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The Prospector, March 29, 2016

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THE WELLNESS ISSUE

ASSAYER OF STUDENT OPINION

THE PROSPECTOR

WWW.THEPROSPECTORDAILY.COM

VOL. 101, NO. 16

THE UNIVERSITY OF TEXAS AT EL PASO

MARCH 29, 2016



THE ROAD TO FITNESS

Juice It! to close – Pg 3

BioMetrix: A new health approach – Pg 9

Women's basketball falls to Oregon in WNIT – Pg 11

SPECIAL TO THE PROSPECTOR : PHOTO BY FERNANDA LEÓN, DESIGN BY JACOBO DE LA ROSA / THE PROSPECTOR



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MARCH 29, 2016

PERSPECTIVES EDITOR-IN-CHIEF AMANDA GUILLEN, 747-7477

Judgemental gays at the gym—big surprise

BY JOSE SOTO The Prospector



Going to the gym is an experience, and it isn't always a positive one. Getting yourself to the gym in the first place takes quite an amount of will power because, in most cases, you are seeking body image improvements. Already, it's something that you might dread, even though exercising and its physical results are perks. It doesn't help that a gym is a breeding ground for judges, using machines and racks as a courtroom bench.

I know what you are thinking—how can a man feel subjected to other's judgmental looks? The answer is that I am a homosexual male. The debate is generally over women being objectified as sexual objects by men when working out, but the truth is that gay guys, especially one's like me who are not bulky, husky men, are often judged when at the gym. It isn't by other heterosexual males or women. It's by other fellow men who compose part of the LGBT community.

You would think that such an oppressed demographic that is usually the subject of hatred and strong opposition would be more unified, but, sadly enough, that isn't always the case. The gay community is strongly judgmental amongst itself, but that is another story for another column. We are talking about the experience at being at the gym.

Gays are often known for having a good sense of fashion, and I consider myself to be at least a well-dressed man, but, quite frankly, I couldn't

care less how I look when I'm at the gym. However, other gay guys do. I've been told that I look like shit at the gym or that I should invest in better workout clothes, which I have strongly objected to. I'm there to get my exercise done and then leave. I have no consideration about what brands I'm wearing as they get drenched in sweat.

To make matters worse, everything about being gay at the gym is sexualized. Women are usually the victims of this, but a gay guy going to a gym is basically going to a gay bar where some straight individuals have gathered for happy hour.

The local gay community is a rather small one; everyone knows everybody somehow, even if it isn't personally. You can see other gay guys either giving you the wink or whispering to their friends and laughing. It's either they want to take you out for drinks and take you home and suggest a workout routine that will actually work for you.

The male anatomy, in the gay community, is highly sexualized just as the female one is in the straight male community. You're either an Adonis or a Plain Jane. Or a Plain Jim, I guess. In my case, a Plain Jim in comfortable clothes that doesn't emphasize my ass, which, according to other gay guys, I need to work on.

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

Respect us and mind your business

BY AMANDA GUILLEN The Prospector



There are many reasons why people don't go to the gym: a busy schedule, work, kids, laziness, but some reasons are uncontrollable, at least on one side.

For a woman, often times, our insecurities come from others' lack of intelligence and manners.

A women's experience at the gym should never be an uncomfortable one, but unfortunately it is for many women, myself included.

I wouldn't go as far to say that at one point in my life I was a gym rat, but I did frequent the gym multiple times a week. I went because I cared about my health and about my physique.

I quickly realized that there were others at the gym who didn't share my same mindset when they went to work out. Just because I am a girl and am working out and at times bending down to pick up weights

or running around the track doesn't mean that I am putting on a show for people to watch.

It genuinely bothers me when people check out girls and make them feel uncomfortable just for using the facility for what it is supposed to be used for.

I also hate the fact that when I bring this issue up to some people, the response is one that blames the girl because of the way she dresses at the gym.

In no way is it a women's fault when someone disrespects her or makes her feel uncomfortable just because she is dressed a certain way. That is an entirely separate issue, but I know that the way I dress should in no way be an excuse to ogle me when I work out.

Now remember ladies that life is a two-way street and that just like people should be respectful and not stare inappropriately while you're working out, you should make sure not to encourage it by motioning to them or accepting their invitations if they try to make a move on you. If someone is disrespectful, you make sure you stand up for yourself and address it.

Unfortunately, I let these experiences affect my usual gym routine, and slowly I stopped going to the gym and then just began working out in the comfort of my own home.

I am upset with myself because I shouldn't let other people's actions affect my life and daily routines.

I plan to make it a point to continue going to the gym and make sure that I speak up whenever I feel uncomfortable.

I feel like the inception of women's gyms are offensive and are unacceptable. They exist because there is a market for safe havens for women who don't feel comfortable working out at a unisex gym.

Women, learn from my mistake and don't let the disrespect that others show you affect your health and your goals. Be you, love yourself and remember if you speak up for yourself, that could create change.

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



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Weather forecast for the week of March 29, 2016. Includes photos of the weather team: Dan Martinez, Krystal Klei, Doppler Dave Speelman, Nichole Gomez, and Iris Lopez. The forecast shows temperatures ranging from a high of 78 to a low of 43, with varying chances of rain (0% to 20%).

Table with 6 columns: Day (TUE, WED, THU, FRI, SAT, SUN), Weather icon, High/Low temperatures, and Chance for Rain. For example, Tuesday shows a high of 78, low of 54, and 0% chance for rain.

Students shine light on mental health

BY RENE DELGADILLO
The Prospector

Stress and depression are among the top mental health problems that affect college students. According to the 2015 National Health Assessment, 30 percent of students said stress had directly affected their grades, while more than 13 percent said depression also had a negative impact on their grades. "The most important thing I tell people is that your health matters more than your grades," said Rodrigo Lugo senior biology major and president of the UTEP chapter of To Write Love in Her Arms, a national organization dedicated to mental health support. "If you need to drop a few classes, or a few homework's and maybe suffer more in class but just so you can take the time for yourself and feel better about your problems." Some students at UTEP said that stress comes with the fast paced lifestyle of college as well as other negative events. "I would say the tests are a big part of stress. I study a lot and it takes a lot of time. Sometimes I just feel like giving up," Erika Orona, junior education major said "Traffic, not being able to eat sometimes, not being able to sleep well sometimes, and family problems are all common things which causes stress among us." Orona said that when she is stressed or depressed she puts her homework aside and talks about her problems with others in order to relax herself. "I just go out for a while and then come back with a better mood. When I was depressed I didn't go to a counseling center, I talk a lot with my sister



UTEPSychologist and Clinical Counselor Jorge A. Marquez speaks with a student at the UTEP Counseling Center.

so she is the one that helps me a lot," Orona said. Besides affecting the academic life of a student, depression can affect a person's physical health resulting in bigger health problems. "Depression causes inappropriate release of adrenaline which, over time, damages the cardiovascular system. An increase in artery and blood vessel stress are further health effects of depression. This can increase the risk of blood clots and heart attack," said psychologist and clinical counselor Jorge A. Marquez over email. The effects of stress can become very serious and can shorten a persons life expectancy according to the National Alliance on Mental Illness.

"The effects of depression cause an overall increase in mortality, where those with depression may die 25 years sooner than the average person," Marquez said. Another major problem that plagues college aged students is suicide. The National Alliance on Mental Illness reported that in 2012, suicide was the third leading cause of death in the U.S. for people between the ages of 15-24. Orona says that students have to speak up and talk about their problems. "A little help does not hurt anyone," Orona said. "If you don't talk to people and close yourself, people around you won't know what is going on with

you. That is probably why people tend to do that (suicide)." One out of 10 college students have contemplated suicide and every year more than a 1,000 college students take their own lives, according to a report by Emory University. "It is sad to see such high numbers, but a therapist will be there to help, but it's not like a magical pill that will make everything better in an instant," Lugo said. "They just have to have that persistence and understand that it is process that will help you over time." Many college students that suffer from any mental health issues don't seek help due to the stigmas that arise.

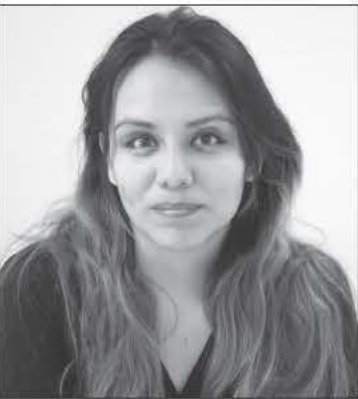
"Education about these disorders and how they can affect everyone will break the stigma," Lugo said. "We need more examples in the media about people who have overcome mental health problems." According to NAMI, in 2012, African-Americans and Hispanic Americans used mental health services at about one half the rate of whites. "Some might feel ashamed or afraid of seeking treatment because they might believe that it means they are crazy. However, crazy is a negative label that has been used to insult individuals who may be struggling with emotional or psychological situations," Marquez said. "It is important that as a campus we start advocating for the importance of taking care of your emotional and physical well-being." UTEP student organizations like To Write Love in Her Arms and NAMI encourage students that are having a hard time to seek help. They also spread awareness about mental health and how to break the stigma that surrounds mental illness. "Our goal is to hopefully reduce those numbers. Make people know that it is okay to seek help, that it doesn't mean you are weak," Lugo said. "You are not alone, and the most important thing is that you don't have to go through your problems alone. There are people who will help you." For more information about the University Counseling Center you can stop by room 202 Union Building West or contact them at 747-5302, or on their website, sa.utep.edu/counsel. Rene Delgadillo may be reached at theprospectordaily.news@gmail.com.

NAMI MEMBERS SPEAK. Includes two testimonials: one from Sasha Soto about her experience with anxiety, and another from Mike Montes about his journey with mental health issues and the importance of sharing experiences.

Advertisement for ESC19 (Education Service Center - Region 19) featuring the text 'Do you want to be a teacher?' and listing benefits like 'Unending Support', 'Hands-on training', and 'Individual assistance'. It also includes contact information for the Teacher Preparation & Certification Program.

Do you think about the long term effects of your eating habits?

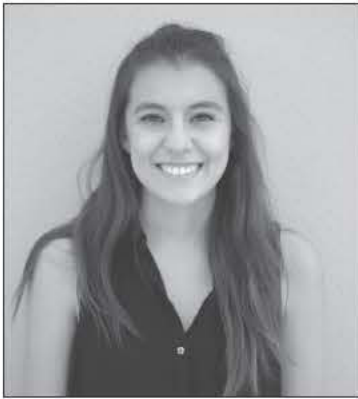
CHARLES DESOZA. MICHAELA ROMAN / THE PROSPECTOR



GRECIA BARRAZA
Junior music major
“Yes, but it’s hard to keep up to my expectations because healthier food tends to be more expensive, so as a college student it’s hard to keep up with the prices of having good eating habits.”



RENE LUJAN
Freshman criminal justice major
“No, we’re young right? We can eat whatever, we can change it later on in life if we really have to. I’m sure when I’m 35 I’m not going to be eating McDonalds for breakfast lunch and dinner anymore.”



LILI GOMEZ
Junior speech pathology major
“For me to eat healthy I have to be craving it. I have to crave a salad and even then I pour tons of ranch dressing on it. I don’t really think about the long term effects. My eating habits are based off of how I feel at the moment and what’s available.”



STEPHEN FORESTER
Sophomore business administration major
“Yes, I have a goal to be a Division 1 college football player and go on to play in the future so I’m always thinking about what I can do now to better my health. Whether it be eating healthy or working out, I always try to better myself for the future.”



LUCERO BUENDIA
Junior mechanical engineering major
“Yes, I’m really concerned about what I eat because of putting on weight and all of the bad things that are in food.”



LILIANA RAMOS
Sophomore education major
“Yes, because I’ve been sick before and I’ve realized that I’ve had to change my eating habits because of it so for the long term I do care about my eating habits.”



DEVON KNAPP
Freshman history major
“No, because I don’t usually take the time out of the day while doing all of the things I have to, to take a look at everything I’m eating at putting into my body.”



KARLA LOZANO
Junior accounting major
“Sometimes I don’t think about it. Economically and time wise, I go with which ever food is cheaper.”



SAMUEL PIRES
Junior electrical engineering major
“Not right now because I’m young and I don’t think it will effect me that much but in the future, I will care more about my health.”



AARON ROBBINS
Sophomore forensic science major
“Not really because most of the time, I’ll just eat whatever is cheapest and fastest, whatever is readily available.”

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Students sign petition to keep Juice It! open

BY GLORIA HEREDIA
The Prospector

Many students on campus are collecting petitions to keep Juice It! in the Student Recreation Center. The establishment will be shutting down on April 19 due to plans to extend the weight room, according to Chef Alex Benitez of Juice It!

Moises Quiroz, biological sciences major believes that an extension to the weight room is not necessary.

"I don't think it's a great problem the way it is now because when it does get packed, it's not where to no one can't use it," Quiroz said. "It is a perfect ration where it is, but if they do want to expand it, I think they should keep Juice It!"

With more than 400 signatures collected from students and faculty thus far, students hope that Juice It! will remain at least somewhere on campus, if not in the center. Brandin Maier, freshman psychology major and avid gym goer, finds the services of this place convenient and affordable.

"I am going to do whatever I can in my power for this place to stick around. We need a healthier choice here at UTEP," Maier said. "When I eat healthy, when I live healthy, I am way more focused in school. Healthy foods don't only make you look good, they make you feel good, focus and remember things."

Juice It! has been operating for two years out of a five-year contract. Chef Benitez, who has 20 years of experi-

ence, is in charge of creating new concepts and constantly changing the menu for the students.

"I try to promote health, not diet," he said. "It is more like portion control. We do meal plans for students, natural juices and protein shakes."

Along with being pushed out of the recreation center, Benitez has also worked under some difficult circumstances.

"I try everything I could do with no kitchen. I have to practically rent another kitchen to cook everything and bring it here," he said. "At the moment, I am just happy with the students trying to be healthy."

Electrical engineering major, Sharon Underdahl, usually gets a shake after every workout to gain energy.

"I am going to do whatever I can in my power for this place to stick around. We need a healthier choice here at UTEP."

- Brandin Maier,
freshman psychology
major

"I love this place," she said. "I come here every time I work out or after I'm done climbing. To be honest I think it's a little dumb to expand something that we already have a lot of. I mean it's here to help us get the nutrients we lost from working out and is providing us with something we really need."

The Prospector attempted to contact Sodexo and management of the Student Recreation Center, but they have not responded.

Gloria Heredia can be reach at theprospectordaily.news@gmail.com.



CHARLES DESOUSA / THE PROSPECTOR

Juice It!, located inside the Student Recreation Center will be shutting down on April 19 due to plans to extend the weight room.

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INBRIEF

CAREER CENTER TO HOST JOB FAIR

The University Career Center will host an internship and part time job fair at 9 a.m. to 1 p.m. on March 30 at the Union Building East, 3rd floor. The fair will give students a chance to network with representatives from local and national organizations.

CELEBRATION OF DISCOVERY

UTEP students will participate in the Celebration of Discovery from 1 p.m. to 4 p.m. on April 3 at the Insights Museum. UTEP mathematical sciences professor Larry Lesser will perform at the event.

UTEP PICKS TALENT

The Student Government Association will sponsor the third annual "UTEP Picks Talent" talent show at 6 p.m. on April 6 at the Magoffin Auditorium. The grand prize of \$1000 will be awarded to the first place winner.



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Body building a growing sport in El Paso



DESIGN BY JACOBO DE LA ROSA / THE PROSPECTOR

BY JAVIER CORTEZ
The Prospector

The perception that surrounds bodybuilders and fitness models alike is that all their strength comes from the outside; with the chiseled arms, bulky quads and taut abs. In reality, to participate in any type of fitness competition, it takes a lot more strength than just how much you can squat or press.

Any man or woman who lives the life of a bodybuilder or fitness model will tell you that the mental challenge is just as hard.

Daniela Chacon, a junior mechanical engineering major, albeit still relatively new to a life of non-stop exercising and strict dieting, knows the commitment it takes to live and compete as a bodybuilder.

“I didn’t realize how mentally challenging bodybuilding was going to be,” Chacon said in an email interview. “After three days it really began to sink in. It is definitely one of the most mentally challenging things I have done in my life. Once you be-

come extremely focused, you kind of become a hermit.”

Friends, family and, most importantly, food all become distant memories in the midst of training.

“I never went out to eat with friends,” Chacon said. “Also, you realize how much of your social life revolves around food. All I had time for was work, studying and working out. All the excess time was used for meal prepping and rest.”

Chacon said, once becoming immersed by lifestyle, obsession may turn into addiction. For Chacon, appearance was the sole purpose as to why she still competes. Once a typical slightly out of shape college student who saw college life catch up to her, she felt the need to take accountability through the use of bodybuilding.

“My sophomore year in college, the ‘freshman 15’ finally caught up to me,” Chacon said “I had never looked like that in my life, and one day I just decided to go balls out and sign up for a bodybuilding show, where I would be able to keep myself accountable in able to get back into shape.”

Less than a year removed from her first competition in the NPC Sun City Regional in El Paso, Chacon is not slowing down anytime soon. Chacon is looking to compete in two competitions within the next three months, specifically eyeing the Europa Classic in Dallas on May 17.

Although adapting to a life that revolves around self-discipline might be hard for a newcomer, even the initiated feel the stresses and temptations of living a life around creating the perfect body.

“There are days where you love what you are doing, but there are days where you want a cheeseburger and to skip your work out,” said Kimberly Rayner in an email interview.

Rayner, the co-owner of Peak Fitness, which is located on the Westside of El Paso, knows that experience in fitness is more or less irrelevant. The cyclical process of dieting and exercising is hard for everyone.

More than six years in as a personal trainer, Rayner has done it all. She was an All-City volleyball player for El Paso High, has competed in marathons, triathlons and bikini bodybuilding competitions, all the while doing some fitness modeling on the side.

They might be years apart in practice, but their experiences are virtually the same. Chacon and Rayner echoed the same struggles of being a bodybuilder such as eating out, the dangers of sugar, the toll it takes mentally, and the hardest obstacle to overcome, which is the diet.

“It is definitely one of the most mentally challenging things I have done in my life. Once you become extremely focused, you kind of become a hermit.”

- Daniela Chacon,
junior mechanical
engineering major

“I had such a hard time having to eat six meals a day and at certain times,” Rayner said. “My moods at that time were terrible. I missed sugar and salt. You have to stay mentally strong or else you will fall apart.”

Looking good and being fit comes with a price. How strong the competitor is mentally has a lot to do with how great they can be.

“Competing is hard and it takes a toll on you mentally,” Rayner said. “My advice for anyone thinking about doing a competition is make sure that you are confident with yourself so when you start prep you have a positive approach and you are mentally prepared.”

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

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MARCH 29, 2016

ENTERTAINMENT

EDITOR
JOSE SOTO, 747-7477

Gentlemen’s Republic Barbersalon offers unique experience



Gentlemen’s Republic Barbersalon is located at 1712 N Mesa St. The business offers complimentary adult beverages, massages, pedicures and other grooming services along with haircuts.

MICHAELA ROMÁN / THE PROSPECTOR

BY JOSE SOTO
The Prospector

Laura Mercedes Sanchez was getting her nails painted at a local salon when a man walked in looking to get a manicure.

“I could tell it was embarrassing for him because the women were laughing and asking him what color he wanted his nails to be,” Sanchez said. “I left thinking about how great it would be to have a place here where men could go and get these kind of services. Manicures and pedicures shouldn’t just be for women.”

Sanchez is now owner of the Gentlemen’s Republic Barbersalon, a local grooming business that caters to men. Located at 1712 N. Mesa St., the Gentlemen’s Republic Barbersalon offers men full service, including haircuts and styling, facials, pedicures, manicures, beard and mustache detailing as well as full-body waxing. The location has now been open for five years.

“Men needed a full-service salon here in El Paso,” Sanchez said. “The idea is basically all about plain, good hygiene. Everybody wants good hygiene.”

Sanchez first located her business on Montana, but has since moved to its current location.

“It was hard at first,” Sanchez said. “It was an innovative concept here in El Paso, so people weren’t entirely sure what we were doing. But now, we serve a very diverse group of men, everything from babies getting their first haircuts, to elderly men. They are the one’s who remember most about barbershops where they could get full services like beard grooming and massages, especially in Ciudad Juárez. That is what I am trying to recreate, the experience from the ‘70s, ‘80s and even early ‘90s. A lot of the men in my family would cross the border to get their haircuts.”

Sanchez said men, much like women, are now more aware and appreciative of their physical appearance.

This, she said, has helped her business flourish.

“I recently read an article published in January that said the men’s grooming industry is now a \$21 billion industry,” Sanchez said. “I think this is simply because men like to feel comfortable in their own skin as much as women do.”

“I think this is simply because men like to feel comfortable in their own skin as much as women do.”

— Laura Mercedes Sanchez
Owner of Gentlemen’s Republic Barbersalon

Sanchez said many of their customer’s have praised their building, their grooming artisan workers and the chance they have to unwind.

“Our reviews online are great because our customer’s all lived fast-paced lives, we all do, but when they come here, they get to relax and withdraw from the stress of life,” Sanchez said. “They don’t just leave looking great, but they feel great about themselves as well and a lot more relaxed than before. That is definitely beneficial for your health.”

With a valid UTEP ID students can receive a discounted \$20 haircut. The business also offers a complimentary adult beverage including beer or whiskey for customers 21 and over to further help you relax.

“Life is so crazy,” Sanchez said. “If you don’t take the time off for yourself, who’s going to do it for you?”

For full services and prices, visit gr-barbersalon.com.

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

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ANiMALSOUL debuts first EP at Tricky Falls

ADRIAN BROADDUS

The Prospector

Electrifying groovy indie rock—that is what you get when you listen to ANiMALSOUL's new EP "Color." The four-track album, which uses an analog color theme, explores the highs and lows of life. The four-man band debuted this freshman EP on Saturday, March 25 at Tricky Falls.

Hosted by Electric Social Records, the show included performances by The Other Half, Stan Z, Josh Brown and The Great Shapes, all leading up to ANiMALSOUL's performance.

"I try to write songs about situations that people might go through," said Jourdan Harper, lead vocalist, guitar and keyboard player for ANiMALSOUL.

He said the album is about experiencing independence, both the negative and positive aspects of it.

The night swayed musically from indie rock with The Other Half, to an alternative twist to hip-hop with Stan Z.

Rapper Josh Brown stormed the stage and the opening acts ending on a strong note with The Great Shapes. All that was needed was ANiMALSOUL to take the stage.

"Tonight is the biggest sigh of relief," Alan Arellano, bassist, said. "This period of time has been just stressful trying to finish it. It's hard for four people to agree on one thing anyways when someone feels strongly about one thing. Right now it's like 'thank God it's today'" It's genuinely just exciting."

As the band's name was called out, lights dimmed as a sample of Jay-Z's "PSA" played. Then the four stormed on stage and opened with "Color," the first song off their EP of the same title. The song started with haunting tropical synthetic sounds followed by Harper's vocals. Then right before the hook, drummer Valente Arellano fiercely introduced the song's percussion melody.

The first song was a sonic roller coaster; they used softer vocals and instruments at some points to build up momentum, then they would energetically clash and raise the tempo of the song.

The band then transitioned to their next song, "Younger," which included heavy drums and guitar. Lyrics, such as the hook, "We're not the same, we're not getting any younger," preached carpe diem.

ANiMALSOUL transitioned smoothly from track to track. In fact, sometimes the listener gets lost in how much one song alters throughout its duration that they think they



MICHAELA ROMÁN / THE PROSPECTOR

ANiMALSOUL plays at their EP release party at Tricky Falls on Saturday, March 25.

are listening to a new track. That was the feeling after hearing the band play "Song 4."

The mood, as Harper explained with the theme of the album, shifts to a more somber tone on this track almost instantly. Harper sings "I've been thinking, baby, about hell." The rooted kick drum with a fiery guitar adds to the track.

The last minute of the song was accompanied with a significant snare hit, and it progressively elevated to further emphasize the melancholic tone.

When the concert appeared to be finished and the band exited the stage, the crowd chanted for an encore. Much to the crowd's liking, they rejoined the stage and that is when the band closed with their best track of the night, "I Want."

Guitarist Ivan Arellano opened the song with a groovy riff accompanied by Valente's thrashing drum line. Throughout the song, Harper used more radiant, soft vocals, which juxtaposed beautifully to the more thrashing instrumentals.

When the song seemed over, ANiMALSOUL provided a killer outro

sparked by keys to "I Want," which served as the perfect epilogue to the performance.

Overall, the talent of ANiMALSOUL is almost undeniably remarkable to the local music scene, and their EP "Color" exhibits just that. The band also commented how in the coming months, they will start on their second part to the album, claiming this was only part one.

For further listening, visit animal-soulband.com or like their Instagram, Twitter and Facebook page by searching ANiMALSOUL band.

Adrian Broaddus may be reached at theprospectordaily. ent@gmail.com.

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MICHAELA ROMÁN / THE PROSPECTOR

Jourdan Harper, lead singer of ANiMALSOUL, performs at their EP release party.

BioMetrix takes a different approach to nutrition and exercise



MICHAELA ROMÁN / THE PROSPECTOR

BioMetrix is located at 935 Sunland Park Dr. in west El Paso. The clinical gym is taking a different approach to modern exercise.

BY MIKE VASQUEZ
The Prospector

Local gym turned medical and wellness clinic, BioMetrix has introduced an unorthodox solution to the problem of staying healthy. Besides providing El Pasoans with a gym and accompanying exercise programs, BioMetrix looks into the biology of health-related issues. With a range of scans, tests and processes, clients can attack more complex health problems such as hormone imbalances rather than just their eating habits.

Alexander Catucci, CEO and founder of Biometrix, believes that physical fitness is more than just curls, squats and avoiding Oreos.

"Everyone goes through extensive blood work to see where the imbalances are and a strength evaluation to see where you are from a physical standpoint," Catucci said. "You have a 48-year-old male that has low hormone levels and we'll supplement him through hormone therapy to get those levels back up to where he was when he was 20, 30. Eventually he'll start losing weight, have more energy, even sleep better."

"The fitness center houses body mass index and bone density scanners, enhanced counter pulsating machines to increase blood flow, platelet-rich plasma injections for healthier skin, all of which are overseen by the American Medical Association certi-

fied in-house doctor. Although the technology sounds futuristic, all the machines used are currently housed at doctor's offices and research labs here at UTEP. The only difference lies in the fact that most parts of the technology is under the BioMetrix roof.

"A doctor will say you need to eat better, sleep better and exercise, and then turn you lose into the world," Catucci said.

"Here we can monitor you and quantify your results in a scientific way to make you understand how you're doing and where you are going."

Dr. Blane Alost, a client of BioMetrix for three and a half weeks, has already lost 20 pounds.

"For a place like El Paso, which is considered one of the unhealthiest places in the United States, it needs to be a lifestyle change, and BioMetrix helps with making that choice to go with something that will better you, and it's not just the weight," Alost said.

Alost is not far from the mark. Although dropping down the list in the Top 10 fattest cities in America, according to Wallethub.com, El Paso was once number one.

Marcos Ramirez, senior kinesiology major and employee of BioMetrix, said he sees the benefit of working with a clinic that invests in the scientific aspect of weight loss and health wellness.

"I like knowing I'm helping improve someone's well-being," Ramirez said. "Results come with steady habits, and people want to go exercise for a couple of months, but be disappointed because nothing is working. We look at every aspect of a person's life, that's why it's successful."

Ramirez said the monthly consultations, which include fitness training and evaluations, are approximately \$200-\$300.

For more information, go to biometrixlife.com.

Mike Vasquez may be reached at theprospectordaily. ent@gmail.com.

CALENDEROFEVENTS

STOMP

The international percussion production will be performing at 7:30 p.m. on March 30 at the Plaza Theatre. For ticket prices, visit stomponline.com.

SUN CITY FAIR

The Sun City Fair will begin at 4 p.m. on April 1 at Ascarate Park, located at 6900 Delta Dr. The fair will have various musical acts as well as concessions, amusement rides and shows. Ticket prices are \$10 for anyone over the age of 13, \$5 for ages 12 and younger, and \$5 for seniors. All day passes are \$25 for all ages. For more information, call 901-867-7007.

POPPY FEST 2016

The annual El Paso festival will start at 10 a.m. on April 2 at the El Paso Museum of Archeology, located at 4301 Woodrow Bean Transmountain Dr. The festival highlights the poppie flowers found at the Franklin Mountains. The event will have local music, food vendors as well as wildlife demonstrations and nature talks. For more information, visit archaeology.elpasotexas.gov or call 755-4332.



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Groovy Smoothie offers healthy options



ANGEL ULLOA / THE PROSPECTOR

The Groovy Smoothie Café is located inside of Push Fitness Gym and offers a variety of smoothies for people looking for healthier options.

BY JULIA HETTIGER
The Prospector

The Groovy Smoothie Café, a smoothie and juice bar located inside of Push Fitness Gym, offers a variety of options for people looking for the health benefits of fruits and vegetables. As an alternative to coffee, healthier options include all-natural smoothies and juices.

Besides smoothies, The Groovy Smoothie offers different salads such

as a quinoa salad and, surprisingly, nachos as well.

"We want the most natural products and we're based completely on health and nutrition," said Vanessa Mendoza, owner of The Groovy Smoothie Café. "We're also the only place in El Paso that is 100 percent vegan."

Their smoothies contain many natural products with no sugars or preservatives.

"We have a whole list of ingredients, and have something like 75 in total, and we have completely green smoothies that have just fruits, vegetables and leafy greens," Mendoza said.

Their products also contain ingredients not traditionally found in smoothies.

"We use some crazy ingredients, like we put asparagus in our smoothies, arugula, white bean, cabbage,

ginger, aloe vera and even jalapeño," Mendoza said.

The Groovy Smoothie Café was founded about three years ago in 2013. Mendoza said they were inspired to start the business because of the lack of healthy eateries in El Paso.

"We try to offer anything healthy for anyone who is healthy or health conscious," Mendoza said. "We provide education on health for our customers as well."

Erika Burnett, senior finance major, said she cares a lot about her health, and she would change from drinking coffee-based drinks to smoothies to maintain her health.

"I think health is important because life is short, too short to be living with health problems that affect your ability to live life to the fullest," Burnett said.

Since teaming up with Push Fitness, The Groovy Smoothie Café has been able to promote a healthier lifestyle by participating in many local events and activities.

"We've only been in the gym about a month, but we've done two or three events with Push Fitness," Mendoza said. "We did the tattoo festival on Fort Bliss together, and we also did a CrossFit games event."

Before moving into Push Fitness Gym, The Groovy Smoothie Café was located in an obscure location.

"We used to be located on Wyoming, and it was a bad location," Mendoza said. "We were under the freeway and we didn't have any indoor seating, so we moved over to Mesa and Balboa, kind of by Burling-

ton, and it's indoor, so we have a little bit more exposure."

The Groovy Smoothie Café used to own a food truck, which they would use when they participated in charity races and other outdoor events. Although they sold their truck when they moved into Push Fitness Gym, they still are able to find ways to share the importance of healthy living.

"Since our food has so many health benefits, we are trying to bring that to life and promote dedication and the answer to eating healthier," Mendoza said.

Katherine Ruvalcaba, junior pre-nursing major, said she was impressed with the taste of her smoothie from The Groovy Smoothie.

"I made my own smoothie with cocoa, dates, strawberries and spinach," Ruvalcaba said. "It looked super weird, but it was the best thing I've ever had."

Ruvalcaba went to The Groovy Smoothie because she liked how healthy it was.

"I tend to be very athletic and try to eat as healthy as I can," Ruvalcaba said. "It was after a workout and I wanted something healthy."

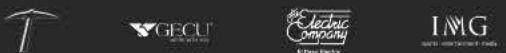
The Groovy Smoothie is located at 6100 Dew Drive inside Push Fitness Gym. For more information, call 532-0362 or visit their website thegroovysmoothiecafe.com.

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#MINERSTRONG



utepathletics.com



MARCH 29, 2016

SPORTS

EDITOR

ADRIAN BROADDUS, 747-7477

Miners fall in elite eight round against Oregon



ANGEL ULLOA/ THE PROSPECTOR

Senior guard Cameasha Turner tears up after the Miners fell to the Oregon Ducks, 71-67 in the elite eight of the Women's NIT.

BY JUAN CARLOS NAVARRETTE

The Prospector

The quest for the final four in the Women's National Invitational Tournament ended abruptly for the Miners as they fell to the Oregon Ducks 71-67.

UTEP losing to the Ducks marks the first time the Miners lost at home this year. They had gone 19-0 all season leading up to this game.

"I'm really proud of our team, I'm proud of El Paso and we are disappointed, but you know these guys

have been amazing this year," head coach Keitha Adams said.

Despite the loss, the Miners got off to an electrifying start. They jumped to a quick 6-0 run in the first quarter to keep the packed crowd of 9,055 intrigued.

The Miners' defense held the Ducks to 14.3 percent shooting from the field in the first quarter, and forced 13 points off turnovers. They held a 20-9 lead in the first quarter.

The Miners carried their success from the first quarter to the second as they got off to another quick offensive start by gaining the biggest lead of the game (18). Oregon, however, kept chipping at the UTEP lead after the Miners began turning the ball over. Oregon went on a 19-5 run to close out the half.

The Ducks closed the half shooting 32 percent from the floor and, 83 percent from the free throw line and 50 percent from the 3-point mark. They cut the Miners' lead to six points, trailing 30-24 at the half.

"They (Oregon) read the game really well," Adams said. "They shoot it really well."

The Ducks quickly came out firing in the second half as they drastically ate away at the lead that UTEP had built. They converted 4 of 8 from 3-point range. Although the Ducks still were trailing at the start of the fourth quarter, all momentum shifted their way.

The fourth quarter was as contested as it could be, but unfortunately for the Miners, Oregon took control of the game. Though the Miners were able to fight back an eight-point deficit to tie the game in the final moments, the Miners were not able to complete the comeback.

In attempt at coming back in the game, the Miners stole the ball

when they were down by three points with under 20 seconds to play, when Lulu McKinney missed a layup attempt that was rebounded by Jenzel Nash, who also missed her shot. Then the Ducks regained possession and killed the remainder of the clock to take the win.

The Miners may have lost in the elite eight of the WNIT, but according to Adams, they were able to complete their payback tour after going a disappointing 12-16 last year. Also of note, the Miners outright won the regular season title of Conference USA.

"I said that in the locker room, we said 'payback tour and we did it,'" Adams said. "Sometimes you come up with slogans and you don't really become the slogan. We did the slogan—to be 12-16 last year and struggle like we did, and this year to win the conference championship and to not lose at home until the end of March and April is phenomenal. We have great crowd support and the kids have played with a lot of heart, which is why they have been so successful."

Now that the season is over, Adams reflected on the year's success and how much of an impact the team made to the organization.

"It's a credit to them and our kids played hard," Adams said. "When you play hard, good things happen. We have not lost much this season. It has been an amazing year and I'm extremely proud of them."

Juan Carlos Navarrette may be reached at theprospectordaily.sports@gmail.com.

Track looks promising in opening meet

BY JUAN CARLOS NAVARRETTE

The Prospector

The Miners track and field team looked skilled in their first outdoor meet of the season at Kidd Field on Saturday, March 26.

For the men's and women's team, this meet was a lot more than evaluating talent; it was the beginning of a season in which the Miners are hoping to build off last year's second-place finish in Conference USA.

Florence Uwakwe, junior sprinter, participated in four events and was a standout in the meet. Uwakwe was quick to go to the podium as she won in her first event, the 4-x-100-meter relay.

Uwakwe competed in four events during her first outdoor meet of the year. Her motivation for this meet was not to compete in a myriad events, but to finally be able to be 100 percent healthy for the start of the year.

"It's a good way to start. In the 100 meters it was my first time running the 100, actually I'm actually not disappointed in my time," Uwakwe said. "I just have to work from there to see what I can achieve at the end of the season."

Uwakwe later competed in the 200-meter race, where she placed first in her group. Her motivation to run the 200 was not just for herself, rather, she was bested in the 100 earlier in the day, and found fuel

in the 200 after losing her earlier event.

"Honestly, I was really mad because those girls from Puerto Rico actually made me mad," Uwakwe said. "I think my 200 was my payback—it's my thing, this is my facility. Actually I was running against them because they won in the 100 and I swore not to let them because this is my facility."

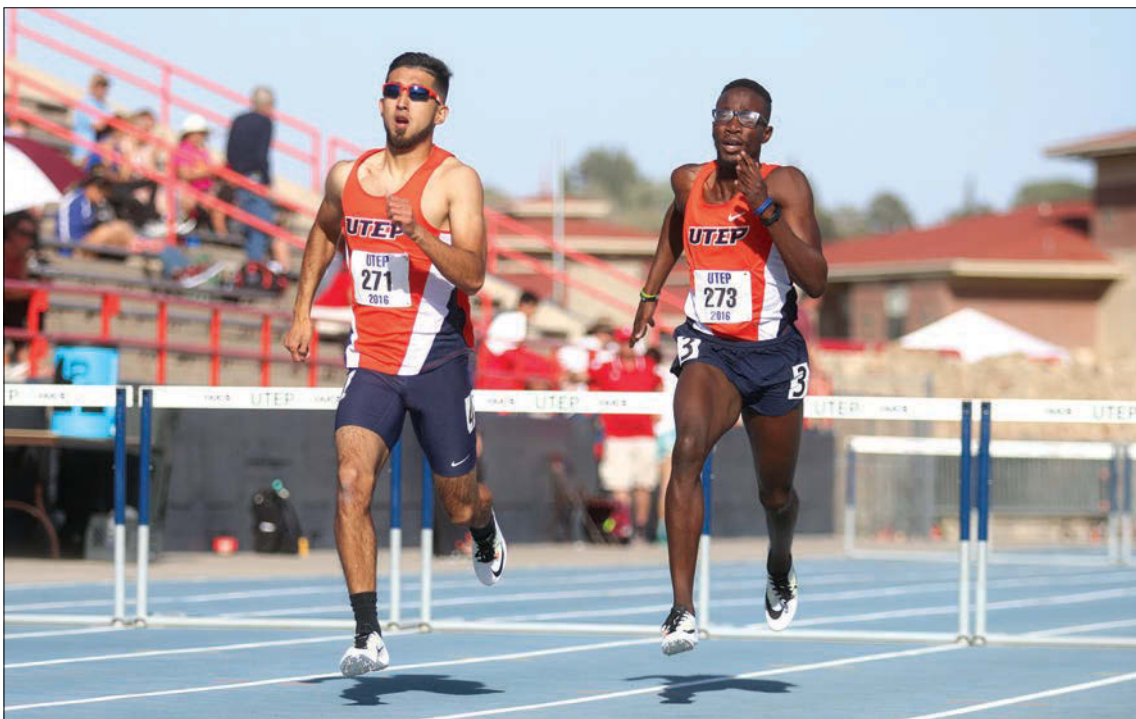
Uwakwe was not the only athlete to impress in this first meet, freshman hurdler Tobi Amusan left many eating her dust after her second-place finish in the 100-meter hurdles. The freshman not only got second place, but her time of 13.06 was enough to place her at the fourth fastest time in the world.

"Tobi, Rasmus (Maukonen) and Florence (Uwakwe) all had very good performances today for us in our opener," head coach Mika Laaksonen said. "The wind played a factor in some distance races, but other than that, it was a good day."

Freshman Winnie Koech won the women's 1,500-meter race. The freshman is another athlete in the long distance arsenal for UTEP.

The women were not the only ones who are looking to improve on last year's second-place ending. The men had an astounding javelin athlete in Rasmus Maukonen last year, which helped propel the team to second place.

Maukonen burst onto the scene in his very first competition on the team. Last year he threw his per-



MICHAELA ROMAN/ THE PROSPECTOR

The Miners track and field teams had individuals who placed on the podium in their first meet on Saturday, March 25.

sonal best en route to a great year. Maukonen was a crowd favorite, not only for his spirited personality, but because his throws always seemed to fly 10 meters further than his competition.

This year, it is looking to be more of the same as Maukonen took first in the javelin with a 73.64 throw. He not only won first, but also set a personal best at the competition.

"It's always special doing it here at Kidd Field," Maukonen said. "Last

season I also threw my best throw of the year here, so it's always nice. I know the crowd really enjoys when I throw far."

For Laaksonen, the meet was an opportunity to evaluate the talent on his team.

Laaksonen was a thrower as an athlete and is the throwing coach, so for him the opportunity to have throwing be a part of the outdoor competition is what makes this part of the year more exciting.

"I think even the indoor season is great, I think track is more of an outdoor sport than it is an indoor sport," Laaksonen said. "As a throwers coach, you only have two events outdoor—you have four. It just feels better; you have more athletes competing."

The Miners will participate in the Texas Relays on April 30 in Austin.

Juan Carlos Navarrette may be reached at theprospectordaily.sports@gmail.com.

Miners show growth in spring scrimmage



ANGEL ULLOA/THE PROSPECTOR

Miners ended their second week of practice with their first scrimmage in a game-like situation.

BY ADRIAN BROADDUS

The Prospector

The second week of spring football came to a close as the offense and defense scrimmaged for the first time on Friday, March 25.

While the Miners used an up-tempo offense, the defense showcased defensive coordinator Tom Mason's 3-4 scheme for the first time.

There were tough plays on both ends and the scrimmage served as a growing point for the team going into their third week of practice.

"It was a good, physical scrimmage," head coach Sean Kugler said. "I thought there was really a lot of good give and take. I thought the offense moved the ball well, they only punched it in once."

One of the biggest storylines on offense is the three-way starting quarterback battle, which was showcased right off the bat. Ryan Metz took the lead as the play caller on the first drive for the Miners. Then Kavika Johnson and Mack Leftwich traded off roles at quarterback during the next series.

"I thought they were very solid today," Kugler said. "We had a period there in the red zone period, where we had some snap issues, but that was due more to a young center that hasn't done it before. I thought they handled everything—the huddle, the communication for the first time—and (they) handled the two-minute red zone things very well, so I was very pleased with the quarterbacks and I have been pleased with their progress throughout the spring."

To finish the day, the three quarterbacks totaled 249 yards and three touchdowns. Metz, who completed 11 of 15 passes for 129 yards, threw for more yards than Leftwich (90 yards) and Johnson (30 yards) combined. On his first drive, Metz completed his first eight passes and drove his team to the red zone.

In a single-minute drill, Metz drove the offense 70 yards, which resulted in a six-yard touchdown pass to tailback Treyvon Hughes.

Kugler commended Metz' on executing in a "tough situation."

"It (the scrimmage) was a blast," Metz said. "I'm loving getting comfortable with the new system and with coach (Brent) Pease—his attention to detail, he wants everything perfect. With the up-tempo, I'm having a blast out there."

Pease, the new offensive coordinator of the Miners, showed glimpses of his more fast-paced offense in the scrimmage. In different occasions, the Miners called quick-huddle plays, rotated multiple packages with the three quarterbacks and lined up more receivers on the scrimmage mark.

"We won't be up-tempo all the time, but we do have different tempos and will mix them up," Kugler said. "We'll try to keep the defense off guard with personnel tempos."

The three gunslingers on offense saw a multitude of looks downfield throughout Friday's scrimmage. Returning receivers such as Jaquan White, Cole Freytag and Warren Reddix all had exceptional catches, while they also mixed things up with tight ends and running backs such as Augie Touris, TK Powell and Hughes. Up-and-coming wideouts who made an impact in the scrimmage included Tyler Batson, Terry Juniel and Eddie Sinegal.

Freytag (five catches, 71 yards) and White (five catches, 52 yards) led the troops in receiving yards.

"(The offense) is great," White said. "It's a lot of moving parts, a lot of confusing the defense. Right now, it's just a great offense to be in."

One of the most significant milestones in the scrimmage was running back Hughes' performance. He caught three passes for 50 yards, two of them resulting in touchdowns. He had a powerful 48-yard run on a fourth-and-one drill.

Hughes and TK Powell will be fighting for the backup running back position behind Aaron Jones in the fall.

"Today, he (Hughes) took a big step forward—I thought he did a lot of good things," Kugler said.

"Treyvon did a nice job today running and catching."

On the defensive end, coach Mason revealed the 3-4 defense against the offense for the first time.

"I think we're progressing every day," outside linebacker Brian Madunezim said. "I'm excited for what we have planned for the future. We have a lot of things to install—a lot more new plays. All we have to do is execute, make plays, have good ball awareness—I think I would be very disappointed if we lose one game this year."

The progression Madunezim referred to was the defense making significant stops throughout the scrimmage. Christian Harper and Jorge Rodriguez recorded solo sacks. Silas Firstley and Lawrence Montegut had two tackles for losses and Dashone Smith contributed with a pass deflection.

"We still have a lot of things to clean up, but the defense is coming along great," Montegut said. "Everyone is starting to learn the defense. Everyone is starting to work as one, as a team."

Although the defense showed strength, they had a setback when safety Devin Cockrell suffered an injury. In 2013, Cockrell was the team's leading tackler and was sidelined last season due to a knee injury.

"I don't know yet (about the extent of the injury)," Kugler said. "I'll have to wait to see. I'm frustrated for that young man because he worked hard to come back from his knee injury last year. Hopefully it's nothing major."

The spring football game is slated in three weeks at 7 p.m. on April 15 at the Sun Bowl.

Adrian Broadus may be reached at theprospectordaily.sports@gmail.com.

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