

4-11-2017

# The Prospector, April 11, 2017

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THE WELLNESS ISSUE

ASSAYER OF STUDENT OPINION

# THE PROSPECTOR

WWW.THEPROSPECTORDAILY.COM

VOL. 102, NO. 26

UNIVERSITY OF TEXAS AT AUSTIN

APRIL 11, 2017

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ILLUSTRATION BY GABY VELASQUEZ,  
DESIGN BY ANA RAMOS / THE PROSPECTOR





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APRIL 11, 2017

OPINION

EDITOR-IN-CHIEF  
MICHAELA ROMÁN, 747-7477

College reinforced my unhealthiness

BY EDDIE VELAZQUEZ  
The Prospector



As some of us grow, our education and obligations run parallel to our physical and mental health. For 17 year-old me, weight issues and the haunting insecurities they brought along trailed me like a nagging shadow.

The few extracurricular activities I was involved in, and the college application processes were stressful and time consuming. They allowed me to indulge in unhealthy behaviors such as consuming concerning amounts of junk food, and living a sedentary lifestyle.

Playing soccer with my friends, hiking and kicking field goals with my dad all became a rarity. With time, they also became a hassle, as being out of shape and overweight did not allow me to enjoy them at the same level anymore.

But it wasn't until my top college choice denied my admission and my first longtime relationship ended, that I decided it was time to take care of my own health.

The drive behind my change in dietary habits and will to exercise was simple; I was not at the place in my life where I wanted to be. However, the transition was quite the opposite.

Getting up early in the morning to cook, measuring food portions, following a diet with set times to snack and running increasingly longer trails were some of the most seemingly insurmountable obstacles I had ever faced.

Fortunately, after five months, the results left me satisfied. I had lost 40 pounds and was comfortable with running four miles five days out of the week. Mentally, I also gained

confidence and a more positive attitude toward life.

When it came time to start college, I had no intentions of changing my routine.

Taking 15 credit hours every semester did not seem like much at a glance, but as it went on, the coursework started to accumulate and the readings for some classes consumed the majority of my time.

Often times I find myself having to decide between hours of sleep, or packing snacks and a decent lunch to make it through the day. My schedule also clashes with the times when I am supposed to snack or eat a big meal.

In turn, some days turn into one-meal days, when I eat a big meal and go straight to bed so I can do it all over again the next day.

Adding an on-campus job into the mix also makes for unhealthy food choices to become more appealing. Getting off a long shift and satisfying a craving just feels right sometimes, and there are more than a few fast food restaurants within walking distance from the university.

As for exercise, the indoor track at the rec center quickly replaced my usual running trails. But as time went on, I was only running sporadically or not at all because of my parking situation being extraneous to campus and a lack of time.

There is no denying the physical and mental toll college classes take on students. From a lack of time to have a nutritious meal, to a lack of energy to workout before or after class, some serious time management and planning skills are required to keep a healthy lifestyle in college.

Follow Eddie Velazquez on Twitter @ezvelazquez

Becoming self-disciplined with eating choices

BY ADRIAN BROADDUS  
The Prospector



It seems college students have two options when it comes to eating.

The first is eating a quality meal that is probably unhealthy. These meals usually come fast, like fast food or dining out, and come loaded with high calories or fat. If not fast food or dining out, they're warming up microwave food that is just enough to fill the pit of the stomach.

The other option is a healthy meal that seems to take a lot longer to prepare or is not as readily accessible while dining out.

My friend, Yussef, was the first to show me that there's a third option: eating quality meals that are also healthy.

It really isn't impossible to eat healthy as most make it out to be. Setting some time on the weekend to prepare and plan weekly meals can go a long way for being healthier.

The first step to eating healthy is self-discipline. Whether it is not eating out frequently or planning meals for a week, it is important to make the healthy decision while eating. Most choose to eat out as a means of social accessibility or simply because it becomes the quicker alternative. Next time your friends say, "let's go get some Whataburger," either choose to order from the healthy and nearly non-existent menu or choose not to go. It is a sign of a promising self-discipline that most need when choosing to eat healthier. This is not to hinder anyone from necessarily refraining from eating out; rather, it's a step for individuals to be aware of what they choose to eat.

The next step to maintaining a proper diet is organization. By

organizing meals and delegating when and what you will eat, it will not only help out your weekday schedule, but also make sure you are filling up your stomach properly each day. Calendars or phone schedules reminding you when or what to eat can help you eat properly too. It will stop you from skipping meals and also help you plan ahead for what to eat.

Eating healthy, from what I've witnessed from Yussef, also improves the mood of an individual. He has shown me that eating healthy makes you sleep better, increases your energy and also feel good about yourself. He never misses a meal, starves himself or longs for a triple-decker Whataburger. Instead, he is self-disciplined and even got his girlfriend, Kalie, to jump in on the healthy lifestyle.

It's a lifestyle that I, and others, should try to achieve.

Follow Adrian Broaddus on Twitter @Adrian\_Broaddus

A healthy lifestyle came naturally to me

BY GRECIA SANCHEZ  
The Prospector



Steve Jobs once said, "The first 30 years of your life, you make your habits. When you are 30 and above, your habits make you."

The last time I ate a fast-food hamburger was about two months ago, and it was only because my 20-member family decided to go to Wendy's.

I always complain to them about not having enough healthy eating habits. Since I was a little girl, I would eat fruits instead of candy and granola instead of ice cream. I am not sure why I would do that, but having a healthy lifestyle has always defined me, especially now that I understand the benefits of living.

These choices are what I've become known for in my family. Whenever we have family reunions, I always keep in mind what I order or prepare for myself. I try to convince my immediate family to turn vegan, but my mother always tells me the same thing, "Estás loca Grecia, quieres morirte de hambre." (You're crazy, do you want to starve to death?).

Don't get me wrong, I have tasted the other side and I honestly have not liked it as much as the healthy side. But there have also been times in my life where I just start eating chocolates every day or drink too many sweetened teas.

There was even a time that I was over-eating a Mexican candy called Skwinkles. I was in elementary school and it was pretty much the only candy I ate during that period. I would eat one box each day and sometimes even two boxes per day. When I was starting middle school, I noticed my teeth color changed from white to light yellow. And this seemed weird because I had the habit of brushing my teeth after every meal. So my mother and I went to the dentist and found out the acid that was contained in the Skwinkles took out some whiteness of my teeth that I could never recover again.

Imagine my frustration after knowing that, because of my parents' negligence, I was never going to have the whiteness that my teeth could have because of freaking acid "candy." I think this was the precedent of me not ever eating candy for long periods of time, and if I did it is just one candy.

This experience made its mark on me. I now care about every single aspect of my health, always striving

for a balance however. I practice yoga four times a week, I eat slowly and in portions, I drink a gallon of water per day, I am constantly meditating throughout the day (because is not only about physical health I care about, but mental health as well), and I try to have eight hours of sleep regularly.

Health does not represent just my habits; it has become my life. I do all these things because I feel good with myself afterward. I have experienced less stress by sleeping well, I feel happy with myself after every yoga practice I perform, and I feel with less depression once I know I ate well and did not go for the easy fast-food choice.

By caring about my health, I am caring about the future I pursue, which would be impossible to accomplish if I do not feel well. I care about my family, who loves seeing me happy. I care about my friends, who have seen me in my worst, and cherish my daily healthy decisions. By caring about my health, I am caring about myself, the first most important thing everyone should do in their lives.

Follow Grecia Sanchez on Twitter @grecias068

THE PROSPECTOR

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THE PROSPECTOR STAFF VOL. 102, NO. 26

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# How to fix your sleeping habits before it's too late

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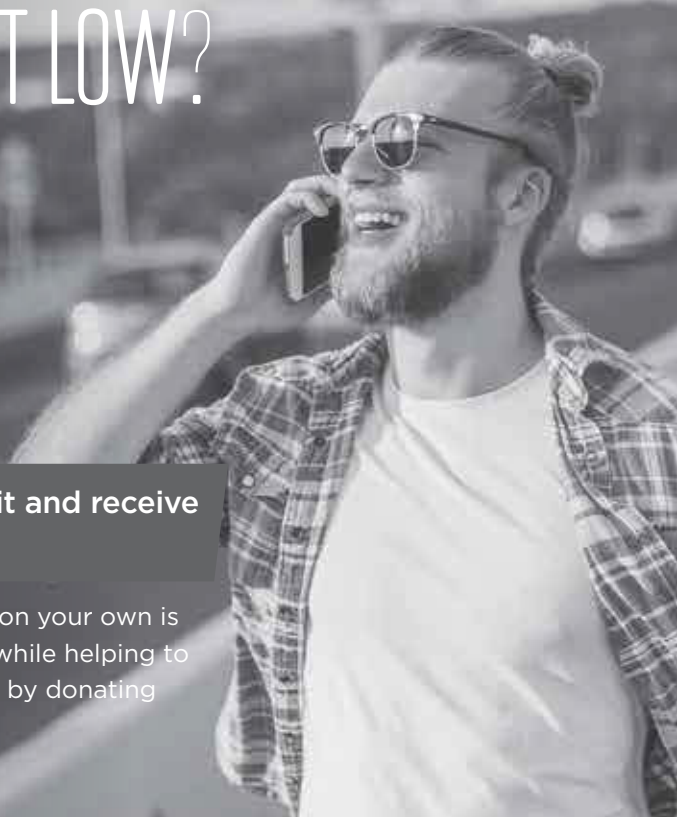
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**BY THE PROSPECTOR STAFF**  
*The Prospector*

College students are notorious for not getting enough sleep, and some students actually take pride in how much they are able to get done with so little sleep. But sleep deprivation can have serious consequences on your body and mind. According to a study done by the Center for Disease Control and Prevention in 2016, one in every three Americans are sleep deprived, which can lead to an increased risk in high blood pressure, strokes and mortality rates. The National Sleep Foundation reports that proper sleep is critical to form and keep new memories made in the day and a lack of sleep impairs retrieving those memories during the day.

1. One way to get more shuteye is to cut down on technology before bed. Artificial LED lights can strain retinas and alter your brain away from sleep. So turn off Netflix and lock your phone away from social media feeds. Try reading a book or counting some sheep in your head instead.
2. Don't eat too close to your scheduled bedtime. Heavy meals make falling asleep uncomfortable. Try to plan your last meal of the day at least three hours prior to sleepy time.
3. Go to sleep at the same time every day. If you go to sleep within the same half-hour every day, your body will start to anticipate when it's your bedtime and prepare itself for a good night's rest.
4. Overconsumption of alcohol can lead to serious sleeping problems. Sleep experts say chronic drinking can result in loss of deep sleep and also prevent rapid eye movement (REM) sleep.

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### NMSU EDUCATORS' JOB FAIR

April 24, 2017  
1:00 pm - 7:00 pm

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QUESTION OF THE WEEK

# How much sleep do you need to function?

ALONZO MARTINEZ, CLAUDIA HERNANDEZ, NINA TITOVERTS / THE PROSPECTOR



**ALEX URUETA**  
Senior pre-pharmacy major  
“I would say I need six to seven hours to properly function, but overall not too much sleep.”



**CHARLYN SOTO**  
Freshman social work major  
“I would say I need eight to nine hours to be able to handle all my responsibilities and really be myself.”



**CRYSTAL SERRANO**  
Senior computer science major  
“So if I get around eight hours of sleep I am able to function 100 percent. If I get less I am drowsy throughout the day.”



**GEREMY GUTIERREZ**  
Freshman English major  
“I guess my required amount of sleep would be five to seven hours, but occasionally during exams or stressful situations, I barely get any sleep so three to four hours.”



**JACOB RAMIREZ**  
Freshman business major  
“I need about four hours of sleep. I've been surviving with that lately so I guess that's fine.”



**JORDIN HANLEY**  
Junior speech pathology major  
“I need a crazy amount of sleep. When I was a freshman I could get by with six hours. Now I need at least nine to ten hours to function.”



**LESLIE DELGADO**  
Senior psychology major  
“I need at least six hours to function properly and to sleep more throughout the day.”



**MELISSA MURILLO**  
Junior education major  
“I think I need seven hours of sleep. If I don't sleep those hours, I won't be able to function the next day.”

THE OFFICE OF STUDENT CONDUCT AND CONFLICT RESOLUTION PRESENTS:

# APRIL

SEXUAL ASSAULT AWARENESS MONTH 2017



**“THE HUNTING GROUND” FILM**  
FOLLOWED BY A PANEL DISCUSSION  
APRIL 11/5:30-7:30/UNION CINEMA

**“ONE IN SIXTEEN” WORKSHOP**  
MALE SEXUAL TRAUMA & RECOVERY  
APRIL 17/1PM-3PM/BLUMBERG AUDITORIUM

**LET'S TALK ABOUT CONSENT**  
COMMUNICATE ABOUT SEX & CONSENT  
APRIL 24/3PM-4PM/UNION E. ROOM 102B

**MAKE THE CONNECTION**  
MILITARY SEXUAL TRAUMA WORKSHOP  
APRIL 26/1:30PM-3:30PM/UNION E. ROOM 102B

**“BE THE VOICE” WALK**  
WALK TO MAKE A CHANGE  
APRIL 19/2PM-4PM/CENTENNIAL PLAZA

**BAD ROMANCE**  
SIGNS OF AN UNHEALTHY RELATIONSHIP  
APRIL 19/10AM-11AM/UNION E. ROOM 102B

**DENIM DAY:**  
ADVOCACY FAIR & FASHION SHOW  
WEAR DENIM WITH A PURPOSE  
APRIL 26/10AM-1PM/UNION PLAZA

**TAKE BACK THE NIGHT:**  
CANDLELIGHT VIGIL  
VIOLENCE AGAINST MEN AND WOMEN  
APRIL 27/7PM-9PM/UNION E. ROOM 308



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# App seeks to empower sexual assault survivors

BY RENE DELGADILLO  
The Prospector

In the summer of 2016, four 2014 college graduates from Chappaqua, New York, released a smartphone app for college students who have experienced sexual assault. The app, “Reach Out Editions,” provides resources

designed to help survivors cope with their experience. Co-founders Billy Sadik-Khan, Jack Zandi, Racquel Giner and Zach Csilag reunited after graduating from different universities and created their own company, Capptivate. Capptivate released their app “Reach Out Editions” last summer.

The app is run by a digital database of approximately 2,500 colleges across the U.S. with more than 40,000 resources specific to each college. “Reach Out Editions” seeks to empower student survivors of sexual misconduct with information about their options for support both on and off-campus,” Sadik-Khan said. “We’ve designed the app to be as relatable and accommodative for college students as possible by ensuring that users are anonymous, the information is campus-specific.” The app, which has expanded to high schools in the U.S. and universities in the U.K., connects sexual assault survivors with resources such as rape crisis centers, helplines, legal aid services, medical care providers, counseling services and emergency responders. Users of the app can search the name of their university, which will direct them the current information and services offered by their school. The app offers students information explaining about how sexual consent looks like, how they may help victims of sexual assault, and the phone numbers, names of people in charge and locations of services dedicated to help and protect survivors of this crime such as a Title IX coordinator. The University of Texas at El Paso is among the universities that have signed up with the app. “Reach Out Editions” comes with a prevention and education section, where users may view videos and read articles explaining the facts of sexual health and its risks.

“Your school can login and customize their information and update it as it changes,” Sadik-Khan said. The app also has products and services available for purchase like CappMail, an email service offered by the app, which allows users to send questions anonymously to their campus police. UTEP currently does not subscribe to this service. “We do sell services and products, but the schools are not required to buy them, but we do think they are helpful tools for all students,” Sadik-Khan said. “All the money that we get back from value-added services goes back to the app so we can make it better and sustain it.” Sadik-Khan said one of the reasons why they decided to create this app was to help reduce the high numbers of sexual assaults on college campuses by encouraging the reporting of this type of incidents. According to the 2015 American Association of Universities Sexual Assault Campus Climate Survey, 11.7 percent of students reported experiencing non-consensual sexual contact by threats of physical force and incapacitation during their college careers. These sexual assault cases had overall low reporting rates, ranging from 5 percent to 28 percent. The survey gathered responses from more than 150,000 students across 27 universities nationwide. When the “Reach Out Editions” team started, there were about 100 colleges under investigation for sexual misconduct. Sadik-Khan said these injustices are what motivated the creation of this project.

“The reality is that not all schools do a great job and we want to make sure students are aware of their rights. We want them to know who to contact if they have suffered an incident of sexual assault,” Sadik-Khan said. “If schools already do a great job, we still want to create more platforms where students have easy information available to them.” In 2014, the “Reach Out Editions” team started working on their app and decided to contact different universities around the nation to explain the idea behind their app. “It was hard—it took us two years to release the app. We compiled the information, designed the app, we had to market it and meet with schools,” Sadik-Khan said. “At one point, we drove to Indiana and back, and that was probably 10 colleges along the way where we asked for guidance and advice for our app.” Sadik-Khan and his team said they hope to make a difference in the future of students and schools. “I hope the app plays the role in increasing the reporting of these cases so every victim can receive the adequate support and help. I hope this app creates a safer campus community,” Sadik-Khan said. For more information on “Reach Out Editions,” visit their website at capptivation.com.

Follow Rene Delgadillo on Twitter @rdelgadillonews

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Monday, April 17  
12:30 pm - 2:30 pm  
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ELECTION POLLING STATIONS  
Wednesday, April 19 and Thursday, April 20  
10:00 am - 2:00 pm at the Union Plaza

CANDIDATE INFORMATION SESSIONS  
Wednesday, April 12 and Thursday, April 13 at 6:00 pm  
(Riverview Room 102-H, Union Bldg. East)

ONLINE VOTING  
Begins: Wednesday April 19, at 7:00 am  
Ends: Thursday, April 20, at 11:59 pm

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APRIL 11, 2017

ENTERTAINMENT

EDITOR  
LESLIE SARIÑANA, 747-7477

Meal prepping on a student budget

BY ADRIAN BROADDUS  
The Prospector

Whether you're a gym rat who needs to develop a proper diet, or a broke and busy college student who needs meals at your own leisure, meal preparation might be the best direction for cost, efficiency and tastiness of meals. By preparing proper meals, one leaves room to maintain a nutritious diet without the task of constantly cooking or eating out.

Meal preparation, or meal prep, can be very useful for the day-to-day college student and is a perfect chance to start eating healthy. The best part for college students is how cost efficient they can be. Shopping may turn into a bi-weekly activity, if done correctly, and it will serve as a one-time investment for a couple weeks of food.

The first step into proper meal prepping is collecting enough containers to properly store food. Places such as Dollar General or Dollar Tree sell inexpensive plastic ware. It's important to gather as many containers relative to the amount of food you will prepare. Aluminum foil and plastic bags are also smart investments when it comes to meal prep.

Egg breakfast cups

Ingredients

•7 eggs

•salt/pepper

•cooking spray

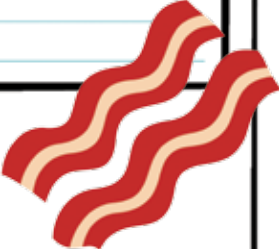

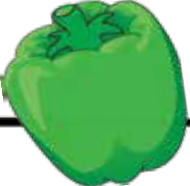
•muffin tin

\*Optional sides include chopped spinach, diced tomatoes, diced onion, diced bell peppers, cut up broccoli, parmesan cheese or your preferred cheese.

Steps

First, beat seven eggs in a bowl until fully mixed. Add any additional ingredients to the mix. For an added health incentive, only use the egg whites and not the yoke. Once fully mixed and smooth, set aside.

Spray down the muffin tin with cooking spray and add salt and pepper to the tins, if desired, for added taste. Pour the egg batter into each muffin tin up to just about the top and then bake in the oven at 350 degrees for 20 minutes.



Breakfast burritos

Ingredients

•8 strips of bacon

•sliced potatoes

•16 low-fat sausage links

•7 whole wheat flour tortillas

•red pepper

•yellow onion

•10 eggs


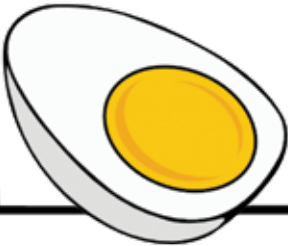
•cheese

•parchment paper

•salt and pepper

Steps

In a big skillet, start at medium-high heat, cook bacon until crispy and then remove the bacon onto a paper towel to cool. In the same skillet, add potatoes and season with salt and pepper if desired. Then, when the potatoes are lightly browned, mix in peppers and onions. Cook until the potatoes are brown and the peppers and onions are soft. Afterward, place the mix somewhere to cool. Repeat the same steps for the sausage as the bacon. Reduce the heat to medium low and pour in beaten eggs. Cook until soft and moist and make sure not to burn them. Once ready, remove the eggs from the pan into a bowl to cool. Meanwhile, heat a flour tortilla on a comal very lightly. In the tortilla, fill with a base of eggs with the choice of desired vegetables and meat toppings. After, wrap the burrito in parchment paper and repeat for desired amount. Then, set the burritos in a 1-gallon freezer bag and put them in the freezer.



Fiesta chicken bowls

Ingredients

•1 red bell pepper

•1 yellow bell pepper

•1 large red onion

•salt and pepper

•5-7 pounds of boneless chicken

•1 packet of taco seasoning

•diced tomatoes

•10 cups of cooked rice

•1 can of black beans

•1 can of corn

•1 jar of salsa


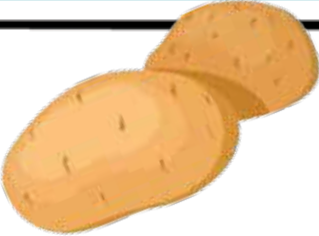
•limes and cheese

Steps

Although the ingredient list is pretty long, these fiesta chicken bowls are completely worth it. First, you will heat oil in a large skillet over medium-high and add the peppers and onions. Cook until veggies are soft and once ready, remove them from the pan and set aside.

Then add the chicken to a hot skillet. With a wooden spoon, break apart the chicken to separate. Season it with taco seasoning and stir until meat has browned and cooked all the way through. Stir in tomatoes and bring to a gentle simmer for about five minutes. Then, kill the heat and let it sit.

For the taco bowls, add a base of rice to however many food storage containers available. Top each bowl with a scoop of black beans, corn, salsa, cheese, cooked chicken, cooked peppers and onions. Add a lime on top for garnishing.



Chicken veggie mix

Ingredients

•olive oil

•boneless and skinless chicken thighs

•salt and pepper

•1 to 2 pounds of green beans

•2 cups of cherry tomatoes


•1/2 cup of basil pesto

Steps

In a large pan, heat olive oil with chicken thighs and season with salt and pepper. When chicken is completely cooked through, remove from pan, slice into strips and set aside.

Add green beans to the skillet and cook until crisp. Return the chicken strips to the pan and add tomatoes and pesto. Stir until all are together as a big mix.

Then, divide the collection into food storage containers and store in the fridge. A cheap alternative to the green beans and tomatoes could be five cups of cooked rice.



Follow Adrian Broaddus on Twitter @Adrian\_Broaddus

DESIGN BY MICHAELA ROMAN / THE PROSPECTOR



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# Cirque du Soleil’s ‘OVO’ coming to Don Haskins

BY LESLIE SARIÑANA  
The Prospector

Cirque du Soleil is coming back to the Don Haskins, and this time they’re bringing a colony of insects with them. Cirque du Soleil presents “OVO,” a story of a mysterious egg and a love story between a big-city bug who falls in love with a ladybug.

The “OVO” plot follows a for- eigner going into a colony of dif- ferent insects. There are butterflies, ants, dragonflies, crickets and even clowns. The newcomer falls in love with the ladybug and the show fol- lows a colony of insects with a lot of different stories.

Director Deborah Colker was in- spired to come up with the plot of “OVO” through Brazilian music and the world of insects. “OVO” is the Portuguese word for egg. The Bra- zilian inspiration resonates through the music and costumes.

Catherine Audy, who plays a butter- fly in “OVO,” said the costumes used in the show were made in Montreal. “We have a lot of different cos- tumes in the show. We do our own makeup, but for the costumes we have a team of three people in ward- robe in here that wash our costumes and do repairs. It’s very colorful (our show) so the costumes are amazing,” Audy said. “OVO” is a large production that has been on the road for a year and plans to keep traveling for another five years. “We have been touring since April (2016) in arenas. All of the team has been together for a year now. There are 100 people on tour,” Audy said. The production will remain in the U.S. until September and head to Europe in October later this year. Audy also said that the show will run for another five years. She de- scribes her job as a “lifetime choice” because of all of the time it requires her to be on the road and on tour. Although difficult, she said she’s

having fun traveling the world do- ing what she loves. The performers train every day even when they are on a break. “We are in the arenas a few hours before the show. A few hours a day. We are still training a lot because our body needs it,” Audy said. The cast and crew definitely put in a lot of hard work to deliver a grand show every night across different cities. What makes “OVO” so spe- cial is that it caters to all audiences. “The kids enjoy it and the adults laugh a lot. The high acrobatics level of the show and the clowns are really funny. It’s really for the whole family,” Audy said. “OVO” shows April 12 through April 16 at the Don Haskins Center. Tickets are available through UTEP Ticket Center or Ticketmaster.com.

✉ Leslie Sarinana may be reached at theprospectordaily.ent@gmail.com.



PHOTO COURTESY OF CIRQUE DE SOLEIL  
Cirque du Soleil’s “OVO” will be at the Don Haskins Center April 12 through April 16.

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# Workouts for everyone depending on your interests

BY LESLIE SARIÑANA  
The Prospector

## 1 Hot Box Yoga

If you're looking to do yoga, Hot Box Yoga is one of the best places for it in El Paso. Hot yoga is one of the newest and most popular forms of yoga. It's a style of yoga that is practiced in hot and humid conditions. The classes are heated to 90 degrees Fahrenheit and set at 40 percent humidity. This is meant to improve your skin and your breathing. Hot Box offers multiple forms of hot yoga. They offer five classes for \$65. Hot Box Yoga is located at 5941 Fiesta Drive.



## 2 Crossfit 915

Join the newest fitness craze at CrossFit 915. They have a CrossFit competition team that has traveled to compete in the CrossFit Games. CrossFit workouts are designed to resemble the competitive events. However, don't be too intimidated to try it out. CrossFit 915 makes it their mission to be able to have workout programs for people of all ages. They have two locations, one on 6250 Modesta St. and the other on 12135 Esther Lama Drive #1100.

## 3 Fit30

Fit30 is a different type of gym experience. They put together the best fat-burning exercises into one 30-minute workout. Everyone who joins Fit30 has a certified personal trainer to help you through your individualized workout. During one single workout you're expected to burn between 500 to 600 calories. Sessions start at \$10. Fit30 is located at 3950 Doniphan Dr.



## 4 Unleashed MMA Fitness

Unleashed focuses on mixed martial arts and also offers many classes in jujitsu, personal training, group fitness, strength training, nutritional guidance, boxing and fitness boot camps. They offer free trial classes. The MMA classes are available for ages 12 and up. Unleashed MMA is open Monday through Saturday and is located at 1510 N. Zaragoza Rd., Suite A-10.



## 5 Inspirationz studio

Stepping away from the traditional workout, Inspirationz Studio is all about Zumba. This studio only offers Zumba fitness classes. Classes are \$5 a class or you can buy a member card for \$45 which is one class per day for a month. This is a no contract studio so you don't have to worry about being tied to a contract and losing out on money when you don't commit to it. They offer classes Monday through Saturday at 1515 N. Lee Trevino.

# 2017 FOOTBALL



## SPRING GAME

APRIL 14 / 6 PM

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# Raw Fitness guarantees body goals



SPECIAL TO THE PROSPECTOR  
Raw Fitness has three locations at 6800 Gateway East, Suite 3AB, 1700 N. Zaragoza, Suite 139 and 4519 Osborne Drive.

**BY CLAUDIA FLORES**  
The Prospector

Summer is coming up and it is time to hit the gym and build that summer body. Raw Fitness offers a six-week challenge program that starts with a \$300 deposit.

Members are required to train at least four times a week in a 30-minute, high-intensity training workout and follow a meal plan. But at the end of the six weeks, if they accomplish their goal, losing 20 pounds or 5 percent of your body fat, the deposit is given back to you.

“Raw Fitness is an economic and personal motivation, in the six-week challenge I get my money back at the end, plus it helps to build your self-esteem,” said Gerardo Marquez, an Army medical combat specialist, who is in the fourth week of the challenge.

Finding motivation to start working out can be tough, but at Raw Fitness they have personal trainers who say their goal is to help people to get the body of their dreams with high-intensity workouts.

“The motivation behind Raw Fitness is actually to see El Pa-

soans grow and transform,” said Ryan Hawk, a personal trainer at Raw Fitness. “We are one of the fattest cities in Texas and we don’t need to be that way, so our goal and mission is to reach one million lives.”

Other than having trainers, Raw Fitness also offers its clients the chance to work out in big groups.

According to Hawk, this is to show that everyone is giving their maximum efforts while building their bodies, and to create a supportive atmosphere between individuals while training.

“We did a test and we asked clients how does working in a big group make them feel, and they said it made them feel better because they weren’t intimidated by other clients and they felt they could do more,” Hawk said.

The challenge is only one of two workout systems Raw Fitness offers. If you enter the six-week challenge, but you want to continue working out at this gym, you can do that as well

“I’ve been to other gyms and had personal trainers, and sometimes you don’t know how to perform the exercises properly, and knowing that the trainers are there and everyone is doing the same motivates you a lot,” Marquez said.

“

The motivation behind Raw Fitness is actually to see El Pasoans grow and transform.

”

**-Ryan Hawk, personal trainer at Raw Fitness**


The monthly membership is \$150 and you get the chance to work out for a minimum of four days a week, you get the meal plan, personal trainers and even more time to continue working toward your body goals. However, not all individuals believe \$150 a month is a reasonable price.

“The price is too expensive and I can get a better experience for the same price for a personal trainer that focuses just on my training,” said Valeria Vazquez, a junior women’s studies major. “Yes, the meal plan is what makes you lose weight super fast, but is not a personalized diet, everyone is different and there is no ‘one size fits all’ when it comes to working out and eating right.”


Raw Fitness has three locations, 6800 Gateway East, Suite 3AB, 1700 N. Zaragoza, Suite 139 and 4519 Osborne Drive.

✉ Claudia Flores may be reached at claudiaphr97@gmail.com.

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No tirar basura, aparatos electrodomésticos, muebles, llantas, y chatarra a canales y acequias del sistema de drenaje pluvial.




Keep material out of the stormwater conveyance system (curbs, gutters, sidewalks, streets, drains, culverts, and arroyos). Dispose of grass, leaves, yard waste, and construction debris properly

No tapar el flujo pluvial a canales, alcantarillas y arroyos con basura. Disponga correctamente de basura vegetal (césped, ramas, y hojas) así como basura de construcción.




Leave natural vegetation in place where possible to prevent erosion.

Si es posible, deje crecer a vegetación en forma natural para evitar la erosión.




Recycle oil, antifreeze, and other vehicle fluids, or dispose of them properly to prevent the pollution of stormwater, groundwater and the Rio Grande.

Recicle aceite, anti-congelate y lubricantes o disponga propiamente de ellos para prevenir contaminación de sistema de drenaje pluvial, mantos acuíferos y el Rio Bravo.




Properly dispose of hazardous wastes, pesticides, and fertilizers. Call UTEP EH&S to schedule waste pickups.

Deseche correctamente los residuos peligrosos, pesticidas, y fertilizantes. Llama al departamento EH&S en UTEP y agendar fecha para recoger los desperdicios.



Report illegal dumping in storm drains, culverts, or arroyos to UTEP EH&S. Reporte el veritado ilegal de residuos en los drenajes o arroyos al departamento EH&S en UTEP



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APRIL 11, 2017

# SPORTS

EDITOR

JASON GREEN, 747-7477

## Adams set to return home to Kansas



FILE PHOTO / THE PROSPECTOR

**Keitha Adams leaves** UTEP women's basketball as the winningest head coach in the team's history.

BY ADRIAN BROADDUS

The Prospector

Former UTEP head women's basketball coach Keitha Adams said her final farewell last week after 16 years at UTEP as she accepted the Wichita State head coaching position.

Sixteen years that featured a 284-209 overall record, two NCAA tournament appearances (2008 and 2012), and two WNIT appearances (2014 and 2016). She orchestrated the Miners to six 20-win seasons and three league championships in the past 11 seasons.

The announcement came out of left field for many within the program after her squad went 8-23 during the 2016-17 season. The decision was a difficult one, according to Adams.

"The first day was a hurricane, the second day a windstorm, the third day a dustbowl," said Adams, addressing the El Paso media for the last time. "I think I cried more than when I got divorced; I cried like people do when they drop off their first-born at college. This is how great an experience it's been here at UTEP. It's been emotional in all different kinds of aspects."

Now Adams will travel back to a city close to where she was born and raised. Kansas is her home, so this new experience will be something golden to her personally.

"(Wichita State) is where I grew up; I'm a lucky girl, I have two hometowns. How many people have two homes?" Adams said. "El Paso has been my home, now I'm going back to the home where things started for me."

Her tenure at UTEP started on April 20, 2001, when she was hired as the seventh coach in program history.

Since then, UTEP women's basketball has earned some of the nation's top honors and recognitions.

Adams took the team to all four post-season bids in UTEP women's basketball history. The Miners are one of 10 programs across the nation to have won 29-plus games at least three times in the last five years. She is the only UTEP coach to win 20-plus games and they have won 20-plus in four of the last five seasons. Adams led the Miners to two top-25 poll stances

in 2015-16 and 2007-08. In the 2007-08 season, the Miners held their spot in the top-25 for six straight weeks.

She also has a lot of history in Conference-USA women's basketball. She's the only coach in the league to win Coach of the Year three times (2016, 2012 and 2008).

But it was not necessarily the wins or the awards that have marked Adams as successful. She has prided herself in mentoring the women into more than just players.

"I'm very appreciative of everyone here at UTEP—coaches, players, there's so many people," Adams said. "All our players graduated; we didn't have a senior not graduate and I'm really proud of that. Watching these girls be successful on and off the court and I'm really proud of that and I feel great about that"

Reflecting on her illustrious time at the school, Adams will stand with some of the athletic program's best coaches such as legendary men's basketball coach Don Haskins.

"I think coach Haskins would say 'let's sit down and have a shot of tequila over this (decision),' she said. "He probably would want to have a drink and want me to think about this. Everyone needs to understand I could've left here before, but I didn't. This has been a wonderful place and it's been a great thing."

Her new contract indicates that she will be paid \$315,000 annually for five years, according to Wichita State Athletic Director Darron Boatright. She made a yearly salary of about \$200,000 in 2015 at UTEP, as reported by the El Paso Times.

However, it was the spark of the new challenge and home-bound attraction that drew Adams back to Kansas.

"It's going to be great and unique to coach at a school, that the university is a basketball school," Adams said. "Somewhere that's 37 to 38 miles from the town you grew up; (it's a) really unique opportunity. For me too, it was time to take on a new challenge. I think that challenges and getting up every day makes you be a little more alive. For me, it's another opportunity to feel alive."

Joining Adams at Wichita State will be former UTEP assistant coach Ewa Laszkowska. She planned to interview for the

head coaching position, but decided to follow Adams in her new journey.

Athletic director Bob Stull is predicting the coaching vacancy will spark a lot of interest among different coaches.

"I would have liked for her to be a candidate," Stull told the El Paso Times. "This is a good job now: great facilities, it pays really well, great fan support and everybody knows that. We had a sudden influx of (interest) initially, I pared off who is really a candidate, who is not a candidate. Now that people know Ewa is leaving, we'll get a lot more."

Prior to her decision, Adams spoke to the Miner team and encouraged them to stay at UTEP, rather than to transfer as is allowed when a head coach leaves the program.

It is still uncertain whether or not any of the players will transfer out or follow Adams to Wichita State. Adams and the Shockers have five scholarships left to give out during this off-season.

"You have to understand there's a passion and love for (UTEP)," she said. "I met with the team and one of the first things I told them is 'relax, Mr. Stull is going to bring in a great coach. He's done it for a long time and knows what he's doing.' The next thing I said was I hope they stick together and stay here. We went through challenges this year and I would like to see them reap the benefits next year. By the time they're freshman turned seniors, I believe they can be something special. I really hope that they would all stay. I think they've been in a good mind about it. Bob will make a good decision. Everyone's just got to give him some time and he'll do it—he hired me and it worked pretty good."

Stull hopes to hire her replacement in two weeks, but has not yet set a deadline for it.

Follow Adrian Broaddus on Twitter @Adrian\_Broaddus

## Equal pay for equal play

BY JASON GREEN

The Prospector



The U.S. women's national hockey team recently claimed a huge victory for gender equality when they went on strike, demanding a "livable wage" while they are members of the national team. It has been reported that players were being paid as little as \$1,000 per month, and even then they were only being paid during the six-month period, when they were actively competing for Team USA.

The players for the national team were prepared to boycott the International Ice Hockey Federation Women's World Championship, which began on March 31 in Plymouth, Michigan. During the negotiations between representatives for the players and USA Hockey, the players received expressions of support from the players' unions of the NHL, NFL, NBA, MLB and from 16 US senators.

USA Hockey eventually negotiated with the players after they could not field a team from the college—and even high school—ranks, when women from all over the country stood in solidarity with the striking players.

The day prior to the tournament's start, the two sides struck a deal that satisfied the players. The financial terms have not been released.

The U.S. women won the gold medal on April 7, with a dramatic 3-2 win over Team Canada, a team whose own advisory board of current and former players was a model for the striking U.S. players.

Now, the U.S. women can be a model for other women around the world. In fact, they already are.

On April 5, the U.S. women's national soccer team struck a five-year deal with U.S. Soccer to better pay players and to better fund the U.S. women's professional soccer league.

The U.S. women's national team has long been ranked higher than the men in the world rankings and had to fight for compensation that is commensurate to that ranking. The new collective bargaining agreement also pays women's national team players increased compensation for being team members, enhanced "lifestyle" benefits, as far as travel and hotels are concerned, per diems equal to those of the men's team members and greater financial support for players who are pregnant or adopting children.

The women's soccer team players still have a complaint on file with the Equal Employment Opportunities Commission in reference to pay discrimination as it relates to equal pay with the men's team. This CBA does not override that complaint, as apparently, the women still are not paid equal to the men.

According to U.S. women's national team captain, Becky Sauerbrunn, the EEOC investigation is currently in its "later stages."

Of course, this all may seem somewhat silly to someone like Venus Williams, Serena Williams or maybe even Julia Bosserup.

Bosserup is no. 100 in the World Tennis Association's rankings of women's professional tennis players. But, so far this season she has earned \$64,794. Not a bad living. What the U.S. women's national hockey players might call a "livable wage."

Why so high, one might ask?

That is because tennis, unlike almost every other professional sport in the

world, pays men and women equally. Wait, what am I saying? Unlike almost everything in the world, they pay men and women equally. Let us not forget the gender wage gap.

The no. 100 male tennis player, Jared Donaldson, has earned \$46,780 so far this season.

Meanwhile, women made about 79 cents for every \$1 made by men in 2014 in the United States on average. So, take that Jared Donaldson!

Right now, UTEP Athletic Director Bob Stull is out looking for a new women's basketball head coach. He's looking for a bargain. That's what UTEP does. Keitha Adams was a bargain when she got here. She was a bargain when she left, although Stull and company are quick to tell you that she was the highest paid women's coach in Conference-USA. And she should have been.

But, she still made less than half of what men's basketball head coach Tim Floyd makes.

Adams won three conference titles and made two NCAA tournaments in her time at UTEP. Floyd has won none and made no NCAA tournaments.

By the time Adams left, she was making somewhere around the \$300,000 mark, which is what she will be making in her new job with Wichita State—less than half of what Floyd makes. Her replacement most likely will make half of what she made to start out.

There is no Title IX for coaches.

Even the great Geno Auriemma, head coach of the UConn women with eleven national titles, makes a reported \$2 million per season. Approximately \$1 million less than his men's basketball counterpart, Kevin Ollie.

Because you coach women, should you be compensated less, despite the fact that your team is far more successful than your male counterparts?

Hopefully, what the U.S. women's hockey team did will resonate around the world and we will continue to see women take a stand, even in countries without the benefit of Title IX. I also hope that their message, as it appears to have done within the hockey world, reaches down into the lower levels of all women's sports and takes root.

There is no need to take less than what you deserve because of your gender and that fight has begun with U.S. women's hockey and soccer. First, they showed that they are the best in their chosen field, then they went out and made the people in charge give them what they deserve.

Hopefully, the next UTEP women's basketball head coach makes what he or she deserves from the start.

Or maybe shows the Athletic Department that they've got their pay scale wrong to begin with.

Follow Jason Green on Twitter @greenevansj and Mike Flores on Twitter @MikeTheRealevansj



# Steroids: the good, the bad and the ugly

BY ADRIAN BROADDUS  
The Prospector

Steroids are known as one of the most controversial drug enhancements in America. Medically, corticosteroids are often prescribed to fight off a disease. However, athletes and fitness gurus use anabolic steroids to bulk up and get bigger.

The steroids used by athletes and body builders are synthetic forms of testosterone that people use it to enhance their appearance, their physicality and performance.

Although they do not create a euphoric reaction, steroids can become addictive over time, according to drugabuse.com. Other than muscle growth, studies have found short-term side effects to be acne, mood swings, fatigue, restlessness, decreased appetite and decreased sperm count. The long term effects from the enhancing drugs are changes to the brain over time, such as anger, paranoia, delusions, heart attack, stroke, kidney failure, tumors in the liver and blood-borne diseases.

Dr. Edward Craig, a doctor in New York who specializes in sports medicine, told MSNBC that the effects of anabolic steroids on a younger body is much more harmful than trained, professional athletes or body-builders.

“Steroid use in young people whose bodies are developing is very different from mature, professional athletes,” Craig said. “Although use in both groups is a big problem, the issues are much more significant and potentially catastrophic for younger players.”

He went on to say that the side affects are more harmful to the body than most people think.

“Nearly 30 percent of steroid users experience adverse effects, only some of which are reversible when the drug is stopped,” he said. “The side effects include acne, testicular atrophy, breast enlargement in males (gynecomastia) and hirsutism (excess facial hair). More serious reactions have been linked with steroids, such as suicidal behavior, heart attacks and liver damage.”

A UTEP student who chose not to put his name on record due to the illegal methods of obtaining the drug, explains the good and the bad that he has experienced while taking a cycle of steroids.

**EXPLAIN YOUR DAILY ROUTINE**

I would have to inject twice a week—once in the morning on Monday and once on Thursday. I would wake up, eat and inject the vile. When I got them, I had to make sure I got the right size needle. It’s really long and it hurts. I only did one eight-week cycle and the stuff I got was super clean. It was a bunch of stuff that gave off testosterone.

**HOW DOES SHOOTING UP FEEL?**

Everyone would tell me that it took a while to feel it, but not for me. You could feel it right away. You were on edge. My brother said it was psychological, but it would make me rip through my workout. Every day I miss it because you perfectly recover after each workout. You don’t need things like protein. You have to make sure to do it before you work out though. Once I shot up and waited four hours to work out and it was such a bad feeling. I was on edge the whole time.

**HOW DID YOU COPE WITH EVERYTHING?**

Smoking would honestly calm me down. I would smoke a lot, but even that wouldn’t do everything. I taught myself how to inject and that was the scariest

part. After the first time, you get used to it. The thing people don’t realize about steroids is the fact that it’s not just about the cycle when you take it; it’s about the post-cycle afterward. The post-cycle will determine whether or not you maintain your body and whether or not you gain a lot of fat. You have to drink a gallon of water every day too.

**HOW WAS WORKING OUT?**

Sometimes, actually most of the times, you want to keep working out. I could do three WOD’s (workout of the day) back-to-back-to-back without getting tired. You could push your body to whatever you couldn’t before. I would have to basically make myself stop working out because my body would eventually give out.

**DID THE SIDE EFFECTS HINDER YOU?**

No, it was the needles that frightened me. I was more willing to take the pills, but the pills have even worse side effects, like liver damage. You also have to take a lot of different pills with steroid pills to keep your body in check.

**WHAT ELSE DID IT ENHANCE?**

My sexual activity. Sex was so much better. I was sexually active every day. I could get finished and be ready to go in 10 minutes. But the worst part is that you’re tense the majority of the time.

**WHAT ADVICE WOULD YOU GIVE SOMEONE WHO IS GOING TO TRY THIS?**

You really have to know what you’re getting yourself into. This isn’t just a supplement; it’s a lifestyle. You have to make sure to work out each day. You also have to eat properly. Once I thought I deserved wings so I cheated and ate them, but it was a bad idea. They didn’t do well in my stomach and went out terribly.



SPECIAL TO THE PROSPECTOR

You can’t take it while being fat. You have to take it already with a fitness mentality and that it will make you better.

**DID YOU EVER FEEL OUT OF CONTROL WITH YOUR BODY?**

Sometimes with my anger. You want to control it and not get so angry, but you can’t. That’s why I would smoke a lot. The worst anger path I had was one day I came home and everything was pissing me off, so I punched a hole through the tile bathroom floor. Other things you had to be aware of is your immune system is very weak, so getting sick is very possible. Also, you need a lot of sleep every night.

**WHAT TYPE OF STEROIDS DID YOU TAKE?**

My steroids were called the triple blend cut. It had three different things that made you lean while giving you testosterone.

**WHERE DID YOU GET THEM?**

El Paso is probably one of the best cities to get steroids. Where we pay \$120 for a cycle, someone in Dallas could pay three to four times that. And it’s because

we get them from Mexico. When people tell me they got it from somewhere else, I don’t believe them because if it’s in El Paso, it’s definitely from Mexico.

**WOULD YOU DO IT AGAIN?**

Yes, I would, but I would rather do HGH (Human Growth Hormone) because you gain so much. That’s what people use in football at the younger stages. I would do that because there’s less side effects. I mean parents give high schoolers HGH to get bigger.

**WHAT’S THE MOST COMMON MISCONCEPTION WHEN IT COMES TO STEROIDS?**

That they’re bad. They’re only bad if you abuse them and don’t use them correctly. They make you learn a lot about your body. They’re better because there are a thousands of things out there that aren’t quite regulated.

Follow Adrian Broaddus on Twitter @Adrian\_Broaddus

# WE ♥ OUR READERS!

**THE PROSPECTOR Fans**

**Get ready for our biggest Giveaway of the semester!**

From April 4 - April 25, our readers will look through the ads in **THE PROSPECTOR** and find a special symbol ( ♥ ) hidden in one of the ads for every issue in April.

In order to enter the drawing you will need to tell us in which ads you found the special symbol by submitting the entry form below to our office at 105 Union East.

All entry forms must be submitted by Friday, April 28 before 5 p.m.

In order to be eligible for the drawing, you must find the special symbol in all four issues of April and complete the form in its entirety.

You must be a currently enrolled **UTEP** student with a valid Miner Gold Card to claim your prize.

**PRIZES INCLUDE**

- UTEP Food Vouchers
- Planet Fitness Passes
- Chihuahua Baseball Game Tickets/Food Vouchers
- Neon Desert Music Festival Tickets

Please write the name of the advertiser where you found the hidden symbol for each issue date of **THE PROSPECTOR**

April 4	_____
April 11	_____
April 18	_____
April 25	_____

Name: _____
Classification: _____
Major: _____
Phone number: _____
Email: _____

\*Giveaway winners will be selected at random through a drawing of all eligible entries.