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# The Prospector, February 12, 2013

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# the prosp

assayer of student opinion

## love & sex ISSUE



### MINERO INSIDE

UTEP RANKS

# 120

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## ON TROJAN'S SEXUAL HEALTH REPORT CARD

## TOP 7 RESTAURANTS TO DINE

PAGE 10

PHOTO BY AARON MONTES & ILLUSTRATION BY DIEGO BURCIAGA / The Prospector



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Column

Prospector staff reflects on Valentine’s Day experiences

BY LORAIN WATTERS

The Prospector



I’m in love. I can say that now, and proudly.

A year ago I wouldn’t have been able to say that. I would have torn down every Valentine’s decoration I came across and scoffed at each couple that passed me by. I held an impenetrable hatred for those who were in love because I nev-

er had that and I had it firmly placed in my mind that it would never happen to me. I would rue the weeks coming up to Valentine’s Day, hoping for some miracle that some rational person would take it off the calendar.

Then my classroom crush finally asked me “to go steady with him” and I have never looked at Valentine’s the same way.

I have these big fantasies for Valentine’s—flowers, chocolates, romantic dinner, huge teddy bear—but all I am told is that “it is a surprise,” which

makes the coming holiday even more meaningful, and somewhat magical.

I think for those who are bitter over someone, like I was, will grow warm to the meaning of Valentine’s. It just takes that one person, that one experience to make everything feel right.

This will mark my first year with a valentine, our first Valentine’s together, and I plan to make the most of it. “I love you” will never lose its meaning, but come Valentine’s, there will be a sort of magic floating around them.

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

BY ANDRÉS RODRÍGUEZ

The Prospector



I’ve never really cared for Valentine’s Day. When I was younger, as the day approached, I would grow increasingly exasperated at the pressure to have a date. Everybody had a valentine and I didn’t really want one. I just wanted candy. During the fifth grade, a girl asked me to be her valentine and I declined her offer. I told her she was too tall and that I was a year younger than her. There was

some crying involved and the teacher pulled me aside and advised that I apologize for rejecting her. I did, and I had to give her one of my heart-shaped lollipops.

A similar incident happened during middle school when a friend grabbed me by the hand and paraded me across the hallways on Valentine’s Day. She told me that she thought we were becoming more than friends, which I promptly denied. She cried and I had to give her a heart-shaped lollipop.

Still the looming pressure to be in a relationship during Valentine’s doesn’t escape me. About a month ago, my cousin and I made a bet to see

who would get to Feb. 14 with a boyfriend, and as things look right now, we’ll both lose the bet. But I don’t really mind that much.

I’ve never been too smooth of a dater, so entering my twenties with a failed string of dates, I made up my mind that I don’t need a relationship at this point in my life. A hypocritical mindset, I know, because that yearning is still there and I don’t deny it, but I really don’t think I can handle a relationship. I’ve got jobs to attend to, books to read, and sometimes I just don’t feel like sharing my heart-shaped lollipops.

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

BY SABRINA NUÑEZ

The Prospector



When Valentine’s Day rears its red, pink and heart-shaped self back into my life, I turn into one of those girls who can’t help but cling to thoughts of that one special moment I’m going to spend with my love.

“Love” is not a word I throw around lightly, but I know I’ve found it this time, and it’s not going to go away easily. I have all the symptoms that accompany deep affection: my thoughts

drift me all the way up to Cloud Nine, I count down the seconds until our next reunion and I have developed an instant connection to every sappy love song in existence. Perhaps Usher said it best with, “You got it, you got it bad,” because I do and I’m not afraid to say it.

I know it might seem difficult to understand, but when you’ve found that rich, dark and smooth “special someone,” you do all you can to show what this love means to you. And this relationship isn’t all superficial. No, there are plenty of true, personal feelings involved as well. My love is sweet and innocent and just the thought of it plasters a goofy smile on my face. Yes,

you know you’ve found The One when every moment together increases your heart rate, makes you melt and never fails to pick you up when you’re down.

I may be only 20 years old, but my relationship is so strong and real that I can say with confidence this is the love of my life. For some, Valentine’s Day might mean a chance to show your significant other how much they mean to you by turning to consumerism. For me, Valentine’s Day is the biggest opportunity I have to greedily indulge myself. As for me, I will be saying those three little words over and over again, “I love chocolate.”

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

BY MARILYN ALEMAN

The Prospector



“Let’s listen to some music, have lunch at that Tea Café on Montana, cruise around and take some pictures, go to Ardovino’s Pizza for dinner and watch the stars on Scenic Drive.” Those words were written by my 15-year-old self, in perhaps my old deleted MySpace account.

I’ve always wondered about V-Day and its cliché nature, you see, 15-year-old me was a hopeless romantic who didn’t have a boyfriend to share it with, so all these images were up in the clouds.

This year, the pages have turned. For the third year, I do have a valentine and he’s always going to be.

Every year, it’s always the same story with a box of chocolates and a nice Hallmark card, it’s expected, its cliché, yet we still accept it.

I often question myself if doing these cupid actions is even necessary sometimes. Do I really need one day

to display my love to the person I deeply care about?

My answer: No. I show my love for my valentine each and every day. I do it spontaneously.

I’ve come to realize that materialistic gifts don’t truly matter on a planned date. What is most special are the small moments in life that make a valentine memorable.

While I will get a nice card and chocolates, I am content to know that V-Day is just another day with him and that is all that matters.

you think?

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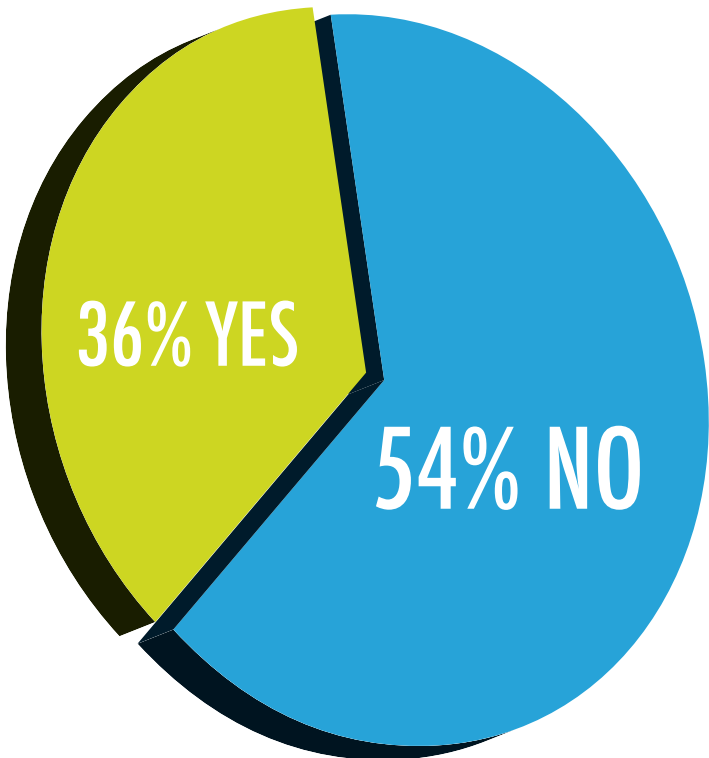
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the prospector

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Awareness

# UTEP ranks low on Trojan Sexual Health Report

BY SABRINA NUÑEZ  
The Prospector

For the past seven years, Trojan has released its Sexual Health Report Card, ranking university health centers across the country using 11 different categories, including hours of operation, contraceptive availability and sexual education.

In the 2012 report, UTEP ranked 120 out of 141, an increase in seven spots over the previous year.

“If (Trojan) is correct, that we’re 120, then we definitely have a lot of work to do,” said Arely Hernandez, program specialist for the women’s health initiative at UTEP.

The sexual health report card measures information and resources available to students pertaining to sexual health, which includes HIV and STI on-site testing (on/off campus) and the cost.

“Sometimes we think we know it all or we’ve heard it one too many times, but it doesn’t hurt to get tested. A lot of times we feel that it’s not going to happen to (us), so the more we hear (about testing), the more (de)sensitized we get to it, unless somebody close to us is affected by an STD or HIV,” Hernandez said.

The women’s health initiative is partnered with the City of El Paso Department of Public Health and provides students with free and confidential HIV and syphilis testing every last Thursday of each month from 11 a.m. to 1:30 p.m., in Union West room 110.

For those wishing to get tested for other sexually transmitted diseases, the Student Health Cen-

ter provides the services for a fee. The women’s health initiative also provides resources and information covering off-campus resources available to students.

“Every month we notice an increase in students that have attended to get tested, so word is getting out that the HIV testing is here,” Hernandez said. “A lot of (students) don’t have time to go off campus or they don’t know about the local clinics, so this HIV testing on campus has been very successful at providing the service to our students.”

UT Austin’s ranking on Trojan’s list was in the top 20 at number 15. University Health Services (UHS) at UT Austin works to prevent pregnancy and sexually transmitted infections to assist students in graduating in four years.

UHS administers condoms and has a peer educator program that lasts three semesters, two of which are spent doing classes and workshops for other students. One of the classes taught by peer educators is called methods of contraception.

“UHS has a women’s health clinic and they do all the birth control prescription stuff upstairs. The methods of contraceptives class is geared towards people that are patients in the women’s health clinic so they can learn about all the different methods that we offer at UHS and how to use them correctly,” said Guli Fager, health education coordinator. “(Peer educators) do workshops, usually with freshman, that are sort of game-oriented sexual health workshops. There’s one that’s called Sex Trivia, then they do one called Sex Q&A, sometimes called Sex in the Dark.

That’s one that’s popular in the dorms. It’s an anonymous environment where people can ask questions.”

Fager said a couple dorms have requested workshops this week because of Valentine’s Day.

“Lots of our students aren’t having any sex at all, and that’s totally fine, but the students who are having sex, we want to make sure that they know there are condoms available and birth control methods available at our clinic so they can reduce the risk (of STIs and unplanned pregnancy),” Fager said. “We’ve done a good job of making students aware of what we do and also part of what we’re trying to do is make it the normal thing to use condoms if you choose to have sex.”

The Feminine Majority Leadership Alliance (FMLA) at UTEP is a chapter of Choice USA, which focuses on reproductive justice and awareness. Alyssah Roth, junior creative writing major, who is the vice president of FMLA, said part of working with Choice USA includes participation in



OCIRIS ALVAREZ / The Prospector

see **HEALTH** on page 6

**The Student Health** Center offers latex dental dam, condoms and birth control pills for students to practice safe sex.

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BY MARILYN ALEMAN  
The Prospector

Valentine's Day is not only a day to express love and affection, it's also a day of outreach and awareness for women who have experienced violence.

La Mujer Obrera, a local non-profit organization, is hosting the One Billion Rise V-Day Movement: For the Love of All, a part of an international day of action at the Café Mayapan, located on 2000 Texas Ave. from 6 p.m. to 8:30 p.m. on Feb. 14.

The One Billion Rise Movement began as a part of the global V-Day organization, which serves to end violence among women.

"One out of every three women will experience violence in their lifetime,

Organization

Movement  
becomes local

that's one billion women right now who had or will experience violence," said Athena Matyear, event coordinator of La Mujer Obrera. "This is outrageous, this is too many women."

The global organization was created by Eve Ensler, a woman who personally experienced violence. Ensler collected different perspectives from other women who felt distraught about their memories and sexuality, combining them into what became the "Vagina Monologues."

The V-Day organization works with other advocates worldwide to get the message against violence across.

"This is not an isolated issue, violence against women exists because of all these other types of violence that are in our society," Matyear said.

"Violence is any time that you strip someone of their power, their autonomy, or their freedom, this is why we need to reject this culture of violence we live in."

UTEP organizations are getting involved in the local movement, particularly with the One Billion Rise Movement.

Movimiento Estudiantil Chicano/a de Aztlán and the Feminist Majority Leadership Alliance are setting up tables at Café Mayapan the evening of Feb. 14.

Stefanie Morales, female president of M.E.Ch.A, said that they will participate in the international day of action to spread the word of the civil rights movement and to fight for social justice issues.

"We work on campus and a lot in the community, that's how we got to be a part of V-Day," said Morales, senior history major. "We helped with the planning, we put the dance work together and the play for V-Day."

A series of events will partake at Café Mayapan for the One Billion Rise V-Day Movement. The itinerary includes a dinner and the performing of local play "Heridas," which addresses issues of violence. The El Paso Permaculture group will also be setting up workshops of sustainability and Danza Azteca Omecoatl will perform at the closing ceremony.

M.E.Ch.A will be selling tickets for the event, starting at \$8 for a food ticket. However, if students cannot afford the full price of the ticket, no one will be turned down.

FMLA—an organization dedicated to end all discrimination in all forms—is also helping to contribute awareness of the One Billion Rise V-Day movement by tabling on campus during the week of the event and the following weeks.

Claudia Cruz, FMLA president, said that their organization also targets issues of women's violence and inequalities among the LGBTQI community.

On the day of the event, FMLA will display a table on Leech Grove from 10 a.m. to 2 p.m., where they will hand out information about the One Billion Rise V-Day Movement.

"We want to bring awareness until the violence stops," said Cruz, junior marketing major. "We will be handing out candies, goodies and even condoms, we want to make it fun but at the same time inform."

As part of the V-Day Movement, FMLA is planning to screen the "Vagina Monologues" in April as well as other related events, such as a benefit show in February.

"All of us feel the same, we want that equality, we want that awareness, we want the focus to be equal and for it to be there," Cruz said. "We want to do something and not sit back."

For more information regarding the events, contact smorales8@miners.utep.edu.



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



Feature

# Valentine's Day or single awareness day

BY VIANEY ALDERETE  
The Prospector

Being alone on Valentine's Day often brings awareness of our loneliness. We can listen to The Cure's "Just Like Heaven" a million times and think we know what love is, but years of scientific research prove otherwise. "(Love;) it's a psychophysical symbiosis. It's an integration, a connection between the psychological, mental and physical aspects of the body," said Edward Castañeda, psychology professor.

Even though it may seem like destiny makes people fall in love, science proves Oxytocin is what really creates chemistry between two people.

According to Castañeda, Oxytocin is a hormone that is essential in behaviors relating to sexual reproduction. Known as the love hormone, it is released in activities such as kissing, touching and even breast feeding.

"For long, people thought the brain was in the heart, now we know the brain is more important," Castañeda said. "The body system is designed to identify something we know will nurture us... the body is made to respond to something that attracts us."

Having that in mind, those who get their self-awareness button pushed on Valentine's Day will probably have to deal with the fact that their love hormone is not being utilized 100 percent, Castañeda said.

"Sometimes even if you don't want to admit it, you do feel bad looking at couples and then you're like 'aw, I'm alone on Valentine's Day,'" said Samantha Martinez, senior biology major.

According to Castañeda, when looked from a different perspective, loneliness can also be viewed as natural state, which can be a bad place or can be accepted as a peaceful place where we can appreciate ourselves.

"A long time ago I learned we are born alone and we will die alone, and in the meantime we can be alone or in solitude," Castañeda said.

Flowers, chocolates and hearts will be everywhere this Valentine's Day to emphasize love. Social media such as Facebook, Twitter, Instagram and emails, will also make sure to remind us it's Valentine's Day every five minutes.

"Valentine's Day is not something valuable. Love is celebrated every day, this is an idea of romantic love, the idea is not even real. What happens, especially among young people who don't have anyone or any lovers in their life, is that it makes them feel as if that day they are worth nothing," said Benjamin Saenz, Creative Writing Department chair, professor and author.

To some, Valentine's Day will come as a problem to their daily routine, but there are many ways to deal with it.

"Basically, it's a day like any other, totally blown out of proportion. I have been in practice for over 30 years and I can recognize it can be

hard for people but you have to think 'let's get through it,' and don't let the media bombard us," said Edna Reyes-Wilson, psychologist at the University Counseling Center.

According to Wilson, if students believe being alone on Valentine's Day will be too hard, the University Counseling Center is a place they might consider visiting for some help.

The Counseling Center is open five days a week, Monday and Tuesday from 8 a.m. to 7 p.m., and Wednesday through Friday from 8 a.m. to 5 p.m.

The service is free for UTEP students taking at least one class.

"We shouldn't focus on what we don't have, focus on what you do have; your ability to enjoy yourself. It's a good time to really take focus on 'who am I?' Surround yourself with friends. Do something different, something you've never done before. Go bowling, ice skating, just get away from that whole amorous sort of environment. Be kind to yourself, show yourself some love," Wilson said.

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



MICHELE TORRES / The Prospector

**Students will spend** their Valentine's Day with their significant other while others spend it alone.

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BY MARILYN ALEMAN  
The Prospector

Many people misconceive the notion of long distance relationships—whether they are too unreliable, too sexually frustrating and in general too hard to handle.

However like all relationships, the long distance ones may have their ups and downs, and for Gina Nuñez-Mchiri, associate professor of anthropology and sociology, it all has to do with accommodations and agreements.

“From what I make sense of (long distance relationships) it’s having to make accommodations and agreeing on engaging someone else in a love relationship,” Nuñez-Mchiri said. “It’s understanding that you’re going to be in two different places if not more.”

Nuñez-Mchiri reflected her understanding of a long distance relationship on a couple she knew, who were both professionals at separate universities, New Mexico and California State.

“Every month or every other month they would fly in to see each other, they were married for several decades,” she said. “Two or three years

ago the male passed away and the female wondered if it was all worth it (however) they compromised being with one another instead and found creative ways to see each other.”

Long distance relationships are also common among UTEP students.

Sandy Perez, junior biological sciences major, has been official with her boyfriend Armando Covarrubias for five months and, according to Perez, the relationship is nothing out of the ordinary.

“I call him Jake and he calls me Finn, you know, from ‘Adventure Time,’” Perez said. “We met in high school and have been best friends since sophomore year, which was like in 2008.”

Covarrubias is a film student at Brooks Institute for Film in Oxnard, Calif. Despite the distance, the couple always makes an effort to see each other and save money for trips by traveling on bus.

“I don’t need to spend millions of dollars in plane tickets but (I) definitely need to save up money for that,” she said. “He’s going to be here a week after V-Day so we’ll probably catch a movie or something since he likes to

scare me. I got him this silly gift, it’s like romantic coupons.”

A 12-hour distance isn’t too far when using technology to communicate.

“We talk 24/7. We’ll text, call, joke around on Facebook and Skype each other every day,” she said.

Computer programs, such as Skype are essential in long distance relationships and make a huge impact for couples that live far from each other.

“Skype is an amazing tool,” Nuñez-Mchiri said. “Technology has certainly redirected the way we communicate.”

Luis Duran, sophomore marketing major, is in a relatively new long distance relationship with his significant other, Ariel Enchinton from Texas Tech University in Lubbock, TX.

“Long distance is hard and the hardest part is just not physically being with her,” Duran said. “(But) it’s worth it because we care about each other a lot and we’re really happy together and every time that we are together, we appreciate the time we have together more.”

Enchinton’s sister has a boyfriend in El Paso as well, which helps Duran cope with the distance from his girlfriend.

“Well her sister’s boyfriend is going through the same thing I am so it’s always nice to get his take on how he deals with missing his girlfriend,” he said. “(But) we Skype almost every night and it’s always great being able to see her face, it’s always the highlight of my day.”

Although Duran won’t spend his Valentine’s Day with Enchinton, he plans on sending her flowers.

“You just gotta make it strong and make it work,” Duran said. “Yeah it sucks not being with her, but I’d rather her be in Lubbock than not be with her at all.”

Ashley Escobar, a sophomore nursing major, tries to make the best with her girlfriend Nallely Carrillo, who lives in Plainview, TX.

Carrillo will graduate soon from Wayland Baptist University, where she will obtain a degree in elementary education.

“It worries me because she’s already going to start her life really soon,” Escobar said. “And here I am just about to start mine, barely getting into what I want to do.”

Despite their one year age difference, Escobar still has two more years until she’s expected to graduate from UTEP.

VERONICA ENRIQUEZ / The Prospector

Nonetheless, her care for Carrillo is more than her worries and concerns.

“Yeah it’s hard, but if you really love the person, and you’re committed and faithful, it’s possible,” Escobar said. “I’d rather be with her than with someone else, she is like my best friend.”

Escobar sees her girlfriend every month but since school started, the distance and studies have become a big challenge, even more so since Escobar probably won’t see Carrillo for Valentine’s Day.

“I’m going to send her something, like a care package and it’s going to be an edible arrangement with her favorite movie, ‘The Real L Word,’” Escobar said. “That’s just the stuff she likes.”

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

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OCIRIS ALVAREZ / The Prospector

The Student Health Center sells a dozen condoms for \$3.

HEALTH from page 3

Sex [+], a movement that occurs the week leading up to Valentine’s Day involving workshops and discussion panels.

“We’re a little crunched for time this semester, so FMLA is just going to sit in on a talk about consensual sex,” Roth said. “We’re also going to try to get a bunch of people to call (congressman) Beto O’Rourke and talk to him about supporting comprehensive sex education in the public school system.”

FMLA will also be handing out condom candy bags and educate students on the proper way to put on a condom.

“We’re going to put some frequently asked questions about condom use for people to read and one of our members wants to buy some Dum Dums and put them in the bag and have our little slogan be, ‘Don’t be a Dum Dum, use a condom,’” Roth said. “We’ll (also) get cucumbers or bananas and we’ll have contests of who can put on a condom the fastest in the correct way and then give (students) a little prize.”

This month’s HIV and syphilis testing date will be Feb. 28. Results for the syphilis test take about two weeks to obtain, whereas HIV test results are available within minutes. Hernandez said the necessary documents for students to fill out for testing are provided.

“The campaign we are promoting is Know Your Status. Make sure that you are aware if you are at high-risk or you are performing high-risk behaviors then definitely get tested every three months,” Hernandez said. “We definitely are pushing this month because of Valentine’s Day, but we promote it yearly. It’s an every day thing—know your status, know exactly where you stand. Especially if you’re going to date someone new, you definitely want to know what your HIV status is.”

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



Business

# Local businesses prepare for the Valentine's Day sales

BY SABRINA NUÑEZ

The Prospector

Heart-shaped boxes adorned with red bows accompanied by freshly bloomed flowers are being prepared for their customary Valentine's Day outing. However, some local businesses are looking to add innovation to the holiday.

Becky Atkins, owner of Ripe Eatery, said in previous years the restaurant has handled Valentine's Day with a dress code and reservations, however, she is using an alternative method this year to accommodate a wider range of customers.

"For New Year's, we'll still do the sophisticated dinner, (where you) dress fancy and make a reservation, but we've grown to allow Valentine's Day to be a little bit more open to more people and more needs," Atkins said. "Ripe tends to be the balance between the place you can go after you workout and also the place you can go for a nice date, so we try to offer that diverse experience where people feel comfortable in both realms."

Ripe, located at 910 E. Redd Road, is offering a four-course, his and hers style dinner, which consists of a surf and turf entrée composed of a New York Strip with coconut, red pepper rice and a sea bass with warm slaw and a miso, mustard and honey glaze.

For dessert, guests can expect a chocolate tart with dulce de leche and a fruit mousse bomb of coconut gelato and mango mousse with cashews and coconut. The full menu will also be an option.

"You don't have to commit to the four courses. You can come in and get that fried chicken that you love, that you crave when you come here, and not feel that you have to veer from that," Atkins said. "We're also doing all of our specials to-go, so if you want to rent a movie and hang out at home, you can have a nice dinner at your house as well."

Another venue preparing for Valentine's is Chocolat', located at 5860 N. Mesa St. Owner Leigh Kersh said the atmosphere at the chocolate shop is created because she wants customers to escape the hustle of Mesa street and feel like they're in a European village.

"Our chocolate is probably the best in the world. Not El Paso, not Texas, not the United States, but in the world," Kersh said. "We bring in the raw blocks from Belgium and we process everything here so it's really the finest that money can buy at a good price."

Gifts from Chocolat' start at \$1, but can go up to \$300 with baskets. The most popular items include assorted chocolates.

"We try to keep our prices in everybody's category, so you can be 6 years old and want to buy your grandmother a gift and it'll be \$2 and the daddy can come in and spend \$100," Kersh said. "We try to cater to everybody's budget. It's not really a rich man's luxury anymore. Everybody deserves chocolate, no matter what their income is."

Casablanca Flowers & Gifts, located on 3500 N. Mesa St., will be having low-cost flower arrangements just for Valentine's. Owner Mary Reyes said the average arrangement purchased for Valentine's Day costs around \$50, including delivery and tax, however the prices do vary.

"We have the best price on the dozen roses on this side of town because we checked," Reyes said. "Some people like sending just the traditional dozen roses. Those that cannot afford it can send something less expensive, and that's the reason we have arrangements starting at \$35 to try and accommodate everybody's needs."

For the price of one dozen roses, customers can also order a single 24ct gold rose.

"(They are an) item that a lot of people like because they're paying the price of a fresh dozen, but these they keep indefinitely. That's a unique item that we carry and we (have been) known to have for quite a bit of years," Reyes said. "We bring them for Valentine's and Mother's Day because they are expensive, but we sell them very fast."

At Casablanca Flowers, preparations begin Jan. 1 and flowers are pre-booked a month in advance, based on the previous years' sales. Reyes said requests for office deliveries are the main priority. Flowers that are left over from the holiday are either donated or discounted 20-30 percent.

"When a holiday lands between Monday and Friday, the sales are greater because people are at work. It

does promote more sales as opposed to having deliveries made at home on Saturday and Sunday," Reyes said. "We sell (the leftover flowers) at the end of the week, after the holiday or we put a sale on them. Since they're mostly perishable goods, we try to get rid of (them) as fast as we can. If not, we'll give (them) away. We've given them away to nursing homes and hospitals."

Kersh said Chocolat' is the only store in El Paso that sells out for every holiday, so customers start placing orders at the beginning of January to guarantee an order.

"We love those words, 'Sold out.' People are in line just waiting for anything to come out of the kitchen," Kersh said. "Starting about the first of February, the nights get longer and longer. We try to make as much as we can, but since everything is made from scratch, it takes a bit longer."

Atkins said Ripe has seen a great turnout for Valentine's Day in the past and is starting to fill up this year. However, reservations are limited to allow for walk-ins that night. Also, because items typically not found on the menu will be incorporated, Atkins said ingredients are being bought from unique grocery stores around El Paso. Food that is left over will be used to create new specials.

"We have very little waste around here," Atkins said. "We'll use it for other specials, we do monthly specials, but we're expecting to sell out. We're expecting it to be a successful night and for us to sell out. Our staff is really creative and we always have specials going on."

Ripe will also be extending Valentine's Day into the weekend, offering a couple's specials for brunch on Saturday and Sunday.



OCIRIS ALVAREZ / The Prospector

**Chocolat' sells treats** for Valentine's ranging from \$1 to \$300.

"We're going through a casual opportunity so it's still family friendly. You're not limited to that romantic first date experience," Atkins said. "We're wanting it to be Valentine's Day for all different types of people in different stages of life and (at different) relationship stages. You get

intimidated by the four-course meal. You're in this new, passionate relationship and you want to spend \$150 on dinner that night, so we want an alternative because we're not all on that stage."

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

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Question of the week

# What has been your worst Valentine's date?

Photos by Michele Torres, Ociris Alvarez and Aaron Montes



**AMANDA CHAVEZ**  
Sophomore nursing major  
"Last year my boyfriend had planned it to where we were going to the movies and out to dinner. The day of, he never texted or called me. I never heard from him since."



**CHRIS AGUIRRE**  
Junior kinesiology major  
"The first Valentine's Day that I had with my girlfriend of 8 years was the worst because I was 15 years old and I did not know what to buy her. I was only able to buy her cheap jewelry."



**CHRISTINA GARCIA**  
Junior physics major  
"I went on a date with my boyfriend, now ex boyfriend, and he made me pay for myself at dinner. I guess it wasn't too bad because we went to Pei Wei and it wasn't too expensive, but I was still wondering why?"



**CYNTHIA ALAZARTE**  
Senior criminal justice major  
"I don't think I have ever had a bad experience. From dinner to the end of the date I enjoyed the time I spent."



**ISMAEL BELTRAN**  
Junior civil engineering major  
"This is the second Valentine's Day that I am not in the same location as my girlfriend. She is in Denton, Texas and we only get to Skype."



**JASMINE MENDOZA**  
Sophomore biology major  
"I have gone on a Valentine's date once. I am not a hopeless romantic, so to me it is just another day."



**LUPITA RUBIO**  
Sophomore criminal justice major  
"The worst Valentine's Day I had was when I missed a UTEP basketball game because I was going on a date and I hate to miss a game"



**MICHAEL GALLEGOS**  
Junior kinesiology major  
"Well, I experienced Valentine's once and it was great, but it is because I have been single most of my life."



**MICHAEL NNEBE**  
Senior electrical engineering major  
"I was talking to this one woman and her friends didn't like how I was talking to her. One guy made me calm down, and one girl jumped over him and hit me on the head."



**VICTORIA MARQUEZ**  
Sophomore psychology major  
"I had a long relationship, broke up before V-Day and I spent a first time ever V-Day by myself."

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# Balancing college life and relationships



OCIRIS ALVAREZ / The Prospector

**For students,** balancing school and love may seem like a challenge, but with a positive mind set and organization, the experience can prove rewarding.

BY OSCAR GARZA

The Prospector

Finding the right balance between school, friends and family, while in a relationship can be complicated and crucial while in college.

David Jacobson, a married senior history major, said that for him the key to balancing collegiate life and a healthy relationship is communication.

"I let my wife know my schedule and tell her when I'm going to need time alone to study or write," Jacobson said. "Sometimes I need my wife to step up and take up the brunt of responsibilities while I'm busy and I will reciprocate in the future."

Jacobson said college life becomes easier when married, as there is a greater support at home and the issue of competition or impressing someone is long gone. He said that for most young people the balance can

be difficult and something that is not always set in stone.

"With no clear answer or trajectory in terms of their future, it is difficult to find someone who is willing and able to get on board with your goals and aspirations for the long term," Jacobson said.

He said that students shouldn't rush to get married when they are still in high school as graduating opens multiple opportunities to discover.

"You will have plenty of opportunities to find that special someone and you'll be better equipped to handle it. Do yourself a favor and wait. He or she will be there when you're ready," Jacobson said.

Jorge Ibarra, junior pre-business major, said that the balance also has to do with patience and time, which play a vital role in both college and relationships.

"To be honest, it's like having two full-time jobs and it requires a hefty amount of patience," Ibarra said. "But just like your paycheck, it has generous rewards."

Ibarra said that both aspects play an important part in the life of a college student, and with the good fortune of a successful college education, it will have an impact later on in life.

"We must think that with a proper and complete education we will be able to provide a better future for our significant other," Ibarra said. "There isn't a priority established as to whose more important as the other but rather help them link to a successful future."

Ibarra also mentioned communication as an important key in a successful relationship.

"Patience, understanding and most important, communication is the key to a successful relationship. Your partner's affection will help you to be successful in your college education," Ibarra said.

Edna Wilson, psychologist at the University Counseling Center, said that a relationship can almost be a learning experience for upcoming events and it can serve to increment

that aspect of responsibility that one has with college.

"School in itself is stressful, life in itself can be stressful, but having a relationship can also have a positive thing in dealing with that stress, but I think it does take a lot of planning, organization, and it's a good thing to learn at this point in time," Wilson said. "Being able to balance a number of things in your life is important for the rest of your life because it only gets more complicated as things progress."

Wilson said that problems arise when one focuses all their energy and motivation on either school or a relationship instead of finding a balance with both.

**"Do yourself a favor and wait. He or she will be there when you're ready."**

- David Jacobson, history major

see **BALANCE** on page 12

## Column

# Editor's Note

BY LORAIN WATTERS

The Prospector



With the increased interest in sex among college students, one thing has always echoed in my mind—are students informed or are they just following word of mouth?

You can't get pregnant if you have sex in a swimming pool. You can't get pregnant if he pulls out before he cums. If he has an STD, you'll see it. All of these are myths but are still beliefs that people carry.

As if this isn't scary enough, when safe sex is trying to be promoted on campus, it is hardly worth praising. According to Trojan's Sexual Health Report Card, UTEP ranks 120 out of 141 campuses when it comes to sex education.

Those who do try to make others aware are the fraternities and sororities who are known for passing out condoms during Valentine's, but do so in a timid fashion. They are trying to promote awareness among the campus

population but they become flustered when it comes down to doing it.

Unprotected sex is still practiced, and with that, cases of sexually transmitted diseases are still being found. In turn, this also leads to unplanned pregnancies which may put a damper on academic goals.

We are no longer in the 19th century when speaking of sex in public was considered taboo. In this day and age, we need to confidently speak of it in order to protect ourselves from the various diseases that can be contracted.

This Valentine's issue will kick off the new sex column, "The Naked Truth", where Eileen Lozano will address various issues regarding sexual health, such as keeping your sex drive in shape, sex tips and much more.

The column is not intended to offend other students or preach on how to approach sex. It will serve as a medium for students to stay informed about sex, while still providing a new angle to old topics.

"The Naked Truth" can be found on page 11 of this issue and will appear in each Tuesday issue of The Prospector. Enjoy!

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

## Review

# Unique love movies for Valentine's Day

BY OSCAR GARZA

The Prospector

Whether at home or at the theater, recently released movies or old-time favorites can be enjoyed with that special someone.

### "Silver Linings Playbook"

This recent Academy Award-nominated drama/comedy excels thanks to its beautifully realized characters, sharp script and its treatment of the sensitive topic of mental illness. David O. Russell's picture defies traditional romantic comedy conventions by having their leads Pat and Tiffany (Bradley Cooper and Jennifer Lawrence) be as brutally sincere with each other as possible. The film is a charming, well written and expertly performed crowd pleaser.

### "Moonrise Kingdom"

Wes Anderson's colorful and playful drama/comedy finds a couple of kids falling in love during the 1960s amidst a group of troubled and flawed adults. Honest and with a sense of childhood discovery, the film explores themes of innocence, rebellion and love with a summer romance mentality that is infinitely relatable. Featuring Anderson's quirky style and lush cinematography by Robert Yeoman, the film is not only delightfully well written, it is also well acted by a terrific cast of veteran actors (Bruce



SPECIAL TO THE PROSPECTOR

Willis, Frances McDormand, Bill Murray and Edward Norton).

### "The Artist"

Michel Hazanavicius' loving and passionate tribute to silent films is, at its core, a beautiful love story between a falling actor unwilling to accept the rise of the talkies (played by Jean Dujardin), and a rising sensation during 1920s Hollywood (Bérénice Bejo). Without any dialogue, Dujardin and Bejo are charming and completely believable as this couple, who go through this turbulent time for filmmakers together. Their performances, completely dependent on body and

facial expressions, convey so well the characters' feelings without a word.

### "(500) Days of Summer"

Long before he gave Spider-Man a new look, director Marc Webb directed this acclaimed Sundance sensation that both audiences and critics wholeheartedly embraced. Starring Joseph Gordon-Levitt and Zooey Deschanel, this coming of age story is "not a love story" as the narration indicates, but rather a tale about love told by Tom (Levitt) about his relationship with Summer (Deschanel), including the ups and downs of it.

see **MOVIES** on page. 12



Food

# Off a budget, on a budget—restaurant picks for Valentine’s Day

STEVEN MANSFIELD

The Prospector

Whether you are pinching pennies with your significant other preparing for Valentine’s Day, or ready to spend all of your savings on a night out on the town, El Paso is not short of places to go.

As one of the busiest days of the year, Valentine’s Day brings flocks of people to local restaurants.

“Valentine’s is by far the number one (busiest holiday),” said Julio Lopez, owner of Coco.Miel.

For some, a formal dinner date is ideal for Valentine’s.

“Probably out to eat, maybe some drinks, and then there I could give her a gift,” said Sergio Sanchez, junior criminal justice major. “Any nice restaurant you know. Anything that requires you to dress somewhat formal.”

A high-scale option is Cafe Central, located downtown. The restaurant offers options such as a plate of Puntas de Filete, roasted long green chile and jalapeño au jus and a plate of lobster ravioli.

“I remember my last Valentine’s I went to Cafe Central,” said Memo Bayona, sophomore psychology major. “It is really nice. I remember I ordered duck and she got meat and it was very good.”

Another option is the local restaurant Crave, with locations on the East and West Side of town. Offering a mixture of foods and a unique atmosphere, Crave has something for everyone, from sandwiches and burgers to fish and chicken and waffles.

If you are looking for something a bit more exotic, Hayashi Hibachi is a good option for some Japanese food. Aside from the array of sushi available, diners can sit in front of the grill and watch the cook prepare the Hibachi meal, while putting on a bit of a show at the same time.

If you are looking to really get away, take a trip to Old Mesilla and have dinner at The Double Eagle restaurant. Near Las Cruces, N.M., The Double Eagle offers fine dining or a more casual meal and takes you inside an alleged haunted hacienda for an unforgettable experience.

A thing to look out for when looking to impress that certain someone will be special dinner packages. “We are making a special menu with about three or four different packages including wine or champagne,” Lopez said. “Starting from \$50 all the way to \$200 we are going to have a pasta dish, maybe a seafood dish, a meat dish, and a vegetarian dish different from our menu.”

There are, however, more affordable options to consider for Valentine’s Day.

“There is this really good place called Coco.Miel,” said Carlos Velasquez, senior history major. “I like the atmosphere and it seems like a very different place, out of the ordinary. I always have the chicken bacon sandwich and the pizza. It is really good.”

Located on the East Side, Coco. Miel offers an upscale environment at an affordable price. After the meal, hop over to Cocobar around the corner and celebrate with some drinks.



OCIRIS ALVAREZ / The Prospector

Customers dine at Crave, a restaurant that offers a variety of cuisines and treats.

Although it is a full bar, the entire menu is always available in the restaurant and the bar.

If your dinner happens to begin at a later time, Star City Kitchen and Bar is a perfect option for Valentine’s. Located near UTEP and open 24/7, Star City offers a unique menu at night. So whether dinner starts at the beginning or end of the night, they offer fish tacos, macaroni and cheese, and scrambled eggs.

If you happen to be in the mood for some authentic Chicago style deep-dish pizzas, Sparrow’s is the place to go. Located on the East Side, Sparrow’s Spirits and Pies offers a unique style of pizza not found anywhere else in town. Layered in with your favorite toppings, the pizzas are a mouth full. Although the pizzas take about 45 minutes to cook, it is well worth the wait and, with a full bar inside, the wait does not seem to last too long.

If you find yourself with empty pockets, try cooking your Valentine’s meal instead of going out into the crowds.

“When we were living in Austin, we had just moved there and didn’t have money and he made Parmesan chicken from scratch,” said Alexsia Licon, junior multimedia journalism major. “It was probably the best Valentine’s dinner ever.”

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

Congratulations to **Francisco Melendez** for winning The Prospector’s Design Your Own Valentines Card contest.



You are the winner of a dozen chocolate-covered strawberries from UTEP Food Services.

## Column

# Thursdate > Thursday

STEVEN MANSFIELD

The Prospector



Near the beginning of our relationship, my boyfriend suggested that we designate a day out of the week and commit to having a date night to compensate for our busy schedules. After almost two years, it became a little bit of a tradition, Thursdays became Thursdate. It just so happens that this coming Thursdate falls on Valentine’s Day so it makes it even more special. I can remember our last Valentine’s Day, and I cannot wait to see what this year has in store for us.

Last year, I got a good morning text and the butterflies kicked in. He told me how excited he was for the night and to have a good day. He worked all day, so I didn’t hear from him until after he finished his shift, but I decided to skip my last class in order to spend more time with him.

The plans for the night were a surprise, but I didn’t expect anything too extravagant. Maybe just the usual dinner and a movie. Maybe not. But I was anticipating a great night nonetheless. As I walked past my last class, my excitement was at an all time high. He was already on his way to pick me up and I patiently waited at the spot, eager to begin the night.

In the car, I immediately began to interrogate him about the upcoming plans. He didn’t say a word except, “Just wait and see.” We laughed and talked about our day until he pulled up in front of one of my favorite restaurants. We walked into the packed restaurant. I noticed a few uncomfortable stares from our fellow restaurant patrons. Is it really that strange to see two

guys having dinner on Valentine’s? But I ignored them. They did not matter.

We ordered our favorite dishes and continued to talk and laugh over a few drinks. Much to his disapproval, I decided that we watch the latest horror film after dinner. He did say it was my choice. Scary movies are not his favorite.

Too stuffed for desert, we had one more drink before we headed to the movie. In the car, he pulled out a wrapped box from the back seat and gave it to me. I smiled and ripped the wrapping paper off the box. That one pair of shoes that I had been eyeing at the mall for a while stared back at me. He knows me too well. I screamed with joy and pulled his present out of my backpack. A new watch to add to his collection. I know him too well. He adjusted the watch to his wrist while I pulled my shoes on.

We arrived at the theater and avoided the ticket lines by picking up our tickets inside. We got the biggest tub of popcorn and largest soda available. There was no diet that night. We sat near the top of the theater and began to consume our snacks. The movie ended typically enough, but I was ready for the sequel anyway. He was already anticipating nightmares, although I am sure he was exaggerating.

While walking to the car, we decided to recover from our food coma in the comfort of my home. We both flopped on my bed and watched our favorite talk show. The cuddling commenced. I did not want to be anywhere else. We laid there for what seemed like a few minutes, but time had not slowed and it was getting late. I thanked him for the wonderful night and we shared one last hug and kiss before he headed to his own bed, and I to mine.

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



Sex column

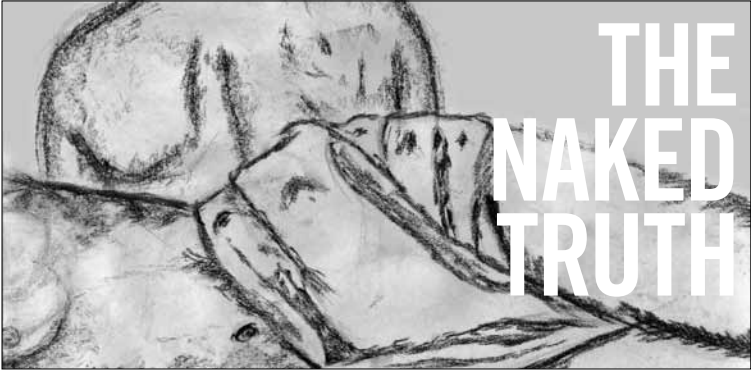


ILLUSTRATION BY CHRISTIAN JUAREZ / The Prospector

# Lust for libido

BY EILEEN LOZANO  
The Prospector

R. Kelly had it right when he said, “There ain’t nothing wrong with a little bump and grind,” and with Feb. 14 two days away it’s time to finalize your checklist.

Depending on your gender, your Valentine’s Day date night checklist will vary. One item that should be on your list is your libido.

This little guy or gal should be your best friend. If you’re not privy to this information, don’t fret. Simply put, this is where your sexual desire is nurtured and exists. Sigmund Freud introduced the libido as a part of the Id and believed it was the force behind all energy.

According to WebMD, the libido works very differently for men and women. A woman’s sex drive is linked to the environment around her. This means the lighting needs to be just right, the lawn needs to be mowed and her favorite scented candles need to be burning for her to get in the mood. This idea does not hold true for males since their sex drive is more straightforward than a woman’s.

WebMD studied a group of men and women under the age of 60 and found out just how often they think about sex. The study concluded that the majority of men under 60 think about sex at least once a day, while only a quarter of the women studied hardly thought about sex.

Discovery Fit and Health have come up with some natural ways to boost your sex drive.

**1) Keep the drinking to a minimum:** Valentine’s Day is on a Thursday, so let’s keep the “Thirsty Thursday” mentality to a minimum. Alcohol is a depressant and can harm you more than help you. A copious amount of alcohol is bad for your libido, erectile function as well as orgasmic function

**2) Stop Smoking:** It’s 2013 and if you’re still smoking, get it together. This is the perfect opportunity for you to stop if you’re working on your sex drive. Smoking reduces blood flow and suppresses your libido. Blood flow to the sexual organs is crucial in males; it will only enhance your performance.

**3) Get it right, get it tight:** Getting in shape is not only going to help you feel amazing about yourself, but it also increases blood flow to your sexual organs. Men’s Health reports that yoga is an exercise that men and women can both do to increase sexual interest and enhance sexual pleasure. You can also try doing something that contains an erotic element, such as tango or salsa dancing.

**4) Get a massage:** This can either come from your partner or a professional; either way, this is going to relax you and stimulate your sexual organs in all the right ways, prepping you for a night of fun.

**5) Gingko Biloba:** No, this is not a character out of a J.R.R. Tolkien book. It is a natural herbal remedy that helps stimulate blood flow to the brain and sexual organs. It has also been known to increase desire. Gingko Biloba can be found at Walmart or any supplement store. This supplement is all natural and is used mostly by women. It can even prevent certain eye diseases later in life, such as cataracts.

So it’s Valentine’s Day and you have just had an amazing dinner with a minimal amount of drinks and the maximum amount of fun and conversation. It’s finally time to go back to his or her place and enjoy the rest of the evening. Make sure you remember to light candles and put on anything by Boys II Men, but always remember the most important rule beyond all others: NO GLOVE, NO LOVE.

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



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Feature

# Expecting the unexpected

BY ANDREA ACOSTA  
The Prospector

With Valentine’s Day just around the corner, couples are still looking for ways to surprise their valentine, hoping that their gift exceeds his/her expectations.

“I think roses, chocolates and a nice dinner are the most common gifts,” said senior social work major Nahomi Martinez. “I think the most thoughtful thing a person could do is simply continue to express what they feel for the other person.”

Considered a corporate holiday, Valentine’s Day can be a little overwhelming, Martinez said.

“In some cases there is pressure coming from commercialization,” Martinez said. “More so when you barely start dating a person, but I think (it) is the thought that counts, especially when you have that special someone.”

George Ibarra, senior accounting major, agreed with Martinez that media sets societal standards.

“I try not to copy society, I still give gifts my personal touch,” Ibarra said. “I try to forget about any type of stereotype like jewelry or expensive things, and rather look for something that is going to impress my girlfriend and not others.”

While some appreciate and expect big gifts from their loved ones, there are other valentines, who believe that they don’t have to spend a lot of money to have a good time on Valentine’s Day.

“I don’t like when my boyfriend spends a lot on me,” said senior biological science major Lori Berumen. “In my opinion, the fun is spending time together and maybe eating something homemade or cooking something together.”

Although Berumen doesn’t expect a whole lot for Valentine’s Day, she said

that her boyfriend always surprises her nonetheless.

“He usually surprises me with roses, candy and he brings along a present too,” Berumen said. “I personally like the idea of being thoughtful yet inexpensive.”

While there is still some debate on whether or not Valentine’s Day should be in the calendar marked and assigned as a holiday, Martinez thinks that it is not such a bad idea.

“Love should be demonstrated throughout the year, but some people are never presented the opportunity to always show it,” Martinez said.

Ibarra said that no matter how corny the celebration is, it is still val-

“Love should be demonstrated throughout the year.”

- Nahomi Martinez, social work major

id. “Girls like for guys to be cheesy, but it’s not about girls it’s about the girl...and if that makes her happy so be it,” Ibarra said. “Even though society might change certain aspects of Valentine’s Day, it shouldn’t corrupt us or limits us to do what we feel like doing.”

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

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MOVIES from page 9

Visually refreshing and featuring a fantastic non-linear narrative and believable characters, “(500) Days of Summer” is innovative, honest, smart and incredibly fun.

“**Slumdog Millionaire**”

Danny Boyle’s riveting and emotionally powerful modern fairytale is not just a fantastic underdog, rags to riches tale but also an Academy Award Best Picture/Director winner that proved a transcendent cinematic

experience. Jamal Malik (Dev Patel) competes on India’s version of “Who wants to be a millionaire” to find his one and only true love, Latika (Freida Pinto), who he’s known since childhood. Through the contest program, Boyle and screenwriter Simon Beaufoy explore Jamal’s past, its consequences and what led him to that moment. With gorgeous cinematography across Mumbai, courtesy of Anthony Dod Mantle, excellent performances, a great score by A.R. Rahman and en-

ergetic direction by Boyle, “Slumdog Millionaire” is simply put- a triumphant winner.

“**Pride and Prejudice**”

There have been many different adaptations of the landmark Jane Austen novel, but perhaps one of the most talked about is Joe Wright’s 2005 adaptation. Featuring performances from a top cast including Keira Knightley, Matthew Macfadyen, Donald Sutherland, Judi Dench, Tom Hollander, Rosamund Pike and Judi Dench. The

film tells the story of Elizabeth Bennet and her developing romance with Mr. Darcy as they deal with issues of marriage and ethics in 18th century England. The film was acclaimed and it earned Academy Award nominations for Best Actress, Art Direction, Score and praise was also given to Wright who would later go on to make more period dramas including “Atonement” and “Anna Karenina.”

“**Harold and Maude**”

This terrific cult classic, directed by Hal Ashby, written by Colin Higgins and starring Ruth Gordon and Bud Cort, manages to meld dark comedy with an honest portrayal of this quirky love story centered around

outsiders—a young man fixated with death and a free-spirited older woman. The film beautifully captures the post counterculture period of the ‘70s, along with portraying the romance between these two very different souls that challenge the norm with their story. Ashby handles the very different tones of the story, from incredibly dark humor, heartwarming moments and raw sentiment incredibly well, and it doesn’t hurt that it has a fantastic Cat Stevens soundtrack.

All films are available to enjoy on home video and in theaters (“Silver Linings Playbook”).

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

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VERONICA ENRIQUEZ / The Prospector

**A couple at UTEP** shows their love while still studying for their classes.

**BALANCE** from page. 9

to balance it out, it’s like all or nothing, and you’ve lost it all.”

Wilson said that in order to find a balance between school and relationships there also needs to be an equilibrium of other life experiences, like family and friends.

“Recognizing you do need to have friends, you do need to have family,

because all of those things are important,” Wilson said. “Our physical, our emotional, our spiritual, all of that plays into balance, it’s not just school and it’s not just a relationship. We have to pay attention to all of those things to make ourselves a whole healthy individual.”

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



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# Rotich up in the big leagues in track

BY EDWIN DELGADO  
The Prospector

After a surprising first season with the UTEP track and field team, sophomore distance runner Anthony Rotich is aiming even higher for his second season as a Miner.

“He came from Kenya less than 12 months ago, and I think he has progressed a lot since then, he was able to get to the national meet in the 3,000 steeplechase and ended it finishing in sixth place,” said Paul Ereng, cross county head coach and track associate coach. “For the cross country season he came back with a lot of strength and in better shape and he just keeps getting better.”

Rotich said by the time he was in fifth grade he knew he had potential, and he started to compete in track when he got to high school.

After being offered a scholarship to come to UTEP, Rotich surprised many in his first season. The Kenya native finished 2nd place at the Conference-USA Cross Country Championships and also qualified for the NCAA Outdoor Track and Field Championships in Des Moines, Iowa, where he finished sixth in the final of the 3,000 meters steeplechase with a time of 8 minutes and 46 seconds.

“Even though I knew I had potential I wasn’t expecting to have those kind of results,” Rotich said. “It wasn’t completely unexpected.”

Now in his sophomore year, Rotich is looking to do even better than last



VERONICA ENRIQUEZ / The Prospector

**Sophomore distance runner** Anthony Rotich practices at Kidd field in preparation for the Husky Classic at Seattle, Wash., Feb. 8-9.

year. During the Cherry and Silver Invitational in Albuquerque, N.M. He finished with the best time in the nation after altitude conversions.

Rotich clocked in the third-fastest time in the nation in the 5,000 meter at the Husky Classic in Seattle, Wash., Feb. 8, with a time of 13:35.58. He is now ranked nationally in the top-five in three events, the mile with a time of 3:57.76, the 3,000 meter with a time of 7:59.40 and the 5,000 meter.

He clocked in a personal-best time of 7:53.43 in the 3,000 meter Feb. 9 at the meet. His time ranks him 10th in the nation according to the Track and Field Results Reporting System.

“We’ve laid a lot of emphasis on mileage, and we are not at a point where we try to put him in the best shape because we still have a very long season in the way,” Ereng Said. “We have the indoor season from here to March and the outdoor fol-

lows until June, so we have to be careful on how much we take from him, if we do it too early he might not be able to finish the season.”

One of the pillars to Rotich’s success is not only his skills and hard work, but also his teammate and fellow countryman, junior distance runner, Elkana Rotich, who has aided him in and outside the track.

see ROTICH on page 16

## Boxing

# Student boxers train for matches and EPGG

BY PAUL REYNOSO  
The Prospector

It’s a Wednesday morning at the Student Recreation Center and graduate student, Amanda Ramirez, and senior philosophy major, Alex Balandran are hitting the heavy bags, focused on their next match.

Ramirez and Balandran participate in the competitive sport of boxing.

For Ramirez, the drive to compete in boxing began at Texas A&M where she completed her undergraduate studies.

“I just started off exercising, doing a cardio kick-boxing class when I was going to Texas A&M and someone just asked me if I was interested in fighting and it took off from there,” Ramirez said.



AARON MONTES / The Prospector

**Junior philosophy major** Alex Balandran sparring at the Carolina Recreational Center, Feb. 11.

thing ever happened, like any kind of physical altercation, I always know to throw the double jab.”

The training aspects for fighters like Ramirez and Balandran can vary in time and form. From doing one-hour boxing sessions a day, to street work or lifting weights, each gives up their free time to prepare themselves for matches. Along the way, Ramirez and Balandran’s trainer, Herman Delgado, has helped guide each of them in their training exercises and success in the ring. Delgado, who has 35 years of experience as a trainer and boxer, knows what the expectations of his trainees are.

“The responsibility lays on them,” Delgado said. “And when we go to the gym they’re the ones that are going to feel whether they worked out hard enough or whether they didn’t run enough.”

Ramirez and Balandran are gearing up for the upcoming EL Paso Golden Gloves tournament at the El Paso County Coliseum that will be held from Feb. 15-17. Ramirez has made an appearance in the tournament before. This time she feels she will be better prepared.

“Be more aggressive, definitely,” Ramirez said. “I’ve worked on that and I’ve worked on a lot of leg work, leg movement and moving around a

lot, lot of bobbing and weaving and counter punching.”

This will be Balandran’s first time competing in the EPGG tournament.

“I feel pretty confident in my training,” Balandran said. “I think that’s the biggest thing that will make you walk in there confident, is how hard you train.”

Balandran is also enthusiastic about the prospect of continuing to compete after finishing up his studies at UTEP.

“It’s something I really enjoy,” Balandran said. “It’s something that I wouldn’t mind committing my life to.”

see BOXING on page 16

## Column

# Basic tips to keep a healthy and fit lifestyle

BY ASHLEY PACHECO  
The Prospector



Snacking on some Hot Cheetos while studying, stressing over small things, or skipping the gym after a long day of work and school, is not an un-

common occurrence. With the hustle and bustle of everyday life, sometimes it’s easy to forget what could be one of the most important things to take care of, our body.

Nutrition educator and sports dietitian at the UTEP Student Health Center, Marilyn Rotwein, and associate director of the recreational sports department, Brian Carter, said that to appreciate and love your body, you must focus on a good diet and exercising on a regular schedule.

“When a student is new on campus, he or she doesn’t always have a plan,” Rotwein said. “They don’t bring their own lunches, which can lead to unhealthy options.”

The truth is, whether new or not, many students do not have a meal plan to manage through the long day. Rotwein suggested some tips to change these eating habits throughout the week which included, bringing pieces of fruit for quick snacks, packing items in a lunch bag as easy as a sandwich and also having pre-cooked meals at home ready to avoid fast food urges.

Most students eat lunch at one of the eateries on campus or go to a restaurant nearby. Something students should consider is the health benefits and money being saved if they start to bring their own homemade lunch.

Sophomore biology major, Jessica Olivas, said she spends at least \$50 a week eating on campus because she hardly ever brings her own lunch. That averages out to about \$700 every semester.

“I never realized how much I could save by bringing my own food to campus,” Olivas said. “What I have noticed is I have felt sluggish from eating the food here, because I’ll be honest with you, I don’t usually make the right choices.”

Bringing a well balanced lunch and snacks to campus will help avoid bad eating habits like eating processed food or eating a large portioned meal. It is okay to eat some favorite foods like pizza and wings. However, it is important to remember to make sure not to eat them every day.

Exercise also has many health benefits, such as lowering the risk for diseases, relieving stress and it also gives you extra energy to get through the day, according to Carter. However, time management always seems to be an issue. Figuring this out earlier in life can help an individual for a lifetime. Integrating health and fitness in the late teens or early twenties will more likely develop into an everyday routine and won’t feel as much as a burden.

“The hardest thing for students is to incorporate exercise into their lifestyle,” Carter said. “That’s why if you register for a fitness class or a credit hour activity class, whether it’s a swim class or a racquet ball class it forces them to go to get into that routine.”

see TIPS on page 16

“It’s something I really enjoy.”

- Alex Balandran, senior philosophy major

For Balandran, boxing became an integral part of his life at an early age. He said applying the fundamentals of boxing into his life had a profound effect.

“Of all the physical sports, boxing was always the one that was the most interesting to me,” Balandran said. “Also because it is applicable to the real world. But I always knew if any-



Feature

# Transition period for student athletes can be difficult



MICHELE TORRES / The Prospector

**Most student athletes** have to cope with the transition of leaving their family, friends and hometown to live independently in a new city. Shown here is sophomore guard McKenzie Moore, who uses Skype to keep in touch with his family and friends.

BY ALBERT GAMBOA  
The Prospector

For most college students who go to college hundreds of miles away from their hometown, it may be their first time living independently. While for some it may be an easy transition, for others it takes time to get used to.

UTEP has student athletes from all over the world and from different parts of the United States. Some are just starting out as freshmen trying to get used to their new environment, while others have adjusted to comfortable lives in El Paso.

Martina Trierweiler, senior tennis player, came from Campo Bom, Brazil, 5,598 miles away.

“I definitely had to get used to being lonely, it was always full of people in Brazil,” Trierweiler said. “I had to get used to being by myself with the silence in the room because I didn’t have my dog, my brothers or my parents with me.”

Freshman utility, Danielle Pearson came from Orlando, Fla. to play softball for the Miners. She had a rough beginning starting a new life from scratch.

“I lived in the same house my entire life, I went to school with the same people I was with since day care and graduated with,” Pearson said. “So it was a huge change coming here (El Paso) and literally not knowing anyone except for my teammate (freshman utility, Kawehiokalani Netane), who is my roommate that went to the same high school as I did.”

Not only does moving away from loved ones make a difference, but having to get used to a different environment and culture can take time to get used to also.

“Both El Paso and Mississippi are small areas but it rains a lot down in Mississippi; you see green and trees everywhere, here it’s just desert,” said freshman forward/guard Twymond Howard, who is from Pearl, Miss.

Pearson did not have much trouble adjusting to the bicultural demo-

graphics in El Paso. It was a familiar environment to that in Florida, she said.

“In Florida, it’s commonly Spanish as well so when I came here I was already used it,” Pearson said. “My grandma spoke Spanish so I was used to the language, but I’m pretty adaptable to change.”

The change has different levels of intensity for each out-of-town student athlete. Trierweiler did not take the change as easy as others.

“The culture change was a big punch to the face. In Brazil you’re used to eating big tasty fruits and I ate at home every day,” Trierweiler said. “In El Paso I barely had enough time to do my homework; I was so confused with everything. It was not my best semester for food, I ate Ramen noodles every day and the first weekend in El Paso I ate cereal bars the entire time. I can no longer eat cereal bars anymore.”

The start of freshman year is when homesickness hits the hardest for some student athletes.

“My freshman year was definitely the toughest,” Trierweiler said. “I got here (El Paso) and I didn’t know any English. The first three months I

“I had to get used to being by myself with the silence of the room because I didn’t have my dog, my brothers or parents with me.”  
  
- Martina Trierweiler, senior tennis player

didn’t understand any classes, I didn’t have any friends and I could barely communicate with anyone.”

Being away from younger siblings can also be difficult for some student athletes.

“I get homesick because of my little brother, who is 6 years old,” said sophomore outfielder Ashley Eldridge. “It’s hard for me to be away from him because he looks up to me...but he understands why I’m not there.”

Eldridge said she Skypes her brother about once a week.

Whether it’s with help from teammates, coaches, technology or their own belongings from back home, these student athletes find a way to keep in contact with their loved ones to find support.

“I tried not to call my parents too much, it seems like when you call too much you miss them more, so I tried to do my own thing,” Trierweiler said. “I never cried though, I felt like crying a few times telling myself ‘oh my gosh I cannot do this.’ I was nervous about everything, I was late to class, I didn’t even know what a syllabus was until the third week of class and I had already missed an assignment.”

Once it’s all said and done, they know being away from their family is worth it at the end, once they acquire a degree and look back on their experience of being on their own.

“There’s a lot of people back home that stayed in Florida, but I wanted to get out and experience a new place,” Pearson said. “I think having the experience of traveling, meeting new people and fending for myself has changed me and it’s motivated me to go back home to my parents and friends and be a better person.”

Howard said that finishing school and obtaining a degree is his first priority now.

“My mom keeps me motivated and getting a degree is the reason I’m here,” Howard said. “It’s good to have a basketball scholarship, but the degree is the most important part because I’m the first in my family to go to college.”

Albert Gamboa may be reached at theprospector@utep.edu.

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Answers to 02-07-12

BRAIN ZONE

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: ★

★ Moderate ★★ Challenging  
★★★ HOO BOY!

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Wellness

# Sometimes an injury can be a heartbreaker

BY AUDREY WESTCOTT

The Prospector

An athlete's body is expected to perform at its best no matter how physically demanding practice was the previous day or how many hours of sleep they're lacking. Exhaustion becomes a relevant word in the life of student athletes, but no matter how much is asked of them, the sacrifices never equal the joy that their love of the game brings.

Experiencing an injury of his own at the beginning of this season, graduate student and guard, Konner Tucker, knows the frustration of

wanting to play without being able to do so well, physically.

Tucker broke his hand in an exhibition game against Southeastern Oklahoma. Tucker missed the opening of his first and only season at UTEP.

"It was tough having to sit out, especially with it being my last year of college basketball," Tucker said. "But my family, coaches, teammates, and trainers helped me through that time and my rehabilitation. And their support just made being back on the court that much better, and part of my love for the game is for them. To make them proud and just have them know how grateful I am for everything."

Two years ago, junior multimedia journalism major Alexsia Licon tore her meniscus. The injury kept her from cheering as a UTEP cheerleader for the following two years.

The inability to cheer burdened Licon, but she was determined to get back on a squad no matter what.

"I have cheered since I was 3 years old, so it was definitely an adjustment when I could not do it anymore," Licon said. "It is something that has always been a part of my life, so I could not concentrate on missing it. All I wanted to concentrate on was getting better, and I am finally back. I have to cheer with my brace on or I am in excruciating

pain. But no matter how strong the pain, cheer is something I love and even though my body may be ready to give it up, I am certainly not."

When it comes to being a student athlete, especially at the college level, life can be depicted to be very glamorous. Student athletes travel from city to city, playing a sport that they love. The media follows their every move and reports their every word. The fans adore them as they scream their name and number.

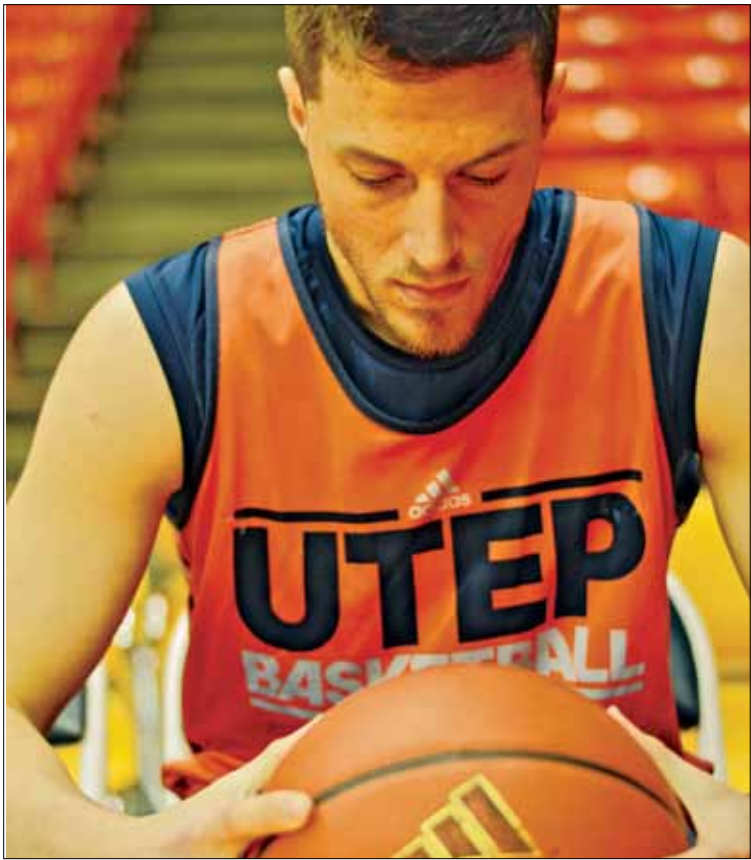
However, the position is not without its demands and expected sacrifices.

For senior defensive lineman, Germad Reed, being away from his home

and his loved ones is an obstacle he faces every day, but he said his love for football is undeniable and his family wants nothing more than for him to fulfill his dreams.

"You have to sacrifice relationships when working to become the best you can be," Reed said. "I have missed out on what a lot of people would consider to be memorable moments, to go to practice or get in an extra workout, but I do not have any regrets. Everything I am doing is for my family and my dream. And hopefully, everything I am doing right now will get me where I want to be in the future."

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



VERONICA ENRIQUEZ / The Prospector

Graduate student and guard, Konner Tucker, was out at the beginning of the season after he broke his hand in an exhibition game early November 2012.

# March 9th

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FROM: JOE TORRES

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FROM: ANONYMOUS

HAVE A SWEET DAY!

TO: MICHAEL M.  
FROM: ANELLI V.

LOVE, I LOVE YOU WITH ALL MY HEART AND SOUL. YOU HAVE MADE SUCH A DIFFERENCE IN MY LIFE AND YOU HAVE MADE ME A STRONGER AND BETTER PERSON. WE HAVE SOMETHING SO SPECIAL AND I WOULDN'T TRADE IT FOR ANYTHING IN THE WORLD. I LOVE YOU SO MUCH MICHAEL. HAPPY VALENTINE'S DAY, YOUR LOVE ANELLI

TO: SWEETS  
FROM: TOOTS

HERE'S TO OUR FIRST VALENTINE'S AND MANY MORE! I LOVE YOU, FOREVER AND ALWAYS. ♥

TO: MY HUBBY  
FROM: YOUR HONEY BUNNY

LOVE YOU FOREVER!

TO: OLGA  
FROM: VLADIK & MISHA

DEAR OLGA, YOU ARE THE BEST WIFE & MOM. WE LOVE YOU VERY MUCH!

TO: AKUMA  
FROM: COFFEE

ALWAYS REMEMBER THAT FRIENDS ARE THE FAMILY WE CHOOSE FOR OURSELF. YOU'LL ALWAYS HAVE ME BY YOUR SIDE. HAPPY VALENTINE'S DAY! (~\_~)~

TO: LORAIN WATERS  
FROM: CHRISTIAN

YOU'RE A HOOT. LOVE YOU TOOTS. FOREVER AND ALWAYS!

happy valentine's day



ROTICH from page 13

“We have a good friendship, we used to live close to each other in Kenya,” Elkana Rotich said. “He is a great person, a very nice guy, a little quiet, but a very nice guy.”  
The 2013 season looks promising for Anthony Rotich.  
“I believe I can do something special for UTEP, and also for myself,” Anthony Rotich said. “Since I came here, I’ve been thinking how I can appreciate what UTEP has given me. I really want to do something special for the scholarship they gave me.”  
Head coach, Mika Laaksonen, has been thrilled to see the improvement in Anthony Rotich on a daily basis,

but he knows there is still a long way in the season for the distance runner.  
“He is getting better every single day,” Laaksonen said. “Right now we’re still not sure of his limits or if he has any.”  
Ereng, also a native of Kenya, has been part of UTEP for 10 years and he won an Olympic gold medal in Seoul, 1988.  
“He and I get along very well, and I understand what he wants,” Ereng said. “Maybe in a year or two he should be among the guys who will be running in the World Championships or maybe in the Olympics in 2016, but that’s further down the road. We look forward to that.”  
Edwin Delgado may be reached at [prospector@utep.edu](mailto:prospector@utep.edu).

BOXING from page 13

Watching his fighters compete brings up memories for Delgado, who has had plenty of experience as a boxer. He competed in the same tournament in 1979.  
“When I meet these young fighters that want to come and fight, I don’t ever ask them about the Golden Gloves,” Delgado said. “I just take them through the first step and see how they do in training. Once they get into training and I see potential, then I’ll mention the Golden Gloves.”  
Paul Reynoso may be reached at [prospector@utep.edu](mailto:prospector@utep.edu).

simplystated

Women’s Basketball

The Miners beat Southern Miss, 60-55, Feb. 10 at the Don Haskins Center. The Miners improve to 18-4 overall, 6-3 in conference.

Tennis

The women’s tennis team won two matches Feb. 9 at the Roger Knapp Tennis Center. They beat South Dakota, 4-3, and Drake University, 4-3. The following day the team lost to Milwaukee, 4-3, Feb. 10.

Men’s Golf

Senior David Pearson took the title at the New Mexico Collegiate Cup at Truth or Consequences, N.M., Feb. 10. He shot a one-under-par 143. He finished first out of 28 golfers.

Softball

The Miners lost their first two games at the opening of the Fresno State kick-off tournament in Fresno, Calif., Feb. 8. They lost to Sacramento State, 3-2, and lost to Fresno State, 10-2.

The following day the Miners were victorious over UC Riverside, 9-1, in six innings. They lost their second match of the day against UC Davis, 5-3.

The last day of the tournament, the Miners had a rematch against UC Riverside and beat them 5-3, Feb. 10.

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FEB 28 & MAR 1: MANGOGAT 3  
MAR 7 & MAR 8: The Monuments Men  
MAR 14 & MAR 15: THIS IS 40  
APR 4 & APR 5: ZERO DARK THIRTY  
APR 11 & APR 12: The Expendables 2  
APR 18 & APR 19: LORAY  
APR 25 & APR 26: DIANGO  
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TIPS from page 13

Junior cellular and molecular biochemistry major, Abel Cordero, said taking a weight training class in the fall semester of 2012 helped him develop a daily exercise routine that he still continues.  
“Not only was I feeling better physically, but I started to feel better mentally,” Cordero said. “Now I rarely skip a workout during the week.”  
The Student Health Center at UTEP provides all sorts of services to help maintain a healthy life style. They offer physical exams for men and women, treatment for minor injuries and colds, treatment for sexually transmitted diseases, pap smears, birth control, counseling and pregnancy tests, prostate exams,

low cost immunizations and medications, nutrition counseling and education, and physical and occupational therapy.  
The Student Recreation Center offers running, weights, cardio and weight machines and other alternatives such as yoga, pilates, swimming, spinning, - and dance classes among others.  
As both Carter and Rotwein said, diet and exercise go hand-in-hand to maintain excellent health. Eating right and exercising on a regular basis will not only produce good results, but make you feel happier too.  
Ashley Pacheco may be reached at [prospector@utep.edu](mailto:prospector@utep.edu).

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