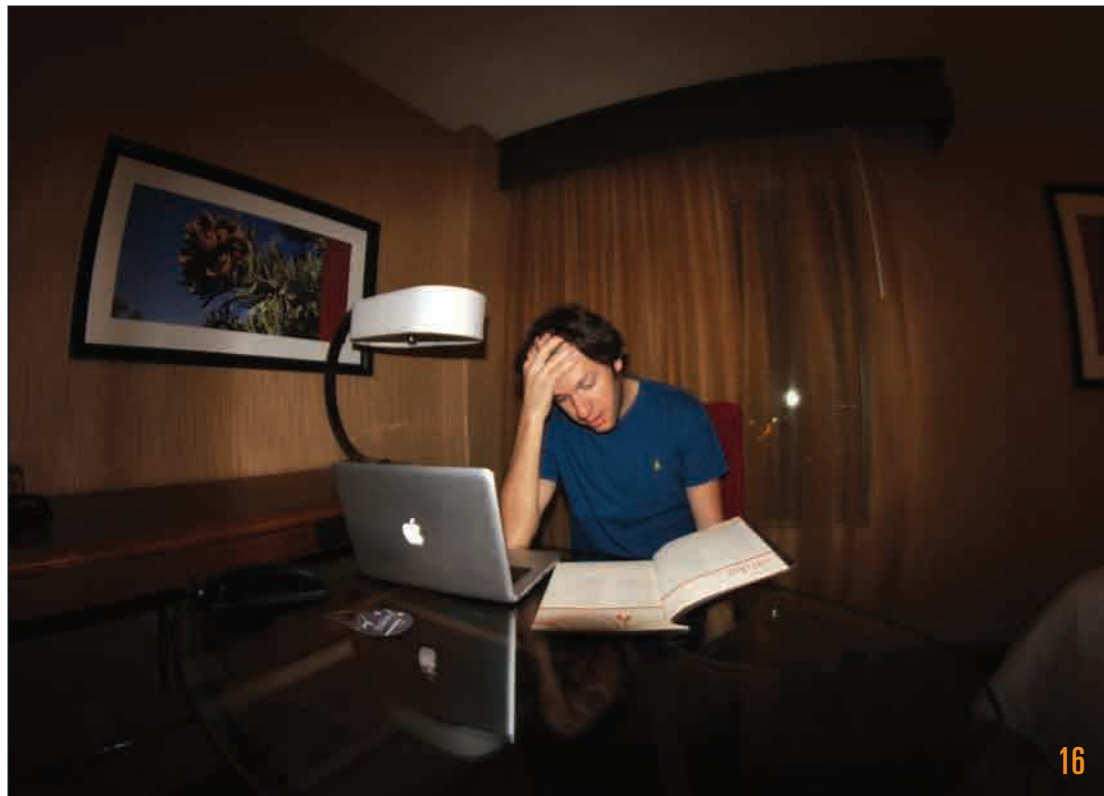
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Photograph by Daniel Rosas

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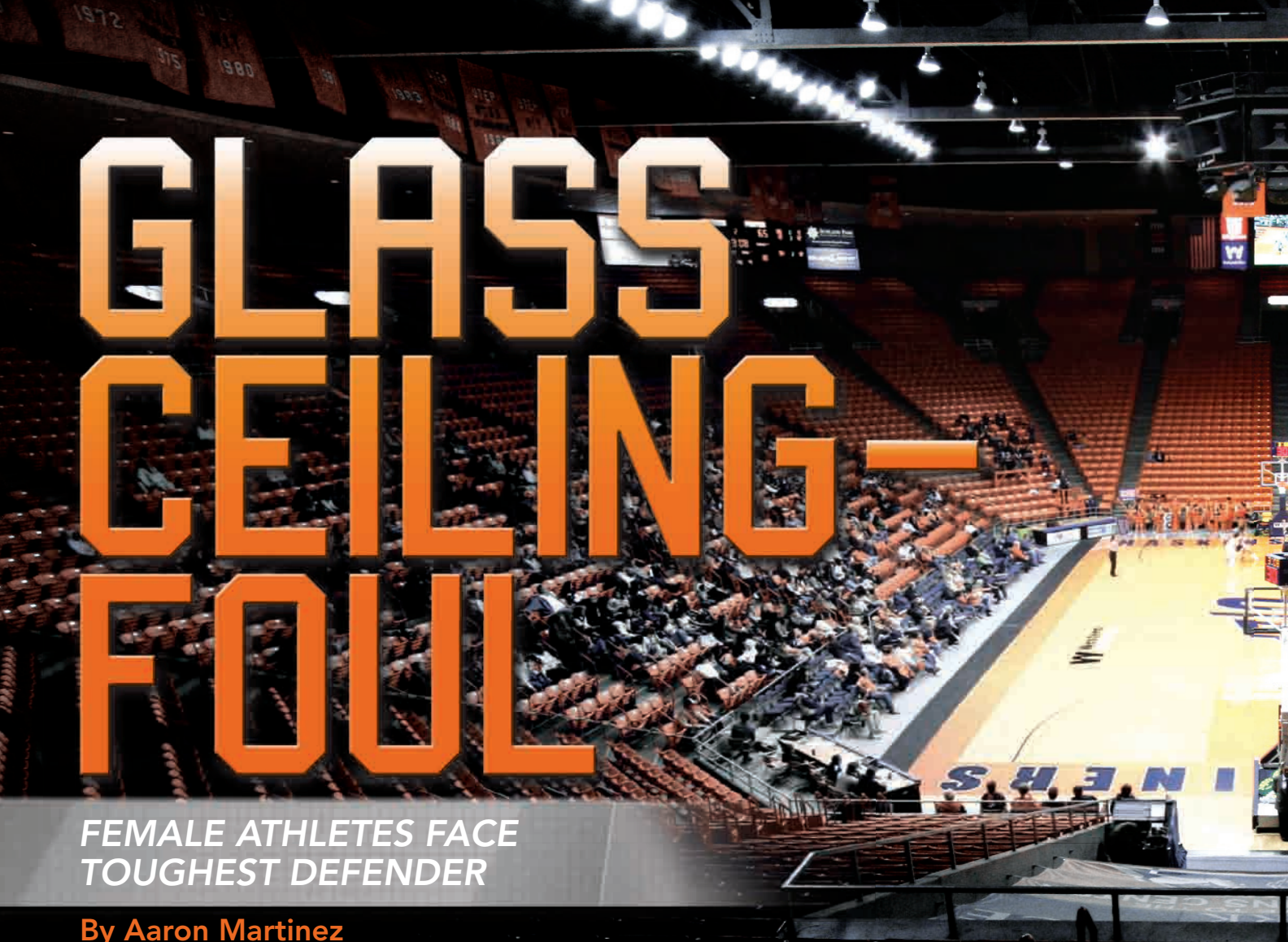
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Scan





GLASS CEILING- FOUL

FEMALE ATHLETES FACE TOUGHEST DEFENDER

By Aaron Martinez

Squeaking shoes, grunts and groans, shot clock buzzers and the referee's whistle fill the air of the Don Haskins Center. A player from a nationally ranked team lets the ball go as the buzzer goes off; the winning shot is made in the final seconds of a critical game, but only a small cheer can be heard for the undefeated home team.

While a couple of thousand fans are spread out across the arena for an NCAA tournament-bound women's team on a good night, a UTEP men's team, bound for a third-tier postseason tournament, has consistently packed the Haskins Center with a boisterous crowd of more than 6,000 people on a bad night.

Although that entire season brought the women's program, 28-4 in the regular season and 16-0 in Conference-USA, a milestone mark in attendance of 7,255; in comparison, the men's program (19-14, 8-8 C-USA) lowest regular season crowd was 6,942.

The story for the UTEP women's basketball team is not an unfamiliar one across the nation. Men's programs that have a mediocre season have no problem filling up seats, while championship-caliber women's teams struggle to fill just a quarter of the arena.

"Why female sports don't get the attention or fan support men's teams do is a great question," says Lee Ana Westman, visiting professor of women's studies. "The way our society perceives the roles of women plays a big role in this. Until our society breaks away from that stigma, women will never get the chance to show their talent in front of a large stage."

According to Westman, there are various issues affecting the lack of attendance at women's sporting events. She said one of the biggest obstacles that women athletes face is the stigma that sports are a man's world.

"Our society as a whole does not see women as athletes," Westman says. "Sports is a male gender-dominated field and that's because basketball is a sweaty and physical sport, unlike ice skating or tennis. So when it comes to this sport, men don't want to see women in this light."

As women's sports continue to struggle to gain recognition from the public, legislation such as the Title IX of the Education Amendments of 1972 has helped the growth of women's athletic programs at academic institutions.

According to the U.S. Department of Education, "the regulation contains specific provisions governing athletic programs and the awarding of



athletic scholarships.” Specifically, the Title IX regulation provides that if an institution operates or sponsors an athletic program, it must provide equal athletic opportunities for members of both sexes.

“Title IX isn’t specific just to sports, but in terms of how it has helped UTEP athletics is that it has given us more opportunities for female athletes with the addition of soccer about 10 years ago and softball five years ago,” says Lisa Campos, senior associate athletic director at UTEP. “So with Title IX, its whole purpose is to make sure that the underrepresented sex is not being discriminated.”

Another vital issue is the way women athletes are perceived in the media. Westman points out that when a successful female athlete is profiled in the media. “Even when a woman is celebrated for her athletic achievements and is featured in magazines or on television,

the focus of the story is on what she does off the court,” Westman says. “You see successful women athletes on the front cover and they are in revealing outfits and in provocative poses, while when a man is on the cover, they usually are doing something related to their sport.”

Beau Bagley, assistant sports director at NBC-affiliate KTSM, says the station tries to give equal coverage to both men’s and women’s sports.

“The UTEP men’s basketball team has had a large and more substantial history in terms of their program than the women’s program has done, so the men’s team has more support due to that history,” Bagley says. “What we try to do is give both of them equal coverage, but sometimes it is difficult because of the notoriety of the men’s team.”

“Sports is a male gender-dominated field... so when it comes to this sport, men don’t want to see women in this light.”

Ismael Legarreta, avid supporter of UTEP athletics, says one of the biggest obstacles UTEP women's sports face is the lack of support from the business community. "I equate the non-support from the business community as a major issue for women's sports. The businesses see no attendance; therefore there is minimal support," Legarreta says. "The university needs to stand up and challenge the community in a positive way. When the community wants to welcome a new men's basketball coach and yet not support a women's sport in the same manner and to the same extent, i.e. Orange Week, something is not right."

According to Campos, while the city of El Paso has supported the women's team, it is nowhere near as much as the men's team. She believe that getting the word out about the team and getting fans to at least one game will help them see that the women's team deserves the same support as the men's team. "We (UTEP Athletics) need to continue to publicize and promote the team more, so fans will come out to see them," Campos says.

The 2010-11 season marks Keitha Adams' 10th year as head coach of the women's basketball team. Under Adams' helm, the Miners have more than 90 victories since the 2006-2007 season with four winning campaigns. "The big thing I want to say is that supporting UTEP athletics and our student athletes is very important regardless of what team. If you are a UTEP Miner, you are a UTEP Miner," Adams says. "I think the thing that is neat is that the fans that come to our games have a great and unique experience and really enjoy it."

One of the greatest highlights in Adams' decade was winning the C-USA regular season championship, being nationally ranked and advancing to the second round of the 2007-2008 NCAA Women's Basketball Tournament. That year's squad tied legendary coach Don Haskins' 1966 UTEP Men's National Championship team for most wins in a season in school history.

// EN BREVE

Una noche en el Don Haskins Center, la jugadora de un equipo clasificado nacionalmente suelta el balón cuando el timbre del reloj se apaga; en los últimos segundos de un juego reñido ha anotado el tiro ganador, el equipo de casa sigue invicto pero sólo se escucha una pequeña ovación.

Mientras apenas un par de miles de fanáticos acuden a apoyar a su equipo en un partido femenino del campeonato NCAA en una buena noche, el equipo masculino de UTEP llena regularmente el Haskins Center con una multitud de 6,000 personas en una mala noche.

Para Lee Ana Westman, profesora de estudios de la mujer, la sociedad no ve a las mujeres como atletas y definitivamente los deportes están dominados por los hombres. Esto explica porque aunque un equipo femenino tenga más o los mismos logros que



Mona Gomez, season ticket holder for both the men's and women's teams, said that in order for women to get the respect they deserve, fans need to give them at least one chance to show off their talents and abilities before writing them off.

"When it comes to sports, men are the number one fans. When it comes to seeing women play, most men don't give women credit for their abilities," Gomez said. "We had to drag our friend out to see the girls play basketball at UTEP, then he was hooked on how the game has changed and how the girls are tough and good athletes."

el equipo masculino, el apoyo siempre será mayor para éste último.

La temporada 2010-2011 marca el décimo año de Keitha Adams como entrenadora del equipo femenino de basquetbol de UTEP. Ella ha llevado a las mineras al éxito, con más de 90 victorias desde la temporada 2006-2007. En cuatro campañas el equipo ha igualado las victorias obtenidas de 1978 al 2003. También han creado un pequeño pero dedicado grupo de seguidores en El Paso.

Según Lisa Campos, directora asociada de deportes en UTEP, la ciudad de El Paso ha apoyado al equipo femenino, pero este apoyo no se acerca al que recibe el equipo masculino. Necesitamos seguir promocionando al equipo. Una vez que las vean, se darán cuenta de lo duro que trabajan, de su talento y van a regresar a verlas jugar otra vez.



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POR NICOLE CHÁVEZ

José Meléndez nunca supo lo que era la ropa de niño. Cuando aún cursaba la primaria tenía que usar ropa y zapatos de adulto. Sus camisetas eran extragrande y la mayoría no le gustaban.

Sus compañeros de escuela dicen que se sentaba en las sillas al fondo del salón de clases para que nadie se quejara de no ver el pizarrón. Pero lo que más recuerda José es que a la hora del recreo, cuando todos los niños jugaban fútbol, jamás tuvo la oportunidad de meter un gol pues siempre lo condenaban a ser portero.

José, quien estudia su tercer año en producción de medios digitales, creció siendo un joven tímido, reservado y sin muchos amigos. Él era un niño obeso y de baja autoestima. “Yo era la burla de los salones por ser el gordo, o nomás se acordaban de mí por ser el gordito, eso me hacía sentirme mal”, dice José de 20 años.

Hoy en día, José es feliz al verse al espejo como una persona delgada, pero no puede olvidar que casi le cuesta la vida llegar a verse así. Él fue víctima de anorexia y bulimia, dos desórdenes alimenticios que cada día son más comunes en hombres.

Por muchos años, se creyó que los desórdenes alimenticios eran casi exclusivos de las mujeres y se conocía que sólo un 10 por ciento de los casos eran en hombres. Actualmente, este número ha incrementado a un 25 por ciento, dice Leigh Cohn, editor de Gürze Books, compañía que se especializa en educación sobre desórdenes alimenticios.

Cohn, quién ha escrito más de 10 libros y artículos sobre desórdenes alimenticios en hombres, dice que aproximadamente un 50 por ciento más de hombres han acudido con terapeutas para recibir evaluación y tratamiento en comparación a lo que sucedía hace unos 10 años.

Al terminar el primer año de preparatoria, José era conocido por sus amigos como el chavo gordito, chistoso y buena onda con peinado de mohawk. Pero el sobrepeso seguía causándole problemas de autoestima, de tal forma que un día, cuando su familia compró una gran cantidad de bebidas energéticas (Powerade) él tuvo una idea para ayudarse a adelgazar.

Por dos meses, José se limitó a consumir bebidas energéticas y agua. Empezó a bajar de peso, a verse menos grande y eso le gustó. Incluso aguantó el dolor al orinar que le provocaba el exceso de Powerade. Le mentía a sus padres acerca de haber desayunado, comido o cenado fuera de la casa o antes que ellos. Un domingo, su familia y él salieron a cenar, no había manera de evitar la comida. “Fuimos a un buffet, por primera vez en meses agarre una pizza y a los cinco minutos fui a vomitarla, sentía que no me cabía nada en el estómago,” recuerda José.

Pero nada importaba, porque se veía mejor en el espejo al ir bajando de peso.

“Todo mundo me decía que buena onda que estás adelgazando, ¿Qué haces? y eso fue como un incentivo para adelgazar más y ver que más me decían”, dice José.

José se fue convirtiendo en una persona diferente. Yasser Rayas, un amigo cercano que lo conoce desde hace más de cinco años, estuvo siempre con él. Para Rayas, fue difícil ver como su amigo se envolvía en su vanidad hasta convertirse en anoréxico, ver como hacía más ejercicio, comía menos y se demacraba más.

“Ví como iba cambiando, como llegaba al punto ridículo de que ciertas cosas ni las olía porque decía que engordaban. También se la pasaba fumando, escupiendo, creyendo que eso le ayudaba a bajar de peso”, dice Yasser. “Le decíamos en varias ocasiones, que él ya estaba guapo, que tenía buen cuerpo, que él era el que siempre atraía a las chavas, tratábamos de darle incentivos a su autoestima y hacerle saber que se estaba haciendo daño”.

De pesar alrededor de 100 kilogramos, José logró bajar hasta 60 kg (132 lbs) en alrededor de tres meses. Al regresar a la escuela, sus compañeros

no lo reconocieron. Estaba más delgado pero se quedaba dormido en clases, en su casa, en la mesa mientras comía. La televisión y las tareas eran sus mejores pretextos para tapar sus mentiras. Después se le empezó a caer el cabello, los constantes dolores de cabeza aparecieron, perdía el equilibrio y se desmayaba constantemente.

“Me desmayé enfrente de mis papas y ahí fue cuando se dieron cuenta de mis mentiras y todo, se dieron cuenta de que no comía que no hacía más que tomar agua y líquidos con tal de adelgazar”, dice José. “Cuando vi llorar a mi mamá, que la vi llorando por mi culpa, supe que necesitaba ayuda”.

En los meses siguientes, José acudió regularmente a una psicóloga. Al mismo tiempo un nutriólogo le ayudó a restablecer los hábitos alimenticios.

Mary Boggiano, profesora del departamento de psicología en la Universidad de Alabama en Birmingham y ex alumna de UTEP dice que la anorexia nerviosa causa más muertes que cualquier otra enfermedad mental en el mundo, incluyendo esquizofrenia y depresión. “Ellos no pueden cuidarse por sí mismos, ellos tratan de ayudarse pero fallan y fallan. Se va haciendo peor y se sienten aún más tristes”, dice Buggiano.

La sociedad tiene un rol importante en personas con baja autoestima como lo era José, comentarios y puntos de vista de la gente a su alrededor los dañan en un nivel más alto.

“Cuando vi llorar a mi mamá, que la vi llorando por mi culpa, supe que necesitaba ayuda”.

“Los insultos que la gente ve como insignificantes, la verdad si llegan a afectar a la gente que no es segura de sí misma, o tienen una confianza no muy fuerte. A veces uno piensa que no pero a la larga ves que ahí se fueron quedando”, dice José.

Adriana Rascón, coordinadora del departamento de Ciencias de la Salud Pública en UTEP comenta que el tratamiento para un paciente con bulimia o anorexia debe abordarse de una manera interdisciplinaria, es decir con un grupo de profesionales que incluya un doctor, enfermera, psicólogos y un nutriólogo o dietista. “No se

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trata de solo poner a alguien a dieta, es ver que sentimientos están causando el problema, si hubo algún abuso u otro factor”, dice Rascón.

En El Paso no existe un centro u hospital especializado en desórdenes alimenticios.

De acuerdo a encuestas realizadas por el departamento de Ciencias de la Salud Pública en UTEP hay una necesidad de programas de prevención e investigación en la población de origen hispano y en hombres. “Todavía hay mucho por investigar acerca de los hombres y los desórdenes alimenticios, pero el primer paso que debe darse es la prevención”, dice Rascón.

Para José luchar contra la anorexia y la bulimia ha sido una difícil batalla. Él sabe que aunque ya no vomita o se priva de comer, tiene que luchar consigo mismo para aceptarse tal como es ahora.

“Después de varios años de haber pasado por eso, hay veces que todavía me siento gordo, pero luego recuerdo que yo soy el único que le tiene que rendir cuentas a mi físico y soy yo el que decide ser feliz como estoy”, dice José.

// IN BRIEF

When Jose Melendez was a child, he always wore extra-large t-shirts and men's shoes. He grew up with low self-esteem because he was always considered the funny chubby boy in the class. Jose is now a junior digital media production major and a considerably thinner person. He is happy, but he cannot forget how he almost died as a result of anorexia and bulimia, two eating disorders that are becoming more common among men.

Although some feel that eating disorders are more of a female concern, Leigh Cohn, editor of Gürze Books, an eating disorders education company, says that men make up 25 percent of eating disorder cases.

For two months, Jose did not eat anything and just drank energy drinks (Powerade) and water. “I saw how he changed... he did not even smell the food because of the fear of gaining weight,” says Yasser Rayas, a close friend of Jose's.

Jose lost almost 132 pounds in three months. He also lost some of his hair, had headaches, vertigo and fainting spells. He finally came to realize the serious consequences of his eating disorder. He sought out a psychologist and a nutritionist to establish good eating habits.

“After a couple of years, I still feel fat sometimes, but I remember That I'm only one who decides to be happy with my body,” Jose said.

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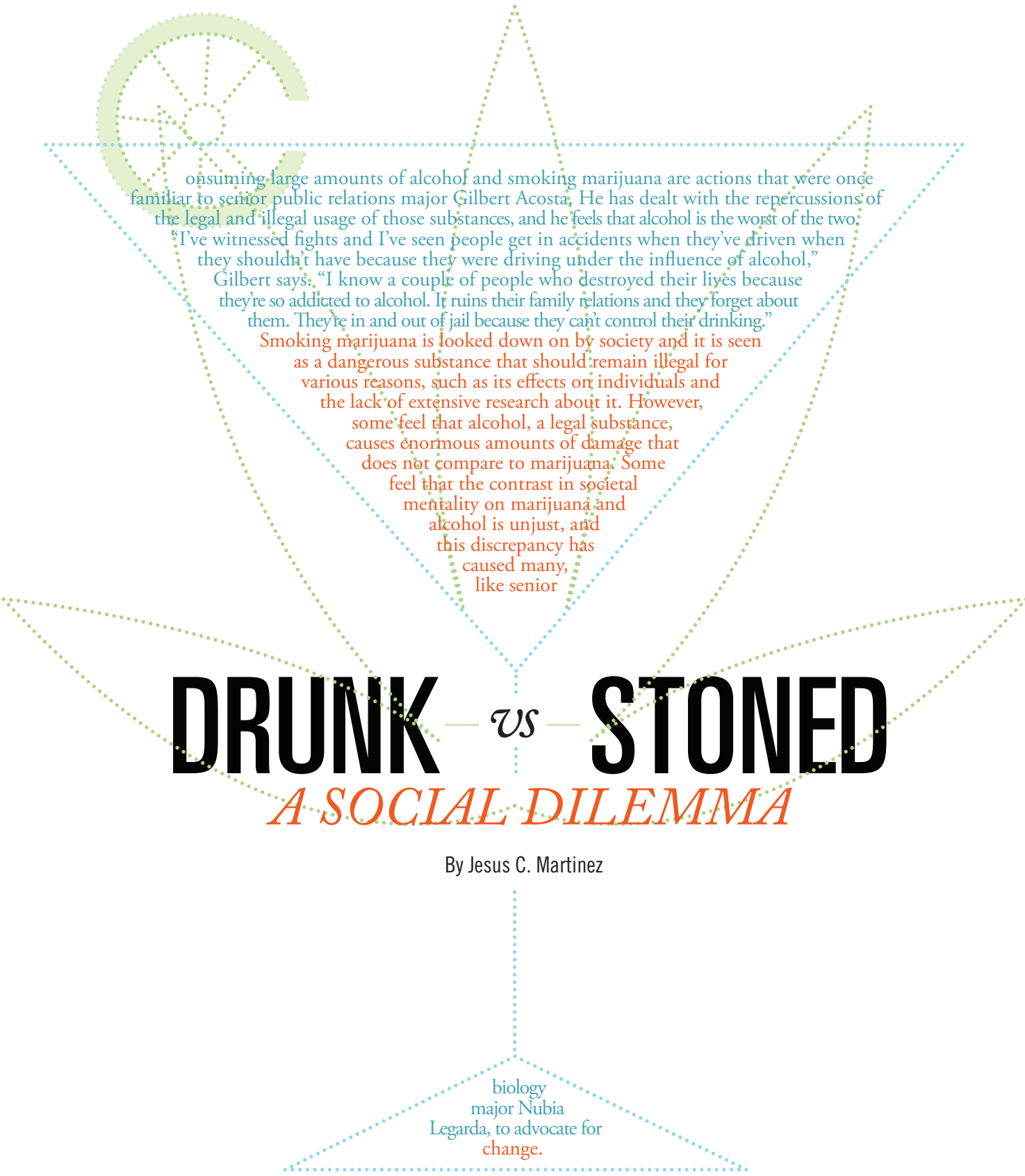
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onsuming large amounts of alcohol and smoking marijuana are actions that were once familiar to senior public relations major Gilbert Acosta. He has dealt with the repercussions of the legal and illegal usage of those substances, and he feels that alcohol is the worst of the two. "I've witnessed fights and I've seen people get in accidents when they've driven when they shouldn't have because they were driving under the influence of alcohol," Gilbert says. "I know a couple of people who destroyed their lives because they're so addicted to alcohol. It ruins their family relations and they forget about them. They're in and out of jail because they can't control their drinking."

Smoking marijuana is looked down on by society and it is seen as a dangerous substance that should remain illegal for various reasons, such as its effects on individuals and the lack of extensive research about it. However, some feel that alcohol, a legal substance, causes enormous amounts of damage that does not compare to marijuana. Some feel that the contrast in societal mentality on marijuana and alcohol is unjust, and this discrepancy has caused many, like senior

DRUNK — *vs* — STONED

A SOCIAL DILEMMA

By Jesus C. Martinez

biology
major Nubia
Legarda, to advocate for
change.

“Alcohol is detrimental to society; lots of accidents are caused because of it and people are violent when they are drunk,” Nubia says. “I’ve never seen anyone violent while they are stoned.”

Nubia, who is the former president of the UTEP chapter of Students for a Sensible Drug Policy, feels that the consequences for possessing marijuana are unjust compared to alcohol. “It’s ridiculous that people get arrested for growing this plant or for having it in their possession. It isn’t right that students lose the opportunity to pay for school.” Nubia is referring to an amendment to the Higher Education Act in 1998 that denies federal financial aid for students who have drug convictions, including possession. On the other hand, someone who is driving under the influence is subject to having their license revoked, a few days of jail time and/or defensive driving classes.

The consumption of alcoholic beverages is legal in the United States, and although it is more generally accepted than marijuana, that doesn’t mean that it is much safer. “It’s a carcinogenic, can cause liver cirrhosis, alter people’s mood, and it can cause some people to become stressed or violent with certain amounts,” says Armando Gonzalez, a research assistant professor for the pharmacy program at UTEP. “The benefits are small in comparison to the negative effects of alcohol.”

Gonzalez feels that even though alcohol is widely accepted, it is still considered to be a harmful drug. “There is a discrepancy between the classifications of certain products. Alcohol is a drug and most people don’t look upon it as a drug,” Gonzalez says. “The person can be just as addicted to cocaine as he or she can be to tobacco or alcohol.”

According to The Center for Disease Control and Prevention, alcohol causes a large amount of deaths aside from just car accidents. The CDC reports that in the last year there were 14,406 alcoholic liver disease deaths and 23,199 alcohol-induced deaths, excluding accidents and homicides. They also reported that 52 percent of adults, 18 years of age and over, were current regular drinkers, meaning that they had at least 12 drinks in the past year.

Joseph Tomaka, an associate professor in the Department of Health Promotion, has done research in prevention strategies for alcohol consumption at UTEP. One of the major problems with alcohol consumption is binge drinking, which he defines as the drinking of

“THERE IS A DISCREPANCY BETWEEN THE CLASSIFICATIONS OF CERTAIN PRODUCTS. ALCOHOL IS A DRUG AND MOST PEOPLE DON’T LOOK UPON IT AS A DRUG.”

five or more drinks in a row for men and four in a row for women during a two-hour period, and is done with the intent of becoming drunk or intoxicated.

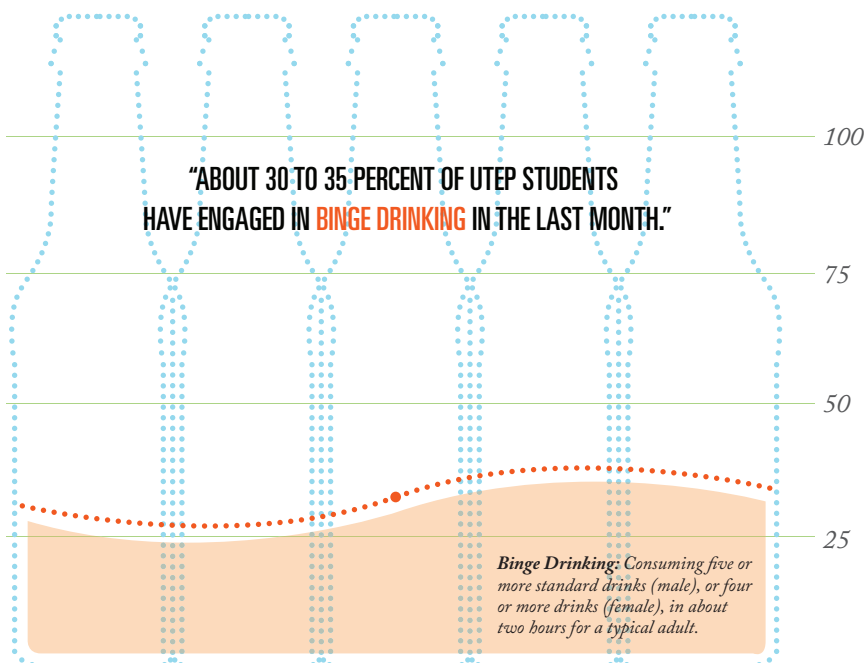
His research on campus has involved student surveys and intervention screenings, where he has found that about one-third of UTEP students participate in binge drinking. “About 30 to 35 percent of UTEP students have engaged in binge drinking in the last month (November). It’s a sizeable minority of UTEP students,” Tomaka says. “That’s one of the things we emphasize to binge drinkers—people who do engage in heavy drinking hang out with other kids who engage in heavy drinking. They tend to think that everyone is a binge drinker, but they are a minority.”

Tomaka also says that another problem with binge drinking is peer pressure. During high school, Gilbert recalls his binge-drinking activities as something provoked by his peers and it did not have a favorable outcome the next morning. “Peer pressure had a lot to do with binge drinking. I guess it’s about the feeling of trying to get messed up,” Gilbert says. “I had been drinking for a while throughout high school, and you learn your limits that way. It’s not always the prettiest sight to not remember what you did the last night.”

Excessive drinking almost always leads to a negative outcome. Gilbert knows that the morning after a night of heavy drinking isn’t pretty, but he says the after effects of smoking marijuana are nothing compared to alcohol. “It’s hard to wake up the next day when you’ve been drinking all night. It does affect your performance at school, at work, and it really feels like hell the next day when you drink excessively,” he says. Marijuana doesn’t really have any real big after effects the next day. I mean as long as you don’t smoke marijuana during your activities, you can get them done.”

Those that are not familiar with the effects of marijuana are unaware that it varies from person to person. According to Gonzalez, some people may feel strange or have positive effects. “A lot has to do, in my personal opinion, with the mental predisposition we might have. When we hear the words ‘marijuana’ or ‘cannabis,’ almost immediately we have a negative connotation because of so many ads in the mass media.”

Gonzalez in no way advocates for the free usage of marijuana, but he knows that when used medicinally, it has many benefits. “In the last 25 years there has been an increase in the clinical studies with cannabis. Many of these studies have found marijuana to be a positive medicine



when used judiciously, in other words not recreationally,” he says. “Medicinal marijuana has applications in anorexia and terminally ill patients because it improves their appetite. People who are undergoing the ordeal of both radiation and chemotherapy sometimes find that the medicinal use of marijuana is very positive.”

One of the major concerns Gonzalez has with marijuana deals with regulation. He says, when marijuana is cultivated for medicinal purposes, it is safer because it is produced by trained professionals in labs and bottled. However, for recreational use, it is transferred between numerous individuals and is wrapped in foil or in plastic bags.

Marijuana is already legal in a few states for medicinal purposes, but Gilbert feels that he's not the only one who thinks it should be legal for recreational use. “There's a discrepancy between it being legalized for medical purposes and just to be legalized in general because we really don't know much of the medicinal uses yet,” he says. “It should be studied more, but because of its illegal nature, it gets frowned upon. I honestly think it should be legalized for economic reasons, especially knowing that you can make it a cash crop in the U.S. Alcohol seems to be doing very well even though it has very negative connotations attached with it.”

Despite the controversy, many have been affected directly by the repercussions of alcohol consumption and people like Gilbert and Nubia feel that the negative aspects of smoking marijuana in no way compares to those of alcohol consumption.

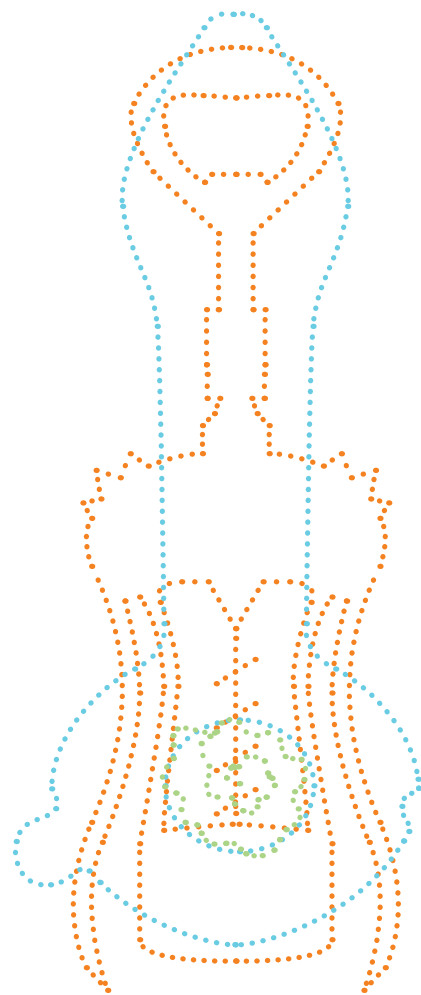
“I know there is not one single fatality attributed to marijuana, yet it's still frowned upon a lot more than if you were to go have a beer somewhere,” Gilbert says.

// EN BREVE

Gilbert Acosta, estudiante de último año en relaciones públicas estaba familiarizado con el consumo de grandes cantidades de alcohol y marihuana. “He conocido a gente que ha destruido su vida porque son adictos al alcohol”, dice.

La sociedad parece tener un doble estándar en cuanto al uso de alcohol y marihuana. Por un lado condena el uso de la marihuana, que según distintos estudios científicos causa menos muertes y accidentes que el alcohol. Por otro lado, es permisiva en el uso de bebidas alcohólicas cuyo consumo está ligado a muertes violentas, homicidios, enfermedades y otras repercusiones sociales.

Debido a este contraste Nubia Legarda, estudiante de último año de biología busca un cambio. “Nunca he visto a nadie que se ponga violento bajo la influencia de las drogas”, dice Nubia. “Es ridículo que los estudiantes pierdan la oportunidad de pagar por su educación si son arrestados por posesión de marihuana”.



El año pasado se reportaron 14,406 muertes por cirrosis y 23,199 muertes por intoxicación alcohólica, excluyendo accidentes y homicidios, según el Centro para el Control y Prevención de Enfermedades.

En algunos estados la marihuana es legal para usos médicos. Gilbert piensa que así como él hay otras personas que también apoyan el consumo recreativo de esta droga. “Debería ser más estudiada pero por su naturaleza ilegal sigue siendo mal vista. Debería ser legalizada por razones económicas, en Estados Unidos podría convertirla en una mina de oro”.

Las bebidas alcohólicas son ampliamente consumidas y aceptadas por un gran número de personas en Estados Unidos, y el consenso sobre la marihuana es que su consumo debe ser prohibido.

“Yo sé que no ha habido ninguna tragedia relacionada con marihuana pero aún así es más condenada que ir a algún lado por una cerveza”, dice Gilbert.

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Nunca en la vida me imaginé que estaría estudiando en UTEP. Esta universidad ni siquiera aparecía en mi lista de opciones porque para mí era casi imposible verme como un Minero. Mi hermana Marisa es un año mayor que yo y ella entró a UTEP en el 2008. Me impresionó que eligiera esta universidad porque toda la vida pensé que ella y yo nos quedaríamos en Chihuahua y estudiaríamos en el Tec de Monterrey, que está localizado también en la Ciudad de Chihuahua. Claro que soñaba estudiar en los Estados Unidos, pero siempre estaban presente los conflictos de dejar mi casa, mi familia, la sociedad en la cual me crié y mis amigos.

De acuerdo con el Centro de Evaluación, Investigación y Planeación de UTEP alrededor de 1,801 mexicanos vienen anualmente a El Paso para estudiar en UTEP y nunca creí que yo sería parte de ese número. Yo siempre he visto a mi

padre como un hombre de honor y orgullo por eso sentía que tenía la obligación de empezar a estudiar desde que salí de la preparatoria y entonces decidí entrar a UTEP porque quería salirme de Chihuahua y enfrentar la realidad. Pero sin duda sabía que sería difícil el cambio lingüístico, académico y social que tendría mi vida.

Asistí al Instituto La Salle de Chihuahua en secundaria y preparatoria. En cada salón de la preparatoria, había un mínimo 46 estudiantes y todos éramos muy unidos. En mi último semestre empecé a preocuparme por mi futuro y sabía exactamente a que me estaba metiendo cuando decidí decirles a mis padres que yo también quería inscribirme en UTEP. Ellos me apoyaron y para mediados del 2009 ya estaba dentro de la universidad.

Toda mi infancia y mi adolescencia vi televisión en inglés con subtítulos en inglés, lo que quiere decir que no sólo escuchaba el idioma, sino también leía como se escribía. Me sentía muy confiado en el manejo del idioma y pensé que estaba listo para conquistar El Paso, pero como muchas veces sucede, no fue así. Cuando llegue a la ciudad, entendía perfectamente a los profesores, pero simplemente el inglés no es mi lengua nativa y no la capto totalmente. Una vez estaba en clase de astronomía y uno de mis compañeros me empezó a sacar plática en inglés, desafortunadamente hablaba muy rápido. Cuando mi compañero acabo de hablar le tuve que decir “*Can you repeat that last thing you said? because I did not quite catch that*”. Claro que estaba mintiendo, no entendí nada de lo que me dijo, solo que no me quería ver como una persona que no supiera inglés. Poco después me acostumbré y en unos meses podía hablar en inglés sin esfuerzo, pero aún así batallé también cuando las personas hablaban pocho, esa mezcla de inglés y español tan particular en la frontera. Entender esa combinación de idiomas fue otro reto importante que tuve que conquistar.

Cuando asistía a la preparatoria, mi horario era de 7:30 a.m. a 2:25 de la tarde. De verdad no sé cómo pude haber sobrevivido por tanto tiempo con ese horario. Desde que entré a UTEP mis horarios han sido una fascinación para mí porque nunca pensé que serían tan cómodos. Recuerdo muy bien los primeros días aquí en la universidad, cuando estaba atemorizado y todo me resultaba extraño. Mis compañeros de clase eran como robots inmóviles, pues lo único que hacíamos era sentarnos, prestar atención al profesor e irnos a nuestra siguiente clase. En mi primer semestre conversé muy poco con mis compañeros de clase. Estaba acostumbrado

// IN BRIEF

Juan Salomón, sophomore multimedia major, never pictured himself as a college student in the United States. But when it came time to choose a school, he followed in the footsteps of his older sister, Marisa, who had attended UTEP the previous year. Juan is from Chihuahua, Mexico, and is one of approximately 1,801 Mexican nationals who annually enroll at UTEP, according to the Center for Institutional Evaluation, Research and Planning.

In this personal essay, Juan relates how he had to adapt to a new culture that

a entrar a un salón y escuchar gritos o que al segundo que entrara me arrojaran una bola de papel, pero aquí ni un pelo me tocaban. Poco después comprendí que este lugar es obviamente para estudiar y aprender, no para socializar.

Al momento de registrar mis clases pensé: ¿Sólo cinco clases? ¿Tan pocas? En mis tiempos de preparatoria llevaba entre 11 y 13 materias por semestre, así que la carga académica no fue un problema para mí pues me acostumbre de inmediato a sus técnicas de enseñanza y métodos de evaluación. Otras cosas simples como imprimir documentos en la biblioteca fueron difíciles al principio. Una vez tuve que pararme al lado de una impresora fingiendo que enviaba mensajes de texto por mi celular cuando en realidad estaba mirando como se hacía para insertar tu número 800 en la maldita máquina y cómo se seleccionaba un documento para después imprimirlo. Sentía que era el único idiota que no sabía cómo imprimir en las computadoras localizadas en la biblioteca. Ya cuando pasé a mi segundo año de universidad, una amiga me pidió que la acompañara a imprimir unos documentos a la biblioteca y me insistió en que yo lo hiciera por ella. Mientras estaba imprimiendo, me di cuenta que ella estaba detrás de mí apuntando en una hoja de papel los pasos para imprimir. Creía que era la única persona en todo UTEP que no sabía cómo imprimir en las computadoras localizadas en la biblioteca, pero gracias a mi amiga me di cuenta que no era así.

Llegar a tu apartamento, que la comida no esté lista y que la tengas que hacer tú, no es nada

he thought he was prepared for. His English proficiency, which he thought was very good, was immediately challenged and he could not fully understand what his peers were saying. He vividly remembers his first days on campus and how everything seemed so robotic because students would sit down, pay attention to the lecture and run to the next class. He was used to entering a loud schoolroom with wads of paper being tossed about. College was a different atmosphere and it took some time for him to adjust. Not only did he have to cope with a cultural

“LA SOCIEDAD A LA CUAL ESTABA ACOSTUMBRADO ES TOTALMENTE DIFERENTE A LA SOCIEDAD DE LA CUAL SOY PARTE AHORA”.

agradable. Llegar y ver que tu ropa sucia sigue sucia es horrible. Saber que no verás a tus padres por un buen tiempo puede ser triste. Dieciocho años viví con mis papás y ellos hacían todo, mientras yo me dedicaba a estudiar. Ahora, más que nunca, aprecio todo el trabajo que hacían por mí para que yo pudiera salir adelante con mis sueños.

La sociedad a la cual estaba acostumbrado es totalmente diferente a la sociedad de la cual soy parte ahora. Prefiero esta sociedad porque me siento más libre y con más poder de ser quien soy y de poder crecer y transformarme personalmente. En Chihuahua tienes que tener un estatus social alto y si no lo tienes, no eres nadie. Aquí en El Paso, no importa de dónde vengas, quienes son tus amigos, cuánto dinero tienes, de qué familia vienes, cuantas conexiones tengas, la gente te seguirá hablando porque quieren ser amigos de la persona que acaban de conocer, no por otros aspectos.

Cuando llegue a El Paso veía todo de una manera muy diferente, creía que nunca me iba a adaptar a esta cultura única. Ahora, veo muy lejos el momento de confusión en mi primer día de clases; poco a poco he crecido como persona y fácilmente me he adaptado a este maravilloso mundo. Mi manera de pensar, de ver las cosas, de hablar, de hacer amigos, de estudiar, de imaginar y de muchas cosas más ya no es la misma que hace un año. Honestamente, UTEP fue la opción correcta para mí y ahora veo El Paso como una ciudad en la cual puedo crear mi futuro.

change, Juan was also living on his own. He describes coming home to his apartment and not having anything ready for dinner and nothing clean to wear next day.

These experiences gave Juan a greater appreciation for his parents. He does not regret his decision to come to UTEP. “Little by little, I have grown as a person and adapted to this wonderful world.”

PRESERVING OUR

DIGITAL *memories*

BY MICHAEL GALINDO

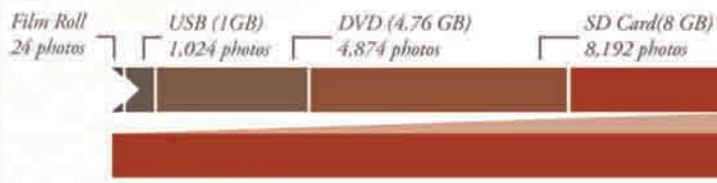
The family photo album used to be where memorable occasions, such as birthdays, anniversaries and weddings, were physically preserved for future generations. They consisted of photos that were captured in one or maybe two attempts and some of them have become so fragile because they predate color photography. However, because of the meteoric onslaught of digital images, the traditional physical photo album may become extinct.

Photographs have the ability to capture a moment and they also can be works of art. Digital cameras make these actions easy with the virtually unlimited amount of storage and the ability to review a photo quickly and delete it before it is processed through a computer. However, this luxury, compared to the traditional way of taking photographs, comes with a heavy price of photo overload.

“Technology has given us more tools in photography, but it also seems to have taken the magic away.”

UTEP alumnae Sonia Eubank, who received her degree in business, has dealt with photo overload many times. “I must say that I love to use my digital camera because it feels like I have an unlimited amount of photographs to take, but when the time comes to go print the pictures, I have (many) to go through,” Sonia says. “When I go get them developed, I just develop everything without even looking at them first because there are just so many.”

Although digital cameras simplify the art of taking photographs, some feel that it hinders from what originally



made photos so special. David Flores, a local photographer and librarian specializing in digital media management, has experienced how photography has changed over the past several years. He feels that the advancements in technology have brought both pros and cons to digital photography. "Technology has given us more tools in photography. I like it, but it seems to have taken the magic away," Flores says.

Although dark rooms, an area where film negatives were exposed to light and projected on light sensitive paper to create photographs, are virtually non-existent, it was one of the things that Flores enjoyed most about the film development process. "I loved it because you never knew what you had until you were developing the photos. But today, you can immediately go back and preview the photos."

The digital alteration of photos is an action that became commonplace with programs like Adobe Photoshop, and some feel this digital manipulation has caused photography to become something entirely different. "Once you do something to a photo to change it in whatever way, it isn't an original photo," says Steve Lama, a photography instructor at UTEP. "When you take a photo, you want to keep it as original as possible." Using a program like Photoshop can add filters and effects to photos that are not native to the camera, and that's a tool that Lama feels, although useful, changes the original meaning behind the photo into something completely different.

He feels that trying to find that one definitive moment in photos is different now because people can take so many photos without repercussions. "Before, we would take many photos, but you always tried to get that one photo because it cost money to buy more rolls of film," Lama says. "Now you can just go and take many photos at practically no cost."

Unlike film rolls, which cannot be deleted by the camera, memory cards can store hundreds or thousands of photos depending on the size of the card. It may be easy to take multiple photos of the same scene and fill the memory card to capacity, but it is going back and looking, labeling and storing these photos that pose a problem. Flores calls this phenomenon picture overload. "Just

like on the Internet, there is information overload; it can happen with photos as well," he says.

Picture overload doesn't happen at just an amateur level. Yvette Delgado, an imaging specialist for the University Library, deals with the daunting task of managing photos for events held on campus for archival purposes. "When we get the photos, it takes a lot of time organizing and making three versions of each photo. We also backup the photos and put them on a secure server." She also says that digitizing old photos is an extremely long process. "There has been a project going on for eight years to digitize 250,000 old photos, and out of those they have only digitized 5,000," Delgado says.

Delgado's task is a good example of the downside of digital photography. She describes how she has folders upon folders of files of different photographs and they are placed on a server and backed up on hard disk drives.

Amateur digital photographers also have difficulties when it comes to photo storage.

// EN BREVE

Los álbumes de fotos guardan nuestros recuerdos de cumpleaños, bodas y memorias divertidas. Sin embargo, parece que en la era digital, los álbumes de fotos ya se han convertido en algo del pasado.

Las fotografías son representaciones físicas de un recuerdo. Las cámaras digitales han facilitado el proceso de tomar fotos al tener un espacio ilimitado para guardar imágenes, revisarlas rápidamente e incluso borrarlas antes de transferirlas a una computadora. El precio de este lujo comparado con la forma tradicional de tomar fotos es la sobrecarga de imágenes.

"Me gusta usar mi cámara digital porque parece que puedo tomar un número ilimitado de fotos pero al imprimirlas, tengo demasiadas", dijo Sonia Eubank, graduada de negocios.

"Before we would take many photos but you always tried to get that one photo because it cost money to buy more rolls of film."

When Sonia finishes developing her photos, she tends to just keep them in the same envelope they were developed in. "It's really hard trying to sort through so many photos and keep them nice and neat; not only that, but it takes a lot of time," she says.

Aside from the storage and management concerns created through digital photography, having to scroll or go through hundreds of images to find a picture is discouraging. Instead of developing photos that were attempted a few times and stored in a decorated folder labeled "Memories," photographers are greeted with folder icons and files labeled "IMG002." This phenomenon is something that Flores feels takes away the magic of traditional photography. "Having a hard copy of our memories is different than having a digital copy," Flores says. "There is just something special about going through an actual album with somebody else."

La alteración digital de la fotografía se ha hecho más común gracias a programas como Adobe Photoshop. Para Steve Lama, profesor de fotografía en UTEP, estos programas son herramientas útiles, pero han cambiado completamente el significado detrás de la foto.

"Antes podíamos tomar muchas fotos pero siempre tratabas de obtener esa foto única", dijo Lama.

La fotografía digital ha traído incuestionables ventajas, pero el cambio ha hecho que se pierda la magia alrededor del proceso que significaba tomar, revelar y compartir una foto.

"Tener una copia física de nuestros recuerdos es diferente a tener una copia digital", dijo David Flores, fotógrafo y bibliotecario. "Hay algo especial en ver un álbum foto por foto con alguien más".



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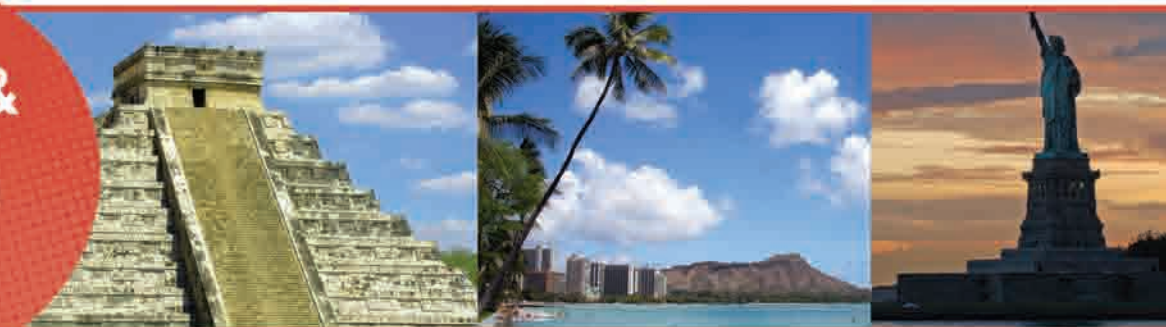
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