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the assayer of student prospector

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wellness
issue

SUN
EXPOSURE
NEWS P. 3

ENERGIZING
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Column

Prospector staff reflects on health and wellness

BY LORAIN WATTERS
The Prospector



Godzilla. That was my nickname until middle school. I have always had extra weight on me, and because of that, I went through teasing and bullying up until high school. After that, the experiences led me to

be my own torturer. I became obsessed with image. I wanted to be that “perfect size two” because if I wasn’t, I could never be happy.

I went on crash diets and took diet pills that were on and off the market, hurting my body beyond repair. I never questioned how they could affect me in the long run, just as long as I could be like everyone else and achieve some happiness.

However, with the great support of my friends (even if they are at other


universities) and boyfriend, I have accepted that I will not be that “perfect size two” and I don’t need to be in order to be happy.

I have started counting calories and exercising at least three times a week, and it has been working thus far.

It will be a slow, natural journey to the end goal of a healthy size 12 but my motivation increases everyday with each pound that slips away.

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

BY KRISTOPHER RIVERA
The Prospector



I try to keep a good workout routine. I like to run a total of 12 to 15 miles a week. Now that the pool is open, I also started swimming 500-meters at least three times a week. I do weight lifting about twice

a week. It all seems to be working for me. Having these various routines keeps me from getting bored. I’m not on a specific diet, and because of my busy schedule and tight budget, I don’t eat much. I usually just eat one meal a day. I try to refrain from binge drinking on the weekend. I’ve made it a habit to stay away from that because drinking beer will definitely keep my weight on.


I’m also not taking any supplements. I was taking a protein shake,

but it just really packed inches in my waist. I was not happy with that result. I feel like that’s the weight I’m trying to shed right now.

The most important thing for me is maintaining a dedication to keep the routine going. Sometimes I feel like I’m dragging my feet to just step out the door, but once I get some good songs on my iPod I start to feel energized throughout my run.

Kristopher Rivera may be reached at prospector@utep.edu.

BY CHRISTIAN JUAREZ
The Prospector




“Exercise. Eggs-are-sides. Eggs are sides for bacon.” Ever since I saw that on a t-shirt, it became my saying. Getting fit has not been on my radar for a while, and my diet shows this. However, my girlfriend

finally convinced me one day to go to the gym to try it out. I thought I was having a heart attack five minutes in. That served as a wake up call, since it showed that while I am thin, my body is not fit. I used to regret not taking advantage of the free gym services offered here at UTEP. Now I go six days of the week—or sometimes less due to my occasional lazy days—with my girlfriend and while getting fit is a slow process, my health has greatly increased and I feel a whole lot bet-

ter about myself. My self-confidence has received a substantial boost and my academic grades have increased partly. Getting in shape is so accessible nowadays that no one should have an excuse for not doing so and the benefits immensely surpass the costs. Do what you can and make 2013 the year that you say enough to horrible health.

Christian Juarez may be reached at prospector@utep.edu.

BY ALEJANDRO ALBA
The Prospector



It’s the ideal time where everyone considers his or her health and physique. Mostly because the temperature is inviting, vacation and beach season is around the corner and people are still trying to commit to their New Year’s resolutions.

Being fit and being healthy is very important, especially for us students that are always on the run with all the tasks we must complete on a daily basis.

Some of us find ourselves working two jobs and going to school, others have families and still attend class. All these activities require a lot of energy, and in order for us to perform successfully, we need to take care of ourselves.

I’ve always been someone who likes to workout, I dislike most sports, but I enjoy a good run, hike or rock-

climbing session. I also enjoy doing yoga and dancing, but I much rather go running.

When it comes to eating, I try to eat healthy, but those sweets always call my name and there is no escaping them.

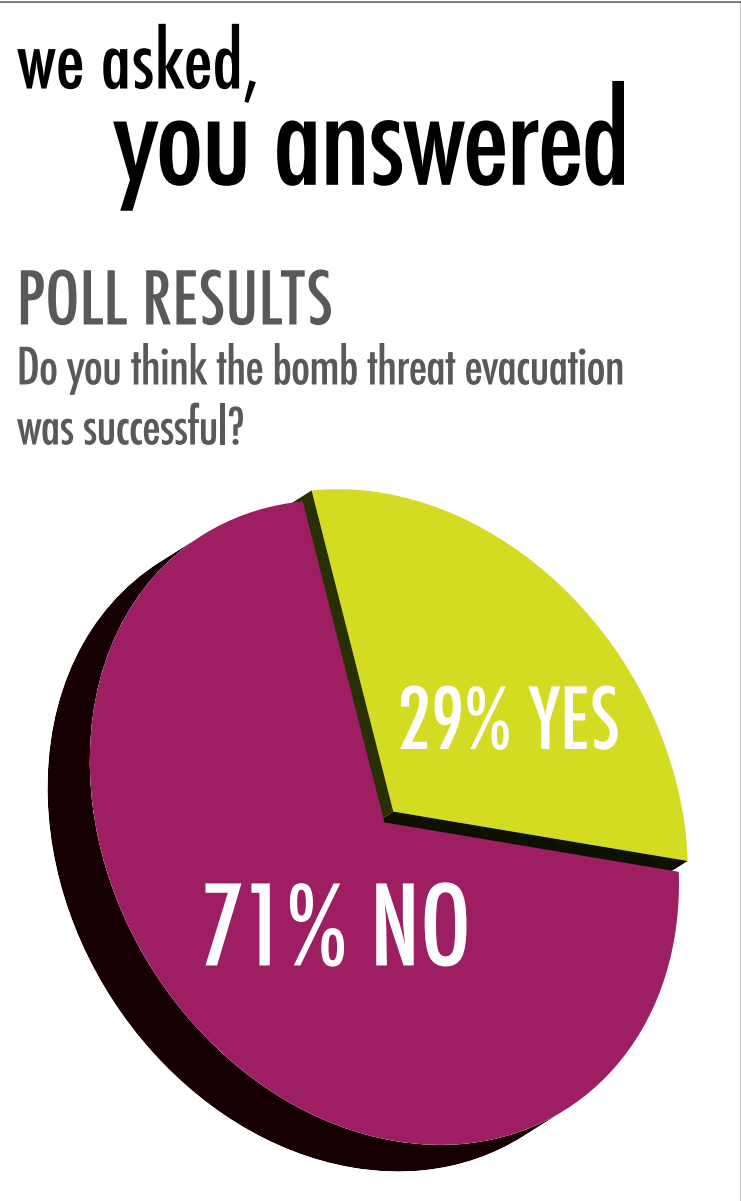
Most people have a constant struggle with wellness, but if it’s not for your physique, think about your health and all the diseases that can come from a poor diet and exercise routine.

Alejandro Alba may be reached at prospector@utep.edu.

WHAT DO you think?

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Wellness

SPF 30+, sun exposure risks and prevention

BY ANDREA ACOSTA
The Prospector

Summer season officially starts June 21 and with sun exposure being at its highest during those months, the need of SPF products and sunscreens are a constant recommendation from experts to prevent skin cancer, mainly provoked by ultraviolet sunrays.

According to Gabriel Ibarra-Mejia, lecturer of public health science, students shouldn't have to wait until the summer to start using sunscreens.

"We are constantly exposed to ultraviolet light, no matter the time of day," Ibarra-Mejia said. "It's very important to use any type of product that has an SPF larger than 30 that will prevent the sun from damaging your skin."

With an altitude of about 1,200 meters, El Paso is exposed to intense climates, especially during the summer months, compared to other cities that are near beaches, Ibarra-Mejia said.

"Just because we have hot or cold temperatures doesn't mean we can't get sunburned," Ibarra-Mejia said. "The best times to be outside are early mornings or late afternoons, the times between 10 a.m. to 4 p.m. are the most critical, since sun rays are more vertical and precautions need to be taken."

Some measures that students can take in order to have a pleasurable summer would be to use dark clothing, avoid being in the sun for long periods of time and constant sun bathing. But most important of all, students should

stay away from tanning beds, which increase the chance of contracting skin cancer by 75 percent.

"Some tips that I tell my students is to hold their garment in the sun and if the light surpasses the clothing then they will not be protected as much from UV rays," Ibarra-Mejia said. "Another way to tell when sunscreen protection is most needed is when you see your shadow is shorter than your height. In these cases students should be applying sunscreen at least 3-4 times a day."

Courtney Serna, sophomore biological science major, said that using sunscreen is very important not only during the summer but also on cloudy days when UV rays are strongest.

"I personally won't put on sunscreen when I'm in school just because I know that I'm going to be inside a building most of the day," Serna said. "However, during the summer when I'll be outside for the most part or playing tennis, that's when I take precautions and put on sunscreen."

Serna said that although sunscreens can be hard to deal with, especially with the sticky texture and intolerable smell some have, using it is very vital to one's health.

"Better to be safe than sorry," Serna said. "Even though we might not like it 100 percent, it is better to pay at the most \$5 for a bottle of sunscreen than to later pay the consequences of what sun exposure can do to our skin. Texture and stickiness cannot compare."

see **SUN** on page 7



AARON MONTES / The Prospector

Courtney Serna, sophomore biological science major, takes precaution when it comes to sun exposure by using sunscreen, despite its texture and smell.

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Legislation

House Bill 779 proposes tax on sugary drinks across Texas

BY SABRINA NUÑEZ
The Prospector

A new House Bill that would apply a tax to natural and artificial sweeteners found in beverages was introduced by San Antonio state Rep. Joe Farias in January.

The House Bill 779 proposes a starting tax of one penny per ounce and covers sugary drinks to include sodas as well as other sweetened beverages. The bill tax would not apply to sports

drinks, alcoholic beverages, coffee or teas, noncarbonated water, sweetened beverage powders and syrups, milk or milk products, beverages made of 100 percent fruit juice and any other beverage not enhanced by sweeteners that add calories.

The bill states that 80 percent of the money from the tax will go towards the Texas Education Agency and will be used to fund primary and secondary school health programs. The funds will then be used in hiring and train-

ing qualified physical education teachers and improving the quality and nutrition of foods served in schools.

“Charging the tax for the sodas, if it goes to public education, we can always use money there,” said Martha Dominguez, El Paso District 1 State Board of Education member. “It would be good if it would go to public education without any conditions and it goes to public school districts and goes to the general education fund.”

The other 20 percent of the money collected by tax will go to the Department of State Health Services to provide training and maintenance of health programs in primary and secondary schools.

“It’s a very good idea. El Paso is one of the not healthy (cities) so it’s a great idea to get people aware of the exercise and how it can better your life physically and mentally,” said Kaysie Samaniego, senior criminal justice major.

Samaniego said that increasing the price of sweetened beverages might not completely dissuade people from purchasing products.

“I don’t think sugary sodas have any good for anybody,” Samaniego said. “Just like cigarettes, if people really want something, like sodas, they’ll buy it. Maybe some people wouldn’t be able to afford the extra cost but if someone really likes something that much, they’ll pay for it. I hear that sugary drinks, like sodas, can be addicting.”

Haley Rojo, freshman media advertising major, said the tax on sugary drinks is a fair comparison to taxes on products such as cigarettes.

“The thing is, cigarettes, they’re addictive; you can also get addicted to caffeine but people are always going to want to smoke, that’s just a part of it,” Rojo said. “People nowadays, they’re all healthy, they’re trying to get healthy so they probably might not want to buy coke anymore.”

Rojo said applying the funds collected from the soda tax would raise some money, but would also prevent a lot of people from buying the products due to a higher cost.

“Just like we’re trying to ride more bikes now because gas is so expensive, people won’t drink as much

“Just like cigarettes, if people really want something, like sodas, they’ll buy it.”

- Kaysie Samaniego, senior criminal justice major

coke, which will probably be better for them, health wise, not as good for departments (like) Coca-Cola and (companies) like that,” Rojo said. “I’m definitely for (money going towards education). If that did happen, I’d buy sodas more. I don’t know if I would drink them, but I’d buy them because it’s going for a good cause.”

Dominguez said the intention of the proposed tax is similar to that of the lottery.

“I remember when the lottery came, that was not a tax, but the voters were told if that passed, the funding from the lottery would go to public education and I don’t believe that’s quite happened. As long as there is a way or a measure to make sure and that it’s not changed to where it only goes to public education, then that would help public education,” Dominguez said.


If voting passes after two-thirds vote of both houses, the act would take effect Sept. 1.

Sabrina Nuñez may be reached at prospector@utep.edu.

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Construction

More street closures on campus due to centennial renovations

BY SABRINA NUÑEZ
The Prospector

The Texas Department of Transportation will start working on the Spur 1966, a bridge that will connect Paisano and Schuster Avenue. As a result of the works, traffic on Schuster Avenue will be reduced to one lane each way until mid-May. The avenue will be closed completely at the end of the semester and reopened in August.

This construction will be part of UTEP's campus transformation that corresponds to the centennial in August 2014.

"The Schuster exit doesn't change. This has all been carefully orchestrated and that exit was built with this coming so there will be a Schuster exit off of I-10 and a separate exit off of (Loop) 375 and you've got Paisano as one more option for people to get to campus or to migrate through or to get to this part of the neighborhood," said Greg McNicol, associate vice president of Facilities Services. "We have more flexibility during the summer months because demand's down and so we may be trying to relocate some of the parking in these areas that are heavily affected so we can get the work done."

Cynthia Villa, vice president for Business Affairs, said TxDot will also be working on widening Sun Bowl Drive to two lanes each way in late August or early September. The construction will last four to five months.

This project will mean closures, obstruction of parking lots and one lane of traffic each way, but will add pedestrian paths, sidewalks and enhanced lighting.

"You'll see nothing different in the fall of 2013. The same lanes you've been driving on, you'll drive on still. What it's going to do first is build the new southbound lanes which are located toward the freeway side of Sun Bowl Drive," McNicol said. "Parking and transportation lose two lots, S-6 and P-6. If you're a football fan that likes to park in P-6, you're going to have to find somewhere else to park because it will be closed."

Aside from the work being done to Schuster and Sun Bowl Drive, Villa said University Avenue will be a big closure, a project that has been in

the works for years to create parking along the perimeter of campus.

"We've known for a long time that we have problems brewing at the center of campus with pedestrian and vehicular traffic. I was on campus 10, 15 years ago (when) we had two accidents in the center of campus where students were struck by buses so we stopped allowing Sun Metro and other major buses through the campus, which is why we don't let Miner Metro come in through the center of campus," Villa said. "Students ask for it all the time...we can't allow that. Any day you go out on campus between noon and two in the afternoon (and) it's a matter of time before we have another accident so we know we have to take that vehicular traffic out of the center of campus."

Catie McCorry-Andalis, associate vice president of Student Life and dean of students, said safety is an important aspect of the campus transformation.

"One (team we have assembled) is an entire safety group that Greg (McNicol) and I are meeting with, as well as a construction team so all of these are diverging together trying to manage this and get communication out," McCorry-Andalis said. "Safety is a huge concern of ours. We want the community to be safe on this campus during the transformation and afterwards so we have a number of issues."

To secure no traffic in campus, university street closures will begin with the construction of Centennial Plaza.

"What we're planning to do this summer is close University Avenue and it will never open again as a major artery through the campus. You'll have access to come in to the Liberal Arts parking lot, you can go up behind the Union, but you can't use (University) as an entry point to go up Hawthorne," Villa said. "This entire area will become (Centennial Plaza). There will be walking paths, there are going to be several hundred mesquite trees planted in that whole area to create this canopy of shade and there will be paths all around that area."

Work on the Centennial Plaza will begin late May or early June and has a completion date for fall of 2014 to coincide with UTEP's centennial celebration. The Centennial Plaza will sit in the area between the Geol-

ogy building, Union West and Leech Grove. It will also include hookups for electricity.

"(There will be) a large centennial ring that will begin a tradition where we will have carved in important dates in our history and they'll be noted in different areas around the ring and there will be room for more," Villa said. "There will be a lot of seating areas around here, some light to illuminate the area at night, all the bosque of trees to create nice, beautifully shaded areas for people to gather."

Part of the University Avenue construction will also include a proposed entry gate visible when entering the campus from the Hilton Garden Inn.

"When we did our campus master plan, much of the campus committee—students, faculty and staff—when they were interviewed and discussed what does and doesn't work on the campus (decided) what didn't work was the infrastructure around campus for big vehicles, for pedestrians and what they did say was UTEP has done a great job of building facilities, but everything in-between the buildings is not designed and connected in any way that's attractive or it's unpleasant," Villa said. "One of the things they said is there's not a real entry point to the campus; you don't really know when you've arrived and so this is a small entry gate that we're hoping will help address that."

Construction on Wiggins Road has already started and it is broken up into two phases, a roadway and landscaping, which will be finished in August.

"We have to finish (the roadway in Wiggins) before we close University because then we would have these two major areas closed and we can't do that so we want to finish the roadway and then we'll close University," Villa said.

Bicycle lanes will be incorporated along the perimeter of campus while the inner campus pathways will become more bike-friendly.

"We are increasing the bikes dramatically on campus and we want that to happen, so we're working very hard on that as well," McCorry-Andalis said. "Going green is going to happen. It's the choice of students for a variety of reasons, especially economically. We have not only students

from housing who use them, we have students from off campus who are bringing their bikes in on Sun Metro and using them as a form of transportation on campus."

Despite the efforts to increase carpooling and public transit, Villa said

UTEP is also looking to recapture the Hilton Garden Inn's parking garage to build a larger garage, a project which still needs to work out its finances before setting a start date.

see CLOSURE on page 7



FLOR FLORES / The Prospector

Construction has closed several streets around campus.

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Question of the week

What has been the most extreme diet you have been on?

Photos by Veronica Enriquez, Michele Torres and Michelle Franco



ABIODUN AMBALI
Senior nursing major
"My breakfast is always large with protein. My lunch is a sandwich or rice and I try to eat dinner around 7, something small, usually chicken and protein along with that."



JACKIE SAMANIEGO
Senior social work major
"The most extreme diet I have done is the beach diet, where you detox, and you're not allowed to eat any bread, pasta or fruits. It's two weeks of just eating chicken, meat and veggies."



ERIAN COSTA
Senior computer science major
"I have never done any diets."



BRITTANY CARREON
Freshman nursing major
"The absolute craziest diet I've been on was the chocolate diet! It was delicious and actually worked for a while, until I realized drinking water versus soda was a much more effective change."



ARTUTO DELGADO
Senior computer science major
"The hardest diet I've ever done was one consisting of no red meat or chicken. My favorite foods all contain red meat so it was a hard transition into that diet."



JENNIFER GARCIA
Freshman biology major
"I have stopped eating, I had to do it because I was sick. The doctor told me to stop eating certain foods, but I just quit everything for like a week."



ALIX VERDUGO
Freshman commercial music major
"I have been taking protein shakes in order to gain weight, and I have some friends that keep on telling me to take vegetable oil when I run out of protein."



JANETH ACEVEDO
Freshman forensic science major
"There was a time that I only ate fruits and drank water for a month. I didn't eat any meat or dairy products, just fruits."



MARCOS VINICIOS
Senior computer science major
"I have never done a diet. I am already healthy, but every day I eat meat, rice and beans."



RACHEL CASTILLO
Freshman biomedical major
"The craziest diet I have been on really has just been reducing my intake on fatty and sugary foods such as from the fast food places, sodas and sweets."

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SUN from page 3

One of the most common types of skin cancer, according to Ibarra-Mejia is Basal Cell Carcinoma. Photo Aging and Basal Cell Carcinoma are most common among people whose skin was damaged by the sun, Ibarra-Mejia said.

“The problem with Basal Cell Carcinoma is that this type of skin cancer doesn’t discriminate race and is often found on the neck and face,” Ibarra-Mejia said. “On the other hand, Photo Aging is most seen on people who are constantly working outdoors, their skin appears to be thicker, darker and more wrinkled.”

Some symptoms that students should be aware of are sudden changes in their body, such as new freckles, moles and/or irritation and itchiness on skin, Ibarra-Mejia said.

“Fair skin people are the ones who can be more at risk, just because their skin is more sensitive to the sun,” Ibarra-Mejia said.

Falling under this group is Valeria Padilla, sophomore psychology major, who has taken precautions at a very early age due to her sensitive skin.

“In order to not get red spots after being in the sun for too long, I have to put sunscreen with an SPF of 70, plus an additional one for my face with an SPF of 15,” Padilla said. “I usually put the one for my face before I put my make up on, and I keep applying it every two hours. It’s just something that has to be done and something that I already got used to.”

Although men aren’t really used to applying any product to their face, Ibarra-Mejia said that everyone needs to protect their skin no matter the gender, especially student athletes.

“Students shouldn’t be afraid to be goofy when under the sun, such as wearing a big hat or an umbrella,” Ibarra-Mejia said. “In addition to sunscreen, both genders should have a lip balm with SPF to prevent lip cancer. This is caused because the lip has a more sensitive type of skin that has a higher vulnerability to be affected by the sun, which is very important to stay away from inexpensive balms or lipsticks.”

While some students are indifferent towards sunscreen, other students forget to buy it.

Edgar De La Torre, senior electrical engineer doesn’t consider sun protection a priority.

“I currently don’t use sunscreen on the day-to-day basis, however, I’ll begin to use it once summer begins,” De La Torre said. “Although I use long sleeve or dark-colored shirts, having extra protection is never too much, which is why I’ll put it on my list of priorities.”

According to Ibarra-Mejia, sun exposure is necessary since it provides Vitamin D, but students shouldn’t take too much advantage of this positive factor. There needs to be balance and students need to have the responsibility to protect themselves as much as needed throughout the different seasons, Ibarra-Mejia said.

Andrea Acosta may be reached at prospector@utep.edu.

CLOSURE from page 5

“In 2003, we started working towards all of this because we added the garages. We’ve added at least 2,500 spaces, but we took some away with construction—with Chemistry-Computer Science, the College of Health Sciences and now with the campus transformation—we have still gained 891 by the time everything is said and done,” Villa said. “I want people to understand we’ve

been planning and working towards this for a very long time and that was a deliberate plan to add that inventory and parking through parking garages so we’re where we need to be.”

Villa said the university will undergo transformations other than the physical changes to the campus.

“(We’re) creating an environment of teaching and learning where students can immerse themselves in their studies, stay on campus and enjoy their time on campus. It becomes a very

different teaching and learning environment,” Villa said. “I see people on campus all day long and when I first came to work here 25 years ago, by the afternoon, it was dead on this campus so we’ve transformed not just the physical campus, but who we are as a campus. It’s a vibrant learning community all day long. It’s a really cool project and it’s going to really make a difference for our students for generations to come.”

Sabrina Nuñez may be reached at prospector@utep.edu.



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During April, we will be celebrating Health Awareness Week and Earth Day. 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.

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Join UTEP's Earth Week activities from Monday, April 15 - 19.

Please visit: admin.utep.edu/earthweek for a list of all activities.



TAKE CARE OF YOUR HOOHOO BEFORE YOU BOOHOO



BY MARILYN ALEMAN
The Prospector

When going to the grocery store or supermarket, some consumers instinctively trust what is in the ingredients of the body care products on the shelves. For feminine hygienic products, consumers should be extra cautious of the ingredients labeled on the plastic bottle.

Different types of sodium sulfates, among other chemical ingredients such as Irium, are labeled on products such as the Vagisil pH Balanced Light Wash. These ingredients can actually interfere with a woman's vagina, creating harsh detergents and foaming agents which can possibly damage the skin, according to a chart conducted by Healthy Hoohoo, a company that produces hygiene products for females.

While most of the ingredients labeled on the products may seem like a foreign language for consumers, it is important to know how to correctly lather those special lady-parts.

Guillermina Solis, assistant clinical professor and practicing nurse practitioner, said that a lot of products that are labeled under cosmetics, like feminine hygienic products, do not

have strict enforcements under the federal supervision of the U.S. Food and Drug Administration.

"There is nobody really regulating what is sold over the counter (because) it falls under cosmetic laws, and so the FDA has some jurisdiction on food products but not necessarily cosmetics," Solis said. "As far as the market for cosmetics, it's very little that can be monitored and unless you're selling a product that has medication and is for a medical condition, then the FDA will step in."

According to cosmeticsandtoiletries.com, women that are using feminine hygienic products, are treating the external area of the vagina with careful cosmetic practices. Under the FDA, a cosmetic is a product that is intended to cleanse, beautify, promote attractiveness or alter the appearance to the subject.

However, not all feminine hygienic products are considered bad. Summer's Eve, known for their wipes and sensitive vaginal washes, contains no sodium sulfates.

Amanda Ballesteros, sophomore psychology major, said she uses Summer's Eve products so that she can evade any gross odors and leave her with a good clean sensation.

Special to The Prospector

"I personally think of products like these so I can always assure myself I smell well and take care of my personal areas," Ballesteros said. "I believe it is very important for the products to be natural, any person should only put things that are good for their body on their body."

With many body care products, the word "natural" is overused and misinterpreted on many labels and brands, according to Solis.

"Actually, natural (are) things that you take from the ground or from its natural source," Solis said. "Because by the time we get (the product) it's no longer natural; by the time it's composed and capped for being able to maintain its shelf life there has to be some type of chemical."

The Student Health Center advises any student that come in for vaginal discomfort, such as foul odor or frequent discharge, that the best method to clean the vagina daily is with a mild soap and water.

"We advise our students to not douche because the body will be able to clean itself, also not to apply any creams or lotions without a doctor's prescription," said Louise Castro, director of SHC.

see HOOHOO on page 12

Did you know?

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irritates and associated with the rise in breast cancer

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Use condoms

Eat plenty of fresh fruits and veggies

Drink plenty of H2O

Exercise

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Wear loose fitting cotton garments

Wash from front to back

Pee after having sex

Eat yogurt/ take probiotics

NO

Perfumed sprays

Bubble baths

Limit sugar intake

Douching

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Talc/baby powder

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Column

Have a little self-love

Take things into your own hands

STEVEN MANSFIELD
The Prospector



Whether you are willing to admit it or not, it is likely that you have engaged in some form of self-love, and there is absolutely nothing wrong with that. Although usually attached with a negative stigma, masturbation has become an activity that has more benefits than harms. Whether you are single, in a relationship, alone or with a partner, nothing is better than exploring your body and sexuality while still getting the ultimate pleasure.

According to WebMD, masturbation “was regarded as a perversion and a sign of a mental problem, (but) masturbation now is regarded as a normal, healthy sexual activity that is pleasant, fulfilling, acceptable and safe.” WebMD also states that in a national study 95 percent of men and 89 percent of women have engaged in masturbation at some point in their lives. Although I cannot argue with the statistics on women, it is likely that the number for men is much closer to 100 percent. Masturbation is usually the first sexual act that we experience at a younger age and it is what begins our experimentation into the sexual world with ourselves and others.

For men, this activity is something that has been somewhat of a hobby since the discovery of what their junk was capable of. They know just how to handle their junk and gain the most pleasure out of it. After years of experience, this has helped men learn their bodies and the way it works better than anyone else.

During an event held on campus Dan Savage, sex and relationship columnist, said this, in turn, has made men gain the most pleasure for themselves.

Unfortunately, both parties do not share in this expertise and men usually end up gaining more pleasure than their partners. This leads to the need to communicate with your partner about their needs as well, but that is a whole other story.

Men usually do not have a problem with masturbation and for women, this activity should be the same. Dan Savage also mentioned that masturbation is essential for women in order to help them reach an orgasm. Women who do not partake in some self-exploration may find their body to be a foreign place and may not know how to get the maximum pleasure when they are with a partner. It is important for women to be able to reach an orgasm by themselves before they are able to reach an orgasm with a partner. Do not get discouraged if it does not happen the first time or if it takes a long time. Give it a try and before you know it you will be the expert on your vagina, as you should be. I highly recommend that you girls start taking the proper steps in reaching your maximum pleasure.

According to WebMD, not only do some self-love sessions feel amazing for both sexes, it is also a great way to relieve some pent up sexual tension — a fun activity when sexual intercourse is not on your mind for the night and a good alternative to avoid having to pee on a stick or the dreaded STDs. Not only does it provide some pleasure by yourself, it also helps you achieve the maximum pleasure when in between the sheets with someone else. Seriously, who would not want to get more pleasure on a daily basis?

So what are you waiting for? Dim the lights, light some candles, turn on the music and have some fun tonight!

Steven Mansfield may be reached at prospector@utep.edu.

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Sex Column

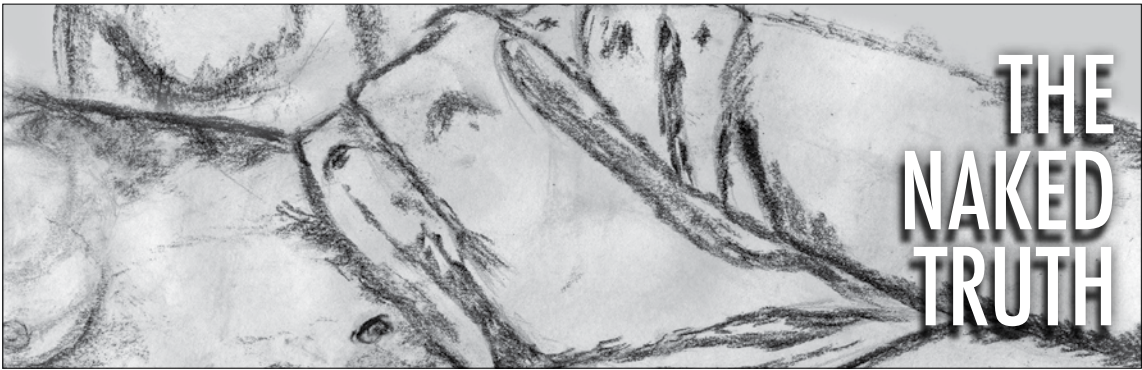


ILLUSTRATION BY CHRISTIAN JUAREZ / The Prospector

Spending spring break with the gynecologist

EILEEN LOZANO
The Prospector



When most college students were heading out of town for spring break, I was heading to my first ever gynecological appointment.

The thought of paying someone to be all up in my naughty bits and scrape my uterus brought terror to my heart, but I bit the bullet and took it like a woman.

The day before the examination, I was told to fill out a complete description of my medical history online. Just like Juno taught me, they wanted to know about every score and every sore. I had no problem telling my computer and the questionnaire about everything, to be quite honest, it felt good to spill my guts to something other than my diary.

The morning of my appointment, I was a nervous wreck and didn't even

have it in me to drink my usual venti cup o' joe. Upon my arrival, the receptionist had me fill out some extra paperwork regarding my insurance and, to my surprise, I did not have to pay my usual co-payment.

Women in the U.S. have President Barack Obama to thank for that. In 2012, he passed the Affordable Care Act, which states that all health insurance plans must provide eight preventative benefits to all women. These benefits include free breast and pelvic exams, domestic violence screening, HPV testing and prenatal care.

Back at the doctor's office it was my turn and the nurse showed me to a room where we discussed the information I had provided the day before. The nurse was very nice and made me feel like she was one of my girlfriends. She then discussed different birth control options with me and asked me if I would like to be tested for STDs, to which I promptly said yes.

Then the nurse took me to the examination room. She told me to

undress and put on the paper gown with the opening to the front. I kept thinking, "come on Eileen, this is it, get it together, women do this all the time." I then put on the paper gown and waited for the doctor.

I waited for what felt like days, and then I heard her heels clicking down the hallway and I knew I was next. The door opened and she introduced herself. I was expecting the same type of warm demeanor and bedside manner the nurse had, but to my dismay, it was the complete opposite.

Unfortunately, my doctor was very rude and didn't walk me through the procedure like I expected her too. Fortunately for me, I had done some of my own research the day before. The doctor then performed my Pap smear.

The Pap smear is a procedure that is short for Papanicolaou test and according to WebMd, it is used to detect precancerous conditions and small hidden tumors. The Pap smear is done during the pelvic exam and

see GYNECOLOGIST on page 12

Review
Fitness apps for iPhones and Androids

BY LEONARDO MONTAÑEZ
The Prospector

DAILY YOGA
Daily Yoga is a free yoga app that offers dynamic sessions with live voice instructions and soft background music for a relaxing ambiance.

Daily Yoga offers over 40 yoga sessions and 300 poses in its library and six different background tunes. Although some of the sessions need to be bought, Daily Yoga offers many free poses and lessons. Yoga sessions are added continuously.

The app also provides the option to develop a schedule and a set of difficulties for users at different levels and various durations ranging from five to 45 minutes based on preference.

It is available for all Android phones and tablets and has HD videos for landscape and full-screen view.

MYFITNESSPAL
MyFitnessPal is a free app that helps regulate diets with a calorie counter, easing weight loss with the ability to count over two million foods.

The convenience of MyFitnessPal is its ability to track the calories at any place and with any food, as well as the feature to add personal recipes or frequent foods. At the end of the day, MyFitnessPal will let the user know how many calories they consumed.

The app also offers an exercise search and the ability to create routines that give an estimate on heart rate and calories burned.

It is available for iPhones, iPads and Androids and, according to Google Play, its database is being updated daily.

RUNKEEPER
RunKeeper is a free app available for Apple and Android devices that allows the users to keep track of their running, walking, cycling and other physical activities with an integrated GPS and voice coach.

Some of the features include workout reminders to help schedule a routine and audio cues. It also allows music to play and comes in six different languages, including English, Spanish, French and German.

RunKeeper also shows pace per mile/km, goal progress, personal marks, distance traveled, time ran and calories burned. RunKeeper also offers various sensors to measure heart rate.

It's available for Android in Google Play and for iPhone in the App Store.

Note: Using GPS continuously while running can decrease battery life dramatically.

NIKE TRAINING CLUB
Nike Training Club serves as a free subscription-based handheld personal trainer with more than 100 custom-built workouts available for iOS and Android.

It has full-body workouts and different time settings for 30-45 minutes and 15 minutes for a more demanding exercise. It contains unlockable features for extra sessions with professional athletes and celebrity's personal trainers like Ary Nuñez, Rihanna's trainer.

NTC comes with different drills on cardio, strength, interval and core

see APPS on page 12

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MICHAEL W. FOOTE, M.D.

HOOHOO from page 9

“(This happens) when the vaginal area gets irritated, the natural microbes get disrupted and this is when women start to have a problem, an odor or vaginal discharge.”

A douche, a hygienic product that cleans the vagina by taking its odor, discharge or sometimes menstrual blood, is usually discouraged since the vagina serves to release fluids naturally. A recommendation for a more natural douche is simply to use water and vinegar.

Veronica Moreno, senior early childhood education major, said that she uses Dove, a mild soap, a recommendation that was advised to her by her mother.

“It maintains you healthier and a good self-esteem because you are clean,” Moreno said. “I’ve been trying it and I like it.”

Soaps, creams, perfumes, sexual activity, douching, diet, stress and even antibiotics cause alterations in a woman’s vaginal pH level and balance between the good and bad

bacteria. An average pH in women is between 3.5 to 4.5, which marks the vaginal region as slightly acidic, Castro said.

In an effort to make feminine hygienic products safe, Stacy Lyon, owner and founder of Healthy HooHoo, established her line of products after her college roommate was diagnosed with breast cancer due to parabens, a preservative in cosmetic products found in a biopsy.

“We approached the idea from a health practitioner OB/GYN viewpoint in that ‘less is more’ and is the best practice for feminine care,” Lyon said. “We removed harsh chemicals and fragrances — both linked to cancer and skin allergies.”

Healthy HooHoo products include feminine wipes, foamers and washes, all of which are priced at \$13.99. What originally started in a Swedish Hospital in Seattle, Wash., can now be bought online at drugstore.com, Amazon.com, westseattlenatural-medicine.com and at Whole Foods Markets recently launched website.

Deenay Hernandez, senior nursing major, said that she had never heard of Healthy HooHoo, but after some research she considers the product to be safe and okay.

“You always need to keep in mind that every body is different and will react differently,” Hernandez said. “I personally don’t believe that you should use anything chemically-based on that area, unless it is necessary, and even then do your research.”

If there is a strong need to use feminine hygienic products, Solis suggested that students should look at products with the least amount of ingredients or water-based products, since those are more diluted.

Overall, with the way the body is structured, one major advice to consider is to let the body take care of itself, all for the better of a healthy vagina.

For more information on Healthy HooHoo products visit healthyhooHoo.com.

Marilyn Aleman may be reached at prospector@utep.edu

GYNECOLOGIST from page 11

the doctor will use a device called a speculum to widen the opening of the vagina so the cervix and the vagina can be examined.

Then the doctor will use a small plastic spatula or small brush to collect cells from the cervix. These are then put into a solution and sent off for testing at the lab.

The examination is not painful, although I did feel some cramping and bloating that day.

The results of your test usually take about a week to come in and your doctor will call you back to discuss the results with you.

WebMd recommends that starting at age 21 women see their gynecologist every three years. If you, like myself, have never seen a gynecologist, I strongly urge you to go, especially if you are sexually active.

A Pap smear may be uncomfortable and embarrassing, but cervical cancer is the silent killer of women. According to the Centers for Disease Control and Prevention, in 2009 over 12,000 women were diagnosed with cervical cancer.

A good tip to have in mind is that picking your gynecologist is like picking a good pair of jeans. You may go

through three or 10 doctors before you find the one that is right for you.

Whether you feel comfortable with a male or female, it is important to do your research beforehand and go armed with a ton of questions. Also, if birth control is something that you are interested in, research some different methods prior to your visit and make sure you know what you want.

Remember ladies, we are modern women living in a progressive world and I want to make sure that all of us are around to see it. We need to educate ourselves and the women of the generations after us.

Eileen Lozano may be reached at prospector@utep.edu



Special to The Prospector

APPS from page 11

training and with the option to set favorite workouts on “Quick-Start.”

It also has the option to select the desired goal and fitness level to match the user’s criteria and chose a workout that fits preference. It also comes with step-by-step instructions with video demonstration for every set of exercises.

ZOMBIES, RUN!

Using a Post-Apocalyptic motivation, Zombies, Run! helps keep the user in the running habit with more than 30 different missions and a town to save.

Zombies, Run! for iOS and Android serves as an interactive app that creates an adventure with the user as the hero or heroine named Runner 5. The goal is to save Abel

Township, a town survivor, by out-running hordes of zombies while collecting equipment and gathering goods through various missions to build up a base against zombies.

The app lets users share with Facebook and Twitter and has full recaps of your running activity and story events. It includes how many calories have been burned and how many zombie hordes were averted.

Zombies, Run! has a price of \$7.99 but it comes in a cheaper presentation called 5K, practical for running beginners, that has eight weeks of training, audio instructions, music options and a storyline.

Leonardo Montañez may be reached at prospector@utep.edu

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April 2, 2013
sports editor
Kristopher Rivera, 747-7445

Injury rehab a tough task for student athletes

BY PAUL REYNOSO
The Prospector

During the course of a college athletic season, many student-athletes face the prospect of suffering an injury. Depending on the severity of the injury, some athletes rehabilitate much more quickly, which allows them to return to their sport shortly. But for others, it may require season-ending surgery.

For junior running back, Nathan Jeffery, overcoming a season injury was both mentally and physically difficult. “You got to stay strong, be flexible and allow yourself to get treatment and rehab it every day,” Jeffery said.

Jeffery, a red-shirt junior kinesiology major, suffered a groin injury during last season’s opener against Oklahoma. He said that some of his rehab involved stretching and doing light squats.

Jeffery’s injury was not severe and he was able to return for the East Carolina game, where he rushed for over 130 yards.

“I wasn’t as healthy as I should have been, but I made the best of what I could do,” he said.

As the head athletic trainer for UTEP, Dawn Hearn said that as much as an athlete wants to return from an injury as quickly as possible, his or her health is first priority.

“That’s probably one of the hardest parts of the job because our ath-

letes are very driven and they want to be out there,” she said. “But it’s my job, with the doctors, to decide ‘yay’ or ‘nay’. It’s a no brainer now with our concussions.”

Hearn said that improvements in technology make it easier to determine if a football player has a concussion or not.

“We started impacting our athletes long before it became mandatory, which is the baseline concussion test and you can’t cheat the computer,” she said.

Hearn said that if an athlete tries to speed up their reaction time, their errors will show.

Hearn, who is in her sixth year as head athletic trainer, said the protocol to return to practice for a football player who is coming off a lower extremity injury includes running, cutting and being able to go at full speed.

Sophomore wide receiver, Jordan Leslie, knows all too well what it is like to go through these setbacks. Leslie, an electrical engineering major, received surgeries on each of his ankles, including one during the first week of last season and another during the off-season. Leslie said he credits UTEP’s trainer with making sure rehab goes smoothly for athletes such as himself.

“I was in a cast for about five or six weeks and Dawn does a great job with us,” Leslie said. “With my ankles, I do up and side-to-side movement, and work on just a range of motions and



FILE PHOTO / The Prospector
Brandon Burris, who is in charge of the women’s basketball team’s injury prevention and health care, aids Anete Steinberga after taking a hard foul from Houston’s Porsche Landry. Burris is also a member of The National Athletic Trainer’s Association.

kind of loosen them up since things tighten up during surgery.”

He said that the key to having a successful rehab after surgery is to have a good mindset.

“You’ve just got to come up with that mindset that you’re going to get better,” he said. “Everyone else is getting better, so might as well get better while you’re hurt.”

Good nutrition also plays a factor for student-athletes that look to avoid major injuries during their season. Jeffery said that it is all about eating healthy.

“You’ve got to eat good food, healthy food. It helps you rebuild your muscles,” he said.

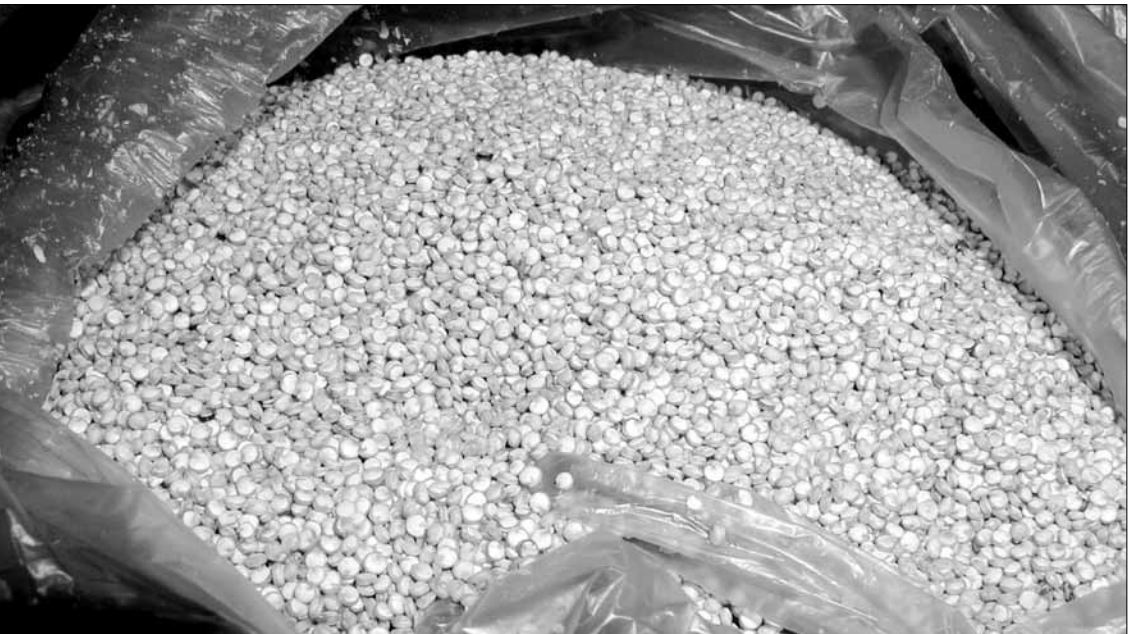
For Leslie, it is the bond of the team that boosts morale when it comes to players injuries.

“We’re all great about getting each other’s back, kind of picking up their spirits,” he said. “Everybody has a bad day where they just want to be out here and it’s real tough. But we all work hard and pick each other up.”

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

Wellness

Healthy eating habits to get through the day



SPECIAL TO THE PROSPECTOR

Quinoa is a food choice that can give people energy, an alternative to coffee and energy drinks.

BY ASHLEY PACHECO
The Prospector

Sometimes an alternative to get through a rough day is to fuel up on coffee, hour after hour. However, there are other healthy alternatives when it comes to stocking up on energy and avoiding a crash later that coffee and energy drinks can cause.

Michael Gracey, a UTEP alumni and owner of Sho Offz fitness, is a sports nutritionist and suggests that

complex carbohydrates are the way to get through the day.

“People don’t realize that breakfast is vitally important, and not only do you need to have breakfast, but also include complex carbohydrates in it,” Gracey said. “Now, I’m not saying to load up on Lucky Charms or anything like that. I’m talking more like steel cut oatmeal and fresh fruits.”

What tends to be forgotten at times is that many of the favorite breakfast foods are loaded with heavy amounts

of sugar. Foods such as pop tarts, cereals, pancakes, bagels and pastries could be why people lack energy towards the end of the work day.

“It might not even be the food that people necessarily need to look for to give them energy, it might just be what they need to cut out of their breakfast to avoid the sugar crash,” Gracey said.

However, Gracey did suggest some of his top picks for quick pickers-uppers. Quinoa, a grain, is at the

“People don’t realize that breakfast is vitally important...”

-Michael Gracey,
owner of Sho Offz fitness

top of his list. In one cup, the complex carbohydrate has 39.4 grams of carbohydrates and 8.1 grams of protein.

Sweet potato is also a suggested meal given that in just one cup the consumer can receive 41.1 grams of carbohydrates on top of other nutrients.

Junior kinesiology major, Tony McCleary, who has competed in three body building competitions, said that sweet potato and a rare cooked steak are part of his ultimate meal choice after a long day of school, work and practice.

“My coach says to constantly eat balanced. Complex carbohydrates for anyone active will always be your best friend,” McCleary said. “So I can recommend sweet potato to anyone if they are feeling tired and need that extra kick to get their day finished off. The steak part — of course lean steak — is just one of my bonuses. I wouldn’t recommend eating red meat every day.”

Chia seeds, known as “the runner’s food,” also seem to be a popular choice. Gracey said this seed is full of omega-3 fatty acids, fiber, protein, vitamins and minerals. They are known to slow the breakdown of carbohydrates into sugars in the body which means the consumer will have more energy throughout the day. It also prevents the blood levels from spiking.

“I have seen many competitors in endurance competitions using this in their diet,” Gracey said. “What’s cool about this seed is that all you need is a tablespoon a day in the morning and you can sneak it into any of your foods like oatmeal without really tasting it.”

Junior linguistics major, Victoria Garcia, likes to drink green tea to get her through the day.

“I use to be on the binge of coffee drinking everyday when I noticed that I was drinking way too much caffeine and was dehydrating myself,” Garcia said. “So I switched over to green tea and noticed a huge difference right away. There were no more crashes during the day and no more jitters. I love my green tea.”

Ashley Pacheco may be reached at prospector@utep.edu.

Feature

Can you really call it an off-season?

BY ALBERT GAMBOA
The Prospector

As the final buzzer of the season goes off and the basketball players walk off the court, fans may assume that the season is over but it isn't. During the off-season when the spotlight is turned off, athletes continue to put in countless hours on the court, working on a jump shot, practicing on a specific post move or just building muscle in the weight room. When the men's basketball season ended on March 15, sophomore center Cedrick Lang and the team got back to El Paso and went straight to the gym to practice their plays. Wanting to forget about their loss to Southern Miss, the team was already focusing on next season.

As a team, players head to the weight room four days a week and assemble four-on-four or three-on-three pick-up games against one another at the Foster Stevens Basketball Center. There, each player works on his own unique set of skills that he wants to improve on. "I'm going to be working on jumping drills to get a better vertical and work on my mid-range shot during the summer," Lang said. In the summer, the men's team meets with strength and conditioning coach, Chisan Jones, to build up muscle and get stronger.

"We step out physically from the game for about two weeks, but it is always in our head."

-Marissa Rodriguez, sophomore guard

The women's basketball team rests for two weeks before they head back on the court and get together with assistant coaches. They conduct sessions with four players in groups to work to get better. "We step out physically from the game for about two weeks, but it is always in our head," said sophomore guard Marissa Rodriguez. "Wondering what we can do better next year or what we can learn from this past season. Some though touch a basketball the day after our season ended." The women also gather up pick-up games at least once or twice a week to provide competition and keep players from getting bored during the break. Freshman softball pitcher Jade Rodriguez, plays softball year-round and uses different techniques so her arm will not get tired.



Freshman utility, Jade Rodriguez, up at bat in a matchup against East Carolina, March 29, at the Helen of Troy softball field.

"You have to have a good conditioning practice so your arm can be ready to go the length," Rodriguez said. "Since I pitch year-round, icing and stretching is always an important part of my routine."

However, it is not all about practicing and conditioning during the off-season for student athletes. It is also an opportunity to devote more time and focus in the classroom from a whole week to a month. Student

athletes do not have to work around schedules that require them to leave out of town for a game. Players can study without distractions. "Coaches can't stress enough how important it is to catch up on our classes, during this time it's the best opportunity to focus on school," Lang said. But of course, the off-season does not compare to the actual season because players miss the adrenaline of a competitive game. "You miss playing against different teams because when you play against the same players it gets boring," Lang said. "Also playing in a large crowd like the Don Haskins Center is what I miss because the atmosphere brings out the intensity." The break between seasons gets players eager to once again be out in the spotlight. It may be called the off-season, but for most of these student athletes, it is just another day at the office.

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

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Answers
Solution time: 21 mins.

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Answers to 03-28-12

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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Feature

Junior transfer displays leadership role



Junior infielder, Alanna Leasau, practicing at the Helen of Troy softball field the morning of March 21.

BY KRISTOPHER RIVERA
The Prospector

At the age of 10, Alanna Leasau began playing softball after receiving a slip in the fifth grade advertising softball tryouts.

"I asked my mom, 'what's softball?' and it kind of just rolled on from there," Leasau, 20, said.

A junior transfer from Tallahassee Community College, junior infielder Leasau is doing well in her first season with the Miners.

At the Jackson State Tournament held March 15-17 in Jackson, Miss., Leasau had a record-breaking performance. She hit two grand slams in back-to-back innings. Her second grand slam was the game-winning hit that pulled a win for the Miners against Mississippi Valley State, 12-9, March 15. She is the first person in UTEP history to hit two grand slams, and her eight RBI broke a single-game school record.

"I called my mom earlier that day and I was like, 'I'm going to hit some

homeruns today for grandpa," Leasau said. "I ended up hitting three."

Leasau's grandfather, who she was really close to, passed away in October 2012.

"It was devastating for me because I was so close to him and I would call him at least once or twice a week and we would just talk about softball and baseball...he always told me what I should do," Leasau said. "So that was my main motivation coming in for this season. To just really use him as my motivation, even on my hardest days, I just think about him and I'm like, 'I'm doing this for him, I'm doing it for my grandpa, just keep pushing through it and keep fighting.'"

She usually wears a necklace with her grandfather's initials engraved along the years 1950-51, when her grandfather's high school team won a championship.

"I use that as my little good luck charm," Leasau said. "I say a little prayer on it before every game and kiss it and then tuck it under my jersey."

Originally from Livermore, Calif., Leasau began looking at a couple of Division-1 schools on the East Coast

and some schools in California because she wanted to move back West to be close to her family. When she came to check out UTEP, she saw it as her new home.

"I love it. I love the coaches, I love the girls, I love my team, I love the community. It's exactly what I wanted when I came on my visit...I knew I was going to come here. There was no doubt about it."

Just a few games into her first year at UTEP, Leasau has started to become a key player for the Miners.

"She's one of the new ones this year for us who has come in and contrib-

uted to our team," said head coach James Rodriguez. "She's played some first base, she's played third base for us. She's right in the middle of the line up, so we need her to keep hitting the ball the way she is."

Senior catcher/utility Kayleigh Watts agrees that Leasau has developed into a leader.

"She's doing very well," Watts said. "She's stepped up quite a bit coming in as a junior college transfer. We are very grateful to have her. She's helped us out a lot."

Midway into the season, Leasau has 28 RBI, 12 runs and six homeruns.

Leasau already may have surpassed her expectations in D-1 competition. She finished her 2012 season at Tallahassee Community College with three homeruns and 11 RBI.

"I'm more of a silent leader. I like to lead by example," Leasau said. "I try to work hard and try to set a good example for my teammates because I know when I was a freshman and sophomore, I always looked up to upper-classmen and I always strived to be like them."

Kristopher Rivera may be reached at prospector@utep.edu.

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Feature

RIDE program resurrected

BY KRISTOPHER RIVERA

The Prospector

Roger Canales, sophomore education major, did not see himself as a college prospect while growing up.

"I was always that guy that people looked down on in high school...I didn't want to go to college," Canales said. "My parents registered everything for me, the orientation and application. Then from there was the first time I got straight As and it was actually pretty weird."

Canales, a part of the EXCEL leadership program for the Student Government Association, said it wouldn't be fair to credit all of his success to the program. He credits most of his achievements to skateboarding.

"Because of skateboarding, I can't stop trying until I'm at least somewhat successful with it," Canales said. "Skateboarding has taught me that if you keep on trying there's always that one chance that you will make it. Sometimes it's by luck, sometimes it's by hard work and really that's how I got my mindset developed."

Last semester, Canales helped bring back the student organization, RIDE, Rongly Indicated and Distinguished Emoticons. It is an extreme sports club where students can join together to do positive things, rather than follow through with the destructive stigma extreme sports usually represent. He is currently the president of the organization.

Serving as the advisor for the organization is William Robertson,

also known as Dr. Skateboard, associate provost.

"A guy named Chris Bobono, who was a student here, started it and then asked me to be the faculty advisor," Robertson said. "Then Roger has since basically resurrected it...he's leading the charge now."

Skateboarding is a sport that can teach creativity, persistence, discipline and setting goals. All the qualities someone would want to apply to their education, Robertson said.

Robertson has developed something called action science. He was using this method to teach middle school students about physics through skateboarding and BMX.

Though RIDE is still a small squad, they hope to see the number grow with time.

Gabriel Escamilla, sophomore mechanical engineering major and vice president of RIDE, became interested in the organization after receiving an email about it.

"I'm really not involved in any groups at UTEP. So once I saw it, I joined right away," Escamilla said. "First meeting, I went and it was pretty cool. There were a lot of cool people I met."

The group of about six members has skate sessions around town, for skateboarders and for any type of extreme sports enthusiasts.

Canales said their group is also dedicated to serving community skate parks by helping keep them clean.

Canales is also involved with other organizations. He currently is SGA



AARON MONTES / The Prospector

Sophomore education major, Roger Canales, is airborne after riding up a ramp at the Boys Club Park on 6th Avenue and Campbell street.

traffic court chief justice, president of the Education College Council, vice president of the Atheist Organization, treasurer of the Global Engagement and Exchange organization, and a

UTEP executive orientation leader for the College of Health Sciences and the College of Education.

Kristopher Rivera may be reached at propsector@utep.edu.



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