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The Prospector, April 1, 2014

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ASSAYER OF STUDENT OPINION

THE PROSPECTOR

WWW.THEPROSPECTORDAILY.COM

VOL. 99, NO. 25

THE UNIVERSITY OF TEXAS AT EL PASO

APRIL 1, 2014

HEALTH & WELLNESS ISSUE

VICES unmasked

REEFER
MADNESS

NEWS 4

HEALTHY EATING
TIPS

ENT. 12

SPRING SEASON
OPENS

SPORTS 13

PHOTO BY MICHAELA ROMAN / THE PROSPECTOR

COLUMN

Editors describe their vices

BY LORAIN WATTERS

The Prospector



I look at my notebook and see an intimidating list of things to do for school or work and feel a headache come on. When things aren't going well at home or in my personal life, it feels like a battle I can't win against the world.

Yet, there is always a sliver of happiness that I can find when I need to escape the stress of everything else in my life. Leather-bound, paperback, yellowed with age or fresh off the shelf, I spread my fingers to reach for a world of my choice and immerse myself in a whirlpool of words. Books are my vice and I can honestly say it would be hard to get things accomplished if I didn't take that necessary break from life.

With my bookshelf teeming over the brim, my not-so-little library has given me hours of entertainment that no television, video game or computer can provide. In between studying for exams or writing the next story for the paper, I make sure to always keep a book on my person—feeling assured that a quick escape is just a page turn away.

Lorain Watters may be reached at theprospectordaily.news@gmail.com.

BY EDWIN DELGADO

The Prospector



Hi, my name is Edwin Delgado and I've been doing coke for the past 15 years. It started out of nowhere and next thing I knew I was doing it every single day, and a lot of it too.

The taste of that beverage made of carbonated water, caffeine and saturated in glucose will never let me go. It began just as my preferred beverage to watch games (since I don't drink alcohol), and through my high school years I found myself doing little else than watching sports and therefore I consumed way too much. After getting a job at two different fast food chains, it was available to me at no cost. I was leaving my job everyday with the usual remark "I

hate this job," followed by a sip of that 44 ounce cup full of coke—which I never paid for—just to relax a bit. In a strange way it's the only thing I can drink to feel relaxed, despite knowing how harmful it can be. But I always find comfort in the thought: "at least I don't drink."

Edwin Delgado may be reached at theprospectordaily.news@gmail.com.

BY JASMINE AGUILERA

The Prospector



I find it hard to stop thinking. My mind is always racing with thoughts about what I have to do in the next hours or days, what my loved ones are up to or some

complex thought about life and all it's wonders. It's exhausting. The only time my mind is ever at peace is when there's a paintbrush or charcoal pencil in my hand. I put my headphones on, listen to Beirut or whatever I happen to be obsessing over that week, and let the creativity flow. Only in those moments when I'm working on the intricacies of values, lines and shades of color am I ever in

a meditative state. No amounts of caffeine, alcohol or nicotine can match the sense of relief I feel when I've finished any creative piece. At this point in my life I can easily say I'd either be unhealthy to the point of near death or insane without this form of expression to turn to. It's been a blessing. Jasmine Aguilera may be reached at theprospectordaily.news@gmail.com.

BY MICHAELA ROMAN

The Prospector



Even when a long day of classes, homework and work is finally done with, I'll still find it hard to shake the feeling of stress.

For the past five years, in order to feel at ease, I've turned to taking pictures for a get away from the daily routine. I've definitely gone through my fair share of cameras, but the feeling has remained consistent. Alone time with my camera is something I never take for granted. Though I am constantly taking pictures for work purposes, it's a different experience to explore new places and

experiment with lighting and angles without having to worry about meeting a deadline or fitting a certain criteria. Taking pictures challenges me to create something of my own from the surroundings given to me. It is a challenge that has turned into my passion. Contrary to popular belief, your profession can also be your hobby and stress relief. Michaela Roman may be reached at theprospectordaily.news@gmail.com.

BY ANDREA ACOSTA

The Prospector



Work, exams, studying, homework, work-out and last minute quizzes all tend to number in my brain and make a huge clutter, leaving absolutely no available space for anything else. Then, somewhere in between my stressful daily routine and my annoying

headache, I realize that I have failed to open my lunch bag and take a bite of that delicious "anything" that I have so joyfully prepared for myself. Sometimes eating it during class, unfortunately. Yes, college is stressful and finding a way to time manage all my activities is always a challenge. Apart from jotting my tasks down in my handy agenda, my true stress-reliever always kicks in when its time to scratch particular tasks off my list. Yep, a weird sense of accomplishment overcomes me.

Anyways, if that doesn't seem to do the trick, I always find some genuine comfort and peace when I play my guitar at home. I think that music is a great medicine for any type of discomfort and it certainly helps me relieve my stress. Singing any particular song and having my guitar accompany me, puts me at ease and allows me to see everything clearer and feel more relaxed—even when homework continues to pile up. Andrea Acosta may be reached at theprospectordaily.news@gmail.com.

WHAT DO YOU THINK?

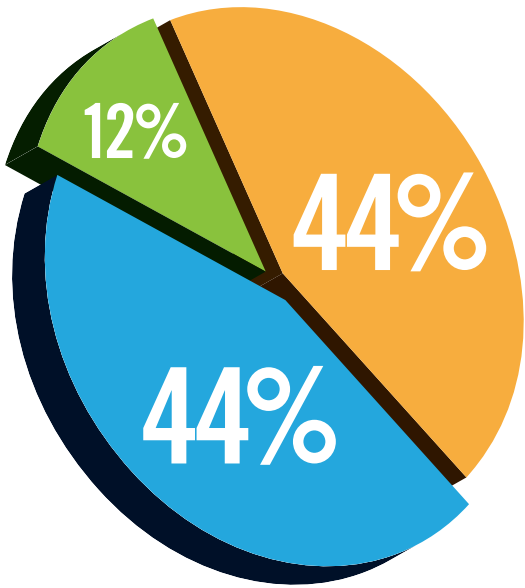
This week's poll question:
Did you watch the season finale of How I Met Your Mother?

answer at theprospectordaily.com



WE ASKED, YOU ANSWERED
POLL RESULTS

How healthy would you say you are?



- Very Healthy
- Moderately Healthy
- I may drop dead any second now

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THE PROSPECTOR STAFF VOL. 99, NO. 25

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Table with 7 columns: TUES, WED, THUR, FRI, SAT, SUN, MON. Each column contains a weather icon, high/low temperatures, and a chance of rain percentage.

ALCOHOL
Binge drinking a real danger for college students

BY JAVIER CORTEZ
The Prospector

Each year, an estimated 1,825 college students between the ages of 18 and 24 die from alcohol-related injuries, according to the National Institution of Health (NIH). Many alcohol-related deaths are unintentional and associated with the phenomenon of binge drinking. As defined by NIH, binge drinking is the consumption of an excessive amount of alcohol in a short period of time. About four-out-of-five college students drink alcohol and half of those college students binge drink, according to NIH. Sherri Terrell, director of the University Counseling Center, has worked with many college students during her time at the University of Houston, Western Michigan and UTEP. She sees binge drinking as a serious problem. "Most college students who binge drink think it is normal," Terrell said. "But they do not realize what risk they are at if they binge drink. You put yourself at more risk with binge drinking, but students don't expect a fallout with (it)." Someone who binge drinks has a higher rate of having academic problems, sexual abuse, assault,

suicide attempts and death, according to NIH. Binge drinkers are 14 times more likely to report alcohol-impaired driving than non-binge drinkers, as stated by the Centers for Disease Control and Prevention. Most of the students that Terrell has seen have not directly related their problems with drinking, but drinking is usually a part of the issue for the students who seek counseling. "I can't point to drinking as the number one cause, but it does play a frequent role," Terrell said. "It's not uncommon for a student to say they have dealt with substance abuse problems or someone in their family has." Even though binge drinking seems to pose a problem, junior English major Fallon Cisneros does not see it as a problem on campus. "It was worse when I was in high school," Cisneros said. "Getting drunk is not common since I have been here at UTEP. UTEP is a pretty safe campus and there are worse colleges out there. Binge drinking can go both ways. You can either get over it in college or it may turn into alcoholism." Whereas Cisneros has not seen binge drinking as a problem at UTEP, she has seen alcohol as a vice or used as a coping mechanism. "Some of my friends, for example, have dealt with a lot of their personal

issues by drinking their problems away," Cisneros said. "So their solution to everything is to get drunk." Although plenty of research has been conducted with the relationship between college binge drinking and alcoholism later on in life, no study has proven this correlation. "Alcohol abuse tends to be at a steady rate and binge drinking has gone up," Terrell said. "To say it is a fad, I don't think so. It is more dangerous than people think." Whether students agree or disagree on the use of alcohol, freshman mathematics major Israel Perez has seen it get out of hand on a few occasions. "I see people who have gotten to the point where they have passed out," Perez said. "I remember the first tailgate I went to—there were people fighting and things got out of hand (since) there is no one there to control it." UTEP does have the advantage of being the the safest city of its size in the United States. According to CQ Press, an independent research firm, El Paso has the lowest crime rate of any city in the United States with more than 500,00 people. UTEP does not rank in the top 50 most dangerous schools in the United States according to The Daily Beast, Elite Daily and Business Insider.



TANIA MORAN / THE PROSPECTOR
Craft and Social is one of many bars that college students may visit.

"I think most of our students are pretty savvy," Terrell said. "They do a good job of cutting back on drinking. That does not mean we don't have students who drink, but they are less likely to get intoxicated." The relationship of binge drinking and alcoholism is not an open-and-shut case, but binge drinking and

drinking in general do have clear cut dangers. "Alcohol touches everyone in life and not always positively," Terrell said. "Binge drinking will continue to be a problem until students understand the dangers of it." Javier Cortez may be reached at theprospectordaily.news@gmail.com.

HEALTH CARE
Deadline extended for affordable health insurance

BY LORAIN WATTERS
The Prospector

A special enrollment period has been issued by the Obama administration, granting individuals an opportunity to submit an application for affordable health care after the assigned deadline on March 31. Based on an honor system, individuals can be granted an extension by checking a box marked "special enrollment." This means that individuals tried to sign up before the deadline, but could not due to technical problems with the website, not having access to the Internet, or other various reasons. The last day to submit paper applications is April 7. Those who submit an application through healthcare.gov have been given until mid-April. A final date was not released as a deadline for when electronic applications will be accepted. After this time period, applicants will need to request an extension through a federally sponsored call center. Roy Ortega, community relations director for Project Amistad, a non-profit that helps the elderly and disabled with transpiration, has been

helping El Pasoans sign up for affordable health care in coalition with Enroll El Paso, encourages them not to wait until the last minute to sign up. "Agencies like ours were contracted by the Department of Health and Human Services to assist uninsured people. Most of them have been doing it on their own, securing their own policies via the marketplace," Ortega said. "We encourage residents to obtain their health insurance as quickly as possible. For one reason or another, if they can't do it on their own or over the phone, we are here to help." Through federal legislation by the Obama administration, every American is required to have health insurance. If an uninsured resident does not enroll for healthcare, the maximum penalty will be \$95 a year, or 1 percent of their total income, whichever is higher. This penalty fee will increase every year they are not insured. Chris Hernandez, field organizer for "Get Covered America," has been working with El Pasoans since the beginning and has seen an increase in applicants as the deadline has approached.

see INSURANCE on page 5

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DRUGS

RELIEF IN A DIME BAG

BY MARIA ESQUINCA

The Prospector

The following UTEP students asked that The Prospector not publish their real names. An alias chosen by them was used to protect their identities.

Katherine, a sophomore psychology major, exhales slowly. The smoke pools around her mouth. She sucks it in quickly and exhales again. Translucent tentacles swim around her head.

She passes the blunt to Mughonda, a sophomore history major. The joint passes by a black-and-white poster of John Lennon, the white words “imagine” are imprinted in the right corner. Below the words, nestled in the corner of the wall is what Mughonda calls his “munchies kit”—two giant Doritos bags, packages of Chip’s Ahoy cookies and bags of Trolli gummy worms.

“I embrace the high,” Katherine says while she waves the smoke away with her arms.

To Katherine, getting high is an opportunity to access different levels of

creativity. It has also been her way of temporarily forgetting heartbreak.

She says that THC, the ingredient that causes mind-altering affects, resurrects images of her lost lover amongst the songs that swirl in the air with the smoke.

“It (the music) relates to something that I feel. It’s when the memories hit me the most... I keep smoking until I stop thinking,” Katherine said. “It’s when that happens that, I guess, I use it in a bad way.”

Katherine and Mughonda are just two of the 14 percent of young people, ages 18 to 29, who smoke marijuana regularly every year in the U.S., according to 2013 Gallup statistics. The same poll shows that young adults are the largest consumers of the drug.

Louis Castro, nurse practitioner and director at the UTEP Health Center, said she understands why students turn to the drug as a means of stress release, but is afraid of the unforeseen long-term effects and said abusing the drug is not an answer.

“(Students) are under a lot of stress at school,” Castro said. “They’re taking classes, they have a lot of expectations, they’re partying, they’re studying...the drug is not going to help you. What’s going to help you is counseling. Find out why you’re depressed. The drug is covering up the problem. It’s not taking care of the problem. When that drug wears off, or when the marijuana wears off, the problem is still there.”

Castro said she believes marijuana is a gateway drug that leads to further abuse.

“First it’s for fun. They go to parties, everybody is having a good time, everybody is feeling good and so ‘mmm I like that and so I’m going to do more and more,’ and pretty soon it becomes a problem,” Castro said. “And then pretty soon the marijuana doesn’t take care of all that stress and anxiety and pressures, so they go to the hard drugs.”

National statistics by the National Institute on Drug Abuse show that

marijuana is abused more than any other drug.

In the U.S., marijuana has been completely legalized in Washington State and Colorado, while medical marijuana is legal in 18 other states.

According to Colorado’s State Department of Revenue, the state has made around \$2 million in taxes on marijuana in January and an estimated \$14.2 million worth of recreational pot was sold from 59 businesses.

The Economic and Revenue Forecast Council expects that marijuana will produce \$51 million in sales and revenue in the 2015-2017 biennium for the state of Washington, raking in an estimated \$190 million for the state over a four-year period.

Ceci Holguin, clinical counselor at the UTEP Counseling Center, believes students such as Katherine and Mughonda are using the drug the wrong way.

“Marijuana is a depressant, so the individual is going to continue to feel depressed. It’s not truly what they think,” Holguin said.

SPECIAL TO THE PROSPECTOR

Despite the critics, young people seem to favor legalization.

In a survey by the PEW Research Center, 69 percent of millennials—adults between 18 to 33 years old—said marijuana should be legalized.

“I really don’t think it is an addictive drug, it is actually a happy drug,” said Isabel Aleman, senior health promotions major. “Happy drugs make happy people. Everyone should smoke weed.”

Mughonda has been pacing the room the entire time like a toy soldier whose crank has been tirelessly wound up.

“Shit, I listened to the clock,” Mughonda says. “It doesn’t stop ticking.”

A moment later, he stops pacing the room. His eyes are closed and his hands are extended out into the air, his fingers are strumming an invisible guitar.

“I’m meant for something great,” Katherine said. “I can feel it... We are the people that understand the world.”

Maria Esquinca may be reached at theprospectordaily.news@gmail.com.

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SAT | 4.26 | 2 PM | 4 PM
SUN | 4.27 | 2 PM | 4 PM



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TENNIS VS TARLETON STATE
SAT | 4.05 | 10 AM

TENNIS VS NM IDAHO
FRI | 4.11 | 2 PM

TENNIS VS ARKANSAS STATE
SUN | 4.13 | 10 AM





NICOTINE

New age addiction, the rise of electronic cigarettes



BY HELEN YIP
The Prospector

In this day and age, you can now add cigarettes to that list of digital items. Electronic cigarettes, or e-cigs, have been around for a while, but have really undergone a boom within the last five years. Many are turning to e-cigarettes in an effort to stop smoking the real thing.

Yvette Delgado is an imaging specialist at UTEP and has been smoking

SPECIAL TO THE PROSPECTOR cigarettes for 15 years. She has tried electronic cigarettes for a couple of months now. Her reason for switching to them is due to the smoking ban on the UTEP campus.

Since trying them, Delgado said she has found several advantages to using e-cigs instead of smoking real cigarettes.

“I can smoke it in my house and not stink. Sometimes I just want a couple of drags not a whole cigarette,” Delgado said.

Aaron Dashnaw, freshman pre-engineering major, has been smoking since he was 15 and he is now 19.

“I don’t like e-cigs, I will just puff all day on it and then just want a cigarette,” he said.

Dashnaw said he just wanted to try an e-cig to see what they are like, but he doesn’t think they do anything.

Jon Law works for the Paso del Norte Health Foundation and is the CFO and previous program officer for the Smoke-Free Initiative, an effort to create awareness of health risks in cigarettes and cessation resources for El Paso, Southern New Mexico and Ciudad Juárez, Chihuahua.

“You’re seeing a lot more vaping (stores that sell E-cigarettes and paraphernalia) stores in El Paso,” Law said. “They are fairly common in the market place.”

Law said the question is when and whether the Food and Drug Administration will eventually begin regulating electronic cigarettes.

“What they have found is that the FDA has looked at the contents of e-cig-

“Because there is no regulation, the level of nicotine from cartridge to cartridge is not... the same, you may get more nicotine than you wanted.”

- Jon Law, Paso del Norte Health Foundation

arettes...there are different levels of nicotine within the same brand,” Law said. “Because there is no regulation, the level of nicotine from cartridge to cartridge is not necessarily the same, you may get more nicotine than you wanted.”

Law also said one concern is the history of tobacco companies trying to market to a younger generation. Because the cartridges come in candy flavors, it is suspected that this is one of those tactics.

“What we know now, nationwide, about 10 percent of high school students have tried e-cigarettes,” Law said. He believes there is not enough information yet to say what the effects of electronic cigarettes will be.

The American Council on Science and Health has published several articles fighting against the backlash electronic cigarettes have had in the media. The ACSH was founded in 1978 and is made up of scientists whose concern is that certain public policies

see E-CIGS on page 6

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INSURANCE from page 3

“This last week was very long and busy. Just Friday (March 28) alone we had 1,000 people sign up at the County Coliseum. It was our biggest event,” Hernandez said. “That gives you an idea of how many people are signing up, not including the health-care website—which has also been experiencing some major traffic.”

The marketplace announced on March 27 that six million Americans had signed up for affordable health care. That number is expected to increase after the deadline.

“Those who did not make the deadline can still sign up at healthcare.gov or attend the enrollment events that Enroll El Paso will be having throughout the week,” Hernandez said.

Although this special enrollment extension will allow many an opportunity to sign up for affordable care, some are still hesitant to obtain insurance.

Fernando Enriquez, senior studio art major and ad designer at Student Publications, has received his medical needs from the Centro San Vicente clinic by signing up every year for their services. Each visit only costs \$20 if you qualify.

However, because of the demands from school and work, he has not been able to go back and sign up.

“I have a low-income, so now I just plan on never getting sick or hack it if I do and hope that it goes away on its own,” Enriquez said. “I buy over-the-counter medications and if I continue my ways in taking care of myself, then that’s more money in

“Those who did not make the deadline can still sign up at healthcare.gov or attend the enrollment events...”

- Chris Hernandez, field organizer for “Get Covered America”

my pocket to use for something else instead of paying for this insurance.”

Enriquez plans on using the special enrollment extension for affordable care, seeing it as something he can fall back on should he get sick.

“If I have the time, I’ll sign up for it, but I’m not going to rely on it,” he said.

Enroll El Paso will host an enrollment event in partnership with Project Vista on Tuesday, April 1 from 8 a.m. to 5 p.m. at the Montana Vista Clinic.

For future enrollment events, visit enrollpaso.org.

To sign up for affordable health care, visit healthcare.gov. For Spanish speakers, visit ciudadodesalud.gov.

For those who cannot sign up in person at the enrollment events or online, call centers will be open 24/7 to help individuals apply at 1-800-318-2596.

Lorain Watters may be reached at theprospectordaily.news@gmail.com.

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E-CIGS from page 5

related to health and the environment do not have a sound scientific basis.

According to the ACSH, the headlines found in the media regarding e-cigarettes have not been based on substantial enough evidence to be quoted as fact.

Rebecca Leech owns a vape shop on Mesa called Crush, which opened July 2013. Leech specializes in making her own nicotine vapor solutions.

"They are made with pharmacy-approved propylene glycol, vegetable glycerin and candy flavorings," Leech said.

Leech believes vape shops have only reached their peak, at least in her shop, within the last year.

"Anything you use in excess becomes an addiction, nicotine only got a bad rap, yet they failed to mention the other 4,000 chemicals found in a cigarette," Leech said.

Her vapor does contain nicotine, but Leech said that is far less harmful than smoking a cigarette. Leech believes vaping is a far better alternative to smoking cigarettes.

"You have choices, a healthier option where you can be vaping and you don't have to worry about lung disease, emphysema, heart disease," she said.

Adriana Martinez, junior English and American Literature major, prefers to smoke cigarettes, but she has had to cut back by using e-cigs to be able to work out.

"It's not an overwhelming feeling like a cigarette...I don't cough as much now and I can work out," Martinez said.

She said she enjoys electronic cigarettes for the health benefits she has noticed in her own life.

Helen Yip may be reached at theprospectordaily.news@gmail.com.

SEX

Bringing sexy back to health



FILE PHOTO / THE PROSPECTOR

BY AMANDA GUILLEN
The Prospector

Sex may still be considered taboo to talk about, but it may be just the thing you need to hear about when it comes to keeping healthy.

Some surprising health benefits of sex include a stronger immune system, minimized pain, weight loss, improved sleep, reduced blood pressure and it decreases serious health issues— such as prostate cancer, heart failure and alleviates stress.

According to Women's Health, "People who have sex were found to have higher levels of an antibody called immunoglobulin A (IgA). These antibodies help combat diseases and keep the body safe from colds and flu."

From headaches to back pains, sex can serve as medicine to keep the day going, pain free. After an orgasm a surge of hormones are released, which then alleviates pain. The endorphins that are released resemble morphine, which helps with pain.

Some students say sex helps to relieve stress from their busy lives.

"See, nowadays sex is the easiest and fastest stress reliever that you can find out there," said Javier Gomez, junior communication studies major. "To top it off, it lost that intimate passion of that aspect of where you can say, 'I'm going to make love to this individual and please their mind body and soul and arouse their deepest and darkest secrets.'"

Sophomore media advertising major, Jocelyn Torres said that although many students and even friends may use sex for recreational purposes, she said she has sex out of love.

"More out of love for me, because if you are comfortable with the person and if you have the ability to connect with the person, and you have feelings with the person you will be able to connect with them," Torres said.

In addition to health benefits, there are some health risks that could be detrimental if necessary precautions aren't taken. Sexually transmitted diseases are always a possibility for those who are sexually active and can lead to temporary health risks and potential permanent health issues, such as HIV/AIDS.

Licensed psychoanalyst with El Paso Counseling Associates, Mary Webb Tafoya, said that although neuroscience shows that it does lower stress because of the release of hormones, it can lead to serious health risks.

"People don't talk about those things," she said. "Often times, people are engaging in sex while under the

“

See, nowadays sex is the easiest and fastest stress reliever that you can find out there.

”

- Javier Gomez, junior communication studies major

influence and do not have the talk—if they are clean and if they are free of illnesses. Even if they are educated, they don't get tested.

Webb-Tafoya also said all too often people have sex with a person specifically for the relief rather than in the search for a partner, which can lead to STDs.

"You don't necessarily have to be with another person to get relief," she said. "When you weigh all of the possibilities and the consequences of being with another person, and with all of the risks, it is better to find another way to relieve yourself. If you have to get relief, why not masturbate?"

Amanda Guillen may be reached at theprospectordaily.news@gmail.com.

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COMMUNITY OF CARE
STUDENT AFFAIRS

APRIL 1, 2014

ENTERTAINMENT

EDITOR
ANDREA ACOSTA, 747-7477

Students dance their way to a healthier life

BY AMBER GOMEZ

The Prospector

Leaping across the stage with grace and agility, these performers will leave you in awe of the talent they bring forth. Students who are pursuing dancing as a major are preparing to become performers or choreographers. They will spend hours rehearsing in order to achieve the perfection they desire. Like in any sport, dancers must keep healthy and in shape if they want to succeed.

“The training of an aspiring professional dancer must possess a balance between developing fine motor skills, along with personal and acquired practices that nurture their uniqueness. This is in order to develop an expressive and personal sensibility,” said Andrea Vazquez, visiting assistant professor of theater and dance.

According to Vazquez, the body is an instrument that must be stimulated by an array of movement perspectives with somatic techniques, fitness principles and dance practices.

The dancers create a multi-dimensional routine for practice involving different styles to discipline themselves—from ballet to jazz. In order to rehearse the variety of dance styles, they need to develop motor skills in order to create connections between the nervous and muscular system.

“There is enough evidence that points that exercises, or movement sequences, that involve the coordination of the whole body are beneficial and conducive to develop inner-awareness,” Vazquez said. “A

dance technique class should intend to develop first self-awareness before giving students complex movement sequences.”

While staying fit is important in dancing, so is obtaining the vitamins and minerals that will nourish the body. The dancers must keep healthy eating habits to complement the physical activity they will go through.

“I personally encourage my students to stay away from sugary beverages and instead to drink water. Each dancer is different and in many cases physiological factors dictate the way a dancer needs to eat to function well,” Vazquez said. “Keeping a healthy weight helps to keep the skeletal system in optimal function, despite the constant load of dance training. Being in shape is a complex balance.”

Keeping up with a specific diet or weight in order to perform, is one of the misconceptions that dancers may have believed, but according to Vazquez, having the dancers on a diet is not mandatory, but it is recommended that they have healthy nutrition.

“In our program, the faculty do not force students to maintain a certain weight or follow a diet, but rather we suggest based on evidence, and encourage healthy eating habits like eating fresh vegetables and fruit instead of processed snacks,” Vazquez said. “They should do their best to maintain a healthy and positive relationship with their bodies.”

Dancing is very physical and involves keeping the body healthy by working out and eating properly. By doing so, dancers are able to achieve

“The training of an aspiring professional dancer must possess a balance between developing fine motor skills, along with personal and acquired practices that nurture their uniqueness.”

- Andrea Vazquez,
visiting assistant professor
of theater and dance

their desired outcome in performances and succeed in what they do.

“Some training methods are dictated by stereotypes,” Vazquez said. “In some dance programs, dancers need to audition and fit specific body-type requirements. Here at UTEP, that is not the case. All aspiring dancers are welcome and we do our best to help them be successful.”

Amber Gomez may be reached at theprospectordaily. ent@gmail.com.



FILE PHOTO
Senior dance major Maira Montes practices her dance skills outside of school. She also teaches lessons in her spare time.

NUTRITION

Eating healthy, the truth behind nutritious foods

BY AMBER GOMEZ

The Prospector

For those trying to maintain a healthy diet, they might be spending their money on foods such as salads, wheat bread and anything that says “fat free.” However, they might not know that these foods could not be that nutritional.

An article on cookinglight.com lists 10 foods that they deem unhealthy. On the list are wheat bread, prepared salads, reduced-fat peanut butter, energy bars, bran muffins, smoothies, packaged turkey, fat-free foods, baked potatoes and sports drinks.

While some of these items, such as salads, may come as a surprise, Maria Duarte-Gardea, chair of the Department of Public Health Sciences, said that prepared salads can, in some ways, be unhealthy for you, especially if you are trying to stay

on a diet. However, she also offered some tips when ordering one.

“In addition to containing a large variety of ingredients such as pasta, olives, vegetables, meats, among other ingredients, prepared salads can contain large amounts of dressing, making this food choice a high-calorie meal,” Gardea said. “When ordering salads at a restaurant, a better choice will be to order the dressing on the side. This way people save some calories while enjoying the particular flavors emerging from the combination of a variety of ingredients in a salad.”

Even if students still want to prepare their own salads, that alone may not keep them healthy, as this particular food may be very misleading.

“Your body needs more than just salad every day. It needs protein and other nutrients that vegetables alone can’t provide,” said junior nursing major Claudia Villalobos. “I would recom-

mend that eating everything in proportion is the perfect definition of healthy, and changing up what you eat.”

Proportions can separate a product from being healthy to fattening. Depending on the amount of that particular item consumed, the calorie intake will be different. Gardea says that large-sized smoothies are not healthy due to the added ingredients that can be in the mixture. Taking in smaller portions is the best option to save some calories.

“Smoothies are usually made of a variety of fruits, milk and nuts as well as other ingredients that may include syrups and peanut butter that add some simple sugars and fat,” Gardea said. “A useful guide to avoid overconsumption of calories from packed smoothies is by reading the food labels and choosing those with the least number of ingredients and those con-

taining at least five grams of protein and similar amounts of fiber.”

Another misleading label, fat-free, does not mean calorie-free. People are usually persuaded toward placing fat-free dairy products like yogurt in their grocery baskets.

“Fat-free means that fat has been substituted with some type of carbohydrate or protein,” Gardea said. “A fat-free food will contain fewer calories than the equivalent higher-fat food, but that doesn’t mean that its calorie free.”

If students are trying to consume healthy foods, they shouldn’t be completely discouraged by the list. There are still several ways they can maintain their diet.

Before purchasing a food that you believe to be healthy, Gardea said to first read the food labels. She recommends choosing foods that have been prepared with less ingredients and

those with less calories, sodium, total fat and sugars. Also, look for whole foods instead of processed ones and consider water the next time you want a sports drink.

“A healthy diet includes a variety of foods eaten in moderation and prepared using healthy cooking methods such as baking, grilling, steaming and using small amounts of fat. Foods to be included in a healthy diet include whole foods rather than processed foods,” Gardea said. “Following the ‘My Plate’ as a guide for a variety of foods and portions, and combined with the consumption of two liters of water throughout the day, will constitute a healthy diet.”

For more information about healthy food choices, visit choosemyplate.gov.

Amber Gomez may be reached at theprospectordaily. ent@gmail.com.



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APRIL 7-13, 2014

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SURVEYWEEK

★ UNIVERSITY CAREER C

- Working more collaboratively with the Programs staff to ease wait time for students signed in order to begin their internship o
- New Peer Career Advisors (PCAs) wear "PCA in Training" when sitting with another student with a resume review.
- Encourages campus departments each to post job listings in Job Mine.

★ INFORMATION TECHNOLOGY

- Expanded wireless coverage throughout the campus at the Fox Fine Arts building.
- Enhanced wireless printing for student printing - making it easier for students to print. For more info, www.info.mobileprint.utep.edu
- Added student license rights to our existing wide license agreement allowing us to install software on personally-owned computers.
- Enhanced the use of virtual software tools for users on tablets or smartphones. Student mobile devices are now capable of saving software in the cloud.

★ ENROLLMENT SERVICES

- Created a true one-stop-shop contact center to address student's needs via the survey

★ OFFICE OF INTERNATIONAL PROGRAMS:

- Implemented an enhanced Front Desk fostering behaviors that are exemplary in the industry
- Instituting a "secret shopper" program for customer service.
- Launching an informational campaign on existing services.

★ MILITARY STUDENT SUPPORT

- Increased training of staff regarding Veterans
- Expanded training of staff to include handling submitted; in person requests are an option

★ STUDENT PUBLICATION

- Launched a new website that offers multimedia options in an effort to increase awareness: www.theprospectordaily.com.
- Producing more online videos including "Weekly," and an entertainment series called "The Prospectors Weekly."
- Producing a one-a-week paper in order to provide coverage of issues and news that students

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★ CENTER FOR ACCOMMODATIONS AND SUPPORT SERVICES (CASS):

- Purchase of new computers and assistive software for CASS testing center.
- Decentralization of ADA assistive software to all computers and computer labs on campus. It is no longer centralized in the Assistive Technology Lab in the Library.
- Expanded customer service training for all CASS front office workers to include appropriate use of People First Language.

★ OFFICE OF STUDENT LIFE:

- Launched a new "Student Life: Get Involved" webpage: <http://studentlife.utep.edu/>
- Increased the number of educational programs and outreach campaigns regarding safety and wellness related topics such as alcohol awareness, hazing, Title IX and sexual assault.

★ RECREATIONAL SPORTS DEPARTMENT:

- Collaborated with New Student Orientation to bring freshmen to the Student Recreation Center for tours which resulted in a 329% increase in freshman use of the facility.
- Established open volleyball hours.
- Increased the number of fitness classes from 33 in 2013 to 39 in 2014 in order to accommodate students' desired participation times.

★ STUDENT ENGAGEMENT AND LEADERSHIP CENTER:

- Restructured SELC Homecoming Committee in order to increase overall number of activities offered during the week as well as awareness of the program itself.
- Implemented a social media plan that includes specific times during the day when students will be notified of events.

★ STUDENT ASSESSMENT AND TESTING OFFICE:

- Provided training on testing requirements and registration for front line staff.
- Reviewed test room procedures and test verbatim with testing staff
- Worked with Facilities Services to improved temperature control in testing class rooms.

★ UNIVERSITY COUNSELING CENTER:

- Increased the number of clinical service providers through hiring a new employee, filling a vacancy, and beginning a Doctoral Internship, all of which translate to more service providers available to see students.
- Increased our efforts to build a more active group therapy program, allowing us to serve a greater number of students.

APRIL 1, 2014

OUR VIEW

PHOTO EDITOR
MICHAELA ROMAN, 747-7477

HOLI shares the colors of spring



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MICHAELA ROMAN/THE PROSPECTOR
HOLI was celebrated on Saturday at the engineering patio. Students, faculty and children attended this event. HOLI is a famous Indian festival that marks the arrival of spring.

TRAINING

Trainer helps students reach fitness goals

BY JOSE SOTO
The Prospector

Fitness may seem to be an individual venture—one that is often undertaken and accomplished by students. For Kimberly Rayner, senior marketing major and personal trainer at New You Gym, it is a completely different experience. Rayner sees exercise and fitness as a social goal, where she is the leader of the pack. She undertakes the task of helping other students reach their fitness goals in stride.

Q. How was it that you came to be a personal trainer?

A. I used to be a client at New You and within the first month of training, the owner, Shane Martinez, (now my role model), came up to me one day and asked me if I wanted to be a trainer. I was so happy and felt extremely blessed because I am in love with fitness and love helping people with their confidence and health. I shadowed Shane for two months and got my certification as soon as possible.

Q. What does being a trainer entail? What specific regimens or protocols must you abide by?

A. First off, you need to be certified and knowledgeable about both fitness and nutrition. I am certified by the Interactive Fitness Trainers of America, as well as CPA certified. My day starts off every day at 4 a.m. Monday through Friday. My first clients are at 5 a.m. and I work six to 10 hours daily, including Saturdays.

Q. What are your trainees like? Do you strictly train student-athletes or do you also train average students as well?

A. I train all ages and all types of women. It ranges from student-athletes to people just trying to stay in shape. I do train some men, but my specialty would be women because I can easily relate. The youngest I trained was 12 and the oldest was 84.

I have a large variety of clients and every one of them is different and looking to reach different goals. I have to make sure that I cater to all my clients individually and keep track of their progress, like diets, measurements, etc. I always make myself available to each and everyone of them. I make sure they store my phone number—that way they can text me whenever about questions they might have that is health and fitness related.

Q. What kind of training do you have your trainees undergo? How do you determine what level of training a person can handle? Do you have a set workout depending on the physical endurance of a trainee?

A. I am a person who gets bored very easily. I am the same with workouts. Since I have always been that way, I make sure that I always keep up to date with the latest workouts and trends. I want my clients to walk into the gym and have no idea what we are going to do. I take time every Sunday and spend research and lots of thought in planning and writing my workouts for the week.

All my clients do the same workouts, but depending on the physical endurance of the trainee, I either lower or higher the weight, add more reps or lower the reps. I go at the trainee's pace and I try not to do anything too crazy that will push away the clients.

My training is a mix of everything—you could call it cross training. It ranges from cardio, weight training, plyometrics, some cross-fit movements and others.

Q. As a UTEP student, how important do you think physical training is? Not only for active people like yourself, but for all students?



SPECIAL TO THE PROSPECTOR

Kimberly Rayner is a personal trainer. She began two years ago and continues to help her clients reach healthy goals.

A. When I first started to work out, I enjoyed it and it was the way I spent my leisure time. Later, I started to get really interested, as I realized how much I was benefiting from it. It is a good way to stay in shape, prevent future disease or other health problems and it has proven to help people build their confidence.

Eating right and working out works hand in hand. You cannot work out super hard and go eat a bucket of ice cream and pizza and expect to see results. I believe your health is the most important thing; you only have one body, treasure it and treat it the way it's supposed to be treated.

Students at UTEP have the advantage of having an amazing gym that has state-of-the-art equipment, fitness classes and an amazing pool.

Students always complain that the reason they cannot stay in shape is because of limited time, but they can make time. Three to four hours a week dedicated to working out and a good diet is very important for their future.

Q. Besides physical training, do you also provide health training and healthy eating suggestions?

A. I personally believe that good-eating habits should be everyone's primary concern. About 70 percent of your results come from your diet. I emphasize nutrition with my clients and although I am not a certified nutritionist, I make suggestions.

Q. What would you encourage the average student to do to help them start getting into shape? Are there any eating habits that all students should stick to?

A. I think that the way to encourage students to get into shape is providing them a list with all the benefits they are receiving from maintaining a healthy lifestyle. Many students do not think about their health in the future and focus on the present. They need to be aware that (their) choices today will affect their futures in the long run. I would also suggest they rule out fast food. If it's fast and you can get it through a drive through, odds are that it's probably not the healthiest choice for you.

Q. What has been your experience so far being a female trainer with many male trainers also in the field?

A. I have had an amazing experience as a female trainer. I have very supportive co-workers, who the majority are male and they are very encouraging. I am very blessed to work in such a positive environment. It also helps, because I can relate to my female clients.

Q. What are your physical goals and dreams as a UTEP student?

A. My physical goals are to be healthy. I have never been one who was skinny and losing weight has always been an issue for me because I have such a slow metabolism.

At first, I used to struggle with my confidence, because I was never that size 0 I always wanted to be. With time, I accepted myself and realized that I needed to be happy with me. I have a healthy diet and work out consistently. Once I accepted my body for what it was, I became happy with myself and wanted to help women who were struggling with that issue as well.

As far as my goals as a UTEP student, I am about to graduate with my marketing degree, but I am thinking about double majoring in kinesiology. I want to apply to the physical therapy program at UTEP and eventually pursue that. I would love to continue the path of training and also helping people in that sense.

All the lives that I have impacted and influenced is the reason why I am absolutely in love with my job.

Being a student and working full time has been hard at times, but I stay motivated and I make sure I have good time management. I would not trade my life for anything, I feel completely blessed and I thank God every day for these amazing opportunities he has given me. I would not have it any other way.

Jose Soto may be reached at theprospectoraily.ent@gmail.com.

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MEDITATION

Yoga keeps your mind fit and away from stress

BY JOSE SOTO
The Prospector

Yoga and meditation don't necessarily come to mind when thinking about fitness and exercise.

This physical exercise is an ancient Hindu spiritual practice that entails asceticism. It involves control and discipline of breathing and bodily postures, which stretch the body and build endurance. A major part of yoga is meditation, which ties in with the exercise as specific postures are held for long periods of time, where the individual must concentrate not on the physical experience, but mostly on the mental one.

"There are no necessary skills to do yoga or meditation. It is just a matter of opening yourself to the practice and discovering the benefits," said Maria Contreras, yoga instructor at UTEP. "(Yoga) is a combination of mental, physical and spiritual discipline to promote control of the body and mind."

Many studies have shown that practicing yoga and mediation can lead to health improvement and stress reduction. A recent study, conducted by Harvard students and led by John Denninger, director of research at the Benson-Henry Institute for Mind-Body Medicine at Massachusetts General Hospital, shows that mind-body techniques can switch on and off some genes that are linked to stress and immune function.

The research found that while practicing yoga and meditation, the effects not only occur throughout the



SPECIAL TO THE PROSPECTOR
Yoga is an ancient Hindu spiritual practice that helps control and discipline breathing and bodily postures.

body, but also in the brain. They also found that it also relieves hypertension, infertility, depression and the aging process. According to the study, these issues account for 60-90 percent of doctor visits.

"Both yoga and meditation are great ways to increase your overall fitness and well-being by destressing the body both physically and mentally. Yoga on the physical level improves flexibility, balance, body strength and teaches yoga breathing (pranayama) exercises," Contreras said. "Meditation helps with improving your ability to concentrate, mental calmness, relaxation and body awareness."

Rasmiyeh Asam, a UTEP student working on her master's degree in education, taught yoga at UTEP, Surya Yoga Studios, Rush Fitness and subs

at Casa de Yoga. She is RYT 200-hour certified, meaning she has completed more than 200 hours of registered training with the Yoga Alliance.

"Some poses have health benefits such as relieving mild depression, headaches, back pain, improving digestion, help with sciatica, improving balance and improving circulation," Asam said. "Mediation has also helped some people reduce stress, anxiety, as well as help the mind become more calm and obtain a better focus."

Both Asam and Contreras encourage everyone to try yoga for themselves to experience first-hand what it can do for you and your body.

Jose Soto may be reached at theprospectordaily.ent@gmail.com.

APP REVIEW

Top 6 apps for the body and mind

BY LESLY LIMON
The Prospector

We function and communicate with our phones, check the time, use social networks and even play games. Sure, there are many useless apps to help us pass the time, but there are also apps that can be educational and motivational too. Here are the top six apps that are recommended for a healthy body and mind.

1. **"Lose It!"**—If you're looking to lose some weight, this app has everything you need to help you track your meals, weight, exercise, and water intake. This calorie tracker app is also compatible with devices like the Nike Fuelband and Fitbit devices, it can also be synced with other fitness apps to make sure information is accurate.

2. **"Minute Workout"**—Want to squeeze in a workout, but you're running on a full schedule? This app offers a seven-minute challenge for seven months. See if you can keep up working out every day for seven months. Sounds easy right? Easier said than done. This app keeps track of your workouts and even offers achievements for completed workouts.

3. **"Pocket Yoga"**—The perfect app for yoga on the run. "Pocket Yoga" is complete with a variety of workouts and poses to satisfy your yoga workout. Choose from beginner, intermediate and expert levels and the length of your workout. This app is perfect for advanced yogis or individuals who want to get started with yoga.

4. **"Stop, Breathe and Think"**—This app is perfect to download if you're looking to get into meditation. Being mentally in touch with your health is just as important as being physically healthy. This app offers various guided meditations for beginners to experienced individuals. Simply choose how you're feeling and "Stop, Breathe and Think" will give you a list of customized meditations to help you find inner peace and Zen.

5. **"Lumosity"**—Exercise is important for your mind too. With "Lumosity," participate in games, puzzles, and challenges to exercise your brain. This app is free, however you do have to pay for a "Lumosity" subscription. The good thing is that you can participate in a free trial before you decide to commit to a subscription.

6. **"Waterlogged"**—Use this app to keep track of your daily water intake. You can set up reminders throughout the day to ensure that you are drinking the proper amount of water that you need. It's been proven that water intake helps clear skin and aids in weight loss. Stay hydrated to stay healthy.

Lesly Limon may be reached at theprospectordaily.ent@gmail.com.

TUITION & FEES
2014 OPEN FORUM

April 9, 2014
Union Building East
University Suite - 3rd Floor
3:00 - 5:00 pm

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APRIL 1, 2014

SPORTS

EDITOR
EDWIN DELGADO, 747-7477

Trainers crucial for student athletes



MICHAELA ROMAN/THE PROSPECTOR
Athletes go through many hours of conditioning before being ready to compete.

BY JAVIER CORTEZ
The Prospector

Besides the occasional student-athlete in class or the occasional football or basketball game that students attend, most do not know the amount of training student-athletes have to dedicate themselves to, other than the actual strength coaches.

Assistant strength and conditioning coach David Adamson, who has been at UTEP since the summer of 2007, knows about the blood, sweat and tears an athlete goes through.

“Being a student-athlete is not easy,” Adamson said. “The average student does not understand it. This is not high school, where you can just show up to the game and perform. All in all, student-athletes train five to six days a week and you have to do this on top of classes.”

Since 2002, Adamson has been in strength and conditioning. From Arizona State to Virginia Commonwealth, Adamson has worked with athletes all around the country.

Name the sport and Adamson has worked with its athletes. From football and golf to soccer, Adamson has trained all athletes under the sun. As of now, Adamson is working with track and field and volleyball. Despite the differences, some things stay true no matter what the sport it is.

Adamson brings to the table the experience of a strength coach and also the experience as a competitor. He is a competitive weight power lifter, and he has competed in three different weight classes. Adamson uses his many experiences as a coach and competitor to make his athletes better.

“A lot of the basic concepts are the same,” Adamson said. “Just because you are a soccer player does not mean your body functions different than a football player. Strength is the same no matter what. Endurance is the same no matter what.”

The differences in how a strength coach trains his athletes depends on the demands of each sport. For example, both a soccer player and baseball player need endurance to excel in each sport, but the difference comes in the volume of endurance training.

“Obviously, soccer needs more of endurance than a baseball player, but that does not mean a baseball player does not need endurance,” Adamson said. “The difference is to the extent you train those things and the volume that you use with each sport. You have to look at the demands of each sport.”

One of the common misconceptions about a strength and conditioning coach is that they are similar to a personal trainer.

“A personal trainer usually works with the general population,” Adamson said. “A strength coach primarily

works with athletes and is preparing those athletes for vigorous competition. A personal trainer does not have a goal of preparing someone to compete in sports.”

Another difference is the amount of time that needs to be put in to become a strength and conditioning coach as opposed to a personal trainer.

“Unlike a personal trainer, you can’t just get on the Internet and get certified,” Adamson said. “You have to put in time, and for starters, you have to have a degree. Then you need to become certified in a more extensive way than if you were a personal trainer.”

There are three different types of certifications that are looked at to be a strength and conditioning coach. The Certified Strength and Conditioning Specialist (CSCS), Collegiate Strength and Conditioning Coaches Association (CSCCA) and USA Weightlifting (USAW).

If any common misconceptions can be dispelled about student-athletes and strength and conditioning coaches it is that there is more work being put in than your common gym rat or personal trainer.

Javier Cortez may be reached at theprospectordaily.sports@gmail.com.

WELLNESS

Recreation Center, best tool to keep in shape

BY LUIS BARRIO
The Prospector

Some students have claimed it “a home away from home.” The Student Recreation Center offers a place for students to get away from the stress and pressures of exams, papers and midterms. The \$32-million tri-level facility provides students with multiple options from swimming and rock-climbing to basketball and racquetball.

While some students go once in a while and others have it as an integral part of their routine, the recreation center is there for students at their convenience. Since it is already paid for in their tuition, students don’t have to pay monthly fees to gain entrance and participate in many extra-curricular activities.

Walking in, members are instantly greeted by the enormity of the rock-climbing wall available to all. For all the daredevils and cliffhangers, signing up for classes on tutorial rock-climbing is all you need to do to be certified to take on the 39-foot climbing wall. Instructors are always present and watchful to keep a safe environment.

If rock climbing is not your cup of tea, then perhaps the squeaking of shoes on the hard court will catch your attention. Two full-sized basketball courts are on view for all rec center enthusiasts to gander at.

Javier Alvarado, a senior marketing major, who spends most of his time at the recreation center, regularly hoops it up and shoots 3s.

“I think it’s a pretty good place for students to go. For students it’s free. They have a lot of facilities to use.”

- Javier Alvarado, senior major

“I go play basketball with some friends. Sometimes I interact with some people, sometimes I just hang out and look at other people workout,” Alvarado said. “I think it’s a pretty good place for students to go. For students it’s free, they have a lot of facilities for you to use.”

Running up and down the court surely builds up a sweat, and showers are available to students. If they care to go for a swim, the indoor pools are open, even during the fall semester.

Alvarado commutes to UTEP every day from the far Eastside. He also has a membership at EP Fitness, which he says he would use less if he lived closer to UTEP.

The recreation center has more than 200 machines with an eighth-of-



A student works out at the Recreation Center. Students can use the facilities for free.

CRISTINA ESQUIVEL/THE PROSPECTOR

a-mile track circuit at the top level of the center.

If a student is parched or even looking for some protein to refuel, a juice bar is located right next to the weight room on the second floor. Students are constantly walking in and out in their bright-colored attire trying to just stay healthy, with all the activities and intramural programs available.

“I’m here Monday and Wednesday from 10 to 12,” said freshman business major Omar Guerra. “I’m a basketball fan, so I would have to say the basketball courts. I’m really getting into swimming again. I like the pool.”

The recreation center is currently in the process of a \$1.2-million upgrade to its multi-purpose field, located at the back parking lot behind the center.

With all the expansions UTEP is going through toward tier-one status. The school is pushing for a more

environmentally friendly turf. They are also adding two sand volleyball courts, along with a seating area.

The Student Recreation Center has proven to be a crucial outlet for the students of UTEP.

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Spring season begins with victory over Arizona State

The UTEP women's soccer team returned to action as they opened their spring season at University Field on March 29 and faced the Arizona State Sun Devils.

This game was the first of six exhibition games the Miners will play this spring as they gear up for the 2014 season, which begins in late August.

"It's great to be back out here, the field looks great, great weather and we even had a nice turnout for a spring game," said head coach Kevin Cross. "It's nice to come out here and play against a big-time team such as Arizona State."

After two blocked shots from midfielder Nicole Lindsay, forward Angela Cuataia sent the rebound to the back of the net in the 27th to give the Miners a 1-0 victory over Arizona State. The Sun Devils finished seventh in the Pac-12 last season, while the Miners had a third-place finish in Conference USA.

UTEP will lose five seniors for next season, defenders Kenah Linger, Tory Martyn, midfielder Gina Soto and forwards Azia Nicholson and Jade Babcock.

Cutaia, along with Lindsay, began the game as the starters up front, replacing Babcock and Nicholson. Alexis Roberts covered for Soto, while Hannah Asuchak and Hannah Nicholson were the two back players instead of Linger and Martyn.

“That was one of the main things we wanted to see today, we wanted some players to step up,” Cross said. “The spring is the time where people develop the most and we saw a lot of positives today.”

This is the first game the Miners have played in almost five months, when they lost to East Carolina in the quarterfinals of the conference tournament.

Despite the long offseason, the team has kept working to keep themselves fit.

"We've put a lot of work into the fitness of the team, coach Leach has done a phenomenal job with them," Cross said. "After Christmas, we worked on speed and strength and now on endurance."

Cross also said that he was pleased with the overall effort and how the new players stepped up to the challenge, but of course there is still a lot of ground to cover and plenty of room for improvement.

"We need to keep possession more in the attacking third, and create more opportunities and communicate more, especially when they're tired," Cross said.

The squad will get two more opportunities this week to show the coaching staff they can give the team a boost as they host the Arizona Wildcats on April 12. They will then travel to Albuquerque, N.M., to take on the New Mexico Lobos the next day.

UTEP will close their spring season schedule with games against Eastern New Mexico and the New Mexico Highlands on April 19 and 20, respec-



FILE PHOTO

Freshman midfielder/forward Nicole Lindsay is one of the players receiving more playing time after the departure of five seniors.


tively, along with the alumni game on April 26 at University Field.

The Miners' roster includes five El Paso natives, midfielders Stephanie Sazo (Montwood High School), Brianna Barreiro (homeschooled) and forwards Atzimba Casas (Socorro

High School), Brianna Thomas (Hanks High School) and Briana Williamson (Chapin High School). Barreiro was the only one to start the game and the other four came in as substitutes.

"It was great to see them in action," Cross said. "Having a soccer game is very different than running in practice and they did a great job."

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TENNIS

Miners bounce back with pair of victories

BY JAVIER CORTEZ
The Prospector

Coming off back-to-back home losses on March 22-23, the UTEP women's tennis team bounced back with a pair of wins on Saturday, March 29 against Louisiana-Monroe and Western New Mexico.

The Miners started the day off against Louisiana-Monroe and defeated the Warhawks 5-2. After winning the doubles' point, the Miners were leading the Warhawks, 3-2, with two matches remaining. Junior Davina Meza and sophomore Matilda Rose Tech were pushed to three sets before winning their matches and ultimately beating the Warhawks.

Then in their final matches of the day, the Miners beat Western New Mexico 7-0. In six of the seven matches, the Miners gave up no more than three games. The only match that was close was senior Rebecca Calvillo's singles match, which she won 6-3, 7-6, (8-6).

"This week was much better," said tennis head coach Myriam Sopel. "The effort, the attitude and the overall team atmosphere was really good. The girls fought really hard. It was not easy, but we came out on top."

The weekend success for the Miners produced their most successful weekend in more than a month. The Miners won 12 of their 14 matches. Calvillo and Meza went undefeated for their fifth-straight match. They improved to 20-11 and 21-11, respec-

tively in singles, and 22-8 in doubles with a 14-3 record in dual matches.

After carrying the Miners for most of the season, freshman Daphne Visscher went undefeated over the weekend, winning all four of her matches. Visscher broke her doubles losing streak and won her seventh-consecutive singles match, improving to 15-15 in singles.

"Daphne (Visscher) has been coming on really strong for us the past few weeks," Sopel said. "She has improved a lot and she has come a long way. It is always good to see a freshman coming out of their shell and performing well."

Playing twice in one day is not something the Miners are accustomed to, this being the second time all season and first time in more than a month. Despite the physical toll it took, the Miners have had great success playing twice in one day. The Miners are now 4-0 and 25-3 in match play.

"I always tell them to take one match at a time," Sopel said. "Obviously they get tired by the fourth match of the day, but the girls across the net are not going to hand the match to them. So they have to play smart and the girls have learned how to play tired."

Due to a cancellation of the match against Tarleton State next week on April 5, the Miners will have time off to rest and prepare for their last two home matches, which Sopel sees as a benefit for the Miners.



Senior Marie Leblond hits a slice against the Louisiana Monroe Warhawks on March 29 at the UTEP Tennis Complex.

"It will be a good preparation week for us," Sopel said. "We need to rest and get healthy, so that is our first priority. We have a solid week and a half to get ready for Idaho and Arkansas State, so it can be beneficial for us."

The Miners now stand at 10-11 on the season. The Miners will host Idaho on April 11, then Arkansas State on April 13 before heading off to Norfolk, Va., for the Conference USA Championships.

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IN BRIEF

MINERS CONCLUDE ACTION AT TEXAS RELAYS

The women's 4x400-meter relay concluded March 29 on a high note, as they posted a gold-medal finish at the Texas Relays.

The lineup featured two freshmen, with Aiyanna Stiverne and Florence Uwakwe, along with transfer Anna-Kay James and senior captain Janice Jackson.

The squad crossed the finish line with a season-best time of 3 minutes, 35.90 seconds. The team's performance ranks 10th nationally and fourth in program history.

Jackson also competed in the 110-meter hurdles final, where she placed fifth with a time of 13.05 seconds.

Turning to the men's team, Cosmas Boit competed in the mile run. The freshman recorded a time of 4 minutes, 5.84 seconds to finish fifth overall.

The Miners wrapped up the final day of competition at Texas Relays with the men's 4x200-meter and 4x400-meter relays.

In the 4x200, UTEP registered a time of 1 minute, 25.47 seconds to take eighth

place. The squad featured Sven Zellner, A-Shawni Mitchell, Carnell Horn and Abiola Onakoya.

The Miners also placed eighth overall in the men's 4x400 with a time of 3 minutes, 9.79 seconds.

The team consisted of Horn,

Mitchell, Daniel Tarango and Onakoya. Their showing currently ranks them 18th in the nation.



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MICHAELA ROMAN / THE PROSPECTOR
1. 10,227 fans showed their support in the WNIT quarterfinal game against Washington. 2. Sophomore guard Jenzel Nash drives the ball to the paint. 3. Sophomore guard Cameasha Turner celebrates the win with senior forward Kayla Thornton. 4. Freshman guard Sparkle Taylor lifts teammate Kristene Vitola after victory. 5. Thornton makes a layup in the first half against the Huskies.