

4-3-2012

# The Prospector, April 3, 2012

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• WELLNESS ISSUE •  
TOSSING  
THE  
SALAD  
VEGAN, VEGETARIAN  
STUDENTS STILL STRUGGLE  
FOR FOOD OPTIONS  
ON CAMPUS



ILLUSTRATION BY DIEGO BURCIAGA / Photo special to The Prospector

BY LORAIN WATTERS

The Prospector

With new additions to food services on campus, vegetarian and vegan students are left wondering when their food options will expand, eager to leave the fruit cups behind.

“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.”

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.

“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.

see VEGAN on page 5

## Medication

# Healing the body through alternative medicine and therapies

BY AMBER WATTS

The Prospector

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 in research procedures, western society is accustomed to what is called allopathic medicine. This type of treatment is the western form of medicine that has been tested by reproducing experiments to models and clinical trials.

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.

“The main problem that alternative medicines face today is the lack of knowledge and so-called advertising using mainstream media,” Narayan said.

Mata Gallardo, junior nursing major, said that she was introduced to alternative therapies through a class that UTEP offered as a nursing elective. She found out about different methods such as acupuncture, acupressure and meditation.

“We actually had a class, (my professor) brought in a professional who does reiki, and we did it in class and it was nice just to relax, let it go and it does help clear your mind and your inner spirit,” Gallardo said.

Gallardo said she thought the use of alternative therapies really depend on a person’s condition and state of mind.

“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 alternative medicine’s big seller 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.

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 do is they don’t cure the cause, they suppress a lot of the side effects, also seated with the disease,” Narayan said.

According to Narayan, the main drawback to alternative medicines is that there is no rigorous and repro-

see MEDICINE on page 4



JUSTIN STENE / The Prospector

**Many have turned** to alternative medicine for healing purposes rather than allopathic or western drugs.



# Weight lifting advice for newbies

BY HENRY ARRAMBIDE

The Prospector



A common sight for regular gym rats is the newbie lifter. Usually it is someone who's 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 a lack of progress.

While exercise in any form is beneficial, there are some crucial things beginners to the world of fitness may miss out on 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.

Initially, you're going to want to focus on doing heavy, compound lifts. These are 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 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 robs 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 impor-

tant you consume plenty of healthy foods to give your muscles the raw material they need to do repairs.

While physical exercise is key, another huge component to getting in shape is diet. At the beginning don't worry about taking your diet to the extreme. There are no effective fad diets or temporary quick fixes when it comes to eating healthy. Rather than worry about counting calories at the start, focus on trying to incorporate more protein and fiber into your diet. Carbohydrates aren't evil either; heavy lifts require the energy. Avoid simple sugars and high-sodium content foods. Breakfast is important; eggs and oatmeal are great. A simple, effective change is cutting sodas and energy drinks and upping your water intake.

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 lifters such as Reg Parks and Jamie Lewis, combined with my own experiences at the gym. If you don't want to go at 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.

Henry Arrambide may be reached at [prospector@utep.edu](mailto:prospector@utep.edu).

## Letter to the editor

# Double standards tough on women

In the fashion section, there was a small diagram, called "different body shapes."

Under the caption there are pictures of females with different body shapes, and their bodies are simplified into geometrical shapes. Simple shapes we all learned in the first grade — squares, triangles, diamonds, etc.

As I looked through these pictures of animated lifeless cartoons hiding behind a shape I thought to myself, when do men 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 to hide his pear hips and enhance his boyish figure? The answer is probably never.

The truth is we live in a society in which women are fed images of what it 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 swimsuits provides a perfect example. We scrutinize our bodies and attempt ways to make ourselves the exact opposite of what we are. A short curvy girl will find a swimsuit that elongates the legs, while a boyish-type body girl will find ways to make things appear curvier than they are.

Contradictory much? 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 to society is, I refuse 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.

- Maria Esquinca,  
Sophomore multimedia  
journalism major

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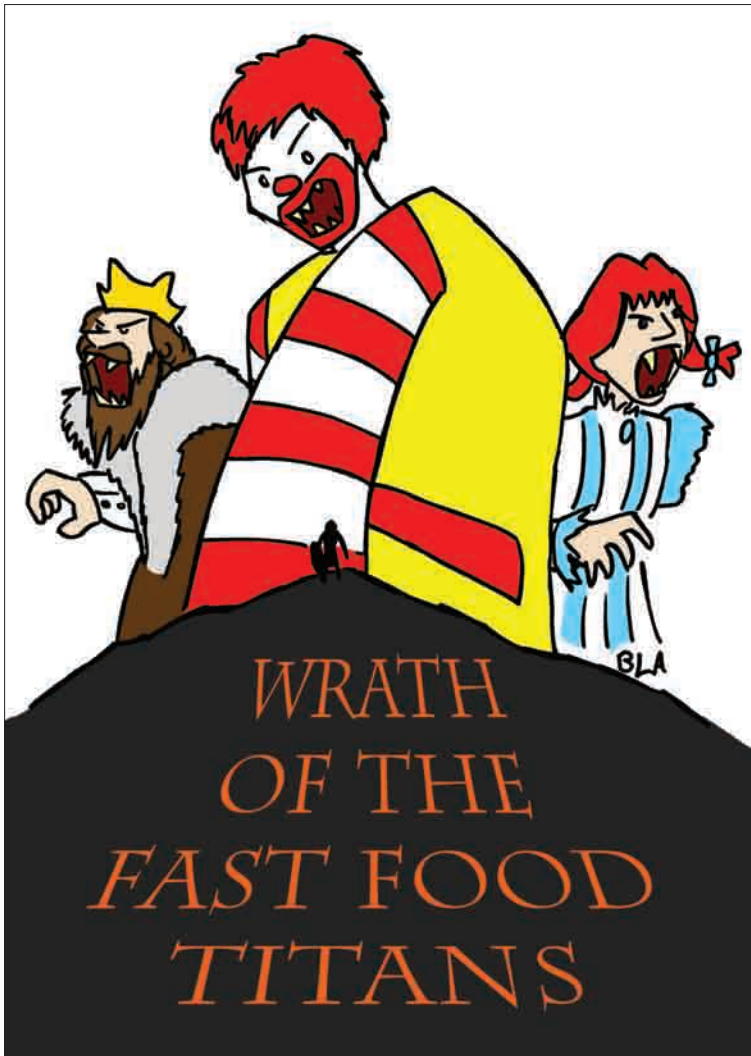
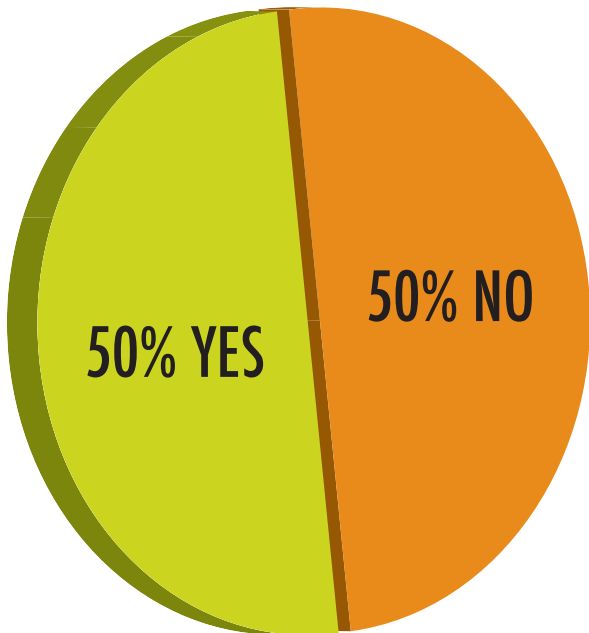
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## Health

# 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 has entered the second stage of diabetes but I am not as knowledgeable as I think I should be," 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 90 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 dietician at the Student Health Center. "One, 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

see **DIABETES** on page 5

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**MEDICINE** from page 1

ducible data or body of literature telling people what exactly needs to be done.

Jim Pettit works as an overseer at The Herb Garden on Lee Trevino Drive, a business that has been in his family for 15 years. While admitting he was skeptical about herbal treatments and alternative therapies at first, personal issues helped change his perspective on these types of treatments.

“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 doctor’s 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-Calm, we have to keep these pretty stocked. They’re great for the nerves,” Pettit said.

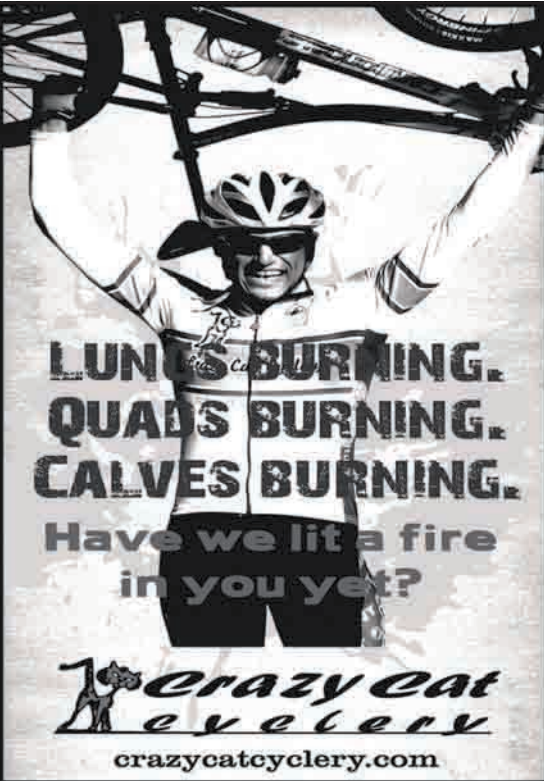
According to Pettit, Natural Sunshine has been around for about 40 years and started in Utah by a man that was having heart issues.

“The doctors had done pretty much everything they could for him, he started taking capicum, which he’d heard 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 pharmaceutical 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.



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JUSTIN STENE / The Prospect

**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](mailto:prospector@utep.edu).

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VEGAN from page 1

Yet, as the efforts of the Food Services department increase, the knowledge of students and faculty have 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.

"My friends and I won't really eat on campus; it's hard to find something. So I'll either wait until I get home or go off campus to eat something," Rodriguez said.

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 Walters may be reached at [prospector@utep.edu](mailto:prospector@utep.edu).

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Union, Wednesday, April 4

12 p.m. - 2 p.m.

& Thursday, April 5

1:30 - 3:30 p.m.

### Online Voting

Wednesday, April 4

7:00 a.m. through

Thursday, April 5

5:00 p.m.



For more information including the election code, visit the SGA Office at 304 Union Bldg. East, 915-747-5584, or visit our website at [www.utep.edu/sga](http://www.utep.edu/sga).



DIABETES from page 3

improving their dietary intake with healthy foods and exercise.

"Seeing my grandma, friends and other people did help me think about my own weight," Navarette said. "Because when I was younger I was unaware and chunkier, and it helps me now think I have to stay in shape."

Henry Arrambide may be reached at [prospector@utep.edu](mailto:prospector@utep.edu).

### COMMON SYMPTOMS OF DIABETES:

Frequent urination

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Unexplained weight loss

Extreme hunger

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Source: Center for Disease Control

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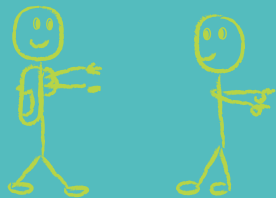
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April 3, 2012  
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Movies



Photos special to The Prospector

# 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 "myths" Yingling is referring to are those that have been exposed by television shows like Jaime 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:

## Super Size Me (2004)

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, McDonalds launched its "Eat Smart, Be Active" initiative and denied the initiative had any connection with the film.

## Earthlings (2005)

Narrated by Joaquin Phoenix, the documentary relates the implications of animal abuse and cruelty when animals are used as pets, food, clothing, entertainment and scientific research. Director Shaun Monson uses hidden cameras to capture graphic scenes at puppy mills, slaughterhouses and entertainment industries. It is a shocking documentary that uses disturbing elements to its advantage, masking its heavy-handed narration and championing its wholehearted intent for the safety of animals.

## Food, Inc. (2008)

In an attempt to trace back the origin of food, director Robert Kenner and two of the greater champions of ethical eating, Michael Pollan and Eric Schlosser document the gruesome reality of the American food industry. The Academy Award-nominated 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 audiences vegetarian.

## 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.

## Forks over Knives (2011)

Lee Fulkerson's documentary makes the claim that eating plant-based foods is the remedy to most illnesses. The documentary claims, through the interviews of doctors and nutritionists, that animal-based products and the western diet in particular, is the root of most illnesses such as cardiovascular disease and diabetes. "Food Matters" stands out from most health and food documentaries by offering a clear solution to the problem: eat more plant-based foods. However it sometimes loses credibility in the blatant attacks on modern medicinal practices without offering the opposing view.

Whether it's damage control or not, McDonald's, along with other fast-food restaurants, have taken a defensive approach by highlighting the "realness" or the "freshness" of their ingredients. Especially after health and food documentaries in the past 10 years blame the rise of the fast-food industry for the inhumane treatment of livestock in farms and the rising obesity rates in the U.S.

"Food, Inc.," "Food Matters" and "Forks over Knives" are available through Netflix instant play. "Super Size Me" is available through Hulu and "Earthlings" through earthlings.com.

Andres Rodriguez may be reached at [prospector@utep.edu](mailto:prospector@utep.edu).

Living

# Supplemental lifestyles Bottling vitamins lacks effectiveness

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 unenergetic in 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.

"The problem is 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 nutrients and could genuinely 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.

"The biggest issue with supplements regarding students 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."

Some consumers of supplements are athletes who may turn to them to enhance performance or stamina. One of the more popular supplements is called 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.

"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."



PILLS from page 7

When taking supplements, there is no guarantee of receiving the nutrient hoped for and an overdose of any nutrients, even healthy ones, can be toxic.

According to Rotwein, supplements are not necessarily all worthless, but it is prudent to

consult with a physician before taking one, both to ensure the user is not putting themselves in danger and to make sure they are getting the right bang for their buck.

For those students who are still unsure, a good practice is to only purchase a supplement with the USP lettering. These meet strict standards

for dissolution, disintegration, strength and purity. It is also important to check the expiration date on the bottle as expired supplements can be toxic.

The University Student Health Center offers confidential, one-on-one nutritional health counseling for any student interested in im-

proving their health. For more information, contact the University Student Health Center at 747-5624.

Rebecca Guerrero may be reached at [prospector@utep.edu](mailto:prospector@utep.edu).

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**ARIES** (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.

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**MEN’S BASKETBALL:** KENTUCKY DEFEATED KANSAS 67-59 TO WIN THE NCAA CHAMPIONSHIP. THE WILDCATS BECOME THE FIRST TEAM TO WIN WITH A STARTING FRESHMAN PG SINCE SYRACUSE DID WITH GERRY MCNAMARA IN 2003.

Football



Wounded Miners prepare for Spring Game

BY DANIEL ORNELAS

The Prospector

The Miners will conclude spring drills with the annual Blue and White game at 7 p.m. April 6 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 room.”

Injuries have riddled the Miners throughout the spring. Players at key positions such as senior center Eloy Atkinson have missed all spring practices this year. Sophomore running back Nathan Jeffery, the only returning tailback who saw significant action last year, sat out seven practices including the team’s first scrimmage. The wide receiving core took a hit as senior Mike Edwards missed significant time in the early portion of spring drills, but made his debut this past week.

The injuries opened the door for younger players to make their mark and add depth or even compete for a

starting role. Running back seems to be at the forefront of that competition as three of their backs from last year were seniors.

In Jeffery’s absence, sophomores Josh Bell and Brandon Polk performed well. All three running backs combined for 245 rushing yards during the March 31 scrimmage.

Redshirt freshman WR Felix Neboh also performed well in scrimmages during Edwards’ absence.

Senior Paul Santillan, sophomore Kyle Brown and redshirt freshman Paulo Martinez all rotated at center. They will be something to watch for as they struggled in shotgun and field goal snaps during the scrimmages.

Sophomore kicker Steven Valadez also had his chance to shine as a replacement to the injured senior Dakota Warren. During the March 31 scrimmage, Valadez connected on 3-of-4 attempts from more than 35 yards.

“Valadez did have a good day. We weren’t rushing him all the time, but just coming off the bench and kicking the ball not knowing he’s going to have to kick,” Price said. “Don’t get two in a row, just get one. He needs all the work he can get.”

In years prior, Price has used a format that lined up starters and primary back ups against mostly reserve play

see **SPRING** on page 10

Football

Recruiting class takes advantage of openings

BY DANIEL ORNELAS

The Prospector

April 1 marked the last day for college football programs around the nation to sign players and the 22 athletes that UTEP signed, all on the first day of the signing period had plenty of opportunities to showcase their talent during spring drills.

The 2012 recruiting class is getting ready to experience their first in-game action at the collegiate level, in this case amongst each other during the annual Spring Game April 6 at the Sun Bowl.

Of the 22 players the Miners signed Feb. 1, a total of 14 non-redshirt freshmen are on the spring roster and a few of them have already made an impression for head coach Mike Price.

Safety Leon Hayes, who Price said reminded him of the Pittsburgh Steelers’ All-Pro safety Troy Polamalu, made his presence known during a scrimmage March 31 at the Sun Bowl.

Hayes jumped in front of a sideline throw from junior quarterback Carson Meger and returned it 40 yards for the score. Hayes attributes that to the coaching he’s been given.

“Just really read my keys that our coach tells us, it makes us be on it every day. The time came and I just read the ball and took it to the house,” Hayes said. “It’s been good. I’ve learned from everybody. School’s been good. I have to prove myself, I have to earn my respect and get my stripes.”

Price mentioned Hayes among others after the scrimmage and added that he’s pleased with how the defensive unit is playing.

“I think Leon is playing great. He got a pick and he’s making tackles like crazy and he’s playing really good. I’m very pleased with him. He looks like he’ll be a guy who can play for us next year,” Price said.

Price also said redshirt freshman defensive back Shane Huhn is someone who could play right away next season, but did mention that redshirt freshman defensive back Gage Sharp will not be able to play the first four games due to injury.

El Pasoan and Cathedral High School graduate running back Jacob Martinez got his share of carries during the scrimmage and is simply hoping he makes enough plays to get noticed.

see **RECRUITING** on page 10



FILE PHOTO

**Sophomore RB Brandon** Polk reaches to make a catch during a practice this spring at the Sun Bowl. Polk is part of this year’s recruiting class after transferring to UTEP from Lon Morris College.

Softball

Pitching struggles as losing streak hits 10

BY WILLIAM VEGA

The Prospector

For two-thirds of the Miners’ last series against the Marshall Thundering Herd, the bats came to life. Pitching never did.

UTEP gave up a combined 22 runs over three games, including an 8-0 loss in game three and fell to Marshall in a three-game series March 31 and April 1 at the Helen of Troy Softball Complex to extend their losing streak to 10 games.

After playing a pair of close games against the Thundering Herd March 31, the final contest went in the opposite direction with the same result.

Marshall junior Andi Williamson continued her dominance against the Miners, allowing a total of five runs in 14 innings pitched in the series. Last year, she threw a career-high 10 strikeouts against UTEP. This year, she broke that mark with 14 in game one. She threw a total of 23 strikeouts over the series.

The Miners were held to just three hits in game three, but stuck with the Thundering Herd through four innings as they trailed 1-0. Marshall scored seven runs in the fifth inning after Colleen Hohman held the Thundering Herd to that one run. She faced six batters in the fifth inning, allowing five runs, then handed the reins over to sophomore Laura Ramos, who gave up two more runs in the same inning.

UTEP loaded the bases in the bottom of the fifth but Williamson got out of the hole to run-rule the Miners for the ninth time this season.

Sophomore Joana Krienitz began the series by taking the pitching circle for UTEP but was pulled after giving up four runs in two innings. Junior Cynthia Villastrigo took over, allowing three hits and two runs in five innings.

The bats also came alive following the switch when the Miners cut the deficit to 4-3 in the third after freshman third baseman Kayla Black hit a three-run home run. After allowing two runs, UTEP cut it to one again in the fifth but failed to score in the final innings to fall 7-5.

The second game went in nearly the same direction, this time with Villastrigo on the mound. She gave up four runs off three hits in 1.1 innings and was pulled for Ramos during the second inning. Ramos got out of the inning and gave up 11 hits the rest of the way but allowed three runs over the next 5.2 innings.

see **PITCHING** on page 11



**SPRING** from page 9  
ers. 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-line 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 offensive 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](mailto: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 the 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](mailto:prospector@utep.edu).

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**Weekly SUDOKU**  
by Linda Thistle

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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK: ★★**

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PITCHING from page 9

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.

The last time UTEP played at home March 11, they nearly 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 Vega may be reached at [prospector@utep.edu](mailto:prospector@utep.edu).



FILE PHOTO

**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.

# 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 MINERS

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. Breathe 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](http://admin.utep.edu/earthweek) for a list of all activities.

